

# Community Educational Television, Inc.

## *Quarterly Report*

January, February, March 2015  
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

Family

Crime

Health

Civic

Youth

Economy

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment Source</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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*Education*

Joy In Our Town # 1442	29:30	14:00	L	PA/O	01/05/2015	10:30am
					01/09/2015	03:00am
					01/13/2015	04:00am
					01/15/2015	04:00am

Segment 1-Host, Amanda Thompson, welcomes Trooper Stephanie Davis. She came to educate Parents and adults about Child Safety. It is mandatory for children to be in Child Safety Seats until a child is 8 years old or 4'9". A car seat belt is great for an adult but not for a child. A child will be ejected from the seat with only an adult belt. Child passenger policies change from state to state.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment Source</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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*Education*

Joy In Our Town # 1446	29:30	14:00	L	PA/O	01/26/2015	10:30am
					01/29/2015	03:00am
					01/30/2015	12:00pm
					01/31/2015	03:00am
					03/03/2015	04:00am
					03/05/2015	04:00am
					03/10/2015	04:00am
					03/10/2015	04:00am
					03/12/2015	04:00am
					03/17/2015	04:00am

Segment 1-Host, Wayne Ozio, welcomes Pastor Demetrius Moffett, pastor of the First Church of God in Orange, TX. The church offers a GED program. Adult literacy is the most common factors facing Adults. We have a "No Child Left Behind", but people have a high school diploma that can't even read. The church needs to help their people not just spiritually but educationally.

Segment 2-Host, Michelle Parker, welcomes Debi Derrick with Entergy Texas. Debi Derrick talks about Entergy Efficiency program. The average monthly bill is about \$120. They have energy efficiency program for businesses, governmental building, and schools. They have a home performance program, which will help you bring your home up to energy star level. They also make sure that the vendors and contractors they use are qualified, trained, know what they are doing, and do it well.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment Source</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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*Education*

Joy In Our Town # 1447	29:30	14:00	L	PA/O	02/02/2015	10:30am
					02/03/2015	03:00am
					02/05/2015	03:00am
					02/06/2015	12:00pm
					02/07/2015	03:00am

Segment 1- Host, Wayne Ozio, welcomes Pastor Tina Turner from First Church of God in Orange, TX. Pastor Tina talks about the classes she teaches on getting your CAN (Certified Nurse's Assistant). Pastor Tina also talk about how there is a lack of job skills has become an issue in our area. She talks about how with the CAN program they will learn how to assist a resident with living, such as giving baths, help with exercising so patients can begin to do things on their own. They talk about how by doing this program can build your education to become and LVN or an RN and so on.

Segment 2-Host, Wayne Ozio, welcomes back Pastor Tina Turner to talk about the TAN program. TAN stands for Triangle Area Network. They talk about the problems, concerns and solutions about the medical needs in the area such as transportation and money issues surrounding medical needs. TAN offers a variety of services for people with chronic conditions such as hypertension, diabetes, COPD, they also test for hepatitis C and HIV.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment Source</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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*Family*

Joy In Our Town # 1440	29:30	13:00	L	PA/O	01/12/2015	10:30am
					01/13/2015	03:00am
					01/15/2015	03:00am
					01/16/2015	12:00pm
					01/17/2015	03:00am

Segment A-Host, Wayne Ozio, welcomes Damien Damron, Orange County Game Warden. Common Questions that are asked is: "Do I need a hunters training course?" The answer is YES. They teach you to hunt the right way, and what the laws are. If you are caught poaching you can be fined and are do jail time for the crime. You can only kill a deer if the horns are 18 inches apart. You are responsible for knowing all laws before hunting or fishing.

Segment B-Host, Wayne Ozio, welcomes Damion Damron, Texas Game Warden in Orange County. The Warden talks about the crimes involving the fishermen and their responsibilities in cleaning their boats and trailers. People that use a boat while fishing are damaging our waters, by not cleaning their boats properly. It can cause the waters to be contaminated and you can get a fine if you are not properly protecting our water.

*Family*

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment Source</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
Joy In Our Town # 1445	29:30	29:30	L	PA/O	01/19/2015 01/20/2015 01/22/2015 01/23/2015 01/24/2015	10:30am 03:00am 03:00am 12:00am 03:00pm

Segment 1-Host, Wayne Ozio, welcomes Pastor Demetrius Wilson, pastor of Greater Destiny Kingdom Life Ministry in Beaumont, TX. Pastor Wilson talks about the problems, concerns and solutions about abortion. Pastor Wilson states that there is a big misconception about abortion, and how most women don't realize how big of a surgical procedure it really is, and the toll it has on the body and issues that could happen in the future. Host Ozio and Pastor Wilson talk about how people need more education on the subject.

Segment 2-Host, Wayne Ozio, welcomes back Pastor Demetrius Wilson, pastor of Greater Destiny Kingdom Life Ministry in Beaumont, TX. Pastor Wilson talks about the problems, concerns, and solutions about women in crisis; such as women who are pregnant those are worried about having a baby because they don't know how the crisis center steps in the vital moment and help educate and comfort women on having the child instead of rushing to an abortion.

