

Trinity Broadcasting Network

Quarterly Report

January, February & March 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.

FAMILY

CIVIC AFFAIRS

ELECTORAL AFFAIRS

EDUCATION/SCHOOLS

ECONOMY

HEALTH

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>
Public Report PR16-01	30:00	15:00	L	PA/O	01/04/16	05:30 PM
					01/05/16	03:30 AM

Host Jackie Kahlhamer talks with Lou Herrmann, Elevate Family Support Group Interventionist Specialist and Matt Nirschl, a Family Support Group Member, about helping families affected by addiction. It is hard for families to accept an addiction problem. They can be in denial, just like the addicted person. Matt has a son who is addicted to heroin. The addiction caused his family to be overwhelmed and not know what to do. He found out he couldn't fix it. It caused him emotional and financial challenges. He felt ashamed. It can be hard for family members to join a support group because of shame and guilt. It is important for parents to not enable their addicted child. He had to learn to back away. The support group is for anyone who has a family member that is addicted. The groups offer peer support which is one of the most important parts of it. Everyone is at a different stage and learning to let go and realize they are not responsible. Enabling is when someone does something for somebody that they are capable of doing themselves. Parents sometimes take on responsibilities in hopes of keeping their child out of prison. It can be hard for them to draw the line when to help and when not to help.

FAMILY

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Public Report PR16-02	30:00	15:00	L	PA/O	01/11/16	05:30 PM
					01/12/16	03:30 AM
					03/12/16	02:30 PM

Host Jackie Kahlhamer discusses parenting through separation or divorce with Peter Debbink, a Mental Health Counselor at Lutheran Social Services. Parents face the challenge of being other-centered and not self-centered. Some may find themselves in the parenting role without having made that adjustment. But they do also need to practice self-care. Parenting can be stressful and there needs to be a bigger focus. A separation or divorce can bring along economic, legal, emotional, isolation and family relationship issues. Both parents need to learn to work together. Focusing on the children is very important. So much of a child's health and success depends on stability. A Transparenting Seminar is a (usually) court ordered one-day event. Parents are encouraged to consider how their actions affect their children. Many parents come in on the defensive side. They identify what they are doing right and look at what they could do better. There are new issues that arise in the midst of a separation or divorce. This is the first time being in the legal system for many people. It can take months or years to get back to stasis. It is best to minimize the conflict children experience. Children can blame themselves and parents are at times not aware of it. Parents should not put kids in a double loyalty bind. Parents are encouraged to focus on a non-judgmental process of focusing on their own behavior in the seminar.

FAMILY

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Public Report PR16-10	30:00	15:00	L	PA/O	02/29/16	05:30 PM
					03/01/16	03:30 AM
					03/06/16	01:00 PM
					03/26/16	01:00 PM

Tony Higgins, Meta House Father Involvement Specialist, and Host Jackie Kahlhamer discuss helping fathers succeed. Meta House provides treatment for women in substance abuse recovery. Many of them go back to homes and their men are still abusing drugs. They are often set up to fail. Men want to be successful. Many of the fathers are marginalized in certain areas of the city. They have not been successful. It is hugely important to assist men, to help them be in partnership with their mate. Some of the men are unemployed or unemployable. This affects their self-esteem and they struggle with their identity. This has a major impact on their families. They may lack transportation, education and critical thinking skills. Many end up back as drug dealers if no one helps them move forward. Fathers need confidence to be able to give their kids confidence. They can only teach what they know. They have to re-establish a relationship with their children, especially if they have been incarcerated, had challenges with the mother or abandoned their children. They must be dependable in their children's lives and develop trust. When fathers succeed, everyone benefits. There are services offered to help fathers succeed.

FAMILY

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Public Report PR16-13	30:00	15:00	L	PA/O	03/21/16	05:30 PM
					03/22/16	03:30 AM
					03/26/16	02:30 PM

Linda Oberbrunner, the WI District Director and Jill Hait, Adoption & Pregnancy Support Services Program Supervisor for the Evangelical Child & Family Agency Wisconsin, discuss adoption with Host Jeannette Richardson. They discussed the qualifications of being able to adopt a child through the agency. There are housing and training requirements, per the state. Openness is when the birth and adoptive parents exchange pictures, emails and visitations. Adoptive parents usually need post-adoption support. They are visited monthly for 6 months, until the adoption is final. There are different support groups in the state for them. Birth parents can also continue with a social worker for a year. They are dealing with grief and loss. The birth mom is able to choose the family she wants to have adopt the baby. The connection between biological and adoptive parents is good for the child. There is help available when a birth mom is considering adoption. An unplanned pregnancy is a scary time.

FAMILY

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Public Report PR16-13	30:00	15:00	L	PA/O	03/21/16	05:30 PM
					03/22/16	03:30 AM
					03/26/16	02:30 PM

Meg Steimle & Amanda Bagin, both Project Coordinators for the Children's Health Alliance of Wisconsin discuss grieving the death of an infant with Host Jackie Kahlhamer. It can be devastating, with sadness, a sense of loss and unfulfilled purpose. Parents can meet with a pediatric pathologist. They usually have a lot of questions and want to know if it could happen again. They can choose to have additional testing, but only about 30% of stillborn births get an answer as to why it occurred. Grandparents are affected. They are grieving along with their child and also the loss of a generation. Siblings grieve depending on their age. Everyone grieves differently and needs to determine what resources they will utilize. Support groups can help people to know they are not alone. Professionals that work with grieving families can be affected. They may need to practice self-care so they can be in a good space when working with grieving families. There are different types of supports available, whether face to face or through social media. It takes time and is a journey. The length of time to go through it is different for everyone. They never forget the child.

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FAMILY

700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	01/14/2016	2:00 PM
#01142016							

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

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>
Public Report PR16-06	30:00	15:00	L	PA/O	01/18/16	05:30 PM

Holly Hisel, Environmental Health Technician for the City of Watertown and Host Jackie Kahlhamer discuss radon. It is a colorless, odorless and tasteless radioactive gas that comes up through cracks in the basement. It eats away at the lining of the lungs. The only way to know if it is in a home is to use a test kit. Radon is measured in picocuries. If it is higher than 4, action should be taken. Dodge and Jefferson counties tend to have high readings. A short-term test kit is the first step. If that is between 4-8 picocuries, than a long-term test should be done. If that is high, a mitigation system is recommended. A radon test is not required in the state to sell a home. If building a new home, there are techniques that can be done to make it radon resistant. Long-term exposure can cause lung cancer, even if someone never smoked. Dodge and Jefferson residents can get free test kits.

