

Trinity Broadcasting Network

Quarterly Report

January, February & March 2017

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

FAMILY

EDUCATION/SCHOOLS

UNEMPLOYMENT

PUBLIC SAFETY

MINORITY ISSUES

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>
Joy In Our Town	30:00	15:00	L	PA/O	01/07/07	01:00 PM
JIoT 16-54						

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

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>
Joy In Our Town	30:00	15:00	L	PA/O	01/14/17	02:30 PM
JIoT 17-02					01/21/17	01:00 PM

Cindy Hartt, President & Carol Roddy, Interim Secretary of Bridges of Dodge County, discuss the need for a sober living home in Dodge County with Host Kelry Kirschenmann. The county is lacking help for addicts. People who have been in jail or treatment often have burned bridges with their families. They end up with old friends and then back into a lifestyle of drugs and alcohol. A sober living home is the missing link needed to help people remain sober. After leaving treatment, they may need to enter back into society. They need to learn to live sober. It is important that they home be faith-based. Without it, there is an emptiness in their lives. The home will be for men only. They will go through a screening process, have to want to recover, get a job and be responsible.

SUBSTANCE ABUSE

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Joy In Our Town	30:00	15:00	L	PA/O	01/14/17	02:30 PM
JIoT 17-02					01/21/17	01:00 PM

Pastor Dave Katsma of Marshview Ministries talks about overcoming substance abuse with host Kelry Kirschenmann. Heroin is an issue locally. Alcohol is the most abused. Substance abuse hits every corner of society. The family is hit, as are the children, schools and the economy. The New Directions support group began about 12 years ago. Pastor Dave wants to see people whole and transformed. That is more than just stopping an addiction. One of the greatest challenges for people is to walk into the door for the first time, especially in a small city. There is fear about changing and fear they will fail. When people do come, they are welcomed and supported. People need to see how their addiction affected their families and communities and then to give back to society. They will have to step out of past relationships that could compromise their recovery. There usually are many people in churches who have had addictive pasts. They have a story of hope and healing that can be modeled after. People in recovery need to know God's forgiveness and grace which gives a sense of hope. A healthy view of the Biblical God helps the recovery process. Pastor Dave has seen lives transformed.

SUBSTANCE ABUSE

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Joy In Our Town	30:00	15:00	L	PA/O	01/30/17	05:30 PM
JIoT 17-09					01/31/17	04:00 AM
					02/11/17	01:00 PM

Host Kelly Kirschenmann talks with Lt. Governor Rebecca Kleefisch. The topic is: Wisconsin fights opiate abuse. Lt. Gov. Kleefisch talked about some employment statistics. If someone has a drug problem, they do not make the best employee. There are underlining issues that lead to addiction. Families are affected by it. She discussed the HOPE Legislation that addresses addiction. It was authored by Rep. John Nygren, whose daughter is now in recovery. There is also a state task force working on it. It is an American epidemic. Eighty percent were introduced to opiates through a prescription. While the U.S. has only 4.6% of the world's population, 80% of opioid prescriptions are written here. There is a system doctors and pharmacists can use to check on patient's usage and find those with an addiction problem. There has been a 10% decrease in opioid prescriptions written. Realtors are stakeholders in the epidemic. Addicts/thieves go to open houses and steal drugs. It affects everyone. The task force will continue to meet. A special Legislative session was held to address it. Lt. Gov. Kleefisch traveled with the Governor to roll out potential solutions. More funding for drug treatment courts can be part of the solution. Recovery coaches in hospitals are needed. As a Christian she wants to fight for the least of these- to fight for those who are desperate and fighting addiction. If they can get on the straight and narrow, they can have a 2nd chance. It all about 2nd chances.

SUBSTANCE ABUSE

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Joy In Our Town	30:00	15:00	L	PA/O	03/13/17	05:30 PM
JIoT 17-13					03/14/17	04:00 AM
					03/18/17	02:30 PM
					03/25/17	01:00 PM

Pastor Dr. Michael Cokes Sr., City of Faith and Host Kelly Terry discuss freedom from drug abuse. He has had a lot of family member on drugs. Prescription drugs are frequently abused. People get them on the streets or steal them from others. People are suffering spiritually, emotionally and physically. Some know the LORD but are not as close as they could be to God. They then substitute this with drugs. This affects even very intelligent and smart people. They are turned inward, not outward. When facing difficult life issues, they look for a temporary fix. The family doesn't know how to handle it. Relationships, resources and responsibilities are affected. Pastor Cokes is going through training to be a counselor at church. He takes it as far as he can now, and then sends people to substance abuse agencies. Once someone gets set free, they may not be strong enough yet and can get enticed into abusing again. They need a strong relationship with God and a support team. The church needs to support those who are suffering. People in church need to share testimonies of God setting them free. People need to know they are not the only ones struggling. Pastor Cokes' own daughter was addicted. He discussed how they confronted her and got help for her. They were very transparent with the church during that time.

