

TRINITY BROADCASTING NETWORK

QUARTERLY PROGRAMMING REPORT

July, August, September 2016

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
ECONOMY
EDUCATION
ENVIRONMENT
FAMILY
HEALTH
HOMELESS
PUBLIC SAFETY
SENIORS
SUBSTANCE ABUSE
UNEMPLOYMENT
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 THIRD QUARTER.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Civic Affairs	Joy in Our Town #814	30:00	14:15	L	PA/0	08/01/2016 08/02/2016 08/06/2016	5:30PM 4:00AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Mayor Pro Tem Mark Solomon, of the City of Richardson. We are the first city outside of Dallas, bounded by 2 great highways, Interstate 635, and Highway 190, or the George Bush Tollway as everybody calls it. We're in a really great area. But if someone is new they'll be able to find us very easily! We just have an abundance of easy transportation. The improvements to 635 going westward makes it very easy to get to Richardson. Our issues today are trying to keep the city young. We have an aging infrastructure, so we have to continue to work on that as we go through our day-to-day activities. We're working on the old Beltline Road. Richardson has never had a main downtown. We were a railroad stop on the railroad train. We are trying to reenergize that area and make it better. Renner Road and Highway 75 has our new 300,000 square foot transwestern development. That has really been a great place to live, work, and play. It is a true statement that people can have an apartment, go next door and eat and go to the DART train every month. We have 52 homeowners associations or neighborhood groups. Greg Sewell, our web developer, does a lot to keep people engaged. This morning, my grandkids came in and their grandma is taking them over to the new waterpark that we have. As we grow and change and develop, all those things are there. It's just a fun place to be right now. One of the challenges we're focusing on is our budget. We are planning for the next year. We just passed a large bond package to make infrastructure improvements, mainly in our first-responder areas. Our number one fire station used to be the city hall building. How many women were serving on our fire department when that building was built? Zero. But we now have some wonderful women firefighters and police officers in our community. We are updating our social media to type of employees and retrofitting buildings for restrooms to be handicapped accessible. The Richardson Independent School District has 28,000 students plus. RISD is served by PISD. We just had the Arch Diocese of Dallas appoint a new superintendent of schools. We also have parochial schools and charter schools. We have so many things to do in Richardson.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Civic Affairs	Joy in Our Town #815	30:00	14:15	L	PA/0	08/08/2016 08/09/2016 08/13/2016	5:30PM 4:00AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Beth Van Duyne, the Mayor of the City of Irving. There's a lot happening in Las Colinas -- there seems to be a real boom. One of the challenges is that we're growing really fast. We're nearing 240,000 in population. Up in the Urban Center, we've got Water Street coming up, which is going to make a big difference. In South Irving, we have single-family homes that are going to be coming up around Delaware in the Heritage District, at our old library. We've already signed an MOU (memorandum of understanding) to bring a Microsoft Innovation Center to Irving. We realize that transportation is an issue. Not everybody has a car or wants a car. We are seeing this new proliferation of residents being built. It's cool to hear that there are all these new things up and coming to the southern portion of the city. We've got new restaurants along Main Street. Irving is an older city, and we have a large aging population. People who have grown up here are going to stay here. The average age in Irving is under 29. We're one of the top cities in the area of North Texas for millennials to live. We have a wonderful senior center, and we're working to get more senior housing. In the Main Street area, we're trying to have a walkable community. One of the things we've been pushing for is more single-family homes in the city. We're really pushing for the benefit of our school district, especially investing in homes for people who are going to be here long term. We've got 50% more developments now than we did in the past 8 years. Verizon is looking at another huge area for housing and retail. That's a billion dollar project. We have signed an MOU to build another almost billion dollar development where the old Texas Stadium used to be. Communication is really important to us, so we try to put every piece of it we can on our website. We're now publishing on Facebook. Our police department is now starting to publish things on Facebook as well, including all the fun things they're doing. We're trying to tap into that positive energy and get that feel of community. With all the new housing, they are sold quickly. They cannot build them fast enough. If you look at the rest of the US, why is Texas a great place to be? I am a New Yorker by birth, but I am a Texan by choice. We have more shopping per capita in D/FW than New York. Irving was recently deemed one of the top 3 places to work. Irving is right in the middle of everything. We're right in the middle of Dallas and Fort Worth. We are so close to D/FW airport. We are quickly becoming the 3rd largest metroplex in the country. Chicago is moving down the list as we have more people moving here. You're looking at a little construction right now. You can expect a lot of development in the coming years.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Civic Affairs	Joy in Our Town #816	30:00	14:15	L	PA/0	08/15/2016 08/16/2016 08/20/2016	5:30PM 4:00AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Steve Babick, Deputy Pro Tem of the City of Carrollton. If you look at some of the top-growing cities, Carrollton is actually right up there. Supporting that growth is the key. The law enforcement has been in the news recently. Carrollton has always been really good about getting that information out there. We have a brand new ambulance we're adding. Our police department is expanding. For example, a police officer had pulled his car over and was playing ball with some of the kids in the school yard. This Saturday morning we are actually having "Coffee with a Cop." The residents love it because they can visit with the police officers. There are some development areas. We're 103 years old now. As a city, we're now in a ring. We have some mature areas, but also some new areas, and we're experiencing growth. WinCo is coming in for instance, in terms of people who are coming in. Our East/West corridor is being improved. It's all about investing as much as you can ahead of time. We have a number of commercial customers also coming into Carrollton. With all that growth, we also have to make sure we've investing in entertainment. We're adding more dog parks, senior centers, and police department staff. Years ago we actually started investing in trail centers. We now have 28 miles of trail systems, and are still growing. In the Northern suburbs north of LBJ, it's all homes and industry. But there's this nice green belt that runs from Lewisville to Irving. We have the opportunity to look at our golf course and repurpose that. Our trail system is going to be left for nature's sake. It's going to have some mulch-type walkways. We have great families and great people. We're a community of neighborhoods. As you look at the civic involvement, those who are serving are great leaders. We are the first-ever city in Texas to win the civic award in transportation.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Crime	Joy in Our Town #815	30:00	14:15	L	PA/0	08/08/2016 08/09/2016 08/13/2016	5:30PM 4:00AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Terri Peaks, Manager of Victim Services, Mothers Against Drunk Driving, and her guest, Gwen Edwards. We celebrated our 35th year last year. Our mission includes ending drunk driving. We don't want any more victims. We assist those who have been affected by drunk or drugged driving. We provide a number of services and support. We listen, and we have no statute of limitations. No matter when the crash happened, someone can still call. We have support groups who meet together. Many people who come to us have never been involved in the criminal justice system. We allow people to self-identify. Some choose to be called victims, some choose to be called survivors. We also use the term victim-survivors. If there's a teenager who's been killed, there's an entire school that's been affected by it. Gwen: my son was killed just 8 days after he turned 22. He was killed in November. We also had a candlelight vigil. It's kind of like celebrating Christmas without them, but also like celebrating it with them. It emotionally affected my daughter as well. With help from MADD, I've been able to overcome a lot of anger. It devastates not only the immediate family, but friends and church friends. I don't think I would have made it without MADD. With them, you're able to share your story over and over and over. I've really benefited from it. It's been 5 years, but I still go to trauma support because it was so hard on me. He was my baby. I still have hard days. Even when I hear stories from other people, I can only imagine what they're going through. There are so many services out there with technology, and they can call a ride any time to come pick them up. There's no reason to get behind the wheel of a car. One of the first things that can happen is a listening ear. MADD has advocated in Dallas, Fort Worth, McKinney and 31 counties in the DFW area. They also work with the victim compensation program. If someone's had someone die from a drunk car crash, there's a financial cost. If someone can't pay, MADD has connections that can help them out -- Crime Victims Compensation. They are available 24 hours a day. MADD has a toll-free number you can call. Sometimes during the day or at night, when you're not with the support group, you can pick up that phone and call the advocate. They go beyond their job to help me. MADD has been a backbone for me.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Crime	700 Club CBN NewsWatch #07292016	1:00:00	5:00	REC	PA/0/E	07/29/2016	2:00PM

CBN News Reporter John Jessup Reports: When the women living in Dawn Knighton's Florida beachside house wake up, they are greeted by artwork with encouraging Bible verses, like the popular passage from Psalm 139. It affirms how humanity is "fearfully and wonderfully made." The bright, flowery wall art is a far cry from the lifeless steel bars and stark bare walls they used to see when the only home they knew was a prison cell. Like clockwork, Knighton's housemates start their day with a mandatory three to five mile run along the beach. They're also required to meet daily for prayer, Bible study, and accountability. Per house rules, the women are prohibited from pursuing romantic relationships unless they are married. The rules are rigid but deemed a necessity to transition successfully to living outside of prison. For recently released inmates, second chances are hardly a part of their lexicon. Statistically, it's true. About 600,000 inmates are released annually, and two-thirds wind up being re-arrested. While women commit fewer and less violent crimes than men, the challenges they face when they return to society are often the same - like trying to find housing, employment, and a system of support. Knighton, a Christian counselor and an ordained minister, opened up her small three-bedroom home to provide women all of those things and to help them become productive members of society. She founded Radical Restoration Ministries in 2008, a faith-based non-profit whose mission is to help rehabilitate women coming out of prison. For Knighton that mission hits particularly close to home. Her life of crime began early on, using and selling drugs. She also eventually sold her body to feed an addiction to crack cocaine. Kathy Tolleson recalls seeing Knighton in her neighborhood years ago. It was in front of her home where Knighton used to walk the streets in pursuit of men looking to pay for sex. Tolleson didn't just pray. She also posted signs that read "No Prostitution Zone" on telephone poles and found other methods to discourage prostitutes from picking up customers in front of her family home. At the time, Knighton wasn't aware of those prayers. All she knew was that the lady with the bullhorn was hurting business. Raped, battered, and abused by some of the same men who paid her for sex, Knighton lost her desire to live. But not before her nearly 50 felony convictions finally caught up with her. She faced up to 15 years in prison after her last arrest. The night she was taken in, she was placed in maximum security and confined in an eight-by-ten prison cell with only a Bible. That was when she decided to recommit to her Christian faith from which she had walked away and ask for help. It was the beginning of a radical change that sparked what she describes as a vision from God to open houses for women coming out of prison with nowhere to go. Knighton began to counsel and pray with other female inmates. She also completed her first year of Bible college while in prison. She was released after serving only a year and a half and credits her early exit to the "grace of God." She then moved in with her mother, worked as a barber, and continued her education at Covenant Bible College and Seminary. In 2013, she earned a doctorate in theology. Knighton sees her release and new life as nothing short of a miracle. They also serve as reminders of her promise to return to prisons to show other inmates there's hope. Knighton's changed life has given her access within the Florida Department of Corrections to minister to women in the very same prison where she once served time. Her ministry has since partnered with others like Pastor Sheryl Brady and the Texas Offenders Reentry Initiative (TORI), a ministry of the Potter's House in Dallas, Texas. Perhaps the most surprising partnership is one she developed at a Christian conference a few years after being released from prison. It was at that conference when she bumped into an unsuspecting acquaintance from her past. They now attend the same church along with the women enrolled in Knighton's program. Every week, they pile into Knighton's car and worship at the church located around the corner from the house where she used to walk the streets - a reminder of her changed life. She and her housemates view Tolleson as a "spiritual mom." The two also preach together and pray for women on death row, which they affectionately renamed "life row." Radical Restoration Ministries' rigorous discipleship program has a 98 percent success rate and a year-long waiting list. The women who have completed the program believe they are forever changed. Belinda Kitchens, who recently left Florida to work with Heidi Baker's Christian missions group to help children in Mozambique, credits both God and Knighton for her new identity. Knighton is now taking her message into men's prisons and planning to open discipleship homes for them, too. But her passion remains the same: to see a radical change in what she calls the "prison nation."

