

Community Educational Television, Inc.

Quarterly Report

July, August, September 2017

KITU-TV
Beaumont, Texas

Ascertainment List

Leading Community Issues

*Results of ascertainment from civic leaders, response by telephone from CET viewers, printed
Media comprising newspaper and magazine publications whenever possible.*

Family

Health

Homeless

Youth

| <i>Family</i> | <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 # 1713 | 29:30 | 14:00 | L | PA/O | 07/03/2017 07/04/2017 | 05:30 PM 04:00 AM |

Segment 1- Host Deborah Freeman welcomes Commander William Wells from the VFW Post 4820. Commander Wells addresses the issues of PTSD, Post-Traumatic Stress Disorder and how it affects the soldiers and their family. 22 or more veterans and at least 1 active duty soldier losses their life every day to suicide. They have meetings every 2nd Thursday of each month at 6 in the evening. The VFW takes care of the veterans that come home from the battlefield and help them with their daily life. VFW will always be a reminder the cost of freedom that is founded by God.

Segment 2-Host Deborah Freeman welcomes Jim Rose- Quartermaster, from the VFW Post 4820. Jim has been a member for 3 years. The more they enroll the more they are helping veterans and our community. He also works with the Venture Scouts with boys and girls that are 14 to 20 years old. They are trained military style, they are forced to join the military but some do. Jim also talks about the Vet Center in Beaumont, Texas where veterans can get help for PTSD with individual or group counselors who are or have served in our military. You can do all things through Christ.

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| | Joy In Our Town # 1708 | 29:30 | 14:00 | L | PA/O | 08/07/2017 08/08/2017 | 05:30 PM 04:00 AM |

Segment 1-Host Kaylee Orr welcomes Chester Moore from Kingdom Zoo Wildlife Center in Pinehurst, Texas. Chester has 87 to 100 exotic animals that help kids that have been abused neglected and bullied to open up and learn about Christ. He teaches the children that it's okay to be different, no one was created equal. Chester talks about wild wishes that grant children exotic animal encounter who have terminal illness or who have lost a parent or a sibling. He shares touching testimonies of children getting to meet the exotic animal of their choice.

Segment 2-Host Kaylee Orr welcomes back Chester Moore from Kingdom Zoo Wildlife Center in Pinehurst, Texas. Chester explains that there are miscommunications about exotic animals. He teaches the children just because some animals are not as cute as others, that doesn't mean we should treat them

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or anyone differently. Chester brings to the stage 4 different animals: a hedgehog, hairless rat, snake and a tortoise. He lets the children know that everyone is beautiful and to never judge a book by its cover, the animals play a big role in that quote.

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| | Joy In Our Town # 1715 | 29:30 | 14:00 | L | PA/O | 08/28/2017 08/29/2017 | 05:30 PM 04:00 AM |

Segment 1-Host Kaylee Orr welcomes Teena Philips and Kendal Bevil from Golden Triangle Church on the Rock in Beaumont, Texas. Teena and Kendal talk about Rahab's Retreat and Ranch that is for mothers who are homeless or involved in sex trafficking to be in a safe environment while they get their life back on track. This is a facility for young mothers and children where they can stay and get the help they need. Local Churches have donated clothes, toys, furniture and much more to help this facility get up and running. They look forward to helping women get on the right track.

Segment 2-Host Kaylee Orr welcomes Monica Lee from the Humane Society of Southeast Texas in Beaumont, Texas. Monica speaks about the concerns of overpopulated homeless pets. She wants to educate the community on compassion and empathy for all living creatures and the proper way to care for a pet. She hopes all pets find loving and forever homes because that is what they deserve. Monica also talks about the tragic shelter fire the Humane Society had on March 15, 2016 when they lost 74 animals. They were donated 74 white crosses where they had a memorial for each animal. She believes God has a plan for the Humane Society.

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| | Joy In Our Town # 1716 | 29:30 | 14:00 | L | PA/O | 08/14/2017 08/15/2017 | 05:30 PM 04:00 AM |

Segment 1-Host Deborah Freeman welcomes Pastor Randy Feldschau and Charmanie James from Cathedral in Beaumont, Texas. Charmaine talks about how Not In My City came about. The Lord spoke to her on many occasions about Not In My City. Pastor Randy Feldschau talks about how he wants everyone in our nation to come together and heal from the past racial issues. He talks about healing in our land and coming together in the community to stop the hate.

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Segment 2-Host Deborah Freeman welcomes back Pastor Randy Feldschau and Charmaine James from Cathedral in Beaumont, Texas. Pastor Randy Feldschau talks about the shootings that has happened in our nation within the past few years. Randy talks about understanding each other before being understood. On October 2, 2016 Pastor Randy Feldschau, stood before the African American community and he asked them to forgive us for racism. He talks about healing the wounds of the individual so we can heal the souls of the nation.

