

TRINITY BROADCASTING NETWORK

QUARTERLY PROGRAMMING REPORT

April, May, June 2015

KDTX-TV

DALLAS, TEXAS

ASCERTAINMENT LIST

LEADING COMMUNITY PROBLEMS

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

**CIVIC AFFAIRS
HEALTH
HOMELESSNESS
PUBLIC SAFETY
SUBSTANCE ABUSE
TRANSPORTATION
YOUTH**

THE FOLLOWING PAGES LIST SUMMARIES OF SOME OF KDTX PROGRAMMING ADDRESSING THE ISSUES / PROBLEMS NAMED ON THE ASCERTAINMENT LIST, AS WELL AS OTHER ISSUES DETERMINED TO BE IMPORTANT, FOLLOWING FCC REQUIREMENTS FOR THE QUARTERLY REPORT TO BE KEPT IN THE PUBLIC FILE FOR THE SECOND QUARTER.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Civic Affairs	Joy in Our Town #750	30:00	14:15	L	PA/0	5/11/2015	10:30AM
						5/12/2015	4:30AM
						5/14/2015	11:00AM
						5/16/2015	3:00AM

Our host Cheri Duckworth introduces our guest today, Mayor Marcus E. Knight. We are located at the southern end of Dallas County, bordered by I-20 in north and west by I-35. Almost 38,000 people. Like most places, we are a growing community, so how do we keep pace with new infrastructure such as roads and water lines and how do we maintain existing structure. We have prioritized our resources since the recession. We have taken a long-term approach. We are in the midst of a comprehension planning process that is gathering many opinions to figure out how we want to go forward. Lancaster is not all rural, but some areas are still very agricultural in nature. We still have a lot of land for development, and want to maintain a balance of urban and rural. It is one of the older communities incorporated in Dallas County. Average age is 32 years old. Many younger families have moved in. We have tried to incorporate new media such as social media to reach all of our community, we also offer quarterly newsletters in the mail, log in online and view council meetings. Explains exercise programs and library programs, senior center that offers full service activities, computer lab to stay engaged and active. This is how we try to have our residents plugged in. We encourage neighborhoods to sign up with web portal to communicate with everyone. Knowing who your neighbors are can make a big difference in the safety of your neighborhood. Currently working with police department to teach people safety and how to protect their homes. Only 45% built out. Over past 18 months, we have seen restabilization of home prices, and we get most revenue from residential and commercial property taxes. We then reinvest it back into the community and pay city employees. Our school district has done a great job in academic offerings such as STEM programs from kindergarten to high school. Had camp this summer where select students built a car and some drones. Our enrollment is up over 400 students, which is a testament to what our school district has to offer. As we grow our community, we make sure we have a solid education system. We have a great community and people really care and are doing wonderful things. We have full service golf course, regional airport, 4 museums (2 aviation museums, JD Hall Learning Center with museum), great parks, only dog park in southern Dallas County, Bear Creek Nature Park, equestrian trails, campgrounds, can be to most places within 15-30 minutes in the metroplex.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Civic Affairs	Joy in Our Town #755	30:00	14:15	L	PA/0	6/15/2015	10:30AM
						6/16/2015	4:30AM
						6/19/2015	12:00PM
						6/20/2015	3:00AM

Our host Cheri Duckworth introduces our guest today, Bob Garza, Mayor Pro Tem, City of Carrollton. Challenges for the city of Carrollton: lowering crime. Statistics are at an all-time low for us, but that's always at the top of our list and is something we want to eliminate if we can. Also looking at 3 new council members that we'll be looking at for the first time. 7 incumbents, trying to meld all those changes together and have everyone become a team is a challenge. We've been very, very lucky in that regard and enjoy working together. The crime situation, what are you doing to help combat that? What are you encouraging from your community? Firstly, we have a program that focuses on where the crimes are being committed. We used a saturated approach to focus on the areas where the crime is being committed and trying to get police in those areas. Also looking at areas they may need to look at and redevelop. Looking at differences between single-family homes, as opposed to multi-family homes. It's good that they're doing things to Downtown square just celebrated their centennial. We reinstated some fireworks that they had before and had decided not to continue for a while, but they decided to bring it back. Also, they renewed and redeveloped the downtown square. It's under construction right now. Bringing in more family friendly commodities is something they're also looking to do. The parks in Carrollton. They have quite a few parks. Several of them they've completely redone and renovated. One they completely took out and they brought in a company that put in a completely new park for kids. In the future, they'll be putting in a splash pad there. Over in the East side by Kelly. Close to McCoy, big baseball and soccer field there. Bike trails and hike trails, they have about 28 miles, are adding about 3 miles this coming year. It's a great place to get out with the family and be in nature. It's good that they're doing things to update those aging areas. How do you determine which areas to do? Neighborhood Advisory Council, and CDBG (Community Development Block Grants), and connections with HOA's (Homeowner's Association), all work together to look at areas and see what needs to be done. Done a number of projects already on the south side of the city, south of Beltline. We like to include the folks that are going to be affected by the change. If they come in and give us information, that's very helpful. Being in the community it's nice to know you're being heard. How do you keep in contact with your community? One of the main things is our great website (cityofcarrollton.com he talks about, and we showed it on screen). We have blogs we're a part of neighbors go. On the other hand, we also use the most current venues. Facebook, Instagram, Twitter. About a year ago, we started a newsletter that we release once a week. It just depends on if you're a young couple that likes the social media, or if you're older like me and want to just go to one place and get all your information. We're very good about providing all that information to our residents. Carrollton is bigger than you realize. So it's important to reach everyone and every age range. We made a charge to see what's most important in our resident's future. Police department was one of the things. Also expanding the senior center because we have a large population of seniors. The parking lot is packed every day with seniors because the seniors love it. There are also rail and nice restaurants and trails, etc. for the younger generation. Tried to combine all the best for all generations. They were trailblazers in the realm of railroad being through there. Really helps with transportation.

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Civic Affairs	Joy in Our Town #757	30:00	14:15	L	PA/0	6/29/2015	10:30AM

Our host Cheri Duckworth introduces our guest today, Mayor Mark Mathews. What would you say are the bigger issues with the city council? We have had outside council look with a neutral look, so we have had a lot of growth, private investments, and asked how can we make this better? We are in the middle of a design taking our old town from 4 blocks to 8, and also safety items on 377. One challenge is traffic. What are some of the plans? Our busiest section by 377 and 1709 is being helped. Projects coming up on 1709 on turn lanes on new budget cycle. Fortunately we have a great staff that has made a plan for next year. What does your staff do to get on the same page with new staff? Last year alone Keller has won many awards from safest city, every opportunity I have to get around staff is great. What would you say is a challenge and benefit to Keller? How can we take Keller to the next level? What are the smaller pockets of changes? One of them is we just finished a concept study to develop staff. 100 acres for development on the city website, the result of that study, going to be a huge economic growth for Keller. Expanding aquatic center starts this year, master park update will go to a citizen vote. Take this opportunity to in the sports club to make it with private investors a regional sports area. With all these projects where can people go to see what's happening? Website, lots of FaceBook pages with concerns and updates. Traffic situations and routes, weather also. What are you most excited about? Continuous improvement, how do you get good from great? Looking forward to city manager taking us to next level. Working with school district independent Keller district, like volunteer days making an impact on city. Pastors in conjunction with chamber that created 3 events with national day of prayer.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Joy in Our Town #749	30:00	14:15	L	PA/0	5/04/2015	10:30AM
						5/05/2015	4:30AM
						5/07/2015	11:00AM
						5/08/2015	12:00PM
						5/09/2015	3:00AM

Our host Cheri Duckworth introduces our guest today, Ann Whaley, Cancer Support Community North Texas. Largest employer of oncological support staff. If you are impacted by any cancer diagnosis, you can become a member: come to new member meeting scheduled periodically throughout the month at our club houses, and then have a one on one with of our social workers to figure out which of programs best fit your needs. We have physical support, bereavement support, and more. Have gone from one club house to three in North Texas. We are at TX Health Resources Presbyterian Dallas, state of the art cancer center will be opening fall of this year. TX health Resources Presbyterian Allen which will be moving to Plano in beginning of April. Also have one at Alliance in Tarrant County. Assessment: Customized membership plan: social worker determines which support group is best such as wellness group for those currently in treatment for men and women who all have different diagnoses. They all know what it's like to have been diagnosed with cancer. Also have post retreatment group which is very new for us. These people still have an uneasiness hanging over them, with fears of remission. This group is very valuable to folks so they can share their concerns and worries. Also have Family and Friends for those caregivers, and also a child's group for those whose parents or loved ones have been diagnosed. We have Thanksgiving feasts, and great Christmas party, we have sponsors donate food so it's at low cost to us. We have day camp, summer one week long for the kids. Fundraised event that encourages our members to participate together in a run on Sept 27 of this year. Shares story of woman with lots of joy. We are a safe place, haven, and home away from home. That's what we are all about, letting people breathe. We love to give tours. Originally named Gilda's Club (after Gilda Radner) original cast member from SNL, battled ovarian cancer. Gene Wilder opened the first Gilda's Club, come as you are to be around others going through treatment, to be comforted and relaxed and it's okay to laugh. The mind and emotional support is just as important as physical during cancer treatment. We have a bereavement program. Living With Loss workshops, group support for those who have lost a loved one to cancer whether that was recently or years ago. It can be tough around the holidays. Care givers: our group support for caregivers, share their stories and what has worked for them. Social workers can help guide these conversations and help guide them to solution-focused support to get through the hard times. We support the entire family the entire time. That makes us unique.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Joy in Our Town #753	30:00	14:15	L	PA/0	6/01/2015 6/02/2015 6/05/2015 6/06/2015	10:30AM 4:30AM 12:00PM 3:00AM

