

# Trinity Broadcasting Network

## *Quarterly Report*

October, November, December 2020

WDVB-CD

Edison, New Jersey

Ascertainment List  
Leading Community Issues

*Results of ascertainment from civic leaders, response by telephone from TBN viewers, printed media comprising newspaper and magazine publications whenever possible.*

COVID-19

Civic

Crime

Education

Family

Health

Substance Abuse

Youth

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

December 31, 2020

<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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*COVID-19*

Destined to Win with Frank Santora #2047	27:30	27:30	LCL	PA/O	11/15/2020	7:00 AM
---	-------	-------	-----	------	------------	---------

Since the COVID-19 pandemic began, hotlines for emotional stress has risen nearly 1000%, online therapy has increased 65%, suicides are on the rise, and 33% of people polled admit that they are struggling with anxiety and/or depression. Pastor Frank Santora shares key points one can use to stay strong during these times of hardship including prayer, reading the word of God, confessing our sins, receiving forgiveness, and putting on the armor of God. He states, "prayer opens our ear to receive from the Lord. It unclutters our heart from the evils of this world and its pressures...In this day and hour, it is imperative for the word of God to be in us so that it can be our guiding light that leads us down every path and helps us to make every decision."

<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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*COVID-19*

Destined to Win with Frank Santora #2051	27:30	27:30	LCL	PA/O	12/13/2020	7:00 AM
---	-------	-------	-----	------	------------	---------

Pastor Frank Santora shares practical advice on how to respond to challenges dealing with the crisis of the COVID-19 pandemic, the loss of a loved one, and the loss of a business or job. When life becomes difficult the natural reaction is to get bitter, angry, and start blaming people to cope with the pain. The root of bitterness can usually begin undetected under the surface, until it grows and becomes a serious problem for people. Pastor Santora says, "It is only on better road that God can take all the bad that has happened and turn it around for good. On better street is where your future success is. On better street is where your healthier soul lies. On better street there is recovery, there is restoration. That is where God rights the wrongs. And begins to heal the pain." When bad things happen in life the temptation to head down bitter road is strong, but the bitter road leads to all sorts of unwanted things like bitterness in the heart, anxiety, worry, broken relationships, depression, and physical illness, but when we choose the better road, there's the joy of the Lord, there's the peace of God that surpasses all understanding, there's opportunity, there's advancement, and there's the favor of God.

<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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*COVID-19*

Dr. A.R. Bernard #2050 #2052	27:30	27:30	LCL	PA/O	12/6/2020 12/20/2020	5:00 PM 5:00 PM
------------------------------------	-------	-------	-----	------	-------------------------	--------------------

Founder and Pastor of the "Christian Cultural Center," Dr. A.R. Bernard, experienced COVID-19 and was able to recover. One of the symptoms he encountered, was what is now known as "people experiencing purple lesions on their feet." He states, "When I was in the hospital, I felt like my feet were on fire, and I thought it was because I was dehydrated, and I looked down at my ankle area and my heel, and it was purple, and the skin was peeled off of it, and it was sensitive." This feeling continued after 2 weeks of leaving the hospital, but after putting on hydrocortisone, it went away. Now through his ministry, Dr. A.R. Bernard helps, encourages, and prays for those who have suffered from COVID-19, and/or have lost family members because of this virus.

*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>COVID-19</i> Dr. A.R. Bernard #2053	27:30	27:30	LCL	PA/O	12/27/2020	5:00 PM

COVID-19 mRNA vaccines give instructions to our cells to make a harmless piece of what is called the "spike protein," which is found on the surface of the virus that causes COVID-19. Dr. Mark Wade, health commissioner in Newark, NJ, states, "The vaccine is safe...With the vaccine our body will now produce those spike proteins but the spike protein by itself cannot hurt us. But it does prime our immune system to produce antibodies so that should we then become infected with the COVID-19, our immune system...will attack COVID-19 virus and render us free from infection or at a minimum, free from serious illness." Vaccines like Moderna and Pfizer use this new mRNA technology to fight COVID-19. Over 40,000 people have participated in trials for using these vaccines. Data shows that these vaccines are 95% effective. With the Pfizer vaccine some side effects that people may encounter include severe allergic reaction that would need to be treated with an EpiPen. With the Moderna vaccine people may experience what is called "Bell's palsy," which is a paralysis of the facial nerve.

<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>COVID-19</i> Life Today #201110	27:30	27:30	REC	PA/O	11/10/2020	9:00 AM
#201113					11/13/2020	9:00 AM
#201127					11/27/2020	9:00 AM

According to Dr. David Jeremiah, wisdom is needed in the unprecedented time of COVID-19. He defines wisdom as "doing the right thing without a precedent." Having to stay home and isolate ourselves from society due to COVID-19 has made many people experience depression. To prevent this from happening, Dr. David Jeremiah says "We have to learn how to be creative. One of the things I've been so impressed with...many of the people in our congregation, some of them are without a job...they found ways to serve, they found ways to help." During the beginning of the COVID-19 pandemic, Dr. Jeremiah along with a group of believers fed 1,000 families per week. Dr. Jeremiah encourages those who are worried, wondering when things will go back to normal, and wondering where God is amid the chaos that the COVID-19 pandemic has caused, as he states, "Don't allow yourself to be idle. Don't allow yourself to sit and think those thoughts throughout the day. Ask God to show you how you can make a difference in the kingdom. You need to spend time in prayer, and in the word of God."

<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</i> Praise #P110317	57:30	57:30	LCL	PA/O	12/20/2020	6:00 AM
					12/26/2020	6:00 AM
						3:00 PM

New York Times Best-Selling Author, Jonathan Cahn, explains the similarities of Ancient Israel and the United States. Jonathan Cahn says, "The United States was actually founded after the pattern of Ancient Israel." America has done the same as Ancient Israel by driving God out of the culture as well as lifting up their children to Baal by the use of abortion. Jonathan Cahn says, "We've watched that in America. We've watched it, the whole world has been affected...We've watched the culture turn away from God... We've watched a sexual revolution as in the bible, and we have offered up our children. A modern day of Baal worship is abortion." Bill Clinton became the first U.S. President to endorse abortion. Bill Clinton served in the political office, for 22 years from 1971 – 2001, like King Ahab in the bible who reigned in Samaria for 22 years. Hillary Clinton follows the paradigm of Queen Jezebel. Both women encouraged feminine power and Baal worship/abortion. Joram is an heir of Ahab and follows the policies of Ahab, as did President Barack Obama with President Bill Clinton. Joram went into power having the former first lady Jezebel by his side like President Barack Obama went into office with former first lady Hillary Clinton. King Jehu is the ancient archetype for President Donald Trump. Jehu was not a politician and Donald Trump was not a politician. Jehu was to go against the House of Ahab, and Donald Trump went against the Clinton Family in the Presidential Election. Jonathan Cahn says, "It wasn't about Jehu. It's not about Donald Trump. It's about can 'God use anyone? Even those who don't know him?' Yes, He can. God is sovereign. He'll use anything. Anyone." When Jehu gets to the temple of Baal, he destroys it. Donald Trump did the same thing as Jehu by signing executive orders to protect unborn children. Jonathan encourages viewers to lean towards a spiritual revival and turn towards God, he says, "It can't just be political. If it changes politically, but not culturally, not spiritually, then America is lost."

