

WMCF-TV
TRINITY BROADCASTING NETWORK
QUARTERLY REPORT
JANUARY, FEBRUARY, MARCH 2015

WMCF-TV MONTGOMERY, AL

**PROBLEMS PERTAINING TO
LEADING COMMUNITY PROBLEMS
FOR**

JANUARY, FEBRUARY, MARCH 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.

**HEALTH
UNEMPLOYMENT
CRIME
TRANSPORTATION
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.

JANUARY, FEBRUARY, MARCH 2015

PREPARED BY:



(SIGNATURE)

DATE: April 1, 2015

<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>
	Health	28:45	11:45	L	PA/O	01/05/15	10:30AM
JOY IN OUR TOWN #010215						01/06/15	03:00AM
						01/10/15	03:00AM

Host Lisa Ranieri interviews The State Coordinator of the Alabama Department of Public Health, Folashade' Ayanwale of S.A.D.D. to discuss the dangers of underage drinking. Ayanwale says statistics for the last year has not been gathered to determine how many underage drivers were caught in the state of Alabama. However, between 2012 and 2013 a couple of hundred cases of underage drinking were reported. She says the state still has much work to do to lower that number still. She says the number of cases of underage drinking has increased. Her department is encouraging the education system, the Counsel on Substance Abuse and the M.A.D.D. programs to increase their efforts to release information and education about youth drinking and drug abuse. She says that the media plays a part in influencing young people to experiment. As they are reaching collage age, young people want to feel like adults and they take advantage of their new found freedoms. Therefore, they decide to experiment with a lot of things and alcohol is one of them. Alabama is on the lower end of underage drinking, so that's a good thing, according to Ayanwale. She adds that education is still the key to prevention. There has been an increase in automobile accidents and fatalities in recent years in Alabama due to underage drinking. Around 500,000 fatal accidents per year occurred between 2012 and 2013 because of underage drinking. Students Against Destructive Decisions or SADD is made up of teachers around the state who do positive role modeling strategies, volunteering in communities to help students not make destructive decisions. She mentions that Binge drinking is usually thought of as a person drinking alcohol continuously for a number of days without stopping. However, teenagers are doing the exact opposite of that by drinking down a lot of alcohol in a short period of time. About one out of six teenagers binge drink. She says to teens, binge drinking is like a truth or dare game to teenagers because they are at the experimental age, therefore, it is an experiment for them. She says this is why Alabama has to do more education to combat this issue. The affects that alcohol has on a developing teenager is deadly in that it affects their hormonal balance. At their age their logical reasoning is being solidified but if their hormonal balance is thrown off it could damage them for life. While they are looking for the feeling of reward from dopamine to get the feeling of a "high" they will also experience bouts of depression which can lead to devastating results to where they cannot function normally in society. Only 2000 deaths have occurred from binge drinking in Alabama but the number is larger than that nationwide Ayanwale says this is the reason her department is pushing to get as many caring adults involved in the fight against teenagers ruining their health with alcohol.

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	Health	28:45	13:45	L	PA/O	01/05/15	10:30AM
JOY IN OUR TOWN #010215						01/06/15	03:00AM
						01/10/15	03:00AM

Host Lisa Ranieri interviews Gayle Thorn, Main Instructor of the SpiritHorse Therapeutic Riding Center to talk about people with various disabilities and how riding horses improve their neurological pathways. Gayle says horse riding is therapeutic for children with disabilities. She says this is the first year of using this kind of therapy. But so far, 12 children at ages ranging from 2 to 18 years and 3 adults have been helped with emotional and physical disabilities in the program. They do small segments of time with them because they don't have an indoor riding arena and weather is always a factor in when they can work with the clients. The riding classes are ten weeks in the spring time and ten weeks in the fall. They work with children with autism, learning disabilities like ADD or ADHD. They work with people with dyslexia, processing issues, and problems with stress learning. Often these clients are in a state of confusion but by riding, they learn to clear their thoughts and remove stress. She mentions a number of other disorders the students have. Thorn says she hopes to include students with Down syndrome in the next semester. The SpiritHorse program was developed in Dallas Texas by Charles Fletcher. Ms. Thorn was searching for a way to provide help to students with disabilities. She says children really need an outlet. Once she was certified with Mr. Fletcher's program. She says while there she knew of about sixty SpiritHorse Centers across the U.S. and now it is up to 90. Mr. Fletcher has developed a methodology to help special needs individuals. It is a continuously growing program. It is now expanded to South America, Ukraine and Europe. Many of the students come into the program feeling anxious but when they get near the horses they calm down. She says because a horse's heart is so large, when the student leans on the horse, they can feel the heartbeat of the horse causing their own heart rate to slow down and regulate. The studies show that by working with horses, the heart rate will decrease. One student's heart rate decreased thirty points while working around the horses. She says everyone that was checked, their heart rate decreased. She says the confidence levels and processing ability improves in the children in the horse therapy program. She says horse riding helps to develop their muscles and new pathways in the brain are developed which helps the students to use parts of their bodies and information processing that they had not used before. As the student is riding the horse, the body has to adjust itself for balance and new muscles are formed in the body. She says helpers are there to keep the students safe and free from accidents. Thorn mentions that because the student's body is having to communicate with itself in a way it has not done so in the past, the inn ear the muscles and the brain all start to working together. This causes growth and development in the child that has not operated in the past. This form of therapy, when done right improves the quality of life and possibly expands life for young people with disabilities.

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	Health	28:45	13:03	L	PA/O	02/06/15	12:00PM
JOY IN						02/07/15	03:00AM
OUR TOWN						02/09/15	10:30AM
#020615							

Host Lisa Ranieri interviews Frances McGowin with K9s for Kids and Heroes. Her organization trains service dogs to look out for children with physical disabilities. Many of the dogs are trained on sensing when the patient has a drop in blood sugar levels and the dog alerts the patient when it is time to take medical precaution. A child can be alerted by the dog to check his blood sugar and give himself insulin before having a seizure. Recently a young man who a diabetic alert dog has just got a driver's license and started driving. He cannot drive without his diabetic alert dog. If he was driving and had a low blood sugar level, he could start seizing without ever knowing his sugar was low. So, the dog helps to save lives everywhere. She says his dog has jumped over three car seats and started nudging him in the face to remind him to pull over and check his blood sugar. The alert gets more emphatic when the dog smells the low sugar. The dogs are trained that if the child will check their blood sugar after the nudging and then give the dog a treat, the dog will stop nudging. However, if the child ignores the dog, the dog will leap on the child and start barking until the child checks his sugar and treats the dog. Some dogs are seizure alert dogs and fall alert dogs. They are trained to push a button in the home that dials 911 whenever the patient falls down or have a seizure. If the person falls out in a public place, the dog stays with the person until someone dials 911. These alert dogs are trained to work with people with Autism, Diabetes, Falling spells and PTSD for the veterans. More people are realizing that they can be more independent if they have a trained dog with them. These are not just emotional support dogs, they actually do tasks. People with disabilities learn they don't have to depend on other people being with them when they have a trained alert dog. The dogs can stay in training for up to two years. The training is very extensive. The dogs are trained for public access. They are trained to go to school or go to work with someone. It takes a long time to train the dogs for public access as well as the tasks. The tasks are very specific, depending on what the children or the veteran needs. She says "we are teaching the dogs to live a lifestyle, we are not just teaching them a few commands." For this purpose, dogs get to know the person they will get to work with. They learn their moods and their reactions so that they are not just responding to commands all the time. Often the dogs are rescued from pounds and trained as alert dogs. Other dogs are donated from private owners. Labrador Retrievers are the dogs of choice. They tend to adapt to the different kinds of environments better than other breeds. It is ideal to receive puppies and wait until they are 5 months old before starting the training.

