

Community Educational Television, Inc.

Quarterly Report

July, August, September, 2016

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.*

Education

Healthcare

Family

Public Safety

Crime

Substance Abuse

<i>Education</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 # 1612	29:30	14:00	L	PA/O	08/01/2016 08/02/2016 08/02/2016 08/06/2016	5:30 PM 2:00 AM 3:00 AM 2:30 PM

Segment 1- Host Wayne Ozio welcomes Natalie Warren and Kari Fenner from the Red Cross in Southeast Texas. Today they are talking about disasters in our area and how the Red Cross help local families. We as a community need to be better prepared for a disaster. Our area can have hurricanes every year, just remember what you need to pack, make sure you have plenty of water and food, and also make sure you have a full tank of gas. Red Cross is here to help in any way that we can.

<i>Education</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 # 1511	29:30	14:00	L	PA/O	08/08/2016 08/09/2016 08/09/2016 08/13/2016	5:30 PM 2:00 AM 3:00 AM 2:30 PM

Segment 1-Host, Michelle Parker, welcomes Vernon Butler. Vernon is the Superintendent for Beaumont Independent School District. Teaching has changed over the years. Now we have computer technology. Parents can email a teacher about how their child is doing. Communication is very important and a difference for the student / teacher/parent relationships. Students now have learning games that help learn the material for each class.

Segment 2-Host Wayne Ozio welcomes Christina Garrett, Vocational Rehabilitation Counselor with DARS. DARS stands for Department of Assistive and Rehabilitation Services. DARS mission is to help children and adults who have many different types of disabilities. DARS helps people get an education and/or certain classes to help get job training and job placements. DARS helps the need of the person to succeed as an employee to make a living.

<i>Education</i>	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
	Joy In Our Town # 1516	29:30	14:00	L	PA/O	09/19/2016 09/20/2016 09/20/2016	5:30 PM 2:00 AM 3:00 AM

Segment 1-Host Wayne Ozio welcomes Dan Maher with Southeast Texas Foodbank in Beaumont, Texas. Dan talks about a new program they offer, that features diabetes education. Diabetes is a very huge issue in our area and around the nation. We try to motivate people into eating healthy foods. Food banking as a whole has changed the nation greatly.

<i>Health</i>	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
	Joy In Our Town # 1610	29:30	14:00	L	PA/O	07/11/2016 07/12/2016 07/12/2016 07/16/2016	5:30 PM 2:00 AM 3:00 AM 2:30 PM

Segment 1- Host Wayne Ozio welcomes Jody Holton healthcare advocate. Today she talks about fitness myths. The top fitness myth is that I can eat whatever I want too because I work out! That is a myth buster. You have to read labels on the back of the items you are buying. You will be very surprised at what you will find. You need to put healthy ingredients into your body to be healthy.

Segment 2- Host Wayne Ozio welcomes back Jody Holton healthcare advocate. They talk about FOOD-fuel for your body. Make healthy choices because it will help you in the long run. There is an old wives tale, food that passes your lips will stick on your hips. Now that is a very true statement. Just remember to make healthy decisions in eating to right foods.

<i>Health</i>	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
	Joy In Our Town # 1611	29:30	14:00	L	PA/O	07/18/2016 07/19/2016 07/19/2016 07/23/2016	5:30 PM 2:00 PM 3:00 AM 2:30 PM

Segment Segment 1- Host Wayne Ozio welcomes Jody Holton healthcare advocate. Today she talks getting enough sleep. We need at least 8-10 hours of sleep per night. Never eat anything that is high in sugar right before you go to bed. Coffee and Sodas are also very unhealthy and it is very hard to fall asleep with drinking these before bed. Remember to get enough sleep to live a healthy life.

Segment 2- Host Wayne Ozio welcomes back Jody Holton healthcare advocate. They talk about how to build your spirit, mind and body. There is so much more to living than just eating and sleeping. You need to feed your spirit! The number one thing we can do to feed our spirits is laughing. You need to be happy in your heart. Buying things does not make you happy.

<i>Health</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>
	Switch On Your Brain #023	27:30	27:30	REC	PA/O/E	07/06/2016	4:00 AM

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

Health

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Switch On Your Brain #024	27:30	27:30	REC	PA/O/E	07/06/2016 07/13/2016	5:30 PM 4:00 AM

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

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Switch On Your Brain #025	27:30	27:30	REC	PA/O/E	07/13/2016 07/20/2016	5:30 PM 4:00 AM

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

Health

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Switch On Your Brain #014	27:20	27:20	REC	PA/O/E	07/20/2016 07/27/2016	5:30 PM 4:00 AM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "What is Mental Health?" She breaks it down into three different elements. A state of well-being, first and foremost, is the ability to understand who you are, understand your potential ---- what she calls the "I-Factor." Second, how you handle stress.