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SUBSTANCE ABUSE						
700 Club NewsWatch	1:00:00	5:00	REC	PA/O/E	01/18/2017	02:00 PM
#01182017						

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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700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	02/22/2017 02:00 PM
#02222017						

CBN News Reporter Lorie Johnson Reports: The goal of any nation is to extend the life span of its population. Here in America, that number has grown regularly with the average life expectancy close to 79 years. Last year, however, the U.S. saw its first decline in more than two decades. A major reason behind that drop can be traced to what's happening in rural areas. Instead of falling, death rates are actually rising, especially for middle-aged white women. Doctors point to obesity and smoking as causes, but there are others. Small towns across the country are dealing with an alarming increase in deaths from accidental opioid overdoses. Opioids are a type of narcotic that include prescription pain killers as well as heroin. Other reasons for the increased death rate are alcohol abuse and suicide. In recent years, death rates rose a reported 30 percent among middle-aged, white females living in rural areas, according to research from the U.S. Centers for Disease Control and Prevention analyzed by *"The Washington Post."* Alane Vance grew up in a small coal-mining town. She almost became one of those statistics. Hers is an all too common story. It begins with taking prescription pain medication and developing an addiction that ultimately leads to heroin. Like many, she switched to heroin because it was cheaper and more powerful than prescription pain medication. At first, getting high helped escape painful emotions. . . in Alane's case, from divorce and poverty. Soon after, the drugs took control of her life. In rural America, many opioid addictions begin rather innocently, starting with an injury from a car crash or an on-the-job accident that prompt doctors to prescribe painkillers to these patients. Lynn Eldridge is the director of Clinical Services at Process Strategies, a drug treatment facility. In the more than 20 years she's been serving rural West Virginians, she said the current opioid abuse explosion is like nothing she's ever seen. She says the scenarios often sound similar. Eldridge says compared to the city, buying, selling and even taking drugs in the country is not hard at all. Despite the growing death toll, people can break free. Eldridge says the first step is detox. She said after detox, a 28-day inpatient treatment or three-month intensive outpatient treatment followed by outpatient therapy is often an effective strategy. Eldridge says that might include the medication naltrexone, also known as Vivitrol. While Alane credits her recovery to detox and a 12-step program, she gives most of her victory to God. Alane went to One Voice, a Christian outreach center with locations serving rural West Virginians. They offer addicts and their families treatment referrals, food, clothing, friendship and most importantly, the Gospel. Prayer is crucial to the process. In fact, most people who walk through the front door of a One Voice center don't leave before first visiting the prayer room. Alane said the blessings she received from One Voice inspired her to bless others. Davis says all Christians are responsible for fighting the war on drugs. She points out that you don't have to be a recovering addict or even a trained professional to make a difference. So while substance abuse is cutting short the lives of far too many, particularly in America's heartland, it's not a lost cause. Awareness and treatment, powered by the Holy Spirit, are making a positive difference.

FAMILY

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	30:00	15:00	L	PA/O	01/16/17	05:30 PM
JHOT 17-05					01/17/17	04:00 AM
					01/21/17	02:30 PM
					01/28/17	01:00 PM

Host Kelly Terry talks with Pastor Ed Cook about helping families find their calling. If we fail to walk in our calling, it is because we have no true concept of eternity. People then chase provision and platforms. How does every member of a family find their calling? Everyone here has a problem to solve, a reason why we were put here. We need to look at the things we notice and pay attention to. These are an indicator of what we are called to do. We need to look at what we are good at and what comes easy to us. Parents can help steer their children towards their callings. When we are not in them it affects the family and the Body of Christ. Breadwinners often are doing things they don't like. They are doing it for provision. They come home frustrated and mad at the world. Their children see that. Drug dealers and pimps are using the skills God gave them, but they have gone the wrong way. This really affects communities. They may have a business calling but need to use it for legal activities. We often minimize our contributions in our callings. We need to be faithful with what we have been given.

FAMILY

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Joy In Our Town	30:00	15:00	L	PA/O	01/16/17	05:30 PM
JIoT 17-05					01/17/17	04:00 AM
					01/21/17	02:30 PM
					01/28/17	01:00 PM

Dr. Ingrid Durr Russell, Founding Pastor of Chosen Generation Outreach Ministry and Host Kelly Terry discuss preparing for marriage. Marriage is a covenant before God, not a contract that is easily broken. Before marriage, couples need to communicate and ask a lot of questions. They need to understand expectations. Counseling before marriage is wise. Sometimes marriage is entered into unrealistically. They think they can heal the other's past and change them. Marriage is designed to complement one another, not change each other. They need to be open, transparent and real about themselves. Couples need to talk about life situations beforehand and pay attention how their future spouse interacts with family, etc. They need to talk about careers, money and children. If a couple is unequally yoked they will have an unbalanced relationship. It is important to pray together before marriage. If it is not done before, it won't be done after. Sometimes a marriage may have to be postponed or even cancelled if things show up that will cause problems. A good marriage has respect, honor and there is communication. If there is stability in the home the children will not become "statistics." Children are affected by fighting and divorce.

