

# **Trinity Broadcasting Network**

## ***Quarterly Programming Report***

**October, November, December, 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**

**Seniors**

**Family**

**Local Civic Affairs**

**Electoral Affairs**

**Crime**

**Minority**

**Economy - (Extra Airing)**

<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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*Health*

Joy In Our Town #1156A	30:00	15:00	L	PA/O	10/03/2014	12:00 PM
					10/04/2014	3:00 AM
					10/06/2014	10:30 AM
					10/10/2014	12:00 PM
					10/11/2014	3:00 AM

Joy host, Rita Gray-Martin is joined by Keith Bishop, Clinical Nutritionist with Flourish Natural Wellness Center to speak about Parkinson's Disease. Parkinson's disease is caused by a small part of the brain that produces dopamine sustaining damage thus decreasing the levels of dopamine produced and getting to the rest of the body. Three things that increase the risk of Parkinson's disease occurring are toxin exposure (i.e., heavy metals and pesticides), lack of anti-oxidants and poor circulation. Between 50,000-60,000 of new diagnosis annually of Parkinson's Disease, over 600,000 individuals currently dealing with Parkinson's disease and approximately 7.5% of all death in Oklahoma is caused by Parkinson's Disease. Parkinson's appears more often in males than females, but affect both genders. Environmental toxins, pesticide, manganese, welding, copper all may contribute to increase the risk of acquiring Parkinson's disease. Dietary risk factors include bread (gluten), dairy (psuedo-Parkinson's), too little protein and too low-antioxidant diet. Exercise is important as well, as it will increase circulation and overall good health.

Joy In Our Town #1156B	30:00	15:00	L	PA/O	10/03/2014	12:00 PM
					10/04/2014	3:00 AM
					10/06/2014	10:30 AM
					10/10/2014	12:00 PM
					10/11/2014	3:00 AM

Host Dolly Velasquez talks with Dr. Brent DeLong about Maximized Living, a healthcare delivery system based on the five essentials of health and the goal of helping people to change how they approach and manage their healthcare, to be from the inside out. Dr. DeLong identified the five essentials of health as: Maximize your mind or how we think about health, daily actions and preventative care. Maximize your nerve supply and your body's function. Maximize quality nutrients, because we are what we eat. Oxygen through lean muscle, or exercise. Minimizing toxins consumed or exposed to daily. Discussion of how and why good health is so important included the fact that health problems are the number one cause of financial bankruptcy in this country, the strong impact of remorseful emotions vs. forgiveness, as well as the fact that the majority of prayer requests in the church community has to do with health-related issues or needs caused by lack of good health.

Joy In Our Town #1157A	30:00	15:00	L	PA/O	10/13/2014	10:30 AM
					10/17/2014	12:00 PM
					10/18/2014	3:00 AM
					10/21/2014	2:30 AM
					10/23/2014	3:30 AM

Host Dolly Velasquez talks with Dr. Brent DeLong about the benefits of Chiropractic care, which reaches far beyond treating direct pains in the back or spine. The basic premise of Chiropractic care is that there is universal intelligence or innate intelligence at work in our body's design and function. Dr. DeLong explains innate intelligence by highlighting conception of a human from two cells first develops a central nervous system and then continues to grow into this amazing walking miracle of a human being. The spine protects your nervous system which is the brain's way of communicating with the rest of the body. Health is about keeping that communication level at 100% so your body's ability to function, heal and operate at a maximized level. If the nervous system functions at less than 100%, then it allows dysfunction or disorganization in the body. Disease or sickness develops when there is dysfunction or disorganization that prevents the body from healing itself. When we lose the proper 45% curvature in our spine or neck, it actually accelerates the degenerative process. When this occurs it is referred to as a subluxation and it is similar to a short circuit in an electrical system. Until the subluxation is repaired or corrected by adjusting the spine to the proper curvature, the nervous system cannot operate in communication with the body at 100% and health will be affected detrimentally.