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

Civic

<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>
Destined to Win with Frank Santora #2045	27:30	27:30	LCL	PA/O	11/1/2020	7:00 AM

Pastor Frank Santora discusses the bizarre year of 2020 with the rise in violence, social injustice, and political divide. He explains how this constant exposure to wrong things deludes the mind and makes people desensitized to them, which in turn makes these issues become mainstream. He encourages viewers to "stop hating on people and start praying for people." Pastor Frank Santora explains how the end goal should not be accomplishing personal political agendas, but to care for people the way Jesus did.

Civic

<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>
Life Today #201027	27:30	27:30	REC	PA/O	10/27/2020	9:00 AM
#201030					10/30/2020	9:00 AM

Lisa Bevere, author of "Godmothers," states "Women are starting to rise now. They were oppressed in a lot of different settings, a lot of different career paths, and sadly in the church. Women are starting to find their voice. What I'm afraid about is how they're going to use it." Women must use their strength to help men, not to tear them down. When women forget what sets them apart because of anger and frustration, it leaves a pathway of brokenness for the next generation. Devaluing women in their feminine nature of healing and nurturing strengths also results in brokenness. An example of this is abortion, which is one of the hardest things for a woman to recover from because it brings on shame and goes against their nature to protect and bring forth life. Through this devaluing of women and gender gap, Lisa Bevere states, "We're seeing divorce. We are seeing gender dysmorphia. We're seeing the fallout of generations of broken choices...The brokenness that we're seeing in the men and the brokenness that we are see in the women eventually can only be healed by God."

Civic

<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>
Life Today #201029	27:30	27:30	REC	PA/O	10/29/2020	9:00 AM

James and Betty Robison speak on the importance of voting. James Robison states, "We have a responsibility to choose wisely because our leaders and the system that we have. They determine the direction, the policies, the laws that control us." The future of America depends on those chosen to govern, which is why the freedom to vote cannot be taken for granted. Betty states, "I don't think there's ever been a time in our life that it has seemed so urgent and so important that we pay attention to what's going on in our country...We are responsible for the outcome of a lot of these elections. If we don't vote, we're voting to say we don't care." With the Marxist mentality and/or a socialist mentality there is "a source of care, oversight, and control other than God and His word." Through these mentalities' prayer has been taken out of the schools and abortions have been terminating 60 million of innocent lives. James states, "We're actually voting this time on the first and second amendment and the entire constitution actually- the freedom of religion, speech, and press...we've got to follow principles that teach the importance of the dependence upon God as our source."

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

Civic

<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>
Life Today #201102	27:30	27:30	REC	PA/O	11/2/2020	9:00 AM

One of the reasons former White House Secretary, Sarah Huckabee Sanders, wanted to work in the White house was for her 3 kids "to grow up in an America they can be proud of, an America that they can love, and an America they can live out their faith... I don't want that to change." As the upcoming elections of 2020 approaches, Sarah Huckabee Sanders shares her hope for people who read her book *Speaking for Myself*, she says, "I wanted all of America to know the truth about who President Donald Trump is...Not just who the President is, but I wanted people to know why faith is so important... what's on the line with this election. I really think this is the most consequential election of our lifetime." James and Betty Robison define the mindset of an "all-controlling Federal Government" as a mindset that will "take care of everybody." If this kind of control is acquired, Betty Robison says it would be of concern. She states "I feel like God is giving us, as Christians, an opportunity to stand up and to be strong and to vote for the principles of God that He has put into our lives...I would encourage everyone to vote their heart...What do they expect to come from this election?"

Crime

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Taking Care of Business #TCOB-1913	27:30	27:30	LCL	PA	10/13/2020 10/16/2020	9:30 AM 3:00 PM

The relationship between law enforcement officers and citizens is constantly being challenged. On this episode of Taking Care of Business, we learn how Community Policing is used as a strategy of policing to gain civilian's trust by building ties and working closely with the public.

Crime

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Taking Care of Business #TCOB-1915	27:30	27:30	LCL	PA	12/01/2020 12/04/2020	9:30 AM 3:00 PM

While the unemployment rate may be the lowest it has been in a half-century, the numbers that we are familiar with don't always tell the full story. On this episode of Taking Care of Business, find out the difference between unemployed and underemployed. Unemployed and underemployed people often face a tough time finding a job that will support them and their families. Many are in a tough situation and how they got there is often unexpected.

Crime

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Praise #032919	57:30	57:30	LCL	PA/O	10/24/2020	6:00 AM 3:00 PM

MLB player, Darryl Strawberry, grew up with an abusive and alcoholic father. This behavior from his father led Darryl to brokenness and the abuse of substances. Being addicted to drugs caused Darryl to go to prison, get cancer twice, and lose his left kidney. It took him 7 years of studying the word of God to be free and find God's plan for his life. Darryl's foundation, *Finding Your Way*, was created to make a difference in the lives of young people who are addicted to drugs. After 16 years of recovering from substance abuse, Darryl now goes into high schools and middle schools bringing awareness to the youth about not using drugs. Darryl says "In order to make a difference in young people's lives that are addicted, we have to be real about it. We can't sit here and sugarcoat it. And that's why we're at where we're at today. The epidemic we're at today. New Jersey's already had 300 deaths of overdoses from opiate."

Sports Analyst, Jason Romano, met Darryl while he worked at ESPN. Jason shares how he also grew up in a dysfunctional household, with divorced parents, and an alcoholic father. At the age of 6, his father would take him to bars and give him a quarter to play the ping-pong machine, while his father sat at the bar getting drunk. Due to Jason's father's addiction, he was not present for a lot of pinnacle moments in Jason's life, but his mother helped Jason and his brothers stay on course while growing up. Jason explains that seeing his father's addiction, caused him to want to find ways to fight addictions.

*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>
Life Today #201005	27:30	27:30	REC	PA/O	10/5/2020	9:00 AM

Naomi Zacharias, Director of Wellspring International, has been helping combat human trafficking since 2004. Although the awareness for human trafficking has grown over the years, the numbers for those participating in this kind of activity continues to increase each year. Naomi Zacharias describes human trafficking as "the exploitation of a human being." Many people involved in this type of activity have the mentality of "seeing someone else as a means to an end" most of them state quotes such as "A gun you can sell once, but a human being you can sell over and over again." Despite the economic impact due to COVID-19, human trafficking continues to flourish. Naomi Zacharias states, "The need for us to still stand up, to participate, to advocate, to support these programs that are bringing freedom for so many and preventing slavery for so many is more critically important now than it ever has been before."

<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>
Life Today #201116	27:30	27:30	REC	PA/O	11/16/2020	9:00 AM

Herman Mendoza, former New York Drug Lord, was involved in the distribution of cocaine from Columbia to the United States. He and his brothers were arrested while in possession of 31 kilos of cocaine. Herman was remanded with no bail and received a plea deal of 3 to 9 years in Riker Island in Queens, New York, while his brothers received 4 to 12 years. Herman signed his plea deal and entered a program called SHOCK, a military style camp program where Herman's time could be reduced substantially. After being out for 6 months Herman started to distribute cocaine again with his brother. They were arrested again with 9 kilos of cocaine, facing 25 years of prison. Alexandra, Herman's wife, was aware of Herman's involvement in drug distribution, and supported her husband during his first prison sentence. During his second prison sentence, she stopped being supportive and began living a destructive lifestyle of drinking and depression as she prepped for divorce. While in prison Herman experienced depression and a loss of peace, until he found God. He states, "All I want, God, is for you to fill this void. And I'm so depressed. I need peace." As he found the peace and restoration he needed, Herman and his brother also helped others through their service of pastoring in the prison chapel.