Our host Cheri Duckworth introduces our guest today, Caroline Susie, Methodist Health System. Benefits of breastfeeding our babies. It's such a blessing and gift to be able to do. It's important to know that the breast milk is the baby's only nutrition, so your diet is really important while you breastfeed. Folate is important. Fortified breads, vegetables. In addition to folate, B12 is so fantastic for you and for your baby. It helps with your baby's central nervous system development, so it's very important. Iron and calcium are the other big two. During delivery, some women can lose a lot of blood, so it can depend on your delivery. Fatigue and your immune system need to be built up when you have a newborn. You want lean meats. Iron and calcium can keep from absorption. So you don't want to have your glass of milk with meat. The Vitamin C can help you absorb. Try to put the ice tea away during your meals. Calcium is so important to take while you are breastfeeding. Figs are really high in calcium. If it's marketed towards a kid, you know it's got a lot of sugar so you don't want to do any of that. Vitamin D, like calcium, is going to help with bone strength and bone development. There's a lot of study with Vitamin D in regards to diabetes and cancer. It's important to know what to eat, and then what to pair it with. People are concerned with their calorie intake while breastfeeding. Lactating moms need an extra 500 calories a day. You actually need more calories when you're breastfeeding than you do when you're pregnant. You don't need to look like a swimsuit model 4 weeks after having the baby. That's not healthy. And it's about what's healthy for your body and what's healthy for your baby. What should we limit in our diet? You really want to be mindful of alcohol, caffeine, and mercury. About 2 cups of coffee a day is fine. Any more than that is maybe too much. Being in Dallas, we don't have a lot of fresh seafood options where we would be exposed to a lot of mercury. You want to limit tuna to about 6 ounces twice a week. 12 ounces per week is the limit in the amount of high mercury you're going to eat. Diet and allergies. You do feel responsible. Keep a food diary. You want to be so specific of everything that you're eating and drinking and your response to that. You can easily pick up trends. Fussiness is a sign of an allergy. Always have a bottle of water with you. You will be so thirsty when you're breastfeeding.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Joy in Our Town #754	30:00	14:15	L	PA/0	6/08/2015 6/09/2015 6/12/2015 6/13/2015	10:30AM 4:30AM 12:00PM 3:00AM

Our host Cheri Duckworth introduces our guest today, Jill Waggoner. Basic definition of heart disease. Typically we're talking about heart disease. Cardio meaning heart. Cardiovascular disease can mean just something wrong with the heart. People may get a viral infection and get a heart problem because of that. Some people may get a blockage of the arteries, plaque, etc. which cuts off the flow to the heart itself. And that's known as a heart attack. Its partner a lot of times is diabetes. They go together a lot of times. Elevated blood sugars damage organs, and particularly blood vessels. And you can get with that, damage to the heart. So long-term blood sugar issues can cause issues with the heart. Long-term effects of the two important things to know about both diseases is that they are lifestyle diseases. Once they start, they go on and on. The reality is you can have the genetic propensity for it, but not the actual disease. Many people are not aware of what eating healthy means. People are just throwing up their hands and just eating whatever. It becomes overwhelming and people are getting mixed messages. It's important to know what's healthy for YOU. One size does not fit all. Eat a plant-based, or plant-strong diet. Not necessarily vegetarian, but lots of plant-food. Eat from the garden. Just the way God made it. Something you didn't open in a box today. When we're talking about preventing disease, you eat a variety of things, and you eat it from the garden, and you eat it as close to the way it was formed as possible. If you're going to have broccoli, don't eat it as a broccoli patty with some kind of sauce, eat it as broccoli. Steps to take when you learn you have heart disease. First, you have to bring them to the reality of it. Second, ask questions to assess their lifestyle. Do they exercise, how to they eat, stress, anxiety, etc. As Christians, we know that we have to be spiritually healthy as well. If we're not comfortable and at peace, and we're not doing the things that we need to nourish the fullness of us, then we end up physically ill. It all affects us physically. It can be prevented. And if you have it, there are ways to treat it. Talk over with your healthcare provider. Make sure you follow your plan the way you're supposed to. If you have high blood pressure or heart disease, it's so important that you go see your doctor. A lot of times you have no symptoms, so even going for evaluation can find that information early on and treat it before you even have symptoms. What to do to not fall into the same pattern as those that come before you -- learn your family history. Then do some research, study, learn what you can do to keep it from happening to you. Cook, know what's in the food you're eating. Make time to exercise, make time for vacations. Having a plan and accountability is so important. You know life is going to hit. It's life. You are your number one priority, so always take care of your number one first. Always make sure that you're taking care of you because your health is a gift.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Joy in Our Town #756	30:00	14:15	L	PA/0	6/22/2015 6/23/2015 6/26/2015 6/27/2015	10:30AM 4:30AM 12:00PM 3:00AM

Our host Cheri Duckworth introduces our guest today, Mike Yudzky with Poison Control. Today we will talk about insects and snakes, quite a few in north Texas. Differences between poisonous and non-poisonous: we should be concerned about snake and insect bites. How prevalent are snakes in north Texas? We have 150 types of snakes and most of them we see are non-venomous. There are 4 that are venomous in this area – copperhead is most the most common, cottonmouth is around water, there are 21 different types of rattlesnakes, and coral snakes which are found in south Texas around the coast. Where do rattlesnakes like to hide? They are going to be under bushes, rocks and bricks when they want to hide. Copperheads like the sun and could be laying out in the open. To protect yourself if you're walking in tall grass, never put your hands or feet where you can't see. They are more afraid of us, so give them an opportunity to get away. Give them that by being still and backing away slowly. Must we know what snake we have been bitten by so we know venom? It helps, but the last thing we want you to do is to capture the snake, even a non-poisonous one. Even if you have a snake bite, 20% of venomous bites are a non-bite, so they still send you to the hospital. They will not give you anti-venom even if you were bitten, but only if you have symptoms as they are expensive. But you will need to go to the hospital. It helps to just explain the snake to the doctor. Even then, call the poison department as they will call the hospital to make sure the hospital has the anti-venom. Depending on the case, they will send you to the correct hospital. Especially after flooding, be careful. Spider bites, only 2, black widow and brown recluse, even if they bite you the fangs are not deep enough to penetrate skin. Mosquitos are dangerous, be careful of standing water. A female mosquito will lay eggs every 3 days, so important to not allow them to breed, so no standing water. Even old tires and bird bath, tray under water pot. Get rid of it. Fountains? Can they be treated? Moving water is not a concern. What should we put on skin to prevent mosquito bites? Dusk and dawn is out during that time, wear long sleeves and pants use an approved insect repellent. DEET cannot be used on a child or an infant less than 2 months but older than that can be used. In our backyards what can we do to keep them out? You can buy foggers and sprays but they don't last, the citronellas candles help some.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #006	27:30	27:30	REC	PA/0/E	4/07/2015	12:00PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses how "I can't" is a decision. It is a choice, which means "I can" is also a choice. Your brain follows what your mind decision makes. You can change. You can change your "I can't" to "I can." We are made in the image of a perfect God. Our normal, our natural, our default is phenomenal, brilliant, marvelous, fantastic, fabulous; it is outstanding. You are outstanding. When you say "I can't" you've actually made a choice because you're either "I can" or you're "I can't" - there is no gray area with God. It's either you choose life or you choose death. When we say "I can't" we are actually choosing to give up. We're making the choice to pull out and pull back and to not take responsibility. And then we can't heal because we actually increase our toxic load when we do that. This "I can't" applies to logical things, decisions that are blocking you from moving forward in your life. We're not going to walk around thinking that if I say "I can" "I can." It's not positive thinking, it's much deeper. We're dealing with where we use the words "I can't" that keeps us stuck and bound in chains of negativity and bad habits and bad toxic thoughts. That's the "I can't" that we need to overcome. Your thinking and your choices will impact right down to the DNA right down to genetic level and that impacts everything about who you are and how you are functioning. Ninety-nine percent of our perceptions in life are based upon what we have planted inside of our brain. A lot of times, we say "I can't" because it is scary to change. There is a fear involved because this is familiar even though I know it's wrong. There's also the thing of "I don't know how to change" this almost helpless feeling which has come from the world that we live in, the environment that we've lived in, the nurturing that we've received, where we've been told and labeled this is who you are and you can't change. This is where it is good to recognize and understand who we are scientifically in Christ which means that we are naturally wired for love, so we're naturally wired to overcome. We need to have truth brought into our life about how we can do this. It is something we are able to do. When we're bound in these chains of things like anger, frustration, alcoholism, addictions, addicted to me, myself, and I, addicted to pornography, whatever it may be, these feel like chains that hold a prisoner to a wall. You need to know that your mind is more powerful than any addiction. Your mind is more powerful than any toxic chain. Anything in the negative realm, your mind is stronger than that and that's what science has proven. Link back to God, implant the Word of God. Let your mind understand what your heart, what your intuition of your spirit, already knows, and that is you cannot do this thing without God. So you first link to God. You first find a scripture. You first give thanksgiving and praise and worship. You do whatever it is that you get yourself connected to God and then you go into battle. Step 1: You first link to God. Then you start working on this and as you make the decision this thing is no longer in my life and you start working every day diligently, disciplined, directing your attention; it's call the quantum zeno effect. If you don't do it for twenty-one days, it will not go away. It takes a full twenty-one days. The best way to get out of the "I can't" syndrome is to do twenty-one days of practicing saying "I can."

