

**WMCF-TV**  
**TRINITY BROADCASTING NETWORK**  
**QUARTERLY REPORT**  
**APRIL, MAY, JUNE 2015**

**WMCF-TV MONTGOMERY, AL**

**PROBLEMS PERTAINING TO  
LEADING COMMUNITY PROBLEMS  
FOR**

**APRIL, MAY, JUNE 2015**

**RESULTS OF ASCERTAINMENTS FROM CIVIC LEADERS, RESPONSES BY TELEPHONE FROM TBN VIEWERS, FROM THE PRINTED MEDIA, COMPRISING OF NEWSPAPERS, MAGAZINES, PUBLICATIONS AND FROM TELEVISION AND RADIO, WHENEVER POSSIBLE.**

**EDUCATION  
HEALTH  
YOUTH  
CRIME  
EMPLOYMENT  
CIVIC AFFAIRS**

THE FOLLOWING PAGES LIST SUMMARIES OF SOME OF TBN'S WMCF-TV PROGRAMMING ADDRESSING THE ISSUES / PROBLEMS NAMED ON THE ASCERTAINMENT LIST. FOLLOWING FCC REQUIREMENTS FOR THE QUARTERLY REPORT TO BE KEPT IN THE PUBLIC FILE FOR THE FIRST QUARTER.

APRIL, MAY, JUNE 2015

PREPARED BY:



(SIGNATURE)

DATE: June 30, 2015

<u>PROGRAM</u>	<u>ISSUE/PROBLEM</u>	<u>PROGRAM</u>	<u>TOPIC</u>	<u>SOURCE</u>	<u>TYPE</u>	<u>AIR-DATE</u>	<u>TIME</u>
<u>TITLE</u>		<u>DURATION</u>	<u>SEGMENT</u>				
	Education	28:45	13:21	L	PA/O	04/24/15	12:00PM
JOY IN						04/25/15	03:00AM
OUR TOWN						04/27/15	10:30AM
#042415						04/28/15	02:30AM
						04/30/15	03:00AM
						04/30/15	04:00AM

Host Lisa Ranieri interviews Sonya DiCarlo from the Alabama Opportunity Scholarship Fund to discuss the lack of school choices in Montgomery and scholarship opportunities. The fight for school choices in Alabama began two years ago, according to DiCarlo. By the passage of the Alabama Accountability Act, the dialog of School Choices began. She says it is a good thing to dialog about launching the students forward in Education to make the Alabama educational system among the best in the country. The Alabama Scholarship Fund provides assistance to families and children who are attending failing schools in Alabama. The give them options by providing scholarship dollars so that they can go to private schools or to the public school of their choice. Those dollars can also be used for students who are not in failing schools but still meet the low income guidelines. The real concern is not as much the condition of the school but the student's social wellbeing and the fact that students don't feel safe in certain environments and class sizes are too large for the students to get enough individual attention. Twenty eight hundred scholarships have been given out across Alabama. When the triple "A" was passed, it's basically a failing school model. Up to \$25 million can be raised. The funds that are raised go to fund tuition and mandatory fees for the children to go to a school of their choice. She cites the large classroom sizes and lack of discipline in the schools as reasons for the failing public schools. However, she mentions that not every failing school is failing every child. There are children who are thriving and doing well even in the so called failing schools that have been identified by the state. Often these are the students who connect well with teachers or have good home support. Still in the non-failing school environments there are students who are failing and need special guidance and assistance that they are not getting. These all need school choice. The scholarship program has existed for a year and a half since the passing of AAA as a non-profit organization to cover the cost of sending children in failing schools to the school of their choice. The seven parents heading the program are spread throughout the state to educate parents and children about the scholarships. They are also educating the schools on how to be participating schools. The school must be a participating school through The Department of Revenue in order to take a scholarship child. She says to most parents it is too good to be true. They find it hard to believe that someone wants to give them money to send their child to a private school or non-failing public school. The dollars given for the program are up to \$8000 per high school student. Up to \$6500 for a middle school student and \$5000 for an elementary school student. This all depends on where they go. In the private schools the tuition and mandatory fees are paid up to that amount and in most cases it covers all the tuition and fees. The checks are made out to the school and co-endorsed by the parent. It will follow the student even if the student is transferred to a different school.

<u>PROGRAM</u> <u>TITLE</u>	<u>ISSUE/PROBLEM</u> <u>Education</u>	<u>PROGRAM</u> <u>DURATION</u>	<u>TOPIC</u> <u>SEGMENT</u> <u>DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>	<u>AIR-DATE</u>	<u>TIME</u>
<b>JOY IN OUR TOWN #042415</b>		28:45	14:48	L	PA/O	04/24/15	12:00PM
						04/25/15	03:00AM
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Host Felicia Taylor interviews John Mascia, President of the Alabama Institute for the Deaf & Blind. There are just fewer than 200,000 people in Alabama who are either deaf or hard of hearing. For people who are either blind or have low vision are slightly under 150, 000 people. There are also people who have a combination of both hearing and vision loss. Those numbers vary. The numbers show around 40 or 50 thousand people with dual sensory loss. However, if the elderly are included in that number, the count can bump up to many millions in the country. He did not have a specific number for the Montgomery area. However, he says they are working on finding out more about the number of children who are deaf and blind in the state. A person who is considered blind is one whose vision is 20/200 according to medical reports. What a person with normal vision sees at 200 ft. is what a person who is legally blind would see at 20 ft. An audiologist would consider an individual with hearing impairment to be someone with above a 25 decibel hearing loss. What the institute does is try to see how the vision and hearing loss is affecting the person in their daily life. For vision loss a child is studied by how he is able to read and comprehend the written word. As children we learn by incidental learning. As we look around we see what is happening in our environment and we learn that way. For children with limited vision, they may not pick up those environmental cues. When a person is angry, happy or upset, the blind child cannot see all those things. Therefore, the visually challenged person would not handle communication well according to Mr. Mascia. This will impact the child socially in the classroom. It also impacts the child's access to the written language. A child who is deaf or hard of hearing, is unable to communicate and will be impacted in the way he accesses information. At The Alabama Institute for the Deaf & Blind the students are taught that they have to compete not just with other people with vision and hearing loss but they have to compete with other individuals as they study to get their high school diploma. He says the institutes' standards are exactly the same as any other school in the state. What is different is how they impart the information. This means that the child's primary language maybe sign language or they may need large print text books if they have vision loss. If they have hearing loss they may need special technology devises to help them access that spoken language that the teacher is using. "What really is different at AIDB is how we get the information to the child" Mascia says. He brings an example of the technology to show on camera. He demonstrates a note taker designed for the blind. It records the lecture in brail so that the student can read the notes later to study. It can also be plugged into a computer. The Alabama Institute for the Deaf & Blind started in 1858 as a result of Dr. Johnson's idea for a school for visually and hearing impaired people after having a brother who was deaf. It has grown to five campuses. There is a school for the deaf and a school for the blind. There is also the Helen Keller School which educates children with both hearing and vision loss along with other disabilities. There is also a center for adults with hearing and vision loss. To find out more, the information is placed on the screen to contact AIDB.

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	Education	28:45	14:16	L	PA/O	05/08/15	12:00PM
JOY IN						05/09/15	03:00AM
OUR TOWN						05/11/15	10:30AM
#050815						05/12/15	02:30AM
						05/14/15	03:00AM
						05/14/15	04:00AM

Host Lisa Ranieri interviews Mayor Gordon Stone of Pike Road Alabama about higher education. Stone is the Executive Director of The Alabama Higher Education Partnership. The Partnership represents 14 universities preparing high school graduates to have jobs of all types. He says it would be more than just jobs but jobs with college graduates feeding the system. They ultimately want to help the students use their God given talents to help engineer and solve problems. Every student that enters the university does is given the opportunity to be a “difference maker.” He says that through the university experience, the students can grow and refine their talents to solve problems for today and for future generations. He says the challenge now is that the number of working adults currently in the workforce with four year college degrees is low. There aren’t enough qualified people with jobs who know how to solve the problems that occur in modern times. Tracking organizations show that across the country, most states have about 29% of their workforce that are four year degree holders. In Alabama there is about 23% who are four year degree holders. “We are concerned about that because in reality it is limitations to access. And the cause of the limitations to access is the cost of higher education, says Stone. Comparing Alabama to other states across the board, we are at \$1200 more per semester for the average student. Multiplying that over the course of four years and multiplying the other costs that are going in. Tuition has been increasing by double digit quantities, has created more of a challenge for those seeking higher education. This is a problem for society because it limits our capacity to have better problem solvers and greater income levels in the workforce. The higher the degree level, the higher the capacity to have more income. “In our state, income is what fuels our education budget,” Stone says. “The greater the income, the more we put into the budget, the less we have to raise tuition and that means the state can provide more for the various schools. When income goes down, we don’t put as much money in, so tuition goes up.” He goes on to say that this problem places more of the burden on the students and their families and fewer are going to college. Costs are higher in Alabama and in our region than anywhere else for state run schools because of this cycle of underfunded education. It contributes to how much money the state contributes to higher education. These state run universities depend on three forms of income, state funds, tuition from students and contributions from private donors. When the state funds decrease, tuition is raised and the schools require more monies from other sources. Stone says the cycle must be reversed. He says his organization seeks to get the message out that the cost of education needs to be at a level where students can afford to go to college and get the degrees which will raise their capacity to attract more income, pay taxes to the state so that the state will fund the universities keeping tuition from going up for future college students.

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	Education	28:45	13:40	L	PA/O	05/15/15	12:00PM
JOY IN						05/16/15	03:00AM
OUR TOWN						05/18/15	10:30AM
#051515						05/19/15	02:30AM
						05/21/15	03:00AM
						05/21/15	04:00AM

Host Lisa Ranieri interviews Halay Cagle the director of Every Tribe organization to discuss the challenges of the Mixteco people who are living in Alabama. The Mixteco people are a tribal people originating from southern Mexico close to the border of Guatemala. They speak an ancient dialect which has not officially been written yet. They are therefore, very audit oral learners. When the Mixteco people get over into the United States they generally have an educational level of about the fourth grade. That's only in Mexico. Most of the parents don't know how to read or write any language. They have little or no knowledge of human anatomy. They can't count past ten. This places the adults at a high disadvantage. Several hundred of these people live in our local area. Hundreds of the children born to Mixtecos are born in the United States. Because most of their parents are used to life in Mexico, the children are having to face many cultural difficulties. They cannot assimilate into society very well. They seem to clash with how they are supposed to act at home and how they are to interact with those away from home such as in the public school setting. The parents are having a difficult time with the children because they see their children acting out of character often times and it is due to them trying to be accepted in two different worlds. The parents worry that their children are going to lose the since of pride in their own culture. They want their children to grow up and learn in the United States but they don't want them to forget their own heritage. Other barriers that the Mixtecan people are facing have to do with going to the doctor and getting medical care. They don't always have a translator so it is hard for them to communicate. A few speak a little Spanish but they can't write it. Therefore, without a medical history, it is hard to treat them in an emergency room or medical facility. In school, the teachers are used to students who know a written language and they find it extremely hard to communicate and teach the Mixteco students. The Mixtecos do not have a written language so teachers have to be creative in trying to teach these students using only aural dialect. Most public school teachers are not prepared to handle this. Every Tribe formed 3 years ago to teach English to the entire family. They go into the homes of the Mixteco people and teach them to read and write English. After two years there are some women of the Mixteco Tribes who can speak, read and write in English. It is a slow process but progress is being made and the Mixtecos will no longer have to feel isolated.

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JOY IN						05/16/15	03:00AM
OUR TOWN						05/18/15	10:30AM
#051515						05/19/15	02:30AM
						05/21/15	03:00AM
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Host Felicia Taylor interviews Mona Davis with the Montgomery Public School System to talk about Backpack Program which is designed to assist with hungry and starving students in the public school system. Mona says the Feeding America Program has identified over 42000 people in the Montgomery area who are under nourished. That is a very high percentage. The majority of those are students who are in the Montgomery County Schools. The 42000 hungry people in the area is only the number of those who are known or suspected. She says the actual number is most likely higher than that. She says teachers can identify the undernourished students due to their complaining regularly about being hungry, having stomach pains, headaches and not performing well in school. Often these students are caught hoarding food or taking food from other students. Poverty is not always a character issue but an income issue according to Mrs. Davis. She cites the fact that many parents just don't make enough money to keep food on the table every day. Because we are in a state that taxes food, many people are overburdened with taxes and they cannot afford nourishing food for their children. The backpack program is a supplement to help out those needy families. Even though Montgomery County Schools have free breakfast and free lunch for the students, many don't have enough food for the weekend and after school. Churches now step in to fill bags with food that can slide into the backpack of students to take home over the weekend. Those students can eat healthy foods over the weekend and be more prepared for school during the week. Students who eat well perform better in school. Davis says the program is working and students are actually performing better and getting better grades as a result.

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JOY IN						06/06/15	03:00AM
OUR TOWN						06/0815	10:30AM
#060515						06/09/15	02:30AM
						06/11/15	03:00AM
						06/11/15	04:00AM

Host Lisa Ranieri interviews Bailey McKell with Voices for Alabama's Children. McKell says Alabama's First Class Pre-K program is a voluntary state funded program which is number one in the nation for quality. But access is limited due to the lack of funding. Only 8% of four year olds in Montgomery are able to participate in the program. Even though, the Pre-K program is funded by the state, the state provides very limited financial support. So resources are limited and access is limited for children. There is a taskforce in place to approach the legislature to come up with some ideas to help fund the program. In Montgomery, there are around 3000 children eligible for pre-school but only 250 are being served. McKell says it is important to have these pre-K programs because research shows that by the age of five, 90% of a child's brain is fully developed. She says it is important to reach them earlier to provide enriching programs for them. Voices for Alabama's Children is diligently seeking to educate the citizens of Alabama about the need to for pre-K programs of high quality. Low income children are much further behind in development and less prepared for school when the time comes than children in a higher income bracket. Students who go through the first Class Pre-K program, stand a better chance of graduating from the sixth grade. Researchers discovered that students who go through this program, tremendously out perform their peers.