<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>
Taking Care of Business #TCOB-1924	27:30	27:30	LCL	PA	10/06/2020 10/09/2020	9:30 AM 3:00 PM

On this episode of Taking Care of Business we look into retirement. We'll hear from experts on how to plan for your retirement. Topics include financial planning, medical expenses, Social Security, Legal, and savings opportunities. And finally, we'll learn that retirement is more than just a financial issue. It's about life! Will you enjoy or endure this season of life?

<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>
Taking Care of Business #TCOB-1918	27:30	27:30	LCL	PA	10/20/2020 10/23/2020	9:30 AM 3:00 PM

Although the teen pregnancy rate is the lowest in history, 3 out of 10 young girls will become pregnant before the age of 20. Each pregnancy represents a young woman with hopes and dreams. On this program, see the stories of young mothers who are overcoming adversity with a spirit to succeed and to achieve their personal best.

*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>
Taking Care of Business #TCOB-1911	27:30	27:30	LCL	PA	10/27/2020	9:30 AM
					10/30/2020	3:00 PM

Education in America has followed the same formulas for teaching and learning for decades. On this episode of Taking Care of Business, find out how and why new techniques in education are being explored.

<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>
Taking Care of Business #TCOB-1901	27:30	27:30	LCL	PA	11/10/2020	9:30 AM
					11/13/2020	3:00 PM

Hunger in the USA is a very real health and economic problem. When a person does not know from where their next meal is going to come, we call that Food Insecurity. In this episode of Taking Care of Business, we take an honest look at how Poverty and Food Insecurity are impacting people of all ages in our society and discover the alarming fact that hunger and food insecurity is not just a problem caused by poverty.

<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>
Taking Care of Business #TCOB-1923	28:30	28:30	LCL	PA	12/08/2020	9:30 AM
					12/11/2020	3:00 PM

Public Health is more than clean air and water. Public health includes our schools, our available medical facilities and resources, reducing violence and crime. On this edition of Taking Care of Business see the efforts being made to create safe and healthy communities where we live, work and play.

<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>
Taking Care of Business #TCOB-1906	27:30	27:30	LCL	PA	10/02/2020	3:00 PM

Since the global warming topic first arose, the terms "go green" and "carbon footprint" have been thrown around so often that they now are bland and empty, lacking the fiery inspiration they were coined with. But the fact remains that we all make an impact on the world we live in. The systems that we employ and the choices that we make today do have an enduring effect. Join us for this episode of Taking Care of Business and learn how personal environmental responsibility is more than taking care of the earth - it is taking care of those we love.

<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>
Taking Care of Business #TCOB-1926	27:30	27:30	LCL	PA	12/15/2020	9:30 AM
					12/18/2020	3:00 PM

There are over 16 million single parents in America. The cause and challenges many single moms and dads face are unique and can range from tragic to the unexpected. On this edition of Taking Care of Business see how many single parents, and their children, are coping and learn how communities can come together to provide support.

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

<i>Family</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
	Praise #082318R	57:30	28:65	LCL	PA/O	10/10/2020	6:00 AM 3:00 PM

Brian Courtney Wilson sits with Donnie McClurkin discussing God's Plan. Brian Courtney Wilson shares that "everyone has a seed of faith to plant and a harvest that everyone can benefit from." Donnie explains how circumstances do not prohibit one's progress. As artists, they deal with insecurities, but they don't allow it to stop them from doing what God has planned for their lives. Donnie and Brian explain that they learned how to work through their insecurities and do what God has called them to do. Brian speaks about a struggle he had to deal with while he ministered to others as an artist. He shares how his relationship with his first child (daughter), before he got married, was not good. He did not get along with her mother very well and he realized that he wasn't mature enough to handle the relationship nor the tensions they dealt with. He eventually decided to go to a therapist with his daughter, so that they could properly speak to one another about their relationship. He encourages everyone to seek professional guidance to help walk them through healing for damaged relationships. He is happy to share that after their therapy sessions, he and his daughter are closer than ever.

<i>Family</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
	Praise #092518	57:30	57:30	LCL	PA/O	10/17/2020	6:00 AM 3:00 PM

Javen speaks with Recording Artist, Marvin Sapp, as he shares how he dealt with the death of his father. He explains how his song *Never Would Have Made It* was born out of his mourning for his father. He never intended for the song to become a major hit nor even be a song. After Sunday church service, Marvin Sapp went up to sing the usual closing out song, but with tears strolling down his face from the pain of losing his father the words "never would have made it" came out. Sapp says "God gave it to me on that Sunday morning- for me. I was singing around the house, I would sing it at bible study and just singing it trying to encourage myself because my father was my hero."

David & Tamela Mann speak about their book *Us Against The World: Our Secrets to Love, Marriage, and Family* and their music album *Us Against The World-The Love Project*. They explain how there is an attack on the family structure. When they say "us," they are referring to and wanting to recruit like-minded people who want to stop the ideologies that break up families and help them build the family structure back. Tamela Mann explains that in the church, over half of the marriages are breaking up. With 5 children and 12 grandchildren, David & Tamela Mann share that looking for the Lord to order their steps is a mindset that helps their family stick together.

<i>Family</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
	Destined to Win with Frank Santora #2043	27:30	27:30	LCL	PA/O	10/18/2020	7:00 AM

Pastor Frank Santora preaches about how people can endure when dealing with broken marriages, problems with their children, heartache/depression, abuse, addiction, pain, disease, and sleeplessness. Pastor Santora uses 3 practical key takeaways from the bible story of the sick woman dealing with the issue of blood in Mark 5:24-34 to learn how to endure during troubling times. Pastor Santora shares that the way to endure is to: speak positive life giving words about your life and about your circumstances, getting the word of God in you and living by it, and knowing that God cares and can see all of your issues. Pastor Santora encourages viewers to not quit and endure till the end, because enduring will help one gain victory over their issues.

*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>
Life Today	27:30	27:30	REC	PA/O	10/7/2020	9:00 AM
#201007					10/9/2020	9:00 AM
#201009					10/21/2020	9:00 AM
#201021						

Sheila Walsh uses the story of Joseph's trials and successes to teach about trusting in God during tough times. Joseph's brothers were filled with jealousy because Joseph was the youngest and most loved by their father. Due to their extreme jealousy towards Joseph, the brothers schemed to get rid of Joseph by selling him into slavery. Sheila says, "jealousy can be a cancer in family relationships, particularly in blended families." She shares that even if people intend to do you harm, "stand on the truth that God is still in control and will bring good from it." She asks viewers to reflect on the things that perhaps seem out of control within their own lives such as finances and struggling to pay the bills, marriage and the pressure of being stuck under the same roof, or concerns about one's children. She reminds viewers that "these are not the days to panic, but to hold on and believe that no matter how things may appear- know that God is in control."

<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>
Life Today	27:30	27:30	REC	PA/O	10/14/2020	9:00 AM
#201014					10/28/2020	9:00 AM
#201028						

According to Sheila Walsh, the unexpected "storms" of 2020 have devastated communities. Sheila Walsh defines "storms" as a loss of job, loss of a loved one, and/or an unexpected health crisis. She shares "storms could not only be happening outside of the door, but it could also be happening inside of your own heart." During her travels, Sheila speaks to large and small gatherings of women. She says "I hear the same cry from the hearts of women. They speak of things like disappointment, shame, anger, fear, regret, heartache, insecurity, bitterness, unforgiveness, and at times, that desperate feeling of being all alone." According to Shelia Walsh, one of the hardest "storms" to face is when one thinks they are all alone regardless of having a loving family around. In an event, Shelia Walsh had the opportunity to speak with a large group of women who were pastors' wives, wives of worship leaders, and heads of various women's ministries as they shared how they too were struggling with the same issues that people who attended their ministry were going through. Just like these women, a lot of people are lost, angry, and hopeless but Shelia Walsh says people don't have to carry around their struggles any longer because they could give it to the Lord, she states, "Once we've laid our burdens down, we have the privilege of seeing some other people set free as well."

