

Trinity Broadcasting Network

WTBY-TV

3rd Quarter, Quarterly Report

July, August, September 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

Families

Health

Substance Abuse

Electoral Affairs

Public Safety

Economics

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>
<i>Civic Affairs</i>						
Joy In Our Town #1629	28:50	13:00	L	PA/O	7/18/16 7/19/16	6:30pm 4:30am

Host Dr. Gilda Carle interviews Rafael Salamanca Jr., NYC Council Member, 17th District. The issue is Civic Affairs and the topic is New York City Council. Rafael says, as the councilmember for the 17th council district I am responsible for the city services for over 160,000 constituents. He covers the Hunts Point, Longwood, Port Morris, Melrose, West Farms, and Morissania communities. Prior to becoming a council member he was the district manager for the Bronx Community Board 2 for about 5 ½ years. He said, as district manager I got involved in government, how government can work for the people, and how we can work hand in hand in ensuring that we get our fair share of city services. One of the issues that I am focused on right now is how to improve our NYCHA (public housing) developments. I have the 3rd largest public housing portfolio in the City of New York. As I went through the process of being elected, I visited every public housing development and spoke to my constituents. As I walked through the hallways, I felt unsafe in some of these NYCHA developments; light fixtures were not working, the hallways were dark, and the stairwells were dark. The stairwells have garbage in them. While visiting some of my constituents' homes, I see that it seems that there hasn't been work done in their apartments for years. One of my main focuses is how I can improve the lives of these NYCHA constituents. I'm working with the NYCHA leadership and doing walkthroughs of these buildings with management and showing that they're getting their proper services. It helps that I also sit on the public housing committee, so in essence we have oversight of the way public housing works in New York City. As housing is coming in, developments are being built, they're asking for city subsidies, and they need letters of support from the local community board and council members. I'm not just rubber-stamping a letter to these developers, with this letter there are stipulations; how many jobs are going to be opening? How can some of these jobs be union jobs? We're seeing how we can get unemployed residents into some of these local unions, develop a skill and work locally in that development as well as work anywhere after the development is built. He said being a part of labor [unions] bring job security, wages, and health insurance which benefits the whole family. We feel this a great opportunity getting you into labor where you can develop a skill, then you have trade for the rest of your life. I'm also focused on working with the large population of seniors that I have in my community, ensuring that they're getting proper services and also the youth to keep them off the street. We're discussing, what programs we can put them in where they can train and mentor other youth, have some type of extracurricular activity, and ultimately receive a stipend. The work I do, is not only police and community relations but also ensuring that the roads are paved, our streets are safe, lights are working, and our parks are clean. It's important for me to ensure that we upkeep our communities.

Joy In Our Town #1629	28:50	13:00	L	PA/O	7/18/16 7/19/16	6:30pm 4:30am
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Host Dr. Gilda Carle interviews Rafael Salamanca Jr., NYC Council Member, 17th District. The issue is Civic Affairs and the topic is Housing. Rafael says in the South Bronx, we want to insure that we have mixed income housing. We have a large population my constituents that are low-income families. As these developments come in, I want to make sure that they don't get displaced, but have access to these new units. We also have working families; as our children go to school and come back from college they're getting these good-paying jobs, and I want to make sure that they have access to these new apartment units. As developers come in, we're working with them in terms of rent that they're going to charge, and the income guidelines to qualify for these units. For many years the South Bronx has been known as the poorest congressional district in the nation. I'm working to change that by bringing in jobs, educating our communities, and ensuring that our housing stock is not just for low income families. We also need mixed income units for working families, to ensure that they also have housing in these units. I also have capital funds that I get to allocate. With these capital funds, we get to build parks. For example, I'm allocating 1.5 million dollars for Garrison playground, right across the street from a 22-floor building that's going to be built on Grand Concourse. Fifty percent of the units go to residents within the community, and fifty percent are open to the rest of New York City I also have constituent services in my office that deal with any issue you may have whether its housing, public assistance. HRA, and anything that has to do with city agencies. If my office cannot help you, we will guide you to the appropriate agency or elected official that can help you with your issue. Crime has actually decreased in my council district. If you build a relationship where the community is comfortable calling the police, the police can do their job and ultimately you have a safer community. We've been very successful, and the 41st Precinct has now become the 6th best precinct in the City of New York. My public housing stock is in great need of repairs. The roofs, the walls, and the bricks need to be repaired and that takes capital funding. Trying to get capital funding for these NYCHA developments has been challenging, and not just getting the funding but actually getting the work done has been challenging. We will continue to fight and continue to ensure that I'm that voice for them in City Hall and that I bring true change.

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<i>Civic Affairs</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
	Joy in Our Town #1628	28:50	13:00	L	PA/O	7/11/16 7/12/16	6:30pm 4:30am

Host Dr. Gilda Carle interviews Lee David Klein, Council Member, 4th Ward, City of Poughkeepsie. The issue is Civic Affairs and the topic is Safe Streets, Clean Streets. Lee says that the crime rates are actually down in the city of Poughkeepsie. Approximately 20 years ago, Poughkeepsie had a spike in crime as a result of the infusion of Crack and the rise of Crack and drug gangs. That subsided due to enforcement and other reasons, but the city's crime stats are down. Are there still crimes here? Yes, but crime is actually down according to the police department. The police department here is very effective. They know how to deal with crime and reach out to the community to get their support. The city does have some eyes in the sky; the police department has monitors for those, and they're very helpful. It's not so much surveillance; it is a fixed security camera, much like you'd have at a bank except it may focus on a particular intersection. It's a help to the police department to keep track of what's going on in areas they might be concerned about, and I don't think it bothers anybody—no one's reported that to me. The jails are not just a city issue it's a county issue. The County Jail has been over crowded for some time now and plans are afoot to expand the county jail and turn it into a large facility with not just a jail but transitional services to address mental hygiene issues and substance abuse issues. The overcrowding of the jail has been ameliorated by moving people out to other facilities which is costly. Council members call in to the city administrator when we find for instance, a street that needs repair, and they put it on the list and get to it as quickly as they can. They have a large number of underprivileged children and they're working very hard to maintain and advance the quality of the school district. Lee said New York State's economy is a disaster outside of certain areas; New York City, Saratoga Springs, Albany's suburbs, and certain parts of Westchester, Nassau, and Suffolk counties. We have a lot here to offer in the city of Poughkeepsie because we have a lot of colleges nearby, we have two very fine hospitals, we have a riverfront, we have a rail line, and we're midway between Albany and New York City. Metro North ridership to the city is sky high; the express trains down to Grand Central are packed. We have a hospital that's planning an enormous expansion. We also have a very vibrant art and culture element here, and tourism is big. The city of Poughkeepsie is really poised to bust loose; that's the key to me. One of the aspects of safety and crime is a better economic environment providing more employment and more meaningful employment. We have service sector jobs; hospitality, travel and leisure, retail, which are a piece of the economy not the whole thing. I'm hopeful that the economy will improve and our area finds its own sustainability even though much of the rest of the state is in trouble.