*Family*

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment Source</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
Joy In Our Town # 1443	29:30	29:30	L	PA/O	02/16/2015 02/17/2015 02/19/2015 02/20/2015 02/21/2015	10:30am 03:00am 03:00am 12:00pm 03:00am

Segment 1-Host, Amanda Thompson welcomes Jeanene Ebeling from the Texas A&M Agrilife Extension about problems concerns and solutions about growing fruit trees in southeast Texas. They talk about how people need to do a little research about the trees before they plant it, feed it, how long before it will actually grow fruit. Citrus plants are normally best to plant around mother's day and father's day. They also talk about all the different fruit trees that grow well in this area.

Segment 2-Host Arnada Thopmson welcomes back Jeanene Ebeling from Texas A&M Agrilife Extensions. If you are going to start gardening just start out by using small pots and plant herbs in them. Herb plants grow best on your window seal. Using herbs can even help increase your food intake, because it taste better and its better for you.

<i><b>Program Title</b></i>	<i><b>Program Duration</b></i>	<i><b>Topic Duration</b></i>	<i><b>Segment Source</b></i>	<i><b>Type</b></i>	<i><b>Air date</b></i>	<i><b>Time</b></i>
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*Family*

Joy In Our Town # 1408B	29:30	13:00	L	PA/O	03/23/2015	10:30am
					03/24/2015	03:00am
					03/26/2015	03:00am
					03/27/2015	12:00pm

Host, Michelle Parker, welcomed Jeanine Ebeling from the Texas A&M Agri-Life Extension. The goal of their organization is to educate the public. They feel that education is key. They offer several programs to assist the public such as 4H which is geared toward livestock. Some of their other programs are AG/Horticulture, coastal, parenting and many more. Some of the ways they provide these programs are by request or if there is a need. In her office, she receives a lot of calls from the public concerning what types of plants to plant and bugs. She recommends never planting seedlings during this time of the year, but rather to wait until it is warmer, to prevent a late frost which may kill the plan.

<i><b>Program Title</b></i>	<i><b>Program Duration</b></i>	<i><b>Topic Duration</b></i>	<i><b>Segment Source</b></i>	<i><b>Type</b></i>	<i><b>Air date</b></i>	<i><b>Time</b></i>
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*Family*

Joy In Our Town # 1501	29:30	14:00	L	PA/O	03/30/2015	10:30am
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SEGMENT1-HOST, Amanda Thomson welcomes Jada Camp with the Women's Hope Resource Clinic to talk about the problems, concerns, and solutions with Women in this area and families. The Hope Clinic has resources for expecting women, especially women with unexpected pregnancies they offer free pregnancy tests, and ultrasounds. A lot of women have a lack of knowledge they don't know what it truly means to be pregnant; they weren't ready for it so they don't know how to prepare themselves to have a healthy pregnancy, and be a parent. Hope Clinic offers resources to help teach and support these women up to the 1st year after the child is born.

SEGMENT 2- Host Amanda Thompson welcomes back Jada Camp with the women's hope resource clinic to talk about abortion. A lot of women don't fully understand what abortion is, it is actually required that they be educated about it, what the process is, and to have an ultrasound first. A lot of women are abortion minded because they don't know what to do or how they're going to do it, and some women just finding out how much places like the hope clinic help out and support them will often change their mind into keeping the baby. One of the biggest concerns is helping women become great mothers.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Air date</i>	<i>Time</i>
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*Family*

700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	02/12/2015 2:00 pm
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#02122015

CBN News Reporters Tracy Winborn and Caitlin Burke Report: For decades, marriage has been a key factor in achieving the American dream. Now, a study shows the millennial generation is taking a different path to success. For many, that means saying 'I don't' to marriage. Sisters Nicole and Erica Barrada appear to be your typical 20-somethings, just hanging out and having a good time. After earning their degrees, they're working full time, paying off student loans, and enjoying the freedom of single life. The Barrada sisters are like many Millennials. They say they've got their priorities straight and marriage isn't anywhere near the top of the list. Instead, it's more about getting an education and pursuing their careers. A recent study by the Urban Institute finds the marriage rate has dropped for years and the percentage of Millennials marrying by age 40 will fall lower than any generation before them. From 1990 to 2010 that rate dropped less than 10 percent, from Baby Boomers at 91 percent to Generation X at 82 percent. By the time Millennials reach 40, it could fall as low as 69 percent. Economist and CBN Contributor Stephen Moore said this decline could pose a serious problem. He also worries this Millennial trend could mean more children growing up without a mother and a father in the home. The Barrada sisters say their Christian faith gives them a more traditional view. While they're saving their sexual purity for marriage, planning a family has not really been a priority. To see where some of their peers stand, CBN News hit the streets near Georgetown University. We couldn't find one student who had any desire to marry anytime soon. In fact, some were even opposed to the idea. Pastor Roderick Hairston, a former chaplain of the Baltimore Ravens, wrote a book called, "Cover Her." He says the church should be concerned with this generation delaying marriage and agrees one of the most devastating effects will be on children. He also believes the benefits of a godly marriage can't be ignored, including the spiritual and emotional benefits. He also said it's even good for physical health. Still, the Barrada sisters say they're happy and healthy being single, and like many Millennials, they're not anxious to change their minds anytime soon.

