

Trinity Broadcasting Network

Quarterly Report

October, November & December 2016

WWRS-TV

Mayville, Wisconsin

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.

PUBLIC SAFETY
YOUTH
CRIME
FAMILY
EDUACTION/SCHOOLS
MINORITY ISSUES
ELECTORAL AFFAIRS
CIVIC AFFAIRS
HEALTH
SUBSTANCE ABUSE

PUBLIC SAFETY

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	30:00	15:00	L	PA/O	10/01/16	02:30 PM
JIoT 16-41					10/03/16	05:30 PM
					10/04/16	04:00 AM
					10/08/16	01:00 PM
					10/15/16	01:30 PM

Host Kelry Kirschenmann and Chaplain Richard Schwoegler of Surrender All Ministries discuss restoring hope in shattered neighborhoods. During the recent unrest in Milwaukee, a group went out to reach people. They were asked: Where were you? Who are you? They were not seen as being part of the community. Churches are being trained to become part of and to reach their communities. There are people there who don't have a lot of basic life skills. God is giving people visions and plans and things are changing in Milwaukee. There were issues facing the city prior to the (violent) eruption. Listening sessions were held at a church that is in the neighborhood. There is a disconnect between the police and the community and the community and the church. There is a high poverty level in certain areas. Jobs alone won't be enough. There needs to be a wraparound effort to bring revitalization. There are mental, spiritual and other basic needs to be met. Law enforcement officers may need additional training. There is an underlying huge hurt. There is a need to know how to bridge the disconnect. Church workers are going out to restore hope. There are night time groups reaching out to sex workers and gangs. There has been a dramatic increase in crime. People must partner with the police, who will hand off the spiritual aspects to the chaplains. Chaplain Schwoegler has great hope for the city of Milwaukee to see revival.

PUBLIC SAFETY

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Joy In Our Town	30:00	15:00	L	PA/O	11/12/16	02:30 PM
JIoT 16-47					11/14/16	05:30 PM
					11/15/16	04:00 AM
					11/19/16	01:30 PM
					11/26/16	01:00 PM

Host Kelry Kirschenmann talks with Jarrett Luckett, the Executive Director of Exploit No More, about local efforts to fight human trafficking. Those rescued need a long-term home to go to. Human trafficking is when someone is held against their will to perform sex or labor. It is usually done to them by somebody they know. Milwaukee is known for having a large amount of it. A sting was done and Milwaukee had the most girls recovered. It is hard to get a solid number of those trafficked here. It happens in every county in the state. Traffickers can be someone who looks like your neighbor, as also those who buy the services. There is a demand for young teens- boys and girls. A home has been purchased for aftercare. They will need to learn how to apply Biblical truths to their lives. They need to have dreams, see their value and know they were created for a reason.

PUBLIC SAFETY

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Joy In Our Town	30:00	15:00	L	PA/O	12/17/16	02:30 PM
JIoT 16-50					12/19/16	05:30 PM
					12/20/16	04:00 AM
					12/24/16	01:30 PM
					12/31/16	01:00 PM

Rev. Alvin Hull, Founder of Seek and Find Ministries, talks with Host Kelly Terry about reducing harmful behaviors on buses. Fighting on city buses has been a problem. The ministry now has a chaplain riding on some of them. There are 2-3 guys who will ride on the buses and they look military. Everything gets quiet when they walk on the bus. They observe and share with people. Bus riders feel intimidated and stressful. Being on the bus is an opportunity to minister to others. The story was told of a very disrespectful man on a bus causing confusion. He was approached to either sit down or vacate. He vacated and everyone clapped. The chaplains go to areas of high crime but refuse to be intimidated. By being engaged in the community, Rev. Hull hopes the ministers will be seen as a blessing to the community. The police are aware of the work that is being done.

YOUTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	30:00	15:00	L	PA/O	10/08/16	02:30 PM
JIoT 16-42					10/10/16	05:30 PM
					10/11/16	04:00 AM
					10/15/16	01:00 PM
					10/22/16	01:30 PM

Pastor Les Ivy & Pastora Regina Ivy of Milwaukee Victory Church talk with Host Kelry Kirschenmann about helping hurting youth turn their lives around. Many youth are struggling with difficult issues. Tensions in the city of Milwaukee were rising for years. Youth have no mentors or anyone to look up to. Pastor and Pastora have seen the pain in their eyes. God told Pastor Ivy to start a youth football league. They want to start this up by next year. Youth often lack a father in the house and end up being raised by the streets because their mothers have to work long hours. Youth won't come to church because of bad examples in the church. He wants to bring the church to the youth. Pastor Ivy worked with a lot of kids in Chicago. A kid sometimes needs to know someone is for them. Transformed Life in Action is a program to take people off the streets who want to change their lives and live in a Christian recovery home. It is a process from drug addiction to having a changed life that contributes to their community. He is looking for men to go into community to mentor the boys. These will be men whose lives have been transformed, so the youth will see that it is possible.

YOUTH

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Joy In Our Town	30:00	15:00	L	PA/O	10/15/16	02:30 PM
JIOT 16-43					10/17/16	05:30 PM
					10/18/16	04:00 AM
					10/22/16	01:00 PM
					10/29/16	01:30 PM

Pastor Chip Parmer, Senior Pastor and Clarissa Parmer, Youth Ministry Leader at Gateway Community Church talk with Host Kelry Kirschenmann about giving youth a solid foundation. They are also school sports coaches. There is a window of time from the ages of 4-14, where 80% of those who enter into a relationship with Christ do so during those ages. They have to be reached to help them live and learn their faith and to avoid pitfalls and temptations. These include peer pressure, drinking, drugs and sexual temptations. The rate of these is increasing and affecting those at younger ages. The youth need to learn how to handle issues. Adults need to be an example. They can tell young people how they had temptations but turned to God in these. Adults can model their life and how to follow Christ. Youth need the Word starting at an early age. They need to learn right from wrong. God's Word has to be the authority. As coaches, they can greatly impact the kids by their actions. By living lives according to God's Word, the youth see something different in them. They want to know they are accepted for who they are, but that they are accountable. They need to be loved, know that they are valuable and that they have a future. Kids may do things adults don't like. It's important to not judge them and love them through it.