	Joy in Our Town #1623	28:50	13:00	L	PA/O	8/29/16 8/30/16	6:30pm 4:30am
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Host Dr. Gilda Carle interviews Poughkeepsie Mayor Rob Rolison. The issue is Civic Affairs and the topic is The Future and Challenges of Poughkeepsie. Mayor Rolison said he was a County Legislator for 12 years and decided to run for mayor last year February. He said [Poughkeepsie] is a city of 31,000 people, an 82 million dollar city budget, and 338 employees spread throughout different departments. The mayor is the chief executive officer of city government. I work with a city administrator, and you work in conjunction with the people who were in their room today in the common council. There are 8 wards in the city of Poughkeepsie, each represented by a councilperson. The common council is the policy-making body of city government. He said, I see a city that's on the move [Poughkeepsie], but yet we are in transition. We have a fiscal crisis because of the way our budget sits today. We have probably a 3 million dollar gap within our current budget. We have an 11 million dollar deficit which is outside the budget. But, we're delivering services to the people who deserve them and they pay for them. In 2004, the city of Poughkeepsie had a 9 million dollar fund balance, a savings account of 9 million dollars. Twelve years later, we're upside down by 11. Not only do we have no fund balance, we owe the fund balance 11 million dollars which means that money has been taken from other funds that we are required to pay back so that's complicated in itself. The city of Newburgh has a 6 million dollar fund balance deficit, they paid it back through a procedure called deficit financing, something we've talked about, and we've looked at. Our finance department has been overwhelmed with work. City Hall staff has been cut over the years to "balance the budget" but they cut too much. He said the solution is bringing in extra resources to help finance, which costs money but, we received a grant from the county to bring in extra resources and we're doing that. We are looking at Albany through the Governor's office and the State Comptroller's office for this financial restructuring board which was created by the Governor a couple of years ago to help distressed municipalities with technical and professional advice in a variety of areas of government. Also the Financial Restructuring Board has the ability to give or grant the city up to 5 million dollars in areas that will help us long-term. We've got to put the city on a long term path to fiscal stability.

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Host Dr. Gilda Carle interviews Poughkeepsie Mayor Rob Rolison. The issue is Civic Affairs and the topic is Poughkeepsie's economy. He said the fiscal condition is challenging. We have a revenue and expense challenge. We have so much revenue to support so many expenses and they're not even. Our cash flow for the city is very challenging as the year goes on, to make payroll, to pay vendors, to make our obligation payments to the state, the county, and the school district. It's been very difficult for the city for quite some time because, in the beginning of the year we have tax money coming in, water and sewer bills are being collected, and sanitation fees are coming in so we've got a pretty good amount of cash flow to cover expenses. We have some major payments for debt and pension payments for the pension system, and as the weather gets warmer, a lot of that revenue starts to get less and less, but the obligations don't get less and less. We have large institutions. They're all buying things. They all need assistance in certain areas, maybe we can do some things locally which will employ people. He said that cities have been hit especially hard with the recession and they're the last ones really to come out of it. We're [Poughkeepsie] still struggling. We can't be the employment generator because we don't have the positions and the budget to actually fund many of these positions that we'd like to create but we can be a conduit of discussions on how you create jobs locally because for many people who live in the city of Poughkeepsie, they're living here and they're not going anywhere. He said certain populations of your communities are going to stay where they were born, schooled, and where their family is. We've got to really focus on the people that are here. My focus as the mayor is within the confines of the city of Poughkeepsie, what we can do, what are the decisions that we can make, what are the things we can talk about that are going to improve people's lives.

	Joy in Our Town #1635	28:50	13:00	L	PA/O	9/12/16 9/13/16	6:30pm 5:00am
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Host Jacqui Phillips interviews Dr. Fernando Cabrera, NYC Council Member, District 14. The issue is Civic Affairs and the topic is Current Issues NYC. Dr. Cabrera said it's very important for Christians and people to vote because it's your voice, and we need Christians to vote their values. We're voting for someone to represent all of us. It is important for everyone to vote so their values can be represented. When people vote in a certain community, they get more attention. Elected officials pay attention to voter blocks, and provide them with more resources. It empowers our community. He said that we [Christians] bring a certain level of integrity and a certain worldview. When you have a kingdom worldview, you have an attitude of being here to serve. When we work in government as elected officials, we have the capacity to bring about influence into our community. It is the kind of influence that is born out of the greatest motive of all, and that is love. Love commands us and compels us to serve. Influence serves as a catalyst for change. [Christians] can also get involved in campaigning. Elected officials need a team, so this is a great way to get involved. There are many levels in which they can be engaged in a campaign. He said it is a lot of fun to be involved in a campaign. One of the ways our churches can encourage more Christians to be involved is through pastors teaching about it. I think there's been a false separation of church and state, and sometimes pastors get paranoid about talking about government or politics. The bible is full of politics. It's impossible to teach the full bible without talking about the importance of politics. The church could also be a prophetic voice; they can speak regarding what's happening in government and be the conscience of society. The bible says, 'When the righteous rule, the city rejoices.' We want to help those who really exemplify what is a model leader according to biblical principles because the city will rejoice. He said it is so critical to pray for our church, state, and country because it is actually found in the bible. In 1 Timothy 2, he says that we are to lift our holy hands without wrath or doubt, and it begins to talk about how we are to pray for those in office. Pray for wisdom, because the bible says 'A house is built by wisdom.' We need elected officials that will have God's perspective on their city. We need to pray for their spiritual condition. This is a job about judgement; deciding what is best for our community, because ultimately you're going to have to make decisions.

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<i>Families</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
	Joy In Our Town #1627	28:50	13:00	L	PA/O	7/04/16 7/05/16	6:30pm 4:30am

Host Dr. Gilda Carle interviews Dr. David Crenshaw, Clinical Director of Children’s Home of Poughkeepsie. The issue was Family and the topic was Hope for Abused Children. Dr. Crenshaw said the children coming in to programs like ours these days have an extensive trauma history, an extensive history of abuse in most cases, and they’re having enormous difficulty adjusting within the community and within their school system, so they need specialized treatment. They’re just like any other kid, the only difference is that when they get upset, they can lose control in a very dramatic way, and that’s when you realize these kids have been through some really traumatic times. They can be aggressive at times, they may want to run away, and they’ll do dangerous things that put them and others in unsafe situations. There are studies that indicate that 40% of kids who have been abused make at least one attempt at suicide, so it’s a very frequent problem among the kids that we work with. In spite of all the strikes against them, they have this inspiring fighting spirit within them. They are still very much alive, and kids that you can reach and work with. He thinks they will always be more vulnerable to major stress than people who have not had their experience with childhood trauma. He said, we just completed something called the adverse childhood experience survey. We’ve done it 3 times with our particular population, and 93% of the children had experienced 4 or more of these adverse childhood experiences, and that puts them in a very high-risk category. Adverse childhood experiences include things like broken homes, parents divorced or separated, substance abuse in the parents, incarceration of a parent, mental illness in a parent, physical abuse, sexual abuse, psychological abuse, and physical and emotional neglect. Ninety-three percent had more than 4. We try to create a culture of respect and almost, I would say, reverence for each child so that they are feeling safe when they’re with us, respected, and that they are important and valued. There’s a particular model that’s followed in all child-caring agencies in New York State. It’s a trauma-informed model, but a lot of it emphasizes respect and caring for one another, and the kids are invited to participate in meetings that impact their well-being, so they can express what they feel is needed to make the program better. There is also a lot of individual work with those kids in therapy to help work through some of that past trauma. Dr. Crenshaw said evidence points to a better result when the parents are involved in the treatment process, so we make a huge effort to try to include them in every way possible. It’s not always possible. Sometimes there are court orders that preclude that type of involvement. The prognosis is never as good for those children who don’t have any family resources.

