

# **TRINITY BROADCASTING NETWORK**

## *QUARTERLY PROGRAMMING REPORT*

*October, November, December 2014*

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  
CRIME  
EDUCATION  
HEALTH  
HOMELESSNESS  
PUBLIC SAFETY  
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 FOURTH QUARTER.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Civic Affairs	Joy in Our Town #721	29:30	14:00	LOCAL	PA/0	10/20/2014 10/21/2014 10/24/2014 10/25/2014	10:30AM 4:30AM 12:00PM 3:00AM

Our host Cheri Duckworth introduces our guest today, Mayor of Carrollton, Matthew Marchant. We have a system of trails and creeks that run through our city. For years these areas sat dormant. We added a nice 10 foot wide trail to be used for biking and hiking. We also have 3 DART stations in the city. We will be putting finishing touches on trails that will connect to the DART stations, so that people can ride their bikes or walk to the stations. We have a lot of parks. We also have an event in Carrollton called Trails 5K that happens every May. We do this to show people we have so many trails. We have one 8 mile trail, which is unique to Dallas County. Most of the houses on the greenbelt back up to it. This is counterintuitive to what we want nowadays, which is to face the greenbelt and enjoy the scenery. City challenges: the West Nile virus, and other things outside of city control. We are responsible for basic safety of our residents. We've had to deal with bird problems. Challenge: children who don't go to school during the summer might not have anything to eat during the day since they aren't eating free govt meals at school. Maintaining infrastructure and keeping our network up to speed is also a challenge. We have had positive feedback on our planting program. We had great surplus economically last year so we put it into trees and shrubs across our corridors (Josey, Hebron) where tens of thousands of people go through every day. We made an effort to step up our ordinances to beautify the city, such as no blinking signs or visual clutter. Economic development: we try not to raise our taxes and make sure to bank money in the good years, and in the lean years we just tighten our belt and get through it without raising rates. In order to help 130,000 people in the city, we grow the amount of revenue by growing economic development. We were recently named #1 economic development city in Dallas/Fort Worth area. Many residents may not be aware of their large warehouse district, which may not be exciting or fun, but they pay a lot of taxes. We try to keep infrastructure nice and help them find customers and maintain a business friendly atmosphere (give quick permits and such). We try to help code enforcement to make sure homes stay nice. We encourage neighborhoods to stay active. That way they are safer and gain value quicker. We just built our 8th fire station which opened right before Christmas. This makes all your zones shrink, and all areas get better response times. The cost was 3-4 million dollars to build, as we must now hire 12 firefighters (over \$1 million a year to staff). So this is why we do the economic development to pay for these services. Carrollton is a family friendly, safe city. We have good people. We value family. Our community is diverse with lots of age groups, ethnicities, and religions all over the city.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Civic Affairs	Joy in Our Town #729	29:30	14:00	LOCAL	PA/0	12/15/2014 12/22/2014	10:30AM 10:30AM

Our host Cheri Duckworth introduces our guest today, Mayor of Lancaster, 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 #730	29:30	14:00	LOCAL	PA/0	12/30/2014	6:00AM

Our host Cheri Duckworth introduces our guest today, Rodney Anderson. There are 157 of us in the districts of the state. They represent 175,000 people. He represents the Irving district and Grand Prairie. They are the people in Austin that make laws. 4 years ago, I was not in politics at all. I had never run for city council, school board, or anything like that. He knew he could do better. He ran in a race, and it was extremely difficult. He won, and served for 2 years. Redistricting happens every 10 years, and it changed the district substantially. What I campaigned on was that he needs to represent everyone. Highway 183 is going to affect the citizens of Irving and Grand Prairie. It was confirmed 2 days ago that the funding for its redo has been appropriated and contracts have been signed. He handed out cards during his campaign, and put his personal cell phone number on it. People call and are intimidated by him actually answering. He answers and tries to put them at ease. Encore Electric was trimming a lot of trees. 2 people called about it in one day and he talked to them. Then he called the people back and updated them and they were shocked that he called them back. He likes to treat people the way he would want to be treated. There will be changes to public education funding once the Supreme Court ruling happens. The issue with funding are the mandates that come from the state of Texas that are unfunded. There should be a reduction of standardized testing. They knocked on over 20,000 doors during his campaign. That's the way you win a campaign. What they were trying to find out is what issue is the most important to them. Legal immigration is the issue he didn't hear them say when he knocked on the doors. Illegal immigration is what they're concerned with. Putting cameras on the border is an idea, and Governor Abbott has said that's going to be a priority. We've had a large influx of immigrants, a lot of them legal. They get painted with a very broad brush because there is a large segment that has immigrated here illegally. Their neighborhoods, their culture are changing. A lot of people are afraid. A lot of that fear is misplaced. A lot of people that come here, by and large, come here to work. They want to work, they want to be productive members of society, and they want to be a part of American culture. Immigration is a federal issue. We don't have the authority. We can address the ones who are here legally. Example: story about Herassio who immigrated here legally. Communicate that and do the outreach to the community.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Crime	Joy in Our Town #722	29:30	14:00	LOCAL	PA/0	10/28/2014	4:30AM

Our host Cheri Duckworth introduces our guest today, Officer Doug Glotfelty with the Arlington Police Dept, who discusses how to prevent being a victim of crim. He informs us that when going out of town, make sure you stop your mail and newspapers so they don't stack up and make it appear you're out of town. Put timers on your lights and electronics so it appears someone is in your home. Make sure a neighbor has your itinerary for emergencies. Don't leave keys hidden around your house most criminals know about those. Make sure your car is serviced and working well. Travel on well lit, main, well-travelled roads. When stopping to eat or get gas don't leave valuables in the car. Don't stop to help stranded people on the side of the road in case they are there to rob you. Instead you should call the police to assist them. If you must stop or pull over, make sure it's lit-well and populated, find a good, safe place to pull over. If you have a flat tire, pull all the way off the road, call for help. Keep your gas tank at least 1/4 full so you don't run out of gas during traffic. When arriving at hotels, don't leave valuables lying around the room, utilize the in-room safe. Don't keep a big wad of cash together, separate bills so that you don't have to pull it all out to pay someone while vacationing. Don't leave empty laptop or camera bags in your car, because a criminal may try to break in to take them. The cleaner your car looks inside, the less likely it will be to get burglarized.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Crime	Joy in Our Town #725	29:30	14:00	LOCAL	PA/0	11/14/2014 11/15/2014 11/17/2014 11/18/2014 11/21/2014 11/22/2014	12:00PM 3:00AM 10:30AM 4:30AM 12:00PM 3:00AM

Our host Cheri Duckworth introduces our guest today, James McLellan, Irving PD. Safety in social media is important for the kids and adults as well. We may not realize we are putting ourselves at risk. Once something is posted on social media, it is always there. Realize who it is that is seeing what you are posting. Make sure your privacy settings are correct and know who your friends are. Potential employers could see your actions and life outside of work or fraudster who would like to take advantage of you. Someone could be after your access to online bank or credit card accounts. Phishing emails are sent as a false image of bank companies or such and try to get your private info. Be careful what you post about such as your home address, your phone number and date of birth. Phones can tag via geolocation where exactly it was taken and now someone can track down where you live or the fact that you are gone at a certain time. Disable those features on your phone and social media sites. If you are taking pictures in your home, be careful of what's in the background of the photo that a thief might want to come to your house and steal. Don't be scared, just be smart. It's a common sense approach. Change your log-in and passwords occasionally. Visit [usa.gov](http://usa.gov) for tips, and Focus On the Family has good info on there as well. You don't have to accept every friend request, especially if you don't know them. It's okay to say no. What to do if hacked or harassed: if it gives rise to criminal offense, you can contact police, but one important thing to do before that is try and capture those images or screen shots of posts or offending materials and save it. Often when someone does something, by the time the police are contacted, that content has been taken down and it's much harder to issue subpoenas and try to get that content from the social media sites. If it's your account hacked or questionable material, contact the site administrators and solicit their input and see what recommendations they have. The same laws that cover criminal acts in person apply online as well. Many social media sites that people set up to buy sell and trade items. Use common sense. Know who you are dealing with. If meeting to sell or buy, don't invite to home or go to someone's home, but meet in public place, parking lot of police station, busy restaurant. If they are fraud they won't meet you there in the first place. Use cash so the stranger doesn't have your info on your check. If selling be aware of counterfeit checks.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Crime	Joy in Our Town #726	29:30	14:00	LOCAL	PA/0	11/24/2014 11/27/2014	10:30AM 12:00PM

