

# Trinity Broadcasting Network

## *Quarterly Report*

January, February & March 2015

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.*

EDUCATION/SCHOOLS

CIVIC AFFAIRS

ECONOMY

FAMILY

ELECTORAL AFFAIRS

HEALTH

## 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 PR15-01	30:00	15:00	L	PA/O	01/05/15	10:30 AM
					01/15/15	03:30 AM
					01/22/15	03:00 AM

Host Jackie Kahlhamer talks with Sean Roberts, Executive Director of Milwaukee Charter School Advocates, about charter schools. Charter schools are public schools that can innovate, but are held accountable for it. This offers a freedom and flexibility piece to best serve students. They must follow state and federal guidelines, but are not attached to a specific school district. There is a discrepancy in funding compared to traditional public schools. Wisconsin has the 3<sup>rd</sup> largest funding gap. Students can't be turned away and can transfer during the school year. Their reading and math trajectory continues to climb upwards. Eighty-one percent of students are eligible for and receive free lunches. Parent satisfaction is very high and suspension and expulsion rates are low.

## EDUCATION/SCHOOLS

Public Report PR15-02	30:00	15:00	L	PA/O	01/12/15	10:30 AM
					01/13/15	02:30 AM
					01/15/15	04:00 AM
					01/16/15	12:00 PM
					01/17/15	03:00 AM
					01/22/15	03:30 AM
					01/29/15	03:30 AM

Gary Berger, District Administrator for the Horicon School District and Host Jackie Kahlhamer discuss the district. The district exceeded expectations on the report card handed out by the State Dept. of Public Instruction. This shows how well they are growing, including the special needs & economically disadvantaged students. This helps them look at how to close the gap. The Wisconsin 2017 Agenda is to make sure every student graduates ready for college or a career. There is a focus on reading & math skills and student achievement, with an effective educator in every classroom. It is important to have classes for students who are college bound and those going into manufacturing. PBIS stands for Positive Behavior Intervention & Support. This is a program to make sure all students need to feel valued and safe. It has been amazing to watch how respectful students are to each other. It starts at young grade levels to correct behaviors and educate about expectations or poor choices. A positive environment is directly connected to academics.

## EDUCATION/SCHOOLS

Public Report PR15-04	30:00	15:00	L	PA/O	01/26/15	10:30 AM
					01/27/15	02:30 AM
					01/30/15	12:00 PM
					02/05/15	03:00 AM

Host Patti Hutton talks with Sally Flaschberger, Advocacy Rights Specialist for Disability Rights Wisconsin, about students with disabilities. Public schools must identify students with a disability, evaluate them and provide special services as needed. An IEP will be written which is a team process that includes the parents. This is an individual plan for each student to help them make progress. Schools must place the students in the least restrictive environment. They should be in the regular classroom and have aides and services coming to them there. Inclusion helps the students to be included with their peers. They learn more and do better socially. There are higher expectations placed on them and they achieve at higher levels. Funding is a challenge. The federal government funds 16%, the state funds 27% and the rest usually comes out of the school's general funds. With inclusion and good practices, schools actually spend less money and provide services most effectively. Parents should be aware of special education laws and the many resources that are available.

**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 PR15-08	30:00	15:00	L	PA/O	02/23/15	10:30 AM
					02/24/15	02:30 AM
					02/26/15	04:00 AM
					02/27/15	12:00 PM
					02/28/15	03:00 AM
					03/05/15	03:30 AM
					03/12/15	03:00 AM
					03/19/15	03:00 AM
					03/26/15	03:00 AM

Brian Medved, Germantown School District Board Member and Host Patti Hutton discuss the Germantown School Board's alternative to Common Core. The board unanimously rejected Common Core. Brian believes Common Core would have been a step backwards for the district. They were already moving away from standardized testing, to offering unique opportunities for students to learn. He believes Common Core limits teacher's creativity and they have to teach to a test. There are few options and much is based upon the test score. Not all students have the same abilities, nor do they all fit into the same mold. The district is looking at tests that give immediate feedback. Common Core results are not know for several months and all that is given is a score. Students do not know what they answered incorrectly. A summit will be held that will bring many together to help decide on the standards and curriculum. The district is looking to more concept project based learning.

**EDUCATION/SCHOOLS**

Public Report PR15-09	30:00	15:00	L	PA/O	03/02/15	10:30 AM
					03/03/15	02:30 AM
					03/05/15	04:00 AM
					03/09/15	10:30 AM
					03/10/15	02:30 AM
					03/12/15	03:30 AM
					03/19/15	03:30 AM

Host Jackie Kahlhamer talks about ensuring a quality education for students with Senator Scott Fitzgerald, Senate Majority Leader. Approximately 50% of the state budget is for education- for the UW system, Technical colleges and K-12. He believes in local control and wants to see the school boards make many of the major decisions. The School Accountability Bill looks at how schools are performing and holds them accountable. There is some disagreement between the Senate and the Assembly as to what this bill should look like. Schools would receive a letter grade. Senator Fitzgerald's caucus feels this could leave a stigma. There is a lot of discussion and debate about the bill. Even during difficult budget times, there was a lot of emphasize on education and how it was done. If citizens have questions, they should start at the local level. They can also contact state and federal offices. Common Core is very unique and caught Legislators off guard. There should be caution when the federal government tells states how to run schools. Schools are still living in the shadow of No Child Left Behind. The State Legislators are looking at Common Core and will know more in the upcoming months. For the most part, the educational establishment is already moving in the direction of what can be done to limit it.

## EDUCATION

<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 #03262015	1:00:00	5:00	REC	PA/O/E	03/26/2015	02:00 PM

CBN News Reporter Heather Sells Reports: More than 450,000 students attend colleges focused on Christ-centered learning. These schools often require students and faculty to sign a faith statement committing to certain beliefs and behaviors. In the past, society approved and even praised such acts, but today that affirmation has been replaced by charges of discrimination and threats over accreditation. At many schools, alumni and other stakeholders are questioning their college's views on sexuality. The criticism from outsiders goes even deeper. A June 30, 2014 commentary in the widely regarded Chronicle of Higher Education questioned accreditation for any Christian college. Dr. Gerson Moreno-Riano, executive vice president for Academic Affairs at Regent University, said it's a tough climate right now for Christian colleges. Shirley Hoogstra, the new president of the Council for Christian Colleges and Universities (CCCCU), acknowledged the cultural attacks in her January address to the 39th Annual Presidents Conference for CCCU presidents. Dr. Russell Moore, president of the Southern Baptists' Ethics & Religious Liberty Commission, believes the First Amendment will ultimately protect Christian colleges. He wants the culture to recognize a diversity of viewpoints and says that different faiths should stand together. Moreno-Riano would like an entire redefinition of higher education. In our changing culture, however, the burden is still on Christian schools to defend just why and how they exist.