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| | Joy In Our Town # 1717 | 29:30 | 14:00 | L | PA/O | 08/21/2017 08/22/2017 | 05:30 PM 04:00 AM |

Segment 2-Host Deborah Freeman welcomes back Lisa Boler from Harvest House Ministry in Beaumont, Texas. 2 million children are trafficked in America. It can happen in any neighborhood. 79,000 are victims of sex trafficking in Texas. Lisa gives these young women love and hope and spreads the word of Jesus. She teaches these girls the signs of sex trafficking and what is being done to them. She houses these women and makes them aware of what's going on. She hopes that the community can help put a stop to sex trafficking for good.

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| | 700 Club NewsWatch #07272017 | CBN 1:00:00 | 5:00 | REC | PA/O/E | 07/27/2017 | 2:00 PM |

CBN News Reporter Jennifer Wishon Reports: While the world has embraced paid family leave for new moms and even dads, the U.S. is just starting to discuss whether it should be a priority and how to pay for it. But now one of the nation's most famous moms, Ivanka Trump, is throwing her weight behind making it a reality. When Young gave birth nearly two years ago she took three months off from work. Under the Family Medical Leave Act, employers are required to protect an employee's job for 12 weeks while they take time off after giving birth or adopting a child, but they don't have to pay the worker. Still, many companies like Young's do let workers use their accrued sick and vacation days. It's an important time for a mom and her baby. Research backs her up. Failure of a mom to spend adequate time with her baby early on can affect the child's health, cognitive development and behavior. Dr. Brad Wilcox is a sociologist at the University of Virginia. The United States is the only industrialized nation that doesn't guarantee moms pay while they're on maternity leave. First daughter and mother of three, Ivanka Trump, is using her role as presidential advisor to change that. During the campaign, she joined her father as he announced his plan to provide six weeks paid maternity leave to women working for companies that don't offer it. However, as President, Trump put \$10 billion in his budget proposal to pay for it. Under his plan states would be responsible for determining how much a mother gets. Sen. Marco Rubio, R-Fla., recently invited Ivanka to Capitol Hill to discuss her plans. He says lawmakers want to address the fact that many people don't have children because they can't afford to take unpaid time

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off from work. Still, many Republicans don't like Ivanka's plan to use tax-dollars to pay for it. On the other side of the aisle, many Democrats don't think it goes far enough. Romina Boccia is an economic expert at the Heritage Foundation. Boccia believes the federal government could make it easier for employers to come up with solutions that work for them and their employees. Across the country, state lawmakers are paying attention to the issue. California, New Jersey, Rhode Island and New York currently or will soon offer paid family leave and in Washington D.C., city council has granted workers up to eight weeks of leave with pay. That proposal is subject to Congressional approval. In the private sector, there's also a push to offer generous maternity and family leave policies in an effort to retain talent. For example, Netflix let's employees take up to a year off for a birth or adoption. Still research and public opinion seem to be colliding. And then there's the dilemma of who should pay for it: the government or private sector? The District of Columbia is taxing businesses to pay for its program. There's also this: Boccia argues offering women a special work benefit will actually hurt their chances of getting hired or being promoted. Still, Pauline Young says, take it from a mom, employers should try to be accommodating. And while Ivanka Trump will continue to use her powerful megaphone to push for paid leave, an agreement on how to get it done is still many births away

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| | Joy In Our Town # 1714 | 29:30 | 29:30 | L | PA/O | 07/10/2017 07/11/2017 | 05:30 PM 04:00 AM |

Segment 1-Host Deborah Freeman welcomes Katie Durio from Stable Spirit in Rose City, Texas. Katie talks about Hippotherapy, hippo comes from the Greek word horse which means they use a horse for therapy. Patients spend 30 minutes a week with therapy sessions using hippotherapy. It is beneficial for patients who have trouble walking or spend a long period of time in a wheelchair. Horses hip movement is the same as ours which helps force the patient's body to do the right motion. It also helps with upper body strength. The children sometime even ride backwards. Katie and her staff are always looking for volunteers to help with Hippotherapy.

Segment 2-Host Deborah Freeman welcomes back Katie Durio from Stable Sprit in Rose City, Texas. Katie talks about Eagala, Equine Assisted Growth and Learning Association. They learn to read the horses' body language and they team up with mental health therapist as well. They are success coaches. This is a hands on process and all the activities are set up on the ground with no horse riding. They help with team building, grief, substance abuse and many more.

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| Dr. Leaf Show | 27:30 | 27:30 | REC | PA/O/E | 07/12/2017 | 05:30 PM |
| #000027 | | | | | | |

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Avery M. Jackson, III, a board-certified neurosurgeon, and a Christian, to discuss how prayer activates your brain and benefits the people you pray for. Ninety-nine percent of his patients are more than happy to pray prior to surgery, and more often than not, when they believe, it had a very calming effect on the patients and the families very much are touched. Dr. Avery explains that prayer is a form of conversation with God in various ways. When we pray and the spiritual energy of God moves from the throne of Grace, it changes whatever it hits and that change physically results in structural change in our brain. Dr. Leaf shared that it has been found that twelve minutes of daily focus prayer over an eight-week period can change the brain to such an extent that it can be measured on a brain scan.

