

# Trinity Broadcasting Network

## *Quarterly Report*

April, May & June 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.*

CIVIC AFFAIRS

SUBSTANCE ABUSE

YOUTH

HOMELESS

CRIME

HEALTH

**CIVIC AFFAIRS**

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Public Report PR16-15	30:00	15:00	L	PA/O	04/02/16	02:30 PM
					04/04/16	05:30 PM
					04/05/16	03:30 AM

Host Jackie Kahlhamer talks with Bob Trotter, Social Security Administration Public Affairs Specialist, about disability. A disability is a physical or mental impairment (or both) that limits the ability to work for 12 consecutive months. An application can be made before the 12 consecutive months occur. The application can be done by phone, face to face or online. The Disability Report Form will require medical information, education and work history. It is a good idea to have all the information ready before starting the process. It does not have to be done in one sitting. It is then reviewed by a local claims rep at the Social Security office. If complete, it is sent to the state Disability Determination Bureau. They might request additional information. The applicant must list a contact person who knows them. That person may also get a form to fill out. If there is not enough information, the applicant may need to go to a consultative exam. If it is denied, an appeal can be made. There are multiple levels of appeals, up to three times. On the average, it takes 3-6 months for an initial decision to be made. Some claims receive a priority flag, such as those who are dying, a wounded warrior or someone who is homeless. Family members can receive benefits from the record of the disabled. Bob explained the difference between Social Security Disability and Supplemental Security Income. People can work while on disability.

**CIVIC AFFAIRS**

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Public Report PR16-25	30:00	15:00	L	PA/O	06/11/16	02:30 PM
					06/13/16	05:30 PM
					06/14/16	03:30 AM

Brian Field, the Dodge County Highway Commissioner talks with Host Jackie Kahlhamer about county road maintenance. The county has over 1000 miles of roads to maintain. The average reconstruction time for roads is every 45 years. The state average is about every 65 years. Dodge County is ahead of the state average. Asphalt roads are built to last 20 -25 years and concrete for 40 years. It costs \$270,000 per mile to resurface. Reconstructing costs 1.2 million per mile. Projects are funded through federal, state and local funds. Heavy truck traffic has a significant impact of roads. Concrete is used in areas where this occurs. While more expensive up front, it saves money over time. There are several bridges to be replaced in the county. The funding competes with all the other bridges in the state. Two of these will be done using a new method of replacement for smaller bridges. It is experimental and funded through a federal grant. They can be replaced at a lower cost. Safety is the first concern when determining how road projects are prioritized. Funding is always a concern. New methods are tried to preserve or recondition roads. They consult with other highway departments. Brian discussed safety in construction zones. It is now illegal to use a handheld device in one. Drivers need to slow down and pay attention. Traveling through roundabouts was also discussed.

**CIVIC AFFAIRS**

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Public Report PR16-26	30:00	15:00	L	PA/O	06/18/16	02:30 PM
					06/20/16	05:30 PM
					06/21/16	03:30 AM

Rebecca Mattano, Waukesha County Solid Waste Supervisor talks with Host Jackie Kahlhamer about recycling. The county had switched to single sort recycling, which has allowed them to accept different types of recyclables. It has been very successful. There has been a 34% increase in recycling, with a 13% diversion from things being put in the landfill. County municipalities receive economic and environmental benefits. Dividends of 1.75 million were paid out to them. Recycling income is dependent on commodity markets. Last year, 2015, was the lowest revenue market in 15 years. Rebecca discussed acceptable and non-acceptable items. Electronics are banned at landfills. Every month one of the municipalities offers a day where they can be dropped off. Rebecca believes most county residents are recycling. It is important that it is done correctly. For those who don't recycle, they should consider the environmental aspects, that it brings in revenue to their municipality and that it is a state law to recycle.

**SUBSTANCE ABUSE**

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Public Report PR16-18	30:00	15:00	L	PA/O	04/25/16	5:30 PM
					04/26/16	03:30 AM

Host Jackie Kahlhamer discusses helping men get free from addiction with Patrick Vanderburgh, President of the Milwaukee Rescue Mission. Of the 250 men that spend the night in the shelter, about 2/3 are there because of addiction. Mental illness is also a concern. Substance abuse has profound effects on those in the family. The journey to getting free is difficult. It is often a life and death struggle. They do see people recover all the time. It is important to be in the right environment to overcome, and also, the will of the person to recover is needed. At New Journey, the men receive mentorship. They receive help to develop the skills needed to be stable, including full-time employment and housing. They must remain in a long-term relationship with a mentor. This will help their chances of remaining sober and successful. Men will have to adopt lifestyle changes. It can be counterproductive if they return to their old neighborhood.

**SUBSTANCE ABUSE**

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Public Report PR16-20	30:00	15:00	L	PA/O	05/07/16	02:30 PM
					05/09/16	05:30 PM
					05/10/16	03:30 AM

Amy Lindner, President & CEO of Meta House, discusses breaking addiction in women’s lives, with Host Jackie Kahlhamer. The women’s lives have been chaotic and complicated. They are dealing with substance abuse, plus a satellite of other issues. The first goal is to break substance abuse, then help solve everything else they are dealing with. This helps to move the long term curve in their favor. There are many issues that need improving- housing, legal issues, job issues, childcare, transportation and more. These can interfere with their ability to get and stay sober. Some of the reasons women enter treatment include: having the realization they are sick and tired of substance abuse, some have gotten involved in the child welfare system, some have committed crimes and gotten arrested. A huge motivating factor for some is when they find out they are pregnant. It can be enormously difficult to enter treatment due to shame and a lack of support. The hope is to break down the shame and stigma. Treatment is hard work. Residential treatment is very structured. Children can stay with their mothers. It is important for the clients to learn how to spend time in safe and structured way. The children also need help. They have been living chaotic lives. Each woman has an individualized treatment plan. The goal to help clients figure what is important to them and build a plan. Clients have different feel for what their family should look like and what goals to obtain. The proof of results is in the data that shows 70 – 80% succeed. Clients can stay until they are ready to leave. The women need to focus on their strengths and know they are valuable and have intrinsic worth. They can transition back into society step by step. They need to learn to use the skills they have to keep themselves safe and protect their recovery.