<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 #1161B	30:00	15:00	L	PA/O	11/10/2014	10:30 AM
					11/13/2014	3:00 AM
					11/14/2014	12:00 PM
					11/18/2014	2:30 AM

Host Dolly Velasquez welcomes Dr. Jill De-Long from Cornerstone Chiropractic, a Maximized Living Health Center to discuss babies, pregnancies, and chiropractic health. Dr. De-Long explains how even at birth a child may be traumatized and in need of chiropractic care. Chiropractic care in the line of maximized living isn't just for spinal care, but also attends to side-effects of medications that the mother may have had which are now in the baby's system as toxins that must be dealt with in their traumatized system. Dr. De-Long explains that her role is to remove any hindrances in the body so that the body can do what it was designed to do, which is to heal itself. From lower back pain relief for a pregnant woman, to an after birth adjustment for a new baby, Dr. De-Long has been specifically trained in the delicate care for pregnancies and babies. The difference can be drastic including pain relief, healing of various stresses and traumas, and changing monitor-able aspects such as high blood pressure being normalized. Some testimonies include eliminating the need for a pregnant woman to be put on bed rest to changes in the children that teachers or care givers immediately recognize the difference.

Joy In Our Town #1162A	30:00	15:00	L	PA/O	11/17/2014	10:30 AM
					11/18/2014	2:00 AM
					11/20/2014	3:00 AM
					11/20/2014	3:30 AM
					11/21/2014	12:00 PM
					11/22/2014	3:00 AM

Host Dolly Velasquez welcomes Dr. Jill De-Long of Cornerstone Chiropractic, a Maximized Living Health Center to talk about how the body was created to heal. Dr. DeLong shared about five essentials for health: maximized mind, maximized nerve supply, maximized nutrition, increasing oxygen (exercise) and minimizing toxins. Dr. De-Long shared more in depth about each and covers the importance of positive self-affirmations, choosing your thoughts and pursuing forgiveness in how the mind effects bodily health. Chiropractic alignment is often key in maximizing the nerve supply, as Dr. De-Long describes that bringing the body into 100% alignment allows it to heal itself. With the statistic of 1 in every 5 children being diagnosed with cancer, there is support for the need for even young children to receive chiropractic care to position their bodies to be healthy. Choosing healthy foods and supplements to provide what nutrients the body needs to stay in balance and to be positioned for self-healing is what the maximized nutrition is about. Oxygen is a huge part to the proper function of the body, so exercise becomes a huge consideration for health. Dr. De-Long stated that our bodies are designed to move. Some medical professionals are now saying that sitting is the new smoking; meaning that the same way that smoking is known to harm the body, it is recognized that sitting too much is harmful to the body's health. Finally, eliminating toxins from the body frees up the body's resources to operate in 100% health consistently.

<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	10/07/2014	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 is 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 consequences 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 change 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.

<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	10/21/2014	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 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*

<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 #013	28:30	28:30	REC	PA/O/E	10/28/2014	12:00 PM

*Health*

**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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<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 #001	28:30	28:30	REC	PA/O/E	11/04/2014	12:00 PM

*Health*

**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. You are completely unaware of ninety to ninety-nine percent of the activity going on inside your brain. Right now you are processing information through your five senses into your brain. Your mind activity is a signal that goes to the DNA, to the gene code, which is just sitting there dormant waiting for your signal, and then as soon as your signals comes, it switches on and you start making amino acids, which group into proteins and you grow trees in your brain which are thoughts, right now at 400 billion actions per second. You are creatively growing stuff inside of your brain. 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. Even though every human's brain follows the same euro physiology and the structures of the brain and those kinds of things look the same, the way that you uniquely perceive the world means that you will design your own architectural landscape of your brain. So the way you perceive the world is reflected in the physical structure of the brain and we call that the law of diversity. 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.

