

Trinity Broadcasting Network

Quarterly Report

October, November, December 2022

KNMT

Portland, OR

Pacific Time

Leading Community Issues

The issues are comprised from ascertainties from civic leaders, telephone calls and responses from TBN viewers, and/or a review of print, broadcast, and online media.

Civic

COVID-19 Pandemic

Crime

Economy

Election

Health / Mental Health / Public Health

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

Civic

<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>
Center Point Special Edition #221123	27:00	27:00	REC	PA/O/E	11/23/2022	4:30 PM
					11/23/2022	7:30 PM

Tonight on CenterPoint with Doug McKelway: As you have likely heard, there is big news coming from Israel. Benjamin Netanyahu, the Former Prime Minister, has won again and been given authority to form a new government. On this special edition of CenterPoint Matt Crouch recently sat down with the once again Prime Minister 'Bibi' Benjamin Netanyahu to discuss what he needs to accomplish for the future of Israel and on behalf of the state, his reasons for returning to politics, Israel's history, his family, his military service, and his autobiography "Bibi."

<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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Civic

Center Point Thanksgiving Special #221124	27:00	27:00	REC	PA/O/E	11/24/2022	4:30 PM
					11/24/2022	7:30 PM

Tonight on CenterPoint with Doug McKelway: CenterPoint Thanksgiving Special: Timothy Barton, President of Wallbuilders, Ordained Minister, Researcher and Historian, talks about the history of Thanksgiving and shares historical artifacts.

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Civic

The Eric Metaxas Show #133	23:59	23:59	REC	PA/O/E	10/14/2022	3:00 PM
					10/16/2022	7:00 PM

Today on the Eric Metaxas Show: General Charles Duke, Apollo 16 Astronaut, on the 50th Anniversary of his walking on the moon, talks about his career and that he is still the youngest man to have walked on the moon, the Artemis program, and his journey of faith.

<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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Civic

Huckabee #261	50:30	4:00	REC	PA/O/E	10/1/2022	5:00 PM
					10/1/2022	8:00 PM
					10/2/2022	6:00 PM

Tonight on Huckabee: Rev. Markel Hutchins, Chairman and CEO of Movement Forward, and the Organizer of National Faith and Blue Weekend, talks about the Faith and Blue Weekend event nationwide initiative to bring local police and churches together to focus on the things that unite us.

<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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Civic

Huckabee #272	50:30	15:00	REC	PA/O/E	12/17/2022	5:00 PM
					12/17/2022	8:00 PM
					12/18/2022	6:00 PM

Tonight on Huckabee: Mike Pence, 48th Vice President of the United States, and author of *So Help Me God*, talks about his new book, his public service, his faith, the accomplishments and working relationship with President Trump, the Space Force, his family, and his calling.

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Civic Huckabee #274	50:30	13:00	REC	PA/O/E	12/31/2022	5:00 PM
					12/31/2022	8:00 PM

Tonight on Huckabee: Brad Dacus, President of Pacific Justice Institute, talks about various cases that could impact the freedom and liberty for churches and synagogues, as well as Christian pre-schools, private schools, etc., across America. Brad shares that Pacific Justice Institute represents cases all the way to the Supreme Court without charge. He also expresses the importance of knowing our rights.

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Civic Jay Sekulow Live #673	26:30	26:30	REC	PA/O/E	10/4/2022	10:00 PM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director of ACLJ; Jay Sekulow, Chief Counsel of ACLJ; and Richard A. Grenell, Senior Advisor for National Security and Foreign Policy; discuss the main Russian source of the Steele dossier which was on the FBI's payroll.

<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>
Civic Jay Sekulow Live #674	25:22	25:22	REC	PA/O/E	10/11/2022	10:00 PM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director of ACLJ; Jay Sekulow, Chief Counsel of ACLJ; and CeCe Heil, ACLJ Senior Counsel; discuss California Governor Gavin Newsome's invocation of scripture on billboards in various states for abortion that have access to California.

<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>
Civic Jay Sekulow Live #675	25:36	25:36	REC	PA/O/E	10/18/2022	10:00 PM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director of ACLJ; Jay Sekulow, Chief Counsel of ACLJ; and Andy Ekonomou, ACLJ Senior Counsel; discuss the new Supreme Court term beginning. Majority Floor Leader of the Oklahoma State House, Jon Echols, and CeCe Heil, ACLJ Senior Counsel; join the panel to discuss the ACLJ's Amicus Brief filed in the Oklahoma Supreme Court in defense of the State's abortion ban.

<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>
Civic Jay Sekulow Live #676	24:30	24:30	REC	PA/O/E	10/25/2022	10:00 PM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director of ACLJ; and CeCe Heil, ACLJ Senior Counsel; discuss how the ACLJ beat Planned Parenthood in federal court.

<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>
Civic Jay Sekulow Live #677	24:53	24:53	REC	PA/O/E	11/1/2022	10:00 PM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director of ACLJ; and Wes Smith, Senior Military Analyst of ACLJ; discuss Biden's border crisis. Jordan is later joined by Tulsi Gabbard, Former Presidential Candidate; and Jay Sekulow, Chief Counsel of ACLJ.

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Jay Sekulow Live #678	23:59	23:59	REC	PA/O/E	11/8/2022	10:00 PM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director of ACLJ; Jay Sekulow, Chief Counsel of ACLJ; and CeCe Heil, ACLJ Senior Counsel; discuss how democrats now have legislation to create a misinformation czar to push abortions. Harry joins Jordan and Jay to discuss the SCOTUS case review regarding affirmative action.

<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>
Jay Sekulow Live #679	25:13	25:13	REC	PA/O/E	11/15/2022	10:00 PM
					11/22/2022	10:00 PM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director of ACLJ; Logan Sekulow, Director of Media of ACLJ; and Former Secretary of State and CIA Director, Mike Pompeo, Senior Counsel for Global Affairs; discuss another DHS plan to police "disinformation" is exposed.

<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>
Jay Sekulow Live #680	24:19	24:19	REC	PA/O/E	11/29/2022	10:00 PM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director of ACLJ; and Jay Sekulow, Chief Counsel of ACLJ; have a special broadcast with their in-studio guest Former Secretary of State Mike Pompeo, Former CIA Director, Former member of Congress, and Senior Counsel of Global Affairs for ACLJ, to discuss the conservative leadership, and the domestic and international agenda.

<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>
Jay Sekulow Live #681	24:46	24:46	REC	PA/O/E	12/5/2022	10:00 PM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director of ACLJ; and Jay Sekulow, Chief Counsel of ACLJ; and guest in studio: Former Secretary of State Mike Pompeo, Senior Counsel of Global Affairs for ACLJ to discuss real world items that are happening as we speak: President Biden's face to face meeting with President Xi, China's foreign policy, Iran and peace in the Middle East, the Abraham Accords, domestic policy issues, abortion and education regarding this issue.

<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>
Jay Sekulow Live #682	25:08	25:08	REC	PA/O/E	12/13/2022	10:00 PM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director of ACLJ; Logan Sekulow, Director of Media of ACLJ; and Richard A. Grenell, Senior Advisor for National Security and Foreign Policy, discuss the weak U.S. government response to China.

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Civic

Jay Sekulow Live #683	24:07	24:07	REC	PA/O/E	12/20/2022	10:00 PM
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Today on Jay Sekulow Live: Jordan Sekulow, Executive Director of ACLJ; Jay Sekulow, Chief Counsel of ACLJ; Logan Sekulow, Director of Media of ACLJ; and Richard A. Grenell, Senior Advisor for National Security and Foreign Policy, discuss Elon confirming Twitter's secret political bias.

<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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Civic

Jay Sekulow Live #684	25:16	25:16	REC	PA/O/E	12/27/2022	10:00 PM
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Today on Jay Sekulow Live: Jordan Sekulow, Executive Director of ACLJ; Jay Sekulow, Chief Counsel of ACLJ; CeCe Heil, ACLJ Senior Counsel; and Francis J. Manion, ACLJ Senior Counsel; discuss abortion distortion: the classic viewpoint of discrimination where the topic is allowed; the issue of abortion regulation; but only one side of the debate is heard; the pro-abortion side, and the pro-life side is silenced at Pueblo, Colorado City Council meeting. They also discuss another sixth circuit buffer zone case out of Louisville, Kentucky.

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Civic

Veterans Day Special with Allen Jackson #7089	53:42	53:42	REC	PA/O/E	11/11/2022	12:00 AM
					11/11/2022	5:00 PM
					11/11/2022	6:00 PM
					11/11/2022	8:00 PM

Veterans Day Special with Allen Jackson: Tonight join Pastor Allen Jackson for a salute to our veterans with special guests Congressman Mark Green, U.S. Marine Core Veteran Chad Robichaux, Combat Interpreter Azizullah Aziz, and Singer and Songwriter John Rich.

<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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COVID-19 Pandemic

Center Point #221012	27:00	8:00	LIVE	PA/O/E	10/12/2022	4:30 PM
			REC		10/12/2022	7:30 PM

Tonight on CenterPoint with Doug McKelway: Justin Goodman, White Coast Waste Project Senior VP of Advocacy & Public Policy, talks about holding Fauci accountable, Fauci's dangerous research, and investigating the origins of Covid.

<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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COVID-19 Pandemic

Center Point #221129	27:00	7:00	LIVE	PA/O/E	11/29/2022	4:30 PM
			REC		11/29/2022	7:30 PM

Tonight on CenterPoint with Doug McKelway: Rob Astorino interviews Sen. Marsha Blackburn, Senator (R-TN), Member of Donald Trump's Presidential Transition Team, and Host of "Un-Muted with Marsha", to talk about the protests sweeping China, COVID-19 lockdowns in focus, mandatory vaccination for military members, the Chinese threat to American security, and creating a safe cyberspace.

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<i>COVID-19 Pandemic</i>						
Center Point #221227	27:00	6:00	LIVE	PA/O/E	12/27/2022	4:30 PM
			REC		12/27/2022	7:30 PM

Tonight on CenterPoint, Correspondent Grant Stinchfield interviews Dr. Robert Redfield, Former CDC Director, Co-Founder of The University of Maryland's Institute of Human Virology and Founding Director of Department of Retroviral Research in the U.S. Military's HIV Research Program, to discuss the Title 42 impact on public safety, health and safety at the border, threats to public health, and assessing COVID-19 concerns.

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<i>COVID-19 Pandemic</i>						
The Eric Metaxas Show #150	23:59	13:00	REC	PA/O/E	11/4/2022	3:00 PM
					11/6/2022	7:00 PM

Today on the Eric Metaxas Show: Che Ahn, Pastor of Harvest Rock Church shares his father's experience with communism and its impact on his response to the church shutdowns during COVID-19 and suing the governor of California. He tells us about the billboards Governor Newsome distributed in seven states that reference scripture and promote coming to California for an abortion and the bill Proposition 1 that would codify into California's state constitution to allow abortion up to the last day of the ninth month. He also talks about evangelical pastors running for political office, defunding of the police in Los Angeles, and the need for revival in America, which is the reason he wrote his new book *Turning Our Nation Back to God Through Historic Revival*.