FAMILY

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Joy In Our Town	30:00	15:00	L	PA/O	02/13/17	05:30 PM
JIoT 17--10					02/14/17	04:00 AM
					02/18/17	02:30 PM
					02/25/17	01:00 PM
					03/04/17	01:00 PM
					03/27/17	05:30 PM
					03/28/17	04:00 AM

Host Beverley Beshia Moore talks with Mike Thirtle, President and CEO of Bethesda Lutheran Communities, about help for families with a disabled member. It is challenging to for families to send their loved one to a home. They have been providing care 24/7. It is often seen that when they transition to another residence that significant growth is seen. Parents are amazed when they see how happy their child is. It is a faith walk to allow their loved one to transition. Adaptive equipment and technology can help people live as independently as possible in a safe and secure way. Parents want their children to be safe. Employees wear many hats and are like family. It is difficult to find people with the skills and passion to do this. There is one common denominator across the workforce and that is they are helping fellow human beings live the life they want. Some residents don't have families. There are volunteer opportunities to pray for people and with them and to invite them to church. There is a Christian responsibility to serve people.

FAMILY

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Joy In Our Town	30:00	15:00	L	PA/O	02/27/17	05:30 PM
JIOT 17-12					02/28/17	04:00 AM
					03/04/17	02:30 PM
					03/11/17	01:30 PM
					03/18/17	01:30 PM

Host Steven Tipton talks with Debra Fields, Community Education Coordinator at Sojourner Family Peace Center and Nancy Wynne, Health Care Coordinator at Word of Hope Ministries, about families affected by domestic violence. This type of violence includes abusive behaviors used to control someone else in the household. There can be different stressors affecting people and they have no strategy to deal with them (unemployment or health concerns, for example.) The two agencies are partnering together to address domestic violence. Most calls are made by women, but there are some men who are the victims. Men don't like to admit they are being victimized. Children are quite often instruments used in situations where people are using each other. Churches have got to get involved when people have problems. Many won't talk about it and keep it a secret. There are patterns of behaviors, like verbal abuse, and often it's not recognized for what it is. People may think it is normal. The public needs to be educated about it. Prayer is important, but so is education. People can be directed where to go for help. Outside supporters can be given enough information about resources and they can pass that onto those being abused.

FAMILY

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Joy In Our Town	30:00	15:00	L	PA/O	03/06/17	05:30 PM
JIOT 17-11					03/07/17	04:00 AM
					03/11/17	02:30 PM
					03/18/17	01:00 PM
					03/25/17	01:30 PM

Host Kelly Terry talks with Trish Kagerbauer, A Place of Refuge Ministries Development Director, about help for women with an unplanned pregnancy. The ministry comes alongside the moms and refers them to existing agencies. They are a friend to the mom, during pregnancy and beyond. Homeless pregnant moms can stay at their shelter. Most of these moms don't know where to turn to and are fearful. Many are being coerced to abort. This contributes to the homeless problem (get one or get out.) The woman can get connected to a church that partners with A Place of Refuge (Lutheran Missouri Synod.) Those staying at the Refuge House can come anytime during their pregnancy and stay up to 9 months after the birth. Professionals come in to teach them and help them learn to parent. There are house parents and many volunteers who model family life. There are some mothers who chose adoption. They are offered emotional and other types of support for this difficult decision. While staying at the Refuge House, moms will have to work or go to school. They need to cook and clean while there. Trish wants them to know that God has a plan for them to prosper and that they have a future and hope. It is important for them to know God loves them. The Gospel changes lives. The ministry is a judgment-free zone.

EDUCATION/SCHOOLS

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	30:00	15:00	L	PA/O	01/23/17	05:30 PM
JIOT 17-03					01/24/17	04:00 AM
					01/28/17	02:30 PM

Host Kelry Kirschenmann talks with Dwayne Jobst, Principal and Mark Newman, Dept. Chair of Lake Country Lutheran High School, about why next generation leaders need a Biblical worldview. Students need to understand who they are and Whose they are. They face many challenges, even in Christian schools. Our culture undercuts Biblical principles, especially in academic settings. They deal with influences every day that question the validity of the Scriptures. The school works to prepare students for these increasing challenges. They need to know where they can go to get strength. There is a progressive teaching of what is in God's Word and how to apply it to every area of life. The college environment can be very hostile. Students need to be equipped. Current events are used for discussion. Former students who are now in college are brought back in. They share about what they encountered at college and how they defended their beliefs. A spiritual foundation and academic excellence go hand in hand. But of most important is that they know Jesus Christ.