<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 #002	28:30	28:30	REC	PA/O/E	11/25/2014	12:00 PM

*Health*

**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>
Switch on Your Brain #003	28:30	28:30	REC	PA/O/E	12/03/2014	12:00 PM

*Health*

**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

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Type</i>	<i>Airdate</i>	<i>Time</i>
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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>
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*Seniors*

Joy In Our Town #1158B	30:00	15:00	L	PA/O	10/20/2014	10:30 AM
					10/21/2014	2:00 AM
					10/23/2014	3:00 AM
					10/24/2014	12:00 PM
					10/25/2014	3:00 AM
					10/28/2014	2:30 AM
					10/30/2014	3:30 AM

Host Dolly Velasquez talks with Wes Bledsoe, Founder of "A Perfect Cause" a citizen's advocacy group about safety for nursing home patients. The inspiration for this advocacy group was Wes' grandmother's death due to nursing home negligence and attempted cover-up. The mission is to provide safe and appropriate care with dignity for nursing home patients and elderly patients in any level of private home or care facility. The result of recent concerns is the Silver Haired Legislation passed in Oklahoma which permits electronic monitoring in nursing home rooms. The design is to protect both the patient and the facility staff and administration, as well as to provide peace of mind for a patient's family. Suspected cases of abuse still should be reported to the law enforcement authorities. Oklahoma has recently ranked as 49th in the nation for nursing home care, and is in need of a revolution in the approach to senior and nursing home care. A Perfect Cause is not only looking ahead to again partner with helpful legislation regarding oversight and standards of care, but also is working with nursing home owners and operators. Wes shared that there is a joint-effort to develop an improved model of nursing home care with the goal of creating a new facility that will serve as an example not only in Oklahoma, but across the nation.

Joy In Our Town #1159B	30:00	15:00	L	PA/O	10/27/2014	10:30 AM
					10/28/2014	2:00 AM
					10/30/2014	3:00 AM
					11/04/2014	2:30 AM
					11/06/2014	3:30 AM

Host Dolly Velasquez talks with Koey Keylon, Comfort Dog Handler & Rev. Mark Erler from St. Mark's Lutheran Church in Edmond about their Comfort Dog Ministry featuring Rufus, a Golden Retriever. One of the benefits a comfort dog brings to seniors when visiting a senior living facility is to combat loneliness and depression. A comfort dog tends to open up the opportunity to connect & converse with others over memories of pets, childhood, loved ones, etc. The Comfort Dog Ministry is a ministry of presence, of just being there without a plan but being available for people to interact spontaneously. In many senior living arrangements, group facility, hospitals, clinics and dorm settings no pets are permitted to reside, but a comfort dog may be a welcome visitor. Edmond area statistics reveal a rash of teen suicides and Rufus is able to help teens work through grief and heal through connecting with the dog. Rufus is a Comfort Dog and his vest says "Please pet me" as opposed to a Service Dog's vest that is the opposite.

Joy In Our Town #1164B	30:00	15:00	L	PA/O	12/01/2014	10:30 AM
					12/02/2014	2:00 AM
					12/04/2014	3:00 AM
					12/18/2014	11:00 AM

Host Dolly Velasquez talks with Bill Weaver, the President and CEO of Daily Living Centers about why there is a need for Adult Day Care Centers. Bill explains that this is essentially scheduled activities aimed at providing community, positive relationship connections, and opportunities for the participants to benefit from an active social life. The typical participant is someone who is older but may live alone or would be alone if at home. At the day care, participants are never left totally alone, which is often the case in assisted living and health centers. Bill noted that some participants come every day, others may participate a few days per week. The participants will be chauffeured, have benefit of planned activities, have access to integrated home-healthcare options, and safe surroundings. Bill noted that one of the problems is that many people are unaware that adult/senior day care even exists. Not all participants are senior citizens, but most are over age 60. Therapies are available, meals and snacks are served, there are plenty of activities and social interactions. Adult Day Care can provide respite care or routine care. Bill said it is important that family members be involved and that a center is visited prior to selection.

<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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*Family*

Joy In Our Town #1157B	30:00	15:00	L	PA/O	10/13/2014	10:30 AM
					10/17/2014	12:00 PM
					10/18/2014	3:00 AM
					10/21/2014	2:30 AM
					10/23/2014	3:30 AM

Chad McCoy is a Staff Therapist at Edmond Family Counseling. When speaking of depression we need to look at a broad view. We all may have days that we don't feel as up as other days, but depression due to mental health affects ones everyday life. A parent, or teen may begin to withdraw from family functions, they may miss work or school because of not being able to get themselves up. As family members we can watch for changes in behavior. When they are withdrawing into their rooms try and get them involved in an activity they enjoy. Try talking to them, without judging them. Do not use terms such as just snap out of it. There is still a stigma regarding mental illness, do not let this prevent you from seeking help.