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<i>COVID-19 Pandemic</i>						
700 Club NewsWatch #10252022	52:30	3:00	REC	PA/O/E	10/25/2022	12:00 PM

CBN Reporter Brody Carter Reports: The nation's report card is in, and it shows students across the country are falling behind in the classroom. A new report out today highlights declining test scores, especially in math and reading. Leading officials are scrambling to find solutions. More than 20 years of educational gains have been wiped out across the country since 2017 which indicates the COVID lockdown isn't the only culprit. These national statistics regularly track math and reading comprehension among 4th and 8th grade in a measurement often called "the nation's report card." The numbers show Virginia was hit the hardest, boasting the nation's lowest reading standard along with the lowest proficiency in testing. The state ties Maryland with the largest decline in 4th-grade math since 2017 and the largest decline in 4th-grade reading. While the head of the organization releasing the numbers called them the "clearest picture yet" of the impacts of the coronavirus pandemic on learning, Gov. Youngkin also blames previous administrations due to declining numbers well before the pandemic. Heritage Foundation Education Fellow Jonathan Butcher says special interest groups and school unions that fought to close schools should also clearly bear responsibility. States like Virginia will depend on federal dollars to help fix the broken system. Roughly \$150 billion in COVID relief money remains unspent. Now schools are scrambling to figure out how to turn those dollars into better test scores. Regardless of who's to blame for America's declining classrooms, educators say it's time for everyone to roll up their sleeves and get to work. While the data doesn't show a clear connection between back-to-school policies and academic performance, Butcher points out private and Catholic schools were able to maintain stable test scores compared to schools that shut their doors during COVID.

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COVID-19 Pandemic

700 Club NewsWatch #11042022	CBN	52:30	3:00	REC	PA/O/E	11/04/2022	12:00 PM
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CBN Medical Reporter Lorie Johnson Reports: Three potentially serious respiratory viruses are filling hospital beds nationwide with both children and adults. While states are seeing extremely high numbers of people with the flu and RSV, many doctors say COVID-19 cases are likely to rise as well. Dr. Gerald Stagg, a pediatrician with Titus Regional Medical Center in Mt. Pleasant, Texas told CBN News this is the highest volume he's experienced in over forty years of practice, adding the situation may get worse before it gets better. Examples of those flooding into hospitals include 8-month-old twins Cameron and Carson Combs, who were both diagnosed with RSV. Their father, Cody Combs, said he and his wife noticed the babies' symptoms came on fast. Children's hospitals in nine states are above 80 percent capacity with another five above 90 percent, including Texas. To make matters worse, hospitalizations due to flu are at the highest level in over a decade and are experiencing an earlier onset than usual flu seasons. Currently, the dominant flu strain is H3N2, which in the past has led to more severe cases than many other strains. Doctors say this year's spike in flu and RSV cases is largely because very few people acquired these viruses over the last two years because of pandemic restrictions and therefore have little to no immunity. Currently, the number of COVID-19 cases has decreased in recent weeks in the U.S. Many Americans have developed immunity to the virus from vaccination, previous infection, or both. New strains, however, can sometimes evade those protections. This triple viral combination is triggering some schools to temporarily close, such as Community Montessori in New Albany, Indiana, where nearly half of the classrooms have seen up to 40 percent of the children out sick.

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COVID-19 Pandemic

700 Club NewsWatch #11222022	CBN	52:30	3:00	REC	PA/O/E	11/22/2022	12:00 PM
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CBN Medical Reporter Lorie Johnson Reports: This flu season is off to a deadly start. The C.D.C. reports so far 2,100 Americans have died from the illness, including seven children. Most of the cases are influenza A (H3N2) viruses, but the proportion of influenza A (H1N1) is increasing slightly. Fourteen mostly southern and eastern states are currently experiencing the highest possible level of flu activity, with many others not far behind. Approximately 38,000 people have been hospitalized for the flu so far this season, which is the highest level this early in the season since the 2009 Swine Flu pandemic. Healthcare workers, like Emergency Medicine Physician at New York City's Mt. Sinai Hospital Dr. Brendan Carr, are bracing for the possibility of overwhelming patient intakes this winter. The flu isn't the only virus affecting the U.S. right now. RSV, COVID-19, and the common cold are other viruses that are circulating the country that are likely to spread more widely during the holidays as people gather together inside. However, being exposed to a virus doesn't necessarily translate into sickness. A strong immune system can make the difference between no symptoms, mild symptoms, or severe illness, or even death, according to gastroenterologist and gut health expert Robynne Chutkan, M.D., author of "The Anti-Viral Gut: Tackling Pathogens from the Inside Out." A strong immune system can be traced to higher levels of good bacteria in the intestines because these organisms can recognize when harmful viruses enter the body. Good bacteria, which are so vital to a healthy immune system, are living organisms found in foods like yogurt and kimchi, beverages like kombucha, and some probiotic supplements. However, just like soldiers in an army, simply possessing some of these good bacteria in our gut isn't enough to effectively withstand the onslaught of viruses attacking our bodies. Dr. Chutkan says we need to have lots of them. That's why she says it's critically important to feed the good bacteria fiber-rich foods, so they grow and multiply. And while fiber strengthens the gut, certain medications can harm it. Dr. Chutkan says these medications include antibiotics and stomach acid blockers. Still, these medications can be lifesaving in some cases, so Dr. Chutkan recommends discussing with your doctor whether you really need them.

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Crime

Taking Care of Business #TCOB-1913		27:05	27:05	LCL	PA/O	10/19/2022	8:30 PM
						10/21/2022	1:30 AM

The relationship between law enforcement officers and citizens is constantly being challenged. On this episode of Taking Care of Business, we learn how Community Policing is used as a strategy of policing to gain civilian's trust by building ties and working closely with the public.

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Taking Care of Business	27:30	27:30	LCL	PA	12/7/2022	8:30 PM
#TCOB-1915R					12/9/2022	1:30 AM

While the unemployment rate may be the lowest it has been in a half-century, the numbers that we are familiar with don't always tell the full story. On this episode of Taking Care of Business, find out the difference between unemployed and underemployed. Unemployed and underemployed people often face a tough time finding a job that will support them and their families. Many are in a tough situation and how they got there is often unexpected.

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Taking Care of Business	28:30	28:30	LCL	PA	12/14/2022	8:30 PM
#TCOB-1923					12/16/2022	1:30 AM

Public Health is more than clean air and water. Public health includes our schools, our available medical facilities, and resources, reducing violence and crime. On this edition of Taking Care of Business see the efforts being made to create safe and healthy communities where we live, work and play.

<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>
Praise Faith and Blue	55:30	55:30	REC	PA/O/E	10/04/2022	5:00 PM
#100422					10/04/2022	8:00 PM
					10/05/2022	2:00 PM
					10/11/2022	12:00 PM
					10/22/2022	12:00 PM

Tonight on Praise Faith and Blue: Activist, Speaker, and Lead Organizer of the National Faith and Blue Weekend, Reverend Markel Hutchins; along with Commander Patrick Yoes, National President of Fraternal Order of Police; Chief Gina Hawkins of the Fayetteville, North Carolina Police Department; Sheriff Bill Brown, Vice President of Major County Sheriffs of America; Chief John Drake, Metropolitan Nashville Police Department; and Chief M. Vance Rice, Mississippi State University Police Department, encourage viewers to participate in the third annual Faith and Blue Weekend October 7th through 10th. This is a time when the church and the community can gather and show their appreciation and support for their local law enforcement agencies. In the aftermath of some of the law enforcement involved tragedies that have divided Americans in so many ways, Reverend Hutchins knew we needed to take a different approach to advance the issues of social justice, inclusion, and safe communities, where officers and community residents are respected. They discuss the number of law enforcement officers that are leaving the profession due to job-related stresses, rising suicide rates among law enforcement officers, public safety, the rise in crime and violence, the importance of community engagement to build trust and relationships to reduce crime, and the effectiveness of the church and faith-based community involvement. Women are encouraged to consider a career in law enforcement and young people, particularly young people of color, are encouraged to get involved and be the change they want to see in their community.

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Crime

A21 Walk for Freedom #7085	52:25	52:25	REC	PA/O/E	10/15/2022	7:00 PM
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A21 Walk for Freedom: Christine and Nick Caine, A21 Co-Founders, tell us we can no longer be embarrassed that it's happening. We have to say it's not okay that it's happening. Trafficking exists. It exists in my city. During the pandemic human traffickers became more innovative than ever. It would be shocking to see the number of minors that were trafficked. There is not a state in America that is not impacted. A21 works with law enforcement and government officials at every level in this country. But if we all become aware and shine our light, we can stop trafficking in our lifetime. The goal today is to give people a look, to see what might be slavery in their neighborhood, then how they can engage to report that. In this moment in history to have a peaceful march for freedom is a huge awareness day. Education is key to prevention. Human trafficking is an enemy hidden in plain sight and everyone is at risk. Everyone including the A student, the promising athlete, the housewife, and the surrogate grandparent. Traffickers target all ages, races, ethnicities, nationalities, and socioeconomic classes. But these predators most often prey upon those who are already vulnerable; runaways, foster children, asylum seekers, immigrants, migrants, addicts, those who are impoverished, homeless, marginalized, unemployed, and disabled. Christine is believing people are going to be reached, rescued, and restored, and together, we can abolish slavery everywhere forever. Prevention is the best way we can stop human trafficking. Visit www.A21.org for more information.

<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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Crime

Center Point #221006	27:00	8:00	LIVE	PA/O/E	10/6/2022	4:30 PM
			REC		10/6/2022	7:30 PM

Tonight on CenterPoint with Doug McKelway: Bernard Kerik, Former New York City Police Commissioner, talks about the crime report released, an increase in violent crime, addressing crime more effectively, and crime on the ballot.

<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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Crime

Center Point #221014	27:00	8:00	REC	PA/O/E	10/14/2022	4:30 PM
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Tonight on CenterPoint with Doug McKelway: Eric Eggers, Vice President of Government Accountability Institute, Co-Host of "The Drill Down Podcast", and Author of *Fraud: How the Left Plans to Steal the Next Election* talks about SNAP fraud uncovered and fraud's impact on taxpayers.

<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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Crime

Center Point #221017	27:00	7:00	LIVE	PA/O/E	10/17/2022	4:30 PM
			REC		10/17/2022	7:30 PM

Tonight on CenterPoint with Doug McKelway: Pastor A.R. Bernard, Senior Pastor of Christian Cultural Center, talks about the nationwide crime spike, tension between grace and truth, the role of church in culture, and how the church has a moral voice.

