

Trinity Broadcasting Network

Quarterly Programming Report

January, February, March, 2015

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

Crime

Drugs/Substance Abuse

Local Civic Affairs

Youth

Education

<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 #1168A	30:00	15:00	L	PA/O	01/05/2015	10:30 AM
					01/10/2015	3:00 AM
					01/13/2015	2:30 AM
					01/15/2015	3:00 AM
					01/16/2015	12:00 PM
					01/17/2015	3:00 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 #1168B	30:00	15:00	L	PA/O	01/05/2015	10:30 AM
					01/10/2015	3:00 AM
					01/13/2015	2:30 AM
					01/15/2015	3:00 AM
					01/16/2015	12:00 PM
					01/17/2015	3:00 AM

Host George Young welcomes Dr. Dale Peterson, Wellness Physician, talking about Acetaminophen linked to behavioral disorder. There has been a dramatic rise of chronic diseases over the past decade over cancer, diabetes, Alzheimer's etc. but has been a large concern regarding behavioral problems in children like autistic disorders, ADD, ADHD, etc. We need to pay attention to why there has been such a dramatic rise in these challenges and how can we prevent these. There has been an approximately 20 fold increase in autistic disorders since 1980. Yes, existed back there, but simply wasn't present to the extent it is now. ADD and ADHD didn't exist – yes active children, but no diagnosis. They talked about what Dr. Peterson believes happened to have this increase. In the late 1970's there began to be an increase in brain disorders to mothers who had taken Tylenol which had replaced aspirin much of the time. Three different times when Tylenol was taken off shelf because of cyanide scare there was a decrease of children born with autism or a decline of autism. Why a rush to Tylenol? – Stopped using aspirin because there was a condition called Reyes syndrome and occurred in children. Many associated it with viral illnesses and aspirin associated in reducing fever, so it came out to not give aspirin to children, and that is when Tylenol came in to use. Dr. Peterson still says he wouldn't give aspirin to children. He recommends for people to supplement omega 3 fatty acids. For fever Dr. Peterson says fever is not the dangerous thing many people think it is. Fever is the most effective tool body has to limit to fight infections. Viruses can't reproduce as well if the body temperature is high. Few basic things in child is open up their skin to the air so the fever can dissipate. It is fine to sponge the body with luke warm water. Rub temples of a child – with eyes open and then with them closed.

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Joy In Our Town #1172A	30:00	15:00	L	PA/O	02/02/2015	10:30 AM
					02/03/2015	2:30 AM
					02/05/2015	3:00 AM
					02/06/2015	12:00 PM
					02/07/2015	3:00 AM

Host Dolly Velasquez welcomes Cynthia Harry, MS, an Epidemiologist with the Oklahoma City County Health Department (OCCHD) to present information regarding the Flu Epidemic and prevention measures the public can employ. High risk groups are ages 0-4 years and over 65 years old. The flu vaccine is spoken of as a preventive measure. Other preventive measures tie into personal hygiene, more frequent hand washing, etc. Symptoms of the flu may not be present when a person is already affected for up to 24 hours or so. This means that they may be contagious and not have a single suspicion they could be communicating the disease on to others.

Joy In Our Town #1172B	30:00	15:00	L	PA/O	02/02/2015	10:30 AM
					02/03/2015	2:30 AM
					02/05/2015	3:00 AM
					02/06/2015	12:00 PM
					02/07/2015	3:00 AM

Host Dolly Velasquez welcomes Cynthia Harry, MS, an Epidemiologist with the Oklahoma City County Health Department (OCCHD) to discuss the Ebola Virus and explain how the OCCHD helps keep people safe and informed regarding important disease control factors and epidemics. Throughout the world there have been extensive efforts to help educate the public and especially those who might come in contact with those infected, or be in regions that are dealing with this disease as an epidemic. There has been an emphasis to contain and train this disease. Locally law enforcement, health care and public education as well as CDC have all been working together to educate and to screen and assess high risk people. For example, those who may have traveled in areas that are currently fighting the epidemic might be met at the airport and provided education and then monitored through local public health departments for periods of 21 days or even more, to ensure the person does not later develop symptoms or show signs of infection. The CDC and OCCHD both have quite extensive on-line materials to educate the public, including travel safety guidelines and safe re-entry practices if one has visited areas which may have had opportunity to be personally exposed.

Joy In Our Town #1146A	30:00	15:00	L	PA/O	03/23/2015	10:30 AM
					03/24/2015	2:30 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.

<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	27:30	27:30	REC	PA/O/E	01/27/2015	12:00 PM
#008						

Health

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. When you keep unforgiveness, anger, frustration, irritation, as a way of reacting, being overemotional, whatever it may be, being oversensitive, taking offense, all these things, when we do that, this is baggage. 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. 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. Your thoughts are real. 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. Seventy-five to ninety-eight percent of current illnesses today, mental, physical, etc. come from our thought life. 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. 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	28:30	28:30	REC	PA/O/E	03/03/2015	12:00 PM