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Public Report PR16-20	30:00	15:00	L	PA/O	05/07/16	02:30 PM
					05/09/16	05:30 PM
					05/10/16	03:30 AM

Host Jeannette Richardson talks with Minister Rodney Harris, Advocate & Resource/Reintegration Specialist with The Way Outreach Ministries, about helping people transition from addiction to success. He had a substance abuse addiction. He lost his self-esteem and everything else. He had to watch his children deal with his addiction. A former addict must forgive himself and build healthy relationships. Having an advocate is helpful to find housing, employment and temporary services. They need to be encouraged to remain steadfast and press forward. The lives of former addicts can change for the better.

**SUBSTANCE ABUSE**

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Public Report PR16-24	30:00	15:00	L	PA/O	06/04/16	02:30 PM
					06/06/16	05:30 PM
					06/07/16	03:30 AM

Cindy Hartt, the President of Lifeline Connection and Host Jeannette Richardson talk about providing opportunities to overcome addiction. Those addicted need to admit they have a problem and then make a decision to get free. They need the support of others who love and care for them right where they are at. People in the community also need to support them. It is very important to offer opportunities to those who can function reasonably well in society. Living Free groups can help them see the changes needed and go in the right direction. Family and friends may also need support groups. Sometimes concerned persons are codependent and actually enable the addicted person. A sober living home is currently in the planning stage. This will be for those coming from recovery or jail and don't want to go back to their previous living conditions. They need help getting a job, building a foundation and how to engage in family life. There is a misconception about those who are addicted and that they are bad people. Cindy does not believe this to be true. The addiction has taken over and is driving them. A change of friends, lying and stealing can be signs that someone is addicted. When someone continues to help an addict over and over again, they may be enabling. There is a parenting group to help them, which helps their children.

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Public Report PR16-27	30:00	15:00	L	PA/O	06/25/16	02:30 PM
					06/27/16	05:30 PM
					06/28/16	03:30 AM

Host Jackie Kahlhamer talks with Ronna Corliss, the County Prevention Manager at Elevate, about preventing underage drinking. Drinking is part of the local culture. It gives youth mixed messages. Many activities include alcohol. Underage drinking can lead to youth violence, traffic accidents and other risky behaviors. The price tag to the state is over one billion dollars. Youth risk surveys show that 15% report having their first drink under the age of 13. Sixty-seven percent do not see drinking 5 or more drinks at one setting as a big risk. But, there have been successes. Nationally, 40% of those underage drink. In Wisconsin, 33% underage drink. It can be a gateway to other drugs. She has never met anyone with an addiction who has not tried alcohol. Parents Who Host Lose the Most was adopted in 2009 to reduce access to alcohol and educate parents and adults. Parents or adults who host, or permit or fail to stop underage drinking can be sued or held liable if the youth leaves and causes damage to self, others or property. They can be cited per person, so the fines can be large. The Prevention Network of Washington County implements alcohol compliance checks and teaches an alcohol sales class to all licensed holders. There is a Party Alert Line. If someone suspects an underage drinking party is being held, they can call in to report it. Ronna gave guidelines for hosting a teen party and also for when someone's teen attends a party.

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<b>SUBSTANCE ABUSE</b>						
700 Club NewsWatch	1:00:00	5:00	REC	PA/O/E	05/27/2016	02:00 PM
#05272016						