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

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<i>Health</i>	Switch On Your Brain #015	27:20	27:20	REC	PA/O/E	07/27/2016 08/03/2016	5:30 PM 4:00 AM

Today on Switch On Your Brain Dr. Caroline Leaf discusses epigenetics. Thoughts are real things. You have such an incredible mind that right at this moment you are building these real, physical thoughts inside of your brain. And what those thoughts look like is based on what we call epigenetics. To say it very simplistically – what you are thinking is creating a signal that is actually influencing how the physical genetic expression is functioning and happening inside of your body. Your mind basically controls your brain and your body, so the genes don't just switch themselves on. They're switched on by epigenetics. We need to start seeing that the traumas of life, the hard things, the hard stuff, the suffering, the mental anguish, and the anxieties – whatever you want to call all these things – these are temporary. We mustn't medicalize misery. We mustn't turn the normal reactions of life into a pathology or a disease. This is such a wonderful truth: The fact that you are not a victim of your biology. The fact that you are not a victim of your circumstances. The fact that we can constantly change. The fact that our mind

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

<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>Health</i> Switch On Your Brain #016	27:30	27:30	REC	PA/O/E	08/03/2016 08/10/2016	5:30 PM 4:00 AM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "The New Science of Stress." Did you know that stress is good for you? The new science of stress shows us that the way we perceive an event will determine whether we move into healthy or unhealthy stress. Healthy stress, which is normal, which is good, helps us to become alert and focused, have wisdom, and think clearly. Unhealthy stress, is when you make bad choices and we then throw our body off and we step into this unhealthy zone inside of our bodies, and there are two stages. We cannot control the events and circumstances of our life, but we can control our reactions to those events and circumstances. When you react incorrectly, you take a good thing and you turn it into a bad thing. What happens is that when we actually start reacting

incorrectly and our perceptions start changing; our perceptions of the environment and the situations, then we start affecting every cell of our body and we start moving into stage two and three of stress, which is toxic and which is negative. They manifest in different ways. When we do make these bad mistakes, we can get rid of them and this is the most amazing thing in science: if you have wired that in, you can wire it out. Because we can stand back and observe our own thinking, we have a multiple perspective advantage both into the way that our brain actually functions. So, stand there, stand back, and make a decision: I want healthy stuff happening in my body, not bad stuff. The more you reach out and help others, the more you serve others, the more you get over yourself, the more resilience you actually build into your body physically and mentally against the stressors of life and the more easily you will actually stay in stress stage one and the more you will avoid mental ill health. We need to stop seeing people that have diagnosed mental ill health issues as faulty biological machines. This in itself is a stigma. What we need to see is a beautiful, unique, incredible human being that is not stuck in a box but that has a unique way of seeing life and is going through a hard time.

<i>Health</i>	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
	Switch On Your Brain #017	27:30	27:30	REC	PA/O/E	08/10/2016	5:30 PM

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

<i>Health</i>	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
	Dr. Caroline Leaf # 001	27:30	27:10	Rec	PA/O/E	08/17/2016 08/17/2016	4:00 AM 5:30 PM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by guests Dr. Irinel Stanciudis, an endocrinologist; Dr. Avery M. Jackson III, a brain surgeon and neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the importance of eating and the difference between real food and what we call the Modern American Diet.

<i>Health</i>	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
	Dr. Caroline Leaf # 002	27:30	27:00	Rec	PA/O/E	08/24/2016 08/24/2016 08/31/2016	4:00 AM 5:30 PM 4:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by guests Dr. Irinel Stanciudis, an endocrinologist; Dr. Avery M. Jackson III, a brain surgeon and neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss relearning what to eat, how to cook, and how to think about food.

<i>Health</i>	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
	Dr. Caroline Leaf # 003	27:30	26:50	Rec	PA/O/E	08/31/2016	5:30 PM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by guests Dr. Irinel Stanciudis, an endocrinologist; Dr. Avery M. Jackson III, a brain surgeon and neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the importance of the mind and its impact on our food choices

<i>Health</i>	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
	700 Club CBN NewsWatch #0706-09132016	1:00:00	5:00	REC	PA/O/E	07/06/2016 07/13/2016	2:00 PM 2:00 PM