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	Health	28:45	14:23	L	PA/O	02/13/15	12:00PM
JOY IN						02/14/15	03:00AM
OUR TOWN						02/16/15	10:30AM
#021315						02/17/15	02:30AM
						02/19/15	03:00AM
						02/19/15	03:59AM

Host Felicia Taylor interviews Nancy Hogan with Medical Outreach Ministries or MOM. Hogan talks about people who are poor and don't have health insurance or inadequate health insurance. For people in need of medical assistance, MOM is there to help. Last year MOM served 7,416 patient encounters that translates into about 957 individual patients that is a 12% increase over the previous year. This year she is seeing already 800 patients above last year. So now more and more people need the services. Because there are fewer jobs in the tri county area because of the recession that took place a few years ago. Most of those jobs are technical positions which require specialized training. Many of the patients cannot afford that training. Many of the patients work but on low paying jobs with very few benefits. Even with the Affordable Care Act, patients are having problems affording the marketplace insurance. This is because of the high deductibles. A certified application specialist helps the MOM patients to fill out forms and go through the process of qualification. Last year during open enrollment 80 patients were screened and only 10 out of the 80 could afford insurance. Sadly some of the 10 had to come back to MOM because they had to let it go due to the high cost. If Medicaid had been expanded in our state many of the patients would have qualified for insurance care. Medicaid covers people up to 138 % of the federal poverty levels and MOM covers up to 200% of the federal poverty level so there is always that 38% that is not covered by insurance. That is where MOM comes in. The patients that come to MOM are usually pretty sick. About 80% of the patients have diagnoses of hypertension and the second largest diagnoses is diabetes. Both diseases are very controllable with adequate health care and proper medications. MOM assists with pharmaceuticals and patient assistant applications for medicines. Those are submitted to 25 pharmacy companies and they supply the medicines at no charge to the patients. For those patients who qualify, MOM is a ministry that supplies medical needs.

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	Health	28:45	14:22	L	PA/O	03/02/15	10:30AM
JOY IN						03/03/15	02:30AM
OUR TOWN						03/05/15	03:00AM
#022715						03/05/15	04:00AM

Host Felicia Taylor interviews Kyle Marchuk, President, Active Minds Auburn, to talk about the mental health crisis among college students in Auburn, AL. Kyle says according to the student counseling center, they saw a little over twelve hundred clients. He says those numbers tend to increase. He says the Active Minds organization is designed for students to come to their meetings and learn about the different types of mental health services. He says this group empowers students to serve their fellow students and to help them out in times of crisis. There are over two hundred and forty members in the organization currently. On a campus of over 25,000 students, he says the number of students needing mental health services is on the increase. Two new counselors were recently added to try to handle the capacity. He says students are encouraged to go to counseling whenever they feel the need for outside help to deal with crisis in life. On the college campus, Marchuk says they see students with various stress and anxiety. Usually these are brought on due to depression, anxieties about academic concerns and personal relationship problems. According to the Student Counseling Services at Auburn some of the top reasons for students seeking counseling are stress and anxiety, worrying too much and depression ranks number three. The counseling services are free and confidential to students. He says it is really important for students to reflect back on their lives and have someone to help them put their thoughts into perspective. Marchuk says the reason he is in a leadership role with Active Minds is because he had a friend during his freshman year in college who took his own life due to stress. Marchuk feels the suicide could have been prevented had his friend got proper counseling. He says he saw how the pain tore up his community and that he didn't want to see anyone else go through that again. So, during his sophomore year, he formed Active Minds after doing research into mental problems and how to deal with them in the early stages. He says suicide is on a national average at about one student in every ten thousand. Auburn University is actually below that average. However within the past 24 months, about 9 students at Auburn committed suicide. All of them except one were male. According to statistics men use more lethal means to deal with their inner pain than women. He says it is hard to detect when a person is dealing with thoughts of suicide or dealing with anxiety. It is not usually detected until someone starts asking questions like, "How are you really feeling?" before depression is detected.

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<u>TITLE</u>		<u>DURATION</u>	<u>SEGMENT</u>				
	Health	28:45	11:24	L	PA/O	03/20/15	12:00PM
JOY IN						03/21/15	03:00AM
OUR TOWN						03/23/15	10:30AM
#032015						03/24/15	02:30AM
						03/26/15	04:00AM
						03/26/15	10:30AM

Host Felicia Taylor interviews Dr. Carl Schmidt a naturopath in Montgomery Alabama about various health issues that people in the local area are dealing with. Schmidt says nearly half the people in America die from some kind of cardiovascular disease. Some doctors he says will classify these heart disease and others may classify these as issues relating to blood and blood vessels. In naturopathy he says they would rather step back and look at the overall cardiovascular system and work with it rather than to zero in on just one aspect of the heart. Schmidt mentions there are different types of heart disease depending on the location of the problem. Yet in natural health, the entire cardiovascular system is dealt with in curing a disease. When arteries are near the heart and they close up, most people would consider this a heart attack. He says there are a number of reasons why the arteries close up. Plaque and the buildup of calcium in the arteries is what is happening. Conventional doctors would put people on a cholesterol medication. Those medicines are in a category called statins. Statins have many known side effects. Most people will have severe muscle aches and cramps, some have headaches and digestive difficulties. The main side effect is something not seen or felt. It actually disables very necessary nutrient processing within the liver. A nutrient called Coenzyme Q-10 or CoQ10 is very necessary for heart functions. It is transferred by cells called Mitochondria throughout the body. The Mitochondria act like the electric company, they make electricity in our cells. It needs COQ10. The heart muscle has the most mitochondria in its cells than any other muscle. Statin drugs greatly disable the body in making COQ10. He says the very idea of giving someone cholesterol drugs can cause the heart to have a problem. When the heart is off beat and beats in irregular timing, it is another area of a diseased heart. The rhythm creates the pumping actions and there is turbulence within the heart and the blood. That turbulence creates another reaction that makes platelets start to form. Platelets are clotting agents that stops and slows down bleeding. What doctors will do is put people on a blood thinner to prevent blood clots. In natural health, doctors try to find the cause of each problem so that they will know what actions to take to turn the problem around. He says medicines maybe necessary to control a crisis, but it is important to see what can be done to support the body in working more correctly. He says blood pressure readings are very important. The systolic number is the top number and the bottom number is called the diastolic reading. It indicates how much blood is being pumped into the heart and how much flows out. He says 120 over 80 is the standard reading. Medications can control the blood pressure in many ways. Adrenal glands produce different hormones, such as those to cause the heart to start pumping faster during emergencies and urgent situations. Through stress and the American lifestyle, most of us stay in a hurry which keeps our hearts pumping at an elevated rate all the time. The medications suppress that. But in natural health, the adrenals are nourished so that the heart rate will slow down. He says that the brain sends beta signals to the heart which causes it to pump faster. The doctors will also prescribe beta blockers to stop that from happening. The thyroid is effected also in the pace of the heart. Anxiety in the nervous system can also effect the nervous system. A person can naturally control their blood pressure by proper diet, sleep and exercise but the medication is what disables signals in the body cutting of necessary nutrients needed in the body. This is why all medicines cause side effects. Dr. Schmidt says that in our local area we are seeing very young heart patients. People in their twenties have bodies that are aging or oxidizing too quickly. Due to a high salt diet the adrenals are over worked and causing the heart rate to elevate. By reducing or restricting salt, people can clear the high readings. However, he says one should not completely eliminate salt because the adrenals need salt.