CIVIC AFFAIRS

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Public Report PR16-07	30:00	15:00	L	PA/O	02/08/16	05:30 PM
					02/09/16	03:30 AM
					02/27/16	02:30 PM

Host Jackie Kahlhamer discusses Waukesha County with Paul Farrow, the Waukesha County Executive. It is one of the largest counties in the state and the 3rd largest in economic development. The 2016 budget is 285 million dollars. There was no tax increase on an average home. Unfunded mandates account for 42% of the budget. This pinches them to save money. They work to be very fiscally prudent and use lean strategy methods. They collaborate with other counties to partner on services. Mr. Farrow discussed the Fire & EMS consolidation study. The county has been able to maintain a low tax rate and this comes through collaboration. Employees also come up with money saving ideas and work them through. The highest priority is public safety. That gets the biggest part of the budget. Citizens are encouraged to make their views known about the issues affecting the county.

CIVIC AFFAIRS

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Public Report PR16-10	30:00	15:00	L	PA/O	02/29/16	05:30 PM
					03/01/16	03:30 AM
					03/06/16	01:00 PM
					03/26/16	01:00 PM

Host Jackie Kahlhamer talks with Andy Miller, Dodge County Veterans Service Officer, about help for veterans. Certain benefits have specific military involvement requirements. When someone is sent to combat or to training, they are exposed to traumatic experiences. Having been put in harm's way, they may return with injuries. Vietnam vets were poorly treated after the war. It is hard for them to connect with benefits. The majority of vets are aware of available services. If even one does not know, that's too many. It can be difficult in rural counties to get VA medical services. There is a clinic in Beaver Dam. There are pilot programs that are trying to make it easier for vets to get PTSD treatment through the use of a video conference with a Doctor. There are disability, pension and health care benefits. The GI Bill pays for school. He talked about a vet who got cancer from Agent Orange and was finally able to get compensation. It made a huge difference for him.

CIVIC AFFAIRS

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Public Report PR16-12	30:00	15:00	L	PA/O	03/14/16	05:30 PM
					03/15/16	03:30 AM
					03/19/16	02:30 PM
					03/22/16	04:00 AM

Craig Thompson, the Executive Director of the Transportation Development Association of Wisconsin discusses the need to sustain our highways with Host Jackie Kahlhamer. The state's roads have been declining for the last decade and are not in good shape and neither is the state transportation fund. Seventy-one percent of the roads and bridges are not in good condition. A lot of the interstate roadways are 50+ years old. Access to highways is very important for businesses. Many consider the 5 to 55 rule- they need to be within 5 minutes of a 55+ mph highway, to be able to compete efficiently. Craig talked about the situation in Hartford where the trucks must go through the city to get to interstate. It is causing problems and affecting the ability of businesses to expand. Over 100 rehab road projects have been delayed. Five major projects have been delayed. There are many more coming up in the queue that are being delayed. The transportation budget is funded with user fees- gas tax and registration fees. The delayed projects will cost more to do at a future date. Local municipalities have been greatly affected. The roads are built to last 30 years and many of the roads are on a replacement schedule of 70+ years. Our personal vehicles are affected by driving on rough roads, with a cost of 300-500 dollars a year to maintain the vehicles. Craig believes there are solutions to growing the transportation fund. This would be done by raising the user fees. Wisconsin has lower fees than its surrounding neighbors. These could only be raised by the Legislature and the Governor.

CIVIC AFFAIRS

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Public Report PR16-12	30:00	15:00	L	PA/O	03/14/16	05:30 PM
					03/15/16	03:30 AM
					03/19/16	02:30 PM
					03/22/16	04:00 AM

Host Jeannette Richardson discusses the Drug Treatment Court with Judge William Domina and a graduate of the Court, Kyle Steinbrecher. Kyle had an opiate drug addiction. Individuals in this Court are there because of a drug addiction that led to criminal activity. A traditional court deals with a crime and assigns a penalty. In the Drug Treatment Court the individual enters a plea, seeking to avert prison and looking for a possible reduction in charges. It does not avoid a conviction. The requirements are not easy. The enrollee must test multiple times per week, be in treatment, attend self-help meetings, have a sponsor and develop a structure of sobriety. The Court is a court of interaction. Kyle felt it was overwhelming at first. He does credit it with saving his life. If an enrollee fails, they then face termination and are returned to criminal court and often sentenced to prison.

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>
Public Report PR16-11	30:00	15:00	L	PA/O	03/07/16	05:30 PM
					03/08/16	03:30 AM
					03/12/16	01:00 PM

Kathleen Novack, the Waukesha County Clerk and Host Jackie Kahlhamer discuss the spring 2016 election. The election will be held on April 5, 2016. Voters will be electing a State Supreme Court Judge and local officers. Also on the ballots will be the Presidential Preference vote. The polling place depends on a voter's place of residence. They must have lived there for at least 28 days. If not, they must vote in their prior location. There are no residency requirements to vote for the Presidential Preference candidate of choice. A photo ID will now be required. There are several types of IDs that will be accepted. They do not have to have the current address and can be expired. For proof of residency, the voter needs to bring a qualifying document with the correct address. The voter can get a free ID from the DMV. This is possible even if they do not have a birth certificate. Kathleen discussed absentee ballots and the procedure to vote with one. She discussed how indefinitely confined voters are able to vote. If someone comes to the polls without an ID, they can still vote. Theirs will be a provisional vote. It will be held in a sealed envelope and put aside until they bring in their ID. Kathleen gave an overview of the voting process, to help a first time voter understand it. Waukesha County will have a new voting machine system this year. It will be a touch screen. After the voter choses the candidates, a confirmation pops up, asking if this is the person voted for. When finished, the voter gets a printed out ballot to take to the voting machine.

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>
Public Report PR16-04	30:00	15:00	L	PA/O	01/25/16	05:30 PM
					01/26/16	03:30 AM
					03/06/16	02:30 PM

Host Jackie Kahlhamer talks with Dr. Demond Means, the Commissioner of the Opportunity Schools and Partnership Program, about promoting educational achievement. Dr. Means is the also the Superintendent of the Mequon-Thiensville School District. As Commissioner, he will work to assist Milwaukee Public Schools with some of their schools that need help. The achievement gap includes students who are affected racially, those who are economically disadvantaged, English Language Learners, and many subgroups. Wisconsin has the largest achievement gap in the nation. The entire state is impacted. It is important to focus on what can be done collectively as a state. When young adults are not prepared post-secondary- whether for school, work or the military, the state's ability to grow economically is impacted. There is a need for young people to enter manufacturing, but they must be ready. OSPP was created through state legislation. Dr. Means wishes to work collaboratively with MPS. There are schools that are underperforming and are on the State Superintendent's list. These schools are eligible to be worked with. The Legislature created a pathway for these schools to be made into charter schools. Dr. Means does not want to do that. He wants to see the schools turned around by working together. Students need to be able to utilize additional wraparound services. The school challenges are not just internal, but also environmental. When the entire state gets behind MPS, students and teachers can do great things. This will be a key engine to economic development in the state. There will be focus on the neediest schools and also on the amazing things already being done at MPS.