CBN New Reporter Lorie Johnson Reports: Our bodies use oxygen in a number of ways, including healing. Breathing alone provides about 20 percent of the oxygen our bodies need. But today, doctors can ramp up that amount to help people recover from the most debilitating injuries and illnesses with hyperbaric oxygen therapy. It's hard to believe Michael "Bean" Black survived his horrific car crash in 2011. When Black arrived home to Dallas he still suffered from severe injuries, including brain damage. But his condition improved after he started receiving hyperbaric oxygen therapy. Hyperbaric oxygen therapy involves breathing, 100 percent pure oxygen inside a pressurized chamber for about an hour to 90 minutes per session. Dr. Alfred Johnson, director of the Hyperbaric Centers of Texas in Richardson. Black said the therapy made a big difference. After the first 40 treatments, Black went back for 40 more a few months later. Costs vary depending on the provider from as little as \$100 an hour on up. Insurance and Medicare sometimes offer coverage, depending on the condition being treated. Insurance companies can reimburse for hyperbaric oxygen therapy for the treatment of traumatic brain injuries, like Black's. Dallas businessman John Herrick said the therapy is easy and has helped him sharpen his focus. Consumers can purchase or rent portable hyperbaric oxygen chambers, but they typically deliver far less oxygen and pressure than industrial-grade ones. Conditions treated with Hyperbaric Oxygen Therapy include Autism, Burns, Cerebral Palsy, Chronic Fatigue Syndrome, Closed Head Injury, Fibromyalgia, Migraine Headaches, Multiple Sclerosis, Near Drowning, Parkinson's Syndrome, Post Traumatic Stress Disorder, Reflex Sympathetic Dystrophy, Rheumatoid Arthritis, Sports Injury, Stroke, and Traumatic Brain Injury. Johnson said stroke patients can have improved quality of life. He said he's witnessed progress for people with autism, as well. Hyperbaric oxygen therapy may not be for everyone. But today, Michael Black is in far better shape than he or his family ever dreamed possible since his near-fatal car accident. They believe this therapy has a lot to do with his recovery, so they plan to stick with it and hopefully see even more improvement.

<i>Health</i>	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
	700 Club CBN NewsWatch #070820116	1:00:00	5:00	REC	PA/O/E	07/08/2016	2:00 PM

CBN News Medical Reporter Lorie Johnson Reports: Cancer is a word no one wants to hear. Yet statistics show half of all men and a third of all women will receive the bad news. Churches should be a sanctuary for support. However, in many cases, people suffer in silence as they cope with their illness. Now the Cancer Treatment Centers of America is offering a free program to break down the wall of silence. After years of counseling cancer patients, Rev. Percy McCray knows they bear a burden unlike people fighting other illnesses. Thanks to his training, McCray knows the importance of encouragement. One conversation helped him realize others need to learn these skills, too. It wouldn't be the last time he heard that. McCray said typically, churches deal with issues like addiction and marital problems very effectively. But it can fall short when it comes to meeting the needs of parishioners who are struggling

with healthcare issues, particularly cancer. To bridge this gap, McCray and his associates at the Cancer Treatment Centers of America elected to offer complimentary cancer ministry training to representatives of churches across the country so they can better meet the needs of their brothers and sisters with cancer. It's called "Our Journey of Hope." Cancer Treatment Centers of America offers free training for two people from a church who use what they learn to raise up cancer ministries in their home congregations. Participants learn the basics of the disease and treatments in order to focus on what it's like for the patient. An added incentive for a church is that the training is free of charge. That includes the two-day seminar, food, lodging, and materials. La Wanda Long attended the seminar years ago and now passes on what she learned to volunteers at Atlanta's Enon Baptist Church. Long teaches the volunteers one night a week for eight weeks. At that time they are ready to take on a cancer patient who has come forward requesting assistance. She said the extensive training ensured the patients will be cared for responsibly. She said so far the cancer ministry at Enon is a success. Lisa McDermott attends Enon. She remembers suffering through nearly five months of chemotherapy for breast cancer. She asked the cancer ministry to help her with daily needs. McDermott dealt with one main point person who recruited others to pitch in. The cancer ministry made such an impression that McDermott wanted to get the training. As Nefertiti Dixon's mother fought ovarian and colon cancer, the ministry stepped in. Although her mother lost her fight, the cancer ministry made those final days easier. They also helped Dixon with things like meals, which lifted a burden. As a working mom with two children, she became overwhelmed with the pressure of caring for her sick mother. So while cancer will likely continue to strike far too many, churches now can choose to help those within their midst who are dealing with the disease.

<i>Health</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>
	700 Club CBN NewsWatch #08122016	1:00:00	5:00	REC	PA/O/E	07/12/2016	2:00 PM

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.