YOUTH

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Joy In Our Town	30:00	15:00	L	PA/O	10/15/16	02:30 PM
JIOT 16-43					10/17/16	05:30 PM
					10/18/16	04:00 AM
					10/22/16	01:00 PM
					10/29/16	01:30 PM

Host Kelry Kirschenmann and Pastor Zach Mueller talk about youth and the generosity movement. He is the Student Ministries Pastor at Poplar Creek Church. He realized that generosity is a lifestyle. If we reach out to be generous, the results will be amazing. He had been in a staff meeting and the church was getting ready for a capital campaign. He was asked how the youth would be involved. He was rather pessimistic and not sure how they would be. He began to put together a preaching series call the Generosity Movement. It's about more than money. Time and talents are a part of it. Students have come to understand they can give something that has eternal value. They want to influence people when they realize it's not about a building, but about the people coming in and there is an eternal purpose. Our culture is becoming more selfish. If we are generous then we are compassionate and develop long-lasting relationships. If generosity starts when young, it can carry on into adulthood. He thinks everyone wants to be generous. There is so much beauty in simplicity. Jesus worked with water, lunches, fish and mud. People matter, if they don't, we won't be generous. We want to see the potential in people, which is sometimes a future thought. There are opportunities to be generous today. It needs to be made a core life value.

YOUTH

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
Joy In Our Town	30:00	15:00	L	PA/O	12/24/16	02:30 PM
JHOT 16-53					12/26/16	05:30 PM
					12/27/16	04:00 AM
					12/31/16	01:30 PM

Jay Seegert, Founder of The Starting Point Project and Host Kelly Terry talk about developing foundational truth. Everybody has a starting point with their beliefs. Christians have God and His Word as theirs. Starting points are used to interpret everything. If they are faulty, everything else is wrong. It is critical for children to be given a Biblically based starting point. Then for every social issue that comes up, the Word is used to determine what God says about it. Without that, we become our ultimate authority. If parents do not provide mentorship for their children and don't even know why they are Christians, then the children will begin to think for themselves (without the right starting point.) Everyone is without excuse. There is evidence of God in nature. God has instilled this in hearts, even if they don't get it at home, He will get that information to them. If students are taught things contrary to the Word, they can ask questions. They need to develop their own faith and ask questions respectfully. Parents need to have personal conversations with their kids. Many are challenged in school. Parents need to see how they are really doing, not just assuming that because they are in church everything is okay.

CRIME

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
Joy In Our Town	30:00	15:00	L	PA/O	10/08/16	02:30 PM
JHOT 16-42					10/10/16	05:30 PM
					10/11/16	04:00 AM
					10/15/16	01:00 PM
					10/22/16	01:30 PM

Host Kelly Kirschenmann talks with Pastor Arthur Johnson and First Lady Shaun Johnson of Eternal Life Church COGIC. The topic is prison ministry- during & after incarceration, done through their Children of the Lord Outreach. People in and out of prison need to know there is a better way. They need to have options. Some are resistant to change. They only know the streets and anger. Pastor & First Lady Johnson tell them true life stories of how God changed their lives. They would like to be able to reach more people before they commit offenses and end up in prison. Once out of jail, ex-offenders need someone to guide them and lead them to available resources. Hope needs to be restored. Life after release can be very frightening. They are used to someone dictating every moment of the day. They need family support and the Word of God. There are immediate needs like housing. The ministry has outreaches in December. They give away winter clothing and help those who are on the streets and shelters.

CRIME

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
Joy In Our Town	30:00	15:00	L	PA/O	11/05/16	02:30 PM
JHOT 16-45					11/07/16	05:30 PM
					11/08/16	04:00 AM
					11/12/16	01:30 PM
					11/19/16	01:00 PM

Host Jeannette Richardson talks with Arnitta Holliman, Sisters Program Director at the Benedict Center, about helping women get out of prostitution. Services are available to these women. Many of them were trafficked at some point. There is a misconception that people want to go stand on the street and sell themselves. Often it is for a means of survival. Most were abused as children. Usually it's the women who gets arrested, not the one buying their services. The woman need to be seen as people in need and treated with dignity and respect. The Center works with the police in a collaborative agreement. Research shows we can't arrest our way out of this problem. If the women get arrested, they are usually released within 3 days. Where do they go after that? It is hard to get an apartment or job with a prostitution record. It is Scripture-based to take care of them. Everyone wants to be loved. Women can enter a program to help them. Prostitution is not a lifestyle someone chooses. Prostitution is a crime, but we must change the way the person is addressed.

CRIME

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Joy In Our Town	30:00	15:00	L	PA/O	11/26/16	02:30 PM
JIoT 16-49					11/28/16	05:30 PM
					11/29/16	04:00 AM
					12/03/16	01:30 PM
					12/10/16	01:00 PM

Marty Caledron, Executive Director of God Touch Milwaukee, talks about restoring lives and neighborhoods with Host Kelly Terry. The ministry has a home where men can live and where they are held accountable. Reaching out to gang members by building relationships opens doors. City officials realized the value of doing this. There are high crime areas that have seen transformation. There has been much change in the neighborhoods. A truce was called with gangs after a murder. Some were raised in gangs and some were drawn to them. The church needs to be real and to restore. When it takes that seriously, there will be changes in the neighborhoods, in a preventative manner. Change has occurred where the home for men is located. Marty's hope for Milwaukee is that we will put our trust in Jesus and do what He has called us to do. This includes prayer, Bible studies or whatever the LORD shows someone to do. Targeting different neighborhoods and working with others will bring about lighthouses in the neighborhoods.

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CRIME

700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	11/02/2016	2:00 PM
#11022016							