Health

#001

Today on Switch On Your Brain, Dr. Caroline Leaf discusses the mind being the switch that helps to control the brain. The mind is your intellect, thinking, choices, feelings and emotions. These mind actions switch the brain on or off. Thoughts are real things that take up space in the brain and look like forests that have been built up since you were in the womb. We control our brain. Our brain does not control us. Through your mind, you have the ability to think and choose; the ability within yourself to change your world quite literally. Science has proven that the mind changes the brain. The mind changes the body. The mind is instrumental in developing the spirit. It was once believed that once a brain cell died, there was nothing more that could be done about it. Research now states that we can change our brain. We can redesign our own brain. Neuro means brain. Plastic means to change. Neuroplastic means the brain can change. You can change your brain. Now this is called brain surgery. Mind over matter is total reality. The mind actually controls the body. The spirit controls the soul, and the soul's the mind realm, and the mind controls the body. We know from science now that the higher level is the mind and the lower level is the brain, so the brain actually represents what the mind has actually worked out. You're a thinking being. You think all day long. You're even thinking at nighttime while you're sleeping. But at nighttime you are sorting out your thinking for the next day. We do not have fixed IQs. You are as intelligent as you want to be. Intelligence is something that increases constantly throughout your lifetime the more you use your brain. You are designed with free will. You are designed, enabled, and empowered to choose. You can choose whether you are going to believe the negative or the positive. You choose whether or not you are going to operate in peace. There are only two choices that we can really make: love or fear. The choices that you make, which are the result of the thoughts that you think, are going to become physical realities in your brain. We have to focus on what is important and make the good choices that we have to make because when we make the good choices we wire health into our body. We wire health into our brain. We wire health into our mind. We wire health into our spirit. Thoughts are real. Thoughts are growing on a moment by moment basis that you, with your mind, grow. As you are growing those thoughts they are changing the structure of your brain and impacting how you run your life. We need to be aware of our thought life. We must never let thoughts go unchecked through our brain. We must always be aware: What am I thinking about? What am I listening to? What am I reading? What is going on in my mind? As we create that awareness, we can start bringing those thoughts into captivity to Christ Jesus.

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Switch on Your Brain	28:30	28:30	REC	PA/O/E	03/10/2015	12:00 PM

Health

#002

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. 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 know right from wrong. You are wired for loved. 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.

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Switch on Your Brain	28:30	28:30	REC	PA/O/E	03/17/2015	12:00 PM

Health

#003

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. 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. 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. It is our thoughts that change the physiology of our body. It is our thoughts that change the way you feel and function. Scientists have found that we are wired for love. You are wired to think well, choose life and build life into your brain. 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. 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. The scriptures say it in Deuteronomy 30:19 "I lay before you life and death, blessings and cursing. Choose life so that you and your descendants may live." 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.

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700 Club CBN	1:00:00	5:00	REC	PA/O/E	01/06/2015	2:00 PM

Health

News Watch
#01162015

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 an 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. 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. Sisson said his research shows simple movement, such as walking, and very slow movement at that, not even breaking a sweat, is what's best for our health. 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. 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. Sisson said the latest research in sports medicine proves the value of sprinting. Sprints are short bursts of aerobic activity, such as running, biking and swimming, where you exert 100 percent of your total energy. Sprints typically last only 30 seconds or so. Sisson said only a few sprints once a week will yield results. 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.

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

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700 Club CBN	1:00:00	5:00	REC	PA/O/E	02/17/2015	2:00 PM

Health

News Watch
#02172015

CBN News Medical Reporter Lorie Johnson Reports: February is American Heart Month. Heart disease kills more Americans than any other cause of death. Most doctors tell people high cholesterol is responsible for heart disease. But not all doctors see it that way. Cardiologist Dr. Stephen Sinatra, author of the book "The Great Cholesterol Myth," says the real cause of heart disease is inflammation, not cholesterol. Sinatra used to believe high cholesterol was responsible for heart disease until he saw with his own eyes, in his own patients, that wasn't true. He noticed many of his heart patients had low cholesterol and saw that many people with high cholesterol did not have heart problems. Sinatra is among a growing number of physicians who actually tout the benefits of high cholesterol in most cases. He said high HDL cholesterol is good for you and says even LDL cholesterol is good for you as long as it's the large, fluffy particles. He admits the small, dense LDL particles are harmful. Therefore, he recommends, instead of getting your overall LDL cholesterol checked, you get it further broken down into particle size. Since Dr. Sinatra does not think high cholesterol is responsible for heart disease, he does not think cholesterol-lowering statin drugs are helpful to most of the people taking them. Instead, he believes only a very small percentage of people who are taking statins actually need them. For example, he usually only prescribes statins to middle-aged men who have coronary heart disease. He also says a small number of women need statins, but mostly because they benefit from the statin's anti-inflammatory properties, not its ability to lower cholesterol. On the other hand, by and large, Sinatra believes statins are far too over-prescribed. Although drug companies sell \$30 billion worth of statins every year, Sinatra said the people who take them are paying a price with their health as well as their wallet. In other words, for many statin users, the risks outweigh the gains. Muscle pain and fatigue are two of the key complaints he hears from statin users. Sinatra said the reason for these symptoms is often misdiagnosed. Patients over 70 years old are especially vulnerable, he said. Sinatra says one of the best things about statins are their ability to reduce inflammation. But since statins have so many side-effects, most people are better off ditching the statin and reducing inflammation the natural way, by reducing the amount of sugar they eat. Sinatra looked at the evidence and concluded, instead of cholesterol, it's inflammation that causes heart disease. Inflammation is caused by a number of things. Eating too much sugar is at the top of the list. Sugar damages arteries, increases blood pressure, and ages your organs. Of course, we all know that sugar is the white, granular stuff we put in our coffee. But sugar comes in many, many other forms. For example, high fructose corn syrup is a sugar. It is the primary ingredient in soda and candy and is found in the list of ingredients in a huge number of other products, many that you probably don't even consider a "sweet," such as bread or pasta sauce. Many other syrups and ingredients that end in "-ose" are also sugars. In addition to avoiding foods that contain sugar, reducing inflammation also involves avoiding foods that turn into sugar once you eat them. These are called refined carbohydrates, and are grains that have been stripped of the healthiest part, leaving only the starchy portion of the grain. Refined carbohydrates are the "white" foods, such as white bread, white bagels, white hot dog or hamburger buns, white pasta, white rice, white tortillas, and so forth. Sinatra recommends replacing sugars with vegetables and healthy fats, such as nuts, avocados, fish, and olive oil. He also touts saturated fats like butter, unprocessed meat, and coconut oil. He encourages people to put aside their fears that saturated fats cause heart disease. Although they may raise your cholesterol, he believes that will not hurt you, and in fact, will probably improve your health. However, Sinatra points out that it's very important not to confuse good fats with trans fats. Trans fats, which are also called "hydrogenated" oils, are extremely harmful to the heart. Trans fats are man-made fats and are found in processed foods.