<i>Health</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>
	700 Club CBN NewsWatch #09142016	1:00:00	5:00	REC	PA/O/E	09/14/2016	2:00 PM

CBN News Reporter Lorie Johnson Reports: Americans are increasingly getting fed up with the insurance-based medical systems. It often means long waits for appointments and doctors who seem to have one eye on the patient and the other eye on the clock. That's why many primary care doctors and patients are turning away from insurance and to what's known as concierge medicine. When it comes to healthcare, Johnny Guerry prefers old school, meaning just he and his doctor calls the shots without any input from an insurance company. With concierge medicine, patients pay their primary care physician an out-of-pocket monthly fee, sometimes an annual fee, in exchange for unlimited access, 24/7. Concierge medicine used to be something only for the rich and famous. But according to Dr. James Pinckney, known to his patients as "Dr. James," that's not the case any longer. Where he works at Diamond Physicians in Dallas, adults pay from \$95 to \$295 each month, based on age. That covers all acute procedures and medications. Sometimes patients have to pay extra for services outside the office, like a CT scan. But doctors negotiate cash rates with those third party vendors that are a fraction of what they bill insurance. The cost for children is even less than adults. Each child costs \$45 a month for unlimited access to their doctor. Liza Schlitt says her two young boys usually need medical attention alter hours. Doctors recently gave her son Griffin a breathing treatment, prescription and a nebulizer to take home, all covered by the monthly fee - and on a rainy Sunday afternoon. Perhaps the biggest difference between concierge medicine and insurance-based medicine is the time patients spend with their doctors. The Affordable Care Act flooded offices of already overloaded primary care physicians to the point where face-time with doctors can average as little as eight minutes per visit. Primary care doctors who accept insurance treat on average about 3,000 patients, This is known as a doctor's patient panel. The typical concierge physician has a patient panel of about 500 patients. At Diamond, the doctors promise their patients their patient panel will never exceed 600. This ensures each patient has their doctor's undivided attention. Although concierge medicine involves paying cash for day-to-day health expenses, doctors do recommend their patients buy health insurance, but with a high deductible. So as insurance-based healthcare complicated this crucial need, more patients and doctors are going old school, with a cash-only plan, similar to the way it was a half-century ago.

<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 # 1412	29:30	14:00	L	PA/O	08/01/2016	05:30 PM
						08/02/2016	02:00 AM
						08/02/2016	03:00 AM
						08/06/2016	02:30 PM

Segment 2- Host Wayne Ozio welcomes back Natalie warren and Kari Fenner from the Red Cross in Southeast Texas. They talk about how the Red Cross helps the military in different services. They help the military come home when there is a birth or death in the family. They also help financially with the funeral services. We as the local community need to let the military and veterans know how much they mean to us for serving our country

<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 # 1433	29:30	13:30	L	PA/O	08/15/2016	05:30 PM
						08/16/2016	02:00 AM
						08/16/2016	03:00 AM
						08/20/2016	02:30 PM

Segment 1-Host, Wayne Ozio, welcomes Hannah Meeks, Greater Beaumont Area Director of Special Olympics. Children and adults with disabilities can play any sport all year round. They have a total of 10 different sports. They have 980 students in this program. They play local, state, and world events.

Segment 2-Host, Wayne Ozio, welcomes back Hannah Meeks, Greater Beaumont Area Director of Special Olympics. Hannah covers 7 counties in our area. Most areas have at least 1 or more teams in the public schools that participate in the sports programs. Another activity is the unified game which is school athletes with special athletes plus they have friendships forever.

<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 # 1613	29:30	13:30	L	PA/O	09/01/2016 09/02/2016 09/02/2016 09/28/2016	05:30 PM 02:00 AM 03:00 AM 02:30 PM

Segment 2- Host Amanda Thompson welcomes Rev. Dwight Benoit, a Pastor with CAPP (Clergy and Police Partnership) working with the Beaumont Police Department. Rev. Benoit talks about how the CAPP helps families during a difficult time. When the police get a call out to a person's house it's not always a peaceful situation. Many cases it has children involved and this is where the CAPP clergy help by praying for the families and the officers as well.

<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 # 1516	29:30	14:00	L	PA/O	09/19/2016 09/20/2016 09/20/2016	05:30 PM 02:00 AM 03:00 AM

Segment 2- Host Wayne Ozio welcomes back Dan Maher from Southeast Texas Food Bank in Beaumont, Texas. Dan talks about a new program called the Backpack Program. The Backpack Program is for low income families to benefit from the local schools that have a free or reduce lunch program. Only these families qualify for the Backpack Program. What the foodbank does is partner up with schools in the area to find out which family can most benefit. If students go home and are hungry all weekend when they came back to school on Monday their bodies cannot focus on education because they are hungry. It is very hard to try and focus on school work and teachers lectures when your stomach is hurting because of it being empty. Foodbank gets backpacks and fills them up with food for the weekend so the child stays healthy and has plenty of food therefore is ready to learn on Monday.

