

**Trinity Broadcasting Network**

***WTBY-TV***

2nd Quarter, Quarterly Report

**April, May, June 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**

**Economics**

**Health**

**Public Safety**

**Substance Abuse**

**Youth**

*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>						
<b>Joy In Our Town #1622</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>6/20/16</b> <b>6/21/16</b>	<b>5:30pm</b> <b>3:30am</b>

Host Jacqui Phillips interviews Rafael L. Espinal Jr., NYC Council Member, District 37. The issue is Civic Affairs and the topic is Affordable Housing. Mayor De Blasio proposed a housing plan to direct the Affordable Housing issue. District 37 is the first district to be rezoned. The Mayor wanted to preserve 200,000 affordable units in the city of New York. As the rents are rising in Brooklyn such as in Williamsburg and Bushwick, people are being pushed out of their community because the rents are too high. He looked at the area in East New York, next to these other areas, to see how they can make people stay in their communities. One of the ways is through affordable housing and creating an environment where they can get good paying jobs. The Mayor has required that any developer that is building housing to require them to have 25%-30% of units to be affordable to the people in the community. This passed through the City Council first. Then they also rezoned part of East New York that were not developed to be able to build high rise buildings that are affordable. The advocates have been pushing towards the lowest level which is about 30% AMI, which is about \$25,000- \$30,000 annual income for families of three people. He was able to get 50% of units for households making \$38,000 or less on public land and on private land he was able to get 40% of units for households making \$38,000 or less. They can only do a certain percentage of apartments at this affordable rate, as the rental income has to be able to sustain the cost of the building. The city owns 300 apartments on public land and in the next two years they will have about 1,500 apartments available. . He pushed the Mayor's office to work on a program to get the homeless people out of the shelter and what they created were vouchers in which they gave the homeless people. They only have to pay 30% of their income for the rent and the city will pay the rest of the rent for up to 5 years and hopefully within those 5 years, they will be able to get a better paying job and pay the full rent on their own. If the new apartments are not built in the time frame, then the city will help them find an affordable apartment. There will be a lottery where 50% of the apartments will be set aside for the people living in the neighborhood and the other 50% will be for the rest of the people in the city. He pushed the Administration to put 20 million dollars into manufacturing in the zone and they are looking to improve conditions so businesses will want to stay in the neighborhood. Then this will create an environment that will create more jobs for individuals looking for better paying jobs. The city is going to invest 267 million dollars in East New York.

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Host Jacqui Phillips interviews Rafael L. Espinal Jr., NYC Council Member, District 37. The issue is Civic Affairs and the topic is Services offered by Council Members. The City Council Members represents about 160,000 individuals and there are 51 Council Members across the city. They each represent a couple of neighborhoods. They are the checks and balances to the Mayor. The Mayor cannot pass a law without going through City Council. They oppose laws as well and pass the city budget. They all have an office in the neighborhood and have a staff that deals with the issues as well. Issues such as pot holes, noise complaints as well as bigger issues such as if someone needs affordable housing or immigration issues. Some of these issues are usually services that people pay for, but their offices offer this for free Their office has an immigration attorney that comes in once a week for people who need help with applying for a green card, or they are trying to bring a relative into the country, or they need to apply for citizenship. They also have a Housing Attorney that can help you with any issue that you are having. He is also a Chair Member for the Consumer Affairs Division and deals with issues that involve consumers and small businesses. They also passed a law that the schools have to supply the students with information on financial literacy. They are also involved with Consumer Credit where people can learn to check their credit, how to manage their debt, etc. A big topic in NYC are the cartoon characters on the streets and how much of a nuisance they are. City Council had a hearing on how they can address this issue such as should they apply for a license, wear a name tag. etc. Another issue they are dealing with in the city are the horse carriages if they should do away with the licenses and do away with the carriages. They also are dealing with the synthetic marijuana issue. So they passed a law that it would make it illegal for corner stores and delis to sell synthetic marijuana or they can lose their cigarette license if they are found selling it. Affordable housing is the biggest issue that they are dealing with as there are about 60,000 homeless people in NY which is almost a record number. Forty percent of these people have jobs. The city is looking to put a 5 cent fee for a plastic bag when you go to a store to deter people from taking plastic bags, as the bags are ending up in the rivers and trying to get people to use reusable bags. This will put a burden on the seniors, but they are trying to work this out for the environment. He wants to make sure Brooklyn remains a diverse area as well as welcoming in the new people.

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<i>Civic Affairs</i>						
<b>Joy in Our Town #1623</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>6/20/16</b> <b>6/21/16</b> <b>6/24/16</b>	<b>6:00pm</b> <b>4:00am</b> <b>1:30pm</b>

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.

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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>
	<b>Joy In Our Town #1626</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>6/27/16</b> <b>6/28/16</b>	<b>6:30pm</b> <b>4:30am</b>

Host Anne Farrell Tata interviews Ambassador Ido Aharoni, the Consul General of Israel in New York. The issue is Civic Affairs and the topic is Israel & Christians Supporting One Another. Ambassador Aharoni said the State of Israel maintains 106 embassies and consulates worldwide, and the New York office is the largest of them all. The difference between an embassy and a consulate is that an embassy is in charge of maintaining bilateral ties between two governments, and consulates do not work vis a vie the central government, but essentially people to people. Ambassador Aharoni explained that as a diplomat, you are expected to change locations every several years, and to quickly assimilate and integrate which takes a toll. He said it is a very difficult task to uproot yourself and your family every few years. Especially here in the United States, we [Israel] have a lot of friends, and one of the things we're doing is celebrating our Judeo-Christian heritage. Israel is the birthplace of Judeo-Christian heritage and is a very important place for Jews and Christians especially in North America. Our job is to make the Holy Land accessible to both our Jewish and our Christian friends, and to celebrate what brings us together rather than what alienates us. Our strategy is all about embracing our Judeo-Christian heritage, being inclusive, and making Israel accessible to our Christian friends in America. Before 1967 when Israel took over the eastern part of Jerusalem, there was no freedom of religion there under the Judean rule. Even today, 2016, the only place where Christians are actually safe, are given complete and absolute freedom of worship, and where Christians are actually growing in number is in Israel. He said it is hugely important for people of faith in the United States to come and see where it all began, to come and see the hills where Jesus visited, to see the places that you read about in the Bible. Every Sunday Christians throughout the country gather to talk about the Bible, to talk about the Holy Scriptures, here's an opportunity to actually come and see it. The history comes alive in the Holy Land. He said we [the Embassy] is entrusted with several enormous tasks; the first is, to impart Israel's message in a reliable fashion, to people of importance and groups of importance in the United States. We do that using media, the public affairs department that organizes events, cultural affairs department, the tourism mission that promotes tourism to Israel, a trade mission to cultivate economic ties between Israel and the United States all to advance the interests of the state of Israel. He said our job is to promote Israel's assets. He said if the only thing our friends know about Israel is that it is dangerous the less likely they will be to reach out. By implementing the proactive approach of reaching out to people, the number of Christians coming to Israel has increased every year, and has increased in every country in the world where Christianity is on the rise.

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Host Anne Farrell Tata interviews Ambassador Ido Aharoni the Consul General of Israel in New York. The issue is Civic Affairs and the topic is Israel's Conflicts and Innovations. Ambassador Aharoni started by saying no place or person in the world would like to be defined by his or her problems. Most people would like to be defined by what they bring to the table. What Israel is offering to people of faith and people of less faith is one of inspiration. He said we [Israel] lost one-third of our nation between 1939 to 1945 during the years of World War II. One-third of our nation was brutally murdered. We went from near devastation, not only to complete resurrection, but to an amazing, astonishing success. We have to celebrate our success, and rather celebrate what's wrong, let's celebrate what's right. He said many of the things that we celebrate stem from the fact that we achieved so much. He said the United States is struggling with the lack of water and management of existing water resources. He said when I was a kid, the biggest national threat in Israel was a drought. In the 60s and 70s in Israel a drought meant a national disaster. And now, in 2016, we are completely and absolutely independent and self-sufficient when it comes to water. A nation of 8 ½ million people identified an existential threat, came up with a solution, and today provides water to our neighbors. It is unprecedented that a country provided aid, water and electricity to its enemy. That's the relationship with Israel and Gaza today. The first cellular phone was developed by Motorola Israel and almost every computer in the world is using an Intel chip, developed and produced in Israel. Microsoft has its largest R&D center outside of the United States in Israel. He said we have 9 universities and 4 of them are ranked in the top 100 universities in the world. He said we are the only country that had more trees when we entered the 21st century than we had when we entered the 20th century, with the help of many of our Christian friends who come to Israel to plant trees. A company in Israel in 1999 called ICQ invented instant messaging. The ability to communicate live was invented by 4 young Israelis. He said in Israel there are 5500 startup companies, many in the medical field. They are usually in communication with their counterparts all over the world. He said Israel has become part of the cutting edge of medical research all over the world because of these ties.