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
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Health

Switch On Your Brain #008	27:30	27:30	REC	PA/O/E	01/27/2015	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 going to drive your conscious perception of how you deal with life. Cast all your burdens upon God. Get free from that baggage. You are spirit. You are soul. You are body. Your spirit is your true you. Your soul is your intellect, your will, and your emotions; in other words, your mind. You live in a body which is dominated by the brain. When you keep unforgiveness, anger, frustration, irritation, as a way of reacting, being overemotional, whatever it may be, being oversensitive, taking offense, all these things, when we do that, this is baggage. The Bible says, and so does science, you first build a thought and then you see the evidence. The evidence is the words, the actions, the manifestation. Where are you putting your mind time? Where is your mind time focusing on? Train yourself to be aware of your thought. No thought should ever go unchecked through your mind. No thought is harmless. A negative toxic thought is doing damage in your brain. It's made up of proteins that have become distorted because we don't have any proteins in our brain for negative thinking. The proteins that we make are supposed to be made based on healthy choices. So when we make a negative toxic choice, we distort the proteins. So the proteins accumulate, and instead of it being a beautiful green tree, it's this wiry distorted, inflamed, awful looking kind of thought that affects the blood flow. The activity looks incorrect when you look at a brain scan. You can actually see negative things. Your thoughts are real. That is why James 1:21 so correctly says that the implanted word of God will save your soul. We need to be memorizing scripture. We need to be meditating and practicing the presence of God. Seventy-five to ninety-eight percent of current illnesses today, mental, physical, etc. come from our thought life. It's a myth that you use only ten percent of your brain. You use it all. Every part of your brain has a function and most of your brain is active all the time. Science shows us that we're just not designed to carry unnecessary baggage. Unnecessary baggage in terms of science is all those toxic thoughts in our mind; that we've made bad decisions, and we've wired the stuff in, and we're operating from these in our non-conscious mind. Our non-conscious mind is filled with millions of thoughts and a lot of those are baggage thoughts. They're not healthy thoughts. They're weighing us down and they're impacting how we function on a day to day basis. We need to unpack those. We need to pray and ask God to help us unpack those. We need to get order back in our mind and that's done prayerfully, not on your own. You need to ask God. The Holy Spirit will lead us into all truth. The Holy Spirit will show us what we need to unpack; all the baggage that's weighing us down.

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

Switch On Your Brain #001	28:30	28:30	REC	PA/O/E	03/03/2015	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.

<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 #002	28:30	28:30	REC	PA/O/E	03/10/2015	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 love. 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.

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
<i>Health</i>						
Switch On Your Brain #003	28:30	28:30	REC	PA/O/E	03/17/2015	12:00 PM

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Health</i>						
700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	01/16/2015 2:00 PM
#01162015						

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

missing: sugar, grains, trans fats, industrialized Omega-6 fats and dairy. That way you'll be left eating foods that keep you thin and healthy.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	02/17/2015 2:00 PM
#02172015						

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

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

700 Club NewsWatch	CBN		1:00:00	5:00	REC	PA/O/E	02/20/2015 2:00 PM
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#02202015

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

Program Title	Program Duration	Topic	Duration	Segment Source	Type	Airdate	Time
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Health

700	Club	CBN	1:00:00	5:00	REC	PA/O/E	03/02/2015	2:00 PM
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NewsWatch

#03022015

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

<u>PROGRAM</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>
	Unemployment	28:45	14:02	L	PA/O	01/10/15	03:00AM
JOY IN						01/12/15	10:30AM
OUR TOWN						01/13/15	03:00AM
#010915						01/15/15	03:00AM
						01/17/15	03:00AM

Host Lisa Ranieri interviews J. Farrest Taylor, a civil litigation attorney in Montgomery to talk about employment discrimination in Montgomery. Taylor says his office gets a call every day concerning employment discrimination. However this does not mean there is a case every day. It has remained fairly steady as far as the number of cases. However, Taylor maintains that his office receives about 5 to 10 calls per week. There is a federal law called title seven. It was a part of the civil rights act of 1964. That act banned discrimination in the work place based on race, sex, religion, national origin, etc. It is the primary legal tool that protects people from discrimination in the work place. There are several forms of discrimination. The two broad categories would be disparate treatment, such as if a person is not employed not given raises, or allocated to a certain task. Another form of discrimination is harassment in the work place. A person can be harassed because of their race, sex and other divisions within that type of harassment. These would qualify as discrimination under title seven. In Montgomery, race based discrimination occurs, along with sexual discrimination which can take on many forms. Often in Alabama, people are not hired because of their race or their sex or because the environment is so hostile that it constitutes discrimination in the workplace. It is difficult to prove a claim that a person was not hired due to discrimination. Claims have to be filed with the Equal Employment Opportunity Commission (EEOC). This must be done within 180 days of the discrimination event. The EEOC will then investigate the claim. It will then present a "Right to Sue" letter. This does not mean a person has been discriminated against. The claim must still be proven. After receiving a letter from the EEOC, the person making the claim has 90 days to file a lawsuit. After that, the employer must give a race neutral or sex neutral reason for not hiring the person. At that point, the burden falls back on the individual making the claim to prove the discrimination. It is difficult to prove hiring discrimination because one would have to prove that the person who got hired was less qualified for the job and that the only reason they were hired was because of their race or their sex. Courts gradually push the employer for information as to why they hired one person over the other in cases of a hiring discrimination lawsuit. Compensatory damages can be paid to the person if the case is found legitimate. One could also get injunctive relief, meaning that an employer is required to take corrective action or one could get punitive damages in cases where there is overt discrimination. Those cases are fairly easy. If an employer states they have a policy not to hire African Americans, that's the easy case. However, most of the cases are very subtle and they are quite difficult to prove. Age discrimination is not uncommon. Often a person is nearing retirement and they are let go. There are protections for people who are over 40. Usually, if one is let go and a person much younger is brought in doing the same job, it is easier to prove discrimination. The equal pay act was designed to protect women to give equal pay to equal work. Taylor goes on to say that this claim would not go under the EEOC because it is a separate act. Other forms of discrimination are mentioned during the interview such as genetic discrimination. This type, is used when an employer gets information about one's genetic background such as a carrier of a disease, and then fires the person or overlooks the individual for promotions and so on. Taylor gives information which was placed on the screen for people who feel they are harassed or discriminated against in the workplace.

<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>
	Unemployment	28:45	14:02	L	PA/O	01/10/15	03:00AM
JOY IN						01/12/15	10:30AM
OUR TOWN						01/13/15	03:00AM
#010915						01/15/15	03:00AM
						01/17/15	03:00AM

Host Lisa Ranieri interviews Ed Castile with AIDT Alabama Industrial Development Training to talk about the new Montgomery Regional Workforce Training Center. The center consist of a team of businesses to help businesses find and train future workers. In Montgomery, there are in the neighborhood of ten thousand people who are unemployed. The unemployment rate is decreasing statewide. Actually, Castile says the current rate has dropped from the 10% to around 6.1% within the past year. He says it is a steady decrease. He says by the end of the year it could go down another percentage. He says businesses seem to have more confidence in hiring these days. For one thing, consumer demand on products, services and parts is on the rise so help is needed. A lot of people experienced unemployment during the last downturn of the economy. Many tried to go back to work and were not able to do it. Now that the economy has somewhat improved, people are hiring again but most of the unemployed are not skilled in the areas where the hiring is needed. The technology has changed and experienced people are needed to operate at certain skill levels. The Workforce Center is encouraging people to attend either a two year college or get into a program to upgrade their skills to become employable again. The Training Center provides training focus in manufacturing, introduction into computer software used in most business today and the information technology field. With the two Air Force Bases in Montgomery, Gunter and Maxwell Air Force Base, mandates a need for suppliers of technology in the local area. A good bit of IT professionals are needed for work in Montgomery. Construction trades is another group that is needed for hire in Montgomery. That is, for commercial and residential construction because of new constructions and the revitalization projects going on in the city. With the help of the Chamber of Commerce and the hiring businesses, the Training center is informed of what skills are needed and they train people in those specific areas to prepare people for employment.