<i>Public Safety</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 # 1518	29:30	13:30	L	PA/O	07/02/2016	05:30 PM

Segment 1- Host Wayne Ozio welcomes Sara Dupre, Public Information Officer from Texas Department of Transportation in Beaumont, Texas. Sara talks about how it's been 15 years since we have had a day without a death on Texas

roadways. Drivers need to drive safer. Make sure you're buckled up and everyone in the vehicle is buckled up also. Never drink and drive, make sure your cell phone is put away so you are not distracted. All around have a safer attitude about driving.

Segment 2- Host Wayne Ozio welcomes back Sara Dupre Public Information Officer from the Texas Department of Transportation in Beaumont, Texas. Sara talks about there is a new project coming up in 2016 towards the end of the year, they are going to start widening the roads from Beaumont to Winnie, which is going to move a huge improvement to our area. Basically it will be 6 lanes, 3 lanes in each direction, which will eventually help out with safety.

<i>Public Safety</i>	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
	700 Club CBN NewsWatch #09122016	1:00:00	5:00	REC	PA/O/E	09/12/2016	2:00 PM

CBN News Reporter Abigail Robertson Reports: Have you ever found yourself caught in the middle of a high speed police chase? Though they may be entertaining to watch on television, police pursuits often end in violent collisions that kill or injure thousands of innocent bystanders and police officers each year. Now, a new technology could change the way officers go after suspects and prevent these risky chases from ever occurring. These accidents are a leading cause of injury, death, and lawsuits involving police officers and can cost taxpayers an average of \$3 million. But officers aren't the only ones at risk during a high-speed chase. Sheriff Eric Levett, in Rockdale County, Georgia, says anyone can be a victim of a police pursuit. Jon Farris learned the hard way that in a matter of seconds, anyone can be a victim. His 23-year-old son Paul was on his way home in a cab when a vehicle pursued by police crashed into him at more than 70 miles per hour. The state trooper went after the driver for making an illegal U-turn, despite the city's no pursuit policy for any crime other than violent felonies. The officer faced no reprimand because according to stale police rules, he was within his right to pursue. An overwhelming number of police pursuits are started over non-violent crimes and escalate quickly, endangering the suspect, the policeman, and any bystanders along the way. He found on average that one person dies each day as the result of a police pursuit, a third of those deaths being innocent bystanders. An FBI report uncovered that the true cost is probably two to three times higher than the stated average because pursuit fatalities are only reported at the discretion of law enforcement. No government agencies track injuries from pursuits, leaving no information on police officers and bystanders paralyzed, brain damaged, or suffering from other life-altering injuries. In order to cut down on high pursuit casualties, authorities like Sheriff Levett are investing in new technology known as Star Chase. Star Chase allows officers to deploy a tracking device on vehicles without the driver knowing they've been tagged. For about \$5000 per vehicle, officers can secretly but safely catch cars on the run. Officers can deploy the tracker while they are behind a car they are pursuing or from outside their vehicle if a car they pulled over decides to flee. Drivers cannot feel the tracker hitting their car so they don't know they've been tagged. As the suspect thinks he is no longer being pursued, the officers begin their stealth pursuit, pulling up a map of the suspect's location and alerting fellow law enforcement where the car is heading. In most cases the suspects slow down to safer speeds because without the police car following them, they think they have gotten away, letting fellow drivers and bystanders avoid being in the middle of a high-speed pursuit. So far, only a handful of Rockdale patrol cars have Star Chase, but Levett wants to invest in more Star Chase vehicles because of its success rate. Most departments rely on decades old tire spikes to stop chases, but even they are rarely used because of the danger involved. Police must also know where cars are heading. One Rockdale County police officer explained the potential dangers

to the officer when deploying spike strips. Levett admits new technology can be expensive, but he says it's nothing compared to the cost or chases gone wrong. Levett says providing officers the right tools protects their safety as well as the citizens.

<i>Crime</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 # 1427	29:30	29:30	L	PA/O	08/22/2016	05:30 PM
						08/23/2016	02:00 AM
						08/23/2016	03:00 AM
						08/27/2016	02:30 PM

Segment 1-Host, Wayne Ozio, welcomes Deputy Karla Barren, Officer over the DARE Program for Jefferson County. Deputy Karla Barren talks to the children in schools about how the crimes associated with participating in alcohol and drug abuse. She tells the kids by making the wrong choices they can end up in long jail sentences. The DARE Program is set up to help teach the kids how to make the right choices when it comes to drugs and alcohol. It gives facts about drugs, but it's mainly about how to make decisions in life. It educates them on the consequences about using drugs.

Segment 2-Host, Wayne Ozio, welcomes Deputy Rod Carroll. Deputy Rod Carroll is from the Jefferson County Sherriff's Department. Ron Carroll talk's about the highest crime rate right now is, people are getting the oils from marijuana and making it into candy. During a raid over in the Beaumont area, the gentlemen have cooked down the THC oil and are making what you call Lego blocks. Just the design and calling them lego blocks on the street you can see who they are marketing them too, younger children and small kids. This is affecting the age group from 12 years old and up.