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #007	27:30	27:30	REC	PA/0/E	4/14/2015	12:00PM

Today on Switch On Your Brain Dr. Caroline Leaf asks the question: "What Lies Are You Believing?" We need to be alert and discerning because there are truths and lies in every single situation that we face. In life there are all kinds of decisions that we have to make on a moment by moment basis and those decisions come from a pool of choices called probabilities. A probability is something that actually hasn't happened yet. You are in life processing. In the events and circumstances of life those things are coming in through your five senses. You are thinking these things through and you are reacting to these events and circumstances that have come in through your five senses as electromagnetic life forces measured through using quantum physics and brain science. We cannot control the events and circumstances of life, but we can control our reactions to those events and circumstances. You are a triune being: spirit, soul, and body. Your spirit is your true you. It is made up of your intuition, your communion, which is your worship, and your conscience. Your soul is your mind, your intellect, your will and your emotions. Your body is physical substance we can see. Now the way that you are designed is that the Holy Spirit speaks to your spirit. The spirit speaks to your soul. Your soul controls your brain. Your brain is in your body. Your brain and your body are subservient to the soul. The soul is the mind realm. Thoughts are connected. The brain is the size of your two fists. There are 100 billion thoughts in your brain. Each thought can grow up to 200,000 branches. You have three and a half million years' worth of space in your brain. Each thought becomes a universe. No thought is ever in isolation. Whatever negative toxic thought you have will grow little vines like a vine grows, and as you are thinking about it, it connects with other thoughts. The connection that occurs is almost like a cellular network as well, because we have other cells between the thoughts that carry the electromagnetic energy of those thoughts to other thoughts as well. We have so much more control than we actually realize. The love zone is represented by two trees. The larger green tree represents God. The smaller green tree represents you made in God's image. The toxic dead tree represents the fear zone. There are only two types of emotion. There are two basic spiritual forces: love, which is God, and fear, which is the counterfeit, the opposite spiritual force. You are either operating in love or fear. You must choose which of these zones you will run your life in. You have the ability to think and to choose. God is revealing the quantum level. The quantum world is telling more about Godly principles than any other form of physics that's ever been known. What science quantum physics tells us is that there is this probability wave. The probability wave is that there are all these possible choices that you could make as an individual about this particular event or circumstance. Quantum mechanics can actually do a mathematical equation that can predict this probability, but can never tell you exactly what it is that you are going to choose. Until it has actually been chosen, until you have thought this thing through and made your choice, it's just a whole wave of probabilities. Then you, as an incredibly brilliant thinking human being, you think, you choose, and you make your choice. You as an observer outside of the probabilities, and as you choose, you collapse the probability wave, which means you turn something that is simply a probability into an actuality and it becomes a physical structure inside of your brain. Everything that you say and do is first a thought inside your head by you yourself. When we have this realization that these things inside of our head are not truth, that we've made them truth by actually processing them into physical realities in your brain, the realization that this is not truth, that you can actually rewrite that; that will start freeing you. That realization that this is not who you are, that you can rewrite it; that starts the process of freedom. As we think about things they grow. As you're in an event or a circumstance, as you're in a lie, as a lie is presented to you through whichever means, we take that into our brains and for twenty-four to forty-eight hours it stays flowing through the middle of our brain and it becomes what we call a temporary memory. Now if you ignore it, it will go away. If you don't think about it anymore that actually becomes heat energy, it converts and goes away. If you think about it, it starts going through the process up to seven days, fourteen days, twenty-one days, and it becomes a self-sustaining memory inside of our brain.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #008	27:30	27:30	REC	PA/0/E	4/21/2015	12:00PM

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

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #009	27:30	27:30	REC	PA/0/E	4/28/2015	12:00PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses emotions and feelings and if can we control them. How we are reacting to the events and circumstances of life will determine our stress levels, the state of our physical being, how our mind is functioning, how we are coping with life, and how we are expecting to cope with life in the future. Right now at 400 billion actions per second you are generating a quantum signal in your brain as you process information. God gives you a physical representation of a mind soul action that is designed to be guided by the spirit. Every thought that you have, always, every single time, will become a physical reality inside of your brain. We've got all of these thoughts inside of our brain that are real and occupy mental real estate and they look like trees. The thoughts that we build look like trees. As we're thinking and choosing we're building all of these trees inside our brain, with these branches and these leaves, containing all this information. Every thought also has emotions wired into it. Because the emotions are represented inside your thought as chemicals, every thought that you build has all these chemicals intertwined within them and it looks like rain drops on trees. So in your brain you have this physical reality for this mind thing that has a spiritual component. The amygdala is another structure in the brain that looks like little almonds which are like libraries, which are perceptual libraries. Every time that you think and choose and build a memory, you're actually going to build the memory into your brain. As you build the memory into your brain, not only do you put information on the leaves, but you also have chemicals involved in the process. The chemicals that are involved in the process we call scientifically molecules of emotion. The chemicals carry the emotions, this means every single thought that you build has this emotional component. When that emotion is in the non-conscious mind where all your memories are stored it is an emotion. When it moves into the conscious mind you feel your emotions. The feeling is the experience of the emotion. A perception is another kind of connective memory which we store in our amygdala. So we have a perceptual library, like a library contains books of information, so your perception is your perception of that event. So information and emotion is in the thought and the perception is in the amygdala and it is connected, so as you draw a memory into the conscious mind and you remember the information and experience the emotion, you also activate the amygdala and you experience the perception. Life is represented by the green tree. Death is represented by the dead tree. Life, represented by the green tree, is the love zone. The dead tree represents the fear zone. The larger green tree represents God and the smaller tree represents you, because you are made in God's image. The love zone is the normal zone, this is your normal, this is your default; this is who you are. Scientists call this being wired for love. We are wired for love which means all of our circuitry, our structures, everything about our brain, and everything about the physical body is all designed for the positive. Your normal is wired for love. Your normal is good thinking, good choosing, good thoughts, good decisions, wisdom. You are made in God's image. God is made of love. It's a spiritual force. The Bible tells us that perfect love will cast out all fear.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #010	27:30	27:30	REC	PA/0/E	5/05/2015	12:00PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "It's not who you are, it's who you have become." Evil comes from us, from choices that we make. Every time we make a bad decision and we wire that toxic thought into our brain, we've created evil and then we act upon that. But that's not who you are, that's who you have become. You can get free. There is nothing that you have done that you can't get rid of in your brain. Obviously, it starts with acknowledging, repenting, confessing, accepting the work of the cross. You can wire that out of your brain. There is a tendency that we can get stuck in that negative groove and then grow this thing and then we think that's all we are. You need to stand back. You need to recognize you're made in God's image and that's not who you are, that is who you have become, so therefore you can un-become that. Our norm, our default mode, is one of making good choices. We can think well. We can choose well, because we are made in His image. You may feel like I react like this, this is who I am; this feels like it's me. Yes, because every choice that you make, if it is a good choice, you wire in the healthy. If it is a bad choice, you wire in the negative. It has become part of your biology, the toxic side, the fear zone, this not who you are, this is who you have become. If you wired it in, you can wire it out. When the brain is inside your head and you're alive and living, you are generating mind and your mind is actually changing that brain. We are wired for love. Scientifically we see this; all of our circuitry, all our chemicals, everything is geared in the direction of making good choices. When we choose badly, as it says in Deuteronomy 30:19, the implication in that scripture is that if we make the wrong decision we step into the death zone. Spiritual truth is reflected in science, where we see that people that have made bad decisions, and we all do that, those bad choices get wired into our brain and affect the physical structure of our brain because we design the landscape of our brain in a positive or negative direction. Your natural wiring is beautiful, healthy, green trees. Because you can think, you can choose. Whatever you chose became either healthy stuff or baggage. When we have issues, that's not who we are, that's who we have become. So if we've become that, we can un-become it. If we've wired it in, we can wire it out. You control your genes in your body. We are not a victim of our genes. You first grew a toxic thought then you did that. Whatever you think about the most will grow. So if you're living that lifestyle, you're growing that, you have chosen the inhuman root and have wired in the toxicity and are living out that toxicity. As you are living out that toxicity it produces the toxic effects. This is the stronghold of the enemy. It is something that we choose and these are consequence of our choices. Your natural is that you are wired for love. As you are thinking and as you are choosing, as you are about to make a decision, the front part of your brain becomes extremely active. As you say and do whatever you say and do, you cause genetic expression, which means you make proteins, and you grow things in that part of your brain. Basically, whatever you think and choose results in a physical substance. That physical substance is a thought, and as you are thinking and choosing, the physical activity will increase in the front part of your brain and you will actually grow a thing in your head. If you have chosen good stuff, something positive, you're going to grow something healthy in your head. If you have chosen something negative, you will grow something unhealthy and it will look different. If you grow a lot of toxicity in this part of your brain it interferes with your ability to make wisdom decisions. Science has shown that this part of your brain becomes well developed the wiser you become and it becomes healthy. When you make bad decisions, you get negative wisdom. It's not really wisdom; it's negative toxicity. You're doing the bad stuff because you first made a bad choice.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #011	27:30	27:30	REC	PA/0/E	5/12/2015	12:00PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses the impact of toxic thinking on your mind and body and spirit. 350 million people worldwide suffer from depression. More than 40 million people in the United States of America suffer from anxiety disorders. There are more deaths from suicide than there are from car accidents. Seventy-five to ninety-eight percent of current mental, physical illnesses come from our thought life. When you build these toxic thoughts in your brain, your brain inflames, you increase your vulnerability to disease. There is a problem. When we go toxic, the toxic spreads like a virus and that impacts how your mind is functioning, and that impacts how your spiritual development is functioning. Deuteronomy 30:19 is becoming a reality in today's world. There are consequences to our choices and it's time that we stand up and take responsibility for the choices that we're making. It's impacting us spirit, soul, and body. It's making us sick. It's making the world sick. We need to recognize that we can't hide it anymore. We have to change. We have to start recognizing the impact of toxic thinking. The brain controls every single cell in your body and your brain is connected to your heart. Your brain and your heart are the only actual organs connected to every single cell in your body. All the other parts of the body connect in many different ways, but your brain controls every single cell of your body. God has invested you with the power, and when you make the decisions, your powerful mind builds a consequence. Whatever you think about will become a physical structure and you will operate from that structure unless you renew it and rewire it, which is the renewing of the mind. No thought is harmless, because as you are thinking you automatically will impact the physical domain; you'll change your brain because moment by moment you're physically changing the substance of your brain. Also, you are developing or you're not developing your spirit by the thoughts you think. If you choose to read your Bible, if you choose to apply your Bible, that is a mind decision and you wire it into your brain, and that brings brain health and at the same time you are developing your spirit. The opposite of that is if you choose to get irritated, and every day you get more and more irritated, that's a mind decision that becomes a physical structure inside of your brain which cause toxicity and inflammation, and sickness, and all kinds of things in your body, and also impedes on your spiritual development because if you're keeping it there, you are blocking your conscious, you're blocking your intuition, you're blocking your communion with God, so you're not developing the spiritual realm. Our thoughts that we build are foreign invasions in our body. Research shows that your immune system will respond to a toxic thought that you build through a choice that you make, which is the signal which activates the DNA. Science has shown that as you build those, your body will respond in the same way as if you cut yourself, or had a physical illness, or had a virus in your body. Your immune system sends out all kinds of things to fight that to bring healing to your body. One of the things that they look at is the C-reactive protein, and that C-reactive protein, whenever there is a site of physical damage in the human body or a virus, it is in abundance at that point. It is sent out by the immune system to try to heal that part of the body. Also what happens is that you get inflammation, and that's part of the healing process. If the healing takes place like it should, eventually the inflammation will go away and the wound will heal up, and it takes about twenty-one days, so therefore, the same thing happens in your brain.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #012	27:30	27:30	REC	PA/0/E	5/19/2015	12:00PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses how we are designed to bring all thoughts into captivity. Part of the front part of the brain is designed to enable us to stand outside of ourselves and observe our own thinking. God's design of the human brain fulfills the ability to bring all thoughts into captivity. We can actually stand outside of ourselves, observe our own thinking, focus on an area that needs to be detoxed and we can fix it. It's like the first step that we need to apply in being able to actually sort out our thought life. You have the ability to bring all thoughts into captivity. When we think we choose and when we choose we change our brain and then we live from what we have created inside of our brain. Everything that you say and everything that you do is first a thought inside of your head. We are neuroplasticians, neuro meaning brain and plastic meaning to change. We are designed to change our brain. Moment by moment of every day, you are redesigning the landscape of your brain. You are changing your brain. You control your brain. Your brain does not control you. We are not victims of our biology. We are victors over and above the events and circumstances of our life. If you are negative, it hits the proteins right down on a micro level and they start breaking down and over time they manifest and make you vulnerable to illness and disease. A study shows that people are protected by worship; protected against depression and anxiety and worry. They have shown scientifically that the more people worship, the more you develop your relationship with God, and the brain actually gets thicker in the parts that need to get thicker to protect you against depression, anxiety and worry. The more you worship, the more you are protecting yourself against all the challenges that affect us in life. Inside your brain you have internal networks that we call the default mode networks. As you are conscious and as you are going through the day, every seven seconds, you shift into this default mode, and you basically switch off to the external and you switch on to the internal, and you process what you have just taken in. Research is showing that those people that are meditating correctly, the activity in the brain increases and you're becoming more intelligent. When you are in a state of peace and calm and you are thinking with wisdom and clarity. Christians who are meditating on the Word of God and saying "Trust in the Lord with your all your heart. Rely not on your own understanding. In all your ways acknowledge Him and He will direct your path all day long," their brain entered into the highest intellectual state possible. God has designed your brain to obey your mind, and when you do what God tells you to do, and you choose life, life grows in your brain, good stuff grows in your brain, your brain health increases, your immune system improves, your cardiovascular system improves, and the entire health of your body improves. As you're in life, you're exposed to multiple things that are coming in through your five senses. Your five senses are the contact between the external world and the internal world of your mind. There's a lot of signal coming into your brain, but it stays in the middle part of your brain and it activates certain internal signals, which are four or five of the existing memories that are moving to the conscious mind. You can discipline yourself to become aware of what you are gathering; what is coming in from the outside and what thoughts are being activated. Sometimes it takes twenty-one days to get our minds disciplined. We need to discipline ourselves to slow down, watch our thoughts, and not let any thought go unchecked through our mind.

