

Trinity Broadcasting Network

Quarterly Programming Report

July, August, September, 2014

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

Public Safety

Youth

Local Civic Affairs

Substance Abuse

Education

Economy - (Extra Airings)

Seniors - (Extra Airing)

Crime - (Extra Airing)

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #1145B	30:00	15:00	L	PA/O	07/21/2014	10:30 AM
					07/22/2014	2:00 AM
					07/24/2014	3:00 AM
					07/25/2014	12:00 PM
					07/26/2014	3:00 AM
					07/29/2014	2:30 AM
					07/31/2014	3:30 AM

Host Rita Gray-Martin talks with Jeff Dismukes, Director of Communications, Oklahoma Department of Mental Health and Substance Abuse Services about Bi-Polar Disorder. Bi-Polar Disorder used to be called manic depressive disorder and is known for the alternating periods of deep depression followed by high-peaks of manic energy that is often progressively worse, especially if it is left untreated, and can get to be quite difficult to manage. It is diagnosable and very treatable; however, people often do not seek treatments until after it has reached a crisis stage. The stigma that surrounds mental diseases is a disadvantage that seems to cause both fear of treatment and may influence individuals to delay seeking help that would diagnose the disease early and allow for early treatment. Early treatment, especially of bi-polar disease, can often benefit the individual and families by providing hope, education, and treatment that enables the disease to be managed more effectively. Unfortunately, many state-funded resources are limited and oftentimes the ODMHSAS must focus on providing care solutions to advanced and crisis stage patients and not as much time and funding on early prevention or diagnosis efforts.

Joy In Our Town #1146A	30:00	15:00	L	PA/O	07/28/2014	10:30 AM
					07/29/2014	2:00 AM
					07/31/2014	3:00 AM
					08/01/2014	12:00 PM
					08/02/2014	3:00 AM
					08/05/2014	2:30 AM
					08/07/2014	3:30 AM

Host Rita Gray-Martin talks with Jeff Dismukes, Director of Communications, and Herman Green from the Oklahoma Department of Mental Health and Substance Abuse Services about mental health and violence. Jeff remarks that there is a public perception that mental health and violent behavior goes hand-in-hand; however there isn't necessarily a direct correlation between mental health and violent behaviors. Environmental factors, such as domestic violence, substance abuse, parental incarceration, other traumas, military veteran issues, PTSD, are all mentioned as possible influences or co-existence with violence. Jeff noted that one thing that is typically found to accompany violent behaviors is substance abuse. Herman brought up the fact that some mental illnesses are not detectable until an incident (such as a violent episode) brings attention to seek a diagnosis. Some mental illnesses are hereditary and may not come into play until it develops some sort of intrusion or noticeable challenge to the individual's life. Both men highlight the need for people to realize that mental illness does not mean someone will be violent, and neither does violent behavior necessarily indicate mental illness. Herman points out that both the access to education and services affects public opinion of mental illnesses. He further stated that in more rural areas it is often seen that those who do not have access to services may in fact turn to substance abuse as a means of self-medication. The men discuss the need for structured programs and family involvement in pursuing a wellness plan and receiving treatment.

Joy In Our Town #1147B	30:00	15:00	L	PA/O	08/04/2014	10:30 AM
					08/05/2014	2:00 AM
					08/07/2014	3:00 AM
					08/08/2014	12:00 PM
					08/09/2014	3:00 AM
					08/12/2014	2:30 AM
					08/14/2014	3:30 AM

Host Rita Gray-Martin speaks with Dr. Lori Basey, President and Founder of No Boundaries International about the topic of Health and specifically psychosocial dysfunction related to trauma. Dr. Basey first defines trauma as is a single or repeated occurrence that produces fear, real or perceived threat and puts unusual pressure or stress on the physical body and renders one helpless. Two types of Devastation which needs to be responded to – natural disasters and man-made (rape, child soldiers, human trafficking). With man-made trauma there are either developmental traumas (continual or long-term repeated events) or shock traumas (isolated one-time event). People respond differently to trauma with two basic kinds of reactions being to become more aggressive or contrarily to become more withdrawn. Sexual abuse is one of the key widespread traumas today, but things like gang violence, murder, war, natural disasters, school shootings, mass killings, (as victims and observers) are also sources of widespread traumas in society. Psychosocial dysfunction manifests in psychological impacts on the brain in response to perceived threats just like real threats, where a nervous system takes over and leaves a person without a true choice of how to respond in the matter due to a loss of safety and residual effects of traumas suffered already. The social impact of psychosocial dysfunction affects human behaviors, personal belief systems, self-worth, self-image and perception of others in social situations. Dr. Basey and No Boundaries are working in cooperation with other organizations, schools, law enforcement to reach those who live "stateside" in Oklahoma especially who need help to recover and heal from traumas.

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 #1151A	30:00	15:00	L	PA/O	09/01/2014	10:30 AM
					09/02/2014	2:00 AM
					09/04/2014	3:00 AM
					09/05/2014	12:00 PM
					09/06/2014	3:00 AM
					09/09/2014	2:30 AM

Host Dolly Velasquez talks with Dr. Dale Peterson, Wellness Physician, regarding the health issues or dementia, including Alzheimer's disease. Dementia means loss of one's mind, and is characterized by memory loss, personality changes, difficulty in organizing or thinking things through, hallucinations, and even lose contact with recognizing the people surrounding them. There is not a blood test or scan to determine if dementia is present, but there is a way to interview a person to gauge their ability to think and process. There are many causes for dementia that are reversible: B12 deficiency, hypothyroidism, depression, medication or over-medication (anxiety, sleeping, common antihistamines), hydrocephalus (water on the brain), etc. There are tests that should be done if dementia is present to rule out these common reversible causes, or to identify if these are present and can begin to be treated in hopes of remedying the matters. Alzheimer's disease is the most common long-term or progressive dementia that is diagnosed by exclusion (no blood test or scan to identify it). People who have Alzheimer's disease tend to have extreme difficulty with special orientation and reproducing geometric objects. There is evidence that metals, especially aluminum, affect the brain and contribute to causing damages to the brain that result in Alzheimer's disease. Prevention steps include: eliminate aluminum cookware, stop using deodorants with aluminum ingredients, increase anti-oxidants such as OPCs (grape-seed extracts, vitamin C, E, etc.), become aware of and protect yourself from the bombardment of waves from technology and electromagnetic factors.

Joy In Our Town #1151B	30:00	15:00	L	PA/O	09/01/2014	10:30 AM
					09/02/2014	2:00 AM
					09/04/2014	3:00 AM
					09/05/2014	12:00 PM
					09/06/2014	3:00 AM
					09/09/2014	2:30 AM

Host Dolly Velasquez talks with Dr. Dale Peterson, Wellness Physician, regarding the health issue of Arthritis and the fact that this is no longer a disease one "just has to live with" on a daily basis. Arthritis is the inflammation of joints generally involving swelling, pain and heat. It is extremely common and in the USA over half of people experience joint pain every day and 2/3 of them contribute the pain to arthritis. Two main kinds of arthritis are osteoid-arthritis and rheumatoid arthritis. First is wear and tear caused by years of use and the second is more related to inflammatory issues impacting the inner joints. Most commonly used drugs are NSAID or potent aspirin. However, NSAIDs don't really heal, they cover up the issue and over long-term use it is actually detrimental to several of the body's organs and systems. Alternatives include more natural anti-inflammatory products that other things like glucosamine that can help a body to rebuild or fortify cartilage. Proper or modified eating can contribute to the improvement of the symptoms of arthritis by seeking to eat more natural foods and those with Omega-3s and fresh fruits and vegetables with high anti-oxidants. Systemic enzymes can also aid a body's ability to clean up and restore/repair the body, and these are best taken on an empty stomach both before (1 hour) and after (2 hours) meals (pan-zymes, brommoline, papaya, etc.).

<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 #010	28:30	28:30	REC	PA/O/E	07/01/2014	12:00 PM

Health

Today on Switch On Your Brain Dr. Caroline Leaf discusses "It's not who you are, it's who you have become." Evil comes from us, from choices that we make. Every time we make a bad decision and we wire that toxic thought into our brain, we've created evil and then we act upon that. But that's not who you are, that's who you have become. You can get free. There is nothing that you have done that you can't get rid of in your brain. Obviously, it starts with acknowledging, repenting, confessing, accepting the work of the cross. You can wire that out of your brain. There is a tendency that we can get stuck in that negative groove and then grow this thing and then we think that's all we are. You need to stand back. You need to recognize you're made in God's image and that's not who you are, that is who you have become, so therefore you can un-become that. Our norm, our default mode, is one of making good choices. We can think well. We can choose well, because we are made in His image. You may feel like I react like this, this is who I am; this feels like it's me. Yes, because every choice that you make, if it is a good choice, you wire in the healthy. If it is a bad choice, you wire in the negative. It has become part of your biology, the toxic side, the fear zone, this not who you are, this is who you have become. If you wired it in, you can wire it out. When the brain is inside your head and you're alive and living, you are generating mind and your mind is actually changing that brain. We are wired for love. Scientifically we see this; all of our circuitry, all our chemicals, everything is geared in the direction of making good choices. When we choose badly, as it says in Deuteronomy 30:19, the implication in that scripture is that if we make the wrong decision we step into the death zone. Spiritual truth is reflected in science, where we see that people that have made bad decisions, and we all do that, those bad choices get wired into our brain and affect the physical structure of our brain because we design the landscape of our brain in a positive or negative direction. Your natural wiring is beautiful, healthy, green trees. Because you can think, you can choose. Whatever you chose became either healthy stuff or baggage. When we have issues, that's not who we are, that's who we have become. So if we've become that, we can un-become it. If we've wired it in, we can wire it out. You control your genes in your body. We are not a victim of our genes. You first grew a toxic thought then you did that. Whatever you think about the most will grow. So if you're living that lifestyle, you're growing that, you have chosen the inhuman root and have wired in the toxicity and are living out that toxicity. As you are living out that toxicity it produces the toxic effects. This is the stronghold of the enemy. It is something that we choose and these are consequence of our choices. Your natural is that you are wired for love. As you are thinking and as you are choosing, as you are about to make a decision, the front part of your brain becomes extremely active. As you say and do whatever you say and do, you cause genetic expression, which means you make proteins, and you grow things in that part of your brain. Basically, whatever you think and choose results in a physical substance. That physical substance is a thought, and as you are thinking and choosing, the physical activity will increase in the front part of your brain and you will actually grow a thing in your head. If you have chosen good stuff, something positive, you're going to grow something healthy in your head. If you have chosen something negative, you will grow something unhealthy and it will look different. If you grow a lot of toxicity in this part of your brain it interferes with your ability to make wisdom decisions. Science has shown that this part of your brain becomes well developed the wiser you become and it becomes healthy. When you make bad decisions, you get negative wisdom. It's not really wisdom, it's negative toxicity. You're doing the bad stuff because you first made a bad choice. Evil has no way of working and existing until you believe a lie. Evil has no control over you until you react to it. It's your reaction that takes it inside of you and makes it a reality and then you act upon that. It is with our mind that we understand our intuition. As we discipline our thought life and become more aware of our intuitive, instinctive, recognition of this is who we really are, and this is who we have become, as you develop that, you will find it easy to separate and easier to work on the negative stuff. We have many opportunities to get rid of toxic thoughts and behaviors, but if you choose not to, they go back even stronger than before. No matter how strong they get, you can still get rid of them because your mind controls matter. Your soul controls your body. Your body and your brain are designed to do the will of your mind. Your mind is designed to do the will of the spirit and the spirit is designed to be controlled by the Holy Spirit. As a neuroplastician, if you wired it in, you can wire it out. God has designed your brain to follow the decision of your mind, to follow the leading of your spirit. When you do that you create change in your body. We create the evil when we make bad choices. Even the worst evil can change. The circumstances of life sometimes make us feel in life that this is who we are, but that's not who you are, it's who you have become. Who you have become is not the truth. It is not the reality. We're made in God's image. We're wired for love. We're thinking beings. We can make choices. So when we fall down, we can get up. Make the good decision of your mind. Plant that tree and get up and carry on. It's not who you are, it's who you've become. Wire out the "who you've become" and go back to who you truly are in Christ. When you've made a wrong choice in your life, and you've wired this evil into your life, you must remember it's not who you are, it's who you have become. Admit it, quit it, and beat it. When we've made bad choices and we've built this toxicity into our brain, we don't have to become a victim of that now. We can change that. You can back into who you are. You go to God, you take that to God, and you let God walk with you through the consequences of that decision that you've made. This week work on admitting, quitting, and beating. Make that a motto of your life. Admit it, quit it, and beat it.