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Center Point #221114	27:00	7:00	LIVE	PA/O/E	11/14/2022	4:30 PM
			REC		11/14/2022	7:30 PM

Tonight on CenterPoint with Doug McKelway: Erick Stakelbeck, CenterPoint.TV interviews Chad Wolf, Chairman of Center for Homeland Security and Immigration of America First Policy Institute, Executive Director of America First Policy Institute, Former Chief of Staff at TSA, and Former Acting DHS Secretary, talks about migrants bused to Philadelphia, securing the southern border, the GOP outlook post-midterms, and the fentanyl crisis.

<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>
Center Point #221116	27:00	6:00	LIVE	PA/O/E	11/16/2022	4:30 PM
			REC		11/16/2022	7:30 PM

Tonight on CenterPoint with Doug McKelway: Erick Stakelbeck, of CenterPoint.TV, interviews Jack Brewer, Founder of The Jack Brewer Foundation, Former NFL Player for the Vikings, Giants, Eagles and Cardinals, Chairman of AFPI's Center for Opportunity Now, and Ordained Minister, to discuss the root causes of the rise in crime: lack of spirituality, fatherlessness, and its impact on our youth, and returning to biblical values.

<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>
Center Point #221121	27:00	7:00	LIVE	PA/O/E	11/21/2022	4:30 PM
			REC		11/21/2022	7:30 PM

Tonight on CenterPoint with Doug McKelway: Grant Stinchfield interviews Gordon Lawson, Chief Officer of Conceal.IO, Founder and Managing Director of Warrenton Global Solutions, and Former Naval Officer, to discuss Russian hackers threat to cyber security, threats to U.S. cyber security, protecting Americans from cyber threats, and how to spot cybercrime.

<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>
Center Point #221122	27:00	6:00	LIVE	PA/O/E	11/22/2022	4:30 PM
			REC		11/22/2022	7:30 PM

Tonight on CenterPoint with Doug McKelway: Grant Stinchfield interviews Matthew Whitaker, Former Acting U.S. Attorney General and Co-Chair of Center for Law and Justice at AFPI, to discuss the crime surge, border security crisis, the Mar-A-Largo investigation, and politicization of the DOJ.

<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>
Center Point #221221	27:00	7:00	LIVE	PA/O/E	12/21/2022	4:30 PM
			REC		12/21/2022	7:30 PM

Tonight on CenterPoint, Correspondent Grant Stinchfield interviews Rodney Scott, Former Chief of U.S. Border Patrol, Former Chief of U.S. Customs and Border Protection, Former Homeland Security Specialist at DHS, and Distinguished Senior Fellow for Border Security at Texas Public Policy Foundation, to discuss securing the southern border, the pending expiration of Title 42, chaos at the border, and NGO corruption.

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

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>
The Impact of TBN #2	25:54	25:54	REC	PA /O/E	10/02/2022	10:30 PM
					10/14/2022	9:30 PM
					10/21/2022	1:00 AM
					10/31/2022	11:00 PM
					11/06/2022	11:00 PM
					11/26/2022	2:30 AM
					11/30/2022	11:30 PM
12/11/2022	1:00 AM					

The Impact of TBN: In the early 1970’s Paul and Jan Crouch began the Trinity Broadcasting Network with the purpose to use every available means to reach as many individuals and families as possible with the life-changing gospel of Jesus Christ. We are committed to tackling issues from a Christian perspective; issues such as human trafficking and critical race theory, to protests from civil rights and the invasion of Ukraine. Whatever the subject matter, we aim to equip you with an understanding of current events that concerns you, your loved ones, and your faith. We’re also dedicated to connecting viewers in their first language. Stretching from the pacific nations to the western edge of the United States, from the most southern tip of South America to the Nordic islands, our broadcast extends to more than 175 countries and are dubbed into over a dozen languages and we’re just getting started. TBN programming is expanding globally and digitally. For us it’s about the people. It’s about a hands-on accessible personal online church that meets the needs of believers and nonbelievers wherever, whenever, and however. We Christians have a responsibility to encourage the broken hearted, to help the burdened, to love the fallen and forsaken. This is the heart of Christ, and this is why TBN operates in and through prayer. We are more than broadcasters and content creators, we’re also prayer warriors. Every minute of every hour of every day we are praying and are here to stand with you. Our mission is being fulfilled through your prayers and support. Because of you we’re able to see lives saved and hearts transformed. Words can’t begin to describe our gratitude. Your trust, your dedication and your generosity is why we’re here today. This ministry is a privilege we cannot do without you. It’s a legacy we’re all too pleased to carry on. For as long as there are people who haven’t heard his name or seen his love, we at TBN will serve as his messengers. Wherever God calls us we will go until the day Jesus returns, we’ll be his witnesses in Jerusalem, all Judea and Samaria, and unto the ends of the earth. Thank you and may God bless each one of you abundantly.

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>
Restoring America with Erick Stakelbeck #7088	52:20	52:20	REC	PA/O/E	11/07/2022	5:00 PM
					11/07/2022	8:00 PM
					11/08/2022	2:00 PM
					11/12/2022	10:30 PM
					11/15/2022	1:00 AM

Restoring America with Erick Stakelbeck: Ronald Reagan once compared the United States to a shining city on a hill. During his inaugural address, George Washington said, “The preservation of the secret fire of liberty, may be staked,” on what he called “the experiment entrusted to the hands, of the American people.” They knew, instinctively, that the United States was unlike any nation in the history of the world. A beacon of freedom blessed by God above, but to whom much is given much is required. The United States today is more divided than at any time since the civil war, and the divide goes far beyond politics to the very essence of who we are. Will America continue to carry the banner for freedom and Judeo-Christian civilization, of liberty and equality for all? Or will we choose socialism, secularism, and squabbling factions that are obsessed with race, gender, sexual identity, and tearing down the very foundations on which this nation was created. And what happens if we choose the latter? Over the next hour, you’ll hear from leaders in every field. From Florida Governor, Ron Desantis, to Former Secretary of State, Mike Pompeo, Michele Bachmann, Greg Abbott, Governor of Texas, and Rev. Franklin Graham, plus top leaders in education, business, media, and faith, as they lay out the blueprint for restoring America.

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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>
TBN2nd Chance: Finding Jesus #7091	56:45	56:45	REC	PA/O/E	11/28/2022 11/28/2022 11/29/2022	5:00 PM 8:00 PM 2:00 PM

TBN2nd Chance Finding Jesus: CJ Orndorff of 2nd Chance Outreach Ministries goes to Philadelphia, PA to meet with Steven Clark, Former Inmate/Pastor to discuss his journey to prison as a youth to a free man today ministering as a pastor. He also visits the infamous Eastern State Penitentiary just two miles north of the city of Philadelphia and shares the history of this citadel. David Barton, Historian and Founder of Wallbuilders, talks about the history of the prison systems in America. Bob Hood, Warden at Super Max Prison in Colorado, shares how his management style changed the environment there. In Tallahassee, FL, Johnny Frambo, Chief of Chaplaincy Services at FDC and Scott Tharp, Associate Professor at New Orleans Baptist Theological Seminary, and Shane Baker, Warden at Hardee Correctional Institution, discuss the impact of seminary in prison and its influence on their families. Trinity Broadcasting Networks bring humanity into places that are forgotten. The impact that twenty-four hour a day Christian programming inside prisons is having is profound. There is hope in our Lord Jesus. For more information visit: www.TBN2ndChance.org.

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>
700 Club NewsWatch #10042022	52:30	4:00	REC	PA/O/E	10/04/2022	12:00 PM

CBN Reporter Heather Sells Reports: Jews in the US are becoming more concerned for their safety and for good reason. In addition to growing violence, a new way of targeting them is underway. Creators of The Mapping Project have developed an interactive website that seeks to expose those who support the colonization of Palestine by revealing the names and addresses of close to 500 organizations and individuals in Massachusetts, many who are Jewish. Rob Leikind, the regional director for the American Jewish Committee (AJC) in New England, is listed and he's sounding the alarm, alongside a host of other Jewish advocates and community and regional leaders in the Boston area. Ellie Cohanin, the Former Deputy Special Envoy on Anti-Semitism at the State Department says the map puts Jewish individuals and institutions at risk. The Anti-Defamation League (ADL) tracks anti-Semitic harassment, vandalism, and assault in the US. Last year, it recorded 2,717 incidents, a 34 percent increase from 2020 and the highest number since it began tracking in 1979. The American Jewish Committee states that one in four American Jews have been the target of anti-Semitism in the last 12 months. Those included physical attacks, verbal harassment, and online targeting. The AJC calls it a severe problem, requiring urgent attention. Leikind notes that history is repeating itself. Jewish advocates like the AJC see the threat coming from both the extreme left and the extreme right. For example, 2018 far right white supremacist ideology motivated the Pittsburg synagogue shooter to kill eleven people. Leikind explains the disturbing line of thought. On the left, there's anti-Zionism which leads to anti-Semitism say Jewish advocates. Cohanin points out a trend in Europe where attacks on Jews increase when there's conflict in Israel. That's now happening in the US, most recently during Israel's conflicts with Gaza. The FBI is keeping tabs on the Mapping Project. In Boston, a wide array of elected officials and community leaders have denounced it. In light of that, Leikind is even more focused on building bridges and encouraging conversations about anti-Semitism, hoping people will learn to better tolerate and even appreciate their differences.

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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>
700 Club NewsWatch #10072022	52:30	3:00	REC	PA/O/E	10/7/2022	12:00 PM

CBN Reporter Gary Lane Reports: Anti-Jewish hate seems more common in big European cities or in New York City. But as the threat of antisemitism grows right here in the United States, college campuses are the new breeding ground for anti-Israel, anti-Jewish bias. Hate crimes against Jews set an all-time high last year. Most took the form of violent attacks and vandalism against synagogues and Jewish temples. This week on Capitol Hill, congressmen expressed concerns about a new wave of antisemitism infecting young American adults. Often during public demonstrations, pro-Palestinian protestors call for Jews to be purged from college campuses and classrooms. And critics say that's exactly what has happened at the University of California, Berkeley where some students have attempted to restrict pro-Israel speech. Berkeley Law School Dean, Erwin Chemerinsky, says media reports about "Jewish Free Zones" are not true. He said only a handful of student organizations, fewer than 10 out of 100, have adopted anti-Israel bylaws, which include a ban against pro-Israel speakers. Berkeley Law School graduate Kenneth Marcus is the founder and chairman of the Louis Brandeis Center for Human Rights. He called Chemerinsky's response outrageous. Appearing on the CBN News program the Global Lane, Marcus described the speech ban as utterly absurd, ridiculous, and inconsistent with American law. So is this speech ban antisemitic, anti-Jewish, or just anti-Israel? American Jewish leaders fear what has started in California may easily spread to other parts of the country. Marcus said Jewish students are already being marginalized and excluded on other college campuses because of the Zionist aspect of their Jewish identity. Jewish students at Rutgers University recently saw their fraternity house egged on the first day of Rosh Hashanah, the Jewish New Year. And concerned leaders like Marcus and Congressman Torres believe only by standing up and speaking out, can Americans reverse the growing tide of American antisemitism.