<i>Crime</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 # 1410	29:30	29:30	L	PA/O	08/29/2016	05:30 PM
						08/30/2016	02:00 AM
						08/30/2016	03:00 AM
						09/03/2016	02:30 PM

Segment 1-Host, JoAlice Smitherman, welcomed Detective Gregory Pratt of the Beaumont Police Department. Detective Pratt speaks about family violence which can include boyfriend/ girlfriend and even woman as aggressors and men as the victim. The goal is to end family violence. If there is a misdemeanor the justice system, then they have to sign up for batter intervention as part of their probation and also may include paying a fine. Abuse usually starts out as emotional abuse and progresses from there. If there are children in the home then they are abused

as well. The abusers uses threats against the family to control the woman. If a woman finds herself in an abusive situation, she can reach out to victim's assistance center, which can help with crime victim compensation. This can help with moving expense and a protective order, etc.

Segment 2- Host, JoAlice Smitherman, welcomes back Detective Gregory Pratt of the Beaumont Police Department as they discuss protective orders. Sexual assault, family violence and human trafficking is now included in a protective orders. Human trafficking can either be used as sexual or indentured slavery. The United States is the worst place in the world with Houston, Texas as the largest human trafficking in the country. Based on the problem in Texas, Law makers have now enacted laws to protect and prosecute individuals who traffic to obtain a protective order. An officer can issue an emergency protective order which is issued by law enforcement. If law enforcement is called out on a domestic the victim can also apply for a 2 year protective order which can be extended for longer. Life time protective orders can be issued in sexual cases involving children under the age of 14 years old. The order prohibits the offender from contacting the victims.

<i>Crime</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 # 1613	29:30	29:30	L	PA/O	09/12/2016 09/13/2016 09/13/2016	05:30 PM 02:00 AM 03:00 AM

Segment 1- Host Amanda Thompson welcomes Officer Haley Walters from the Beaumont Police Department. Officer Haley Walters is the public information officer for the department. Officer Walters talks about the CAPP (Clergy and Police Partnership) program. This program helps the police and clergy come together in our community. The clergy are there to help the police by praying for our situation and also praying for peace and safety. Sometimes the citizens that happen to be caught in a sticky situation ask the clergy to pray for them.

<i>Crime</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>
	700 Club CBN NewsWatch #07292016	1:00:00	5:00	REC	PA/O/E	07/29/2016	2:00 PM

CBN News Reporter John Jessup Reports: When the women living in Dawn Knighton's Florida beachside house wake up, they are greeted by artwork with encouraging Bible verses, like the popular passage from Psalm 139. It affirms how humanity is "fearfully and wonderfully made." The bright, flowery wall art is a far cry from the lifeless steel bars and stark bare walls they used to see when the only home

they knew was a prison cell. Like clockwork, Knighton's housemates start their day with a mandatory three to five mile run along the beach. They're also required to meet daily for prayer, Bible study, and accountability. Per house rules, the women are prohibited from pursuing romantic relationships unless they are married. The rules are rigid but deemed a necessity to transition successfully to living outside of prison. For recently released inmates, second chances are hardly a part of their lexicon. Statistically, it's true. About 600,000 inmates are released annually, and two-thirds wind up being re-arrested. While women commit fewer and less violent crimes than men, the challenges they face when they return to society are often the same - like trying to find housing, employment, and a system of support. Knighton, a Christian counselor and an ordained minister, opened up her small three-bedroom home to provide women all of those things and to help them become productive members of society. She founded Radical Restoration Ministries in 2008, a faith-based non-profit whose mission is to help rehabilitate women coming out of prison. For Knighton that mission hits particularly close to home. Her life of crime began early on, using and selling drugs. She also eventually sold her body to feed an addiction to crack cocaine. Kathy Tolleson recalls seeing Knighton in her neighborhood years ago. It was in front of her home where Knighton used to walk the streets in pursuit of men looking to pay for sex. Tolleson didn't just pray. She also posted signs that read "No Prostitution Zone" on telephone poles and found other methods to discourage prostitutes from picking up customers in front of her family home. At the time, Knighton wasn't aware of those prayers. All she knew was that the lady with the bullhorn was hurting business. Raped, battered, and abused by some of the same men who paid her for sex, Knighton lost her desire to live. But not before her nearly 50 felony convictions finally caught up with her. She faced up to 15 years in prison after her last arrest. The night she was taken in, she was placed in maximum security and confined in an eight-by-ten prison cell with only a Bible. That was when she decided to recommit to her Christian faith from which she had walked away and ask for help. It was the beginning of a radical change that sparked what she describes as a vision from God to open houses for women coming out of prison with nowhere to go. Knighton began to counsel and pray with other female inmates. She also completed her first year of Bible college while in prison. She was released after serving only a year and a half and credits her early exit to the "grace of God." She then moved in with her mother, worked as a barber, and continued her education at Covenant Bible College and Seminary. In 2013, she earned a doctorate in theology. Knighton sees her release and new life as nothing short of a miracle. They also serve as reminders of her promise to return to prisons to show other inmates there's hope. Knighton's changed life has given her access within the Florida Department of Corrections to minister to women in the very same prison where she once served time. Her ministry has since partnered with others like Pastor Sheryl Brady and the Texas Offenders Reentry Initiative (TORI), a ministry of the Potter's House in Dallas, Texas. Perhaps the most surprising partnership is one she developed at a Christian conference a few years after being released from prison. It was at that conference when she bumped into an unsuspecting acquaintance from her past. They now attend the same church along with the women enrolled in Knighton's program. Every week, they pile into Knighton's car and worship at the church located around the corner from the house where she used to walk the streets - a reminder of her changed life. She and her housemates view Tolleson as a "spiritual mom." The two also preach together and pray for women on death row, which they affectionately renamed "life row." Radical Restoration Ministries' rigorous discipleship program has a 98 percent success rate and a year-long waiting list. The women who have completed the program believe they are forever changed. Belinda Kitchens, who recently left Florida to work with Heidi Baker's Christian missions group to help children in Mozambique, credits both God and Knighton for her new identity. Knighton is now taking her message into men's prisons and planning to open discipleship homes for them, too. But her passion remains the same: to see a radical change in what she calls the "prison nation."