Joy In Our Town #1159A	30:00	15:00	L	PA/O	10/27/2014	10:30 AM
					10/28/2014	2:00 AM
					10/30/2014	3:00 AM
					11/04/2014	2:30 AM
					11/06/2014	3:30 AM

Host Dolly Velasquez talks with Koey Keylon & Rev. Mark Erler from St. Mark's Lutheran Church in Edmond about their Comfort Dog Ministry. This ministry was inspired by "Moses" a comfort dog from Koey's Lutheran-minister father's church in Nebraska. In 2008 a centralized Lutheran Comfort Dog Ministry was created near Chicago. A Comfort Dog is different than a Service Dog, and receives much more extensive training. A service dog is handled by just one person. First a trainer and then the individual to care for in daily service. Comfort dogs may have numerous handlers and are trained for group situations (hospitals, public crisis, etc.). Rufus has about 8 handlers now and responds to critical incidents with Rev. Erler, a Critical Incident Stress Management Chaplain. The function of a comfort dog ministry is to bridge into a community and open doors to connect with others. Koey said that his father describes it as a "magnet" ministry because the dog actually draws to them in the community by people being drawn to the dog when they are in public. In just four short weeks, having the dog has taken them into many different ministry opportunities that reaches beyond denominations and church affiliations. They are receiving calls requesting they bring the dog to a wide variety of situations and hope this will continue.

Joy In Our Town #1160A	30:00	15:00	L	PA/O	11/03/2014	10:30 AM
					11/04/2014	2:00 AM
					11/06/2014	3:00 AM
					11/08/2014	3:00 AM
					11/13/2014	3:30 AM

Host Dolly Velasquez speaks with Blake Graham from the Martial Arts Ministries about bullying. Blake shares that in helping children to deal with bullies, the ministry teaches a 3-fold program that deals with the physical, mental and spiritual arenas. Much of what Blake talked about is preparing children to face a bully and helping children to understand what is and what isn't bullying. Learning to physically defend oneself is great, but Blake also mentioned that sometimes the bullying victim may be unaware that the words that they speak to the bully might be causing the bully's physically attack as a response of anger to the "victim's" words spoken. Teaching understanding of communication and others, how to recognize and express emotions and also to be aware of the frequent source of bullying (a family cycle of attacking others or insecurities). Blake addressed that the idea of "duking it out" to clear the aggression between the bully and the defender may have worked in past eras of our society, but given the accelerated technology and diminished family structures, in most instances today "duking it out" tends to lead to further aggression from both parties. Parents can help their children by being educated themselves about bullying and their child's school policies in how to report and resolve such issues. Parents can then guide the child not only morally/Biblically, but also within the system of authority to the extent of practicing or coaching the child on what to say and to whom of the school leadership. Prevention of child abduction was very briefly mentioned with a solution involving awareness prior to the close of this program.

<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 #1161A	30:00	15:00	L	PA/O	11/10/2014	10:30 AM
					11/13/2014	3:00 AM
					11/14/2014	12:00 PM
					11/18/2014	2:30 AM

*Family*

Host Dolly Velasquez talks with Pam Kanaly, Co-Founder of Arise Ministries about co-parenting as a single parent. Pam shares some of the tips and tools that are helpful for a single parent to remember in trying to raise their child when the child's other parent resides in a different location. Dolly listed many different scenarios that may result in such a living arrangement that ranges from couples who have gotten divorced to never-been-married parents or even married parents that live separately for economic or work reasons (enlisted, bi-coastal or high-travel jobs, etc.). No matter what the situation, the key to successful co-parenting is to effectively communicate and cooperate. Pam mentioned that some parents are able to be friends, but that is not a typical case because many single parents are dealing with unresolved issues or emotions. Pam shares some rules for co-parenting, such as staying focused on the goal which is the well-being of the children. Also, staying focused on the present and staying above-board in all your dealings and speaking of the other parent. There were so many tips packed into this discussion that parents, step-parents and single parents alike can benefit.