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>
Public Report PR16-05	30:00	15:00	L	PA/O	02/01/16	05:30 PM
					02/02/16	03:30 AM
					03/06/16	01:30 PM

Dr. Mark Smits, District Administrator for the Hartford Joint 1 School District and Host Jeannette Richardson discuss the district. The district is data driven. They look at data and make decisions based on that. They use these decisions to help drive instructors. It is important for teachers to know where the students are at. This allows teachers to individualize their instructions. If a child comes into 5th grade at a 3rd grade reading level, they can address that in order to help the student. The district compares well to the rest of the state. They prefer to look at schools with similar demographics. Dr. Smits likes to look at students as individuals. A student who is struggling in reading or math can be given targeted instruction to help them. A student needs to be able to read. They are a reading district and will continue to focus on it. To move forward, programs need to allow students to accelerate. A goal would be to have 8th graders taking 9th grade classes. School district taxes have dropped the last 5 years. Enrollment has increased and no rock has been left unturned to save money. The focus is on making every dollar count for the kids.

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>
Public Report PR16-07	30:00	15:00	L	PA/O	02/08/16	05:30 PM
					02/09/16	03:30 AM
					02/27/16	02:30 PM

Host Jackie Kahlhamer talks with Karin Rajnicek about when controversial books are in schools. Karin is a member of the Waukesha School Board. She had concerns over supplemental reading material that was very graphic. It was so graphic as to give mental pictures of what was being done, this being read by middle and high schoolers. Some parents raised concerns. There is no rating system for books in the middle and high schools. If a student had a picture of the book's act on their tablet, they would be in serious trouble. This gives conflicting messages to students. In general, society fails to cause consideration for consequences. The book she was concerned about would not allowed to be read aloud at a school board meeting. The school board voted not to ban or flag the book. Parents do have an opt-out option. They can let the media specialist at school know if they do not want their children to check out books about certain subjects. Parents need to have honest discussion with their children, attend local school board and committee meetings and can make their views known.

EDUCATION/SCHOOLS

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Public Report PR16-11	30:00	15:00	L	PA/O	03/07/16	05:30 PM
					03/08/16	03:30 AM
					03/12/16	01:00 PM

Donna Pivonka, Beaver Dam Unified School District Director of Student Services, talks with Host Jackie Kahlhamer about mental health services for students. The mental health status of students affects how they relate in school with teachers and learning. One in five students deal with adverse childhood experiences. The District is fortunate to have county clinics, but the needs are surpassing the availability of the therapists for kids with unique needs. The District is trying to provide in-school services so that students do not have to leave school and miss instruction. Some families lack transportation to get to appointments. The District is partnering with Church Health Services to provide services in school. The students served will primarily be under or uninsured. Parental permission will be required. The school will identify the students and CHS will do the screening. It is anticipated that the need for mental health services will continue to grow. Children who have experienced adverse childhood experiences can be impacted into adulthood. This can be over a long period of time and can be generational. It affects their ability to function in school and society. Donna talked about the Youth Risk Survey that had previously been done. Per the survey, 20% of the students experienced hopelessness. A small percentage had made a suicide plan, which is a huge concern. A parent can request mental health services for their child.

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>
Public Report PR16-14	30:00	15:00	L	PA/O	03/26/16	01:30 PM
					03/28/16	05:30 PM
					03/29/19	03:30 AM

Host Jackie Kahlhamer talks with Milwaukee Succeeds Executive Director Danae Davis and Literacy Schools Project Manager Audrey Borland, about working to improve reading skills. The issues affecting students are getting complex: homelessness, affordable housing, being in a food desert, etc. Children brings these into school buildings every day. If the family is not healthy, it directly impacts the student's ability to learn, read and graduate from various levels. It also impacts the teachers. Reading scores are measured by 3rd grade. Up until then they are learning to read, after that they are reading to learn. If they cannot read proficiently, they are affected in every subject. Third grade is a key benchmark. They have worked with dozens of community partners and developed a model with the need for committed leadership and coaches for teachers and to engage parents. Reading should be a joy for students, which will help them to stay in school and hopefully go on to college. Good reading skills are tied to a long term trajectory of success. The Transformative Reading Instruction initiative is in 7 schools. It is important to be data driven and use methods that have proved to have the key pieces in place. There is a lot of growth planned for the model, with more schools to become involved. To be data driven, means they can diagnose and see if correction is needed and make changes. It is priceless to see the joy in a student's face when they get it, and are able to read. Joy manifests when the parents see their child read proficiently. And that spills over to the teachers.

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>
700 Club CBN NewsWatch #02232016	1:00:00	5:00	REC	PA/O/E	02/23/2016	2:00 PM

CBN News Reporter Heather Sells Reports: School districts across the country are scrambling to develop policies for transgender students. They're facing financial pressure from the Department of Education, which released updated guidelines applying to gender identity in 2014. The Department of Education's Office for Civil Rights says the non-discrimination clause in the 1972 Title IX civil rights law now extends to discrimination claims based on gender identity. It recently found that Township High School District 211 in Palatine, Illinois, violated the new guideline by denying a boy who became a transgender girl access to the girls' locker rooms. Instead, the district had arranged for the student to use separate facilities to change clothes for athletic activities and physical education classes. The DOE informed the school that those separate facilities did not comply with federal law and put Dist. 211 on notice that it could lose the millions of dollars it receives in federal funding. Outraged parents attended a school board meeting in December, urging the board not to settle with the DOE. Vicki Wilson and Lisa Moran formed the D211 Parents for Privacy activist group on Facebook in response to the threat. Alliance Defending Freedom attorney Matt Sharp says school districts across the country should proactively create transgender policies in light of the financial risk. The federal government typically pays \$1,200 to \$2,000 per student every year. At the same time, Sharp notes that so far, no court has interpreted Title IX as a requirement for schools to provide students with access to opposite-sex facilities. Creating policies that serve both transgender and non-transgender students is a complicated task. One issue: an open definition of what it means to be transgender. A case in Gloucester, Virginia, could set a national precedent. It started when a Gloucester High School girl who became a transgender boy told administrators he wanted to use the boys' bathrooms and locker rooms. The student, Gavin Grimm, had changed his name and appearance to look more masculine and told authorities that using the girls' facilities would make him feel like an outcast. Some of the Dist. 211 students are sympathetic to that concern. Sixteen-year-old Grimm has sued the Gloucester County schools over their restroom policy after administrators denied him access to the boys' bathroom. The American Civil Liberties Union filed his lawsuit in federal court in Norfolk, Virginia, last June and a judge agreed with the school board in September. The ACLU appealed to the 4th U.S. Circuit Court of Appeals in Richmond in October and a decision is expected in the next several months. Privacy advocates like Sharp believe that separate facilities represent the best solution for schools with transgender students. The Alliance Defending Freedom has developed a policy that schools can use as a starting point. Sharp disputes that such an accommodation is harmful for transgender students. School choice advocates like Dr. Neal McCluskey at the CATO Institute say that while the federal government should protect against discrimination, it should stay out of the transgender debate for now. In Illinois, Dist. 211 recently

settled with the DOE. It built individual changing stalls in its locker rooms for transgender students. The move is a defeat for Wilson and Moran. They're urging other parents to get ready and take part in the debate. Giving students the ability to choose their bathroom and locker room is a social experiment most parents never dreamed would happen. With no scientific or legal definition of what it means to be transgender, many believe the new federal policy has left the door open for many difficult, awkward, and potentially abusive situations.