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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>
	<b>Joy in Our Town #1618</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>5/02/16 5/03/16</b>	<b>6:30pm 4:30am</b>

Host Dr. Gilda Carle interviews Jose Northover, Founder of Northover Seminars. The issue is Economics and the topic is Financial Guidance for Youth. Jose Northover explains that money is a problem for a lot of people, depending on how money was introduced to them. In some households its scolding, frugality and sometimes it goes to the wayside until it becomes a problem that needs to be talked about. You should start talking to young people about money as soon as they start asking for something. So if a child points to an item in a store, or a family member asks for something that is out of the norm, then they have a right to know what it actually does and how it impacts the family and also the process that takes place; as can't just take it out of the store. It is also important to show the appropriate use for it. Introduce the subject of saving and planning which is usually some of the biggest pitfalls. Before going into the store with your child, tell them that you are going to get something and that you may be able to get a treat if it is within the budget. Is shows them how to make money choices and be patient with the process. It doesn't matter if the child is in a high income or low income family, as the same concept applies. Explain the process before you go to the store and make sure they understand it. Sometimes parents don't have an understanding of what they themselves have experienced about money due to the generations before not being aware or explaining. It has been proven scientifically that a person who is more likely to engage another person for a date does it on a payday rather than before payday. Children are very astute and if you explain the program to them, they will understand. Fear and a lot of other emotions may keep from explaining this information to a child. If a parent doesn't have enough money to pay for food and try to explain it to the child, the child doesn't worry about chicken or pork chops, but they do think about cereal or favorite candy. This is when they will understand and can explain the difference about needs and wants. When explaining to a 10 year old, have them write out the grocery list and to write the items where they can get the most value for their dollar. Tell them the more money they save you, that you will give them a commission. If they save you \$10.00, give them \$2.00. Start simple with the child so they know if they have .25 and that they can't buy something that cost .30. . If a person is in their 20's and they want a car, but the family is poor, ask them if they want the car for transport, or because it looks nice? Keep within your lifestyle, as you can't fit your shoes in some else's. Take care of debt, if you owe, you can't go. In the bible there are more references to money and God, than on any other subject, even more than love. Educate, Enlighten and Empower.

	<b>Joy in Our Town #1618</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>5/02/16 5/03/16</b>	<b>6:30pm 4:30am</b>
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Host Dr. Gilda Carle interviews Jose Northover, Founder of Northover Seminars. The issue is Economics and the topic is Your Choice & Your Truths. Jose Northover explains that everyone likes to keep up with the Jones, but they don't know the reality of the Jones. How much they make and why they make their choices. Make your choices on your interests and budget. Look at the long term goal and alter your choices now, to meet that goal. If you have debt, pay off what you owe; store charge cards, items accruing interest. When I owe you, you own me. When there is a discrepancy and fighting over money, keep true to what you have and let people know why you have certain goals. Go back to the basic and common goal and take the initiative to do it yourself and the rest will follow. Even though some people who don't want to lose face and tell others that they can't afford it, but when the bill comes in the mail, they are already ashamed. You trapped yourself with the lies and pretention, you might as well let it out in the open. .Your true friend will embrace your situation even if it is not good. The people that are not true to you will somehow disappear and you are better off without them. Identify your goals and tell people why you have these goals. If you are dating and meeting people, money is the one absolute. However, when meeting a person, it shouldn't be based on how much they have, but on how much they care for that person. Be truthful to yourself and others. Talk about finances before you get into the water, not when you're wet already. In Northover Seminars, Jose has a series of seminars. One is "What do you want and why do you want it?" Ultimately it is to educate, enlighten and empower. If you find yourself uncomfortable with telling the truth with a person, then you shouldn't be with that person. The bankruptcy rates are high for people that have degrees after their names, as they don't know how to manage money. Their matrimonially challenges and rates are higher, as well, even substance abuse is higher. It is a function of slowing down and look how much do I love my future and will I buy a suit that will pamper me down the road? Will I buy a car that will constrain my family down the road? If I take something for granted it may go away. Money doesn't love you back.

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*Economics*

<b>Joy in Our Town #1625</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>6/21/16</b>	<b>4:30am</b>
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Host Dr. Gilda Carle interviews Christopher D. Petsas, 1<sup>st</sup> Ward Common Council Member and Chairman of the Council of Poughkeepsie. The issue is Economics and the topic is The Economy of Poughkeepsie Crime Prevention. Christopher said in terms of housing, we have the Dutton Project, which will be 360-some units of new housing on our waterfront. That's been a lengthy process, but that will be high-end apartments and condos that are going through the planning process right now. We also have construction going on right now across from Shadows Restaurant and Catering Facility on Rinaldi Blvd at the southern end of our waterfront; they're building 130 units of luxury townhomes and apartments that are in the ground. We also have a brand new hospital that's going to be built here in Poughkeepsie. The Vassar Brothers Medical Center is expanding; they're building a half billion dollar new hospital that will be state of the art and will be an economic driver for that neighborhood and for that hospital. He said, I think one of the best steps that we've taken as a city and as an administration is cleaning up our streets. On the crime side, Poughkeepsie was perceived as a high-crime city, and we were also known as a dirty city, with trash riddling our downtown and with homes that are overgrown. Mayor Rolison has been very aggressive in going after litter on the streets, and there's been a profound effect on it. You can't expect to attract a new business to come into your neighborhood when there's trash flowing all over the place, there's high grass, or broken windows on a house. He said in the last 4-5 months we've had a number of new restaurants open up. We communicate a lot better with the new administration and we're updated on what's going on. They placed a financial advisory group in place that meets every Friday to look at our finances, they've hired an acting Finance Commissioner, and they've gone to the State of New York and have asked for their help. So the council and the administration are partnering with financial minds and organizations to get us out of our rut. Poughkeepsie has an 11 million dollar deficit, but that doesn't mean we can't survive, grow, and be a great city. We're being as progressive and proactive as we can be in the face of some very serious financial conditions.

<b>Joy In Our Town #1624</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>6/17/16</b>	<b>1:30am</b>
					<b>6/20/16</b>	<b>5:00am</b>
					<b>6/21/16</b>	<b>5:00am</b>

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.

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<b>700 Club CBN NewsWatch #05022016</b>	<b>1:00:00</b>	<b>5:00</b>	<b>REC</b>	<b>PA/O/E</b>	<b>5/02/16</b>	<b>3:00pm</b>

CBN News Reporter Caitlin Burke Reports: Disruptive innovation: While you may not recognize the term, it's affecting life and business as we know it. It happens when new ideas and technology shake up old markets by creating new ones. We've seen it in transportation, hospitality and now with banking. It's being called Wall Street's "Uber moment." Rob Morgan, vice president of Emerging Technologies at the American Bankers Association says customers expect to have the same type of digital access to banking as they do to other important services. Think about it. You can get your mail through a smart phone, order dinner, even hail a cab, all just by pulling up an app. Now thanks to financial technology, you can also access your money. Apple, Google, Amazon are the tech giants all on board with financial technology. Most of them are starting off with digital payment apps. While they may be a little late to the party, major banks have entered this new reality. Banks are competing in this space, but it seems they face an uphill battle. According to Harris Research firm, 77 percent of consumers have a positive impression of the tech industry, compared to 35 percent who feel good about the financial industry. Those skirmishes seem to be taking the shape of regulations. The tech industry wants breathing room for young startups, while the banking industry believes its new competitors should follow the same rules it does. Security is a major concern of consumers when it comes to digital financial services. Peters says your cell phone will eventually provide better protection of your information than a debit or credit card. Some of the popular services include Venmo, Google Wallet and Apple Pay. They allow you to transfer money and buy products without ever stepping into a bank or pulling out your credit card. This especially appeals to the Millennial generation. According to Viacom Media, 73 percent of Millennials prefer using digital services than going to a bank. But it's not Millennials who stand to gain the most from this technology. Despite battles on Capitol Hill, both the banks and the tech industry agree that, ultimately, the consumer will be the winner.

