

# Community Educational Television, Inc.

## *Quarterly Report*

April, May, June 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.*

Health

Family

Public Safety

Crime

Youth

Civic

<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>
	Joy In Our Town # 1606	29:30	14:00	L	PA/O	04/11/2016 04/12/2016 04/12/2016 04/16/2016	05:30 pm 02:00 am 03:00 am 02:30 pm

Segment 1-Host, Amanda Thompson, welcomed Katie Durio, the director of Stable Spirit. Katie talks about Hippo Therapy. Hippo is the Greek word for "Horse". So what that means is using a horse for therapy they work with all stages of Children's disabilities and also with Orth-pediatric disabilities. The horse is the only animal that has the same pelvic movements as a human, which this increases the patients muscles as it would if they were walking. It gives them a greater range of motion.

<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>
	Joy In Our Town # 1436	29:30	14:00	L	PA/O	06/06/2016 06/07/2016 06/07/2016 06/11/2016	05:30 pm 02:00 am 03:00 am 02:30 pm

Segment 1-Host, Amanda Thompson, welcomed Lisa Carroll and Kristin Furnet, nurses at Baptist Hospital of Southeast Texas. They work for the woman's Healthcare Center, helping mothers with their babies. Nurses are there to help new moms with holding, feeding, breast feeding and even changing diapers. Baptist holds education classes with labor, delivery and also tips on breastfeeding.

Segment 2-Host, Amanda Thompson, welcomes back Lisa Carroll and Kristin Furnet with Baptist Hospital Southeast Texas women's Center. They talk about natural child birth verses a C-section. They have classes to prepare the mothers for any unexpected circumstances.

<i>Health</i>	<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 # 1423	29:30	14:00	L	PA/O	06/13/2016 06/14/2016 06/14/2016 06/18/2016	05:30 pm 02:00 am 03:00 am 02:30 pm

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. They are the second biggest private founder of research.

Segment 2- Host, Amanda Thompson, welcomed Clarissa Urban, Regional Outreach Manager for Alzheimer’s association. The first signs of dementia/Alzheimer is short term memory lost and the ability to plan. On their website their association has 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 in different areas.

<i>Health</i>	<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>
	Switch On Your Brain #023	27:30	27:30	REC	PA/O/E	04/06/2016 06/29/2016	5:30-PM 5:30-PM

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.

<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 #024	27:30	27:30	REC	PA/O/E	04/13/2016	5:30 PM

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.

Health

<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>
Switch On Your Brain #025	27:30	27:30	REC	PA/O/E	04/20/2016	5:30 PM

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

<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>
Switch On Your Brain #014	27:20	27:20	REC	PA/O/E	04/27/2016	5:30 PM

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.

<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 #015	27:20	27:20	REC	PA/O/E	05/04/2016	5:30 PM

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>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 #016	27:30	27:30	REC	PA/O/E	05/11/2016	5:30 PM

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>	<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 #017	27:30	27:30	REC	PA/O/E	05/18/2016	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.

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>
Switch On Your Brain #018	27:30	27:30	REC	PA/O/E	05/25/2016	5:30 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses addiction. Did you know that we are designed to be addicted to God? When we hear the word "addiction," we immediately think of negative connotations; people being addicted to heroin, and drugs, and pornography, and whatever. Actually, our brain is wired to be focused on something constantly. All the networks of the human brain, the connectomes, the circuitry, the neurotransmitters, they respond and function in their highest level when we are connected to God. If we are not addicted to God, we will be addicted to something else. An addiction is a pattern that we set up in our mind. It's not just to alcohol and porn and substance and whatever. It is also mindsets that we develop. NIDA is the National Institute of Drug Association. They define addiction as "A chronic (which means on-going) relapsing (which means it's never going to go away) brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences." Basically, their philosophy is that once you're an addict, you're always an addict. That is not what the Word of God says. Your perception of how you are being told about what is going on with you is going to influence your rate of healing. And this is why it is important that we recognize and understand the truths of what goes wrong in our life in the light of scripture. Because the truth is that God made us wired for love. God made us in His image. Various studies have been done by the government to show that drug addicts get out of addiction up to 86% of the time without any help. In other words, addicts get over it through choice. It's not a chronic relapsing disease. We get what we call the "clinical illusion" because the small percentage of people that are in addictions of all types that don't get out, those are the ones that, basically, they say, represent the entire population of the world, which is incorrect. When you set up patterns, it takes time to actually break those patterns. It requires effort. It requires discipline. It requires desperation. You've got to be desperate to change. Because your brain has to obey your mind, by a decision of your mind to change and to get through the thing and to quit and to stop and to change those thoughts, you actually will redesign your brain. Your brain has to obey you; you are not a victim of your biology. So how can you develop your addiction to God? Well, it's making a decision, number one: You need to follow Jesus Christ. That's your most important choice that you ever make in your life. Addiction to God is building this relationship; constantly talking, constantly communicating, in addition to reading your Bible, praying, and worship. It's setting up this internal dialogue with God. That creates really amazing good addiction patterns in your brain.