Joy In Our Town #1163A	30:00	15:00	L	PA/O	11/24/2014	10:30 AM
					12/02/2014	2:30 AM
					12/04/2014	3:30 AM

Host George Young talks with Donna Edwards from Living Well Ministry about electronic devices and family relationships. Living Well Ministry focuses on providing counseling, classes, training and retreats to couples. She believes that anyone involved in providing marriage counseling today will say that everything has changed in the past 10 years because of electronic devices and internet access. Donna shares a statistic that 56% of divorces are due to pornography and states that pornography has been an issue for 75% of the couples that she and her husband have counseled. She states that when children are exposed to pornography the effect is that it re-wires their brains and affects their thought processes. It is also very addictive and often starts at a young age. Right now, 9 out of 10 children between the ages of 8 and 16 have viewed a pornographic website. Donna talks about solutions being a two-fold approach. First, determining what to do to protect relationships from pornography and how to protect children from being initiated to pornography. Second, the steps to heal or retreat from the holds of pornography as individuals or giving support for their loved ones in this process. This may involve choice, training, use of filter devices, counseling, accountability, open honesty, hard work, etc. Though this may be quite difficult, Donna states that anything can be overcome, but like with most addictive behaviors or substances, the solutions must be intentional.

Joy In Our Town #1164A	30:00	15:00	L	PA/O	12/01/2014	10:30 AM
					12/02/2014	2:00 AM
					12/04/2014	3:00 AM
					12/18/2014	11:00 AM

Host Dolly Velasquez talks with Pastor Doug Brown and Counselor Trudy Hoffsommer from Metropolitan Baptist Church about handling conflict in marriages. Pastor Brown shares that every marriage has conflict, no matter how long they have lasted. The most common stressors in a marriage that causes conflict are money, sex and finances. Some inhibitors to couples pursuing help in dealing with conflict are that one or both parties are in denial that they need help, or believe that counseling allows a stranger to control them and tell them what to do in their private relationship. Trudy said that the sooner a couple can come for counseling, with a desire to get help and willing to change, the better likelihood of being able to find ways to improve their relationship. Often both good relationship habits and negative behaviors are learned in the family of origin. Pastor Brown encourages couples to begin by recognizing that the spouse is not their enemy. Some of the solutions that couples may find will involve a willingness to set aside pride that may prevent getting honest and working the solutions. There may be situations in which couples will need to recognize that the timing for resolving a conflict might be better at a different time, for example, when the couple isn't tired. It is better to put off resolving the conflict than to increase the hurt involved, but couples are cautioned to beware of avoiding conflict resolution. A conflict will continue to exist and fester if not addressed, so avoiding it will not be beneficial, whereas planning a time to address it at a specific later date/time can work to the couple's benefit in overcoming the conflict.

<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>Local Civic Affairs</i>						
Joy In Our Town #1162B	30:00	15:00	L	PA/O	11/17/2014	10:30 AM
					11/18/2014	2:00 AM
					11/20/2014	3:00 AM
					11/20/2014	3:30 AM
					11/21/2014	12:00 PM
					11/22/2014	3:00 AM

Ray Walker is the Director of Oklahoma Insurance – Medicare Assistance Program. His office offers assistance at no charge to Medicare recipients, especially during the open enrollment period, which ends Dec. 7th. The discussion mainly revolves around Part D, the drug/prescription program. It is important to review coverage each year, there may have been changes to your current plan such as rate changes, or different medications can make a difference. The Affordable Health Care Act (Obamacare) does offer some assistance to Medicare recipients in some offered treatments. However, the Market Place program is not for Medicare recipients. They do not need to go on line and select coverage.