<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>
Life Today	27:30	27:30	REC	PA/O	10/15/2020	9:00 AM
#201015						

Carlos and Heather Whittaker share their story of dealing with the "spider" and "cobwebs" in their relationships and marriage. According to Carlos, the "spider" is an agreement that you make with a lie, and the "cobwebs" is a medicating behavior that brings comfort to that lie. He explains that the comfort to the lie can come in the form of, but not limited to, the use of pornography or the use of alcohol. For Carlos, his lie was that God was not present in his life and that He had abandoned him. He explains how his "cobwebs" destroyed the very fabric of his marriage with Heather, his friendships, and his career. Carlos explains how these "cobwebs" caused him to move out of his house, separate himself from his family, and begin discussions of divorce with Heather. Although the actions from a spouse exhibiting personal damaging issues is difficult to endure, Heather explains how she was able to get through the rough patch in their relationship by seeing the issues that Carlos was bringing into their marriage, as not being about the present, but about Carlos healing from issues he dealt with before their marriage. Carlos explains how God helped him focus to become free of those damaging behaviors and with a lot of hard work, Carlos and Heather were able to restore their marriage. They state, "all the work needed to restore our marriage was extremely worth it."

*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>
Life Today	27:30	27:30	REC	PA/O	11/11/2020	9:00 AM
#201111						

Before the age of 20, Megan Brown, married an active-duty air force man. As a military spouse, she has experienced days of willful isolation and loneliness. She states, "Today's military community is so different than maybe what the public thinks. Our lives are chaotic and it's really hard to come to the terms with the fact that we have been at war for over 20 years...military families are constantly feeling that pressure and frustration of all the things we endure daily...so many times we do it without the support of a local church or local community." When she was 26 years old, she received a package from a postal worker with her husband's footlockers. Having the responsibility of taking care of their 3 young children by herself and now being filled with the fear that her husband was dead, she prayed so that it would not be so. A couple of days later, she received a call from her husband letting her know that he was moving to another location and had shipped his stuff to their home for that reason. Aside from the fear of the uncertainty a military family goes through, other challenges include having to move every 2 to 4 years and the process of reintegration when one's spouse comes back home. Now Megan Brown focuses on helping military wives find hope, strength, and encouragement in God and their military community.

<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>
Life Today	27:30	27:30	REC	PA/O	11/19/2020	9:00 AM
#201119					11/25/2020	9:00 AM
#201125						

For Lysa Terkeurs going through counseling helped her deal with her husbands' addictions and affairs. During a session, Lysa wrote down all her pain on index cards as her counselor instructed. This helped her see where she needed to heal and who she needed to forgive. Through this exercise Lysa recognized that the pain she carried because of the brokenness in her marriage had to do with a deeper connection to her past including past experiences with an absent father, an abusive neighbor, and comments from a boy in high school. When Lysa and her husband, Art, went to counseling together, Art admitted his mistakes. This confession freed Lysa, allowing her to work on herself. No longer living as a victim of what others had done to her, Lysa learned about finding healing and restoration through the process of forgiveness.

<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>
Life Today	27:30	27:30	REC	PA/O	11/30/2020	9:00 AM
#201130					12/31/2020	9:00 AM
#201231						

Pastor, Speaker, Writer, and Television Host, Sam Collier, was placed in adoption along with his twin sister due to poverty. His mother was too young to take care of them and his father wasn't part of the family because of his addiction to drugs. At the adoption home, his adopted parents were interested in adopting him and his sister, but were warned by the agent that said, "No, you don't want them, because of where they come from. They're probably not going to be much: addiction cocaine, potentially even prostitution." As a young man, Sam struggled with his broken past. He became frustrated and dealt with suicidal thoughts. After finding help, hope, and freedom in God, Sam realized that he wasn't the only one dealing with frustration. He and his team went on a 3-year journey with about 70 young adults helping them discover their purpose using Sam's formula of "Passion, Gifting, and Provision Collide." He says, "I think it's a story of God taking a mess and turning it into a miracle. I think it's a story of extreme redemption and what can happen when certain individuals get out of the way and let Him come in. I think it's a story of God rewriting what the enemy wanted our story to be and could have been had my parents listened to the lady that was running the home."

*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>Family</i> Life Today	27:30	27:30	REC	PA/O	12/1/2020	9:00 AM
					12/4/2020	9:00 AM
					12/23/2020	9:00 AM
#201201						
#201204						
#201223						

At the age of 8, Toni Collier, had to take care of her parents due to the absence of her father working a full-time job and her mother having a massive stroke that paralyzed her left side. This experience along with the verbal abuse Toni received from her father, left Toni broken as she struggled with validation and finding her identity. Growing up, she also struggled with drugs, alcohol, and many toxic relationships. Some practical ways to heal from brokenness includes evaluating one's environment, relationships, self, and changing one's environment. One of the most effective ways to get through these dark moments is by seeking professional help from a counselor that can help one articulate and discover where the hurt is coming from and how to deal with it.

<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>Family</i> Life Today	27:30	27:30	REC	PA/O	12/14/2020	9:00 AM
#201214						

Stacy Henagan, author of "Breathe Again," lost her 21-month-old baby daughter to brain cancer. During their hospital visits in Memphis, her daughter went through 3 brain surgeries and later was told it was malignant. Stacy and her husband did everything they could to help their child, but shortly after, their daughter passed away. After 21 years of losing their child, Stacy shares with others the hope, strength, and comfort she found in God during her difficult process. She states, "Something that I really learned during all this was that pain can become opaque to us...we tend to focus on the pain...but if we know that God is with us and we see, we know in our heart that there is good on the other side, it becomes translucent, we can see through it. It's like there is good on the other side, God has something in store."

<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>Family</i> Sex, Love & Relationships	27:30	27:30	REC	PA/O	10/7/2020	5:30 AM
						12:30 PM
						11:30 PM
					10/9/2020	12:00 PM
					10/10/2020	12:30 AM
						11:00 PM
#511						

According to John & Helen Burns along with Josh & Christi Straub, a toxic person/relationship is not healthy and can cause one to feel or get sick. A person can distinguish whether they are in a toxic relationship by the way they see themselves and/or reflecting on the person they are becoming, as John Burns states, "Look in the mirror...don't like the person you're becoming? Do you like what's going on inside? Because relationships change you." Josh Straub shares how 2 years of counseling helped him break his family's history of divorce. He was eager to be a husband and father but did not want to carry on some family patterns he had seen while growing up. John & Helen Burns along with Josh & Christi Straub also share that one of the key factors to a successful marriage is to learn how deal with finances. Some practical ways to succeed in this area is to apply the following: budget, plan, communicate, have a common goal, and consider that as a married couple, you are on the same team.

