

Trinity Broadcasting Network

Quarterly Report

July, August & September 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

ECONOMY

EDUCATION/SCHOOLS

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	30:00	15:00	L	PA/O	07/16/16	02:30 PM
PR16-30					07/18/16	05:30 PM
					07/19/16	03:30 AM

Host Jackie Kahlhamer talks with Mickale Carter, the Founder and President of the Dodge County Parenting Project about strengthening families. Mickale is also a guardian ad litem and has seen parents fighting over kids and the kids were the collateral damage in the war. Families face a variety of issues, some related to circumstances of the child's birth. Some are born out of wedlock or after a very brief relationship. As recently as 10 years ago, the mother would get primary placement. Now, at least in Dodge County, the norm is have equal placement. Now people that may not know each other have to parent together. Or another extreme is that they used to love each other but now they do not. Human Services will be called in if need be. Services will be provided to the family. Some parents feel judged and get very defensive. Some feel it is the other person's fault and can't look at their own faults. Transparenting is a program that focuses on co-parenting. They are given insights on their lack of abilities and how it affects the kids. If the parents don't like to work together, but must, they learn to keep it brief, informative, firm and friendly. The program can be taken by anyone but becomes court ordered if the parents can't agree. There is also a parent support group that is totally voluntary, where parents come together to discuss issues. Some people lack a support network and this helps. The parent help each other address issues. The more people know about parenting, the better for families. Parents often try to become their children's friend, rather than be the parent. Single parents are responsible for so many things. If they realize they need help, there are services available for them. Mickale is working to have a Comprehensive Parenting Education Program ready next year.

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Public Report	30:00	15:00	L	PA/O	08/13/16	02:30 PM
PR16-34					08/15/16	05:30 PM
					08/16/16	03:30 AM

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 chose 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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Joy In Our Town	30:00	15:00	L	PA/O	08/27/16	02:30 PM
JIOT16-36					08/29/16	05:30 PM
					08/30/16	03:30 AM
					09/10/16	01:30 PM
					09/24/16	01:00 PM

Host Jackie Kahlhamer talks with Amalie Bowling, Co-founder of Chosen, Inc., about fostering and adoption. She knows firsthand the hardships and joys. She is adopted. Fostering can have a lot of challenges. The foster children are being separated from what they have always known and identified with. Anytime they are taken from that, they are challenged to adapt to their new surroundings. Foster parents need to learn how to open their home to a child they really know nothing about. Most of the children are coming from a difficult home life. But no matter what, being taken from what they know is difficult. Being placed in a healthy home and developing healthy relationships can help the children to really open up and become involved. Children with behavior and school issues can overcome those. Foster families need extra support and resources. The parents and children need to learn to trust each other. If a family is on the emergency list for foster care, they may have less than 30 minutes to prepare for the child. The goal of foster care is to have the child reunited with the birth family, but there is always a chance for adoption. Adoptive parents face similar challenges. The need to establish a long lasting relationship can put stress on a family. The children can go through an identity crisis. There are different types of adoption options, with the choice to be opened or closed. Open means there is contact with the birth family and closed means there is none. Adoptive families also need additional resources. They may feel alienated even when being around others who are like-minded. She has seen a lot of families flourish. It is important for the child to know they were chosen. No one can take that away from them.

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Joy In Our Town	30:00	15:00	L	PA/O	09/03/16	02:30 PM
JIOT16-37					09/06/16	04:00 AM
					09/09/16	12:30 PM
					09/17/16	01:00 PM

Pastor Daisy Bearden of the House of Sacrifice and Host Jackie Kahlhamer discuss parents, children and family roles. People are really having problems in the family, especially with their children. Parents in their 20's and 30's, with children, are not really following the way they were raised. The Word of God has to be first. The parents are often not teaching the children the difference between wants and needs. When teens are unable to get what they need from their parents, they do what the world is doing. Youth don't know how to wait and be satisfied and then get in trouble. This is happening in the church. Children are being introduced to things in their environment that are not good for them. If their environments change too often they get confused. God created the family and His proper order is needed. A man and woman need to instruct their children. Children need to obey their parents. When a parent tries to only be a friend and not the authority, it's a disaster. The parent's role is to train a child in the way they ought to go. Parents can be guided to be better parents. The foundation of everything must be love. There is a difference between love and tolerating. Parents often feel inadequate even if they are good parents. Each family member needs to know their God-given position. There needs to be patience, understanding and love. Families should be happy and glad to be around one another.