ECONOMY

<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>
Public Report PR16-06	30:00	15:00	L	PA/O	01/18/16	05:30 PM

Scott Henke, Hartford Area Chamber of Commerce Executive Director and Host Jackie Kahlhamer talk about Hartford's economy. He has been a former mayor, shop owner and industrialist in the city, which helps him see things from other perspectives. He wants to see businesses stay and expand. He would like to set up smaller groups that would help each business grow and look at how to move things forward. Support for new businesses coming in is important. Quality of life issues are often overlooked in regards to economic development. These are very much a part of helping businesses succeed. The Hartford area will be hosting a major golf tournament in 2017. It is necessary to start planning now for that. Scott believes it will have a major economic impact. There will be forty to eighty thousand people per day in the area that will need services. This could also have long-term economic benefits. Economic diversity is good for the community. The city had a large population growth several years ago. This influx brought in a lot of money and capitol. This helped to recruit both businesses and quality of life additions to the city. Supporting local businesses and events is good for the community.

ECONOMY

<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>
Public Report PR16-04	30:00	15:00	L	PA/O	01/25/16	05:30 PM
					01/26/16	03:30 AM
					03/06/16	02:30 PM

Host Jeannette Richardson talks with Roxanne Baumann, Director of Global Engagement at Wisconsin Manufacturing Extension Partnership, about exporting. Manufacturing is very important to the state's economy. Currently, 95% of consumers live outside the U.S. By 2020, 60% of the middle class will be in Asia. Baby Boomers are retiring and getting rid of stuff (and not purchasing as much.) Exporting may not be right for every manufacturer. They need to produce a product and look at their value proposition. The world is interested in Midwest products. Exporting does take time. The CEO needs to be on board with it. Smaller businesses can lack the staff or the expertise to export. They need a strategy to go forward with it. There are ways to jumpstart it. Milwaukee has a federal office to help and there are sister offices in 79 countries. Companies start out learning by doing. They can reduce risks and should target their top 3 or 4 countries.

ECONOMY

<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>
Public Report PR16-08	30:00	15:00	L	PA/O	02/15/16	05:30 PM
					02/16/16	03:30 AM
					02/27/16	01:30 PM

Host Jackie Kahlhamer talks with Waukesha County Executive Paul Farrow about Waukesha County's economy. The county is 3rd in the state regarding economic development. Two-thirds of the businesses are looking to expand, with workers and/or buildings. There is great commercial transportation, unemployment is low and there is a dedicated workforce. There are 37 municipalities and governances in the county. Businesses have to contact the individual one for permits. There is a lot of bureaucracy. There is a need for a sustainable workforce. The Baby Boomers are retiring. When businesses come in, they want a one stop shop to contact, of which the focus needs to be customer driven. County Executive Farrow wants to see an economic development organization started in the area. This would walk customers through the steps of permitting and wants that process to be completed in 90 days. He would like this to be up and running by the middle of 2016. The board will consist of a mixture of leaders. They will focus on 3 pillars- a skilled workforce, capital investment and networking. There is a shortage of skilled workers in the county. One way to alleviate that would be to transport people from Milwaukee to work there.

ECONOMY

<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>
Public Report PR16-09	30:00	15:00	L	PA/O	02/22/16	05:30 PM
					02/23/16	03:30 AM
					02/27/16	01:00 PM
					03/12/16	01:30 PM

Laurel Lunde, Executive Director of The Gathering Source Food Pantry and Resource Center and Host Jackie Kahlhamer talk about helping those in difficult economic circumstances. They began with serving 5 families and now they are serving up to 100. People's expenses increase and the wage base has not grown. Many costs are going up. Those with low income are very much affected. They may have to make the choice of paying bills or buying food. The elderly did not receive a pay increase, but their health care costs increased. They often must make the choice between food and medicine. The area served is in a food desert, meaning there is not a store with healthy food within 15 miles. Forty-seven percent of students in the Dodgeland School District qualify for free or reduced lunches. Laurel gave the FDA's description of food insecurity. Financial literacy classes are offered to help people with budgeting, improving their credit score and other financial aspects. It can be hard for people to come to the pantry, especially in a small town. There are also transportation issues. They are a choice pantry- people can pick what they want. They want to see people being comfortable. It is expected that the number of those they will serve will grow over the next 2 years. They bring in people from many different organizations to help connect people with the services available to them.

ECONOMY

<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>
Public Report PR16-09	30:00	15:00	L	PA/O	02/22/16	05:30 PM
					02/23/16	03:30 AM
					02/27/16	01:00 PM
					03/12/16	01:30 PM

Host Jackie Kahlhamer and Philip Fritsche talk about closing the skills gap. Philip is the President of the Beaver Dam Chamber of Commerce. Manufacturing is a vital part of the state’s economy and also of the local area. Manufacturers have growing concerns about having the skilled workers needed to fill jobs. Some of these jobs require very specific skillsets. Some are available to those coming straight from high school. Others require additional training. Not all jobs require a 4 year degree. When employers do not have the right work force, they cannot expand or take new orders. The Manufacturing Business Alliance of Dodge County consists of school districts and businesses, under the Chamber auspices, working together to help fill the talent pipeline. There are state grants available for apprenticeship programs to teach both students and teachers about manufacturing. Business people have come together with youth to give them a better understanding of manufacturing. Many parents want their children to get a 4 year degree. This is not a fit for everyone. Some are better off going to tech school, or availing themselves to other choices.