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Economy	Joy in Our Town #817	30:00	14:15	L	PA/0	08/22/2016 08/23/2016 08/27/2016	5:30PM 4:00AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Ken Goodgames. Today we're going to be talking about the first steps to financial freedom. I have to be guided through God's work, and what His plan is for me. If you watch the way we run our organization, it's about the community first. It's about how we go about serving our communities. You learn how to manage money as children. Many people learn from their parents. My Dad was a horrible money manager, so I was too. Then I looked at myself a bit differently and realized I've got to do better. I'm a big believer in the tithe and offering. It's about how you manage the blessings God has given you. As we figure out what our goals are, you can track it. You can see what your progress is. There are small, incremental steps, but if you begin to take them, you'll see the difference. We all want some kind of badge or something. It's important to introduce this to faith-based people too because there is a huge population that is underserved about money management. It's a very important part of our overall mix. You can't exclude them about a predisposition of belief. Our policy is inclusion. We have been working with Concord Church and trying to get a sense. We just want to augment into the financial management programs they already have. If I'm wanting to manage my money but also need to pay my light bill, I'm going to pay my light bill and then handle the management stuff later. It is important to be a good steward of our money. When it comes to our finances, if you learn how to budget, you have to have a plan, and be able to learn the steps that are required to sustain the plan. Oftentimes churches will talk about the 10% and offerings, but if you're a good steward with 100% you'll be able to budget for the tithe and offering. You should budget for that first. That's given first, and then pay yourself next by saving. Our perspective is why should we compete with other companies when we work better together?

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Economy	Joy in Our Town #822	30:00	14:15	L	PA/0	09/26/2016 09/27/2016	5:30PM 4:00AM

Our host Cheri Duckworth introduces our guest today, Mark Sterns. I'm a flight and aviation entrepreneur. In aviation, everyone wants to be Top Gun. But when that gifting fades, your character is what lasts. So character over giftedness. The key in starting any business is determining your core values, even in doing business with someone. It's dynamite; it just explodes when people are walking in unity. With few exceptions, organizational core values are virtues. And those virtues are that every good and perfect gift comes from above. It's very important to have people walking with you, particularly if you're an entrepreneurial leader. You can be making decisions that affect a lot of people's lives. First of all, if you have a vision of doing something, you can make it happen. (Shows the form.) Tells us how to file a name of a business at your county office. It's only about 25 dollars, so it's that simple step to get started. Talks about the logistics of running your business finances, opening accounts in your business' name. Liability is the big reason for wanting to incorporate. There are a lot of websites and legal resources for your basic starting a business. In 2012, 89% of resources come from businesses with 20 people or less. Don't spend money on lawyers too quickly; you don't need to. Jesus spoke the world into existence. In 25 years, I've never heard this, as any company that values this: joy. They value joy.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Education	Joy in Our Town #810	30:00	14:15	L	PA/0	07/04/2016 07/05/2016 07/09/2016	5:30PM 4:00AM 2:30PM

Our host Cheri Duckworth introduces our guest today, David Williams. We're moving into our new facility that the kids designed. They made the image in adobe suite and learned how to create the box for the holographic image. We want kids to learn that they belong. We want them to understand that they're part of a broader community. We also worked on a project with the Dallas Zoo. We chose to build this school because we wanted kids to have a tuition-free option. We are proud to be a part of public education. It's nice as parents to have those choices. What are some of the benefits of choosing a charter school? Understanding the 2 arms of public school in Texas would be important. You have an elected governing body and a selected governing body. The charter school comes from the idea that we sign a contract and do what we promise to do. We release the responsibility to the students early on and some students might not be ready for that. But for older kids it can be great. We're not for everyone, but we're for anyone. What are some of the differences and challenges in North Texas that we're facing right now? Regionally, it's different where you are. At the state level, we have public funding challenges. Courts just ruled that funding is constitutional. We all agree that the funding can increase. It's a \$1,000 gap per student. At large, we have challenges with mobility. It's the fastest growing region in the nation right now, and we have to be prepared to embrace newcomers. The challenge is to get kids to see a world beyond their neighborhood. I'm glad you're here saying these things because it's hard to wrap your brain around the fact that some kids only know their block and don't know a world outside of that. It's shocking and hard to imagine. I love that there are educators out there that are trying to make a difference. We have to start looking at how education is going to transform. We all need to be accountable for the tax dollars that are spent. The leaders in our system are not producing the type of graduates that are actually equipped for the society that we're in. We want to get students prepared for college. These are things that are going to help them survive and thrive in a rapidly changing world. Stanford convened a number of presidents and said colleges are hiring more counselors and social workers to help them cope with the stress. We can't do everything, but we can do something.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Education	Joy in Our Town #811	30:00	14:15	L	PA/0	07/11/2016 07/12/2016 07/16/2016	5:30PM 4:00AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Robbie Esteban. Our mission is teaching adults to read. We provide English as a second language and math. We want families to have a foothold on getting out of poverty. Regarding the literacy rate, we know that 1 in 5 cannot read, but expect it to increase to 1 in 3 in the future. Only 11% graduating are ready for college and work-ready, so 89% are not ready. Sometimes there are underlining problems like dyslexia. Our programs help specifically with that. Once you give us a call, we will set up an appointment speaking to you about your personal story. We will then assess and put you in a class that is best fit for you. We tailor programs so that everyone can access them. Getting jobs starts with literacy, and confidence grows. It does help our community as a whole. Reading is a human right. It helps people to know their rights as well. It is a human right to fully participate in society, to read for understanding and self-education. It is empowering. We make sure to hand things across the table and not down to a student. A student is never wrong, not a mistake. It's an opportunity for a student to grow. We remove shame from classes. It's about encouraging the effort. A lady named Tanya started classes in January to get her GED, but when she came to us, she was reading at a 2nd grade level. In 8 months she has improved 4 levels, has huge changes in confidence and has a job and on track for management.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Education	Joy in Our Town #819	30:00	14:15	L	PA/0	09/09/2016 09/10/2016	12:30PM 2:30PM