## CIVIC AFFAIRS

Public Report PR15-01	30:00	15:00	L	PA/O	01/05/15	10:30 AM
					01/15/15	03:30 AM
					01/22/15	03:00 AM

Tom Kennedy, Mayor of Beaver Dam and Host Jackie Kahlhamer discuss the City of Beaver Dam. Mayor Kennedy discussed the 2015 budget. This year the budget was up 8% due to a settlement that goes back 3 years. Mayor Kennedy finds this to be an unacceptable amount but there were no other options. He doesn't believe in leaving debt for future generations to deal with. The city is moving forward, spending wisely and keeping a stable tax rate. The downtown area of Beaver Dam has changed and is in a good position. The city has done a lot but it takes other groups working together to further the downtown. Mayor Kennedy holds a community listening session twice a month. Communication is vital. The Dodge County Leader Consortium meets every 3 months to discuss city and community issues, to work together and save taxpayer dollars.

## CIVIC AFFAIRS

Public Report PR15-05	30:00	15:00	L	PA/O	02/02/15	10:30 AM
					02/03/15	02:30 AM
					02/05/15	03:30 AM
					02/06/15	12:00 PM
					02/07/15	03:00 AM

Host Jackie Kahlhamer discusses the County Building Plan with Amy Nehls, Dodge County Emergency Management Director. Some of the disasters that have occurred in Dodge County include floods, tornadoes and chemical fires. When an event occurs, the emergency plans in place are always referred to. The County Building Plan will have the same verbiage as the school plans, but converted for county use. The building plan is like a flip chart. The first decision made is whether to stay in the building or evacuate. Then the rest of chart is referred to accordingly. Plans for county buildings will be customized for each building, but with the same premise and verbiage. It is very important, and required, to have a plan for the continuity of government operations in the event of a disaster. By law, many departments must be up and running in 24 hours, even if functioning at a bare minimum. A process must be followed to have the critical business function up and running per statute. The depth of the plans will extend beyond state guidelines, to be able to cover as many aspects as possible. Proven strategies are used and revamped every few years. All citizens should be prepared and have a household plan for emergencies.

## 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 PR15-07	30:00	15:00	L	PA/O	02/16/15	10:30 AM
					02/17/15	02:30 AM
					02/20/15	12:00 PM
					02/21/15	03:00 AM
					02/26/15	03:30 AM
					03/05/15	03:00 AM

Dr. Brian Peterson, Milwaukee County Chief Medical Examiner, and Host Jackie Kahlhamer discuss the Medical Examiner's Office. The office investigates deaths according to state statutes. There must be a death certificate that is signed by a doctor. There can be confusion for the next of kin when an autopsy is required. The purpose of an autopsy is to determine the cause of death and the manner of the death. The office works closely with organ procurement and the tissue bank. A death certificate is a vital document for family members to have. Possessions of the deceased will be released to the family unless they are being held by the police as having evidentiary value. There office is staffed 24 hours a day for people who have questions. Funeral homes work closely with the office to help the families through the process when someone passes. Dr. Peterson states that a forensic pathologist is an excellent career choice and there is a huge need for more of them.

## CIVIC AFFAIRS

Public Report PR15-10	30:00	15:00	L	PA/O	03/12/15	04:00 AM
					03/13/15	12:00 PM
					03/16/15	10:30 AM
					03/19/15	04:00 AM
					03/26/15	03:30 AM

Host Jackie Kahlhamer talks with Sheriff Dale Schmidt about the Dodge County Sheriff's Dept. Sheriff Schmidt was newly elected as Sheriff, but has been with the department for a while. The #1 issue over the next several years to address is heroin addiction. People became addicted to opiates and then moved on to heroin because it is much cheaper. It can be deadly. He will work closely with others and get into schools to educate about it. Sherriff Schmidt is looking at getting a Community Resource Officer who will work to foster crime prevention. He is also considering a Citizens Academy. He discussed the records management system, which is the backbone of everything, and some of the challenges of the current system. He will be presenting information to the County Board regarding this. Impaired driving is a very serious issue in the county. Any substance, whether used legally or illegally can cause impaired driving. ARIDE is a program that provides training for the officers to detect impaired driving. If a citizen sees illegal activity occurring, they should the Sheriff's Dept. If it is an emergency, they should call 911.

## CIVIC AFFAIRS

Public Report PR15-12	30:00	15:00	L	PA/O	03/27/15	07:00 PM
					03/30/15	10:30 AM

Rebecca Mattano, Solid Waste Supervisor for Waukesha County and Host Jeannette Richardson discuss recycling changes. The county moved to single sort recycling. The reasons being are it is easier for the consumer, collection efficiency increases and more recyclables can be collected. The county is working together with the City of Milwaukee. Recycling has increased and is expected to save the county money. There are savings on curbside pick-ups and disposal costs. Recycling generates revenue. Recycling had declined due to several factors, including plastics being more lightweight and newspapers being read online. It is a consumer driven commodity. Waukesha County has guides to help consumers determine what is recyclable. The City of Muskego will be hosting an electronic and appliance collection event, where most items will be free to recycle. Recycling saves money, energy and conserves natural resources. The county is now able to accept additional recyclables that they could not prior. Rebecca discussed what some of the items are.

## 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 PR15-05	30:00	15:00	L	PA/O	02/02/15	10:30 AM
					02/03/15	02:30 AM
					02/05/15	03:30 AM
					02/06/15	12:00 PM
					02/07/15	03:00 AM

ReDonna Rodgers, CEO of the Center for Teaching Entrepreneurship, and Clyde Tinnen, Board Member, discuss youth entrepreneurs with Host Desiree Hoard. Youth without sufficient education or lacking in flexibility are having a difficult time finding a job. Ninety percent of jobs are created by small businesses. There are new opportunities to create new businesses. Having a passion for anything can translate into a business. Teaching youth to think like entrepreneurs is really important. It builds self-esteem and helps them to know they can achieve great things. Mentors have a great role demystifying what it means to be a professional. Learning financial skills is necessary even for a very small business. Business start-ups provide new opportunities for economic growth. The next great innovation is right around the corner. Youth who learn entrepreneurial and financial literacy will also make good employees because they understand economics. Taking an idea and turning it into a business includes risk-taking, time, finances, possibly a business plan, setting goals and then launching it.

