

# **Trinity Broadcasting Network**

***WTBY-TV***

1<sup>st</sup> Quarter, Quarterly Report

**January, February, March 2016**

*Results of ascertainties from civic leaders, responses by telephone from WTBY viewers, from the printed media, comprising newspapers, magazines, publications and from television and radio whenever possible.*

**Civic Affairs**

**Crime**

**Economy**

**Families**

**Health**

**Substance Abuse**

*The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.*

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

<b>Joy in Our Town #1601</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>1/04/16 1/05/16</b>	<b>6:30pm 4:30am</b>
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Host Jacqui Phillips interviews Herbert Bullock Jr who is the Community Health Director in the Office of Social Development in Poughkeepsie. The issue is Civic Affairs and the topic is Civic Affairs in Poughkeepsie. Our main goal is community development as well as business development. We are the liaison between the community, the business, and the non-profits with the City, State and Federal Government. We go forth and assist with any kind of grants which non-profits would need assistance with the municipality at it is the person in front of that grant, as well as helping businesses go forth and open up a store on Main Street, or open up a restaurant on the South side. The Social Development job is to go forth and be that conduit to help that business or non-profit or any constituent that wants to help the City move forward. One of the major, major, major issues Poughkeepsie is facing as they are so close to the mall. And being that they are so close to the Poughkeepsie Galleria Mall a lot of people go to the malls instead of small businesses. They are working with a lot of non-profits. We build together and we assist low income individuals as well as seniors and housing issues. The city is assisting in helping these individuals with the help from the non-profits to help them get things done as well as beautification of the parks. Those individuals who come to Poughkeepsie and actually want to stay; enjoy the parks so the city is putting in some funds to beautify those parks. We are working on the benefits of constituents, the people of Poughkeepsie that are already here but as you know I'm a transplant of 15 years. I came up here for the beauty of Poughkeepsie. Our idea is to make Poughkeepsie viable for those who are here as well as those who visit so those who visit can say this is a place where I want to visit. I am the type pf person that believes; see something, say something. We have to take ownership of Main Street. It is not just the police's responsibility, it's everybody's responsibility. The City has a number of programs where we reach out to business owners, to constituents. Help us help you. We're getting LED lighting on Main Street which will make it bright. The Capital Improvement plan is a plan in which the Administration as well as the Council have a consultant come in, look at our budget, look at our everything in which we are spending and we're saying what do we need to do to take Poughkeepsie to that next level and that's what we're doing. Housing Development; those who live in Poughkeepsie walk around Poughkeepsie and see there are a number of houses that are empty, a number of houses that are blighted.

<b>Joy in Our Town #1601</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>1/04/16 1/05/16</b>	<b>6:30pm 4:30am</b>
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Host Jacqui Phillips continues with Herbert Bullock Jr. who is the Community Health Director in the Office of Social Development in Poughkeepsie. The issue is Civic Affairs and the topic is Economy in Poughkeepsie. Herbert Bullock mentions that in Poughkeepsie the myth is that they assume the City owns the houses. Unfortunately that's not true. Most of these houses are owned by banks and we know what the financial crisis did to the housing. We are working with developers to try and get these houses back on the tax role and we're working with different non-profits to go forth and put those individuals who are low income, seniors; those who may not be able to afford housing, but maybe can rent at a decent rate. Transportation is a hot topic. A lot of people don't drive in the City of Poughkeepsie. Poughkeepsie is becoming a walkable, as well as a bike-able city, so Transportation is needed. One of the blessings that the city of Poughkeepsie has is that we have Dutchess County here as well so if you miss a city of Poughkeepsie bus there's a Dutchess County bus right behind it. There's a myth that the City of going to give the County their busses. Again, a myth. We do have a number of historic areas and that is one of the loveliest tax credits you can get. If your house is on a historic Preservation list you can get a tax credit. The economy has affected us because as you know Dutchess County was a very big IBM employer and a lot of our constituents worked for IBM. With IBM downsizing, a lot of our constituents were forced to change jobs, forced to move away so it affected our economy as well, as our mom and pop shops closed. Poughkeepsie has suffered because of a lot of jobs that left the area. Economic renewal in Poughkeepsie; we're in a process of assisting businesses, non-profits with revamping what we consider the economic renewal. Opening up new businesses or assisting with businesses that are already here; growth. The City of Poughkeepsie has an economic development fund that we get through HUD that allows us to assist these different entities to move forward and bring individuals to work. One of the things we are doing with a business-tax incentive we're assisting them. A lot of these buildings are old so if they purchase these buildings we send them to the tax assessor to try to evaluate the property at the current, what the building is worth at that time vs. what the tax assessment says. As a community we need to work together. We're working with the walkway and we're looking to put together a community board in our common square

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*Civic Affairs*

<b>Joy In Our Town #1607</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>2/15/16 2/16/16</b>	<b>6:30pm 4:30am</b>
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Host Jacqui Phillips continues with Herbert Stupp, Former NYC Commissioner. The issue is Civic Affairs and the topic is Government- NYC Issues & Taxes. He explains that some people in NYC may think it's normal to have a local, state, federal and payroll taxes. However, it is not normal to have local income tax. Only 5% of the American public have local tax. As evidence a billionaire, warned Mayor Bloomberg's office if they didn't lower the taxes he was going to leave. With him leaving New York State loses over 5 million just in Income Taxes. He said we can eliminate the NYC taxes if we simply reduce the budget of NYC by 1% a year. People are most likely moving to other states that have less tax jurisdiction. For example Florida doesn't have any income or estate taxes. Privatized service is also key in effectiveness to the economy. He also explains that Congestion Pricing is a new tax and a new toll on the East River bridges. This is a new toll or tax on the working people. He states that the tolls should be free. The Medicare tax system is running out of funds. The taxes are amazingly high. We need a President who will pull together both parties to save Medicare as they did with Social Security in extending the life of it as it was running out. Medicare is tougher to adjust because there is so many salaries and innovations in the pharmaceutical market that don't need to be squelched.

<b>Joy In Our Town #1613</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>3/28/16 3/29/16</b>	<b>6:30pm 4:30am</b>
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Host Jacqui Phillips interviews Dr. Fernando Cabrera who is the NYC Council Member of District 14. The issue is Civic Affairs and the topic is Expanding Voting Rights. Dr. Cabrera states that it is important to vote and we lose our right to complain if we don't vote. Certain States were literally won by just a few votes. Every vote matters. Vote your values. Find out the values and views of the candidates when voting. We are at a crossroads of history this upcoming election. In this election we will be electing two Supreme Court Judges. You need to fill out a Registration card which is obtained from the Board of Elections in order to register to vote. During the last Primary Election a little over 5 thousand voted. Only 10% of those registered actually voted. Those who vote on a regular basis receives mailings from the elected officials. You are kept informed. A lot of issues that happen in a community are sometimes determined by small groups of activists because they are kept updated. Also, sometimes Elected Officials are intimidated by the activists. In NYC, the illegal/undocumented cannot vote. However, there is a piece of legislation in effect where residents of NYS can vote for local officials, but not state elected officials. Some issues that affect people from not voting are, for example, the elderly where they are not able to get out to vote. If they contact the official's office they will send transportation to get them there to vote. Get involved in political clubs. Value voting. People take voting for granted, as they have not lost the right to vote yet. It is the duty of the citizens of this nation to vote. Your vote counts. Elected officials look at where the votes come from to put their resources there.

<b>Joy In Our Town #1613</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>3/28/16 3/29/16</b>	<b>6:30pm 4:30am</b>
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Host Jacqui Phillips continues with Dr. Cabrera, NYC Council Member of District 14. The issue is Civic Affairs and the topic is the NYC Council. He explains the different positions/roles of the NYC Council. NYC Council members are responsible for the budget and have hearings on the budget. They have the opportunity to submit legislation requests, such as getting all the statistics of online crime that is occurring. Then they draft it into a bill and then the council member can modify it and from there, introduces it at the City Council meetings and advocates members to be part of it. Then when the Administrator says "yes", this is when it comes into law. This is one example where "Crime Map" was created. You can now go online and see where every crime is taking place. They also do constituent services where people in the community come and ask for help. They have a lot of tenant issues where 50% of people are having problems with their landlord. They also have family law, job development, etc. The Council members also voice concerns of the community. There are 51 Council Members in NYC and each one represents about 168,000 people. They are elected every 4 years and have two term limits. This is a short time as it takes a few years to get established with your network and learn the system, etc. He feels they should extend the term to 12 years. The Mayor has a powerful influential affect and also have two terms. He makes sure the services are delivered expedient, effective and efficient. The Controller submits the budget. They have their agenda and the councilmen have their own. There are no negotiations that go back and forth. They also have the power to do investigations into agencies, to make sure there is no waste. They are the check and balances of the city, in terms of the city's wealth. They are responsible for the hedge funds to make sure what they are putting money into the right stocks. People can help to support NYC Councilmen by meeting with them and getting to know their platforms and learning what they can do to help. Nonprofits, churches, Institutions need to come together to transform their communities.