Program Title

Program Duration

Topic Duration

Segment Type Source

Airdate

Time

Health

Switch on Your Brain #011	28:30	28:30	REC	PA/O/E	07/15/2014	12:00 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses the impact of toxic thinking on your mind and body and spirit 350 million people worldwide suffer from depression. More than 40 million people in the United States of America suffer from anxiety disorders. There are more deaths from suicide than there are from car accidents. Seventy-five to ninety-eight percent of current mental, physical illnesses come from our thought life. When you build these toxic thoughts in your brain, your brain inflames, you increase your vulnerability to disease. There is a problem. When we go toxic, the toxic spreads like a virus and that impacts how your mind is functioning, and that impacts how your spiritual development is functioning. Deuteronomy 30:19 is becoming a reality in today's world. There are consequences to our choices and it's time that we stand up and take responsibility for the choices that we're making. It's impacting us spirit, soul, and body. It's making us sick. It's making the world sick. We need to recognize that we can't hide it anymore. We have to change. We have to start recognizing the impact of toxic thinking. The brain controls every single cell in your body and your brain is connected to your heart. Your brain and your heart are the only actual organs connected to every single cell in your body. All the other parts of the body connect in many different ways, but your brain controls every single cell of your body. God has invested you with the power, and when you make the decisions, your powerful mind builds a consequence. Whatever you think about will become a physical structure and you will operate from that structure unless you renew it and rewrite it, which is the renewing of the mind. The distorted signal still causes genetic expression, but what we've found in science is that the proteins fold incorrectly, they look different, they function different, and they build a toxic thought. We can see negative activity in the brain. Our mind, which is our soul realm, has one foot in the door of the spirit and one foot in the door of the body. What happens is with our mind we make decisions and those decisions impact our body and impact our spirit. No thought is harmless, because as you are thinking you automatically will impact the physical domain; you'll change your brain because moment by moment you're physically changing the substance of your brain. Also, you are developing or you're not developing your spirit by the thoughts you think. If you choose to read your Bible, if you choose to apply your Bible, that is a mind decision and you wire it into your brain, and that brings brain health and at the same time you are developing your spirit. The opposite of that is if you choose to get irritated, and every day you get more and more irritated, that's a mind decision that becomes a physical structure inside of your brain which cause toxicity and inflammation, and sickness, and all kinds of things in your body, and also impedes on your spiritual development because if you're keeping it there, you are blocking your conscious, you're blocking your intuition, you're blocking your communion with God, so you're not developing the spiritual realm. Our thoughts that we build are foreign invasions in our body. Research shows that your immune system will respond to a toxic thought that you build through a choice that you make, which is the signal which activates the DNA. Science has shown that as you build those, your body will respond in the same way as if you cut yourself, or had a physical illness, or had a virus in your body. Your immune system sends out all kinds of things to fight that to bring healing to your body. One of the things that they look at is the C-reactive protein, and that C-reactive protein, whenever there is a site of physical damage in the human body or a virus, it is in abundance at that point. It is sent out by the immune system to try to heal that part of the body. Also what happens is that you get inflammation, and that's part of the healing process. If the healing takes place like it should, eventually the inflammation will go away and the wound will heal up, and it takes about twenty-one days, so therefore, the same thing happens in your brain. Research is finding that when you think a toxic thought, at the site of the toxic thought, because there is no wiring for that, the proteins still form, because you're still thinking, you're still choosing, the proteins fold incorrectly, forming a distorted version of the truth. Toxicity will manifest into something. We can deal with these manifestations if we get to the bottom of the way we are thinking and the kind of thoughts that we are building. Every bad choice that we make is giving birth to an addiction. The addiction of me-myself-and-I can cause a manifestation of depression, convert maybe to bipolar which is a deeper form of depression, OCD, or schizophrenia, all these mental names for mental disorders. These are not diseases. The difference between a disease and a disorder is that you can control a disorder. It comes from choices. Every mental disorder is the result of the choices we have made. God gave you a phenomenal foundation, brain and mind, but he gave you free will. The ability to think is the most powerful thing in the universe after God. Your ability to think is a mind action. It's where everything starts. Your mind is the soul realm and it's through your mind that you make a decision. Every time you make a bad choice you will feel it in your body. Your body is designed to recognize and reject negativity. So you feel it physically and this rejection of the negativity is experienced like a depression, anxiety, worry, fear, discomfort, tension, you feel like your body is out of rhythm because your heart is affected, and you have no peace. All the things God talks about in the Bible: the peace of God that transcends all understanding and guard your mind in Christ Jesus. All these spiritual truths have very physical components. You with your mind apply a spiritual truth and you will experience the consequence in your body because that is how God designed you. When people make bad choices the proteins in the brain become distorted, and if you do not get rid of them, set you up for illnesses. These decisions that you make on a moment by moment basis impact not only your spirit, soul, and body, not only the people around you, but those decisions actually go through to the third and fourth generations. In science they have now proven through the science of epigenetics, that our decisions go through the sperm and the ovula and go into the next four generations. So there is stuff in your head from your great, great, great, grandfather. and you might be thinking okay now that's why I do what I do. Having this information is not an excuse for you to behave badly or to say I can't help it; it's part of my biology. You are not a victim of your biology. Those things that are passed through the generations are actually dormant, which means they are asleep and inactive. They can either be activated or they can be destroyed because they're not truth. They're not who you are, they're who you have become. The way to manage it is if you're aware of behavior patterns, or you're experiencing a behavior pattern, don't give in to it. Control it and actually break that down and eliminate it. Mind choices are powerful and can eliminate and make the change in the body and the spirit. The minute that you start thinking in a toxic way, you are altering your DNA in a distorted manner. Positive intentions change the DNA expression. Every single thought that you think is generating energy, impacting you, your body, spirit, soul and body, your loved ones, the people in your environment, the people in your life, and everyone in the world. Our decisions have consequences. We are an integrated triune being, spirit, soul, and body. When we make a decision of our mind, which is what the brain does, which is the soul realm, there will be a physical reaction inside of our brain. There will be a spiritual impact on how we function, and those physical things are distortions inside of our brain that cause and manifest in things like anxiety, depression, and illness. Seventy-five to ninety-eight percent of current mental and physical illnesses come from the choices we make in our mind. They are consequences of the choices and the actions that you take. Scientifically and spiritually, science and the Bible, tell us that there is an impact from toxic thinking. God tells us not to fear and to do all these good things and science confirms exactly what the Bible is saying. God uses science to show if we don't take responsibility for our thinking and responsibility for what we're saying and doing, it's going to impact how we function physically, spirit, soul, and body, as well as impact the people around us. God put us in a body for many reasons and one of those reasons is for us to recognize that we can use our physical body to tell us when we're doing something wrong. We need to be more aware of the people around us and the impact of our actions on other people.

<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 #012	28:30	28:30	REC	PA/O/E	07/22/2014	12:00 PM

Health

Today on Switch On Your Brain Dr. Caroline Leaf discusses how we are designed to bring all thoughts into captivity. Part of the front part of the brain is designed to enable us to stand outside of ourselves and observe our own thinking. God's design of the human brain fulfills the ability to bring all thoughts into captivity. We can actually stand outside of ourselves, observe our own thinking, focus on an area that needs to be detoxed and we can fix it. It's like the first step that we need to apply in being able to actually sort out our thought life. You have the ability to bring all thoughts into captivity. When we think we choose and when we choose we change our brain and then we live from what we have created inside of our brain. Everything that you say and everything that you do is first a thought inside of your head. We are neuroplasticians, neuro meaning brain and plastic meaning to change. We are designed to change our brain. Moment by moment of every day, you are redesigning the landscape of your brain. You are changing your brain. You control your brain. Your brain does not control you. We are not victims of our biology. We are victors over and above the events and circumstances of our life. If you are negative, it hits the proteins right down on a micro level and they start breaking down and over time they manifest and make you vulnerable to illness and disease. A study shows that people are protected by worship: protected against depression and anxiety and worry. They have shown scientifically that the more people worship, the more you develop your relationship with God, and the brain actually gets thicker in the parts that need to get thicker to protect you against depression, anxiety and worry. The more you worship, the more you are protecting yourself against all the challenges that affect us in life. Inside your brain you have internal networks that we call the default mode networks. As you are conscious and as you are going through the day, every seven seconds, you shift into this default mode, and you basically switch off to the external and you switch on to the internal, and you process what you have just taken in. Research is showing that those people that are meditating correctly, the activity in the brain increases and you're becoming more intelligent. When you are in a state of peace and calm and you are thinking with wisdom and clarity. Christians who are meditating on the Word of God and saying "Trust in the Lord with your all your heart. Rely not on your own understanding. In all your ways acknowledge Him and He will direct your path all day long," their brain entered into the highest intellectual state possible. God has designed your brain to obey your mind, and when you do what God tells you to do, and you choose life, life grows in your brain, good stuff grows in your brain, your brain health increases, your immune system improves, your cardiovascular system improves, and the entire health of your body improves. As you're in life, you're exposed to multiple things that are coming in through your five senses. Your five senses are the contact between the external world and the internal world of your mind. There's a lot of signal coming into your brain, but it stays in the middle part of your brain and it activates certain internal signals, which are four or five of the existing memories that are moving to the conscious mind. You can discipline yourself to become aware of what you are gathering; what is coming in from the outside and what thoughts are being activated. Sometimes it takes twenty-one days to get our minds disciplined. We need to discipline ourselves to slow down, watch our thoughts, not let any thought go unchecked through our mind That's our natural design and that's what bringing our thoughts into captivity means. We are all faced with all these choices and quantum physics talks about them being probabilities. Probabilities have not happened yet and they have no substance yet. A probability is simply something that could happen. You, the observer outside the system, look at the probability and you make a choice, and you turn the probability into an actuality. When it becomes an actuality, it becomes a physical structure inside of your brain. You operate from that physical structure inside of your brain. We are designed to bring all thoughts into captivity. Bring is an instruction and it is a mind action. When you decide to bring all thoughts into captivity that is mind action. That's intellectualizing, that's choices that we're making. The frontal lobe of the brain is very active when we are conscious and it enables us to literally stand outside of ourselves and observe our thoughts, and make change. Discipline yourself to self-reflect. Discipline yourself to self-regulate. Where you are in your mind is going to determine where you're going to be tomorrow. It's with your mind that you are going to grow spiritually. It is with your mind that you are going to get your health under control. Deal with the issues that are in your life. Science shows us that thoughts are real things. Your mind is in the soul realm and your mind deals with the intellect, the will, and the emotion. Although we can't see the intellect, the will, and the emotion physically, we can see the result, which is what people say and what people do. First there is the thought that you've built, which is the root in the non-conscious mind, that moves into the conscious mind, and then you become consciously aware, and then you speak and you do. Thoughts are built as substance and evidence in your mind, as you build those you will be acting upon those. Your DNA doesn't control you. You control your DNA. You cannot control the events or circumstances of your life, but you can control your reactions to the events and circumstances of your life. You are not a victim of your biology. You are totally in control by the decisions that you make, influencing your spirit, soul, body, and health. God has designed your brain in such a way that you are able to stand outside yourself, observe your own thoughts, and rewire your brain in a positive way. You're not a victim. You can rewire and you can change through a single decision to make that decision to change.

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

Health

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Switch on Your Brain #013	28:30	28:30	REC	PA/O/E	07/29/2014	12:00 PM

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

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Program Title

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Time

Health

Switch on Your Brain #002	28:30	28:30	REC	PA/O/E	08/12/2014	12:00 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses the scientific term "You Are Wired For Love." Humans naturally are optimistic. Scientists correlate that with being wired for love. We actually have to learn fear. The brain is part of your body. You are designed in perfection. You are wired for love and you are well able to think in a perfect way. Fear is the opposite spiritual force. You have the spirit of power, love, and a sound mind. The norm is love, power, sound mind, made in His image, the mind of Christ. Research called "The Optimism Bias" shows that the natural inclination of man is one of being positive, making good choices, and thinking healthy thoughts. Scientifically, we have seen the brain circuitry for only positive choices, positive optimism, seeing the good in everything, wiring, neurochemicals, structural organization inside the brain, that is all in the direction of healthy thinking. Yet when you make a bad choice, because we have free will, we see this whole process being distorted, creating a physical change in the brain which impacts the body. This parallels with the Bible, which encourages us to think of healthy positive things, and if we don't, there are going to be consequences. The hardware that is fixed is the wired for love. We are made in God's image. That's our original design. That's our normal. That's our default mode. That is who we are, but God gave us free will. In life, we run the software, and that software is how we process the events and circumstances of life and how we actually design the landscape of our brain, so the software is how we uniquely process that information according to what is already inside of us. Moment by moment of every day we are thinking. So moment by moment of every day, we are changing the software and changing the reactions. We get stuck in certain habits. Whatever you think about the most will grow. So whatever program you design to work in that way, the hardware then responds. So if you don't change the software signal, and it's always the same signal, the hardware will just respond in the same way. But if your software says this hardware is not good, then you can change the software. This is all mind activity. By having an awareness of this life that we're living as hardware, we can use our mind to change that and bring ourselves into the natural state, which is wired for love. It's all choices. It's all mind work. The non-conscious part of your mind works at 400 billion actions per second. In the non-conscious part of your mind it guides the conscious part of your mind. The conscious part of your mind operates at 2,000 bits of information per second. The non-conscious mind is pretty much that part of who we are. It is all the thoughts that we have been building from conception to our current age, that are driving our conscious minds. At any given time there are only a few thoughts in our conscious mind. Thoughts move in and out of the conscious mind as they are required in order for you to function. The non-conscious mind has trillions and trillions of thoughts and they can be changed. Those thoughts that you have implanted in your mind can be altered and changed as they move into the conscious mind and then move back into the non-conscious mind. We have structures in the depths of our brain called the "Default Mode Network" which is a group of circuits that span the structures in the middle of the brain. The Default Mode Network, think of it as a conductor. All of the circuits inside your brain work together like an orchestra when you are using your mind properly. Research has shown that every seven to ten minutes you are supposed to slow down, become introspective, become self-reflective, become calm, switch off to the outside and switch on to the inside and get into the depths of who you are, and when you do that your brain moves into the highest intellectual state that it possibly can. On an fMRI scan, your brain goes into what is called gamma activity. Gamma activity is where you are super intelligent. When you have gamma activity happening in your brain, you are processing with wisdom, you are seeing things that you did not see before. The fear zone essentially is negativity; toxic thinking. Our choices have consequences and our bodies help us to understand these consequences. You have to choose to live a full life. You have to choose to be happy despite the circumstances. Spirit, soul, and body is a connected thing. Your mind is what you use to decide how connected you are going to be between your spirit, soul, and your body. It is with your mind that you process, intellectualize, experience your feelings, make your decisions, interface with your thoughts, and make your choices. The biggest thing in change is the recognition that we have choice. It is also the hardest thing to take responsibility for our own thought life and our own actions. The quicker we realize that we make choices and that our choices have consequences, it will set us on the path to healing with the recognition that we have the ability to choose. We are wired for love. We know right from wrong. Our natural default mode is one of love, which is choosing well. When you make a bad choice you are going to have a physical consequence inside the brain. Your brain has no structure for bad choices. We're wired for love. We were designed to make good choices. If you make bad choices you're going to have a negative physical reaction inside our brain, literally you will build a negative toxic tree inside of your brain, and that will impact your physical body, soul, and spiritual development. You are wired for love. Love is your normal. Everything about you is designed to be like God. You can make good decisions. You can think well because that is your norm. So when we choose badly, we're actually stepping into the fear zone, or the abnormal zone, and experiencing negative emotions. Because that is not your norm, it doesn't have to dominate or control you. You are able to get free because you are wired for love. Research shows that we are wired for love and we can change. Really focus on the fact that everything about you is geared in a positive direction. Your norm is to actually make good decisions.