Our host Cheri Duckworth introduces our guest today, Loretta Burns. AB Christian Learning Center came about from a sermon that I heard that Christians need to do more than just go to church on Sundays. Reasons children are considered at-risk: anything that hinders a child's academic development or social development. Most of the time, those indicators are brought upon them by outside things. Poverty impacts them deeply. When families are struggling to exist, that's what their focus is on. They're not thinking about helping a child with homework. The child can develop a get-by mentality. It's not that the parent doesn't care. It just becomes a matter of priority. We do get to know the parents, and we develop a relationship by what's in it for them. We are not fixing anyone -- they're not broken. We're just helping them. Our program is called 'The Power of Seven,' and it's community-based. A lot of times parents don't know what resources are even available. We use the number seven because it's the number of completion. It's a big number in the Bible. We see a lot of quantitative, as well as qualitative changes in our students. We help them find out what those resources are and help them to access those resources. Some of the common needs are, of course, jobs. Information - a lot of parents don't understand the school system. It's not as simple as it was when I went to school. They don't understand the testing system. We don't need to label children as problematic because they don't learn like 75% percent of students learn.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Environment	Joy in Our Town #811	30:00	14:15	L	PA/0	07/11/2016 07/12/2016 07/16/2016	5:30PM 4:00AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Freddie Ortiz. Why is it important to do XYZ for sustainability? Dallas purchased 100% of electricity that we get from the grid with sustainable energy. We are working to replace all of our light fixtures. We are also protecting our pollination. Not just our bees and butterflies, but our flies and wasps -- they're all pollinators. They are such an important part of our economy and ecology. 1 in 3 bites are produced by pollinators. Our commercial honey bees produce 14 billion dollars' worth of crops each year. Beetles produce 9 billion dollars' worth of food. The mayor has signed the National Wildlife Federation's Monarch Pledge, which means he's signed up to do 8 action items out of a list of 24. Some of the items are having stakeholder meetings about what we can do to help the monarch butterfly. We're installing a monarch-friendly facility. About 25 cities in the metroplex have signed on to the monarch pledge. The cities of Rockwall, Fort Worth, Denton and Kennedale, and the I35 corridor are major migration routes for monarch butterflies. Why are the monarchs so important? They are pollinators. They help produce our flowering plants and fruits and vegetables. From 20 years ago, the numbers have decreased by 90%. How are some issues affecting the city of Dallas as a whole? We would save quite a bit of money if we just disposed of things properly. Even little things like not using a straw when you get a drink at a restaurant. Its things that we can apply to our lives. What can we do at home or work to help reduce litter? Pack your own lunch so you don't have to drive during the day. Where can we learn and find out about more practical tips? At Greendallas.net.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Environment	Joy in Our Town #812	30:00	14:15	L	PA/0	07/18/2016 07/19/2016 07/23/2016	5:30PM 4:00AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Helen Dulac. Defend Your Drains is a program from Dallas-wide utility. Drains are for liquids, so don't put things down them from cooking. Anything that comes from our food should not go down the drain. (Shows graphic list of what not to use.) Personal care products are small, so we don't think about them as posing any sort of problem. But when they are flushed down the toilet, they can clog pipes. (Wet wipe demonstration.) Wipes don't behave like toilet paper so they can clog pipes or make it all the way to the waste water treatment plants in one piece. Treatment plants are not a landfill so they are not designed to handle solids. Since it's going to end up in a landfill anyway, let it take the direct route and just throw it in the trash. (Floss demonstration.) Floss doesn't break down -- it stays in one piece. The average person uses 18 inches of floss. It stays strong while soaking. (Shows stats of a family of 4 using 2,000 inches of floss.) That's 166 feet of really strong string that you're taking the chance of putting down your pipes. (Shows drug disposal envelope.) You can buy them online or in some pharmacies. You mail your medications directly to the disposal facility. You just put it in the regular mail and it goes directly to the facility. We have learned over time that these medications dissolve in the water and waste water treatment plants cannot remove 100% of the medications out of the water. So don't flush them or put them down the drain. Even if you throw them in the trash, they can still get in the water since it goes into a landfill. How do we find out whenever these campaigns are happening? Some cities and police departments have a kiosk where you can drop off your medicine. We will share that information on our social network. Walgreens will take your medications back. What can we do to clean out our garage? There's that extra task of figuring out where some of our paint, chemicals, BOPA, batteries, oils, paint and antifreeze go. Dallas County has a home collection center, and you can drop them off and leave them there at no cost. Talk to us a little more about recycling our oils. Do we still do the Cease the Grease drop-offs? Yes, we do. Pipes are made for water and the 3 p's.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Environment	Joy in Our Town #816	30:00	14:15	L	PA/0	08/15/2016 08/16/2016 08/20/2016	5:30PM 4:00AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Debbie Branch, Resource Recovery Planner for the City of Fort Worth. The federal government wants to make sure pharmaceuticals that can be addictive are more controlled. We've now gotten more sophisticated and realized we need to be collecting and disposing them. Make sure you don't flush either one, and bring them to a proper collection take-back. The DEA has a couple of events each year. One is coming up on October 22, but it will be a federally-sponsored event. Fort Worth is prepared to start a pilot project. All leftover medicine should go into a drug-takeback program where the medicine can be incinerated. Between D/FW and Houston, there are 5 wastewater treatment plants. If people are continually flushing them, they would be in the water continually. The amount of pharmaceuticals coming into landfills is negligible. They're highly engineered. We just try to make sure that the material going in is as innocuous as possible. We have to maintain the landfills for 30 years after they're closed. If you're a resident of anywhere in the metroplex, you can look up a location nearest your zip code. Walgreens is putting 500 kiosks at their 24-hour pharmacies. Extended User Responsibility -- producers of drugs are also thinking about the end such as labeling things properly to indicate what is harmless, etc. Two states have said that if you manufacture drugs, you need to have some way to take them back. Say you have a neighbor or a grandkid who comes over to your house, but while you're busy they might be going through your medicine cabinet and harvesting a few pills. Removing the items is a good thing.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Family	Joy in Our Town #813	30:00	14:15	L	PA/0	07/25/2016 07/26/2016 07/30/2016	5:30PM 4:00AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Noble Crawford, HOPE Farm. Cultivating a future and a hope for boys. The boys we save are those who do not have the benefit of having a father in the home. We come alongside the person who is raising them and we partner with them to help the sons of those moms become successful. The impact of an absent father on the life of a boy has many implications and negative outcomes. The mom is a nurturing type of person and the father is structured, so when moms have to play a dual role, it's incomplete. The outcome manifests itself usually sometime around middle school. We become like surrogate fathers for the boys. Gang involvement and juvenile delinquency can be directly correlated to not having a father in their life. It may start with just playing hooky from school, and hanging with the wrong people. As they get older and wiser, and once they get into the criminal justice system, it's hard to get out of it. Then a lack of education means they have nothing that will help lift them out. Legally the mother is the legal guardian so when they sign them up for the process, they can stay in till high school. As young as five they can start the program. We try to get them into the program much younger. Hope Farm is very well established and well known in Fort Worth. We can set boundaries based on relationship and not just rules. We can get in their face like moms can't. We model what a man looks like and how they treat women. A young man who started at age 6, begged his mom to take him after he found out about it at school. His mother enrolled him, he graduated high school, went to college, lives in Atlanta, is married, bought first house and is a leader in the community and an associate pastor in church. He's a spokesperson for Hope Farm. Unique feature of what we do is address the needs of the moms who may have also grown up without a father. We talk about vision and what their sons can become. Mothers Resource Initiative that addresses needs of the mothers is led by a single mother. This way the moms understand HOPE Farm is concerned about both them and their sons and thus they will both stay around and stay in the program. Retention goes up and adds to the success rate. Most of the time the first timers have zero social skills; they look at the floor. So we start basic -- how to greet a person and how to look them in the eye and say your name, how you treat ladies including your mom, and accountability (folders must be brought every time they attend to keep track of progress).

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Family	Joy in Our Town #818	30:00	14:15	L	PA/0	08/29/2016 08/30/2016 09/03/2016	5:30PM 4:00AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Amy Ford. At Embrace Grace, we invite and empower churches to help single women with unplanned pregnancies. A lot of times the women are scared going through that season. A lot of times it's just that first time stepping into that church and realizing that they're there to love on them. We're in 242 churches across the nation. I think it's getting better how the church responds to unplanned pregnancies. There still are a lot of churches now that say they're pro-life, advocate for life, they say keep your baby, but then when a girl chooses life, they're like, "good luck with that, we don't really have a place for you." A lot of times they don't know whether to say congratulations or I'm sorry. The baby is not a sin. The baby is a miracle. The baby is a gift from God. We're about just loving people no matter where they are at. A lot of times if the girl is in school, parents think abortion is the better choice. But they don't understand the long-term, life-long effects on her heart. The enemy can try to plant the seeds of fear inside your heart. I had an unplanned pregnancy when I was 19 and I thought my parents were going to kick me out. I thought I was going to be homeless. We scheduled an appointment, I passed out in the abortion room. The nurse said I was too emotionally distraught to make this decision. I went out and told my boyfriend, now husband, that we're still pregnant. And we decided to keep it and see what happens. There wasn't anything at church for me so we just quit going. We asked our pastor to marry us, and he said he wouldn't marry us because we'd sinned and he couldn't bless that marriage. Many years later, he called us, and asked for forgiveness and said he felt like it was his worst mistake in mentoring. He was very open to the congregation about what he had done, he invited me to speak at his church. You could feel church wounds being lifted in that room. For people who are watching today, it's so important that our church body knows how to save those moms and save those babies. The church should be the first place they run to when something like this happens. Advice for young pregnant women is to go to a pregnancy center. The church is the first response team. God is always Plan A, and He has an amazing plan for you. They get so much stuff -- all their practical needs. We have around 50 girls that are loved on at our group at Gateway, where it all started. We've seen people give their life over to Jesus because of that baby shower. Gives information about how to start an Embrace Grace group at your church.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Family	Joy in Our Town #820	30:00	14:15	L	PA/0	09/12/2016 09/13/2016 09/17/2016	5:30PM 4:00AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Ryan North. We connect, encourage, and equip families. A decade ago, equipping families was something that was sorely needed. James 1:27 mentions caring for widows and orphans in their distress. They are called to it, they feel it in their heart. But once they're there, there are unknowns. Trauma isn't necessarily what we always think it is. There are a lot of complex things. The challenge for foster parents is even more complex than that. Every time we had a new placement when we were foster parents, people kind of felt like "ok" like it wasn't an exciting thing. With my parents and my in-laws, they didn't really think they were going to become foster grandparents before anything else. We have to have a lot of grace. The negative effect again is that you feel alone and frustrated, and sometimes you feel stuck because you don't feel like you have many people you can turn to. One of the things that we work on in our ministry is a mentoring program. That's a really big task in our learning program. So we've got 12 families that we work with on the mentoring program. As the church, we want to support marriages and encourage the health of them. A lot of times there's not an alignment in parent philosophy between the parents. If you're a single parent, we do ask that you bring another person with you. It's really damaging to the child, and the marriage, if there's a lot of strife and arguing in the marriage. We have 6 children, 4 are adopted from foster care, and 2 are biological. We try to parent our adopted children in a more connected way by building a relationship and re-establishing trust. We have to, by the quality of the investment we're putting into the relationship, establish trust. Our house is more peaceful now because we parent all our kids the same way. About 7 or 8 years ago, we collaborated with TCU and developed a program with foster care. Our "Empowered to Connect" parenting class is helping Mom and Dad. A lot of agencies and recruitment institutions don't really give you the full picture. It is hard because you're going to deal with some specialized behaviors. You need to be equipped for the journey and called for the journey. But God wouldn't send you into the desert without water. So you can do it.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Joy in Our Town #818	30:00	14:15	L	PA/0	08/29/2016 08/30/2016 09/03/2016	5:30PM 4:00AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Summer Okimoto, DNP, CNM. There may be people watching today that don't know what a certified nurse-midwife is. It is an individual who has been educated in nursing and also midwifery. We all hold a BS in nursing, and done either a certificate in midwifery, or a masters, or doctorate. We practice under the American College of Nurse Midwife, but we also have practice in birth centers and private practice. We do pap smears, STD checks, hormones, babies, etc. We first see midwives mentioned in Exodus. In Biblical times, people believed that midwives were barren. Because the midwives feared God, God provided them with families of their own. We have pre-conception counseling. We encourage them to start taking a daily pre-natal vitamin. Being at a healthy weight can prevent a woman from experiencing a C-section. We try to do that in preconception counseling at the beginning. But because 50% of pregnancies are unplanned, we often can't do that. Your body only requires about 300 extra calories a day. You're not eating for 2. We encourage women to work out 30 minutes 5 days a week. We recommend a 25-30lb weight gain for a woman of healthy weight in her pregnancy. If you gain a lot you can get gestational diabetes in your pregnancy. Birth classes are so important. I really recommend people take classes with their partner. I'm a big advocate of taking a breastfeeding class as well, because it looks easy but it can actually be a little difficult. Fear and anxiety in labor, from a clinical perspective, I discuss what stress does to our body. It can prohibit your body from laboring the way it was naturally designed to labor.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #023	27:30	27:30	REC	PA/0/E	07/06/2016	4:00AM