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Joy In Our Town	30:00	15:00	L	PA/O	09/10/16	02:30 PM
JIOT16-38					09/12/16	05:30 PM
					09/13/16	04:00 AM
					09/17/16	01:30 PM

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

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JIOT16-39					09/19/16	05:30 PM
					09/20/16	04:00 AM
					09/24/16	01:30 PM

Host Kelly Kirschenmann talks with Selepri Amachree and Carol Gunther about family dynamics and addiction. Selepri is the CEO & Founder of the Xtreme Intervention Project and Carol is the parent of a former addict. Carol's daughter was addicted for 10 years. When families are at the end of their rope with a child's addiction, they often need someone to help walk them through it. It was very hard for Carol's family. They had to lock the bedroom door and couldn't leave anything out, like a purse. It was very invasive. The daughter would disappear for days at a time. They needed outside help to influence their daughter to get help. The siblings turned away from their sister and felt used by her. They family felt hopeless. Through an intervention process, Carol's daughter entered Teen Challenge for 1 year. She came home and was a different person. The family has healed. Selepri related stories of walking into the dark place of hopelessness and carrying families through. When Christ stepped foot into a situation He helped from the beginning to the end.

CIVIC AFFAIRS

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Public Report	30:00	15:00	L	PA/O	07/09/16	02:30 PM
PR16-29					07/11/16	05:30 PM
					07/12/16	03:30 AM

Rob Boelk, the Mayor of Mayville and Host Jackie Kahlhamer discuss the City of Mayville. The city is in the middle of its 9 year plan to overcome a deficit. They need to continue to pay off what is owed and fill their reserve. The city has 2 industrial parks, one is full and one is growing. Businesses help to reduce the tax burden on the taxpayers. A TIF district is closing in a few years and this will benefit the city and schools. There needs to be incentives to grow the historic downtown. They are working on getting a façade grant to help property owners improve their buildings. A vibrant downtown is important for the entire city. Mayor Boelk discussed the Clark St. project that is currently being upgraded. The Hwy 28/67 project is of concern to him. He was recently in Washington D.C. to discuss it with the Congressman whose district Mayville lies within. The project keeps getting pushed back, now to 2018. The road continues to get worse. Mayor Boelk discussed how the roadwork will be paid for. The state will pay for part and so will the city. Citizens of the city have expressed their concerns over extra fees, sewer lateral repairs and other cost increases. These greatly affect the elderly. He does not believe now is the time to increase sewer rates. The council has voted to take on the sewers of both LeRoy and Kekoskee. These have not yet been hooked up. It is important for citizens to make their concerns known about city issues.

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PR16-30					07/18/16	05:30 PM
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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.

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JJOT16-35					08/22/16	05:30 PM
					08/23/16	03:30 AM
					09/10/16	01:00 PM

Tom Frazier, Co-chair of the Wisconsin Long-Term Coalition and Host Jackie Kahlhamer discuss Wisconsin's long term care. The Family Care program started in 1999 in Milwaukee. It now covers all but 7 counties. Recently the Dept. of Human Services announced it will expand the existing program to those counties in the next budget. The umbrella of state Medicaid covers a number of health programs for the poor. People used to get put on a waiting list. Now there is an Aging & Disability Resource Center in every county. These provide the entryway for all services. The ADRC must determine who is eligible for services. People have services depending on the county they live in. The waiting lists are eliminated and people get services based on their individual needs. These are very cost effective. The state serves 60,000 individuals through these programs. The state will take a lien on someone's home to help recover costs. This is a fairly big disincentive for people to enroll. Tom believes the state has the best program in the country and it is the most cost effective.