Joy In Our Town #1167A	30:00	15:00	L	PA/O	12/08/2014	10:30 AM
					12/09/2014	2:00 AM
					12/11/2014	3:00 AM
					12/12/2014	12:00 PM
					12/13/2014	3:00 AM
					12/29/2014	10:30 AM

Charles Lamb, Mayor of Edmond Oklahoma talks with host George Young about the governing process of the City of Edmond. Edmond was chartered in 1925 and still follows that charter. It is council based with 5 members, including the mayor. The mayor and other members have equal votes. Elections are held every two years, with half the board running one election year the others the next; enabling the council to maintain experience while bringing in new members. It also allows change if they are not fulfilling the wishes of the people. The city is divided into 4 wards, for elections if there are more than two candidates they will hold a primary election. Then the top two candidates from the ward are voted on by the entire city not just the ward. This removes issues with allegiance individual wards and not the city as a whole. Edmond is different than most cities in that the school district is a separate governing body and not ran by the city. The city council meets twice monthly and meets are open to the public.

<i>Electoral Affairs</i>						
Joy In Our Town #1158A	30:00	15:00	L	PA/O	10/20/2014	10:30 AM
					10/21/2014	2:00 AM
					10/23/2014	3:00 AM
					10/24/2014	12:00 PM
					10/25/2014	3:00 AM
					10/28/2014	2:30 AM
					10/30/2014	3:30 AM

Host Dolly Velasquez welcomes Doug Sanderson, Secretary of the Oklahoma County Election Board to speak about the voting process and general election. Doug talked about the function of the electoral system and its importance to daily life and the impact on our community. Also, he highlighted online tools available for obtaining sample ballots, location of where to vote, voter registration applications, and general election information for voters. There are three voting options he presented: voting day, early voting, absentee ballot voting (vote by mail). Voting by mail, or absentee ballot voting, can be requested on a per vote basis or on a calendar year basis.

<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 #1165A	30:00	15:00	L	PA/O	12/05/2014	12:00 PM
					12/09/2014	2:30 AM
					12/11/2014	3:30 AM
					12/18/2014	11:30 AM

Mark Woodward, Public Information and Education Officer for Oklahoma Bureau of Narcotics and host George Young discuss marijuana usage. Over the last two decades there has been a push for marijuana to be legalized for medical reasons. Currently around 2 dozen states have legalized for these reasons, there are also 3 states that have legalized it for recreational use. It is not the smoking of marijuana that helps medically; it is certain chemicals found in it, these chemicals can be taken in other forms, pill and liquid. However these chemicals are not prescribed due to high risks and the fact there are many more effective medications. Studies have been done showing that the use of marijuana is the beginning of the path to harder drugs. When someone is caught with or under the influence of marijuana, the courts work with them to make positive changes. They are often given deferred sentences with terms of community service and/or treatment.

Joy In Our Town #1166A	30:00	15:00	L	PA/O	12/15/2014	10:30 AM
					12/22/2014	10:30 AM

Joy host, Dolly Velasquez introduces Mark Woodward, Public Education & Information Officer with the Oklahoma Bureau of Narcotics welcomes him back to the program to discuss current crime trends. Specifically, to speak regarding Powdered Alcohol and Youth Involvement in various related narcotic crime today. Officer Woodward first speaks about the general issues of narcotic crimes that involve or impact youth today, detailing the minimum age to purchase or consume alcoholic beverages remains at age 21 for Oklahoma. Common crimes involving youth include a long-standing issue of youth providing cash to others who will buy alcohol and illegally give it to the youth, hosting parties with underage drinking on college campuses or in parents' homes, and similar issues with illegal drugs and drug parties. Powdered Alcohol, supposedly with hikers and campers in mind, was created to eliminate the need for drinkers to lug along bottles, coolers, etc. on a hiking or camping trip. It is much like the powdered lemonade or Kool-Aid mix concept, just add water and mix. It is a challenge to detect depending upon the color of the mix, as it could mix clear to look just like water. Also, this may be easier to smuggle into places (like schools, movie theatres, basketball games, or other public venues) where alcohol is prohibited, and therefore more difficult to detect and prevent. Officer Woodward expresses concern that this trend may initially spike interest among the youth, and some kids will have a bad experience by trying to do something extreme with consumption or snorting the powder, but he doesn't want to see any kids hurt with this new trend. Unfortunately, the interest spike may not fall until word of bad experiences get around among the youth. The effect of drinking this kind of alcohol will be basically the same as drinking any other alcohol. Parents are encouraged to watch for traditional signs of intoxication and be aware a water bottle may or may not contain only water.