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700 Club CBN	1:00:00	5:00	REC	PA/O/E	02/20/2015	2:00 PM

Health

News Watch
#02202015

CBN News Medical Reporter Lorie Johnson Reports: Most of our health problems are said to be the result of three things: bad food choices, inactivity, and unmanaged stress. Therefore, it's no surprise Seventh Day Adventists live an average of 10 years longer than most Americans. They don't do any of that. Take for example Benita Welebir. At age 100 she still enjoys a healthy mind, body, and spirit. She's not alone. There is an unusually high concentration of centenarians in her hometown of Loma Linda, California. It's one of only five "blue zones" worldwide. Researcher Dan Buettner found these zones when he searched for where people live the longest. The others are Okinawa, Japan; Kria, Greece; Sardinia, Italy; and Nicoya, Costa Rica. Loma Linda is an hour east of Los Angeles where about a quarter-million people live. The reason they're so healthy is because most of them are Seventh Day Adventists. On average they live 10 years longer than most Americans. Dr. Larry Beeson, an epidemiologist at Loma Linda University, has been involved in researching the health of Seventh Day Adventists for the last 50 years. They strongly adhere to the belief of respecting the human body as the temple of the Holy Spirit. That means no alcohol, no tobacco, and following a plant-based diet. Welebir said her primary food source throughout her entire life has been vegetables. Many Loma Linda residents, like Welebir, are total vegetarians. Others will eat eggs and some have dairy such as cheese and milk. There is a group that eats fish, and there are those who eat small amounts of poultry and beef. Beeson said different dietary choices result in varying health outcomes. Diet isn't the only factor in these longer lives. Seventh Day Adventists strictly observe the Sabbath. Every week, beginning with sundown on Friday, they rest for an entire day. This allows them to recuperate from the week and recharge for the one ahead. They also use it to spend time with friends, family, and God. Stuart Harty is one of the pastors of Loma Linda University Church of Seventh Day Adventists, one of the largest Adventist congregations. He said resting on the Sabbath includes abstaining from electronics. Likewise, when Welebir is asked what she feels are the keys to her longevity she emphasizes down-time. Medical research confirms one of the greatest killers is stress. Observing the Sabbath is a way to de-stress. Exercise is also a priority. Throughout her life, Welebir was extremely active, running and horseback riding. These days she makes it a point to walk every day. She does what she can, even though her strength isn't what it used to be. Seventh Day Adventists are able to stick to their healthy lifestyle because they're surrounded by others living the same way. Josiah said human behavior, good or bad, is contagious. Science proved her right. Studies show that if your three best friends are obese, you have a fifty-percent likelihood of also being obese. Seventh Day Adventists place a high priority of treating the human body as the temple of the Holy Spirit, which means on the whole, they don't drink, don't smoke, eat very little meat, exercise, and observe the Sabbath. As a result they live an average of 10 years longer than most Americans.

<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	1:00:00	5:00	REC	PA/O/E	03/02/2015	2:00 PM