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>
Switch On Your Brain #019	27:30	27:30	REC	PA/O/E	06/01/2016	5:30 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "Psychiatric Labels." Schizophrenia, bipolar depression, depression, anxiety disorders – these are labels that are defining and identifying symptoms, but not necessarily telling us what's going on. We have a tendency as humans to try and label things. But the minute you label someone, you've literally put them in a box. Labels lock you in and this is what happened with the world of psychiatric labels. You know, the psychiatric labels that we are becoming so familiar with, like OCD and anorexia, and ADHD, and post-traumatic stress disorder. These are all describing very definite things that are happening, definite things that are going on in people's minds. But the way that they've been organized and put together into the "Diagnostic and Statistical Manual"

is based on symptoms as patients describe them. Experienced clinicians intuitively understand that there's a blurred line between all these labels. And despite that, they treat them as though they are distinct entities. If we look at the context and try to find the meaning behind why a person is doing what they're doing or manifesting in with mental health issues, it will be far more effective than trying to label them. There is a cry deep down inside of us and this a global cry: "Does anyone out there understand me?" We have to listen to what God says about who we are. We have to turn our view of ourselves and see ourselves through the lens of how God sees us in dealing with life. In order to be able to try and manage a problem, we always like to define it. So, a label, a psychiatric label, tries to put something into a box. And it's not a bad thing, in terms of trying to understand something because if you categorize behaviors, it is a way of understanding so that you can help people. So, a label from that perspective is not a bad thing, if the attempt is to understand deeper and to help others. Where a label becomes a big problem is when you tell people that this who you are and they absorb that into their spirit. They build a network and they say, "I am this," and they become that because what you believe you actually become. All of us are going to be completely different. We can't stick them in a box and give them a medication and write them off and put them in the disabled part of society. These are our people. These are our brothers and sisters, and uncles and aunts and members of our churches. We need to bring them back into Milieu (Talk) Therapy. We need to walk alongside them. We need to not judge them. We need to help them take responsibility, teach them, help them to run a disciplined life, etc.

<i>Health</i>	<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>
	Switch On Your Brain #020	27:30	27:30	REC	PA/O/E	06/08/2016	5:30 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "The Disordered Mind." The difference between a disease and a disorder is that you can control a disorder. But that is a choice. And if you choose well, you move into mental health. If you choose badly, you move into mental ill health. So, if you make a good choice, you build healthy thoughts, which generate life. If you make a wrong choice, you build unhealthy thoughts. It's not that you have a disease in your brain. It's that you have a disorder and your brain can rewire. Disorder is the result of incorrect thinking. A disordered mind is a chaotic mind filled with cluttered rogue thoughts of anxiety, worry, and all manner of fear-related emotions send out the wrong signal right down to the level of the DNA. Some research that just came out very recently from Stanford shows that instead of there being a distinct neurological pattern for each type of disorder, for example, schizophrenia would have this type of brain signature; and bipolar this type of brain signature; and anorexia this type of brain signature; and each of those having this type of genetic signature. What they've actually found is that all the different psychiatric disorders actually have the same kind of brain damage. And what's very interesting is the areas of the brain that show damage are the actual areas that follow the path of thought formation. We're thinking beings. We think all day long. We're made in the image of a thinking God. And as we are thinking, we are building thoughts. And that building of thoughts follows a certain pattern in the brain. What's important to understand now is that your thinking is so powerful that you change the physical nature of who you are. You can choose to build your brain, you can choose to destroy your brain. Your brain simply responds to the mind and the body responds to the brain. You are not a victim of your biology. You are a victor over and above your biology.