Family

<i>Program Title</i>	<i>Program</i>	<i>Topic</i>	<i>Segment</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Duration</i>	<i>Duration</i>	<i>Source</i>				
700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	02/26/2015 2:00pm
#02262015						

CBN News Washington Senior Correspondent Paul Strand Reports: Scripture asks, "Can a man play with fire and not be burned?" Frequent users of pornography seem to think so. But many not only hurt themselves, they bring pain to others as well. Still, pornography has become so mainstream, even among churchgoers, much of society is starting to believe it's harmless. What you'll often hear from porn users is, "I'm not hurting anybody!" But the truth is there are very real victims, such as the girls and women working in the industry, some of who are actually sex-trafficked and forced to act in obscene productions against their will. "Naideen" testified about that at a recent summit in the Washington, D.C.-area of the Coalition to End Sexual Exploitation. Such cooperation included faking the smiles and looks and sounds of pleasure that are then used to justify the assertion that the females in porn obviously enjoy being in it. This blatant exploitation wouldn't happen and these women wouldn't be getting hurt if there wasn't such an X-rated demand, if the buyers stopped buying and the market for pornography dried up. But these consumers also often hurt the people closest to them, like the wife of Matt Russell. He carried a longtime porn addiction into their marriage. Cathy Dyer's husband, Greg, drove her to seek therapy after he deserted her for an affair that followed his lifelong addiction. These husbands eventually broke free and both couples reconciled, joining Lakeland, Florida's First Baptist Church at the Mall that tackles porn addiction directly. Kevin Conrad leads an accountability support group at the church. Trena Mewborn, First Baptist's director of Counseling and Support Groups, sees how desire for the X-rated destroys marriages. First Baptist's Senior Pastor Jay Dennis has written books about how users can break free from the X-rated material, and his church produced a DVD about it, called "Our Hardcore Battle Plan." In it, church member Tom Wolfe testifies how his heavy porn use led to sex addiction and a series of affairs. Mewborn said she has seen men in the business world lose jobs over pornography. Missionary trainer Nik Ripken told CBN News so many young Christian men are now addicted, they can't be trusted to go on the mission field. And you can see it in the numbers: the current ratio is seven female missionaries for every male. But men aren't the only ones hooked. That's what former addict Crystal Renaud of Dirty Girl Ministries pointed out at the same conference on sexual exploitation where former porn star "Naideen" testified. Renaud testified how the X-rated material can carry people into darker and riskier places. Sometimes it even leads to criminal behavior. Psychotherapist Mary Anne Layden told the Coalition to End Sexual Exploitation summit that in her research she sees a consistent link between those who consume porn and those who commit sexual violence. And she spoke of a frightening study she did tracking college males who used more pornography from freshman to senior year. She also shared at the conference recent research on the behavior of many porn consumers;

- They have more sex partners
- Are less attracted to their partners
- Want less sex with them
- Try to get them to act out scenes from porn films
- Have affairs if they're married
- Go to prostitutes.

Some men justify the reason they're such lustful creatures is that's just who men are. But Pastor Dennis is having none of that. Greg Dyer said they know in their hearts they're wrong. Dennis said viewers can change all this — and they can start by imitating the godly man Job. Some declare they cannot live without pornography. But Dennis is quick to assert that just isn't so. The truth is no one in history has ever died from a lack of pornography

<i><b>Program Title</b></i>	<i><b>Program Duration</b></i>	<i><b>Topic Duration</b></i>	<i><b>Segment Source</b></i>	<i><b>Type</b></i>	<i><b>Air date</b></i>	<i><b>Time</b></i>
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*Crime*

Joy In Our Town # 1442	29:30	12:30	L	PA/O	01/05/2015	10:30am
					01/09/2015	03:00am
					01/13/2015	04:00am
					01/15/2015	04:00am

Segment 2-Host, Amanda Thompson, welcomes back Stephanie Davis. Trooper Davis talks about distractions that are safety hazards when driving. Cell phones are the top distraction. You will still be distracted when using blue tooth or hands free because they will be more in tuned to the conversation and plus due to the conversation can make you angry, sad, or even happy. Put the cell phones away! Texting and Driving is a crime.

<i><b>Program Title</b></i>	<i><b>Program Duration</b></i>	<i><b>Topic Duration</b></i>	<i><b>Segment Source</b></i>	<i><b>Type</b></i>	<i><b>Airdate</b></i>	<i><b>Time</b></i>
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*Crime*

Joy In Our Town # 1327	29:30	12:30	L	PA/O	02/23/2015	10:30am
					02/24/2015	03:00am
					02/26/2015	03:00am
					02/27/2015	12:00pm
					02/28/2015	03:00am

Segment 1-Host, Deanna Andrews, welcomed Sarah Richards, the Foster Home Development Coordinator for Buckner's Children's Home. They discuss issues relating to child abuse. There is an increase of abuse and neglect in the State of Texas. According to statistics, 7 children an hour are abused. There are not enough available foster homes to accommodate the need. Poverty and lack of education may play a role in abuse. Once a child has been abused, CPS will remove the child and place them in Buckner's. The child may go to an Assessment Center or into a foster home. If anyone notices or believes a child has been abused, they can make a report with the child abuse hotline. They have several programs to assist families and individuals who are interested in either fostering a child or adoption. Buckner's prefers to keep siblings groups together



*Crime*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Air date</i>	<i>Time</i>
Joy In Our Town # 1410	29:30	12:30	L	PA/O	03/16/2015	10:30am
					03/17/2015	03:00am
					03/20/2015	12:00pm
					03/21/2015	03:00am
					03/24/2015	04:00am
					03/26/2015	04:00am

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.