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JJOT16-35					08/22/16	05:30 PM
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Host Jackie Kahlhamer talks with Sergeant Matthew Carney, the Public Information Officer for the Pewaukee Police Department, about police outreach. Tensions across the country take a toll on officers and morale. The department does a lot of positive outreaches to strengthen relationships with the community. He believes it is better to be proactive rather than reactive. That is why outreaches are so beneficial. The police will walk the lakefront and talk with people and offer tours at the department. They have focused on using social media this year. The department started using body cameras. Sgt. Carney brought his along and showed how it is used. It is a tool that sees one portion of an event. Also used are the officers and witnesses' perspectives and the camera in the police car. If someone does make a complaint about the department, it is taken seriously. It goes to the Chief and he decides what supervisor needs to look at it. They work to see if anything was violated. The police have received a lot of positive input from the community. Negative events have caused people to reach out to the police and let them know they support them. This helps to strengthen the bond and trust is established. If an event were to happen, there is already community trust. It is best to have transparency in the department.

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Joy In Our Town	30:00	15:00	L	PA/O	09/24/16	02:30 PM
JIOT16-40					09/26/16	05:30 PM
					09/27/16	04:00 AM

Host Kelly Kirschenmann and Jim Wiersma discuss Dodge County Foster Care, of which Jim is the Coordinator. There are 24 licensed homes in the county that serve children with all types of needs. The children may have been neglected, abused, need special treatment or have delinquency situations. There is a lengthy process to becoming a foster parent. Jim spends a lot of time in the home during the process. There are 5 levels of foster care providers. Some require more training. Dealing with the biological families can be challenging. It may take a family a number of years to decide if they want to foster. There is a process to match a child with an appropriate home. Families do receive compensation. There are some decisions foster parents can make and some they cannot make. Some of the decisions they can make include where the child will attend school, activities, general medical care and sports participation. They cannot make decisions about IEP plans, significant surgery, body piercings or tattoos. Some foster parents were themselves in foster care or adopted and they want to give back to the community.

ECONOMY

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Public Report	30:00	15:00	L	PA/O	07/09/16	02:30 PM
PR16-29					07/11/16	05:30 PM
					07/12/16	03:30 AM

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.

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Public Report	30:00	15:00	L	PA/O	07/30/16	02:30 PM
PR16-32					08/01/16	05:30 PM
					08/02/16	03:30 AM

Christian Tscheschlok, the Executive Director of Economic Development Washington County and Host Jackie Kahlhamer discuss Washington County's economy. They are growing and going strong. The county has the highest concentration of 2nd stage companies in the state. These are companies that are no longer start-ups and now have 10 – 25 employees. A lot of job creation comes from them. These companies are already here so it is a matter of providing them with resources like funding, people and competitive intelligence. It is important for them to have the resources at the right time at the speed of business. Businesses need infrastructure and a workforce- these are always in the top 10 needs. Business startups are capital driven. They can be resource intensive from an economic development perspective. Businesses need to have land and buildings shovel ready. The pace of decision making has been compressed from a 6 month cycle to now being 30 to 60 days to drive a project forward. The challenges haven't changed much- these are funding and people. But now it is- who's available, what are their skillsets and work ethic? Can they be flexible and move into other technologies? Communities with post-secondary education or technical colleges help companies fill their need. Businesses look at where their employees will come from and their commuting patterns. Economic development looks at proven industries and where new money is flowing in. Policies that elected officials make influence who moves into the community. Zoning can influence the type of housing available. There is a challenge in the county to diversify the housing stock. Many only want upscale, single family homes. There needs to be a whole portfolio of housing opportunities so workers can live there.