<b>700 Club CBN NewsWatch #05202016</b>	<b>1:00:00</b>	<b>5:00</b>	<b>REC</b>	<b>PA/O/E</b>	<b>5/20/16</b>	<b>3:00pm</b>
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CBN News Reporter Heather Sells Reports: Many Americans are not saving for retirement, and if they are, they're not saving enough, according to a recent survey. Nevin Adams, co-director at the Washington, D.C.-based Employee Benefit Research Institute's Center for Research on Retirement Income, says about two-thirds of Americans are saving but they may not have enough when it comes to their retirement years. Adams helps to oversee EBRI's annual Retirement Confidence Survey, a fixture for 24 years. The 2014 survey found that just 18 percent of Americans are very confident in their ability to afford a comfortable retirement, 37 percent are somewhat confident, and 24 percent are not at all confident. Fifty three percent of workers say cost of living and day-to-day expenses are major reasons for not saving or not saving more. Existing debt is also an obstacle. Adams noted that our culture's focus on spending and instant gratification also gets in the way. Some believe our lack of saving has the United States headed toward a "retirement crisis." Adams doesn't go that far but notes individuals who don't save end up costing society. Financial advisor Robin Tull, founder of Tull Financial Group in Chesapeake, Virginia, said many people lack an overall plan. Adams believes that many fear that they'll need a huge, unattainable amount for retirement and so never find out just how much they'll need. EBRI developed the program to help Americans determine how much they need for retirement. Choose To Save offers a quick retirement calculator tool, the "ballpark estimate," that helps people determine a specific savings plan. Married couple Amanda and Eddie Grizzard are two people who started saving early. They saved individually before marriage and began as a couple the month they married. The Grizzards used a financial planner to determine how much they needed for retirement. The Grizzards save a pre-determined amount every month that is automatically deducted from their paychecks. They add to it when there's overtime pay and they live frugally. The Grizzards have also kept saving even during bad times. Experts say holding off saving when the markets are down is a common retirement saving mistake. Another common mistake for many is overestimating how long they'll work. Here's some basic retirement savings tips: Plan on living longer than you think you might as life spans continue to grow. Save extra for healthcare because those costs going forward are difficult to estimate. Maximize your employer's 401K match and look into a Roth retirement account. Know why you are saving. Paint a picture of your retirement. It will sharpen your focus and motivation. For Julia and Chris Williams, investing is part of living a godly life and saving as they start their family brings them peace. In fact, the Williams are thinking beyond retirement. They're following Proverbs 13:22 which says, "A good man leaves an inheritance to his children's children." That means not only planning for their retirement and for their son Anderson, but for his children as well.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>Joy in Our Town #1614</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>4/04/16 4/05/16</b>	<b>6:30pm 4:30am</b>

Host Crystal Berger interviews Lisa Lynn who is the Founder of LynFit. The issue is Health and the topic is honoring God with your body. Lisa struggled with weight loss with being 40lbs. overweight and she was very depressed. She did a diet research and became a fitness expert; even though she still struggled inside herself. Everything she was doing to her body was clouding her from hearing God clearly. One of the things that got her to be overweight was denial and not realizing what she was doing was wrong. She was eating oatmeal, avocado and she was an exercise addict to make up for the eating. Then she stopped, paused and surrendered to God and didn't do anything until she heard God clearly. She erased everything she learned and tried something new. If you want to change then you have to change everything that you are doing. One in every three Christians are overweight. She comes from an alcoholic family and food was her drug of choice. She was using food to fill a void inside herself. She had to stop listening to the enemy that was telling her that she was fat, ugly, she can't, never and won't and that it's for other people, but not her. This was a huge obstacle. Another obstacle was the people she was hanging around with. You absolutely have to bring faith in to help you lose the weight. Focus on progress not progression. Everyone has to move body parts 10,000 steps a day. If you can't walk, then pedal or use an arm machine. Take what you are eating and cut in half. Eat ten vegetables a day. Pray hard against cravings. A lifestyle of fasting helps along with progressing your spiritual walk. Picture God watching you and are you honoring God with your body? A healthy body image is important; see yourself as He sees you. Start young and get the whole family involved. Eat together, as she believes, sitting at the dinner table with family is very important.

<b>Joy in Our Town #1614</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>4/04/16 4/05/16</b>	<b>6:30pm 4:30am</b>
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Host Crystal Berger interviews Lisa Lynn. The issue is Health and the topic is Staying Physically Strong. Lisa states that more Americans are obese and that means they are at least 25% above what their body weight should be. Look at a chart or graph to see what you are supposed to weigh. If you are 15 lbs. overweight and everything is in balance; blood pressure, triglycerides, cholesterol; then everything is good. Diabetes is on the rise. Avoid sugar as we are consuming way too much sugar. When bathing in sugar, every single cell is affected. Drink water instead of soda. Even with juicing and you put in all these fruits and vegetables, but that's more sugar than a glass of soda. Sugar turns into fat. Five pounds of excess fat is enough to slow you down, but also changes your blood pressure and cholesterol. It's the small things we do that really manifest into gigantic changes. Every little step you take even when walking around the block; the next thing you know is that your one percent lower in body weight. For every 5 pounds gained, your risk for obesity increases. Imagine you are carrying around 5 pounds, which is the size of a fist. Imagine 5 extra pounds every day, just think how much extra your heart has to work. You don't need a lot of energy to exercise, you can go slowly. You only need to go to the gym two times a week. People make it more difficult than what it is. Our bodies are only as strong as the weakest link. If your body is really strong but overweight, then that's what's going to take you down. We need to move every day at least 10,000 steps a day and if you're not doing any steps then do 2500-that's progress. Focus on progress not progression. That will start you in the right direction. All these things will keep you physically strong but also healthy. That's a key factor. Everyone should be able to push themselves up and do potty squats. If you can squat down 25 times and get back up, you will get stronger. It is critical to think of what you can do. When you keep track of everything that you do and when you see progress, this will motivate you to keep going. You don't need a lot of variety. You don't even need a gym. If people did push-ups or squats for 2 or 3 minutes, you don't need any of the machines. Find the things you will do and focus on those. A typical starting routine are push-ups, chin ups, squats and then go into the accessory muscles. You need strength and endurance. Above 40 yrs old, you lose 1/2 lb. of muscle, so you have to work harder at this. You can eat right, lean and green with lots of white fish and chicken breasts. When your proteins and vegetables are on track, your body will show it. Red meat makes you strong, but you are only supposed to have it, maybe, once a week. The lighter, the whiter, is better for your body. Chicken is good, but does contain some fats. Go for protein 3 times a day to build strength with lots of green vegetables and a lot of water. Move every day. Take your goal weight and multiply it by 10, this is your calories for the day.

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<i>Health</i>						
<b>Joy In Our Town #1617</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>4/25/16 4/26/16</b>	<b>6:30pm 4:30am</b>

Host Dr. Gilda Carle interviews Tondra Gregory of Gregory Counseling Services in NYC. This issue is Health and the topic is Stress Management/Anxiety. Dr. Carle explains that anxiety is one of the biggest mental health issues in the US today. Forty billion Americans are suffering from the symptoms of anxiety. It is costing the Government 42 billion dollars a year. 63,000 college student-young adults have 5 times higher anxiety than during the great depression. With the traumatic events happening in our world, the most recent in Brussels, mass shootings and terrorism, people are not feeling safe and secure. We all have a little fear and anxiety, it is just when it becomes out of control and excessive; persistent consistently worrying. When it stops you from functioning in the roles that you have to function in. That is when your worrying is too excessive and may need to seek treatment. When it is coupled with three or more of symptoms such as heart palpitations, muscle tension, insomnia, difficult breathing, being restless and on edge. It is however, highly treatable. Cognitive behavioral therapy is a way to treat anxiety. Cognitive behavioral therapy is changing your beliefs; what beliefs are influencing your thoughts and then developing those thoughts that affect your behavior and refrain the thought that are destroying you. You have to get to the root of the issue or there are threats of relapse. Anxiety & stress are directly related and influence one another. When prolonged for a period of time, it affects your mental health and health issues as well. Stress does help to motivate our self and lets us know when we run into a bad situation. Companies are sending their employees to stress management groups or classes to help people cope with stress as it does affect your productivity at work and becomes very distracting. As woman have a personal life taking care of the home and working, they have a higher stress level than men. When being bombarded with so much information-changing thoughts with our stress, changes the level of cortisol that is in our bodies- reframing it. It's not toxic if we manage it well. There are no quick fixes. We overcome adversity one step at a time. Exercise destroys some of the stress hormones that are released in our bodies and release good hormones that helps with stressful times and makes us feel good. Also be with people that love us.