Health

News Watch
#03022015

CBN News Medical Reporter Lorie Johnson Reports: Do foods like skim milk and balsamic vinegar seem healthy? The amount of sugar in these foods may surprise you. Many so-called health foods are loaded with sugar. These hidden sugars are part of why so many people are unhealthy. Americans consume a shocking amount of sugar. Many people eat and drink the equivalent of an entire cup of sugar every day! That's double the amount of sugar average Americans consumed 100 years ago. All of that sugar can be deadly. Dr. Gerald Edelman, a Dallas oncologist and author of the book, "Sugar Rehab," has seen firsthand the damaging effects of too much sugar. He says sugar stimulates cancer cells directly and indirectly. He adds cancer survivors who are also diabetic have a much higher chance of their cancer coming back than people with low blood sugar. Edelman points out that too much sugar can cause obesity, a known risk factor for many health problems, from heart disease to high blood pressure as well as the common cold. John Speanburg is one of Edelman's patients. He has Hodgkin's lymphoma, cancer of the blood. After following Edelman's advice to slash the sugar, he lost weight and has been cancer-free for nine years. Edelman suggests an easy way to curtail sugar intake. He recommends looking at a product's nutrition facts panel on the label. He said if an item contains more than two grams of sugars per serving, don't eat or drink it. He warns not to be fooled by healthy-looking foods. As an example, he pointed to a popular protein shake that contained 44 grams of sugar per serving. Sugar is highly addictive. Brain imaging shows the pleasure and reward centers light up the same way when a person eats sugar as they do when a person takes cocaine. Also, it is difficult to get off the roller-coaster ride consisting of the sugar "high" followed by the sugar "crash." Most people who try to cut back on the amount of sugar they consume stop eating the obvious offenders such as desserts like cakes, cookies, ice cream. Unfortunately, that's only the beginning. Many foods that appear healthy are just as sweet as dessert. For instance, those little packages of oatmeal can contain as many as 12 grams of sugar per serving. A low-sugar alternative are the old-fashioned, slow-cook oats or steel-cut oats, which contain only one gram of sugar per serving. These types of substitutions are the foundation of nutritionist and best-selling author J.J. Virgin's latest book, "J.J. Virgin's Sugar Impact Diet." She shows how to choose lower-sugar alternatives to foods with high sugar impact. Sugars hidden in foods being marketed as health foods are why so many people have difficulty losing weight. Virgin says low-fat and fat-free foods often contain far more sugar than people realize. For example, many fat-free salad dressings are one-third sugar. She said a good diet contains a large percentage of healthful fats, the same ones that have been unfairly demonized. Virgin attributes her svelte figure and glowing hair and skin to a diet high in healthy fat. She said a good way to crush sugar cravings is to replace sweets with healthy fats. Perhaps the biggest sugar scam are the words "fruit" and "juice" on the labels of processed foods. These items are made of the super-sweet concentrated fructose that's left over after the healthy fruit fiber and nutrients have been removed. Some examples are fruit leathers, fruit snacks, and fruit juice. Dried fruits are also misleading because they often contain more sugar than candy. Virgin warns about falling for the "no sugar added" claim. Refined carbohydrates are deceptive because, while not tasting sweet, they turn into sugar after you eat them because the grains have been stripped of the good stuff, leaving only the starch. Refined carbohydrates are foods like white bread, bagels, buns, and pizza crust, white rice, white pasta, waffles, pancakes, and tortillas. Even whole grains can be a poor choice because of added sugars. Two slices of whole wheat bread can contain six teaspoons of sugar. Therefore, don't blindly choose to eat a food simply because it's whole grain. First check the list of ingredients for added sugar. A red flag is any ingredient containing the word "syrup." Other seemingly healthful foods that often contain staggering amounts of sugar include muffins, breakfast or energy bars, sports drinks, and energy drinks. Don't rely on the manufacturer's description of the product. Read the nutrition facts and the list of ingredients. In "Sugar Impact Diet," foods are divided into high, medium, and low sugar impact. For example, white potatoes are high sugar impact, sweet potatoes are medium sugar impact, and pumpkin is low sugar impact. White rice is high sugar impact, brown rice is medium sugar impact, and wild rice is low sugar impact. A pasta sauce with sugar added is high sugar impact, with no sugar added is medium impact, and crushed tomatoes, olive oil and basil is low sugar impact. Virgin advises steering clear of artificial sweeteners. Research shows people who consume a lot of them actually tend to gain more weight because they continue to fuel the craving for sweet foods. Edelman said sometimes artificial sweeteners can be helpful when people are trying to break their addiction to sugar. However, he admits they should be used with caution. The best advice is to be aware and "just say no" to sugar... in obvious places like desserts, as well as the hidden ones.

<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>Crime</i> Joy In Our Town #1171A	30:00	15:00	L	PA/O	01/26/2015	10:30 AM
					01/27/2015	2:30 AM
					01/29/2015	3:00 AM
					01/30/2015	12:00 PM
					01/31/2015	3:00 AM

Host Dolly Velasquez welcomes Lt. Betsy Randolph, Community Relations Officer for the Oklahoma Highway Patrol to talk about the crime of road rage. The crime of road rage is described, examples given and several causes discussed. In addition, prevention measures are provided along with a series of suggestions for both a victim and a perpetrator regarding how to diffuse or avoid escalating road rage. The officer emphasizes steps a victim should take to report the crime and lists some things not to do in situations where road rage is happening.

Joy In Our Town #1171B	30:00	15:00	L	PA/O	01/26/2015	10:30 AM
					01/27/2015	2:30 AM
					01/29/2015	3:00 AM
					01/30/2015	12:00 PM
					01/31/2015	3:00 AM

Host Dolly Velasquez welcomes Lt. Betsy Randolph, Community Relations Officer for the Oklahoma Highway Patrol to talk about the dangers of texting and driving. Though the state of Oklahoma does not have a law that specifically references the phrase "texting while driving" or "texting and driving" there is a law regarding distracted driving or inattentive driving. A bill will soon be proposed to specify "texting while driving" but law or no law, the practice is still deadly. Over 400,000 injuries and nearly 4,000 deaths in 2012 were caused by someone texting while in the driver seat. The time to read a text often is equivalent to driving the distance of a football field. The officer emphasized safety and also shared examples of how to prevent yourself from texting or reading a text while driving. Many things drivers currently do could be inattentive driving, but the matter boils down to drivers need to consider their safety and the safety of others around them when making decisions while driving.