<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>
	Unemployment	28:45	14:01	L	PA/O	02/20/15	12:00PM
JOY IN						02/21/15	03:00AM
OUR TOWN						02/23/15	10:30AM
#022015						02/24/15	02:30AM
						02/26/15	03:00AM

Host Felicia Taylor interviews Lisa McGinty with the Montgomery Chamber of Commerce to discuss employment opportunities in Montgomery at the Montgomery Business Development Center also called the Incubator. Lisa says the good news is that last year in 2014 we saw the unemployment rate improve from 7.8% to 5.5%. She says it shows that there is an increased confidence in the economy. Several small business owners say they are seeing an increase in hiring in different sectors. She says we seem to be coming out of the recession and more people are starting to get employed. She says there is more confidence in spending in different areas and create new things in different areas. This, she says, is a real good sign of the times. Because Lisa McGinty is not an expert on unemployment and deals more with economic development, she focusses more on how the city is coming out of the recession and seeing a drop in the unemployment rate. She mentions that the incubator for small businesses provide a nurturing environment, training and support for would be entrepreneurs. This program serves up to the first three years of a new business. This Incubation program is a general program, meaning it could serve almost any kind of business. Other incubators in different parts of the country focus on specific kind of businesses. For instance, in Huntsville Alabama, they have a tech incubator. This one develops businesses in aero technologies which are needed in the Huntsville area. The Montgomery incubator is a general one that accepts different businesses using space with low overhead and below market rate rent. The owners need to agree to do open book management, and be open to counselors and advisers. They can help an owner navigate the business plan. They help business owner seize opportunities and avoid pit falls. It allows one to grow a business and around the three year point, that business should be able to self-sustain. She says businesses that start in the incubator program have a higher likelihood of surviving and prospering. McGinty says an entrepreneur is any individual who starts a business or organization who can look into a community and notice needs not being met in some way. The entrepreneur seeks to develop that business that would meet that need. A need fulfiller is another name for an entrepreneur. She says the difference in being an employee and an entrepreneur is that the business owner must know how to transition from doing a specific task to overseeing the entire operation.

<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	13:38	L	PA/O	01/17/15 01/19/15	03:00AM 10:30AM

**JOY IN
OUR TOWN
#011615**

Host Felicia Taylor interviews Cindy Bolton with Return To Reality, a program that helps drug addicts return to the reality of life. Bolton discusses some of the crimes committed due to people's drug addictions. She says her life is about recovery and nearly everyone she encounters is in recovery. Return to Reality currently has ten beds. There is another location on the Southern Boulevard in Montgomery that holds six. This program is strictly for women and nearly all of them have committed crimes due to substance abuse. Some of the most common crimes committed by women on drugs are credit card fraud, bad checks, possession of drugs or weapons and even murder. Biblically, Bolton says she believes things are not getting better. She thinks they are progressively getting worse as far as crime in the last days. She says she has been sober for five of years and sees no end of criminal activity among addicts. She says crime plays a factor in drug addiction because addicts feel they need to commit crimes in order to get the drugs they need. She says women from all walks of life come to her home. Often the courts recommend the women to the home and others come on their own. Once in the home, the women receive ministry that if they apply what they learn the rehabilitation is 100 % effective. Bolton says the Career Center of Montgomery helps the women with life skills while the Return to Reality Home works toward strengthening the women in the Word of God and Faith. Through AA or NA, the women receive training to stir them from drugs and crime.

<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	14:51	L	PA/O	01/17/15	03:00AM
JOY IN						01/19/15	10:30AM
OUR TOWN						01/20/15	03:00AM
#011615						01/20/15	04:00AM

Host Felicia Taylor interviews Sherriff Derrick Cunningham about the problem with street gangs in the Montgomery area and crimes associated with various types of gangs. Sherriff Cunningham says the definition of a gang is hard to grasp. A gang could be any group that have things in common. He mentions young men who hang out together, people who commit the same crimes or any gathering of individuals who plan activities together could be considered gangs. Anytime a city like Montgomery is on the verge of growing and several activities that bring young people together there is concern about a few of them grouping off to form and to plan violent and criminal activities. Some of these groups may label themselves as a gang. In cities like Montgomery, there is often seen graffiti sprayed on walls or sidewalks labeling that community as belonging to certain gangs. He says the county Sherriff's Department likes to stay abreast of those type of activities in order to control it and remove it from our communities. He says in many low income communities graffiti is seen as marking territory. He says rather than trying to figure out why young people mark low income communities with graffiti, labeling that sector of town, his department is more concerned with removing the graffiti and stopping the labeling. Burglary, assault, theft and robbery are crimes committed by groups to generate money, initiate new members to the group, and often they say they had nothing else to do. He says this goes back to the vague definition of a gang; a group of people who think alike, react alike and commit the same crimes together. The names of the more organized gangs are Crips, Bloods, Disciples and other well-known names. However, there are spin off groups and copy cats. He says these spin off groups and copycat groups can become real, and dangerous if they are allowed to label territory and if they are not dealt with early. Cunningham says education and gang awareness is important and must begin at home. Anytime a child refuses to wear certain colors and do the things he normally would do, a parent needs to be concern that the child is being pressured by peers to be a part of some group or that the child is being bullied. Parents should watch for things the child is saying or doing that is outside of the norm. Usually this is a telltale sign that something is wrong. Burglaries occur during the daytime when most people are away from home and at work. Robberies happen mostly at night when people want to steal, they have to contend with the owners of property. Most criminals are looking for an easy way in and out of a place where they can take what they want and leave. They go into stores at night when few customers are around so as not to be detected. The Sherriff's Department is looking to beef up their efforts to catch thieves in the evening and early morning hours when most violent crimes take place. The purpose of law enforcement's efforts to crack down on gang type activities is to take away the opportunity for people to commit crimes day or night.

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	Crime	28:45	14:01	L	PA/O	01/30/15	12:00PM
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OUR TOWN						02/02/15	10:30AM
#013015						02/03/15	03:00AM
						02/05/15	03:00AM

Host Lisa Ranieri interviews Major John Bowman with the Montgomery Police Department to discuss the new body cameras the police in Montgomery will be using in the near future and how they are combating crime in the area. Bowman says most of the crimes committed in the Montgomery area are property crimes where people take possession of someone else's property or cause damage to other people's property such as cars, houses and other possessions. He says those crimes usually involve people breaking into cars and houses. The studies show that these particular crimes are not on the increase or decrease. They remain at about the same average from year to year during this time of year. Crimes increase and decrease depending on the seasons of the year. The new body cameras are talked about throughout our region. Bowman says Montgomery has had the car cameras for a while but the body cameras will add to the element of crime fighting in Montgomery. He states that he is excited about the new cameras because he says, while 'a picture is worth a thousand words' the only thing better than a picture is a video. He says the cameras range from \$400 to \$800 per camera. These will outfit up to 300 officers. Not included in the price is a hard drive that can download information. They will have to hold lots of storage. So this means, looking at far more than just an \$800 camera. Bowman says he tells citizens that "crime is not their problem, or my problem but it is our problem together." Regarding the situation that happened in Ferguson, Bowman says Montgomery is different in that the partnership between the communities and the police seem to work with helping to combat crime. It is not an "us" vs. "them" relationship. The citizens and the police fight crime together. He says when he attends neighborhood meetings, he gets to know the people and what their needs are. Usually, when the police ride through a neighborhood it is hard for them to tell the good guys from the bad guys or who looks suspicious and who doesn't. But the people who live their report suspicious cars and characters to the police and they can stop some crimes before they happen. He does not advise neighbors to engage criminals but just report what is going on to law enforcement. After the Ferguson incident, Bowman says body cameras have been used to create awareness and serve as safety tools to help officers while on duty. Bowman adds that the officers do fear for their safety. Criminals never want to be caught and they don't want to go to jail. More often than imagined, some will resist arrest. When that happens, the body cameras can serve to record the incident to show the courts exactly what happened and if the officers handled the case as they were trained to.