CBN News Reporter Abigail Robertson Reports: A street drug called "molly" is gaining popularity with high school and college kids. Many think it's a harmless, non-addictive party drug, so they don't think twice about taking a little molly before a night out with friends. But one mother's tragic story shows how that way of thinking can have deadly consequences. Two years ago, Dede Goldsmith awoke to a call in the middle of the night telling her that her daughter was dying in a hospital hours after she had collapsed inside a concert venue. Nineteen-year-old Shelley Goldsmith, a high school valedictorian and college honor scholar, had taken the drug known as MDMA, commonly called molly, on her way to a concert. Elyse Eilerman was a friend of Shelley's who was with her the night she passed away. The same weekend Shelley died, MDMA claimed the lives of two other young adults attending a music festival in New York. Molly, short for "molecule," is a stimulant that takes users on a six- to eight-hour euphoric high. It is thought to be a pure form of its parent drug ecstasy, but in reality, there is hardly anything pure about it. Recent studies show that only 15 percent of molly drugs sold are really what they claim to be. A third sold under that name contained substances such as cocaine, bath salts, and baking soda, while more than half contained no MDMA at all. Many people think only the tainted molly carries fatal consequences, but even the purest form can be lethal. So why is this drug so appealing to college kids around the country? Eilerman believes it's because people focus more on the high and less on the danger. Dr. William Strudwick, director of the Emergency Center at Washington's Providence Hospital, says users take molly for the sense of euphoria the drug gives them, but they don't consider the negative consequences it can have on the body. These other problems include seizures, heart attacks, severe dehydration, and hyperthermia. Doctors ruled Shelley Goldsmith's cause of death as hyperthermia because her body temperature rose to fatal levels. Her autopsy revealed MDMA was the only substance in her system at the time of death, proving the drug's deadly potential. Eilerman said that taking molly in a crowded, hot venue puts you at an even greater risk of fatal reactions to the drug. Since Shelley's death, many people close to her are raising awareness about the dangers of this so-called harmless drug. Her mom is urging lawmakers to amend the 2003 Rave Act, an act that was put in place to shut down underground raves where promoters encourage illicit drug use. The current law discourages organizers from using commonsense safety measures to protect their patrons. Goldsmith said venue operators won't implement small safety measures like free water, cool down spaces, and appropriate number of medical personnel to deal with emergencies because they fear it could be seen as encouraging drug use and subject them to criminal prosecution. She believes if Shelley had known more about molly and its risks, she would be alive today. This would have been Shelley's senior year at the University of Virginia. After her death, Eilerman helped start the Shooting Star Foundation, to spread the word around the university community about the dangers of drug use. Each year on the anniversary of Shelley's death, they commemorate her life and share with students lifesaving information that could help others. Eilerman and the members of the Shooting Star Foundation have been working hard to encourage their peers to think twice about the risks of taking molly in hopes of preventing other tragedies like the death of Shelley Goldsmith.

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<b>SUBSTANCE ABUSE</b>	700 Club CBN	1:00:00	5:00	REC	PA/O/E	06/01/2016 02:00 PM
#06012016						

CBN News Medical Reporter Lorie Johnson Reports: Heroin use has reached epidemic numbers, with overdoses killing more than 10,000 Americans in 2014 alone. For years, people considered this addiction a big city problem, but people are now quickly learning heroin is in their own backyard. Take for example, Caitlyn Weems, who died of a heroin overdose at age 21. If heroin addiction and overdose can happen to Caitlyn, it can happen to anyone. Raised in a stable, Christian home, she loved sports and school. Caitlin's addiction began innocently and unexpectedly. She first got hooked on prescription painkillers following a series of sports injuries. These powerful, often habit-forming narcotics, called opioids, go by names like Percocet, OxyContin and Dilaudid. Prescription pain pills and heroin produce the same type of high, but heroin is cheaper and easier to get. Pain pills are also regulated, so you know what you're getting. But when it comes to heroin, dealers often secretly lace it with other toxins, like the all-too-common fentanyl, creating a potentially lethal blend. Nora Kitchens knows all about that. Hooked after that first time, Kitchens stayed that way for years. Heroin addicts continually need more of the drug to get the same high. Kitchens wound up with a \$100-a-day habit. As the number of addicts skyrockets, so does the number of babies born to them. These infants come into the world as addicts themselves and must immediately endure painful withdrawal. This happens almost every day at Virginia's Sentara Norfolk General Hospital. The day CBN News visited, maternity nurses helped deliver five addicted babies. Neonatal occupational therapist Steven Brown says the addicted babies appear and behave differently than healthy ones. Weaning them off the drug often takes weeks. Janel Moore, a registered nurse at Sentara Norfolk General, says Child Protective Services is usually notified, but that the goal is to keep the family intact if possible. Kitchens is in that group. Her son William was born addicted. William is now clean and healthy. Kitchens still receives outpatient treatment. Meanwhile, lawmakers are doing what they can. Virginia Delegate Todd Gilbert pushed through legislation allowing law enforcement to administer the so-called "save shot" to overdose victims. Most states are following this lead, with some allowing trained citizens to administer the "save shot," also known as Naloxone or Narcan. There is also the "9-1-1 Good Samaritan Law," allowing people present during an overdose to call for help without risking arrest. Furthermore, the medical community is enacting regulations surrounding the way doctors prescribe pain medication and the ways doctors communicate with other doctors prescribing pain medication to the same patients. Gilbert said America needs to come to grips with our nation's heroin epidemic. If you suspect someone you care about is using heroin, here are some common warning signs:

Paraphernalia:

- Burnt spoons
- Tiny baggies
- Tan or whitish powdery residue
- Dark, sticky residue
- Small glass pipes
- Syringes
- Rubber tubing

Appearance:

- Tiny pupils
- Sleepy eyes
- Tendency to nod off
- Slow breathing
- Flushed skin
- Runny nose

Actions:

- Vomiting
- Scratching
- Slurred speech
- Complaints of constipation
- Complaints of nausea
- Neglect of grooming
- Failure to eat
- Covering arms with long sleeves

If you think you might be addicted to prescription pain pills or heroin, Narcotics Anonymous can help.

**YOUTH**

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Public Report PR16-16	30:00	15:00	L	PA/O	04/09/16	02:30 PM
					04/11/16	05:30 PM
					04/12/16	03:30 AM

Chris Frinak & Jan Detrie, Rock River Reading Council Leaders, talk about promoting literacy with Host Jackie Kahlhamer. There is a link between poverty and low literacy. Not every student has the same reading issue. They need testing and diagnostics. There may be a phonics or a comprehension problem. Some sort of intervention must be set up. There can be challenges for educators- when to do it, who will work with the student and what the focus will be. Students will need to be tested to see if the intervention is working. Some students can be assessed at the same level but have very different needs. When children struggle to read it affects their self-esteem, their relationship with other students and limits their opportunities. Reading is a complex task and is likened to a puzzle. Some are not putting the puzzle together in an effective way. Children who are read to at home have a huge advantage once they enter school. Being read to at home also teaches skills like sitting in a circle and waiting your turn. They understand story and book language. Being read to improves their vocabulary. Nursery rhymes and poetry prepares them for phonics. Parents can model reading by setting up a literary environment at home.