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Joy In Our Town	30:00	15:00	L	PA/O	08/27/16	02:30 PM
JIOT16-36					08/29/16	05:30 PM
					08/30/16	03:30 AM
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					09/24/16	01:00 PM

Terri Respalje, Director of the Waupun Food Pantry and Host Jackie Kahlhamer discuss help for those in need. The need for the pantry continues to grow. The need really increased in July. There has been a huge rise in the number of senior citizens who need help. They may have to decide between paying bills and buying food. Those with lower income struggle when the costs of living inch up. Coming to the pantry won't supply everything they need, but it can help them calm down and move keep moving on. The pantry supplies clothes, fresh produce and summer bag lunches. Terri makes sure people are treated the way she would want to be treated. They need to know they are not just a number. She wants it to be a comfortable place for people to come. The Waupun community is very involved in the pantry. There is a free meal every Friday. Many church and civic groups are involved. It is a way to share God's love with the people who come in. When people realize they are not being judged, they have the freedom to say they are tired and struggling. Waupun's background is based on Christianity. It has good roots and they are seeing the fruit of that.

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Joy In Our Town	30:00	15:00	L	PA/O	09/17/16	02:30 PM
JIOT16-39					09/19/16	05:30 PM
					09/20/16	04:00 AM
					09/24/16	01:30 PM

Host Jackie Kahlhamer talks with Pastor Darryl Seay of Liberty & Truth Ministries. The topic looks at why non-profits need business skills. These skills are critical to long-term success in ministry. Most pastors know how to teach and preach, but they are not administrators. This is not their gifting and skillset. Non-profits depend on grants and donations to fund their mission. It is a big challenge to keep expenses low. The leader of the non-profit usually has to wear many hats. They may not run all areas effectively, which ultimately harms the success of the organization. They have to be willing to try new things, to take risks and to run with the vision. Entrepreneurs can create businesses to earn resources to minister. They need to develop a strong business plan and partner with people who have the skills to develop effective strategies. In the Bible there were many entrepreneurs who were Christians. Those starting non-profits must be willing to go all in to achieve their vision. They must know if they have the resources internally and externally to go with it. If they are not a praying person, they shouldn't go into it. They need to pray for God-given strategies. Failure comes when there is a lack of vision and endurance. The vision must be clear enough to articulate it to others and help them see it. People often quit just on the cusp of success. They have to have courage to have others help with the vision. If it is a God-given vision they need to stay with it, ask for help and surround themselves with others who believe in it.

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Joy In Our Town	30:00	15:00	L	PA/O	09/24/16	02:30 PM
JIOT16-40					09/26/16	05:30 PM
					09/27/16	04:00 AM

Host Kelly Kirschenmann discusses Horicon's economy with Jim Schaefer, the Director of Economic Development for the City of Horicon. The city has one large company and a lot of other businesses feed into it. In the last 20 years the things have gotten off kilter in the city's economy. They are just beginning to get the wheels turning again. There are not a lot of rentals or single family homes available. As business grows, there needs to be housing. The Horicon Marsh is a tourism driver for the area. They are collaborating with other communities to grow tourism. Rebuilding the downtown is important. The storefronts need to be renovated. The Horicon Phoenix Group has been working on this. There is a new TIF District and other economic development projects. They are trying to attract a hotel for a new sports venue that is being considered. They would like to do a river walk. There has been a community grassroots program to develop a trail to connect Mayville to Horicon to the west side of Beaver Dam.

EDUCATION/SCHOOLS

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PR16-31					0725/16	05:30 PM
					07/26/16	03:30 AM

Host Jackie Kahlhamer talks with Daren Sievers, the Slinger School District Superintendent, about the Slinger School District. A referendum was passed earlier this year for updating their buildings. The public had been surveyed and those results helped to write the referendum. The district is expiring some debt. There are 3 different phases for building updates. These updates include a roof, new HVAC, paint, higher energy efficiency projects and security. School safety is a priority. The actual cost will for taxpayers will be \$33 per \$100,000 evaluation. All these updates add up to students being in a better, more secure building. The high school will get a dedicated auditorium. Employers need students who will be able to work for them after coming out of high school and they will need higher technical skills. It is critical for the district to be actively engaged with the parents. He views the school buildings as being the community's buildings. It is important to have more emphasis on a STEM and business mindset. About 75% of graduates attend a 4 year college. Only about 45% of jobs require a 4 year degree. Connections with the business community are critical. Students are encouraged to re-consider if a 4-year degree is right for them. There are many more options available.