The figure designated as Topic Segment Duration is based upon our good faith judgment and may not represent exact time.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #013	27:30	27:30	REC	PA/0/E	5/26/2015	12:00PM

Today on Switch On Your Brain, Dr. Caroline Leaf discusses how no thought is harmless and no attitude can be hidden. You know what it feels like when you're around someone who is negative? It makes you feel horrible. When you're around someone who is joyful and happy you feel great. That's because our attitudes literally rub off on each other. You can't hide an attitude. No thought is harmless. It is a scientific fact that every thought that you build generates electromagnetic energy and it produces a state of mind, and that's part of nonverbal communication. We don't read each other's actual thoughts, but we can read each other's attitudes. We have all kinds of structures in our brain that help us to reflect back each other's emotions. For example the vagus nerve, insula, mirror nerve cells in our brain; literally help us to cry together, laugh together, and be joyful together. It's almost as though God has designed us so that we can actually check each other's behaviors. Become aware of your attitude and the attitude of the people around you. Every single cell in your body is impacted by a negative thought. No thought is harmless and no attitude can be hidden. It will come through in the way that your eyes are shining and the way that you carry your body. Genesis 11:6 tells us that "Whatever they imagined they could do would not be impossible for them." The science of this scripture is that as you are thinking you are physically building substance. This science also tells us that whatever is substance in your brain you will act upon. You will live out whatever you have built, so therefore, no thought is harmless. The Bible does say that to just look upon a woman with adulterous thoughts is the same as the act. We know from science now that if you watch someone play tennis, the same areas in the brain will light up as the areas that will light up in the person who is actually doing the act. It says in the Bible that only God and you know your own thoughts but what I can pick up through my mirror neurons is your attitude which is your state of mind; it's the emotional state of your head. Every thought has an emotional feeling component and that is what we literally mirror in each other. Quantum physics actually explains this in terms of the theory of entanglement, which means we are all entangled in each other's lives. We are all connected with each other, so we feel each other's emotions. We can't hide it. We can't ever hide an attitude because of the design of the brain mirroring out the emotional energy literally from the thoughts that move into the conscious mind, we reflect those. The gene is an inanimate thing. It can't do anything until it is switched on. The dreaded diseases that people are suffering from are from the mind, seventy-five to ninety-eight percent. Even when you have a genetic mutation of something that comes through the blood line, it originally was not a mutation because Deuteronomy 30:19 says, "I lay before you life and death; blessing and cursing. Choose life so that you and your descendants may live." The decisions that your great, great, great whatever, made are in your head. You have a choice and that choice is to keep and to active those things or to kill them. What you think about, the choices that you make, will produce effects. That's pretty much the science of epigenetics showing how our choices impact spirit, soul, and body, this generation, and the next four generations. It's the sins of the father that will reach through to the third and the fourth generations. It's not an excuse because the Bible also says that you are not responsible for your parent's sins. You are not a victim of your biology. You are a victor over and above your biology. Imagination is not a nothing. Imagination is you visually thinking out. As you imagine, you are growing thoughts as well. As you are growing those thoughts you then act upon those thoughts. They did a research study where they taught people to play the keyboard in two groups. One group learned to play the keyboard actually using a keyboard. The other group learned through the power of imagination. They brought the two groups together and the group that used their imagination actually played better than the other group. You can't see your thoughts, but no thought is just some nonevent. No thought is harmless. Every thought is doing something. It's physical structure inside of your brain. We can't control the events and circumstances of our life, but we can control our reactions to those events and circumstances. We can choose to control our reactions. So therefore the hardest thing about being happy and peaceful and enjoying life and coping with life is the recognition that we can choose. You are able to choose and your choosing makes a difference in your life and the lives of this generation and the next four generations.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #001	28:30	28:30	REC	PA/0/E	6/02/2015	12:00PM

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.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #002	28:30	28:30	REC	PA/0/E	6/09/2015	12:00PM

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.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #003	28:30	28:30	REC	PA/0/E	6/16/2015	12:00PM

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.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #005	28:30	28:30	REC	PA/0/E	6/30/2015	12:00PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses the ability to change and renew your mind. You can rewire your brain. You can change and get rid of those toxic thoughts. As a man thinks in his heart so is he. What we have wired into our brain very much determines what we say and what we do. If it's a toxic thought it produces toxic words and actions. You don't have to get stuck in that. We're not a victim of our biology. We can change that. We can rewire and get rid of it. In science we call this neuroplasticity. Neuro means brain and plastic means to change. You are designed to change your brain. It takes time. It takes a full twenty-one days according to the science to breakdown a thought. You are in control. You can break those thoughts down. Renewing our mind means that we change our thoughts. You are a thinking being. Thoughts are real things and they occupy mental real estate. If you have a toxic thought it causes physical change in our body, which is toxic. If you have a healthy thought it brings health to our bodies. This is what science has found that when you have a healthy thought you have health in your body. Toxic thinking brings a lack of health to your body. You have a non-conscious mind and you have a conscious mind. Your non-conscious mind operates twenty-four hours a day. Your non-conscious mind operates at four hundred billion actions per second and that non-conscious mind drives the conscious mind. Your conscious mind is what you do when you're awake. The conscious mind only operates when you're awake but it is driven and controlled by the non-conscious mind. At any one time around about four to seven thoughts are in the conscious mind. As a thought moves from the non-conscious to the conscious, it becomes malleable, plastic, changeable, and this is when we start doing brain surgery. This is a massive breakthrough in brain science, and psychiatry and the world of psychology. It was once thought that the brain could not be changed because it is fixed and immutable; it's a machine. Research now shows that your brain does re-grow; it is neuroplastic. Every day you get new brain cells. When you bring a thought into the conscious mind, there's a massive change that occurs inside the networks of our brain. We see a physical change in the brain. In the mind realm there is a massive change and in the spiritual realm there is a massive change. As soon as we bravely take the initiative of acknowledging our wrong doing, our sin, our stronghold, our toxic thought, whatever you want to call it, then immediately we see the work of the cross coming into action. This is really, I believe, where the Grace of God hits us because when we see this is who I've become but the truth is that I'm wired for love, Jesus died on the cross, and He rose again on the third day. I can believe this. That is knowledge you have built in as a tree. That is something you had to process and build in as a tree and as you are using this healthy thought you look at the negative so you start talking about the situation and you start acknowledging, repenting; all that is a process that takes a minimum of twenty-one days. This thing that you thought up is filled with emotion. Every thought that you've built has got emotion and information. The information of the event plus the emotion attached to that event. When it's in the non-conscious the emotions are operative, but when it moves to the conscious mind those emotions become feelings, so we experience the emotion. So as you talk through you redesign this whole thing, meltdown the toxicity, eliminate and get rid of all the negative toxic emotion, and toxic feelings, and you rebuild a healthy truth that says this is how I used to be. This is the negative reaction I used to have. You have these lights going on in your head. You suddenly get this insight and awareness because as you're going through this process the Holy Spirit is laying down in your spirit what you actually know to be truth, and then with your mind you're starting to understand truth, and as you start doing this conscious work of understanding the truth and rebuilding a healthy thought, you overcome. When you make bad choices the proteins that you express are all distorted and tangled up. They look different to the proteins that you express when you make a good decision. As you are thinking and choosing, when you choose in the death zone; when you choose a bad choice, when you shift out of alignment with God, you build proteins that are incorrect, so you're still going to wire in the toxic tree, but it looks different. Science tells us that if you're going to change one of these ugly networks in your brain you have to have discipline, you have to direct your attention. You have to be very focused.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	700 Club NewsWatch #04092015	1:00:00	5:00	REC	PA/0/E	04/09/2015	2:00PM