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<b>JOY IN</b>	<b>Health</b>	<b>28:45</b>	<b>13:20</b>	<b>L</b>	<b>PA/O</b>	<b>05/01/15</b>	<b>12:02PM</b>
<b>OUR TOWN</b>						<b>05/02/15</b>	<b>03:00AM</b>
<b>#050115</b>						<b>05/04/15</b>	<b>10:30AM</b>
						<b>05/05/15</b>	<b>02:30AM</b>
						<b>05/07/15</b>	<b>03:00AM</b>
						<b>05/07/15</b>	<b>04:00AM</b>

Host Lisa Ranieri interviews Pastor William McCoy a candidate for surgical weight loss program. He says that across the black belt of Alabama there is a 26 to 32 percent obesity rating. Obesity is an epidemic in Alabama. He says due to the wide-spread of poverty in the state, families are not able to afford the more nutritious foods. Often families eat what they feel they can afford which is processed foods depleted of the vitamins and minerals needed for the body. The poorer people or less informed people will get foods high in fat, sugar and salt which contribute to the weight gain. Obesity is on the increase in the United States. He says one third of the nation is obese. The awareness of the problem is helping people make better choices, however, in the south where the problem is most prevalent, obesity is still at an all-time high. Physicians say that people who are 20% above the normal weight for their age and height is considered obese. A person who is morbidly obese is 100% above the recommended body weight for their height and age. McCoy testifies of his personal experience as a teenager he was very active in sports and eating a high protein diet. He says that after high school he continued to eat heavily but his lifestyle pace slowed down. This caused the severe weight gain that was left unchecked, leading him to his current weight of over 400 pounds. He adds that fast foods play a role in his weight gain and the fact that heavy people are very common in Alabama that he didn't consider his weight to be a problem. Many people think that way as they are steadily expanding. He says obesity is the cause of a mired of health issues such as diabetes, hypertension, sleep apnea, heart disease, cancers, arthritis and others. He says people like himself who have tried diets and all kind of weight loss programs unsuccessfully are now using the option of surgery to take off the unwanted fat. He says that when a person reaches a certain point that exercise is pointless due to the severe pain of arthritis, it is good to know that something can still be done to fight obesity.

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	Health	28:45	13:00	L	PA/O	05/22/15	12:30PM
JOY IN						05/23/15	03:00AM
OUR TOWN						05/25/15	10:30AM
#052215						05/26/15	02:30AM
						05/28/15	03:00AM
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Host Felicia Taylor interviews a certified health coach, Alissabeth Taylor who discusses the importance of health and nutrition for the expected mothers. Taylor says it is important that women began taking care of their health before they become pregnant so that when they do become pregnant it is easier to maintain good health for the baby and herself. She mentions that most expectant mothers know they don't eat right and exercise as they should but they don't realize that even the quality of the food is important. She says that nutrition is especially important during the first trimester. Most moms don't eat enough of the right things. It is easy to get sucked into snacking and eating foods with little or no nutritional value. Not eating the foods with the nutrients that the body needs is common with everyone and not just pregnant women. The baby is depending on the mom to get its nourishment. Whatever pregnant mothers eat will pass on to the baby. Whole foods, proteins, good quality fats and complex carbohydrates are very important nutrients for everyone but especially for expectant mothers. She says during the second trimester is the best time for pregnant women to start an exercise program. When a pregnant woman is craving certain foods it is because she is lacking in certain nutrients. She says, "The better you eat the better you feel and the more you will want to eat well." Taylor says through her personal experience as a mom, she desired to become a health coach in addition to being a nurse. During the first trimester while the growth and developing of the child is taking place, a prenatal vitamin is good to take and the expectant mother needs to consult with the doctor on the steps to making sure she gets the nutrition she needs. She will need to ensure that she gets plenty of protein, iron, folic acid, omega 3 and other important nutrients. Whole foods, sea foods and good cooking oils all play a role in the health and nutrition for the expectant mothers. Avoiding packaged and processed foods as much as possible is a good rule of thumb. Those foods along with fast foods are depleted in the nutrients needed for good health. Women over 30 who get pregnant are at greater risk of not carrying the baby full term. Those mothers should take special care in diet and exercise because of their age.

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<u>TITLE</u>		<u>DURATION</u>	<u>SEGMENT</u>				
	Health	28:45	13:44	L	PA/O	06/05/15	12:30PM
JOY IN						06/06/15	03:00AM
OUR TOWN						06/0815	10:30AM
#060515						06/09/15	02:30AM
						06/11/15	03:00AM
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Host Lisa Ranieri does an interview concerning heart disease and prevention. Pastor Ezekiel Pettway comes on with his cardiologist Dr. Babatunde Komolate. Komolate says there are various heart related diseases known in the WMCF viewing area. However, the most common is hypertension heart disease. When the heart works against high blood pressure for a long period of time, this causes heart attack. Another commonly known heart disease is known as congestive heart failure. This is when the heart cannot metabolically provide enough blood flow throughout the body. Occasionally a blockage in the arteries could also cause heart attacks. Other problems with the heart such as when the heart is not pumping properly within a person who is diabetic or with hypertension, it could cause a stroke. The older a person gets, the more common these problems are. He mentions some heart problems are due to some genetic disorders. These are the problems of the heart most seen in Montgomery. Heart attacks have different spectrums. When an artery is completely closed, the doctor has only 90 minutes to open it up. After two hours a person can have cardiac arrest or congestive heart failure or death. Heart attacks happen every day. Heart attacks can occur with or without chest pains. Heart Stints, balloons and pumps are among the new technologies used to assist the heart in it's performance. Pastor Ezekiel Pettway explains how he does all the heart healthy things he knew about to live a healthy life. He says he watches his diet and walks five miles per day. Yet, in late December he had a heart attack. He was taken to the emergency room where Dr. Komolate performed the standard procedure to restore the function of the pastor's heart. When asked what could have brought on this heart attack, the Dr. says most likely, stress. Because stress along with genetic disorders could lead to heart disease even if a person eats a healthy diet and exercises regularly.

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	Health	28:45	12:55	L	PA/O	06/19/15	12:00PM
JOY IN						06/20/15	03:00AM
OUR TOWN						06/22/15	10:30AM
#061915						06/23/15	02:30AM
						06/25/15	03:00AM
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Host Lisa Ranieri interviews Monica VanDiver with the Sickle Cell Foundation of Greater Montgomery to talk about sickle cell anemia which is an inherited blood disorder. It is a global disease affecting mostly African Americans and Hispanics. Occasionally a few Asians, Italians and Caucasians may have the disease. She says it is a terrible disease which causes the red blood cells not to get proper oxygen. When the red blood cells travel through the body, they cannot get oxygen to the organs properly. The cells get backed up in the vessels and lose their round shape and become sickled shape. When the organs are not getting their proper oxygen, they can become damaged and lost. Red blood cells in a normal person last around 120 days whereas, a person with sickle cell have blood cells lasting only 20 days. When the spleen, the heart and liver are not getting correct oxygen, it causes vital damage. The surrounding 9 counties are currently being served by the foundation. In Montgomery County alone, around 100 people have Sickle Cell. With the surrounding counties included there may be around 450 to 500 people battling the disease. This number is down from three or four years ago when it was over 625. But due to deaths, the number decreased. Fifteen years ago, there was a decline in the number of people living with sickle cell. However, with the growing immigration rate, sickle cell is on the rise in Alabama. It was noted that only African Americans carried the sickle cell trait and with the new born screening program since 1988, it was realized that sickle cell was declining in Alabama. Today, as there is more of a diversity of culture in Alabama, sickle cell is on a slight increase. It is like starting all over again to educate a new group of people in Alabama about sickle cell. VanDiver says there is only a slight increase of people with the full blown sickle cell disease but a very large increase of people who carry the trait.

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

Switch On Your Brain #006	28:30	28:30	REC	PA/O/E	04/07/2015	12:00 PM
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**Today on Switch On Your Brain Dr. Caroline Leaf** discusses how "I can't" is a decision. It is a choice, which means "I can" is also a choice. Your brain follows what your mind decision makes. You can change. You can change your "I can't" to "I can." We are made in the image of a perfect God. Our normal, our natural, our default is phenomenal, brilliant, marvelous, fantastic, fabulous; it is outstanding. You are outstanding. When you say "I can't" you've actually made a choice because you're either "I can" or you're "I can't" - there is no gray area with God. It's either you choose life or you choose death. When we say "I can't" we are actually choosing to give up. We're making the choice to pull out and pull back and to not take responsibility. And then we can't heal because we actually increase our toxic load when we do that. This "I can't" applies to logical things, decisions that are blocking you from moving forward in your life. We're not going to walk around thinking that if I say "I can" "I can." It's not positive thinking, it's much deeper. We're dealing with where we use the words "I can't" that keeps us stuck and bound in chains of negativity and bad habits and bad toxic thoughts. That's the "I can't" that we need to overcome. Your thinking and your choices will impact right down to the DNA right down to genetic level and that impacts everything about who you are and how you are functioning. Ninety-nine percent of our perceptions in life are based upon what we have planted inside of our brain. A lot of times, we say "I can't" because it is scary to change. There is a fear involved because this is familiar even though I know it's wrong. There's also the thing of "I don't know how to change" this almost helpless feeling which has come from the world that we live in, the environment that we've lived in, the nurturing that we've received, where we've been told and labeled this is who you are and you can't change. This is where it is good to recognize and understand who we are scientifically in Christ which means that we are naturally wired for love, so we're naturally wired to overcome. We need to have truth brought into our life about how we can do this. It is something we are able to do. When we're bound in these chains of things like anger, frustration, alcoholism, addictions, addicted to me, myself, and I, addicted to pornography, whatever it may be, these feel like chains that hold a prisoner to a wall. You need to know that your mind is more powerful than any addiction. Your mind is more powerful than any toxic chain. Anything in the negative realm, your mind is stronger than that and that's what science has proven. Link back to God, implant the Word of God. Let your mind understand what your heart, what your intuition of your spirit, already knows, and that is you cannot do this thing without God. So you first link to God. You first find a scripture. You first give thanksgiving and praise and worship. You do whatever it is that you get yourself connected to God and then you go into battle. Step 1: You first link to God. Then you start working on this and as you make the decision this thing is no longer in my life and you start working every day diligently, disciplined, directing your attention; it's call the quantum zeno effect. If you don't do it for twenty-one days, it will not go away. It takes a full twenty-one days. The best way to get out of the "I can't" syndrome is to do twenty-one days of practicing saying "I can." So whatever the "I can't" is, if you can identify and be very specific, science shows us that the more specific we are the easier it is to start breaking down and identify things. If we can find the pattern of our negative toxic reaction, that is the first step in starting to break that down. When we are saying "I can" to get over the "I can't" you can't just say it, you have to really believe it. You have to identify a truth in the Word of God that will be something that you can hook the "I can" onto. As a tree has roots, so your thoughts have roots, so everything you say and do is first a thought. Nothing that you say and do is a vacuum. So whatever you're saying is coming from a root. If you're saying "I can" but you are actually thinking "I can't" the root is the more powerful. The thought in your non-conscious is the more powerful thing than what you are saying, and what you are actually saying is actually the negative, and that's called cognitive dissonance. When you thank God, in your brain things change. Serotonin, dopamine, oxytocin; all the remodeling chemicals start being released. Various structures in your brain start getting very excited in anticipation of good stuff. When you expect good things, good things are going to happen. "I can" is a decision. "I can't" is a decision. You have a choice daily to say "I can" or "I can't." When you choose to "I can" instead of "I can't," when you make that decision, change happens in your brain. Physical change happens in your body. Physical change will produce change in your mind, which is the soul realm, which will impact on your spirit. Have a look this week at how many times you actually say "I can't." Train yourself to be aware of the fact that "I can't" is a physical thing. You're capable of changing the "I can't" into the "I can."

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*Health*

Switch On Your Brain #007	28:30	28:30	REC	PA/O/E	04/14/2015	12:00 PM
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**Today on Switch On Your Brain Dr. Caroline Leaf** asks the question: "What Lies Are You Believing?" We need to be alert and discerning because there are truths and lies in every single situation that we face. In life there are all kinds of decisions that we have to make on a moment by moment basis and those decisions come from a pool of choices called probabilities. A probability is something that actually hasn't happened yet. You are in life processing. In the events and circumstances of life those things are coming in through your five senses. You are thinking these things through and you are reacting to these events and circumstances that have come in through your five senses as electromagnetic life forces measured through using quantum physics and brain science. We cannot control the events and circumstances of life, but we can control our reactions to those events and circumstances. You are a triune being: spirit, soul, and body. Your spirit is your true you. It is made up of your intuition, your communion, which is your worship, and your conscience. Your soul is your mind, your intellect, your will and your emotions. Your body is physical substance we can see. Now the way that you are designed is that the Holy Spirit speaks to your spirit. The spirit speaks to your soul. Your soul controls your brain. Your brain is in your body. Your brain and your body are subservient to the soul. The soul is the mind realm. Thoughts are connected. The brain is the size of your two fists. There are 100 billion thoughts in your brain. Each thought can grow up to 200,000 branches. You have three and a half million years' worth of space in your brain. Each thought becomes a universe. No thought is ever in isolation. Whatever negative toxic thought you have will grow little vines like a vine grows, and as you are thinking about it, it connects with other thoughts. The connection that occurs is almost like a cellular network as well, because we have other cells between the thoughts that carry the electromagnetic energy of those thoughts to other thoughts as well. We have so much more control than we actually realize. The love zone is represented by two trees. The larger green tree represents God. The smaller green tree represents you made in God's image. The toxic dead tree represents the fear zone. There are only two types of emotion. There are two basic spiritual forces: love, which is God, and fear, which is the counterfeit, the opposite spiritual force. You are either operating in love or fear. You must choose which of these zones you will run your life in. You have the ability to think and to choose. God is revealing the quantum level. The quantum world is telling more about Godly principles than any other form of physics that's ever been known. What science quantum physic tells us is that there is this probability wave. The probability wave is that there are all these possible choices that you could make as an individual about this particular event or circumstance. Quantum mechanics can actually do a mathematical equation that can predict this probability, but can never tell you exactly what it is that you are going to choose. Until it has actually been chosen, until you have thought this thing through and made your choice, it's just a whole wave of probabilities. Then you, as an in credibly brilliant thinking human being, you think, you choose, and you make your choice. You as an observer outside of the probabilities, and as you choose, you collapse the probability wave, which means you turn something that is simply a probability into an actuality and it becomes a physical structure inside of your brain. Everything that you say and do is first a thought inside your of head by you yourself. When we have this realization that these things inside of our head are not truth, that we've made them truth by actually processing them into physical realities in your brain, the realization that this is not truth, that you can actually rewire that; that will start freeing you. That realization that this is not who you are, that you can rewire it; that starts the process of freedom. As we think about things they grow. As you're in an event or a circumstance, as you're in a lie, as a lie is presented to you through whichever means, we take that into our brains and for twenty-four to forty-eight hours it stays flowing through the middle of our brain and it becomes what we call a temporary memory. Now if you ignore it, it will go away. If you don't think about it anymore that actually becomes heat energy, it converts and goes away. If you think about it, it starts going through the process up to seven days, fourteen days, twenty-one days, and it becomes a self-sustaining memory inside of our brain. If you start thinking about it more, you then act upon that because whatever we do is coming from these thoughts that we've built in our non-conscious mind. The more you think about it the bigger it gets. The more you meditate the bigger it gets. If you're in a crisis situation, what are you going to revert to? The thing you're thinking about the most. Hebrews 11:1 in reverse. Faith is substance. When you are building your faith in something you are building a physical network. Your brain is following the structure of your mind. Genesis 11:6 Faith. Substance. Imagination. All of it is building substance. Substance is stuff; something physical. As you are thinking, you are creating thoughts. You first build a thought and then you see the evidence. The evidence is the words, the actions, and the manifestation. First the thought then the evidence. When you are in a circumstance that's bad and you're connected to the vine you are going to draw on the correct thing from your non-conscious mind to inform your conscious decision, but if you're not, you're going to draw on the negative to inform your conscious decision. How do we know what is truth in terms of making decisions about whether something is good or something is bad? First of all, you are wired for love. It's the scientific way of saying you are made in God's image. We know right from wrong. Within the depths of our spiritual part of who we are, in the depths of our intuition, the Holy Spirit will lay down truth. With our mind we need to understand what that truth is. We use our mind to understand the truth that is already inside of us, but that takes discipline,

that takes walking by the spirit, that takes discipline practice about not letting thoughts just go crazy and unchecked through your mind, but stopping and evaluating “Is this thought in alignment with God or is it in alignment with the worldly way of thinking.” We can train ourselves to discern because our basic nature is one of knowing good from evil. A lie cannot be measured. Light is what we measure. Darkness is the absence of light. A lie is the absence of truth. We measure truth. Your mind controls your body even down to the subatomic level. That is why when you pray your words influence the subatomic level. Your thoughts change the C-reactive proteins in your body. Your thoughts, your words, change everything right down to the DNA level.