*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>Family</i> Sex, Love & Relationships #512	27:30	27:30	REC	PA/O	10/14/2020	5:30 AM
						12:30 PM
						11:30 PM
					10/16/2020	5:30 AM
						12:00 PM
						10/17/2020

John and Helen Burns along with Dr. Josh Straub and Christi Straub discuss healthy ways of refusing to have sex with one's spouse. Since sex is an important part of every healthy marriage it shouldn't be forced on one another rather it should be communicated between a husband and a wife. John Burns states, "The greatest sex organ is between your ears. It's about talking and communicating and even if you are going to have sex, it's not like one person forcing it on the other person. It's like "Would you feel like this tonight?""

Online dating has become very popular in today's culture. When using an APP to find a date, analyze the intentions of why the individual wants to date: is it to hook-up? Or is it for building a real strong relationship? One should always use precaution and follow these safety guidelines when going on a "blind date": meet at a public place, don't have any alcoholic drinks on the 1<sup>st</sup> date (date rape and drugs typically happen because of this), be wise and aware of one's surroundings, and let someone else know.

<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>Family</i> Sex, Love & Relationships #513	27:30	27:30	REC	PA/O	10/21/2020	5:30 AM
						12:30 PM
						11:30 PM
					10/23/2020	5:30 AM
						12:00 PM

A massive issue in marital relationships is when "parents/in-laws" have no boundaries. The lack of setting these boundaries can cause an unhealthy dynamic for the marriage, family unit and the following generations. John and Helen Burns along with Dr. Josh and Christi Straub share that although this may not be easy, it's important to prioritize the marital relationship. By setting healthy boundaries through respectful communication, spouses will help one another feel safe and protected in their relationship with their parents/in-laws, while still honoring them. Learning to set these boundaries in one's marriage will also help the following generations have successful relationships with their future in-laws/parents, as Christi Straub states, "I will, one day, hopefully be a mother-in-law... I know how hard that's going to be to say good-bye, to pass that along. And so I recognize the value of my relationship with my children, but also honoring that marriage, just as much as I want my mother-in-law to honor our marriage. I have to do the same for my children and their spouses."

*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>Family</i> Sex, Love & Relationships #402	27:30	27:30	REC	PA/O	11/4/2020	5:30 AM
						12:30 PM
						11:30 PM
					11/6/2020	5:30 AM
						4:00 PM
						11/7/2020

Pornography is mainly thought to be known as a "man's issue," however, many women also deal with this addiction. Statistics show that more than 1/3 of the pornography is downloaded by women. Every addiction is fueled by guilt and shame and could bring along a spiral decline in a person's life. In a marriage, it is important for spouses to confess their struggles with pornography although this confession might be difficult to bear. When confessing to a spouse one should look for a safe environment, be honest, and have an attitude of 'I need help.' John Burns says, "Take away the shame. Don't make someone feel like they're a terrible person. Make them realize that there is an issue, and together, we can deal with this issue."

<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>Family</i> Sex, Love & Relationships #403	27:30	27:30	REC	PA/O	11/11/2020	5:30 AM
						12:30 PM
						11:30 PM
					11/13/2020	5:30 AM
						4:00 PM
						11/14/2020

When struggling with pornographic addiction, according to John and Helen Burns, there should be trust in the relationship knowing that the side struggling with this addiction is trying to change. A couple should consult with their mentor or someone accountable to help them through this challenge. Helen Burns says "As a wife, for example, if this was us, I don't want to be the one that he has to be accountable to every second, that I'm constantly living in this fear of 'How's he doing? How's he doing?' I want to know that he's doing okay, but I think that an addiction like this, I think needs accountability and I would want to have someone that he's accountable to, that he's made himself accountable to that has the freedom, another man, that is a mentor in his life that would check up on him." This accountability partner should also be in communication with the wife/husband, so that if the husband/wife is not getting better, she/he could be aware of it and know how to move forward with their relationship. John Burns offers advice to people struggling with pornography: know that you're not a bad person, know what are the triggers that send you to want to view pornography, make a plan to get away from those triggers, and have someone that you're accountable to.

*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>Family</i>  Sex, Love & Relationships #406	27:30	27:30	REC	PA/O	12/02/2020	5:30 AM
						12:30 PM
						11:30 PM
					12/04/2020	5:30 AM
						4:00 PM
						12/05/2020

It is important for parents to pay attention and know what's going on in their child's life. When a child is struggling with depression sitting down and building a relationship with your child, by listening and not telling your child what to do, could greatly assist the child positively deal with depression. John Burns says, "The answer to almost everything, relationship wise, is communication." To build a child up a parent can talk to them about their character accomplishments (not sports or grade accomplishments), speak of the kindness that they have within them, and draw out the value they have. Having empathy for one's child helps create clear, honest communication and allows one's child to have a better relationship with their parents. John Burn says, "If you always try to put yourself in their shoes and what's going on and feel their pain, I think that's communication, and that opens the door." If further assistance is required, Helen Burns says to reach out to professional help or pastoral leadership to help the child dealing with depression.

<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>Family</i>  Sex, Love & Relationships #407	27:30	27:30	REC	PA/O	12/09/2020	5:30 AM
						12:30 PM
						11:30 PM
					12/11/2020	5:30 AM
						4:00 PM
						12/12/2020

The "moving out age" of an individual from their parents' home is dependent on whether the person is independent, responsible, able to budget their money properly, aware of what they want from life, whether the person has a job, and/or whether the parents require assistance with living. Aside from these factors, if a child remains at home, it may be a cause of a parenting issue. Helen Burns says, "If you're here, contribute to the costs and expenses of it. But if we're living with mom and dad because we're not being responsible and just taking advantage of a situation. I don't just look at that as being a lazy kid. I think that is being an irresponsible parent." Parents have the responsibility to support their children, but also prepare and teach them to become independent. Parents that enable bad habits on their children may also cause them to remain at home far longer than usual due to fear of making the child leave home. Children that take advantage of the situation can fall into making wrong choices like using drugs, alcohol, unemployment, and irresponsibility. Parents should let their children become independent (during the appropriate age group) this allows the child to become responsible and more productive in all areas of their lives.

*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>Family</i> Sex, Love & Relationships #408	27:30	27:30	REC	PA/O	12/16/2020	5:30 AM
						12:30 PM
						11:30 PM
					12/18/2020	5:30 AM
					12/19/2020	12:30 AM

According to John Burns, discipline is about the future. It is when parents encourage and help their children understand that they did something wrong, but that they can do better. Punishment, on the other hand, is when a parent focuses on the child's past and what they did wrong, John Burn says, "And because you did this wrong, we're going to either spank you or make you do crunches...because of what you did wrong." Parents should be aware of the types of punishment that they implement when parenting. Utilizing beneficial activities such as going to church or exercising as punishment could cause children to associate these beneficial activities as punishment, thus affecting their outlook upon these activities in the future. Some useful forms of discipline include taking away something that the child enjoys and/or just letting the child know that one is disappointed in them.

Sex is important within a marriage because this affection could help create intimacy. If there is any problem preventing sex, the couple should be open to talking about it. John Burns says, "It's like a glue in a marriage because no one else can be that or do that. So, when that's functioning in your marriage, it does make you apart from everybody else, it makes you tighter, stronger. It's a glue." John Burns encourages viewers not to be ashamed of seeking help if a couple is struggling with sex within their marriage.