Crime

<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	<b>1:00:00</b>	5:00	REC	PA/O/E	01/12/2015	2:00 pm
NewsWatch						
#01122015						

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

*Health*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Air date</i>	<i>Time</i>
Joy In Our Town # 1327	29:30	13:30	L	PA/O	02/23/2015	10:30am
					02/24/2015	03:00am
					02/26/2015	03:00am
					02/27/2015	12:30pm
					02/28/2015	03:00am

Segment 2-Host, Deanna Andrews, welcomed Katie Durio, director at Stable Spirit. Some of the clients that they serve are affected by anger, lack of coping skills, marital, family, and emotional problems, substance abuse and depression. They have 3 programs to help individuals. Mental health which includes life skills, experiential development where they have success coaches and an equine specialists. They will also work with groups from the same company and they work with team building and problem-solving. In their HIPPO therapy where the horses along with physical and occupation therapist, work with children. Their physical therapy is for ages 0-21. Mental health is for teenagers to adults.

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*Health*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town # 1423	29:30	12:30	L	PA/O	03/02/2015	10:30am
					03/03/2015	03:00am
					03/05/2015	03:00am
					03/06/2015	12:00pm
					03/07/2015	03:00am

Segment 1-Host, Amanda Thompson, welcomed Clarissa Urban, Regional Outreach Manager for Alzheimer's Association. Concern of the Alzheimer's disease-They want to educate 10 warning signs. They have support groups in Orange. We also have society services to have a support group for after safety services. To have a support group for the care givers is a great idea. A facilitator trained by us, to help the care givers with their stress. They are the second biggest private founder of research. They have different events they hold out through the year, one in particular is the walk to END Alzheimer's.

Segment 2-Host, Amanda Thompson, welcomes back Clarissa Urban, regional Outreach Manager for Alzheimer's Association. First signs of dementia/Alzheimer is short term memory. Planning is another warning sign. On their website they have driving and dementia, which shows videos on how to talk to your loved one about taking away their keys. Eventually you'll see that they forget how to function different things.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment Source</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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*Health*

Joy In Our Town # 1405	29:30	13:30	L	PA/O	03/09/2015	10:30am
					03/10/2015	03:00am
					03/12/2015	03:00am
					03/13/2015	12:00pm
					03/14/2015	03:00am

Segment 2-Host, Michelle Parker, welcomed Brenna Rodriguez, Community Education and Jerry Fentor, Spiritual Care Director for Harbor Hospice as they discuss the benefits of hospice. Harbor Hospice seeks to meet the needs of the family and patient either in their home or at an outside facility. If a patient shows improvement, they can be removed off of hospice. They have a nurse whom is available 24 hours a day to assist the patient in whatever that patient needs. They also have a small facility where family can stay with patients who are residents of the Harbor Hospice.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment Source</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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*Health*

Joy In Our Town # 1408	29:30	13:30	L	PA/O	03/23/2015	10:30am
					03/24/2015	03:00am
					03/26/2015	03:00am
					03/27/2015	12:00pm

Segment 1- Host, Michelle Parker, welcomed Dr. Thrash from the Thrash Chiropractic. Some of the reasons someone would seek chiropractic care is for pain, headaches and lower back pain. The origins of chiropractic care started out for organic purposes. Since 1895 when the first adjustment was done, chiropractic care is second only to medicine. When the brain sends impulses and they are interrupted, it can lead to the disease process. To maintain an overall good health, prevention is key. Also, they are able to help children with chiropractic care who have some behavioral problems. Through chiropractic care, they are able to assist children with various behavior problems.

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

Switch On Your Brain #008	27:30	27:30	REC	PA/O/E	01/27/2015	12:00 pm
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**Today on Switch On Your Brain Dr. Caroline Leaf** discusses how we walk through life with unnecessary baggage which are toxic thoughts that we've built. What we've stored in our minds is basically impacting how we function. Research shows that patterns for adulthood are laid down in childhood and the way that you function in the future is based on the now. Our mind is split into the conscious and the non-conscious. The conscious operates when you're awake. The non-conscious operates twenty-four hours a day and that's where all the thoughts, the good trees, the baggage, all that is stored in the non-conscious mind. We know from science that the non-conscious mind drives the conscious mind. So if your non-conscious mind is filled with baggage that is what is going to drive your conscious perception of how you deal with life. Cast all your burdens upon God. Get free from that baggage. You are spirit. You are soul. You are body. Your spirit is your true you. Your soul is your intellect, your will, and your emotions; in other words, your mind. You live in a body which is dominated by the brain. When you keep unforgiveness, anger, frustration, irritation, as a way of reacting, being overemotional, whatever it may be, being oversensitive, taking offense, all these things, when we do that, this is baggage. The Bible says, and so does science, you first build a thought and then you see the evidence. The evidence is the words, the actions, the manifestation. Where are you putting your mind time? Where is your mind time focusing on? Train yourself to be aware of your thought. No thought should ever go unchecked through your mind. No thought is harmless. A negative toxic thought is doing damage in your brain. It's made up of proteins that have become distorted because we don't have any proteins in our brain for negative thinking. The proteins that we make are supposed to be made based on healthy choices. So when we make a negative toxic choice, we distort the proteins. So the proteins accumulate, and instead of it being a beautiful green tree, it's this wiry distorted, inflamed, awful looking kind of thought that affects the blood flow. The activity looks incorrect when you look at a brain scan. You can actually see negative things. Your thoughts are real. That is why James 1:21 so correctly says that the implanted word of God will save your soul. We need to be memorizing scripture. We need to be meditating and practicing the presence of God. Seventy-five to ninety-eight percent of current illnesses today, mental, physical, etc. come from our thought life. It's a myth that you use only ten percent of your brain. You use it all. Every part of your brain has a function and most of your brain is active all the time. Science shows us that we're just not designed to carry unnecessary baggage. Unnecessary baggage in terms of science is all those toxic thoughts in our mind; that we've made bad decisions, and we've wired the stuff in, and we're operating from these in our non-conscious mind. Our non-conscious mind is filled with millions of thoughts and a lot of those are baggage thoughts. They're not healthy thoughts. They're weighing us down and they're impacting how we function on a day to day basis. We need to unpack those. We need to pray and ask God to help us unpack those. We need to get order back in our mind and that's done prayerfully, not on your own. You need to ask God. The Holy Spirit will lead us into all truth. The Holy Spirit will show us what we need to unpack; all the baggage that's weighing us down.