**YOUTH**

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Public Report PR16-17	30:00	15:00	L	PA/O	04/16/16	02:30 PM
					04/18/16	05:30 PM
					04/19/16	03:30 AM

Host Jackie Kahlhamer and Pastor Corey Klepp, Founder of Raivu for Kids, talk about helping youth live with a purpose. Pastor Corey believes it is important to do this because youth will choose what's in front of them- whether it's negative or positive. There is a need to help build a foundation in them. When youth don't know their purpose there is a lack of direction. They may need someone to come alongside their parents to help them. Youth are facing very difficult life issues. There is self-injury, cutting and suicide ideation. Pastor Corey works with them after they get out of treatment. The age of the youth so affected is getting younger. Bullying and social media open up a new realm. Social media bullying is worse because the bully can hide behind it. This can also widen the bullying scene. Youth need extra support from an adult, not their peers, to get through situations. It is important to lay positives in front of them. Adults can be too quick to judge them. Some youth get what he is trying to show them, but then some fall off the path. But when the light goes on (and stays on) everything changes. He believe it is important to offer them a year round program- life doesn't take a break. When youth experience outdoor activities it is amazing how they flourish. He has seen lives changed and heard positive things from parents and the youth.

**YOUTH**

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Public Report PR16-21	30:00	15:00	L	PA/O	05/14/16	02:30 PM
					05/16/16	05:30 PM
					05/17/16	03:30 AM

Amber Schraufnagel, Founder & President of The Open Door Coffeehouse talks with Host Jackie Kahlhamer about providing a positive environment for youth. There is often a lack of things for kids to do in small cities, which can turn to boredom and trouble. It is important for the youth to have a safe place to go to. Youth who volunteer at the coffeehouse build leadership and people skills. It is good for youth to have a greater presence in the community. The community sees the positive things they do. The coffeehouse provides a place for the youth to do homework, read and study. There is also a mentorship program. These help the youth to be in a safe place with a positive atmosphere. Parents have given overwhelming positive responses. Amber would like to see more opportunities for youth and more organizations capture the vision.

**YOUTH**

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Public Report PR16-22	30:00	15:00	L	PA/O	05/21/16	02:30 PM
					05/23/16	05:30 PM
					05/24/16	03:30 AM

Terry Bartowitz, President of Zachariah’s Acres talks about connecting special needs children with nature, with Host Jackie Kahlhamer. Children with disabilities often lack the ability to enjoy nature and the outdoors. It can be difficult to get out. Some have feeding tubes, are a flight risk, use 300# wheelchairs, can’t maneuver on a trail, need meds through a tube or a syringe, among other issues. It is important that they and their families are treated with dignity and respect. Allowing kids to garden using raised beds and pick eggs at chicken coops that they can wheel up to opens up new things for them to do. It can be hard for the kids to be in public places if they have cognitive issues. They need to place to go where they can be themselves. A sensory table helps youth interact with different items. This allows them to decompress and move on to another adventure, if they choose to do so. It is important to help children focus on what they can do. They can do many things, they just do them differently. They need to know their lives have value and that they are important. The children and their families are often confined to world that is different from the majority. At least 13 – 15% of the population has a disability. There are no numbers available for those under 6 or over 65. Feedback received states that after having been able to connect with nature, the children are more confident, outgoing, and verbalize what they like and don’t like to do. They are living longer than a generation ago and parents are concerned about their future. The parents realize it is good to have a network of others who deal with the same types of issues.

**YOUTH**

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Public Report PR16-26	30:00	15:00	L	PA/O	06/18/16	02:30 PM
					06/20/16	05:30 PM
					06/21/16	03:30 AM

Host Jackie Kahlhamer talks with Jennifer Guenther, an Economics *Wisconsin* Program Manager, about financial literacy. Jennifer believes it is important to teach young people about money. It is easier to teach them before behaviors become ingrained. About 64% of high school students receive financial literacy education. When it is started at a very early age, much more can be done. No matter what children do in their future, they will have to deal with money. Young children can be taught the core basics. Teaching youth gives them better skills and a foundation. Then it can be added on in layers. It is important to help youth learn about wants and needs. These depend on culture, demographics, who they are and family values. This changes as they grow. Using creative methods to teach children about money helps to engage them rather than just inform them. Parents may feel insecure about teaching their children about finances. They don’t need to know everything, but they can give their children the solid basics, and keep it simple and real. It is important to teach this generation about finances. Children live in the now and need a bigger lens. They need to realize they are part of more than themselves, need to look to the future and make wise decisions.