<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>Family</i> Sex, Love & Relationships #409	27:30	27:30	REC	PA/O	12/23/2020	5:30 AM
						12:30 PM
						11:30 PM

According to John Burns, cheating is forgivable. He states, "We need to forgive. Now the question is whether you're going to jump back into that situation again and that's not about forgiveness, it's about trust." There is a difference between forgiving and trusting. When a person forgives another, the purpose of forgiving is not for the person that needs forgiving, it's for the person who has been wronged. John Burns says "When you forgive somebody you let go of what they did that has a grip on your life, and it gives you freedom to move on...Forgiveness is not about the past. It's about the future. If you don't forgive, you don't have a future. But people think 'I can't forgive because I don't want the past to keep going on in the future.' Really, that's not an issue of forgiveness; it's an issue of trust." A person could be forgiven, but not trusted after they've cheated. The person will have to earn the trust. There are relationships and marriages that have come back from a partner cheating on the other, Helen Burns shares, "We know many people that have had broken trust...They felt they lost in their marriage...their relationship and their family...that have come back from it and are flourishing and doing beautiful. They're very aware of their mistakes, but they've come back from them and they're building the future beautifully."

*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>
Family Fearless #108	27:30	27:30	REC	PA/O	10/31/2020	12:30 PM
					11/1/2020	12:00 AM

Managing a four-year long-distance relationship, Rich Wilkerson Jr. and DawnChere share how they have built a healthy marriage. Healthy relationships are built on learning to communicate as Rich states, "The way a lot of people do relationships is in an unhealthy way. They move way too quick. They get physical way too quick. And I think being long distanced forced us to learn how to communicate." Distinguishing the difference between love and lust also builds healthy relationships. Any type of relationship has to also be focused on what a person can give rather what they can receive, Rich says, "The only way you'll ever have a healthy relationship is when you're not focused on what the other person's going to give but when you focus on "What am I going to give? Who am I going to be?" And as I give, I'm going to trust that I'm going to see the return I'm looking for." As a married couple, Rich Wilkerson Jr. and DawnChere, have struggled to have a child over the past few years, but they continue to remind themselves as Rich states, "Our identity is not found in having a child, and our identity is not found in being parents. Our identity is that we're children of God and we've already got everything we need in Him."

<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>
Health Taking Care of Business #TCOB-1903	27:30	27:30	LCL	PA	12/29/2020	9:30 AM

Abortion. It's a health issue that effects over 900,000 lives each year. On this program, we'll hear stories from people who have suffered traumatically while dealing with the consequences of abortion. Including, one woman who will tell how she personally profited from the life-altering circumstances of others.

<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>
Health Praise #111119	57:30	57:30	LCL	PA/O	12/6/2020	6:00 AM
					12/12/2020	6:00 AM
						3:00 PM

Research shows that only 1 out of 3 people in the United States say that they are happy. This statistic has been declining over the last 9 years. Based on this research, Max Lucado, author of "How Happiness Happens," states "Happier people are healthier people. Happiness has a profound impact on people's lives...human bodies work better when happy...happy people have better relationships... marriages that have two happy people have greater odds of surviving... happy people even make more money." Living in the age of marketing is the potential cause of unhappiness, which causes "circumstantial happiness," or being dependent of something (product or service) to provide happiness. This dependence on a product or service causes unhappiness that can lead to bitterness, depression, and other problems. Duke University performed a study on the characteristics of happy people which includes forgiving an enemy, releasing resentment, choosing not to harbor a grudge, encouraging, accepting, greeting, and serving others. Max Lucado, states, "You want to really be happy? You want to be blessed? It's really more blessed to give than receive...the secret is in giving happiness."

*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>
Destined to Win with Frank Santora	27:30	27:30	LCL	PA/O	11/29/2020	7:00 AM
#2049						

Recent scientific studies show that the brain is neuroplastic, which means that the brain can be rewired to work differently than it's currently working. The mind and the brain are not the same thing, the brain does what your mind instructs it to do. As the mind gathers thoughts, those thoughts are adopted as one's philosophy. These thoughts become the instructions that tell one's brain what to do. The brain then transmits those instructions to the rest of the body, which appears or manifests itself in physiological, psychological, emotional, and spiritual ways. Pastor Frank Santora states, "Everything begins with what the mind is receiving in the form of thoughts. And that makes its way down to your experience... So the mind is really the key to the experience." Changing the way one thinks, or renewing one's mind is a healthy way to recover from an abusive past as it helps one have a stronger self-image. Pastor Frank Santora encourages viewers to change their minds so that they can begin to prove and live out that good, acceptable, and perfect will of God.

<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>
Life Today	27:30	27:30	REC	PA/O	10/1/2020	9:00 AM
#201001					10/23/2020	9:00 AM
#201023						

In this program, Betty and James Robison sit with Jordan Rubin to discuss his book *Natural Remedies*. Jordan Rubin explains how he was diagnosed with 19 different illnesses and visited over 69 medical experts around the world yet was unable to find a cure. It wasn't until a man told him to eat and live the way the bible says that Jordan Rubin became well. Jordan Rubin shares insights on the healing properties of foods, herbs, and spices. He believes that God created our bodies to heal, but he also believes that God gave us the wisdom and powerful cures in the form of food, spices, and herbs.

<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>
Life Today	27:30	27:30	REC	PA/O	10/2/2020	9:00 AM
#201002					10/20/2020	9:00 AM
#201020						

In this program, Betty and James Robison continue to speak with Jordan Rubin to discuss his book *Natural Remedies*. Jordan Rubin reveals health benefits found in God's creation. He describes how he incorporates biblical natural remedies into his household and family. He shares his experience with terminal cancer and how he was healed naturally and supernaturally by God. He explains how he utilized the power of God's word, prayer, and the natural resources from the earth to be cured from cancer. Jordan Rubin encourages viewers to speak about what they want to happen, instead of speaking about what they don't want to happen.

*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>
Life Today	27:30	27:30	REC	PA/O	10/26/2020	9:00 AM
#201026						

At the age of 6, Lisa Bevere's third son, Alexander went to the dentist for a regular check-up and was told that he had a tumor under his tongue. When Lisa told her husband, John, about Alexander's upcoming surgery to remove the tumor, John sat with his son and spoke to him about the book of James. He told Alexander that if he would confess his sins, and ask for his father to pray for him, he would receive healing. Alexander did as he was told and asked his father to pray for him, so John did. A few days later, Lisa went to pick up Alexander from school so that he could get some lab tests done for his surgery, but the tumor had disappeared. Lisa states, "I don't know why it didn't happen right away, so I really believe that Psalm 103 is a promise for healing, it says, 'Bless the Lord O my Soul, and forget not all His benefits, who forgives all your sins, and heals all your diseases.' And right now is a time where people need to have the mercy of God and the restoration and healing power of God in their lives."

<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>
Life Today	27:30	27:30	REC	PA/O	11/9/2020	9:00 AM
#201109					11/26/2020	9:00 AM
#201126					12/22/2020	9:00 AM
#201222						

Joyce Meyer, author of "Unshakeable Trust," suffered from breast cancer 27 years ago. Trusting that God would bring her out of this struggle, Joyce states, "God did take care of it. I did have to have an operation. It would not have been what I preferred, but every year since then, for 27 years, I've got a clean mammogram when I go for my test. So, I continue, year after year, to see the faithfulness of God." This experience has allowed her to understand and be compassionate with those who undergo the same health struggle. To Joyce, "trust" is defined as "relying on, depending on, knowing that you can be safe with someone." Even if everything may feel like it is not good, she says "God brings good out of it...If you had a terrible loss or a loved one died and you're tempted to blame God and walk away from God, please don't do that. He loves you. He's the only one that can really help you."