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Public Report	30:00	15:00	L	PA/O	08/06/16	02:30 PM
PR16-33					08/08/16	05:30 PM
					08/09/16	03:30 AM

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.

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Public Report PR16-34	30:00	15:00	L	PA/O	08/13/16 08/15/16 08/16/16	02:30 PM 05:30 PM 03:30 AM

Host Jackie Kahlhamer and Bonnie Baerwald, President of MPTC, discuss the advantage of Associate Degrees. An Associate Degree can be a stepping stone to a 4-year degree or to job advancement in a career (or going right into a career.) These degrees carry one of the lowest student debt ratios. Sixty percent of jobs require some type of higher education. Ninety-three percent of recent graduates were able to get a job within 6 months. Ninety-eight percent stay in Wisconsin. To know what jobs are available, MPTC gathers statistics from agencies that look at several different factors. They may have to let courses go that are no longer match the jobs available. An Associate Degree is good for hands-on learners. Students need flexible ways to obtain degrees. Seventy-five percent are part-time and most are working adults with families. Bonnie addressed the skills gap. There are jobs that require some level of higher education. A percentage of working adults have not gone beyond high school. Many employers want individuals with post-secondary education and are unable to find those workers. There is work being done to address this shortage of workers.

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Joy In Our Town JIOT16-37	30:00	15:00	L	PA/O	09/03/16 09/06/16 09/09/16 09/17/16	02:30 PM 04:00 AM 12:30 PM 01:00 PM

Rick Nettesheim, the Principal of eAchieve Academy and Host Jackie Kahlhamer talk about online learning. There is a segment of students whose learning needs are not met in a traditional school setting. eAchieve Academy is a public school and open to any student in the state through the open enrollment program. Students are all looking for flexibility and the reasons vary greatly. If they are willing to work hard they can see a great deal of success. Teachers hold a live web conference every week for those in the secondary level. In the elementary level, a student-parent teacher conference is held every week. Teachers at both levels create plans for the work to be done. Each student receives a laptop. Parental input is crucial at the elementary level. Parents need to monitor on the secondary level. There are opportunities for students to have social interactions. The school currently has 650 – 700 full time students. There are another 1000 part time students who continue to remain in a traditional school for most of their classes.

EDUCATION/SCHOOLS

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town JIOT16-38	30:00	15:00	L	PA/O	09/10/16 09/12/16 09/13/16 09/17/16	02:30 PM 05:30 PM 04:00 AM 01:30 PM

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

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	30:00	15:00	L	PA/O	07/02/16	02:30 PM
PR16-28					07/04/16	05:30 PM
					07/05/16	03:30 AM

Host Jeannette Richardson and Dr. Shone Bagley talk about the topic- recognizing depression: triggers and treatment. Dr. Bagley has a Ph.D. in Divinity and Psychiatry. Dr. Bagley believes depression is a state of mind that can extend from being bored and lonely up to being suicidal. He deals with the state of mind part rather than the chemical part. It can be genetic and can depend on the environment, such as being exposed to trauma. Children can pick up triggers from their parents if they are dealing with it. People need to know their triggers. Medicine can treat symptoms, but it does not necessarily get to the root. Depression is a side effect of PTSD. There are those who do not want to seek treatment. They believe they don't need help from anyone. Some cultures are more accepting of seeking treatment. A clinical therapist may be needed. If Dr. Bagley is treating a child with depression, he will look at their history and patterns. It may be necessary to send them to someone who will treat with medication. Lifestyle changes are important. Parents can watch for signs in their children that can indicate depression. They may be always in their room, not wanting to do anything, be on social media too much, or not cleaning their room or themselves. There is always hope to overcome it.

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	30:00	15:00	L	PA/O	07/02/16	02:30 PM
PR16-28					07/04/16	05:30 PM
					07/05/16	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.