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**YOUTH**

700 Club CBN	1:00:00	5:00	REC	PA/O/E	04/15/2016	02:00 PM
NewsWatch					05/25/2016	02:00 PM
#0415-05252016						

CBN News Reporter Mark Martin Reports: Author and activist Erin Merryn is on a mission to protect children from being sexually abused. With millions of victims in the United States alone, the Illinois woman is taking her fight to all 50 states and beyond. *People* magazine named her one of 15 women changing the world. With a bubbly baby girl, supportive husband, and infectious personality, you'd never guess Erin Merryn has endured tragic, unimaginable acts. This vibrant 30-year-old is a survivor of sexual abuse. Merryn said it started when she was just 6 years old at her first sleep-over. She said the uncle of her best friend sexually abused her during the night. The first time. Merryn never told anyone, and she says until she turned 8 and a half, when her family moved from the area, the man repeatedly sexually abused her. He even brutally raped her just weeks shy of her seventh birthday. She said he continued to threaten her to keep quiet, and she complied. Even after she and her family moved to a new neighborhood, sexual abuse continued. Merryn said this time the perpetrator was an older cousin, someone she had viewed as a brother figure. Merryn wrote about her despair in her childhood diary. Merryn finally broke her silence when her younger sister told her that she, too, was being sexually abused by the same cousin. The two told their parents who believed them 100 percent. The next step was telling their story to a forensic investigator at The Children's Advocacy Center of North and Northwest Cook County. More than 900 of these non-profit centers exist around the country. The room where Merryn found her voice has a two-way mirror. As she shared her story with a trained therapist, behind that mirror investigators listened, collecting information to build a case against a perpetrator. Merryn said her cousin confessed to the crime, was sentenced to seven years probation, and put in a sex offender treatment program instead of receiving jail time. However, her early childhood abuser was never prosecuted. What Merryn and her sister went through is by no means isolated. Merryn eventually went on to become a social worker at a counseling agency. But God had different plans for her to help children and teens on a national and international level. He used her childhood diary to spark a new idea. At that, Erin's Law was born. The law requires age-appropriate personal body safety and sexual abuse prevention curriculum for pre-kindergarten through 12th grade students in public schools. It educates kids on safe touch, unsafe touch; safe secrets, unsafe secrets; how to get away and tell. Merryn is on a mission to find either a state senator or representative in each state to sponsor the bill, draft it, and introduce it to lawmakers for an eventual vote. Erin's Law is spreading like wildfire, even drawing the attention of celebrities like Oprah and Katie Couric, and magazines like *People* and *Glamour*. In a little more than four years it's passed in 21 states and pending in 22, with seven to go. It's a legacy she'll leave for her baby girl and millions of other children who, because of a law, will be protected from the grip of sexual abuse.

**HOMELESS**

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Public Report PR16-17	30:00	15:00	L	PA/O	04/16/16	02:30 PM
					04/18/16	05:30 PM
					04/19/16	03:30 AM

Host Jeannette Richardson talks with David Tennyck, the Executive Director of Family Promise of Western Waukesha County, about helping families who have become homeless. Homelessness in Western Waukesha County is different than it is in Milwaukee, where they may be on the street or under a viaduct. In Western Waukesha County, people are more likely to have connections and be able to stay with others temporarily. But they still don't have a place to call home. It tends to be a hidden issue. Only those with minor children or who are pregnant can stay at FPOWWC. Homeless families are affected by a lack of stability. There is an emotional component to it. Parents feel shame for not being able to provide for their family. Guests of FPOWWC stay overnight at different churches that have partnered with the organization. During the day they return to the support center, where they receive services to help them get back on their own. Parents who have a job go to work, children go to school or to the nursery. Families need to have hope and to know that they matter, that they are valued and that there are opportunities available to them. Many build relationships with the volunteers at the churches. David would like to see more structured oversight of aftercare and ongoing support for the families after they leave.

## HOMELESS

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Public Report PR16-18	30:00	15:00	L	PA/O	04/25/16	05:30 PM
					04/26/16	03:30 AM

Patrick Vanderburgh, President of Milwaukee Rescue Mission talks with Host Jackie Kahlhamer about providing lasting solutions for homelessness. Milwaukee is a much challenged city, among the poorest in the country. There is a high unemployment rate for black males. There is a link between poverty and homelessness. There are anywhere from 500-1000 people every night who are genuinely homeless. Five to ten thousand experience homelessness in an entire year. Especially for homeless men, there are 2 driving issues- chronic substance abuse and mental illness. For families, the issues are more complex. Domestic violence is an enormous problem. There are many who are at risk of becoming homeless. There are a number of families who are continually in crisis. Some do stay with family members. Being homeless can be very dangerous, especially for women and children. Parents feel like they are letting their children down when they cannot provide a home for them. Joy House is for families. It is a safe place for them and to address more systemic needs. They plan long range goals with wraparound support. New Journey is for single men, with goals of employment and stability. Children can attend Cross Trainers Academy. Helping the family gain stability will have generational impacts.

## HOMELESS

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Public Report PR16-22	30:00	15:00	L	PA/O	05/21/16	02:30 PM
					05/23/16	05:30 PM
					05/24/16	03:30 AM

Host Jeannette Richardson and Kris Androsky discuss homelessness assistance and prevention. Kris is the Executive Director of the Hebron House of Hospitality, a homeless shelter. People face different issues which have caused them to become homeless. These can include: the loss of a loved one or a job, violence in the home and mental health concerns. Often there are multiple things that happen at one time. There are misconceptions about those who are homeless- that they are lazy or unwilling to work. Affordable housing is a huge problem. Those who come to Hebron House will receive a case manager who helps them to get services. Everyone gets an individualized plan. The Permanent Housing Program allows some people to get into affordable housing sooner. A goal is to prevent homelessness. People can receive assistance to help avoid it. People who are homeless often feel invisible. To be acknowledged means a lot to them. A simple smile or greeting can mean a lot. People who were living outside are brought in and given intensive case management and go from being on the outskirts of the city to being in community.