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Switch On Your Brain #008	27:30	27:30	REC	PA/O/E	04/21/2015	12:00 PM
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**Today on Switch On Your Brain Dr. Caroline Leaf** discusses how we walk through life with unnecessary baggage which are toxic thoughts that we've built. What we've stored in our minds is basically impacting how we function. Research shows that patterns for adulthood are laid down in childhood and the way that you function in the future is based on the now. Our mind is split into the conscious and the non-conscious. The conscious operates when you're awake. The non-conscious operates twenty-four hours a day and that's where all the thoughts, the good trees, the baggage, all that is stored in the non-conscious mind. We know from science that the non-conscious mind drives the conscious mind. So if your non-conscious mind is filled with baggage that is what is going to drive your conscious perception of how you deal with life. Cast all your burdens upon God. Get free from that baggage. You are spirit. You are soul. You are body. Your spirit is your true you. Your soul is your intellect, your will, and your emotions; in other words, your mind. You live in a body which is dominated by the brain. When you keep unforgiveness, anger, frustration, irritation, as a way of reacting, being overemotional, whatever it may be, being oversensitive, taking offense, all these things, when we do that, this is baggage. The Bible says, and so does science, you first build a thought and then you see the evidence. The evidence is the words, the actions, the manifestation. Where are you putting your mind time? Where is your mind time focusing on? Train yourself to be aware of your thought. No thought should ever go unchecked through your mind. No thought is harmless. A negative toxic thought is doing damage in your brain. It's made up of proteins that have become distorted because we don't have any proteins in our brain for negative thinking. The proteins that we make are supposed to be made based on healthy choices. So when we make a negative toxic choice, we distort the proteins. So the proteins accumulate, and instead of it being a beautiful green tree, it's this wiry distorted, inflamed, awful looking kind of thought that affects the blood flow. The activity looks incorrect when you look at a brain scan. You can actually see negative things. Your thoughts are real. That is why James 1:21 so correctly says that the implanted word of God will save your soul. We need to be memorizing scripture. We need to be meditating and practicing the presence of God. Seventy-five to ninety-eight percent of current illnesses today, mental, physical, etc. come from our thought life. It's a myth that you use only ten percent of your brain. You use it all. Every part of your brain has a function and most of your brain is active all the time. Science shows us that we're just not designed to carry unnecessary baggage. Unnecessary baggage in terms of science is all those toxic thoughts in our mind; that we've made bad decisions, and we've wired the stuff in, and we're operating from these in our non-conscious mind. Our non-conscious mind is filled with millions of thoughts and a lot of those are baggage thoughts. They're not healthy thoughts. They're weighing us down and they're impacting how we function on a day to day basis. We need to unpack those. We need to pray and ask God to help us unpack those. We need to get order back in our mind and that's done prayerfully, not on your own. You need to ask God. The Holy Spirit will lead us into all truth. The Holy Spirit will show us what we need to unpack; all the baggage that's weighing us down.

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Switch On Your Brain #009	27:30	27:30	REC	PA/O/E	04/28/2015	12:00 PM
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**Today on Switch On Your Brain Dr. Caroline Leaf** discusses emotions and feelings and if can we control them. How we are reacting to the events and circumstances of life will determine our stress levels, the state of our physical being, how our mind is functioning, how we are coping with life, and how we are expecting to cope with life in the future. Right now at 400 billion actions per second you are generating a quantum signal in your brain as you process information. God gives you a physical representation of a mind soul action that is designed to be guided by the spirit. Every thought that you have, always, every single time, will become a physical reality inside of your brain. We've got all of these thoughts inside of our brain that are real and occupy mental real estate and they look like trees. The thoughts that we build look like trees. As we're thinking and choosing we're building all of these trees inside our brain, with these branches and these leaves, containing all this information. Every thought also has emotions wired into it. Because the emotions are represented inside your thought as chemicals, every thought that you build has all these chemicals intertwined within them and it looks like rain drops on trees. So in your brain you have this physical reality for this mind thing that has a spiritual component. The amygdala is another structure in the brain that looks like little almonds which are like libraries, which are perceptual libraries. Every time that you think and choose and build a memory, you're actually going to build the memory into your brain. As you build the memory into your brain, not only do you put information on the leaves, but you also have chemicals involved in the process. The chemicals that are involved in the process we call scientifically molecules of emotion. The chemicals carry the emotions, this means every single thought that you build has this emotional component. When that emotion is in the non-conscious mind where all your memories are stored it is an emotion. When it moves into the conscious mind you feel your emotions. The feeling is the experience of the emotion. A perception is another kind of connective memory which we store in our amygdala. So we have a perceptual library, like a library contains books of information, so your perception is your perception of that event. So information and emotion is in the thought and the perception is in the amygdala and it is connected, so as you draw a memory into the conscious mind and you remember the information and experience the emotion, you also activate the amygdala and you experience the perception. Life is represented by the green tree. Death is represented by the dead tree. Life, represented by the green tree, is the love zone. The dead tree represents the fear zone. The larger green tree represents God and the smaller tree represents you, because you are made in God's image. The love zone is the normal zone, this is your normal, this is your default; this is who you are. Scientists call this being wired for love. We are wired for love which means all of our circuitry, our structures, everything about our brain, and everything about the physical body is all designed for the positive. Your normal is wired for love. Your normal is good thinking, good choosing, good thoughts, good decisions, wisdom. You are made in God's image. God is made of love. It's a spiritual force. The Bible tells us that perfect love will cast out all fear. The opposite spiritual force is fear, which is abnormal. Scientists tell us that we are wired for love. We learn fear through the choices that we make in our soul realm. The design and the natural order that God has set up is that the Holy Spirit informs your spirit, your spirit informs your soul, and your soul controls your brain and your body. Your brain and your body do the bidding of the mind or the soul. Your soul has one foot in the door of the spirit and one foot in the door of the body. It is through the soul mind realm, which is supposed to be dominated by the spirit, which is supposed to be dominated by the Holy Spirit, that you then control your body. But we live in a world where we reversed this thing; where we worship the body, where we go by how we feel. You are either led by the spirit or you're led by the body. When we have issues in our life there isn't a quick fix. We need to realize that chemicals, drugs, putting things into our body, alter brain function. Taking a drug for being unhappy, or depressed, or anxious, is not really the solution. It may have to be part of the solution for a very short period of time, but the real work is in your mind. The real work is you recognizing, acknowledging, working through, and persisting through for twenty-one days. Your mind is stronger than any chemical, any drug, and any medication. Many doctors are seeing that the effectiveness of any kind of medication comes from how a patient is actually managing their mindset in terms of their illness. You have one hundred billion neurons in the brain. Dendrites, which look like Christmas trees, are what you're building in your brain. When you're making good decisions they're healthy. When you're making bad decisions they're unhealthy. Whatever you think about the most will grow and they connect to other parts of your brain. You are a brain surgeon because you can change your own mind; you wire these in, you wire these out. You as a brain surgeon need to renew your mind, which means that you need to apply the scientific principles of neuroplasticity; neuro meaning brain, plastic meaning to change. You as a brain changer need to change your brain, renew your mind. We can learn how to discipline our thought life. We need to recognize that if we can bring all our thoughts into captivity, the thought has the emotional component, so therefore, if you are bringing the thought into captivity you're also bringing in the emotion, which is part of the thought into captivity. That is our natural design. In science we see that when a thought moves into the conscious mind and it becomes active and we feel it, if it is a toxic thought we feel a toxic emotion. If it is a happy, good, healthy thought, we feel the healthy emotion. Your awareness of this is your starting point to the healing because your awareness enables you to see your reactions. That awareness starts helping you

with the healing process. If you're aware of something then you can do something about it. There are only two types of emotion: love and fear. Love is the natural design that we have. Love grows all the good stuff: love, joy, peace, kindness, gentleness, patience, self-control. Out of fear, which is the opposite, the counterfeit, grows the negative things: anxiety, worry, discouragement, despair. These negative things are not the normal response, but a learned response. You are wired for love. Love is the normal emotion. Fear is the learned emotion. We have emotions and feelings and we can control them. Emotions are in the nonconscious mind and when they move to the conscious mind we feel those emotions. We're designed to control them, but we need to go to God and God will help us control them. When a thought moves into the conscious mind you have ten minutes to make a decision as to whether you're going to move forward or whether you are going to stay stuck with it and make it a toxic emotion. You can't fix it in ten minutes, but you have ten minutes to make a decision about whether you are going to work on it or not. Otherwise it will go back even more toxic than before. In that ten minute window, make a decision if it is toxic, to ask God to help you to start working through the process of detoxing that particular thought network, which takes work. It takes twenty-one days, but you can start working on that. Don't ignore that ten minute window.

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Switch On Your Brain #010	27:30	27:30	REC	PA/O/E	05/05/2015	12:00 PM
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**Today on Switch On Your Brain Dr. Caroline Leaf** discusses "It's not who you are, it's who you have become." Evil comes from us, from choices that we make. Every time we make a bad decision and we wire that toxic thought into our brain, we've created evil and then we act upon that. But that's not who you are, that's who you have become. You can get free. There is nothing that you have done that you can't get rid of in your brain. Obviously, it starts with acknowledging, repenting, confessing, accepting the work of the cross. You can wire that out of your brain. There is a tendency that we can get stuck in that negative groove and then grow this thing and then we think that's all we are. You need to stand back. You need to recognize you're made in God's image and that's not who you are, that is who you have become, so therefore you can un-become that. Our norm, our default mode, is one of making good choices. We can think well. We can choose well, because we are made in His image. You may feel like I react like this, this is who I am; this feels like it's me. Yes, because every choice that you make, if it is a good choice, you wire in the healthy. If it is a bad choice, you wire in the negative. It has become part of your biology, the toxic side, the fear zone, this not who you are, this is who you have become. If you wired it in, you can wire it out. When the brain is inside your head and you're alive and living, you are generating mind and your mind is actually changing that brain. We are wired for love. Scientifically we see this; all of our circuitry, all our chemicals, everything is geared in the direction of making good choices. When we choose badly, as it says in Deuteronomy 30:19, the implication in that scripture is that if we make the wrong decision we step into the death zone. Spiritual truth is reflected in science, where we see that people that have made bad decisions, and we all do that, those bad choices get wired into our brain and affect the physical structure of our brain because we design the landscape of our brain in a positive or negative direction. Your natural wiring is beautiful, healthy, green trees. Because you can think, you can choose. Whatever you chose became either healthy stuff or baggage. When we have issues, that's not who we are, that's who we have become. So if we've become that, we can un-become it. If we've wired it in, we can wire it out. You control your genes in your body. We are not a victim of our genes. You first grew a toxic thought then you did that. Whatever you think about the most will grow. So if you're living that lifestyle, you're growing that, you have chosen the inhuman root and have wired in the toxicity and are living out that toxicity. As you are living out that toxicity it produces the toxic effects. This is the stronghold of the enemy. It is something that we choose and these are consequence of our choices. Your natural is that you are wired for love. As you are thinking and as you are choosing, as you are about to make a decision, the front part of your brain becomes extremely active. As you say and do whatever you say and do, you cause genetic expression, which means you make proteins, and you grow things in that part of your brain. Basically, whatever you think and choose results in a physical substance. That physical substance is a thought, and as you are thinking and choosing, the physical activity will increase in the front part of your brain and you will actually grow a thing in your head. If you have chosen good stuff, something positive, you're going to grow something healthy in your head. If you have chosen something negative, you will grow something unhealthy and it will look different. If you grow a lot of toxicity in this part of your brain it interferes with your ability to make wisdom decisions. Science has shown that this part of your brain becomes well developed the wiser you become and it becomes healthy. When you make bad decisions, you get negative wisdom. It's not really wisdom; it's negative toxicity. You're doing the bad stuff because you first made a bad choice. Evil has no way of working and existing until you believe a lie. Evil has no control over you until you react to it. It's your reaction that takes it inside of you and makes it a reality and then you act upon that. It is with our mind that we understand our intuition. As we discipline our thought life and become more aware of our intuitive, instinctive, recognition of this is who we really are, and this is who we have become, as you develop that, you will find it easy to separate and easier to work on the negative stuff. We have many opportunities to get rid of toxic thoughts and behaviors, but if you choose not to, they go back even stronger than before. No matter how strong they get, you can still get rid of them because your mind controls matter. Your soul controls your body. Your body and your brain are designed to do the will of your mind. Your mind is designed to do the will of the spirit and the spirit is designed to be controlled by the Holy Spirit. As a neuroplastician, if you wired it in, you can wire it out. God has designed your brain to follow the decision of your mind, to follow the leading of your spirit. When you do that you create change in your body. We create the evil when we make bad choices. Even the worst evil can change. The circumstances of life sometimes make us feel in life that this is who we are, but that's not who you are, it's who you have become. Who you have become is not the truth. It is not the reality. We're made in God's image. We're wired for love. We're thinking beings. We can make choices. So when we fall down, we can get up. Make the good decision of your mind. Plant that tree and get up and carry on. It's not who you are, it's who you've become. Wire out the "who you've become" and go back to who you truly are in Christ. When you've made a wrong choice in your life, and you've wired this evil into your life, you must remember it's not who you are, it's who you have become. Admit it, quit it, and beat it. When we've made bad choices and we've built this toxicity into our brain, we don't have to become a victim of that now. We can change that. You can back into who you are. You

go to God, you take that to God, and you let God walk with you through the consequences of that decision that you've made. This week work on admitting, quitting, and beating. Make that a motto of your life. Admit it, quit it, and beat it.