Joy In Our Town #1176A	30:00	15:00	L	PA/O	03/02/2015	10:30 AM
					03/03/2015	2:30 AM
					03/05/2015	3:00 AM
					03/07/2015	3:00 AM

Host Dolly Velasquez welcomes Deputy Kim Lopez from the Oklahoma County Sheriff's Offices to highlight some of the current fraud crimes and scams the public might encounter. The Triad Program, birthed by Charles Foushnee in Louisiana, is geared to help seniors be prepared to avoid frauds and scams. The program is to teach them how to protect themselves without fighting, live in a way to avoid violent crime, some practical tips in how to go about their daily routine with safety. A 911-cell phone is simply a working charged phone without a call plan that allows one to dial 911 at no cost. Seniors And Law enforcement Together (SALT) is a program designed to help seniors through the groups that dialog in meetings with speakers and Q&A in group or one-on-one settings. Phone scams and tips to avoid them are presented to help not only seniors but any viewer. Additional programs for seniors are also discussed and highlighted by the Deputy to raise awareness.

<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>Crime</i> Joy In Our Town #1177A	30:00	15:00	L	PA/O	03/09/2015	10:30 AM
					03/10/2015	2:30 AM
					03/12/2015	3:00 AM
					03/12/2015	11:00 AM
					03/13/2015	12:00 PM
					03/14/2015	3:00 AM

Host Dolly Velasquez welcomes Elaine Dodd, Vice-President Fraud Division of the Oklahoma Bankers Association to discuss Cyber Crime in its many forms. Cyber crime can impact anyone with a mobile phone, a laptop or iPad or any type of technology that uses internet or bandwidth. All are vulnerable regardless of age, worth or extent of online usage. Cyber crime can be more than phishing and gathering data, it can be more than breaking through security and fire-walls, it can come in the mode of an online romance that prompts actions on your part to send money or to make your own financial decisions that are to your detriment. Often you don't know if you have a fraud taking place until it is too late, because the fraudsters often will spend hundreds of days snooping on your system to learn your business and patterns. Wire fraud can be up to millions of dollars and there are difficulties at times to get funds back once transferred and the money is withdrawn from the recipient account. The best advice is to operate with common sense and dealing with people in more traditional ways.

Joy In Our Town #1177B	30:00	15:00	L	PA/O	03/09/2015	10:30 AM
					03/10/2015	2:30 AM
					03/12/2015	3:00 AM
					03/12/2015	11:00 AM
					03/13/2015	12:00 PM
					03/14/2015	3:00 AM

Host Dolly Velasquez welcomes Elaine Dodd, Vice-President Fraud Division of the Oklahoma Bankers Association to help educate the viewing public on how to keep your identity safe from those with criminal intent. Fraudsters are looking for your account information for your bank accounts and credit cards. Three basics to keep money safe no matter what their age, fraud would be cut if not prevented. First basic is to look at their bank statements at least once per month, if not every couple days and monitor activity. The second basic is to look at their credit card statements each month and contact your institution the day you realize when something is out of order. Finally, to monitor your credit report at least annually. Again, looking and reporting in a timely manner is the main protection and is simple for anyone to do. Banks will assist with protecting individuals through fraud investigation and identification services as well as partnering with reportable activity periods which the account owner cannot be held liable if properly and timely reporting issues of discrepancies. The guest goes on to detail specific scams to be aware of for the viewers to understand and identify if it is attempted.

<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	1:00:00	5:00	REC	PA/O/E	01/12/2015	2:00 PM

Crime

News Watch
#01122015

CBN News Reporter Charlene Israel Report: Identity theft. It is a crime that hits millions of Americans each year and thieves are coming up with new ways to rob consumers every day, including using the latest technology. In 2011, the Federal Trade Commission received more than 1.8 million complaints from consumers. Fifteen percent of those complaints involved some type of identity theft. When it comes to shopping, just swiping with a credit or debit card is the way to pay in today's fast-paced world. According to the FTC, identity theft has topped the list of consumer complaints 12 years in a row. Nearly 27,000 complaints had been filed or identified in 2011 alone. Something known as skimming at ATM machines and gas stations has become all too common. Identity thieves purchase the devices right off of the Internet. Some thieves even make them. Police told CBN News that thieves usually target the gas pumps that are nearest the outside of the gas station or far away from the attendant. They then insert a skimming device over the card reader and when you go to swipe your card to pay for gas, your personal information has just been stolen. The consumer's stolen information is then transferred onto unused-pre-approved credit cards or blank gift cards. Sgt. Margie Hobbs said crooks are also using new technology to their advantage. For example, thieves can now use heat generated from your fingertips on ATM key pads to steal your card pin number using high-tech infrared cameras. They can also tap into accounts via credit cards that contain a radio frequency identification or RFID chip. This chip allows consumers the ease of just waving the card at the register. Scam artists can buy parts that increase the frequency or the strength of the antenna in the card. This allows them to pick up your credit card information from a foot or more away. Hobbs said tracking the perpetrators is challenging because often the operations are well coordinated. Security consultants suggest using credit cards instead of debit cards to prevent such scams, that way you're risking the credit card company's money instead of your own. Here are a few other ways to protect against being scammed: 1. Freeze your credit. This allows you to lock your credit data, which makes it virtually impossible for an identity thief to open any new accounts in your name. You can un-freeze it at any time. 2. Hire a company to monitor and protect your credit. 3. Cut up pre-approved credit card offers that come in the mail. Don't just throw them away. 4. When at the ATM, make sure no one is looking over your shoulder. Consider using a pen or pencil to key in your number. 5. Alert bank officials if you notice a hidden camera or if the card reader appears loose. Sgt. Hobbs said businesses can do more to protect their customers as well.