Today on Switch On Your Brain Dr. Caroline Leaf discusses milkshake multitasking; jumping around, chaotically and haphazardly from one thing to the next. We're not doing anything properly, it creates chaos in our brain, and it's not healthy for us. We actually can't multitask. We are designed to shift between different tasks and shift between different thoughts in a very organized and ordered and very fast way. We are designed to do busy well. Research shows that the human brain is designed to constantly change throughout our entire life. We're constantly growing new neural links, new networks, new dendrites, new structures, and new connections. Memories are constantly altering. Every time you think of a memory it's changing. Every time you focus on something, you are adding more structures to your brain. You are constantly re-landscaping your brain. And we have massive power in terms of what that landscape will look like. Will it be a healthy landscape, which is mental health through good choices? Or will it be an unhealthy landscape through incorrect choices? This is mind work. We, with our incredible, powerful mind, can design it. One of the most important things is to set up a constant internal dialogue with the Holy Spirit. And as you are doing that, you will learn to activate and use the new brain material that He has given us, plus the design of the brain that responds in a healthy way to all these good thoughts that we can build in our brain. By the same token, there's a plastic paradox. We can use those great new cells for bad, for evil, for the wrong thing, for making wrong choices. This new birth of neurons as you wake up in the morning is called neurogenesis; new birth. Multitasking is a myth. Social media experts tell us that the 140-character tweets is how things should be packaged. So, there is a continual stream of information that, yes, in a way, they are correct in that we are designed to respond to a continuous stream of information, but we are also designed to stop and think about that information. There's a very positive side to social media. Fast access to information definitely improves the speed of processing. The problem is that it takes away a lot of depth to people's thinking if you are using it too much. Deep intellectual thinking is extremely important. So, in terms of social media, it has to be a balance. And what they have found is that being addicted to social media – it's an easy addiction to actually develop because we're merged with the technology. Look at people – they're constantly on some form of technology. That, actually, in itself can create a pattern in the brain that is very similar to cocaine. Milkshake multitasking can be managed through quality not quantity. The first thing is that we need to make a decision to direct our attention meaningfully. Pay attention is a primary thing. Where are you going to direct your attention? Because where you direct your attention, learning follows. We need to tune our ears to listen to His (God's) voice. We need to keep focused on God's message at all times, which means that we are supposed to be constantly in a state of: What am I supposed to do next? Now, the Holy Spirit will lay down truth in our intuition of our spirit man. So, we need to develop our intuition. We also need to be extremely aware of our thoughts. It's a definite choice. It's a definite discipline.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #024	27:30	27:30	REC	PA/0/E	07/06/2016 07/13/2016	5:30PM 4:00AM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "What is the Mind?" We are spirit, soul, and body. And the mind is the central part of us. The mind is this soul part of us. It's our intellect; our ability to think deeply. Our will; our ability to choose, and our emotions; our ability to feel. And it's subservient to the spirit of man. So, the spirit of man is higher than the mind of man. And the mind is higher than the physical part of man, which is the brain and the body. And the Holy Spirit is designed to lead it all. Holy Spirit, to spirit, to soul, to body, the soul being mind. Research shows that the mind is divided into a conscious part and a non-conscious part. The non-conscious part is linked to the spiritual part of man and it drives the non-conscious mind. The conscious mind is the conscious part of us that is awake when you're awake. The non-conscious is always awake. Our conscious mind is equally as powerful as the non-conscious mind. The mind is separate from the brain. The mind is not the brain. The mind controls the brain. Scientifically we call it neuroplasticity, which "Neuro" means brain, "Plastic" means to change. But what's really happening is it's renewing of the mind. Our brain has actually been designed by God to be constantly renewed. Whatever you're focusing your attention on, your brain just reflects that. Where your mind goes, your brain follows. So, literally, as soon as we become aware of something, as soon as we are consciously aware of something in our thought life, it becomes changeable. You see, your thoughts precede your words and your actions. As soon as we become aware of something we can re-conceptualize the information. Basically, as we are aware of something, we can in science re-conceptualize the information. Re-conceptualize is basically a fancy word for redesigned. Now, it is accepted that ninety-five percent of who we are operates at the non-conscious level. What is interesting is how science is catching up with word of God. Because this is a completely spiritual thing. God made science. Science is spiritual. As you are thinking, information is coming in through your five senses. And then, that is then activating thoughts to move from the non-conscious to the conscious part of your mind. So, for example, the label PTSD (Post-Traumatic Stress Disorder) comes in varying stages. Any trauma that you have, any toxic thought that you have in your brain is a post-traumatic stress disorder. Anything that you haven't dealt with creates this trauma in your brain. It goes from worry to anxiety to trauma. So, every time it pops up from the non-conscious mind, your whole being is flooded. What we've got to do is go back to the core of: Who are you? How are you reacting? What happened in your life? How have you reacted to that? Is there a better way of reacting? And the only answer is Jesus; to go to the Holy Spirit, because He knows what you can deal with at that particular moment in your life. We need to deal with the psychology.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #025	27:30	27:30	REC	PA/0/E	07/13/2016 07/20/2016	5:30PM 4:00AM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "Choice and the Power of Choice." It is such an incredible gift from God to be able to choose. And it's something that's been debated for years. Even now, it's very popular in science to talk about the fact that we actually don't have any free will. We don't have a choice. That we're just these animals or these biological automata that just respond to the environment. That's not what the Bible says and that's not actually what happens. Moment by moment of every day, you are choosing. And every time that you choose, you generate a signal with your mind that completely changes the genetic structure of your brain and your body. Deuteronomy 30:19 says: "I lay before you life or death." So, every single day, you're in the events and circumstances of life. And you can't control them because those events and circumstances are the result of other people's choices. But you can control your reaction to. So, you have the ability to choose how you are going to react to those events and circumstances. You see, choice is a real thing. And as we choose, we activate all different parts of our brain that kick into high gear. And as we choose well, amazing things happen in our brain. You have to partner with God. Grace is you stepping into what He has given us. When we step into the probabilities, they are all good and life will happen like it should and we will rejoice despite the circumstances. The only way we're going to choose the correct thing is if we direct our attention towards the Holy Spirit, and discipline our minds to listen to the Holy Spirit and choose the correct way. And as we choose, we then collapse that probability into a reality. We have such hope built into us. And science and scripture meet. God uses science to help us see the hope that He has built into us. In super position we don't know the outcome. When you have a love, power, and a sound mind, you are in super position. So, if we listen to God, we'll start hearing wonderful picture of the probabilities. If we listen to the enemy, we'll be hearing an awful list of probabilities that can go wrong. But we have to actually make one of those happen. When you are desperate, you will change. And when you have desperation plus a vision of who you really are, it's so much easier to move forward. We have these incredible things in our body that I call discomfort zones, which are reactions. When you're about to make a choice, there are three discomfort zones that kick in. The first one is you just become aware of how you're going to react. The second one is much stronger where you actually can feel your heart pounding and the adrenaline pumping – a very strong physical reaction. The third one is when you are about to make that choice. You become very, very, very self-aware, self-evaluative and self-regulating, in terms of the consequence of your choice. The plastic paradox is where we can choose either good or bad and they both have consequences.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #014	27:20	27:20	REC	PA/0/E	07/20/2016 07/27/2016	5:30PM 4:00AM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "What is Mental Health?" She breaks it down into three different elements. A state of well-being, first and foremost, is the ability to understand who you are, understand your potential ---- what she calls the "I-Factor." Second, how you handle stress. How you react to the stresses of daily life will also determine how your mental health status is. Third, self-actualization. It's so important that we have a goal that we're going towards and that we feel satisfied, that we feel like we're achieving something, and making a difference in this earth. Look at 3 John 2. Scripturally, mental health comes from your soul prospering. Your soul is your mind. If we look at the World Health Organization's definition of what mental health is, it says: "Mental health is defined as a state of well-being in which every individual realizes his or her potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." The current status of mental health is that souls are not well. For example, there is a 35% increase in mental health among children. There is a dramatic increase in the number of mentally ill since the 1950s. There is a disconnect between how the scientific community and medical community are dealing with mental health versus mental ill health and the way that the Bible is actually teaching on it. So, mental ill health, currently in today's way that we view it, are things like: OCD, schizophrenia, depression, anxiety. All these labels that we have that people are being told are diseases that are chemical imbalances in the brain have never been proven. These are theories. We see widespread acceptance of the idea that mental ill health issues are biological illnesses. But they are not biological illnesses. They are the result of us making choices that we should not be making. The church is not talking about mental health sufficiently. If you look at the statistics, 66% of churches are never talking about it. Only 4% of churches are mentioning it, maybe, monthly. It is a stigma to have mental ill health. What's happened is that there's been a lot of public campaigns to try and make people aware that mental ill health is at an epidemic proportion. It's because we are not aware of what it is and we don't understand it. And there's this disease thing and we need to change it and we need to fix it. What research shows is that that's actually made things worse, not better; that that's increased the stigma. Because to be told that you're a faulty machine with no hope and that you have to be medicated the rest of your life is not something that brings hope; it makes you feel like a broken person. It's a story in your mind. It's a belief system in your mind that goes contrary to having the mind of Christ and to be made in God's image. So, it creates what we call cognitive dissonance in your mind and it creates confusion. If people are convinced that their mental health issues are biological then you automatically want a biological solution. When we talk about biological, we're talking about the realm of the physical. We are spirit, soul, and body. The rules that apply to the physical are not the same as the rules that apply to the soul; to the mind. So, if mental health issues are lumped along with something like diabetes, or a broken arm, or a cardiovascular issue, that is not correct. When we separate out the biological and the mental and we look at this thing correctly, we actually have much more hope. Because of instead of stigmatizing you and saying that you are a diseased, broken machine, we are saying: Hey, you are perfect, made in the image of God. And, the choices that you've made have landed you up in a bad place. And so, we can stand with you and recognize the depth of the uniqueness of who you are and help you get through those issues.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #015	27:20	27:20	REC	PA/0/E	07/27/2016 08/03/2016	5:30PM 4:00AM