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<b>Joy in Our Town #1602</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>1/11/16 1/12/16</b>	<b>6:30pm 4:30am</b>

Host Jacqui Phillips interviews Michele Pollock Rich, Executive Director of Grace Smith House in Poughkeepsie. The issue is Crime and the topic of Domestic Violence. She states a lot of people think that domestic violence is just one person hitting another but it's actually much more complicated than that. Domestic Violence is a pattern of what we call coercive control. So these are behaviors that one person uses against another one to control them, to manipulate them into acting and doing things in a certain way. Domestic violence can be physical and that's what most of us are familiar with, but domestic violence is also any kind of sexual violence without someone's consent. Domestic violence can also be psychological or emotional, where there's a lot of name calling, degrading and taking away somebody's confidence. Domestic Violence is also financial abuse; denying someone the way of making a living. Sometimes we call it intimate partner violence. Domestic violence cuts across every economic group, every religion, and every ethnic group. Nationally, the CDC has said that one in three women will experience domestic violence in her lifetime and we believe that here in Poughkeepsie and Dutchess County we are no different, so we'll say that one in every three women will be a victim of some type of domestic violence. An abuser looks just like everybody else. If you know a victim of domestic violence I assure you, you also know an abuser you just don't know that the person is abusive. Warning signs are very important. Warning signs are much more subtle because domestic violence appears on a spectrum so the least amount of control necessary at first to the most amount of control if necessary at the end. Some early warning signs might be someone who is extremely jealous who starts making comments about other people who are looking at you. That possessiveness is a key indicator. Another warning sign, especially with social media is really being intrusive doing things like checking someone's phone, asking for their passwords are some of the other warning signs that we tell people to look for. It can be very flattering if someone is jealous of someone else's attention of you. Jealousy is about control and not about love. A lot of victims don't know or doubt that their relationship is abusive. When some people come to Grace House for counseling they want to know about domestic violence. Not understanding what domestic violence is, is another reason people don't know if they're in an abusive relationship. Other people are embarrassed about their abuse. They've been lying to their friends. So we have love, we have denial, we have embarrassment. Sometimes there's a fear that a victim won't be believed. I would encourage people, if you feel like something is wrong, something is probably wrong. One thing to look for is a real change in a friend or family member's personality. Most victims will deny it although some will come right out and say this is what's been happening to me.

<b>Joy In Our Town # 1611</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>3/14/16 3/15/16</b>	<b>6:30pm 4:30am</b>
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Host Crystal Berger interviews Dr. Keith Campbell, Sr. Pastor & Found of Restoration Christian Ministries. The issue is Crime and the topic of Crime in NYC. He mentions that he grew up in urban life that there is animosity between the community and police because of certain policies that are in place such as being stopped for no reason. This has shifted in a major way under the new police commissioner and Mayor. We need to teach the citizens how to respect authority. As soon as you challenge the authority, then the situation is automatically escalated. Training of the police on urban life is important and giving cultural lessons for those that don't understand and don't deal with different cultures. It is important to bridge the gap between the church and the community and have a voice and communication. NYC has taken major steps in training in how to respond in certain situations which has helped with people that do not have knowledge of urban life. They are bringing the clergy in, educating in the schools, there is a Community Affairs department in the Police Department where they walk around and deal with the community. The church component helps to bridge the gap as they know the people in the community and when people see them, they know them.

<b>Joy In Our Town # 1611</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>3/14/16 3/15/16</b>	<b>6:30pm 4:30am</b>
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Host Crystal Berger continues with Dr. Campbell, Sr. Pastor & Found of Restoration Christian Ministries. The issue is Crime and the topic of Domestic Violence. He explains that domestic violence is any type of abusive, corrosive behavior that is unwanted in any domestic or intimate relationship in the home. It doesn't always measure up to a crime. It can hide in the shadows of control, for example in the control of the finances. It usually almost always crosses over to criminal activity through physical abuse, sexual abuse and also in domestic abuse with children. An example of domestic violence is forcing someone to have intimate relations, even if you are married to that person. Also denying intimate relations is using it as a tool of manipulation in a marriage. Any kind of control in a person's life, such as when they can come and go, etc. Power and control are root causes of domestic violence. . Some cultures accept abusive relationships-where men are supreme in the home and they are not to be challenged. Anyway to inhibit fear into a person is a way of domestic violence. It usually doesn't come out until the problem is beyond containment. Dr. Campbell states to first identify it and know who you are and what your rights are as a person. Know what you should and should not tolerate in a relationship. You can detect abuse on a person by the look of a person, for example a female getting afraid or you can see that they are controlled by the other person. Also when a person is always emotional about home, this needs to be looked into. Call the police if you are aware of this or this is happening to you. There are special courts in place just for domestic violence.

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<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>
	<b>700 Club CBN Newswatch #03292016</b>	<b>1:00:00</b>	<b>5:00</b>	<b>REC</b>	<b>PA/0/E</b>	<b>1/18/16</b>	<b>3:00pm</b>

CBN News Reporter Chuck Holton Reports: Some in law enforcement call it "The Ferguson Effect." It's the growing animosity between police and the communities they serve. With law enforcement officers under intense scrutiny both on and off duty and a spike in violence against men and women in blue, many cops across the nation are thinking twice about the way they do their jobs. Joe Collins is one of them. He's a husband and father of two boys who lives in Blacksburg, Virginia. He's a veteran of both the Marines and the U.S. Army. He's seen plenty of combat. When Collins returned from Iraq, he was looking for the same type of brotherhood he had in the military. And law enforcement seemed like a good fit. But after 14 years with the Montgomery County Sheriff's Department, Collins said police work is not what it used to be. Police work has always been a tough job, and sometimes cops go too far. But violence against the police is rising. So far in 2016, officer deaths by shooting are up 300 percent from the previous year, with a marked increase in ambush-style attacks. In February, police woman Ashley Guindon was murdered responding to a domestic disturbance in Virginia. It was her first day on the job. She was the tenth officer to die in the line of duty that month. Cell phones and surveillance cameras are everywhere, and that takes a toll on law enforcement as well. Many cops today fear their next call could end up as a viral video, possibly ending their career or even their life. Michael Wood agreed. He's an author and contributor to the website PoliceOne.com. The result is that tension on the streets is high. With violence rising, tactics and equipment that were developed by the military are now being used to make policing safer in the face of rising violence. Police deaths in the line of duty have declined by about a third since the 1970s when they hit their peak. But that doesn't necessarily tell the whole story. Battlefield technologies developed in Iraq and Afghanistan have trickled down to police departments across the country and that means an officer involved in a shooting has a much better chance of survival than he did 40 years ago. At the same time they are being subjected to increasing restrictions, cops are being asked to do more with less.