Drugs/Substance Abuse

Joy In Our Town #1169A	30:00	15:00	L	PA/O	01/12/2015	10:30 AM
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Host Rita Gray-Martin welcomes Mark Woodward, Public Information and Education Officer from the Oklahoma Bureau of Narcotics. The options or alternatives to smoking cigarettes were discussed in light of substance abuse. A focus on the dangers of smoking cigarettes or using the vapor- or e-cigarette "smokeless" alternatives. Intended use is already being abused and there are incidences of young people especially using vapor- or e-cigs to smoke illegal substances. Symptoms to look for and parental advice was given, as well as many pop-culture and social-medial factors.

Joy In Our Town #1169B	30:00	15:00	L	PA/O	01/12/2015	10:30 AM
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Host Rita Gray-Martin welcomes Mark Woodward, Public Information and Education Officer from the Oklahoma Bureau of Narcotics. The substance known as CBD is discussed in detail, which is an oil that is extracted from marijuana and has very low levels of THC, so does not produce the effect of a "high" but does appear to have some very beneficial medical effects. The issue of legalizing medical marijuana has many arguments, and there are also many myths. The alternatives of smoking marijuana or using chemicals extracted from it bring up the often forgotten dangers of intoxication and public threat due to impairment. Smoking marijuana is also known to be a cause of cancer. Legalization issues and medical benefits are clarified in light of the science and effects of this illegal substance. There are also various strengths of marijuana, which when smoked can produce some extremely detrimental health and social-economic results in individual lives and the community at large.

<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>Drugs/Substance Abuse</i>						
Joy In Our Town #1178A	30:00	15:00	L	PA/O	03/16/2015	10:30 AM
					03/17/2015	2:30 AM
					03/19/2015	3:00 AM
					03/19/2015	11:00 AM
					03/21/2015	3:00 AM

Host Dolly Velasquez welcomes Jeff Dismukes, Director of Public Information with the Oklahoma Department of Mental Health & Substance Abuse to talk about the abuse of prescription and other drugs in the public arena. The abuse of prescription drugs and overuse of prescription drugs is a topic of growing concern. There are very high rates in Oklahoma for both abuse and death from prescription drug abuse. Oklahoma has more unintentional poisoning deaths than car crashes. Opiates or pain killers are the primary drug that is involved. It impacts the families and communities, both from a social standpoint but also economically. The regulation does not prevent in-home abuse or in-home misuse, either by the patient or others in the home. Access seems to be the primary reason this problem is so prolific and has continued to increase. Awareness is the primary way to overcome and hopefully reduce the issue in Oklahoma, along with education on safe storage and disposal.

Joy In Our Town #1149A	30:00	15:00	L	PA/O	03/26/2015	3:00 AM
					03/26/2015	11:00 AM
					03/30/2015	10:30 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	03/26/2015	3:00 AM
					03/26/2015	11:00 AM
					03/30/2015	10:30 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</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Civic Affairs

Joy In Our Town #1173A	30:00	15:00	L	PA/O	02/13/2015	12:00 PM
					02/14/2015	3:00 AM
					02/16/2015	10:30 AM
					02/17/2015	2:30 AM
					02/19/2015	3:00 AM

Host Dolly Velasquez welcomes Sheree Powell, Director of Communications & Community Relations from the Oklahoma Department of Human Services to talk about preventing welfare funds from being misused. In specific, Temporary Assistance to Needy Families (TANF) Cards and discuss legally banned misuse which is considered as being misused if they buy things like tobacco or alcohol, specifically at liquor stores, adult clubs, casinos, or to purchase tobacco. The proper use is for health, food and rent expenses – this is different than SNAP which is essentially food stamps, whereas TANF is a cash assistance payment of traditional welfare payment. Some of the common misuse that is being targeted is in club or casino establishments, or stores that sell tobacco products. The payment is no longer in check format, but rather in a prepaid master card debit card. There are approximately 2,000 businesses that fall into the prohibited category; however it is voluntary for a business to comply with preventing the use of the Oklahoma debit card at the establishment. Recent electronic monitoring and statistics show that approximately 12 businesses were still accepting the card. Unfortunately it is expensive to monitor and restrict the use of the card, and the misuse is estimated to be \$58,000 annually, however without the law to enforce or require the businesses to comply the expense is being born simply by the taxpayers.

Joy In Our Town #1175A	30:00	15:00	L	PA/O	02/23/2015	10:30 AM
					02/24/2015	2:30 AM
					02/26/2015	3:00 AM
					02/27/2015	12:00 PM
					02/28/2015	3:00 AM

Host Dolly Velasquez welcomes Jody Harlan, Community Director from the Oklahoma Department of Rehabilitation Services to provide the public with information regarding the responsibilities of Rehabilitation Services and how to access needed services in this arena. About 588,000 or 15.6% of the population over age 5 in Oklahoma have a disability. There are two main divisions, one simply focused on the blind and the second on all other disabilities. The primary goal of the two divisions is to help people with disabilities go back or enter the workforce and become profitable tax-paying citizens. The agency works with employers to effectively remove the barriers to employment for the disabled, such as a wheel chair, ramp, technology that enables them to use the needed tools and equipment. Last year 2,200 people with disabilities went to work and the organization served over 12,000 other people still in the pipeline waiting to or preparing to go back to work. Sometimes they help a person already working to stay employed, such as an improved technology to counter-set a worsening disability.