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<u>TITLE</u>		<u>DURATION</u>	<u>SEGMENT</u>				
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OUR TOWN						02/16/15	10:30AM
#021315						02/17/15	02:30AM
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Host Lisa Ranieri interviews Tojuan McCarty the founder of The Well House in Montgomery Alabama to discuss human sex trafficking in the local area. McCarty says sex trafficking is defined as the abduction of a person for the purpose of having sex or using that person to make money from someone else to have sex with. It is not prostitution because the person used for sex is not usually willing. If the person used for sex is under eighteen, it is automatically considered a rape. However, when the person is over 18 it must be proven that it was forced sex before a rape charge can be filed against a perpetrator. She says current statistics show that about 300,000 children are used for sex trafficking in the United States every day. McCarty says it's hard to tell if this crime is on the increase or not. However, there is certainly more awareness of this crime. She mentions that prostitution is also not considered a victimless crime because of the element of force and coercion. Prostitution is not always a person's choice. Both men and women are used in sex trafficking. There are more women used than men. In recent statistics around the world the ratio is 80% women and 50% are children under 18 years old. McCarty gives her personal story about how she ran away from home when she was 12 years old. She was from out of state but ended up in Birmingham Alabama. She was used for sex trafficking from the time she was 15 years old until she became an adult. Now she is over 40 years old and is rescuing young people from the exact same location where she was first used in trafficking thirty years ago. She says the trafficking business has not changed in all those years. She opened the Well House to help young girls who were much like herself to free them from their own victimization. She says society has blamed them for their conditions. However, with McCarty's understanding of what is going on, she feels qualified to help bring some stability into the lives of those victims of sex crime. She says people blamed her for running away from home in the first place and said it was her fault for getting involved in sex trafficking. But she says her sexual abuse started long before she ever ran away from home. She says the entire state of Alabama has sex trafficking crimes going on. There is no particular region that is more prone than others. Right now there are four major task forces operating throughout the state. These task forces authorized by Governor Bentley are tasked with informing law enforcement about the type of trafficking going on in the different regions of the state. A prosecution was brought against a man in Dothan Alabama because he had carried a child all the way from Louisiana and possibly all over the state of Alabama. Most of the girls are from 13 to 15 years old. The Well House has rescued people from as young as 13 to as old as 59 years old. McCarty says victims of sex trafficking are very much like those of domestic violence but some of the signs of a victim would include, low self-esteem, no identification, drug use, fearful behaviors. Pornography, prostitution and trafficking are never a choice. A person is always coerced into by someone who seeks to gain control of their lives.

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JOY IN						02/21/15	03:00AM
OUR TOWN						02/23/15	10:30AM
#022015						02/24/15	02:30AM
						02/26/15	03:00AM

Host Lisa Ranieri interviews Major John Bowman with the Montgomery Police Department to discuss the new body cameras the police in Montgomery will be using in the near future and how they are combating crime in the area. Bowman says most of the crimes committed in the Montgomery area are property crimes where people take possession of someone else's property or cause damage to other people's property such as cars, houses and other possessions. He says those crimes usually involve people breaking into cars and houses. The studies show that these particular crimes are not on the increase or decrease. They remain at about the same average from year to year during this time of year. Crimes increase and decrease depending on the seasons of the year. The new body cameras are talked about throughout our region. Bowman says Montgomery has had the car cameras for a while but the body cameras will add to the element of crime fighting in Montgomery. He states that he is excited about the new cameras because he says, while 'a picture is worth a thousand words' the only thing better than a picture is a video. He says the cameras range from \$400 to \$800 per camera. These will outfit up to 300 officers. Not included in the price is a hard drive that can download information. They will have to hold lots of storage. So this means, looking at far more than just an \$800 camera. Bowman says he tells citizens that "crime is not their problem, or my problem but it is our problem together." Regarding the situation that happened in Ferguson, Bowman says Montgomery is different in that the partnership between the communities and the police seem to work with helping to combat crime. It is not an "us" vs. "them" relationship. The citizens and the police fight crime together. He says when he attends neighborhood meetings, he gets to know the people and what their needs are. Usually, when the police ride through a neighborhood it is hard for them to tell the good guys from the bad guys or who looks suspicious and who doesn't. But the people who live their report suspicious cars and characters to the police and they can stop some crimes before they happen. He does not advise neighbors to engage criminals but just report what is going on to law enforcement. After the Ferguson incident, Bowman says body cameras have been used to create awareness and serve as safety tools to help officers while on duty. Bowman adds that the officers do fear for their safety. Criminals never want to be caught and they don't want to go to jail. More often than imagined, some will resist arrest. When that happens, the body cameras can serve to record the incident to show the courts exactly what happened and if the officers handled the case as they were trained to.

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<u>TITLE</u>	Crime	28:45	12:53	L	PA/O	03/02/15	10:30AM
JOY IN						03/03/15	02:30AM
OUR TOWN						03/05/15	03:00AM
#022715						03/05/15	04:00AM

Host Felicia Taylor interviews Kenneth Brothers, President, 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.

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JOY IN						03/09/15	10:30AM
OUR TOWN						03/10/15	03:00AM
#030615						03/12/15	03:00AM
						03/12/15	04:00AM

Host Lisa Ranieri interviews Pamela Morton, the State Victim Services Specialist with Mothers Against Drunk Driving, Alabama to talk about the Ignition Interlock laws in Alabama. Morton talks about a device she calls the blow before you go device. She says a judge or a parole office recommends that previous offenders have this device installed on their vehicles to prevent them from being repeat offenders of DUIs. In Alabama, if one's blood alcohol level is above .15 or if the person is a repeat offender, a judge may order that the device is installed in their car. The law went into effect in 2011. MADD is now pushing for the law to be more robust. They would like the law to say that anyone convicted of a DUI must have this device on their vehicle. It is seen in other states that lives are saved as a result of having these devices installed in the vehicles of people who are prone to drinking and driving. Even though some people try to get around the law by having sober people blow into the device for them, the consequences will still catch up with them. Morton says the good thing about the device is that if a person seems to be driving drunk, the device will prompt the driver to pull over and test again. If the person tests positive after the second testing the car will not start. This keeps the drunk driver off the highways. It costs the city \$150.00 to install the device. It costs \$60.00 to \$80.00 per month to operate the device per vehicle. However, she says it is much less expensive than causing a fatality. Morton says that judges need to be more educated as to what this device does and how it saves lives so that they would not be so reluctant to get more of them in the cars of DUI offenders. In 2013 there were over 200 drunk driving fatalities in Alabama. That is way too many. Morton says even one is too many. She says there is no excuse to drive drunk. A person over 21 is able to plan activities before getting behind the wheel of a motor vehicle. Morton says drivers with high blood alcohol levels should be treated differently from those who follow the law. She says a person with a high blood alcohol content is more likely to offend more frequently than others. Therefore, they should be treated with extra caution. The ignition interlock device is placed on a vehicle after the second offense if ordered by the courts.