## ECONOMY

Public Report PR15-07	30:00	15:00	L	PA/O	02/16/15	10:30 AM
					02/17/15	02:30 AM
					02/20/15	12:00 PM
					02/21/15	03:00 AM
					02/26/15	03:30 AM
					03/05/15	03:00 AM

Karen Tredwell, Executive Director of the Food Pantry of Waukesha County talks about providing food to those in need with Host Jackie Kahlhamer. Potential clients go through an interview process, in order to learn more about their family and needs, and also so the pantry can be good stewards of the food they have. There is an increasing need for food. The number of new families is increasing yearly, but the increases are not as dramatic as in 2008. The working poor are especially impacted by food insecurity. More retirees are finding they need additional help in securing food. There are professional people who have had their hours reduced or who had lost their jobs due to a poor economy. Some clients have seasonal jobs and need food at certain times of the year. The need for extra food is greater in the summertime when kids are out of school and not receiving meals there. Parents find that child care costs are higher and then may need to supplement their food through the pantry. There is not a lot of give and take in the budgets of those with low income. The pantry also makes clients aware of other resources and services that may be 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 PR15-09	30:00	15:00	L	PA/O	03/02/15	10:30 AM
					03/03/15	02:30 AM
					03/05/15	04:00 AM
					03/09/15	10:30 AM
					03/10/15	02:30 AM
					03/12/15	03:30 AM
					03/19/15	03:30 AM

Senator Scott Fitzgerald, the Senate Majority Leader, and Host Jackie Kahlhamer discuss moving the economy forward. The Senator discussed the Right to Work bill. About half of the states in the country are right to work states. It affects union membership, public works projects and even some private projects. It gives workers the right to decide if they want to belong to a union or not. It does not eliminate unions. Senator Fitzgerald also discussed Prevailing Wage and Project Labor Agreements. The Legislature is looking at these and how they affect taxpayers. He believes they put the state at a competitive disadvantage when businesses are looking to expand or come here. Those businesses are probably also looking to be in a Right to Work state. Since 2008 the state has lost 165,000 light manufacturing jobs. Sales tax collection is up. Transportation and infrastructure are difficult for many states. The state is falling behind in its ability to pay for new (roads) and also repairs. There is a need to allow the DOT to come up with new ideas for these. The big 3 in the state are agriculture, tourism and manufacturing. There is a need to continue to work on diversity and make sure the state is competitive. The skills gaps was addressed. The technical colleges are doing a good job of working to overcome this.

## ECONOMY

Public Report PR15-10	30:00	15:00	L	PA/O	03/12/15	04:00 AM
					03/13/15	12:00 PM
					03/16/15	10:30 AM
					03/19/15	04:00 AM
					03/26/15	03:30 AM

Host Jackie Kahlhamer and Kathryn Crumpton, Manager of the Center for Financial Wellness, discuss personal financial health. Knowing net worth is really important as a starting point. Kathryn showed a very easy way to determine it. It gives a financial snapshot to use and to go forward and make goals. It can show where you are and where you can go. To be able to have a comfortable retirement, debt needs to get paid down and the mortgage should not be used as a piggy bank. No more than 20% of income should be used to pay debt. Money can be a stressful issue for people. It can affect physical health and affect family relationships. When an event such as a job loss occurs, it is important for the person to re-work their budget as soon as possible. It is not a good idea to use credit cards to supplement income. It is helpful to think of being on a re-worked budget as being short term, until things turn around. Ideally, everyone should have 3-6 months of salary saved for emergencies. It is a good idea to talk and look over your finances on a yearly basis. Checking out your credit score yearly is very important, as is addressing any discrepancies found on it.

## ECONOMY

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	01/26/2015 02:00 PM
#01262015						

CBN News Reporter Heather Sells Reports: Many Americans are not saving for retirement, and if they are, they're not saving enough, according to a recent survey. Nevin Adams, co-director at the Washington, D.C.-based Employee Benefit Research Institute's Center for Research on Retirement Income, says about two-thirds of Americans are saving but they may not have enough when it comes to their retirement years. Adams helps to oversee EBRI's annual Retirement Confidence Survey, a fixture for 24 years. The 2014 survey found that just 18 percent of Americans are very confident in their ability to afford a comfortable retirement, 37 percent are somewhat confident, and 24 percent are not at all confident. Fifty three percent of workers say cost of living and day-to-day expenses are major reasons for not saving or not saving more. Existing debt is also an obstacle. Adams noted that our culture's focus on spending and instant gratification also gets in the way. Some believe our lack of saving has the United States headed toward a "retirement crisis." Adams doesn't go that far but notes individuals who don't save end up costing society. Financial advisor Robin Tull, founder of Tull Financial Group in Chesapeake, Virginia, said many people lack an overall plan. Adams believes that many fear that they'll need a huge, unattainable amount for retirement and so never find out just how much they'll need. EBRI developed the program to help Americans determine how much they need for retirement. "Choose To Save" offers a quick retirement calculator tool, the "ballpark estimate," that helps people determine a specific savings plan. Married couple Amanda and Eddie Grizzard are two people who started saving early. They saved individually before marriage and began as a couple the month they married. The Grizzards used a financial planner to determine how much they needed for retirement. Amanda said she was inspired by friends and The 700 Club. The Grizzards save a pre-determined amount every month that is automatically deducted from their paychecks. They add to it when there's overtime pay and they live frugally. The Grizzards have also kept saving even during bad times. Experts say holding off saving when the markets are down is a common retirement saving mistake. Tull said many people developed that mindset during the recent recession. Another common mistake for many is overestimating how long they'll work. Here's some basic retirement savings tips: 1. Plan on living longer than you think you might as life spans continue to grow. 2. Save extra for healthcare because those costs going forward are difficult to estimate. 3. Maximize your employer's 401K match and look into a Roth retirement account. 4. Know why you are saving. Paint a picture of your retirement. It will sharpen your focus and motivation. For Julia and Chris Williams, investing is part of living a godly life and saving as they start their family brings them peace. In fact, the Williams are thinking beyond retirement. They're following Proverbs 13:22 which says, "A good man leaves an inheritance to his children's children." That means not only planning for their retirement and for their son Anderson, but for his children as well.

## FAMILY

Public Report PR15-03	30:00	15:00	L	PA/O	01/19/15	10:30 AM
					01/20/15	02:30 AM
					01/22/15	04:00 AM
					01/23/15	12:00 PM
					01/29/15	04:00 AM

Host Jackie Kahlhamer talks with Mariah Dewberry about help for families experiencing homelessness. Mariah is the Director of Family Promise of Western Waukesha County. The issue of homelessness in the western part of the county is often not seen or heard. There is often a lack or a gap in resources available. The dad may have to go somewhere and mom and the children go to a shelter for women. Families are afraid of being split up, being judged or losing their children. Children may end up missing some school. Parent's hearts break when they can't provide the basic necessities of life. There has to be a safety net to stabilize families. A day center is provided with intense case management services. At night the families sleep in a church. A case management plan is needed to connect families to the services they need. There is no typical face to homelessness. Some have a car and 2 jobs, but there is a gap of income to get housing. People are ecstatic when they find a place to live. They can't wait to become stable. Many go back to the center and volunteer to help others who are homeless.