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>
700 Club NewsWatch #10252022	52:30	2:00	REC	PA/O/E	10/25/2022	12:00 PM

CBN Senior Washington Correspondent Tara Mergener Reports: The numbers show the growing chaos at our southern border is only getting worse. The latest data shows the number of illegal crossings over the last year is quickly approaching the 3 million mark. In fiscal year 2022, there were nearly 2.4 million illegal crossings. That is a 37% spike from the same time a year ago and it does not include the hundreds of thousands more who got away. In recent years, most of the people who have breached the southern border have come from Guatemala, Honduras, and El Salvador. But border officials say migrants arriving from Venezuela, Cuba and Nicaragua have now surpassed them with a 245% surge since September of 2021. With the immigration system increasingly overwhelmed, most migrants are being released by the thousands. In fact, most people are being released without court dates and are being sent via buses and planes further into the country. Not everyone is as fortunate. More than 850 people are known to have died while trying to get here, which is the highest number yet. Critics charge President Biden's so-called open border policy is also allowing dangerous drugs like fentanyl to pour into the country. Meanwhile, the FBI and others have warned the "staggering" numbers pose a "significant security issue" that can be exploited by terrorists too. A whopping 98 terror watchlist suspects were arrested at the border in the last 12 months, but that doesn't include any who might have made it through undetected.

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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>
700 Club NewsWatch #12092022	52:30	2:00	REC	PA/O/E	12/9/2022	12:00 PM

CBN Reporter Brody Carter Reports: Should robots be used by police to kill dangerous suspects? It's a hot topic up for debate in San Francisco after city supervisors passed a measure that would enable police to use robots equipped with explosives. One week later amid public outcry, the controversial policy was removed from a larger ordinance aimed at police funding. Some San Francisco officials wanted to go ahead with allowing robots to use deadly force in certain cases. They argued nothing had really changed – so there was no need to reverse the policy. But the vote, including the ban on lethal robots, passed unanimously. It's believed the first-time police used a robot to kill an armed suspect was in Dallas in 2016, after a 45-minute shootout with police killed five officers. Swat was given the greenlight to send in a robot armed with C-4 explosives. Though robot technology for law enforcement has become more widely available, police across the country rarely deploy deadly robots to kill or confront suspects. Some departments, like San Francisco, do use robots to check out potentially dangerous scenes, so officers can stay back. Technology, however, is moving ahead fast. And pretty soon police departments nationwide, possibly in your area, could be wrestling with the ethical implication of using lethal robots to stop crime.

Economy

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Taking Care of Business #TCOB-1906	27:30	27:30	LCL	PA	10/5/2022 10/7/2022	8:30 PM 1:30 AM

Since the global warming topic first arose, the terms "go green" and "carbon footprint" have been thrown around so often that they now are bland and empty, lacking the fiery inspiration they were coined with. But the fact remains that we all make an impact on the world we live in. The systems that we employ and the choices that we make today do have an enduring effect. Join us for this episode of Taking Care of Business and learn how personal environmental responsibility is more than taking care of the earth - it is taking care of those we love.

Economy

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Taking Care of Business #TCOB-1924	27:30	27:30	LCL	PA	10/12/2022 10/14/2022	8:30 PM 1:30 AM

On this episode of Taking Care of Business we look into retirement. We'll hear from experts on how to plan for your retirement. Topics include financial planning, medical expenses, Social Security, Legal, and savings opportunities. And finally, we'll learn that retirement is more than just a financial issue. It's about life! Will you enjoy or endure this season of life?

Economy

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Taking Care of Business #TCOB-1901	27:30	27:30	LCL	PA	11/16/2022 11/18/2022	8:30 PM 1:30 AM

Hunger in the USA is a very real health and economic problem. When a person does not know from where their next meal is going to come, we call that Food Insecurity. In this episode of Taking Care of Business, we take an honest look at how Poverty and Food Insecurity are impacting people of all ages in our society and discover the alarming fact that hunger and food insecurity is not just a problem caused by poverty.

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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>
Taking Care of Business #TCOB-1908	26:59	26:59	LCL	PA	11/23/2022	8:30 PM
					11/25/2022	1:30 AM

Over half a million people in the U.S. identify as being homeless. In this episode of Taking Care of Business, follow the unique stories of people who do not have stable living conditions. Beyond highlighting the widespread problem of homelessness, this episode speaks to community experts about where we can begin to find and provide solutions.

<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>
Taking Care of Business #TCOB-1926	26:59	26:59	LCL	PA	12/21/2022	8:30 PM
					12/23/2022	1:30 AM

There are over 16 million single parents in America. The cause and challenges many single moms and dads face are unique and can range from tragic to the unexpected. On this edition of Taking Care of Business see how many single parents, and their children, are coping and learn how communities can come together to provide support.

<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>
Praise #101322	55:05	55:05	REC	PA/O/E	10/13/2022	5:00 PM
					10/13/2022	8:00 PM
					10/14/2022	2:00 PM
					10/20/2022	12:00 AM

Tonight on Praise: This week began with an ominous warning by the CEO of JP Morgan Chase who stated that the U.S. likely will fall into a recession in six to nine months and that it may not be just a mild economic contraction. Then the International Monetary Fund followed up by announcing that they are cutting their global growth forecast for next year, warning that the worst is yet to come, and stating that 2023 will feel like a recession for millions around the world. From Wall Street to Main Street, an uncertain economic future has put people on edge. As we head into the midterm elections, economic issues like inflation are at the top of concern for midterm voters. In a recent poll, eighty-two percent of Americans ranked inflation as an extremely important issue. Pain in the pocketbooks. The price of gas drastically shifting back up, as OPEC suddenly cuts production. Interest rates rising with further increases on the horizon. Personal credit card balances escalating while the rate of personal savings in America falls to its lowest level since 2008. As Christians, how do we discern the times and successfully navigate through the uncertainty. As financial stress mounts in the midst of this difficult economic environment, another challenge is beginning to creep up in our society, the growing hostility toward Christianity in our culture. A high school football coach in Washington was fired for praying on the field after a game. In Austin, Texas, a chaplain at the local fire department wrote on his personal blog that he objected to men playing in women's sports. The chaplain was fired. Fifty-nine percent of those surveyed in a recent Lifeway research poll say religious tolerance for Christians in the U.S. is on the decline. What do we do when the workplace silences Christian values and pushes a corporate agenda contrary to our Judeo-Christian values? Are our liberties, freedoms, being protected in America? As Christians, how do we move forward within a culture that is increasingly unreceptive to our values? Join Bobby Schuller and Shawn Bolz now as they discuss the pressing matters of our day from a Christian world view.

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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>
<i>Economy</i> Behind The Scenes #233	27:30	27:30	REC	PA/O/E	10/08/2022	1:00 AM
					10/20/2022	8:30 AM
					10/31/2022	12:30 AM
					11/16/2022	11:00 PM
					12/01/2022	1:30 AM
					12/12/2022	1:30 AM

Today on Behind the Scenes: Tom Newman is joined by Mike Huckabee, Former Governor of Arkansas; and Karen Conrad, Director of Donor Development, to discuss end of life planning. The writer of Proverbs reminds us that a person of wisdom and foresight leaves an inheritance for their children's children. Karen tells us about TBN Living Legacy; charitable gift annuities, wills, trusts, stock gifts, life insurance, probate, real estate, donor advised funds, and unique gifts to benefit Trinity Broadcasting Network.

<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>
<i>Economy</i> Behind The Scenes #228	25:59	25:59	REC	PA/O/E	10/04/2022	11:30 PM
					10/20/2022	1:00 AM
					11/03/2022	11:00 PM
					11/13/2022	3:00 AM
					12/03/2022	10:00 PM
					12/17/2022	5:00 PM
					12/23/2022	9:30 PM
					12/30/2022	9:30 PM

Today on Behind the Scenes: Join Matt and Laurie Crouch, along with Shane Harwell, TBN Director of Sponsorships; Karen Conrad, TBN Director of Donor Development; and Tom Newman, TBN Head of Content and Development; as they discuss the benefits of charitable gift annuities, living trusts, wills, unique gifts, and legacy projects; all tools for giving for people that are looking to help the legacy of their family as they help Christian TV.

<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>
<i>Economy</i> Behind The Scenes #230	25:30	25:30	REC	PA/O/E	10/15/2022	1:30 AM
					10/23/2022	10:30 PM
					11/07/2022	11:30 PM
					11/21/2022	1:00 AM
					12/08/2022	11:00 PM
					12/15/2022	10:30 PM
12/19/2022	1:00 AM					

Today on Behind the Scenes: Matt and Laurie Crouch are joined by Governor Mike Huckabee to discuss legacy giving or estate planning. Mike Huckabee explains how wills, unique gifts, and lifetime charitable gift annuities work, and the importance of estate of planning.

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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>
Center Point #221005	27:00	7:00	LIVE	PA/O/E	10/5/2022	4:30 PM
			REC		10/5/2022	7:30 PM

Tonight on CenterPoint with Doug McKelway: Samuel Buchan, Director of the Center for Energy & Environment at America First Policy Institute, Former Director for International Economic Policy on the National Economic Council, Contributed to the Trump Administration's Energy and Environmental Policy, and Former Senior Advisor to Secretary of Energy, Rick Perry, talks about: OPEC cuts production by 2 million barrels a day, the push for renewable energy, and the outlook for energy prices.

<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>
Center Point #221007	27:00	8:00	REC	PA/O/E	10/7/2022	4:30 PM

Tonight on CenterPoint with Doug McKelway: Rogers Healy, CEO of Rogers Healy and Associates Real Estate, talks about rising interest rates, understanding today's real estate market, factors impacting real estate value, and the housing market outlook.

<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>
Center Point #221010	27:00	8:00	LIVE	PA/O/E	10/10/2022	4:30 PM
			REC		10/10/2022	7:30 PM

Tonight on CenterPoint with Doug McKelway: Stephen Moore, Distinguished Fellow in Economics at The Heritage Foundation, talks about economic uncertainty, inflation woes, high government spending, and getting Americans back in the workplace.

<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>
Center Point #221012	27:00	6:00	LIVE	PA/O/E	10/12/2022	4:30 PM
			REC		10/12/2022	7:30 PM

Tonight on CenterPoint with Doug McKelway: David Nelson, Belpointe Chief Strategist and Host of "The Money Runner Podcast", talks about the producer price index rise, surging U.S. inflation, and the job market outlook.

<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>
Center Point #221020	27:00	6:00	LIVE	PA/O/E	10/20/2022	4:30 PM
			REC		10/20/2022	7:30 PM

Tonight on CenterPoint with Doug McKelway: Economist, Michael Lee, and Founder of Michael Lee Strategy, talks about dealing with inflation and understanding today's investment market.

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Center Point #221024	27:00	7:00	LIVE	PA/O/E	10/24/2022	4:30 PM
			REC		10/24/2022	7:30 PM

Tonight on CenterPoint with Doug McKelway: Mark Chenoweth, Executive Director of New Civil Liberties Alliance, and Attorney Advisor of Office for Legal Policy at the DOJ, talks about the lawsuit against Biden's student loan forgiveness plan, the legality of Biden's student debt forgiveness plan, and student loan forgiveness plan repercussions.