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>
Switch On Your Brain #021	27:30	27:30	REC PA/O/E	06/15/2016	5:30 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses psychotropic medications. Research shows that no one single psychotropic does any good for any brain. It actually creates a new neurological disorder. It doesn't matter what meds you have taken, what you've been told to do, you can change it with your mind. So, when we take a biomedical approach to medication, what we will see is a disease that needs a medication. But, actually, mental illness is not a disease and it doesn't need a medication. It is a very serious thing, but it's a mind disorder and it needs a different type of approach. Unfortunately, there's an entrenched myth in society. And it really is a theoretical myth that has just grown. And that is that medications are going to rebalance the brain. It also implies that the whole cause of mental disorder is biological or genetic or chemical. Unfortunately, if you look at the research, we've kind of been led to believe that a drug will actually renormalize the brain and this is really not true. What drugs do is they change the brain, and not necessarily for the better. Psychotropic drugs are things like your benzodiazepines, which are things like valium. You get your SSRIs, which are things like Prozac. And then, you get your anti-psychotic drugs that are given for things like schizophrenias. What's very interesting is that these drugs were initially stumbled on by mistake. They were developed for surgery and they saw that they had a mood-altering affect, and at that point, the world of psychiatry had mental health be classified as a disease. There's been an increase of use of psychotropic drugs and a reduction of more psychological talk-based intervention in helping people deal with mental health. Mental health is not being dealt with like it should. There's hundreds of references that you can go through and research this concept of what medication does to your brain. Once you're more informed, you then go to your doctor. You speak to your doctor. Find a doctor that will work with you and work on a plan to reduce your medications in a way that's going to work for you. You can't just reduce medications. You also have to address what is going on in your mind. Because you got there with your mind, so you're going to get out of it with your mind. Seventy-five to ninety-eight percent of mental, physical, emotional illnesses today are coming from our thought life. So, as you are gathering that data, that's a decision of your mind, the decision of your mind to go and read the resources and get informed about this. That is a decision of your mind. It's also a decision of your mind to be desperate to change and to be prepared to work through the change. In the same way that your brain has structurally changed because of the medication, your brain can structurally change again because of your mind, because of your love, power, and sound mind being able to change your brain.

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>
Switch On Your Brain #022	27:30	27:30	REC PA/O/E	06/22/2016	5:30 PM	

Today on Switch On Your Brain Dr. Caroline Leaf discusses directing your rest. Directed rest means being able to focus, being able to do what it says in Proverbs 4:20-22, which is pay attention to my words, direct and focus your attention. When you do that, a healing comes in your body. You change. Directed rest activates networks inside the brain. When you switch off to the external and you switch on to the internal networks of your brain, they kick into high gear and you actually think with more wisdom, more clarity. So, the Psalm 46:10, which says, "Be still, and know that I am God," is really important when it comes to activating the internal networks of our brain. Directed rest literally means that we focus in a different way, we pay attention in a different way that actually activates our brain to

function at a much higher level. A disciplined mind where you're focusing on something makes learning take place. We call this the "Quantum Zeno Effect" in quantum physics. "Quantum Zeno Effect" means the repeated effort that makes learning take place. Now research studies are pouring out showing that when we direct our mind, when we learn, we change the brain. Your brain is designed to be restructured and renormalized. It just takes a lot of disciplined mind work. We are designed to direct our rest. Scientific research has actually shown us that when we direct our rest, that means that we switch off the external, we switch on to the internal, and we actually organize our mind. And when we're focusing on God, we get this incredible sense of peace and calmness. Directed rest means that we actually think within ourselves. We actually go inside of our own heads and we think internally and that helps us to bring order and focus back into our minds. What's the benefit? What they have found from the research is when you order your thoughts like this, your brain grows networks. You activate neuroprotection, which means you protect against mental ill health. You actually bring health into your body. So prayer works. Thirty seconds a day that you build up cumulatively into a minimum of seven minutes is a number that scientists give us for making incredible physical change inside of your brain.