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>
Health Switch on Your Brain #003	28:30	28:30	REC	PA/O/E	08/19/2014	12:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses how making bad choices leads to toxicity. You are a thinking being. You're thinking all day long. Every time you think it automatically leads to a choice. As you are thinking and choosing your DNA actually expresses, which means it makes proteins, and those proteins group together and you grow thoughts that look like trees. Sometimes we choose badly. Instead of the proteins forming correctly they actually form incorrectly. You can actually see the result of a toxic choice inside the brain as literally this toxic tree. If you think of the analogy of a forest where there has been a forest fire, there's this huge black patch and that's kind of what our toxic thoughts look like. Our body recognizes it as an abnormal structure. Our brain actually reacts negatively to a toxic thought. Toxic thoughts are like these foreign invaders and they increase our vulnerability to disease. Seventy-five to ninety-eight percent of current mental, physical behavioral illnesses today come from toxic thinking. You're spirit, soul, and body. You are a triune being. Your spirit is your true you. It's your intuition, your conscience, and your communion; your communion being your worship with God. Your soul is your intellect, will and emotions. Your soul is basically your mind. You are thinking, you're choosing, you're feeling, all of that is the mind; soul activity. You live in a body. Your brain is part of your body. The design and the natural order that God has set up is that the Holy Spirit informs your spirit, your spirit informs your soul, and your soul controls your brain and your body. Your soul has one foot in the door of the spirit and one foot in the door of the body. It is the central point. The body simply is then going to house the consequence of your mental decisions of your mind; soul decisions. God gave you this ability to choose. When we think and choose badly and we wire those toxic thoughts into our brain, those toxic thoughts are seen as foreign invaders inside of our brain and this is because we are wired for love and we have to learn fear, so therefore the toxic choice is actually a fear response. Not fear as in scared, but fear as in negative; anything on the negative side like discouragement, despair, hatred, anxiety, worry, etc. You are in life processing. You're in these events and circumstances of life, those things are coming in through your five senses, you are thinking these things through, and you are reacting to these events and circumstances that have come in through your five senses as electromagnetic life forces that we can measure through quantum physics and describe through using quantum physics and brain science. So if with our mind we make a bad choice that spiritually is going to have a whole lot of consequences on the way that your mind is functioning as well as your spiritual development, but it also makes a huge impact on the way that the body functions. Current research tells us that seventy-five to ninety-eight percent of current mental, physical and behavioral illnesses today, come from our thought life, so these illnesses are very real things. They're talking about the big five as well as just down to getting a virus like a flu or something like that. These manifestations of illness and physical illness inside of our bodies, seventy-five to ninety-eight percent of it, comes from our thought life. It is our thoughts that change the physiology of our body. It is our thoughts that change the way you feel and function. When we have a flu or a virus or something passing through our body, our immune system is immediately activated to fight that invasion. So anything that is not part of the normal cycles or structure or function of the brain is treated in the same way. Our thinking produces physical realities in the brain, actual physical little thoughts that look like little trees. When it is a healthy thought, the trees look healthy and are balanced. But when we make a bad choice we literally throw our brain into neurochemical chaos. The dead tree represents a negative thought, a bad choice. When we make the decision to choose things incorrectly, we upset the natural function of the brain, which is for love. So every time you express your genetic expression happens, which is the result of your thinking. Your thinking is the signal that causes these proteins to express and to capture this information in the form of a tree. The green tree represents the healthy tree; this is your norm. Scientists have found that we are wired for love. You are wired to think well, choose life and build life into your brain. Our normal is a sound mind. The abnormal is an unsound mind. We're in a world that says depression is normal, anxiety is normal, the negative is normal, worrying, etc. is just a part of life. It's not part of life. It is the result of choices we have made. Scientists and medical research show the same thing. Toxic thinking, bottom line, makes you sick. When you think badly sickness will manifest in some way. When you make a bad decision and you choose to do the wrong thing, when you choose to think a negative thought or a toxic thought, your peace goes. When we are choosing incorrectly, we are going to grow toxic thoughts. We need to recognize that this is what causes a lack of peace in us, but this is not a death sentence. Your brain controls every single cell of your body. Your brain is designed to be controlled by your soul, which is your mind realm: your thinking, your choosing, and your feeling, changes the physical structure of your brain. Your brain and your body represent the physical result of the decisions of our mind, and if we make bad decisions, and we wire in the toxic zone, we will feel the impact inside of our body. Science is showing that when we aren't positive, when we're negative, when we don't forgive, when we do all the stuff that we're not supposed to do, and enter that zone, we will physically change the nature of our brain. As you think, and as you choose, and as you make proteins, you are growing branches, and the branches are all attached to these trees, and these trees are all intertwined in each other. Your brain is about the size of your two fists. Believe it or not, you have an infinite amount of space inside your brain. You can grow branches, and each branch contains information, for three million plus years and you still won't fill up your brain. Every time you think, you are going to grow branches, and these branches hold this information, which are your memories. When you make a good decision it looks healthy, but when you make a bad decision your heart gets affected, and everything gets affected, and it creates like a black cloud. So what we find inside of the brain when someone is not thinking like they should, when they're making bad decisions, operating in the negative domain, this causes a reaction in your heart, which causes a reaction in your DNA, which causes a reaction in the chemicals of your body and the result is that you actually build this distorted image which is recognized by the body as a viral invasion, or as an invasion. It is not seen as the norm. Now, when you cut yourself or you hurt yourself, immediately your body releases C-reactive protein, plus a bunch of other stuff, but C-reactive protein is a manager one, and the C-reactive protein goes to that site to try and help to heal. It's a part of the healing process, but in the healing process there is inflammation. The first reaction is inflammation occurs. When doctors are looking for signs of a viral invasion in a body, they look at the C-reactive protein count. If you have a lot of those in the body, there is something going on. Your body physiologically reacts to damage, to viral infections, to physical damage by releasing these C-reactive proteins. Research has shown that toxic thoughts also cause C-reactive proteins to flow. So the minute you choose badly, you will find inside the brain that all the electromagnetic balance, all the chemical flow, everything is distorted at that point. There will be a high level of C-reactive proteins, a high level of inflammation. Wherever there is inflammation in the brain, or throughout the human body that is not dealt with, inflammation that stays will bring disease. Science tells us that if you're going to change one of these ugly networks in your brain you have to have discipline. You have to direct your attention. You have to be very focused. You have to make a decision and rigorously push through a period of time to change that thing. It shows us in science that nothing happens until day twenty-one. It takes twenty-one days of major scientific stuff to break down the thoughts, and then once you've broken it down, it takes another two cycles of twenty-one days minimum to make that a habit in your life. Every choice you make has a consequence. You're a thinking being and moment by moment of every day, you are thinking and you are choosing, and those choices that you make become physical realities inside of your brain. This is a scientific fact as well as being a spiritual fact. So when we choose the wrong choices, the toxic choices, the despair, discouragement, irritation, frustration, you name it, we're going to have a physical result inside of our brain because thoughts are real and they take up mental real estate. The toxic choice impacts how you function. Remember, we cannot always control the events and circumstances of our life, because those events and circumstances are the result of other people's choices and other people's decisions, other people's thinking. But there is something you can control and that is your reactions to those events and circumstances of life. Your reactions to events and circumstances of life are the choices that you make about what you're doing with your life and how you are going to cope every day.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Switch on Your Brain #004	28:30	28:30	REC	PA/O/E	08/26/2014	12:00 PM

Health

Today on Switch On Your Brain Dr. Caroline Leaf discusses stress. There is good and bad stress. Stress is how your brain and your body reacts to how you're thinking. When you are in a positive state of stress, which is stage one, your neurons are lining up and everything is happening like it should. Stage two and three of stress is considered negative stress. Your body goes into negative stress when you build toxic thoughts. Every cell in your body is subject to every toxic thought that you keep, increasing vulnerability to illness and disease. When we make a negative choice we throw our body into a state of toxicity. Science tells us that seventy-five to ninety-eight percent of current mental, physical, and behavioral illnesses come from our thought life. There are three stages of stress. Stress stage one is actually good. It is normal and is the natural flow of the brain in helping us as humans to focus and deal with life. When we make a bad choice, we actually upset the natural cycle of stress and upset the natural flow of chemicals and cause an imbalance in our thinking. So good stress becomes bad stress and we move into stage two of stress where we have neurochemical chaos. As we're thinking and processing information, we have about 30 neurotransmitters and 1,400 different chemical reactions happening while we are just living. But as we enter stage two of stress, which is caused by a bad decision, which is caused by a toxic thought that we physically build in our brain, we cause neurochemical chaos, upsetting those 1,400 chemical reactions and 30 neurotransmitters. Stage three of stress is when we stay in stage two of stress for a long time; when we've kept those bad habits, when we've kept those toxic thoughts, and we just don't move beyond and nurse those things and suppress them in our subconscious mind. When it's there for too long, eventually, the damage becomes greater and greater, and we shift over into stage three of stress, which is a good thing gone really bad and doctor's generally talk about that as the death zone. Stress is the body's reaction to the foreign invasion of a toxic thought. Your choice, which is your reaction, determines if stress will make or break you. Every single cell in our body has like little doorways on it. Every single cell has multiple receptors for a specific purpose, little doors and windows, each letting in certain chemicals, certain substances, at certain times, in certain amounts. It is called cell specificity. When it's all going like it should, when you are in stress stage one, which is the good stress, when you're thinking correctly and making right choices, when you are in line with your wired for love natural design, then the receptors work correctly. The minute we think and choose and make a toxic decision, when we move into the wrong way of thinking, out of alignment with our natural way of thinking that causes neurochemical chaos in the body. When we have neurochemical chaos in the body that literally causes the doorways to be ripped off the hinges, causing the windows to be shattered, removing protection from the cells. Now whatever is flowing through the bloodstream, whether it's chemicals that you've inhaled from a perfume that you've sprayed, or food that you've eaten, the incorrect balance of chemical signals from a toxic reaction. All of that is actually reality inside of our blood flow. Now that can enter into the cell and into the heart of the cell, which is the DNA, and affect the way in which the genes express and effect the way in which you hold thoughts. Your spirit is the true you. It's who you've really been created to be. Your soul is your intellect, your will and your emotions, so your soul is your mind realm. Your physical body houses your spirit and your soul, so your brain is part of your physical body. The way we are designed is that the Holy Spirit guides your spirit. Your spirit guides your soul. Your soul dominates your body. Your thinking mind controls matter. Your thinking is changing the structure of your brain and your body. The Holy Spirit lays down in your spirit what you know to be the correct thing, but it is with your mind that you must appropriate that. It is with your mind that you understand what the spirit knows. We've all been at the place where we know what we're supposed to do and can even quote the scripture, but our mind is still not really believing what is true. This is called in scientific terms: cognitive dissonance or lies. You are getting input through stimulus or signals from the external to the internal part of your mind through your five senses, so your five senses are the contact between the external world and the internal world of your mind. When these signals move into your mind they're moving as electromagnetic impulses, waves, and all kinds of fantastic things, and they are in a temporary state and they move through the hundred structures of your brain. You're in the events and circumstances of life and the enemy comes and distorts those events and circumstances. When someone speaks you receive those signals, you process and think about it with your mind. As you're thinking, you cause your brain to genetically express, which means your brain has a physical reaction to your thinking. Thinking is an electromagnetic wave, which is a signal that causes your brain to make proteins. Those proteins group together into little branches that hold information that you are hearing. The stuff from outside becomes a physical reality inside. You receive it, but you have a choice. You, with your mind, have to choose whether you are going to appropriate the truth of God and step into His grace, and the signal that changes your brain is your mind. What you are thinking changes your brain. Your brain then controls your body. Your brain then receives either a negative signal or a positive signal. The lie of the enemy has no strength, no substance, until you take it and make it physical substance. Whatever you think about will produce an action and words. Everything that you say and do in your life is first a thought that you have built inside of your head. Your thoughts are the source. As a man thinks in his heart so is he. You don't have stress chemicals in your body, you have chemicals that flow in the wrong quantities. Everything inside your brain and your body is designed for perfection. When we make bad choices we disrupt the natural rhythm of the physical body that we live in. There have been thousands of studies showing how the physical heart is linked to the brain. In the heart there is a mini little brain that has about 40,000 nerve cells. This little mini-brain inside your heart is connected to your brain and what happens is that as you are processing the events and circumstances of life, as you are reacting to the events and circumstances of life, as you the observer outside of the system are observing the events and circumstances of life, as you're intellectualizing through the events and circumstances of life, you are then going to make a choice. You will always make a choice. This is how you are designed. Thinking leads to a choice. Put your past behind you. Acknowledge, confess and repent to rewire your thinking. It's time to stand up and take responsibility for our thought life. Stress literally causes brain damage. We cause our own brain damage every time we make a toxic choice and throw our body into negative stress. Positive stress is good, that happens as you're thinking and making good choices. Negative stress stage two and three is when you've made a toxic choice and you've kept it there. We need to realize that we need to bring our thoughts into captivity and renew our minds. When we get rid of those toxic thoughts we decrease our vulnerability to illness.