Today on Switch On Your Brain Dr. Caroline Leaf discusses epigenetics. Thoughts are real things. You have such an incredible mind that right at this moment you are building these real, physical thoughts inside of your brain. And what those thoughts look like is based on what we call epigenetics. To say it very simplistically – what you are thinking is creating a signal that is actually influencing how the physical genetic expression is functioning and happening inside of your body. Your mind basically controls your brain and your body, so the genes don't just switch themselves on. They're switched on by epigenetics. We need to start seeing that the traumas of life, the hard things, the hard stuff, the suffering, the mental anguish, and the anxieties – whatever you want to call all these things – these are temporary. We mustn't medicalize misery. We mustn't turn the normal reactions of life into a pathology or a disease. This is such a wonderful truth: The fact that you are not a victim of your biology. The fact that you are not a victim of your circumstances. The fact that we can constantly change. The fact that our mind constantly changes. The brain is like a mirror that reflects what is going on inside your mind. The mind can change the brain. The way you think will change the brain. The brain is plastic and we call this neuroplasticity; neuro meaning brain, plastic meaning change. Each and every one of us is so completely unique. As it says in the Bible we are uniquely, fearfully, and wonderfully made. Unique means stand alone, set apart. For so many years, there's been a debate between nature, nurture, and what I call the "I-Factor." Nature is nature-dominant. In other words, are your genes and your biology dominating you? Are you controlled by your genes? Are your genes dictating you? Is there a certain pattern in your brain that's causing all these things to happen? So, that's the nature argument. Then, the nurture argument is the environment that you grow in, the experiences that you have, the traumas that you go through. Is that what's causing these issues? So, there's the debate: Is one more important than the other? Do they work together – nature and nurture? Well, it makes a lot of sense that the nature and the nurture work together. But, there is another factor that's overriding both of these and that is you – your uniqueness that I call the "I-Factor." The psychological part of you, the mind part of you. Your choices are real. You are free to make whatever choices you want, how you focus your attention. This is the gift that God has given us. But please be aware that there are consequences of your choices. So, if you spend all day ruminating about the things that have gone wrong and who did what to you and how you want what someone else has got, well, you are going to be in the mental ill health zone. If you're spending more than 21 days whining and moaning about your situation, and complaining, you will build toxicity into your brain.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #016	27:30	27:30	REC	PA/0/E	08/03/2016 08/10/2016	5:30PM 4:00AM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "The New Science of Stress." Did you know that stress is good for you? The new science of stress shows us that the way we perceive an event will determine whether we move into healthy or unhealthy stress. Healthy stress, which is normal, which is good, helps us to become alert and focused, have wisdom, and think clearly. Unhealthy stress, is when you make bad choices and we then throw our body off and we step into this unhealthy zone inside of our bodies, and there are two stages. We cannot control the events and circumstances of our life, but we can control our reactions to those events and circumstances. When you react incorrectly, you take a good thing and you turn it into a bad thing. What happens is that when we actually start reacting incorrectly and our perceptions start changing; our perceptions of the environment and the situations, then we start affecting every cell of our body and we start moving into stage two and three of stress, which is toxic and which is negative. They manifest in different ways. When we do make these bad mistakes, we can get rid of them and this is the most amazing thing in science: if you have wired that in, you can wire it out. Because we can stand back and observe our own thinking, we have a multiple perspective advantage both into the way that our brain actually functions. So, stand there, stand back, and make a decision: I want healthy stuff happening in my body, not bad stuff. The more you reach out and help others, the more you serve others, the more you get over yourself, the more resilience you actually build into your body physically and mentally against the stressors of life and the more easily you will actually stay in stress stage one and the more you will avoid mental ill health. We need to stop seeing people that have diagnosed mental ill health issues as faulty biological machines. This in itself is a stigma. What we need to see is a beautiful, unique, incredible human being that is not stuck in a box but that has a unique way of seeing life and is going through a hard time.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #017	27:30	27:30	REC	PA/0/E	08/10/2016	5:30PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "Disease vs Disorder." The enemy has got into this whole disease model. We are told that your brain controls you, that your brain produces mind. We have to realize that mental ill health is a learned disorder. It's something we've learned. In the mid-1940s the World Health Organization made a statement about mental health. A very relevant statement. We should be focusing on people's well-being and releasing their potential, not illness. So, a positive focus as opposed to a negative focus. However, that actually has not happened. The focus now is on a negative mindset, in terms of mental ill health as an illness. The disease model of mental ill health looks at psychiatric disorders as an illness, as a biological illness. The DSM-5, which is the "Diagnostic and Statistical Manual" is a manual which basically identifies all the different psychiatric disorders. It is based on symptoms. It is not based on causes. They do not know the causes of psychiatric disorders. For 30 years, 50 years, a hundred years, they've been speculating and doing research. But there is no conclusive research saying that it is a biological, or genetic, or neurobiological illness, which kind of removes all responsibility from the person, makes them into a patient. More recent research is confirming that mental ill health is not a disease; it is a disorder of the mind. It is how we are processing psychologically through our mind. The only way that we can get our brain out of bad patterns is by relearning. We literally learn our way into bad thinking and we can learn our way out of bad thinking. What we wire in we can wire out. This gives us hope. It is not a hopeless situation. There is no situation that you are facing in your mind that is not changeable. Because all the science is confirming what the scriptures have been saying – the minute you bring a thought into captivity, it becomes renewable.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Dr. Caroline Leaf #001	27:30	27:10	REC	PA/0/E	08/17/2016 08/17/2016	4:00AM 5:30PM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by guests Dr. Irinel Stanciudis, an endocrinologist; Dr. Avery M. Jackson III, a brain surgeon and neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the importance of eating and the difference between real food and what we call the Modern American Diet.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Dr. Caroline Leaf #002	27:30	27:00	REC	PA/0/E	08/24/2016	4:00AM
						08/24/2016	5:30PM
						08/31/2016	4:00AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by guests Dr. Irinel Stanciudis, an endocrinologist; Dr. Avery M. Jackson III, a brain surgeon and neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss relearning what to eat, how to cook, and how to think about food.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Dr. Caroline Leaf #003	27:30	26:50	REC	PA/0/E	08/31/2016	5:30PM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by guests Dr. Irinel Stanciudis, an endocrinologist; Dr. Avery M. Jackson III, a brain surgeon and neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the importance of the mind and its impact on our food choices.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	700 Club CBN NewsWatch #0706-09132016	1:00:00	5:00	REC	PA/0/E	07/06/2016	2:00PM
						09/13/2016	2:00PM

CBN New Reporter Lorie Johnson Reports: Our bodies use oxygen in a number of ways, including healing. Breathing alone provides about 20 percent of the oxygen our bodies need. But today, doctors can ramp up that amount to help people recover from the most debilitating injuries and illnesses with hyperbaric oxygen therapy. It's hard to believe Michael "Bean" Black survived his horrific car crash in 2011. When Black arrived home to Dallas he still suffered from severe injuries, including brain damage. But his condition improved after he started receiving hyperbaric oxygen therapy. Hyperbaric oxygen therapy involves breathing, 100 percent pure oxygen inside a pressurized chamber for about an hour to 90 minutes per session. Dr. Alfred Johnson, director of the Hyperbaric Centers of Texas in Richardson. Black said the therapy made a big difference. After the first 40 treatments, Black went back for 40 more a few months later. Costs vary depending on the provider from as little as \$100 an hour on up. Insurance and Medicare sometimes offer coverage, depending on the condition being treated. Insurance companies can reimburse for hyperbaric oxygen therapy for the treatment of traumatic brain injuries, like Black's. Dallas businessman John Herrick said the therapy is easy and has helped him sharpen his focus. Consumers can purchase or rent portable hyperbaric oxygen chambers, but they typically deliver far less oxygen and pressure than industrial-grade ones. Conditions treated with Hyperbaric Oxygen Therapy include Autism, Burns, Cerebral Palsy, Chronic Fatigue Syndrome, Closed Head Injury, Fibromyalgia, Migraine Headaches, Multiple Sclerosis, Near Drowning, Parkinson's Syndrome, Post Traumatic Stress Disorder, Reflex Sympathetic Dystrophy, Rheumatoid Arthritis, Sports Injury, Stroke, and Traumatic Brain Injury. Johnson said stroke patients can have improved quality of life. He said he's witnessed progress for people with autism, as well. Hyperbaric oxygen therapy may not be for everyone. But today, Michael Black is in far better shape than he or his family ever dreamed possible since his near-fatal car accident. They believe this therapy has a lot to do with his recovery, so they plan to stick with it and hopefully see even more improvement.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	700 Club CBN NewsWatch #07082016	1:00:00	5:00	REC	PA/0/E	07/08/2016	2:00PM