<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>
Center Point #221027	27:00	6:00	LIVE	PA/O/E	10/27/2022	4:30 PM
			REC		10/27/2022	7:30 PM

Tonight on CenterPoint with Doug McKelway: Doug Flynn, Partner and Co-Founder of Flynn Zito Capital Management, LLC., talks about analyzing latest GDP numbers, weighing GDP growth against crippling inflation, and analyzing market trends.

<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>
Center Point #221116	27:00	6:00	LIVE	PA/O/E	11/16/2022	4:30 PM
			REC		11/16/2022	7:30 PM

Tonight on CenterPoint with Doug McKelway: Mitch Roschelle, Founding Partner of Macro Trends Advisors, and Visiting Research Fellow at University of San Diego School of Business, talks about Meta cutting 11,000 jobs, major tech layoffs, high prices hitting the housing market, and the midterm effect on economy.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Center Point #221121	27:00	7:00	LIVE	PA/O/E	11/21/2022	4:30 PM
			REC		11/21/2022	7:30 PM

Tonight on CenterPoint with Doug McKelway: Grant Stinchfield interviews Pete Pachal, Chief of Staff at Content At Coindesk, to discuss the collapse of FTX and navigating cryptocurrency.

<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>
Center Point #221122	27:00	7:00	LIVE	PA/O/E	11/22/2022	4:30 PM
			REC		11/22/2022	7:30 PM

Tonight on CenterPoint with Doug McKelway: Grant Stinchfield interviews Stephen Moore, Distinguished Fellow in Economics at The Heritage Foundation, and Chief Economist at Institute for Economic Freedom and Opportunity, to discuss prices up ahead of the holidays, the expensive Thanksgiving ahead, the GOP economic plan, rising national debt and spending, the economic outlook post-midterms, and the war on energy.

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Center Point #221128	27:00	7:00	LIVE	PA/O/E	11/28/2022	4:30 PM
			REC		11/28/2022	7:30 PM

Tonight on CenterPoint with Doug McKelway: Rob Astorino interviews Michael Wilkerson, Former Managing Director of Lazard, Author of *Why America Matters*, and Founder of Stormwall Advisors, to discuss the holiday shopping season, supply chain woes, the economy outlook, sources of inflation, and the outlook on energy.

<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>
Center Point #221130	27:00	7:00	LIVE	PA/O/E	11/30/2022	4:30 PM
			REC		11/30/2022	7:30 PM

Tonight on CenterPoint with Doug McKelway: Rob Astorino interviews John Lonski, President of Thru The Cycle and Award-winning Financial Markets Economist, to talk about the government's action to combat inflation, Biden's oil agenda, mounting recession fears, and getting Americans back to work.

<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>
Center Point #221207	27:00	5:00	LIVE	PA/O/E	12/7/2022	4:30 PM
			REC		12/7/2022	7:30 PM

Tonight on CenterPoint, Correspondent Grant Stinchfield interviews Ryan Payne, Co-Founder of Payne Capital Management, to discuss recession fears, outlook on the economy, economic impact of divided government, and housing market outlook.

<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>
Center Point #221213	27:00	5:00	LIVE	PA/O/E	12/13/2022	4:30 PM
			REC		12/13/2022	7:30 PM

Tonight on CenterPoint, Correspondent Rob Astorino interviews Brandon Arnold, Executive Vice President of National Taxpayers Union, and Former Director of Government Affairs of the CATO Institute, to discuss the government's spending spree, Republicans voting to continue spending earmarks, and the economic outlook during the holiday season.

<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>
Huckabee #273	50:30	6:00	REC	PA/O/E	12/24/2022	5:00 PM
					12/24/2022	8:00 PM
					12/25/2022	6:00 PM

Tonight on Huckabee: Mary Fallin-Christensen, Former Oklahoma Governor, and Board Member of Old Glory Bank, talks about the need for alternative banking options without fear of being cancelled because of their political views.

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Takeaways with Kirk Cameron #52	53:30	53:30	REC	PA/O/E	11/7/2022 11/7/2022	6:00 PM 9:30 PM

Today on Takeaways with Kirk Cameron: How do you transform a mom-and-pop shop into a multi-billion-dollar business? Leadership. That's what we're talking about today. How can we apply biblical wisdom in today's world? How can we create a culture that is magnetic and draws people in. How do we better serve one another? These are all questions we'll be exploring today on the topic of leadership with our two guests. How did David Green take Hobby Lobby, a company which he started in his home, to become the largest privately owned arts and crafts retailer in the world. We'll hear exactly how he did it in a moment. We'll also hear from best-selling author and speaker Clay Scroggins, who found the secret to becoming a powerful servant leader who leverages influence to get things done. Let's talk about it right now on Takeaways.

<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 #10282022	52:30	2:00	REC	PA/O/E	10/28/2022	12:00 PM

CBN Reporter Brody Carter Reports: Inflation is about to hit home in yet another assault on family budgets. This time it's due to a chilling increase in heating prices along with expectations for a winter that's colder than normal. Energy officials predict your heating bill could take an enormous hit compared to previous years. It partly depends on the type of heating your home is equipped for, but nearly half of Americans will see a significant spike in heating costs, somewhere around 28%. Those living in colder climates will face the highest energy bills, and that's not just the Northeast. The Winter Fuels Outlook indicates your heating bill will join the long list of escalating costs getting pushed higher by inflation as well as the war in Ukraine. The largest increase is likely to be felt through the Midwest where residents can expect a 33% cost increase to keep warm this winter. Mark Wolfe with the National Energy Assistance Director's Association warns this winter will be very expensive for many. The outlook anticipates natural gas users will see about a 28% increase. Heating oil will increase by roughly 27%. If you have electric heating, that increase should be closer to 10%, with a 5% increase for propane homes. Wolfe says those numbers can change depending on the market and how cold it gets. Wolfe works with congressional leaders to help low-income families pay their bills. He says families making under \$45,000 per year can tap into government supplemental assistance, and that everyone can learn to cut costs. There is a silver lining for residents with gas-powered furnaces. Although costs will go up, your bill is expected to be about 30% less than those with electric furnaces or heat pumps. That's because electric heat costs more to generate and isn't as efficient in colder climates.

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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>
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Economy

700 Club NewsWatch #11162022	CBN	52:30	5:00	REC	PA/O/E	11/16/2022	12:00 PM
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CBN Reporter Lorie Johnson Reports: Too many Americans aren't getting the health care they need. This often happens in areas sometimes known as "medical deserts," neighborhoods where there isn't a doctor's office nearby and where people living there don't generally have transportation to travel to get to one. In an effort to solve this problem, some Christian ministries are partnering with local health care providers to help reach these under-served populations. One example is the Norfolk, Virginia's Union Mission Ministries (<http://www.unionmissionministries.org/>), which in cooperation with Sentara Healthcare, is providing much needed medical care in the form of a permanent doctor's office at their homeless shelters. Reverend William Crawley, Chief Operations Officer at Union Mission Ministries, told CBN News to say the on-site clinic is very important would be a "gross understatement," adding it follows the model set by Jesus Christ to meet people in their moment of extreme need. Regardless of their ability to pay, people staying at the shelter now have access to a primary care physician, Dr. Charles, Executive Medical Director of Sentara's Community Care Program, who told CBN News he values the relationships he forms with his patients. The ministry partnered with Sentara Healthcare as part of their Community Care Program that began as a way to try to reach people who can't get the medical attention they need. That's what makes Reverend Dr. Geoffrey V. Guns, Senior Pastor of the Second Calvary Baptist Church in Norfolk, Virginia the perfect partner, as he's been in the middle of one of the city's neediest communities for four decades and has a personal relationship with many people who live there. Rev. Dr. Guns points out how under-served populations rarely have transportation or enough time to go to the doctor. Affordability and lack of trust can also keep people away. That willingness became apparent through Iris Lundy, RN, BSN, Sentara's Health Equity Director. Sentara and local pastors worked together to bring health care to needy neighborhoods in the form of another permanent doctor's office like the one at the homeless shelter. As a way to serve countless others, a converted recreational vehicle serves as a doctor's office on wheels, traveling to several different neighborhoods, often parking in front of familiar churches, complete with the pastor's stamp of approval to help build trust in the mobile clinic. The mobile clinic is as much like a regular doctor's office as possible. There are exam rooms, a place to draw blood, give immunizations, even privacy to discuss mental health issues. All patients are welcome regardless of their insurance status. Some patients are eligible for insurance and don't realize it, in which case, clinic workers help the patients complete the necessary paperwork to enroll. The partnership between the faith community and health care providers is a way to move from health equality to health equity, which means instead tailoring services to fit the individual needs of the patients so they can live their healthiest lives. So while health care in the U.S. might be available to all, certain populations are unable or unwilling to take advantage due to special circumstance. In those cases, some Christian ministries are working with health care providers to meet these under-served communities where they are.

<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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Economy

700 Club NewsWatch #11172022	CBN	52:30	4:00	REC	PA/O/E	11/17/2022	12:00 PM
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CBN Reporter Charlene Aaron Reports: With record high inflation, Americans are struggling to keep up given the higher costs of just about everything from gas to groceries. That means this year, Thanksgiving might be trimmed when it comes to the usual big family meal and celebration. According to a study by Personal Capital, an online wealth management company, one in four Americans say they're skipping Thanksgiving because they can't afford the holiday meal this year. One in three say they're hosting a smaller dinner due to higher food prices. And a whopping 88 percent are cutting at least one dish from their table to make ends meet. This year, turkey costs 20 percent more than it did in 2021. Experts say the biggest factor driving up those prices – a wave bird flu that hit in the spring. The Department of Agriculture reports that food prices have jumped 13 percent between September 2021 and 2022. It is an issue affecting not just families but local foodbanks as well. Christopher Tan of the Foodbank of Southeastern Virginia and The Eastern Shore said his organization began ordering turkeys back in June. Tan also says that as grocery costs have increased so has the number of families seeking help. To help struggling families, the supermarket chain Aldi is rolling its Thanksgiving prices back to 2019 costs. Despite the tight economic times, some are choosing to be thankful no matter the costs.

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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>
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Economy

700 Club NewsWatch #12152022	CBN	52:30	3:00	REC	PA/O/E	12/15/2022	12:00 PM
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CBN White House Correspondent Abigail Robertson Reports: The Federal Reserve announced on Wednesday it's raising interest rates by another half point in an effort to stifle America's crushing inflation problem. While this is smaller than the three quarter-point hikes from the past four Fed meetings, it's still double the customary quarter-point raise. As the Federal Reserve fights its war on inflation with repeated, unusually high interest rate hikes, it's not just the American people paying more to borrow money, but the federal government, too. In fact federal interest payments are on track to cost more than the defenses budget in the coming years. FreedomWorks economist Stephen Moore is among those sounding the alarm on Washington's reckless spending. The federal government is already \$31 trillion in debt, and that figure keeps going up every day. The rising costs of financing that debt will leave less and less money for Congress to spend on things like defense, health, infrastructure, and education. According to the U.S. Treasury Department, in fiscal 2022, the federal government made \$475 billion in net interest payments, up from \$352 billion the prior year. Dr. Steven Skancke, an economic advisor at Keel Point Investments, tells CBN News' Faith Nation the Federal Reserve needs time to see the cumulative effects of its rate hikes. President Biden claims his budget and economic plans are working. In the months ahead, the economic focus is likely to shift from rising prices to rising interest rates and their impact on the economy and federal spending. In the longer term, those rising interest rates are likely going to be very expensive both for consumers and Washington.