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

Switch On Your Brain #001	28:30	28:30	REC	PA/O/E	03/03/2015	12:00 pm
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**Today on Switch On Your Brain, Dr. Caroline Leaf** discusses the mind being the switch that helps to control the brain. The mind is your intellect, thinking, choices, feelings and emotions. These mind actions switch the brain on or off. Thoughts are real things that take up space in the brain and look like forests that have been built up since you were in the womb. We control our brain. Our brain does not control us. Through your mind, you have the ability to think and choose; the ability within yourself to change your world quite literally. Science has proven that the mind changes the brain. The mind changes the body. The mind is instrumental in developing the spirit. It was once believed that once a brain cell died, there was nothing more that could be done about it. Research now states that we can change our brain. We can redesign our own brain. Neuro means brain. Plastic means to change. Neuroplastic means the brain can change. You can change your brain. Now this is called brain surgery. Mind over matter is total reality. The mind actually controls the body. The spirit controls the soul, and the soul's the mind realm, and the mind controls the body. We know from science now that the higher level is the mind and the lower level is the brain, so the brain actually represents what the mind has actually worked out. You're a thinking being. You think all day long. You're even thinking at nighttime while you're sleeping. But at nighttime you are sorting out your thinking for the next day. We do not have fixed IQs. You are as intelligent as you want to be. Intelligence is something that increases constantly throughout your lifetime the more you use your brain. You are designed with free will. You are designed, enabled, and empowered to choose. You can choose whether you are going to believe the negative or the positive. You choose whether or not you are going to operate in peace. There are only two choices that we can really make: love or fear. The choices that you make, which are the result of the thoughts that you think, are going to become physical realities in your brain. We have to focus on what is important and make the good choices that we have to make because when we make the good choices we wire health into our body. We wire health into our brain. We wire health into our mind. We wire health into our spirit. Thoughts are real. Thoughts are growing on a moment by moment basis that you, with your mind, grow. As you are growing those thoughts they are changing the structure of your brain and impacting how you run your life. We need to be aware of our thought life. We must never let thoughts go unchecked through our brain. We must always be aware: What am I thinking about? What am I listening to? What am I reading? What is going on in my mind? As we create that awareness, we can start bringing those thoughts into captivity to Christ Jesus.

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

Switch On Your Brain #002	28:30	28:30	REC	PA/O/E	03/10/2015	12:00 pm
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**Today on Switch On Your Brain Dr. Caroline Leaf** discusses the scientific term "You Are Wired For Love." Humans naturally are optimistic. Scientists correlate that with being wired for love. We actually have to learn fear. The brain is part of your body. You are designed in perfection. You are wired for love and you are well able to think in a perfect way. Fear is the opposite spiritual force. You have the spirit of power, love, and a sound mind. The norm is love, power, sound mind, made in His image, the mind of Christ. Research called "The Optimism Bias" shows that the natural inclination of man is one of being positive, making good choices, and thinking healthy thoughts. Scientifically, we have seen the brain circuitry for only positive choices, positive optimism, seeing the good in everything, wiring, neurochemicals, structural organization inside the brain, that is all in the direction of healthy thinking. Yet when you make a bad choice, because we have free will, we see this whole process being distorted, creating a physical change in the brain which impacts the body. This parallels with the Bible, which encourages us to think of healthy positive things, and if we don't, there are going to be consequences. Research has shown that every seven to ten minutes you are supposed to slow down, become introspective, become self-reflective, become calm, switch off to the outside and switch on to the inside and get into the depths of who you are, and when you do that your brain moves into the highest intellectual state that it possibly can. On an FMRI scan, your brain goes into what is called gamma activity. Gamma activity is where you are super intelligent. When you have gamma activity happening in your brain, you are processing with wisdom, you are seeing things that you did not see before. The fear zone essentially is negativity; toxic thinking. Our choices have consequences and our bodies help us to understand these consequences. You have to choose to live a full life. You have to choose to be happy despite the circumstances. Spirit, soul, and body is a connected thing. Your mind is what you use to decide how connected you are going to be between your spirit, soul, and your body. It is with your mind that you process, intellectualize, experience your feelings, make your decisions, interface with your thoughts, and make your choices. The biggest thing in change is the recognition that we have choice. It is also the hardest thing to take responsibility for our own thought life and our own actions. The quicker we realize that we make choices and that our choices have consequences, it will set us on the path to healing with the recognition that we have the ability to choose. We know right from wrong. You are wired for love. Love is your normal. Everything about you is designed to be like God. You can make good decisions. You can think well because that is your norm. So when we choose badly, we're actually stepping into the fear zone, or the abnormal zone, and experiencing negative emotions. Because that is not your norm, it doesn't have to dominate or control you. You are able to get free because you are wired for love. Research shows that we are wired for love and we can change. Really focus on the fact that everything about you is geared in a positive direction. Your norm is to actually make good decisions.