CBN News Medical Reporter Lorie Johnson Reports: Cancer is a word no one wants to hear. Yet statistics show half of all men and a third of all women will receive the bad news. Churches should be a sanctuary for support. However, in many cases, people suffer in silence as they cope with their illness. Now the Cancer Treatment Centers of America is offering a free program to break down the wall of silence. After years of counseling cancer patients, Rev. Percy McCray knows they bear a burden unlike people fighting other illnesses. Thanks to his training, McCray knows the importance of encouragement. One conversation helped him realize others need to learn these skills, too. It wouldn't be the last time he heard that. McCray said typically, churches deal with issues like addiction and marital problems very effectively. But it can fall short when it comes to meeting the needs of parishioners who are struggling with healthcare issues, particularly cancer. To bridge this gap, McCray and his associates at the Cancer Treatment Centers of America elected to offer complimentary cancer ministry training to representatives of churches across the country so they can better meet the needs of their brothers and sisters with cancer. It's called "Our Journey of Hope." Cancer Treatment Centers of America offers free training for two people from a church who use what they learn to raise up cancer ministries in their home congregations. Participants learn the basics of the disease and treatments in order to focus on what it's like for the patient. An added incentive for a church is that the training is free of charge. That includes the two-day seminar, food, lodging, and materials. La Wanda Long attended the seminar years ago and now passes on what she learned to volunteers at Atlanta's Enon Baptist Church. Long teaches the volunteers one night a week for eight weeks. At that time they are ready to take on a cancer patient who has come forward requesting assistance. She said the extensive training ensured the patients will be cared for responsibly. She said so far the cancer ministry at Enon is a success. Lisa McDermott attends Enon. She remembers suffering through nearly five months of chemotherapy for breast cancer. She asked the cancer ministry to help her with daily needs. McDermott dealt with one main point person who recruited others to pitch in. The cancer ministry made such an impression that McDermott wanted to get the training. As Nefertiti Dixon's mother fought ovarian and colon cancer, the ministry stepped in. Although her mother lost her fight, the cancer ministry made those final days easier. They also helped Dixon with things like meals, which lifted a burden. As a working mom with two children, she became overwhelmed with the pressure of caring for her sick mother. So while cancer will likely continue to strike far too many, churches now can choose to help those within their midst who are dealing with the disease.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	700 Club CBN NewsWatch #08122016	1:00:00	5:00	REC	PA/0/E	08/12/2016	2:00PM

Hippocrates, the father of medicine, once said, "All disease begins in the gut." Now, 2,000 years later, that belief still rings true. Some of our latest medical breakthroughs focus on what's happening in our intestinal system. Bacteria, also known as bugs or germs, we assume they're all bad, right? Not so fast. Scientists recently discovered much, if not most, of the bacteria in our body is good for us. The key to good health depends on having enough of the right kind. We all have trillions of bacteria living in our intestines—hundreds of different species, each with different functions. Scientists call it our "gut flora." Neurologist Dr. David Perlmutter, author of "Brain Maker" is one of many physicians warning against disrupting this fragile ecosystem. Dr. Vincent Pedre, author of "Happy Gut," agrees. Unfortunately, when it comes to good gut bacteria, many of us are sorely lacking. After all, antibiotics kill bacteria—bad and good. Perlmutter says most people have no idea how severely antibiotics damage our gut flora. In addition to antibiotics, processed food can also disrupt the gut biome. Perlmutter says processed foods contain heavy doses of the wrong kinds of fat, like heated oils such as soybean, corn and vegetable oils. He also advises against consuming hydrogenated oils, also known as trans fats, which are common in processed foods. However, he points out not all fat is bad. Even babies delivered by Caesarian section can miss out on getting enough good bacteria. So while our lifestyle choices really do a number on the gut bacteria that's so critical to our health, the good news is we can improve it with probiotics and prebiotics. Probiotics are the good bacteria we need and often lack. You can find these living, microscopic organisms in supplements as well as in cultured and fermented foods like kim chee, sauerkraut, yogurt, kefir and kombucha. Prebiotics are the food for the probiotics - they keep probiotics living and growing as they should. Just like good soil, they create a nurturing environment in your gut so your bacteria can thrive. You can get prebiotics in supplement form as well as in foods, like asparagus, onions, leeks, garlic and dandelion greens. Perlmutter says many people are only aware of the benefits of probiotics, but he stresses prebiotics are equally important. Not only can it help your mood — Perlmutter says even serious brain disorders, like attention deficit hyperactivity disorder, autism, even Alzheimer's disease can improve by increasing good bacteria. That's because they help make neurotransmitters and vitamins while at the same time aid in reducing harmful inflammation. And not just the brain. Scientists are now identifying specific strains of good bacteria that treat all kinds of problems, from skin rashes to the flu. That means a targeted probiotic could take the place of a prescribed drug. Pedre says that opens the door to a wide range of natural treatments. So if you want to boost your health, doctors say improve your gut flora. That means avoiding processed foods, even antibacterial cleansers and antibiotics when advisable. Then add good bacteria with probiotics and boost them with prebiotics, also available as supplements or in certain foods.

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	700 Club CBN NewsWatch #09142016	1:00:00	5:00	REC	PA/0/E	09/14/2016	2:00PM

CBN News Reporter Lorie Johnson Reports: Americans are increasingly getting fed up with the insurance-based medical systems. It often means long waits for appointments and doctors who seem to have one eye on the patient and the other eye on the clock. That's why many primary care doctors and patients are turning away from insurance and to what's known as concierge medicine. When it comes to healthcare, Johnny Guerry prefers old school, meaning just he and his doctor calls the shots without any input from an insurance company. With concierge medicine, patients pay their primary care physician an out-of-pocket monthly fee, sometimes an annual fee, in exchange for unlimited access, 24/7. Concierge medicine used to be something only for the rich and famous. But according to Dr. James Pinckney, known to his patients as "Dr. James." that's not the case any longer. Where he works at Diamond Physicians in Dallas, adults pay from \$95 to \$295 each month, based on age. That covers all acute procedures and medications. Sometimes patients have to pay extra for services outside the office, like a CT scan. But doctors negotiate cash rates with those third party vendors that are a fraction of what they bill insurance. The cost for children is even less than adults. Each child costs \$45 a month for unlimited access to their doctor. Liza Schlitt says her two young boys usually need medical attention alter hours. Doctors recently gave her son Griffin a breathing treatment, prescription and a nebulizer to take home, all covered by the monthly fee - and on a rainy Sunday afternoon. Perhaps the biggest difference between concierge medicine and insurance-based medicine is the time patients spend with their doctors. The Affordable Care Act flooded offices of already overloaded primary care physicians to the point where face-time with doctors can average as little as eight minutes per visit. Primary care doctors who accept insurance treat on average about 3,000 patients, This is known as a doctor's patient panel. The typical concierge physician has a patient panel of about 500 patients. At Diamond, the doctors promise their patients their patient panel will never exceed 600. This ensures each patient has their doctor's undivided attention. Although concierge medicine involves paying cash for day-to-day health expenses, doctors do recommend their patients buy health insurance, but with a high deductible. So as insurance-based healthcare complicated this crucial need, more patients and doctors are going old school, with a cash-only plan, similar to the way it was a half-century ago.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Homeless	Joy in Our Town #810	30:00	14:15	L	PA/0	07/04/2016 07/05/2016 07/09/2016	5:30PM 4:00AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Karen Dudley. God has really blessed me to be able to go out and share the good news. Without hope -- the Bible says that hope deferred makes the heart sick. One of my questions when I minister is, "What did you want to be when you grew up?" I love to talk to their heart and their humanity and I don't immediately address their homelessness; you need to address their humanity. It brings that hope back and they're remembering who they are. I don't really like the label of "homeless" to begin with. That is a symptom. They're devastated. I don't even know how I would feel if I were in that situation. One awakening that I had -- I was raised in the country in Oklahoma when God called me to this ministry. We've all gone through life and pain. My husband died and I was left to raise my children. Through the things that I had gone through, I began to have compassion. I didn't always have compassion. Our folks have been hurt. They have been devastated. One thing I've learned over these years is if I start something I need to continue it. Until there is that spiritual connection, there is no healing for real. Regarding the tent city, what you would find is that people are without showers. Drug dealers are exploiting the people. Women have been beat up. You don't know why they stay. We have brought many people out from tent city. There's a way out and they need people that will come out and show them that there's a way out for them. What are some things that we do that help people to be able to function again? If we can just get them away from their environment and can speak into their spirit. I don't believe it's just rehab. I believe you have to have a spiritual connection with God. Nobody's going to hear me if I'm hungry or haven't showered. It has to be physical, emotional and spiritual. We're getting ready to start our youth camps in the summer for the youth in our area.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Homeless	Joy in Our Town #813	30:00	14:15	L	PA/0	07/25/2016 07/26/2016 07/30/2016	5:30PM 4:00AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Kathy Lanier. Homelessness in the USA has overall decreased, but in Texas has increased. Average family intake is 24 thousand dollars a year which is not able to feed a family. Unemployment could be from illness, job loss; whatever is the cause of the crisis and how can we help them to get out of their crisis before we help with earning a livable wage. 30-40% of the homeless are families. 100% of families that come to us are under-employed. Employment is an issue. We witness that when it comes to the primary earners, a lot of families have children, 70%, and about 45% of those are single parents making 11-12 dollars an hour. We help regain their hope by programs and spiritual counselling, Bibles and prayer. Having a sense of a community is huge! Most are embarrassed but a sense of community can encourage, and that is everything to them. We really focus on getting people out of their crisis, then give employment counselling and benefits, and then slowly peel away benefits to get them skills to transition to taking care of their family. We also do budget advice and financial planning. Call our number and our website which gives all of our programming information. We also have affordable housing, with 104 apartment units. We have a food pantry that helps 17 different zip codes in northeast Dallas.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Homeless	Joy in Our Town #814	30:00	14:15	L	PA/0	08/01/2016 08/02/2016 08/06/2016	5:30PM 4:00AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Teri Petty, the Director of Family Promise of Irving. We are a shelter, and we do that through partnerships. 80% of our students are on free or reduced lunch programs. What we define as homeless is being doubled up with family or friends. If you don't have control of your regular, nighttime sleeping area, then you're considered homeless. The families that come to us are those that are living paycheck-to-paycheck. If they have a car problem or medical emergency, they can be in a bad situation. One of the advantages of Family Promise of Irving is that you can use our physical address as your address. Family Promise is really a collaborative effort. As far as children are concerned, our primary goal is to make them feel as at home as possible. At our day center, we have a bedroom home. Our primary goal is to make our children comfortable. We've very diligent when we train our volunteers. Anyone who has direct contact with our guests needs to be trained. We will notify the church of our volunteers who are coming up to help out. We don't allow one of the children from our schools to volunteer on that same week, because it puts them in a very bad situation. They're not homeless, they're just experiencing a homeless situation. We have a service group that puts toys in age-appropriate bins so we can change them out. We have a website that you can go to and find more information. To hear the hearts of those that are reaching out to our children you can volunteer as little or as much as you want. We need help at the day center, and we have an older 3-bedroom house. You also can do projects as a group if you want to do, and we always have a honey-do list of things you can do. We have one company that I went and trained their volunteers at work, so when they come in we have hands-on contact with our guest. It's really fun to watch! We have to have the business community involved too. A lot of people are working full-time or are just under-employed. The city of Irving has some housing subsidies available. We have a really strong job market, but they're not always living-wage jobs.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Homeless	Joy in Our Town #817	30:00	14:15	L	PA/0	08/22/2016	5:30PM
						08/23/2016	4:00AM
						08/27/2016	2:30PM