<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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Economy

700 Club NewsWatch #12192022	CBN	52:30	3:00	REC	PA/O/E	12/19/2022	12:00 PM
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CBN Reporter Charlene Aaron Reports: Food banks and pantries nationwide are struggling to keep up with demand. Soaring food prices combined with fewer donations are leading to thinly stocked shelves. The impact is making it more challenging to feed the hungry, especially this time of year. For the past ten years, the church has hosted Fresh food Wednesdays, an outreach distributing food to the community's working poor. The increased numbers are likely to keep growing with even higher grocery prices expected and the colder weather ahead. Meanwhile, donations have decreased over the last few months for many food banks. Christopher Tan heads the Foodbank of Southeastern Virginia and the Eastern Shore. Tim Wright, a member of the leadership team at The Gathering's Fresh Food Wednesdays, said getting supplies from the local food bank is critical and some key products are proving harder to come by. When supplies run low, the church must come up with other ways to meet the needs. Those are all items Pastor Stephanie Parker of The Gathering at Scott Memorial United Methodist Church hopes to provide families for the holidays. Despite the challenges with keeping the shelves stocked, the team at The Gathering at Scott Memorial UMC trusts that God will continue to provide. Wright says the goal isn't just about providing food for the families, but also displaying the love and support of Christ.

<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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Election

Center Point Special Report 2022 Election #221104		57:00	57:00	REC	PA/O/E	11/4/2022	6:00 PM
						11/4/2022	8:00 PM

CenterPoint Special Report: Join Doug McKelway and a distinguished panel of guests for CenterPoint's Election Integrity Special. It's a night of insightful conversations surrounding America's next midterm election to arm us with some real knowledge of what to watch for. Guests include Pastor A.R. Bernard, Senior Pastor of Christian Cultural Center; Marc Lotter, Chief Communications Officer of America First Policy Institute; Dinesh D'Souza, Author, and Filmmaker of '2000 Mules'; Phill Kline, Former Attorney General of Kansas; and Eric Eggers, Vice President of Government Accountability Institute and Co-Host of "The Drill Down Podcast".

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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>
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Election

Center Point Special 2022 Election Day #221108	01:22:32	01:22:32	LIVE	PA/O/E	11/8/2022	4:30 PM
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CenterPoint Special Report: Join Doug McKelway and a distinguished panel of guests for CenterPoint's 2022 Election Day Coverage. Guests include Ashley Hayek, Executive Director of American First Works, Rob Astorino, Former 2-Term Westchester County Executive and Former Republican Nominee for NY Governor, Erick Stakelbeck, CenterPoint.tv, Allen Jackson, Pastor of World Outreach Church, host of Allen Jackson Ministries Airs on TBN, and Author of *Big Trouble Ahead: A Real Plan for Flourishing in a Time of Fear and Deception*, Jeff Van Drew, Congressman (R-NJ 2nd District), Bob Barr, Former Georgia Congressman, Former U.S. Attorney in Atlanta, GA, and Chairman of Liberty Guard, Ned Ryun, CEO of American Majority, Former Writer for President George W. Bush, and Writer of *The American Spectator*, Gov. Mike Huckabee, Former Governor of Arkansas, and Host of Huckabee on TBN, Dennis Kucinich, Former Mayor of Cleveland, Former Representative OH – 10th District, and Author of *"A Prayer for America,"* Eric Eggers, Vice President of Government Accountability Institute, Co-Host of "The Drill Down Podcast", CEO Eggers Enterprises, Inc., and Author of *Fraud: How the Left Plans to Steal the Next Election*, Rep. Warren Davidson, Congressman (R-OH 8th District), Member of The House Financial Services Committee, and U.S. Army Veteran, and David Drucker, Senior Political Correspondent of The Washington Examiner, and Author of *In Trump's Shadow: The Battle for 2024 and The Future of the GOP*.

<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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Election

Center Point Special 2022 Election Day #221108	01:22:32	01:22:32	LIVE	PA/O/E	11/8/2022	7:30 PM
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CenterPoint Special Report Continued: Join Doug McKelway and a distinguished panel of guests for CenterPoint's 2022 Election Day Coverage. Guests include Ashley Hayek, Executive Director of American First Works, Chief Engagement Officer of America First Policy Institute, Rob Astorino, Former 2-Term Westchester County Executive and Former Republican Nominee for NY Governor, Jeff Van Drew, Congressman (R-NJ 2nd District), Erick Stakelbeck, CenterPoint.TV, Allen Jackson, Pastor of World Outreach Church, Allen Jackson Ministries Airs on TBN, Author of *"Big Trouble Ahead: A Real Plan for Flourishing in a Time of Fear and Deception,"* Gov. Mike Huckabee, Former Governor of Arkansas, Host of Huckabee on TBN, Erick Stakelbeck, Centerpoint.TV, Colin Reed, GOP Strategist, Co-Founder of South & Hill Strategies, Former Campaign Manager for Massachusetts Senator Scott Brown, Former Deputy Communications Director for Governor Chris Christie, Dennis Kucinich, Former Mayor of Cleveland, Former Representative OH – 10th District, Author of *"A Prayer for America,"* Father Frank Pavone, National Director of Priests for Life, Joe Trippi, Democratic Strategist, Campaign Manager for Gov. Howard Dean Presidential Campaign, David Drucker, Senior Political Correspondent of The Washington Examiner, Author of *"In Trump's Shadow: The Battle for 2024 and The Future of the GOP,"* Rep. Louie Gohmert, Congressman (R-TX 1st District), Recipient of Endowment for Middle East Truth's "Speaker of the Truth Award," Member of The House Judiciary Committee, Sean Feucht, Founder of Hold the Line, Sean Feucht Ministries, Kingdomtothecapitol.com, and Bob Barr, Former Georgia Congressman, Chairman of Liberty Guard, and Former U.S. Attorney in Atlanta, GA.

<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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Election

Takeaways	53:28	53:28	REC	PA/O/E	10/24/2022	6:00 PM
with Kirk Cameron					10/24/2022	9:30 PM
Presents Think Pray					11/04/2022	12:00 AM
Vote #50						

Today on Takeaways with Kirk Cameron Presents Think. Pray. Vote. "Past the point of no return." "A faith winter season." Though these may seem like doomsday titles, many Americans are wondering are we there? Divisions, arguments, and hot-button issues will always exist, but how do we navigate these well at the ballot box and beyond? Can we be part of those who bring unity back to the United States of America? What would that even look like? Our guests Mike Huckabee, Former Governor of Arkansas, Best-selling Author, TV Host and Commentator, and Lieutenant Colonel Allen B. West (Retired) and Former Congressman, join us as we prepare to think and pray about this.

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Election

<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>
Takeaways	51:47	51:47	REC	PA/O/E	10/31/2022	6:00 PM
with Kirk Cameron					10/31/2022	9:30 PM
Presents Think Pray					11/04/2022	5:00 PM
Vote #51-#7086						

Today on Takeaways with Kirk Cameron Presents Think. Pray. Vote. November 8, 2022. It's America's next midterm election. We're going to talk about the issues on the hearts and minds of Americans leading up to the election and how we can process, participate, and engage in this cultural moment well honoring God, our families, and our communities. What's at stake for the country? And what can we do to help? Let's think and pray together on these topics and more with our phenomenal guests Jack Hibbs, Senior and Founding Pastor of Calvary Chapel Chino Hills, and Penny Nance, CEO and President of Concerned Women for America

Election

<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>
Takeaways	54:19	54:19	REC	PA/O/E	11/4/2022	7:00 PM
with Kirk Cameron					11/7/2022	2:00 PM
Presents Think Pray						
Vote #7087						

Today on Takeaways with Kirk Cameron Presents Think. Pray. Vote. Speak up respectfully. Governor Huckabee reminded us that as citizens of our constitutional republic, we have a right and a sacred duty to make our concerns known to our elected representatives and hold them accountable. Volunteer. Governor Huckabee also shared several easy ways that each of us can serve our communities at the local level. Run for school board. Get involved with city council. Volunteer your time to support causes and candidates that you can stand behind. There are so many ways to politically engage year-round. Jason Yates, CEO of My Faith Votes, talks about the need for creating a non-partisan ministry that motivates, equips, and activates Christians in America to vote in every election transforming our communities and influencing our nation with Biblical truth. Stand on the truth. Allen West shared that the truth, based on God's word, ought to be our foundation and our guiding force in and out of election season. Pray. Cover our country, our leaders, this upcoming election, and our votes in prayer. Imagine the impact of each of us committing to regular prayer for revival and righteousness to reign in our republic. One nation under God.

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>
Taking Care of Business	27:30	27:30	LCL	PA	10/26/2022	8:30 PM
#TCOB-1918					10/28/2022	1:30 AM

Although the teen pregnancy rate is the lowest in history, 3 out of 10 young girls will become pregnant before the age of 20. Each pregnancy represents a young woman with hopes and dreams. On this program, see the stories of young mothers who are overcoming adversity with a spirit to succeed and to achieve their personal best.

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>
Taking Care of Business	28:30	28:30	LCL	PA	11/09/2022	8:30 PM
#TCOB-1921					11/11/2022	1:30 AM

A generation ago, we were fascinated by and allured to smoke cigarettes. Today, vaping is the trendy alternative to smoking. Is it safer? Is it causing a reduction in smoking overall or is it just creative marketing? Find out on this edition of Taking Care of Business.

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

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

Taking Care of Business #TCOB-1919	27:30	27:30	LCL	PA	12/28/2022 12/30/2022	8:30 PM 1:30 AM
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Every year, more than a quarter of a million children come into foster care in this country. As a result of the nation's opioid epidemic, this number is growing faster than the system can accommodate. More and more often, there simply aren't enough families to meet the need, and these children must wait in a residential setting for a family to become available. Child welfare advocates are calling us all to learn more about how to help these children in need. Join us for this episode of Taking Care of Business and learn more about how foster care is a way of providing a family life for children who cannot live with their own parents, granting them a family life and a chance at stability that they desperately need.