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

Switch On Your Brain #003	28:30	28:30	REC	PA/O/E	03/17/2015	12:00 pm
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**Today on Switch On Your Brain Dr. Caroline Leaf** discusses how making bad choices leads to toxicity. You are a thinking being. You're thinking all day long. Every time you think it automatically leads to a choice. You're spirit, soul, and body. You are a triune being. Your spirit is your true you. It's your intuition, your conscience, and your communion; your communion being your worship with God. Your soul is your intellect, will and emotions. Your soul is basically your mind. You are thinking, you're choosing, you're feeling, all of that is the mind; soul activity. You live in a body. Your brain is part of your body. The design and the natural order that God has set up is that the Holy Spirit informs your spirit, your spirit informs your soul, and your soul controls your brain and your body. Your soul has one foot in the door of the spirit and one foot in the door of the body. It is the central point. The body simply is then going to house the consequence of your mental decisions of your mind; soul decisions. God gave you this ability to choose. Current research tells us that seventy-five to ninety-eight percent of current mental, physical and behavioral illnesses today, come from our thought life, so these illnesses are very real things. It is our thoughts that change the physiology of our body. It is our thoughts that change the way you feel and function. Scientists have found that we are wired for love. You are wired to think well, choose life and build life into your brain. Believe it or not, you have an infinite amount of space inside your brain. You can grow branches, and each branch contains information, for three million plus years and you still won't fill up your brain. Every time you think, you are going to grow branches, and these branches hold this information, which are your memories. Research has shown that toxic thoughts also cause C-reactive proteins to flow. So the minute you choose badly, you will find inside the brain that all the electromagnetic balance, all the chemical flow, everything is distorted at that point. There will be a high level of C-reactive proteins, a high level of inflammation. Wherever there is inflammation in the brain, or throughout the human body that is not dealt with, inflammation that stays will brings disease. Science tells us that if you're going to change one of these ugly networks in your brain you have to have discipline. You have to direct your attention. You have to be very focused. You have to make a decision and rigorously push through a period of time to change that thing. It shows us in science that nothing happens until day twenty-one. It takes twenty-one days of major scientific stuff to break down the thoughts, and then once you've broken it down, it takes another two cycles of twenty-one days minimum to make that a habit in your life. The scriptures say it in Deuteronomy 30:19 "I lay before you life and death, blessings and cursing. Choose life so that you and your descendants may live." Remember, we cannot always control the events and circumstances of our life, because those events and circumstances are the result of other people's choices and other people's decisions, other people's thinking. But there is something you can control and that is your reactions to those events and circumstances of life. Your reactions to events and circumstances of life are the choices that you make about what you're doing with your life and how you are going to cope every day.



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*Health*

700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	01/16/2015 2:00 pm
#01162015						