Our host Cheri Duckworth introduces our guest today, Officer David Tilley, Plano PD. In our city, the most common scams are internet scams, and phone scams. They are done in threatening manner. Many times they pose as the IRS or law enforcement agency saying you owe them money or will be arrested. Internet phishing is such as receiving an email saying you need to revise info on an account you might have. They direct you to a false site and then take your info and use it to steal your identity. When you hover or click on the actual sender of the email, it won't be a legitimate address and will be bogus. We recommend if you get a text or email from someone you don't know, don't open it or call them back. Be cautious. Spoofing: people can spoof their number to make it look like they are calling from a legit organization. Look the org number on the internet, and don't just call that caller ID number back. Many of these come from different countries than the US. Criminal offenses don't take place until a transaction of money happens. The first things you want to do is call your local law enforcement agency. Sometimes they can't do anything, but can direct you to help such as the secret service. You can file a complaint online at the internet crime complaint center. Also contact the US Dept. of Justice and credit bureaus. Many banks can set flags on your account and they can let you know when and where your credit card is being used so you can quickly tell them if it's not you. Easy way to protect your accounts: change your passwords on a regular basis. A green dot prepaid visa or MasterCard is often asked for by these scammers, but no legit organization would ever ask for payment via that means. These cards are not traceable, so there have been thousands of dollars lost by individuals. Scammers know our weaknesses, so we need to be a little more suspicious; it's just being careful. Gift card scams are also seen. You pay only for shipping, for any large amount gift card you want -- too good to be true.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Crime	Joy in Our Town #731	29:30	14:00	LOCAL	PA/0	12/29/2014	10:30AM

Our host Cheri Duckworth introduces our guest today, Detective Mark Furr - Internet crime and identity theft affects many people. 20-30 years ago, before the internet, there were more crimes by forgery and making checks. During then you had to be a bit of an artist to create checks. People are able to create checks and credit cards more easily and they can create accounts. They are buying homes, cars, everything, with stolen identity. It has blended over into international crime. Drug rings are using it to fund their operations. Rings - larger groups of people doing it and using identity theft. Some people do local shopping sprees. It is such a big problem because it is easy to do and easy to get away with; you never see them. The police department puts out watches and warnings through crime prevention. Contact police if you have information and it might lead them to the person. Generally, they sit on a computer because they don't want to be caught. They can create phone accounts, and IP addresses, that can quickly shut down. So they move. Your identity is very marketable. It is very valuable information. There is a website/resource that the thieves sometimes use where you can rate how good the identity was that you stole. How are they getting our information? In a multitude of ways. This is the number 1 question asked. If you write a check or use a credit card, you have left your account information somewhere. Restaurants, etc...may take that and use a skimming device to collect card information. Some people offer to purchase information if they are willing to steal it. There is also mail theft. Thieves will go around through neighborhoods and pick your mail up. You should keep an eye on anything that might have personal information on it. What can we do to protect ourselves? Harden the target. Don't leave items of information out where someone can get it. Be aware of where you use credit cards or where you write a check. Constantly check your bank account. Get your credit histories. Being very aware of where your identity is, is a real key. People used to break into a car to steal a stereo; now it's to steal your identity. They are going through glove boxes, etc. A radio sold at a pawn shop might be a trail. So many of us live out of our vehicles. Our cars are safe places in our minds. It's that false sense of security that gets us. There are officers in other cities, and there was an identity theft seminar. Undercover officers would go and there were also people who were there to learn how to steal and use identity. It's profitable and people are teaching each other. What can you do if your identity is stolen? Notify the police, make a police report. Go to websites -- see lists and resources.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Crime	700 Club Newswatch #12032014	1:00:00	5:00	REC	PA/0/E	12/03/2014	2:00PM

**CBN News Washington Senior Correspondent Paul Strand Reports:** A school tells a student that he can't attend because God's the most important thing in his life. A public health official gets fired for sermons he gave in his off-hours as a lay pastor. A congregation is told they may not be able to locate downtown just because - and only because - they're a church. These are all real examples of cases in the past several months showing your religion can get you in real trouble in today's America. For the last three years the Liberty Institute and the Family Research Council say they're seeing cases of discrimination against those of faith rising rapidly. Often these threats take place in school settings. The American Center for Law and Justice is another legal organization fighting for religious rights. Sometimes it's the federal government attacking, like in the Hobby Lobby-Obamacare case. In the Hosannu Tabor vs. EEOC case the government backed a teacher with some ministerial duties at a church school who was fired by the church. Sometimes these cases involve a state government. In May, the state of Georgia fired public health official Dr. Eric Walsh shortly after hiring him because of sermons Walsh had given during his free time. A number of articles in the Georgia press point to gay activists angry over comments Walsh made on homosexuality, sometimes in sermons delivered years ago. Sometimes fighting back against such large opponents can take years. Sometimes, those discriminated against need to take on their own town, like Pastor Telsa DeBerry and his congregation. That happened after a Holly Springs, Mississippi, city ordinance was used to stop them from forming a downtown church. But they point out if people will fight back, they will almost always win. For instance, DeBerry and Liberty lost in their original rounds with Holly Springs and then before a district court judge. But they then scored a huge victory on appeal when the 5th Circuit Court in New Orleans blasted the anti-church ordinance. Sekulow said these cases are often solved with just a call or a letter from a group like the ACLJ. Sekulow explained that those going after people of faith and the society's religious moorings are more radical than those of the past. Mateer agreed: people of faith must sometimes stand and fight.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Education	Joy in Our Town #724	29:30	14:00	LOCAL	PA/0	11/10/2014	10:30AM

Our host Cheri Duckworth introduces our guest today, Marcia Page, Education Is Freedom. We are present on 13 high school campuses in DISD and we help the kids make decisions for after high school we give them opportunities and options, then we help them and their parents with how to get scholarships and how to get into universities, technical schools and the military. We help them navigate the system. About 25,000 students being helped right now. Most kids are first generation college-goers so their family can't provide the info they are looking for. Reached 100,000 kids and 25,000 parents in ten years. We love that we have a huge positive impact. We had 40% of seniors opt in to the program. 60-70% of those that actually attend college. The conversation is going on in the whole country right now about how expensive college is. We do not advocate loans. We ask what you want to do, and locate the best school for that which is affordable, we seek out scholarships, and then help them fill out the FAFSA to know how much money they are eligible for from the government and even undocumented students are eligible for financial aid. We show them how to look for scholarships and locate scholarships in the community they may not know about. Loans are gap closing. If there is a little bit left to cover, then you can look there. We even encourage work study before loans. At these, you meet people and get more engaged in school, and try to have it in the library because it's easy there. If you are not a strong test-taker and didn't score as high as you wanted to, universities are now looking at other attributes kids have, such as community service and leadership roles. They look at the whole person now and not just test-taking abilities. Go to class, get good grades, take on leadership roles, do things in the community and you will look good to these schools. If you can take AP classes, get them in there, because the grade point average plays great role. Big change in education in the state of TX - passed bill called house bill 5: in the 8th grade you have to start thinking about and make a decision about what pathway you will take starting in 9th grade through high school. Must sign off on endorsements: STEM (science, technology, engineering and math), business and industry, public service, arts and humanities, and multi-disciplinary studies you can choose from. We look at what you have tendencies towards, and what you are passionate about. Have conversations with your sons and daughters. There are over 200 certification programs in 70 industries. In a 2 year degree you could get \$35-70,000 a year starting salary. The military also offers a vast array of options. You have to fill out those financial aid forms right after you get your W2. Get your taxes done early because it is first come, first serve. That is our biggest challenge with parents. Come January, get your income taxes done! Mobile van you will see around town at the local libraries to help out and get the word out.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Education	Joy in Our Town #727	29:30	14:00	LOCAL	PA/0	12/1/2014 12/2/2014 12/5/2014	10:30AM 4:30AM 12:00PM