<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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Mental Health

Praise #92622	55:25	55:25	REC	PA/O/E	10/4/2022	12:00 AM
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Tonight on Praise: Nona Jones, Speaker, Pastor, Entrepreneur, and Best-Selling Author, just released her new book, *Killing Comparison*. She shares her testimony and talks about being abused as a child. She tells us the power of words, especially in our formative years as children, shape our identity. Insecurity is a question of what your identity is secured to. To overcome insecurity we first must acknowledge that we are insecure, feel fear, anger, or rejection. She talks about getting physically healthy and the difference between healthy and toxic comparison. Social media exposes our insecurity, but it is not the source of our insecurity. It's really a question of what is going on in our heart. She encourages people to guard their heart. Insecure foundations such as physical appearance, marital status, financial status, recession, all these things change, but God's love never changes and is not based on our performance.

<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

Praise Scott Hannen Stop the Pain #70821	54:25	54:25	REC	PA/O/E	10/23/2022 11/13/2022	9:00 PM 10:00 PM
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Tonight on Praise: Dr. Scott Hannen, Chiropractic Physician, TV Host, and Author of *Stop The Pain The Six to Fix* talks about stopping the pain, disease processes, and recovery protocols to help restore 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>
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Mental Health

Better Together #124	25:45	25:45	REC	PA/O/E	10/06/2022 10/11/2022	10:29 AM 7:00 PM
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Today on Better Together: Laurie Crouch, Joyce Meyer, CeCe Winans, Lisa Harper, and Elisabeth Hasselbeck address: Seeking approval from others can bury us under unmet expectations, guilt, and anxiety. We break free by serving an audience of One!

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

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

Center Point #221012	27:00	8:00	LIVE	PA/O/E	10/12/2022	4:30 PM
			REC		10/12/2022	7:30 PM

Tonight on CenterPoint with Doug McKelway: Correspondent Blynda Lane interviews Dr. Katherine Kuhlman, Clinical Psychologist, Public Safety Psychologist at Kuhlman Psychology & Consulting, and Executive Board Member of The National Center for Prevention of Community Violence, to discuss talking to children in times of crisis, processing tragedies, and finding ways to help.

<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

Center Point #221111	27:00	5:00	REC	PA/O/E	11/11/2022	4:30 PM
			REC		11/11/2022	7:30 PM

Tonight on CenterPoint with Doug McKelway: Steve Aden, Chief Legal Officer of Americans United for Life, who appeared in court against Planned Parenthood more than any other litigator, talks about the abortion battle going to the states, and pro-life battle in the states.

<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

Center Point #221122	27:00	7:00	LIVE	PA/O/E	11/22/2022	4:30 PM
			REC		11/22/2022	7:30 PM

Tonight on CenterPoint with Doug McKelway: Grant Stinchfield interviews Father Frank Pavone, National Director of Priests for Life, to discuss the Pro-life battle post-midterms and the fight for life.

<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

Center Point #221202	27:00	7:00	REC	PA/O/E	12/02/2022	4:30 PM
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Tonight on CenterPoint, Correspondent Rob Astorino interviews Susanne Stalneck, Director of Women's Programs at the Mighty Oaks Foundation, and Author of *Shield of Faith*, to discuss helping veterans heal, supporting veterans and their families, and supporting first responders. For more information: mightyoaksprograms.org.

<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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Public Health

Center Point #221219	27:00	6:00	LIVE	PA/O/E	12/19/2022	4:30 PM
			REC		12/19/2022	7:30 PM

Tonight on CenterPoint, Correspondent Erick Stakelbeck interviews Chad Wolf, Chairman of Center for Homeland Security and Immigration – AFPI, Executive Director of America First Policy Institute, Former Acting DHS Secretary, and Former Chief of Staff at TSA, to talk about the end of Title 42 looming and crisis at the border, and SCOTUS delays lifting of Title 42.

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

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

The Eric Metaxas Show #147	24:29	10:00	REC	PA/O/E	10/2/2022	7:00 PM
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Today on the Eric Metaxas Show: O.S. Hawkins, Bestselling Author and Pastor, introduces Ilan Sobel, CEO of BioHarvest Sciences, the global leaders in plant cell technology. They discuss a new product called Vinia that helps increase blood flow. Ilan explains how technology across a lineup of critical polyphenols that can have a dramatic impact on our bodies as we look to experience a better, more wholistic life as we age. We are at the crossroads of three very important trends: health and wellness, the power of technology, and sustainability. Given what the world has experienced the last two years, health and wellness has never been more on people's minds than ever before. Breakthrough technology is going to drive that quality of longevity in our lives, and as global citizens, we must make sure we leave the world in a better state for our children and our grandchildren.

<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

The Eric Metaxas Show #155	23:14	10:00	REC	PA/O/E	12/16/2022	3:00 PM
					12/18/2022	7:00 PM

Today on the Eric Metaxas Show: Tim Tebow shares that as a young boy his parents talked to him often about influence, telling him that every day you have a chance to influence the people around you, and there are ripple effects for every decision. Tim has written his latest book, *One-Year Devotional Mission Possible: 365 Days of Inspiration for Pursuing Your God-Given Purpose*, with the goal to help people start the day with what is most important, to help encourage people to trust God not matter what is happening, and to challenge people to live intentionally. Let's put time in for what we say are our top priorities and reframe our perspective and mindset. It's about spiritual health, emotional health, and relational health. He shares that a recent study showed young people spend more time on digital devices than they do sleeping. There are a lot of things competing for our time, energy, and attention. Getting back to what really matters, the right framework, and the right mindset helps us to be more ready to take on life. If we don't do that preparation, it's so much easier to be moved by the wind. Mission means the task or job someone has been given to do. Possible means to be able. He talks about the Tim Tebow Foundation that fights for people that can't fight for themselves in over seventy countries around the world. He shares that if they've been thrown away, beaten, neglected, or trafficked, then they're the people his organization is fighting for, that they love, that they've been called to take care of and bring faith, hope, and love to. He believes this is what God has called him to do in this lifetime and it's the greatest mission that he's on. For more information visit timtebowfoundation.org.

<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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Mental Health

Huckabee #261	50:30	8:00	REC	PA/O/E	10/1/2022	5:00 PM
					10/1/2022	8:00 PM
					10/2/2022	6:00 PM

Tonight on Huckabee: Marsha Blackburn (R-TN) Member, Senate Judiciary and U.S. Senator, and Matt Walsh, Bestselling Author and Filmmaker and Daily Wire Host, discuss confronting gender ideology and child mutilation.

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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>
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Health

Huckabee #264	50:30	7:00	REC	PA/O/E	10/22/2022	5:00 PM
					10/22/2022	8:00 PM
					10/23/2022	6:00 PM

Tonight on Huckabee: O.S. Hawkins, Author of *The Promise Code* shares that he met Ilan Sobel, CEO of Bioharvest Sciences, Makers of Vinia, a superfood from the Holy Land, and began taking Vinia 18 months ago with great results. Ilan tells us that Vinia is based on the French Paradox of cardiovascular health. He explains how a unique combination of polyphenols can have a transformational change in people's health and wellness, improving blood circulation. When you have more blood flow, you have more oxygen and more nutrients going throughout the body's tissues and organs, reducing oxidation.

<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 #10072022	CBN	52:30	5:00	REC	PA/O/E	10/7/2022	12:00 PM
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CBN National Security Correspondent Caitlin Burke Reports: In the early 2000s, when American troops began fighting what became a 20-year War on Terror, there was little understanding of the causes and potential impact of traumatic brain injuries. For many dedicated warriors, these invisible wounds have become a haunting and painful reminder of their time on the battlefield. Ret. U.S. Army Special Forces Aviator, Greg Coker, was shot down in 2004 while serving in Iraq. Among the wounds he sustained: a lingering traumatic brain injury (TBI.) Despite seeing several specialists, not one could identify the treatment Coker needed, or even pinpoint the brain injury. So, after his physical wounds healed, he went on to serve five more combat deployments, unknowingly exposing his brain to even more trauma. It wasn't until after he retired in 2007 that he truly began experiencing symptoms from multiple injuries to his brain. He admits this took him to a pretty dark place mentally before choosing to seek help. Fortunately, he found state-of-the-art treatment, which provided an explanation of his long-term symptoms and even helped reverse some of the damage. That's not the norm, however, as recent data shows less than half of the veterans suffering this injury's lasting effects will actually seek help. And those sustaining a brain injury after serving in Iraq and Afghanistan are twice as likely to consider suicide. The Pentagon realized it had a growing problem and began to take action. Over the last 20-years, huge strides have been made in researching and treating traumatic brain injuries. Now, comes a new plan to build on that momentum with a single comprehensive strategy, known as the War Fighter Brain Health Initiative. The first step in the five-part plan will be to identify the baseline brain health of all service members, which can be monitored throughout their career. Policies will also be developed to prevent, identify, and treat brain damage caused in training, as well as combat. Some of the Pentagon's progress in this area comes from research into Chronic Traumatic Encephalopathy (CTE), the brain disease associated with many NFL players. Veterans have also been diagnosed with this serious neurodegenerative disease, which currently can only be diagnosed post-mortem. For years, veterans like Coker have been advocating for this kind of support from the top. And while he says it's long overdue, he believes these new policies could save lives. The military has six to 48 months to implement the 53 action steps detailed in the War Fighter Brain Health Initiative, although completing some aspects of the plan will take much longer. For example, obtaining the brain assessment of all personnel, including new recruits, active duty, national guard, and reserve, could take about five years. A long undertaking, expected to be well worth the time and investment.

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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>
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Health

700 Club NewsWatch #10112022	CBN	52:30	4:00	REC	PA/O/E	10/11/2022 12:00 PM
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CBN News Reporter Lorie Johnson Reports: Health experts and broken-hearted family members along with former marijuana users themselves are all warning about the high potency of today's weed. The combination of a stronger product plus states legalizing the drug equals a dangerous situation. The highly concentrated marijuana is leading to greater levels of addiction and mental disorders. Zach Plant started using marijuana to ease the stress in his life, he told CBN News. At first, he enjoyed getting high whenever he could. Months later, Zach entered the hospital for cannabis-induced psychosis, a mental health disorder that can cause people to lose touch with reality, and experience hallucinations, delusions, and paranoia. While Zach's symptoms didn't last, doctors warned him that if he used marijuana again, he could risk going into psychosis and not ever coming out. Up until about twenty years ago, most marijuana contained comparatively low levels of THC, the ingredient that makes users high, hovering around three percent. Now, that concentration can be ten times greater, 30-percent THC, and in some cases, much more than that. New research published in the medical journal Lancet Psychiatry shows today highly potent marijuana can be directly linked to a greater risk of mental illness and addiction. Christine Miller, Ph.D., a neuroscientist specializing in psychosis, told CBN News the public should become better educated about the link between marijuana use and serious mental health impacts, including psychosis and suicide. This super-strong weed is widely available on the streets as well as in cannabis dispensaries nationwide, sources that can both carry risks to the buyer. So far 37 states have legalized medical marijuana and in 19 of those states, recreational use is also legal. All of these sales rake in billions of tax dollars for those state and local governments. Senate Majority Leader Chuck Schumer, (D-NY), U.S. Senator Core Booker (D-NJ), and Senate Finance Committee Chair Ron Wyden, (D-OR) introduced legislation in July to federally decriminalize marijuana and establish a federal cannabis tax. However, many believe the U.S. needs to revive the war on drugs, now more than ever, including Aubree Adams, the Director of Every Brain Matters, an advocacy group supporting and educating families on the harmful effects of cannabis. She speaks from personal experience. Her own son and her husband used the amped-up weed after it became legal in their home state of Colorado, not knowing how powerful it had become. The U.S. Centers for Disease Control and Prevention estimates one-third of today's marijuana users are addicted. Marijuana addiction interferes with normal life, as Zach Plant knows all too well. Scientists say marijuana addiction can also hamper the development of children and young adults. It has been two years since Zach suffered from marijuana-induced psychosis, and he's doing great. He's glad to be off the drug and recommends others steer clear of it too.