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

The figure designated as Topic Segment Duration is based upon our good faith judgment and may not represent exact time.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	700 Club NewsWatch #05192015	1:00:00	5:00	REC	PA/0/E	05/19/2015	2:00PM

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

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	700 Club NewsWatch #06122015	1:00:00	5:00	REC	PA/0/E	06/12/2015	2:00PM

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

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

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

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Homelessness	Joy in Our Town #750	30:00	14:15	L	PA/0	5/11/2015	10:30AM
						5/12/2015	4:30AM
						5/14/2015	11:00AM
						5/16/2015	3:00AM

Our host Cheri Duckworth introduces our guest today, Toby Owen, Presbyterian Night Shelter. We are a homeless shelter that can house 670 people. Last night we had 647 men, women, and children with us. Largest in DFW. Last year in 2013 it was the coldest winter in a long time. But back in the 80s we had a very cold winter also, when someone actually froze to death in his car. Our founders felt for the least of these. Celebrating 30 years this year. There has been a small increase in the homeless population over the past couple of years in the metroplex, there is beginning to be a crisis for affordable housing for people who are in poverty. 11 months old and younger is the most likely time someone will be homeless. 1-5 years old is the second highest time. Primarily domestic violence is the main reason single mothers become homeless. Just the other day we had 7 infants in our shelter. We strive to be safe place for people to come and stay. We don't want to end there. We want people to move out and be independent. Yesterday, a report said last month in August, we had 50 people move out, 17 moms and 33 children who are now living independently. There is always hope. The world is not over because you are homeless. You can get up and with hard work and persistence, you will have a better life. Homeless shelters are always in need of assistance. Such as volunteers, and pack n plays, and diapers, baby wipes, high chairs. When you pass a homeless person, look at them in the eye and give them a smile. Treat them as a normal person. They are just like you and I, but have fallen on hard times. They deserve respect and help along the way. Tells story of Vietnam veteran who was homeless for many years. People told him he needed a job, but no one wanted to hire a homeless person. Often times they have a skill and can make a difference. We helped 13 people get a job last year because a business owner took the challenge of helping people get back on their feet.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Homelessness	Joy in Our Town #752	30:00	14:15	L	PA/0	5/25/2015	10:30AM
						5/26/2015	4:30AM
						5/28/2015	11:00AM
						5/29/2015	12:00PM
						5/30/2015	3:00AM

Our host Cheri Duckworth introduces our guest today, Daniel Roby, Austin Street Center - homelessness in the city of Dallas. Austin Street Center is a 24-hour facility. They never close. How can homeless prepare for their days? The average homeless person usually ages at twice the rate than an individual that's housed. The outside elements affect their lives. ASC does everything they possibly can to care for those people. Keep their doors open during inclement weather. If it's raining, over 99 degrees, if it's freezing, etc. -- the doors are open for them. They don't have a set amount of time that they have to be there. They can come and go as they need. They do have medical care, meals, and clothing items. They are getting their basic needs met. Beyond basic needs, they have case managers that help them. It's sort of like putting together a puzzle, so they can figure out what that person needs. Many times we think of a homeless person as a drug addict or something, but every person's needs are different and not all are like that. How do you go about meeting all of those different needs? It's a huge challenge and without our partners we couldn't do it. How can we solve the problem together? It can't be done by one organization. Several churches come together and help them out, too. They are experiencing both the serving and the making of the food. Without those kinds of relationships, I don't know what we'd do. People find that when they just talk to a homeless person and treat them with dignity, it's like for the first time you really see them. He took the day and changed his clothes, took a couple of weeks and grew out his beard, and decided to take services like a homeless person, to see what they experience. Many homeless people experience PTSD afterward. It's a huge stress needing to think about where your basic needs are going to come from. How do you deal with families coming in? The needs are absolutely changing. There's been a huge effort to eradicate the city's veteran homeless and there's been a huge change. It's not done yet, but they're making huge progress. We may pick up the phone and call the family place, or reach out to family centers. People come in from all over. People are always welcome to go to our website and call their phone number and get more information. Sock drive, other kinds of drives, make it fun so they can provide as much as is needed. They do that in their training program for volunteers. People who want to volunteer a considerable amount of time go through the training program.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Homelessness	Joy in Our Town #754	30:00	14:15	L	PA/0	6/08/2015	10:30AM
						6/09/2015	4:30AM
						6/12/2015	12:00PM
						6/13/2015	3:00AM

Our host Cheri Duckworth introduces our guest today, Sam Mattox, Captain Hope's Kids. They work to provide the supplies that children need. School supplies, etc. It's the supplies they expect them to have. While they're not your kids, they're our kids. Something we believe about homelessness that's not accurate is -- thinking that the people panhandling on the road for money are the only homeless people. Lots of people have kids and they are homeless. He started 3 and a half years ago working there. Now, when I look at the kids, he wants to give them the things that other kids will look at them and almost expect them to have. The basics. Homelessness is going up, especially amongst the young. Because one parent falls into homelessness, they're not falling with 1 kid, they're falling with 2 or 3. We work with 50 homeless service agencies throughout North Texas. We will always have diapers, we will always have training pants. We don't want to say we're going to go A-Z, we're going to go A-D, so we can take care of those things for you, and that's one less thing you have to worry about. It adds up really fast and we don't always think about it when we don't have to think about it. Those are people's realities. You hear this and you think, where do we start? The first answer always is knowledge. He likes statistics, let's get concrete answers. Why? Is a big question people have about homelessness. In Texas, the vast majority of people are unemployed. The problem is the amount the people are making. Minimum wage is not a living wage. Because we work with different homeless service agencies throughout North Texas, we have a lot of resources. A lot of the school districts actually have services. There are a number of agencies that can help. Our goal is to make sure these children are hopeFUL and not hopeLESS. That's what we'll see a lot of the times when we have an event. Story of an example when a boy was at a water park and confused because the only time he was around bodies of water was when it was bath time. He started to frown because he didn't like baths. But when he realized that it was a water park and not bath time, he smiled so big. It brings hope that it can get better. During Christmas, almost 3 years ago, they had a child who, during the Christmas party, requested a violin.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Public Safety	Joy in Our Town #745	30:00	14:15	L	PA/0	4/06/2015	10:30AM
						4/07/2015	4:30AM
						4/09/2015	11:00AM
						4/10/2015	12:30PM
						4/11/2015	3:00AM

Our host Cheri Duckworth introduces our guest today, Shelli Stidham, IPCoGD. Water safety, floaties that you see babies wearing are not approved floatation devices. It gives parents a false sense of security. If you have a pool, it needs to be protected on all 4 sides. It needs to have a gate at least 4-feet high. It's important to keep watch on kids any time they're around any body of water. Lake safety and boating safety -- don't operate a boat if you've been drinking any kind of alcoholic beverage. We have laws against it. Alcohol contributes to dehydration and your judgment. Stay away from drinking any kind of alcohol if you're by any body of water, particularly if you're operating a boat. Tips for riding your bike when out with little ones -- set a good example by always wearing a bike helmet. It needs to be approved by the bike administration. Should they learn on the sidewalk or on the street? Make sure you check with your community to know your ordinances. How do you know the right bike size? Often parents want to purchase a bike their child can grow into, and that can be dangerous. The child needs to be able to sit on the seat and reach the pedals with some type of bend in their legs. It's important to get a bike that fits them at their particular age. Motor vehicle safety on road trips -- always need to make sure that everyone is buckled up. Texas has one of the safest seat belt and car seat laws in the country. For children that means in a car seat approved and appropriate. Rear-facing -- children under 4 need to be in a 5-point harness. Unless you're 4'9", you need to be in some kind of a booster seat, usually around 8 or 9 years old. Seat belts should not be around the neck. They do make our cars a lot safer.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Public Safety	Joy in Our Town #747	30:00	14:15	L	PA/0	4/20/2015	10:30AM
						4/21/2015	4:30AM
						4/23/2015	11:00AM
						4/24/2015	12:00PM
						4/25/2015	3:00AM

Our host Cheri Duckworth introduces our guest today, Joshua Brandes. Home fire safety and prevention. Many reasons for fires. What is the leading cause for residential fires? Nationwide is unattended cooking. Has been the case for 30 years. What can we do? Just stay there and pay attention to what you're cooking. Simple things we can do when that does happen. Keep the lid around, even when you're not using it. In order to have a fire, you have to have heat and oxygen. When you have flames we don't want to move it or take it off the stove. If there's grease, you're going to have flaming grease. So use the lid a lot like a shield. Just slide it right over that pan and you're going to smother that fire. Probably the easiest thing we can do. You can also use a fire extinguisher. Everyone should have one. You can buy one at the store for very little cost. Everyone on the market. PASS, Pull Aim Squeeze Sweep. Fight or flight response. When we're prepared we can respond with what we know we're going to do. Make sure everybody has 2 ways out. When smoke detector goes off everyone goes low below the smoke. With an emergency evacuation plan you will respond with that training and it helps you to stay calm. Once you get outside, never go back inside a burning building. One breath of that smoke can incapacitate you. Begin to teach your kids to know their address. A lot of them move from apartment to apartment and many don't take the time to learn their address. You would be surprised what they can learn and knowing what they're good at. If you practice it, if you know it, hopefully instinctually they'll know exactly what they're doing. Other emergencies we need to be ready for as well. Fire safety, and also natural disasters like earthquakes. Go to Ready.gov. If we at least talk about it and prepare for it, we're going to be way better off. Medical emergencies. Over 80% of our calls are for medical reasons. National Heart Association has gone to compressions only CPR. Have to learn how to do that. As long as you can do good chest compressions and get air flowing, then by the time emergency services arrive, you're going to be good. Vile of Life. For elderly individuals. Sheet with all emergency and medical information. Put a magnet on it and stick it on the refrigerator. Kids get hurt. As long as you can, stay calm and try to manage that situation. Staying calm in an emergency is really the key no matter what the emergency. Having that awareness is important. Know CPR.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Public Safety	Joy in Our Town #748	30:00	14:15	L	PA/0	4/27/2015	10:30AM
						4/28/2015	4:30AM
						4/30/2015	11:00AM