<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>
Life Today	27:30	27:30	REC	PA/O	11/17/2020	9:00 AM
#201117					11/20/2020	9:00 AM
#201120						

Lysa Terkeurst, author of *Forgiving What You Can't Forget*, and her husband raised 5 children together. Her husband struggled with addictions and was involved in multiple affairs. Keeping these affairs a secret from their daughters caused more damage within their family unit. To help them with these challenges, the family went through counseling, Lysa states, "Because of the Lord, healing is possible. Spiritual healing is possible. And because of good counselors, emotional healing is possible. So, I was very intentional that I knew my kids would need help...we got them the help that they needed." Emotional trauma is also damaging to the human body. While enduring the family challenges, Lysa also dealt with personal health issues. She believes that her health issues were exacerbated from the stress she was going through within her marriage. One of the health issues she encountered was an emergency surgery to remove most of her colon, which was ripped away from her abdominal wall, twisted around itself and cut off the blood flow. Shortly after healing from her colon surgery, she was diagnosed with breast cancer. Lysa explains that unforgiveness is debilitating. She shares how understanding God's forgiveness towards her helped and equipped her to forgive her husband.

*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>
Life Today #201118	27:30	27:30	REC	PA/O	11/18/2020	9:00 AM

Singer and actress, Jaci Velasquez, is the mother of two young boys. When her oldest son, Zealand, was 19 months old, they were told he had a pervasive developmental delay. As a mother, Jaci thought this delay was normal and that with time her son would catch up. During his kindergarten year, Zealand was placed in an IEP, Individualized Educational Program. It was not until the end of second grade that Jaci and her husband met with the school board, pediatrician, counselors, and therapists and were told Zealand was diagnosed with autism. Now, at the age of 13, Zealand continues to fight autism, but finds help in the comfort of his family, especially his little brother, Soren.

<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>
Life Today #201210	27:30	27:30	REC	PA/O	12/10/2020	9:00 AM

American Idol and country singer, Garrett Miles, has been blind since birth. He was diagnosed with optic nerve hypoplasia which is when the optic nerve never fully develops. The doctors said he would not be able to see at all, but at the age of 1, Garrett started getting some vision. At the age of 5, Garrett experienced a couple of seizures, he states, "The doctors told my mom that I would never be able to attend a regular school...That I'd never be able to dress myself. Pretty much I'd be pegged helpless the rest of my life with a learning disability." Despite the doctor's predictions, Garrett went to regular school and took regular classes graduating with honors in high school and college. Now, he lives on his own and has some light/color vision on his left eye.

<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>
Life Today #201202	27:30	27:30	REC	PA/O	12/2/2020	9:00 AM

Sheila Walsh has been diagnosed with clinical depression and sometimes struggles to know how to pray. In her first night in a psychiatric hospital, she only had two words that she could pray, "help me!" At that time, she didn't see those words as a prayer, but instead as words of defeat. It was the first time in her life that she admitted to God and to herself that she was in trouble, and that she couldn't save herself from the depression she had fallen into. She states, "Maybe the days that we are living in are too much for you. And maybe you feel like when you look in mirror, you think this is not the life that I thought I would be living, this is not the person I thought I would be. Maybe you're struggling with anxiety or depression during these difficult days when we don't know what tomorrow brings. But one of the things I've learned is even in the days when I thought I was in control, I wasn't. I never was. And I think that the word surrender is really important for you and I, right now." Sheila encourages viewers to start where they are, with honest simple prayers, and to talk to God about it, she says "You are not alone, God is listening. He is listening to you right now and He wants you to talk to Him." Sheila encourages others to know that they could pray anywhere and everywhere, coming as they are and having a relationship with God.

<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>
Life Today #201215	27:30	27:30	REC	PA/O	12/15/2020	9:00 AM

In 2017, Andrew Stoecklein, former Pastor of Inland Hills Church in Chino, CA, struggled with panic attacks caused by a stalker issue. Experiencing panic attacks 2-3 times a night with intense pain in his chest, Andrew was taken to the doctors and was diagnosed with depression and anxiety. Although he was on medication, he also struggled with suicidal thoughts which later caused him to take his life. His widow, Kayla Stoecklein, states, "The person who is struggling with suicidal ideation is overwhelmed with an all-consuming pain." Kayla encourages those who are struggling with mental illness to seek help through a therapist, friend, and/or by calling the suicidal hotline.

*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>Substance Abuse</i>						
Taking Care of Business	27:00	27:00	LCL	PA	11/17/2020	9:30 AM
#TCOB-1908					11/20/2020	3:00 PM

Over half a million people in the U.S. identify as being homeless. In this episode of Taking Care of Business, follow the unique stories of people who do not have stable living conditions. Beyond highlighting the widespread problem of homelessness, this episode speaks to community experts about where we can begin to find and provide solutions.

<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>						
Taking Care of Business	26:59	26:59	LCL	PA	11/24/2020	9:30 AM
#TCOB-1905					11/27/2020	3:00 PM

Few choices have as many dramatically positive outcomes as adoption. It increases the emotional, physical, and cognitive capacities of the children who are adopted. It improves the life chances of the biological mother. It saves vast amounts of money for the public. It brings much happiness, both to the adopting parents and to the adopted child. It is good for all involved and families are strengthened. Almost 25% of American households have adopted, and 135,000 children are adopted each year. But despite these impressive numbers, there's still a pressing need for greater awareness. Join us for this episode of Taking Care of Business and hear about how adoption changes lives for the better.

<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>						
Taking Care of Business	27:30	27:30	LCL	PA	12/22/2020	9:30 AM
#TCOB-1919					12/25/2020	3:00 PM

Every year, more than a quarter of a million children come into foster care in this country. More and more often, there simply aren't enough families to meet the need, and these children must wait in a residential setting for a family to become available. Child welfare advocates are calling us all to learn more about how to help these children in need. Join us for this episode of Taking Care of Business, and learn more about how foster care is a way of providing a family life for children who cannot live with their own parents, granting them a family life and a chance at stability that they desperately need.

<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>						
Destined to Win with Frank Santora	27:30	27:30	LCL	PA/O	10/11/2020	7:00 AM
#2042						

Pastor Frank Santora uses the biblical story of Samson and Delilah to provide insight on how certain things could derail one from achieving success in their lives. Pastor Santora equates Delilah, a woman sent to destroy Samson's life, as a destructive relationship, a destructive attitude, a weakness, a vice, a drug, a habit, alcohol abuse, or even marijuana addiction. Santora defines "Delilah" as "a relationship that you have with someone or to something that pulls you away from your destiny." Pastor Santora warns that these "Delilah's" are enticing, accessible in wrong environments, and reap costly consequences. Santora also shares that one could recover from the effects of these "Delilah's" by knowing that they have a destiny, knowing that they can get through their tough times by getting help from specific people in their lives, prayer, and connecting with God. He encourages viewers to not lose faith, because God can get them back on the track of their destiny.

*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>Substance Abuse</i>						
Life Today	27:30	27:30	REC	PA/O	10/13/2020	9:00 AM
#201013					10/19/2020	9:00 AM
#201019						

Ryan Ries, Co-founder of "The Whosoever's Movement," grew up in Los Angeles, California. At a very young age, he was addicted to sex, pornography, smoking, drinking, and drugs. After being kicked out of school and introduced to the "rave scene," he became the manager of a professional skateboard team for 10 years. Nine days of cocaine, Xanax, and alcohol, Ryan Ries O.D.D. but was able to recover through the powerful prayers of his parents. After this experience, Ryan Ries found God and was miraculously freed from his addictions. By sharing his story, over 75,000 teenagers who were dealing with these same issues have found God and have been set free from those demonic bondages. Through "The Whosoever's Movement," Ryan Ries continues to share his story in the public school system and states, "We are seeing people get set free when they give their life to God, because that's what God does, he comes to set the captives free!"