<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 #11022022	CBN	52:30	3:00	REC	PA/O/E	11/2/2022 12:00 PM
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CBN Medical Reporter Lorie Johnson Reports: Are you a coffee drinker? Do you prefer tea instead? Sometimes people take sides about which is better for you. As it turns out, both drinks are generally good for us under certain circumstances, but one appears to have a slight advantage. CBN News asked medical researcher, heart surgeon, and author, Steven Gundry, M.D. his opinion. Dr. Gundry says the biggest reason is because both coffee and tea are loaded with plant compounds called polyphenols. Research shows polyphenols help prevent cancer and feed our mitochondria, the energy-producing organelles in our cells. Coffee generally contains more polyphenols than tea, but the polyphenol content in coffee varies according to the way it's roasted. After coffee, for the most part, the highest polyphenol concentration is found in green tea, followed by black tea. It's generally healthier if you don't add anything to these drinks. If adding something light to your drink, Dr. Gundry recommends non-dairy creamers like coconut milk or almond milk. When it comes to sweetening your beverage, Dr. Gundry advises avoiding pretty much every sweetener. Natural ones, like organic honey and sugar, can raise insulin levels and lead to weight gain. Artificial sweeteners, like aspartame and sucralose, can contribute to an unhealthy gut microbiome and increase sugar cravings. However, Dr. Gundry makes one exception: the new, low-calorie sweetener that's about 70% as sweet as sugar. Both coffee and tea contain cancer-fighting antioxidants. Coffee has more. Coffee also contains more caffeine, which is generally considered healthy, especially for the brain. Too much caffeine, however, can interfere with a good night's sleep. So depending on the time of day, sometimes tea is the better choice. Black tee has more caffeine than green. Dr. Gundry says two of the healthiest teas are Pu-erh and matcha. Pu-erh is generally a black tea that is fermented, which means it tends to be especially good for the gut, because fermented foods generally contain the good bacteria that boost our immune system. Matcha is a type of green tea that typically comes in powdered form. He recommends organic choices from Japan. So in the coffee vs. tea showdown, coffee has the edge. But really, they're both winners.

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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 #12052022	52:30	3:00	REC	PA/O/E	12/5/2022	12:00 PM

CBN Medical Reporter Lorie Johnson Reports: This winter we're already seeing a lot of sickness going around. One key factor in staying well is getting plenty of sleep. Research shows people who don't are four times more likely to catch a cold than people exposed to the same virus, but who sleep more. Still, getting enough sleep is often easier said than done. Scientific evidence shows that how much we sleep directly relates to our immune system function. Getting plenty of ZZZs helps repair just about every system within our bodies, according to Aric A. Prather, PhD, who runs one of the world's most successful sleep clinics and is the author of "The Sleep Prescription: 7 Days to Unlocking Your Best Rest." Most adults need about eight hours a night, but that can vary, especially as people get into their senior years. In fact, Dr. Prather warns against becoming fixated on getting eight hours a night, which can actually cause anxiety and ironically lead to sleep deprivation. Anxiety often creates a barrier to sleep. People who struggle with this should consider preparing to bedtime a full two hours before lights out. That means moving from work, news, and electronics to something more calming, familiar, and pleasant. Prather recommends monitoring the content of pre-bedtime activities more than the activity itself. For example, while reading is often soothing, don't choose an exciting book that you can't put down and revs up your mind. Make sure you chose something relaxing. Likewise if you choose to watch something, steer clear of a thrilling, engaging program that stimulates your mind. Instead opt for something like sit-com reruns. One way to lessen worrying in bed is by setting aside time during the day to make a list of your problems and then writing down the first step towards a solution. Prather said the most important tip he gives to people suffering from insomnia is to wake up at the same time each morning even on weekends. This is a useful tool to gain control over when the body naturally gets sleepy, also known as circadian rhythm. Prather said we only fall asleep when the feeling of tiredness "washes over us," something we can't control. However, we can control when we wake up. That's important because waking up at the same time each day will eventually cue our body's sense of tiredness to wash over us at the same time each night. He adds that the process might end up costing us at least one nights of poor sleep, but that's ok, because our bodies can bounce back from just a few nights of bad sleep. It's the pattern of poor sleep that creates health problems. If you often toss and turn in the middle of the night, try getting out of bed and moving to a different location, like the couch. That can help your brain avoid associating anxiety with your bed, something called conditioned arousal. Prather said our brains associate being in bed with the emotions we feel when we are in bed, so it's important our brains don't associate the bed with anxiety. Prather said when you get out of bed in the middle of the night, don't turn on the lights or do anything active. You want to go back to those relaxing things that are known to bring on that sleepiness for you. And when you feel sleepy again you go back to your bed. Exercise during the day tends to help us sleep well, so does a dark room that's a cool 65 degrees. On the other hand, caffeine can get in the way of a restful night's sleep, as can alcohol, which can suppress important dreaming, or REM sleep. Sleep aids, like melatonin, and sleep medications can also lead to long-term sleep issues.

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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>
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Mental Health

700 Club NewsWatch #122022	CBN	52:30	4:00	REC	PA/O/E	12/20/2022 12:00 PM
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CBN Medical Reporter Lorie Johnson Reports: The Christmas season brings joy to millions, yet too many of us feel anxious and depressed this time of year. According to The American Psychological Association, 38 percent of people surveyed said their stress increased during the holiday season, which can lead to physical illness, depression, anxiety, and substance misuse. To make matters worse, the National Alliance on Mental Illness noted that 64 percent of individuals living with a mental illness felt that their conditions worsened around the holidays. There are many reasons people wrestle with the holiday blues, some we can control, others we can't. We go into the holiday season with a time change, which all by itself increases the incidence of depression from less sunlight, a condition often referred to as Seasonal Affective Disorder, or SAD. However, we can trick our minds into thinking we're catching some rays by using so-called "happy lights," according to psychiatrist Daniel Amen, founder of Amen Clinics, which has the world's largest database of brain scans for psychiatry. Many of us press pause during the holidays when it comes to taking care of ourselves, which can leave us feeling sad and overwhelmed. The same can be said about over-indulging in holiday sweets. On the other hand, Dr. Amen says a healthy diet can be a mood lifter. Getting plenty of sleep also goes a long way towards good mental health. During the holiday rush, don't skip workouts. Exercise is one of the best ways to stave-off depression and keep stress at bay. Dr. Amen said while hitting the gym is great, you don't have to go to a lot of fuss. Sometimes grief and loneliness intensify during the holidays but can lift when we do things that cause us to connect with and give to others. He cited a Baltimore study that measured the mental health benefits of volunteering. Getting involved with family, however, can be tricky. Many say their source of stress during the holidays stems from familial conflict. Dr. Amen recommends keeping expectations low to avoid becoming disappointed. With that in mind, Dr. Amen said if you feel disrespected by certain people, it's alright to cut short holiday visits with them. Dr. Amen says sometimes the root problem of depression and anxiety stems from perpetually negative self-talk. To turn that around, Dr. Amen recommends paying attention to our thoughts, then challenging them and replacing them, if necessary. Amen says one example of false thinking is the belief that we need to spend more money than we can afford on Christmas gifts. He recommends staying within a reasonable budget which can even include homemade gifts from the heart.

<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 #12272022	CBN	52:30	2:00	REC	PA/O/E	12/27/2022 12:00 PM
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CBN Medical Reporter Lorie Johnson Reports: More people die from heart attacks during the week between Christmas and New Year's Day than any other week of the year, with Christmas Day being the deadliest day of all, according to the American Heart Association. Health experts cite a number of reasons for the increase, including greater levels of stress, unhealthy eating, and alcohol consumption. The phenomenon has become so pervasive that health experts have developed a name for it: holiday heart syndrome. University of Washington Medical Center cardiologist Eugene Yang said unhealthy choices this time of year can land people in the hospital and can even be deadly. Holiday stress often stems from excessive relationship anxiety which tends to peak during the holidays when families and loved ones experience conflict. At the same time, this stress can be made worse by a lack of exercise, which health experts say can relieve stress. Not enough sleep can also increase stress and can negatively impact the way the heart works. New research shows the average adult sleeps about 40 minutes less during the month of December, and those who host holiday gatherings lose close to an hour and a half each day preparing to have guests in their home and during the stay. Alcohol consumption tends to skyrocket during the holidays and can pose a threat, even to people who have no known risk factors. For many binge drinking leads to an irregular heartbeat, a condition commonly linked to an increased risk for stroke. Heart doctors urge people to take it easy when it comes to eating foods high in sugar, salt, and fat, as well as alcoholic beverages, and suggest balancing these with plenty of water and healthy foods, such as a salad every day. Additionally, health experts recommend making time for stress-relieving measures, such as prayer, exercise, and plenty of sleep. Seek help immediately if you or someone you are with experiences warning signs of a heart attack, such as chest pain and shortness of breath. In some cases, particularly in women, heart attack symptoms can be more subtle, such as pain or discomfort in the jaw, neck, back, arm, or shoulder, feeling nauseous, light-headed, or unusually tired.

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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 #12302022	52:30	3:00	REC	PA/O/E	12/30/2022	12:00 PM

CBN Washington Correspondent Jenna Browder Reports: During the pandemic, millions of children spent months learning online. Studies show that American kids spend a huge chunk of the day there, and not just for school. For some, it's become an addiction. That's why Molly DeFrank tells CBN News it's time for a digital detox. Her new book, *Digital Detox: The Two-Week Tech Reset for Kids* was inspired by her own family and their experience. The book begins by taking parents step by step through a two-week cold turkey detox for their children. She says it comes down to brain chemistry. Too much screen time creates excessive levels of dopamine in the brain, the kind that can be addictive. For kids, it's a problem that can follow them well into their adult lives. The second half of her book helps parents develop a long-term strategy using their observations from the detox period. So how often should parents do a digital detox? DeFrank says it's different for every family and child. For most families, like hers, it's not about eliminating technology, just making sure it's in its right place. Her own children are a testament to that. In just two weeks, she says they were free from the grip of technology, moods shifted, creativity exploded, and they learned how to entertain themselves and enjoy life without screens. And it's not just for kids, DeFrank adds. Adults too can benefit from a digital detox.

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.