Our host Cheri Duckworth introduces our guest today, Mike Yudzky. North Texas Poison Center at Parkland, the place to go if you have poison control help in the area. Poisoning happens frequently. Last year they took just over 3 million calls. Just over 2 million were exposure to a poison, the rest were just for information. 2300 ended up in emergency. Over 86,000 calls at their personal center. About 26% of the calls of Texas overall. What should we do in summer months? Know the insects and snakes in your area. There's far more non-venomous than venomous. If you're bitten, we're going to tell you to go to the hospital. But call us right after you're bitten too. If you're bitten on the hand, remove your ring because you're going to have swelling. And you need to make sure you go to the right hospital. They need to carry anti-venom. What to do to avoid being bitten? Using repellent, ones with DEET are best, protect your skin, wearing long sleeves or protecting clothing is a good way to do that, avoid areas where snakes could hide, such as tall grass. Have your sprays so you can avoid getting injured, poisoned specifically. What are other things we have to be careful of? Poisonous plants. Poison ivy. Learn what they are and how to identify them. House plants? Call us at our hotline, easiest way is to go to our website, see where you can order materials. We have all kinds of brochures. Make sure you have our phone number posted someplace. Great idea to have that magnet on that refrigerator. Program the number into your cell phone and make it one of your contacts. Poisons span a lifetime so any one of us can be poisoned. We can make mistakes with our medicine. In every aspect of your life, you can be poisoned. Make sure your house is kept where little ones can't get into your things. There's been rumor about DEET. But you just have to make sure you're safe with it and careful with it. Not spraying a ton on you at once. Our poison center gets animal calls, too. Our medical direction comes from a doctor not a vet, so we can tell you how to treat your child but we can't treat your pet. But we do take those calls. The number of calls has been dropping, because people will so often google it. But don't do that, go through the people who handle that so many times a day and have been trained to do that, and have to be certified to even take your call. Dangers of poisons that look like food. Never had a toddler intentionally poison themselves. But stuff that looks like food, they accidentally eat or drink it.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Public Safety	Joy in Our Town #756	30:00	14:15	L	PA/0	6/22/2015	10:30AM
						6/23/2015	4:30AM
						6/26/2015	12:00PM
						6/27/2015	3:00AM

Our host Cheri Duckworth introduces our guest today, Sue Vanek. Preventing summer burns and injuries and talking about if they were to happen. Scary in the summer months because around more fire. Grill, camp, being outside in the heat, etc. What are some of the biggest safety concerns? Really a burn just takes a split second to happen. What are some of the more common burns you see at Parkland? Camping and coals are out and kids run through and coals are still hot. A lot of cooking-related injuries, especially as children are at home, pot handles facing outward and children are curious. Grease fire burns are much worse. What's the best way to put it out and how to treat it? First, have flour or baking soda readily available to put out that fire, and have a lid to smother it and not allow it to get out of control. The burns are much worse and sometimes patients have to have surgery to repair the areas. What about a simple splash? Go straight to the sink and turn on the cool water to cool it. Never apply ice because that will cause more damage. Use soap and water, keep it as dry as possible. Put a triple or double antibiotic on it, anything you can get over the counter. If it blisters and gets very painful, get medical attention. What NOT to do: put eggs, mustard, etc. on it. It can cause an infection. Keep it clean, keep it dry, and use an antibiotic if necessary. Mostly keep it clean. None of the old wives' tales. 4th of July. People love to do fireworks. They can reach over 2,000 degrees, and that can melt glass. Follow all the rules and regulations. How bad are firework burns? Burns are much deeper, going through skin and tissue, sometimes to the muscle. If you can prevent any part of that from initially occurring, that's a good idea. Taking fireworks and throwing it at someone's lap, or putting it in a backpack, is a really, really bad idea. Letting the kids run around outside to play, grilling outside, hot coals, etc. What's common that we see at the burn center is that someone will add fuel to dying down coals. And the fuel can travel up the smoke and burn the fuel can. Don't add fuel to an existing fire. If it involved a hand, joint, face, seek medical attention. Large burns should seek medical attention. If it's something smaller and not on fire, get to a sink. Swimming pools are not the BEST idea because you can risk infection. But if you need one, if you're on fire, just use it to jump in it. Lightning strikes and fires that ensue from that. Make sure that your smoke detector's working and you check it frequently. Do it during daylight savings time. If it's beeping, replace it. There are rods that you can put on the house, but she doesn't have extensive knowledge. Sunburns. When we're out sunbathing, that's a large percentage of our body that's exposed. Don't fall asleep. If you see blistering, that's a second-degree burn. Those are extremely painful and difficult to control with things over the counter. Prevention is the best. Sunblock or clothing. Get inside. Seek medical attention if it's blistering. Things like aloe are good to add, but don't add anything with astringent. Blistering and breakage don't want to put anything on because of infection. So if it is, seek medical attention. People come in with severe enough sunburns that they have blisters. To treat it and soothe it, put aloe on it. As long as it's not broken skin. What SPF do you recommend? Over 30. Same for kids and adults.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Public Safety	700 Club NewsWatch #05072015	1:00:00	5:00	REC	PA/0/E	05/07/2015	2:00PM

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

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Substance Abuse	Joy in Our Town #747	30:00	14:15	L	PA/0	4/20/2015	10:30AM
						4/21/2015	4:30AM
						4/23/2015	11:00AM
						4/24/2015	12:00PM
						4/25/2015	3:00AM

Our host Cheri Duckworth introduces our guest today, Scott Wisenbaker. Substance abuse recovery center. House 55 men and women, help them get back to work and become self-sufficient, all the while remaining clean from drugs and alcohol. They have a false sense of security and believe that they're ok. We help them get back to work, clean up, and most importantly, stay sober. Programs for families. How does that work? Most popular, failure to launch program. Adult children still in their 20s, 30s not on their feet and developing emotionally. When you raise them, you go into reaction mode. You want to shield them and protect them from everything. Our greatest fear is that they're going to die. And that's a possibility when you're dealing with drugs as dangerous as heroin, which is really popular today. Now it's the choice of upper-middle class kids. You're not just prolonging their misery if you let them continue, but you're greatly increasing their possibility of dying. Why has heroin gotten more popular? I hate to say it, but it's marketing. Putting it in small amounts that are affordable. The same way that crack cocaine did in the 80s. Some people start using pain pills for an injury and then get hooked. 90% of our population drinks and don't have a problem with it. Once somebody addicted makes that decision that they're going to the bar or a drug house, there's nothing that's going to stop them. It has become their coping mechanism. It's not just fun for them, it's how they cope. It might be fun for them sometimes, but it's how they cope. It doesn't matter age, race, etc. It happens to everyone. He is celebrating 20 years of being clean tomorrow. Interventions. Everyone has a different idea of what it is. Following them around, like on the TV shows, that's called the Johnson model. They really do more of a regional thing where they can go grab them and take them wherever it is. But if somebody is underage and you find out there's drugs in their room, you can just put them in a car and take them. They don't have a choice. They don't have the leverage. Favorite method is pushing everything to a head as quick as possible. Because when family gets out of it and they become homeless or suffer from things, it doesn't take long to realize this is not the lifestyle they wanted. But is difficult for family to get there. So sometimes intervention is "hey, get in my truck, we're going to treatment." They do have the right to do this. Hard part is watching it happen. Sometimes they get well and everyone else kind of falls apart. Whole existence is gone because no longer taking care of them. One addict effects the whole family unit.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Substance Abuse	Joy in Our Town #749	30:00	14:15	L	PA/0	5/04/2015	10:30AM
						5/05/2015	4:30AM
						5/07/2015	11:00AM
						5/08/2015	12:00PM
						5/09/2015	3:00AM

Our host Cheri Duckworth introduces our guest today, Steve Moore. Abuse and prevention of substance abuse. Why are you passionate about the topic of substance abuse and drinking? I started drinking at a very young age. I got in a lot of trouble and it was scary. 1995, got into 12-step program which introduced me to God, and it's had me clean ever since. When they're 15 or 16 years old they think they're invincible. It's easier to prevent than it is to help recover. Prevention is key. If we can prevent this from happening, it's wonderful. How big of a problem is it in our community? It's a huge problem. Preventing them from ever even picking up a drink or a drug. Just in Texas, over 20% of secondary school kids smoke marijuana. Percentage point is 50,000 kids. Right now people think it's just pot and it's ok, and with all the publicity about legalizing it, it scares me. A kid that smokes pot for 2 years, hit IQ can drop by 8 points. If you're going to try drinking, start when you're 25. It often times is a coping mechanism. #1 reason kids check into treatment is for marijuana. The trend is to talk about alcohol verses marijuana. Let's talk about nothing verses marijuana because alcohol can also be extremely detrimental. The attitude of parents toward alcohol is very lax, many think it's a rite of passage, but it can do major damage. Trend in Texas for treatment is marijuana, but nationally it's still alcohol. How can we prevent it? Prevention and education. Talking to them about how to handle peer pressure and conflict resolution. It also affects suicide rate and eating disorders, so when you do prevention you solve lots and lots of problems. Average age for kids in Texas to start addiction is 11 years old. So you have to get to them really young. A lot of it is just educating parents. Do you know if you let your kid drink at 16 years old, what happens? There are pockets of people in our society that think "hey, that's just what kids are gonna do." We've got to stop that thinking. Athletes and affluent neighborhoods have the same problems. And they have more of the means to get to those things. Just found out last year that guys he knows bought their drugs on the internet. People can order drugs online and have them delivered to their house. Kids do find ways to do things. They are very smart. So let's all party when we're 25. Drink if you want. And hopefully by that time they'll have made the decision that they're smarter than that and aren't going to go there. Bad things happen so why even go there. Once they become an alcoholic, it always gets harder, it never gets easier. What can we do? Almost nothing, it depends on the individual. Until they're ready, there's not a lot you can do. Why not just skip that and start with prevention when the kids are young? We can affect as much as 35%-37% of the population when you start with percent. If you add the coalition with the education, it helps even more. 50,000 kids a day in this area become addicted to drugs and alcohol. Imagine if it were half of that. What can parents do to prevent? Get involved. If you see a kid's behavior change, trust your gut. If you think they're in trouble, they probably are in trouble. Communicate with them, hang out with them, do activities.