Joy In Our Town #1166B	30:00	15:00	L	PA/O	12/15/2014	10:30 AM
					12/22/2014	10:30 AM

Host Dolly Velasquez talks with Ilinda Jackson, Founder of Raising the Standard Ministries about the cycle of crime and incarceration of women in the state of Oklahoma. Raising the Standard Ministries (RTSM) was founded to help women in transition from incarceration back into a role as a contributing citizen in society. The ministry's mission has been expanded to also include women who are struggling with recovery from serious life events (issues through the drug court, domestic violence, divorce, drug treatment and things similar) with no place to go. There is an initial screening and uniquely catered program plan for each woman within the initial 6-month residential program, which can be extended up to 12-months if the woman's situation warrants. Even after a year, a woman can reapply for an extension in the program if they are not yet recovered enough to handle every area of life on her own. Each woman, and her children if applicable, go through the intake in order to define the specific steps to wrap each individual during recovery in order to re-build a life for the woman individually, in relationship with her children and in her role with family-members. RTSM provides a safe, secure environment for each woman to recover while also providing a loving family-type of environment. There are a variety of programs that range from 90-days for the Jump Start program for women overcoming serious life issues to a Mommy Track that could be extended from the initial 6-months to well-beyond 12-months if warranted for the benefit of the woman coming out of incarceration and any children that have been affected. Ilinda shared about the familial cycles and how it is not uncommon to have 3-generations of women incarcerated from the same family. There is a definite cycle that needs to be broken intentionally and that is why the program is tailored to each woman and her family's needs.

<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 #12032014	1:00:00	5:00	REC	PA/O/E	12/03/2014	2:00 PM

*Crime*

**CBN News Washington Senior Correspondent Paul Strand Reports:** A school tells a student that he can't attend because God's the most important thing in his life. A public health official gets fired for sermons he gave in his off-hours as a lay pastor. A congregation is told they may not be able to locate downtown just because - and only because - they're a church. These are all real examples of cases in the past several months showing your religion can get you in real trouble in today's America. For the last three years the Liberty Institute and the Family Research Council say they're seeing cases of discrimination against those of faith rising rapidly. Often these threats take place in school settings. The American Center for Law and Justice is another legal organization fighting for religious rights. Sometimes it's the federal government attacking, like in the Hobby Lobby-Obamacare case. In the Hosannu Tabor vs. EEOC case the government backed a teacher with some ministerial duties at a church school who was fired by the church. Sometimes these cases involve a state government. In May, the state of Georgia fired public health official Dr. Eric Walsh shortly after hiring him because of sermons Walsh had given during his free time. A number of articles in the Georgia press point to gay activists angry over comments Walsh made on homosexuality, sometimes in sermons delivered years ago. Sometimes fighting back against such large opponents can take years. Sometimes, those discriminated against need to take on their own town, like Pastor Telsa DeBerry and his congregation. That happened after a Holly Springs, Mississippi, city ordinance was used to stop them from forming a downtown church. But they point out if people will fight back, they will almost always win. For instance, DeBerry and Liberty lost in their original rounds with Holly Springs and then before a district court judge. But they then scored a huge victory on appeal when the 5th Circuit Court in New Orleans blasted the anti-church ordinance. Sekulow said these cases are often solved with just a call or a letter from a group like the ACLJ. Sekulow explained that those going after people of faith and the society's religious moorings are more radical than those of the past. Mateer agreed: people of faith must sometimes stand and fight.

*Minority*

Joy In Our Town #1160B	30:00	15:00	L	PA/O	11/03/2014	10:30 AM
					11/04/2014	2:00 AM
					11/06/2014	3:00 AM
					11/08/2014	3:00 AM
					11/13/2014	3:30 AM

Host Dolly Velasquez speaks with Pam Kanaly, Co-Founder of Arise Ministries about single moms and their unique challenges. Pam describes single moms as a circus plate-spinner, and though the nature of all moms is to be a plate-spinner, the unique challenges for single moms is that there is no one to help in the home. All decisions, all responsibility for the home and children, all financial needs, emotional needs and other provisions for house, children, self and family rest on the single mom alone. Many single moms already work two jobs to support the family and then when they get home, the third shift begins for them because there is no spouse to help shoulder the in-home responsibility. There is no "quitting" or even opportunity to really pause in the life of a single mom. Pam shared some of the important things for a single mom to know, such as that God loves her and he selected her to be the parent to her children. Pam's number one tip for single moms is to be in the Word of God daily and treat it as the instruction manual and source of strength as well as wisdom. She also said the biggest lie that single moms believe is that they need a husband in the home to be successful in raising their children.