## HOMELESS

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Public Report PR16-24	30:00	15:00	L	PA/O	06/04/16	02:30 PM
					06/06/16	05:30 PM
					06/07/16	03:30 AM

Host Jackie Kahlhamer discusses helping homeless adults with Pastor James West, the Executive Director of Repairers of the Breach. It is Milwaukee's only daytime homeless shelter. Homelessness is very prevalent- they see new cases every day. They are seeing younger adults. There are as many reasons for being homeless as there are homeless people. Some of the things the homeless face include: the need find food for the day, walking about aimlessly, finding a place to wash up and finding clothing. This goes on day after day. People often have to leave the overnight shelters during the day. Repairers of the Breach helps them to be productive during the day. People who are homeless are often avoided and ignored. No one looks them in the eye. They are struggling right now, but still probably have something in common to talk about. Homeless persons can share information and resources with each other. There are 3 categories of programs offered at ROTB- life saving, life sustaining and life repairing. Besides the daytime drop in center, a health clinic, breakfast and lunch, clothing bank, classroom learning center, mailing system, a place to lock up important papers and a respite room for 2<sup>nd</sup> & 3<sup>rd</sup> shift workers are provided. An emergency warming room is open when the temperature drops to 10 degrees or lower. There are many in Milwaukee who care about the homeless and help to provide necessary services.

**CRIME**

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Public Report PR16-19	30:00	15:00	L	PA/O	04/30/16	02:30 PM
					05/02/16	05:30 PM
					05/03/16	03:30 AM

Patrice Vossekuil, the State Partner for the International Institute for Restorative Practices discusses restorative practices with Host Jackie Kahlhamer. These practices encompass those that are youth to youth, youth to families, youth to law enforcement and move to more formalized practices such as classroom circles. They can move to being even more formalized, that can involve the juvenile justice system. These can be helpful for youth that are marginalized, have trouble building relationships with peers and authorities. Through building trusting relationships, barriers can start to come down. It is important to address the reducing of bullying and violence. Restorative practices are by nature both pre-emptive and responsive and there is a relationship to crime prevention. These practices can be used not only as crime prevention, but also to have an all-around better society. One school district had seen a 75% reduction in office referrals over a 3 year period after implementing these practices. Internationally there have school districts that had a complete turnaround of incidences of violence and harm between gang members. It can be difficult for offenders when they see how their offense affected the victim. But it has a positive outcome. They gain empathy and understand there is always victimization in wrongdoing.

**CRIME**

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Public Report PR16-21	30:00	15:00	L	PA/O	05/14/16	02:30 PM
					05/16/16	05:30 PM
					05/17/16	03:30 AM

Minister Rodney Harris, Advocate & Resource/Reintegration Specialist with The Way Outreach Ministries and Host Jeannette Richardson discuss reintegrating after incarceration. There is a high recidivism rate. It costs taxpayers \$30,000 per year to house an inmate. There are many trials and temptations to starting over after leaving prison. When someone has a felony conviction, everything is a challenge. They must be diligent to get their lives back. Having an advocate is a big morale booster, especially when the ex-offender is able to see another felon who is being successful at reintegrating. There is a need for positive reinforcements and having the tools to be successful. It is important that they don't go back into their old environment. They must surround themselves with people they want to be like. Setting goals for the future is important. It is necessary for them to focus on who they want to be

**CRIME**

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Public Report PR16-23	30:00	15:00	L	PA/O	05/28/16	02:30 PM
					05/30/16	05:30 PM
					05/31/16	03:30 AM

Host Jackie Kahlhamer talks with Tracy Scheffler and Kathy Knoll about sex trafficking prevention. Stacy is the Founder of 5-stones Beaver Dam and Kathy is on the Leadership Team. Sex trafficking has been reported in every county in the state. It is a form of modern day slavery. It looks different whether it is in the city or in a rural area. Awareness of it has grown in the last number of years. It is a complex process to restore a victim. Prevention is key. It is important to teach prevention starting with 7<sup>th</sup> graders. Recruiters use various methods to get victims involved in sex trafficking. A common one is the older boyfriend scenario who uses deception and trickery to get the girl to a place where he "owns" her. It is so important for parents to be checking what their kids are doing online. They should check their phones. Youth should self-monitor and monitor each other. They should never go alone to meet someone they met on the internet. Some red flags to be aware of: having an extra cell phone the parents don't know about, having expensive clothes, jewelry, etc., without having the means to buy them. Traffickers will band their victim on the back of their neck of inside of their wrist. Parents need to talk to their kids about the dangers and tricks used by traffickers. They need to watch their friends and be involved. Traffickers will usually go after young people. They study human behavior to pick their victims. They consider themselves to be businessmen. There is a national hotline that trafficking victims can call.

**CRIME**

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Public Report PR16-27	30:00	15:00	L	PA/O	06/25/16	02:30 PM
					06/27/16	05:30 PM
					06/28/16	03:30 AM

Oliver Johnson, the Chairperson of the Prison Aftercare Network of Wisconsin, talks with Host Jackie Kahlhamer about guiding ex-offenders after release. The network brings together different organizations to provide resources to ex-offenders. Ex-offenders face many challenges after being released. These include avoiding recidivism and finding food and housing. They must have a mind shift. They have limited choices while in prison and once released, they now have to make decisions. They often enter into a very changed world. It can be very challenging and stressful. Ex-offenders need resources that will provide different types of support. They need to receive support for a minimum of 3 years. A lot of them do not have family support. In some cases this is good. There are a number of churches that welcome them. Oliver recommends that the ex-offender go and talk to a church leader so see how they can be helped and how they can help the church. It brings hope to ex-offenders when they know there are those who want to see them succeed. They are coming into a society where they are tagged. He has seen lives changed.