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Program Title

Program Duration

Topic Duration

Segment Type Source

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Time

Health

Switch on Your Brain #005	28:30	28:30	REC	PA/O/E	09/02/2014	12:00 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses the ability to change and renew your mind. You can rewire your brain. You can change and get rid of those toxic thoughts. As a man thinks in his heart so is he. What we have wired into our brain very much determines what we say and what we do. If it's a toxic thought it produces toxic words and actions. You don't have to get stuck in that. We're not a victim of our biology. We can change that. We can rewire and get rid of it. In science we call this neuroplasticity. Neuro means brain and plastic means to change. You are designed to change your brain. It takes time. It takes a full twenty-one days according to the science to breakdown a thought. You are in control. You can break those thoughts down. Renewing our mind means that we change our thoughts. You are a thinking being. Thoughts are real things and they occupy mental real estate. If you have a toxic thought it causes physical change in our body, which is toxic. If you have a healthy thought it brings health to our bodies. This is what science has found that when you have a healthy thought you have health in your body. Toxic thinking brings a lack of health to your body. You have a non-conscious mind and you have a conscious mind. Your non-conscious mind operates twenty-four hours a day. Your non-conscious mind operates at four hundred billion actions per second and that non-conscious mind drives the conscious mind. Your conscious mind is what you do when you're awake. The conscious mind only operates when you're awake but it is driven and controlled by the non-conscious mind. At any one time around about four to seven thoughts are in the conscious mind. As a thought moves from the non-conscious to the conscious, it becomes malleable, plastic, changeable, and this is when we start doing brain surgery. This is a massive breakthrough in brain science, and psychiatry and the world of psychology. It was once thought that the brain could not be changed because it is fixed and immutable; it's a machine. Research now shows that your brain does re-grow; it is neuroplastic. Every day you get new brain cells. When you bring a thought into the conscious mind, there's a massive change that occurs inside the networks of our brain. We see a physical change in the brain. In the mind realm there is a massive change and in the spiritual realm there is a massive change. As soon as we bravely take the initiative of acknowledging our wrong doing, our sin, our stronghold, our toxic thought, whatever you want to call it, then immediately we see the work of the cross coming into action. This is really, I believe, where the Grace of God hits us because when we see this is who I've become but the truth is that I'm wired for love, Jesus died on the cross, and He rose again on the third day. I can believe this. That is knowledge you have built in as a tree. That is something you had to process and build in as a tree and as you are using this healthy thought you look at the negative so you start talking about the situation and you start acknowledging, repenting; all that is a process that takes a minimum of twenty-one days. This thing that you thought up is filled with emotion. Every thought that you've built has got emotion and information. The information of the event plus the emotion attached to that event. When it's in the non-conscious the emotions are operative, but when it moves to the conscious mind those emotions become feelings, so we experience the emotion. So as you talk through you redesign this whole thing, meltdown the toxicity, eliminate and get rid of all the negative toxic emotion, and toxic feelings, and you rebuild a healthy truth that says this is how I used to be. This is the negative reaction I used to have. You have these lights going on in your head. You suddenly get this insight and awareness because as you're going through this process the Holy Spirit is laying down in your spirit what you actually know to be truth, and then with your mind you're starting to understand truth, and as you start doing this conscious work of understanding the truth and rebuilding a healthy thought, you overcome. When you make bad choices the proteins that you express are all distorted and tangled up. They look different to the proteins that you express when you make a good decision. As you are thinking and choosing, when you choose in the death zone; when you choose a bad choice, when you shift out of alignment with God, you build proteins that are incorrect, so you're still going to wire in the toxic tree, but it looks different. Science tells us that if you're going to change one of these ugly networks in your brain you have to have discipline, you have to direct your attention. You have to be very focused. You have to make a decision and rigorously push through a period of time to change that thing. On day three or day four, most people just stop. When you just stop and give up that is a decision of your mind. You chose to stop and give up. You could have chosen to push through with diligence and perseverance. It shows us in science that nothing happens until day twenty-one. It takes twenty-one days of major scientific stuff to break down the thoughts and then once you've broken it down, it takes another two cycles of twenty-one days minimum to make that a habit in your life. It takes at least sixty-three days to make a major change in your life. In science what we have found is that in order to build a stable memory; that means that something is there and they're not going to go away unless you change it, which you can do, you have to go through a process of up to twenty-one days to build a basic new little memory. It also takes twenty-one days to break down a memory. You may have been thinking in a negative pattern for the last thirty years. In just twenty-one days, you can get rid of that toxic tree and at the same time rebuild a healthy tree. You have to push through. Awareness is the signal that starts breaking down the toxic tree. You have to push through because the first two days there are a lot of chemicals flowing that will give you a lot of motivation. Day three and day four those chemicals stabilize. You have to push through beyond day three and day four, because even though you may not feel it, major change is occurring in your brain on the nonconscious level. If you think of a tree and you think of the branches on the tree, the branches have to get stuck to the tree. By day seven the branch is stuck with like a little bump. By day fourteen the connection between the branch and the branch that it is growing from has become like a lollipop. It's only on day twenty-one that the connection has become like a mushroom or an umbrella. What that means is that when it is in that shape the protein has become self-sustaining. The memory has become stabilized. It will then move into an unconscious mind and it becomes something that you have worked through. So we need to push through to twenty-one days. Work on one toxic area at a time, one toxic habit at a time, one by one. If you're working twenty-one days; that means in one year you can fix seventeen areas that need fixing in your life. Most people are the same now as they were five years ago. Five times seventeen imagine what you could do! It takes seven to ten minutes a day of the exercise and five steps that are all scientific. You are your own base brain surgeon. This means that you are designed with your mind to change your thoughts. You can get rid of those thoughts. You can wire them out It's a process. It is not going to happen overnight. Most people are very motivated to change and forgive and get rid of a toxic habit in the first couple of days and that's because of chemical reactions and the motivation that occurs around that whole state. But day three, day four, historically, and statistically, people tend to give up. We've got to push through. Science shows us that once we're aware of a toxic thought, we need to focus in on working on one toxic thought, which has a whole lot of branches growing out of it like a tree trunk which is the root with all the toxic branches and manifestations growing out of it. Science shows us that twenty-one days is the minimum that it takes to break down a toxic thought, and as you're popping off those branches and rewiring, you are also building up at the same time a healthy new thought.

Program Title

Program Duration

Topic Duration

Segment Type Source

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Time

Health

Switch on Your Brain #006	28:30	28:30	REC	PA/O/E	09/09/2014	12:00 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses how "I can't" is a decision. It is a choice, which means "I can" is also a choice. Your brain follows what your mind decision makes. If you, with your thinking, choose to "I can't" you will get stuck. When we say, "I can't" we are building ourselves and locking ourselves in. The minute patients were desperate enough to change, the minute they directed their attention in the direction of "I can" things started happening. Realize that "I can't" can become "I can," that it's a choice that you make and you don't have to be bound in that depression and negativity. Those are all manifestations. You can change. You can change your "I can't" to "I can." We are made in the image of a perfect God. Our normal, our natural, our default is phenomenal, brilliant, marvelous, fantastic, fabulous; it is outstanding. You are outstanding. When you say "I can't" you've actually made a choice because you're either "I can" or you're "I can't" - there is no gray area with God. It's either you choose life or you choose death. When we say "I can't" we are actually choosing to give up. We're making the choice to pull out and pull back and to not take responsibility. And then we can't heal because we actually increase our toxic load when we do that. This "I can't" applies to logical things, decisions that are blocking you from moving forward in your life. We're not going to walk around thinking that if I say "I can" "I can." It's not positive thinking, it's much deeper. We're dealing with where we use the words "I can't" that keeps us stuck and bound in chains of negativity and bad habits and bad toxic thoughts. That's the "I can't" that we need to overcome. Your thinking and your choices will impact right down to the DNA right down to genetic level and that impacts everything about who you are and how you are functioning. Ninety-nine percent of our perceptions in life are based upon what we have planted inside or our brain. A lot of times, we say "I can't" because it is scary to change. There is a fear involved because this is familiar even though I know it's wrong. There's also the thing of "I don't know how to change" this almost helpless feeling which has come from the world that we live in, the environment that we've lived in, the nurturing that we've received, where we've been told and labeled this who you are and you can't change. This is where it is good to recognize and understand who we are scientifically in Christ which means that we are naturally wired for love, so we're naturally wired to overcome. We need to have truth brought into our life about how we can do this. It is something we are able to do. When we're bound in these chains of things like anger, frustration, alcoholism, addictions, addicted to me, myself, and I, addicted to pornography, whatever it may be, these feel like chains that hold a prisoner to a wall. You need to know that your mind is more powerful than any addiction. Your mind is more powerful than any toxic chain. Anything in the negative realm, your mind is stronger than that and that's what science has proven. The ability of humans to be able to be positive over the negative, to be able to heal over the addiction, is so much stronger than the negative. That's what we need to hang on to and that will help you start. When you recognize that we have this ability to break our chains, that our thinking is more powerful than the chains, the chains actually start breaking. You're a thinking being. You think all day long. You think, you choose, you build. As you're thinking and choosing, you're expressing proteins, which is genetic expression building proteins, and you're building these brain cells inside of your brain. Now if you make bad choices, the proteins that you express are all distorted and tangled up. They look different to the proteins that you express when you make a good decision. As you are thinking and choosing, when you choose in the death zone; when you choose a bad choice, when you shift out of alignment with God you build proteins that are incorrect, so you're still going to wire in the toxic tree, but it looks different. Link back to God, implant the Word of God. Let your mind understand what your heart, what your intuition of your spirit, already knows, and that is you cannot do this thing without God. So you first link to God. You first find a scripture. You first give thanksgiving and praise and worship. You do whatever it is that you get yourself connected to God and then you go into battle. Step 1: You first link to God. Then you start working on this and as you make the decision this thing is no longer in my life and you start working every day diligently, disciplined, directing your attention; it's call the quantum zero effect. If you don't do it for twenty-one days, it will not go away. It takes a full twenty-one days. The best way to get out of the "I can't" syndrome is to do twenty-one days of practicing saying "I can." So whatever the "I can't" is, if you can identify and be very specific. Science shows us that the more specific we are the easier it is to start breaking down and identify things. If we can find the pattern of our negative toxic reaction, that is the first step in starting to break that down. When we are saying "I can" to get over the "I can't" you can't just say it, you have to really believe it. You have to identify a truth in the Word of God that will be something that you can hook the "I can" onto. As a tree has roots, so your thoughts have roots, so everything you say and do is first a thought. Nothing that you say and do is a vacuum. So whatever you're saying is coming from a root. If you're saying "I can" but you are actually thinking "I can't" the root is the more powerful. The thought in your non-conscious is the more powerful thing than what you are saying, and what you are actually saying is actually the negative, and that's called cognitive dissonance. We've got to have an alignment here. We've got to make sure that when we start saying the "I can" that we are hooking it on to the truth of the Word of God and that we mean it. Even if we are just trying to go through the process: "I'm really trying to believe that I can do this," that sometimes takes twenty-one days just to convince yourself that you actually can apply the Word of God. It's baby steps all the way through. It's only when you start to thank God that He actually listens. When you thank God, in your brain things change. Serotonin, dopamine, oxytocin; all the remodeling chemicals start being released. Various structures in your brain start getting very excited in anticipation of good stuff. Someone is about to make a good decision to be thankful, to be in a state of praise. The brain changes accordingly. The brain gets hyped up in a good sense and excited in anticipation of the good things. When you expect good things, good things are going to happen. "I can" is a decision. "I can't" is a decision. You have a choice daily to say "I can" or "I can't." "I can't" is a decision. When you make the correct decision, your natural wiring is to make correct decisions. When you choose to "I can" instead of "I can't," when you make that decision, change happens in your brain. Physical change happens in your body. Physical change will produce change in your mind, which is the soul realm, which will impact on your spirit. "I can't" is a decision. Never think "I can't" is a cop out, it is a decision. "I can't" is not neutral. Have a look this week at how many times you actually say "I can't." Train yourself to be aware of the fact that "I can't" is a physical thing. When you say "I can't" you're building an "I can't" thought network into your brain that keeps you stuck and bound and chained. You're capable of changing that. You're capable of changing the "I can't" into the "I can."

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Program Title

Program Duration

Topic Duration

Segment Type Source

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Time

Health

Switch on Your Brain #008	28:30	28:30	REC	PA/O/E	09/23/2014	12:00 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses how we walk through life with unnecessary baggage which are toxic thoughts that we've built. What we've stored in our minds is basically impacting how we function. Research shows that patterns for adulthood are laid down in childhood and the way that you function in the future is based on the now. Our mind is split into the conscious and the non-conscious. The conscious operates when you're awake. The non-conscious operates twenty-four hours a day and that's where all the thoughts, the good trees, the baggage, all that is stored in the non-conscious mind. We know from science that the non-conscious mind drives the conscious mind. So if your non-conscious mind is filled with baggage that is what is going to drive your conscious perception of how you deal with life. Cast all your burdens upon God. Get free from that baggage. You are spirit You are soul. You are body. Your spirit is your true you. Your soul is your intellect, your will, and your emotions. In other words, your mind. You live in a body which is dominated by the brain. Whatever you say and whatever you do, it first comes from a root, and that root is something that you have planted inside the depths of your mind. So it's a bit like we've taken these toxic things and we've put them in this baggage and we try to pull this along with us and we go to bed with it and we've always got this baggage with us and we never let it go and it's heavy and it makes us feel weighed down and that is literally what we're doing when you keep a negative thing in your life. When you keep an unforgiveness, anger, frustration, irritation, a way of reacting, being overemotional, whatever it may be, being oversensitive, taking offense, all these things, when we do that, this is baggage. This baggage will affect the way that we are perceiving life because this baggage is deep down in our non-conscious mind and the way we perceive life is going to be through these memories in our non-conscious mind. Each time something reminds us of an event or circumstance of life, it reminds us of that piece of baggage. It will move it to the conscious mind and influence how you handle that situation. Until you remove it you're going to continue in your toxic pathway. The Bible says, and so does science, you first build a thought and then you see the evidence. The evidence is the words, the actions, the manifestation. First the thought then the evidence. When you are in a circumstance that's bad and you're connected to the vine you are going to draw on the correct thing from your non-conscious mind to inform your conscious decision, but if you're not, you're going to draw on the negative to inform your conscious decision. Where are you putting your mind time? Where is your mind time focusing on? Train yourself to be aware of your thought. No thought should ever go unchecked through your mind. No thought is harmless. A negative toxic thought is doing damage in your brain. It's made up of proteins that have become distorted because we don't have any proteins in our brain for negative thinking. The proteins that we make are supposed to be made based on healthy choices. So when we make a negative toxic choice, we distort the proteins. So the proteins accumulate, and instead of it being a beautiful green tree, it's this wiry distorted, inflamed, awful looking kind of thought that affects the blood flow. The activity looks incorrect when you look at a brain scan. You can actually see negative things. And that's what happens in life as we're going on, we're building these thoughts. We build thoughts with our thinking, our mind, our intellect, our will and our emotions, the thing in the middle that impacts the spirit and the body. As we think, our brain is housing, and capturing, and building, these thoughts, and then these thoughts impact back into our mind because these thoughts get built and then they get layed down in the non-conscious part of our mind. Your thoughts are real. They occupy mental real estate. You think all day long. You're a thinking being designed in the image of God. At nighttime when you're sleeping you are still thinking, but you're sorting out your thoughts. Your non-conscious mind houses all these thoughts. Your non-conscious mind operates twenty-four hours a day, it's always going at 400 billion actions per second. Your non-conscious mind drives your conscious mind. Your conscious mind is what is awake now. It is through our conscious mind that we process information. Your first build a thought and then you speak. You live out of what you have built. If you have built toxicity in your brain, you are speaking toxicity. If you're not dealing with issues, if you've got unforgiveness, if you've got bitterness, it is toxic inside your non-conscious mind impacting how you are processing the world. Ninety-nine point nine percent of your perceptions are based upon what you have implanted in your non-conscious mind. That is why James 1:21 so correctly says that the implanted word of God will save your soul. We need to be memorizing scripture. We need to be meditating and practicing the presence of God. Everything about your life needs to be given over to God. Left unchecked, baggage will destroy your life. From your conception to your present age you have been building these thought trees. These thought trees are like the root of your words and your actions. So in your non-conscious mind, you've got these trillions and trillions of thoughts. Your conscious mind is driven by your non-conscious mind. So when you're in a situation and you start to have conflict, the conflict are signals that start to come in and you're building these toxic trees. Whenever you are in a similar situation, because you have not gotten rid of those toxic trees, they move into the conscious mind and there is conflict again. Seventy-five to ninety-eight percent of current illnesses today, mental, physical, etc. come from our thought life. These thoughts are not isolated. Thoughts are connected. We have the phenomenal ability to stand outside ourselves and to look at ourselves, and when these things occur, we are able to overcome them. When you choose badly you build death into your mind. You build it physically. So though your mind decisions, which is the soul realm, you create a physical reality in your brain and in your body, which is the body realm, and your mind has a foot in the door of the body and a foot in the door of the spirit, so in your mind is chaos, chaotic and confused, I build that physically into the physical nature of my brain and my body. I throw every chemical, every circuit, every part of my body into a negative toxic state. My body becomes vulnerable to illness and disease and seventy-five to ninety-eight percent of current mental, physical illnesses today come from our thought life. This is the death. When we keep negative things inside of us, when we keep the anger reactions, the unforgiveness, the bitterness, the frustrations, the things that people have done to us, when we keep these hurts inside of us, these are physical substance, real physical things, and if you keep enough of them it's like baggage, packing things into luggage, and they get heavier and heavier, and we drag these things with us and it weighs us down, and we feel emotionally weighed down. Inside of your brain that toxic thought looks different, it acts different, it creates inflammation, it sets you up for disease, because that baggage is what throws your body into stage two and three of stress, which is negative stress. It's that accumulation of those toxic negative thoughts that put you in that dangerous range of seventy-five to ninety-eight percent; the baggage of our thought life are the things that are causing the physical illnesses. We need to always remember that we operate from what we're building. So we're carry baggage and that's going to be determining how we perceive and manage life. We need to get rid of the baggage. We've wired it in, we can wire it out. It's a myth that you use only ten percent of your brain. You use it all. Every part of your brain has a function and most of your brain is active all the time. Inside of our brain God has built this whole strip in different parts of our brain of these nerve cells that operate like mirrors. We literally are built in the design of our brain to reflect each other's emotions. We're built for relationship. These mirror neurons help us to cry together, laugh together, empathize with each other, feel each other's pain, and feel each other's joy. We're naturally entangled in each other's lives. These physical structures are just one of these tangible scientific ways of understanding these incredible truths of how we're all connected to each other. God says to cast all your cares upon Him. Your job is to forgive because if you don't forgive you are connected to that person and you have given the curse of cause to land in your life. You have to forgive. Otherwise your body is suffering, your mind is suffering, and your spiritual development is suffering. Quantum physics gives us tangible evidence of God's incredible grace. Science shows us that we're just not designed to carry unnecessary baggage. Unnecessary baggage in terms of science is all those toxic thoughts in our mind; that we've made bad decisions, and we've wired the stuff in, and we're operating from these in our non-conscious mind. Our non-conscious mind is filled with millions of thoughts and a lot of those are baggage thoughts. They're not healthy thoughts. They're weighing us down and they're impacting how we function on a day to day basis. We need to unpack those. We need to pray and ask God to help us unpack those. We need to get order back in our mind and that's done prayerfully, not on your own. You need to ask God. The Holy Spirit will lead us into all truth. The Holy Spirit will show us what we need to unpack; all the baggage that's weighing us down.