Our host Cheri Duckworth introduces our guest today, Todd Mark, CCCS. I have a daughter 4 years away from college, and I started thinking about saving for college 15 years ago. You've got 18 years of saving, it's easier to save in 18 years than in 2 or 4 or at the moment of acceptance. Start talking about it as parents, will you or your kids pay for college? This is what will dictate what you do when you kids are born. We put money away right away. How do you forecast 18 years in advance what college will cost? Even in the last 15 years it's grown exponentially. \$15-\$20,000 for public, or \$50,000+ per year for private schools. CCCS works with both parents and kids and find out what your return on investment is. There is no greater return than your education and you want the best for your kids. It's the cost of education versus how much money the career you are in after pays. Such as teachers: not the highest paying job. Think about two years of community college and then transfer to a 4-year university. But if you go to an expensive school for 5 1/2 years, and then get your first job with a low starting salary, it will limit your options right off the bat. \$1.2 trillion dollars of student loan debt in the country. It doubled in the last 7 years. \$29,000 is the average amount of debt you start with right out of college. Many have more; it's like you have a mortgage without a house. CCCS has families do family agreements. Then kids know what they are responsible for and can figure out if they want scholarships, grants, want to work through school (high unemployment rate right now). How much can I borrow each year, how about room and board and book costs? You may have to live at home to offset the cost. When you are starting out, you want to get your FAFSA filled out as quickly as possible; it's not just getting access to loans, but its first come, first serve via state, city, or even school itself. Early admission is key. Then do your research, grad school costs versus undergrad? Your debt impacts your credit report and score and ability to get professional wardrobe for you work or buying your first house or even getting married and having kids. Many people are putting these milestones off because they don't have the money.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Education	Joy in Our Town #728	29:30	14:00	LOCAL	PA/0	12/8/2014 12/9/2014	10:30AM 4:30AM

Our host Cheri Duckworth introduces our guest today, Christina Hanger, CEO, Dallas Afterschool. Only spend 20% of waking hours in the classroom. The hours after school and during the summer matter tremendously, so we can provide lots of support and help them grow and develop their character and social and emotional well-being. You want your kids to be safe and well-cared for. There is a sufficient number of adults to look after the children, but some programs don't have enough because there are no rules about it in TX. Depending on the age, you want more adults per kid. Help with homework, snack provided, engaging programming. They try to expose kids to different types of learning. We work with over 120 afterschool providers in Dallas county area, and help those programs with training, staff development, resources, hands-on learning activity prep, etc. We work with both volunteers and paid staff if they need extra training. It really matters for children to connect to an adult who cares. It really helps their development and confidence and self-esteem. Look for a good ratio of teachers/staff to kids, good processes for knowing where the kids are at all times, it doesn't look just like school and isn't just coloring sheets, there is playtime and exercise, activities that spark people's interest. A good afterschool program will encourage kids to solve problems, learn good character and how to treat others, help them believe they can succeed. This builds resiliency in life. It doesn't matter what socioeconomic household they come from, when kids get to an afterschool program, they can aspire to be anything such as being an engineer. Teachers know some students are behind, but they can catch back up in afterschool programs. This is especially critical in middle school.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Education	Joy in Our Town #729	29:30	14:00	LOCAL	PA/0	12/15/2014 12/22/2014	10:30AM 10:30AM

Our host Cheri Duckworth introduces our guest today, Jonathan Feinstein, The Commit! Partnership. We help with college and career readiness. Good for people with kids. He is a product of a great public school education. Grew up in that environment. His parents were the first to get an education. His first job was as a private school educator. You learn so much from kids when you have the opportunity to do that. He's lived in Dallas for about 8 years now. It's not unlike most urban areas in the country. There are a lot of challenges, in and out of school. 3 out of 4 kids qualify for free or reduced priced lunch. Which means they are coming from their own challenges in their home life. Increasing number of kids learning English as a second language. That is a tremendous opportunity for them to learn to overcome challenges. On a cultural level, things are different here than in other countries. They are facing a lot of challenges other than their schoolwork. Some of them may be the first person in their family to go to school/college. It takes a village to raise a child. Helps students be successful from cradle to career. Not just about schools. So many things happen outside of school. They have partnership with businesses who have invested stake in the future work force to make sure they have a great quality of life. Community-based and non-profit organizations. The idea behind the partnership is that we can do a lot more together by using those resources in a really smart, strategic way. We focus on using data, to focus on what's working. Not to beat people up or point fingers, but to look at what we could be doing differently as a group/collective. We use a score card. Assesses how ready for school are they when they get to kindergarten, middle school, etc. Getting them to ultimately complete a degree so they can enter work force, get a job, sustain a family, etc. Less than half are showing up to kindergarten ready for school. How do we identify quality early learning opportunities, between 0-5 years old? There are 37,000 3 and 4 year olds in Dallas County eligible for education funding. Not all take advantage. Kindergarten readiness sets a ceiling on how they do in the rest of their education. Laying a foundation for their kids. Making sure they ARE ready for school. Education will prepare them so they CAN be a successful adult. Starts from the beginning at Pre-K. How can you help people not feel intimidated by college process? Parents: get your taxes done early. Verify information. Do FAFSA. Attend a workshop. In February we are hosting 6 financial workshops. Advisors sit down with students and parents. Volunteers can help out if you want. High school kids have resources there. Learn how to access funding, what websites to go to, learn how to do research.



Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Joy in Our Town #723	29:30	14:00	LOCAL	PA/0	11/3/2014 11/4/2014 11/7/2014 11/8/2014	10:30AM 4:30AM 12:00PM 3:00AM

Our host Cheri Duckworth introduces our guest today, Deborah Jones, New Dawn Hospice. We connect people to the resources they need so they can get help at whatever level of care they need. Hospice is usually recommended when a person has a life limiting illness or terminal illness or life expectancy of 6 months or less. Hospice is unique to each patient and family, there is no cookie cutter approach. It does provide things to all families if they want: team of medical professionals, physician directed care, skilled nursing, chaplain for spiritual needs, medical social worker for social needs, and certified nurse's aides for personal care needs (bath, changing linens). Most comprehensive health benefit available anywhere. You can call at any point. Hospice is something you need to know about even before you need it. We take a lot of time to teach our communities about it. The assessment is free, so go ahead and call and get the ball rolling at any time. The earlier you get under hospice, you do so much better. It manages their symptoms, gets everything under control and the family is more comfortable. If we could change one thing about the perspective is don't be afraid of hospice. It will not hasten or stop death. Death will occur at its natural time. Going to hospice is not giving up hope. Your insurance WILL most likely cover it. Medicare and Medicaid will cover hospice 100%, no out of pocket cost. Most private carries cover it as well. It will not only cover their care, but provide medical equipment needed at home, hospital bed, shower chair, oxygen all brought into your home free of charge. Covers supplies, Ensure, wipes, gloves, diapers, anything you would need on day to day basis. Any medications to keep you comfortable at home are all covered and everything comes to you, the care, the equipment, the pharmacy day or night. Most hospices will be state approved and Medicare certified and state licensed, but they differ in personalities of the agency and how willing they are to work with you in your unique circumstances. You don't want a hospice that treats you as a number and cookie cutter approach. There should be a lot of conversation. What questions to ask: Call and ask about doing an in home consultation. They should be willing to come to your most comfortable settings. Do they have staff in your area? What are their hours of operation? Do they speak your language? How many times a week will they visit? Who is on call for emergencies when they arise? Hospice has 4 levels of care: routine care (most common) very similar to home health. 2: continuous care/crisis care: most people are familiar with this kind of care because people wait so long to join the process. Actively dying, agitated and in pain. Nurse at bedside 24/7. Respite: placed in facility of your choice so the caregiver can get a break.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Joy in Our Town #725	29:30	14:00	LOCAL	PA/0	11/14/2014 11/15/2014 11/17/2014 11/18/2014 11/21/2014 11/22/2014	12:00PM 3:00AM 10:30AM 4:30AM 12:00PM 3:00AM