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>
Public Report PR16-01	30:00	15:00	L	PA/O	01/04/16	05:30 PM
					01/05/16	03:30 AM

Fawn Senn, Dodge County Dementia Concerns Coalition Chair and Host Jackie Kahlhamer discuss help for those affected by dementia. Dementia is a brain disease that damages brain cells. Those with it can be affected by loss of words and orientation to time or place. Medications can slow down it’s advancement but there is no known cure. Those with it become more dependent on others for daily living needs. It is a major stress for caregivers. Some with it may become bedridden. A program call Project Lifesaver is now active in Dodge County. It is a bracelet or small device worn by the person with dementia that can help locate them if they wander off or get lost. This is a big concern and happens a lot. It is extremely important for caregivers to know there are resources available and that they are not alone. It can be helpful to go to a support group. The numbers of those with dementia are increasing and it is very helpful to have dementia friendly communities. Safety and behavior issues tend to surface and caregivers need ideas how to help when these things happen. It is likewise difficult for the person with dementia who is dealing with the loss of their independence.

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>
Public Report PR16-02	30:00	15:00	L	PA/O	01/11/16	05:30 PM
					01/12/16	03:30 AM
					03/12/16	02:30 PM

Host Jackie Kahlhamer talks with Gail Wilke about Lyme Disease. Gail is a Wisconsin Lyme Network Board Member. Gail talked about her personal experience with Lyme Disease. Wisconsin is one of the top states in the country for Lyme Disease prevalence. The disease is bacterial and is vector borne. It is a spiral shaped bacteria that is hard to kill and cure. There are 300 symptoms of the disease. There needs to be a clinical diagnosis, which is done by ruling out other things and looking at the person’s history. Blood tests are only 50% accurate. The disease can affect both physical and mental health. The disease is treated with antibiotics. It can be a long process. Dietary changes, supplements and rest may also be part of the process. It is recommended to see a Lyme Disease Literate MD for treatment. Those highest at risk for the disease include those who spend time outside or who have a dog. Boys aged 4-13 are the fastest growing group of those affected by the disease. Education about the disease is very important. The CDC upped the estimated number of those diagnosed from 30,000 to 300,000 per year.

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>
Public Report PR16-05	30:00	15:00	L	PA/O	02/01/16	05:30 PM
					02/02/16	03:30 AM
					03/06/16	01:30 PM

Susan Retzlaff, a Certified Personal Trainer & Corrective Exercise Specialist discusses corrective exercise with Host Jeanette Richardson. Muscle imbalance can be the result of those muscles that need to be strengthened to create stability, or those that need to be lengthened to get the most efficient movement. If the body core is not stabilized it causes strain to the neck and back. Some causes of muscle imbalance are caused by repetitive movement, tissue trauma or scar tissue. These limit the range of movement. Strengthening the core can be done by bracing the abdomen and learning to breathe properly. When in the posture of neutral spine, there is less stress on joints and less pain. If there is a muscle imbalance, it can affect other parts of the body as well. Susan has found that almost everyone has some form of muscle imbalance. To correct muscle imbalance, an assessment can be done. Corrective exercise helps to prevent injuries. All muscles are attached to the spine- this is the core. Not all types of exercise are right for everyone, especially when there is pain. There are other conditions that can cause muscle imbalance, tightness and weakness. These include arthritis and fibromyalgia. A physician should be consulted before starting a new exercise program.

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>
Public Report PR16-08	30:00	15:00	L	PA/O	02/15/16	05:30 PM
					02/16/16	03:30 AM
					02/27/16	01:30 PM

Mark Flower, the Director of Community Programs for Dryhooch of America and Host Jeannette Richardson discuss veterans and mental health. Vets may be dealing with PTSD. Some are dealing with Traumatic Brain Injury which can lead to depression. Combat PTSD comes from the daily effects of being in an active war zone. They have experienced extreme violence frequently. There is a move to reduce the stigma of PTSD, but some vets don't want to talk about it. If they qualify for VA services, there is a 5 year window and Mark encourages them to avail themselves to those services. Dryhooch provides peer to peer support. Vets know other vets have their back. Mark wants vets to know there is hope, they can get better and get on with life.

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>
Public Report PR16-14	30:00	15:00	L	PA/O	03/26/16	01:30 PM
					03/28/16	05:30 PM
					03/29/16	03:30 AM

Tarin Lorenz, Mission Delivery Specialist with the National MS Society-Wisconsin Chapter and Jeffrey Gingold, an MS Advocate, discuss Multiple Sclerosis with Host Jackie Kahlhamer. Jeffrey was diagnosed with it in 1996. It affects the central nervous system, causes lesions and scarring on the brain and spinal cord and interrupts signals to the brain and between the brain and body. There are many symptoms that are highly unpredictable and vary from person to person. Many of the symptoms are invisible. It is usually diagnosed by an MRI or spinal tap. Treatment can involve injectable or oral medications. Exercise and nutrition are very important. MS affects the person and their networks: family, neighbors, friends and co-workers. It is important for the person with MS to communicate with those around them. Since the symptoms can be invisible, nobody else may know what they are dealing with. There is a huge financial impact to having MS, with many expenses. There are support groups, family programs, educational training, seminars, etc. for people to help them. Peer to peer support groups can be very beneficial. There is nothing like talking to someone who has been there and is able to steer others on how to deal with things, some which seem insurmountable.

<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>
Switch On Your Brain #001	28:30	28:30	REC	PA/O/E	01/06/2016	5:30 PM

HEALTH

Today on Switch On Your Brain, Dr. Caroline Leaf discusses the mind being the switch that helps to control the brain. The mind is your intellect, thinking, choices, feelings and emotions. These mind actions switch the brain on or off. Thoughts are real things that take up space in the brain and look like forests that have been built up since you were in the womb. We control our brain. Our brain does not control us. Through your mind, you have the ability to think and choose; the ability within yourself to change your world quite literally. Science has proven that the mind changes the brain. The mind changes the body. The mind is instrumental in developing the spirit. It was once believed that once a brain cell died, there was nothing more that could be done about it. Research now states that we can change our brain. We can redesign our own brain. Neuro means brain. Plastic means to change. Neuroplastic means the brain can change. You can change your brain. Now this is called brain surgery. Mind over matter is total reality. The mind actually controls the body. The spirit controls the soul, and the soul's the mind realm, and the mind controls the body. We know from science now that the higher level is the mind and the lower level is the brain, so the brain actually represents what the mind has actually worked out. You're a thinking being. You think all day long. You're even thinking at nighttime while you're sleeping. But at nighttime you are sorting out your thinking for the next day. We do not have fixed IQs. You are as intelligent as you want to be. Intelligence is something that increases constantly throughout your lifetime the more you use your brain. You are designed with free will. You are designed, enabled, and empowered to choose. You can choose whether you are going to believe the negative or the positive. You choose whether or not you are going to operate in peace. There are only two choices that we can really make: love or fear. The choices that you make, which are the result of the thoughts that you think, are going to become physical realities in your brain. We have to focus on what is important and make the good choices that we have to make because when we make the good choices we wire health into our body. We wire health into our brain. We wire health into our mind. We wire health into our spirit. Thoughts are real. Thoughts are growing on a moment by moment basis that you, with your mind, grow. As you are growing those thoughts they are changing the structure of your brain and impacting how you run your life. We need to be aware of our thought life. We must never let thoughts go unchecked through our brain. We must always be aware: What am I thinking about? What am I listening to? What am I reading? What is going on in my mind? As we create that awareness, we can start bringing those thoughts into captivity to Christ Jesus.