<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 NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	05/27/2016	2:00 PM
#05272016								

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>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 # 1407	29:30	13:30	L	PA/O	05/02/2016 05/03/2016 05/03/2016 05/07/2016	05:30 pm 02:00 am 03:00 am 02:30 pm

Segment 1-Host, Michelle Parker, welcomes Kevin Trinkle, Staff Chaplain for Baptist Hospitals of Southeast Texas for Beaumont and Orange, Texas to inform viewers about the end of life issues. Loved ones need to let their family members know what they want to do for the end of life issues. It is best to have a conversation before the death is eminent.

Segment 2- Host, Michelle Parker, welcomed Chaplain Brad Pennison with the Beaumont Fire Rescue to inform viewers about fire safety. The most common fires are cooking, heating and smoking material. A preventable tool is a working smoke detector. Smoke detectors need to change batteries on a regular basis and one way to remember is to change the batteries when is it time to change the clocks due to daylight savings time. Captain Pennison recommends that families have a plan in case of an emergency and for children not to re-enter a home that is on fire.

<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 # 1608	29:30	13:30	L	PA/O	05/23/2016 05/24/2016 05/24/2016 05/28/2016	05:30 pm 02:00 am 03:00 am 02:30 pm

Segment 1-Host Wayne Ozio welcomes Angela Gotte and Tina Spangler from Bucker Children and Family Services in Beaumont, Texas. Angela is the Foster Home Developer. She speaks about the need for more foster families in southeast Texas. She tells about her personal experience being a foster parent and the love she has for these children. A foster child no matter what the situation, needs to know what and how real love feels. These children are important.

Segment 2- Host Wayne Ozio welcomes Tina Spangler, Project Hope's Supervisor at Bunker Children and Family Services in Beaumont, Texas. Tina talks about the high risks of abuse and neglect involving children in Southeast Texas. There are many families lacking Parenting skills and support. Many possibly because of how they themselves were raised. Project Hope educators will go into the homes to

help provide support and give families the education they need to promote their children in healthy development, to help prepare them for success in school.

<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 # 1431	29:30	14:00	L	PA/O	05/30/2016 05/31/2016 05/31/2016 06/04/2016	05:30 pm 02:00 am 03:00 am 02:30 pm

Segment 2-Host, Wayne Ozio, welcomes back Dan Mahar, the executive director of the southeast Texas food bank in Beaumont, TX. They have a relationship with a foundation, which gathers school supplies from major retailers around the country. They have a truck load of school supplies that they give to the food bank for children with families that have a low income. They try to give children the chance to be on a level playing field.

<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 # 1515	29:30	29:30	L	PA/O	06/20/2016 06/21/2016 06/21/2016 06/25/2016	05:30 pm 02:00 am 03:00 am 02:30 pm

Segment 1-Host Wayne Ozio welcomes Trooper Stephanie Davis with the Beaumont Department of Public Safety. Trooper Davis talks about child passenger safety. Infants need to be in a car seat facing the rear until they are 2 years of age. When a child turns 4 years old or 40 pounds they move up to a booster seat facing the front of the car. If you have any questions please call or stop by your local police department. Please bring your car seat and child so that the officer can show you the proper way.

Segment 2-Host Wayne Ozio welcomes back Trooper Stephanie Davis with the Beaumont Department of Public Safety. Trooper Davis talks about distractive driving. Distractive driving is when someone takes their hands off the wheel, eyes off the road and mind off of driving. This is very dangerous. Cell phones are one of the biggest distractions today. Don't text and drive! Kids are another distraction. While the parent is driving sometimes they try to discipline the child and they stop focusing on driving. Eating can also be a distraction. Please always be aware of things around you and be a safe and cautious driver!