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| Dr. Leaf Show | 27:30 | 27:30 | REC | PA/O/E | 07/19/2017 | 05:30 PM |
| #000028 | | | | | | |

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Avery M. Jackson, III, a neurosurgeon and spinal surgeon, and Dr. Jeffrey Schwartz, a neuroscientist and psychiatrist, to discuss taking responsibility for our thought lives. Dr. Leaf explains that only a few decades ago scientists considered the brain to be a fixed and hardwired machine. This view saw the damaged brain as incurable and the focus was compensation and not restoration of function. However, research shows that we can change the physical nature of our brain through our thinking and choosing as we consciously direct our thinking. We can wire our toxic patterns of thinking and replace them with healthy new thoughts - and new thought networks grow. We can increase our intelligence and bring healing to our minds and physical bodies. It all starts in the realm of the mind with our ability to think and feel and choose. Not everyone is aware of the power they have because we are so conditioned by society and the media. Dr. Jeffrey recommends taking time for reflection. Learn how to veto some of the onslaught of sensory information, sensory overload that floods your brain. Learn how to make choices and decisions. That is the power of the mind, choices and decisions about what to focus on in consultation with the wise advocate, your Holy Spirit.

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| Dr. Leaf Show | 27:30 | 27:30 | REC | PA/O/E | 07/26/2017 | 05:30 PM |
| #000029 | | | | | | |

Today on the Dr. Leaf Show, Dr. Caroline Leaf asks the question: "If love is the most powerful force in the world, then why does communication between man and woman often feel more like war than love?" Nowhere is this more painfully evident than in the relationship designed to be filled with love, the bond between a husband and a wife. Divorce, separation, and ugly breakups leave lasting wounds that take time to heal, wounds that go beyond the man and the woman and impact the entire family as a whole. Because God created families as the foundation of society, it's not an overstatement to say that the future of the world depends on our ability to love and understand one another. Dr. Leaf and her guests, her husband Mac, and good friends, Mel and Desiree Ayres, discuss some of the challenges they experienced in their marriage as well as pearls of wisdom. Dr. Leaf explains that God has called us to help each other and that understanding male and female brain differences can help us to immerse each other in love.

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| Dr. Leaf Show | 27:30 | 27:30 | REC | PA/O/E | 08/09/2017 | 05:30 PM |
| #000019 | | | | | | |

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Avery M. Jackson, III, a board-certified neurosurgeon, with complex spine fellowship training, to discuss Osteoporosis. There are two types of Osteoporosis. There's primary osteoporosis and then there's secondary. Primary osteoporosis is specifically when there's a change in menopause, postmenopausal. Secondary osteoporosis is due to diabetes. Inactivity is another. Lifestyle choices such as smoking, and drinking alcoholic beverages, can also cause osteoporosis. There's a whole host of other disease processes that can cause secondary osteoporosis, like thyroid issues. Certain medications are very helpful that are anabolic or that help to build bone. But, likewise, you can really focus on the diet side and exercise. Your diet, your exercise and your water intake are really important pieces.

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| The Perfect You | 27:30 | 27:30 | REC | PA/O/E | 08/16/2017 | 05:30 PM |
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#000031

Today on The Perfect You a Blueprint for Identity with Dr. Caroline Leaf, Dr. Leaf asks the question, "Do you understand you?" We're not a product of blind, evolutionary forces. We are designed. We're in a world that encourages us to actually try to be like someone else in order to be successful. If we try and be someone else, you make a lousy someone else. We actually cause confusion inside of ourselves; creating conflict because we are going against the natural design of who we are. You are not defined by where you are now, or where you have been, but where you will be. God understands you and if you look at scripture in Ecclesiastes 3:11 it says that God has laid a piece of eternity in us, a divine sense of purpose, and that we're made in God's image. So many scriptures confirm that we have been perfected in Christ and in Him we have our perfection. Dr. Leaf calls it the "Perfect You Concept" where we have this eternal nature made in God's image that is a perfect you nature. There is something you can do that no one else can do because you are unique. "Unique" means: stand alone or set apart. Science shows that this uniqueness is a part of our design. You stand alone. There's no one like you. You have influence over your destiny. Choice is very, very fundamental in activating your perfect you, and it's a lifelong process. The perfect you concept gives you the tools to actually self-examine so that you can learn how to self-reflect, become self-regulatory, and become more aware of your thought life. This also helps you to answer Jesus' call because you have a call on your life.

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| The Perfect You | 27:30 | 27:30 | REC | PA/O/E | 08/23/2017 | 05:30 PM |
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#000032

Today on The Perfect You a Blueprint for Identity with Dr. Caroline Leaf, Dr. Leaf discusses what the concept of subjective experience feels like, and this difference between us, and how we can actually mess this up by going down our own pathway, or enhance this by stepping into the perfect you and operating like we should. When we say, "This is how I feel," we also need to check and self-examine the "what you're feeling" because sometimes it's a toxic thing that you've got used to thinking and feeling that way. In science, it is called automatization, which is a fancy word for forming a habit. Increase your awareness of your difference. You're different and that difference is fantastic. Difference is not a value judgment. Difference is something to celebrate. As you celebrate and become interested in someone else's experience, you enhance your own perfect you functioning and your own brain health. You actually grow brain cells. You increase your intelligence.