The figure designated as Topic Segment Duration is based upon our good faith judgment and may not represent exact time.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Substance Abuse	Joy in Our Town #751	30:00	14:15	L	PA/0	5/18/2015	10:30AM
						5/19/2015	4:30AM
						5/21/2015	11:00AM
						5/22/2015	12:00PM
						5/23/2015	3:00AM

Our host Cheri Duckworth introduces our guest today, Anika Cooper, Simply Grace. We offer a recovery residence: sober living home where women coming out of drug rehab program can learn to live without the use of drugs and learn life skills, in a place where there can be no using alcohol or drugs, and we help them get back into society. Sober living: when you get out of drug rehab, all you know is having a substance to just live on a daily basis, so at sober living they're held accountable, and we do random drug tests and alcohol breathalyzers. They learn how to write resumes, how to look for jobs, go to meetings and find a sponsor. They learn to love themselves to not have to use drugs anymore, and empower them to find their purpose. They have a curfew, and don't need to be out at all hours of the night. Have chores -- living in clean community and taking care of the space you're in, and being part of a team and helping others. Must attend 12 step meetings and have sponsors, get and keep a job. Some people don't know how to clean up and do those things -- they've been out of life for so long. We have a master social worker that meets with them an hour each week. We have a lot of support from the community. Different orgs help with the life skills. A manager actually lives there and helps keep the women accountable. All the women hold all the other women accountable. Support is the most important thing. Have morning meditations. How to tell someone is addicted: Normal habits are changing, they are sleeping more, or acting intoxicated (from simple prescription drugs such as Vicodin). If they have children and are no longer as involved, and they miss lots of commitments, go missing for a long time, and lying (big one). They are trying to figure out how to get the next prescription. They got it legally after a surgery, but it took over their life because it makes them feel so good. Please be careful and watch your loved ones and don't be afraid to speak up for yourself or your loved ones. She lets doctors know immediately she is a recovering addict (20 years) but it's still in her that one could trigger and lead to more. If you can't get your loved one to get help because they refuse, get help yourself. Talk to someone who has been through the same thing. Pray that they get help, and do not enable, and you may possibly stop the cycle and they may follow along. It's a family disease. The whole family needs to get help.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Substance Abuse	Joy in Our Town #757	30:00	14:15	L	PA/0	6/29/2015	10:30AM

Our host Cheri Duckworth introduces our guest today, Stacey Davis. It's always good to be educated on current drug trends, so we can be aware for our children. Talk to us about what the council does? Well it has been around for 60 years, we have 5 prevention programs and 2 intervention programs that deal with youth. We also have several community coalitions, have HIV intervention and case management. We are also funded by a child drug prevention program. We also have a referral hotline, between 8-5pm, to discuss or know more about gateway drugs. Drug trends what should we look at? What are the priorities in drug education in drugs? Prescription drugs, marijuana and alcohol, those are the 3 that are really effecting our youth and community. Those are the most important. Are they the most prevalent because their most easily accessed? Yes, it's a gateway drug, and seeing an increase in prescription medication as it's easy to get ahold of. It's often misconceived because it was prescribed to someone it comes from a doctor but we know that's not the case. What's the youngest age taking marijuana? 6th graders are experimenting with it, and some as early as 4th grade. Kids are curious, what are some tips to parents on talking to kids on more accessible drugs? Be open and honest tell them the risks and dangers. How it affects your body and making good choices in your youth, your brain and body are still developing. How can we educate ourselves on how to prevent? Steps? Good conversation but as a community educating those around us? We need to be informed ourselves first, then we have many resources. We cover 19 different counties. We have presentations on current drug trends in the community you live in they can also do talks, by contacting the prevention center, call the number on screen. Good to have a different person to inform. Thankful for technology to attain this info, what else to tell people? The resources are out there but sometimes there are issues getting to the resource, so if you know someone who has a problem or get involved, look us up on online or call. What are red flags in a person who may look like their abusing? First thing to do is to talk to them, are they admitting issues? Mental and abuse go hand in hand. Look at their previous record. Contact us and see what to do next, we have resources.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Transportation	Joy in Our Town #746	30:00	14:15	L	PA/0	4/13/2015 4/14/2015 4/16/2015 4/18/2015	10:30AM 4:30AM 11:00AM 3:00AM

Our host Cheri Duckworth introduces our guest today, Morgan Lyons. On Lamar, south of downtown, new developments in Richardson. People are changing the way they live and are going to a really transit-oriented people. People who are around transit a lot have it just as a part of their normal experience. Transit is becoming more popular. It's just something that hasn't existed forever. That's something that's part of our conversations there. Deciding if you're going to drive there or take the train, etc. People use online tools to plan a trip using our services and then they share it. What are some things people are going to see? Modern street car connecting downtown Dallas into Bishop Arts district. Opens April 13th. Working on other projects. All 4 light rail lines come in on single set of tracks into downtown Dallas. Make it easier for people to travel. Add capacity. Working on extending the rail platforms. Let's operate longer trains. If we operate longer trains, we can carry more people. Working with Texas Dept. of Transportation to run longer trains on all 4 rail lines. Green, blue, and red. Toward the end of this year. Also working on second light rail alignment. Moving the green line over to a different part of town. Setting up a system where you can literally take a street car all through downtown Dallas. We need to add capacity. Those are the things folks are going to see the soonest. It's nice to be able to get places easier, Bishop Arts district, etc. Other services DART provides that we need to know about. About to complete the conversion of our bus fleet to compressed natural gas. Cleaner, cheaper, saves us money, about \$10 million a year. Add electric buses. A couple of years off. Running through the downtown area. Car-sharing services. Borrow a car for a certain fee, order that through your phone. Important to us, not really competition. 13,000 bus stops in Dallas. Not as convenient to people as they want to be, so work with a car-sharing service. Mockingbird station and there's a car you can use to take a 1-mile to trip to a grocery store or home. Saves a commuter the cost of car ownership. Traveling here from extended stays can get that car for a small trip. Let's say you need to add something to that trip -- there's an option for you. Love Field has Love Link. Every 15-20 minutes. Takes you to a couple of locations. Drop off right at front gate of Love Field. Pickup right by baggage claim. Distinctively branded, logoed vehicles. High traffic times is nice to have those options.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Transportation	Joy in Our Town #748	30:00	14:15	L	PA/0	4/27/2015 4/28/2015 4/30/2015	10:30AM 4:30AM 11:00AM

Our host Cheri Duckworth introduces our guest today, Jim Cline. A lot going on with 35E. In 2011, we started the revenue service with the train. DCTA carries almost 3 million people a year, and seeing increases in that. NCT College uses it a lot. People can start at Carrollton and make their way into Denton. Serve primarily Lewisville, Highland Village, and Denton. If from south, through DART, share station at Trinity Mills, board A train all the way to downtown Denton. 5 stations outside of Trinity Mills. Issues in Denton. Street construction, making sure we communicate that well. Looking at expansion. Long-range service plan incorporates express bus service as an interim step for rails. Partnerships have been key to railway success. DART, Fort Worth for service between Fort Worth and Denton, huge part of their success. This is a metroplex of commuters. Where we really drive into work a lot. So it's great to have these solutions to help eliminate some of the traffic. Ways to remain secure and safe. Conductor and engineer on the vehicle, work to ensure safety. Increases good order to people feel secure on the trains. All work with dispatch. August and January is when we republish our schedules. Linked with the universities, the students use it so much. Work very carefully with maintenance team to ensure clean and serviceable and mechanically sound and safe. Drivers, engineers, conductors, mechanics, all great members and do a great job. Has having the college there really helped with having more riders and users of the transit system? Absolutely. Morning-student going south, commuters going north. And flipped in the afternoon. University passes on the train. Group planning, on website and phone numbers, encourage you to call, and we can make that first trip a success. What should people know that haven't used it yet? Biggest rider day is Thursday during the state fair. Lots of senior citizens. Feel comfortable using the transit system. That feeling of safety and security in numbers. Large transportation challenges for your area. Denton County is one of fastest growing counties in state and nation. Only a certain amount we can build 35E to. Can't build freeways out much more than currently planned. Aging of population, they are living longer on average, but don't think they're driving that much longer. Growth in people using public transportation. Route planning, making sure your routes go places people want to be. The big one, is this safe, is it easy, and how can I get more information about how to do this the right way. What would be advice for the viewers? Think about this as an option. Try out system, give it a shot, and see if it can work for you. Trip planning tools on the website. Customer service reps can help. Handicap services.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Transportation	Joy in Our Town #751	30:00	14:15	L	PA/0	5/18/2015	10:30AM
						5/19/2015	4:30AM
						5/21/2015	11:00AM
						5/22/2015	12:00PM
						5/23/2015	3:00AM

Our host Cheri Duckworth introduces our guest today, Phil Cobb, co-founder MATA. Had quite elaborate street car system in the late 1800s up to 1956 when the last Dallas street car ran. Went dormant for over 35 years. In 1979, we got money to peel back the street of McKinney Avenue and uncovered the trolley tracks that were left intact. So we just brought it back. It grew from one car to a four car fleet in 1989. Average car is 75-80 years old. Each car has four story boards inside the car to see the history of each car. We will be five car fleet maybe this weekend. 3 of 5 cars were original cars that ran the streets of Dallas. One was a car I went to get in Portugal, and other is from Australia. Car Rosie holds 22 passengers. Only one not air-conditioned. Matilda is biggest car and seats about 60 people. We used to charge for trips for about 10 years, and our ridership was around 45,000 riders a year. About 8 years ago, DART became a major funder, as well as Uptown and Downtown Dallas Inc. They required them to be free, and ridership shot up to 250,000 range. Increases by double digits every year. Last year 433,000 riders, and that included being shut down for two months during track work on an extension. This year we expect to carry about 500,000 riders. We have a printed schedule and close to a dart station in uptown area, about 50% of people during the week are using us to get to and from work, and not just as a tourist attraction. Opening of Klyde Warren Deck Park also increased ridership because we stop at the southern point. On weekend our ridership has gone up 42% since they opened the park. We run north-south and McKinney Avenue is the spine that goes through the center of uptown. We go through West Village, connected to underground DART station, and wind around West Village. Then a left on St Paul (one-way street) with a dedicated curb lane that can take us to downtown. We are double-ended cars, so we don't have to turn around. About to change at the end of this year dramatically. One mile loop addition that will continue on St Paul, into downtown, by large Baptist church, then to Olive Street to rail line that's already built there and right through the middle of Klyde Warren Deck Park. The deck park doesn't have much parking, so park in the uptown area and hop in the trolley. Operate 7 days a week, weekdays at 7 am and Sat-Sun 10 am. We go to midnight on the weekends with two cars, other days we stop at 10pm. We operate on Christmas, New Year's, etc. We have many volunteers, and during weekends, most operators are volunteers who are doctors and airline pilots and more.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Transportation	Joy in Our Town #753	30:00	14:15	L	PA/0	6/01/2015	10:30AM
						6/02/2015	4:30AM
						6/05/2015	12:00PM
						6/06/2015	3:00AM