**HEALTH**

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Public Report PR16-15	30:00	15:00	L	PA/O	04/02/16	02:30 PM
					04/04/16	05:30 PM
					04/05/16	03:30 AM

Host Jeannette Richardson discusses Asthma with Dr. Asriana Chiu, Professor of Pediatrics and Medicine at the Medical College of Wisconsin and Kristen Grimes, Sr. Project Manager at the Wisconsin Asthma Coalition. Asthma involves the lungs and breathing. There can be inflammation, the muscles squeeze shut, coughing and chest tightening. Triggers can include exercise, activity, cold air, and upper respiratory infections. Objective lung function testing is important. Medication and breathing treatments may be part of treatment. There are 2 types of medications- rescue meds and controller meds. To keep symptoms under control, asthma patients need to understand the triggers and how meds are used to alleviate symptoms. It is important to have an Asthma plan. This could include how to identify an attack, the doctor's phone number, how to decrease exposure and triggers and what medications to use. Those with Asthma should have rescue or reliever meds with them at all times. A rescue inhaler needs to be used appropriately to get the medication to the lungs, as opposed to just swallowing it. Those with Asthma can lead active lifestyles. People can underestimate how serious it is. Using appropriate management can help to decrease the seriousness of it when symptoms are under control. Meds can be costly but there are many pharmaceutical companies that offer help to lower costs. If someone thinks they may have asthma, it is better to see a doctor than to go undiagnosed or be taking the wrong medications. The Wisconsin Asthma Plan was discussed. This consists of 4 components to activate across the state.

**HEALTH**

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Public Report PR16-16	30:00	15:00	L	PA/O	04/09/16	02:30 PM
					04/11/16	05:30 PM
					04/12/16	03:30 AM

Host Jackie Kahlhamer discusses health ministry for churches with Dr. Mike Augustson, Director of Congregational Partnerships for Church Health Services. CHS provides holistic primary care for the poor and uninsured. Churches can be part of providing community health. They can participate in, while not duplicating what doctors and hospitals do. Dr. Augustson encourages churches to form a health ministry team. Churches can encourage health and healing as major ministries of the church. Churches can determine what the health needs of their congregation are and provide services in line with those. It can be overwhelming to start a health ministry, so it can be done slowly, from up to a year or even more.

## HEALTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Public Report PR16-19	30:00	15:00	L	PA/O	04/30/16	02:30 PM
					05/02/16	05:30 PM
					05/03/16	03:30 AM

Kristen Shoemaker, Services Coordinator for the Epilepsy Foundation Southeast Wisconsin and Host Jackie Kahlhamer discuss Epilepsy. It is a seizure disorder that causes the brain to misfire. It must be diagnosed by a neurologist. The triggers can be specific to the person. These can include an array of things such as lights, bright flashes, having a cold and others. People need to know their triggers and make their doctor aware of them. Mediations and treatments are available. Having a Seizure Response Plan is a good idea to have. Anyone diagnosed should have one and make it known to those around them. Having the first aid process down is key. There is a 24/7 helpline available for those wanting to know more about Epilepsy. Public education is very important. There is no known cure for Epilepsy. Those with it can go into times of remission.

## HEALTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Public Report PR16-23	30:00	15:00	L	PA/O	05/28/16	02:30 PM
					05/30/16	05:30 PM
					05/31/16	03:30 AM

Host Jeannette Richardson discusses codependency in families with Dr. Shone' Bagley. Dr. Bagley has Ph.D. in Divinity and Psychiatry. Codependency affects children and adults. It messes up children's growth and they can end up parenting the abuser. It is a relationship where one person is abusing and the other is taking it. Codependency causes problems in different types of relationships. An example would be, if a father is an alcoholic, goal setting focuses on how to prepare for him coming home. There is no (long-term) goal setting. The person who is codependent is focused on caring for the other person (such as an alcoholic.) For healing, the issues must be dealt with and there must be a new way of thinking about the relationship. Steps must be taken to get set free. Children need to understand it is not their role to take care of their parents. There can be lots of anger issues in children who are living in a codependent home. It can be a gateway to other issues such as depression. Self-esteem is affected. It can be difficult to trust.

## 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 PR15-25	30:00	15:00	L	PA/O	06/11/16	02:30 PM
					06/13/16	05:30 PM
					06/12/16	03:30 AM

Jeremy Otte, Director of Outreach and Education for the Wisconsin Parkinson Association and Host Jackie Kahlhamer talk about Parkinson's Disease. It is a chronic neurological disease that affects dopamine. There are no known causes. It is a non-reportable disease, so it is not known for sure how many people in the state have it. The four primary symptoms are: tremor, rigidity, slowness of movement and postural instability. There are also secondary symptoms, such as loss of smell, small handwriting and using a quiet voice. Jeremy recommends that those affected by the disease consider seeing a Movement Disorder Specialist. Current treatments include drugs, deep brain stimulation and exercise. New treatments are being developed. Clinical studies are an important part of it. People with the disease can benefit by being active, and joining a support group.