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| The Perfect You | 27:20 | 27:20 | REC | PA/O/E | 08/30/2017 | 05:30 PM |
| #000033 | | | | | | |

Today on The Perfect You a Blueprint for Identity with Dr. Caroline Leaf, Dr. Leaf discusses how the brain can change. She shares how, back in the eighties, it was believed that the brain could not change. She and other scientists began researching the fact that the brain can actually change as the result of the mind. The mind is separate from the brain and the mind can change the brain. This whole concept of renewing our mind goes hand in hand with the scientific concept of neuroplasticity. "Neuro" meaning brain." "Plastic" meaning change. So when you are in the perfect you, you are actually changing your brain in the right direction. The converse applies and it's called "the plastic paradox." When you get out of your perfect you, you change your brain the wrong direction and create a lot of confusion and conflict in you because it's supposed to stay in your perfect you. You don't have to get stuck in the toxicity, in the problem, you can get out of them. You can change your brain. The brain simply does what the mind tells it to do

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| The Perfect You | 27:30 | 27:30 | REC | PA/O/E | 09/06/2017 | 05:30 PM |
| #000034 | | | | | | |

Today on The Perfect You a Blueprint for Identity with Dr. Caroline Leaf, Dr. Leaf discusses how you are unique. There is a scientific body of research that confirms that you are unique. Scientists have been challenged by the fact that every single person has their own unique way of thinking. The thoughts that you actually build inside your brain are completely unique and different to everyone else. The perfect you concept is that you have a perfect you, that you have this eternal nature that is perfect and it is specific to you and it acts like a filter. It exists because God already created it. However, because we have free will, we go through life using our free will learning about our perfect you nature. So, we literally have to press in to what is actually calling us. Like gravity pulls things toward itself, our perfect you nature is pulling us towards ourselves. The perfect you is how you uniquely think, feel, and choose in your perfect state. It's like this filter that gives you your own unique perception. The result of being out of the perfect you is toxic thinking. When you think correctly, you actually build healthy thoughts. Scripture in the book of Acts says in Him we live, move, and have our being. And that makes so much sense when it comes to the perfect you because to get to know the perfect you, you have to get to know God and vice versa. You're getting to know yourself and you're getting to know God by recognizing that your perfect you is in Him. We're made in His image.

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| The Perfect You | 27:00 | 27:00 | REC | PA/O/E | 09/13/2017 | 05:30 PM |
| #000035 | | | | | | |

Today on The Perfect You a Blueprint for Identity with Dr. Caroline Leaf, Dr. Leaf discusses how if you can understand the spark of the divine in you and start getting a glimpse of that, it will transform the way that you actually function. Research shows that there are only two types of emotion; love emotions or fear emotions. We know that in the perfect you, that's where the love emotions are going to be. We know that in the imperfect you, that's the opposite, and it's the fear emotions. Because emotions give things color and flavor and gives it a lot of power and energy, it impacts how you feel and how other people feel. So, the more you think about something and the more you grow that thought, the stronger the attitude of the thought becomes. So, we need to be very careful what we're thinking about all the time. We also need to recognize that attitudes don't control us. We control our biology. We control our attitude. Attitudes are real and no thought is harmless. Mental ill health is not a disease. You actually can change the situation.

Health

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| The Perfect You | 27:00 | 27:00 | REC | PA/O/E | 09/20/2017 | 05:30 PM |
| #000036 | | | | | | |

Today on The Perfect You a Blueprint for Identity with Dr. Caroline Leaf, Dr. Leaf discusses how you can learn to get your emotions under control. Research shows that 75-98% of all illnesses come from our thought life. Our thinking in the perfect you becomes essential in creating the correct environment for our body. Science is actually showing what Philippians 4:8 talks about -- think on these things, good, pure, true, -- all that good stuff actually changes the environment. So, epigenetics is literally that Philippians scripture in action. Why should you control your toxic emotions? Because you're causing brain damage. You can fix the brain damage by fixing your thoughts. Why don't you be proactive and actually capture those toxic emotions and toxic thoughts before they become a problem? Be aware of your emotional reactions. Focus on your feelings and evaluate if they are toxic or if they are healthy. Are they in the perfect you or the imperfect you? Evaluate and write down how often you are in a toxic state and how you feel in that state, as well as the positive.

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| 700 Club CBN | 1:00:00 | 5:00 | REC | PA/O/E | 07/28/2017 | 02:00 PM |
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#07282017