## 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 PR15-03	30:00	15:00	L	PA/O	01/19/15	10:30 AM
					01/20/15	02:30 AM
					01/22/15	04:00 AM
					01/23/15	12:00 PM
					01/29/15	04:00 AM

Sister Ruth Poochigian, MUM Family & Reading Coordinator, and Host Desiree Hoard discuss helping incarcerated fathers connect with their children. Sister Ruth goes in the prison in Waupun and videotapes fathers reading a book. The tape is then sent to their child. The children are thrilled when they receive a package from their father. When a father ends up in prison, the family is devastated. There is a loss of income which increases the poverty they may already have been experiencing. A recent study shows that having an incarcerated parent is worse than a divorce or death because of the stigma. Children become accustomed to their dad by his reading to them. Prisons can be located far from home, which limits visitations. Reading is a way for a father to show that they care for and love their child. Family support is very important for inmates, while in prison and after release.

## FAMILY

Public Report PR15-06	30:00	15:00	L	PA/O	02/09/15	10:30 AM
					02/13/15	12:00 PM
					02/14/15	03:00 AM
					02/17/15	03:30 AM
					02/26/15	03:00 AM

Host Jackie Kahlhamer discusses digital media and parenting with Pattie Carroll, Dodge County UW Extension Family Living Educator. Digital media affects all aspects of family life. There are negatives and positives. There are so many new apps that parents may not even be aware that their children are using. Parents need to guide and monitor. It is important for parents to learn about the technology their children are using. The UWEX is partnering with schools to offer a blog site for parents to learn. Parents need to be aware how much technology and screen their children are using. Too much of anything is not good. Technology can enhance family time and relationships. Tech-free zones can be established at home.

## FAMILY

Public Report PR15-11	30:00	15:00	L	PA/O	03/20/15	12:00 PM
					03/23/15	10:30 AM
					03/24/15	02:30 AM
					03/26/15	04:00 AM

Robbin Thomas Lyons, President of Wisconsin Upside Down talks with Host Jeannette Richardson about Down syndrome support. Parents have often had to deal with negative responses from others about having a child with Down Syndrome. There are many positives to having a child with Down Syndrome. Parents are less likely to divorce, siblings are happy and tend to go into public service careers. It is very important for families to connect and get correct information. Most of the time the diagnosis is not delivered well to the parents. Parents may go through a grieving process but once they meet other families, they are able to see that they will be okay. It is important to get into early childhood therapies. The most important is speech therapy. Down Syndrome persons can go to school and hold jobs. Sometimes the entire family might have to learn sign language to communicate. Families with a Down Syndrome child need to be welcomed in the community. Those with Down Syndrome are joyful people to be around and can lead independent lives.

**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>
700 Club NewsWatch #02122015	CBN	1:00:00	5:00	REC	PA/O/E	02/12/2015 02:00 PM

CBN News Reporters Tracy Winborn and Caitlin Burke Report: For decades, marriage has been a key factor in achieving the American dream. Now, a study shows the Millennial generation is taking a different path to success. For many, that means saying 'I don't' to marriage. Sisters Nicole and Erica Barrada appear to be your typical 20-somethings, just hanging out and having a good time. After earning their degrees, they're working full time, paying off student loans, and enjoying the freedom of single life. The Barrada sisters are like many Millennials. They say they've got their priorities straight and marriage isn't anywhere near the top of the list. Instead, it's more about getting an education and pursuing their careers. A recent study by the Urban Institute finds the marriage rate has dropped for years and the percentage of Millennials marrying by age 40 will fall lower than any generation before them. From 1990 to 2010 that rate dropped less than 10 percent, from Baby Boomers at 91 percent to Generation X at 82 percent. By the time Millennials reach 40, it could fall as low as 69 percent. Economist and CBN Contributor Stephen Moore said this decline could pose a serious problem. He also worries this Millennial trend could mean more children growing up without a mother and a father in the home. The Barrada sisters say their Christian faith gives them a more traditional view. While they're saving their sexual purity for marriage, planning a family has not really been a priority. To see where some of their peers stand, CBN News hit the streets near Georgetown University. We couldn't find one student who had any desire to marry anytime soon. In fact, some were even opposed to the idea. Pastor Roderick Hairston, a former chaplain of the Baltimore Ravens, wrote a book called, "Cover Her." He says the church should be concerned with this generation delaying marriage and agrees one of the most devastating effects will be on children. He also believes the benefits of a godly marriage can't be ignored, including the spiritual and emotional benefits. He also said it's even good for physical health. Still, the Barrada sisters say they're happy and healthy being single, and like many Millennials, they're not anxious to change their minds anytime soon.

## 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>
700 Club NewsWatch #02262015	1:00:00	5:00	REC	PA/O/E	02/26/2015	02:00 PM

CBN News Washington Senior Correspondent Paul Strand Reports: Scripture asks, "Can a man play with fire and not be burned?" Frequent users of pornography seem to think so. But many not only hurt themselves, they bring pain to others as well. Still, pornography has become so mainstream, even among churchgoers, much of society is starting to believe it's harmless. What you'll often hear from porn users is, "I'm not hurting anybody!" But the truth is there are very real victims, such as the girls and women working in the industry, some of who are actually sex-trafficked and forced to act in obscene productions against their will. "Naideen" testified about that at a recent summit in the Washington, D.C.-area of the Coalition to End Sexual Exploitation. Such cooperation included faking the smiles and looks and sounds of pleasure that are then used to justify the assertion that the females in porn obviously enjoy being in it. This blatant exploitation wouldn't happen and these women wouldn't be getting hurt if there wasn't such an X-rated demand, if the buyers stopped buying and the market for pornography dried up. But these consumers also often hurt the people closest to them, like the wife of Matt Russell. He carried a longtime porn addiction into their marriage. Cathy Dyer's husband, Greg, drove her to seek therapy after he deserted her for an affair that followed his lifelong addiction. These husbands eventually broke free and both couples reconciled, joining Lakeland, Florida's First Baptist Church at the Mall that tackles porn addiction directly. Kevin Conrad leads an accountability support group at the church. Trena Mewbom, First Baptist's director of Counseling and Support Groups, sees how desire for the X-rated destroys marriages. First Baptist's Senior Pastor Jay Dennis has written books about how users can break free from the X-rated material, and his church produced a DVD about it, called "Our Hardcore Battle Plan." In it, church member Tom Wolfe testifies how his heavy porn use led to sex addiction and a series of affairs. Mewbom said she has seen men in the business world lose jobs over pornography. Missionary trainer Nik Ripken told CBN News so many young Christian men are now addicted, they can't be trusted to go on the mission field. And you can see it in the numbers: the current ratio is seven female missionaries for every male. But men aren't the only ones hooked. That's what former addict Crystal Renaud of Dirty Girl Ministries pointed out at the same conference on sexual exploitation where former porn star "Naideen" testified. Renaud testified how the X-rated material can carry people into darker and riskier places. Sometimes it even leads to criminal behavior. Psychotherapist Mary Anne Layden told the Coalition to End Sexual Exploitation summit that in her research she sees a consistent link between those who consume porn and those who commit sexual violence. And she spoke of a frightening study she did tracking college males who used more pornography from freshman to senior year. She also shared at the conference recent research on the behavior of many porn consumers:

- They have more sex partners
- Are less attracted to their partners
- Want less sex with them
- Try to get them to act out scenes from porn films
- Have affairs if they're married
- Go to prostitutes.

Some men justify the reason they're such lustful creatures is that's just who men are. But Pastor Dennis is having none of that. Greg Dyer said they know in their hearts they're wrong. Dennis said viewers can change all this — and they can start by imitating the godly man Job. Some declare they cannot live without pornography. But Dennis is quick to assert that just isn't so. The truth is no one in history has ever died from a lack of pornography.

## ELECTORAL AFFAIRS

Public Report PR15-11	30:00	15:00	L	PA/O	03/20/15	12:00 PM
					03/23/15	10:30 AM
					03/24/15	02:30 AM
					03/26/15	04:00 AM

Host Jackie Kahlhamer talks with Karen Gibson, the Dodge County Clerk, about the Spring 2015 Election. The election will be held on April 7<sup>th</sup> and polls will be open from 7:00 A.M. to 8:00 P.M. There will be a State Supreme Court Justice elected and there will be a referendum regarding the Supreme Court Chief position. There will be some local offices elected and some referendums. To be legally able to vote, one must be at least 18 years old, be a U.S citizen and with no felonies. A voter must have lived at their current residence for a least 28 days. If not, they must go back to their prior municipality to vote. If registering on Election Day, a qualified proof of residency must be brought along. Sample ballots can be viewed prior to Election Day. It is important to follow any directions on the ballot. If a voter makes a mistake, they can then receive a new ballot up to 2 times, to correct it. Children can come along with their parents. This can help to show them how important voting is.

## 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 PR15-02	30:00	15:00	L	PA/O	01/12/15	10:30 AM
					01/13/15	02:30 AM
					01/15/15	04:00 AM
					01/16/15	12:00 PM
					01/17/15	03:00 AM
					01/22/15	03:30 AM
					01/29/15	03:30 AM

Sue McKenzie, Director of Rogers InHealth and Mary Madden, Executive Director of NAMI Waukesha, talk about reducing the stigma of mental illness with Host Jackie Kahlhamer. The stigma affects lives in a number of ways, including employment, housing and being looked at differently- like their lives will be less happy. Those with a mental illness can be shunned by family and friends, who feel they should just be able to pick themselves up by their bootstraps. Early intervention is key to recovery. The stigma causes some to not get help, especially parents with children. Rogers InHealth interviews those in recovery and shares their stories online. NAMI Waukesha has a program, In Our Own Voice, which discusses personal recovery and educates. People in recovery often struggle to tell their story. They can receive support when they choose to tell their story publicly or to an employer or school.

## HEALTH

Public Report PR15-04	30:00	15:00	L	PA/O	01/26/15	10:30 AM
					01/27/15	02:30 AM
					01/30/15	12:00 PM
					02/05/15	03:00 AM

Host Jackie Kahlhamer talks with Terri Davis, Executive Director and Cory Ballard, Assistive Technology Specialist of Vision Forward, regarding help for those with vision loss. Some instances of uncorrectable vision loss can occur because of aging, glaucoma & diabetic retinopathy. People go through a process of dealing with the change. Most people want to be able to stay independent. It is helpful to get the whole family involved to address how it affects them. Early intervention is important for infants and toddlers. Eighty percent of learning in the first three years comes through vision. Children with low vision must adapt differently. Schools are doing a great job helping students who have vision loss. Each individual should have a plan that is specifically tailored for them to best support their independence. There are many tools available to assist with daily needs.

## HEALTH

Public Report PR15-06	30:00	15:00	L	PA/O	02/09/15	10:30 AM
					02/13/15	12:00 PM
					02/14/15	03:00 AM
					02/17/15	03:30 AM
					02/26/15	03:00 AM

Pattie Carroll, Dodge County UW Extension Family Living Educator and Host Jackie Kahlhamer discuss Dodge Cares. It has evolved from another coalition that was looking at individual issues. Dodge Cares will look at issues in a broader way. It is a collaborative effort, consisting of many different agencies. It asks- what does a safe, healthy child look like in Dodge County- one that grows up to be a productive, good citizen that contributes to the community, and how is this achieved? There is a goal to eliminate child maltreatment and neglect. Promoting good parenting will lead to better childhood health and safety. Success will be measured by using a key milestone summary and reporting tool. There will be short, medium and long term evaluation, with the goal to insure childhood safety and health.

**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 PR15-08	30:00	15:00	L	PA/O	02/23/15	10:30 AM
					02/24/15	02:30 AM
					02/26/15	04:00 AM
					02/27/15	12:00 PM
					02/28/15	03:00 AM
					03/05/15	03:30 AM
					03/12/15	03:00 AM
					03/19/15	03:00 AM
					03/26/15	03:00 AM

Deeatra Kajkosz, Founder of LiFE OF HOPE and Host Jackie Kahlhamer discuss suicide prevention and intervention. Deeatra shared that she had tried to take her own life several years ago. There were a lot of different steps to overcome to get to the other side of that adversity. After much research, she now believes there are ways to prevent suicide. The number of Washington County suicide attempts that ended in hospitalization doubled in 11 years. The number continues to rise nationally. It has many impacts- financially, on families, churches, neighbors and friends. Twenty percent of adults have a mental illness and sixteen percent of high school students have severe depression. Deeatra believes this needs to be addressed in a healthy way. She believes this can be done through community education, peer-to-peer support, working with youth and teens and offering mental health assistance. All are necessary to cut down the number of suicide attempts.