<b>Joy In Our Town #1621</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>5/23/16 5/24/16</b>	<b>6:30pm 4:30am</b>
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Host Vijoya Chapplear interviews Kirsten Haglund, Founder of Kirsten Haglund Foundation. The issue is Health and the topic is Eating Disorders. When people think of eating disorders, people think of people that are very thin, but actually eating disorders is not just anorexia, there's also bulimia, which is defined by cycles of bingeing and purging. Bingeing and purging eating disorder is over eating followed by signs of depression and guilt. Then there is an eating disorder that encapsulates symptoms from all three of these. It is more of a disorder relationship with food and exercise that is a product of underlying emotional issues. This is key to understand that there is a physical, emotional and spiritual component involved. Woman and men have eating disorders. A lot of men just out of the military or involved in extreme sports, weight lifters, as well as people of all shares and sizes. Then you have ethnic groups comparing themselves to movie stars of their ethnic group-saying they have to look like them. We need to realize that what people look like is not vindictive of their self-worth. You can look at the social signs to see if people have an eating disorder. She struggled with anorexia and an eating disorder but her parents noticed that she started isolating herself. She use to love school, but then she couldn't focus or concentrate; she became a shell of a person and she didn't enjoy who she was and became very depressed. These are the major signs. Don't take these signs for granted. It takes more and more people to be open and talk about this. More people are dealing with this issue. Don't condemn people as they don't have to live with this illness. You can be free from this eating disorder and get the help that you need. She was afraid of admitting that she had a problem because it would be a sign of weakness. When she came out and shared her struggle is when other people came forward and shared as well. When someone finally admits they have a problem and then find out how much it costs to get treatment and their insurance doesn't cover it, then they are stuck. Kirsten Haglund Foundation helps with this and tries to be that hand out and give people a second chance at life. People go on a crash diet once every two months, but that doesn't help as they are not changing from inside out. Having self-worth is a process of acceptance. Accepting yourself as how God made you to be and then loving others as well. Everything in moderation. We are not going to be the best at everything. We really have to love and accept ourselves and really take moderation as the force in our lives and know that God has it under control. This is so much more rewarding than living our life in extremes.

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<i>Health</i>						
<b>Switch On Your Brain #023</b>	<b>27:30</b>	<b>27:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>4/06/16 6/29/16</b>	<b>6:30pm 3:30pm</b>

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.

<b>Switch On Your Brain #024</b>	<b>27:30</b>	<b>27:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>4/13/16</b>	<b>6:30pm</b>
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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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<i>Health</i>						
<b>Switch On Your Brain #025</b>	<b>27:30</b>	<b>27:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>4/20/16</b>	<b>6:30pm</b>

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.

<b>Switch On Your Brain #014</b>	<b>27:20</b>	<b>27:20</b>	<b>REC</b>	<b>PA/O/E</b>	<b>4/27/16</b>	<b>6:30pm</b>
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "What is Mental Health?" She breaks it down into three different elements. A state of well-being, first and foremost, is the ability to understand who you are, understand your potential ---- what she calls the "I-Factor." Second, how you handle stress. How you react to the stresses of daily life will also determine how your mental health status is. Third, self-actualization. It's so important that we have a goal that we're going towards and that we feel satisfied, that we feel like we're achieving something, and making a difference in this earth. Look at 3 John 2. Scripturally, mental health comes from your soul prospering. Your soul is your mind. If we look at the World Health Organization's definition of what mental health is, it says: "Mental health is defined as a state of well-being in which every individual realizes his or her potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." The current status of mental health is that souls are not well. For example, there is a 35% increase in mental health among children. There is a dramatic increase in the number of mentally ill since the 1950s. There is a disconnect between how the scientific community and medical community are dealing with mental health versus mental ill health and the way that the Bible is actually teaching on it. So, mental ill health, currently in today's way that we view it, are things like: OCD, schizophrenia, depression, anxiety. All these labels that we have that people are being told are diseases that are chemical imbalances in the brain have never been proven. These are theories. We see widespread acceptance of the idea that mental ill health issues are biological illnesses. But they are not biological illnesses. They are the result of us making choices that we should not be making. The church is not talking about mental health sufficiently. If you look at the statistics, 66% of churches are never talking about it. Only 4% of churches are mentioning it, maybe, monthly. It is a stigma to have mental ill health. What's happened is that there's been a lot of public campaigns to try and make people aware that mental ill health is at an epidemic proportion. It's because we are not aware of what it is and we don't understand it. And there's this disease thing and we need to change it and we need to fix it. What research shows is that that's actually made things worse, not better; that that's increased the stigma. Because to be told that you're a faulty machine with no hope and that you have to be medicated the rest of your life is not something that brings hope; it makes you feel like a broken person. It's a story in your mind. It's a belief system in your mind that goes contrary to having the mind of Christ and to be made in God's image. So, it creates what we call cognitive dissonance in your mind and it creates confusion. If people are convinced that their mental health issues are biological then you automatically want a biological solution. When we talk about biological, we're talking about the realm of the physical. We are spirit, soul, and body. The rules that apply to the physical are not the same as the rules that apply to the soul; to the mind. So, if mental health issues are lumped along with something like diabetes, or a broken arm, or a cardiovascular issue, that is not correct. When we separate out the biological and the mental and we look at this thing correctly, we actually have much more hope. Because of instead of stigmatizing you and saying that you are a diseased, broken machine, we are saying: Hey, you are perfect, made in the image of God. And, the choices that you've made have landed you up in a bad place. And so, we can stand with you and recognize the depth of the uniqueness of who you are and help you get through those issues

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<b>Switch On Your Brain #015</b>	<b>27:20</b>	<b>27:20</b>	<b>REC</b>	<b>PA/O/E</b>	<b>5/04/16</b>	<b>6:30pm</b>

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.

<b>Switch On Your Brain #016</b>	<b>27:30</b>	<b>27:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>5/11/16</b>	<b>6:30pm</b>
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "The New Science of Stress." Did you know that stress is good for you? The new science of stress shows us that the way we perceive an event will determine whether we move into healthy or unhealthy stress. Healthy stress, which is normal, which is good, helps us to become alert and focused, have wisdom, and think clearly. Unhealthy stress, is when you make bad choices and we then throw our body off and we step into this unhealthy zone inside of our bodies, and there are two stages. We cannot control the events and circumstances of our life, but we can control our reactions to those events and circumstances. When you react incorrectly, you take a good thing and you turn it into a bad thing. What happens is that when we actually start reacting incorrectly and our perceptions start changing; our perceptions of the environment and the situations, then we start affecting every cell of our body and we start moving into stage two and three of stress, which is toxic and which is negative. They manifest in different ways. When we do make these bad mistakes, we can get rid of them and this is the most amazing thing in science: if you have wired that in, you can wire it out. Because we can stand back and observe our own thinking, we have a multiple perspective advantage both into the way that our brain actually functions. So, stand there, stand back, and make a decision: I want healthy stuff happening in my body, not bad stuff. The more you reach out and help others, the more you serve others, the more you get over yourself, the more resilience you actually build into your body physically and mentally against the stressors of life and the more easily you will actually stay in stress stage one and the more you will avoid mental ill health. We need to stop seeing people that have diagnosed mental ill health issues as faulty biological machines. This in itself is a stigma. What we need to see is a beautiful, unique, incredible human being that is not stuck in a box but that has a unique way of seeing life and is going through a hard time.

*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>
<b>Switch On Your Brain #017</b>	<b>27:30</b>	<b>27:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>5/18/16</b>	<b>6:30pm</b>

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.