CBN News Reporter Amber C. Strong Reports: Lyn Balfours' story is all too common. She has spent 27 years with the U.S. Army and is a Bronze Star recipient. She was a soldier's soldier – until her last tour, when something happened. She returned to the states and didn't tell a soul, not her superiors, not even her husband. Balfour began to pick up the pieces of her life, leaving the pain behind or so she thought. So, her life when on. Balfour took a job, began raising baby Bryce and tried to ignore the nagging presence of anxiety and depression. But matters took a devastating turn when a break in her normal routine led to tragic consequences. Despite Balfour's attempts at CPR, it was 66 degrees that day in Virginia and baby Bryce had died. Balfour was tried and later cleared of 2nd degree murder charges. After the trial, she visited a doctor and figured out the one thing that was causing her depression, anxiety, and need for a regular routine to avoid stress. She was diagnosed with severe complex post-traumatic stress disorder (PTSD), something she apparently had been battling since that sexual assault years earlier. She says her PTSD possibly led to her inability to deal with the stress of that day. PTSD – four letters that have changed the lives of our nation's veterans. It affects each person differently. For some, it causes anxiety or a lack of interest. For others, it means a need for routine, uncontrollable anger, forgetfulness and suicidal thoughts. Ret. Lt. Colonel Robert Vicci is the CEO of VetRest, a faith-based non-profit group helping to treat the effects of the disorder that claims so many lives. Those vets are then linked with fellow veterans to directly address the root cause of their PTSD. In addition to counseling, Vicci also uses faith as a means of healing. But VetRest and other groups like it can't help so many vets alone. Vicci says federal regulations keep some veterans from getting the help they need from the government. Veterans Affairs Secretary Dr. David Shulkin said he is working to overturn the regulations that let certain vets slip through the cracks. But discharge status isn't the only thing keeping vets from getting help from the VA. There are also problems with backlogs and patients waiting long periods of time to get an appointment. Shulkin also pointed to a disconnect between the health record system kept by the Department of Defense and the VA. Shulkin has streamlined that system by making sure both departments are using the same record keeping software. The White House is cracking down on corruption inside the VA and says that veteran suicide is its top clinical priority. On Capitol Hill, a new bill will make it easier to get rid of bad employees inside the VA. The VA Accountability and Whistleblower Protection Act will cut down on the red tape that helped cultivate the culture of dysfunction. That bill passed with bipartisan support. Vicci is praising those changes. In the meantime, groups like VetRest will continue to fill the gaps to make certain vets get the help they need. Balfour is now a chapter director of VetRest. She says she will never forget that fateful day in Virginia and she has made it her new mission to warn parents about the dangers of hot cars and warn the world about the harrowing effects of PTSD.

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| 700 Club | CBN | 1:00:00 | 5:00 | REC | PA/O/E | 08/02/2017 | 02:00 PM |
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#08022017

CBN News Reporter Lorie Johnson Reports: If you drink or eat anything with artificial sweeteners, you might want to reconsider. New research shows they can hurt our brains and heart, and believe it or not, don't even help us lose weight. Sadly, our country's weight problem is only getting worse. The U.S. Centers for Disease Control and Prevention reports a staggering 71% of adults qualify as overweight or obese. That translates into increased rates of various health problems such as heart disease, cancer and diabetes. It's not just America. In June, *The New England Journal of Medicine* reported much of the entire world is getting fatter . . . and paying a price: Four million deaths, 60% caused by obesity, and the other 40% from "just" being overweight. Experts say the root cause of the weight problem can be summed up in one word: sugar. Most Americans consume more than 150 pounds a year, often hidden in foods you'd never expect and obvious in others. For example, just one can of soda contains more than nine teaspoons of sugar. With that in mind, it's no wonder so many people turn to diet sodas containing zero-calorie artificial sweeteners in an effort to reduce their sugar intake. But that's a bad choice for a number of reasons. A new study out of Boston University revealed people who drink diet soda have three times the risk of developing dementia and having a stroke, and that's people who drink just one a day. Cleveland Clinic's Chief Wellness Officer, Dr. Michael Roizen, author of the book, *Age Proof*, advises people to avoid diet sodas as well as the hundreds of other products containing fake sugar. Dr. Roizen believes the main problem with artificial sweeteners such as aspartame, saccharine and sucralose is that they can disrupt our internal microbiome, also known as our gut flora. Dr. David Perlmutter, a neurologist and author of *Brain Maker* says artificial sweeteners throw-off the delicate balance of good and bad bacteria. He says when that happens, our minds suffer the consequences. Perlmutter recommends boosting good gut bacteria for optimal brain health. That involves avoiding artificial sweeteners. It also means consuming probiotics, which can be found in supplements as well as in foods such as yogurt and fermented vegetables such as kimchee. Perlmutter also suggests consuming pre-biotics to nurture the good bacteria. They can be found in supplements as well as foods like dandelion greens and jicama. People consume artificial sweeteners to control their weight. But believe it or not, a number of scientific studies reveal they actually cause us to gain weight. One reason goes back to the gut. Nutritionist J.J. Virgin, author of *The Sugar Impact Diet* says the artificial sweeteners Stevia, Xylitol, Erithrotol and Monk Fruit (also called Lo Han) appear to be much healthier choices than the others, especially when it comes to our gut health. However, she cautions even the healthiest artificial sweeteners can lead to weight gain. Not only that, but our DNA plays a role in artificial sweeteners leading to weight gain. Genetics predispose an estimated three-fourths of people to have an addiction to sweets. Put simply, that means among three out of four people, the more artificial sweeteners they consume, the more they crave all sweets, fake and real. With that in mind, health experts say the best plan is to turn off the sweet tooth. Do that by removing sweet from your taste buds altogether. Dr. Roizen said it's not as difficult as it sounds. J.J. Virgin proved this theory by testing 700 self-proclaimed sugar addicts. So while eating too much sugar is definitely hazardous to our health, artificial sweeteners can be just as bad for us, maybe even worse. That's why the healthiest solution is to remove all sweets from the diet, both real and fake.