	Joy In Our Town #1627	28:50	13:00	L	PA/O	7/04/16 7/05/16	6:30pm 4:30am
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Host Dr. Gilda Carle interviews Dr. David Crenshaw, Clinical Director of Children’s Home of Poughkeepsie. The issue was Families and the topic was Treatment for Traumatized Children. Dr. Crenshaw said back in the 1840s, there was a group of 10 women called the Female Guardian Society, who got together and said we need to do something for homeless children. He said around the same time that they were doing this, in New York City they started the orphan trains. From 1850 to 1920 over 200,000 homeless children were put on train cars in New York City and shipped out to towns in the Midwest, and when the train would arrive in a small town, the kids would be paraded on the platform. There would be a notice in the local newspaper that the orphan train was coming through, and they would have these kids out there and if they weren’t selected, they’d get back on the train and go to the next town. That was before social services was available and it was started by an African-American Baptist minister in New York City with all good intentions. There was no way to regulate it or supervise it. Dr. Crenshaw said most of our kids have experienced Type 2 Trauma. Type 1 Trauma might be an accident that somebody has, or let’s say a person gets mugged. That can be quite traumatic, but it’s usually a single, isolated event. In Type 2 Trauma which today is called Complex Trauma, the trauma is from many different sources, and it’s repeated. So ones whole childhood could be comprised of poverty, growing up in a violent neighborhood, witnessing domestic violence, or maybe being abused yourself. Bruce Perry, who’s a big name in the field of Neurobiology of Child Abuse, says that relational engagement is our very best tool. Bruce Perry says kids today are growing up in a relationally impoverished world. Dr. Crenshaw said, most abuse occurs in the context of the family; the abusers are well known to the children. If the people who are there to the care of you are the ones hurting you, it’s very difficult for the child to make sense of it. Dr. Crenshaw said what we have to prove to them over time is that you can trust me. I would have to prove to them over time that I’m somebody they can trust. I always tell them I have to earn your trust. Sometimes reconciliation is possible, and sometimes that’s not going to happen. He said, one of our other programs is our group emergency program, and those kids are taken out of their homes by Child Protective Services and brought to us any time of day or night, 7 days a week. They’re just so bewildered because they’ve been plucked out of their homes, and they don’t know if they’ll ever see their parents again and it’s very scary for them. It’s our job to make them feel safe, loved, and treated well with respect. Dr. Crenshaw said, the longitudinal studies of kids who start life this ways are actually not as gloomy as we may think. They do pretty well in adult life.

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<i>Families</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
	Joy In Our Town #1634	28:50	13:00	L	PA/O	9/06/16 9/09/16	5:00am 1:30pm

Host Amy Heart interviews Darryl Strawberry of Strawberry Recovery Center. The issue is Family and the topic is Fatherhood and Addiction. Darryl Strawberry said family is very dear to his heart, and for a very long time he had no idea what family was all about because of his lifestyle. Most men think that making a check and bringing it home is family life. It's not about stuff, it's about how I treat them and love them, and be involved in their lives. That's what life is about. He thinks the real key is for me first to be well, and then there can be a 'we'. Individually, you have to get yourself together. We all come with our own baggage. When the 'we' part comes together, then you can do things as a family. Having conversation with your family is very vital because it breaks up everything that needs to be broken in order to put the pieces back together. He said it is difficult for any man to separate his job and his life, and we have to learn how to do that. Our life is more important to God. He said there is a tremendous amount of selfishness in relationships. People look to be selfish instead of selfless. Selflessness leads to happiness and contentment in a relationship when it's not one sided. He said you want to have healthy, strong people around you. It is important for you as a person. If you don't, you have people that will persuade you to go the other way. They aren't really my friends if they're trying to make me do things outside of being a husband, father, and a man that walks in the principles of faith. Don't compromise; a lot of men compromise their marriage and their family. The kids never signed up to go through the hardships that some parents bring. I would tell a new family to be patient with each other and trust the process. In my marriage I had to learn how to be selfless. I didn't have to have my way. I had to come to a place of learning how to love my wife's kids, while loving my own kids and realizing that no one is first, we're all in this together. He said a man should be a godly man, a man of faith, and a man of principles. He should be a man that doesn't compromise with worldly things or situations, because they bring devastation to the whole family. God has created the man to be the head, but sometimes we end up compromising our principles because we're not operating according to the humility of who we are. It's okay to be humble, because it makes you greater. Men need to get back to principles. He said life's not over if you still have breath and you wake up. You still have a chance to change and shift. It's all about faith. Faith is going to challenge you to change.

	Joy In Our Town #1636	28:50	13:00	L	PA/O	9/19/16 9/20/16	6:30pm 5:00am
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Host Jacqui Phillips interviews Dr. LaJoyce Brookshire, Naturopathic Doctor & Author. The issue is Family and the topic is Resolving Complicated Family Dynamics. Dr. Brookshire said in the 90s when I got married, my husband married me knowing he had full blown AIDS and didn't tell me. When we were in the hospital telling his sister that he had AIDS, she and her mother had already known about it. Complicated family dynamics have a lot to do with issues that we refuse to resolve. I found out that he had AIDS when he became very sick, and the doctor announced it in a family meeting. According to the medical records he knew that he had it. Looking at it now, it helped to make me stronger. At the time it felt like I would never get back up again, I could never love again, but all that turned out to be a lie and I got back up for sure. I learned to trust because I verbalized my trust in the Lord. For example, when the doctors and nurses kept saying I was going to be HIV positive, I kept saying 'No I'm not!' God was saying to me 'Daughter go, thy faith has made you whole, and you are free from all your diseases.' I believed that. I had to cancel out the negative report. The forgiveness that I had to first take was to understand that I needed to forgive myself for ignoring some things that were right in front of my face like the bad behavior that he exuded and his homophobia. The forgiveness after he died wasn't for him it was for me. I had to work on my forgiveness, forgiving him, and his family as well. Jesus forgave me, who am I not to forgive. I learned to love again because I knew I had to eventually. I knew I'd eventually fall in love and I did. The best way to start healing is to make the decision that you're going to do your work. Own up to your responsibility. From the pulpit we need to deal with this straight on. We need to talk to congregations about healing, forgiveness, and trust in the Lord. We have to stop sweeping things under the rug. We need to understand walking in our truth is the only thing that will make you free. Do not perpetrate lies for someone else. Own up to what is troubling you.

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<i>Health</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
	Joy in Our Town #1630	28:50	13:00	L	PA/O	7/25/16 7/26/16	6:30pm 4:30am

Host Dr. Gilda Carle interviews Tonijean Kulpinski, CBHC, BCHC, AADP of Heaven on Earth Healing Center. The issue is Health and the topic is Healthy Eating. Tonijean says salt is all about the source. We have to keep in mind that there are refined salts out there that are iodized, bleached, chlorinated, and can bring a lot of sickness to our bodies. We need to use unrefined salt such as Himalayan salt, Icelandic flake salt, and Celtic salt. Salt is excellent for the bones, bone mineral density, your heart beat, and good for reducing blood pressure, just the opposite of what we're conditioned to believe. She said that children's allergies are rampant today, and the number one reason is because they're eating a lot of processed foods, sugar, and drinking a lot of soda and [sports drinks] instead of drinking pure water. Allergies are really a symptom of your body not recognizing what you are eating. She said that fluoride is a neurotoxin and it was dumped into our water supply many years ago as a cheaper means of getting rid of this poison, but we were dumbed down to believe it was good for our bones and our teeth, but we learned the hard way because it was causing bone cancers, specifically osteosarcoma. Being that [fluoride] is a neurotoxin, it actually damages brain cells. Tonijean believes cancer is a sign of a compromised immune system. We're dealing with Alzheimer's, we're dealing with autism, attention deficit disorders that are all related to the gut. All disease begins in the gut. If we're eating a lot of refined salt and processed foods, then we're going to develop a lot of unfriendly microbes that are going to infiltrate our defense system which is our gut. Your vision and hearing can get better because when you build wellness in your body, as opposed to always battling the disease, then your body will repair itself. Tonijean says that gluten has been around for centuries, it's not so much the problem, and it is the source of wheat. When you think about the original wheat, we have only about 3 or 4 species: spelt, kamut, and einkorn and they all contain gluten but in very small amounts. Gluten has molecular structures and there are chromosomes, and there are about 14 chromosomes in the ancient and origin wheats. But through farming and being so many generations out of the origin, there are 42 chromosomes in that molecular structure, making gluten indigestible. When looking for a gluten free food you want a naturally-occurring gluten free food like amaranth, buckwheat, quinoa, or brown rice. If you are going to eat wheat, you want to make sure its ancient wheat, even if you have Celiac disease. The liver rejuvenates between the hours of 10 p.m. and 2 a.m, and if we're going to bed at 2 or 3 o'clock in the morning, the liver is going to be very toxic over time. Kidneys go into a state of dialysis between the hours of 12 and 4, so it's important to get the right sleep at the right hours. An adult needs at least 7 to 9 hours, and children 10 to 13 per night.