Our host Cheri Duckworth introduces our guest today, Karen Dudley. Jesus is the same yesterday, and He's going to be the same tomorrow. I have seen God take some people who everyone else says is a lost cause and totally turn them around. We have a discipleship program, a women's home in Dallas. And when you see them walk in the door, it's like there is this light that just comes about them. Gives an example of guy in the Bible who was laying out by the pool of Bethesda. We go to the tent city, we take them the blood of Jesus Christ. We require no red tape; it's just a matter of them wanting to be made well. People who don't know a lot about the homeless community and what they struggle with find it hard to understand what they go with. We have to take time with them, we have to accept them just as they are. I've seen so many people that gain the strength to get up, get a job, get back to their families, be a mom/dad, etc. Story, woman who lost her son. When a woman loses a child it does something to her heart. Boy at the age of 3 ripped away from his mother. He remembered that she used to call him honey. And someone called him honey and it set him off. He's not quite restored yet. Things happen to people in prison. But there's healing in Jesus Christ, and I get to see that. Every person that walks through our doors can be healed by the blood of Jesus Christ. We need Him every day. God is a restorer. All you have to do is believe. All things are possible, if we can only believe. Everywhere I go, I get panhandled. I don't give them money. I give them food and resources. You need to know that when you give them that couple of dollars, they may not use that for food. That's between them and God. Do unto others as you would have them do unto you. That's beautiful advice. And so simple. Sometimes we over-complicate things. If I were homeless, I would be mad. I would have an anger issue. Hope in the homeless community is huge. The number one thing is to give somebody is hope -- that yes I can do this.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Public Safety	Joy in Our Town #820	30:00	14:15	L	PA/0	09/12/2016	5:30PM
						09/13/2016	4:00AM
						09/17/2016	2:30PM

Our host Cheri Duckworth introduces our guest today, Jeff McKissack. 29 years ago, it started right here on this network. I flew up to Vermont, we met together, and for the next 6 years, I was his apprentice. Now 29 years later, it all started from a show on this network. I was the self-defense instructor for a number of years. Some people thought aren't we supposed to turn the other cheek, etc. And yet, throughout Church history, you have a lot of "just war" doctrine. You don't want to go on the offense, but if someone attacks you, you are more than ok to defend yourself and try to keep yourself safe. In this verse, what Jesus was alluding to was a slap on the cheek. It was a form of challenge or insult -- it was not a physical attack. The same thing for road rage. What should be your response? Turn the other cheek. There is a time to simply walk away. Don't give any kind of credence to the person who is hurling insults at you. There is a difference between being a martyr and being a victim. 25 years ago, a missionary went to Africa with his wife. They'd been killed on a mission field in Africa. They were robbed and killed by bandits. They were called martyrs for their faith. But they weren't attacked and robbed because they were Christians. They weren't killed because of their faith. I don't think we need to elevate them beyond what they should be. There are people who are truly martyrs for the faith, but that's different from being attacked for your wallet, car keys, etc. 1 Peter 5:8 says to be aware. It doesn't say to be afraid or paranoid. It says to be aware. There are so many things we don't use discernment for, and as Christians especially, we should be using discernment. We need to use wisdom and knowledge, both of them combined. What I try to do is empower people, not scare them. We have media and other things in our society fostering that sense and spirit of fear. But it's that counterbalance that allows you to have discernment. The first step of self-defense is "don't be there." But you can't simply not be there unless you have been trained on what to look for and know when you shouldn't be there. We focus a lot of our attention on our phones and we're distracted by what's going on around us, and not always aware of our surroundings. Bad things can happen in nice places.

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Public Safety	700 Club CBN NewsWatch #09122016	1:00:00	5:00	REC	PA/0/E	09/12/2016	2:00PM

CBN News Reporter Mark Martin Reports: Author and activist Erin Merryn is on a mission to protect children from being sexually abused. With millions of victims in the United States alone, the Illinois woman is taking her fight to all 50 states and beyond. *People* magazine named her one of 15 women changing the world. With a bubbly baby girl, supportive husband, and infectious personality, you'd never guess Erin Merryn has endured tragic, unimaginable acts. This vibrant 30-year-old is a survivor of sexual abuse. Merryn said it started when she was just 6 years old at her first sleep-over. She said the uncle of her best friend sexually abused her during the night. The first time. Merryn never told anyone, and she says until she turned 8 and a half, when her family moved from the area, the man repeatedly sexually abused her. He even brutally raped her just weeks shy of her seventh birthday. She said he continued to threaten her to keep quiet, and she complied. Even after she and her family moved to a new neighborhood, sexual abuse continued. Merryn said this time the perpetrator was an older cousin, someone she had viewed as a brother figure. Merryn wrote about her despair in her childhood diary. Merryn finally broke her silence when her younger sister told her that she, too, was being sexually abused by the same cousin. The two told their parents who believed them 100 percent. The next step was telling their story to a forensic investigator at The Children's Advocacy Center of North and Northwest Cook County. More than 900 of these non-profit centers exist around the country. The room where Merryn found her voice has a two-way mirror. As she shared her story with a trained therapist, behind that mirror investigators listened, collecting information to build a case against a perpetrator. Merryn said her cousin confessed to the crime, was sentenced to seven years probation, and put in a sex offender treatment program instead of receiving jail time. However, her early childhood abuser was never prosecuted. What Merryn and her sister went through is by no means isolated. Merryn eventually went on to become a social worker at a counseling agency. But God had different plans for her to help children and teens on a national and international level. He used her childhood diary to spark a new idea. At that, Erin's Law was born. The law requires age-appropriate personal body safety and sexual abuse prevention curriculum for pre-kindergarten through 12th grade students in public schools. It educates kids on safe touch, unsafe touch; safe secrets, unsafe secrets; how to get away and tell. Merryn is on a mission to find either a state senator or representative in each state to sponsor the bill, draft it, and introduce it to lawmakers for an eventual vote. Erin's Law is spreading like wildfire, even drawing the attention of celebrities like Oprah and Katie Couric, and magazines like *People* and *Glamour*. In a little more than four years it's passed in 21 states and pending in 22, with seven to go. It's a legacy she'll leave for her baby girl and millions of other children who, because of a law, will be protected from the grip of sexual abuse.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Seniors	Joy in Our Town #812	30:00	14:15	L	PA/0	07/18/2016 07/19/2016 07/23/2016	5:30PM 4:00AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Renae Perry. We are a social service here in Dallas that serves older adults. The needs one person might have might be completely different than what someone else might need. We have employment service. Maybe people over 50 want to get back in the work force, maybe they haven't updated their resume in a long time, connecting them with employers who are excited about hiring mature workers. Whatever the need of that person is, we're able to talk with them and connect them with the resources or provide them with the resources. What are some of the biggest issues concerning our aging population? We are hearing a lot of older adults who've been victimized by fraud, scams, exploitation, financial security is a big issue for older adults. When exploitation occurs or they've been victimized by fraud and scams. If someone has been victimized by financial exploitation, last year alone, over 36 billion dollars was taken from our seniors across the country. First of all, it's infuriating that there are predators out there who are seeking the vulnerable. This is all so new for a lot of them. And all these silly things that we know aren't real but in their hearts we just want to help people, and they want to be polite and not hang up on someone. We can talk to you about making sure your older adult can stay at home safely if they want to. If long term care is needed, we have a program that advocates for quality of life for older adults in those facilities. In our society, we're so youth-oriented and people don't want to talk about aging and end-of-life issues, but it's so important. It's such a difficult conversation to have to have. You have to. You have to have it. Knowing how to approach it, what to ask, helping your loved one answer those difficult questions, to be honest about what they want and don't want. Going to our website can be a great way to get tips and tricks on how to have that conversation. Having an older loved one in the home, there are going to be some challenges with that. One of the biggest challenges for remaining independent at home is just being safe in that environment. Falls are a huge issue. People fall, go to the hospital, and it can be a general decline after that. Don't have rugs, have grab bars in the bathroom, don't have slip surfaces. Some of those things do cost so for those who would like to stay home. When do we know it's time to put someone in a facility? That can look different for different people. It can be about whether they can get what they need at home. A lot of times people will look at assisted living facilities as an option. Advocating for the quality of care and life, we can share with them common complaints and concerns. We wouldn't recommend a specific facility, but we will give them information about several different facilities for them to know and choose. A lot of the time budget is a deciding factor.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Seniors	Joy in Our Town #821	30:00	14:15	L	PA/0	09/19/2016 09/20/2016 09/24/2016	5:30PM 4:00AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Susan Frank with Hearts for Homes. God gave me a vision about 20-30 years ago that someday I would be helping people with home repairs. Then in about 2005, God began renewing that vision in my spirit and tweaking it a little bit. In June 2016, we began Hearts for Homes which does no-cost home repairs for very low-income seniors. The people we target are really the neediest of the needy. Referrals come from agencies who already service seniors. Common repairs are roof leaks, plumbing repairs, heating and a/c repairs. Example of an uncommon repair: In 2011, we had a little lady and all she had put on her application was "plumbing fixtures." Our volunteer came back just shaking his head. She didn't have a bathroom. She was 80 years old, had lived in this little shack of a house for 60 years. She got a complete re-do. First thing we did was get her connected to the city sewer at no charge, and then completely re-did her house. We have so many people on the waiting list. It's heartbreaking to see the living conditions, but rewarding to see the tears of joy running down their faces when we're finished. This is kind of an invisible demographic, especially those people who lived through the Great Depression. They're proud people, and they don't want to ask for things. They're resilient, and they figure out how to make things work. Story of a woman whose water heater hadn't worked in 5 or 6 years. She would heat water and carry it to the bathroom. She had to go through the kitchen, a bedroom, and into the bathroom, and there were throw rugs all along the way, which are a big trip hazard. She said she did fall just last week. We need to reach out and help; they deserve it. Right now we only service Denton County, but part of our vision is to expand and go into different counties. It takes a lot of volunteers, but not necessarily skilled with home repairs. We need skilled people for some home repairs, and we have skilled volunteers for that as well. Some of them have been with Habitat for Humanity for years. One of our volunteers is a retired commercial contractor. We never have a shortage of referrals. People find us. We've never had a cleared waiting list. If you're not going into the homes, you're not going to see it because they're not going to talk about it. We work with a lot of the Denton County communities and a lot of people have community improvement services. They're good to work with, especially when they know they're working with very low-income seniors.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Substance Abuse	Joy in Our Town #822	30:00	14:15	L	PA/0	09/26/2016 09/27/2016	5:30PM 4:00AM