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September 31, 2017

Health

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| 700 Club NewsWatch | CBN | 1:00:00 | 5:00 | REC | PA/O/E | 08/28/2017 02:00 PM |
| #08282017 | | | | | | |

CBN News Reporter Lorie Johnson Reports: Just the word "Alzheimer's" can be frightening. It steals memories and is one of America's leading causes of death. However, CBN News spoke to Dr. Dale Bredesen, author of the book, *The End of Alzheimer's*, who has been researching Alzheimer's for decades. He has concluded it can be a rare disease that only few people get. The key, he says, is early testing of Alzheimer's 36 causes and a personalized approach to deal with any shortcomings. 69-year-old Sally Weinrich is one of Dr. Bredesen's hundreds of success stories. CBN News caught up with her at South Carolina home where she said her life is good again now that thanks to Dr. Bredesen's protocol, her Alzheimer's symptoms reversed. Her husband Martin says he's thrilled to once again be with the confident, intelligent woman he married. Sally is one of many patients with mild to moderate cognitive impairment to experience never-before-seen improvements thanks to a revolutionary treatment developed by Dr. Bredesen. Initially, Dr. Bredesen published his research results in peer-reviewed medical journals such as *Aging*, in which he showed significant improvement in 90% of respondents. Just like a roof with 36 holes can only work if all 36 are repaired, Dr. Bredesen says there are 36 causes of Alzheimer's that must all be addressed. His treatment centers on figuring out exactly why a person is experiencing cognitive decline and correcting those deficiencies. Sally and Martin sensed trouble when she began forgetting things like her grandchildren's names and her purse at the grocery. A test confirmed she was in the early stages of Alzheimer's. Likewise, Sally's behavior shook her husband Martin. Martin, a scientific researcher, scoured the internet for help. He found Dr. Bredesen's protocol and got Sally on board. Dr. Bredesen said Sally and Martin were wise to act quickly. Sally got what Dr. Bredesen calls a cognoscopy. That involves blood work, genetic tests and more to identify where she was and when it came to Alzheimer's 36 causes. Sally's results pin-pointed specific areas of concern. After her cognoscopy revealed the specific things that were contributing to her cognitive decline, she started a tailor-made treatment zeroing-in on a number of areas where she personally needed to change. In that case, it meant taking certain medicines, vitamins and supplements, sleeping more and worrying less. Sally started eating a ketogenic diet as part of her treatment. That means no sugar and very few other carbohydrates. Sally eliminated her exposure to certain toxins like mold and pesticides, addressed hidden infections in her body and much more. Dr. Bredesen said results can be seen fairly rapidly. When it comes to sustainability, Dr. Bredesen says patients who have been on the program for five years now are still mentally fit. So while genetics mean an estimated 75 million Americans, such as Sally Weinrich, are predisposed to have Alzheimer's Disease, Dr. Dale Bredesen says they no longer have to fear being tested because now there is something they can do about it.

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Health

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| 700 Club NewsWatch | CBN | 1:00:00 | 5:00 | REC | PA/O/E | 09/13/2017 02:00 PM |
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#09132017

CBN News Reporter Lorie Johnson Reports: Hippocrates, the father of medicine, once said, "All disease begins in the gut." Now, 2,000 years later, that belief still rings true. Some of our latest medical breakthroughs focus on what's happening in our intestinal system. Bacteria, also known as bugs or germs, we assume they're all bad, right? Not so fast. Scientists recently discovered much, if not most, of the bacteria in our body is good for us. The key to good health depends on having enough of the right kind. We all have trillions of bacteria living in our intestines—hundreds of different species, each with different functions. Scientists call it our "gut flora." Neurologist Dr. David Perlmutter, author of "Brain Maker" is one of many physicians warning against disrupting this fragile ecosystem. Dr. Vincent Pedre, author of "Happy Gut," agrees. Unfortunately, when it comes to good gut bacteria, many of us are sorely lacking. After all, antibiotics kill bacteria--bad and good. Perlmutter says most people have no idea how severely antibiotics damage our gut flora. In addition to antibiotics, processed food can also disrupt the gut biome. Perlmutter says processed foods contain heavy doses of the wrong kinds of fat, like heated oils such as soybean, corn and vegetable oils. He also advises against consuming hydrogenated oils, also known as trans fats, which are common in processed foods. However, he points out not all fat is bad. Even babies delivered by Caesarian section can miss out on getting enough good bacteria. So while our lifestyle choices really do a number on the gut bacteria that's so critical to our health, the good news is we can improve it with probiotics and prebiotics. Probiotics are the good bacteria we need and often lack. You can find these living, microscopic organisms in supplements as well as in cultured and fermented foods like kim chee, sauerkraut, yogurt, kefir and kombucha. Prebiotics are the food for the probiotics - they keep probiotics living and growing as they should. Just like good soil, they create a nurturing environment in your gut so your bacteria can thrive. You can get prebiotics in supplement form as well as in foods, like asparagus, onions, leeks, garlic and dandelion greens. Perlmutter says many people are only aware of the benefits of probiotics, but he stresses prebiotics are equally important. Not only can it help your mood — Perlmutter says even serious brain disorders, like attention deficit hyperactivity disorder, autism, even Alzheimer's disease can improve by increasing good bacteria. That's because they help make neurotransmitters and vitamins while at the same time aid in reducing harmful inflammation. And not just the brain. Scientists are now identifying specific strains of good bacteria that treat all kinds of problems, from skin rashes to the flu. That means a targeted probiotic could take the place of a prescribed drug. Pedre says that opens the door to a wide range of natural treatments. So if you want to boost your health, doctors say improve your gut flora. That means avoiding processed foods, even antibacterial cleansers and antibiotics when advisable. Then add good bacteria with probiotics and boost them with prebiotics, also available as supplements or in certain foods.