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<i>Economy</i>						
<b>Joy In Our Town #1603</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>1/18/16 1/19/16</b>	<b>6:30pm 4:30am</b>

Host Jacqui Phillips interviews Joe Quattrocchi who is the Public Relations Director of Good Counsel Homes in Poughkeepsie. The issue is Economy and the topic is Families in Hard Economic Times & Single Moms. Joe states that he has seen on an average day at Good Counsel Homes about 90 mothers and children, so they see a lot of people from different environments, different communities. Single Moms are the first people to fall through the cracks and really be hurt by an economic downfall. When food prices go up, other expenses go up. A single mother or particularly a homeless person who has to rely on a lot of (as we say) street prices, costs more to take the subway and he buses. They're going to be the most economically affected right away. Woman typically do have that extra person, if they've got a child or two or three in some cases that are more economically challenged than the male who may not be taking care of a child. Typically the woman are at the front of the economic hardships. A single mother will become homeless faster than a single male. Some of our moms need to get their GED and thankfully that's becoming more accessible. Some of the obstacles for people adequately planning during tough economic times are time. Time is an element; the lack thereof is a big obstacle. Some of the mothers need to be able to find some kind of work to sustain themselves. Finding affordable child-care is a challenge that has not yet been met. As a society we really need to devote more resources, we need to devote more training and try as best as we can to make it accessible and affordable. Some of the moms might need the child care until 6 or 7 o'clock at night. Times changed, needs have changed so to be able to have expandable child care that again, is accessible and affordable. We're not there yet but we need to continue to work on this to make it a much more solid help to our community. One of the things that we do is we take our moms shopping. Primarily we're talking food shopping but 'how much does the label cost as opposed to the generic?' There's a real learning opportunity when you go shopping. What we typically do is we encourage our moms and help them to establish 1/3 of any income they get to put into a savings account. So we encourage them to save in order to build up to that moment when they can go into their own independent living. About 50% of our moms at Good Counsel do work and make sure at least a 1/3 of their money is being saved. We have a lot of what we call Life Skill Programs and everything from parenting to budgeting to nutrition. We do have parenting classes and other things, we'll invite in professionals; nurses and dieticians. Other people who can share their life experiences with our mothers and that's important so they know there are people out there that can share in their life skills programs as we like to call them. We can help them garner some of those skills such as best parenting.

<b>Joy In Our Town # 1603</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>1/18/16 1/19/16</b>	<b>6:30pm 4:30am</b>
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Host Jacqui Phillips continues with Joe Quattrocchi, Public Relations Director of Good Counsel Homes in Poughkeepsie. The issue is Economy and the topic of Housing Needs in Poughkeepsie. He mentions that we do have a homeless problem in Poughkeepsie and if you travel around particularly the inner streets of Main Street you'll see we're not taking care of as many people as we could. So there is a definite homeless problem that needs to be addressed. Certainly our own little way we have at Good counsel a focus on pregnant women who are homeless and their children. There is a definite lack of affordable housing. We did have that bubble not too long ago. There was a housing bubble where houses were overpriced and then you get a crash; you know, what goes up must come down. And unfortunately who suffers the most, but the poor? The affordable housing has been an issue in Poughkeepsie and around our region. We try to ease some of that burden.. A lot of times the non-profit sector does a lot better job of caring for the homeless than your Government situation. We do have house rules, but admission into our program is based on your level of homelessness. Depending on their state of emergency we'll expedite them on coming into our program. We're in Rockland County in Spring Valley, New York we're in Westchester, Harrison, New York. We're in the Bronx. One of the poorest congressional districts in America is the South Bronx. We have CareNet, is here, we've got Birthright; those are two excellent agencies that you can literally walk in off the street and get some help. A lot of women who are going through a crisis pregnancy may choose abortion. Not all abortion statistics get reported for a variety of reasons. Let's say you're a minor and you don't want to tell. We have seen some moms become home health aides or have done some volunteer work at hospitals. We are available to anyone inside and outside of Dutchess County.

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*Economy*

<b>Joy In Our Town # 1609</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>2/29/16 3/1/16</b>	<b>6:30pm 4:30am</b>
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Host Crystal Berger interviews Rev. Dennis Dillon who is the Pastor of Brooklyn Christian Center. The issue is Economy and the topic is NYC Jobs and Business. He starts out by breaking the sole idea of unemployment into three categories: Unemployed, Under Employed and the Unemployable. There is a large percentage of unemployed in which has a host of factors, such as going through a transition while looking for new opportunities and new employment. There is also a large percentage in our population where they are not able to hold a job for whatever reason, get a job, keep a job, or maintain a job. He believes what is needed to solve this problem is that we have to provide more information, more education, provide rehabilitation and all that is needed for that situation. Such as when someone comes out of prison –they are largely unemployable; most of the time for reasons that are beyond their control or ability. They may have had some issues in the past, but now they just can’t get a job. Then there are those that have behavioral issues that don’t allow them to hold a job. They go to work, receive a paycheck but for some reason they may be an alcoholic, so they may go to work and start drinking and miss work on Monday and have an excuse for Tuesday. Then there are those that have attitude problems that doesn’t allow them to keep a job. Behavior is a huge issue that plays into the unemployable. Wherever people go, their behavior issues follow them and this is what makes holding a job difficult. Rev. Dillon was always inspired by words of Miles Monroe about the wealth that is buried in the grave. The wealth of intellectual talents and skills. There is a level of frustration among the unemployed individuals that allows them after a while, to make unemployment a crutch as a result of their behavior. He offers a teaching called “How to create a job instead of looking for one.” He believes this fits perfectly with all three of these groups. In all these categories, he encourages individuals to create simple employment opportunities for themselves. When we understand the business of brokering; a lot of folks relegate the brokerage business to real estate, banking, but you can broker anything; such as dry cleaning. You have a car; what if you print up some business cards and go to people’s homes and if they go to the dry cleaner’s, you can ask them if you can go there for them. This is an example of starting your own business. There is an 80-20 rule. The first 20% of what you earn; 10% goes to God and the second 10% goes to self. It’s this 10% that gives God something to work with. This 10% begins to generate a pool of resources that will allow you to invest into various resources that will cause you to make money. When you get the foundation that to begin this journey is to understand two things: 1) money makes money and 2) the utilization of many individual efforts in your own self interests. You start a business with 15-20 people and it is through these people you generate the kind of money that you can now turn around and invest it. You then begin to see the multiplication of your wealth. Make sure from every paycheck that there is money that is not spent. This is a concept that we have to have around savings.

<b>Joy In Our Town # 1609</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>2/29/16 3/1/16</b>	<b>6:30pm 4:30am</b>
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In this segment Host Crystal Berger continues with Rev. Dillon, Pastor of Brooklyn Christian Center. The issue is Economy and the topic is Economic Justice in NYC. Rev. Dillon states that there is a huge distinction between root schools. We always have to look into inherited wealth, verses those that have to struggle. Those that have resources to begin with, have a better start. Whether you are black, white, Latino or any race, a lot suffer from the mom and pop syndrome- when you are never able to transform what may have been a small business into a successful one. There is still lots of racism around a lot of issues that we are dealing with. Who has access to capital; who can go to the bank with the very same credit scores and who will walk out easier and first with the loan. Who will get a survival loan with just enough money to keep surviving and who will get the successful loan and have an adequate amount of money to start out with at the end of the day to succeed? If we are going to a place of justice for all, in reality if one people group doesn’t receive justice, then that injustice of that side will affect the other group’s ability not just to survive and succeed, but to also do so in peace. To create stability across the board requires justice. Every bank has a community reinvestment obligation. This is a federal designation that means that a bank has a responsibility to reinvest back into the community. When you look at the deposit for the black community in New York, between the largest banks, we are talking in excess of 153 billion dollars. That money is not coming back in loans, commercial loans or SBA Guaranteed loans. So it it’s not coming back and it leaves a huge injustice gap. This means the people that live in that community, their income becomes disposable and another community who are earning their dollars most likely those dollars are leaving the community, which then leaves the community depressed. In 1995 he started along with other pastors, ministers and banking institutions, the House NY Campaign and committed to make 10,000 new homeowners in 5 years. The most important step to achieve economic parity is home ownership. There was a time in NYC you could invest in a piece of property at \$200,000-\$300,000 and it would become \$400,000 to \$600,000. Another example is to have life insurance; so at the end of the day there is wealth to pass on. Insurance and homeownership are two very critical foundations before getting into to other kinds of investments. Below these 2 foundations are savings; 10% to God and 10% to self. The other 80% goes to paying bills. Never go over 80% for your lifestyle. Three critical functions the church can do. 1) Educate their congregation on economic empowerment and economic issues. 2) Share commitment to support business owners in that congregation; encourage congregants to become business owners. 3) The church must teach economic literacy to our young people and children. When the policies are implemented we will then see economic change in our society.