Our host Cheri Duckworth introduces our guest today, Dr. Jill Waggoner. Everyone talks about stress. Symptoms include difficulty concentrating, anxiety, stomach hurts, diarrhea, vomiting, heart palpitations, chest pain, etc. The best thing to do is have yourself checked out if these symptoms persist, particularly if you are having chest pain. Makes sure it's not cardiac. Assess what is going on in your life. Think about when you were a kid, did you have asthma attack when you got in trouble, did you have stomach pain when you got in trouble, then you can see that it's probably caused by stress. So now address your reaction to stress. Life is stressful and you often can't change the stress source especially if it is out of our control. I can control how I respond to the environment. You can go around freaked out, or you can recognize that it's part of life, it will pass and I will be okay. Every day you should have some prayer/meditation time -- this allows you to reconnect with your center and you can be still and quiet and let the things driving you crazy to settle. When your start your day off like that it helps a lot and brings perspective. Sleep on it, and it will look different tomorrow. Talk to your healthcare provider, many jobs offer stress management workshops, can go to counselor if you need to. It's not a skill you are born with and you have to develop stress management skills. Have a plan in place. Some people may need medicines if they become clinically depressed. Discuss this with you doctor and your family who will notice changes before we notice them in ourselves. Emotional stress can affect the body physically. You have stress hormones in your body so when we are in a situation where we have to run or fight for our lives we have the energy and force to fight, but today it's not life threatening but these same chemicals are in our body. It affects our body and vision. It's important to teach your body to relax. This happens when we exercise and meditate. Get yourself back to baseline otherwise you ratchet it up and have more emotional and physical symptoms that can lead to illness. It's a domino effect. You have to be aware of what your stress feels like. When you start to feel the indicators, you have to check it and move into another place (take 10 deep breaths). Don't let it linger. You can have stressful moments, but not stressful days. Talk about it or take a few minutes to close the door and breathe and regroup. Take a bath, which can lower cortisol levels. Also with frankincense, light a candle, reading, soft music, calm environment and organized.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Joy in Our Town #726	29:30	14:00	LOCAL	PA/0	11/24/2014 11/27/2014	10:30AM 12:00PM

Our host Cheri Duckworth introduces our guest today, Dr. Bryan Wasson, DO. Body mass index is used to determine obesity levels. Can go to app on android or iPhone - and plug in how tall, weight and it will do some conversions for you. Over 25 is overweight, over 30 is obese, 35-40 is moderately obese, and over 40 is morbidly obese. Or could be classified as obese if your BMI is greater than 27 and you have other risk factors such as diabetes, heart problems, and high blood pressure. Obesity doubled between 1980 and 2008. Around 70 million and 40 children are obese. Once you are obese as a child that tends to carry over into adulthood, so we really need to address it in children. Cost: \$147 billion a year - blood sugar control, shortened life span, strokes, and family burdened. Obesity is now a disease. Prevention: starts way in childhood in parents and schools. Being able to engage kids in routine activities that are not digital. We are less active as a society. The other aspect is nutritional and we need to address it in a holistic way such as organic fruits or vegetables. Vending machines do not provide you with good wholesome nutrition and are full of empty calories. In 2008, a study asked how many people go out to eat and how often. 42% of household income goes to eating out. These places have higher caloric intake, less vitamins and minerals. Over 5 pounds can be gained just by eating out once a week for one year. You are taking in 134 extra calories you wouldn't have otherwise taken in. Recently a law was passed in 2010: now food chains have to list their calories in a basic serving, so now we maybe can make better choices. Daily exercise, even 15 minutes (1 hour a day is recommend 5-6 days a week). If diabetic or prediabetic, best exercise is weight resistance because you build muscle and this will burn more sugar. Calories burning is distance stuff (treadmills, running). Group exercising (pressure) and activity is more fun. Certain apps are available. MyFitnessPal is a great app that keeps tabs on what you eat and when you exercise. There are some oral medications that can decrease appetite or the urge to eat. There are about 3 available. One hits the areas of the brain that deal with the reward center of the brain (combats stress eating). Then we might consider Lap Band or gastric bypass surgical procedure. You still need to be engaged with your physician to make sure you are staying nutritionally sound. Vitamin B12, D, calcium, folic acid, iron might not be absorbed correctly. Blood pressure, blood sugar, and cholesterol levels all go down when you lose weight. Obese people are depressed and embarrassed, so it's hopeful to see them in the gym. Even if you have minimal weight loss, you still have decreased levels of everything bad.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Joy in Our Town #653	29:30	14:00	LOCAL	PA/0	12/31/2014	6:00AM

Our host Cheri Duckworth introduces our guest today, Dr. Stephen Mueller-Methodist Charlton Medical Center. Asthma mostly affects teens and into the 30s. It's an irritation of the breathing airways by things in the air, genetics, pollution, infection. Maybe they had frequent colds or bronchitis in the past. Wheezing and shortness of breath and not being able to keep up with the other kids. Can be diagnosed in kids under a year, but more common 3-5 and 6-8 year olds who run around more and they are more developed. You rarely grow out of asthma. Allergies: play a major role in asthma, but not everyone has allergies. Pollens, mountain cedar, grasses, trees, molds, air quality and pollutants from cars and airports. These make things worse for asthmatics. Treatments: helps them breathe and protect their airways for years going forward. A lot of effective treatments nowadays. Unprotected airways get stiff and hard and you may seem to have emphysema and it's harder to treat. Rescue or quick fix agents work within 30 seconds and are gone within 3-4 hours. Controlling agents are medicines taken on a daily basis such as steroids and Singular, which help to uninflame the airways over a long period of time. Each treatment is unique to each individual, so work with your doctor to define the best regimen for you depending on your severity of asthma. Exercise induced asthma: all asthmatics have trouble with exercise. Exercise is asthma genic, which creates shrinking of the airways. Affects 25% of the population. Some just need an inhaler before they exercise. Bronchial thermoplasty: new therapies for asthma. This is for severe asthmatics. It is non-medicinal treatment, but it helps with medical therapy. FDA approved for about 4 years and gaining acceptance and many people doing it within the DFW metroplex. Form of delivering heat (about a cup of coffee) to the bronchial tubes via a tubal system. Radio frequency signal goes down a tube and heats up, and thins the muscle. This allows the bronchial tube to behave more normally. This isn't for simple asthmatics, but for those with many issues (10-20% of people with asthma). One-time performance of treatment (which includes three treatments). Treat three different areas of the lungs for those 18+. The original groups who were treated have continued to do well and don't need retreatment but stay on their regular controlling methods of medicine but can take reduced amounts. Other myths: dogs have problems too, but Chihuahuas don't always have it. It doesn't always get worse. Definitely exercise and don't smoke.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #010	28:30	28:30	REC	PA/0/E	10/07/2014	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 is 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 consequences of our choices. Your natural is that you are wired for love. As you are thinking and as you are choosing, as you are about to make a decision, the front part of your brain becomes extremely active. As you say and do whatever you say and do, you cause genetic expression, which means you make proteins, and you grow things in that part of your brain. Basically, whatever you think and choose results in a physical substance. That physical substance is a thought, and as you are thinking and choosing, the physical activity will increase in the front part of your brain and you will actually grow a thing in your head. If you have chosen good stuff, something positive, you're going to grow something healthy in your head. If you have chosen something negative, you will grow something unhealthy and it will look different. If you grow a lot of toxicity in this part of your brain it interferes with your ability to make wisdom decisions. Science has shown that this part of your brain becomes well developed the wiser you become and it becomes healthy. When you make bad decisions, you get negative wisdom. It's not really wisdom, it's negative toxicity. You're doing the bad stuff because you first made a bad choice. Evil has no way of working and existing until you believe a lie. Evil has no control over you until you react to it. It's your reaction that takes it inside of you and makes it a reality and then you act upon that. It is with our mind that we understand our intuition. As we discipline our thought life and become more aware of our intuitive, instinctive, recognition of this is who we really are, and this is who we have become, as you develop that, you will find it easy to separate and easier to work on the negative stuff. We have many opportunities to get rid of toxic thoughts and behaviors, but if you choose not to, they go back even stronger than before. No matter how strong they get, you can still get rid of them because your mind controls matter. Your soul controls your body. Your body and your brain are designed to do the will of your mind. Your mind is designed to do the will of the spirit and the spirit is designed to be controlled by the Holy Spirit. As a neuroplastician, if you wired it in, you can wire it out. God has designed your brain to follow the decision of your mind, to follow the leading of your spirit. When you do that you create change in your body. We create the evil when we make bad choices. Even the worst evil can change. The circumstances of life sometimes make us feel in life that this is who we are, but that's not who you are, it's who you have become. Who you have become is not the truth. It is not the reality. We're made in God's image. We're wired for love. We're thinking beings. We can make choices. So when we fall down, we can get up. Make the good decision of your mind. Plant that tree and get up and carry on. It's not who you are, it's who you've become. Wire out the "who you've become" and go back to who you truly are in Christ. When you've made a wrong choice in your life, and you've wired this evil into your life, you must remember it's not who you are, it's who you have become. Admit it, quit it, and beat it. When we've made bad choices and we've built this toxicity into our brain, we don't have to become a victim of that now. We can change that. You can change back into who you are. You go to God, you take that to God, and you let God walk with you through the consequences of that decision that you've made. This week work on admitting, quitting, and beating. Make that a motto of your life. Admit it, quit it, and beat it.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #012	28:30	28:30	REC	PA/0/E	10/21/2014	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 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, not let any thought go unchecked through our mind. That's our natural design and that's what bringing our thoughts into captivity means. We are all faced with all these choices and quantum physics talks about them being probabilities. Probabilities have not happened yet and they have no substance yet. A probability is simply something that could happen. You, the observer outside the system, look at the probability and you make a choice, and you turn the probability into an actuality. When it becomes an actuality, it becomes a physical structure inside of your brain. You operate from that physical structure inside of your brain. We are designed to bring all thoughts into captivity. Bring is an instruction and it is a mind action. When you decide to bring all thoughts into captivity that is mind action. That's intellectualizing, that's choices that we're making. The frontal lobe of the brain is very active when we are conscious and it enables us to literally stand outside of ourselves and observe our thoughts, and make change. Discipline yourself to self-reflect. Discipline yourself to self-regulate. Where you are in your mind is going to determine where you're going to be tomorrow. It's with your mind that you are going to grow spiritually. It is with your mind that you are going to get your health under control. Deal with the issues that are in your life. Science shows us that thoughts are real things. Your mind is in the soul realm and your mind deals with the intellect, the will, and the emotion. Although we can't see the intellect, the will, and the emotion physically, we can see the result, which is what people say and what people do. First there is the thought that you've built, which is the root in the non-conscious mind, that moves into the conscious mind, and then you become consciously aware, and then you speak and you do. Thoughts are built as substance and evidence in your mind, as you build those you will be acting upon those. Your DNA doesn't control you. You control your DNA. You cannot control the events or circumstances of your life, but you can control your reactions to the events and circumstances of your life. You are not a victim of your biology. You are totally in control by the decisions that you make, influencing your spirit, soul, body, and health. God has designed your brain in such a way that you are able to stand outside yourself, observe your own thoughts, and rewire your brain in a positive way. You're not a victim. You can rewire and you can change through a single decision to make that decision to change.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #013	28:30	28:30	REC	PA/0/E	10/28/2014	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. Attitudes are never harmless. Attitudes impact people. Your attitude that you reflect, good or bad, is influencing other people's perceptions. This week make a strong concerted effort to actually observe your own attitudes and the impact of your attitudes on other people. You will be amazed at how when you smile and you're happy how that influences the people around you. How when you're whiney and negative how that influences the people around you. Increase your observation skills this week.