<b>Switch On Your Brain #018</b>	<b>27:30</b>	<b>27:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>5/25/16</b>	<b>6:30pm</b>
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Today on Switch On Your Brain Dr. Caroline Leaf discusses addiction. Did you know that we are designed to be addicted to God? When we hear the word "addiction," we immediately think of negative connotations; people being addicted to heroin, and drugs, and pornography, and whatever. Actually, our brain is wired to be focused on something constantly. All the networks of the human brain, the connectomes, the circuitry, the neurotransmitters, they respond and function in their highest level when we are connected to God. If we are not addicted to God, we will be addicted to something else. An addiction is a pattern that we set up in our mind. It's not just to alcohol and porn and substance and whatever. It is also mindsets that we develop. NIDA is the National Institute of Drug Association. They define addiction as "A chronic (which means on-going) relapsing (which means it's never going to go away) brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences." Basically, their philosophy is that once you're an addict, you're always an addict. That is not what the Word of God says. Your perception of how you are being told about what is going on with you is going to influence your rate of healing. And this is why it is important that we recognize and understand the truths of what goes wrong in our life in the light of scripture. Because the truth is that God made us wired for love. God made us in His image. Various studies have been done by the government to show that drug addicts get out of addiction up to 86% of the time without any help. In other words, addicts get over it through choice. It's not a chronic relapsing disease. We get what we call the "clinical illusion" because the small percentage of people that are in addictions of all types that don't get out, those are the ones that, basically, they say, represent the entire population of the world, which is incorrect. When you set up patterns, it takes time to actually break those patterns. It requires effort. It requires discipline. It requires desperation. You've got to be desperate to change. Because your brain has to obey your mind, by a decision of your mind to change and to get through the thing and to quit and to stop and to change those thoughts, you actually will redesign your brain. Your brain has to obey you; you are not a victim of your biology. So how can you develop your addiction to God? Well, it's making a decision, number one: You need to follow Jesus Christ. That's your most important choice that you ever make in your life. Addiction to God is building this relationship; constantly talking, constantly communicating, in addition to reading your Bible, praying, and worship. It's setting up this internal dialogue with God. That creates really amazing good addiction patterns in your brain.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>Switch On Your Brain #019</b>	<b>27:30</b>	<b>27:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>6/01/16</b>	<b>6:30pm</b>

Today on Switch On Your Brain Dr. Caroline Leaf discusses "Psychiatric Labels." Schizophrenia, bipolar depression, depression, anxiety disorders – these are labels that are defining and identifying symptoms, but not necessarily telling us what's going on. We have a tendency as humans to try and label things. But the minute you label someone, you've literally put them in a box. Labels lock you in and this is what happened with the world of psychiatric labels. You know, the psychiatric labels that we are becoming so familiar with, like OCD and anorexia, and ADHD, and post-traumatic stress disorder. These are all describing very definite things that are happening, definite things that are going on in people's minds. But the way that they've been organized and put together into the "Diagnostic and Statistical Manual" is based on symptoms as patients describe them. Experienced clinicians intuitively understand that there's a blurred line between all these labels. And despite that, they treat them as though they are distinct entities. If we look at the context and try to find the meaning behind why a person is doing what they're doing or manifesting in with mental health issues, it will be far more effective than trying to label them. There is a cry deep down inside of us and this a global cry: "Does anyone out there understand me?" We have to listen to what God says about who we are. We have to turn our view of ourselves and see ourselves through the lens of how God sees us in dealing with life. In order to be able to try and manage a problem, we always like to define it. So, a label, a psychiatric label, tries to put something into a box. And it's not a bad thing, in terms of trying to understand something because if you categorize behaviors, it is a way of understanding so that you can help people. So, a label from that perspective is not a bad thing, if the attempt is to understand deeper and to help others. Where a label becomes a big problem is when you tell people that this who you are and they absorb that into their spirit. They build a network and they say, "I am this," and they become that because what you believe you actually become. All of us are going to be completely different. We can't stick them in a box and give them a medication and write them off and put them in the disabled part of society. These are our people. These are our brothers and sisters, and uncles and aunts and members of our churches. We need to bring them back into Milieu (Talk) Therapy. We need to walk alongside them. We need to not judge them. We need to help them take responsibility, teach them, help them to run a disciplined life, etc.

<b>Switch On Your Brain #020</b>	<b>27:30</b>	<b>27:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>6/08/16</b>	<b>6:30pm</b>
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "The Disordered Mind." The difference between a disease and a disorder is that you can control a disorder. But that is a choice. And if you choose well, you move into mental health. If you choose badly, you move into mental ill health. So, if you make a good choice, you build healthy thoughts, which generate life. If you make a wrong choice, you build unhealthy thoughts. It's not that you have a disease in your brain. It's that you have a disorder and your brain can rewire. Disorder is the result of incorrect thinking. A disordered mind is a chaotic mind filled with cluttered rogue thoughts of anxiety, worry, and all manner of fear-related emotions send out the wrong signal right down to the level of the DNA. Some research that just came out very recently from Stanford shows that instead of there being a distinct neurological pattern for each type of disorder, for example, schizophrenia would have this type of brain signature; and bipolar this type of brain signature; and anorexia this type of brain signature; and each of those having this type of genetic signature. What they've actually found is that all the different psychiatric disorders actually have the same kind of brain damage. And what's very interesting is the areas of the brain that show damage are the actual areas that follow the path of thought formation. We're thinking beings. We think all day long. We're made in the image of a thinking God. And as we are thinking, we are building thoughts. And that building of thoughts follows a certain pattern in the brain. What's important to understand now is that your thinking is so powerful that you change the physical nature of who you are. You can choose to build your brain, you can choose to destroy your brain. Your brain simply responds to the mind and the body responds to the brain. You are not a victim of your biology. You are a victor over and above your biology.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>Switch On Your Brain #021</b>	<b>27:30</b>	<b>27:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>6/15/16</b>	<b>6:30pm</b>

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

<b>Switch On Your Brain #022</b>	<b>27:30</b>	<b>27:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>6/22/16</b>	<b>6:30pm</b>
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Today on Switch On Your Brain Dr. Caroline Leaf discusses directing your rest. Directed rest means being able to focus, being able to do what it says in Proverbs 4:20-22, which is pay attention to my words, direct and focus your attention. When you do that, a healing comes in your body. You change. Directed rest activates networks inside the brain. When you switch off to the external and you switch on to the internal networks of your brain, they kick into high gear and you actually think with more wisdom, more clarity. So, the Psalm 46:10, which says, "Be still, and know that I am God," is really important when it comes to activating the internal networks of our brain. Directed rest literally means that we focus in a different way, we pay attention in a different way that actually activates our brain to function at a much higher level. A disciplined mind where you're focusing on something makes learning take place. We call this the "Quantum Zeno Effect" in quantum physics. "Quantum Zeno Effect" means the repeated effort that makes learning take place. Now research studies are pouring out showing that when we direct our mind, when we learn, we change the brain. Your brain is designed to be restructured and renormalized. It just takes a lot of disciplined mind work. We are designed to direct our rest. Scientific research has actually shown us that when we direct our rest, that means that we switch off the external, we switch on to the internal, and we actually organize our mind. And when we're focusing on God, we get this incredible sense of peace and calmness. Directed rest means that we actually think within ourselves. We actually go inside of our own heads and we think internally and that helps us to bring order and focus back into our minds. What's the benefit? What they have found from the research is when you order your thoughts like this, your brain grows networks. You activate neuroprotection, which means you protect against mental ill health. You actually bring health into your body. So prayer works. Thirty seconds a day that you build up cumulatively into a minimum of seven minutes is a number that scientists give us for making incredible physical change inside of your brain.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Health</i>						
<b>700 Club CBN NewsWatch #05272016</b>	<b>1:00:00</b>	<b>5:00</b>	<b>REC</b>	<b>PA/O/E</b>	<b>5/27/16</b>	<b>3:00pm</b>

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>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>Public Safety</i>						
<b>Joy In Our Town #1615</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>4/11/16</b> <b>4/12/16</b> <b>6/27/16</b>	<b>6:30pm</b> <b>4:30am</b> <b>5:00am</b>