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<u>TITLE</u>		<u>DURATION</u>	<u>SEGMENT</u>				
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JOY IN						03/09/15	10:30AM
OUR TOWN						03/10/15	03:00AM
#030615						03/12/15	03:00AM
						03/12/15	04:00AM

Host Felicia Taylor interviews Tony Harris, the Government Relations Manager with the Alabama Department of Transportation. Harris addresses issues with the roadways and a funding crisis as it relates to transportation in the Montgomery and surrounding areas. Alabama has about 11 thousand miles of state and U.S. Interstate highways across Alabama that the DPT is responsible for. It is their task to manage those to conduct the maintenance, bridge replacement and provide for new capacity. Also safety is a concern for the department. He says these are among the top daily priorities. At the present funding level Harris says the present system is being maintained. There is very little flexibility for addressing congestion and new construction. That is something the department is concerned with. He says the funding crisis is something the people of Alabama should take note of and be concerned with. All funding for transportation comes from gasoline taxes and other dedicated taxes. A portion of the registration for vehicles in Alabama comes to the Department of Transportation. However, they rely on the federal gasoline tax which is presently 18.4 cents. The state receives federal funding based on Incremental funding bills passed by congress. Each of those funding bills have a set deadline and must be renewed. May 31st is the deadline for the current funding act. This will be the first extension for the last two year funding acts. "This is a departure for us, Harris says, "typically congress has funded the state's transportation needs in six year funding bills. They could not reach accord or an agreement four years ago so now the state is faced with a two year bill which actually expired and we are in an extension of that." Harris goes on to say, "on May 31st that extension ends and the Department is looking to Congress to pass new legislation to either bridge that gap with a short term measurement or give us a new vision and a new funding allotment to move us forward." A commuter should have concerns for the following reasons. First in the absence of a long term funding act, the vision nor the certainty needed to go forward toward the future. Alabama has identified over 5 billion dollars' worth of transportation needs. Yearly the state can spend 8 hundred to 9 hundred million toward meeting those. He says the state falls way short in the needs that are on the books right now. The public is affected by this because it means lost time and lost money for them when they sit in traffic jams. He says many of the roadways have service that would be rated as "F" for failure. This is all because of the level of funding seen in Alabama right now. Alabama is funded at the same level of funding as 20 years ago. The costs during that time have increased 2 and a half times. Harris shares that Governor Bentley has approached congress about the needs Alabama has for transportation. He says the governor mentioned that Alabama is doing what we can do based on the amount of funding we have currently. However, there are other needs that cannot be met without more vision and without adequate funding. He says Alabama roadway services are just getting by with the current budget given by the Alabama Legislature and by Congress. It will be up to the political leadership to assess that situation and remedy it.

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JOY IN OUR TOWN #031315						03/14/15	03:00AM
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Host Felicia Taylor interviews Special Agent Devin Whittle with the Drug Enforcement Administration to discuss gangs and cartels in the local area. Whittle says last year DEA arrested approximately 45 people. He says they measure their success by dismantled four significant drug trafficking organizations in the area. Because DEA does long term investigations they target organizations and the leadership in those organizations in an effort to dismantle them. He says the average investigation takes up to around six months. Some could go up to a year or a year and a half all depending on the size of the organization. There are times when investigations can go internationally and indictments are made in foreign countries. Because of the types of investigations that are done involving drug trafficking, activities in other countries are traced into the United States and into Montgomery Alabama. He says the investigations involved wiretapping, the interception of emails, websites and other electronic communications. This is a sophisticated and extensive process. Whittle says the drug cartel is increasing in the Montgomery area but residents have no need to be alarmed. He says the increase is due to the Mexicans taking over the Methamphetamine market. They have super labs in Mexico where they make Meth and other drugs where they are not regulated in Mexico as they are in the United States. Mexico is able to get more of it in this case and they can make it stronger than it is made in the U.S. in homemade labs. They get it to the United States and sell the stronger product cheaper on this side of the border. Because of the laws in Alabama where cold medicines are purchased over the counter and prescription medications are regulated, the illegal drugs are in demand and the Mexican cartels are now on the rise. Now there is a higher abuse of pharmaceutical drugs. Wherever there is a high abuse of pharmaceutical drugs, heroin follows. In Alabama, we are starting to see an increase of heroin. There are reports of overdose deaths in Birmingham. DEA has noticed a significant heroin increase which started with an organization in Birmingham which has trickled down to Montgomery. So the Mexican drug cartel is on the increase in Montgomery because of those two things, the Meth market and the Heroin market. Methamphetamines are the drug of choice now and because it can be made and sold cheaper from the Mexican cartel it is in demand. It is extremely addictive. Because Heroin is in pharmaceutical drugs like pain killers, it is easy access for those addicted to it. The addiction can be blamed on some doctors who are over prescribing pain medications. As far as gangs go, he says Montgomery has what is generally known as street gangs. They are organized groups who get together for criminal activities. He says all the law enforcement agencies in Montgomery are involved in gathering information and fighting back the gang activities. Whittle says all these agencies are doing a good job with that. DEA is always contacted to deal with the drug aspect of the gang activities. He says the difference in the Montgomery gangs and the gangs seen in larger cities around the U.S. and in the movies is that the groups in Montgomery are not as organized. The national gangs tend to have charters and a stronger leadership structure. Those groups tend to sacrifice more to be a member and willing to do more violent criminal activities. However, Montgomery has not gotten to the point of strong leadership structure and the gangs here don't last as long and they don't get far beyond control. But the cartels are highly organized and run by people who could easily be CEOs of companies in the United States. Those people manage the manufacturing, the transportation, getting it across the border and warehousing it. Yet Whittle says as long as DEA is on top of the situation, Alabamians and Montgomery residents need not be alarmed.

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OUR TOWN						03/23/15	10:30AM
#032015						03/24/15	02:30AM
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Host Felicia Taylor interviews Attorney Brandon Essig with the U.S. Attorney's Office who discusses the issue of gangs in the local area and their possession of illegal firearms. Within the past five or six years, Essig says there is a slight increase in gang activity locally. He is not sure if it has effected the overall crime rate, however, he knows there is an increase in communities where individuals identify themselves as gang members. He says the increase could be traced to the use of the social media such as Facebook, Twitter and texting as a means of communication. He says he personally has worked on two cases where individuals identified themselves as gang members. He says it would be a rare situation to prosecute an entire gang but it is not uncommon to prosecute individuals who say they are affiliated with a gang. He says it is hard to give an estimate on the number of those cases his office has seen. Within the past six years Essig says around ten to fifteen percent of the cases he has prosecuted involved actual gang related crimes. In every case where gangs are associated, illegal guns and drugs are present. In the United States firearms are legal unless they are fully automatic weapons, assault rifles or a military designated weapon. All other weapons are legal such as hunting rifles and handguns used for home defense. The only thing that makes a firearm illegal for a gang member to possess it is that the person must have a felony record, a domestic violence record or some kid of criminal background. These firearms are usually stolen via home burglaries, vehicle break-ins and such like. Ordinary criminals would steal a gun because they are worth a lot of money. Gang members steal guns to arm themselves. With a criminal background, these type of people would never be able to walk into a store and purchase a firearm. Another way they possess guns is by sending a girlfriend or another person to purchase a gun for them. Even with the paperwork and background checks promising that they are the only owner and user of the weapon people are still purchasing weapons and giving them to gang members and criminals. Today, many young people are buying guns even though they are old enough to purchase a gun they may be young enough not to have a criminal record. As far as initiation is concerned, Essig says he has prosecuted a recent Blood gang initiate who provided evidence that a short fist fight is required to be initiated into a gang. The O.G or Original Gangster tells the initiate what he wants him to do. The initiate then has to do everything he is told to do by the O.G. He says it is hard to say how many guns gang members actually possess because they trade hands so swiftly. They sell them, give them away or even hide them. Guns among gangsters are very fluid. Sometimes they are sold out of state. Most guns are sold from \$200 – up in the thousands of dollars depending on the type of weapon. He says among the gangs in the Montgomery area he is not seeing a racial divide like in larger cities. He says his office has identified in our area mostly the traditional African American gangs, the Bloods, Crips, Gangsters and Disciples. Birmingham has issues with Hispanic Gangs. Within the public schools in Birmingham, racial tension between the Black and Hispanic gangs continue to be a problem. But in Montgomery there has not been fights along the racial divides of the Black gangs, Hispanic gangs and White Supremacy gangs. Getting out of a gang can be difficult especially if they still live in the neighborhood with the same people. Churches and Civic groups do have programs locally to help detour and deal with the criminal aspect but not necessarily getting people out of gangs.