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Switch On Your Brain #011	27:30	27:30	REC	PA/O/E	05/12/2015	12:00 PM
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**Today on Switch On Your Brain Dr. Caroline Leaf** discusses the impact of toxic thinking on your mind and body and spirit. 350 million people worldwide suffer from depression. More than 40 million people in the United States of America suffer from anxiety disorders. There are more deaths from suicide than there are from car accidents. Seventy-five to ninety-eight percent of current mental, physical illnesses come from our thought life. When you build these toxic thoughts in your brain, your brain inflames, you increase your vulnerability to disease. There is a problem. When we go toxic, the toxic spreads like a virus and that impacts how your mind is functioning, and that impacts how your spiritual development is functioning. Deuteronomy 30:19 is becoming a reality in today's world. There are consequences to our choices and it's time that we stand up and take responsibility for the choices that we're making. It's impacting us spirit, soul, and body. It's making us sick. It's making the world sick. We need to recognize that we can't hide it anymore. We have to change. We have to start recognizing the impact of toxic thinking. The brain controls every single cell in your body and your brain is connected to your heart. Your brain and your heart are the only actual organs connected to every single cell in your body. All the other parts of the body connect in many different ways, but your brain controls every single cell of your body. God has invested you with the power, and when you make the decisions, your powerful mind builds a consequence. Whatever you think about will become a physical structure and you will operate from that structure unless you renew it and rewire it, which is the renewing of the mind. No thought is harmless, because as you are thinking you automatically will impact the physical domain; you'll change your brain because moment by moment you're physically changing the substance of your brain. Also, you are developing or you're not developing your spirit by the thoughts you think. If you choose to read your Bible, if you choose to apply your Bible, that is a mind decision and you wire it into your brain, and that brings brain health and at the same time you are developing your spirit. The opposite of that is if you choose to get irritated, and every day you get more and more irritated, that's a mind decision that becomes a physical structure inside of your brain which cause toxicity and inflammation, and sickness, and all kinds of things in your body, and also impedes on your spiritual development because if you're keeping it there, you are blocking your conscious, you're blocking your intuition, you're blocking your communion with God, so you're not developing the spiritual realm. Our thoughts that we build are foreign invasions in our body. Research shows that your immune system will respond to a toxic thought that you build through a choice that you make, which is the signal which activates the DNA. Science has shown that as you build those, your body will respond in the same way as if you cut yourself, or had a physical illness, or had a virus in your body. Your immune system sends out all kinds of things to fight that to bring healing to your body. One of the things that they look at is the C-reactive protein, and that C-reactive protein, whenever there is a site of physical damage in the human body or a virus, it is in abundance at that point. It is sent out by the immune system to try to heal that part of the body. Also what happens is that you get inflammation, and that's part of the healing process. If the healing takes place like it should, eventually the inflammation will go away and the wound will heal up, and it takes about twenty-one days, so therefore, the same thing happens in your brain. Research is finding that when you think a toxic thought, at the site of the toxic thought, because there is no wiring for that, the proteins still form, because you're still thinking, you're still choosing, the proteins fold incorrectly, forming a distorted version of the truth. Toxicity will manifest into something. We can deal with these manifestations if we get to the bottom of the way we are thinking and the kind of thoughts that we are building. Every bad choice that we make is giving birth to an addiction. The addiction of me-myself-and-I can cause a manifestation of depression, convert maybe to bipolar which is a deeper form of depression, OCD, or schizophrenia, all these mental names for mental disorders. These are not diseases. The difference between a disease and a disorder is that you can control a disorder. It comes from choices. Every mental disorder is the result of the choices we have made. God gave you a phenomenal foundation, brain and mind, but he gave you free will. The ability to think is the most powerful thing in the universe after God. Your ability to think is a mind action. It's where everything starts. Your mind is the soul realm and it's through your mind that you make a decision. Every time you make a bad choice you will feel it in your body. Your body is designed to recognize and reject negativity. So you feel it physically and this rejection of the negativity is experienced like a depression, anxiety, worry, fear, discomfort, tension, you feel like your body is out of rhythm because your heart is affected, and you have no peace. All the things God talks about in the Bible: the peace of God that transcends all understanding and guard your mind in Christ Jesus. All these spiritual truths have very physical components. You with your mind apply a spiritual truth and you will experience the consequence in your body because that is how God designed you. When people

make bad choices the proteins in the brain become distorted, and if you do not get rid of them, set you up for illnesses. These decisions that you make on a moment by moment basis impact not only your spirit, soul, and body, not only the people around you, but those decisions actually go through to the third and fourth generations. In science they have now proven through the science of epigenetics, that our decisions go through the sperm and the vulva and go into the next four generations. So there is stuff in your head from your great, great, great, grandfather. And you might be thinking okay now that's why I do what I do. Having this information is not an excuse for you to behave badly or to say I can't help it; it's part of my biology. You are not a victim of your biology. Those things that are passed through the generations are actually dormant, which means they are asleep and inactive. They can either be activated or they can be destroyed because they're not truth. They're not who you are, they're who you have become. The way to manage it is if you're aware of behavior patterns, or you're experiencing a behavior pattern, don't give in to it. Control it and actually break that down and eliminate it. Mind choices are powerful and can eliminate and make the change in the body and the spirit. The minute that you start thinking in a toxic way, you are altering your DNA in a distorted manner. Positive intentions change the DNA expression. Seventy-five to ninety-eight percent of current mental and physical illnesses come from the choices we make in our mind. They are consequences of the choices and the actions that you take. Scientifically and spiritually, science and the Bible, tell us that there is an impact from toxic thinking. God tells us not to fear and to do all these good things and science confirms exactly what the Bible is saying. God uses science to show if we don't take responsibility for our thinking and responsibility for what we're saying and doing, it's going to impact how we function physically, spirit, soul, and body, as well as impact the people around us. God put us in a body for many reasons and one of those reasons is for us to recognize that we can use our physical body to tell us when we're doing something wrong. We need to be more aware of the people around us and the impact of our actions on other people.

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*Health*

Switch On Your Brain #012	27:30	27:30	REC	PA/O/E	05/19/2015	12:00 PM
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**Today on Switch On Your Brain Dr. Caroline Leaf** discusses how we are designed to bring all thoughts into captivity. Part of the front part of the brain is designed to enable us to stand outside of ourselves and observe our own thinking. God's design of the human brain fulfills the ability to bring all thoughts into captivity. We can actually stand outside of ourselves, observe our own thinking, focus on an area that needs to be detoxed and we can fix it. It's like the first step that we need to apply in being able to actually sort out our thought life. You have the ability to bring all thoughts into captivity. When we think we choose and when we choose we change our brain and then we live from what we have created inside of our brain. Everything that you say and everything that you do is first a thought inside of your head. We are neuroplasticians, neuro meaning brain and plastic meaning to change. We are designed to change our brain. Moment by moment of every day, you are redesigning the landscape of your brain. You are changing your brain. You control your brain. Your brain does not control you. We are not victims of our biology. We are victors over and above the events and circumstances of our life. If you are negative, it hits the proteins right down on a micro level and they start breaking down and over time they manifest and make you vulnerable to illness and disease. A study shows that people are protected by worship; protected against depression and anxiety and worry. They have shown scientifically that the more people worship, the more you develop your relationship with God, and the brain actually gets thicker in the parts that need to get thicker to protect you against depression, anxiety and worry. The more you worship, the more you are protecting yourself against all the challenges that affect us in life. Inside your brain you have internal networks that we call the default mode networks. As you are conscious and as you are going through the day, every seven seconds, you shift into this default mode, and you basically switch off to the external and you switch on to the internal, and you process what you have just taken in. Research is showing that those people that are meditating correctly, the activity in the brain increases and you're becoming more intelligent. When you are in a state of peace and calm and you are thinking with wisdom and clarity. Christians who are meditating on the Word of God and saying "Trust in the Lord with your all your heart. Rely not on your own understanding. In all your ways acknowledge Him and He will direct your path all day long," their brain entered into the highest intellectual state possible. God has designed your brain to obey your mind, and when you do what God tells you to do, and you choose life, life grows in your brain, good stuff grows in your brain, your brain health increases, your immune system improves, your cardiovascular system improves, and the entire health of your body improves. As you're in life, you're exposed to multiple things that are coming in through your five senses. Your five senses are the contact between the external world and the internal world of your mind. There's a lot of signal coming into your brain, but it stays in the middle part of your brain and it activates certain internal signals, which are four or five of the existing memories that are moving to the conscious mind. You can discipline yourself to become aware of what you are gathering; what is coming in from the outside and what thoughts are being activated. Sometimes it takes twenty-one days to get our minds disciplined. We need to discipline ourselves to slow down, watch our thoughts, and not let any thought go unchecked through our mind. That's our natural design and that's what bringing our thoughts into captivity means. We are all faced with all these choices and quantum physics talks about them being probabilities. Probabilities have not happened yet and they have no substance yet. A probability is simply something that could happen. You, the observer outside the system, look at the probability and you make a choice, and you turn the probability into an actuality. When it becomes an actuality, it becomes a physical structure inside of your brain. You operate from that physical structure inside of your brain. We are designed to bring all thoughts into captivity. Bring is an instruction and it is a mind action. When you decide to bring all thoughts into captivity that is mind action. That's intellectualizing, that's choices that we're making. The frontal lobe of the brain is very active when we are conscious and it enables us to literally stand outside of ourselves and observe our thoughts, and make change. Discipline yourself to self-reflect. Discipline yourself to self-regulate. Where you are in your mind is going to determine where you're going to be tomorrow. It's with your mind that you are going to grow spiritually. It is with your mind that you are going to get your health under control. Deal with the issues that are in your life. Science shows us that thoughts are real things. Your mind is in the soul realm and your mind deals with the intellect, the will, and the emotion. Although we can't see the intellect, the will, and the emotion physically, we can see the result, which is what people say and what people do. First there is the thought that you've built, which is the root in the non-conscious mind; that moves into the conscious mind, and then you become consciously aware, and then you speak and you do. Thoughts are built as substance and evidence in your mind, as you build those you will be acting upon those. Your DNA doesn't control you. You control your DNA. You cannot control the events or circumstances of your life, but you can control your reactions to the events and circumstances of your life. You are not a victim of your biology. You are totally in control by the decisions that you make, influencing your spirit, soul, body, and health. God has designed your brain in such a way that you are able to stand outside yourself, observe your own thoughts, and rewire your brain in a positive way. You're not a victim. You can rewire and you can change through a single decision to make that decision to change.

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*Health*

Switch On Your Brain #013	27:30	27:30	REC	PA/O/E	05/26/2015	12:00 PM
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**Today on Switch On Your Brain, Dr. Caroline Leaf** discusses how no thought is harmless and no attitude can be hidden. You know what it feels like when you're around someone who is negative? It makes you feel horrible. When you're around someone who is joyful and happy you feel great. That's because our attitudes literally rub off on each other. You can't hide an attitude. No thought is harmless. It is a scientific fact that every thought that you build generates electromagnetic energy and it produces a state of mind, and that's part of nonverbal communication. We don't read each other's actual thoughts, but we can read each other's attitudes. We have all kinds of structures in our brain that help us to reflect back each other's emotions. For example the vagus nerve, insula, mirror nerve cells in our brain; literally help us to cry together, laugh together, and be joyful together. It's almost as though God has designed us so that we can actually check each other's behaviors. Become aware of your attitude and the attitude of the people around you. Every single cell in your body is impacted by a negative thought. No thought is harmless and no attitude can be hidden. It will come through in the way that your eyes are shining and the way that you carry your body. Genesis 11:6 tells us that "Whatever they imagined they could do would not be impossible for them." The science of this scripture is that as you are thinking you are physically building substance. This science also tells us that whatever is substance in your brain you will act upon. You will live out whatever you have built, so therefore, no thought is harmless. The Bible does say that to just look upon a woman with adulterous thoughts is the same as the act. We know from science now that if you watch someone play tennis, the same areas in the brain will light up as the areas that will light up in the person who is actually doing the act. It says in the Bible that only God and you know your own thoughts but what I can pick up through my mirror neurons is your attitude which is your state of mind; it's the emotional state of your head. Every thought has an emotional feeling component and that is what we literally mirror in each other. Quantum physics actually explains this in terms of the theory of entanglement, which means we are all entangled in each other's lives. We are all connected with each other, so we feel each other's emotions. We can't hide it. We can't ever hide an attitude because of the design of the brain mirroring out the emotional energy literally from the thoughts that move into the conscious mind, we reflect those. The gene is an inanimate thing. It can't do anything until it is switched on. The dreaded diseases that people are suffering from are from the mind, seventy-five to ninety-eight percent. Even when you have a genetic mutation of something that comes through the blood line, it originally was not a mutation because Deuteronomy 30:19 says, "I lay before you life and death; blessing and cursing. Choose life so that you and your descendants may live." The decisions that your great, great, great whatever, made are in your head. You have a choice and that choice is to keep and to active those things or to kill them. What you think about, the choices that you make, will produce effects. That's pretty much the science of epigenetics showing how our choices impact spirit, soul, and body, this generation, and the next four generations. It's the sins of the father that will reach through to the third and the fourth generations. It's not an excuse because the Bible also says that you are not responsible for your parent's sins. You are not a victim of your biology. You are a victor over and above your biology. Imagination is not a nothing. Imagination is you visually thinking out. As you imagine, you are growing thoughts as well. As you are growing those thoughts you then act upon those thoughts. They did a research study where they taught people to play the keyboard in two groups. One group learned to play the keyboard actually using a keyboard. The other group learned through the power of imagination. They brought the two groups together and the group that used their imagination actually played better than the other group. You can't see your thoughts, but no thought is just some nonevent. No thought is harmless. Every thought is doing something. It's physical structure inside of your brain. We can't control the events and circumstances of our life, but we can control our reactions to those events and circumstances. We can choose to control our reactions. So therefore the hardest thing about being happy and peaceful and enjoying life and coping with life is the recognition that we can choose. You are able to choose and your choosing makes a difference in your life and the lives of this generation and the next four generations. Attitudes are never harmless. Attitudes impact people. Your attitude that you reflect, good or bad, is influencing other people's perceptions. This week make a strong concerted effort to actually observe your own attitudes and the impact of your attitudes on other people. You will be amazed at how when you smile and you're happy how that influences the people around you. How when you're whiney and negative how that influences the people around you. Increase your observation skills this week.