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	11/04/2014	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. You are completely unaware of ninety to ninety-nine percent of the activity going on inside your brain. Right now you are processing information through your five senses into your brain. Your mind activity is a signal that goes to the DNA, to the gene code, which is just sitting there dormant waiting for your signal, and then as soon as your signals comes, it switches on and you start making amino acids, which group into proteins and you grow trees in your brain which are thoughts, right now at 400 billion actions per second. You are creatively growing stuff inside of your brain. 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. Even though every human's brain follows the same euro physiology and the structures of the brain and those kinds of things look the same, the way that you uniquely perceive the world means that you will design your own architectural landscape of your brain. So the way you perceive the world is reflected in the physical structure of the brain and we call that the law of diversity. We do not have fixed IQs. You are as intelligent as you want to be. Intelligence is something that increases constantly throughout your lifetime the more you use your brain. You are designed with free will. You are designed, enabled, and empowered to choose. You can choose whether you are going to believe the negative or the positive. You choose whether or not you are going to operate in peace. There are only two choices that we can really make: love or fear. The choices that you make, which are the result of the thoughts that you think, are going to become physical realities in your brain. We have to focus on what is important and make the good choices that we have to make because when we make the good choices we wire health into our body. We wire health into our brain. We wire health into our mind. We wire health into our spirit. Thoughts are real. Thoughts are growing on a moment by moment basis that you, with your mind, grow. As you are growing those thoughts they are changing the structure of your brain and impacting how you run your life. We need to be aware of our thought life. We must never let thoughts go unchecked through our brain. We must always be aware: What am I thinking about? What am I listening to? What am I reading? What is going on in my mind? As we create that awareness, we can start bringing those thoughts into captivity.

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	11/25/2014	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. The hardware that is fixed is the wired for love. We are made in God's image. That's our original design. That's our normal. That's our default mode. That is who we are, but God gave us free will. In life, we run the software, and that software is how we process the events and circumstances of life and how we actually design the landscape of our brain, so the software is how we uniquely process that information according to what is already inside of us. Moment by moment of every day we are thinking. So moment by moment of every day, we are changing the software and changing the reactions. We get stuck in certain habits. Whatever you think about the most will grow. So whatever program you design to work in that way, the hardware then responds. So if you don't change the software signal, and it's always the same signal, the hardware will just respond in the same way. But if your software says this hardware is not good, then you can change the software. This is all mind activity. By having an awareness of this life that we're living as hardware, we can use our mind to change that and bring ourselves into the natural state, which is wired for love. It's all choices. It's all mind work. The non-conscious part of your mind works at 400 billion actions per second. In the non-conscious part of your mind it guides the conscious part of your mind. The conscious part of your mind operates at 2,000 bits of information per second. The non-conscious mind is pretty much that part of who we are. It is all the thoughts that we have been building from conception to our current age, that are driving our conscious minds. At any given time there are only a few thoughts in our conscious mind. Thoughts move in and out of the conscious mind as they are required in order for you to function. The non-conscious mind has trillions and trillions of thoughts and they can be changed. Those thoughts that you have implanted in your mind can be altered and changed as they move into the conscious mind and then move back into the non-conscious mind. We have structures in the depths of our brain called the "Default Mode Network" which is a group of circuits that span the structures in the middle of the brain. The Default Mode Network, think of it as a conductor. All of the circuits inside your brain work together like an orchestra when you are using your mind properly. 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 are wired for love. We know right from wrong. Our natural default mode is one of love, which is choosing well. When you make a bad choice you are going to have a physical consequence inside the brain. Your brain has no structure for bad choices. We're wired for love. We were designed to make good choices. If you make bad choices you're going to have a negative physical reaction inside our brain, literally you will build a negative toxic tree inside of your brain, and that will impact your physical body, soul, and spiritual development. 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	12/03/2014	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. As you are thinking and choosing your DNA actually expresses, which means it makes proteins, and those proteins group together and you grow thoughts that look like trees. Sometimes we choose badly. Instead of the proteins forming correctly they actually form incorrectly. You can actually see the result of a toxic choice inside the brain as literally this toxic tree. If you think of the analogy of a forest where there has been a forest fire, there's this huge black patch and that's kind of what our toxic thoughts look like. Our body recognizes it as an abnormal structure. Our brain actually reacts negatively to a toxic thought. Toxic thoughts are like these foreign invaders and they increase our vulnerability to disease. Seventy-five to ninety-eight percent of current mental, physical behavioral illnesses today come from toxic thinking. 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. When we think and choose badly and we wire those toxic thoughts into our brain, those toxic thoughts are seen as foreign invaders inside of our brain and this is because we are wired for love and we have to learn fear, so therefore the toxic choice is actually a fear response. Not fear as in scared, but fear as in negative; anything on the negative side like discouragement, despair, hatred, anxiety, worry, etc. You are in life processing. You're in these 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 that we can measure through quantum physics and describe through using quantum physics and brain science. So if with our mind we make a bad choice that spiritually is going to have a whole lot of consequences on the way that your mind is functioning as well as your spiritual development, but it also makes a huge impact on the way that the body functions. 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. They're talking about the big five as well as just down to getting a virus like a flu or something like that. These manifestations of illness and physical illness inside of our bodies, seventy-five to ninety-eight percent of it, comes from our thought life. It is our thoughts that change the physiology of our body. It is our thoughts that change the way you feel and function. When we have a flu or a virus or something passing through our body, our immune system is immediately activated to fight that invasion. So anything that is not part of the normal cycles or structure or function of the brain is treated in the same way. Our thinking produces physical realities in the brain, actual physical little thoughts that look like little trees. When it is a healthy thought, the trees look healthy and are balanced. But when we make a bad choice we literally throw our brain into neurochemical chaos. The dead tree represents a negative thought, a bad choice. When we make the decision to choose things incorrectly, we upset the natural function of the brain, which is for love. So every time you express your genetic expression happens, which is the result of your thinking. Your thinking is the signal that causes these proteins to express and to capture this information in the form of a tree. The green tree represents the healthy tree; this is your norm. Scientists have found that we are wired for love. You are wired to think well, choose life and build life into your brain. Our normal is a sound mind. The abnormal is an unsound mind. We're in a world that says depression is normal, anxiety is normal, the negative is normal, worrying, etc. is just a part of life. It's not part of life. It is the result of choices we have made. Scientists and medical research show the same thing. Toxic thinking, bottom line, makes you sick. When you think badly, sickness will manifest in some way. When you make a bad decision and you choose to do the wrong thing, when you choose to think a negative thought or a toxic thought, your peace goes. When we are choosing incorrectly, we are going to grow toxic thoughts. We need to recognize that this is what causes a lack of peace in us, but this is not a death sentence. Your brain controls every single cell of your body. Your brain is designed to be controlled by your soul, which is your mind realm; your thinking, your choosing, and your feeling, changes the physical structure of your brain. Your brain and your body represent the physical result of the decisions of our mind, and if we make bad decisions, and we wire in the toxic zone, we will feel the impact inside of our body. Science is showing that when we aren't positive, when we're negative, when we don't forgive, when we do all the stuff that we're not supposed to do, and enter that zone, we will physically change the nature of our brain. As you think, and as you choose, and as you make proteins, you are growing branches, and the branches are all attached to these trees, and these trees are all intertwined in each other. Your brain is about the size of your two fists. 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. When you make a good decision it looks healthy, but when you make a bad decision your heart gets affected, and everything gets affected, and it creates like a black cloud. So what we find inside of the brain when someone is not thinking like they should, when they're making bad decisions, operating in the negative domain, this causes a reaction in your heart, which causes a reaction in your DNA, which causes a reaction in the chemicals of your body and the result is that you actually build this distorted image which is recognized by the body as a viral invasion, or as an invasion. It is not seen as the norm. Now, when you cut yourself or you hurt yourself, immediately your body releases C-reactive protein, plus a bunch of other stuff, but C-reactive protein is a manager one, and the C-reactive protein goes to that site to try and help to heal. It's a part of the healing process, but in the healing process there is inflammation. The first reaction is inflammation occurs.



Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Homelessness	Joy in Our Town #719	29:30	14:00	LOCAL	PA/0	10/6/2014 10/7/2014 10/10/2014	10:30AM 4:30AM 12:00PM

Our host Cheri Duckworth introduces our guest today, Randy Clifton, CEO, The CEC. There is a plan to end homelessness. National plan is to eliminate veteran homelessness by 2016, and family homelessness by 2020. Local plan is 10 years. Every January there is a point in time count, 2400 homeless in Tarrant County, 3300 in Dallas, 23,000 in Texas. It took a spike last year because it was colder on that day in January. We have permanent supportive housing. Chronic definition: homeless for a long time or recurring. Usually disability involved (mental or physical), and a single person, usually that's who you see on the streets. Started 45 years ago by Hills Church of Christ as a food pantry. About 25 years ago started housing homeless families, have food pantry and other resources to help homeless families and empower them. First you must stabilize them. Two housing programs: homeless family program, and domestic violence homeless program. It's all about getting kids stable so they aren't moving around many times a year. 7800 kids counted last year as homeless in Tarrant County if you include those who are staying in hotels and such. We do a barrier assessment to figure out the best resources for them to get them out of crisis and vault over the barriers (housing, transportation, relationships, and health). 90% of people we serve are single moms and their children. Safety is the first step. Then we empower them how to break that cycle for their kids. Helping with parenting skills, education, and employment. It takes \$19 an hour to be self-sufficient for a single mom with two kids. Also holding them accountable along the way is important. Financial coaching is important. Many of us are in asset poverty unless we have savings to get us by for 3 months. Tarrant County homeless coalition, metro Dallas alliance homeless. TX homeless network helps coordinate around the state. We work with each other. Coordinated Assessment (all the assessments of homeless families will be collected and farmed out to different providers so we can help eliminate homelessness together), federal funds, individual funds, corporations, we can bring our resources together to help eliminate homelessness. County hospital, JPS, and free clinics available. One will be built in homeless area of Fort Worth. JPS is helping them understand how to be healthy up front instead of coming in unhealthy into the ER.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Homelessness	Joy in Our Town #720	29:30	14:00	LOCAL	PA/0	10/14/2014 10/17/2014 10/18/2014	4:30AM 12:00PM 3:00AM

Our host Cheri Duckworth introduces our guest today, Rebecca Eldredge, Family Gateway. Homeless – two definitions: someone living under bridge or emergency shelter; or, often homeless families are staying with relatives or sofa surfing or cars or motels where they don't have a sense of permanence. For those people, local ISDs have said that many kids are 5000 in number. Half homeless children are under the age of 6, so there are even more children without homes in Dallas County. Most women staying in shelters are there without their children, so there is lots of family breakup. These children are 4 times more like to suffer health problems, have developmental delays, twice as likely to drop out of high school and have behavior problems. Our approach is holistic. Can stay in transitional housing for up to two years, and then prepare to move back in to the community. Some families need some extra time to get back on their feet so they can stay longer. Long term supportive housing program/permanent. We try to break an intergenerational cycle of homelessness. If the kids can stay in school and see the opportunities for the future, they will have better chances of breaking the cycle. We help with childcare so the families can pursue more opportunities and get a job. We try to make sure they have emotional support, and offer group counselors. Explains the benefits of children who go on field trips. It would be wonderful to run ourselves out of business. We started as emergency shelter, but wanted to offer a program so we could help them move forward. Over time we have expanded and adjusted our programs. Housing first. We then needed to expand capacity to help as many families as possible when we started offering housing. In April we launched a campaign to end child homelessness. This is something we can do as a city. New facility downtown to offer 150 additional units of long term supportive housing to families. Create a therapeutic environment where the families feel supported as they progress towards independence. We have wonderful community partners to make it happen. We don't have one size fits all approach. We tailor it to the needs of the family and hear what their experience is and where they want to be. New website coming soon. Always in need of twin sheets, volunteers, powdered laundry detergent.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Homelessness	Joy in Our Town #730	29:30	14:00	LOCAL	PA/0	12/30/2014	6:00AM

Our host Cheri Duckworth introduces our guest today, Susie Jennings. Homelessness- people living on the street and under the bridges. Do we have that issue in Irving? There are 850 homeless students in Irving. Those are the ones we know about, the number is greater than that. Homeless means not a regular home shelter, when they don't have a regular time residence it means you have control over where you go. Motels are not designed to be a home. Who is at greatest risk? It's harder to own a home nowadays. You have to have a good credit score. Affordable housing is a huge risk. A lot of people in the community are living paycheck-to-paycheck. So job loss or divorce can cause you to be at risk for homelessness. Car problems can cause you to have to pay more money. This can create a domino effect and put you in jeopardy of not being able to pay for housing. It really can happen to anyone. Family Promise of Irving has been open for 2 ½ years. They assist families with dependent children. We call the people in our program our guests. They're going through a hard time. What's been the effect you've seen on the community? Our program is designed to keep families together. They network with 13 churches. They have resources for job training, and an incredible community of service providers. They don't separate the families. They help highlight the challenges in the community and help to fix them. They get referrals from several organizations in the area. They all partner with each other. If they can't help, they'll reach out to see if someone else can. People are also referred to them. It is good to hear what the needs are and how the community is helping. What are things you would like our viewers to know about Family Cares and the situation in Irving? The fastest population growing of homelessness is children. 1 in 4 homeless people are children. That's how we got started, because the population was so high. You can help by referring people to them. They are also always looking for churches to be host churches. A church hosting allows everyone to help out and get involved. It's difficult to approach someone who might need help, but it's easy to invite someone to an event. How can people ask for help? Just having a conversation with somebody. Talk and ask people questions. Tell them about resources. An Irving Department helps people. Everybody has a need. It is a delicate subject. Say it's ok, and that you love them and care about them. Tell them there is a website and information for them.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Homelessness	700 Club Newswatch #12122014	1:00:00	5:00	REC	PA/0/E	12/12/2014	2:00PM