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OUR TOWN						03/31/15	03:00AM
#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.

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

700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	01/12/2015 12:00 PM
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#01122015

CBN News Reporter Charlene Israel Report: Identity theft. It is a crime that hits millions of Americans each year and thieves are coming up with new ways to rob consumers every day, including using the latest technology. In 2011, the Federal Trade Commission received more than 1.8 million complaints from consumers. Fifteen percent of those complaints involved some type of identity theft. When it comes to shopping, just swiping with a credit or debit card is the way to pay in today's fast-paced world. According to the FTC, identity theft has topped the list of consumer complaints 12 years in a row. Nearly 27,000 complaints had been filed or identified in 2011 alone. Something known as skimming at ATM machines and gas stations has become all too common. Identity thieves purchase the devices right off of the Internet. Some thieves even make them. Police told CBN News that thieves usually target the gas pumps that are nearest the outside of the gas station or far away from the attendant. They then insert a skimming device over the card reader and when you go to swipe your card to pay for gas, your personal information has just been stolen. The consumer's stolen information is then transferred onto unused-pre-approved credit cards or blank gift cards. Sgt. Margie Hobbs said crooks are also using new technology to their advantage. For example, thieves can now use heat generated from your fingertips on ATM key pads to steal your card pin number using high-tech infrared cameras. They can also tap into accounts via credit cards that contain a radio frequency identification or RFID chip. This chip allows consumers the ease of just waving the card at the register. Scam artists can buy parts that increase the frequency or the strength of the antenna in the card. This allows them to pick up your credit card information from a foot or more away. Hobbs said tracking the perpetrators is challenging because often the operations are well coordinated. Security consultants suggest using credit cards instead of debit cards to prevent such scams, that way you're risking the credit card company's money instead of your own. Here are a few other ways to protect against being scammed: 1. Freeze your credit. This allows you to lock your credit data, which makes it virtually impossible for an identity thief to open any new accounts in your name. You can un-freeze it at any time. 2. Hire a company to monitor and protect your credit. 3. Cut up pre-approved credit card offers that come in the mail. Don't just throw them away. 4. When at the ATM, make sure no one is looking over your shoulder. Consider using a pen or pencil to key in your number. 5. Alert bank officials if you notice a hidden camera or if the card reader appears loose. Sgt. Hobbs said businesses can do more to protect their customers as well.

<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>
	Transportation	28:45	14:51	L	PA/O	01/23/15	12:00PM
JOY IN						01/24/15	03:00AM
OUR TOWN						01/26/15	10:30AM
#012315						01/27/15	03:00AM
						01/29/15	03:00AM

Host Felicia Taylor interviews Robert Smith the Director of Planning for the City of Montgomery. The discussion deals with traffic, congested traffic and traffic light cameras in the City of Montgomery. Even though Montgomery is not as large as Birmingham or Atlanta, traffic congestion is still an issue in a city this size. Typically the congestion occurs on interstates and major highways. On I-65, I-85, Eastern Boulevard, Northern Boulevard, the Troy Highway and the Wetumpka Highway are examples of areas in Montgomery that experience daily traffic congestion. The time of the heaviest traffic during weekdays are between 7-9 AM and 4-6 PM. Those are the times people are going to and from work and school. It is also the times when most people like to get out and take care of business and meet appointments. He says it just so happens that everyone seems to head in the same direction at the same time. This is what causes the traffic jams. His department is constantly faced with meeting the challenge of dealing with traffic issues and this speaks of possible growth in the city. The city continues to grow population-wise. In the year 2000 the city was at about 201,000 citizens. Now Montgomery has around 206, 000 people. So the growth increases the challenges of congested roadways. The Metropolitan Planning Organization consists of elected officials who are tasked with transportation planning related policy decisions. These are mayors from all the metropolitan cities in the region along with the three county commission chairmen of Montgomery, Elmore and Autauga counties. Smith serves as the secretary on the committee. These people are responsible for making policies regarding the traffic situation in the area. It helps to ease the burdens on the roadways. The committee does transportation analysis, planning and implementation of the plans. The implementation includes planning ahead to fix a problem before it exists. He discusses the closeness of traffic lights. Over the years the new traffic lights became necessary due to new businesses in those areas and the moving about of pedestrians on the streets. He said it is a matter of safety to have more traffic lights even if this means slowing down traffic causing more congestion. However, without the lights the congestion would be worse and there would be more accidents on the streets. New lights are always newly justified. Traffic light cameras are needed back to back because some serve to give a red light ticket while other cameras serve to observe certain intersections to gather data about traffic flow. The red light ticket cameras are located in places known for many red light running incidents. The purpose of having these cameras in place is to curve the behavior of running red lights and taking unsafe risks that could cause incidents or incidents with injury. The cameras are deterrents placing a thought in the minds of drivers not to run the light or slow down while approaching a yellow light. In the case where cameras are set up to observe an intersection where traffic engineers look at about 400 intersections, to determine how to improve the traffic flow. Often if a traffic signal is not working properly or causing long delays for instance, improvements can be made by observing what is happening by means of a video camera. The lights can be remotely operated by an engineer to cause traffic to speed up or slow down. There are actually more of those camera in Montgomery than there are red light ticket cameras. The MPO comes up with solutions to fix problems with traffic and estimates the cost of repairs and improvements.

<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>
	Transportation	28:45	13:56	L	PA/O	01/30/15	12:00PM
JOY IN						01/31/15	03:00AM
OUR TOWN						02/02/15	10:30AM
#013015						02/03/15	03:00AM
						02/05/15	03:00AM

Host Lisa Ranieri interviews David Barley with the Montgomery Transportation Coalition which started in 1996 for the purpose of forming a public transportation advocacy agency. They want to improve the transportation conditions for the citizens in the city. They work with the system that is owned by the city to improve access, service and hours for pick-up. He says the transportation issues are improving in Montgomery. Montgomery has roughly 201, 000 people with about 2% adults riding the bus system. He says 1800 people ride the buses every day. The buses start their routs at around 5 AM until 9 PM. Barley says the budget for the bus system is improved and is at 7 million dollars per year. Three million dollars of that comes from the federal government. The city puts in about another three million dollars and the other dollars come in from the ridership. When some budget cuts were announced a few years ago during the recession, it was believed that the cuts would cause devastation. The mayor did some research with the transit system to identify budget cuts and their effects on people. As a result, from the January 5th meeting, some cost deficiencies were discovered to where there may not be a need for significant cuts at all. Had those cuts gone through, many people would have lost their jobs due to lack of transportation to get there and others would not be able to get to school or doctor's appointments. Right now one of the main problems with the buses is they are too often late. Some routs maybe too long, traffic lights are slow in areas and traffic congestion are a few reasons why many of the buses are persistently late. Late buses are causing people to lose their jobs and miss important appointments. The Coalition is working closely with the city to remedy the problems with late buses. Barley says the mayor is genuinely concerned about the problems and is open for solutions. With shorter times on Saturdays and no service on Sundays, the buses are still very limited as to availability. He mentions that bus maintenance is another costly problem because the buses are old and most of them are nearing 1 million miles. They run all day every day and the upkeep of the buses is very expensive. Problems with air and heat units breaking down, wheelchair lifts malfunctioning and even the buses themselves break down. Because of the age of the buses, this problem has gotten worse over the last couple of years. With that in mind, the city is looking to acquired 10 to 12 new buses this year. The para-transit is a part of the MAT system that will pick up people with disabilities. The issue is, it is important to make reservations two weeks ahead of time and the cost is four dollars per person each way. Even though it costs more than using the fixed rout system, it is much cheaper than using a taxi cab. When rates went from \$1.50 to \$2.00 per person there were complaints. However, he says when given the alternative of cutting out certain routes, the riders overwhelmingly voted to raise the cost over losing routes.