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*Health*

Switch On Your Brain #001	28:30	28:30	REC	PA/O/E	06/02/2015	12:00 PM
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**Today on Switch On Your Brain, Dr. Caroline Leaf** discusses the mind being the switch that helps to control the brain. The mind is your intellect, thinking, choices, feelings and emotions. These mind actions switch the brain on or off. Thoughts are real things that take up space in the brain and look like forests that have been built up since you were in the womb. We control our brain. Our brain does not control us. Through your mind, you have the ability to think and choose; the ability within yourself to change your world quite literally. Science has proven that the mind changes the brain. The mind changes the body. The mind is instrumental in developing the spirit. It was once believed that once a brain cell died, there was nothing more that could be done about it. Research now states that we can change our brain. We can redesign our own brain. Neuro means brain. Plastic means to change. Neuroplastic means the brain can change. You can change your brain. Now this is called brain surgery. Mind over matter is total reality. The mind actually controls the body. The spirit controls the soul, and the soul's the mind realm, and the mind controls the body. We know from science now that the higher level is the mind and the lower level is the brain, so the brain actually represents what the mind has actually worked out. You're a thinking being. You think all day long. You're even thinking at nighttime while you're sleeping. But at nighttime you are sorting out your thinking for the next day. We do not have fixed IQs. You are as intelligent as you want to be. Intelligence is something that increases constantly throughout your lifetime the more you use your brain. You are designed with free will. You are designed, enabled, and empowered to choose. You can choose whether you are going to believe the negative or the positive. You choose whether or not you are going to operate in peace. There are only two choices that we can really make: love or fear. The choices that you make, which are the result of the thoughts that you think, are going to become physical realities in your brain. We have to focus on what is important and make the good choices that we have to make because when we make the good choices we wire health into our body. We wire health into our brain. We wire health into our mind. We wire health into our spirit. Thoughts are real. Thoughts are growing on a moment by moment basis that you, with your mind, grow. As you are growing those thoughts they are changing the structure of your brain and impacting how you run your life. We need to be aware of our thought life. We must never let thoughts go unchecked through our brain. We must always be aware: What am I thinking about? What am I listening to? What am I reading? What is going on in my mind? As we create that awareness, we can start bringing those thoughts into captivity to Christ Jesus.

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*Health*

Switch On Your Brain #002	28:30	28:30	REC	PA/O/E	06/09/2015	12:00 PM
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**Today on Switch On Your Brain Dr. Caroline Leaf** discusses the scientific term "You Are Wired For Love." Humans naturally are optimistic. Scientists correlate that with being wired for love. We actually have to learn fear. The brain is part of your body. You are designed in perfection. You are wired for love and you are well able to think in a perfect way. Fear is the opposite spiritual force. You have the spirit of power, love, and a sound mind. The norm is love, power, sound mind, made in His image, the mind of Christ. Research called "The Optimism Bias" shows that the natural inclination of man is one of being positive, making good choices, and thinking healthy thoughts. Scientifically, we have seen the brain circuitry for only positive choices, positive optimism, seeing the good in everything, wiring, neurochemicals, structural organization inside the brain, that is all in the direction of healthy thinking. Yet when you make a bad choice, because we have free will, we see this whole process being distorted, creating a physical change in the brain which impacts the body. This parallels with the Bible, which encourages us to think of healthy positive things, and if we don't, there are going to be consequences. Research has shown that every seven to ten minutes you are supposed to slow down, become introspective, become self-reflective, become calm, switch off to the outside and switch on to the inside and get into the depths of who you are, and when you do that your brain moves into the highest intellectual state that it possibly can. On an FMRI scan, your brain goes into what is called gamma activity. Gamma activity is where you are super intelligent. When you have gamma activity happening in your brain, you are processing with wisdom, you are seeing things that you did not see before. The fear zone essentially is negativity; toxic thinking. Our choices have consequences and our bodies help us to understand these consequences. You have to choose to live a full life. You have to choose to be happy despite the circumstances. Spirit, soul, and body is a connected thing. Your mind is what you use to decide how connected you are going to be between your spirit, soul, and your body. It is with your mind that you process, intellectualize, experience your feelings, make your decisions, interface with your thoughts, and make your choices. The biggest thing in change is the recognition that we have choice. It is also the hardest thing to take responsibility for our own thought life and our own actions. The quicker we realize that we make choices and that our choices have consequences, it will set us on the path to healing with the recognition that we have the ability to choose. We know right from wrong. You are wired for loved. Love is your normal. Everything about you is designed to be like God. You can make good decisions. You can think well because that is your norm. So when we choose badly, we're actually stepping into the fear zone, or the abnormal zone, and experiencing negative emotions. Because that is not your norm, it doesn't have to dominate or control you. You are able to get free because you are wired for love. Research shows that we are wired for love and we can change. Really focus on the fact that everything about you is geared in a positive direction. Your norm is to actually make good decisions.

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*Health*

Switch On Your Brain #003	28:30	28:30	REC	PA/O/E	06/16/2015	12:00 PM
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**Today on Switch On Your Brain Dr. Caroline Leaf** discusses how making bad choices leads to toxicity. You are a thinking being. You're thinking all day long. Every time you think it automatically leads to a choice. You're spirit, soul, and body. You are a triune being. Your spirit is your true you. It's your intuition, your conscience, and your communion; your communion being your worship with God. Your soul is your intellect, will and emotions. Your soul is basically your mind. You are thinking, you're choosing, you're feeling, all of that is the mind; soul activity. You live in a body. Your brain is part of your body. The design and the natural order that God has set up is that the Holy Spirit informs your spirit, your spirit informs your soul, and your soul controls your brain and your body. Your soul has one foot in the door of the spirit and one foot in the door of the body. It is the central point. The body simply is then going to house the consequence of your mental decisions of your mind; soul decisions. God gave you this ability to choose. Current research tells us that seventy-five to ninety-eight percent of current mental, physical and behavioral illnesses today, come from our thought life, so these illnesses are very real things. It is our thoughts that change the physiology of our body. It is our thoughts that change the way you feel and function. Scientists have found that we are wired for love. You are wired to think well, choose life and build life into your brain. Believe it or not, you have an infinite amount of space inside your brain. You can grow branches, and each branch contains information, for three million plus years and you still won't fill up your brain. Every time you think, you are going to grow branches, and these branches hold this information, which are your memories. Research has shown that toxic thoughts also cause C-reactive proteins to flow. So the minute you choose badly, you will find inside the brain that all the electromagnetic balance, all the chemical flow, everything is distorted at that point. There will be a high level of C-reactive proteins, a high level of inflammation. Wherever there is inflammation in the brain, or throughout the human body that is not dealt with, inflammation that stays will brings disease. Science tells us that if you're going to change one of these ugly networks in your brain you have to have discipline. You have to direct your attention. You have to be very focused. You have to make a decision and rigorously push through a period of time to change that thing. It shows us in science that nothing happens until day twenty-one. It takes twenty-one days of major scientific stuff to break down the thoughts, and then once you've broken it down, it takes another two cycles of twenty-one days minimum to make that a habit in your life. The scriptures say it in Deuteronomy 30:19 "I lay before you life and death, blessings and cursing. Choose life so that you and your descendants may live." Remember, we cannot always control the events and circumstances of our life, because those events and circumstances are the result of other people's choices and other people's decisions, other people's thinking. But there is something you can control and that is your reactions to those events and circumstances of life. Your reactions to events and circumstances of life are the choices that you make about what you're doing with your life and how you are going to cope every day.

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*Health*

Switch On Your Brain #005	28:30	28:30	REC	PA/O/E	06/30/2015	12:00 PM
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**Today on Switch On Your Brain Dr. Caroline Leaf** discusses the ability to change and renew your mind. You can rewire your brain. You can change and get rid of those toxic thoughts. As a man thinks in his heart so is he. What we have wired into our brain very much determines what we say and what we do. If it's a toxic thought it produces toxic words and actions. You don't have to get stuck in that. We're not a victim of our biology. We can change that. We can rewire and get rid of it. In science we call this neuroplasticity. Neuro means brain and plastic means to change. You are designed to change your brain. It takes time. It takes a full twenty-one days according to the science to breakdown a thought. You are in control. You can break those thoughts down. Renewing our mind means that we change our thoughts. You are a thinking being. Thoughts are real things and they occupy mental real estate. If you have a toxic thought it causes physical change in our body, which is toxic. If you have a healthy thought it brings health to our bodies. This is what science has found that when you have a healthy thought you have health in your body. Toxic thinking brings a lack of health to your body. You have a non-conscious mind and you have a conscious mind. Your non-conscious mind operates twenty-four hours a day. Your non-conscious mind operates at four hundred billion actions per second and that non-conscious mind drives the conscious mind. Your conscious mind is what you do when you're awake. The conscious mind only operates when you're awake but it is driven and controlled by the non-conscious mind. At any one time around about four to seven thoughts are in the conscious mind. As a thought moves from the non-conscious to the conscious, it becomes malleable, plastic, changeable, and this is when we start doing brain surgery. This is a massive breakthrough in brain science, and psychiatry and the world of psychology. It was once thought that the brain could not be changed because it is fixed and immutable; it's a machine. Research now shows that your brain does re-grow; it is neuroplastic. Every day you get new brain cells. When you bring a thought into the conscious mind, there's a massive change that occurs inside the networks of our brain. We see a physical change in the brain. In the mind realm there is a massive change and in the spiritual realm there is a massive change. As soon as we bravely take the initiative of acknowledging our wrong doing, our sin, our stronghold, our toxic thought, whatever you want to call it, then immediately we see the work of the cross coming into action. This is really, I believe, where the Grace of God hits us because when we see this is who I've become but the truth is that I'm wired for love, Jesus died on the cross, and He rose again on the third day. I can believe this. That is knowledge you have built in as a tree. That is something you had to process and build in as a tree and as you are using this healthy thought you look at the negative so you start talking about the situation and you start acknowledging, repenting; all that is a process that takes a minimum of twenty-one days. This thing that you thought up is filled with emotion. Every thought that you've built has got emotion and information. The information of the event plus the emotion attached to that event. When it's in the non-conscious the emotions are operative, but when it moves to the conscious mind those emotions become feelings, so we experience the emotion. So as you talk through you redesign this whole thing, meltdown the toxicity, eliminate and get rid of all the negative toxic emotion, and toxic feelings, and you rebuild a healthy truth that says this is how I used to be. This is the negative reaction I used to have. You have these lights going on in your head. You suddenly get this insight and awareness because as you're going through this process the Holy Spirit is laying down in your spirit what you actually know to be truth, and then with your mind you're starting to understand truth, and as you start doing this conscious work of understanding the truth and rebuilding a healthy thought, you overcome. When you make bad choices the proteins that you express are all distorted and tangled up. They look different to the proteins that you express when you make a good decision. As you are thinking and choosing, when you choose in the death zone; when you choose a bad choice, when you shift out of alignment with God, you build proteins that are incorrect, so you're still going to wire in the toxic tree, but it looks different. Science tells us that if you're going to change one of these ugly networks in your brain you have to have discipline, you have to direct your attention. You have to be very focused. You have to make a decision and rigorously push through a period of time to change that thing. On day three or day four, most people just stop. When you just stop and give up that is a decision of your mind. You chose to stop and give up. You could have chosen to push through with diligence and perseverance. It shows us in science that nothing happens until day twenty-one. It takes twenty-one days of major scientific stuff to break down the thoughts and then once you've broken it down, it takes another two cycles of twenty-one days minimum to make that a habit in your life. It takes at least sixty-three days to make a major change in your life. In science what we have found is that in order to build a stable memory; that means that something is there and they're not going to go away unless you change it, which you can do, you have to go through a process of up to twenty-one days to build a basic new little memory. It also takes twenty-one days to break down a memory. You may have been thinking in a negative pattern for the last thirty years. In just twenty-one days, you can get rid of that toxic tree and at the same time rebuild a healthy tree. You have to push through. Awareness is the signal that starts breaking down the toxic tree. You have to push through because the first two days there are a lot of chemicals flowing that will give you a lot of motivation. Day three and day four those chemicals stabilize. You have to push through beyond day three and day four, because even though you may not feel it, major

change is occurring in your brain on the nonconscious level. If you think of a tree and you think of the branches on the tree, the branches have to get stuck to the tree. By day seven the branch is stuck with like a little bump. By day fourteen the connection between the branch and the branch that it is growing from has become like a lollipop. It's only on day twenty-one that the connection has become like a mushroom or an umbrella. What that means is that when it is in that shape the protein has become self-sustaining. The memory has become stabilized. It will then move into an unconscious mind and it becomes something that you have worked through. So we need to push through to twenty-one days. Work on one toxic area at a time, one toxic habit at a time, one by one. If you're working twenty-one days; that means in one year you can fix seventeen areas that need fixing in your life. Most people are the same now as they were five years ago. Five times seventeen imagine what you could do! It takes seven to ten minutes a day of the exercise and five steps that are all scientific. You are your own base brain surgeon. This means that you are designed with your mind to change your thoughts. You can get rid of those thoughts. You can wire them out It's a process. It is not going to happen overnight. Most people are very motivated to change and forgive and get rid of a toxic habit in the first couple of days and that's because of chemical reactions and the motivation that occurs around that whole state. But day three, day four, historically, and statistically, people tend to give up. We've got to push through. Science shows us that once we're aware of a toxic thought, we need to focus in on working on one toxic thought, which has a whole lot of branches growing out of it like a tree trunk which is the root with all the toxic branches and manifestations growing out of it. Science shows us that twenty-one days is the minimum that it takes to break down a toxic thought, and as you're popping off those branches and rewiring, you are also building up at the same time a healthy new thought.

<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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700	Club	CBN	1:00:00	5:00	REC	PA/O/E	04/09/2015	02:00 PM
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NewsWatch

#04092015

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

<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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700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	05/19/2015 02:00 PM
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#05192015

CBN News Medical Reporter Lorie Johnson Reports: Millions of Americans live with and hide eating disorders that threaten their physical and mental health. Doctors estimate almost 5 percent of teenage girls suffer from this problem, and their families often have no idea. For 15 years, McCall Dempsey appeared to be the picture of success. But she was hiding a dangerous eating disorder. Eating disorders are things like starving yourself, making yourself vomit after eating, over-exercising, and abusing laxatives and diet pills. McCall did all of the above. She finally decided she needed help and checked into Carolina House, an in-patient eating disorders treatment center. Executive Director Tammy Holcomb said among psychiatric illnesses, eating disorders are the most fatal. Eating disorders can also lead to kidney and liver problems, hair loss, insomnia, stomach problems, and more. In addition to tooth damage, there are other warning signs, such as a preoccupation with weight. McCall remembered what it was like for her. Other signals to watch for include going to the bathroom immediately after eating, large amounts of food missing and excuses not to eat. McCall devised a way of hiding her secret from her friends and relatives. Even though people with eating disorders usually try to conceal their problem, oftentimes family members discover their secret and recommend the person get treatment. The first step usually is the family doctor, who often advises getting treatment from a professional eating disorders counselor, either out-patient, or if the situation warrants, a more intensive therapeutic avenue like Carolina House, where guests stay around-the-clock. Most people stay at Carolina House for about 45 days. The first phase involves eating the right amount of nutritious food until they're healthy enough to move on to phase two. Many of the people who are treated at Carolina House are malnourished when they arrive. Therefore, it takes some time to get their bodies and minds strong again. Residents are closely monitored to make sure they don't bring any food, laxatives, or diet pills into the center. Once inside, they are forbidden from over-exercising. Also, staffers accompany them to the restroom to prevent the guests from purging. Holcomb says the longer people have been engaging in eating disorder behavior, the more crucial it is for them to have 24/7 help breaking their bad habits. Once the Carolina House residents are healthy enough, mind and body, they deal with the root cause of their problem. Jennifer Burnell, an eating disorders specialist at Carolina House, said eating disorders often center on control. Mental health professionals are available at Carolina House around-the-clock to help patients learn appropriate ways to cope with the trials in their lives. McCall said one of the coping mechanisms she learned at Carolina House was to simply understand that it's okay to occasionally fail at things and that it's okay to just feel bad sometimes. She went on to say she's grateful for what she learned at Carolina House and wished more people who suffer the way she did would have similar breakthroughs. Part of the treatment at Carolina House involves relating to food in a completely new way. The dieticians teach the residents which foods strengthen the body and mind. They also instruct about what normal portions look like. They give lessons on cooking and preparing meals so when people leave Carolina House, they are equipped to deal with food appropriately on their own. Burnell said this is not an easy task. Most of all, residents learn how to free their minds from their food obsession and to start thinking about other things. McCall said overcoming her eating disorder gave her a chance to discover her true personality, which had been overshadowed by her eating disorder. Like many other mental conditions, people with eating disorders face the risk of relapse. The key is learning to recognize those dangerous behaviors early enough to correct them before losing control.