EDUCATION/SCHOOLS

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Joy In Our Town	30:00	15:00	L	PA/O	01/30/17	05:30 PM
JIOT 17-09					01/31/17	04:00 AM
					03/11/17	01:00 PM

Donna Childs, Director of New Testament Christian Academy talks with Host Beverley Besha Moore about educating youth for effective leadership. The lack of quality education creates boundaries and barriers that keep students from advancing. Foremost is to know Christ and to be equipped academically. High level academics helps students to excel. Preparation begins at home. Some students come in with gaps and there needs to be a means to bridge the gaps. Parents should start even before birth and during preschool. Ms. Childs talked about how they integrate STEM programs. Students use critical thinking skills to create, develop and experience, rather than just using books. Students learn values and Christian principles. Valuing an education will help to carry students far. The school encourages students to follow their dream and equip themselves. Christians need to be inserted everywhere in the world.

EDUCATION/SCHOOLS

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Joy In Our Town	30:00	15:00	L	PA/O	02/06/17	05:30 PM
JIOT 17-06					02/07/17	04:00 AM
					02/11/17	02:30 PM
					02/18/17	01:00 PM
					02/25/17	01:30 PM

Zach Verriden, Executive Director of HOPE Christian Schools, talks with Host Kelly Kirschenmann about the need for mission-minded teachers. The school works to develop the entire child spiritually and academically. There are many choices and options for the students. There is a shortage nationally of educators. Teacher enrollment needs to be built up and the next generation of educators needs to be identified. Teachers have a big influence in student's academic achievement. There is a particular need for mission-minded teachers, who see their work as ministry. The teachers need to follow the Master Teacher and students need to be able to see that. A Christ-centered atmosphere, along with prayer, makes a big difference in school. Helping teachers figure out where they are in Christ is exciting. Faith and education can help to break cycles of poverty. A program allows people with a Bachelor's Degree to become teachers. They will have to work towards becoming certified or licensed, but can start teaching without them.

UNEMPLOYMENT

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	30:00	15:00	L	PA/O	02/06/17	05:30 PM
JIOT 17-06					02/07/17	04:00 AM
					02/11/17	02:30 PM
					02/18/17	01:00 PM
					02/25/17	01:30 PM

Host Melva Henderson talks with Denisha Tate, of Denisha Tate & Associates LLC, about becoming the employee companies want and need. Skillsets are often lacking in young people. These are life skills, like showing up every day and doing your best. The unemployment rate is 4.1% in Milwaukee and among people of color it is 11%. Unemployment is a type of trauma. If someone is economically disadvantaged they lack security in their home, they don't eat healthy and lack basic necessities. Youth lack the tools they need to get a job. Milwaukee has an incredible amount of resources. The challenge is how to get them. There are households that have generational dependence on government benefits and they don't have work skills. Her mantra is Live Love. The body is alive and you are really living. Love is a solution to some of the challenges in the communities. People need to have a mindset of showing up as an employee, not just being there. They need to find something they love about the job, be creative, energized and contagious. They need to come to the table with their uniqueness. People need to ask themselves where they see themselves. They should not think small. Communication skills are needed in the workplace. Without it them, there can be many problems.

UNEMPLOYMENT

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Joy In Our Town	30:00	15:00	L	PA/O	02/18/17	1:30 PM
JIoT 17-04					02/20/17	5:30 PM
					02/21/17	4:00 AM
					02/25/17	2:30 PM
					03/04/17	1:30 PM
					3/11/17	1:00 PM

Host Kelly Kirschenmann talks with Dionne Grayson about career-readiness for Milwaukee youth. Dionne is the Co-founder and Executive Director of Lead2Change, Inc. Youth need to be able to dream, explore and build. Most job ready focus is on finding a job. They like to look at what each person is designed to do. There are unemployment patterns in Milwaukee. One in six nationally between the ages of 16-24 is not connected to school or work, but locally it's 1 in 4. They don't know where to go or have mentors to help them get engaged. This affects crime and unrest. Without vision the people perish. If they understood the big picture, they would be busy with what God has designed them to do. They need to be confident about their personality type and understand how to engage with others. This is important to employers. Young people need to be taught that they can be change agents. There will be people who will be the benefactors of the gift God has given them.