CBN News Medical Reporter Lorie Johnson Reports: Inflammation is a serious health problem you can't even feel, but it does tremendous damage, especially over a long period of time. Scientists say inflammation could be behind heart disease, arthritis, cancer, ADD/ADHD, diabetes, stroke, migraines, thyroid issues, dental issues, and more. Although inflammation is caused by toxins like cigarette smoke and environmental pollutants, the biggest factor is an inflammatory diet. Many of the foods we eat cause inflammation and simply avoiding them can lead to immediate and dramatic improvements. Then on top of avoiding the bad foods, adding anti-inflammatory foods to your diet creates an even healthier you. Many people who follow an anti-inflammatory diet also lose weight. Mark Sisson is a leading expert on an anti-inflammatory diet. At age 60 he is the picture of health: He has the body of a man half his age, inside and out. He does not suffer from any diseases or chronic conditions and doesn't take any medications. But he hasn't always been this healthy. His anti-inflammatory diet changed everything. Sisson follows the Paleo Diet. Last year the Paleo Diet was the number one searched diet on the Internet and Sisson's is the top Paleo Diet website. He's been studying nutrition research for the last 25 years and writes about his findings on "Mark's Daily Apple." The Paleo Diet is about avoiding foods that cause trans fats or industrialized Omega-6 fats, and very little or no dairy. Sugar weakens your immune system and causes insulin problems. Wheat treats your body much the same way. In fact, many people who follow the Paleo Diet stop eating all grains, such as rice, corn and oats, in addition to wheat. Sisson didn't even know wheat was causing him problems until he stopped eating it. Highly inflammatory trans fats and industrialized Omega-6 fats are Paleo no-nos. Trans fats are man-made oils that have been hydrogenated, meaning they have been infused with hydrogen for the primary purpose of prolonging the shelf-life of a processed food. Therefore, most trans fats are in packaged foods. You can recognize whether a product contains a trans fat by looking at the list of ingredients. If you see the word "hydrogenated," it's in there. Vegetable shortening and margarine are also trans fats. Industrialized Omega-6 fats are also highly inflammatory. Theoretically they could be considered safe if consumed in equal amounts as Omega-3 fats, such as fish oil. But the average American consumes 20 times the amount of Omega-6 fats as Omega-3 fats, and this imbalance causes inflammation. Industrialized Omega-6 fats are the vegetable and seed oils. These oils are on many grocery store shelves in the form of vegetable oil, corn oil, peanut oil, safflower oil, sunflower oil, and soybean oil. The Paleo Diet advises followers to steer clear from these oils as well as canola oil. The Paleo Diet also eschews dairy that can cause inflammation, allergic reactions, and stomach problems. People considering the Paleo Diet may wonder, after giving up sugar, grains, trans fats, industrialized Omega-6 fats and dairy, what's left to eat? As it turns out, a lot! Healthy fats include things like avocados, nuts and seeds, olive oil, fish oil, and coconut oil. Coconut oil is one of many saturated fats that the Paleo Diet encourages. Saturated fat from beef and pork are also encouraged. The endorsement of saturated fat is controversial. Some health professionals believe saturated fat leads to heart disease and should not be consumed. However, many recent studies, which are very reliable in that they are large and exhaustive, find no evidence that eating saturated fat is bad for your heart. Nevertheless, much of the medical community still relies on industry standards from the past that condemn the consumption of saturated fat, though the number of people holding to that belief is reducing every year. Of course, any diet is best when combined with exercise. Sisson combines the Paleo Diet with what he says research proves is the best exercise: a three-fold plan of slow, steady movement, occasionally lifting weight, and a series of all-out sprints. Most of us know a sedentary lifestyle is hazardous to our health. But that doesn't mean we have to overdo it in the opposite direction by killing ourselves at the gym. Sisson said his research shows simple movement, such as walking, and very slow movement at that, not even breaking a sweat, is what's best for our health. But the key is to do it a lot. For those of us who have desk jobs, this can be a challenge. Sisson points out

that walking before and after work, and taking several walking breaks throughout the day can make a huge difference. Sisson also recommends lifting some weight about twice a week. This does not mean you must purchase a gym membership and lift dumbbells twice a week. In fact, he uses his own body weight as resistance, and so can you, by doing push-ups, lunges, sit-ups, pull-ups, and so on, and just by lifting heavy objects in your daily life. Sisson said the latest research in sports medicine proves the value of sprinting. Sprints are short bursts of aerobic activity, such as running, biking and swimming, where you exert 100 percent of your total energy. Sprints typically last only 30 seconds or so. Sisson said only a few sprints once a week will yield results. In addition to a good diet and exercise plan, a healthy lifestyle relies on proper sleep. Your body repairs itself when you sleep. Without enough sleep, our immune system suffers and we increase the secretion of hormones that make us hungry. If you have trouble getting to sleep at night, go without any caffeine after noon and avoid all electronics at least one hour before bedtime. So for an anti-inflammatory diet, try the Paleo eating plan. It's known for what it's missing: sugar, grains, trans fats, industrialized Omega-6 fats and dairy. That way you'll be left eating foods that keep you thin and healthy.

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*Health*

700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	02/17/2015 2:00 pm
#02172015						

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

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700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	02/20/2015	2:00 pm
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#02202015

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

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*Health*

700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	03/02/2015	2:00 pm
#03022015							

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

example, white potatoes are high sugar impact, sweet potatoes are medium sugar impact, and pumpkin is low sugar impact. White rice is high sugar impact, brown rice is medium sugar impact, and wild rice is low sugar impact. A pasta sauce with sugar added is high sugar impact, with no sugar added is medium impact, and crushed tomatoes, olive oil and basil is low sugar impact. Virgin advises steering clear of artificial sweeteners. Research shows people who consume a lot of them actually tend to gain more weight because they continue to fuel the craving for sweet foods. Edelman said sometimes artificial sweeteners can be helpful when people are trying to break their addiction to sugar. However, he admits they should be used with caution. The best advice is to be aware and "just say no" to sugar... in obvious places like desserts, as well as the hidden ones.

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700 Club CBN	1:00:00	5:00	REC	PA/O/E	01/26/2015	2:00 pm
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NewsWatch