**HEALTH**

Public Report PR15-12	30:00	15:00	L	PA/O	03/27/15	07:00 PM
					03/30/15	10:30 AM

Lee Clay, the Health Education Coordinator for the Waukesha County ADRC talks with Host Jackie Kahlhamer about fall prevention. Lee uses programs that are evidence based, including one called Stepping On. Wisconsin is considered to be #2 in the nation for the most reported falls. Falling is not a normal part of aging. There are things that can be done to address the causes. When people have fallen, they feel they must be more careful and stay inside, which in turn causes them to be weaker physically. It is a very good idea to be proactive and try to prevent falls. Addressing home hazards, going outdoors safely in inclement weather, discussing medication usage with your physician and having a whistle are things that can be done to prevent or minimize falls. Most falls occur in the main living area, so rugs, stacks of paper and furniture placement should all be looked at. Increased confidence helps people to walk taller, be prepared and feel 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>
Switch On Your Brain #008	27:30	27:30	REC	PA/O/E	01/27/2015	12:00 PM

**Today on Switch On Your Brain Dr. Caroline Leaf** discusses how we walk through life with unnecessary baggage which are toxic thoughts that we've built. What we've stored in our minds is basically impacting how we function. Research shows that patterns for adulthood are laid down in childhood and the way that you function in the future is based on the now. Our mind is split into the conscious and the non-conscious. The conscious operates when you're awake. The non-conscious operates twenty-four hours a day and that's where all the thoughts, the good trees, the baggage, all that is stored in the non-conscious mind. We know from science that the non-conscious mind drives the conscious mind. So if your non-conscious mind is filled with baggage that is what is going to drive your conscious perception of how you deal with life. Cast all your burdens upon God. Get free from that baggage. You are spirit. You are soul. You are body. Your spirit is your true you. Your soul is your intellect, your will, and your emotions; in other words, your mind. You live in a body which is dominated by the brain. When you keep unforgiveness, anger, frustration, irritation, as a way of reacting, being overemotional, whatever it may be, being oversensitive, taking offense, all these things, when we do that, this is baggage. The Bible says, and so does science, you first build a thought and then you see the evidence. The evidence is the words, the actions, the manifestation. Where are you putting your mind time? Where is your mind time focusing on? Train yourself to be aware of your thought. No thought should ever go unchecked through your mind. No thought is harmless. A negative toxic thought is doing damage in your brain. It's made up of proteins that have become distorted because we don't have any proteins in our brain for negative thinking. The proteins that we make are supposed to be made based on healthy choices. So when we make a negative toxic choice, we distort the proteins. So the proteins accumulate, and instead of it being a beautiful green tree, it's this wiry distorted, inflamed, awful looking kind of thought that affects the blood flow. The activity looks incorrect when you look at a brain scan. You can actually see negative things. Your thoughts are real. That is why James 1:21 so correctly says that the implanted word of God will save your soul. We need to be memorizing scripture. We need to be meditating and practicing the presence of God. Seventy-five to ninety-eight percent of current illnesses today, mental, physical, etc. come from our thought life. It's a myth that you use only ten percent of your brain. You use it all. Every part of your brain has a function and most of your brain is active all the time. Science shows us that we're just not designed to carry unnecessary baggage. Unnecessary baggage in terms of science is all those toxic thoughts in our mind; that we've made bad decisions, and we've wired the stuff in, and we're operating from these in our non-conscious mind. Our non-conscious mind is filled with millions of thoughts and a lot of those are baggage thoughts. They're not healthy thoughts. They're weighing us down and they're impacting how we function on a day to day basis. We need to unpack those. We need to pray and ask God to help us unpack those. We need to get order back in our mind and that's done prayerfully, not on your own. You need to ask God. The Holy Spirit will lead us into all truth. The Holy Spirit will show us what we need to unpack; all the baggage that's weighing us down.

<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	03/03/2015	12:00 PM

**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	03/10/2015	12:00 PM

**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 loved. 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>
Switch On Your Brain #003	28:30	28:30	REC	PA/O/E	03/17/2015	12:00 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</i>	<i>Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch #01162015	1:00:00		5:00	REC	PA/O/E	01/16/2015	02:00 PM

CBN News Medical Reporter Lorie Johnson Reports: Inflammation is a serious health problem you can't even feel, but it does tremendous damage, especially over a long period of time. Scientists say inflammation could be behind heart disease, arthritis, cancer, ADD/ADHD, diabetes, stroke, migraines, thyroid issues, dental issues, and more. Although inflammation is caused by toxins like cigarette smoke and environmental pollutants, the biggest factor is an inflammatory diet. Many of the foods we eat cause inflammation and simply avoiding them can lead to immediate and dramatic improvements. Then on top of avoiding the bad foods, adding anti-inflammatory foods to your diet creates an even healthier you. Many people who follow an anti-inflammatory diet also lose weight. Mark Sisson is a leading expert on an anti-inflammatory diet. At age 60 he is the picture of health: He has the body of a man half his age, inside and out. He does not suffer from any diseases or chronic conditions and doesn't take any medications. But he hasn't always been this healthy. His anti-inflammatory diet changed everything. Sisson follows the Paleo Diet. Last year the Paleo Diet was the number one searched diet on the Internet and Sisson's is the top Paleo Diet website. He's been studying nutrition research for the last 25 years and writes about his findings on "Mark's Daily Apple." The Paleo Diet is about avoiding foods that cause inflammation. That means no sugar, no wheat, no trans fats or industrialized Omega-6 fats, and very little or no dairy. Sugar weakens your immune system and causes insulin problems. Wheat treats your body much the same way. In fact, many people who follow the Paleo Diet stop eating all grains, such as rice, corn and oats, in addition to wheat. Sisson didn't even know wheat was causing him problems until he stopped eating it. Highly inflammatory trans fats and industrialized Omega-6 fats are Paleo no-nos. Trans fats are man-made oils that have been hydrogenated, meaning they have been infused with hydrogen for the primary purpose of prolonging the shelf-life of a processed food. Therefore, most trans fats are in packaged foods. You can recognize whether a product contains a trans fat by looking at the list of ingredients. If you see the word "hydrogenated," it's in there. Vegetable shortening and margarine are also trans fats. Industrialized Omega-6 fats are also highly inflammatory. Theoretically they could be considered safe if consumed in equal amounts as Omega-3 fats, such as fish oil. But the average American consumes 20 times the amount of Omega-6 fats as Omega-3 fats, and this imbalance causes inflammation. Industrialized Omega-6 fats are the vegetable and seed oils. These oils are on many grocery store shelves in the form of vegetable oil, corn oil, peanut oil, safflower oil, sunflower oil, and soybean oil. The Paleo Diet advises followers to steer clear from these oils as well as canola oil. The Paleo Diet also eschews dairy that can cause inflammation, allergic reactions, and stomach problems. People considering the Paleo Diet may wonder, after giving up sugar, grains, trans fats, industrialized Omega-6 fats and dairy, what's left to eat? As it turns out, a lot! Healthy fats include things like avocados, nuts and seeds, olive oil, fish oil, and coconut oil. Coconut oil is one of many saturated fats that the Paleo Diet encourages. Saturated fat from beef and pork are also encouraged. The endorsement of saturated fat is controversial. Some health professionals believe saturated fat leads to heart disease and should not be consumed. However, many recent studies, which are very reliable in that they are large and exhaustive, find no evidence that eating saturated fat is bad for your heart. Nevertheless, much of the medical community still relies on industry standards from the past that condemn the consumption of saturated fat, though the number of people holding to that belief is reducing every year. Of course, any diet is best when combined with exercise. Sisson combines the Paleo Diet with what he says research proves is the best exercise: a three-fold plan of slow, steady movement, occasionally lifting weight, and a series of all-out sprints. Most of us know a sedentary lifestyle is hazardous to our health. But that doesn't mean we have to overdo it in the opposite direction by killing ourselves at the gym. Sisson said his research shows simple movement, such as walking, and very slow movement at that, not even breaking a sweat, is what's best for our health. But the key is to do it a lot. For those of us who have desk jobs, this can be a challenge. Sisson points out that walking before and after work, and taking several walking breaks throughout the day can make a huge difference. Sisson also recommends lifting some weight about twice a week. This does not mean you must purchase a gym membership and lift dumbbells twice a week. In fact, he uses his own body weight as resistance, and so can you, by doing push-ups, lunges, sit-ups, pull-ups, and so on, and just by lifting heavy objects in your daily life. Sisson said the latest research in sports medicine proves the value of sprinting. Sprints are short bursts of aerobic activity, such as running, biking and swimming, where you exert 100 percent of your total energy. Sprints typically last only 30 seconds or so. Sisson said only a few sprints once a week will yield results. In addition to a good diet and exercise plan, a healthy lifestyle relies on proper sleep. Your body repairs itself when you sleep. Without enough sleep, our immune system suffers and we increase the secretion of hormones that make us hungry. If you have trouble getting to sleep at night, go without any caffeine after noon and avoid all electronics at least one hour before bedtime. So for an anti-inflammatory diet, try the Paleo eating plan. It's known for what it's missing: sugar, grains, trans fats, industrialized Omega-6 fats and dairy. That way you'll be left eating foods that keep you thin and healthy.