UNEMPLOYMENT

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JIoT 17-04					02/20/17	05:30 PM
					02/21/17	04:00 AM
					02/25/17	02:30 PM
					03/04/17	01:30 PM
					03/11/17	01:00 PM

Host Kelly Kirschenmann talks with Pastor Jerome Smith, Greater Praise Church of God in Christ and Leader of the Joseph Project, about jobs for inner city residents. The Joseph Project works to bring together those who want to go to work with employers. Sheboygan County has more jobs than potential employees. It is the reverse in Milwaukee County. Unemployment in Milwaukee is driven by some of life's situations, like having a criminal background and only being able to get an \$8/hr temporary job. Senator Ron Johnson has been involved in this program. They have put over 100 people to work. The church has a van that transports the people to the jobs in Sheboygan County. Employers now have the manpower they need and people now have good jobs. They pray before the van leaves and listen to Christian media on the road. The initial orientation involves a drug test, looking at spiritual fitness and job skills. Executives do mock interviews and talk about finances. There are many success stories of people getting their financial house in order and coming to church. They hope to see 400 more people employed this year and get more churches involved.

UNEMPLOYMENT

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					03/18/17	02:30 PM
					03/25/17	01:00 PM

Dr. Debbie Lassiter, CEO of Convergence Resource Center and Host Beverley Besha Moore discuss developing skills for employment. For those getting out of prison, being employed is one of the top things to keeping them out. There are challenges to getting a job- sometimes it's themselves and sometimes it's the employers. Skillsets are needed to get and keep a job. There is a need for professional clothing. Ex-offenders can become some of the best employees. In Wisconsin, the unemployment rate amongst African Americans is high. There may be mental health issues and negative self-talk, that's it's not cool to go to work every day. The unemployed can be vulnerable to being sex-trafficked, which occurs in every county in the state. Dr. Lassiter discussed sex-trafficking and how victims get pulled into it. Each woman she works with is a work of art and each one is different.

UNEMPLOYMENT

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	30:00	15:00	L	PA/O	03/20/17	05:30 PM
JIoT 17-14					30/21/17	04:00 AM
					03/25/17	02:30 PM

Host Beverley Besha Moore and Bishop Walter Harvey, from Parklawn Assembly of God discuss how economic development can bring positive change. The last 20 years have seen much change in Milwaukee neighborhoods. They have gone from being middle class to seeing factories closed (resulting in a lack of good jobs.) Technology has emerged, but people's minds have not made the transition to that type of economy. The jobs available are not family sustaining jobs. The unemployment rate among African American males is quite high compared to the rest of the state's rate. A number of them are illegally employed. More education is required for good jobs. Transportation and child care are issues. A growing population of young adults are using drugs for recreational use. They can't pass the drug tests. There needs to be opportunities for people to retool themselves. Entrepreneurship is a turning point for the economy. God has given us marketable gifts and skills.

PUBLIC SAFETY

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	30:00	15:00	L	PA/O	03/06/17	05:30 PM
JIoT 17-11					03/07/17	04:00 AM
					03/11/17	02:30 PM
					03/18/17	01:00 PM
					03/25/17	01:30 PM

Chief Gregory Moore, City of Milwaukee Housing Authority and Host Beverley Besha Moore discuss the effects of crime of families in urban housing. Crime has a negative effect and is not tolerated in the Housing Authority. There are programs to help residents make better choices. Besides providing housing, there is a goal to help residents become self-sufficient. Chief Moore applies what he learns in Church and in the Bible to his work. The officers have meetings with a public safety agenda, such as fire safety and others. Residents are repeatedly told how to get things accomplished. There are no excuses to not succeed. There are opportunities for people to own their own homes. There are programs to help them do this. If someone causes a problem within the Housing Authority, the officer's best tool is their ability to communicate. If there are crowds, they will have to be dispersed. Officers are trained arrest tactics (but they don't arrest), how to deal with mental health issues, have CPR training and others. There are alarms in certain places. Cameras keep track of the outside of buildings. There is a parking law to keep track of who is parking there. There have been great successes. One of the greatest accomplishments is increased communication with residents. Chief Moore tries to have a positive word for the people he interacts with.

<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 SAFETY						
700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	01/19/2017 02:00 PM
#01192017						

CBN News Reporter Mark Martin Reports: It's been called a "bar code on steroids." Radio Frequency Identification identifies people or things and transmits information through microchips. Is it all about convenience, or are there biblical implications? A banner at the International Association of Amusement Parks and Attractions Expo, or IAAPA as it is known, reads "Prepare to be thrilled!" And if you're into amusement parks, the expo is the place to be. Each year, theme park entertainment grows more exciting and cutting edge, like the Tru-Trackless Ride Systems. From trackless to cashless, the operators described the latest ways to make the park experience more convenient for customers and employees. That includes RFID. RFID uses radio waves to transmit information at a distance. A microchip in an RFID tag contains unique identification numbers. Tom Foster, who works for Precision Dynamics Corporation, said the organization pioneered the technology around the turn of the century. Companies like PDC, which produce RFID products, say the technology helps with areas such as access control, keyless entry, and cashless point of sale. Precision Dynamics developed the first kiosk that dispenses and encodes RFID wristbands for amusement park purchases. It's like a wallet on your wrist. It raises a number of questions, however, like what about privacy? And can the information on that wristband be stolen? Consumer privacy expert Dr. Katherine Albrecht is concerned about RFID technology in general and what the future holds. She said their goal is to track the consumer's habits. Beyond the privacy concerns, Albrecht said RFID technology carries biblical implications, with hobbyists embedding microchips into their flesh. Radio isn't the only way that she is getting her message out about the dangers of RFID technology and what it can lead to. She's also a best-selling author, writing books for both adults and children. Albrecht has devoted a decade to studying RFID. One result of her research is the book, *"Spychips: How Major Corporations and Government Plan to Track Your Every Move with RFID."* She especially wants to reach younger readers with her book *"I Won't Take the Mark, a Bible Book and Contract for Children"* to help kids understand the book of Revelation. Albrecht is working to change that, wanting people to think before blindly accepting new tracking technology.