*The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.*

<i>Economy</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>
	<b>Joy In Our Town # 1612</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>3/21/16 3/22/16</b>	<b>6:30pm 4:30am</b>

Host Kim Matthews interviews Rev. Diane Dunne who is the Founder of Hope for the Future, as she discusses the topic of Hardships of the Working Poor and Homeless in NYC and says that the working poor are being affected in this economy because the large corporations and businesses have left the country and individuals are unemployed or working part time jobs; even two part time jobs. Yet, because they are making such a low wage they find that they have to go to the government to get their life costs subsidized. Gentrification of neighborhoods and the lack of proper housing has also affected the working poor because they can't find enough places to live. There is not enough low income housing in NYC. If you are making minimum wage, how do you afford that? A single mother with two kids who just got a job and has her food stamps, Medicaid and section 8 cut as a result of the new job will often give up the job because she cannot make a high enough wage to cover rent and basic living costs. She suggests the government subsidize the income of someone who has gotten a low end low wage job so that the individual can build up their resume. The working poor often feel as if their dreams have been stolen from them due to the economic position they are in. Churches need to start looking at the working poor in their community and asking how they can help individuals leave the welfare system and get them working because work births hope in an individual. On the lower east side of NYC, the government was supposed to have allocated 20% of the development for low income housing but this has not happened and gentrification has made the situation worse even leading to homelessness. There is an increase in homelessness due to the economy.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>Joy in Our Town #1602</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>1/11/16 1/12/16</b>	<b>6:30pm 4:30am</b>

Host Jacqui Phillips interviews with Michele Pollock Rich, Executive Director of Grace Smith House. The issue is Families and the topic is Domestic Violence. Michele mentions that domestic violence is the opposite of what we all want in our families. We want our homes to be a safe place so that our communities can be safe. Domestic violence is an imbalance of power between two people. It throws off the entire family dynamic. Children who grew up in families where there was domestic violence are about 50% more likely to suffer abuse and neglect themselves from the abuser. Even children who are not themselves abused, if they witness he abuse or hear it or even just living in it causes trauma so children have PTSD based on the abuse they might have seen. Many children are injured if they see their mother being abused and they try and step in between to protect their mother. Children can be injured in that way. Sometimes we see regression in children. A lot of children will have nightmares even years later. Although they never saw their parents fighting bad things they know happened at night so when children go to sleep their sleeping but their still absorbing the voices and the anger and the shouting. The research has shown that women, girls who grow up in families with domestic violence are more likely to be abused themselves. Boys who grow up in families where there is domestic violence are more likely to be abusers more than boys that did not grow up in this house. It is heart breaking for children who grow up in families with domestic violence. There are loyalties often torn apart. They don't want to see one parent hurt by the other. If the family know somebody's going through abuse we're going to assume they've been told or they observed it. One thing they can do is be supportive and non-judgmental. When we talk about domestic violence we talk about power and control and it starts usually slowly with emotional and psychological, threats and manipulation and builds up to physical and sexual violence. One technique that is very damaging to victims is isolation. The Grace Smith House runs two emergency shelters, one 20 bed shelter and one 10 bed shelter. Sometimes in a case of marriage, sometimes the spouse is leaving with no access to the family resources at all. In that case the Grace Smith House helps to provide the resources they need. I give a shout-out to the judges in Dutchess County who handle things in a very sensitive manner. And it if the person says to the Judge that it's dangerous for my address to be published they will work with them to keep their location safe. As far as the address confidentiality program children can be exchanged in a safe location and they can also be exchanged by someone who's not the parents. We always suggest that people get counseling. Relationships should make you feel good and love shouldn't hurt. A healthy relationship is one where two people have pretty much equal power in the relationship [sic]. The Grace Smith House has been providing services since 1981 and as I said before we have two emergency shelters, we also have transitional housing apartments, we have a counseling center. We also have a teen dating violence prevention program because we really see that preventing abusive relationships I the most important things that we can do. The Grace Smith House is online and when you go to the website the first thing that would pop up is a warning that your computer activity might be being monitored and to be careful but we do have a 24/7 crisis hotline.

<b>Joy In Our Town #1606</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>2/8/16 2/9/16</b>	<b>6:30pm 4:30am</b>
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Host Jacqui Phillips interviews Dr. Gilda, Author & Relationship Expert and President of Country Cares. The issue is Families and the topic is Marriage & Divorce. Dr. Gilda explains that when two people get married they know that there is you and there is me, but what is obliterated is there is we. If we don't focus on "we" then your partner is going to feel like something is missing. You can either make marriage sizzle or fizzle. It is work and a job, if you want a successful marriage. There is a three year glitch when people get comfortable and treat their spouse as an old shoe and then their spouse feels like an old shoe. Respect is key for a successful marriage. If you are angry at your mate, this is a good thing as you still have feelings for them and can work on the marriage. Turn negative emotions into something more positive. The divorce rate is high as people give up too quick. Getting into a crisis is good in a marriage as when you get through this, then you create a bond and your marriage is stronger. Dr. Gilda explains some ways to get through a crisis are to talk about what you are going to do to get through the crisis. Treat each other as a guest in your home, not an old shoe. Once a week go on an adventure that you never have been on, complement each other for the positive things each other does. See the glass full as overflowing, not half empty. Think about the pronouns you use; do you hear yourself saying I, I, I or you, you, you instead of we? The number one problem in marriage is boredom. Get back the excitement that was there in the beginning.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Families</i>						
<b>Joy In Our Town # 1606</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>2/08/16 2/09/16</b>	<b>6:30pm 4:30am</b>

Host Jacqui Phillips continues with Dr. Gilda, Author & Relationship Expert and President of Country Cares. The issue is Families and the topic is Veterans Returning Home to Families, as she shares on how the military has a negative impact on military marriages. The divorce rate in the military has rose to 42%. War dents people and they think that when they return, that they can start the same life over that they had before they left. In reality they can't, as they come back a different person. If a soldier comes back injured, the spouse ends up taking care of them and they didn't expect this when they got married. Our country assists in helping veterans get jobs and housing, however they are not going to sustain the job and housing if they don't feel good about themselves. Country Cares helps veterans and their family's transition back as the families are very much pulled apart. Children of military families, are the forgotten people. They have 2 ½ times more physiological problems than other children. They end up getting into drugs, alcohol and bullying. Country Cures has a program that helps the children. Sometimes the veterans come back feeling how come I was spared, and they have a lot of guilt and wonder if there was something that they could have done better or different. A lot of veterans don't understand how to use their military training and work ethic into the jobs here. Transition training shows them how to sell themselves and also shows them that they have those skills. Also the women are having a hard time in the job field as they have the traits of men while in the war field-such as logistical, sequential, predictable, strong, aggressive and proud. Their skills can be translated into jobs and a new life. Country Cures uses country music, education, skill building-self-esteem, conflict management, interpersonal communications, diversity & sensitivity to bring a solution to this.

<b>Joy In Our Town #1607</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>2/15/16 2/16/16</b>	<b>6:30pm 4:30am</b>
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Host Jacqui Phillips interviews Herbert Stupp, Former NYC Commissioner. The issue is Families and the topic is Senior Citizens & Families. Herbert states that there are 1.4 million people over the age of 60 in the United States. Family members should keep a close eye on their families and look for mobility issues, cognitive function-forgetting or misplacing things, what kind of help do they need to stay at home? Also, look at their food and see if it is half eaten-maybe it's time to have someone come in once a day or even a home delivered meal. There are people in NYC that deliver meals to seniors and they spot problems sometimes where they hear moaning or they can't come to the door. This has saved lives. Make sure you visit often when you have a home care worker and also when in a nursing home, as they will be taken care of better, the more you are around. There are 240 Senior Centers in the region. Also programs where grandparents are serving the grandchildren or foster children and they need support for this. His department established 39 support groups to help deal with foster children. Foster children often react to unstable upbringing, moving around to different homes, schools, etc. There is a lot of turmoil in their lives. However, there are thousands of foster children that overcome their problems. The agency that he use to work for, tried to get them into college and gave them a second chance to stay on the straight and narrow.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Families</i>						
<b>700 Club CBN Newswatch #01142016</b>	<b>1:00:00</b>	<b>5:00</b>	<b>REC</b>	<b>PA/0/E</b>	<b>1/14/16</b>	<b>3:00PM</b>