#01262015

CBN News Reporter Heather Sells Reports: Many Americans are not saving for retirement, and if they are, they're not saving enough, according to a recent survey. Nevin Adams, co-director at the Washington, D.C.-based Employee Benefit Research Institute's Center for Research on Retirement Income, says about two-thirds of Americans are saving but they may not have enough when it comes to their retirement years. Adams helps to oversee EBRI's annual Retirement Confidence Survey, a fixture for 24 years. The 2014 survey found that just 18 percent of Americans are very confident in their ability to afford a comfortable retirement, 37 percent are somewhat confident, and 24 percent are not at all confident. Fifty three percent of workers say cost of living and day-to-day expenses are major reasons for not saving or not saving more. Existing debt is also an obstacle. Adams noted that our culture's focus on spending and instant gratification also gets in the way. Some believe our lack of saving has the United States headed toward a "retirement crisis." Adams doesn't go that far but notes individuals who don't save end up costing society. Financial advisor Robin Tull, founder of Tull Financial Group in Chesapeake, Virginia, said many people lack an overall plan. Adams believes that many fear that they'll need a huge, unattainable amount for retirement and so never find out just how much they'll need. EBRI developed the program to help Americans determine how much they need for retirement. "Choose To Save" offers a quick retirement calculator tool, the "ballpark estimate," that helps people determine a specific savings plan. Married couple Amanda and Eddie Grizzard are two people who started saving early. They saved individually before marriage and began as a couple the month they married. The Grizzards used a financial planner to determine how much they needed for retirement. Amanda said she was inspired by friends and The 700 Club. The Grizzards save a pre-determined amount every month that is automatically deducted from their paychecks. They add to it when there's overtime pay and they live frugally. The Grizzards have also kept saving even during bad times. Experts say holding off saving when the markets are down is a common retirement saving mistake. Tull said many people developed that mindset during the recent recession. Another common mistake for many is overestimating how long they'll work. Here's some basic retirement savings tips: 1. Plan on living longer than you think you might as life spans continue to grow. 2. Save extra for healthcare because those costs going forward are difficult to estimate. 3. Maximize your employer's 401K match and look into a Roth retirement account. 4. Know why you are saving. Paint a picture of your retirement. It will sharpen your focus and motivation. For Julia and Chris Williams, investing is part of living a godly life and saving as they start their family brings them peace. In fact, the Williams are thinking beyond retirement. They're following Proverbs 13:22 which says, "A good man leaves an inheritance to his children's children." That means not only planning for their retirement and for their son Anderson, but for his children as well.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment Source</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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Civic

Joy In Our Town # 1403	29:30	13:00	L	PA/O	01/20/2015	04:00am
					01/22/2015	04:00am
					01/29/2015	04:00am
					02/03/2015	04:00am
					02/19/2015	04:00am
					02/24/2015	04:00am

Segment A-Host, Deanna Andrews, welcomed Krispen Walker from the Orange County District Attorney's office as they discuss synthetic drugs. Both Synthetic Marijuana and Bath Salts are both classified as "Designer Drugs," and their effects mimics cocaine and meth. What makes Synthetic Marijuana different from regular is that it is a plant based material that is sprayed with toxic chemicals. It is stronger than regular marijuana, very addictive and harder to get off. There has also been a rise in crime and deaths associated with Synthetic drugs. Laws have made it illegal to possess or sell synthetic drugs.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment Source</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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Civic

Joy In Our Town # 1441	29:30	13:00	L	PA/O	02/09/2015	10:30am
					02/12/2015	03:00am
					02/13/2015	12:00pm
					02/14/2015	03:00am

Segment 1-Host, Wayne Ozio, welcomes Jana Uribe, partner of Pollans and Collen, P.C. in Beaumont, TX. Jana talks about the Affordable Care Act. People are waiting too long to file. If you have not signed up for Affordable Care Act you will be penalized \$95 per person. Please enroll in the exchange ASAP. If you are contract labor you can possibly save receipts for gas and mileage etc.

Segment 2-Host, Wayne Ozio, welcomes back Jana Uribe, partner of Pollans and Cohen, P.C. Jana talks about income tax. Keep good records and use a good tax software. Open a different bank account for your business separate from your personal account. It's never too early or late to start a retirement plan like a 401k. Self-employed have different plans similar to a 401k.



<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment Source</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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*Civic*

Joy In Our Town # 1405	29:30	13:00	L	PA/O	03/09/2015	10:30am
					03/10/2015	03:00am
					03/12/2015	03:00am
					03/13/2015	12:00pm
					03/14/2015	03:00am

Segment 1-Host, Michelle Parker, welcomed Sarah Dupre, Public Information Officer with the Texas Department of Transportation (TXDOT). They discuss various highway construction projects in the area. TXDOT started over a year ago work to redo lanes to improve traffic flow. They are going to completely rebuild the Neches River Bridge (Purple Heart Memorial Bridge) which should take a few more years to complete. In another construction area, they will on the Cow Bayou Spring Bridge, it will undergo a facelift. For information on when bridges and roads will be open to the public, they can check with local media and social media outlets. To help with the congestion in Beaumont, Texas Department of Transportation (TDOT) will be working on several of the I-10 overpasses. To cut down on additional traffic jams, construction will be during late evenings and early morning hours.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment Source</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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*Youth*

Joy In Our Town # 1403	29:30	13:00	L	PA/O	01/20/2015	04:00am
					01/22/2015	04:00am
					01/29/2015	04:00am
					02/03/2015	04:00am
					02/19/2015	04:00am
					02/24/2015	04:00am

Host, Wayne Ozio, welcomed Ruby Preston from the Boys and Girls Club. The concern they have, is children who do not have a safe place to stay after school. Children who stay at the facility get help with homework, a healthy snack and they organize activities. They have someone to pick up children from the elementary and middle schools. If there is a problem or situation, the staff tries to redirect negative behavior. If a child is struggling with a particular subject, they have staff available for one-on-one or group sessions. A few of the programs they offer are Club 316 where they teach children faith, making good decisions and right choices. An upcoming program for parents "Parent's Night" where parents will come in and talk about their concerns and discuss the things that are going on in the center.

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

*Economy*

700 Club	CBN	1:00:00	5:00	REC	PA/O/E	01/26/2015	2:00 pm
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#### **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, Armando Ramirez, 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.