<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>
Switch On Your Brain #002	28:30	28:30	REC	PA/O/E	01/13/2016	5:30 PM

HEALTH

Today on Switch On Your Brain Dr. Caroline Leaf discusses the scientific term "You Are Wired For Love." Humans naturally are optimistic. Scientists correlate that with being wired for love. We actually have to learn fear. The brain is part of your body. You are designed in perfection. You are wired for love and you are well able to think in a perfect way. Fear is the opposite spiritual force. You have the spirit of power, love, and a sound mind. The norm is love, power, sound mind, made in His image, the mind of Christ. Research called "The Optimism Bias" shows that the natural inclination of man is one of being positive, making good choices, and thinking healthy thoughts. Scientifically, we have seen the brain circuitry for only positive choices, positive optimism, seeing the good in everything, wiring, neurochemicals, structural organization inside the brain, that is all in the direction of healthy thinking. Yet when you make a bad choice, because we have free will, we see this whole process being distorted, creating a physical change in the brain which impacts the body. This parallels with the Bible, which encourages us to think of healthy positive things, and if we don't, there are going to be consequences. Research has shown that every seven to ten minutes you are supposed to slow down, become introspective, become self-reflective, become calm, switch off to the outside and switch on to the inside and get into the depths of who you are, and when you do that your brain moves into the highest intellectual state that it possibly can. On an FMRI scan, your brain goes into what is called gamma activity. Gamma activity is where you are super intelligent. When you have gamma activity happening in your brain, you are processing with wisdom, you are seeing things that you did not see before. The fear zone essentially is negativity; toxic thinking. Our choices have consequences and our bodies help us to understand these consequences. You have to choose to live a full life. You have to choose to be happy despite the circumstances. Spirit, soul, and body is a connected thing. Your mind is what you use to decide how connected you are going to be between your spirit, soul, and your body. It is with your mind that you process, intellectualize, experience your feelings, make your decisions, interface with your thoughts, and make your choices. The biggest thing in change is the recognition that we have choice. It is also the hardest thing to take responsibility for our own thought life and our own actions. The quicker we realize that we make choices and

that our choices have consequences, it will set us on the path to healing with the recognition that we have the ability to choose. We know right from wrong. You are wired for love. Love is your normal. Everything about you is designed to be like God. You can make good decisions. You can think well because that is your norm. So when we choose badly, we're actually stepping into the fear zone, or the abnormal zone, and experiencing negative emotions. Because that is not your norm, it doesn't have to dominate or control you. You are able to get free because you are wired for love. Research shows that we are wired for love and we can change. Really focus on the fact that everything about you is geared in a positive direction. Your norm is to actually make good decisions.

<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 Switch On Your Brain #003	28:30	28:30	REC	PA/O/E	01/20/2016	5:30 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses how making bad choices leads to toxicity. You are a thinking being. You're thinking all day long. Every time you think it automatically leads to a choice. You're spirit, soul, and body. You are a triune being. Your spirit is your true you. It's your intuition, your conscience, and your communion; your communion being your worship with God. Your soul is your intellect, will and emotions. Your soul is basically your mind. You are thinking, you're choosing, you're feeling, all of that is the mind; soul activity. You live in a body. Your brain is part of your body. The design and the natural order that God has set up is that the Holy Spirit informs your spirit, your spirit informs your soul, and your soul controls your brain and your body. Your soul has one foot in the door of the spirit and one foot in the door of the body. It is the central point. The body simply is then going to house the consequence of your mental decisions of your mind; soul decisions. God gave you this ability to choose. Current research tells us that seventy-five to ninety-eight percent of current mental, physical and behavioral illnesses today, come from our thought life, so these illnesses are very real things. It is our thoughts that change the physiology of our body. It is our thoughts that change the way you feel and function. Scientists have found that we are wired for love. You are wired to think well, choose life and build life into your brain. Believe it or not, you have an infinite amount of space inside your brain. You can grow branches, and each branch contains information, for three million plus years and you still won't fill up your brain. Every time you think, you are going to grow branches, and these branches hold this information, which are your memories. Research has shown that toxic thoughts also cause C-reactive proteins to flow. So the minute you choose badly, you will find inside the brain that all the electromagnetic balance, all the chemical flow, everything is distorted at that point. There will be a high level of C-reactive proteins, a high level of inflammation. Wherever there is inflammation in the brain, or throughout the human body that is not dealt with, inflammation that stays will bring disease. Science tells us that if you're going to change one of these ugly networks in your brain you have to have discipline. You have to direct your attention. You have to be very focused. You have to make a decision and rigorously push through a period of time to change that thing. It shows us in science that nothing happens until day twenty-one. It takes twenty-one days of major scientific stuff to break down the thoughts, and then once you've broken it down, it takes another two cycles of twenty-one days minimum to make that a habit in your life. The scriptures say it in Deuteronomy 30:19 "I lay before you life and death, blessings and cursing. Choose life so that you and your descendants may live." Remember, we cannot always control the events and circumstances of our life, because those events and circumstances are the result of other people's choices and other people's decisions, other people's thinking. But there is something you can control and that is your reactions to those events and circumstances of life. Your reactions to events and circumstances of life are the choices that you make about what you're doing with your life and how you are going to cope every day.

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>
Switch On Your Brain #014	27:30	27:30	REC	PA/O/E	01/27/2016	5:30 PM

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

<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>
Switch On Your Brain #015	27:20	27:20	REC	PA/O/E	02/03/2016	5:30 PM