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Health

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| 700 Club | CBN | 1:00:00 | 5:00 | REC | PA/O/E | 09/26/2017 02:00 PM |
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#09262017

CBN News Reporter Lorie Johnson Reports: Maybe you've heard the age-old saying, "Music has charms to soothe the savage beast." Back then, people believed in the healing power of music. Today, hundreds of years later, medical research shows they were onto something. Music therapy is now a growing part of many treatments. For example, when a massive stroke tried to take James Rodriguez's speech, the Music and Medicine program at Virginia's Sentara Healthcare helped him get it back. James belts out "Amazing Grace" and all the old hymns that bring back happy memories from his days in the church choir. We actually use more of our brain when we sing the same phrase versus when we speak it because when we are singing we have rhythm, melody, and emotion. That's how music can energize disabled parts of the mind. Patients first sing words in everyday language. James sings, "Hamburger Steak." Then immediately transitions to speaking those same words, "hamburger steak." James' wife Sandra says music therapy had made a huge difference in their lives. In fact, James now spontaneously speaks around the house. People with other brain issues also enjoy the benefits of music therapy. For example, 96-year old Mike Knutson is like a new man ever since beginning it. University of Wisconsin researchers discovered improvements in quality of life indicators like mood and memory when dementia patients like Mike would regularly listen to music. Dana Kugler, who works at Mike's nursing home, couldn't believe the change she witnessed. Mike's family noticed it too. The key to music therapy for dementia patients is making sure to choose the right music for the patient to listen to. It has to be music the patient loves. For Mike, that means the Big Band sound. Of course, other patients prefer different music: Sinatra, classical, you name it. So each patient listens to their own unique playlist. Mike's daughter noticed such a change, she took music therapy a step further. She makes music a part of each visit with her dad. They sing together, and she even gave him a harmonica for him to play just like he used to when she was a little girl. Turns out, he's pretty good. Scientists discovered listening to music we love triggers the neurological chemical dopamine, which activates our brain's pleasure center. In addition to advising his cancer patients to listen to music they love, oncologist Steve Eisenberg really goes the extra mile. With guitar in hand, he serenades them himself. As if that's not enough, the songs he sings are ones he wrote specifically for each and every patient. The lyrics are designed to inspire and encourage. One of his patients, Dawn Mannio, who's struggling with stage 4 cancer, said it was just the boost she needed at one of her lowest points in life. She is still surprised any doctor would go to such lengths for their patients. Dr. Eisenberg cites a growing number of studies proving music's value. So whether you're trying to get well or just maintain good health, music can help. It can strengthen the mind, lower blood pressure and reduce pain and anxiety.

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| Homeless | Program Title | Program Duration | Topic Duration | Segment Source | Type | Airdate | Time |
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| | Joy In Our Town # 1707 | 29:30 | 29:30 | L | PA/O | 07/17/2017 07/18/2017 | 05:30 PM 04:00 AM |

Segment 1-Host Kaylee Orr welcomes Shilo Herrington from Love Lunch Sack Ministries in Southeast, TX. She is the founder of Love Lunch Sack Ministries. She feeds the homeless all around Southeast Texas and brings them hope. Shilo feeds them the 3rd and 4th Saturday of each month and delivers lunches every Sunday. The community supports Shilo with things that she needs for the homeless. Her lunch sacks include sandwiches with meat and cheese, bag of chips, banana, a treat and a bottle of water. God has touched her heart and has blessed many with a full stomach.

Segment 2-Host Kaylee Orr welcomes back Shilo Herrington from Love Lunch Sack in Southeast, TX. She reminds us that homeless people are just like you and I. Some of them are positive about their situation and some are depressed and embarrassed. Shilo not only feeds them, but she also prays with them and shows them the love of God. She shares her experiences with people who have touched her life with the little that they had. She also gives haircuts to the homeless about every quarter and on holidays, that way if they do spend it with their families, they look nice. They also have Christmas in the park and celebrate the Lord.

| Youth | Program Title | Program Duration | Topic Duration | Segment Source | Type | Airdate | Time |
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| | Joy In Our Town # 1710 | 29:30 | 29:30 | L | PA/O | 07/24/2017 07/25/2017 | 05:30 PM 04:00 AM |

Segment 1-Host Kaylee Orr welcomes Chester Moore from Kingdom Zoo Wildlife Center in Pinehurst, Texas. Chester speaks about his program, Wild Wishes that grants children exotic animal encounters who have terminal illness or have lost a parent or a sibling. He shares some of his favorite memories watching these children encounter these exotic animals and how it has touched his life. Not only does the Holy Spirit touch us but as well as animals.