Youth

Joy In Our Town #1170A	30:00	15:00	L	PA/O	01/19/2015	10:30 AM
					01/20/2015	2:30 AM
					01/22/2015	3:00 AM
					01/23/2015	12:00 PM
					01/24/2015	3:00 AM

Host Rita Gray-Martin welcomes from White Fields, Executive Director Frank Alberson and Director of Development Mautra Jones to discuss the abuse and neglect of youth. So many children suffer horrific abuses, and White Fields is a residential program that is designed to treat and care for boys who have been victims of physical, sexual and mental abuse and often severe neglect. In conjunction with DHS, boys are placed for treatment and foster care specialized at helping them to grow to become productive and caring citizens. Various therapy, education, training and socialization programs are utilized to help the boys heal. It is a very difficult process for many of the boys who have suffered pain and have not had the opportunity to live in a healthy and safe family setting. Programs such as art, recreation as well as on-site schooling further the general growth and healing for the boys, under the care of professionals.

<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>Youth</i> Joy In Our Town #1170B	30:00	15:00	L	PA/O	01/19/2015	10:30 AM
					01/20/2015	2:30 AM
					01/22/2015	3:00 AM
					01/23/2015	12:00 PM
					01/24/2015	3:00 AM
<p>Host Rita Gray-Martin welcomes from White Fields, Executive Director Frank Alberson and Director of Development Mautra Jones to discuss the unique approach that this organization has to helping boys who have suffered abuse and neglect. There is a heavy emphasis on one-to-one care with a graduated 5-level care. 26 boys were served in the prior year and currently 18 are housed on campus either in group home setting or in a separate family-style home. Trained foster parents can apply to live in a family house on campus and directly care for two of the boys. So many of the boys have had dozens of failed placements and suffer severe effects of the abuses from estranged parents. A structured and family-style life provides the loving and safe environment that these boys need to heal and learn how to become responsible, caring and productive citizens.</p>						
Joy In Our Town #1174A	30:00	15:00	L	PA/O	02/09/2015	10:30 AM
					02/20/2015	12:00 PM
					02/21/2015	3:00 AM
<p>Host Dolly Velasquez welcomes Susan Adams, President of Ronald McDonald House Charities of Oklahoma City to help the public understand the need that children and parents have for this organization's services. The charity has multiple homes now with ten and fourteen family rooms and also has a "family day room" in the local children's hospital. By alleviating the families' needs to search out where to stay, and by providing the in-home services to help the non-ill children adapt to all the changes and focus on the ill child, the charity helps keep families together while an ill child is being treated and healing. Parent service helps in the midst of a very trying time with many decisions that nothing has prepared them to deal with previously. The charity provides emotional support and facilitates family-centered care, but no treatment care. Sometimes an ill-child receiving out-patient treatment will stay in the charity with the family during treatment. The charity also does community outreach to area youth and children to encourage recycling and other leadership-building group activities, such as partnerships with 4-H clubs and Boy Scouts, Eagle Scouts Projects and various other youth groups that work in partnership and volunteer manners. The charity also has a \$70k annual scholarship program for high school seniors.</p>						
Joy In Our Town #1174B	30:00	15:00	L	PA/O	02/09/2015	10:30 AM
					02/20/2015	12:00 PM
					02/21/2015	3:00 AM
<p>Host Dolly Velasquez welcomes Maribeth Govin, Program Director and Taylor McKinnon, Program Coordinator from Calm Waters Center for Children and Families to highlight some of the ways to help youth or a child(ren) who has parents going through a divorce. The center is a grief and loss agency with the primary mission to help youth and children deal with their parent's divorce. The dilemma for estranged spouses is that they will always be parents together regardless of the marriage ending. Parents and children dealing with death and divorce is the focus of the center-based program. The school-based program goes to the children that may not be able to come to the center and has a focus on loss and grief for a wider range of loss, such as temporary loss due to deployed parents, incarceration, etc. as well as the reasons of death and divorce. Part of the focus is helping children to identify who may be in their life that they can talk to on a regular or ongoing basis as they cope with the situations.</p>						

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>
Youth Joy In Our Town #1173B	30:00	15:00	L	PA/O	02/13/2015	12:00 PM
					02/14/2015	3:00 AM
					02/16/2015	10:30 AM
					02/17/2015	2:30 AM
					02/19/2015	3:00 AM

Host Dolly Velasquez welcomes Carrie Taylor from Opportunities Unlimited to discuss the unique challenges surrounding children in blended families. A blended family is one in which one or both parties bring children from a prior relationship into the mix – whether the child lives with the couple or not. Blended families have a lower success rate than most first marriages, one is an apple and the other is an orange, but often the spouses treat it all like it is the same. Youth are impacted greatly by a sense of loss due to the adjustment to another change and also the death of some fantasy of having their family of origin reunited, sometimes further complicated if the parents do not relate well. There is a huge effect that is really devastating to a child to observe their parent be affectionate with someone other than their other parent, in marriage or dating leading up to marriage. Its not just emotional, but research reveals psychological effects. There is a development cycle to a family and a different cycle to a developing step-family. The education is significant to helping people to find peace and a new norm within the situations that ensue in blended families. Education combined with support group discussion can help new blended families be successful.