HEALTH

Today on Switch On Your Brain Dr. Caroline Leaf discusses epigenetics. Thoughts are real things. You have such an incredible mind that right at this moment you are building these real, physical thoughts inside of your brain. And what those thoughts look like is based on what we call epigenetics. To say it very simplistically – what you are thinking is creating a signal that is actually influencing how the physical genetic expression is functioning and happening inside of your body. Your mind basically controls your brain and your body, so the genes don't just switch themselves on. They're switched on by epigenetics. We need to start seeing that the traumas of life, the hard things, the hard stuff, the suffering, the mental anguish, and the anxieties – whatever you want to call all these things – these are temporary. We mustn't medicalize misery. We mustn't turn the normal reactions of life into a pathology or a disease. This is such a wonderful truth: The fact that you are not a victim of your biology. The fact that you are not a victim of your circumstances. The fact that we can constantly change. The fact that our mind constantly changes. The brain is like a mirror that reflects what is going on inside your mind. The mind can change the brain. The way you think will change the brain. The brain is plastic and we call this neuroplasticity; neuro meaning brain, plastic meaning change. Each and every one of us is so completely unique. As it says in the Bible we are uniquely, fearfully, and wonderfully made. Unique means stand alone, set apart. For so many years, there's been a debate between nature, nurture, and what I call the "I-Factor." Nature is nature-dominant. In other words, are your genes and your biology dominating you? Are you controlled by your genes? Are your genes dictating you? Is there a certain pattern in your brain that's causing all these things to happen? So, that's the nature argument. Then, the nurture argument is the environment that you grow in, the experiences that you have, the traumas that you go through. Is that what's causing these issues? So, there's the debate: Is one more important than the other? Do they work together – nature and nurture? Well, it makes a lot of sense that the nature and the nurture work together. But, there is another factor that's overriding both of these and that is you – your uniqueness that I call the "I-Factor." The psychological part of you, the mind part of you. Your choices are real. You are free to make whatever choices you want, how you focus your attention. This is the gift that God has given us. But please be aware that there are consequences of your choices. So, if you spend all day ruminating about the things that have gone wrong and who did what to you and how you want what someone else has got, well, you are going to be in the mental ill health zone. If you're spending more than 21 days whining and moaning about your situation, and complaining, you will build toxicity into your brain. Research shows that seventy-five to ninety-eight percent of current mental, physical, emotional, behavioral illnesses today come from our thought life. Research shows that DNA responds to the signal of the mind. DNA doesn't just switch itself on. It's just hardware. It needs something to make it work. You switch your genes on and off and the dominant signal for switching genes on and off, which makes physical substance in your brain, is your thought life. We create internal environments with our thinking and as we create those internal environments, that's literally done with our belief systems. What you are thinking about right at this moment is what we call an epigenetic factor. Our external environment is very important. It's the environment that you are living in, the people that you're involved with, your work environment, the context of your life, the social factors of your life – these all create the external environment that also impact how you are managing your life. These are also called epigenetic factors. It is incredibly important for us to create positive entangled relationships. God designed us for relationship. He designed us primarily for a relationship with Him and we are designed for relationship with each other. We improve our epigenetic external environment by the kinds of people that we interact with. It's important that you choose who you're going to spend time with, that they energize you, that they will encourage you, that they will lift you, and that they will not tell you what to do. Healing comes from three major things. Number one: You have to take responsibility. You have to change your own epigenetics. That's the internal epigenetic factor. Then, you need to have your loved ones, your inner circle, and your family. That changes your external epigenetics. And then, there's a second part to the external epigenetics, and that's the community. Your schools, your places of work, the institutions that you're linked with – these all play a role in your healing, in creating environments for you of healing.

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>
Switch On Your Brain #016	27:30	27:30	REC	PA/O/E	02/10/2016	5:30 PM

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

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>
Switch On Your Brain #017	27:30	27:30	REC	PA/O/E	02/17/2016	5:30 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "Disease vs Disorder." The enemy has got into this whole disease model. We are told that your brain controls you, that your brain produces mind. We have to realize that mental ill health is a learned disorder. It's something we've learned. In the mid-1940s the World Health Organization made a statement about mental health. A very relevant statement. We should be focusing on people's well-being and releasing their potential, not illness. So, a positive focus as opposed to a negative focus. However, that actually has not happened. The focus now is on a negative mindset, in terms of mental ill health as an illness. The disease model of mental ill health looks at psychiatric disorders as an illness, as a biological illness. The DSM-5, which is the "Diagnostic and Statistical Manual" is a manual which basically identifies all the different psychiatric disorders. It is based on symptoms. It is not based on causes. They do not know the causes of psychiatric disorders. For 30 years, 50 years, a hundred years, they've been speculating and doing research. But there is no conclusive research saying that it is a biological, or genetic, or neurobiological illness, which kind of removes all responsibility from the person, makes them into a patient. More recent research is confirming that mental ill health is not a disease; it is a disorder of the mind. It is how we are processing psychologically through our mind. The only way that we can get our brain out of bad patterns is by relearning. We literally learn our way into bad thinking and we can learn our way out of bad thinking. What we wire in we can wire out. This gives us hope. It is not a hopeless situation. There is no situation that you are facing in your mind that is not changeable. Because all the science is confirming what the scriptures have been saying – the minute you bring a thought into captivity, it becomes renewable.

<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

Switch On Your Brain #018	27:30	27:30	REC	PA/O/E	02/24/2016	5:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses addiction. Did you know that we are designed to be addicted to God? When we hear the word "addiction," we immediately think of negative connotations; people being addicted to heroin, and drugs, and pornography, and whatever. Actually, our brain is wired to be focused on something constantly. All the networks of the human brain, the connectomes, the circuitry, the neurotransmitters, they respond and function in their highest level when we are connected to God. If we are not addicted to God, we will be addicted to something else. An addiction is a pattern that we set up in our mind. It's not just to alcohol and porn and substance and whatever. It is also mindsets that we develop. NIDA is the National Institute of Drug Association. They define addiction as "A chronic (which means on-going) relapsing (which means it's never going to go away) brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences." Basically, their philosophy is that once you're an addict, you're always an addict. That is not what the Word of God says. Your perception of how you are being told about what is going on with you is going to influence your rate of healing. And this is why it is important that we recognize and understand the truths of what goes wrong in our life in the light of scripture. Because the truth is that God made us wired for love. God made us in His image. Various studies have been done by the government to show that drug addicts get out of addiction up to 86% of the time without any help. In other words, addicts get over it through choice. It's not a chronic relapsing disease. We get what we call the "clinical illusion" because the small percentage of people that are in addictions of all types that don't get out, those are the ones that, basically, they say, represent the entire population of the world, which is incorrect. When you set up patterns, it takes time to actually break those patterns. It requires effort. It requires discipline. It requires desperation. You've got to be desperate to change. Because your brain has to obey your mind, by a decision of your mind to change and to get through the thing and to quit and to stop and to change those thoughts, you actually will redesign your brain. Your brain has to obey you; you are not a victim of your biology. So how can you develop your addiction to God? Well, it's making a decision, number one: You need to follow Jesus Christ. That's your most important choice that you ever make in your life. Addiction to God is building this relationship; constantly talking, constantly communicating, in addition to reading your Bible, praying, and worship. It's setting up this internal dialogue with God. That creates really amazing good addiction patterns in your brain.