Host Jacqui Phillips interviews Dr. Fernando Cabrera, NYC Council Member, District 14. The issue is Public Safety and the topic is NYC Crimes. Dr. Cabrera states that NYC is the safest and largest city in the entire nation. Brooklyn and Bronx's crime has gone all the way down to what it was in the early 1960's. In the last 5 years he has seen a drastic change. In Chicago they had 125 killings that have taken place as a result of gun violence in the first month of the year. In NYC we had less than 300 as compared to 20 years ago it was 2500 deaths as a result of gun violence. The subway phenomenon –the slashings, sometimes is due to someone who has a mental illness, but it has also been found that those that don't have a mental illness, that crime is at the same level. Last year NYC deployed more than 2,000 more police officers. The Mayor proposed to almost double that this year. During 911, we had almost double the amount of police officers than we have today. Our Commissioner has done a tremendous job in bringing crime down. People should be wise of their surroundings, attentive to where you are at and the time. It is good to be around crowds. Carry wallets in the front of yourself and your purse cross over your shoulder. Dr. Cabrera has put 3 million dollars of security cameras in the Bronx. They have caught people with these cameras. They are high definition and go on for at least 2 blocks and can archive as well. On the blocks when they put the cameras, the gangs don't hang there anymore nor is there selling of drugs. Landlords have started putting cameras on their buildings and now it is one of the safest block in their neighborhood. Poverty is a main cause for the crime, along with the breakdown of family and an absentee father. An absentee father is also a major cause of poverty. Seventy five percent of all gun violence done in NYC is a result of gang activity. The gang members are looking for families and fathers. Teenagers from 15 yrs. old-17yrs old and to 24years old are trying to figure what life is all about. In NYC they are trying to put funding and energy into organizations that deal with fatherhood and get father's to assume responsibility with their children and be a positive role model. Dr. Cabrera with others are introducing an initiative where they introduced Cure Violence. This is a program where they have creditable messengers –experts working in the street element and bring young men and women in and then get them hired to go back into the community. Good Shepard's go into the neighborhood and bring them in. Crime has gone down substantially with this in place. One of the things gangs do is if one of their members can prove they have a job, then they can get out of the gang. Cure Violence also has legal services and counseling for families that have family members that parish, as the members that have lost family members normally would want to get revenge. The church has a powerful presence that they need to release into the community.

<b>Joy In Our Town #1619</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>5/09/16</b> <b>5/10/16</b>	<b>6:30pm</b> <b>4:30am</b>
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Host Crystal Berger interviews Kevin Shird, Speaker & Author. The issue is Public Safety and the topic is Violence Reduction. There are 7.2 million people in prison across America. America has more people incarcerated than any other country in the world. Some challenges people face when they come out of prison is finding employment and being whole again. Access to more resources is very important to keep people away from getting involved in violence. More often than not the people are committing crimes to obtain money. We need to make sure the people have jobs and adequate education. Baltimore has a reentry program which help people when getting out of prison, in which they help them even to obtain ID and a social security card. They also help them find employment and get access to drug treatment as well. We need to have programs available before an individual is released from prison. When people come out of prison socially they face the same problems as all Americans, except they don't have a foundation and can't afford a misstep and have to get it right the first time, or they will probably end up in the same situation. Kevin started dealing drugs at the age of 16 years old and grew up with substance abuse parents. He ended up in the streets and began to look up to the guys in the street as role models, instead of looking up to his parents. By the age of 23 he was serving time in prison for heroin trafficking. He spent 12 years in prison. Because he knew God and had prayers during his time in prison, this gave him the strength and comfort to endure, as prison life is tough. If he didn't have this, he is not sure that he would have made it out. Prison helped him to understand the harm he was bringing to the community and his family. When you have faith and focus, then almost anything is impossible to accomplish. Stay away from the noise around you and then good things can happen.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>Joy In Our Town #1625</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>6/20/16 6/21/16</b>	<b>6:30pm 4:30am</b>

Host Dr. Gilda Carle interviews Christopher D. Petsas, 1<sup>st</sup> Ward Common Council Member and Chairman of the Council of Poughkeepsie. The issue is Public Safety and the topic is Crime Prevention. Christopher said the City of Poughkeepsie has similar [crime] rates to cities of our size, although we are perceived outside the city of Poughkeepsie as having higher crime rates, but actually in the last few years our crime rates have fallen, and we're getting a better handle on the crime issue in Poughkeepsie. We are the last stop on the railroad tracks, so a lot of drugs come up here from New York City. We have a high unemployment rate, a lot of abandoned homes, vacant buildings, so when people don't have jobs and opportunities, unfortunately they get involved in drugs and crime, and that's what we're seeing in some portions of the city. We see more police presence on foot on Main Street, in our downtown areas, and other neighborhoods that are hot spots. It's having an effect. It may not be having a reduction in crime effect at this point, but the residents are happy, they feel safer, they're pleased to see the police officers walking and talking to them, and that alone sends a message to any kind of criminal looking to do something, when they see a police officer walking any street. Christopher said the estimates are that the city of Poughkeepsie has 500-700 vacant buildings. Some neighborhoods are seeing a decrease in that, such as the 1<sup>st</sup> Ward which I represent. Two years ago we had 63 vacant buildings in the 1<sup>st</sup> Ward, we're now at 43. We have plans for waterfront development, we have the walkway that just opened up, we have a lot of new restaurants opening up in the neighborhood, and so we're seeing some really good interest in this neighborhood, but the abandoned home issue is a huge problem for Poughkeepsie. It lends to squatters, homeless people, and drug use. The unfortunate part is that most of them, 99% of them, are owned by the bank and they're in foreclosure, and it's a process that has to be played out in the court system. I would say that recently you're starting to see that gentrification of people moving up here because of the cheap housing stock or the abundance of housing stock that we have as well with all those vacant homes, and I think people are discovering that the city of Poughkeepsie, when they look past the perception of crime, it's a dynamite place to live. There's not that many places in the Hudson Valley of even New York State that offers as much as we do for as cheap as we do.

<b>Joy In Our Town #1624</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>6/17/16 6/20/16 6/21/16</b>	<b>1:30am 5:00am 5:00am</b>
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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.

*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>
<b>700 Club CBN NewsWatch #04042016</b>	<b>1:00:00</b>	<b>5:00</b>	<b>REC</b>	<b>PA/O/E</b>	<b>4/04/16</b>	<b>3:00pm</b>

CBN News Reporter Abigail Robertson Reports: Have you ever found yourself caught in the middle of a high speed police chase? Though they may be entertaining to watch on television, police pursuits often end in violent collisions that kill or injure thousands of innocent bystanders and police officers each year. Now, a new technology could change the way officers go after suspects and prevent these risky chases from ever occurring. These accidents are a leading cause of injury, death, and lawsuits involving police officers and can cost taxpayers an average of \$3 million. But officers aren't the only ones at risk during a high-speed chase. Sheriff Eric Levett, in Rockdale County, Georgia, says anyone can be a victim of a police pursuit. Jon Farris learned the hard way that in a matter of seconds, anyone can be a victim. His 23-year-old son Paul was on his way home in a cab when a vehicle pursued by police crashed into him at more than 70 miles per hour. The state trooper went after the driver for making an illegal U-turn, despite the city's no pursuit policy for any crime other than violent felonies. The officer faced no reprimand because according to stale police rules, he was within his right to pursue. An overwhelming number of police pursuits are started over non-violent crimes and escalate quickly, endangering the suspect, the policeman, and any bystanders along the way. He found on average that one person dies each day as the result of a police pursuit, a third of those deaths being innocent bystanders. An FBI report uncovered that the true cost is probably two to three times higher than the stated average because pursuit fatalities are only reported at the discretion of law enforcement. No government agencies track injuries from pursuits, leaving no information on police officers and bystanders paralyzed, brain damaged, or suffering from other life-altering injuries. In order to cut down on high pursuit casualties, authorities like Sheriff Levett are investing in new technology known as Star Chase. Star Chase allows officers to deploy a tracking device on vehicles without the driver knowing they've been tagged. For about \$5000 per vehicle, officers can secretly but safely catch cars on the run. Officers can deploy the tracker while they are behind a car they are pursuing or from outside their vehicle if a car they pulled over decides to flee. Drivers cannot feel the tracker hitting their car so they don't know they've been tagged. As the suspect thinks he is no longer being pursued, the officers begin their stealth pursuit, pulling up a map of the suspect's location and alerting fellow law enforcement where the car is heading. In most cases the suspects slow down to safer speeds because without the police car following them, they think they have gotten away, letting fellow drivers and bystanders avoid being in the middle of a high-speed pursuit. So far, only a handful of Rockdale patrol cars have Star Chase, but Levett wants to invest in more Star Chase vehicles because of its success rate. Most departments rely on decades old tire spikes to stop chases, but even they are rarely used because of the danger involved. Police must also know where cars are heading. One Rockdale County police officer explained the potential dangers to the officer when deploying spike strips. Levett admits new technology can be expensive, but he says it's nothing compared to the cost or chases gone wrong. Levett says providing officers the right tools protects their safety as well as the citizens.