Joy in Our Town #1630	28:50	13:00	L	PA/O	7/25/16 7/26/16	6:30pm 4:30am
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Host Dr. Gilda Carle interviews Tonijean Kulpinski, CBHC, BCHC, AADP of Heaven on Earth Healing Center. The issue is Health and the topic is Staying Healthy. Tonijean said that organic is the original food, the way God and nature intended. Scientists are taking an unrelated DNA and deliberately inserting it into the seeds of another species, to give it the characteristics and traits of that unrelated species. The reason for this is that food by nature, grows in seasons. It's going against nature, and we're causing an ecological crisis. When we eat this, we develop allergies, asthma, digestive problems, organ failure, and different types of cancers. There are healthy fats, as opposed to eating hydrogenated oils that are robbing us of our health. When our health is robbed from us, we become deficient and toxic. So when you crave from all the deficiencies and the toxicity, you start eating the wrong foods. Tonijean said cholesterol is a molecular-weighted alcohol, that's manufactured by the liver. It's measured in low-density lipoprotein, and high-density lipoprotein. There's not a good or a bad cholesterol, it's all good. However, the problem with cholesterol is that lowering it deliberately with a cholesterol-lowering drug known as a statin is dangerous because cholesterol is a repair substance. Cholesterol elevates to reduce inflammation from processed foods. With cholesterol too low, we can have a stroke or a heart attack. We want to keep a cholesterol reading of about 180 to 220. When looking for heart disease, you really don't want to pay too much attention to cholesterol as the culprit; you want to look at homocysteine levels and cardio reactive proteins. When they are elevated, then there may be an episode. She said the bone crisis has a lot to do with fat and cholesterol. In order to effectively assimilate calcium into your skeletal structure, we need saturated fat like organic or raw butter, coconut products, and even grass fed beef. Juicing is without the fiber which is wonderful because you don't need to digest anything. It goes directly into your bloodstream, where it can reduce that inflammation around the receptor sites of your cells. With blending, you have the fiber so it can definitely act as a meal replacement. Sugar, whether organic or not, is a high-candida, high-cancer causing food, but there is good sugar out there too and that is totally raw and organic honey. It's loaded with vitamins, iron and zinc, so in small quantities, raw honey is great for us. Honey will raise blood sugar levels in the event it's pasteurized, because the pasteurization destroys the physiology of the product, so all of those nutrients disappear.

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<i>Health</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
	Joy in Our Town #1631	28:50	13:00	L	PA/O	8/01/16 8/02/16	6:30pm 4:30am

Host Dr.Gilda Carle interviews Lisa Baxter, Author, and CEO of Blessed Kidney Connections. The issue was Heath and the topic was Prevention and Education of Dialysis. Lisa said that ESRD is end-stage renal disease. When you're on your last stages of dialysis, that's what its called. Kidneys clean the blood, filter the blood and they regulate your pressure and when you have end-stage renal disease, you're either on dialysis or on your way. You only get off dialysis if your kidneys start working again or if someone gives you a kidney. There are 26 million people who are dealing with this and don't even know. If you're kidneys are starting to fail, usually, your urine is foamy. Your feces are usually sticky like syrup, you get lethargic, and you get leg cramps. You have a metallic taste in your mouth. You have loss of appetite, nausea, and your color changes. She said that PKD is Polycystic Kidney Disease. It's a disease where you have cysts all over the kidney and after a period of time your kidneys stop working. CKD is Chronic Kidney Disease. Hemodialysis uses a machine that is hooked up to you through 15-gauge needles that go into your arm. Its acts as an artificial kidney, but you have to stay at the center for 3 or 4 hours. Going there 3 times a week can be tiresome and grueling. While you're there they take your pressure every 30 minutes, your weight, and check your vitals. Sometimes you feel tired or drained afterwards. They give you a special diet, they tell you not to drink over 32 ounces of liquid because sometimes you do stop urinating after being on dialysis for so long. Dialysis not only cleans the blood but it takes the fluid out of the body. They don't give you a long time to live while you're on dialysis, but I've been on for 12 years. She said you have to be educated about what's wrong with you, how to deal with it, and how it affects you. Work with the doctors and the nurses but know how it affects you as well. You have to go to dialysis no matter how you feel. They do a blood test, a urine test, and a sonogram. Meat tends to bother the kidneys because it takes a lot of work to break it down. Even fasting helps the body because it has to break a lot of things down. Increase your water and cranberry juice intake and other things to build up the body. With children, you have to be creative; you have to make things fun and interesting. Is they have diabetes, I tell them, "You can live with this!" it doesn't have to stop your life, it just makes it a little more interesting.

	Joy In Our Town #1631	28:50	13:00	L	PA/O	8/01/16 8/02/16	6:30pm 4:30am
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Host Dr.Gilda Carle interviews Lisa Baxter, Author, and CEO of Blessed Kidney Connections. The issue was Heath and the topic was Family Care with Terminal Illness. Lisa said a caregiver starts their day early and can deal with a lot of things at night. The Kidney Club is a resource and so is grief counseling. Sometimes you need that because there are other people going through the same things as you. As a caregiver, you have to stay "prayed up" and you have to get other people involved. It [Illness] hurts the family. As a caregiver, you get tired, but you don't want the person to die. You want help for them, and you want some kind of help for yourself. You need support like family because you can't do it alone, and the person that's going through the illness needs it. It'll cut down on the frustration and aggravation that you're dealing with. You just don't want to lose the person. You don't want to see them ill, and you don't want them in any pain. You can make them laugh, pray with them, and encourage them. When I went to Social Security [after my husband passed], they told me you have to make a certain amount of money to get any help, then they said you have to be over 60 to get any assistance. Its bad enough you lost the person, then you have to deal with financial issues as well as mental and emotional issues. Lisa said when you find out that a person is sick, find out about all the resources available when you go to the hospital, or wherever you go. Even sometimes when someone is sick or dying, you draw strength from being with the family or trying to do regular or normal things is therapeutic. You still have to take care of yourself. Just show them love and care, it will go a long way. They're going to get grouchy or mean, but that's because the sickness or ill ness does that to them. Just pray, trust God, and be there for the person. No matter if you've done everything, you'll still feel like you haven't done enough. She said you may even need to go to Grief counseling for as long as you need it. It helped me a great deal. Caregiving is doable, and you can do it.

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	Joy in Our Town #1636	28:50	13:00	L	PA/O	9/19/16 9/20/16	6:30pm 5:00am

Host Jacqui Phillips interviews Dr. LaJoyce Brookshire, Naturopathic Doctor & Author. The issue is Health and the topic is Yes, You Are What You Eat. Dr. Brookshire said that a naturopathic doctor is a doctor who specializes in everything that is in nature. So we help to keep you well, focusing on mind, body, and spirit using herb, vitamins, and supplements. She says we have to eat to enjoy perfect health, and what we eat determines our level of health. We have to stop ignoring those little signs that are eating away at us like chronic constipation and the headache that comes every day, those are signals of poor health. The first thing we should do to start cleaning up our diets is to start reading labels. If you cannot pronounce it, you should not eat it. We should stick to 5 ingredients or less. Striving for perfect health means that we are intentional about our health; eating at least 3 fruits a day, eating a salad every day, drinking water every day. The whites of your eyes signal what type of health you're in. My advice on flossing is to do it every day and don't skip a day. Your teeth should not bleed when you floss. Our body will produce whatever you put in. Poor health is based on whether or not we put good in. What we put on our fork can bring life or death. She said Brussel sprouts, help to scrape our arterial system and keep you away from Coronary Heart Disease. Himalayan Salt, sea salt, veggie Sal replaces other seasonings. We don't hear a lot about health restoration. We can restore our health, all we have to do is stop doing everything that we were doing that led up to today, turn around and walk in the other direction of health. The advice I give to churches to usher in better health is that the cooking ministry first of all needs to sit down and snap beans together instead of opening up the can. Start cooking healthy foods, and cook it yourself. Make your meals at home, that's the way to control what you're doing. We could also follow the biblical principles that are laid out for us in the bible, like not eating pork and bottom feeders like shrimp and lobster. She said remember that you are what you eat. Put good things in, good things will come out, and you will flourish and your health will be better for it.