CBN News Reporter Heather Sells Reports: Pete Leonard first developed a love for fresh-roasted coffee during a missions trip to Brazil. The former Arthur Andersen business consultant returned home and made his own roaster in his Weber grill. Around the same time, he noticed that a relative who had recently been released from prison was unable to find work. Initially, Leonard thought it was an isolated incident, but he soon learned differently. He discovered that U.S. prisons release more than 600,000 people every year and that they face multiple obstacles in reentering society. Chief among these obstacles is employment. Dr. Karen Swanson, director of The Institute for Prison Ministries at Wheaton College, says that most employers simply don't want to hire anyone with a criminal background. Leonard's solution: Take advantage of America's obsession with coffee by creating a premium coffee-roasting company—and employ former felons to run it. It's a match made in coffee heaven. More than 70 million Americans have a criminal background and at the same time, Americans overall are drinking 400 million cups of coffee a day, driving specialty sales up 20 percent. One of Leonard's early hires, Louis Dooley, was released from prison after serving 15 years for armed robbery and attempted murder. Dooley told CBN News that getting out proved to be a huge challenge. Dooley became a believer and worked hard to turn his life around while behind bars. Still, no employer would take a chance. Another ex-felon, Amy, ran into similar dead-ends. In addition to a banking resume, her background included a while collar crime conviction. Neither she nor Dooley could get past a small box that's on most job applications and must be checked if an applicant has a criminal record. But at 'I Have a Bean.' Leonard's company, both Amy and Dooley found the door open. Leonard said that ultimately, he's not concerned with job seekers' pasts. Since starting the company nine years ago, Leonard has hired 35 people out of prison and says that today, all but two are the success stories he believed could happen. The positive result is no accident. Leonard carefully vets each potential employee before hiring. He finds out if they've worked to rebuild their lives while behind bars—and whether they've stuck to that path after getting out. He's also a stickler for quality. Leonard is more than a boss — he's a witness, watching his employees transform from down and discouraged to confident and marketable. Today, Dooley works as the regional director for Set Free Ministries in Illinois. The non-profit provides Bible study courses to inmates in prisons and jails in Missouri and Illinois. Amy manages the front office for I Have a Bean. Their stories speak clearly to the power of transformation and the hope that former prisoners can find once they're able to find a place in the job market. Dr. Swanson believes the concept could become a game-changer for millions who need a second chance. Such experiences can lead—not just to increased marketability—but to a shot at restoration and a new, productive life.

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CRIME

700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	11/04/2016	2:00 PM
#11042016							

CBN News Reporter Mark Martin Reports: From hacked emails to major data breaches, cyber attacks could potentially cripple our economy and threaten national security. Hackers shut down half of America's Internet on Oct. 21 by targeting Dyn, a company that manages key parts of the Web's infrastructure. Within minutes, the cyber attack took major websites like Twitter and Spotify offline. It was just the latest example of cyber warfare. Other major cyber hacks garnering national attention recently include the Yahoo data breach in September, WikiLeaks emails relating to Hillary Clinton's campaign and the Clinton Foundation, and the leak of roughly 20,000 emails involving the Democratic National Committee in July. Hayman believes today's worst offenders in this computer espionage are China, Russia, and North Korea. FBI special agent Robert Cochran tries to spread the word about cybersecurity danger to companies like Eastern Data in Virginia Beach, Virginia. Cochran said that of the 14,000 agents in the FBI, 1,500 fight cybercrime -- a 60 percent increase in just the last five years. He says for now, the United States is focusing on defense in this new form of warfare. While cyber warfare between nation-states may sound far removed, it's clearly happening each day on a smaller scale. How do you protect yourself at home and on the job? One practice can work for all kinds of viruses — good hygiene. In addition to computer hygiene, Kaiser urges people to lock down the log-in. In other words, add an extra layer of protection beyond your password. There are a number of options such as fingerprint scans currently available on many smartphones and tablets. Kaiser also wants people to be cyberaware. Experts also advise not to forget to back up critical information. Hayman believes education is the best defense. The National Consumers League also helps educate consumers on cybersecurity. So what kinds of laws are on the books to fight cyber crime? Breyault says on the federal level, the protection is surprisingly minimal, and his organization is lobbying to change that.

FAMILY

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Joy In Our Town		30:00	15:00	L	PA/O	10/08/16	01:30 PM
JIOT 16-38							

Pastor John High of No Middle Ground Worship Center and Host Jackie Kahlhamer discuss marriage support. He counsels families in the church from a Biblical perspective. He will direct them to professional counselors if needed. In a marriage the two become one in spirit. They must come together as a team and fight for their marriage. The need to make Jesus the center. In this fast-paced world is it necessary to spend quality time together. He makes sure to unload his issues on the Lord and not his spouse. Spouses need to pray together, fast, seek counseling, get rid of selfishness and put their personal agendas aside. They should never vent in front of the children or even in the house. If a couple needs counseling they should get it from their pastor. There may be times when professional counseling is needed. Couples sometimes resist counseling because of pride. If they humble themselves, God will raise them up. They need to make up their mind to stay married and take time to celebrate one another. They need to show each other daily that they value their spouse.

FAMILY

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Joy In Our Town	30:00	15:00	L	PA/O	10/22/16	02:30 PM
JIOT 16-44					10/24/16	05:30 PM
					10/25/16	04:00 AM
					10/29/16	01:00 PM
					11/05/16	01:00 PM
					11/12/16	01:00 PM

Host Melva Henderson talks with Pastor Ervin Henderson of World Outreach & Bible Training Center regarding why God must be central to every marriage. God has a plan for it. If Christ is not the center of a person's life, then they come into a marriage with all of their issues. During pre-marital counseling, many areas are talked about, but God is often left out. Each person needs to know about the others' walk with the LORD. Communication is so vital. It needs to be open and transparent before marriage. They also need to know about each other's credit reports and discuss how they will handle tax returns. There is a need to learn to steward money. Making Christ central will help them overcome. Spouses need to learn and be humble in marriage. A man must trust his wife in order to admit he's flawed to her. When one spouse wants to communicate truth and the other can't handle it, then there is more to deal with. If the husband tells his wife something she should not use it against him.

FAMILY

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Joy In Our Town	30:00	15:00	L	PA/O	10/29/16	02:30 PM
JIOT 16-46					10/31/16	05:30 PM
					11/01/16	04:00 AM
					11/05/16	01:30 PM

Pastor David Koch of Christian Life Fellowship talks about marriage destroyers with Host Kelly Terry. Pastor Koch helps couples struggling with their marriages by giving them tools to address concerns. It is vital to not wait too long to seek help. The damage can be irreparable or it may take too long to get back on track. The marriage destroyers he talked about are leftovers, expectations, leaving God out, failing to forgive and withholding truth. Leftovers means a spouse is given leftover time and attention. Jesus gave His very best to those He ministered to. Pre-married couples often feel they are marrying a perfect person, or that they can change their spouse after marriage. That is God's work to change someone. Some think their spouse can read their mind or that their spouse can make them happy. God designed marriage and should not be left out of it. The divorce rate for the church is the same as in the secular. Hearts can become hard if God is left out. Spouses need to keep their heart soft towards each other and submit to one another. If we won't forgive, He won't forgive. Unforgiveness can impact the physical body. Withholding truth forfeits intimacy and oneness. If the truth surfaces without telling, it affects trust. He has walked with couples who had problems. If the problem was serious, trust had to be rebuilt. He has seen successes. These principles can be applied to other relationships. Spouses must value each other. Relationships are a work in progress.