CBN News Washington Senior Correspondent Paul Strand Reports: When it comes to how Americans feel about abortion, the numbers aren't even close, especially on extreme positions. Only about 10 percent feel so strongly about life that they'd ban the procedure altogether. On the other end of the spectrum, only 10 percent refuse any restrictions on the practice. Meanwhile, polls show 80 percent are open to pursuing compromises that could reduce abortions. So does that willingness make them pro-life or pro-choice? But Camosy, author of Beyond the Abortion Wars, said the extremes have managed to rip the country in two. Christina Forrester, executive director of "Christian Democrats of America," regularly sees the hatred. In such an atmosphere, one strategy would be to appeal to the larger number instead of those on the 10 percent fringes. In order to move forward, Camosy reminds lawmakers they will likely have to support things they don't find totally acceptable. Only a little more than 1 percent of abortions deal with pregnancies caused by rape or incest. And a whopping 83 percent of Americans want those abortions kept legal. For many pro-choice Democrats, compromise means seeing some abortions banned. But Camosy says they'll find support, even among a majority of pro-choicers. Surveys confirm that point of view. Sixty-one percent of Americans would allow abortions in the first three months of pregnancy. Then numbers go down, with 27 percent allowing abortion in the second trimester and only 14 percent for the last three months. Forrester, a Democrat, says she would go earlier than the 20-week abortion ban many Republicans are pushing in Congress. Another part of this debate affecting families reaches into the workplace in terms of equality. Republicans would have to accept new rules or government incentives for employers, an expensive proposition. It means heavily-subsidized childcare when needed and guaranteed maternal leave. Both Forrester and Camosy said taking these measures would make having children more affordable and less stressful for women, which would help reduce abortions. This could also help if and when future abortion restrictions make it to the Supreme Court. In the past, justices have ruled such bans unconstitutional because they place "undue burdens" on women. If Republicans were to pay what it takes for most women to forsake abortions and Democrats would be willing to give on some restrictions, progress could finally take place and save lives.

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<i>Health</i>						
<b>Joy In Our Town #1604</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>1/25/16 1/26/16</b>	<b>6:30pm 4:30am</b>

Host Jacqui Phillips interviews Vicky DeRosa who is the Founder and CEO of V Well Health. The issue is Health and the topic is Solutions to Living a Healthy Lifestyle. Vicky says the absolute thing everyone can do is just clean out there pantry. The idea is if you clean out your pantry and your refrigerator of sweets and candy. A healthy lifestyle is free of chemicals, sugars; things that create weigh gain, disease; that sort of thing. More important than looking at the labels for sugars and salt but if products have ingredients that look like they're not English (language), get rid of them. The things that helps us maintain a healthy lifestyle are fruits and vegetables and eating the right kinds of whole-grains. Vicky says if you have those things in your refrigerator you don't really have to call for a food delivery or eat burgers and fries or whatever. Vicky says everything does not have to be organic. Most people think that eating clean that everything has to be organic. Things that are important to be organic are berries, strawberries and blueberries. All of the berries should be organic. Apples should be organic. Things like mangos, bananas and avocados don't have to be organic. Potatoes should be organic but onions don't have to be. The greatest way to lead a healthy lifestyle and save money is to be organized. So it's not expensive to eat organic when you know what needs to be organic and what should not. Vicky says children will become accustomed to certain tastes so for instance if you begin to feed a 6 month old baby, baby food with salt or sugar in it they will become accustomed to that taste and begin to crave it. They don't automatically crave sugar and salt. Making baby food with absolutely no sugar or salt and using herbs for flavoring and apple sauce for sweetness. That gets a baby or a toddler used to eating healthy. Vicky says keeping a big bowl of fruit and getting children accustomed to eating fruit. Vicky says peanut butter is not the best option. All natural peanut butter is a good option. Certain peanut butter contain sugars and salt and chemicals. Another really good option is almond butter, sesame seed butter. Vicky says a lot of children might be starting vitamins too young. When children are eating enough fruits and vegetable they don't necessarily needs vitamins that young. Vicky says there's a millet bread that really tasty. Vicky says, at the office a fantastic idea is to have containers of brown rice, bananas or potatoes and beans or some fruit and hard boiled eggs. If you grab them when you're on your way out the door you can create a great meal right in the office. It take a little organization and prep work.

<b>Joy In Our Town #1604</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>1/25/16 1/26/16</b>	<b>6:30pm 4:30am</b>
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Host Jacqui Phillips continues with Vicky DeRosa, Founder and CEO of V Well Health. The issue is Health and the topic is Foods that are Natural & Healthy. Vicky says a lot of times when we're walking through supermarkets and even health food stores you'll see on products 100% natural is really is important to still read the ingredients. Natural is a funny thing because a lot of things that are natural are things we don't want to eat. A lot of products contain the phrase natural flavorings and people would be very afraid of they knew what was in natural flavorings. When I see natural flavorings I tend to stay away. The best thing to do is to read ingredients. Vicky says that whatever the first ingredient is the most of what's in it, the second; the second most. The third; the third most. If you see something that says water, sugar, you're basically eating water and sugar. Vicky says that so many people believe that protein shakes and protein bars are healthy but they contain chemicals, they contain all sorts of toxic things that are really not the best for our body. People who tend to drink or eat those things over and over and over again on a consistent basis that's a pretty big issue. Vicky says that granola bars are candy because they are loaded with sugar and most of them have chemicals. Vicki says that cereal is candy. Cereal is something that we should avoid. Vicky says that oatmeal is a fantastic option. Oatmeal is the best option. It's a great breakfast food. You do not need to pair oatmeal with a protein. Pairing oatmeal with a protein in some people can actually make you feel bloated. It can cause digestion issues. It is better not to pair oatmeal with a protein. Even items in health food stores you still always have to read the ingredients. I am a fan of vitamins as long as they are used as supplements. Vicky says a lot of us are requiring more vitamin D than we realize. Vicky suggests taking vitamin D3 daily and also tahini is really fantastic. Tahini is filled with an incredible amount of calcium. People are not aware of black tahini which is black sesame which is even healthier. Vicky says I love chocolate cake but if I have it in my house, I'll eat it. A good tip for people is to keep these things out of your house and not depend on your willpower. Preparation, being organized. Keeping the right things in the house and also, #1 most important is to read ingredients. Also we should mention is that people are not drinking enough water. Dehydration is a big problem these days. Even water, water bottles if you read the ingredients they contain more than just water. Vicky says that for drinking water the rule of thumb is half of your weight in ounces.

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<i>Health</i>						
<b>Joy In Our Town #1608</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>2/23/16</b> <b>2/24/16</b>	<b>6:30pm</b> <b>4:30am</b>

Host Jacqui Phillips interviews Dr. Phillip Blanc who is the VP of Research & Health Science Communication, Health Corps In. The issue is Health and topic is Emergency Medicine as Dr. Blanc mentions that when you think about TV especially TV dramas you're going to have some truth and you're going to have some not-so-truthful, things that happen so, there is some reality that is presented on TV. So it's important that you go to medical school so that might be 4 years after you graduate college and then you're going to train for the field of emergency medicine for 4 more years. It can be a range from 3 to 4 years after medical school. It's certainly the ability to think on your feet which makes a good emergency room physician.. Being able to work under pressure. There are a lot of stressful situations in the ER so you're going to be able to handle pressure. Instinct is absolutely important? Dr. Blanc explains that as he sees that because people are coming to the ER at very critical points in their time, he can also see the rewarding part, being able to be that person who's there for people when maybe no one else is there for them. It's shocking when people come there in an emergency situation and there's no family, no friends at the bedside. A really important thing to keep in mind if you ever do make it to the emergency room is to remember that it is really important to know that you are your best advocate. It's important if you can bring your medications and medical records with you if you have them. If you are coming into the emergency room and you have a cough it would be super important to know if you're having any shortness of breath because shortness of breath is one of those symptoms that raises our level of concern that something serious might be going on. You don't want to under estimate the importance of those symptoms. If you're a woman for instance, if you're having belly pains especially lower belly pain these are things you don't want to miss out on the opportunity to tell the doctor. Another way to advocate for yourself is to bring along a friend or family member who knows how you are normally. When going to the Emergency room you should certainly have low expectations about the wait time. Some things that bring people to the emergency room are if they already have chronic illnesses like diabetes, and type of heart disease, lung disease. Things like that can set them up to come to the ER because those kind of things out them at risk for having emergencies. Some of the top causes of death in this Country are related to heart disease, cancer and respiratory illnesses like COPD for instance. If you are a New Yorker you can prevent illness such as if you have the Flu, that's going to be spread through respiratory droplets, so if you're sneezing or coughing it's going to be very important to cover your mouth with the crease of your elbow to prevent spreading it.