**CBN News Amber Strong and David Brody Reports:** As the song goes, "It's the most wonderful time of the year," a time when giving becomes the priority and hearts turn toward the needy. But in Fort Lauderdale, Florida, a Scrooge of a law has led to protests and national attention, and the man in the middle is 90-year-old Arnold Abbott, lovingly referred to as "Santa Claus." The World War II veteran made headlines when police ticketed him not once, not twice — but four times for violating the city's public feeding ordinance. Video of Abbott defying the new law went viral and led to a national outcry. A judge has since placed a temporary suspension on the law until further mediation from both sides. When CBN News spoke with Abbott, he was preparing to hit the streets again with a fresh batch of meals. He has spent the last 23 years feeding and educating the city's homeless. Through a nonprofit called Love Thy Neighbor, he trains the homeless for jobs in the food business. For Abbott, it's not only a heart of compassion that motivates him, it's honoring the legacy of his late wife who also dedicated her life to the poor. Each week he heads to the beach to feed hundreds. But some say that public location has become a problem. Fort Lauderdale Mayor Jack Seiler landed in hot water over the law but says he's not the bad guy. He wants to set the record straight and reiterates that groups are welcome to feed the homeless as long as they follow a few guidelines. Abbott and his supporters say those guidelines make it difficult for smaller charities. He also believes public places should be open to everyone, including homeless men, women, and children. Growing Anti-Homeless Sentiment? Florida isn't the only state with "anti-homeless" laws on the books. They are actually popping up across the country. According to a report from the National Law Center on Homelessness and Poverty, anti-homeless laws have passed in more than 180 cities across the United States since 2009. Just a few hours north, Orlando restricts begging. In California, Santa Cruz bans sitting or lying down on public sidewalks. Overseas, cities have installed what some believe are "anti-homeless benches and underpasses" to cut down on loitering and sleeping in public places. As homeless populations grow, city leaders often find themselves torn between compassion and maintaining space for the general public. To Abbott, laws like the one in Fort Lauderdale are un-American.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Public Safety	Joy in Our Town #721	29:30	14:00	LOCAL	PA/0	10/20/2014 10/21/2014 10/24/2014 10/25/2014	10:30AM 4:30AM 12:00PM 3:00AM

Our host Cheri Duckworth introduces our guest today, Jeff McKissack - Defense By Design. Social media has brought bullying to the forefront. Jeff wants to help everyone get a better grasp on spotting trouble before trouble spots you. Look at what is happening in our schools when things escalate when kids feel no one is listening to them. Sometimes they use lethal force. This needs to be addressed. What do bullies grow up to be? They become your manager or boss or CEO. You never get through dealing with these particular dynamics. The mean girls in school also grow up, and this can happen unchecked. It goes back to the family. They are striking out for some reason. Cyber-bullying is growing and some are taunting children so much the child commits suicide. A bully is a predator -- someone who preys upon the perceived weakness of others. Perceive is the key word. Those that know how to stand up or speak up for themselves are rarely in the crosshairs. The wallflowers and quiet, invisible ones are usually the targets. They are looking for easy prey. Get involved in more activities where you develop a support group within the school (cheerleading, football, academic, debate, on-campus or off). Don't be so invisible. Use this to build self-worth. It's not about changing the child but bringing what's inside the child out. Fighting isn't the way out. Those that do have the ability to stand up and speak up for themselves and have the responsibility to speak up for others. We are our brother's keeper. Encourage your kids to stand up for others. Talks about YouTube clip about a kid with mental disabilities. His teammates showed him support. Solidarity can be brought to these kids. This can also happen in the workplace. For the parent of a child being bullied, what can you do to foster your kid's interests so they know who they are? Tactical retreat is still honorable, maybe relocate them to a different school or homeschool. Don't let it escalate to where they are in true danger or lash out.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Public Safety	Joy in Our Town #722	29:30	14:00	LOCAL	PA/0	10/28/2014	4:30AM

Our host Cheri Duckworth introduces our guest today, Lt. Kirk Roberts. Today we'll talk about missing children. There are different categories of missing people; are they a run-away, abducted, are there weather conditions, do they have a mental disability? Child Abduction response team was organized to bring different departments together such as police dept, social workers, child protective services, the FBI, etc. Every case is different and there's not one task force that can handle it all, so it's important when they come together. Call the police dept immediately upon losing a child. Every moment makes a difference. Just because your child is missing, doesn't mean they've been abducted. The first 36 hours are the most important. 93% of teens have access to the internet, 1/5 children receive online sexual offers. We're trying to get a handle on the rise of child-pornography. Parents need to keep an eye on their kids. Parents sometimes think their children don't have an email account or Facebook page, but they most likely do and you need to be aware. [www.Missingkids.com](http://www.Missingkids.com) and [Netsmarts](http://Netsmarts.com) are good resources for helping kids stay safe on the web. It's important for the schools to have a current photo of your child so that if they go missing they can publicize a current photo.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Public Safety	Joy in Our Town #724	29:30	14:00	LOCAL	PA/0	11/10/2014	10:30AM

Our host Cheri Duckworth introduces our guest today, Val Roach, CERT VP-Training, Community Emergency Response Team (CERT). Trains community to hunker down and do what they need to do in case of an event. Free training: whether you want to use it at home or abroad. "The greatest good for the greatest number." is our motto. If you are trained at work, you are beneficial because you can have leadership in safety. We don't self-deploy. You go with a team. In Bedford we have a call-out list. You will be called because the fire or police dept. or another CERT team has asked for help. We help with silver alerts for when someone walked away and didn't come back, we will help with missing kid alerts, we helped the city of Keller when winds came through and tore stuff up at a festival. We do door-knocking for police dept. looking for more information, we door-knock and see if you have working fire detectors and if not, we will come back and install them for you. Free training: Self, home and family, and then meet at staging area and go out with rest of the team. All CERT members go through background checks. Immediate first AID - make sure the scene is safe, incident command, radios (ham radio operators are the lifelines if the regular infrastructure goes down). You will know what you need for 72 hours and have a safe room, and know what to do when your family isn't all in the same place, your kids know who to get hold of because you are trained. We want to instill confidence in your skills (what if you worked at the mall and windows are blowing out and you have 55 people in your store -- are you going to get everyone to calm down?) Being prepared is louder in your brain than the flight or fight response. We value all your individual like skills, and we add CERT skills to that, and they can create pattern and calm out of absolute chaos. I have personally trained over 50 TX state guardsmen, and 250 other members who have been to CERT in EMR. Bedford is a great place to learn these things. Can get an application online or just call and there's lots of info we can give you. It is a 10 week course. We have a roll for everyone who wants to help. The biggest thing you can do is be confident at home and take care of immediate home and neighbors and be a ripple effect so we don't have to worry about your house or your street. Many elders come to class and show up for everything in their free time. Once a month or quarter, we have classes where you can revisit things we might not have covered or they heard in the field. If there isn't a CERT class in your area, get one going!

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Public Safety	Joy in Our Town #728	29:30	14:00	LOCAL	PA/0	12/8/2014 12/9/2014	10:30AM 4:30AM

Our host Cheri Duckworth introduces our guest today, Jeff McKissack, Defense By Design. Has spoken in front of 350,000 people, doing for 27 years, teaching people basics of living safer lives and navigating their world without being in fear. Don't be afraid to give others assistance or help, but use discernment, so you're both a safe and good Samaritan. Profiling: usually applied wrong. Usually more stereotyping, age, gender, part of town. True profiling: two people, neither of which you know are asking you to go with you somewhere. This is a red flag. Especially going somewhere you'll be out of control or other people can't come help you. Ask, is there the potential for something to go wrong here? Environmental awareness: aware of table, chair, cameras, lights, the environment. Situational awareness: situation can escalate or come out of the blue. Shares story of woman put into coma by a road rage driver, because she didn't call the cops. Can think about buffers to put between you and another person, but also be aware of situation that can escalate quickly. Was teaching some attorneys about situations of a shooter at the courthouse. Don't cover behind a curtain to conceal yourself, find a solid wall for protection. Don't hold up scarf to conceal from knife, but rather put up a purse for protection. This is critical thinking and it's not taught at school, only at police and military. Don't just text and walk through a parking lot, be aware of your situation and environment. Be smart.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Public Safety	700 Club Newswatch #12082014	1:00:00	5:00	REC	PA/0/E	12/08/2014	2:00PM