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	30:00	15:00	L	PA/O	07/23/16	02:30 PM
PR16-31					0725/16	05:30 PM
					07/26/16	03:30 AM

Gina Green-Harris, the Wisconsin Alzheimer's Institute Milwaukee Program and Services Director and Host Jackie Kahlhamer discuss Alzheimer's disease and minorities. This disease has a wide range of symptoms including memory loss or impairment. It is the most common form of dementia and causes brain deterioration and leads to death. A series of assessments and tests are done to rule out other things. Communities of color are more affected. African Americans are two times as likely to get it at an early age. Hispanics are 1.5 times more likely to do so. The theory behind that is that a healthy heart equals a healthy brain. The communities of color have higher rates of obesity, stroke, etc. They are not necessarily growing old in a healthy manner. An outreach program was started in the city of Milwaukee because people were not getting early diagnoses. Getting a diagnosis helps families get connected with local agencies. There was an initial reluctance by the communities to get involved. She worked with them about stigma reduction. The study helps people learn about how to be part of the solution. The more folks involved in research, the better the outcome.

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	30:00	15:00	L	PA/O	07/30/16	02:30 PM
PR16-32					08/01/16	05:30 PM
					08/02/16	03:30 AM

Host Jackie Kahlhamer talks with Dr. Michael Zielinski and Dr. Lisa Teel about advanced dental care. Dr. Zielinski is an endodontist and Dr. Teel is a periodontist. Healthy gums are paramount to a healthy body. Oral health is a reflection of total body health. Root canal therapy is the treatment of the space inside the tooth. It is extensive restoration work. The need for it is diagnosed through an exam. Dr. Zielinski explained the procedure that is done and it is done with various levels of sedation. The success rate is in the 90 percentile or better. There are some instances when retreatment is needed, usually due to a fractured root as a consequence of function and not the tooth itself. Periodontitis is a silent disease. Early detection is very important. There is a significant association between it and cardiovascular disease, osteoporosis, hypertension, lung cancer and diabetes. It is very important to treat it early. Routine dental care can help to avoid the need for more extensive work. People who avoid care often do so because of fear and a lack of education. Dentistry has changed and is more minimally invasive than ever. Ignoring gum disease can have serious side effects. The same goes for root canal therapy. It is essential to seek dental care once there is an awareness of swelling or discomfort. Being proactive with dental care is important.

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	30:00	15:00	L	PA/O	08/06/16	02:30 PM
PR16-33					08/08/16	05:30 PM
					08/09/16	03:30 AM

Sarah Ornst Bloomquist, Co-Founder and President, and Jane Cuthbert, Board Member, both of Mom's Mental Health Initiative, discuss perinatal depression and anxiety with Host Jackie Kahlhamer. They both experienced some form of it. They want all moms to have access to providers who understand and to get social support for recovery. One in seven moms experience it. One in four women in poverty are affected. They have different stressors, such as lack of access to health care, less efficiency in it, and being in day to day survival mode. Pregnancy and postpartum depression and anxiety are the same, the timing is different. It can start during pregnancy or come on up to a year after birth. The symptoms from a mom's perspective include: being totally overwhelmed, thinking it was a mistake having a child, confused, anger and rage, disconnected, numb, sad guilty, feeling like the worst mom, eating too much or no appetite, insomnia, and being terrified. They are confused because they don't know what is happening. There is shame and guilt because they are not joyful at the moment. They question what is wrong with them. It is very isolating. There can be an OCD component to it with racing and intrusive thoughts. Mom to mom support is crucial for recovery. Moms find out they are not alone and there have been others who have gone through this. There is an online private forum moms can use. Medical advice is never given out, but moms can be directed to a doctor that understands. Moms must reach out for help. When see others who have gone through it, it gives hope. The shame is so great and when they can see others doing well and apply to themselves, they can give themselves grace. The sooner they get help, the sooner they can get better.