<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

Switch On Your Brain #019	27:30	27:30	REC	PA/O/E	03/02/2016	5:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "Psychiatric Labels." Schizophrenia, bipolar depression, depression, anxiety disorders – these are labels that are defining and identifying symptoms, but not necessarily telling us what's going on. We have a tendency as humans to try and label things. But the minute you label someone, you've literally put them in a box. Labels lock you in and this is what happened with the world of psychiatric labels. You know, the psychiatric labels that we are becoming so familiar with, like OCD and anorexia, and ADHD, and post-traumatic stress disorder. These are all describing very definite things that are happening, definite things that are going on in people's minds. But the way that they've been organized and put together into the "Diagnostic and Statistical Manual" is based on symptoms as patients describe them. Experienced clinicians intuitively understand that there's a blurred line between all these labels. And despite that, they treat them as though they are distinct entities. If we look at the context and try to find the meaning behind why a person is doing what they're doing or manifesting in with mental health issues, it will be far more effective than trying to label them. There is a cry deep down inside of us and this a global cry: "Does anyone out there understand me?" We have to listen to what God says about who we are. We have to turn our view of ourselves and see ourselves through the lens of how God sees us in dealing with life. In order to be able to try and manage a problem, we always like to define it. So, a label, a psychiatric label, tries to put something into a box. And it's not a bad thing, in terms of trying to understand something because if you categorize behaviors, it is a way of understanding so that you can help people. So, a label from that perspective is not a bad thing, if the attempt is to understand deeper and to help others. Where a label becomes a big problem is when you tell people that this who you are and they absorb that into their spirit. They build a network and they say, "I am this," and they become that because what you believe you actually become. All of us are going to be completely different. We can't stick them in a box and give them a medication and write them off and put them in the disabled part of society. These are our people. These are

our brothers and sisters, and uncles and aunts and members of our churches. We need to bring them back into Milieu (Talk) Therapy. We need to walk alongside them. We need to not judge them. We need to help them take responsibility, teach them, help them to run a disciplined life, etc.

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>
Switch On Your Brain #020	27:30	27:30	REC	PA/O/E	03/09/2016	5:30 PM

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

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>
Switch On Your Brain #021	27:30	27:30	REC	PA/O/E	03/16/2016	5:30 PM

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

<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>
Switch On Your Brain #022	27:30	27:30	REC	PA/O/E	03/30/2016	5:30 PM

HEALTH

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

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700 Club NewsWatch #01292016	1:00:00	5:00	REC	PA/O/E	01/29/2016	2:00 PM

HEALTH

CBN News Medical Reporter Lorie Johnson Reports: Cancer is a word no one wants to hear. Yet statistics show half of all men and a third of all women will receive the bad news. Churches should be a sanctuary for support. However, in many cases, people suffer in silence as they cope with their illness. Now the Cancer Treatment Centers of America is offering a free program to break down the wall of silence. After years of counseling cancer patients, Rev. Percy McCray knows they bear a burden unlike people fighting other illnesses. Thanks to his training, McCray knows the importance of encouragement. One conversation helped him realize others need to learn these skills, too. It wouldn't be the last time he heard that. McCray said typically, churches deal with issues like addiction and marital problems very effectively. But it can fall short when it comes to meeting the needs of parishioners who are struggling with healthcare issues, particularly cancer. To bridge this gap, McCray and his associates at the Cancer Treatment Centers of America elected to offer complimentary cancer ministry training to representatives of churches across the country so they can better meet the needs of their brothers and sisters with cancer. It's called "Our Journey of Hope." Cancer Treatment Centers of America offers free training for two people from a church who use what they learn to raise up cancer ministries in their home congregations. Participants learn the basics of the disease and treatments in order to focus on what it's like for the patient. An added incentive for a church is that the training is free of charge. That includes the two-day seminar, food, lodging, and materials. La Wanda Long attended the seminar years ago and now passes on what she learned to volunteers at Atlanta's Enon Baptist Church. Long teaches the volunteers one night a week for eight weeks. At that time they are ready to take on a cancer patient who has come forward requesting assistance. She said the extensive training ensured the patients will be cared for responsibly. She said so far the cancer ministry at Enon is a success. Lisa McDermott attends Enon. She remembers suffering through nearly five months of chemotherapy for breast cancer. She asked the cancer ministry to help her with daily needs. McDermott dealt with one main point person who recruited others to pitch in. The cancer ministry made such an impression that McDermott wanted to get the training. As Nefertiti Dixon's mother fought ovarian and colon cancer, the ministry stepped in. Although her mother lost her fight, the cancer ministry made those final days easier. They also helped Dixon with things like meals, which lifted a burden. As a working mom with two children, she became overwhelmed with the pressure of caring for her sick mother. So while cancer will likely continue to strike far too many, churches now can choose to help those within their midst who are dealing with the disease.

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HEALTH

700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	02/01/2016 2:00 PM
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#02012016

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

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HEALTH

700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	02/18/2016 2:00 PM
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#02182016

CBN News Medical Reporter Lorie Johnson Reports: Roughly 2 million people will be diagnosed with cancer this year. If you or a loved one is facing cancer, you might want to consider the treatment known as proton therapy. The treatment is not for everyone, but for some, it's an answer to prayer. Jeff Powell and his wife, Vickie, believe they dodged not one, but two bullets. First, Jeff beat prostate cancer. Second, because he chose proton therapy treatment, he avoided the miserable side effects that often accompany traditional methods. Proton therapy patients have fewer side effects because it only kills the cancer. But traditional radiation therapy works like a bullet, damaging healthy tissue as it enters and exits the body. Proton therapy, on the other hand, is like a firecracker placed inside the tumor. The explosion of radiation damages just the tumor, nothing else. There's no nausea, no burning and best of all, no organ damage. There are only nine proton therapy centers in all of the United States right now, but another seven are on the way. One of the newest treatment centers is The Hampton University Proton Therapy Institute in Hampton, Virginia. The location was chosen, in part, because this area of the country leads the nation in prostate cancer deaths. Craig Fieldings, 45, chose proton therapy to treat his prostate cancer. So far, he's come to the Proton Therapy Institute Monday through Friday for one month. He has one more month of treatment to go. The cost of proton therapy is about three times the cost of traditional treatment, but most insurers, like Craig's, cover the

treatment. Prostate cancer patients like Fieldings aren't the only ones who benefit from this breakthrough, according to HUPTI's scientific director, Cynthia Keppel. During treatment, the patient lies in a custom-fitted brace on a machine called a gantry. In an adjoining room, technicians activate the proton beam -- no needles, no knives. The gantry room itself is fairly unremarkable. But on the other side of the wall stands the part of the gantry machine the patient never sees. It's an astounding three stories tall, weighs 90 tons and costs \$8 million. Oncologist Allan Thornton of the Hampton University Proton Therapy Institute has been using proton therapy since the early 1990s. That work means an answer to prayer for cancer patients who qualify for proton therapy. They can expect to keep more healthy tissue, while escaping certain side effects associated with conventional therapy.

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700	Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	02/24/2016	2:00 PM
#02242016								

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