<b>Joy In Our Town #1608</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>2/23/16</b> <b>2/24/16</b>	<b>6:30pm</b> <b>4:30am</b>
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Host Jacqui Phillips continues with Dr. Phillip Blanc the VP of Research & Health Science Communication, Health Corps Inc. The issue is Health and the topic is Preventative Medicine. New York City is this microcosm of the world so basically in this Country some of the top causes of death in this Country are related to heart disease, cancer and respiratory illnesses like COPD for instance. *What are some basic tips New Yorkers can use to prevent illnesses?* If you have the Flu, that's going to be spread through respiratory droplets so if you're sneezing or coughing it's going to be very important to cover your mouth with the crease of your elbow to prevent spreading it. And also washing your hands very frequently. *What are common mistakes people have with their health?* A lot of people under estimate the significance of a problems they are having or they underestimate the importance of seeing their doctor regularly. *Tell us about childhood obesity...* Childhood obesity is a huge problem in our Country. Right now we're calling it an epidemic. *Is childhood obesity preventable and how is it preventable?* Certainly there are some people who are more inclined to be overweight because of their genes. There may be some genetic reason why people are more overweight than others. I think it's important for parents to just be aware that there is a healthy weight that their kid should be at. *Please tell us about 'Health Core'* Health Core is non-profit organization that was actually founded by Mehmet Oz and his wife Lisa Oz in 2003 with the goal of addressing the childhood obesity crisis so it's modeled after the Peace Corp. *How important is it to build your immune system?* It's really important because without your immune system it's hard to fight illnesses. If your immune system is down, for instance if you are stressed out or not getting enough sleep, you're not eating right then you are putting yourself at risk of getting some of these illnesses that are common especially during the winter time. *What types of careers can one pursue in preventative medicine?* Occupational medicine is one. One type of career is the career of Aerospace medicine where you can help direct on a plane, for instance if there's an emergency on the plane you can actually help just direct the staff on the plane what they should do in the case of an emergency. *Any final tips you'd like to offer our viewers before we go?* Being your own best advocate. To have a low threshold; if you notice any issues that you're having, just to have that conversation with your doctor and to not be afraid.

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<b>Joy In Our Town # 1612</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>3/21/16 3/22/16</b>	<b>6:30pm 4:30am</b>
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Host Jacqui Phillips interviews Dr. Eric Braverman of Path Medical Foundation & Practice in NYC. The issue is Health and the topic is Staying Healthy. Dr. Braverman discusses the relationship between mind, body and spirit. Dr. Braverman says that the brain's health has 4 cornerstones. Dopamine, a neurotransmitter that gives us energy through an amino acid tyrosine that is a brain energy nutrients. Acetylcholine which can be built up through hormones and nutrients that helps with memory and attention span. Gaba which keeps us calm and serotonin which helps us sleep and have good moods. These are fed by the body as it is the body's job to feed the brain. The thyroid hormones which are abnormal on ultrasound in 90% of adults and in as many as 10% in children, become so, either through radiation or an iodine deficiency maybe caused by a lack of iodized salt or kelp in one's diet. This will cause nodules in the thyroid which can be prevented by raising the iodine level in your diet. The best way to determine this is through blood tests and ultrasound; although some common symptoms that indicate a possible problem are cold hands, cold feet, weight gain and sluggishness. Parathyroid, a purple gland next to the thyroid puts out a hormone related to vitamin D metabolism, which regulates how the body assimilates Vitamin D even through the sun. If there is a deficiency in this hormone, then the results could be of short stature and bone fragility with students breaking lots of bones or even having depression and anxiety. This results in osteoporosis in children with at least 30-50% of children not having adequate bone strengthening. Celiac or those with gluten intolerance will experience calcium malabsorption, or other children just don't get enough calcium, or it can even be genetic with a family history of osteoporosis. Osteoporosis is not just found during menopause as it is a system lifetime disease. The individuals who really suffer when they are older are those who didn't have strong bone formation in childhood. Anyone who has ever had a fracture has bone weakness and was really an osteoporotic because some individuals never break bones even when they fall of horses or are in car accidents because they have strong bones. Looking at muscles, as you get older you lose the collagen in your muscles which is all over your body and holding everything together. To preserve the muscle what really needs to be done is to resurrect the collagen by raising the natural levels of your hormones. These can be testosterone, estrogen, DHEA, among the 25 hormones that can be considered resurrection hormones. It is critical to get children to reach 20 in incredible shape and then for individuals to reach 40 with a net zero aging by participating in a constant repair cycle. Muscle is really very important to the brain because it increases blood flow to the brain. Dr. Braverman says that in order to now repair any damage that has been done you need to look at certain factors, exercise, beverage consumption in the form of caffeine and green tea. We really need to look at the connection between the body and the brain and how the body is really a servant of the brain. Beware of fat, beware of sweets; our body is a temple

<b>Switch On Your Brain #001</b>	<b>28:30</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>1/06/16</b>	<b>6:30PM</b>
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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.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Health</i>						
<b>Switch On Your Brain #002</b>	<b>28:30</b>	<b>28:30</b>	<b>REC</b>	<b>PA/0/E</b>	<b>1/13/16</b>	<b>6:30PM</b>

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.

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**Switch On Your Brain #003**

**28:30**

**28:30**

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**1/20/16**

**6:30PM**

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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<b>Switch On Your Brain #014</b>	<b>27:30</b>	<b>27:30</b>	<b>REC</b>	<b>PA/0/E</b>	<b>1/27/16</b>	<b>6:30PM</b>
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "What is Mental Health?" She breaks it down into three different elements. A state of well-being, first and foremost, is the ability to understand who you are, understand your potential ---- what she calls the "I-Factor." Second, how you handle stress. How you react to the stresses of daily life will also determine how your mental health status is. Third, self-actualization. It's so important that we have a goal that we're going towards and that we feel satisfied, that we feel like we're achieving something, and making a difference in this earth. Look at 3 John 2. Scripturally, mental health comes from your soul prospering. Your soul is your mind. If we look at the World Health Organization's definition of what mental health is, it says: "Mental health is defined as a state of well-being in which every individual realizes his or her potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." The current status of mental health is that souls are not well. For example, there is a 35% increase in mental health among children. There is a dramatic increase in the number of mentally ill since the 1950s. There is a disconnect between how the scientific community and medical community are dealing with mental health versus mental ill health and the way that the Bible is actually teaching on it. So, mental ill health, currently in today's way that we view it, are things like: OCD, schizophrenia, depression, anxiety. All these labels that we have that people are being told are diseases that are chemical imbalances in the brain have never been proven. These are theories. We see widespread acceptance of the idea that mental ill health issues are biological illnesses. But they are not biological illnesses. They are the result of us making choices that we should not be making. The church is not talking about mental health sufficiently. If you look at the statistics, 66% of churches are never talking about it. Only 4% of churches are mentioning it, maybe, monthly. It is a stigma to have mental ill health. What's happened is that there's been a lot of public campaigns to try and make people aware that mental ill health is at an epidemic proportion. It's because we are not aware of what it is and we don't understand it. And there's this disease thing and we need to change it and we need to fix it. What research shows is that that's actually made things worse, not better; that that's increased the stigma. Because to be told that you're a faulty machine with no hope and that you have to be medicated the rest of your life is not something that brings hope; it makes you feel like a broken person. It's a story in your mind. It's a belief system in your mind that goes contrary to having the mind of Christ and to be made in God's image. So, it creates what we call cognitive dissonance in your mind and it creates confusion. If people are convinced that their mental health issues are biological then you automatically want a biological solution. When we talk about biological, we're talking about the realm of the physical. We are spirit, soul, and body. The rules that apply to the physical are not the same as the rules that apply to the soul; to the mind. So, if mental health issues are lumped along with something like diabetes, or a broken arm, or a cardiovascular issue, that is not correct. When we separate out the biological and the mental and we look at this thing correctly, we actually have much more hope. Because of instead of stigmatizing you and saying that you are a diseased, broken machine, we are saying: Hey, you are perfect, made in the image of God. And, the choices that you've made have landed you up in a bad place. And so, we can stand with you and recognize the depth of the uniqueness of who you are and help you get through those issues.