Our host Cheri Duckworth introduces our guest today, Anthony Wilder, Deputy Mayor Pro-Tem in Carrollton. I-35 traffic flows through some of the major thoroughfares. Doing whatever they can do to help people get places. The 35 Express Project -- will it help manage traffic in Carrollton? The frontage road will be expanded. Lewisville, Corinth, Denton, and other things they're doing to address the issues there. With our city growing, it does require a lot of patience. Talking about planning, 35express.org website is a tool people can use. Facebook and Twitter, and text alerts can all help people. So the text alert helps a lot. Cities addressing traffic flows. They are always under construction, there are always needs. They are working on that, and on the condition of the roads themselves. Carrollton roads have over 40,000 cars on them every day. So many different "bottleneck" locations in Carrollton because of its location and so many different major freeways. The Traffic Advisory Commission is a good resource to find more information on traffic resources. Businesses -- Carrollton is still growing and we still see business being built everywhere, and that's going to create more traffic as well. Belt Line and I-35E will be 3-tiered to give people more ways around. We have good roads. We're all concerned with traffic flow, and businesses' concern is if people are going to see them and can get to them. They are considering their situation also. They have a new park they are building downtown. Carrollton has other options, so if you don't want to be concerned with traffic flow and getting in your car. DART, buses, 3 DART stations on the green line. Goes all the way to Buckner, and downtown Dallas. Carrollton trails are a good source to get places, using bicycles or walking. Continuing to expand the trails. The hindrance there is also funding. They are very expensive. You can use it for exercise, but you can also use it to get places without going on the roads. It does take time for us to wrap our brains around the idea of using those alternatives for transportation. Can also save you some money on gas.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Youth	Joy in Our Town #745	30:00	14:15	L	PA/0	4/06/2015	10:30AM
						4/07/2015	4:30AM
						4/09/2015	11:00AM
						4/10/2015	12:30PM
						4/11/2015	3:00AM

Our host Cheri Duckworth introduces our guest today, Eren Turner. What the agency has been seeing when it comes to youth and hurting themselves. Why do they say they cut themselves? What is the biggest release they see in that? If you're hurting internally you sometimes choose to hurt yourself further physically and some people find release in that from the emotional pain. It's a way for people to be in control of their physical pain. Obviously it's an unhealthy way to cope because they're further hurting themselves. How do we know if our child is in the category of someone who might choose to do this? 1 in 8 adolescents has tried self-injury, so it's across the board. Typically it's more girls than boys but there has been an increase in boys. Things that can't be explained easily, lots of bracelets, long sleeves in hot weather. Sometimes friends suggest it. There's sometimes an element of I belong to something, or a group or crowd that understands. Does this become filed under addiction or is it considered a different category? There are some that can almost get addicted to the cutting. It can become almost an addiction, but it doesn't with everybody. Coming up with good coping mechanisms is important. What can parents say to kids who are doing that? Recognize it's a child that's hurting. No one who's feeling wonderful cuts themselves. While we do see it a lot, it is treatable. What do their therapies look like? Ask questions first, find out what their situation is. Encourage healthier coping skills. Family sessions. Our program is starting a new program with teens. Adolescent girls 13-17. Will deal with a wide range of issues facing teens today. Keep an eye on their peer group.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Youth	Joy in Our Town #746	30:00	14:15	L	PA/0	4/13/2015	10:30AM
						4/14/2015	4:30AM
						4/16/2015	11:00AM
						4/18/2015	3:00AM

Our host Cheri Duckworth introduces our guest today, Eugene Keahey. Kids are hungry so therefore they're not learning. So we've started a program to help put food on the table. How does food affect our learning? It affects the brain cells. And it affects them physically. Some come in with pains in their stomach because they haven't eaten. What is being done about it here? Strongest area is greater SW part of Dallas County. Working with agencies to implement programs about nutrition. This issue obviously is very big but is sad that we have to face. Can you tell us what signs to look for as an educator? Is it obvious that they're suffering from hunger? Anger, aggression, weight. You need a real, direct conversation with them and address it. Sand Branch, a freedom town when slaves were free, some homes don't have adequate electricity. Not too far from our homes, and they're still having issues with just getting water. Partnering with issues to bring in water, bottled and non-bottled. There's no water supply system there at all. The community started a long time ago, right after slavery. Families have 150 years of generations there. At one point they had over 400 families, now it's down to 75 families. There's a lot of history there. Why don't they just leave? There's a lot of history, it's paid off sometimes because it's so old. Many families are on fixed incomes and can't just uproot. And then the question is, why do you HAVE to uproot? And you shouldn't have to. Challenges you're seeing with our young people living in this particular area. Education is not as strong as it should be. Water, electricity, adequate housing, have to go to work at an early age. Needing to make ends meet at an early age. We're helping them with food on the table, and our next initiative is to help with education. Nearest grocery store is 18 miles one-way. Houses really run-down. Projects that you're seeing WORK in that area. Stories of success. Starting a farming community to bring in fresh fruit. Economic development. Hiring people to grow food, cut grass, etc. Starting to work IN the community. Employing the community to help IN the community. Fund true economic development. Help them pay their way out of poverty. Their church has been there 150 years. People in Sand Branch will help each other out, care about each other. Community like I've never seen before. No internet in the community. Helps their personal face-to-face community.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Youth	Joy in Our Town #752	30:00	14:15	L	PA/0	5/25/2015 5/26/2015 5/28/2015 5/29/2015 5/30/2015	10:30AM 4:30AM 11:00AM 12:00PM 3:00AM

Our host Cheri Duckworth introduces our guest today, Kristen Rice Jackson, Color Me Empowered. Visual arts programs in Dallas. Finding ways to improve the community with art. They want their kids to see that they can make the world a better place. We try to identify areas that could use improvement. Is there a wall that's kind of funky, that's unsightly, maybe we could do some art on that. Gardens that could use improvement. Try to make their projects durable. They've done benches, murals, etc. Really, the sky is the limit on the kinds of projects that they can do. When they go in, they don't just do one project and leave. They really invest in the community. It's something they can take a lot of pride in because they can say, "Hey, my kids did this." Watching kids make that connection, that they have the power within themselves to make things better, is magical. Age-range is school-age children. Even sometimes work with pre-K. But really kids who are in school is their range. They work with a lot of community centers and recreation centers. Examples of their projects: stained glass mosaics, murals, etc. A hallmark of one of their projects is lots of color. And the projects look really sophisticated. The kids in some of the poorer neighborhoods in Dallas don't have access to it, so they try to give them that exposure. And of course help to improve the community. Give kids exposure to the visual arts. It's an important part of development and in creative problem-solving skills. It also keeps them from risky behavior because it gives them something constructive, rather than destructive, to do. It also allows them to meet artists they normally might not cross paths with. We want for them to do well in core subjects as well. But with some kids, we have to find a back door to keep them interested in school. And fine arts and visual arts are a good way to do that. Having something that you excel at is a great thing. It helps them gear up to have a successful and bright future. Kids whose parents didn't go to school, the change of you feeling like you're really good at school sometimes is less. They need that extra help. The parents don't always know the kids are struggling. The parents still want the very best for their children. It's a back door to get them plugged into school. And hopefully the domino effect is they do better in their core subjects. The response from educators -- working with science teachers specifically. They have gotten a good response. It's helping the teachers become better teachers and the students become better students. Having a creative mindset can help you succeed in any field. We want our children to be successful, and keep our children, our county, good, and make it even better. The response from the community -- they're really excited. When they show them what the kids have done, usually they're 100% on-board. They have something to show off. Something that was an eyesore, they now have something beautiful to look at. And it's created by the kids in the community. Working with professional artists. Some come to us.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Youth	Joy in Our Town #755	30:00	14:15	L	PA/0	6/15/2015 6/16/2015 6/19/2015 6/20/2015	10:30AM 4:30AM 12:00PM 3:00AM

Our host Cheri Duckworth introduces our guest today, Holly Mangold. For the City of Arlington, how does teen court work? How do you recruit your volunteers? Word of mouth is one of the best ways with the teens. We also go out into their programs when they meet and tell them about the teen court program. We go through the schools. We have a teen court banquet. They learn and get mentored by their fellow students. How do they learn all the rules of volunteering with teen court? They enjoy it -- it's very interactive. The biggest effect are those that are sentenced to do teen court. A large majority of them come back and volunteer because they really enjoyed it. We have parents that come in and watch and say they are amazed. They can't believe they just went through court training and not any other kind of training. Students aren't tougher on their peers than you'd expect. They're very fair. The teens love being there and they learn to not do it again. What are the sentences? For a minor infraction, 10-20 hours of service; for something more public, 20 hours; and for theft, the teens will also write a letter of apology to the store and parents. Parents do come often and are impressed at the teens as attorney, who volunteer to help. One adult came to volunteer from high school. How do you see this program affecting Arlington? For a teen that got a violation, it only costs them \$20 to take the teen court program. The state allows that. To have that dismissed at a low cost is something that is really important to us. What's the level of severity of the crimes you see in teen court? All are Class C, in the \$50-\$200 range. Only allowed to take teen court once. A lot of them come through, learn their lesson, and hopefully at age 17+ they'll think twice and not be there again. Do you ever require them to do counseling or therapy? If they need more than just teen court we have resources to set them up with therapy. You can only do it once every two years. Attorneys come in and volunteer with these kids. We have a teen court advisory board. Our word of mouth is very good. We're into UTA, we get their students quite a bit to come over. You do not need to be from Arlington in order to volunteer. Where to go to get more information -- their website. We start getting them to come in and then they can start volunteering after that. We had 6 graduate this year and we gave out several scholarships.