<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	06/27/2016 06/28/2016 06/28/2016 07/02/2016	05:30 pm 02:00 am 03:00 am 02:30 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 road ways. 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>	<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 NewsWatch	1:00:00	5:00	REC	PA/O/E	04/04/2016	2:00 PM
	#04042016						

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>Program Title</i>			<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700	Club	CBN	1:00:00	5:00	REC	PA/O/E	04/15/2016 05/25/2016	2:00-PM 2:00-PM
#0415-05252016								

CBN News Reporter Mark Martin Reports: Author and activist Erin Merryn is on a mission to protect children from being sexually abused. With millions of victims in the United States alone, the Illinois woman is taking her fight to all 50 states and beyond. *People* magazine named her one of 15 women changing the world. With a bubbly baby girl, supportive husband, and infectious personality, you'd never guess Erin Merryn has endured tragic, unimaginable acts. This vibrant 30-year-old is a survivor of sexual abuse. Merryn said it started when she was just 6 years old at her first sleep-over. She said the uncle of her best friend sexually abused her during the night. The first time. Merryn never told anyone, and she says until she turned 8 and a half, when her family moved from the area, the man repeatedly sexually abused her. He even brutally raped her just weeks shy of her seventh birthday. She said he continued to threaten her to keep quiet, and she complied. Even after she and her family moved to a new neighborhood, sexual abuse continued. Merryn said this time the perpetrator was an older cousin, someone she had viewed as a brother figure. Merryn wrote about her despair in her childhood diary. Merryn finally broke her silence when her younger sister told her that she, too, was being sexually abused by the same cousin. The two told their parents who believed them 100 percent. The next step was telling their story to a forensic investigator at The Children's Advocacy Center of North and Northwest Cook County. More than 900 of these non-profit centers exist around the country. The room where Merryn found her voice has a two-way mirror. As she shared her story with a trained therapist, behind that mirror investigators listened, collecting information to build a case against a perpetrator. Merryn said her cousin confessed to the crime, was sentenced to seven years probation, and put in a sex offender treatment program instead of receiving jail time. However, her early childhood abuser was never prosecuted. What Merryn and her sister went through is by no means isolated. Merryn eventually went on to become a social worker at a counseling agency. But God had different plans for her to help children and teens on a national and international level. He used her childhood diary to spark a new idea. At that, Erin's Law was born. The law requires age-appropriate personal body safety and sexual abuse prevention curriculum for pre-kindergarten through 12th grade students in public schools. It

educates kids on safe touch, unsafe touch; safe secrets, unsafe secrets; how to get away and tell. Merryn is on a mission to find either a state senator or representative in each state to sponsor the bill, draft it, and introduce it to lawmakers for an eventual vote. Erin's Law is spreading like wildfire, even drawing the attention of celebrities like Oprah and Katie Couric, and magazines like *People* and *Glamour*. In a little more than four years it's passed in 21 states and pending in 22, with seven to go. It's a legacy she'll leave for her baby girl and millions of other children who, because of a law, will be protected from the grip of sexual abuse.

<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 # 1507	29:30	29:30	L	PA/O	04/04/2016 04/05/2016 04/05/2016 04/09/2016	05:30 pm 02:00 am 03:00 am 02:30 pm

Segment A-Host, Wayne Ozio, welcome Darla Daigle, Rape & Suicide Crisis Center in Beaumont, Texas. Darla speaks about the crime of sexual abuse in young children. The average age is about 8 years old. Most predators are people that the child knows, like a family member or family friend. Parents can always look for the child's reaction or fear of a person or child in the child's behavior that can give a clue that there may be a problem. If you believe that a child is in danger please call the police.

Segment B-Host, Wayne Ozio, welcomes back Darla Daigle, Rape & Suicide Crisis Center in Beaumont, Texas. Darla speaks about one of the number one crimes in this area is human Trafficking. Human Trafficking is a very big issue in our community with underage girls and boys. The main way a child gets involved is they are run-a-ways with no place to go. The trafficker knows how to get a child to start trusting them by buying them food, clothes, etc. The trafficker gets a child in another city or state then they start selling the child which the trafficker can make lots of money because they can sell the child over and over again.

<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 # 1607	29:30	29:30	L	PA/O	04/18/2016 04/19/2016 04/19/2016 04/23/2016	05:30 pm 02:00 am 03:00 am 02:30 pm

Segment 1- Host Michelle Parker welcomes Sergeant Bill Davis (retired). He is an advocate for crimes against children. He has a passion for child safety. As parents, it is your responsibility to watch out for predators not only strangers but family members and close friends. Teach your children early that they can come to you

about anything that they feel uneasy about or afraid of a certain person. As a parent if you have a “gut” feeling act on it! Always be aware of people in your children’s daily life!