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Switch on Your Brain #009	28:30	28:30	REC	PA/O/E	09/30/2014	12:00 PM

Health

Today on Switch On Your Brain Dr. Caroline Leaf discusses emotions and feelings and if we can control them. We can control our emotions and our feelings. Every thought in your head that is a physical reality doesn't just have information, it has emotions as well, and we feel that. The emotions are in the non-conscious mind and there are millions of thoughts in the non-conscious mind. At any one time in the conscious mind we have around four to seven thoughts, and they're moving in and out of the conscious mind. When a thought moves into the conscious mind it becomes a feeling. We feel those emotions. We can control them because the minute the thoughts are in the conscious mind it becomes changeable, which means we can change the feelings. Feelings we experience when we are consciously aware of the thought. Emotions are when the thoughts are tucked away in the non-conscious mind. We detox the thought, we get rid of the emotion, and we get rid of the feeling. We can control our emotions. How we are reacting to the events and circumstances of life will determine our stress levels, the state of our physical being, how our mind is functioning, how we are coping with life, and how we are expecting to cope with life in the future. Every thought that you build inside of your brain is a physical reality. Not only do those thoughts contain information, but they also contain emotions. As you're building a thought, that thought tree, with its emotions, moves into the conscious mind from the non-conscious mind, then those thoughts are experienced as feelings. Feelings are the conscious experience that we have in our mind and in our body physically of the actual emotion, so there's a difference between emotions and feelings. Right now at 400 billion actions per second you are generating a quantum signal in your brain as you process information. There is a signal that goes right down to the level of your DNA and the DNA literally, like a hand reaching out and switching on a light, you are causing the light signals to be expressed and as you express those lights, as you switch on the lights, as your signal hits the DNA, so the DNA expresses and as the DNA expresses it makes proteins, and as those proteins group together you form thoughts, and chemicals get involved as well, which carry the emotions because the chemicals of the body become molecules of emotion. God gives you a physical representation of a mind soul action that is designed to be guided by the spirit. Every thought that you have, always, every single time, will become a physical reality inside of your brain. We've got all of these thoughts inside of our brain that are real and occupy mental real estate and they look like trees. The thoughts that we build look like trees. As we're thinking and choosing we're building all of these trees inside our brain, with these branches and these leaves, containing all this information. Every thought also has emotions wired into it. We have a forest of trees and it's raining, if you look at the trees you'll see the raindrops on the trees, those drops of rain on the trees, that's what the emotions actually look like, literally. Because the emotions are represented inside your thought as chemicals, every thought that you build has all these chemicals intertwined within them and it looks like rain drops on trees. So in your brain you have this physical reality for this mind thing that has a spiritual component. The amygdala is another structure in the brain that looks like little almonds which are like libraries, which are perceptual libraries. Every time that you think and choose and build a memory, you're actually going to build the memory into your brain. As you build the memory into your brain, not only do you put information on the leaves, but you also have chemicals involved in the process. The chemicals that are involved in the process we call scientifically molecules of emotion. The chemicals carry the emotions, this means every single thought that you build has this emotional component. When that emotion is in the non-conscious mind where all your memories are stored it is an emotion. When it moves into the conscious mind you feel your emotions. The feeling is the experience of the emotion. A perception is another kind of connective memory which we store in our amygdala. So we have a perceptual library, like a library contains books of information, so your perception is your perception of that event. So information and emotion is in the thought and the perception is in the amygdala and it is connected, so as you draw a memory into the conscious mind and you remember the information and experience the emotion, you also activate the amygdala and you experience the perception. Life is represented by the green tree. Death is represented by the dead tree. Life, represented by the green tree, is the love zone. The dead tree represents the fear zone. The larger green tree represents God and the smaller tree represents you, because you are made in God's image. The love zone is the normal zone, this is your normal, this is your default, this is who you are. Scientists call this being wired for love. We are wired for love which means all of our circuitry, our structures, everything about our brain, and everything about the physical body is all designed for the positive. Your normal is wired for love. Your normal is good thinking, good choosing, good thoughts, good decisions, wisdom. You are made in God's image. God is made of love. It's a spiritual force. The Bible tells us that perfect love will cast out all fear. The opposite spiritual force is fear, which is abnormal. Scientists tell us that we are wired for love. We learn fear through the choices that we make in our soul realm. The design and the natural order that God has set up is that the Holy Spirit informs your spirit, your spirit informs your soul, and your soul controls your brain and your body. Your brain and your body do the bidding of the mind or the soul. Your soul has one foot in the door of the spirit and one foot in the door of the body. It is through the soul mind realm, which is supposed to be dominated by the spirit, which is supposed to be dominated by the Holy Spirit, that you then control your body. But we live in a world where we reversed this thing; where we worship the body, where we go by how we feel. You are either led by the spirit or you're led by the body. When we have issues in our life there isn't a quick fix. We need to realize that chemicals, drugs, putting things into our body, alter brain function. Taking a drug for being unhappy, or depressed, or anxious, is not really the solution. It may have to be part of the solution for a very short period of time, but the real work is in your mind. The real work is you recognizing, acknowledging, working through and persisting through for twenty-one days. Your mind is stronger than any chemical, any drug, and any medication. Many doctors are seeing that the effectiveness of any kind of medication comes from how a patient is actually managing their mindset in terms of their illness. The stuff coming in from the outside is an external signal. Those signals in your brain activate the genetic expression. So the stuff coming in, your thinking, activates some existing memories, and then all that combination causes the proteins to grow and you start growing some brain cells. You have one hundred billion neurons in the brain. Dendrites, which look like Christmas trees, are what you're building in your brain. When you're making good decisions they're healthy. When you're making bad decisions they're unhealthy. Whatever you think about the most will grow and they connect to other parts of your brain. You are a brain surgeon because you can change your own mind; you wire these in, you wire these out. You as a brain surgeon need to renew your mind, which means that you need to apply the scientific principles of neuroplasticity; neuro meaning brain, plastic meaning to change. You as a brain changer need to change your brain, renew your mind. So you make the decision and you can operate at multiple levels at once, so at any one time you can have a bad thought coming in and a good thought coming up and you can control this process because you are brilliant. We can learn how to discipline our thought life. We need to recognize that if we can bring all our thoughts into captivity, the thought has the emotional component, so therefore, if you are bringing the thought into captivity you're also bringing in the emotion, which is part of the thought into captivity. That is our natural design. In science we see that when a thought moves into the conscious mind and it becomes active and we feel it, if it is a toxic thought we feel a toxic emotion. If it is a happy, good, healthy thought, we feel the healthy emotion. Your awareness of this is your starting point to the healing because your awareness enables you to see your reactions. That awareness starts helping you with the healing process. If you're aware of something then you can do something about it. There are only two types of emotion: love and fear. Love is the natural design that we have. Love grows all the good stuff: love, joy, peace, kindness, gentleness, patience, self-control. Out of fear, which is the opposite, the counterfeit, grows the negative things: anxiety, worry, discouragement, despair. These negative things are not the normal response, but a learned response. You are wired for love. Love is the normal emotion. Fear is the learned emotion. We have emotions and feelings and we can control them. Emotions are in the nonconscious mind and when they move to the conscious mind we feel those emotions. We're designed to control them, but we need to go to God and God will help us control them. When a thought moves into the conscious mind you have ten minutes to make a decision as to whether you're going to move forward or whether you are going to stay stuck with it and make it a toxic emotion. You can't fix it in ten minutes, but you have ten minutes to make a decision about whether you are going to work on it or not. Otherwise it will go back even more toxic than before. This week be conscious of the thoughts that move into your conscious mind. Be conscious of the emotions that now become feelings. Remember, in the non-conscious mind they're called emotions. When they move to the conscious mind they become feelings. In that ten minute window, make a decision if it is toxic, to ask God to help you to start working through the process of detoxing that particular thought network, which takes work. It takes twenty-one days, but you can start working on that. Don't ignore that ten minute window.

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Health 700 Club CBN News Watch #07032014	1:00:00	5:00	REC	PA/O/E	07/03/2014	2:00 PM

CBN News Medical Reporter Lorie Johnson Reports: Inflammation is a serious health problem you can't even feel, but it does tremendous damage, especially over a long period of time. Scientists say inflammation could be behind heart disease, arthritis, cancer, ADD/ADHD, diabetes, stroke, migraines, thyroid issues, dental issues, and more. Although inflammation is caused by toxins like cigarette smoke and environmental pollutants, the biggest factor is an inflammatory diet. Many of the foods we eat cause inflammation and simply avoiding them can lead to immediate and dramatic improvements. Then on top of avoiding the bad foods, adding anti-inflammatory foods to your diet creates and even healthier you. Many people who follow an anti-inflammatory diet also lose weight. Mark Sisson is a leading expert on an anti-inflammatory diet. At age 60 he is the picture of health: He has the body of a man half his age, inside and out. He does not suffer from any diseases or chronic conditions and doesn't take any medications. But he hasn't always been this healthy. His anti-inflammatory diet changed everything. Sisson follows the Paleo Diet. Last year the Paleo Diet was the number one searched diet on the Internet and Sisson's is the top Paleo Diet website. He's been studying nutrition research for the last 25 years and writes about his findings on Mark's Daily Apple. The Paleo Diet is about avoiding foods that cause inflammation. That means no sugar, no wheat, no trans fats or industrialized Omega-6 fats, and very little or no dairy. Sugar weakens your immune system and causes insulin problems. Wheat treats your body much the same way. In fact, many people who follow the Paleo Diet stop eating all grains, such as rice, corn and oats, in addition to wheat. Sisson didn't even know wheat was causing him problems until he stopped eating it. Highly inflammatory trans fats and industrialized Omega-6 fats are Paleo no-nos. Trans fats are man-made oils that have been hydrogenated, meaning they have been infused with hydrogen for the primary purpose of prolonging the shelf-life of a processed food. Therefore, most trans fats are in packaged foods. You can recognize whether a product contains a trans fat by looking at the list of ingredients. If you see the word "hydrogenated," it's in there. Vegetable shortening and margarine are also trans fats. Industrialized Omega-6 fats are also highly inflammatory. Theoretically they could be considered safe if consumed in equal amounts as Omega-3 fats, such as fish oil. But the average American consumes 20 times the amount of Omega-6 fats as Omega-3 fats, and this imbalance causes inflammation. Industrialized Omega-6 fats are the vegetable and seed oils. These oils are on many grocery store shelves in the form of vegetable oil, corn oil, peanut oil, safflower oil, sunflower oil, and soybean oil. The Paleo Diet advises followers to steer clear from these oils as well as canola oil. The Paleo Diet also eschews dairy that can cause inflammation, allergic reactions, and stomach problems. People considering the Paleo Diet may wonder, after giving up sugar, grains, trans fats, industrialized Omega-6 fats and dairy, what's left to eat? As it turns out, a lot! Healthy fats include things like avocados, nuts and seeds, olive oil, fish oil, and coconut oil. Coconut oil is one of many saturated fats that the Paleo Diet encourages. Saturated fat from beef and pork are also encouraged. The endorsement of saturated fat is controversial. Some health professionals believe saturated fat leads to heart disease and should not be consumed. However, many recent studies, which are very reliable in that they are large and exhaustive, find no evidence that eating saturated fat is bad for your heart. Nevertheless, much of the medical community still relies on industry standards from the past that condemn the consumption of saturated fat, though the number of people holding to that belief is reducing every year. That includes Dr. Eric Westman, who heads the Duke Lifestyle Medicine Clinic, who like many physicians, formerly believed saturated fat caused heart disease, but changed his mind. Of course, any diet is best when combined with exercise. Sisson combines the Paleo Diet with what he says research proves is the best exercise: a three-fold plan of slow, steady movement, occasionally lifting weight, and a series of all-out sprints. Most of us know a sedentary lifestyle is hazardous to our health. But that doesn't mean we have to overdo it in the opposite direction by killing ourselves at the gym. But the key is to do it a lot. For those of us who have desk jobs, this can be a challenge. Sisson points out that walking before and after work, and taking several walking breaks throughout the day can make a huge difference. Better yet, work at a treadmill desk, which are available for several different prices, or you can even make your own! Sisson also recommends lifting some weight about twice a week. This does not mean you must purchase a gym membership and lift dumbbells twice a week. In fact, he uses his own body weight as resistance, and so can you, by doing push-ups, lunges, sit-ups, pull-ups, and so on, and just by lifting heavy objects in your daily life. In addition to a good diet and exercise plan, a healthy lifestyle relies on proper sleep. Your body repairs itself when you sleep. Without enough sleep, our immune system suffers and we increase the secretion of hormones that make us hungry. If you have trouble getting to sleep at night, go without any caffeine after noon and avoid all electronics at least one hour before bedtime. So for an anti-inflammatory diet, try the Paleo eating plan. It's known for what it's missing: sugar, grains, trans fats, industrialized Omega-6 fats and dairy. That way you'll be left eating foods that keep you thin and healthy.