Education

Joy In Our Town #1175B	30:00	15:00	L	PA/O	02/23/2015	10:30 AM
					02/24/2015	2:30 AM
					02/26/2015	3:00 AM
					02/27/2015	12:00 PM
					02/28/2015	3:00 AM

Host Dolly Velasquez welcomes Jason Price, Program Manager from Oklahoma Department of Rehabilitation Services to help educate the viewers on how many Oklahomans on Social Security Disability can make their way back into the public workforce. The team that Jason Price heads up is focused on helping those with disabilities to understand what it takes to get off of disability, how to do it and the rewards of achieving their dream to be a part of the American Dream. Jason himself is a former client, he has cerebral palsy and yet he was taught a deep heartfelt work ethic that is based on the belief that a disability is no excuse not to achieve and pursue to be your best. Along with 7 counselors, 5 admins and others Jason helps the Oklahoma DRS to find the will to work, and to eventually find the joy that comes from overcoming the barriers to work and returning/going to work. The savings for Social Security when an individual becomes a working taxpayer, ends up funding more of the agencies work to help others. Fear is one of the largest barriers, and once it is defeated, most disabled can achieve the work or job they desire. Jason joked that they do not create jobs, they create taxpayers.

Joy In Our Town #1176B	30:00	15:00	L	PA/O	03/02/2015	10:30 AM
					03/03/2015	2:30 AM
					03/05/2015	3:00 AM
					03/07/2015	3:00 AM

Host Dolly Velasquez welcomes Vicky Golightly, Public Information Officer and Lacey Downs, Librarian for the AIM Center from the Oklahoma Library for the Blind and Physically Handicapped to present a review of services and help the public be aware of the educational materials available for the blind. The services for the blind includes those with visual impairment or those with an illness or disability that prevents them from holding or reading a book on their own, as well as those who are actually blind or legally blind. The same books available in a typical library, all of those same genres are available through the Library for the Blind and Physically Handicapped. Once approved, all materials are sent through the mail, including the special player and equipment that may be required, audio books, catalog of selections, etc. The mailing fees are waived for this service so there really is no cost. There are also printed materials either in Braille, large print or twin-vision print that combines the two types of prints. They have text books, reference materials and some of the more popular authors as well. Children's books in twin-vision print are wonderful for reading and teaching with a child with visual impairment of any level.

<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 #1178B	30:00	15:00	L	PA/O	03/16/2015	10:30 AM
					03/17/2015	2:30 AM
					03/19/2015	3:00 AM
					03/19/2015	11:00 AM
					03/21/2015	3:00 AM

Host Dolly Velasquez welcomes Myron Mayberry, Director for Effective Transitions – Beyond the Bell to discuss the new realities of education and present the many challenges that are unique for today’s educators and students. Traditional problems facing the educational system are overcrowding, under-funding, not enough professional educators, not enough passionate professional educators dedicated to the goal of excellent instruction that is more all-encompassing. Not only have the traditional problems continued to grow and become more complex, but now there are also variables from variant grading and ineffective measurement tools, far too few teachers and the complexity of the politics. The educational system serves the widest segment of the community, crossing age and economic lines, but it is the one single system serving them all and there are not nearly sufficient personnel to meet the administrative or counseling needs in these conditions. The state resources are not being allocated based on those served, but rather on the wishes of those who voted and these are often drastically different basis. Unfortunately, in today’s society and family there is a greater need for clinical services for helping children learn the basics of socialization, but these are not funded as they were even a generation ago. Basic skills are not being taught at home, sometimes because the parents are younger or haven’t had quality education to build upon and deal out to their children the abilities needed to succeed in school or life.

Joy In Our Town #1150B	30:00	15:00	L	PA/O	03/23/2015	10:30 AM
					03/24/2015	2:30 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.

700 Club CBN	1:00:00	5:00	REC	PA/O/E	03/26/2015	2:00 PM
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News Watch
#03262015

CBN News Reporter Heather Sells Reports: More than 450,000 students attend colleges focused on Christ-centered learning. These schools often require students and faculty to sign a faith statement committing to certain beliefs and behaviors. In the past, society approved and even praised such acts, but today that affirmation has been replaced by charges of discrimination and threats over accreditation. At many schools, alumni and other stakeholders are questioning their college's views on sexuality. The criticism from outsiders goes even deeper. A June 30, 2014 commentary in the widely regarded Chronicle of Higher Education questioned accreditation for any Christian college. Dr. Gerson Moreno-Riano, executive vice president for Academic Affairs at Regent University, said it's a tough climate right now for Christian colleges. Shirley Hoogstra, the new president of the Council for Christian Colleges and Universities (CCCU), acknowledged the cultural attacks in her January address to the 39th Annual Presidents Conference for CCCU presidents. Dr. Russell Moore, president of the Southern Baptists' Ethics & Religious Liberty Commission, believes the First Amendment will ultimately protect Christian colleges. He wants the culture to recognize a diversity of viewpoints and says that different faiths should stand together. Moreno-Riano would like an entire redefinition of higher education. In our changing culture, however, the burden is still on Christian schools to defend just why and how they exist.