<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>
	Transportation	28:45	13:51	L	PA/O	02/06/15	12:00PM
JOY IN						02/07/15	03:00AM
OUR TOWN						02/09/15	10:30AM
#020615							

Host Lisa Ranieri interviews Mayor Bill Gillespie Jr. of Prattville about the paving of roads in the city of Prattville. He says state roads, streets and local roads are under construction in the area. Funding from the federal government and state government is made available through the MPO or Metropolitan Planning Organization. He there is a unique project underway of the Old Farm Lane realignment. This one is a twelve year project that is looking to be complete within the next few months. A traffic light is being installed there very soon. Overall, it is around thirty miles of improvement. He states that the infrastructure of Prattville is very important to the safety of travelers moving in and out of Prattville. "A happy driver is a happy shopper," He says. Gillespie says he looks forward to finishing the current paving projects. However, he mentions there will always be paving projects in Prattville. New construction is a good thing for the economy because improvements attracts new business into the area. Prattville is booming with eateries and retail shopping. There are small businesses and medium size businesses all over Prattville. The Mayor says without the infrastructure that is there now, those businesses would likely have not located in Prattville. The city is trying to be proactive in its approach to contractors on deadlines and detours and how to direct the traffic during the construction period. The Mayor is concerned about safety and avoiding accidents and unnecessary traffic congestion whiles roads are under construction. Also information on detours and updates on construction is on the city's website. Some of the major construction is the widening of I-82, McQueen Smith Road was repaved and will have some widening done in the future, up to Cobbs Ford Road. Main Street, Wetumpka Street and others are all under construction and motorists are being informed of the work to avoid incidents. Gillespie emphasizes the importance of keeping construction projects going throughout the year and not just when it is coming near times for election. He says the infrastructure is very, very important.

<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>
	Transportation	28:45	13:14	L	PA/O	03/13/15	12:00PM
JOY IN						03/14/15	03:00AM
OUR TOWN						03/16/15	10:30AM
#031315							

Host Felicia Taylor interviews Kimble Forrester the State Coordinator of Alabama Arise about public transportation in Montgomery. He discusses how the lack of funding for the bus system has caused a great deal of inconvenience in the city for many people who depend on the buses to go to work, school, to their doctor's appointments and shopping. He says Alabama Arise approaches the legislature with the various issues. He says since most Montgomery residents use cars, they forget about the ten percent of the citizens who need the bus system. He says the low income people don't have transportation to get to work when they find a job. There young people who may be too young to drive to get to where they need to go and many elderly people can't drive. Not only is this a problem within the cities in Alabama but it is a problem with those in rural areas. People outside of town need to get to the county seat to make a doctor's appointment or seek medical help. The people in rural areas also go to town for their shopping and will need transportation. He says it affects people all over the state, white or black, rich or poor people do come to a point when they will need to depend on public transportation. Forrester mentions that routes have been cut, days of service such as buses running on weekends are now cut out and the cost of riding buses have increased all because of the lack of state funding. Alabama is one of the few states in the nation that does not have state funding for transportation. Many of the old buses are taken off the roads because it costs too much to repair them. Others may breakdown while in the middle of traffic and equipment for handicapped riders often is unserviceable due to lack of funding. While the bus system is barely surviving, it hurts the economy and productivity because people who would be working are not able to keep their jobs due to lack of adequate transportation. He says it maybe that we are needing the bus system more than ever before. Those with cars can't afford to repair them because they have expensive computers in them. The baby boomers are getting older and are getting to where they will need to depend on public transportation. Montgomery once had a world class trolley system. Forrester says "we built our suburbs around the trolley lines back in the day. Are we going to go back to using public transportation more than depending on gas guzzlers?, I hope so." Over the past ten years, he says the buses have deteriorated because of the lack of maintenance during hard economic times. When they postponed repairs and new tires, it places the riders in a dangerous situation. "Whether it is Birmingham, Montgomery or suburban areas, if you are riding a bus in Alabama, you are riding a bus that is too old to be on" according to Forrester. The Mayor of Montgomery cut routes and stopped buses from running on Saturdays and after hours. This has caused a great inconvenience for people who work on Saturday and at night. The buses on the street are running on local money or federal money and no state money. Alabama Arise is looking at how the average state is funding around 4 million dollars for transportation and Federal funds will match state funds turning the 4 million into 40 million. He says this would be adequate for Alabama to run the system each year.

<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>				
	Transportation	28:45	13:04	L	PA/O	01/23/15	12:00PM
JOY IN						01/24/15	03:00AM
OUR TOWN						01/26/15	10:30AM
#012315						01/27/15	03:00AM
						01/29/15	03:00AM

Host Felicia Taylor interviews Donna Jackson with The Alabama Department of Transportation to talk about a campaign called “Drive Safe Alabama.” Jackson speaks about the serious ramifications of distracted driving, texting while driving and other distractions causing accidents on the highways. The initiative at the Department of Transportation is designed to make sure people are driving safely in Alabama. She says it is important to educate people in the state on what exactly a safe driver is and how to operate safely on the roadways. She says this is important to know whether one is driving a car, motorcycle, truck, and bicycle or walking. In the state of Alabama there were 126,000 accidents in 2013. No data is compiled for 2014 as of yet. About 8000 of those accidents occurred here in Montgomery County. Depending on the type of crashes whether they were fatal crashes or crashes with injuries could we say if the number increased or decreased from previous years. Jackson says there seems to be a bit more of a decline recently because of the information and education going out to the public. However, some areas tend to have higher crash volumes than others. This depends on traffic conditions and the number of people on the roads. Causes for most accidents range from poor roads conditions, weather conditions even vehicle conditions could be a factor when some people don’t maintain their vehicles properly. The top four causes of traffic crashes causing injuries or fatalities are people failing to wear their seatbelts, people who are speeding, people who are distracted while behind the wheel and people who are under the influence of alcohol or drugs. “Drive Safe Alabama” came out of a 2012 Strategic Highway Safety Plan. The plan is required by the Department of Transportation to produce. The Federal Highway Administration actually requires the DOT to produce this plan. “Drive Safe Alabama” in itself is an education program to help people operate safely on the roadways. It incorporates other things like making sure we have safe features on the roadways and making sure that bridges and roadways are safe for drivers. Because distracted driving is one of the top four causes of injuries and deaths on the highways, it is addressed in the program. Distracted driving does not just mean that a person is distracted while using the phone or mobile device but it includes distractions of any type that keeps drivers from focusing 100 % on the roads. For example, one could be adjusting a radio or GPS unit in the vehicle, talking to other people could be a distraction, reading or even grooming while driving. Distracted driving is not only affecting teenagers but it affects anyone of any age. Anyone can be distracted at any time regardless of age or driving experience. The campaign serves to remind people of the importance of being alert while driving and consider the consequences of not following the rules of the road.

<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	03/26/15	03:00AM
						03/27/15	12:00PM
						03/28/15	03:00AM
JOY IN						03/30/15	10:30AM
OUR TOWN						03/31/15	03:00AM
#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 prep vendors 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 soft wear 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.