<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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700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	06/12/2015 02:00 PM
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#06122015

CBN News Medical Reporter Lorie Johnson Reports: Our bodies use oxygen in a number of ways, including healing. Breathing alone provides about 20 percent of the oxygen our bodies need. But today, doctors can ramp up that amount to help people recover from the most debilitating injuries and illnesses with hyperbaric oxygen therapy. It's hard to believe Michael "Bean" Black survived his horrific car crash in 2011. He was thrown 40 feet from the vehicle and landed on his head. Black's grandmother, Mary Orr, said even the doctors had given up hope. When Black arrived home to Dallas he still suffered from severe injuries, including brain damage. But his condition improved after he started receiving hyperbaric oxygen therapy. Hyperbaric oxygen therapy involves breathing 100 percent pure oxygen inside a pressurized chamber for about an hour to 90 minutes per session. Black said the therapy made a big difference. After the first 40 treatments, Black went back for 40 more a few months later. Insurance and Medicare sometimes offer coverage, depending on the condition being treated. Insurance companies can reimburse for hyperbaric oxygen therapy for the treatment of traumatic brain injuries, like Black's. Dallas businessman John Herrick said the therapy is easy and has helped him sharpen his focus. Consumers can purchase or rent portable hyperbaric oxygen chambers, but they typically deliver far less oxygen and pressure than industrial-grade ones. Conditions treated with Hyperbaric Oxygen Therapy include:

- Autism
- Burns
- Cerebral Palsy
- Chronic Fatigue Syndrome
- Closed Head Injury
- Fibromyalgia
- Migraine Headaches
- Multiple Sclerosis
- Near Drowning
- Parkinson's Syndrome
- Post Traumatic Stress Disorder
- Reflex Sympathetic Dystrophy
- Rheumatoid Arthritis
- Sports Injury
- Stroke
- Traumatic Brain Injury

Johnson said stroke patients can have improved quality of life. He said he's witnessed progress for people with autism, as well. Hyperbaric oxygen therapy may not be for everyone. But today, Michael Black is in far better shape than he or his family ever dreamed possible since his near-fatal car accident. They believe this therapy has a lot to do with his recovery, so they plan to stick with it and hopefully see even more improvement.

<u>PROGRAM</u> <u>TITLE</u>	<u>ISSUE/PROBLEM</u>	<u>PROGRAM</u> <u>DURATION</u>	<u>TOPIC</u> <u>SEGMENT</u> <u>DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>	<u>AIR-DATE</u>	<u>TIME</u>
	Youth	28:45	13:20	L	PA/O	04/06/15	10:30AM
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						04/09/15	03:00AM
						04/09/15	04:00AM
<b>JOY IN</b>						04/09/15	10:30AM
<b>OUR TOWN</b>						04/10/15	12:30PM
<b>#040315</b>							

Host Lisa Ranieri interviews Janna Baily with Child Protect, about young people “sexting”. It is a new term that has actually been placed in the dictionary since 2012. It involves the use of a cell phone when people send messages with or without an image that is of a sexual nature. Young people all over the country are sending such messages to one another and not realizing the dangerous consequences of their actions. Child Protect serves Montgomery, Autauga and Elmore Counties in Central Alabama. The agency assists DHR and law enforcements with the investigation of child abuse cases. Baily says “sexting” often leads to child abuse or it involves children who have already been abused. In the fiscal year 2014 and 2015 the agency has already seen up to about 40 cases. The youngest child that was abused due to sexting was 8 years old. This problem has been on the rise here, she says. Teens and pre-teens are sexting each other and meeting each other on Facebook. When they meet over the social media and their conversations turn into sexting it often ends in abuse. Every time teens meet and chat online doesn’t mean they personally know each other. Many times it’s a friend of a friend on Facebook. Unfortunately, the offenders are older people pretending to be teenagers. They may even be from another country. This is what makes prosecution slow in most cases. One of the ways parents can prevent their children from being caught up in sex crimes is by being very much involved in their children’s lives and keeping tabs on who they are communicating with over the phone. Parents need to know they are the parent and not the friend to their children. Parents are safer staying in the role of the parent rather than to try to be friends with their teenagers. Baily adds that the parent should know the people their children are texting and talking to. This is a precaution against sex predators. Parents who are paying for their children’s phones or computers have the right to monitor it. Sexting starts with an innocent flirt over the cell phone. It may progress into sending pictures of oneself with a sexy smile. From that point it progresses more and more until the girl, in this case, starts sending nude photos over the phone. Even if the girl is under aged she could be charged with distribution of child pornography. That girl thinks the picture was only sent to one friend but that friend sends it to other friends and it turns into the distribution of child pornography. In a recent case in the local area, a girl was bullied over the social media. When her information was sent out to several people with evil intention, it caused her to have issues with low self-esteem. In some cases it has led teenagers to commit suicide. Teenagers are vulnerable since they usually have low self-esteem anyway and are looking for approval by their peers or older adults. No deaths have been reported in our local area but some adolescent girls have stated that they want to die because everybody have seen the pictures and they felt very ashamed. What most young people don’t understand is that once those pictures are sent over the social media they are out there in cyberspace forever. They may be seen by people in foreign countries or by people with evil intentions. If these teens grow up and decide to run for public office or serve as clergy or leaders, they could be blackmailed by the very pictures they are ashamed of. It is important to note that the young people could be straight A students and very popular or they could be poor students and not popular at all. Teenagers involved in sexting can reach across the spectrum. Sexting not only ruins the life of the student but also of the whole family. Their reputation becomes wrapped up in the family whose daughter that sent the pictures. Often families have to move out of state to start fresh to get away from the negative talk. Baily advises that if a student or teacher sees a teen sexting they should report the incident and have law enforcement take charge to investigate the situation.

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	Youth	28:45	13:20	L	PA/O	04/06/15	10:30AM
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						04/09/15	04:00AM
<b>JOY IN</b>						04/09/15	10:30AM
<b>OUR TOWN</b>						04/10/15	12:30PM
<b>#040315</b>							

Host Lisa Ranieri interviews Richard Johnson, Program Director with YMCA Goodtimes in Montgomery. Johnson says the problem he is seeing with children who don't have afterschool supervision are getting involved in crimes and mischief. He says many parents are working during the day when their children get home from school. So between the hours of 3 PM and 6PM, youth are involved in troubles that could lead them down the path of crime and abuse. The mischievous behavior is on the increase in the local area because of the shaky economy which places parents in a bind to where they have to work to make ends meet yet they cannot afford to place their children in an after school program. Other parents simply don't want to pay out the extra money to send their children to a program and place their children at risk of participating in mischievous behaviors and even criminal activity. Parents often do not know what programs are available to them. If they don't look around and do research to find out, they literally cast their children to the wolves. The YMCA Goodtimes afterschool program is just one such place where children can get involved with something positive to keep them busy from 3PM – 6PM. They provide sports, arts and crafts, homework and study times, games, swimming and much more. Also the health and safety of the children is looked out for during that time so that parents will not have to worry about their children.

<u>PROGRAM</u> <u>TITLE</u>	<u>ISSUE/PROBLEM</u>	<u>PROGRAM</u> <u>DURATION</u>	<u>TOPIC</u> <u>SEGMENT</u> <u>DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>	<u>AIR-DATE</u>	<u>TIME</u>
	Youth	28:45	13:26	L	PA/O	04/17/15	12:00PM
JOY IN						04/18/15	03:00AM
OUR TOWN						04/20/15	10:30AM
#041715						04/21/15	02:30AM
						04/24/15	12:30AM

Host Felicia Taylor interviews Verina Mead with Brantwood Children’s Home to talk about the homeless children in the Montgomery area. Mead says the children that come to Brantwood are referred by the Department of Human Resources. They come from homes where abuse and abandonment have taken place and they have no place to go. The children do not have a safe biological home to call their own. DHR attempts to place the children with other family members but when that is not possible they place them into foster care. This is when Brantwood comes into play to become a stable home for children who have none. Brantwood has a capacity of 36 children serviced from ages 10 to 21. The reason they service up to 21 years old is because it is the age where those in foster care become adults and ready to make their own decisions. But at 21, they still need guidance as to how to pay bills on time, purchase a care or keep an apartment. Brantwood is still available those who want advise and serves as the forever parent to those who would call Brantwood their family. Brantwood provides a school for the children from 5<sup>th</sup> to 10<sup>th</sup> grade. It serves to break the cycle from survival to opportunities. The school prepares the children academically to cope with the world and prepare them to go to college and find employment. The courses are individualized to meet the needs of each child which keeps the children interested in staying in school and learning. Working one on one with a certified teacher helps the children to get what they need while they work at their own pace. In 2014 the first graduation from the education program took place and the organizers are very proud of that. It was a senior class of three but yet it was a graduating class. Those students were the first in their family to ever graduate from high school. Now they are freshmen in college at ASU. Brantwood supports them in every way a family would support their children in college. Mead says once the foster children become adults they are supported by Brantwood until they become 21 years of age. They would live in the offsite apartments or if they so choose they can live on their own. They remain in the transition living program where they learn independent living. They then learn responsibility. At risk youth are those who have been abused or abandoned and are forced to live without a good family structure. Organizations like Brantwood Children’s Home are set up to support youth who need to learn family structure.

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	Youth	28:45	13:40	L	PA/O	05/01/15	12:02PM
JOY IN						05/02/15	03:00AM
OUR TOWN						05/04/15	10:30AM
#050115						05/05/15	02:30AM
						05/07/15	03:00AM
						05/07/15	04:00AM

Host Lisa Ranieri interviews Vernalisa Bruce the founder of Oasis Incorporated to discuss the problems with young people dropping out of school in Montgomery and not having a secure and structured environment to live in. Bruce says without responsible adults in their lives, the children waste time and talents on the streets and generally end up committing crimes that would land them into the criminal justice system. Mrs. Bruce says her concern is that many of the students are dropping out of Junior High School now. There was a time when children dropped out of High School because they had to work to help support the family. However, the reasons for young people dropping out of school as early as Junior High are different now. As she interacts with young people, she discovered that some of them drop out because they are bullied and feel that their lives are in danger. Often students get in fights in school and end up getting suspended or expelled. They would rather drop out of school altogether, rather than face the fighting and expulsion. Children in the Montgomery area are leaving home as though they are going to school every morning but are actually skipping school and going out committing crimes for lack of things to do. Bruce says with all the programs in place to detour the dropout rate, the school dropout rate is still on the rise in certain pockets of the city. She adds that it is important to encourage youngsters to stay in school because they may not realize how important school is. These days, she says teenagers are just happy to get out of school and go have fun not realizing that without a GED or high school diploma it will be virtually impossible to get a job. The children that are dropping out usually live with parents or guardians who are not well educated and don't value learning enough to encourage those children to continue their education. Also she notes that many parents are distracted trying to work several jobs and are not devoting much time to their child's education. Bruce and her husband developed Oasis after seeing young men who had dropped out of school playing basketball in their yard. They urged the young men that if they want to play ball, they would have to let the Bruces teach them something. They started the program to let young people have fun and at the same time teach them life lessons and biblical principles. Oasis operates out of the Connecting Life Center on Edgemont Avenue in Montgomery. The program encourages young people to stay in school and continue their education. They provide tutoring, counseling, Bible lessons, basic life skills and they allow the young people to use their creativity in drama, art and sports. Mrs. Bruce says any adult can get involved with young people and offer them support. The children need to know that they have adults backing them if they have to face bullying or any other problems while they are trying to stay in school.

<u>PROGRAM</u> <u>TITLE</u>	<u>ISSUE/PROBLEM</u>	<u>PROGRAM</u> <u>DURATION</u>	<u>TOPIC</u> <u>SEGMENT</u> <u>DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>	<u>AIR-DATE</u>	<u>TIME</u>
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JOY IN						06/20/15	03:00AM
OUR TOWN						06/22/15	10:30AM
#061915						06/23/15	02:30AM
						06/25/15	03:00AM
						06/25/15	04:00AM

Host Felicia Taylor interviews Jessica Weyreuter, founder of Dream Court about how children with disabilities are aided through playing tennis. Jessica says around 30 youth with disabilities are currently enrolled in her program. One of the biggest problems facing youth with disabilities is when they complete high school they have nothing to do because finding work is very complicated. While they are in school they get up in the mornings, go to school and have after school activities, such as speech therapy and physical therapy, giving them a full day. She says after they turn 18 they are faced with the problem of feeling unfulfilled. Parents learn to deal with their special needs children at home but once they have to take them outside of the home that is when there is a struggle. Just taking a special needs child to a restaurant is a struggle for the parents because they feel that others are watching and judging them. Jessica talks about how that special needs have to be addressed in sports programs where the special needs child wants to be included. She says in physical education classes, or school sports, the coach wants to win and the team wants to win, but the special needs child just wants a chance to be included in the game. This is what makes life hard for the special needs youths. For this reason, Weyreuter created Dream Court. Dream Court is a program that helps special needs youth get involved with sports and continue to feel included and necessary. She says most of the children in her program are autistic. Out of every 60 children, one is diagnosed with autism. Other children have downs syndrome, brain disorders, physical birth defects and injuries from car accidents etc. who participate in the Dream Court program. She says the hardest thing about communicating with students with autism is teaching socialization. They don't usually look eye to eye and make eye contact. They tend to be in their own little worlds. Therefore, tennis is a great challenge for them. However, Jessica did research to find out how people with disabilities would be able to cope with life by using sporting activities to teach them socialization skills and increase their self-esteem.