FAMILY

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Joy In Our Town	30:00	15:00	L	PA/O	11/26/16	02:30 PM
JHOT 16-49					11/28/16	05:30 PM
					11/29/16	04:00 AM
					12/03/16	01:30 PM
					12/10/16	01:00 PM

Host Kelly Terry talks with Dr. Ingrid Durr-Russell, of Chosen Generation Outreach Ministry, about understanding men and women’s differences. These are God-given differences. Men function mainly on the left side, women function on all sides. They have different nerve connections. Women can focus on 3 subjects at a time, men only on 1. It is a complimentary thing, as we are attracted to opposites. Society has shaped us to believe we automatically have harmony. This is not so. If women understand men, they can be more patient with them. The same with men. Men tend to withdraw and mull over their thoughts when under stress. Women try to get them to talk, which is not the best thing to do. Women have to talk. Women look subjectively, men objectively. Women should find balance and allow men the space to think things through, maybe even apologize. Men need to understand when a women is under stress to not isolate her. She doesn’t need answers from him to fix it. She needs him to listen. Young men need to look to an established leader, women look corporately together. These can apply to relationships besides marriage.

FAMILY

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	30:00	15:00	L	PA/O	12/10/16	02:30 PM
JHOT 16-52					12/12/16	05:30 PM
					12/13/16	04:00 AM
					12/17/16	01:30 PM
					12/24/16	01:00 PM

Pastor Tim McHatten of Rock of Faith Church talks with Host Kelly Terry about finding joy after divorce. He counsels divorced members. The church doesn’t talk about divorce. The children also need counseling. It has a big impact on many. There is a journey to healing and joy. Joy is a spiritual gift from God designed for our souls. Divorce rips at the soul. Joy is a healing gift. Even in divorce and other difficult family matters, God wants to give us joy. It is not based on what is happening to us. When a couple is contemplating or completing divorce, they should reach out to their pastor, to those who care for them, their church and community resources. It is absolutely okay to get help. If divorce does occur, people need to remember that for every death there is a resurrection. Spending time in prayer and meditation will be needed.

EDUCATION/SCHOOLS

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	30:00	15:00	L	PA/O	10/08/16	01:30 PM
JHOT 16-38						

Host Jackie Kahlhamer and Pastor John High discuss how public school students can share their faith. Pastor High is also a public school teacher. Students can express it in public school but they can’t force it. They cannot be disruptive about it. Religion is part of human development. Parents and students need to know and exercise their first amendment rights (without disruption.) Students can have a Bible study before or after school, or during lunchtime, if approved by the principal. A Bible study must be initiated by the students. Faith issues can be taught by teachers as it relates to a culture. If a student disagrees with what is being taught, they can speak up during class time. If a student feels their rights have been violated they need to talk to school officials and notify their parents. Many times this occurs due to oversights and the school personnel meant no harm. The school can bring in motivational speakers. They cannot talk about faith during the school hours but they can do it after hours. Christian students must maintain their faith every day. It needs to be a lifestyle for them. They should seek out likeminded students, and they in turn can strengthen each other. There are many freedoms to share your faith in public places.

MINORITY ISSUES

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	30:00	15:00	L	PA/O	10/22/16	02:30 PM
JIOT 16-44					10/24/16	05:30 PM
					10/25/16	04:00 AM
					10/29/16	01:00 PM
					11/05/16	01:00 PM
					11/12/16	01:00 PM

Host Kelry Kirschenmann talks with Myesha Reynolds about education and keeping minorities off the path of violence. Myesha is an Instructional Coach at a local public school district. She believes minorities are not receiving an equitable education. Some get a good education, some don't. There is a great achievement gap for black students in Wisconsin. Something must be done- many are not graduating. They don't realize their value to society and are not invested in it. Culturally relevant teaching is needed. The kids' culture needs to be brought into the classroom and be made relevant. Students need to be educated on what their strengths are. Some students don't have a cheerleader and they fall by the wayside and don't graduate. There are no opportunities for them but they still need money. Some then follow after a violent lifestyle. Some teachers put the bar too low for minority students. Only 8% are proficient in reading and 10% in math. Myesha brings Biblical principles into the schools. She works one on one with the teachers and helps them to accept all races and uncover hidden things that keeps them from relating to the students. Teachers set goals to help students succeed, but not lump them into a group. All students have different learning styles. A lot needs to be done in the state's education system. There are a number of people stepping up to close the gap. Community members can go into the schools and mentor students. Minority students need to see a professional who looks like them.

MINORITY ISSUES

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	30:00	15:00	L	PA/O	01/19/16	02:30 PM
JIOT 16-48					01/21/16	05:30 PM
					01/22/16	04:00 AM
					11/26/16	01:30 PM
					12/03/16	01:00 PM

Diane De La Santos, the Executive Director of City On A Hill, talks with Host Kelry Kirschenmann about breaking cycles of generational poverty. The area and people served are mostly African American who have been affected by generational poverty. People in that cycle lack the resources to help them out of it. Usually there has been at least 2 generations of poverty. Life is focused on survival and they can't plan for the future, even for those that have found Christ and His hope, but do not have people to come alongside them to mentor them. This causes difficulty in being able to accomplish their full potential in Him. Most of their energy is spent on working with youth. First is to lead them to Christ so they can understand their value and know they have a future and a hope. Next is to teach them life skills like planning skills, making education choices, budgeting, banking and getting jobs. Mentoring is done in living rooms, hospitals and even jail cells. There is a cost to leaving that lifestyle behind. What they grew up with is suited to that culture. As they move out of that, they have to learn new things and leave other things behind. While growing up in poverty, relationships become the most important thing. If they want to move one, they may have to value work, study or achievement over those relationships. Getting to know Christ and His unconditional love is very transforming. At the same time they need to be taught God's standards. In order to achieve they need a mentor. The expectations for youth in their program is that they would become leaders in their communities and that the next generation would not get caught in that cycle of poverty. Many young people are excelling and the transformation in their lives is evident.

MINORITY ISSUES

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	30:00	15:00	L	PA/O	12/17/16	02:30 PM
JIoT 16-50					12/19/16	05:30 PM
					12/20/16	04:00 AM
					12/24/16	01:30 PM
					12/31/16	01:00 PM

Rev. Alvin Hull, Founder of Seek and Find Ministries, talks with Host Kelly Terry about inner city help and hope. The inner city keeps people in a box. They have no ambition and think about what they can get or take. The root causes are a combination of natural and spiritual issues. They think they can't get out of it and that life is nothing. This causes many children to go in the wrong direction. Many fathers are missing in their children's lives. If the strength of the family is missing, there can be weakness, chaos and destruction. Solutions must get to the root. Poverty comes by giving someone something that appears to be good, but isn't. It is a systemic issue and takes away the focus of bettering yourself. The root is fear, fear of the unknown and going to other parts of the city. He recommends going to the military for 1 year as a way to help get direction. The Bible is the basis for life. People need to teach their children at the table. They are too busy to sit down. Rev. Hull also has a prison ministry. There is hope for transformation in the inner city. People need to follow God.