<b>Crime</b>	<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 # 1429	29:30	29:30	L	PA/O	04/25/2016 04/26/2016 04/26/2016 04/30/2016	05:30 pm 02:00 am 03:00 am 02:30 pm

Segment 1-Host Wayne Ozio welcomes John Kimbrough, District Attorney from Orange County. All the crimes, I believe are personally driven by addictions, at least 95% of them, such as burglaries , copper theft, etc.. The American people that have an addiction problem are going to get their drug of choice at any cost. We the police department can bust the major drug dealer, put him in jail for up to 40 years, but then someone else is going to take over his position and then it’s a vicious cycle all over again.

Segment 2-Host Wayne Ozio, welcomes back John Kimbrough, District Attorney from Orange County. Cell phones play a big part in our lives today, and that is the same for criminals. We have learned that cell phone technology is a big part in law enforcement now. With the technology today you can delete text messages, and you think that they are gone forever, but the police department has new technology to recover all the deleted information.

<b>Youth</b>	<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 # 1606	29:30	29:30	L	PA/O	04/11/2016 04/12/2016 04/12/2016 04/16/2016	05:30 pm 02:00 am 03:00 am 02:30 pm

Segment 1- Host Amanda Thompson welcomes Dr. Rebekah Schaper and Ms. Katie Durio. Dr. Schaper is with Kids therapy that has partnered up with Katie Durio at Stable Spirits in Rose City, Texas. Kids Therapy is a physical, Occupational and speech therapy company. They specialize in pediatric therapy and their services also include aquatic therapy, hippo therapy and orthro-pediatric therapy. They perform therapy in a home setting and childcare setting.

<b>Youth</b>	<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 # 1607	29:30	29:30	L	PA/O	04/18/2016 04/19/2016 04/19/2016 04/23/2016	05:30 pm 02:00 am 03:00 am 02:30 pm

Segment 2- Michelle Parker, welcomes back Percy Pitzer, Founder and CEO of Creative Correction Education Foundation. Mr. Pitzer started Creation Correction education foundation to help children with parents in prison. The foundation provides scholarships for all children whose parents are inmates in Texas and nationwide. The children need to apply for a Pell grant and enroll in a credited school then the money will be sent to the school. The foundation does not look at the child's GPA. The foundation is here to supply help and encouragement for the children in need. These children need to know they do have someone encouraging them to be a successful adult in life.

<b>Youth</b>	<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 # 1425	29:30	29:30	L	PA/O	05/16/2016 05/17/2016 05/17/2016 06/21/2016	05:30 pm 02:00 am 03:00 am 02:30 pm

Segment A-Host, Amanda Thompson, welcomes Jody Holton, public relations educator for the YMCA in Port Arthur, Texas. In the lobby, they have a coffee bar, table and chairs for the members to have fellowship time. Fellowship time is very important. Some members' exercise for about 20-30 minutes and then go back to the lobby and drink coffee and have fellowship. The YMCA is very proud to be a part of the silver sneaker program. They have been a part of the silver sneakers program for about 8 years now.

Segment B-Host, Amanda Thompson, welcomes back Jody Holton, public relations educator for the YMCA in Port Arthur, Texas. The YMCA sports program is a non-competitive atmosphere. It is to teach skills, sportsmanship and how to play well with others. In the fall, they have indoor soccer from ages 3-10, and also flag football, cheerleading and basketball is year round.

<i>Youth</i>	<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 # 1431	29:30	29:30	L	PA/O	05/30/2016 05/31/2016 05/31/2016 06/04/2016	05:30 pm 02:00 am 03:00 am 02:30 pm

Segment 1-Host, Wayne Ozio, welcomes Dan Mahar, the executive director of the Southeast Texas Food Bank in Beaumont, TX. They have a program called the back pack program all over the Golden Triangle, the schools are seeing such a high risk of children on the free lunch program, the food bank gets in contact with the school, then the school gets in contact the students that are in need of food over the weekend.