<u>PROGRAM</u> <u>TITLE</u>	<u>ISSUE/PROBLEM</u>	<u>PROGRAM</u> <u>DURATION</u>	<u>TOPIC</u> <u>SEGMENT</u> <u>DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>	<u>AIR-DATE</u>	<u>TIME</u>
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<b>JOY IN</b>						06/30/15	02:30AM
<b>OUR TOWN</b>							
<b>#062615</b>							

Host Felicia Taylor interviews Brittney Kelly, a local Guidance Counselor who says students deal with an array of problems that lead to stress and emotional instabilities. Such problems are divorce of parents, dealing with the death of parents, also dealing with peer relations and anger management issues. The emotional tension that teenagers have is affecting their ability to learn and excel at a normal rate while in school. Kelly says the number of teenagers who are having emotional disturbances tends to be on an increase. This increase is due to the divorce rate increase and the increased number of peer relationship problems. She says the peer relationship problems come as a result of youngsters using electronic devices as their primary means of communication rather than having face to face conversations. While texting or sending messages electronically, people are not able to sense each other's emotions, or facial expressions nor is it possible to hear their tone of voice. This makes it difficult to convey the full meaning of what a person is saying. When young people are not in front of a computer screen, they don't seem to know how to have face to face conversation. Frankly, Kelly says many of them don't even have the courage to have a conversation. Therefore, young people feel safer behind a computer screen. Students are distracted more easily these days, according to Kelly. She states they lack the ability to focus and get their work done due to their increased use of modern technology. Kelly says she counsels with a number of students who tell her that they are having trouble concentrating on classroom work and that they are looking for someone whom they can speak with about the problem. She goes on to say that when parents notice changes in their children's behavior such as them becoming withdrawn, uninterested, and when their grades drop, the parent needs to investigate. The investigation should not start with going to the principal or the guidance counselor but to the teacher. The teacher is with the child seven hours per day and would notice changes sometimes before the parent would. Usually if something traumatic has happened in a child's home and other students talk about them, the student would become defensive or even violent with others. Many students can adjust and recover quickly from changes that take place in their home life but not all of them do. Those who don't bounce back quickly may surprise others by their reactions to whatever may have happened to them. Often they may show aggression on the playground or in class. They don't usually mean harm but they want to get out their frustrations. She says it is important for those students to see the counselor so that the counselor can help them voice their frustrations and get down to the root of their problems. Knowing why the student has aggressive behavior is the key to helping them deal with the real issue.

<u>PROGRAM</u> <u>TITLE</u>	<u>ISSUE/PROBLEM</u>	<u>PROGRAM</u> <u>DURATION</u>	<u>TOPIC</u> <u>SEGMENT</u> <u>DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>	<u>AIR-DATE</u>	<u>TIME</u>
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JOY IN						06/27/15	03:00AM
OUR TOWN						06/30/15	02:30AM
#062615							

Host Felicia Taylor interviews Ruth Brewbaker and Hope Cassidy of Rooftop Friends, an organization that helps young people with Spina Bifida and other disabilities. Hope says her organization works with children with autism, HDAD children, Downs Syndrome, kids with Spina Bifida and various disabilities. The number of children having these various disorders seems to be on the rise in Alabama due to poor diets, premature births, drug and alcohol related births and some genetic disadvantages. Ruth speaks about Spina Bifida because her son was born with it. It is a neural disorder of the spine. When a child is born with the back opened and nerves exposed, usually it causes paralysis from the waist down. Ruth says it is common for a baby with Spina Bifida to undergo many surgeries in their lifetime. The state of Alabama has one of the highest populations of children with Spina Bifida percentage wise in the United States. Ruth says her son has played on wheelchair basketball teams, all with Spinal Bifida which gives an idea of the high number of youths with the disease. Some of the complications children have with Spina Bifida include physical disabilities and learning disabilities. These disabilities occur due to certain nerves in the spine and neck areas not connecting to each other. The social life for children with Spina Bifida is difficult because they are looked upon as different and they feel different from others. The entire family is affected by the person with Spina Bifida because each member of the family has to think of how to work with the person with the disease. Before Rooftop Friends came along to offer support for families with disabled children, there were very few organizations in the area with skilled personnel to deal with the situation with compassion and understanding. They encourage parents to take their disabled children to a church with a buddy system so that they will not have to worry about the disabled children during worship services.

<u>PROGRAM</u> <u>TITLE</u>	<u>ISSUE/PROBLEM</u>	<u>PROGRAM</u> <u>DURATION</u>	<u>TOPIC</u> <u>SEGMENT</u> <u>DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>	<u>AIR-DATE</u>	<u>TIME</u>
	Crime	28:45	13:04	L	PA/O	04/02/15	10:30AM

**JOY IN  
OUR TOWN  
#032715**

Host Felicia Taylor interviews Kenneth Brothers President of New Beginnings Foundation, to talk about how inmates can escape their gang affiliations and lead successful lives when they are released from jail. Brothers says gangs are more active in prison than they are on the street. He uses the term criminal enterprise as opposed to gangs. On the streets gangs operate to get money. But in prison it's about power and control. "There, if you belong to a certain gang, people don't mess with you and the correctional officers leave you alone" according to Brothers. Often many other activities are available to those of gang affiliation in prison. The system dose try to monitor people to see who is a part of certain gangs. They try to separate them so that they will not have the opportunity to organize themselves in the prison system. New Beginnings Foundation is more so focused on the transformation of the inner person than from looking at the problem as a gang problem. Brothers says the prison system focusses on rehabilitation whereas, if a person thinks differently and have different surroundings and affiliations they would have a different outcome. Brothers says this doesn't work. In Alabama and nationwide, he says, over half the people who are released from prison come back. Rehabilitation proves to fail those who are incarcerated. He solves the problem through presenting the gospel message of Jesus Christ which is tried and true. As far as gangs go in Alabama, about a third of the inmates are a part of gangs. Statistics are pretty sketchy because gangs are not easily identified. In the Montgomery County area there is about 2,000 inmates in the Alabama Department of Corrections System. About a third of those are gang affiliates and they are not all concentrated in one prison but they are scattered throughout the different institutions. When a criminal enters the prison it is usually known by other inmates if he is a part of a gang or not. He may already have enemies in that prison or those who would welcome him in as a part of the "family". Nothing is hidden. Gang members help each other out whenever they meet someone in the same gang. They barter for food, sex, cell phones, clothing etc. or whatever is available to them in prison. He says crimes committed by gangs prior to going to prison involve drug related issues. They may commit violent crimes relating to bad drug deals, fighting over turf, burglaries and property crimes as they try to get money to buy drugs. He says his program is a discipleship program modeled after a Prison Fellowship program in Texas. He says by taking them through a Bible based program that requires making a commitment to Christ, this service is proven to be 98% effective in keeping people from returning to gangs and prison life.

<u>PROGRAM</u> <u>TITLE</u>	<u>ISSUE/PROBLEM</u>	<u>PROGRAM</u> <u>DURATION</u>	<u>TOPIC</u> <u>SEGMENT</u> <u>DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>	<u>AIR-DATE</u>	<u>TIME</u>
	Crime	28:45	9:50	L	PA/O	04/10/15	12:00PM
JOY IN						04/11/15	03:00AM
OUR TOWN						04/13/15	10:30AM
#041015						04/14/15	03:00AM
						04/16/15	03:00AM

Host Lisa Ranieri interviews Rick Jackson with the Boys and Girls Club of the River Region to discuss teen crimes in Elmore County. Jackson says these crimes are committed by people between the ages of 14 and 24. He says young people are trying to find things to do but in a negative way. He says there are ways to stop it. It is not clear if these crimes are increasing or decreasing however, people are becoming more aware of what is going on. Being that Elmore County and Wetumpka are small communities, the residents are very concern and they want to do something about it. Theft and burglary are the main crimes the teens are committing. It is easy to break in and steel when people are at work in the day time. Car theft is also on the rise and teenagers and young adults are usually caught with the evidence. Between 3 PM and 9 PM on a school night are the hours that youngsters are left unsupervised due to parents work schedules. These are the hours when crimes are committed by teenagers. They don't have positive activities to get involved with and so they get together and commit theft and burglaries. He suggests to parents to place their children in positive programs like the Boys and Girls Clubs. Also positive reinforcement at home by showing love and appreciation to children keeps them from leaning toward criminal behavior.

<u>PROGRAM</u>	<u>ISSUE/PROBLEM</u>	<u>PROGRAM</u>	<u>TOPIC</u>	<u>SOURCE</u>	<u>TYPE</u>	<u>AIR-DATE</u>	<u>TIME</u>
<u>TITLE</u>		<u>DURATION</u>	<u>SEGMENT</u>				
	Crime	28:45	14:01	L	PA/O	04/17/15	12:00PM
JOY IN						04/18/15	03:00AM
OUR TOWN						04/20/15	10:30AM
#041715						04/21/15	02:30AM
						04/24/15	12:30AM

Host Felicia Taylor interviews Mark Potok with the Southern Poverty law Center of Alabama to discuss hate groups in Alabama. Mark defines a hate crime by saying it is a crime committed largely based on the motive of hatred for a particular class of people. The hatred would be toward all white people, all black people, all Jewish people, all women etc. He says looking at the numbers, white people are just as victimized as black people are and that hate is a universal phenomenon. He says Montgomery is not experiencing as much of a problem as in past years. However, the reality is that there are a lot of hate crimes in America. He says the FBI has recorded the total hate crimes reported in America for many years. The records show that there are around 6 to 10 thousand per year. However, researchers like the Department of Justice show that the actual number is up to around a quarter million per year. This is 40 times more than what the FBI is reporting. This difference has to do with those reported to the FBI for investigation and those learned about by the very nature of the crime. So Alabama could have about 4 to 5 thousand a year instead of just a hand full. Some of the hate groups in Alabama, particularly in the Montgomery are not all white supremacy groups. There are around thirty organized hate groups in Alabama. This number is a little lower than in Georgia which has close to 50. There are a few very small Klan groups, some very bazaar religious groups based on white supremacy and the creativity movement. There are black hate groups as well such as the Nation of Islam which has a significant presence in Montgomery. The Nation of Islam believes white people were created 6,600 years ago by tall black men who rebelled against order and formed white people out of a sort of test tube. In their mind all white people are evil. He continued to talk further about other groups like the Confederate Hammer Skins, a prison gang and others. Many racist groups are in the prisons. There is another group called the League of the South. They are a Neo-Confederate hate group. This group thinks the south should succeed again. They think the south should be ruled by Anglo Celtic people or all white people. They want to run a theocracy or religious based government. What makes it a hate group is that they only want white people ruling in the new country. Today, Mark Potok says prison gangs are the most violent of all the hate groups. They are the most dangerous because when they are released from prison, they bring with them their gang mentality, spreading violence outside of the prison walls. Mark says for more information, one can go to the Poverty Law Center website to look at the hate group map to find out where hate groups are. Most groups are not violent but they do oppress people in other ways. There is an increase of hate groups after President Obama's election and re-election. Recruiting is difficult for most groups. The young people are drawn by music. Potok says awareness of hate groups can help decrease the numbers of hate groups when people use law enforcement to their advantage.

<u>PROGRAM</u> <u>TITLE</u>	<u>ISSUE/PROBLEM</u>	<u>PROGRAM</u> <u>DURATION</u>	<u>TOPIC</u> <u>SEGMENT</u> <u>DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>	<u>AIR-DATE</u>	<u>TIME</u>
	Crime	28:45	14:16	L	PA/O	05/08/15	12:00PM
JOY IN						05/09/15	03:00AM
OUR TOWN						05/11/15	10:30AM
#050815						05/12/15	02:30AM
						05/14/15	03:00AM
						05/14/15	04:00AM

Host Lisa Ranieri interviews Larry Fisher Director of Emergency Communications for the City of Montgomery to talk about the new “Smart 911” system. Fisher says on a daily basis dispatchers receive around 770 emergency 911 calls but process more calls than that. They receive over 250 administrative type calls, around 220 alarm type calls, and all together over 600, 000 calls per year. The number of calls are numerous but statistically the number of calls are decreasing as years go by. He says it is not certain as to why the calls are decreasing. However, according to the police department, crime is going down, so he would like to attribute the decrease in emergency calls to the claim that crime is going down. Most of the calls that come in are usually auto accidents, mostly on the interstates. Those calls could be due to large accidents and will require a larger response. A National Fire Protection Agency requirement sets a standard that requires a dispatcher to get the call to a unit 15 seconds to 40 seconds of receiving the call. A fire department call should reach the scene of the emergency within four minutes or less. The police department may take longer than that because they are coming from a greater distance. Often they are coming from other calls and resources are not readily available. A Priority One call or an immediate threat to life call are those that responders move very quickly to the scene. Some obstacles that can affect the time that responders get to a call are things like the time of the day, the route they have to travel and the traffic conditions. Fisher says people call 911 for anything from a lost dog to homicide. He says in Montgomery they have seen the gamut. The new “Smart 911 system is a free service. People can build a profile on a secure website. [www.smart911.com](http://www.smart911.com) is the website people can go into to build their profile. Any time that person dials 911, the dispatcher will see the profile within the 911 center. He says that is the only time the information can come up is when the person dials 911 for emergencies. Before, when a person would dial 911 for the first time no information about that person would come up on a computer. The dispatcher would proceed to ask many questions slowing down the process of the responding time. The system serves to quickly respond to a customized situation such as if there is an autistic child in the home, an elderly person or physically handicap person in the house etc. The profile is set up to where photos of each person in the household can be identified by responders so that if they are looking for a missing person, they know what the person looks like. Three key pieces of information are needed to build a response when 911 calls come in, location, phone numbers and what is going on. With the new system, all the other blanks can be filled in as emergency response teams are on the way to the emergency. Whether the caller is using a wireless phone from a remote location or from a home, the profile automatically comes up on the screen as soon as the 911 call is made to help locate the person and aid in solving crimes.