**CBN News Reporter Chuck Holton Reports:** Churches are meant to be sanctuaries from all the evil that happens in the outside world. But for many reasons, churches in America today are becoming targets for protests, predators, and maybe even terrorists. From small country churches to the megachurches that see thousands of worshippers every week, violence in the sanctuary happens far too often. A former Secret Service agent, Miller said the threat against churches is rising worldwide. Miller said that security is mostly what you don't see, and that's why it's important that places that have large gatherings have a professional security team in place. Children's programs have to be especially vigilant. Part of church security is responding to routine medical emergencies as well. If a tragedy were to happen at your church, one thing is certain: Very soon after something happens, there will be satellite trucks and media standing out on your front lawn. The best advice is: don't keep them in the dark. They've got to do their job. Designate somebody to come out and give them the information you have. You don't have to give away names; you don't have to give away anything you don't want to. But it is important that you have a plan for how to deal with the news media. It's time for Christians to become educated about what's going on in the world, to be prayerful, and then to be prepared. And those things will make a difference.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Youth	Joy in Our Town #719	29:30	14:00	LOCAL	PA/0	10/6/2014 10/7/2014 10/10/2014	10:30AM 4:30AM 12:00PM

Our host Cheri Duckworth introduces our guest today, Bianca Gamez, Marathon Kids, non-profit in Austin. Service 4 states and 123 cities, marquee 5 are in the state of TX (Austin, Dallas, Houston, El Paso, and Rio Grande Valley). Also service Fort Worth, Waco, Marble Falls, and Abilene. This year hopefully help 250,000 children. We provide resources that motivate them to live happy and healthy lifestyles. Dallas area -- 11th year, 50,000 elementary age children, program takes place inside the schools. Program is motivational, children enjoy being in the program, and like being active. PE teachers are School Champions and run the program in their school, and see the kids motivate themselves and complete this marathon over the six month school period. Some kids have completed 3 marathons. They love it. Partners in Prevention: supporters help us gain more awareness inside the Dallas area. This allows us to bring it out to more schools and parents so they can focus on becoming healthy and active along with the kids. When mom and dad are supportive, the child feels better about themselves. The PE teachers are the ones who help us be creative, and one school did their own Olympics that counted for their mileage for that day. Our staff does school visit support and will be active with them, and talk about healthy eating, water consumption. October 18th, kids will get their own water bottle to encourage them to always drink water on the go. Mileage log and fuel log (26 great fruits and vegetables). Mileage is just a pie chart on the form, so you fill in 1/4 of pie for 1/4 of mile. This helps being healthy become a routine. We have seen great benefits (we even see teachers today that are marathon runners who went through the marathon kid program). Kick off in Addison on October 18th. We encourage people to volunteer to come see these kids in action. It's a big event with arches the kids get to run through. They get gold medals for completing the marathon. Hand out water, give high fives, anything to encourage the kids.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Youth	Joy in Our Town #720	29:30	14:00	LOCAL	PA/0	10/14/2014 10/17/2014 10/18/2014	4:30AM 12:00PM 3:00AM

Our host Cheri Duckworth introduces our guest today, Brentney Parks, Speak To Me, Inc. We help people live to their highest potential. We go through things like divorce or changing schools or anything as a child or adult that is a transition. We are there to help people go through these moments by reinforcing your mind, body and soul. Steps against bullying campaign we are focusing on. Speak to Me Talks - totally different with video based campaign with interviews. Recently lost Robin Williams. We all go through things and are stressed or depressed or have lack of motivation. Sometimes we don't know what is going on or know our child is truly stressed. Being bullied now is totally different because it follows you in cyber bullying in texts or social media. It affects you not just at school but all day long, and even if you move. Know yourself and know the value of yourself. Crinkling a \$20 bill doesn't change its value. We have kids understand different cultures and work as a team. What helps is that we realize we are not that far different than someone who is on the other side of the world. Still a kid, still have to obey parents, and have chores, etc. Our blood is the same, we will hurt when we fall. Why would we treat them any different? Education helps us treat people better. Parents need to be there for their kids. Until you are ready to change, no one can make you undepressed. But you can confirm they are having a bad time, but can turn their attention to the other things that are happening that are better. Notice if they are withdrawn or have changing behavior issues. Have dinner at home as family and it can decrease stress. Some cover up the pain and act weird. So open up the conversation and have an open dialogue. 121 million people are stressed or depressed clinically. \$300 billion a year spent on these issues including missed work. We offer Speak To Me Talks campaign. We interview people who have been through something and have a story to tell. It's always good to hear someone else's story, and it can be freeing. It helps everyone heal. Campaign will launch at the beginning of the year. Watch the videos as a family, and we will be offering to schools as well. Educators are so busy, steps against bullying campaign is just incorporated right into the day right along a spelling test or math. They are working more together than ever before. When you work alongside your classmates, you'll do a little better at understanding them. We can work with others and feel that we may not get along with them, but they are nice in my group, so I should treat them better.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Youth	Joy in Our Town #723	29:30	14:00	LOCAL	PA/0	11/3/2014 11/4/2014 11/7/2014 11/8/2014	10:30AM 4:30AM 12:00PM 3:00AM

Our host Cheri Duckworth introduces our guest today, Ray Schufford, Mentoring B2B. Mentoring our youth is very important. Since 1998- saw a need for young men that were dealing with many situations. They didn't have an identity. Their father was not in the home. In these homes, moms have certain qualities they can teach, but the kids need a man's influence. We provide counseling for them and meet every second Saturday to help them understand what their sons might be going through as they grow into adult males. It's not on you the kid to be the father, but to be the son. To moms: ABC: Abilify, Believe in your sons, have Courage. If you are going to mentor, stick to it, other people come and go and disappoint them. That's what hurts us all. If you are going to be in a persons' life, be with them, stay the course, and stick to it. This will build trust. Kids are fragile at this stage and have the ability to go to the good side or bad side, so if someone can step in and show them the right way, their lives will be changed. Struggles: identify crisis, and negative media on TV and technology and implementing positive ways in the right times. Playing football, eating dinner together, just listening to what they have to say can help. I and the other founder have wanted to build this into a bigger thing than just Dallas community. We would love to see a branch in Denver or places surrounding Dallas. To do this we need more volunteers. We are getting older, so we need the next generation step up and pour positive energy into these kids. Iron Sharpens Iron. As you get older, you'll have to sharpen that young person so they can take over and then reach back and help someone as well. Main challenge: let the young person express himself the way they want to, while being respectful, and we need to be patient enough to listen to them and disciple them when they need discipline. Tell them: You must take responsibility for the things you do, but I am still here for you. Everybody has downfalls, but you can still make it to the future in a good way. I know you messed up, but I still love you. If you have parenting issues, it's a forgiveness issue. Just like our God forgives us and wants us to go on, we forgive and get past things.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Youth	Joy in Our Town #727	29:30	14:00	LOCAL	PA/0	12/1/2014 12/2/2014 12/5/2014	10:30AM 4:30AM 12:00PM

Our host Cheri Duckworth introduces our guest today, Lenita Dunlap, Heart House. Vickery Meadow-near North Park Mall, ethnically diverse community. Mini melting pot. Our vision: expand to serve refugee children. But right now focus is on Vickery Meadow. Not just an after school program. The focus is to help the kids successfully acclimate to American culture. Help with the English language and culture, etc. These kids have seen things most kids would never even imagine. Different emotional and social needs. How do you equip yourself to help them? Research and figure out what you need to tailor your program to when dealing with kids from different cultural backgrounds. Figure out what each child needs. Take time to get to know the families. Empower them as they navigate through the school system. Staff who love on the kids as if the kids are their own. That, together with the community, we serve well. You have language differences, cultural barriers, in one setting over 15 different languages being spoken. Girl Scouts and other groups come in and bring their friends. The kids love that. How do you manage with the language barrier? Our goal is to help them acquire the English language. Some immediately pick it up. We have learning centers. One student just arrived this summer, now she speaks confidently. They can experience the learning happen. That's our focus. When they come and start school, how do they get connected with you to help them at home? Afterschool care program is more than helping with homework. Part of that agreement is that they talk about it with their parents. So they know about Heart House. We pass out flyers in the apartments. Very approachable. Very visible. Easy for them to know where to go. Kids tell other kids about it. It's an honor to be considered a school even though we're just an academic enrichment program. Word-of-mouth is a measurement of success. Some come in and don't know any English. Can they navigate? That's a huge part of what we do. Key indicators of success. Whether or not they're learning and taking in the culture. Walking alongside their journey. Iraqi kids playing with kids from African countries. Different cultures, different customs. Biggest challenge - that we make certain we're providing best resources for them that we can.