700 Club CBN News Watch #08082014	1:00:00	5:00	REC	PA/O/E	08/08/2014	2:00 PM
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CBN News Washington Sr Correspondent Paul Strand Reports: McLean, Va. - The rate of autism is spiraling in the nation. Twelve years ago, just one in 150 children were diagnosed with some form of autism. Now it's one in 68 children. This means much more special care is needed for many more kids with special needs. Autism is just one form of disability. Parents of children with special needs often find themselves isolated in a world of near round-the-clock care. Denise Daffron, Jill's House VP for Advancement, knows from a devastating personal experience about the pain a crippling disability can bring: More than half the children who come there have some form of autism. There are also a number suffering from Down's syndrome, cerebral palsy, and other afflictions. Jill's House is named for Jill Solomon, daughter of McLean Bible Church Senior Pastor Lon Solomon and his wife Brenda. During Jill's first Thanksgiving, she had 17 Grand Mai seizures in a single day. Over time, this rate and amount of seizures combine to cause severe damage to the brain. Caring for her grew into an often 24-hour-a-day job that utterly exhausted her parents. So the Solomons, their church, and other interested donors built Jill's House as a model for changing the face of disability ministry across the country. Daffron suggested people let God lead them in the best way to reach out to family or friends who might be in similar situations. One plan already becoming a reality in some parts of the country includes using Christian camp facilities during their off-season because they are ready-made getaways for care and rest. It's a ready-made mission for caring hearts.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Public Safety</i> Joy In Our Town #1143A	30:00	15:00	L	PA/O	07/03/2014	3:00 AM
					07/07/2014	10:30 AM
					07/08/2014	2:00 AM
					07/10/2014	3:00 AM
					07/11/2014	12:00 PM
					07/15/2014	2:30 AM
					07/17/2014	3:30 AM

Host Dolly Velasquez talks with Waite Colbaugh, Public Health Specialist from the Oklahoma City County Health Department about avoiding mosquito bites and West Nile Virus as well as preventing tick-borne diseases. Waite shares some of the history of West Nile Virus that originated in Africa and was first detected in USA in 1999, and has spread quickly since then. He noted that in the most recent year there were 25 human cases, including 3 deaths in Oklahoma County. It is a reportable, but difficult to detect because the symptoms of high fever, severe headache and joint pain could indicate any number of diseases. Prevention can be helped by using insect repellent, eliminating standing water, staying indoors during dawn and dusk, avoiding dark-colored clothing and wearing long-sleeves and long-pants to avoid exposing skin. On the matter of ticks and tick removal, Waite recommended caution with removing the tick by using a tweezers and trying not to squeeze the tick's body, but rather grasp the head close to the human's skin. Similar prevention tips were discussed and online resources were mentioned, including how to obtain assistance in dealing with other public threats and observed concerns in mosquito habitats.

Joy In Our Town #1143B	30:00	15:00	L	PA/O	07/03/2014	3:00 AM
					07/07/2014	10:30 AM
					07/08/2014	2:00 AM
					07/10/2014	3:00 AM
					07/11/2014	12:00 PM
					07/15/2014	2:30 AM
					07/17/2014	3:30 AM

Host Dolly Velasquez talks with Avy Redus, Project Coordinator with the Oklahoma State Health Department about water and ATV safety. Each year in Oklahoma over 80 people die of drowning or drowning related injuries. For ages 1- 4 years, drowning is the second leading cause of death in the state. About two-thirds of all drownings occur in lakes, rivers, ponds and creeks. Drownings take place in pools, tubs, hot-tubs as well. More than half of drownings recorded for ages 1-5 in residential areas occur in or by a swimming pool and at least a fourth for this age group occur in bathtubs. Injuries can occur when a child is not being watched carefully, a caretaker steps away for just a moment, or a child is not wearing a life vest, etc. In groups, it is helpful to designate a particular adult to be watching and rotate duty. Other preventions include installing a fence around a pool, use of life jackets and float aides, never leave an infant or child unattended in the bathtub. All-Terrain Vehicles (ATV) are three- or four- wheeled off-road vehicles and can weigh between 400-800 pounds and travel up to about 70 miles per hour. ATV can come in youth or adult sizes. In a 2007 study, 200 persons hospitalized and 14 persons died ranging in age from 2 to 88 with a third of the death/injuries occurring in age 18 or younger. Despite the fun that ATV can be, these are dangerous vehicles to operate and there is a high threat for it to flip on, roll over or even crush an individual. The skill needed to navigate and quickly shift driver weight to control the ATV is critical to limit accidents. Oklahoma law requires individual's age 16 years and younger to wear a helmet, but there are no other law-required prevention. There are ATV Safety Institute Rider courses available, which can help promote respect for the ATV and safety in use.

Joy In Our Town #1144A	30:00	15:00	L	PA/O	07/14/2014	10:30 AM
					07/15/2014	2:00 AM
					07/17/2014	3:00 AM
					07/18/2014	12:00 PM
					07/22/2014	2:30 AM
					07/24/2014	3:30 AM

Host Dolly Velasquez talks with Amy Nelson, Comprehensive Cancer Control Coordinator with Oklahoma Health Department about skin cancer prevention. Amy shares about the three types of cancer: basal cell, squamous cell, and melanoma. Sun exposure, especially for those with red-hair, fair-skin, high number of moles, freckle easily, tobacco use, chemical exposure, and/or family history are all risk factors for skin cancer or melanomas. Prevention can be as simple as daily use of minimum SPF-15 sun screen (water, sand or snow all reflect the sun). Wearing more tightly woven clothing, avoiding tanning beds, seeking shade – especially between 10 and 2 heat of the day, and being aware of whether you tan or burn more easily are ways you can help protect yourself from the sun's harmful rays. Re-apply at least every two hours, and after swimming or sweating. Only 10-15 minutes per day of sun exposure is needed to aid in keeping Vitamin D levels normal, and this can be address via diet as well. Those at high level risks may find some helpful tools through their physician and the use of a mole management map to monitor key zones with self-exams.

<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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Public Safety

Joy In Our Town #1154A	30:00	15:00	L	PA/O	09/22/2014	10:30 AM
					09/23/2014	2:00 AM
					09/25/2014	3:00 AM
					09/26/2014	12:00 PM
					09/30/2014	2:30 AM

Host Rita Gray-Martin talks with Kitt Letcher, President and CEO of the OKC Better Business Bureau, regarding the issue of keeping your credit cards safe. Kitt narrows this topic to those 1/3 of all credit cards that contain a Radio Frequency Identification chip in them (RFID) such as Visa, Mastercard and American Express. Though there are some great convenience benefits in using RFID technology, it can be electronically pickpocketed quite easily leaving the consumer open for theft, identity fraud, and just more vulnerable to criminal activity. Unfortunately RFID scanners are easy to obtain, as it is widely available and may be ordered online for example. In addition, the equipment necessary to make a new magnetic strip credit card is also easily obtainable. A credit card that has a RFID chip can be protected by using a special sleeve that prevents a scanner from picking up the personal information contained on the chips. Kitt also discussed other detection or prevention tips such as setting up your credit card rules or guidelines with your financial institution, learning how to identify which credit cards are wireless and which require magnetic strip readers to access the personal credit information stored on the card and of course, being vigilant and aware of what is going on around you.

700 Club CBN News Watch #07142014	1:00:00	5:00	REC	PA/O/E	07/14/2014	2:00 PM
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CBN News Reporter Mark Martin Reports: Palmer and Seward, Alaska – They're massive walls of water, moving toward the coastline at hundreds of miles per hour. We're talking about tsunamis. They've pounded places like Chile, Japan, and Indonesia. Is the United States next? On December 26, 2004, a magnitude 9.0 earthquake in Indonesia generated the world's deadliest tsunami in recorded history. The quake took place around 7 a.m. By noon, the Indonesian tsunami killed more than 230,000 people as huge waves flooded coastlines around the Indian Ocean Basin. It was a wake-up call for scientists. Scientists there now also monitor the East Coast, the Gulf Coast, Puerto Rico, and the Virgin Islands — all potential targets. After the Indonesian tsunami, the U.S. stationed two scientists 24 hours a day at our warning centers, and the government invested heavily in tsunami detection equipment. The technology to monitor tsunamis has improved dramatically since 2004. Thanks in part to new forecasting software and computer modeling techniques, accuracy and warning times have gotten better. One example of advanced technology that's improved warning speed and accuracy is the National Oceanic and Atmospheric Administration's DART tsunami detection buoy. DART stands for Deep-ocean Assessment and Reporting of Tsunami. Before the 2004 tsunami, only six buoys floated in the ocean. Now, the United States has close to 40. They can measure a tsunami wave as small as one centimeter in the open ocean. The information is sent back to a warning center, where scientists use computer technology to process it and then issue a forecast. No matter how sophisticated the technology, if people ignore the warnings, lives will be lost. That's where education comes in. As the NOAA Tsunami Program manager for the Alaska Region, it's Cindi Preller's job to get the word out. Lessons include the following instructions: If you feel the ground shaking — duck, cover, hold, and count for 20 seconds. If you're near the ocean, evacuate quickly. Scientists say a good rule to follow is to head 100 feet above sea level or a mile inland. Don't wait for sirens or other warnings. No coastal community is tsunami-proof, but population centers can become what's called "tsunami-ready." The community of Seward, Alaska, has set the example in making sure residents are prepared. David Squires is a retired fire chief of Seward. On his watch, the city became an official "tsunami-ready" community by meeting communication and safety requirements established by NOAA's National Weather Service. Around town, you'll find sirens, evacuation information and signs marking the tsunami evacuation route and rendezvous area. Emergency managers in Seward take it very seriously. On March 27, 1964, a large earthquake generated a deadly tsunami that destroyed the Seward coastline. Public Works Director W.C. Casey was 12 years old at the time and evacuated with his family. That's why scientists work to hone their tsunami forecasting skills and encourage coastal dwellers and visitors to get educated and heed the warnings.

700 Club CBN News Watch #08062014	1:00:00	5:00	REC	PA/O/E	08/06/2014	2:00 PM
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CBN News Correspondent Erick Stakelbeck Reports: Washington – Before Abu Bakr al-Baghdadi became what many consider the world's most powerful terrorist, he was in U.S. custody. U.S. forces released Baghdadi from an Iraqi prison in 2009 after four years in captivity. His reported parting words to American troops? "I'll see you guys in New York." Baghdadi now leads a terrorist army of some 10,000 jihadists, known variously as ISIS or the Islamic State, that has conquered vast amounts of territory in Iraq and Syria. And his repeated threats to attack America have not gone unnoticed. Levitt, a former U.S. Treasury Department and FBI analyst, told CBN News the large influx of Western Muslims into ISIS's ranks — from places like Britain, France, and Denmark — poses a unique danger. According to some estimates, up to 3,000 Western Muslims have traveled to Syria to join the jihad. The fear is that these "holy warriors" will use their Western passports to return home and carry out attacks. One French Muslim who had fought alongside ISIS did exactly that in May when he killed four Jews at a Brussels museum. Moner Mohammad Abusalha, a U.S. citizen and Florida resident, took a different route. He blew himself up in a suicide attack against the Syrian military earlier this year. Abusalha was not fighting for ISIS. But as the group expands its caliphate, or Islamic state, and becomes richer and more powerful, it becomes ever more attractive to Western recruits drawn to its success and social media savvy. In one recent video, ISIS called America the "Protector of the Cross" and warned that the United States "shall soon be forced to be in direct confrontation by the permission of Allah, and the sons of Islam have been waiting for this day." Al-Baghdadi's claim to lead the world's Muslims has not set well with al Qaeda. Long considered the world's most notorious terror group, al Qaeda had a bitter falling out with ISIS earlier this year. Al Qaeda and its allies continue to expand their reach. The group now covers more territory than it did on 9/11, from Pakistan to Somalia, to Sinai, Libya, and beyond. The al Qaeda branch that most worries U.S. intelligence officials is based in Yemen. It's been behind several plots against the U.S. homeland and has also recruited a number of Westerners. Although al Qaeda and ISIS may now be rivals, there has been no such breach in the relationship between the world's leading state sponsor of terrorism and its most lethal proxy. In recent years, Hezbollah and Iran have attempted or carried out attacks against Jewish targets in Bulgaria, India, Thailand, and elsewhere. U.S. authorities stopped a 2011 Iranian plot to blow up the Saudi and Israeli embassies in Washington, meaning Iran and Hezbollah have yet to strike on U.S. soil — although they have killed American citizens abroad. That capability would only increase if and when Iran acquires nuclear weapons — an achievement that would embolden Iran's radical leaders and leave the world an even more dangerous place.

<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>
Public Safety 700 Club CBN News Watch #09152014	1:00:00	5:00	REC	PA/O/E	09/15/2014	2:00 PM

CBN News Chief Political Correspondent David Brody Reports: YUMA, Ariz. — While politicians in Washington are stuck arguing about America's broken immigration system, U.S. Border Patrol agents are working non-stop to protect our homeland. The Yuma Sector Border Patrol is responsible for roughly 126 miles of the U.S. border. Part of their area is located in the Imperial Sand Dunes in California where they guard an eight-mile long floating fence. The fence is unique in that a machine makes sure it won't lose height even if sand builds up around it. Illegal aliens with bad intentions are consistently coming up with creative ways for beating the system. Some of those real life examples include hiding cocaine in an oil pan and heroin in a hay bale. Some people have actually tried to hide under wood on the back of a truck or even inside a cramped suitcase. That's why highway checkpoints complete with canine dogs are crucial. While Americans heard about the massive problems along the Texas border, the Yuma Sector is considered one of most secure in the nation. In 2005, they had almost 140,000 apprehensions. Nowadays, it's dropped to around 6,000. Money has made a huge difference. Under President George W. Bush, U.S. Border Patrol spending skyrocketed, going from roughly \$4 billion in 2001 to \$12 billion in 2008, when the former president left office. Much of that money went into the Yuma Sector and it translated into triple the number of agents, better technology, and a fence along every mile of this sector. On the Colorado River, separating Mexico from Arizona, better technology has helped immensely. Border towns like San Luis, Arizona, have seen the most progress - no more barbed wire and just a flashlight to keep out illegals. If creative drug smugglers decide not to hop the fence, they've also dug tunnels to get across the border. Fortunately, agents have caught on to those operations, too, busting one that was extremely sophisticated. Nowadays, with added terror threats, agents are on high alert. The Department of Homeland Security recently issued a warning that ISIS terrorists are looking to cross the U.S.-Mexican border. While the U.S. Border Patrol works to keep out potential terrorists, they must also be mindful of the other force trying to get into America: all of the families crossing illegally in search of a better life. Many don't make it, dying in the sizzling Sonoran Desert, so agents try to help when they can. Beacon Sirens are set up in the desert that illegals can push if they want to give up the fight. Safety is always a priority. It's all in a day's work for the men and women guarding our borders. Some have died protecting the country they love while politicians in Washington argue about the politics.