<u>PROGRAM</u>	<u>ISSUE/PROBLEM</u>	<u>PROGRAM</u>	<u>TOPIC</u>	<u>SOURCE</u>	<u>TYPE</u>	<u>AIR-DATE</u>	<u>TIME</u>
<u>TITLE</u>		<u>DURATION</u>	<u>SEGMENT</u>				
	Crime	28:45	13:34	L	PA/O	05/22/15	12:30PM
JOY IN						05/23/15	03:00AM
OUR TOWN						05/25/15	10:30AM
#052215						05/26/15	02:30AM
						05/28/15	03:00AM
						05/28/15	04:00AM

Host Felicia Taylor interviews Senator Cam Ward of Alabama to discuss his prison overcrowding bill which passed the senate 31 to 2 in the past session of the legislature. Senator Ward says since the year 2000 the prison population has continued to grow. He says Alabama has one of the largest overcrowded prison populations in the country with a 122 % over capacity rate. Alabama has around 18 prisons with 25, 600 inmates within the walls but around 28 to 29 thousand within the custody of the state prison system. Those who are not within the walls of the prisons themselves still need to be supervised by the system. This overcrowding creates a number of problems as far as public safety and health. The fewer officers on duty presents danger for the officers. There is more inmate upon inmate violence, officer upon inmate violence and inmate upon officer violence. This creates a very dangerous situation. Also, it creates health problems because adequate health care cannot be provided to an overpopulated prison even though it is mandated by the government. He says this violates the 8<sup>th</sup> amendment to the constitution which sets up a situation for a lawsuit that will be very detrimental to the state. The bill sponsored by Senator Ward deals primarily with the non-violent population more so than the violent population. One thing that the bill does is create a class D felony. Those crimes that did not involve murder and drugs will be taken from under the Habitual Offender Act. This would give the judge more discretion in regards to community programs. Drug courts, mental health courts or something that can be an alternative to a prison sentence will help lower prison population and place the non-violent criminals in a different category. He says Alabama needs to increase the number of parole officers. Each parole office in Alabama is currently overseeing more than 200 inmates each. The average should be only 60 inmates per officer. The tax payer should want to make sure that every inmate has adequate supervision to maintain public safety. He says Alabama's recidivism rate has not been very bad. Most people serve out their sentences and never return to prison. However, the number of those who do commit crimes repeatedly and return to prison is at about 50%. He says the problem with recidivism is that if there had been enough officers to help with parole, there would not be a high rate of recidivism. He says parole officers are there to make sure those inmates making transition are taking their medicines, getting counseling, staying out of trouble spots, and so forth, to keep them from returning to prison. He says not only would this decrease overcrowding but it will reduce public safety. In conclusion, Senator Ward states, brick and mortar will not rehabilitate a prisoner. There needs to be programs in place to transform that prisoner's way of thinking and living to keep him out of the criminal justice system forever. He says these programs are proven to work and if Alabama invest more into these programs, this state will lead the nation in criminal justice.

<u>PROGRAM</u> <u>TITLE</u>	<u>ISSUE/PROBLEM</u>	<u>PROGRAM</u> <u>DURATION</u>	<u>TOPIC</u> <u>SEGMENT</u> <u>DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>	<u>AIR-DATE</u>	<u>TIME</u>
	Crime	28:45	13:44	L	PA/O	05/29/15	12:30PM
JOY IN						05/30/15	03:00AM
OUR TOWN						06/01/15	10:30AM
#052915						06/02/15	02:30AM
						06/04/15	03:00AM
						06/04/15	04:00AM
						06/05/15	12:29AM

Host Felicia Taylor interviews State Representative Juandalyn Given of Alabama House District 60 who speaks about House Bill 50 that she introduces to the State House of Representatives that would make it a crime for a person who knows he or she is a carrier of the HIV or AIDS virus to engage in sexual intercourse with others. She says this issue is not only statewide but it is a nationwide epidemic. HIV and AIDS have been known about in the U.S. for roughly 30 years. Even though great strides were made in the health community as far as education and medication, the disease continues to spread. Given says that the big problems we have in the country as regards to HIV and AIDS is when a person who knows he or she is infected with the disease takes the risk of infecting others by having sex with other partners without informing the partners of the fact. She alluded to the recent situation in Montgomery, Alabama concerning a local pastor who knowingly has full blown AIDS continued to have sex with congregants and people outside of his congregation, possibly infecting them with the virus. She says there is a law in the state against such an action but it is considered a class "C" misdemeanor. She says a new more stringent law becomes important if the perpetrator knows that he or she would be convicted if he or she would not come forward and admit the truth. Over 16 thousand or so people are infected with HIV or AIDS in Alabama. Given says she is not certain of the number, however she knows the number is on the rise particularly among the teenagers. She says the rise continues in the African American community. She says that the increase is also due to those who contract the disease in prison and when they are released from prison they will infect people they are in relationship with. She says there are multiple people in this category but even one is one too many. Her bill is being "tweaked" to look at situations of the assumption of the risk and to address having the intent to cause harm to others. She says the bill will address both a defense for the accused as well as stiffer penalties for those who intend to cause harm or are negligent in their actions.

<u>PROGRAM</u>	<u>ISSUE/PROBLEM</u>	<u>PROGRAM</u>	<u>TOPIC</u>	<u>SOURCE</u>	<u>TYPE</u>	<u>AIR-DATE</u>	<u>TIME</u>
<u>TITLE</u>		<u>DURATION</u>	<u>SEGMENT</u>				
	Crime	28:45	14:03	L	PA/O	06/12/15	12:00PM
JOY IN						06/13/15	03:00AM
OUR TOWN						06/15/15	10:30AM
#061215						06/16/15	02:30AM
						06/17/15	03:00AM
						06/17/15	04:00AM
						06/19/15	12:30PM

Host Lisa Ranieri interviews District Attorney Daryl Bailey to talk about the “SPICE” epidemic in the Montgomery and local areas. “SPICE” is a huge problem not only in the Montgomery area but in Alabama and across the country according to Bailey. The drug just became popular in Montgomery about three years ago as it was in Atlanta and Birmingham. It is popular among young people because it is known as the safe and legal marijuana. He says there is nothing further from the truth because it is not safe nor legal. The most serious problem with the drug is that it is causing many deaths. Several people in the local area died as a result of using this “SPICE” as well as hundreds around the United States. The D.A.’s office is investigating scenes currently where deaths have occurred and the drug is involved. He says deaths relating to “SPICE” are on the increase. He says hospitals are filling up with people who have taken this “SPICE” and suffered ill effects from it. The drug is becoming more accessible leading to the increase of its use. It is easy to make and distribute. Now that it is marketed as the safe and legal marijuana, young people are more and more attracted to it. Young adults and teens thinking this drug is safe, are using it more and more but they are dying from it. Quick kill is a term used to describe how suddenly the drug can kill. People may use it and die from the first time they ever try “SPICE”. It is inhaled into the body and can kill suddenly. Bailey says it is so deadly because of the chemicals used to bond all the compounds together. Among the chemicals are things like rat poison and other poisons used to create the inhalable “SPICE”. Other than death, side effects from using “SPICE” would include hallucinations, aggressive behavior and paranoia. The drug is dangerous to the user as well as to law enforcement who have to take them into custody. The D.A.’s office is working to get these drugs off the streets. Another effort on the District Attorney’s office is to educate the public on the dangers of the drug and create programs to fight the addictions.

<u>PROGRAM</u>	<u>ISSUE/PROBLEM</u>	<u>PROGRAM</u>	<u>TOPIC</u>	<u>SOURCE</u>	<u>TYPE</u>	<u>AIR-DATE</u>	<u>TIME</u>
<u>TITLE</u>		<u>DURATION</u>	<u>SEGMENT</u>				
	Employment	28:45	13:40	L	PA/O	04/10/15	12:00PM
JOY IN						04/11/15	03:00AM
OUR TOWN						04/13/15	10:30AM
#041015						04/14/15	03:00AM
						04/16/15	03:00AM

Host Lisa Ranieri interviews Melanie Beasley with The Family Sunshine Center, an organization that helps women who come out of domestic violence find employment. Beasley says that women who have been abused, persecuted or oppressed are just like anyone else dealing with those things. One of their biggest challenges is to overcome that oppressed feeling and become educated and empowered. Their challenge is to feel good about themselves again. They must prepare themselves to face new opportunities. Domestic violence is consistently present. Within the past 3 to 5 years the shelter for domestic violence victims have been above 100 % occupancy. More families are coming in for shelter than ever in the past. The number of families in counseling goes up every year. The reason for this she believes is due to the people finding out where they can get help. Domestic violence is under reported so the numbers cannot reflect a true figure. However, with the education and awareness off shelters and available counseling, more victims are seeking help than ever before. Beasley says when women come out of abusive relationships one of the best options they have is becoming employed. Often the women have become the head of household and they need to provide an income for the family. The family Sunshine Center assists the women in discovering their hopes and dreams in life and to figure out how they can help direct the women from where they are to where they want to be. Beasley says the women are taken through the process of first gaining self-esteem in realizing they can achieve, then they learn to fill out resumes and do mock interviews. All this, helps them to gain confidence while they are seeking employment. The women were told by their abuser for a long time that they would never be worth anything. But Family Sunshine works to restore the confidence the women need to become gainfully employed.

<u>PROGRAM</u> <u>TITLE</u>	<u>ISSUE/PROBLEM</u>	<u>PROGRAM</u> <u>DURATION</u>	<u>TOPIC</u> <u>SEGMENT</u> <u>DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>	<u>AIR-DATE</u>	<u>TIME</u>
	Employment	28:45	13:14	L	PA/O	05/29/15	12:30PM
JOY IN						05/30/15	03:00AM
OUR TOWN						06/01/15	10:30AM
#052915						06/02/15	02:30AM
						06/04/15	03:00AM
						06/04/15	04:00AM
						06/05/15	12:29AM

Host Lisa Ranieri interviews Patricia Heisler and Gladis Allen with the Autauga Western Elmore ARC about the challenges of people with disabilities finding employment. Heisler says the main challenge is that employers don't hire people with other abilities due to them not being able to keep up with the work load as normal people would. Most of the people Heisler sees in her program are people who have intellectual shortcomings. They were not able to finish high school because they simply could not learn above a certain grade level, usually about the third or fourth grade. Now that the state is pushing for people with disabilities to be community included, it becomes necessary for employers to give opportunities to the disabled to have jobs and earn money. Her organization currently serves 70 people with disabilities. All of her clients have an IQ score of under 70. Because they can't read or count money, they are at a disadvantage of becoming employed. The ARC center helps adults with disabilities learn to function on jobs. They teach them how to dress, act and be responsible on a job and how to do interviews. They train them for work by taking them to various job sites to learn certain skills where they may be hired and become productive. Often employers have preconceived notions about hiring people with disabilities. Heisler speaks about the programs they have to work with people with disabilities to prepare them for the workplace. They learn on different levels and are hired in positions they are able to handle. Employers who are willing to hire people with disabilities feel more confident when they can hire people who have trained to work in a professional environment.

<u>PROGRAM</u> <u>TITLE</u>	<u>ISSUE/PROBLEM</u>	<u>PROGRAM</u> <u>DURATION</u>	<u>TOPIC</u> <u>SEGMENT</u> <u>DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>	<u>AIR-DATE</u>	<u>TIME</u>
	Employment	28:45	13:07	L	PA/O	06/12/15	12:00PM
JOY IN OUR TOWN #061215						06/13/15	03:00AM
						06/15/15	10:30AM
						06/16/15	02:30AM
						06/17/15	03:00AM
						06/17/15	04:00AM
						06/19/15	12:30PM

Host Lisa Ranieri interviews Teva Judkins, a Certified Paralegal with Legal Service Alabama to discuss unemployment compensation in Alabama. Judkins says her office has seen up to seven cases so far this year where people have sued for unemployment. In an average year, she says her office may service around twenty cases. During the recession, more people filed for unemployment compensation due to layoffs and career changes. The economy plays a major role in the number of unemployment compensation cases. Judkins says the number of cases decreased within the past couple of years compared to four or five years ago. Unemployment compensation benefits are paid to individuals or workers if they become unemployed or if they are hourly full time workers with reduced hours. These benefits are paid to individuals who lose employment due to no fault of their own. Unemployment insurance and unemployment compensation are similar. Unemployment compensation benefits are the benefits paid to eligible people who lose employment due to no fault of their own. Unemployment compensation insurance is a trust fund that is set up to actually pay those benefits. It is very common for individuals to be denied benefits. More people are denied than approved for benefits because most people do not know the rules and the requirements. Employers receive training from the Alabama Department of Labor in reference to job requirements and work requirements, rules and laws. However, the workers don't get that extensive training. In Alabama, when a person gets unemployed, they don't automatically meet requirements for benefits. She gives examples for when a person is not eligible for compensation. One such case is when an employer offers an employee an option of taking another position with the company or resign and the employee opts to resign, he is not eligible for benefits. Also, if a person loses a job because they had no transportation or if a relative such as a child was sick, the person would not be eligible. Also, in most cases in Alabama, unemployment benefits don't pay a person as much as they would get paid on the job. Therefore, making a living on the unemployment benefits would be impossible in most cases. The money that is placed in the system for the individual is a certain amount per week. There is a maximum and minimum percentage for those who are eligible for a certain period of time. According to Judkins it would be ideal if employees could educate themselves on the rules and regulations regarding employment in the state of Alabama.

<u>PROGRAM</u> <u>TITLE</u>	<u>ISSUE/PROBLEM</u>	<u>PROGRAM</u> <u>DURATION</u>	<u>TOPIC</u> <u>SEGMENT</u> <u>DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>	<u>AIR-DATE</u>	<u>TIME</u>
	Civic Affairs	28:45	13:35	L	PA/O	04/02/15	10:30AM

**JOY IN  
OUR TOWN  
#032715**

Host Felicia Taylor interviews Commissioner Julie Magee with the Alabama Department of Revenue to discuss fraudulent tax returns especially with the on-line tax programs that are available. Magee says the filing of fraudulent tax returns is a growing problem in the State of Alabama. Two years ago her department stopped about 17 million dollars in fraudulent refund dollars from being sent out. This past tax season she says is up to 20 million dollars prevented from going into the hands of criminals. She says the criminals out there decided that there is more money to be made in filing fraudulent tax returns than to go into the drug trade. They view it as easy money because of the ease of electronic filing. They can be anywhere in the world and they can file a federal or Alabama income tax return and ask for a big fat refund. According to Magee, tax administrators want to send out quick legitimate tax refunds. But they have zero interest in sending out Alabama dollars to criminals located overseas. "We don't want to send illegitimate money to any criminal inside our borders or outside our borders" she says. "There was a time when our job was to make sure people didn't cheat on their taxes but now the landscape has changed over the past five years, we now have to in addition to that, make sure that criminals aren't trying to take advantage of tax preparers filing fraudulent information to the IRS." On line tax fraud takes on a number of different approaches. Investigations are taking place nation-wide. There are not many states that are not affected by this crime. One of the larger tax prep software services in the nation, it is known that someone stole the user names and passwords, names, addresses, social security numbers and other information and filed fraudulent tax returns on behalf of the people whose information they stole. Extra steps are being taken to stop the wrong forms from being processed. This causes a slight delay in sending out refunds. However, Magee says it is for the good of the citizens to protect their interest and their identity. She says they would rather cause a delay in people receiving their refunds than for people to have an unpleasant surprise. Some people will receive a questionnaire this year for the first time just to help with identifying legitimate tax filers. Those receiving the questionnaire are those whose information is questionable and difficult to verify. The questionnaire maybe done over the phone with a real operator or on-line whichever is preferred. The questions will be customized to the individual and only the person whose name the form is in is able to answer those questions.