	Switch On Your Brain #023	27:30	27:30	REC	PA/O/E	7/06/16	5:00am
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Today on Switch On Your Brain Dr. Caroline Leaf discusses milkshake multitasking; jumping around, chaotically and haphazardly from one thing to the next. We're not doing anything properly, it creates chaos in our brain, and it's not healthy for us. We actually can't multitask. We are designed to shift between different tasks and shift between different thoughts in a very organized and ordered and very fast way. We are designed to do busy well. Research shows that the human brain is designed to constantly change throughout our entire life. We're constantly growing new neural links, new networks, new dendrites, new structures, and new connections. Memories are constantly altering. Every time you think of a memory it's changing. Every time you focus on something, you are adding more structures to your brain. You are constantly re-landscaping your brain. And we have massive power in terms of what that landscape will look like. Will it be a healthy landscape, which is mental health through good choices? Or will it be an unhealthy landscape through incorrect choices? This is mind work. We, with our incredible, powerful mind, can design it. One of the most important things is to set up a constant internal dialogue with the Holy Spirit. And as you are doing that, you will learn to activate and use the new brain material that He has given us, plus the design of the brain that responds in a healthy way to all these good thoughts that we can build in our brain. By the same token, there's a plastic paradox. We can use those great new cells for bad, for evil, for the wrong thing, for making wrong choices. This new birth of neurons as you wake up in the morning is called neurogenesis; new birth. Multitasking is a myth. Social media experts tell us that the 140-character tweets is how things should be packaged. So, there is a continual stream of information that, yes, in a way, they are correct in that we are designed to respond to a continuous stream of information, but we are also designed to stop and think about that information. There's a very positive side to social media. Fast access to information definitely improves the speed of processing. The problem is that it takes away a lot of depth to people's thinking if you are using it too much. Deep intellectual thinking is extremely important. So, in terms of social media, it has to be a balance. And what they have found is that being addicted to social media – it's an easy addiction to actually develop because we're merged with the technology. Look at people – they're constantly on some form of technology. That, actually, in itself can create a pattern in the brain that is very similar to cocaine. Milkshake multitasking can be managed through quality not quantity. The first thing is that we need to make a decision to direct our attention meaningfully. Pay attention is a primary thing. Where are you going to direct your attention? Because where you direct your attention, learning follows. We need to tune our ears to listen to His (God's) voice. We need to keep focused on God's message at all times, which means that we are supposed to be constantly in a state of: What am I supposed to do next? Now, the Holy Spirit will lay down truth in our intuition of our spirit man. So, we need to develop our intuition. We also need to be extremely aware of our thoughts. It's a definite choice. It's a definite discipline.

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	Switch On Your Brain #024	27:30	27:30	REC	PA/O/E	7/06/16 7/13/16	6:30pm 5:00am

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

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	Switch On Your Brain #025	27:30	27:30	REC	PA/O/E	7/13/16 7/20/16	6:30pm 5:00am

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

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<i>Health</i>	Switch On Your Brain #014	27:20	27:20	REC	PA/O/E	7/20/16 7/27/16	6:30pm 5:00am

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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	Switch On Your Brain #015	27:20	27:20	REC	PA/O/E	7/27/16 8/03/16	6:30pm 5:00am

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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	Switch On Your Brain #016	27:30	27:30	REC	PA/O/E	8/03/16 8/10/16	6:30pm 5:00am

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.

	Switch On Your Brain #017	27:30	27:30	REC	PA/O/E	8/10/16	6:30pm
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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.

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

<i>Health</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
	Dr. Caroline Leaf #001	27:30	27:10	REC	PA/O/E	8/17/16 8/17/16	5:00am 6:30pm

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

	Dr. Caroline Leaf #002	27:30	27:00	REC	PA/O/E	8/24/16 8/24/16 8/31/16	5:00am 6:30pm 5:00am
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Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by guests Dr. Irinel Stanciudis, an endocrinologist; Dr. Avery M. Jackson III, a brain surgeon and neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss relearning what to eat, how to cook, and how to think about food.

	Dr. Caroline Leaf #003	27:30	26:50	REC	PA/O/E	08/31/2016	6:30pm
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Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by guests Dr. Irinel Stanciudis, an endocrinologist; Dr. Avery M. Jackson III, a brain surgeon and neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the importance of the mind and its impact on our food choices.

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<i>Health</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
	700 Club CBN NewsWatch #0706-09132016	1:00:00	5:00	REC	PA/O/E	7/6/16 9/13/16	3:00pm 3:00pm

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

	700 Club CBN NewsWatch #07082016	1:00:00	5:00	REC	PA/O/E	7/08/16	3:00pm
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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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<i>Health</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
	700 Club CBN NewsWatch #08122016	1:00:00	5:00	REC	PA/O/E	8/12/16	3:00pm

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

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<i>Health</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
	700 Club CBN NewsWatch #09142016	1:00:00	5:00	REC	PA/O/E	9/14/16	3:00pm

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

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<i>Substance Abuse</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
	Joy in Our Town #1632	28:50	13:00	L	PA/O	8/01/16 8/02/16	6:30pm 4:30am

Host Pastor Isaac Friedel interviews Thomas Giglio, Program Director of Market Street Mission. The issue is Substance Abuse and the topic is Addiction. Thomas said unfortunately [drug addiction] is ravaging our communities. The Center for Disease Control has classified death by heroin as an epidemic in our nation. The number of deaths have quadrupled in the past 3 or 4 years, from 4,000 a year to almost 11,000 a year. Seventy-five percent of people who use heroin started on opioids, a prescription medication. A 20 mg opioid will probably run you about 20 or 30 dollars on the street, and a bag of heroin that will give you an equal high, is only 3 or 4 dollars. So when you run out of money and you need the fix, you go to heroin or when your doctor cuts you off. You wind up having a problem; you burned all your relationships, you wind up on the street, you have nowhere to go, and finally you'll listen to "You know what? You need to go to detox." You go to detox, you spend 30 days in detox, you graduate from detox and you reward yourself with the same amount of heroin you were using before you went in. Let's say you use 3 or 4 bags, your body has lost its tolerance in the last 30 days, you're taking way more than your body can handle, and often times that's how people overdose—right after they get out of detox. When they try to stop, the withdrawal symptoms are unbelievable. Think about the worst flu that you've ever had, and add to that joint pain, stomach cramps, sweating, and not being able to sleep, and all you have to do to alleviate all these problems is to take one little pill and it all goes away. The average person who dies from heroin overdose is 29 years old, and is a White male from Middle America. Seventy-five percent of addiction occurs from the use of prescription drugs, so there's been this incredible increase in prescriptions from doctors to alleviate pain using opioids. Thomas said Americans are such comfort creatures that we don't endure pain. He said there is a debate over the use of Nar Can; it reverses the effects of an overdose. Typically when a person overdoses on heroin, breathing slows down and eventually stops. In Morris County, NJ alone, there were 42 deaths by overdose from heroin last year, but there were 43 saves from using Nar Can, and now it's over-the-counter nasal spray that's very easy to use. It instantly works; it reverses the effects and brings the person back to life. Thomas said that [opioid addicts] sleeping patterns change, they begin to lose weight significantly, there's a lot of lying going on and general dishonesty. The addict has no idea the damage that they're doing, and they can't see how they're devastating others. It can be compared to an Alzheimer's patient; they don't know the pain and the heartache that the disease is causing to the rest of the family, but that's a disease that wasn't brought on by choice, whereas the addict brings that disease into the family. An addict will do whatever they need to do to get that drug.