<b>700 Club CBN NewsWatch #0415-05252016</b>	<b>1:00:00</b>	<b>5:00</b>	<b>REC</b>	<b>PA/O/E</b>	<b>4/15/16 5/25/16</b>	<b>3:00pm 3:00pm</b>
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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>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>						
<b>Joy in Our Town #1616</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>4/18/16 4/19/16</b>	<b>6:30pm 4:30am</b>

Host Crystal Berger interviews Jack Roberts, Director of Hope Christian Center. The issue is Substance Abuse and the topic is Assistance for the Addicted. Jack Roberts mentions that there are resources available for those struggling with addiction, in the church and outside of the church. The child or parent should go to the church for help. A Christian program is better to deal with the addiction as it is more profound and has substance that goes to the heart. If God changes their heart, it changes their life. If a friend sees another friend or loved one suffering with addiction, they need to have tough love and confront them. If this isn't dealt with then they end up hating the person. It has to be dealt with before it's too late. Signs parents can look for are the kinds of friends that they are hanging out with, is there money missing in the home, do they sleep late and get in late, are there things they were once interested in that they are no longer interested in? They only thing that matters to them is their next high. The church needs to tell the person that they need to go into some residential setting or program to get help. Every situation is different. It is difficult for people under 18 years of age, as there are not many programs or facilities out there for those under age. The church needs to be supportive and encourage parents and the child. Addictions are a heart issue, even though genetics are also a component of our makeup, but its' ultimately a heart issue. People don't stay free if they don't deal with the heart issue. When he sees men's hearts change, men with lifelong addictions, they don't even recognize who they themselves are and who they are as the Lord transformed their hearts. At Hope Christian Center, it is a residential discipleship program for men with life controlling problems. It's free and nine months long which is supported by churches and individuals. They have 4 hours of bible study in the morning, refinish wooden furniture during the day and they also have church 3 nights a week. After 4 months the men go into a volunteer work environment to get back into the normal flow of society. After this they get a job, then after 4 more months they save money and then move out. His church also has a school for children at risk called Hope Academy of the Bronx. They take kids from 5<sup>th</sup>, 6<sup>th</sup> 7<sup>th</sup> and 8<sup>th</sup> grade. One teacher to five students. It's for kids that have failed academically and behaviorally. His advice is to let the word of God speak into your life and go with it.

<b>Joy in Our Town #1619</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>5/09/16 5/10/16</b>	<b>6:30pm 4:30am</b>
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Host Crystal Berger interviews Kevin Shird, Speaker & Author. The issue is Substance Abuse and the topic is Prevention of Substance Abuse. Educating young people of the dangers of drugs and prescription drugs is important in preventing them from engaging in drugs. Most kids don't want to use drugs and are interested in receiving information about them. A lot of money has been put in for the treatment of substance abuse, but not a lot of money has been put in for the prevention. A lot more money needs to be put in for the prevention. People need to be educated. A lot of people look at substance abuse as a brain disease. Sometimes their brain goes through chemical changes and some of these chemical changes that occur, don't change back to normal. We know the brain goes through a lot of things using drugs. The abuse of prescription drugs; pain killers in particular, are being used like we have never seen before in the last 10-15 years. It started with young people and with prescription drugs and then they go to stronger drugs like heroin. The user either runs out of getting access to the prescription drugs, or after time it doesn't have the same affect, so they go to something stronger like heroin. Prescription drugs may be more costly or the doctor may pick up that something is going on and not give the prescription anymore. You see an explosion of heroin being used across America and a lot of the use of opium's, like prescription drugs. Substance abuse will never be defeated in the United State without prevention. He worked with a program called The Medicine Cabinet Abuse Project which educated parents on prescription drugs that are in their medicine cabinets. Education and Evidence based programs are available for people to learn about the prevention of substance abuse. These programs have proven their work in the last 20-25 years. Prescription drug use with heroin is the biggest trend as it is easily accessible. The lack of information that kids have is the reason why they get involved in drugs. The "Say No to Drugs" was just an awareness campaign. They didn't offer any programs or services to assist anyone. The steps for preventive base programs can be from 3, 6 or 9 months. Data shows that children start from ages 9-17 yrs. old where they can comprehend this preventative information. The numbers are going up with drug abuse and overdose. If you want to get involved you can go online to the Office of National Drug Control Policy, as they have a lot of information available for prevention and treatment programs around the country.

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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>						
<b>Joy In Our Town #1620</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>6/20/16 6/21/16</b>	<b>5:00pm 3:00am</b>

Host Vijoya Chapplear interviews Greg Williams, Co-Founder of Facing Addiction. The issue is Substance Abuse and the topic is Addiction. More than 20 million Americans are struggling with substance use disorder and more than 23 million are in recovery. Basically this is 1 in every 3 households. You have to look at the age of the first use, genetic factors, environmental factors-your community, your surroundings you grew up in, trauma, etc.; these are some of the risk factors; it's different for everybody. Young people are most at risk and overdose is the leading cause of death in our society, more than auto accidents and more than gun homicides. Most of the reason for this, is that their brain is still developing (25 years old for boys and 21 years old for girls) as any mood altering substance that enters the body before that age, puts people at a higher risk. He started taking drugs at 12 or 13 years old. He didn't have a plan to become addicted, it just happened. People telling their stories of substance abuse and recovery is putting a face on it. Addiction affects all walks of life. When we start to see friends and family step forward to help, is when the stigma starts to change. Family plays an important role when a family member has an addiction problem. It is really important for people to reach out. There generally is a lot of anger resentment and pain associated with addiction. The church family and faith community also play an important role. When surveyed, people feel more comfortable talking to their communities of faith about their addiction problem rather than talking to their physician or health care provider. Clergy members are in a special position to refer the person to other sources that can help them. At the time that he was addicted he had to come to a realization that he was not able to handle the drugs. Personal acceptance of this is important. He created Facing Addiction to raise awareness and connect people to programs that they can go to, for help. Right now there isn't a large umbrella with tools available on how to obtain help. Facing Addiction increases access to show you on how to talk to your kid and family members and links them to other resources to assist them. Facing Addiction is about saving lives and empowering our communities to think about addiction differently.

<b>Joy In Our Town #1620</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>6/20/16 6/21/16</b>	<b>5:00pm 3:00am</b>
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Host Vijoya Chapplear interviews Greg Williams, Co-Founder of Facing Addiction. The issue is Substance Abuse and the topic is Recovery. For most people, it's usually not a personal assessment that they are addicted. It usually comes from family, friends and the work place as they see loss of work production. If people see someone that is addicted we need to help pull someone in to get help and not push them in, by making it attractive and showing them it is a lifestyle that is accepted and supported by our communities and also by others sharing their own experiences. There are 23 million Americans living in recovery. That means that there are 1 in every 10 people that once had an alcohol or drug problem and no longer do. The first step to recovery is asking for help, whether it's from your clergy, human resources at work, or your family. This is a community problem and a community solution. People don't get well in isolation. On Facing Addiction's website they have links for places that can help both unanimously and within your community. There is sometimes a void that people are looking to fill, whether it's pain from achievement goals, childhood problems, etc. Drug addiction happens when the person is avoiding an issue that they don't want to deal with. Talk about your feelings, problems and what the substance was able to do for you that you couldn't do yourself. This is the core issue. It's very important to know for recovery that the community is able to provide ongoing support whether it is through faith based recovery programs or other sources. It is important to know that week in and week out that support is there. It is important to arm the addicted with the right tools and support groups. There are also medications that are available to help people in the transition of recovery. Because there is so much shame associated with being an addict, due to some of the things that were done while being addicted and they are not proud of the actions that happened; making sure that they have environments where they can feel safe and supported and they don't feel ashamed, is very important. People are not alone in this. There are 20 million people dealing with addiction and 23 million in recovery. Communities of faith are working with the 12 step program which helps many of those seeking recovery. His faith helped him in knowing that there was more than people and communities to help him, but something bigger than himself.