<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	02/17/2015 02:00 PM
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CBN News Medical Reporter Lorie Johnson Reports: February is American Heart Month. Heart disease kills more Americans than any other cause of death. Most doctors tell people high cholesterol is responsible for heart disease. But not all doctors see it that way. Cardiologist Dr. Stephen Sinatra, author of the book "The Great Cholesterol Myth," says the real cause of heart disease is inflammation, not cholesterol. Sinatra used to believe high cholesterol was responsible for heart disease until he saw with his own eyes, in his own patients, that wasn't true. He noticed many of his heart patients had low cholesterol and saw that many people with high cholesterol did not have heart problems. Sinatra is among a growing number of physicians who actually tout the benefits of high cholesterol in most cases. He said high HDL cholesterol is good for you and says even LDL cholesterol is good for you as long as it's the large, fluffy particles. He admits the small, dense LDL particles are harmful. Therefore, he recommends, instead of getting your overall LDL cholesterol checked, you get it further broken down into particle size. Since Dr. Sinatra does not think high cholesterol is responsible for heart disease, he does not think cholesterol-lowering statin drugs are helpful to most of the people taking them. Instead, he believes only a very small percentage of people who are taking statins actually need them. For example, he usually only prescribes statins to middle-aged men who have coronary heart disease. He also says a small number of women need statins, but mostly because they benefit from the statin's anti-inflammatory properties, not its ability to lower cholesterol. On the other hand, by and large, Sinatra believes statins are far too over-prescribed. Although drug companies sell \$30 billion worth of statins every year, Sinatra said the people who take them are paying a price with their health as well as their wallet. In other words, for many statin users, the risks outweigh the gains. Muscle pain and fatigue are two of the key complaints he hears from statin users. Sinatra said the reason for these symptoms is often misdiagnosed. Patients over 70 years old are especially vulnerable, he said. Sinatra says one of the best things about statins are their ability to reduce inflammation. But since statins have so many side-effects, most people are better off ditching the statin and reducing inflammation the natural way, by reducing the amount of sugar they eat. Sinatra looked at the evidence and concluded, instead of cholesterol, it's inflammation that causes heart disease. Inflammation is caused by a number of things. Eating too much sugar is at the top of the list. Sugar damages arteries, increases blood pressure, and ages your organs. Of course, we all know that sugar is the white, granular stuff we put in our coffee. But sugar comes in many, many other forms. For example, high fructose corn syrup is a sugar. It is the primary ingredient in soda and candy and is found in the list of ingredients in a huge number of other products, many that you probably don't even consider a "sweet," such as bread or pasta sauce. Many other syrups and ingredients that end in "-ose" are also sugars. In addition to avoiding foods that contain sugar, reducing inflammation also involves avoiding foods that turn into sugar once you eat them. These are called refined carbohydrates, and are grains that have been stripped of the healthiest part, leaving only the starchy portion of the grain. Refined carbohydrates are the "white" foods, such as white bread, white bagels, white hot dog or hamburger buns, white pasta, white rice, white tortillas, and so forth. Sinatra recommends replacing sugars with vegetables and healthy fats, such as nuts, avocados, fish, and olive oil. He also touts saturated fats like butter, unprocessed meat, and coconut oil. He encourages people to put aside their fears that saturated fats cause heart disease. Although they may raise your cholesterol, he believes that will not hurt you, and in fact, will probably improve your health. However, Sinatra points out that it's very important not to confuse good fats with trans fats. Trans fats, which are also called "hydrogenated" oils, are extremely harmful to the heart. Trans fats are man-made fats and are found in processed foods.