	Joy in Our Town #1632	28:50	13:00	L	PA/O	8/01/16 8/02/16	6:30pm 4:30am
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Host Pastor Isaac Friedel interviews Thomas Giglio, Program Director of Market Street Mission. The issue is Substance Abuse and the topic is Recovery. Thomas said that when you have an addiction issue, it requires a serious intervention, but people don't want to make the commitment to go to a facility and live there (which is an inpatient facility). They try to do it outpatient. We call that Intensive Outpatient (IOP) therapy. We have one median night that they attend, and they're monitored by some government agency to try to ensure that there's progress, but they're still living at home and working their regular job. The problem that we see is that we have many guys that come to our program that have already done a 30-day program, but that's not enough. At Market Street Mission, we have 70 guys in programs at all times. In a faith-based program like Market Street, we see that their addiction has brought them to our door so that we can introduce Christ to them. That takes time, and you can't just do that in 30 days. I think somebody said that our society at-large is experiencing a mental health crisis; "What is the point of life? What is my purpose?" Fifty years ago, life was a lot simpler; you worked hard, you made a decent wage, you were able to purchase a home, and have a family but today that has been destabilized. He said when we talk about addiction, we have different models of addiction including the disease model which says, "God made you that way." I don't believe that. I think that people are somewhat predisposed based on some personal aspects of their type A personality, but I don't think God made people to be addicts. We have the moral model, which says "I'm an addict because I'm a bad person" or "I want to be a social deviant." Then we have the conditioning model, where you use [opiates] from a surgery, you like the feeling, know the euphoric effect it has, and it's hard to stop. If you have something to live for that's worth practicing self-discipline, going to a long term-rehab, and worth working on the issues in your life, then that attracts you away from relapsing. Thomas said at Market Street Mission I meet with the guys once a week in what's called our pre-program stage. By the time they graduate, they've made a complete transformation. We've tracked our success rate and discovered that 70% to 75% of our graduates are still clean 2 years after graduation. We believe that once they're integrated into a faith community that is the strongest support system that they will have. We encourage them to go to meetings. We've developed a family counseling practice within our mission so that clients can bring their families in before they graduate, so now they can reconcile with their families.

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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>Substance Abuse</i>						
Joy In Our Town #1633	28:50	13:00	L	PA/O	8/15/16 8/16/16	6:30pm 4:30am

Host Pastor Isaac Friedel interviews Anwar Qarmout, State Rep. of New Jersey, Celebrate Recovery. The issue is Substance Abuse and the topic is Addiction. We're finding out about more things you can be addicted to. Every addiction is serious, no matter how petty it may seem. It is anything that possesses you, enslaves you, and controls you, but more importantly addiction is something that separates you from having a relationship with your family and God. Addiction is a problem when you're doing that more than you're doing what you're supposed to be doing. There is no age limit whatsoever. He said I have not personally encountered someone who has one single addiction. One is always a pathway to other addictions. You need more than one addiction to keep your addiction going. Anwar said besides alcohol and drugs, one of the things that is destroying the world is pornography. It's one of the most addictive things that men and women struggle with. It can be for life, but there is also a hope that they can get treatment. He said one of the giveaways [of addiction] is isolation. It doesn't just affect the person, it affects the whole family. Boys see their father as a role-model, good or bad. He said if your father is an alcoholic, chances are really high that you'll be an alcoholic. Children will do whatever they see. It's called a generational curse. He said people are trying to fill a void with something else due to a turning point in their lives. Shame and guilt is always covered up by lying. No one is going to admit their addiction. When they're exposed they're going to try to justify it and compare themselves to others. Anwar said that in order to expose someone you have to be a real friend, show a lot of love, and tell them that there's no shame. When you can assure them that they are important, beautiful, and perfect the way they are, even with their imperfections and flaws, they begin to trust and open up to you. If you can accept the person that is struggling no matter what it is, just love on them and tell them that you're not judging them, and you're not going to help them with their addiction but you're just going to be there for them. He said when you're helping someone, help them, and don't do it for them. They need to want recovery. Let them decide for themselves; they have to claim what they are going through.

Joy In Our Town #1633	28:50	13:00	L	PA/O	8/15/16 8/16/16	6:30pm 4:30am
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Host Pastor Isaac Friedel interviews Anwar Qarmout, State Rep. of New Jersey, Celebrate Recovery. The issue is Substance Abuse and the topic is Recovery. Anwar said recovery is actually redemption. The other meaning is that you're getting back what you've lost. Whatever you lost in the process of your addictions, you're learning how to get them back. A hundred years ago this was a big shame, but the more we talk about it and the more we express it, people feel more comfortable coming out and saying "I need help". Admitting and getting out of denial are the hardest steps. It's the hardest step to acknowledge that you're weak and you need help, but it is the strongest step you'll ever take in your life. There is a lot of help out there. We provide meetings all over the world. Everybody is willing to help you, the only problem is that you have to be willing to receive it. Going to a recovery program is very important; going in slowly, making sure that you are comfortable speaking and you're in a safe environment. Look for AA meetings, Celebrate Recovery meetings, and Overcomer's meetings in your local area, they're all over. Anwar said we build relationships with people and we get to know them. One of the biggest things for a newcomer is to let them know they're in a safe place. Accountability is very important as well as sponsoring and mentoring. When they come in for the first time, let them know that there is love here. He said that all recovery programs work, the difference is the person themselves. Are they comfortable? Do they like what they're hearing? He said for me it had to be faith-based and Christ centered. I needed that higher power to be something greater than I. For some people, AA works great and we support all of those meetings. The 12 steps are divided into 3 categories; you need to get right with God, get right with yourself, and get right with others. They're all equal. The 12 steps bring you back to being a decent human being. You learn how to love yourself, love God, and love others. You could honestly work the 12 steps in a year, but if you want it to be a life-changing process for you, you are constantly repeating those steps in your everyday walk. You want to go deeper into your recovery, going back to your root. Every time you go through the 12 steps, you're only touching one layer of your recovery. The 12th step is "giving it away", so if you want to keep what you've learned you need to help others. It becomes a lifestyle of always helping others. Your sponsor is ultimately the person that is going to hold you accountable. Without a sponsor, who's going to keep track of what you're doing? He said at our meeting we let it be known that there are meetings in other areas, so they can get as much help as they can. The difference between a recovery meeting and church is that in church you are forgiven and in a recovery meeting you are healed, so you need both. Relapse is very common. Anwar said I'm a recovering alcoholic and addict, and there is hope. Our purpose is to love each other.

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<i>Substance Abuse</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
	Joy In Our Town #1634	28:50	13:00	L	PA/O	9/06/16 9/09/16	5:00am 1:30pm

Host Amy Heart interviews Darryl Strawberry of Strawberry Recovery Center. The issue is Substance abuse and the topic is Addiction and Recovery. Darryl Strawberry said the disease of addiction is very powerful, and anyone can be stricken with it, it doesn't matter who you are. Young people today are in trouble; they're in dire need of someone to bring a positive message to them to show them that they are capable of changing their life. I'm seeing so many young people from the ages of 18-25 who are addicted to opiates and heroin like never before across America. We have a serious problem. Addiction is usually shown through the mood changes of a person. When you see someone whose personality changes and has different types of habits, there is a problem. When kids' grades and attendance start to go down, usually there is a problem. They've probably started to encounter marijuana. Kids think marijuana is okay, but it is the drug that leads kids to all the other drugs. Marijuana is going to stop working, and then you have to go to the harder stuff. Something usually happens to a person to get them to that place where they start altering their mind, because they want to escape from reality. They have a tendency of not knowing who they are, and they identify as the wrong person. He thinks decisions should come back to the family table. The family table and biblical principles have been missing, and they're [kids] finding themselves looking to social media for what's hip. We should start teaching our kids the dangers of drugs from the beginning. It [social media] is a false influence and a major distraction for this generation. We need to get back to conversation so they can open up and have a voice for themselves. You need people with life experiences like me to speak to the kids. Education is more important than telling them not to do something. The approach in treating addiction is prevention, that's the educational part of it. He thinks people underestimate faith. We've gotten away from it. Faith overcomes fear. My advice to young people trying to stay sober is to open up and talk about it, and don't be ashamed.