Segment 2-Host Kaylee Orr welcomes back Chester Moore from Kingdom Zoo Wildlife Center in Pinehurst, Texas. Chester has some special quest that he has brought. Blossom the opossum is a short tail opossum that is a crowd favorite. They have a hairless albino rat that Chester teaches the children just because he looks different doesn't mean he isn't worthy of love. Next is Rascal and he is a deaf ferret that loves to be loved and is great with younger children. The kids really

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enjoy the tarantula because he isn't so cute and cuddly. Elvis the tortoise will outlive all of us and can live up to 100 plus years. Chester says their motto is they love Christ, Kids and Critters in that order and that God is the creator.

| <i>Youth</i> | Program Title | Program Duration | Topic Duration | Segment Source | Type | Airdate | Time |
|--------------|------------------------|-------------------------|-----------------------|-----------------------|-------------|--------------------------|----------------------|
| | Joy In Our Town # 1717 | 29:30 | 29:30 | L | PA/O | 08/21/2017 08/22/2017 | 05:30 PM 04:00 AM |

Segment 1-Host Deborah Freeman welcomes Lisa Boler from Harvest House Ministry in Beaumont, Texas. Lisa informs us about how Texas is the #2 state in American that is known for sex trafficking. The signs you should be aware of is if your daughter has an older boyfriend, hanging out with a different group of people, getting treated to expensive gifts and having multiple cell phones. These men prey on young women ages 17 and under. The younger they are the more they are manipulated to doing things for the men. Lisa works with the local community to prevent this from happening.

| <i>Youth</i> | Program Title | Program Duration | Topic Duration | Segment Source | Type | Airdate | Time |
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| | 700 Club CBN NewsWatch #09112017 | 1:00:00 | 5:00 | REC | PA/O/E | 09/11/2017 | 02:00 PM |

CBN News Reporter Mark Martin Reports: Author and activist Erin Merryn is on a mission to protect children from being sexually abused. With millions of victims in the United States alone, the Illinois woman is taking her fight to all 50 states and beyond. *People* magazine named her one of 15 women changing the world. With a bubbly baby girl, supportive husband, and infectious personality, you'd never guess Erin Merryn has endured tragic, unimaginable acts. This vibrant 30-year-old is a survivor of sexual abuse. Merryn said it started when she was just 6 years old at her first sleep-over. She said the uncle of her best friend sexually abused her during the night. The first time. Merryn never told anyone, and she says until she turned 8 and a half, when her family moved from the area, the man repeatedly sexually abused her. He even brutally raped her just weeks shy of her seventh birthday. She said he continued to threaten her to keep quiet, and she complied. Even after she and her family moved to a new neighborhood, sexual abuse continued. Merryn said this time the perpetrator was an older cousin, someone she had viewed as a brother figure. Merryn wrote about her despair in her childhood diary. Merryn finally broke her silence when her younger sister told her that she, too, was being sexually abused by the same cousin. The two told their parents who believed them 100 percent. The next step was telling their story to a forensic investigator at The Children's Advocacy Center of North and Northwest Cook County. More than 900 of these non-profit centers exist around the country. The room where Merryn found her voice has a two-way mirror. As she shared her story with a trained therapist, behind that mirror investigators listened, collecting information to build a case against a perpetrator. Merryn said her cousin confessed to the crime, was sentenced to seven years probation, and put in a sex offender treatment program instead of receiving jail time. However, her early childhood abuser was

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never prosecuted. What Merryn and her sister went through is by no means isolated. Merryn eventually went on to become a social worker at a counseling agency. But God had different plans for her to help children and teens on a national and international level. He used her childhood diary to spark a new idea. At that, Erin's Law was born. The law requires age-appropriate personal body safety and sexual abuse prevention curriculum for pre-kindergarten through 12th grade students in public schools. It educates kids on safe touch, unsafe touch; safe secrets, unsafe secrets; how to get away and tell. Merryn is on a mission to find either a state senator or representative in each state to sponsor the bill, draft it, and introduce it to lawmakers for an eventual vote. Erin's Law is spreading like wildfire, even drawing the attention of celebrities like Oprah and Katie Couric, and magazines like *People* and *Glamour*. In a little more than four years it's passed in 21 states and pending in 22, with seven to go. It's a legacy she'll leave for her baby girl and millions of other children who, because of a law, will be protected from the grip of sexual abuse.

ADDENDUM

1. "We Speak Ingles Y Espanol", or "We Speak English and Spanish", helps Spanish speaking viewers learn a practical English that they can use every day. This helps them have more confidence and be able to operate in an English speaking society. Host, Dr. Joseph Parle, explains to viewers that everything he speaks in English, he will repeat in Spanish and visa-verse, so those desiring to learn Spanish can use this program also. Viewers are encouraged to put into practice what they learn. This program airs five times weekly, has thirteen programs in the series, and has a duration of 28:30.

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