Youth

Joy In Our Town #1144B	30:00	15:00	L	PA/O	07/14/2014	10:30 AM
					07/15/2014	2:00 AM
					07/17/2014	3:00 AM
					07/18/2014	12:00 PM
					07/22/2014	2:30 AM
					07/24/2014	3:30 AM

Host Dolly Velasquez talks with Gordon and Carrie Taylor of Opportunities Unlimited to discuss the topic of youth and more specifically the children of divorce and stepfamilies. Both guests were divorced then remarried 28-plus years to each other, with a combination of 5 children, 10 grandchildren and raised one of the grandchildren from birth. Some of the main issues that children experience in situations of parents divorcing and/or in stepfamilies formed for any reason include: lack of trust, lack of a voice/choice, lag-time of being able to adapt to the change is about a year or two behind that of the parent, continual de-stabilization in families, resistant to the step-parent who wants to step-into an unrealistic role, they are expected to accept the step-parent and step-siblings immediately, friction between parent/step-parent and the ex-spouse who remains the children's parent creates a high-stress environment in which the children are subjected to trauma over feeling pulled in multiple directions and loyalties are being challenged. Children are normally resilient; however in step-families and divorces the children become survivors, not resilient (return to normal shape and purpose) but rather develop coping skills as they much exist in-between two worlds and at times two sides of a continual war with trauma and casualties. The children are de-stabilized and do not know where they belong, because they are not given the patience and time needed (4-9 years) to develop in relationship with the new family and step-parents and there is a break in their history line abruptly. The parents who have chosen to marry are in "honeymoon" mode and often put a lot of pressure on the children to respond immediately without giving attention to the wounds, hurts, needs or concerns the children may be experiencing. Gordon makes a very valid point that the focus of anyone remarrying with children should be on the children who don't get to decide or choose anything in the midst of creating a new step-family or instant family. The step-children adjustments are about a year or two behind that of the parent in this situation. Younger children are more able to bond because there is still time to form "history" with the new people in the step-family and therefore may eventually feel more of a belonging together. Honest caring communications and learning to better communicate along with developing care and good parenting practices are key factors to the success of a step-family.

Joy In Our Town #1145A	30:00	15:00	L	PA/O	07/21/2014	10:30 AM
					07/22/2014	2:00 AM
					07/24/2014	3:00 AM
					07/25/2014	12:00 PM
					07/26/2014	3:00 AM
					07/29/2014	2:30 AM
					07/31/2014	3:30 AM

Host Rita Gray-Martin welcomes Melissa Richey, Marketing Coordinator of The Children's Center Rehabilitation Hospital to the program to speak about the topic of youth, specifically help for children with complex medical needs. Melissa shares about the resources available to children and parents or guardians at The Children's Center Rehabilitation Hospital that services kids from birth through as old as age 21. A recent re-branding effort and forward-thinking reorganization included adding "Rehabilitation Hospital" to the name to publicize the main focus of the facility. Many children with special needs find not only medical and therapeutic help during their stay in the facility, but also benefit from the hospital's efforts to address ongoing needs such as education, recreation and social events for the patients. The goal is to prepare children to be able to face real-life challenges upon completion of their stay, or if older, possibly to be transferred to an adult-focused rehabilitation center to complete their therapeutic treatments. There are over 150 volunteers that serve alongside the hospital staff.

Youth

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #1146B	30:00	15:00	L	PA/O	07/28/2014	10:30 AM
					07/29/2014	2:00 AM
					07/31/2014	3:00 AM
					08/01/2014	12:00 PM
					08/02/2014	3:00 AM
					08/05/2014	2:30 AM
					08/07/2014	3:30 AM

Lee Ann Limber, Executive Director CASA of Oklahoma County joins host Dolly Velasquez to bring awareness of the CASA program. CASA -Court Appointed Special Advocate consists of trained volunteers representing the best interest for abused and neglected children. The case loads for judges in our Juvenile courts and public attorneys are extremely high. So in many cases a CASA volunteer will be assigned a case to be the eyes for the courts to watch out for these children. The volunteers can give recommendations to the attorneys and judges based on their observations. Currently only about 30% of the children are assigned a CASA volunteer, many more are needed. Each volunteer must be over 21 years of age, pass a back ground check and receive 40 hours of training.

Joy In Our Town #1147A	30:00	15:00	L	PA/O	08/04/2014	10:30 AM
					08/05/2014	2:00 AM
					08/07/2014	3:00 AM
					08/08/2014	12:00 PM
					08/09/2014	3:00 AM
					08/12/2014	2:30 AM
					08/14/2014	3:30 AM

Host Rita Gray-Martin speaks with Dr. Lori Basey, President and Founder of No Boundaries International about the topic of Youth and specifically eradicating human trafficking. Dr. Basey defines in detail, the crime of human trafficking, and then in light of the topic of youth, zeroes in on the fact that any commercial sex act with a youth under the age of eighteen is human trafficking. If not already, this crime has the potential to become the most profitable form of criminal activity. Dr. Basey used the example that cocaine (drug trafficking) can only be sold to an end-user once, however in the case of selling a person, the sale can occur again and again in a variety of forms and venues. Youth need to be aware of that profitability as well as how the typical case scenario occurs in which young women/girls are introduced into the human trafficking trade as a commodity. Educating children at a very young age is necessary in light of the targeted victims: "if not by eight, the education is too late" was quoted. Dr. Basey mentioned that the pop-culture and how we define gender roles within our culture invite the sale of sex and human trafficking into our communities and even in daily lives. Examples of young people living in the community and attending high school while a victim of human trafficking were shared. Dr. Basey highlights that there is a real need for faith-based community to take action in this area, especially with education to prevent and cooperation with law enforcement and those who have garnered information about how this crime occurs and when and where. Street teams are being trained and cooperating with local law enforcement, are being mobilized in Oklahoma.

Joy In Our Town #1152B	30:00	15:00	L	PA/O	09/08/2014	10:30 AM
					09/09/2014	2:00 AM
					09/13/2014	3:00 AM
					09/16/2014	2:30 AM
					09/18/2014	3:30 AM

Host Rita Gray-Martin talks with Peggy Garrett, Executive Director of Urban Mission, regarding the issue of YOUTH – Helping Under-Privileged Youth. Almost 49% of kids live at or below poverty level in Oklahoma and the state is dropping in the ranking among states. Peggy named the lack of food, adequate nutrition, a lack of family wage-earners' ability to make a "living" wage, the poverty environment, susceptibility to risky behaviors (gang violence and premarital sex) all as challenges the under-privileged youth are dealing with while attempting to get an education that is so needed to break the cycle of poverty. Peggy discusses the wide range of emergency social services including their biggest program of a food resource center, partnerships with the regional food bank and retailers, after-school and reading programs. The largest population serviced among the low income families is the under 18-years old sector, followed by the senior-aged population who often are on fixed incomes. Peggy shared a few stories from the 34 years she has been with the mission that highlight how deeply the young people are impacted through the poverty status and how the adults often are already doing as much as they can but are caught in a cycle of poverty due at times to difficult circumstances. Try as they might, without assistance, it is difficult for families and youth to break the cycle, so the child and education focused programs are really very critical for the future of these children.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club CBN News Watch #07232014	1:00:00	5:00	REC	PA/O/E	07/23/2014	2:00 PM

Youth

CBN News White House Correspondent Jennifer Wishon Reports: Washington - How much skin can a girl show before it's a sin? Modesty can be a sticky subject, even among Christians. But experts say being modest doesn't mean a woman can't let her beauty shine. In fact, that's the point. If you look around, it's easy to think modesty is dead. Everywhere we look images tell us less is more, and the pressure for young girls to look sexy has never been more potent. So what is modesty? We took that question to Dannah Gresh, a mother of two girls and founder of Secret Keeper Girl, a ministry that travels the country teaching girls and their moms about modesty and why it's important. She's also written books about modesty and knows it can be controversial, even in the Church. The tough thing is that there aren't any exact rules. The Secret Keeper Girl and Modest is Hottest programs offer girls fashion tips to help them be modest while still showcasing their personal style. And it's increasingly harder for girls to resist the urge. Companies now market adult garments and products to extremely young girls. Gresh said that if girls can be reached before age 12 and taught modesty, it can change the trajectory of their lives by putting them on a pathway to purity. So what about boys and men? The Bible doesn't offer any modesty instructions for them. Gresh suggests it's because men are much more vulnerable to the beauty of women than women are to the allure of men. Does that mean men have no responsibility to be modest? If we all wake up every day focused on honoring and glorifying God, then we'll all dress appropriately, Gresh said.

Civic Affairs

Joy In Our Town #1153B	30:00	15:00	L	PA/O	09/15/2014	10:30 AM
					09/16/2014	2:00 AM
					09/18/2014	3:00 AM
					09/19/2014	12:00 PM
					09/20/2014	3:00 AM
					09/23/2014	2:30 AM
					09/25/2014	3:30 AM

Host Rita Gray-Martin talks with Candace Arnold, Assistant District Attorney with the Oklahoma County District Attorney's office, regarding the issue of Truancy as defined by law and enforced in the community. By law, children aged 5-18 years must attend school, unless they are enrolled in an alternative means of educational schooling (online schooling, home-schooling or child having already obtained a GED). ADA Arnold details the specifics of how the county's Truancy Program is structured. She presents the various phases such as warning, fines and punishments, Truancy Court, hearings, notices, warrants, and clarifies that educational neglect is a criminal misdemeanor or in fact involve jail-time for a parent. Some cases, the parent is doing what they can, but the youth involved continues to make his/her own choices and is rebelliously truant. At times parents can seek mediation through the Truancy Courts to help intervene in these cases to access services needed. Skills Education Program offers SEP classes to the truant student and parents/families so that they can receive training and information that may influence the truant child to change through enlightenment and focusing on why an education is so important and what the difference can be. Truancy Habits Reduced Increasing Valuable Education, or THRIVE, is a program conducted by the Youth Cornerstone organization and is a collaboration of the Oklahoma County District Attorney's office, Oklahoma County Schools and Oklahoma City Police Department with a focus on Truancy and Dropout prevention. Department of Human Services, DHS, also may become involved in providing solutions in dealing with underlying issues the truant child and/or family may need assistance on to turn the truant situation around.

Joy In Our Town #1154B	30:00	15:00	L	PA/O	09/22/2014	10:30 AM
					09/23/2014	2:00 AM
					09/25/2014	3:00 AM
					09/26/2014	12:00 PM
					09/30/2014	2:30 AM

Host Rita Gray-Martin talks with Christopher Gordon, Program Coordinator for the Oklahoma County Veterans Diversion Program with the Oklahoma County District Attorney's office. Chris oversees the Veteran's Diversion Program which is a unique program established to focus solely on Veterans who find themselves in trouble with the law. The program was established in order to ensure that Veterans are not dumped into the jail programs where their issues tend to be compounded rather than effectively dealt with and resolved. This program recognizes that veterans are trained so that some things that naturally would be a part of someone's make-up in dealing with situation are no longer there and there are other life skills that veterans have trained into their make-up that are not typical for civilians. The veterans are trained to go to WAR and not to be a social citizen in the community. There are life skills that they may have had prior to military training that are now foreign to them, and if operating in accordance to their military training, it is quite possible that their behaviors will go against the "peaceable norm" for civilian community living. A large part of the program is designed to teach coping skills to veterans so they can begin to get at the root issues of problems they are dealing with upon their return to home life. The program is very much based on each unique case, and has ranged in duration from 14 months to 3 years depending upon the extent of issues or extent of time those issues have been in play for the veteran. Chris spoke to the heart of the matter in regard to some of the problems veterans are facing. For example, someone struggling with alcohol abuse may discover that they have been using alcohol to mask the root issue and main problem, so they've been struggling with symptoms rather than treating the real issues. Therefore the primary goal of the program is to serve as a liaison for the veteran, to get them to where they need to be to get the help that they need. Chris names the sheer volume of returning veterans that are coming back with issues and the timing to identify and deal with treating or resolving those issues as the biggest struggle or challenge that this fairly new diversion program faces. They hope to be an example that catches on, as this is the first and still only program like it in the US.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Substance Abuse</i> Joy In Our Town #1148A	30:00	15:00	L	PA/O	08/11/2014	10:30 AM
					08/12/2014	2:00 AM
					08/14/2014	3:00 AM
					08/15/2014	12:00 PM
					08/16/2014	3:00 AM
					08/19/2014	2:30 AM
					08/21/2014	3:30 AM

Host Rita Gray-Martin talks with Kim Olson, Oklahoma County Tobacco Use Prevention Coalition Chair with the OK City County Health Department about substance abuse and tobacco use prevention. Tobacco use causes chronic diseases and terminal illnesses like cancer, as well as COPD and respiratory illnesses like asthma, bronchitis and ear infections. Over 7,000 chemicals are released from cigarette smoke and 70 of those are known carcinogens. Second-hand smoke can only be prevented by not smoking around others, or from not being around someone who is smoking. Third-hand smoke is also prevalent with a detrimental impact on babies, toddlers and those who live in a home where someone smokes, the residue from smoke remains on furniture, clothes, carpet, walls, and items within the home. On average a person will start smoking around age 12, but this is generally addressed as "under age eighteen" when speaking of preventative efforts. It is known that people start and quit smoking most often during a time that they experience an event that is life-changing or life-impacting often involving stress of some sort (such as death of a loved one, birth, serious illness, job loss, etc.) In Oklahoma over 2 billion dollars is spent to treat tobacco related diseases. Tobacco industry does target young people. Tobacco industry spends a lot of money and time through 14-16 lobbyists in Oklahoma trying to affect the legislation and politicians because this state is actually considered a test market for tobacco products. The T-Set funded helpline of 1-800-QUIT-NOW has a 35% quit rate statewide and provides a packet to guide those desiring to quit in setting a quit date and takes them through a two-week program.

Joy In Our Town #1149A	30:00	15:00	L	PA/O	08/18/2014	10:30 AM
					08/19/2014	2:00 AM
					08/21/2014	3:00 AM
					08/22/2014	12:00 PM
					08/26/2014	2:30 AM
					08/28/2014	3:30 AM

Host Dolly Velasquez talks with Captain Brent Fairchild from the Oklahoma ABLE Commission (Alcohol Beverage Laws Enforcement) about substance abuse and specifically about under-age drinking. Capt. Fairchild stated that we lose about 4,300 kids each year to alcohol related incidents. Young kids age 12-20 consume 11% of the alcohol in the USA and tend to binge drink. Alcohol is a depressant and can cause liver, heart and immunity diseases as well as can lower inhibitions and internal safeguards. In Oklahoma low-point beer, 3.2% and below is sold in grocery-store and convenience venues so it is also the primary type of the alcohol underage youth are consuming. A low-point beer has about the same alcohol as a single shot of 80-proof liquor. After two low-point beers, most youth are affected or begin to be affected in their motor-skills as well as inhibitions. Providing or Selling alcohol to underage youth is a crime, so there are two sides on which legal charges can be brought – possession by a minor and those who may be the source of the illegal beverage. Often underage drinking of alcohol can lead to other problems for a youth, not just in bodily diseases or poor decisions due to lowered inhibitions, but possibly crimes of intent or accident. Capt. Fairchild stressed that the home life of youth and the examples set by parents and adults in the home are critical in combating underage alcohol consumption. Education of youth in regard to the outcomes of others' experiences with being under the influence of alcohol, as well as the expected results of repeated use of alcohol in any person's body can also be effective to guide youth to avoid underage drinking.