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<b>Switch On Your Brain #015</b>	<b>27:20</b>	<b>27:20</b>	<b>REC</b>	<b>PA/0/E</b>	<b>2/03/16</b>	<b>6:30PM</b>
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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.

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<b>Switch On Your Brain #016</b>	<b>27:30</b>	<b>27:30</b>	<b>REC</b>	<b>PA/0/E</b>	<b>2/10/16</b>	<b>6:30PM</b>
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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.

<b>Switch On Your Brain #017</b>	<b>27:30</b>	<b>27:30</b>	<b>REC</b>	<b>PA/0/E</b>	<b>2/17/16</b>	<b>6:30PM</b>
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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.

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<b>Switch On Your Brain #018</b>	<b>27:30</b>	<b>27:30</b>	<b>REC</b>	<b>PA/0/E</b>	<b>2/24/16</b>	<b>6:30PM</b>
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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.

<b>Switch On Your Brian #019</b>	<b>27:30</b>	<b>27:30</b>	<b>REC</b>	<b>PA/0/E</b>	<b>3/02/16</b>	<b>6:30PM</b>
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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.

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<b>Switch On Your Brain #020</b>	<b>27:30</b>	<b>27:30</b>	<b>REC</b>	<b>PA/0/E</b>	<b>3/09/16</b>	<b>6:30PM</b>
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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.

<b>Switch On Your Brain #021</b>	<b>27:30</b>	<b>27:30</b>	<b>REC</b>	<b>PA/0/E</b>	<b>3/16/16</b>	<b>6:30PM</b>
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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.

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*Health*

<b>Switch On Your Brain #022</b>	<b>27:30</b>	<b>27:30</b>	<b>REC</b>	<b>PA/0/E</b>	<b>3/30/16</b>	<b>6:30PM</b>
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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.

<b>700 Club CBN Newswatch #01292016</b>	<b>1:00:00</b>	<b>5:00</b>	<b>REC</b>	<b>PA/0/E</b>	<b>1/29/16</b>	<b>3:00PM</b>
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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.

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<b>700 Club CBN Newswatch #01292016</b>	<b>1:00:00</b>	<b>5:00</b>	<b>REC</b>	<b>PA/0/E</b>	<b>2/01/16</b>	<b>3:00PM</b>

CBN News Medical Reporter Lorie Johnson Reports: Fifty million Americans suffer from an autoimmune disease. That beats the number of people with cancer and heart disease combined. New research indicates processed foods could play a role. In fact, an increasing number of doctors say cleaning up the diet could reverse this autoimmune trend. Our immune system keeps us healthy by attacking invaders, like viruses. One problem, however, is our immune system can misfire and attack healthy tissue. That can lead to one of more than 100 autoimmune diseases like Graves' disease, lupus, rheumatoid arthritis, Crohn's disease and multiple sclerosis. Many people don't even realize they have an autoimmune disease, assuming instead their exhaustion, brain fog or abdominal pain are just a part of life. Other symptoms include feeling cold much of the time or having a rapid heartbeat. When doctors diagnosed Sierra Vellinga with Hashimoto's Thyroiditis, which attacks the thyroid gland, they told her the same thing millions of others with autoimmune issues hear. Then Sierra heard about Dr. Amy Myers, one of a growing number of autoimmune specialists who believe drugs often make matters worse. Dr. Myers prescribes a series of lifestyle changes to prevent and possibly reverse autoimmune diseases, starting with a clean diet. Sierra followed this route, and after six months regained her health. Dr. Myers believes many autoimmune diseases stem from a condition called "leaky gut." A leaky gut means large openings form along the intestinal walls, allowing proteins and viruses to escape into the bloodstream. The immune system recognizes them as foreign, and begins to attack them, as well as things that resemble them. Myers says a leaky gut comes from things like stress, certain medications and eating processed foods, sugar, dairy and gluten, which is in wheat. That's because scientists have hybridized wheat over the years. Today's crop produces a higher yield, but contains more gluten. Our once-wholesome cheese isn't the same either. The problem with sugar is it can cause massive inflammation. Food manufacturers add sugar to nearly all the products we buy, including ones that seem healthy like spaghetti sauce, peanut butter, salad dressing and granola bars. Dr. Myers recommends avoiding gluten, dairy, sugar and processed foods in order to heal the gut and reverse autoimmune disease. When Sierra heard this, she understood why she felt so horrible until that point. Correcting the problem usually involves cooking at home, from scratch. That was a tall order for Sierra. Dr. Myers outlines what she likes her patients to eat. Sierra said she now enjoys the creativity of cooking for herself. Dr. Myers provides many healthy recipes in her book, "The Autoimmune Solution," such as Coconut Cream Berry Parfait, Brussels Sprouts with Dark Cherries and Crispy Coconut Shrimp. Sierra says eating whole foods make her feel like a new person. So one way to guard against, or treat any number of autoimmune diseases, is to consider an anti-inflammatory diet, like the Paleo plan: one that's rich in vegetables and healthy fats, minus the processed foods, sugar, dairy and wheat. It could be well worth the effort.

<b>700 Club CBN Newswatch #02182016</b>	<b>1:00:00</b>	<b>5:00</b>	<b>REC</b>	<b>PA/0/E</b>	<b>2/18/16</b>	<b>3:00PM</b>
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CBN News Medical Reporter Lorie Johnson Reports: Roughly 2 million people will be diagnosed with cancer this year. If you or a loved one is facing cancer, you might want to consider the treatment known as proton therapy. The treatment is not for everyone, but for some, it's an answer to prayer. Jeff Powell and his wife, Vickie, believe they dodged not one, but two bullets. First, Jeff beat prostate cancer. Second, because he chose proton therapy treatment, he avoided the miserable side effects that often accompany traditional methods. Proton therapy patients have fewer side effects because it only kills the cancer. But traditional radiation therapy works like a bullet, damaging healthy tissue as it enters and exits the body. Proton therapy, on the other hand, is like a firecracker placed inside the tumor. The explosion of radiation damages just the tumor, nothing else. There's no nausea, no burning and best of all, no organ damage. There are only nine proton therapy centers in all of the United States right now, but another seven are on the way. One of the newest treatment centers is The Hampton University Proton Therapy Institute in Hampton, Virginia. The location was chosen, in part, because this area of the country leads the nation in prostate cancer deaths. Craig Fieldings, 45, chose proton therapy to treat his prostate cancer. So far, he's come to the Proton Therapy Institute Monday through Friday for one month. He has one more month of treatment to go. The cost of proton therapy is about three times the cost of traditional treatment, but most insurers, like Craig's, cover the treatment. Prostate cancer patients like Fieldings aren't the only ones who benefit from this breakthrough, according to HUPTI's scientific director, Cynthia Keppel. During treatment, the patient lies in a custom-fitted brace on a machine called a gantry. In an adjoining room, technicians activate the proton beam -- no needles, no knives. The gantry room itself is fairly unremarkable. But on the other side of the wall stands the part of the gantry machine the patient never sees. It's an astounding three stories tall, weighs 90 tons and costs \$8 million. Oncologist Allan Thornton of the Hampton University Proton Therapy Institute has been using proton therapy since the early 1990s. That work means an answer to prayer for cancer patients who qualify for proton therapy. They can expect to keep more healthy tissue, while escaping certain side effects associated with conventional therapy.