	Joy In Our Town #1610	28:50	13:00	L	PA/O	9/26/16 9/27/16	6:30pm 5:00am
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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 deeply rooted pain, people are trying to fill emptiness in their life and this causes them to 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 units are 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>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
	Joy In Our Town #1610	28:50	13:00	L	PA/O	9/26/16 9/27/16	6:30pm 5:00am

Host Isaac Friedel interviews with Rev. Russell Hodgins, Executive Director of Brooklyn Teen Challenge. The issue is Substance Abuse and the topic is Recovery from Addiction. Rev. Hodgins mentioned that there are faith-based programs, secular programs, and 28-day inpatient programs to help recovery from substance abuse. They should devote a full year to recovery as it takes a while to relearn behaviors. When someone becomes addicted, whatever age this happened, and 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 important 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 to 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 a testimony to the power of God. There is a way out of substance abuse and addiction.

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<i>Substance Abuse</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
	700 Club CBN NewsWatch #09272016	1:00:00	5:00	REC	PA/O/E	9/27/16	3:00pm

CBN News Reporter Lorie Johnson Reports: Heroin use has reached epidemic numbers, with overdoses killing more than 10,000 Americans in 2014 alone. For years, people considered this addiction a big city problem, but people are now quickly learning heroin is in their own backyard. Take for example, Caitlyn Weems, who died of a heroin overdose at age 21. Her mother, Carolyn, says although it's been three years, she still grieves her loss every day. If heroin addiction and overdose can happen to Caitlyn, it can happen to anyone. Raised in a stable, Christian home, she loved sports and school. Caitlin's addiction began innocently and unexpectedly. She first got hooked on prescription painkillers following a series of sports injuries. These powerful, often habit-forming narcotics, called opioids, go by names like Percocet, Oxycontin and Dilaudid. Prescription pain pills and heroin produce the same type of high, but heroin is cheaper and easier to get. Pain pills are also regulated, so you know what you're getting. But when it comes to heroin, dealers often secretly lace it with other toxins, like the all-too-common fentanyl, creating a potentially lethal blend. Nora Kitchens knows all about that. Hooked after that first time, Kitchens stayed that way for years. Heroin addicts continually need more of the drug to get the same high. Kitchens wound up with a \$100-a-day habit. As the number of addicts skyrockets, so does the number of babies born to them. These infants come into world as addicts themselves and most immediately endure painful withdrawal. This happens almost every day at Virginia's Sentara Norfolk General Hospital. The day CBN News visited, maternity nurses helped deliver five addicted babies. Neonatal occupational therapist Steven Brown says the addicted babies appear and behave differently than healthy ones. Weaning them off the drug often takes weeks. Janel Moore, a registered nurse at Sentara Norfolk General, says Child Protective Services is usually notified, but that the goal is to keep the family intact if possible. Kitchens is in that group. Her son William was born addicted. William is now clean and healthy. Kitchens still receives outpatient treatment. Meanwhile, lawmakers are doing what they can. Virginia Delegate Todd Gilbert pushed through legislation allowing law enforcement to administer the so-called "save shot" to overdose victims. Most states are following this lead, with some allowing trained citizens to administer the "save shot," also known as Naloxone or Narcan. There is also the "9-1 -1 Good Samaritan Law," allowing people present during an overdose to call for help without risking arrest. Furthermore, the medical community is enacting regulations surrounding the way doctors prescribe pain medication and the ways doctors communicate with other doctors prescribing pain medication to the same patients. Gilbert said America needs to come to grips with our nation's heroin epidemic. If you suspect someone you care about is using heroin, here are some common warning signs:

Paraphernalia:

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

Appearance:

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

Actions:

- * Vomiting
- * Scratching
- * Slurred speech
- * Complaints of constipation
- * Complaints of nausea
- * Neglect of grooming
- * Failure to eat
- * Covering, arms with long sleeves

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

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<i>Electoral Affairs</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
	Joy In Our Town #1635	28:50	13:00	L	PA/O	9/12/16 9/13/16	6:30pm 4:30am

Host Jacqui Phillips interviews Dr. Fernando Cabrera, NYC Council Member, District 14. The issue is Electoral Affairs and the topic is Election Issues. Dr. Cabrera has been a NYC Council Member for almost 7 years. This senatorial district has the 1st, 3rd, and 5th poorest council districts within this senate district. Dr. Cabrera said we need someone to come and provide leadership. Over the last 6 years, I've been able to provide 50 million dollars, into the district. We have not received help from the state senate in the last 5 years, but the city council has been able to draw those resources. I've been able to pass 11 laws and resolutions including the Tenant Bill of Rights, the Crime Map Bill, and the school environmental bill. He said, as a pastor I have built a grass roots organization that has had an impact on our community. To me, God is critical. It's necessary to have someone [in office] who has a pulse in the community and has credibility. Dr. Cabrera has his Doctorate and a Master's degree in counseling and his B.A is in Religion. He said, for over 10 years I was able to help young people get their graduate degrees, especially those in a minority community where we're lacking young people who have their B.A and Graduate degree. In the 52nd precinct I have allocated over 3 million dollars' worth of security cameras. Crime has gone down 50%. I started the first and only Cure Violence program along with Councilmember Jumaane Williams and the New York City Council. We have seen the most successful gun prevention program in the city. We haven't had a shooting since February [2016]. The cameras helped with that as well. Now businesses are putting cameras in their buildings. Another capital request I had was parks, now we're starting renovation and construction. We've been able to fix up some public schools, some of which haven't been fixed in 80 years. In the nonprofit sector, I was able to be the program director for New Life for Youth, a rehab program that is similar to Teen Challenge. To this day, tens of thousands of young men's lives have been transformed. The other piece is being a pastor for 28 years. In our church we have over 120 volunteers that have been an asset to the neighborhood. I was the lead councilmember working with other pastors to make sure that the administration allowed churches to rent public schools. Churches have provided a tremendous asset to the community.

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<i>Public Safety</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
	Joy In Our Town #1624	28:50	13:00	L	PA/O	8/22/16 8/23/16	6:30pm 4:30am

Host Dr. Gilda Carle interviews Angela Flesland, Dutchess County Legislator, District 6. The issue is Public Safety and the topic is Enforcing Safety in Dutchess County. Angela said that the biggest services safety that the county provides in terms of public safety are things like Dutchess 911. 911 in New York State is not a mandated service. About 70% percent of the total Dutchess County budget are mandated costs, yet that 30% are things like 911 services and if you're in the middle of an emergency you want to know that you can pick up the phone and dial 911 and somebody is going to be on the other end. In New York State that is not mandated, also the Dutchess County Sheriff's office. Road Patrols are not mandated in the State of New York. Dutchess County recently formed a Sexual Assault Response team, so if a woman or man is raped or sexually assaulted, there is an advocate that can be with them through the process. We have a Special Victims Bureau in the District Attorney's office, who'll handle the prosecution of those crimes. I sit on the Dutchess County Stop DWI Board, and there's a lot of funding that we dedicate to the enforcement of drinking and driving offenses. What we have are specialized patrols that will go out just looking for drunk drivers. In Dutchess County, Stop DWI supports drug recognition experts, and these are specially-trained law enforcement officers who will come out and evaluate someone if the officer on the scenes suspects that they could be under the influence of drugs, and that person can make a decision based on the vital signs of that person, and based on a lot of things that tell if person is under the influence of a certain category of drugs. There aren't enough rehab beds in the State of New York, so that's something that the state needs to address to make sure that beds are available. She said that this Fall, a Crisis Stabilization Center will be opened in Poughkeepsie, where 24 hours a day, someone can come in on their own and get help either for mental illness or substance abuse. It is also important to note that in Dutchess County through the Stop DWI Board, we've established prescription drug disposal locations, they're located at police departments throughout the county. You can find the locations on dutchessny.gov, and you can go in there 24 hours a day 7 days a week to dispose of your unneeded medication. If you're not using it, don't keep it, dispose of it in a safe manner.