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

Switch On Your Brain #023	27:30	27:30	REC	PA/O/E	07/06/2016	04:00 AM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses milkshake multitasking; jumping around, chaotically and haphazardly from one thing to the next. We're not doing anything properly, it creates chaos in our brain, and it's not healthy for us. We actually can't multitask. We are designed to shift between different tasks and shift between different thoughts in a very organized and ordered and very fast way. We are designed to do busy well. Research shows that the human brain is designed to constantly change throughout our entire life. We're constantly growing new neural links, new networks, new dendrites, new structures, and new

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

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 #024	27:30	27:30	REC	PA/O/E	07/06/2016 07/13/2016	05:30 PM 04:00 AM

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

<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 #025	27:30	27:30	REC	PA/O/E	07/13/2016	05:30 PM
					07/20/2016	04:00 AM

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

<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 #014	27:20	27:20	REC	PA/O/E	07/20/2016	05:30 PM
					07/27/2016	04:00 AM

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	07/27/2016	05:30 PM
					08/03/2016	04:00 AM

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.

<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 #016	27:30	27:30	REC	PA/O/E	08/03/2016	05:30 PM
					08/10/2016	04:00 AM

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.

<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 #017	27:30	27:30	REC	PA/O/E	08/10/2016	05:30 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.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Dr. Caroline Leaf #001	27:30	27:10	REC	PA/O/E	08/17/2016 08/17/2016	04:00 AM 05:30 PM

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

HEALTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Dr. Caroline Leaf #002	27:30	27:00	REC	PA/O/E	08/24/2016 08/24/2016 08/31/2016	04:00 AM 05:30 PM 04:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by guests Dr. Irinel Stanciudis, an endocrinologist; Dr. Avery M. Jackson III, a brain surgeon and neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss relearning what to eat, how to cook, and how to think about food.

HEALTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Dr. Carolina Leaf #003	27:30	26:50	REC	PA/O/E	08/31/2016	05:30 PM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by guests Dr. Irinel Stanciudis, an endocrinologist; Dr. Avery M. Jackson III, a brain surgeon and neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the importance of the mind and its impact on our food choices.

HEALTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	07/06/2016 02:00 PM
#0706-09132016						09/13/2016 02:00 PM

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

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700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	07/08/2016 02:00 PM
#07082016						

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.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	08/12/2016 02:00 PM
#08122016						

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	09/14/2016 02:00 PM
#09142016						

CBN News Reporter Lorie Johnson Reports: Americans are increasingly getting fed up with the insurance-based medical systems. It often means long waits for appointments and doctors who seem to have one eye on the patient and the other eye on the clock. That's why many primary care doctors and patients are turning away from insurance and to what's known as concierge medicine. When it comes to healthcare, Johnny Guerry prefers old school, meaning just he and his doctor calls the shots without any input from an insurance company. With concierge medicine, patients pay their primary care physician an out-of-pocket monthly fee, sometimes an annual fee, in exchange for unlimited access, 24/7. Concierge medicine used to be something only for the rich and famous. But according to Dr. James Pinckney, known to his patients as "Dr. James." that's not the case any longer. Where he works at Diamond Physicians in Dallas, adults pay from \$95 to \$295 each month, based on age. That covers all acute procedures and medications. Sometimes patients have to pay extra for services outside the office, like a CT scan. But doctors negotiate cash rates with those third party vendors that are a fraction of what they bill insurance. The cost for children is even less than adults. Each child costs \$45 a month for unlimited access to their doctor. Liza Schlitt says her two young boys usually need

medical attention alter hours. Doctors recently gave her son Griffin a breathing treatment, prescription and a nebulizer to take home, all covered by the monthly fee - and on a rainy Sunday afternoon. Perhaps the biggest difference between concierge medicine and insurance-based medicine is the time patients spend with their doctors. The Affordable Care Act flooded offices of already overloaded primary care physicians to the point where face-time with doctors can average as little as eight minutes per visit. Primary care doctors who accept insurance treat on average about 3,000 patients, This is known as a doctor's patient panel. The typical concierge physician has a patient panel of about 500 patients. At Diamond, the doctors promise their patients their patient panel will never exceed 600. This ensures each patient has their doctor's undivided attention. Although concierge medicine involves paying cash for day-to-day health expenses, doctors do recommend their patients buy health insurance, but with a high deductible. So as insurance-based healthcare complicated this crucial need, more patients and doctors are going old school, with a cash-only plan, similar to the way it was a half-century ago.