<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 #023	27:30	27:30	REC	PA/O/E	04/06/2016 06/29/2016	05:30 PM 05:30 PM

**HEALTH**

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.

<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	04/13/2016	05:30 PM

**HEALTH**

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.

**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 #025	27:30	27:30	REC	PA/O/E	04/20/2016	05:30 PM

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.

**HEALTH**

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Switch On Your Brain #014	27:20	27:20	REC	PA/O/E	04/27/2016	05:30 PM

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



<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Switch On Your Brain #015	27:20	27:20	REC	PA/O/E	05/04/2016	05:30 PM

**HEALTH**

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

**HEALTH**

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Switch On Your Brain #016	27:30	27:30	REC	PA/O/E	05/11/2016	05:30 PM

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

**HEALTH**

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Switch On Your Brain #017	27:30	27:30	REC	PA/O/E	05/18/2016	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.

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

Switch On Your Brain #018	27:30	27:30	REC	PA/O/E	05/25/2016	05:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses addiction. Did you know that we are designed to be addicted to God? When we hear the word "addiction," we immediately think of negative connotations; people being addicted to heroin, and drugs, and pornography, and whatever. Actually, our brain is wired to be focused on something constantly. All the networks of the human brain, the connectomes, the circuitry, the neurotransmitters, they respond and function in their highest level when we are connected to God. If we are not addicted to God, we will be addicted to something else. An addiction is a pattern that we set up in our mind. It's not just to alcohol and porn and substance and whatever. It is also mindsets that we develop. NIDA is the National Institute of Drug Association. They define addiction as "A chronic (which means on-going) relapsing (which means it's never going to go away) brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences." Basically, their philosophy is that once you're an addict, you're always an addict. That is not what the Word of God says. Your perception of how you are being told about what is going on with you is going to influence your rate of healing. And this is why it is important that we recognize and understand the truths of what goes wrong in our life in the light of scripture. Because the truth is that God made us wired for love. God made us in His image. Various studies have been done by the government to show that drug addicts get out of addiction up to 86% of the time without any help. In other words, addicts get over it through choice. It's not a chronic relapsing disease. We get what we call the "clinical illusion" because the small percentage of people that are in addictions of all types that don't get out, those are the ones that, basically, they say, represent the entire population of the world, which is incorrect. When you set up patterns, it takes time to actually break those patterns. It requires effort. It requires discipline. It requires desperation. You've got to be desperate to change. Because your brain has to obey your mind, by a decision of your mind to change and to get through the thing and to quit and to stop and to change those thoughts, you actually will redesign your brain. Your brain has to obey you; you are not a victim of your biology. So how can you develop your addiction to God? Well, it's making a decision, number one: You need to follow Jesus Christ. That's your most important choice that you ever make in your life. Addiction to God is building this relationship; constantly talking, constantly communicating, in addition to reading your Bible, praying, and worship. It's setting up this internal dialogue with God. That creates really amazing good addiction patterns in your brain.

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**HEALTH**

Switch On Your Brain #019	27:30	27:30	REC	PA/O/E	06/01/2016	05:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "Psychiatric Labels." Schizophrenia, bipolar depression, depression, anxiety disorders – these are labels that are defining and identifying symptoms, but not necessarily telling us what's going on. We have a tendency as humans to try and label things. But the minute you label someone, you've literally put them in a box. Labels lock you in and this is what happened with the world of psychiatric labels. You know, the psychiatric labels that we are becoming so familiar with, like OCD and anorexia, and ADHD, and post-traumatic stress disorder. These are all describing very definite things that are happening, definite things that are going on in people's minds. But the way that they've been organized and put together into the "Diagnostic and Statistical Manual" is based on symptoms as patients describe them. Experienced clinicians intuitively understand that there's a blurred line between all these labels. And despite that, they treat them as though they are distinct entities. If we look at the context and try to find the meaning behind why a person is doing what they're doing or manifesting in with mental health issues, it will be far more effective than trying to label them. There is a cry deep down inside of us and this a global cry: "Does anyone out there understand me?" We have to listen to what God says about who we are. We have to turn our view of ourselves and see ourselves through the lens of how God sees us in dealing with life. In order to be able to try and manage a problem, we always like to define it. So, a label, a psychiatric label, tries to put something into a box. And it's not a bad thing, in terms of trying to understand something because if you categorize behaviors, it is a way of understanding so that you can help people. So, a label from that perspective is not a bad thing, if the attempt is to understand deeper and to help others. Where a label becomes a big problem is when you tell people that this who you are and they absorb that into their spirit. They build a network and they say, "I am this," and they become that because what you believe you actually become. All of us are going to be completely different. We can't stick them in a box and give them a medication and write them off and put them in the disabled part of society. These are our people. These are our brothers and sisters, and uncles and aunts and members of our churches. We need to bring them back into Milieu (Talk) Therapy. We need to walk alongside them. We need to not judge them. We need to help them take responsibility, teach them, help them to run a disciplined life, etc.

**HEALTH**

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Switch On Your Brain #020	27:30	27:30	REC	PA/O/E	06/08/2016	05:30 PM

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

**HEALTH**

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Switch On Your Brain #021	27:30	27:30	REC	PA/O/E	06/15/2016	05:30 PM

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

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Switch On Your Brain #022	27:30	27:30	REC	PA/O/E	06/22/2016	05:30 PM

**HEALTH**

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

<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 #05272016	1:00:00	5:00	REC	PA/O/E	05/27/2016	2:00 PM

**HEALTH**

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