Our host Cheri Duckworth introduces our guests today, Greg Ambroson & Dylan Henson with Adult & Teen Challenge of Texas, Azle Men's Program. We're always trying to meet the needs of those here in our area. Right now we have about 35 students that enter our program. We are always taking in new students as well. Teen Challenge originated about 50 years ago, out of NYC. David Wilkerson started it in an effort to help rehabilitate young men that were coming out of gangs. At that point, it really spurred on to what it is today. We have 280 centers in the U.S., as well as several centers around the world. It's a 12-month, residential, faith-based program, and is helping people overcome addictions. It meets the needs of these people and is there with them. We have a wealth of resources. Dylan: I was addicted to a medicine called Saboxin. When I came in, I was very depressed and broken. Now I'm just full of hope. Teen Challenge is a place of hope. I have my servant's heart back, and I'm ready to serve God. One of the things that sets us apart from other programs is our success rate. 86% of the people who complete our program are still clean 5 years later. It's the God factor. Sometimes, the first time they get hugged-on and cared for by another man, they break. It's imperative that they come to realize who Jesus really is. And that makes all the difference. The first two weeks is a little bit intense; we limit them in contacting with the outside world. We have an academic program where they're learning about the Bible, how to study the Word of God, how to memorize the Word, etc. Of the first 2 phases, the first one is a minimum of 7 months. We want to prepare them as much as we possibly can. We do something called the ultimate journey in which they really evaluate their life. All of us have some crossed wires.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Substance Abuse	700 Club CBN NewsWatch #09272016	1:00:00	5:00	REC	PA/0/E	09/27/2016	2:00PM

CBN News Reporter Lorie Johnson Reports: Heroin use has reached epidemic numbers, with overdoses killing more than 10,000 Americans in 2014 alone. For years, people considered this addiction a big city problem, but people are now quickly learning heroin is in their own backyard. Take for example, Caitlyn Weems, who died of a heroin overdose at age 21. Her mother, Carolyn, says although it's been three years, she still grieves her loss every day. If heroin addiction and overdose can happen to Caitlyn, it can happen to anyone. Raised in a stable, Christian home, she loved sports and school. Caitlyn's addiction began innocently and unexpectedly. She first got hooked on prescription painkillers following a series of sports injuries. These powerful, often habit-forming narcotics, called opioids, go by names like Percocet, Oxycontin and Dilaudid. Prescription pain pills and heroin produce the same type of high, but heroin is cheaper and easier to get. Pain pills are also regulated, so you know what you're getting. But when it comes to heroin, dealers often secretly lace it with other toxins, like the all-too-common fentanyl, creating a potentially lethal blend. Nora Kitchens knows all about that. Hooked after that first time, Kitchens stayed that way for years. Heroin addicts continually need more of the drug to get the same high. Kitchens wound up with a \$100-a-day habit. As the number of addicts skyrockets, so does the number of babies born to them. These infants come into world as addicts themselves and most immediately endure painful withdrawal. This happens almost every day at Virginia's Sentara Norfolk General Hospital. The day CBN News visited, maternity nurses helped deliver five addicted babies. Neonatal occupational therapist Steven Brown says the addicted babies appear and behave differently than healthy ones. Weaning them off the drug often takes weeks. Janel Moore, a registered nurse at Sentara Norfolk General, says Child Protective Services is usually notified, but that the goal is to keep the family intact if possible. Kitchens is in that group. Her son William was born addicted. William is now clean and healthy. Kitchens still receives outpatient treatment. Meanwhile, lawmakers are doing what they can. Virginia Delegate Todd Gilbert pushed through legislation allowing law enforcement to administer the so-called "save shot" to overdose victims. Most states are following this lead, with some allowing trained citizens to administer the "save shot," also known as Naloxone or Narcan. There is also the "9-1 -1 Good Samaritan Law," allowing people present during an overdose to call for help without risking arrest. Furthermore, the medical community is enacting regulations surrounding the way doctors prescribe pain medication and the ways doctors communicate with other doctors prescribing pain medication to the same patients. Gilbert said America needs to come to grips with our nation's heroin epidemic.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Unemployment	Joy in Our Town #819	30:00	14:15	L	PA/0	09/09/2016 09/10/2016	12:30PM 2:30PM

Our host Cheri Duckworth introduces our guest today, David Rawles. David spent 30 years in corporate America. CareerSolutions does several things to help the community find jobs and succeed in their jobs. Half of our students are unemployed, either laid off, let go, or some other reason. They're entering the work force and they need help. Most job-seekers, 90%+, don't know where the jobs are, don't know how to find them, don't know how to appropriately apply, etc. D/FW has been in the Top 10 labor markets for almost a decade. Although it's a great place to work, there's still a lot of competition because people all over the nation are now flocking to Dallas. We're filling lots of jobs here, but there are still a lot of people trying to get them. Most people think that jobs are posted when they're open. Only about 10-20% of jobs that are filled are ever posted anywhere. Most of jobs are filled using networking. We teach them how to compete and have a good resume. Sowing and reaping - one of the best Christian principles anyone can learn. Zig Zigar quote, over 40 years, you help enough people, you will never need for anything. If you are doing the right kind of strategic relationship-building, you won't find yourself struggling to find work 10 years later. Story: a friend of mine is one of the best networkers I've ever met. No matter where he is, I always calls to check in on him and ask him if there's anything I can pray for him about. God has wired us to be connected to people. We help equip job-seekers to change careers. People are afraid that they don't have what it takes to go from Career A to Career B. First you need to size up what it takes to be in Career B. It helps to volunteer and be mentored by someone. Many baby-boomers were raised with the idea that you retire at 65, but many of them keep working, whether for financial reasons or something else. Many of them are looking for something to do to benefit the community. I have worked with job-seekers from 17 to 78. You can find good jobs at both ends of the spectrum. Things are going to continue to change, and we want to make sure we're doing the purpose God has for us at that time. We need to stay current and keep learning.

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Youth	Joy in Our Town #821	30:00	14:15	L	PA/0	09/19/2016 09/20/2016 09/24/2016	5:30PM 4:00AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Arthur Porter, talking about developing young entrepreneurs. One of the things we try to do is to get the kids, and even the adults, to understand that we have an entrepreneurial spirit. We show them the importance of cultivating our passions and asking them what energizes them. We try to address that from a spiritual perspective. And we try to get them to understand how important that creativity is. Having that creative mind when they're very young, they have nothing to really distract or put roadblocks in front of them. When you're creative, that puts you closer to God. God is The Creator, and He put everybody in His image, so we are creators. Creativity and homework can help give them that balance. It's sometimes difficult when they have to do something that's not always considered creative. We have parents now who are bringing their kids to us because they're trying to get them into something creative. As they get more homework and responsibility, we need to balance that with their creativity. Creativity gives you value. You start to see value within yourself with creativity, and you see all these possibilities. By allowing kids to have that creative energy and those creative times, that allows us to take them out of those situations that can kind of depress us. Drawing and printing are examples. One of the things we do is tell them to come up with a name for your business, and then come up with what is it that you like to do. If you like writing, start with one sentence, and then a page. 2 pages can turn into a book. If they come to us, we will show them possibilities by finding the tools they need to get started. Everything we need, God has put within our reach. We just have to look for it and go for it sometimes. We're trying to make it happen, but if we let God do it, He will direct us. God will put us in the place that we can make that happen. Walk through our door; just walk through our door. Learning how to transfer images from paper to products, they will see how to do animation. We have a 13-year-old that's creating animations. They will learn how to sew, how to sell products, etc. To parents who think this sounds like more work for them, it could be -- but it's worth it. It's important to remind your kids that they are capable of doing the things they want to do. Feed that entrepreneurial spirit in our children. Pay attention to what your child is saying and doing. If you observe that, they will show you what it is that they like doing. I have seen parents that would say "my child likes to talk a lot, they talk too much." Well, that's good. Let's figure out how to use that. There is some type of profession that is connected to whatever they're doing and whatever they like doing. Teach the kids how you want them to use their traits in their lives. It starts with looking at what they've already been God-given.