ELECTORAL AFFAIRS

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	30:00	15:00	L	PA/O	10/29/16	02:30 PM
JIoT 16-46					10/31/16	05:30 PM
					11/01/16	04:00 AM
					11/05/16	01:30 PM

Host Kelly Kirschenmann talks with Pastor Randy Knie, Lead Pastor of Brew City Church. The topic is: Christians, America needs your vote. How should Christians engage in politics? There has been a division between the value of the Kingdom and the value of the world. The 2008 elections had a low Christian voter turnout. Many felt disenfranchised, that their vote doesn't count within the political system. Being able to vote is an honor and privilege. God commands us to pray for our leaders. Only 25% in the church vote, but more than that voice their opinion. Only Jesus and His people can bring about the Kingdom. We need to listen to and honor one another. We need to find peace despite our differences in opinions or beliefs. Every issue should have a Biblical mindset and standard. Leaders must be held accountable. People need to make informed decisions. They should listen to as many perspectives as possible. They need to talk to each other, not just those who have the same perspectives. They need to engage in a way that doesn't cause conflict of division. Love one another, prefer others to ourselves and listen to each other. We can be engaged and follow Jesus. We need to put our full faith and trust in Him.

CIVIC AFFAIRS

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	30:00	15:00	L	PA/O	12/03/16	02:30 PM
JIoT 16-51					12/05/16	05:30 PM
					12/06/16	04:00 AM
					12/12/16	01:30 PM
					12/17/16	01:00 PM

Julaine Appling, President of Wisconsin Family Council and Host Kelly Kirschenmann discuss- the election is over, now what? Christians need to be good stewards and that means they should vote knowledgeably, responsibly and prayerfully. Politics is not the answer, but that is how we do government. They discussed how the state is districted and how that affects the ballots. This has solidified partisan aspects. Both Democrats and Republicans are affected. The U.S. has a Republic form of government. People must participate in it. Christians need to be engaged in our government, not politics. The family, civic government and church are from God. We must be engaged in every level. That is why there is a lack of choices at the polls. Grassroots changes are what is needed. People need to be educated to run with God's principles. They need to engage with those who win to educate and encourage them. On the state level, Wisconsin voted Republican by one electoral vote. This has not happened since 1984. There has been a lot of anger about what has been going on in government. We need to remember that God was on the throne before the election and will continue to be forevermore. He is working out a plan. We need to be cautiously optimistic of newly elected officials. God is giving us another opportunity to do this differently. We need to be careful and prudent how we go forward.

CIVIC AFFAIRS

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	30:00	15:00	L	PA/O	12/03/16	02:30 PM
JIoT 16-51					12/05/16	05:30 PM
					12/06/16	04:00 AM
					12/12/16	01:30 PM
					12/17/16	01:00 PM

Host Kelly Kirschenmann talks with Julaine Appling, President of Wisconsin Family Council about religious freedom under attack. Religious freedom is defined in both the Constitution and the Bill of Rights. We are allowed to exercise our faith 24/7. The Pilgrims and Puritans came here for religious freedom. It is our 1st freedom and we should be able to exercise it according to our beliefs on issues. The founding fathers knew if this freedom was gone, all others would go too. In the last 50 years most of what has happened has occurred in the courts. Culture determines how the law goes. The culture decided it didn't like Judeo-Christian values and tried to tell us they can't be practiced in the public square. Religious freedom and civic rights keep bumping into each other. Abortion and marriage are the main areas where horns have been locked with civil liberties. When those run into conflict, religious freedoms always lose because courts are running downstream from culture. This affects businesses and churches. Citizens need to watch who gets appointed to the Supreme Court. They need to watch Legislators and local officials when it comes to laws passed. These have affected marriage and gender identity and laws will be passed in all levels of government. Julaine is especially concerned for Christian colleges. There will be a new Legislative session starting in January. There is a need to stay updated about what is occurring. Churches need to take every opportunity to make sure their by-laws and constitution are as foolproof as possible. Members should ask leaders if they have everything in place. If Christians took a stand, it could turn the world upside down. If they understood what is at stake, that if religious freedoms were taken away, we could become the persecuted church. Religious freedom is a gift from God and we must find a way, while being gracious, to stand up for it.

CIVIC AFFAIRS

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	30:00	15:00	L	PA/O	12/10/16	02:30 PM
JIoT 16-52					12/12/16	05:30 PM
					12/13/16	04:00 AM
					12/17/16	01:30 PM
					12/24/16	01:00 PM

Host Jeannette Richardson talks with State Rep. Paul Tittl about religious rights in the State Capitol and beyond. There is no on/off switch for Rep. Tittl when it comes to his faith. It helps in all aspects to make Biblically-based solutions for the state. He facilitates a Bible study in the Capitol that is open to all Legislators. This is done before business hours. There are a lot of temptations when the Legislators are away from their families. The Bible study helps to balance that and builds bonds. Everyone there wants what is best for the state. There are differences on how to do it. Floor debates start with prayer in the Assembly. The Supreme Court has upheld the constitutionality of doing this. There are religious displays in the Capitol. Rep. Tittl discussed how our founding fathers were very wise. They came here for the freedom to worship. He believes their documents were inspired by God. They made room for those who did not have the same faith beliefs to be able to be in government. Students have faith rights in schools and they need to be encouraged in their faith. Rep. Tittl is not ashamed of his faith and what God has done in his life.

CIVIC AFFAIRS

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	30:00	15:00	L	PA/O	12/31/16	02:30 PM
JIoT 16-54						

Host Melva Henderson talks with Officer Gregory Hunter, the Faith Based Coordinator for the Milwaukee Police Dept., about Milwaukee Police Dept. outreach. In this position, he works to find people in need and to tap them into available resources and make sure they have their needs met. There are partnerships with many organizations that serve the 53206 area, one of the most dangerous in the nation. Officer Hunter did traditional police work but wanted to become engaged in the community and to know the people he served, to bring solutions to their problems. There is a need to get to the root of the problem. Organizations must work collaboratively. He wants to see lives changed. There is a chaplaincy program that works to engage with community members. This is a Salvation Army program that gives a bird's eye view of what officers do. When an event occurs, the officers are on the scene to do what they must do. They know there is a faith community who will provide compassion and aftercare. The Milwaukee Police Dept. was very forward thinking in creating Officer Hunter's position. His mindset was more traditional, now he knows there is a more holistic approach. He works to continue lasting relationships and conversations. Even those in the department need to have encouraging things spoken to them. They need to be encouraged and to encourage others. He welcomes citizens to talk to the officers.

HEALTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	30:00	15:00	L	PA/O	10/01/16	02:30 PM
JHOT 16-41					10/03/16	05:30 PM
					10/04/16	04:00 AM
					10/08/16	01:00 PM
					10/15/16	01:30 PM

Dr. Marica Tipton, Executive Director of Eulopia Family Services, talks about ministry and mental health with Host Steven Tipton. If someone suffers the loss of a loved one, they may need to seek professional help. There is a taboo in churches and ministries about getting professional help. Individuals are embarrassed and think they will be discriminated against. They don't share if they are dealing with something. Churches may encourage someone to go to a doctor for physical health problems and to pray. They are ill-equipped to deal with psychological problems and to send the person to a psychologist. Churches can create bereavement groups. Pastors can be among the most depressed. Many leave due to the stress of pastoring. They need to address and recognize it. They need to realize they are not alone. They can see a professional, in addition to prayer. In cases where a suicide has occurred, signs were often missed and the family was not prepared. Depressed persons may exhibit some or all of the signs. It is important to fellowship and know each other. Symptoms can include being sad, change of appetite, hopelessness, disinterest in hobbies, apathy and alienation. For someone tormented with suicide thoughts, once they decide to complete it, they can become euphoric. Major depression causes a struggle to go on with day to day activities. Surrounding yourself with positive people, being optimistic, meditating on the Word and encouraging yourself daily are ways to stay mentally healthy. Grief comes after the loss of a loved one and can be very traumatic. People experience many different emotions. It is okay to cry. Crying helps to purge emotional pain. Some people may need a supernatural healing and other forms of intervention.

HEALTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	30:00	15:00	L	PA/O	11/05/16	02:30 PM
JHOT 16-45					11/07/16	05:30 PM
					11/08/16	04:00 AM
					11/12/16	01:30 PM
					11/19/16	01:00 PM

Host Jeannette Richardson talks with Arnitta Holliman, Director of Biblical Counseling at World Outreach & Bible Training Center about changing negative thoughts. These thoughts are when someone thinks the worst of something. Every thought has impact and power. If it is not helpful, it's not doing any good. They affect lives, health and relationships. What comes out of the tongue lines up with what is in the person. Fear and torment can cause physical sickness. To combat years of negative thoughts, faith must be used all day long. Negative thoughts need to be identified. Then they should be tracked- what preceded the thought? The negative thought must be replaced with a more positive one. Interrupt the negative thinking. Perfect love casts out all fear. The Christian population seems to be negative about getting counseling. Negative thoughts can be connected to a mental illness. Some people need more intense help.

HEALTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	30:00	15:00	L	PA/O	11/12/16	02:30 PM
JIOT 16-47					11/14/16	05:30 PM
					11/15/16	04:00 AM
					11/19/16	01:30 PM
					11/26/16	01:00 PM

Linda Oberbrunner, WI District Director for the Evangelical Child and Family Agency talks with Host Kelly Kirschenmann about unplanned pregnancy resources. There is fear when there is one. The agency does not provide abortions, but helps the mother to know the effects of one. Clients are offered forgiveness and Biblical counseling. Linda has seen the effects of abortion. Women are devastated. Seventy-five percent of couples dissolve after one. Biblical principles are used to trust Jesus for the next steps of pregnancy- whether to parent or put the baby up for adoption. They have to be free of the fear of wondering what others will say or think. Clients are assigned a social worker and are able to get baby items. They may need to get confidence in parenting if they did not have a good role model. In the past 2-3 years, a very large percentage did not have parents who parented well. Many look to the social workers as role models. The workers will often go into homes and compliment about what they are doing right.

HEALTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	30:00	15:00	L	PA/O	01/19/16	02:30 PM
JIOT 16-48					01/21/16	05:30 PM
					01/22/16	04:00 AM
					11/26/16	01:30 PM
					12/03/16	01:00 PM

Host Kelly Terry talks with Sister Debra Walter, Psychotherapist for Church Health Services, about mental health services for the medically underserved. Stigma is a big problem preventing people from getting help. There are different levels and layers of mental health issues. Individuals can get therapy and lead good lives. Talk therapy is the traditional first wave of counseling. She worked with an 11 year old boy who would not talk. They started to play a game and then he talked. There are challenges to getting services for the under or uninsured. Medical facilities can afford only so many Medicaid patients. Church Health Services has no waiting list. Group therapy can help people to work in a group to learn the rules of engagement and look at problems from another perspective. Counselors are able to share Christ with clients. At intake they are asked about their spiritual upbringing and where they are at now. Every patient can see a spiritual advisor. It is easier to work with someone who acknowledges God and they can pray together. Some children have had no faith formation.

HEALTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	30:00	15:00	L	PA/O	12/24/16	02:30 PM
JIOT 16-53					12/26/16	05:30 PM
					12/27/16	04:00 AM
					12/31/16	01:30 PM

Diane Beckley, the Chief Operation Officer of St. Ann Center for Intergenerational Care, and Host Jeannette Richardson discuss health care and bringing the generations together. There is synergy when the generations come together. Diane told the story of young girl who was accustomed to being with the elderly. She saw a man at a restaurant with Parkinson's disease. She went over to him and began to help him, rather than being afraid of him. When different generations do things together, such as art and karaoke, joy happens. When children are exposed at a young age to those with disabilities and elders, there is acceptance and inclusiveness. Adults and teens can learn to work together. Diane grew up helping her grandmother who had Alzheimer's disease. When a senior's health declines, they need to be offered hope.

HEALTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	30:00	15:00	L	PA/O	12/31/16	02:30 PM
JIOT 16-54						

Host Melva Henderson talks Pamela Piquette, the Founder & President of Chronic Joy Ministry about finding hope in the midst of a chronic illness. A chronic illness is one that is persistent and has lasted a long time. This includes mental and physical illnesses. The people with these generally look okay. It can be invisible and not seen by others. It affects how they live life, their marriage and finances. Some have stopped going to church. Isolation is a huge issue. Churches do a great job when there is a crisis, but not as well when the issue is extended. People feel they may be judged for having a handicapped sticker but they look okay. People have found social media to be a good way to connect. We are wired for communication. For those that can't get out into the community, they can connect through social media and know they are not alone. Each day she posts an image, quote or Scripture verse that is encouraging. Pamela is both a caregiver (to her daughter) and one who has an illness. She sees the pressure it creates on her husband. Trusting and obeying God is necessary. A foundational truth is that we are not alone. It helps to not look too far ahead and just look at the next step. Without God, hope is lost. When we turn to Him, hope is found. When we discover hope, we find purpose.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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HEALTH

Dr. Leaf Show	26:50	26:50	REC	PA/O/E	10/05/2016	4:00 AM
#0003					12/14/2016	5:30 PM
					12/21/2016	4:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist; Dr. Avery M. Jackson III, a neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the importance of the mind and its impact on our food choices. Brain research and memory research shows you build memory about food. Information enters through the five senses and goes into the brain. What you put in your body is going to change the way your body reacts and functions. Be mindfully aware and have conscious consumerism. Ask yourself: What is on my plate? What is it going to do to my body? Where did it come from? What has this done to the earth? Research shows that 80% of an eating decision is in the mind. We need to be healthy mentally and physically. Research has shown that it takes twenty-one days to build a long-term memory. Then it's another two cycles of twenty-one days, which comes to around sixty-three to stabilize or automatize, which is the scientific word for building a habit. The Modern American Diet is more addictive than heroin and cocaine. We have to recognize that what you are thinking about is having a physiological effect. Your mind is your soul; it's your intellect, your will, and your emotions. Then you have your physical body, of which your brain is a part. So, your mind is changing your brain, which is changing your body. We need to be very conscious of what we are thinking about when it comes to food and everything in 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>
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HEALTH

Dr. Leaf Show	27:05	27:05	REC	PA/O/E	10/05/2016	5:30 PM
#0001					10/12/2016	4:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist; Dr. Avery M. Jackson III, a neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the importance of eating and the difference between real food and what we call the Modern American Diet, shortened to the "MAD" Diet. Real food is nutritious, has very few ingredients, is organically grown from the ground, is sustainable, and picked when it is ripe. A happy animal is allowed to do what it does the way God designed it to do; roam freely and eat things as it's roaming around, which produces happy food. When you've had sufficient nutrition for your body, you stop eating. However, on the MAD diet the opposite happens. The MAD diet contains conventional-processed, food-like, products. An unhappy animal is restricted, force-fed, fattened up with hormones, full of antibiotics, and stressed. We have to eat food to survive, but the problem is what man has done to food. If we eat for health and not for losing weight, we will naturally get the correct weight. It's real food that you should be eating.

HEALTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Dr. Leaf Show	26:55	26:55	REC	PA/O/E	10/12/2016	5:30 PM
#0002					10/19/2016	4:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist; Dr. Avery M. Jackson III, a neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss relearning what to eat, how to cook, and how to think about food. Real food is made the way God designed it, without chemicals, herbicides, pesticides, or Genetically Modified Organisms (GMO). Biomimicry is looking at the intelligence of nature. The ecosystem is completely diverse. Going from diversity to monoculture is very dangerous. We need the variability. Learn how to eat properly. Find out what it's doing for and to your body - the good and the bad stuff. Get the knowledge to change your diet and lifestyle.

HEALTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Dr. Leaf Show	27:30	27:30	REC	PA/O/E	10/26/2016	5:30 PM
#0005					11/02/2016	4:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist; Dr. Avery M. Jackson III, a neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss living under a sense of urgency. With the advances of technology, we're just rushing from one thing to the next and we're constantly living under this directorate of time instead of going through life calmly and peacefully. Rushing from one thing to the next impacts our choice of food, when we eat, our physiology, our brain, and our brain functioning, which is called, literally, hurry sickness. The hurry sickness puts us in toxic stress. Stress is good to help us focus. Toxic stress takes that away, and then you have the opposite reaction. It pushes you into that zone where you're not thinking straight, where you make wrong choices. If you lead a disciplined lifestyle and you learn to renew and discipline your mind, you can apply that kind of thinking to your everyday life, including eating. Be intentional about your eating process. Try to separate your mealtime from your work. Don't eat standing up. Make eating your relaxation. Eat when you are calm to get more benefit from that food.

HEALTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Dr. Leaf Show	27:30	27:30	REC	PA/O/E	11/09/2016	5:30 PM
#0007					11/16/2016	4:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist; Dr. Avery M. Jackson III, a neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the gut-brain connection. Brain tissue that we find in the brain is also in the gut. That gut-brain connection is a two-way connection and it's controlled by the enteric nervous system that contains 200-600 million neurons, which is more neurons than in the spine. In the Blue Zones of the world is where you find centenarians; people who live more than a hundred years of age. The underlying commonality is spirituality, community, attitude, and nutrition. And, the nutrition that they have is real food. When you decide to change the way you're thinking, you're going to change your physical status. Your brain and your whole body will respond. That's the eighty percent of the signal, and then the biology, the biological components of food, forms the other twenty percent of the signal. The thought that you are thinking right now at this moment is actually influencing all 75-1000 trillion of your cells, either positively or negatively. Fasting is important spiritually and physically. Some of the benefits of fasting are cardiovascular benefits, increased longevity and resistance to age-related diseases, enhanced mental and physical health, increased cellular energy, decreased inflammation, protects against the onset of illness, and protects against stroke and high blood pressure.

HEALTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Dr. Leaf Show	27:30	27:30	REC	PA/O/E	11/23/2016	5:30 PM
#0009					11/30/2016	4:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist, and Dr. Lillian Lockett Robertson, an OB/GYN, to explore the supermarket, how to cook, what to do, and how to shop. Eat real food. Buy real food. There is a definite engineered design in the supermarket. A lot of people have heard: avoid the center aisles and go to the outside, where your fresh produce is because everything down the center aisles are basically in boxes and containers. The Modern American Diet food-like products are industrially manufactured. When something is added, that means that something is being removed, so we should be wary of an added anything. Eating is eighty-percent dominated by our thought life and what we've built memories of. Eat real food. Read the labels. Buy local. You can find community-supported agriculture. Real food makes physiological changes in your brain. So, your mind, the thinking to choose to eat well, the intellectual stimulation, the being happy, and then choosing to eat the real food, and eating the real food, satisfies you. Eating real food is the way God designed us to eat.

HEALTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Dr. Leaf Show	27:50	27:30	REC	PA/O/E	12/07/2016	5:30 PM
#0011					12/14/2016	4:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Esther Houston to discuss postpartum depression, also known as the baby blues. Suffering exists in life and we are here to learn through our suffering with the help of others. Something like postpartum depression is a very real thing that actually needs to be addressed as a very complex process unique to each individual. We can't just say it's a disease, label it, medicate it, and think that it's over and blame the mother. We've got to recognize the whole person. Who is this mum? What is she going through? What are her life circumstances? What is her past? What is her support system? What are the physical needs in her body and diet? We have to look at the whole person in a very loving and very supportive way. The more loving and supportive we are, the more we will actually help each other be better mothers.

HEALTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	11/16/2016 2:00 PM
#11162016						

CBN News Reporter Lorie Johnson Reports: Busy, sleep-deprived, and stressed-out. These are the terms that describe most young parents. That roller-coaster lifestyle rocks your blood sugar and hormones, creating the perfect storm for weight gain. Even Mark Macdonald, the nutrition expert and bestselling author, gained 35 pounds after becoming a father. Mark and his wife, Abbi, didn't like the direction in which they were going — so they learned to gain control instead of gaining weight. Mark shares their secrets to success in the book, "Why Kids Make you Fat. . . And How to Get Your Body Back." He explained that when it comes to managing weight, new parents fall into four traps: lack of sleep, stress, lack of exercise and poor diet. While all those factors need to be addressed, Mark notes that diet is the most important. He says the secret to losing weight and keeping it off is what he calls "Eating in Threes," which means eat a protein, a fat and a carbohydrate every three hours. Abbi said she's noticed in her own life the importance of eating frequent, balanced meals. The key to "Eating in Threes" is understanding which foods are proteins, fats and carbohydrates. Most animal products are proteins. This includes meats like beef, pork, chicken and turkey, also yogurt (Greek yogurt is higher in protein than regular) and cheese. Seafood also qualifies as protein. There are also plant-based proteins, like tofu, a soy product. Fats include foods like olive, coconut and soybean oils. These are often the main ingredient in mayonnaise and salad dressing. Butter is also a fat, as are nuts like pecans and walnuts, as well as nut butters, such as almond butter. Avocados are also considered fats. Carbohydrates cover a lot of ground. Typically the healthiest carbs are vegetables. Fruits are also carbohydrates. Grains are carbohydrates as well, such as wheat, corn and rice and all the many products that come from them such as all breads and tortillas. Perhaps the unhealthiest carbohydrate is sugar. Some foods fit into more than one category. For instance, cheese is a protein, but because it contains a lot of fat, can also be considered a fat. Mark says if you can, eat your protein, fat and carbs in a certain order. Most Americans eat way too many carbohydrates and too few proteins. Her other grab-and-go favorites include nitrate-free turkey jerky, protein bars, nuts, vegetables and fruit. Although packing your food and taking it with you is usually healthier and cheaper, you can still "Eat in Threes" at restaurants, even fast food establishments. A good choice is grilled chicken as the protein, lettuce as the carb and salad dressing as the fat. Another option is an open faced sandwich using grilled chicken as the protein, half a bun as the carb and mayonnaise the fat. Less sleep, which goes hand-in-hand with parenthood, delivers a one-two hormone punch for weight gain. This is because not getting enough sleep increases the hunger-stimulating hormone ghrelin and lowers the appetite-suppressing hormone leptin. Mark advises parents to try to get more sleep. If that's not possible, he says at least they can learn to get better quality sleep, which pays dividends. This can be accomplished by avoiding the snooze button. Replace 30 minutes of useless sleep with quality sleep. For instance, instead of setting your alarm for 6:30 a.m. and hitting the snooze until 7:00, set your alarm for 7:00 and don't hit the snooze. Too many busy parents are dehydrated, which can lead to weight gain. Believe it or not, our brain sometimes tricks us into thinking we're hungry, when we're actually thirsty. How many ounces should we drink a day? A good rule of thumb is our body weight divided by two. For example, a person who weighs 120 pounds should drink 60 ounces of water a day. Parents know all too well the pre-kid days of spending an hour a day at the gym are long gone. But with a little creativity, you can work-out while getting more family time. Family walks, especially for dog owners, can be a daily or even twice-daily routine. Mark straps on a weighted vest to make his walks a bit more challenging. Even time in front of the screen doubles as core strength training if you sit on a stability balls instead of a chair. Finally, letting go of those little annoyances that accompany parenthood goes a long way towards losing weight. The Macdonalds say following their prescribed guidelines will help shed the pounds and create new, sustainable habits that keep it from coming back.

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HEALTH

700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	12/27/2016 2:00 PM
#12272016						

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

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HEALTH

700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	12/29/2016 2:00 PM
#12292016						

CBN News 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. 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. LaWanda 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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SUBSTANCE ABUSE						
700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	10/20/2016 2:00 PM
#10202016						

CBN News Reporter Caitlin Burke Reports: Alcoholism remains a leading cause of death in the United States. But even with all the research poured into the problem, it's a condition that's often misunderstood. When someone consistently drinks large amounts of alcohol it injures the brain, specifically the limbic system, or the brain's control center. When alcohol is consumed, it enters the blood stream and goes to this control center where it releases dopamine. While that chemical can make you feel good, it can also injure the brain as more of it is released overtime. The alcohol essentially causes the brain's control center to short circuit, overwhelming how you think, feel, and manage your emotions. Another misunderstood fact about alcoholism: females can become addicted more easily than their male counterparts. When a female drinks, her body absorbs 50 percent more alcohol per drink than a male. Because of this, Urschel says female alcoholics face more medical problems. This becomes even more of a concern as alcohol beverage companies spend millions appealing to women through television ads and social media. Hanna Fobare, 24, believed all the hype and turned to drugs and alcohol when the pressure to perform in college athletics got to be too much. As Fobare embraced her new lifestyle--the friends, parties and boys--the addiction quickly took over. When she started failing classes, Fobare realized she couldn't lie to her family any longer. Her parents stepped in and sent her to Enterhealth. There she received a dual diagnosis--as is common with many alcoholics. Fobare is now one year sober, but it hasn't been easy. Her first attempt led to a relapse, detox and time in a state-funded rehab facility. Both she and Urschel stress that the hardest thing for a recovering addict to understand is the need for constant maintenance. While the alcohol damage never goes away, Urschel says the brain contains an amazing ability to reboot and heal. With the right treatment, there's a 85 to 90 percent chance the brain will go back to its normal state.