<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 #01132017	CBN	1:00:00	5:00	REC	PA/O/E	01/13/2017 02:00 PM

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.

MINORITY ISSUES

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town JIOT 17-14	30:00	15:00	L	PA/O	03/20/17 30/21/17 03/25/17	05:30 PM 04:00 AM 02:30 PM

Bishop Walter Harvey, from Parklawn Assembly of God, and Host Beverley Besha Moore discuss the topic-restore Milwaukee. The church is in the Sherman Park neighborhood, where an unarmed African American man was killed by a police officer. Riots ensued. Bishop Harvey needed to keep a relationship with the police and also with the community. The church helped with neighborhood cleanup and brought the presence of Christ to the community. He began to strategize with other pastors about making a sustaining impact. Out of this came the Milwaukee Declaration. This declaration is for meant for racial reconciliation and walking it out. It addressed many things that plague the community. The church (in general) has had an ostrich approach. Now issues are coming to the church. There is a need to provide leadership inside and outside the state. Wisconsin had many issues. Reaching out to youth while they are young is important. Parklawn and Elmbrook churches have partnered to train food entrepreneurs. When people come to Parklawn, hospitality is very intentional. People are embraced where they are at. There is no success without succession. The next generation must be equipped. Bishop Harvey talked about The Outpouring Ministry Network. This is expanding the power and influence of the Gospel in the Milwaukee area.

HEALTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	30:00	15:00	L	PA/O	01/02/17	05:30 PM
JIOT 17--01					01/03/17	04:00 AM
					01/07/17	02:30 PM
					01/09/07	05:30 PM
					01/14/17	01:00 PM

Host Kelry Kirschenmann and Dr. Matt Frahm of Max Health Chiropractic talk foundations for health. Dr. Frahm believes people need to get to the root of why they are sick and tired. God gave our bodies the ability to heal themselves. There are 5 keys to change- maximum mindset, maximum nerve supply, maximum nutrition, maximum lean muscle & oxygen and minimized toxicity. The way to start applying this is to start simply. Simple is not always easy. Cutting out sugar is simple, but not so easy. Dr. Frahm recommends doing horizontal shifts, such as trading out vegetable oil for coconut oil. Action gets results, such as showing up at the gym. Having an accountability partner helps.

HEALTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	30:00	15:00	L	PA/O	01/02/17	05:30 PM
JIOT 17--01					01/03/17	04:00 AM
					01/07/17	02:30 PM
					01/09/17	05:30 PM
					01/14/17	01:00 PM

Host Kelry Kirschenmann and Dr. Matt Frahm of Max Health Chiropractic discuss how to avoid New Year's resolution burnout. The holidays last only about 6 days, but people tend to make it extend from Thanksgiving to the Super Bowl. We need to honor God with our bodies and not over-consume. New Year's resolutions are usually made because we have failed to properly manage the holidays. Change can be difficult. Our motives must be pure- to use our body to serve God. We can be a better version of ourselves. Spending time with God in the morning can help us to stay motivated. Society's mindset of health is the absence of symptoms. True health means getting to the cause, focus less on symptoms and create health. It is important to set goals. Some people focus on the big picture, others on smaller goals. We should do what we want to do and not copy anyone else. We need to understand what areas of our lives need help and to understand our giftings. BHAD means big, hairy, audacious goal. What is a big thing your want to go after? Don't give up. There will be challenges to change. The only way we can fail is if we give up.

HEALTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	30:00	15:00	L	PA/O	01/07/17	01:00 PM
JIOT 16-54						

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

HEALTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	30:00	15:00	L	PA/O	01/23/17	05:30 PM
JIOT 17-03					01/24/17	04:00 AM
					01/28/17	02:30 PM

Pastor Annette Damico, Pipeline to Jesus Ministries and Host Kelry Kirschenmann discuss ministry to those in hospitals and nursing homes. Many there feel forsaken, unloved and unwanted. They feel isolated and hopeless. People visiting them can greet them and start a casual conversation. Usually they begin to feel comfortable and excited to see the visitors. Praise and worship music helps. Some of them don't get visited by their family. Sometimes family members can't handle seeing their loved one like that. People are not able to do the things they used to do and some rebel against it. For example, someone with an artificial leg may refuse to use it. They visited such a man. He was very angry. As they continued to visit him, he changed. Those who are depressed need someone to communicate with and to listen to them. Pastor Annette has seen a lot of miracles in nursing homes and hospitals. She recommends going with someone who has experience doing it.

HEALTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	30:00	15:00	L	PA/O	02/13/17	05:30 PM
JIOT 17--10					02/14/17	04:00 AM
					02/18/17	02:30 PM
					02/25/17	01:00 PM
					03/04/17	01:00 PM
					03/27/17	05:30 PM
					03/28/17	04:00 AM

Mike Thirtle, President and CEO of Bethesda Lutheran Communities and Host Beverley Bessa Moore discuss helping those with disabilities live well. Bethesda serves those with intellectual and developmental disabilities, which can include Down Syndrome, autism and traumatic brain injury. People are taken care of in residential settings and they participate in devotions. Bethesda started 100 years ago and were ahead of the curve on moving people out of institutions and into the community. People can be integrated by living, working and going to church in the community. There are Bible studies in the homes and local Pastors teach them. The front line staff are providing services to those with disabilities. It can be challenging, but very rewarding. There is a challenge finding and keeping people willing to carry out the mission.

HEALTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	30:00	15:00	L	PA/O	02/27/17	05:30 PM
JIoT 17-12					02/28/17	04:00 AM
					03/04/17	02:30 PM
					03/11/17	01:30 PM
					03/18/17	01:30 PM

Host Steven Tipton talks with First Lady Prentiss McClelland, Vice President and Nancy Wynne, Health Care Coordinator, of Word of Hope Ministries, about helping the medically underserved. They offer a number of health services. People often need more information about health care and they don't know where to go. The medically underserved have physical, emotional and spiritual needs. They lack health insurance. There is a large population of people who are poor, have lost jobs and have no place to go for health care or prescriptions. If someone needs a prescription they can be referred to a federally funded clinic. If people need services that WOHM cannot provide, they can be referred to other clinics who partner with them. Many people have transportation issues. People can walk or take the bus to WOHM. There are people who come in with high blood pressure and diabetes and they don't even know it. The first day they opened a person came in with very high blood sugar, in which they were close to being in a diabetic coma. This person was not overweight, so they were not the typical diabetes patient. When someone comes in, they fill out an application and their vitals are taken. If WOHM cannot handle the situation, the person is sent to the ER. If they won't go there, they are sent to a clinic. Jesus provided a holistic model for physical health. WOHM works to help the whole person. They may have other needs besides the need for health care. People can be referred to other services as needed.

<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

700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	01/16/2017	02:00 PM
#01162017							

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

HEALTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	01/17/2017 02:00 PM
#01172017						

CBN News Reporter Lorie Johnson Reports: Americans are increasingly getting fed up with the insurance-based medical systems. It often means long waits for appointments and doctors who seem to have one eye on the patient and the other eye on the clock. That's why many primary care doctors and patients are turning away from insurance and to what's known as concierge medicine. When it comes to healthcare, Johnny Guerry prefers old school, meaning just he and his doctor calls the shots without any input from an insurance company. With concierge medicine, patients pay their primary care physician an out-of-pocket monthly fee, sometimes an annual fee, in exchange for unlimited access, 24/7. Concierge medicine used to be something only for the rich and famous. But according to Dr. James Pinckney, known to his patients as "Dr. James," that's not the case any longer. Where he works at Diamond Physicians in Dallas, adults pay from \$95 to \$295 each month, based on age. That covers all acute procedures and medications. Sometimes patients have to pay extra for services outside the office, like a CT scan. But doctors negotiate cash rates with those third party vendors that are a fraction of what they bill insurance. The cost for children is even less than adults. Each child costs \$45 a month for unlimited access to their doctor. Liza Schlitt says her two young boys usually need medical attention after hours. Doctors recently gave her son Griffin a breathing treatment, prescription and a nebulizer to take home, all covered by the monthly fee - and on a rainy Sunday afternoon. Perhaps the biggest difference between concierge medicine and insurance-based medicine is the time patients spend with their doctors. The Affordable Care Act flooded offices of already overloaded primary care physicians to the point where face-time with doctors can average as little as eight minutes per visit. Primary care doctors who accept insurance treat on average about 3,000 patients. This is known as a doctor's patient panel. The typical concierge physician has a patient panel of about 500 patients. At Diamond, the doctors promise their patients their patient panel will never exceed 600. This ensures each patient has their doctor's undivided attention. Although concierge medicine involves paying cash for day-to-day health expenses, doctors do recommend their patients buy health insurance, but with a high deductible. So as insurance-based healthcare complicated this crucial need, more patients and doctors are going old school, with a cash-only plan, similar to the way it was a half-century ago.

HEALTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	01/18/2017 02:00 PM
#01182017						

CBN News Reporter Lorie Johnson Reports: Cancer is a word no one wants to hear. Yet statistics show half of all men and a third of all women will receive the bad news. Churches should be a sanctuary for support. However, in many cases, people suffer in silence as they cope with their illness. Now the Cancer Treatment Centers of America is offering a free program to break down the wall of silence. After years of counseling cancer patients, Rev. Percy McCray knows they bear a burden unlike people fighting other illnesses. Thanks to his training, McCray knows the importance of encouragement. One conversation helped him realize others need to learn these skills, too. McCray said typically, churches deal with issues like addiction and marital problems very effectively. But it can fall short when it comes to meeting the needs of parishioners who are struggling with healthcare issues, particularly cancer. To bridge this gap, McCray and his associates at the Cancer Treatment Centers of America elected to offer complimentary cancer ministry training to representatives of churches across the country so they can better meet the needs of their brothers and sisters with cancer. It's called Our Journey of Hope. Cancer Treatment Centers of America offers free training for two people from a church who use what they learn to raise up cancer ministries in their home congregations. Participants learn the basics of the disease and treatments in order to focus on what it's like for the patient. An added incentive for a church is that the training is free of charge. That includes the two-day seminar, food, lodging, and materials. LaWanda Long attended the seminar years ago and now passes on what she learned to volunteers at Atlanta's Enon Baptist Church. Long teaches the volunteers one night a week for eight weeks. At that time they are ready to take on a cancer patient who has come forward requesting assistance. She said the extensive training ensured the patients will be cared for responsibly. She said so far the cancer ministry at Enon is a success. Lisa McDermott attends Enon. She remembers suffering through nearly five months of chemotherapy for breast cancer. She asked the cancer ministry to help her with daily needs. McDermott dealt with one main point person who recruited others to pitch in. The cancer ministry made such an impression that McDermott wanted to get the training. As Nefertiti Dixon's mother fought ovarian and colon cancer, the ministry stepped in. Although her mother lost her fight, the cancer ministry made those final days easier. They also helped Dixon with things like meals, which lifted a burden. As a working mom with two children, she became overwhelmed with the pressure of caring for her sick mother. So while cancer will likely continue to strike far too many, churches now can choose to help those within their midst who are dealing with the disease.

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<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	1:00:00	5:00	REC	PA/O/E	01/25/2017	02:00 PM
#01252017						

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

HEALTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	02/23/2017 02:00 PM
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CBN News Reporter Lorie Johnson Reports: Today the number of Americans dying of heart disease, the number one cause of death, is higher than health experts predicted it would be. 4 out of 10 Americans suffer from a heart-related health problem, and that number is expected to get even worse. In addition to the lives lost, the cost of treating heart disease is expected to reach one trillion dollars a year within the next 15 years. A growing number of doctors believe the root cause of heart disease is inflammation in our bodies, brought on by eating too much sugar and bread. Cardiologist Stephen Sinatra is one of those physicians who blame an inflammatory diet on the skyrocketing rates of deadly heart disease. Sinatra says to reduce inflammation, stay away from sugar and processed grains such as enriched flour, corn and rice found in bread, bagels, pasta, pizza dough, tortillas, muffins and cereal. He says as far as our health is concerned, these refined grains are very similar to sugar because our body responds to them in the same way. There are many types of sugar. Many of them end with "-ose." Sinatra says one of the worst is high fructose corn syrup, which food manufacturers began adding to soda and thousands of other foods and drinks in the past few decades, corresponding with the dramatic rise in heart disease, as well as obesity and diabetes. Nutritionist J.J. Virgin points out that was also the same time the low-fat craze kicked-in. That caused millions of Americans to replace fat with bread and sugar. In fact, some fat-free salad dressings are one-third sugar! Doctors advise checking nutrition facts labels on products, and only choose foods with no more than 2 grams of sugar per serving. When Dallas resident John Speanburg started following his doctor's recommendation to cut-back on sugar, Speanburg was surprised to discover many of the foods he thought were healthy actually contained too much sugar. When it comes to fruit, health experts say stick to the ones that are unprocessed, fresh or frozen, preferably berries, because they are lowest in sugar. However, stay away from processed fruit products like juices, jellies and snacks. They often contain super-concentrated natural sugar, fructose, accompanied by the misleading, "no sugar added" claim on the package. So to prevent heart disease, America's number one killer that's still on the rise, doctors say reduce inflammation by avoiding processed foods and drinks, and instead, embracing foods in their natural state, also known as "whole" foods. Especially load-up on a wide variety of colorful vegetables. Also choose healthy fats like olive oil, coconut oil, avocados and raw nuts. When it comes to beverages, health experts say just drink plain water, unsweetened coffee or unsweetened tea.