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<i>Substance Abuse</i>						
<b>700 Club CBN NewsWatch #05272016</b>	<b>1:00:00</b>	<b>5:00</b>	<b>REC</b>	<b>PA/O/E</b>	<b>5/27/16</b>	<b>3:00pm</b>

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

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<b>Joy In Our Town #1615</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>4/11/16</b> <b>4/12/16</b> <b>6/27/16</b>	<b>6:30pm</b> <b>4:30am</b> <b>5:00am</b>

Host Jacqui Phillips interviews Dr. Fernando Cabrera who is the NYC Council Member of District 14. The issue is Youth and the topic is Juvenile Delinquents. Dr. Cabrera states that youth are getting into detention centers due to the breakdown of families. He has two detention centers in the Bronx and when visited, almost every time he asks what is causing them to go there. It almost always comes back to issues of the family. One young man said that he wished his mom showed him that she loved him. Most of the Youth are going in cause of gang activity that they are involved in. At one time all of their detention centers were jammed packed, but now they have less than 300 young men or woman in their detention centers. When asked, a lot of the youth say they are bored. We need to give them a purpose bigger than themselves. They are looking for programs they could get the youth involved in. They want to create a structure in the city schools. For example not every school has a gym or playtime. One out of four kids are overweight. Fifty-four percent of kids gain employment through their Summer Youth Employment Initiative that they have through the City Council and the Mayor's office. Fifty-four percent of them are never incarcerated again. Young people need structure. He started a mentoring program a couple of years ago and from day one, when the kid goes into a detention center they have a mentor to visit them weekly and follow up with them when they get out. The State gave a 3 million dollar grant to oversee the Young People & Detention Center city wide mentoring program. They need to do preventative programs. They also work with the family to break the dysfunction. Sometimes they function in their dysfunction, as this is all they know, so they work with them, to work through this. The church can get involved by volunteering their services in the Detention Centers, the streets, establish basketball clinics, etc. to reach out to the young people. This is what they desire, it doesn't take a lot of money.

<b>Joy In Our Town #1616</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>4/18/16</b> <b>4/19/16</b>	<b>6:30pm</b> <b>4:30am</b>
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Host Crystal Berger interviews Jack Roberts, Director of Hope Christian Center. This issue is Youth and the topic is Challenges Facing Our Teenagers. Jack Roberts states that teens are in so much trouble today because of the breakdown of family. This is a result of Christianity being rejected in our culture. As this has happened, men in particular have abandoned their families and this has had drastic consequences on boys in particular. This goes back to Senator Moynihan back in the 60's. He said if you have a whole generation of young boys growing up without any reliable role model in their family, you will get chaos in the society. As a result 50 years later this is what we are seeing since they don't have good role models; that is relationship between a man and woman for a lifetime. They don't understand their role and don't follow a role that produces a culture that is stable. This affects their social life drastically and they find it in other ways through trying to show their masculinity through drugs or crimes in which this affects generations. This has consequences with men and woman in relationships, later in life. Some signs parents can look for are what kind of music they listen to, if school work is deteriorating, the kinds of things they want to do, if they are getting in late and sleeping late. Unfortunately culture has turned away from the Christianized base that was our heritage until the 60's when there was a tipping point. As a parent you can see as a child's relationship with them becomes more aloof and they tend to spend more time with their peers and you see other signals from other children that you don't want your child involved in. Having a close knit family is most important in a teenager's life or having an extended family that have the values that are, centered most of all, around Christ. This will keep them from getting involved in all sorts of wrong things. Even if it's not a Christian family but they have strong family ties, this will help. About 50% of urban youth are being raised by single parents. The responsibilities fall on the mother to make every effort to form a home environment more attractive for their children's playmates want to come to their home, a place where they want to be at. Parents can put an emphasis on education and extracurricular activities, such as music lessons, sports, get them involved in church. If a parent enforces this, it brings structure and stability into their life. If parents pray with the child and reads the word of God to them, this will have a profound affect. The computer is the challenge that every parent can't ignore. Limit the amount of time they spend on the computer and don't let them have a cell phone. Don't allow them to have these items and enforce this in their lives. At Jack Roberts' church, they have Basketball every Friday night and boys that don't go to church, go there for basketball and are part of the bible study there. There are reliable men there that the youth can form a relationship with.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>Joy In Our Town #1617</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>4/25/16 4/26/16</b>	<b>6:30pm 4:30am</b>

Host Dr. Gilda Carle interviews J. Caleb Perkins-Founder Remedy Networks Inc. The issue is Youth and the topic is Youth Overcoming. Remedy Network is a media platform to help people overcome their issues by sharing their story and pointing them to solutions; focusing on 18-21 year olds. They have encountered a lot of depression and suicide in NYC; mostly between the ages of 18-21. A lot of issues start in the home. About 500,000 New Yorkers are struggling with depression. He was working in Corporate America and while he was on lunch he saw someone who was wrongfully convicted of a crime in the Bronx and was sent to Riker's Island in solitary confinement for 3 years. He saw that after he got out, at only 21 years of age, he posted something very sad on Facebook and then hung himself. This is how he started his ministry, to get people to reach out that have issues. If people are in community they flourish better. It is the point of looking to those who came before them to show them how to succeed. Example, one girl from his online platform wanted to reach out to African refugees in Syria and started a "crowd funding "online; to help other people who wanted to start a business and show them how to get funding and how to get a business plan together. For youth to take ownership and get on the right track, they need to see that they struggle with issues. Once they realize this then that is half the battle. Then knowing we have the power to overcome is the second half. People like to be in networking. With community network, it helps others connect and overcome. An example is if there is someone at their event that suffers from depression or anxiety, they use that person at their next seminar to help facilitate other with the same issue as they have the tools to help and it gives them a platform online. It was his faith in Jesus that helped him do this as he had things in his own life that he had to overcome. It was when someone asked him how he really was doing, that's when he opened up truthful and that is the first barrier that needs to be broken through. They get people to open up and share their issues, but then provide them with the solutions to heal those wounds. No matter what you're facing you can overcome it, but also help someone else cross that bridge and it builds a greater America, a greater world and building people that can transform their worlds they live in.

<b>Joy In Our Town #1621</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>5/23/16 5/24/16</b>	<b>6:30pm 4:30am</b>
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Host Vijoya Chapplear interviews Kirsten Haglund, Founder of Kirsten Haglund Foundation. The issue is Youth and the topic is, Issues Facing Our Youth. As being the youngest Miss America in 2008, she really understands the pressures that young people are now under. When you look at millennials (people that were born between 1985-2000), they are in an environment that has a down economy and they struggle with what can they do and what should they do with themselves career wise. There is really a big identity crisis going on and a lot of struggle in them trying to figure out what their role is going to be in society. What's important is where do you find your identity and find out what your self-worth is all about, why are we here, how can we be kind and support one another in this generation who are facing a lot of difficulty. She feels that challenges really impact people for the better and prepare people for what is going to come in the future. Social media started with young people, but now all generations are using it as well as older people are using it. Social media inhibits our communication with others, so face to face conversation is difficult. Parents need to monitor this. Their children can also be threatened online which is another reason to have it monitored. Social media is a way to they can also express themselves and blog what matters to them. Young people care about politics, human trafficking, eating disorders etc. and through the internet they can find ways to get involved with these organizations that apply to these issues and more. Kirsten encourages young people to get involved online and put their opinions and positive thoughts. A lot of millennials are getting humbled by the economy and taking that "why not" mentality and looking for new ways to doing things with an authenticity. Older generations can learn from millennials in that way. Parents should let their child find themselves and let their child fail. This can be hard, but especially when they get older they learn from their own failures and mistakes. When she made mistakes with money, it caused her to get a second job and even a third job, when she realized she didn't have enough money in her checking account. There is a growing apathy to get engaged in serious issues among young people and older as well and all they want to look at are reality TV shows, etc. When the young generation see the older generation doing something about the issues and not just talk about it, the younger ones get reengaged again. There are so many expectations on younger people. Let them take their time and figure out what they want to be. Parents can stop trying to fix their children's issues and for younger children, it's important to listen and learn and get professional help when needed. Listen nonjudgmentally and then recommend them for professional help if needed. Love and accept your child for who they have grown to be and once out of the house, try to develop a friendship with them.

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