## 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 #02202015	1:00:00	5:00	REC	PA/O/E	02/20/2015	02:00 PM

CBN News Medical Reporter Lorie Johnson Reports: Most of our health problems are said to be the result of three things: bad food choices, inactivity, and unmanaged stress. Therefore, it's no surprise Seventh Day Adventists live an average of 10 years longer than most Americans. They don't do any of that. Take for example Benita Welebir. At age 100 she still enjoys a healthy mind, body, and spirit. She's not alone. There is an unusually high concentration of centenarians in her hometown of Loma Linda, California. It's one of only five "blue zones" worldwide. Researcher Dan Buettner found these zones when he searched for where people live the longest. The others are Okinawa, Japan; Kria, Greece; Sardinia, Italy; and Nicoya, Costa Rica. Loma Linda is an hour east of Los Angeles where about a quarter-million people live. The reason they're so healthy is because most of them are Seventh Day Adventists. On average they live 10 years longer than most Americans. Dr. Larry Beeson, an epidemiologist at Loma Linda University, has been involved in researching the health of Seventh Day Adventists for the last 50 years. They strongly adhere to the belief of respecting the human body as the temple of the Holy Spirit. That means no alcohol, no tobacco, and following a plant-based diet. Welebir said her primary food source throughout her entire life has been vegetables. Many Loma Linda residents, like Welebir, are total vegetarians. Others will eat eggs and some have dairy such as cheese and milk. There is a group that eats fish, and there are those who eat small amounts of poultry and beef. Beeson said different dietary choices result in varying health outcomes. Diet isn't the only factor in these longer lives. Seventh Day Adventists strictly observe the Sabbath. Every week, beginning with sundown on Friday, they rest for an entire day. This allows them to recuperate from the week and recharge for the one ahead. They also use it to spend time with friends, family, and God. Stuart Harty is one of the pastors of Loma Linda University Church of Seventh Day Adventists, one of the largest Adventist congregations. He said resting on the Sabbath includes abstaining from electronics. Likewise, when Welebir is asked what she feels are the keys to her longevity she emphasizes down-time. Medical research confirms one of the greatest killers is stress. Observing the Sabbath is a way to de-stress. Exercise is also a priority. Throughout her life, Welebir was extremely active, running and horseback riding. These days she makes it a point to walk every day. She does what she can, even though her strength isn't what it used to be. Seventh Day Adventists are able to stick to their healthy lifestyle because they're surrounded by others living the same way. Josiah said human behavior, good or bad, is contagious. Science proved her right. Studies show that if your three best friends are obese, you have a fifty-percent likelihood of also being obese. Seventh Day Adventists place a high priority of treating the human body as the temple of the Holy Spirit, which means on the whole, they don't drink, don't smoke, eat very little meat, exercise, and observe the Sabbath. As a result they live an average of 10 years longer than most Americans.

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700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	03/02/2015 02:00 PM
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CBN News Medical Reporter Lorie Johnson Reports: Do foods like skim milk and balsamic vinegar seem healthy? The amount of sugar in these foods may surprise you. Many so-called health foods are loaded with sugar. These hidden sugars are part of why so many people are unhealthy. Americans consume a shocking amount of sugar. Many people eat and drink the equivalent of an entire cup of sugar every day! That's double the amount of sugar average Americans consumed 100 years ago. All of that sugar can be deadly. Dr. Gerald Edelman, a Dallas oncologist and author of the book, "Sugar Rehab," has seen firsthand the damaging effects of too much sugar. He says sugar stimulates cancer cells directly and indirectly. He adds cancer survivors who are also diabetic have a much higher chance of their cancer coming back than people with low blood sugar. Edelman points out that too much sugar can cause obesity, a known risk factor for many health problems, from heart disease to high blood pressure as well as the common cold. John Speanburg is one of Edelman's patients. He has Hodgkin's lymphoma, cancer of the blood. After following Edelman's advice to slash the sugar, he lost weight and has been cancer-free for nine years. Edelman suggests an easy way to curtail sugar intake. He recommends looking at a product's nutrition facts panel on the label. He said if an item contains more than two grams of sugars per serving, don't eat or drink it. He warns not to be fooled by healthy-looking foods. As an example, he pointed to a popular protein shake that contained 44 grams of sugar per serving. Sugar is highly addictive. Brain imaging shows the pleasure and reward centers light up the same way when a person eats sugar as they do when a person takes cocaine. Also, it is difficult to get off the roller-coaster ride consisting of the sugar "high" followed by the sugar "crash." Most people who try to cut back on the amount of sugar they consume stop eating the obvious offenders such as desserts like cakes, cookies, ice cream. Unfortunately, that's only the beginning. Many foods that appear healthy are just as sweet as dessert. For instance, those little packages of oatmeal can contain as many as 12 grams of sugar per serving. A low-sugar alternative are the old-fashioned, slow-cook oats or steel-cut oats, which contain only one gram of sugar per serving. These types of substitutions are the foundation of nutritionist and best-selling author J.J. Virgin's latest book, "J.J. Virgin's Sugar Impact Diet." She shows how to choose lower-sugar alternatives to foods with high sugar impact. Sugars hidden in foods being marketed as health foods are why so many people have difficulty losing weight. Virgin says low-fat and fat-free foods often contain far more sugar than people realize. For example, many fat-free salad dressings are one-third sugar. She said a good diet contains a large percentage of healthful fats, the same ones that have been unfairly demonized. Virgin attributes her svelte figure and glowing hair and skin to a diet high in healthy fat. She said a good way to crush sugar cravings is to replace sweets with healthy fats. Perhaps the biggest sugar scam are the words "fruit" and "juice" on the labels of processed foods. These items are made of the super-sweet concentrated fructose that's left over after the healthy fruit fiber and nutrients have been removed. Some examples are fruit leathers, fruit snacks, and fruit juice. Dried fruits are also misleading because they often contain more sugar than candy. Virgin warns about falling for the "no sugar added" claim. Refined carbohydrates are deceptive because, while not tasting sweet, they turn into sugar after you eat them because the grains have been stripped of the good stuff, leaving only the starch. Refined carbohydrates are foods like white bread, bagels, buns, and pizza crust, white rice, white pasta, waffles, pancakes, and tortillas. Even whole grains can be a poor choice because of added sugars. Two slices of whole wheat bread can contain six teaspoons of sugar. Therefore, don't blindly choose to eat a food simply because it's whole grain. First check the list of ingredients for added sugar. A red flag is any ingredient containing the word "syrup." Other seemingly healthful foods that often contain staggering amounts of sugar include muffins, breakfast or energy bars, sports drinks, and energy drinks. Don't rely on the manufacturer's description of the product. Read the nutrition facts and the list of ingredients. In "Sugar Impact Diet," foods are divided into high, medium, and low sugar impact. For example, white potatoes are high sugar impact, sweet potatoes are medium sugar impact, and pumpkin is low sugar impact. White rice is high sugar impact, brown rice is medium sugar impact, and wild rice is low sugar impact. A pasta sauce with sugar added is high sugar impact, with no sugar added is medium impact, and crushed tomatoes, olive oil and basil is low sugar impact. Virgin advises steering clear of artificial sweeteners. Research shows people who consume a lot of them actually tend to gain more weight because they continue to fuel the craving for sweet foods. Edelman said sometimes artificial sweeteners can be helpful when people are trying to break their addiction to sugar. However, he admits they should be used with caution. The best advice is to be aware and "just say no" to sugar... in obvious places like desserts, as well as the hidden ones.