Substance Abuse	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
	Joy In Our Town # 1432	29:30	29:30	L	PA/O	07/25/2016 07/26/2016 07/26/2016 07/30/2016	05:30 PM 02:00 AM 03:00 AM 02:30 PM

Segment 1-Host, Amanda Thompson, welcomes Crystal Petry. Crystal is the outreach coordinator for Southeast Texas Regional Planning Commission in Beaumont, Texas. It's a program called ARISE. It helps children whose parents have Drug and alcohol abuse problems. They work with children from ages 12 to-17. ARISE, helps key in on life skills such as, anger management, conflicts with others, profanity, selecting a right group of friends, the importance of having high self-esteem. This organization helps children make life changing decisions.

Segment 2-Host, Amanda Thompson, welcomes back Crystal Petry, from Southeast Texas Regional Planning commission in Beaumont, Texas. Crystal talks about transition out of poverty, which is one of the causes of alcohol and drug abuse. This program is for adults ages 18 and up. Poverty is more mental than it's financial. This program is to help the person take steps to get out poverty. Education is the main focus in getting out of poverty. As a case manager we are here to guide you out of poverty for a better you.

Substance Abuse	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
	Joy In Our Town # 1512	29:30	29:30	L	PA/O	09/05/2016 09/06/2016 09/06/2016	05:30 PM 02:00 AM 03:00 AM

Segment 1-Host Wayne Ozio welcomes Monique Sennett and Beth Crabtree with Spindletop Center in Beaumont Texas. Beth talks about substance abuse treatment. An addict is a person that is emotionally and physically dependent on a substance such as alcohol, drugs, prescription drugs, marijuana and crystal meth or cocaine. This addiction affects the addict in any ways such as their family lifestyle, employment and just everyday situations. This addiction does not just effect the addict but it effects everyone the addict comes in contact with family, friends, and co-workers. There is help but the addict has to want the help. Stindletop has many programs for substance abuse treatment.

<i>Substance Abuse</i>	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
	Joy In Our Town # 1514	29:30	29:30	L	PA/O	09/26/2016 09/27/2016 09/27/2016	05:30 PM 02:00 AM 03:00 AM

Segment 1-Host Amanda Thompson welcomes Wanda Grimes, Advocate of Mothers Against Drunk Driving in Beaumont, TX. MADD stands for Mothers Against Drunk Driving. MADD is a support group for victims and their families. MADD is here to educate the community and also help in anyway the can. In the state of Texas a parent can serve their child alcohol in their home or restaurant. If the law states that you have to be 21 years of age, why would parents break this law. The parents are telling the child it's okay but in reality it is NOT okay. Alcohol poisoning is very dangerous! In Texas, we bury hundreds of people a year from alcohol poisoning. Please educate you children don't drink and drive!

Segment 2-Amanda Thompson welcomes Wanda Grimes , advocate with Texas Inmate Families Association. TIFA stands for Texas Inmate Families Association. This Program is for families who have a family member that is in prison. The inmate needs support and hope to change the cycle, so they do not go back to jail.