	700 Club CBN NewsWatch #09122016	1:00:00	5:00	REC	PA/O/E	9/12/16	3:00pm
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CBN News Reporter Mark Martin Reports: Author and activist Erin Merryn is on a mission to protect children from being sexually abused. With millions of victims in the United States alone, the Illinois woman is taking her fight to all 50 states and beyond. People magazine named her one of 15 women changing the world. With a bubbly baby girl, supportive husband, and infectious personality, you'd never guess Erin Merryn has endured tragic, unimaginable acts. This vibrant 30-year-old is a survivor of sexual abuse. Merryn said it started when she was just 6 years old at her first sleep-over. She said the uncle of her best friend sexually abused her during the night. The first time. Merryn never told anyone, and she says until she turned 8 and a half, when her family moved from the area, the man repeatedly sexually abused her. He even brutally raped her just weeks shy of her seventh birthday. She said he continued to threaten her to keep quiet, and she complied. Even after she and her family moved to a new neighborhood, sexual abuse continued. Merryn said this time the perpetrator was an older cousin, someone she had viewed as a brother figure. Merryn wrote about her despair in her childhood diary. Merryn finally broke her silence when her younger sister told her that she, too, was being sexually abused by the same cousin. The two told their parents who believed them 100 percent. The next step was telling their story to a forensic investigator at The Children's Advocacy Center of North and Northwest Cook County. More than 900 of these non-profit centers exist around the country. The room where Merryn found her voice has a two-way mirror. As she shared her story with a trained therapist, behind that mirror investigators listened, collecting information to build a case against a perpetrator. Merryn said her cousin confessed to the crime, was sentenced to seven years probation, and put in a sex offender treatment program instead of receiving jail time. However, her early childhood abuser was never prosecuted. What Merryn and her sister went through is by no means isolated. Merryn eventually went on to become a social worker at a counseling agency. But God had different plans for her to help children and teens on a national and international level. He used her childhood diary to spark a new idea. At that, Erin's Law was born. The law requires age-appropriate personal body safety and sexual abuse prevention curriculum for pre-kindergarten through 12th grade students in public schools. It educates kids on safe touch, unsafe touch; safe secrets, unsafe secrets; how to get away and tell. Merryn is on a mission to find either a state senator or representative in each state to sponsor the bill, draft it, and introduce it to lawmakers for an eventual vote. Erin's Law is spreading like wildfire, even drawing the attention of celebrities like Oprah and Katie Couric, and magazines like People and Glamour. In a little more than four years it's passed in 21 states and pending in 22, with seven to go. It's a legacy she'll leave for her baby girl and millions of other children who, because of a law, will be protected from the grip of sexual abuse.

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<i>Economics</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
	Joy In Our Town #1624	28:50	13:00	L	PA/O	8/22/16 8/23/16	6:30pm 4:30am

Host Dr. Gilda Carle interviews Angela Flesland, Dutchess County Legislator, District 6. The issue is Economics and the topic is Economy in Dutchess County. Angela said the 2015 year-end report was due to the State Comptroller's office at the end of April and it showed a \$57 million fund balance. A few years ago, the Dutchess County fund balance was nearly zero. The State Comptroller's office recommends having a fund balance of 5 to 10 percent of your total budget, and we're now at 13 percent. The Dutchess County bond rating is a double A+, the second highest in the state of New York, these are good indicators that the economy is starting to turn around. The Budget Finance and Personnel Committee has oversight of the county budget adoption process. The County Executive has to submit a budget to legislature by November 1st every year. The largest portion that [the budget is spent on] are the unfunded mandates. Dutchess County Department of Community and Family Service which was formerly Social Services, is a very large unfunded mandate. There's also things that you would never expect the county to fund like preschool special education services are paid for by Dutchess County, and that's an expense of multi millions of dollars every year. We've stayed under the property tax cap the last 5 budgets, and part of what we're doing with the fund balance is creating a Taxpayer Stabilization Fund. So its 10 million dollars from the fund balance that will be used to help the county stay under the property tax cap for the next few years. Angela said, in Dutchess County, small businesses are the soul of our county and in the city of Poughkeepsie right now there's a lot of new small businesses coming in. Our biggest employers though are the healthcare fields. Our colleges are a huge part of the economic back bone of the county. She said, ultimately small businesses are the heart and soul, and that's what we have to continue to support. More jobs are being created in small businesses than anything else. We recently created the Think Dutchess Business Alliance, it's a program where instead of having different offices where everybody is, and if somebody's looking to start or expand a business they have to go all around. Why not have it in one location where you can talk to everybody that you need to talk to, to make something happen. We want to make it easy for people to locate here, and we're going to work with you every step of the way try to make Dutchess County the place where you want your business.

	Joy in Our Town #1628	28:50	13:00	L	PA/O	7/11/16 7/12/16	6:30pm 4:30am
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Host Dr. Gilda Carle continues with Lee David Klein, Council Member, 4th Ward, City of Poughkeepsie. The issue is Economics and the topic is Poughkeepsie's Fiscal Health. Lee said cities have a bond rating and those are watched. Our bond rating is not where it should be. Our finances are not where they should be. We have a city that has more than its fair share of tax exempt properties; government buildings (local, state, & federal). We have more than our fair share of schools, educational facilities, houses of worship, and not-for-profits. Those are tax-exempt. We also have a large number of underprivileged folks and we have a lot of folks coming out of rehab, jail and prison. We have a lot of folks who need services; government subsidized and supported services. We installed parking meters in 2014. A lot of people were unhappy about having to pay for parking, but the reality is that those are a common ailment of ongoing revenue in many communities all across the country. The State Comptroller had done an audit of the City of Poughkeepsie in 2013, recommending that the city find a source of revenue that would arrive on a daily basis rather than just one shot like sales of city-owned properties. The governor has strongly supported consolidation and sharing of services which I am very much in favor of, but also we have to have reasonable development, and we are fortunate to have a number of business people who are interested in developing the waterfront with living space and leisure space. I believe that parking meters are an important element of revenue generation for the city, and I believe we need more meters. Lee said, waterfront is a major asset to the city. That's a critical asset for the city for living space, also because the Metro North train station is there, and Amtrak runs through Poughkeepsie. Lee said, in terms of programs we have Section 8 housing for those who are underprivileged to obtain subsidized housing, we have supports for youth programming and supports for people in the community. Raising taxes hurts people; raising taxes is passed on from landlords to tenants, and it makes it harder for people to afford to live here Raising taxes may have to be done, but it cannot be done lightly especially in light of the State's tax cap, which is one of the tools the Governor promoted and is in place to limit property taxes, and try to force municipalities and school districts to come to terms with fiscal realities. Lee believes in giving it every effort to stay within the tax cap. Its key to 2% or the rate of inflation (whichever is lower). The rate of inflation is very low and that has cause a lot of hardship but at the same time, the tax burden in New York State is out of control, and we're losing population largely because of taxes.

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