<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>						
Life Today	27:30	27:30	REC	PA/O	12/3/2020	9:00 AM
#201203					12/21/2020	9:00 AM
#201221						

Addiction to phones is the same as addiction to alcohol, pornography, cocaine, meth, weed, and drugs. Scientists say that the same thing that happens when a person gambles happens to an individual when they check the "likes" on their Instagram post, both individuals receive a hit of dopamine. According to Simon Sinek, a person gets this same chemical reaction when they receive a text message on their phones. A person can be addicted because they are afraid to be vulnerable with people or they need to cope with stress, pressure, or anxiety. Louie Giglio, author of "Goliath Must Fall," states, "Anxiety is the by-product of me wanting to control the entire world." When a person struggles with anxiety, 99% of the time they are anxious about what a person did, or the circumstances of that individual.

<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>Youth</i>						
Taking Care of Business	28:30	28:30	LCL	PA	11/03/2020	9:30 AM
#TCOB-1921					11/06/2020	3:00 PM

A generation ago, we were fascinated by and allured to smoke cigarettes. Today, vaping is the trendy alternative to smoking. Is it safer? Is it causing a reduction in smoking overall or is it just creative marketing? Find out on this edition of Taking Care of Business.

<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>Youth</i>						
Praise	57:30	57:30	LCL	PA/O	11/7/2020	6:00 AM
#061819						3:00 PM

Trent Shelton, a global social media influencer and former NFL wide receiver, founded REHAB TIME for the sole purpose of helping youth who experience depression, loss of a loved one, guilt, and/or regret. One mayor event that helped change Trent's life was the birth of his first son. Becoming a father made Trent realize that as a parent he was a leader, because his son watches everything he does. Parents are the first introduction to relationships for children. Another major event that changed his life was when his college roommate/best friend committed suicide. After undergoing this dark moment in his life, Trent realized his mind, body, and spirit needed rehab. He started focusing on the things that he could control. REHAB TIME stands for "Renewing Every Heart And Body," Trent also defines it as "putting strength back into a weakness." Now having over 11 million followers on social media, he encourages the youth by letting them know that they can't change their past, but they can change their now. Trent states, "Your current situation is not your final destination, so you have to look forward in your life. And say this is a storm, season, chapter...just because you have some bad chapters, you can still turn the page...what you're going through...qualifies you to help other people get through it."

*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>
Youth Now with Natalie #204	27:30	27:30	LCL	PA/O	10/11/2020	3:30 AM
						11:30 AM
						10:30 PM
					10/15/2020	4:00 AM
						12:00 PM
						11:00 PM

Charlamagne Tha God, co-host of "The Breakfast Club," grew up in Moncks Corner, South Carolina. In the 6<sup>th</sup> grade, he was bullied for being part of the "smart" group in school. During his high school years, he was kicked out twice. He made poor choices that led him to interact with bad influences. Charlamagne Tha God dealt with depression and was diagnosed with anxiety in 2010. By going to therapy, he realized that it made it easier for him to understand what he was going through, which has now allowed him to help others cope with the same mental struggles. He states, "I've gone to the hospital at least four to five times in my life for panic attacks, thinking I was having a heart attack...I can bring myself back to center, I know what to do. I have the tools now. I can go do my breathing exercise. I know how to ground myself, to bring myself back to center."

<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>
Youth Destined to Win with Frank Santora #2046	27:30	27:30	LCL	PA/O	11/8/2020	7:00 AM

Pastor Frank Santora explains toxic relationships among the youth and how to avoid them. Toxic relationships can be avoided by preventing certain people access to your sphere of influence and inner circle. Characteristics of these types of people include pretending to be something that they aren't to get into good standing with you, knowing that they use deceit in an effort to target the mind, knowing that they drag you away from God through temptation, and knowing that they destroy who you really are. Though sometimes it's not easy to recognize these characteristics of a toxic relationship, a way to get out of it, according to Pastor Santora is by sticking with the word of God, strengthening your self-image (understand who you are and your value in the eyes of God), and shattering the soul tie. A "soul tie" is a mindset that can either tie you to someone or restrain you from freedom. To break "soul ties" it is necessary to confess to God about the toxic relationship and how it is wrong, ask Him for help, condemn the bad behavior influenced by that relationship and correcting your thinking through the renewing of your mind. After being freed from toxic relationships, Pastor Santora encourages the youth to use their own experiences to help free others from toxic relationships.

<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>
Youth Life Today #201104 #201106	27:30	27:30	REC	PA/O	11/4/2020	9:00 AM
					11/6/2020	9:00 AM

When Sheila Walsh was 5 years old, her father passed away. This caused a big shift in their family dynamic as they lost their home, their car, and had to move into housing that was provided by the local government. Sheila Walsh's mother lived on a "widow's pension," which did not provide much money. As a young girl, the lack of money and not being able to purchase a dress she had liked for her school dance, caused the feeling of not fitting in and/or not being enough- to overwhelm her. In her book, "Praying Girls Devotional," Shelia Walsh helps shape the hearts of young girls between the ages of 10-14 as they grow their faith in 60 days through prayer. Young girls are creating an idea of what real natural beauty is from television and social media, which is hurting them as they grow up in this generation. Sheila wants the youth to know how God sees them. She encourages young girls who feel like they've let God down or don't measure up to certain standards, to come as they are, and God will do the rest. Sheila says, "You don't have to clean yourself up to come to your Heavenly Father, God...You don't have to pretend to be okay...You get to come to God as you really are."

*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>Youth</i> Sex, Love & Relationships #404	27:30	27:30	REC	PA/O	11/18/2020	5:30 AM
						12:30 PM
						11:30 PM
					11/20/2020	5:30 AM
						4:00 PM
						11/21/2020

According to John and Helen Burns, parents are responsible for creating safety and parental guidance when allowing their children to have phones. Many parents give phones to children under the age of 16 so that they may have a way to contact them. As a parent, giving a phone to one's child can be a form of reward and trust factor. However, technology can also cause bullying and sleeplessness. This could be avoided by creating a safe environment where parents and children have an open communication of how to deal with these challenges. Through responsible parenting, Helen Burns states, "You control the environment that is safe for them. That's my job as a parent...that other people don't have access- because bullying's a real thing. Predators are a real thing...it happens all the time... I think as a parent I rather be really cautious." Parents are responsible for the well-being of their children, by having access to their children's phone activities and setting boundaries, parents can help their children feel safe.

<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>Youth</i> Sex, Love & Relationships #405	27:30	27:30	REC	PA/O	11/25/2020	5:30 AM
						12:30 PM
						11:30 PM
					11/27/2020	5:30 AM
						4:00 PM
						11/28/2020

Chrishan and Dani Jeyaratnam speak with Pastors John and Helen Burns about parenting teenagers. When a teenager says to their parents "I hate you," it's often more of a reflection of what's going on inside of them than it is about one's relationship. Through their years of puberty, a teenagers' physiology changes drastically influencing the why they react and conduct themselves. As teenagers are trying to discover who they are, parents should have good communication habits and boundaries to provide secure stability for them. John Burns advices parents to help their teenagers, both girls and boys, get through this phase by focusing on their passions and what they want to do in life.

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