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*Health*

**700 Club CBN  
Newswatch  
#02242016**

**1:00:00**

**5:00**

**REC**

**PA/0/E**

**2/24/16**

**3:00PM**

CBN News Medical Reporter Lorie Johnson Reports: Scientists believe two-thirds of all cancers are caused by bad choices such as smoking, tanning beds, not exercising and the granddaddy of them all: a poor diet. When it comes to diet, one of the worst types is one high in sugar. In fact, scientists are increasingly discovering a dramatic link between sugar and cancer. A clear relationship between sugar and cancer leads scientists to two conclusions: sugar use contributes to cancer, and going without it can slow the growth of the disease. One hundred years ago, the average person consumed just four pounds of sugar a year. Now, most of us take in 40 times this amount -- 160 pounds a year. Food manufacturers add enormous amounts of sugar, often in the form of high fructose corn syrup, to products we consume all day, every day, such as coffee drinks and cereal, soda and snacks -- even foods you wouldn't expect, like spaghetti sauce and peanut butter. For instance, a tiny container of fruit-on-the-bottom yogurt has more sugar than a candy bar. Now scientists tell us sugar directly influences cancer cells. The amount we consume can either feed those cells or starve them. In a study conducted at the University of Texas MD Anderson Cancer Center, researchers fed mice diets high in sugar and observed they had a higher incidence in breast and lung cancer. The study suggests a diet high in sugar can contribute to the formation of cancer. It also suggests that diet can make a difference in the treatment of a person who has already been diagnosed with cancer. Fred Hatfield knows that first hand. In 2012 he received what amounted to a death sentence. His wife Gloria recalls getting the news. Then Hatfield heard about a low-sugar diet, called the ketogenic diet, believed to slow cancer in some people. With nothing to lose, he gave it a try, and to his astonishment, it worked. Hatfield's recovery didn't surprise Dr. Dominic D'Agostino. His team at the University of South Florida discovered mice with highly aggressive metastatic cancer continue living when fed a ketogenic diet. And it's not just lab animals. D'Agostino has seen similar results in humans. The ketogenic diet means no sugar and no starchy carbohydrates like bread and pasta, which convert to sugar. D'Agostino says cancer cells love sugar and starch because cancer thrives on the glucose from those foods. Conversely, removing the glucose results in starvation for the cancer cells. Glucose also fuels our healthy cells, but if it's not there, those cells can switch to an alternate fuel source called ketone bodies. Cancer cells only run on glucose. D'Agostino says the deficiency in cancer cells can be used to defeat them. Since processed food contains so much sugar and starch, people following the ketogenic diet tend to cook whole foods at home from scratch. Gloria said switching to the ketogenic diet was easy. When it comes to cancer, sugar is considered public enemy number one. Avoiding it could lead to prevention or slowing it down in people fighting the disease.

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*Substance Abuse*

<b>Joy In Our Town # 1605</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>2/01/16 2/02/16</b>	<b>6:30pm 4:30am</b>
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Host Jacqui Phillips interviews Karen Neis, CASAC, State Executive Director of Bridges of New York. The issue is Substance Abuse and the topic is Addictions. She says addiction is that impulsivity that you see in people, it's that compulsion. It's that substance abuse that whatever it is that you're addicted to totally becomes your focus and everything else in your life takes second place. Usually a person starts out experimenting with drugs at the age of 12 or 13 years old and some people just get stuck. They start out with marijuana, drinking alcohol and some people just love the sensation. As you use the drug more and more you begin to start manipulating, you begin to start lying, you begin to start cheating and stealing. Everything you do is beginning to support this addiction as this disease is growing as the drug use becomes more enhanced as you start using more often. You begin to start falling into a stronger state of denial because you need to believe that what you are doing is okay. Karen says addiction is a brain and body disease and that there are a lot of different scientific facts around this. Karen says the most important thing is for family members not ignore the signs of addiction. When family members start to feel suspicious of drug abuse they should confront it head on. She says it's so important to get their family member into a program like Nar-Anon or Al-Anon. In order for recovery to really happen we really have to be ready and find every type of support and have 100% support from the people around us. Karen says the biggest key to sobriety is the support. Most of these programs encourage 12-step self-help support. Some people who come out of addiction centers have no money, no job and no supports so it's almost inevitable that they're going to fail because they revert right back to what they know.

<b>Joy In Our Town # 1605</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>2/01/16 2/02/16</b>	<b>6:30pm 4:30am</b>
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Host Jacqui Phillips continues with Karen Neis, CASAC, State Executive Director of Bridges of New York. The issue is Substance Abuse and the topic is Creating Life after Addiction. She says one of the things that treatment people are putting in place is case management services. Typically, years ago when someone left a treatment center they were offered a referral and expected to follow up. So many people don't have the means to follow up. We're learning that most people who come into our treatment centers are either being traumatized or have a history of trauma and are being discharged and they don't have the self-assurance or the supports to keep their recovery in place. With the social benefits they are helped with finding affordable housing, health benefits and jobs. Karen says transitional housing is like a step-down unit and is one of the best phases of treatment because it helps that person ease back into society. One thing that's really important is the support of other recovering addicts. Preparing inmates to leave is incredibly important. They have to have a 24/7 buddy system to know they have someone to call day or night. For someone coming out of treatment there are different sober houses and some of them are ¾ houses. Some of the houses are religious based so you can get involved in the churches. A lot of Salvation Army type houses offer 12-step programs. Karen explains Bridges of New York is a subsidiary of Bridges of America. Bridges of America is primarily based in Florida. We have programs in 14 states and 11 different countries and we work closely with the department of corrections and we work with re-entry services. Bridges of New York has two community residences. We help our clients become employment ready and do case management services.

<b>Joy In Our Town # 1610</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>3/7/16 3/8/16</b>	<b>6:30pm 4:30am</b>
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Host Isaac Friedel interviews Rev. Russell Hodgins, Executive Director of Brooklyn Teen Challenge. The issue is Substance Abuse and the topic is the Drug Crisis in America. Rev. Hodgins explains that due to deep rooted pain in people that they are trying to fill emptiness in their life and this is a cause in which they fall into substance abuse. He states that we are facing the worst epidemic and every 19 minutes people are becoming addicted to heroin. Heroin is the most gripping drug. Four out of five heroin addicts become addicted from using pain killers. This is touching every segment of our society and every age. One lady from New Jersey became addicted after having ankle surgery and using pain killers. It can cost \$80.00 for a prescription pain killer. Heroin is cheaper and a pure high. Heroin goes to the brain so fast. Because of the speed of it to the brain, it is the most addictive drug. Family unit is so important. The addiction is so strong and has such a hold on people, it doesn't matter how loving the family is. The addict knows that it can kill themselves and that they can be taken any day and that it will affect their children and they don't care. Unless they want to be helped, they can't be. You can love them to death and enable them until they die. Then there is tough love where you shut the door on them. Parents can look at their grocery bills for signs. For example if they have a lot of cereal, that is addictive behavior. Parents be honest and up front. If we don't understand the root, all the anger will be taken out against the addict. Look past the person and not the hate. Look at the person and realize that there is a drug behind them. Take our anger out on the source and not the person.

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<i>Substance Abuse</i>						
<b>Joy In Our Town # 1610</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>3/7/16 3/8/16</b>	<b>6:30pm 4:30am</b>

Host Isaac Friedel continues with Rev. Russell Hodgins, Executive Director of Brooklyn Teen Challenge. The issue is Substance Abuse and the topic is Recovery from Addiction. Re. Hodgins mentioned that there are faith based programs, secular programs, 28 day in patient programs to help recovery from substance abuse. They should take a full year devoted to recovery as it takes a while to relearn behaviors. When someone becomes addictive, whatever age this happened, no matter the years that have gone by-they mentally remain at this same age. Detox is not needed for every drug-only from heroin addiction and alcohol addiction. A severe alcoholic needs to be under medical care while going through the detox recovery program. It's very import for family members to be there for them.-regular visits, but not to smother them. A person with an addiction is depending on their family to help them and when the family member helps them, the family member feels like they gain self-worth by helping. This co-dependency prevents them getting the help that is needed. When looking to help your loved one recover look at the full program-not just what the program will do for your loved one, but look for family counseling so everyone can learn a new way to tackle the problem. The first 30-45 days is key as it sets the stage for the time in the program- it is a very controlled and strict program-likened to boot camp. Also make sure that your loved one has a good after care program and have a good church and a good community around you. Teen Challenge in Brooklyn has 70-80% of the people that enter the Recovery program stay drug and alcohol free. It is the testimony to the power of God. There is a way out of substance abuse and addiction.

<b>700 Club CBN Newswatch #01292016</b>	<b>1:00:00</b>	<b>5:00</b>	<b>REC</b>	<b>PA/0/E</b>	<b>1/29/16</b>	<b>3:00pm</b>
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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.

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