<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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*Minority*

Joy In Our Town #1165B	30:00	15:00	L	PA/O	12/05/2014	12:00 PM
					12/09/2014	2:30 AM
					12/11/2014	3:30 AM
					12/18/2014	11:30 AM

Host Dolly Velasquez talks with Dr. Anushka Kinra, a pediatric physician with the Oklahoma City Indian Clinic regarding the high incidence of diabetes in Native American children. Dr. Kinra shared that it is predicted that 1 out of every 2 Native American children will develop diabetes through obesity, partly due to hereditary disposition but also contributed to by the lack of exercise and poor nutrition habits. Some of the solutions include parents setting a good example regarding proper eating choices and habits of activity either individually, in group sports or as a family recreating together. Making something fun and involving the children in shopping, cooking and creating menus can really instill good habits in children. The same principles apply to instilling habits of exercise – making activity fun and limiting the stagnant types of ways time is spent. The clinic not only offers typical health care and medical attention, but also has organized classes, sports and gym use, as well as has partnered with different organizations that extend the parents and children with additional training and activity options. The gym has extended hours so families can come before or after work with their children. Cooking classes, health education, diabetes prevention classes, fitness assessments, how-to-shop and meal-plan classes, and physical trainers are some of the additional services available. Dr. Kinra encourages anyone pursuing a healthier lifestyle to simply decide to make one change at a time by setting one goal per week.

Joy In Our Town #1167B	30:00	15:00	L	PA/O	12/08/2014	10:30 AM
					12/09/2014	2:00 AM
					12/11/2014	3:00 AM
					12/12/2014	12:00 PM
					12/13/2014	3:00 AM
					12/29/2014	10:30 AM

Host Dolly Velasquez talks with Ilinda Jackson, Co-Founder of The Bridge Community Center and Outreach about challenges minorities face. Ilinda began by sharing that African American families are known to be at least 60% without a man in the home. That means the majority are fatherless and without any male leadership in the household; therefore these individuals are even more susceptible to gang life, crime and illegal means of providing for the basic needs of life. Most have no concept of what a home with a father would even look like to pursue having one of their own. There is not an example other than male abandonment of family and abandonment of children. The concept of hope for a future that is different is limited drastically. Most do not have a dream for a specific different future on which to form a series of goals or way to achieve a changed life for the better of themselves or their children. Some are born into gangs, so the only means of existence is known within a life of crime, gangs and a life that is dangerous and uncertain. The Bridge Family and Youth Center is trying to provide integrated solutions under one roof for building stronger families and to span the gaps in the families in an attempt to break cycles and impact minorities positively. Various programs, such as after-school, tutorial-mentoring, children's day care, discipleship, whole-family mentoring and adult support for job and career building help to round out the outreach aid available to minorities.

*Economy*

Joy In Our Town #1163B	30:00	15:00	L	PA/O	11/24/2014	10:30 AM
					12/02/2014	2:30 AM
					12/04/2014	3:30 AM

Mayor of Edmond Oklahoma, Charles Lamb discusses with host George Young the growth of the City of Edmond. In 1968 the population was 8477, today it is 84,500 so a growth of 10%. Edmond covers 90 square miles, including the land around Lake Arcadia. The city is totally funded by sales tax and proceeds from the Edmond Electric Services. New single home permits are running around 650 per year. And apartment dwellings are 97% occupied. While growth is good it does offer some challenges: Water supply and treatment, solid waste treatment, and trash services. The city works closely with the University of Central Oklahoma; they have recently opened a new facility for the Oklahoma State Bureau of Investigation Forensic Lab.