<i>Substance Abuse</i>	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
	700 Club CBN NewsWatch #09272016	1:00:00	5:00	REC	PA/O/E	09/27/2016	2:00 PM

CBN News Reporter Lorie Johnson Reports: Heroin use has reached epidemic numbers, with overdoses killing more than 10,000 Americans in 2014 alone. For years, people considered this addiction a big city problem, but people are now quickly learning heroin is in their own backyard. Take for example, Caitlyn Weems, who died of a heroin overdose at age 21. Her mother, Carolyn, says although it's been three years, she still grieves her loss every day. If heroin addiction and overdose can happen to Caitlyn, it can happen to anyone. Raised in a stable, Christian home, she loved sports and school. Caitlin's addiction began innocently and unexpectedly. She first got hooked on prescription painkillers following a series of sports injuries. These powerful, often habit-forming narcotics, called opioids, go by names like Percocet, Oxycontin and Dilaudid. Prescription pain pills and heroin produce the same type of high, but heroin is cheaper and easier to get. Pain pills are also regulated, so you know what you're getting. But when it comes to heroin, dealers often secretly lace it with other toxins, like the all-too-common fentanyl, creating a potentially lethal blend. Nora Kitchens knows all about that. Hooked after that first time, Kitchens stayed that way for years. Heroin addicts continually need more of the drug to get the same high. Kitchens wound up with a \$100-a-day habit. As the number of addicts skyrockets, so does the

number of babies born to them. These infants come into world as addicts themselves and most immediately endure painful withdrawal. This happens almost every day at Virginia's Sentara Norfolk General Hospital. The day CBN News visited, maternity nurses helped deliver five addicted babies. Neonatal occupational therapist Steven Brown says the addicted babies appear and behave differently than healthy ones. Weaning them off the drug often takes weeks. Janel Moore, a registered nurse at Sentara Norfolk General, says Child Protective Services is usually notified, but that the goal is to keep the family intact if possible. Kitchens is in that group. Her son William was born addicted. William is now clean and healthy. Kitchens still receives outpatient treatment. Meanwhile, lawmakers are doing what they can. Virginia Delegate Todd Gilbert pushed through legislation allowing law enforcement to administer the so-called "save shot" to overdose victims. Most states are following this lead, with some allowing trained citizens to administer the "save shot," also known as Naloxone or Narcan. There is also the "9-1 -1 Good Samaritan Law," allowing people present during an overdose to call for help without risking arrest. Furthermore, the medical community is enacting regulations surrounding the way doctors prescribe pain medication and the ways doctors communicate with other doctors prescribing pain medication to the same patients. Gilbert said America needs to come to grips with our nation's heroin epidemic. If you suspect someone you care about is using heroin, here are some common warning signs:

Paraphernalia:

- * Burnt spoons
- * Tiny baggies
- * Tan or whitish powdery residue
- * Dark, sticky residue
- * Small glass pipes
- * Syringes
- * Rubber tubing

Appearance:

- * Tiny pupils
- * Sleepy eyes
- * Tendency to nod off
- * Slow breathing
- * Flushed skin
- * Runny nose

Actions:

- * Vomiting
- * Scratching
- * Slurred speech
- * Complaints of constipation
- * Complaints of nausea

* Neglect of grooming

* Failure to eat

* Covering, arms with long sleeves

If you think you might be addicted to prescription pain pills or heroin. Narcotics Anonymous can help.

<i>Civic</i>	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
	Joy In Our Town # 1503	29:30	14:00	L	PA/O	07/04/2016 07/05/2016 07/05/2016 07/09/2016	05:30 PM 02:00 AM 03:00 AM 02:30 PM

Segment 1-Host Wayne Ozio welcomes Sarah Dupre, Texas Department of Transportation. TXDOT covers 80,000 miles which includes 8 counties (Jefferson, Orange, Tyler, Newton, Liberty, Jasper, Hardin and Chambers County). Safety is the top priority. The biggest campaign that TXDOT has is "Don't Mess With Texas", which was started in 1986. This is the most successful litter prevention program ever. 35 million dollars was spent just on cleaning up roads and hiring litter pick up crews. People need to stop littering. Cigarette butts are the top on the litter list. Please throw away in a garbage can, don't throw it out the window or the back of a pick-up truck. If your moving, please tie your belongings down right because it can become a fatality or horrible wreck.

Segment 2-Host Wayne Ozio, welcomes back Sarah Dupre, Texas Department of Transportation. The program "Click It or Tick It" started in 2002 it is become a nationwide campaign and has been very successful to get people to buckle up! Its against the Law. Put on your seatbelt, but not only you the driver but also the passengers. If the passenger is not buckled up you can get a ticket not the driver. If the child is under the age of 8 or younger they need to be in some kind of safety seat. There are several kinds so please wear your seat belt.

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.