<i>Youth</i>	<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>
	700 Club NewsWatch	1:00:00	5:00	REC	PA/O/E	05/27/2016	2:00 PM
	#05272016						

CBN News Reporter Abigail Robertson Reports: A street drug called "molly" is gaining popularity with high school and college kids. Many think it's a harmless, non-addictive party drug, so they don't think twice about taking a little molly before a night out with friends. But one mother's tragic story shows how that way of thinking can have deadly consequences. Two years ago, Dede Goldsmith awoke to a call in the middle of the night telling her that her daughter was dying in a hospital hours after she had collapsed inside a concert venue. Nineteen-year-old Shelley Goldsmith, a high school valedictorian and college honor scholar, had taken the drug known as MDMA, commonly called molly, on her way to a concert. Elyse Eilerman was a friend of Shelley's who was with her the night she passed away. The same weekend Shelley died, MDMA claimed the lives of two other young adults attending a music festival in New York. Molly, short for "molecule," is a stimulant that takes users on a six- to eight-hour euphoric high. It is thought to be a pure form of its parent drug ecstasy, but in reality, there is hardly anything pure about it. Recent studies show that only 15 percent of molly drugs sold are really what they claim to be. A third sold under that name contained substances such as cocaine, bath salts, and baking soda, while more than half contained no MDMA at all. Many people think only the tainted molly carries fatal consequences, but even the purest form can be lethal. So why is this drug so appealing to college kids around the country? Eilerman believes it's because people focus more on the high and less on the danger. Dr. William Strudwick, director of the Emergency Center at Washington's Providence Hospital, says users take molly for the sense of euphoria the drug gives them, but they don't consider the negative consequences it can have on the body. These other problems include seizures, heart attacks, severe dehydration, and hyperthermia. Doctors ruled Shelley Goldsmith's cause of death as hyperthermia because her body temperature rose to fatal levels. Her autopsy revealed MDMA was the only substance in her system at the time of death, proving the drug's deadly potential. Eilerman said that taking molly in a crowded, hot venue puts you at an even greater risk of fatal reactions to the drug. Since Shelley's death, many people close to her are raising awareness about the dangers of this so-called harmless drug. Her mom is urging lawmakers to amend the 2003 Rave Act, an act that was put in place to shut down underground raves where promoters encourage illicit drug use. The current law discourages organizers from using commonsense safety measures to protect their patrons. Goldsmith said venue operators won't implement small safety measures like free water, cool down spaces, and appropriate

number of medical personnel to deal with emergencies because they fear it could be seen as encouraging drug use and subject them to criminal prosecution. She believes if Shelley had known more about molly and its risks, she would be alive today. This would have been Shelley's senior year at the University of Virginia. After her death, Eilerman helped start the Shooting Star Foundation, to spread the word around the university community about the dangers of drug use. Each year on the anniversary of Shelley's death, they commemorate her life and share with students lifesaving information that could help others. Eilerman and the members of the Shooting Star Foundation have been working hard to encourage their peers to think twice about the risks of taking molly in hopes of preventing other tragedies like the death of Shelley Goldsmith.

<i>Civic</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 # 1609	29:30	14:00	L	PA/O	05/09/2016 05/10/2016 05/10/2016 05/14/2016	05:30 pm 02:00 am 03:00 am 02:30 pm

Segment 1-Host, Wayne Ozio, welcomes Gregory Hughes, Media Relations Specialist for FEMA. Gregory talks about the Natural Disaster program that FEMA offers for people in need. FEMA is here to help families that are in need of temporary housing, making their homes livable again, and also helping with clothing as well. When a natural disaster hits your family it destroys all areas of your life. FEMA's mission is to support our citizens and first responders to ensure that as a nation we work together to build, sustain, and improve our capability to prepare for, protect against, respond to, recover from, and mitigate all hazards.

Segment 2- Host Wayne Ozio, welcomed Sushell Kumar, Small Business administration. Sushell Kumar partners up with FEMA to assist with a Natural Disaster. When a Natural Disaster hits this area it not only destroys and affects families but also small business as well. Small businesses help and support to get back up and running again.

## **ADDENDUM**

1. "We Speak Ingles Y Espanola", 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.