Joy In Our Town #1149B	30:00	15:00	L	PA/O	08/18/2014	10:30 AM
					08/19/2014	2:00 AM
					08/21/2014	3:00 AM
					08/22/2014	12:00 PM
					08/26/2014	2:30 AM
					08/28/2014	3:30 AM

Host Dolly Velasquez talks with Tom Boone, Clinical Director for A Chance to Change about substance abuse and that there is a chance to change. Tom shares that the treatment for addictions and substance abuse has changed and progressed extensively, in part due to the development of PET scans and other brain imaging sciences. Understanding of the brain's response to being on various substances help to identify better treatments so that the frontal lobe which is affected can be reactivated as much as possible. Dual diagnosis or co-occurring disorders (substance abuse and mental or behavior health issues) can now be treated due to the understanding of complimentary treatments and therapies that effectively treat the traumas, as well as the actual physiological symptoms. The treatment success rate is now as high as 7 or 8 out of 10 who receive the treatments under dual-diagnosis to deal with co-occurring disorders. In Oklahoma, at least 1 out of 4 families who are affected by substance abuse. Prescription drug overuse and abuse is the biggest substance abuse issue that is being dealt with today and is a huge trade that even involves senior citizens being active in the trade of such pharmaceuticals that are the equivalents of heroin. A variety of educational and support services are working toward preventative actions, as well as many organizations offering holistic treatments to both the addict and the family, extending a chance to succeed.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Substance Abuse</i> Joy In Our Town #1150A	30:00	15:00	L	PA/O	08/25/2014	10:30 AM
					08/26/2014	2:00 AM
					08/28/2014	3:00 AM
					08/29/2014	12:00 PM
					08/30/2014	3:00 AM
					09/02/2014	2:30 AM
					09/04/2014	3:30 AM

Host Dolly Velasquez talks with Leslie Gilmore, President of Edmond Chapter of Parents Helping Parents and Hugh Benson, Past President of the Norman Chapter regarding substance abuse and the parental guilt and shame that sometimes accompanies the situation. Due to a public view of substance abuse as bad behavior rather than a disease, therefore many parents feel that others in the community sit in judgment on them and their parental efforts, skills, and/or abilities based upon their children's behaviors which they cannot control, despite best efforts. Hugh pointed out that it isn't just others who judge due to lack of understanding, but there is often self-judgment within a parent because they do not understand why they can't control or change the child's behavior or why after seeming to do all the correct parenting techniques, they are still seeing their children make such choices. Addiction is continued use despite negative consequences. Understanding what addiction is can begin to relieve a parent of guilt and shame, so that they can find a way to effectively help their addict children and be there for the others in their life and care. Support help is not professional expert help, but rather a community of people that can offer encouragement for others out of having lived through or being in the process of living through the similar experiences. When a parent understands that a parent cannot stop the addiction and did not cause it, then that parent can begin to make wise decisions, free of guilt and shame, and be a resource of help in their children's lives.

Joy In Our Town #1155A	30:00	15:00	L	PA/O	09/29/2014	10:30 AM
					09/30/2014	2:00 AM

Trooper Betsy Randolph is with Public Affairs for the Oklahoma Highway Patrol. She shared with host Dolly Velasquez information about the Victims Impact Panel. It has become socially acceptable to drive when under the influence of alcohol or drugs. In the United States someone is killed every 32 minutes by a drunk driver. Fatalities rose 10% from 2011 to 2012. The Victim Impact Panel consists of 3 speakers: A victim who has lost a loved one, an offender, and a rescue person. Each tells their stories and how their lives were affected by a drunk driver. These sessions are healing for the victim, and can change attitudes towards drunk driving. When arrested for DUI an offender is court ordered to attend a Panel, hearing and seeing the results brings awareness to the possible outcome of their decisions.

Education

Joy In Our Town #1148B	30:00	15:00	L	PA/O	08/11/2014	10:30 AM
					08/12/2014	2:00 AM
					08/14/2014	3:00 AM
					08/15/2014	12:00 PM
					08/16/2014	3:00 AM
					08/19/2014	2:30 AM
					08/21/2014	3:30 AM

Host Rita Gray-Martin welcomes Tom Jones, Founder and CEO of City Rescue Mission to speak about education and the Bridge to Life Program. Tom speaks about working with tens of thousands of homeless people who suffer for the lack of education which positions people where they are in society as homeless. He stated that over 3,000 new homeless individuals come through each shelter within the local downtown Oklahoma City. They are finding that there is a need to "case manage" each individual to ensure that when they leave the mission, they have everything they need in order to not end up as homeless again in the future. Providing a bed and a meal is not enough, even helping to place people in jobs is not enough, and it is becoming more evident that education is what makes the difference because it also means the difference between a minimum-wage job and a job with a wage which can sustain an individual's return to the responsible society, leaving poverty levels behind. Children are suffering in these situations as well, because many of them may be forsaking completing education or pursuing further education in order to get a job now to help their mom or dad get the family out of a shelter or to stay off losing a home or apartment where the family lives. GED programs are available at the mission for young mothers, access to trade schools, job placement and for children the school buses line up to pick up the children so they can continue to attend the same school and have some sort of stability. Parents are encouraged to take advantage of donated tickets to variety of cultural events in the community, free bus-pass days for transportation and to begin to share educational/cultural events with their children which promotes relationship-building as well as sets a hopeful tone for their future through shared growth and experiences.

<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>
Education Joy In Our Town #1150B	30:00	15:00	L	PA/O	08/25/2014	10:30 AM
					08/26/2014	2:00 AM
					08/28/2014	3:00 AM
					08/29/2014	12:00 PM
					08/30/2014	3:00 AM
					09/02/2014	2:30 AM
					09/04/2014	3:30 AM

Host Dolly Velasquez talks with Janet Grigg, Director of the SeeWorth Academy about education and the importance and need for Charter Schools in Oklahoma City. Though relatively new, first appearing in 2000, a Charter School is just like any other public school, but it has a certain agenda of who they will serve and in what region. In Oklahoma there are 3 virtual schools that are Charter Schools, facilitating online classrooms for students who have need of this alternative means of attending school and obtaining an education. Charter Schools are often more family oriented due to having a specific target group of students. Many of them are at poverty level, have difficult home-lives, are considered homeless, or have suffered from learning challenges under other educational models. A Charter School can be added through applying to an existing public school district, or other authorizers or sponsors such as the Native American reservations, accredited colleges and universities, and school districts. Funding for Charter Schools comes through the same way that other public school funding, which serve the same purposes of educating Oklahoman children. Charter Schools provide an environment in which special needs children can relax and be taught in ways that can promote their unique learning styles in order that these students can become successful.

Joy In Our Town #1152A	30:00	15:00	L	PA/O	09/08/2014	10:30 AM
					09/09/2014	2:00 AM
					09/13/2014	3:00 AM
					09/16/2014	2:30 AM
					09/18/2014	3:30 AM

Host Rita Gray-Martin talks with Peggy Garrett, Executive Director of Urban Mission, regarding the issue of EDUCATION – Need for Learning to READ-(SPARK PROGRAM). Peggy addressed the facts on literacy issues including that over 30 million Americans over the age of 16 cannot read a newspaper article with comprehension or complete a job application. The importance of literacy for children is that those who have trouble reading will not only fall behind in the language arts but begin failing in all subjects; a child who knows how to read can typically tackle learning in any subject. Socioeconomic factors and parental reading aptitude are key factors affecting a child's chances of mastering reading skills. Peggy explained that SPARK is the Support Program of Arts and Reading to Kids established in 1980 with an emphasis on developing literacy skills in kids through after-school and summer interactive services and activities. SPARK includes a partnership with the food bank and provides an evening meal during the school year and meals on summer days. SPARK also includes opportunities to address other issues such as childhood obesity through recreational health activities, trauma and/or disabilities through use of Ted the service dog, and arts/crafts activities to encourage well-rounded interest in learning and creative development. Some paid staff, but mainly volunteers, conduct the program and there is always a waiting list of kids desiring to be in the program. At times alumni return in high school or later to volunteer and perpetuate the program for others, adding a special element to the program participants' experience.

Joy In Our Town #1153A	30:00	15:00	L	PA/O	09/15/2014	10:30 AM
					09/16/2014	2:00 AM
					09/18/2014	3:00 AM
					09/19/2014	12:00 PM
					09/20/2014	3:00 AM
					09/23/2014	2:30 AM
09/25/2014	3:30 AM					

Host Rita Gray-Martin talks with Robin Khoury, Executive Director of the Little Light Christian School, regarding the issue of educating children of incarcerated parents. The school accepts children who have had or do now have one or more parent incarcerated. The school is built on love-guided education and care for these children, then includes giving students proper attention for the traumatic aspects that are resultant of having (or having had) a parent incarcerated. In addition to education, the children receive two meals a day, are in a secure environment, benefit from tuition-free private education interwoven with many therapeutic aspects not available in the typical public school setting. Children participate in art, music, field-trips and benefit from a very high teacher-to-student ratio. The school currently serves grades Kindergarten through 8th grade. In Oklahoma, there are upwards of 20,000 students with parents incarcerated and these do suffer from some very specific issues that often go untreated or unaddressed due to unawareness. At the Little Light Christian School, students are addressed as a whole child, educating the heart as well as the mind, offered therapies and administration emphasizes character development and social soft skills (manners, etiquette, etc.) as well as academics.

Joy In Our Town #1155B	30:00	15:00	L	PA/O	09/29/2014	10:30 AM
					09/30/2014	2:00 AM

Myron Mayberry, Director of Effective Transitions, joins Dolly Velasquez to discuss "Beyond the Bell". "Beyond the Bell" is an after school program that works with younger kids to help with preventative measure to keep kids from going down the wrong path. It is an outpatient behavioral health center that provides counseling and mentoring. They also partner with the regional food bank to feed the kids so they will not go home hungry. There is a need for these after school programs because there are many hours in a day that go unaccounted for in children where they need something. These kids are growing in a faster society where kids learn things and are exposed to things earlier and it can impact them in a negative way if there is not someone there to help them know how to behave in different environments. Every generation looks at the next generation with skepticism, but it is encouraged to find the mechanisms to help those most at risk to survive and be productive adults.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club CBN News Watch #08222014	1:00:00	5:00	REC	PA/O/E	08/22/2014	2:00 PM

CBN News Washington Sr. Correspondent Paul Strand Reports: Washington – For the first time ever, debt from attending college now outweighs credit card debt. Experts on higher education also question the value of today's college degrees. As the experts work to reform the system, students still need help figuring out how to get a good education without plunging into debt. Suggestions include staying in your own state, which can often keep tuition below \$10,000 a year. A nearby community college can teach you great skills without the great debt. Such schools can be great for those not ready for a full-on university education. And some high school graduates just aren't ready for college at all. If you are set on a four-year or more university, do your research. Research will help you find which colleges have the greatest number of professors for the least amount of students. Still, maybe you don't even need that college degree. Following such a path doesn't mean you can't still get a good education. But no matter where you go or don't go for your education, great learning is out there and doesn't have to put you in debt for decades.

Economy

Joy In Our Town #1141A	30:00	15:00	L	PA/O	07/01/2014 07/03/2014	2:30 AM 3:30 AM
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Cristy Cash, Vice-President of Consumer Credit Counseling Service of Central Oklahoma, offers her insights from 10-years of experience in working with families that are struggling in the economy. Overall, she believes that the economy is doing well and improving, but from her vantage she sees those families that may not be able to thrive due to debt or periods of unemployment for which they were unprepared, etc. The challenge is to aid families to find education or training that helps them make better financial decisions and to formulate a budget that works in their unique family dynamic and the current economy. Ms. Cash listed a number of resources in response to host Dolly Velasquez's questions on how families can begin to move from surviving to thriving in this economy. In addition she addressed the emotional side and perceptions or misperceptions that individuals may have that impacts their family economy.

Joy In Our Town #1142B	30:00	15:00	L	PA/O	07/01/2014 07/08/2014 07/10/2014	2:00 AM 2:30 AM 3:30 AM
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Monique Bruner, a Social Science Professor at Rose State College, joins Dolly Velasquez to discuss adults back in school. There has been an increase of adults going back to school and the average age of adult students at Rose State College is 28 and goes all the way up to 83. The economy has a huge affect on education, when the economy gets bad, education goes up. The primary motivator for adults to return to school is to receive a degree because so many more jobs are requiring at least an associate's degree or certificate. There are also many military retirees that are using their VA benefits to go back to school. Because of budget cuts in education, the federal government has placed more rules and regulations to receive financial aid for school, so Pell Grants are more competitive. However, there are still scholarships available through employers at times and different programs available to assist in paying for college, which Monique stresses that your education is the best investment that you can make.

Seniors

Joy In Our Town #1141B	30:00	15:00	L	PA/O	07/01/2014 07/03/2014	2:30 AM 3:30 AM
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Host, Dolly Velasquez welcomes Avy Redus, Project Coordinator from Oklahoma State Health Department, for a very important topic of preventing falls among senior citizens. As the leading cause of fatal and non-fatal injuries in seniors (those over age 65) and a major contributor to deaths for those over 80, this is a critical matter. Brain injuries as well as broken bones are concerns for seniors and the families that love and care for them. An initial fall experience can often lead to additional falls, either due to deteriorating health or increased fears. There are some tips for how to arrange furnishings, exercise and martial arts to build strength and confidence, and even some training that can aid in preventing falls and reassure seniors and loved ones of the senior citizens safety and ability to continue to live on their own if desired.

Crime

Joy In Our Town #1142A	30:00	15:00	L	PA/O	07/01/2014 07/08/2014 07/10/2014	2:00 AM 2:30 AM 3:30 AM
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Dolly Velasquez is joined by Detective Tim Hock of the Oklahoma City Police Department to discuss gangs in Oklahoma City. Oklahoma City started seeing an influx of west coast style gang members in the mid 1980s. Since then, there are about 5,000 documented gang members in Oklahoma City and the metro and about 122 different gangs. The gangs are extremely active and are responsible for crimes of petty larceny to homicides and are becoming more violent. They will begin to lure young children from the ages of 8-12 and give them a sense of belonging that maybe they are lacking at home. The OKC police department has a gang unit that is a proactive unit. This unit is on the streets every night and tries to meet these people head on to prevent problems from happening before or while they occur.