

# **TRINITY BROADCASTING NETWORK**

## *QUARTERLY PROGRAMMING REPORT*

***October, November, December 2015***

**KDTX-TV**

**DALLAS, TEXAS**

**ASCERTAINMENT LIST**

**LEADING COMMUNITY PROBLEMS**

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

**CIVIC AFFAIRS  
HEALTH  
HOMELESSNESS  
PUBLIC SAFETY  
TRANSPORTATION  
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 FOURTH QUARTER.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Civic Affairs	Joy in Our Town #774	30:00	14:15	L	PA/0	10/26/2015 10/27/2015 10/29/2015 10/30/2015 10/31/2015	10:30AM 4:30AM 12:00PM 12:00PM 3:00AM

Our host Cheri Duckworth introduces our guest today, Mayor Marcus Knight, city of Lancaster. We used to be more rural, but now we're considered more suburban. We have an airport, golf course, 4 museums. Really a great, great town. We've got a historic town square that many people find very charming. We're seeing an increase in commercial development. How, as a governing body, do we manage in a sustainable way? We're going through our comprehensive planning process and look at where we want to go 10 or 20 years forward. That allows us to really weigh in with our consultants. That's an exciting process and we'll get the results here in a couple of months. For a lot of successful cities, planning is key to everything that they're doing. What's the best way to communicate what you want for your city? There are a couple of avenues. Generally, we have public hearing opportunities where those who might be affected by a decision can come to a meeting and express their support or their concern about the project. There's always an opportunity for citizens to express their concern. We really encourage our citizens to take advantage of those opportunities. Often times we're able to work with a developer to modify their plans so both sides can be happy with what the project ultimately will become. How do you keep that balance of people who have been here for a long time, who like that rural feel, and don't want that to change? One thing we try to do is to take the emotion out of the situation. This is not easy, and there are times when it's not possible to achieve the optimal goal where both sides get what they were wanting. But perhaps in the future they will all see the wisdom behind the decision that was reached. Those are things that have to be considered. But if you look at it from a logistical standpoint, it can be beneficial. One of the positive things that we've seen is that as the school district has continued to improve in academic rigor, they're starting to see a growth in academic population. Our school proposed a school bond initiative this past May that will replace 2 elementary schools. Transportation, roads, in the city of Lancaster. This past fiscal year we've allocated more money than we've done in the last decade. We're going to be doing lots of road reconstruction in residential areas as well. We want people to know that we're hearing their concerns. Lancaster is one of the oldest cities in all of Dallas County. He actually serves on the same board as one of the oldest founders of the city. Talks about the history of the city.

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						11/10/2015	4:30AM
						11/12/2015	12:00PM
						11/13/2015	12:00PM
						11/14/2015	3:00AM

Our host Cheri Duckworth introduces our guest today, Council Member for the City of Carrollton, Steve Babick. Carrollton is conveniently located. What are some of the biggest challenges Carrollton is facing? Infrastructure, I-35 being redone, tollways expanding with adding lanes, keeping up with our growing population, now 125,000 residents, continuing to boom, keeping up with those residents, focusing on economic development. Significant development projects. How are you able to ask these big companies to come in, how do you get them to come there? It's very competitive. People can locate their businesses anywhere in the metroplex, but because of our convenience factor and our school systems and transportation infrastructure we have a lot of assets to leverage. We're going to leverage our community as a whole, the workforce. 30% of our population have Bachelor's degrees. At the same time, we have one of the most diverse populations. Is there anything Carrollton wants more of? Restaurants. What about the guests that come in? Do you see a lot of hotels coming into the city of Carrollton? We're strategically located. Having hotels is one of the biggest things we're looking to add. Indian Creek Golf Course, conference center. Governor small business center last week. Carrollton does have quite a large amount of small businesses. Always been very supportive of our businesses that are within the city limits. Why do a lot of small business owners choose Carrollton? Small businesses cater to different people and groups. Our diverse population is one aspect, and the convenience factor of our transportation system is another. You are surrounded on all sides by major thoroughfares. With the Dallas DART green line we have, it's really transforming our entire transoriate district. It's reaching to the entrepreneurial centers. It's one of the top markets right now for investment in small businesses. You really were pioneers with the DART transportation system. Your residents obviously like that. How is it that you communicate with your residents? One of the toughest things is engaging the changing demographic. Younger people communicate differently than our older population. We engage all forms of social media. Our police department has done a great job sponsoring multiple times a month a "Coffee with a Cop" event. One last thing that we're doing with the police department is going door-to-door and doing a courtesy inspection to see if there's anything they may need help with. That's our Cares program. It's always nice to get a knock on the door and just know that the people and leaders in your community are here for you. Carrollton has that home, small-town feel to it. The local city government has always been very approachable. You have people who have been born and raised in Carrollton and are raising their families there. I think that says a lot about Carrollton. We had our Centennial 2 years ago now. We have a number of events that are hosted in the square. We've got pools, splash pads and 25 miles of bike trails.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Civic Affairs	Joy in Our Town #780	30:00	14:15	L	PA/0	12/07/2015	10:30AM

Our host Cheri Duckworth introduces our guest today, Troy Powell, with the city of The Colony. We have a lot going. We are small and have a small town feel. Close neighbors and active associations, and safe a place to live. We have struggled to get developments in our community. We have half a billion dollars invested in our community. Challenges can be good and bad. A lot of homes have been built, but with that there is traffic. We have had a well thought out infrastructure with water and waste. But new revenue streams. When it comes to communications, we have a huge opportunity to connect, using websites and social media. We will never be too big to not communicate with a person. On our website you can input online and a staff member will contact you. In bigger cities that is not possible. Our future plans are traffic construction. Our website is best, specific info, reach out to myself and staff. We are shifting our focus to redevelopment, to keep them updated. We want to develop the land we have to be what we need, and also to give us the quality of life we want. Public safety stays strong. Local government is made up of a group of counsel that care about our community. They have children and they want the best for them. We want nice homes which make good investments in the community. That passion makes us not issue-orientated. We are only 36 years old. School districts: the majority are in Lewisville and other one is Little Elm. Lewisville has had 3 new schools built, and they are remodeling older schools. The Colony is special because of its quality of life. It's a great place to live. Give The Colony a chance. We're close to the airport and restaurants.

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Health	Joy in Our Town #773	30:00	14:15	L	PA/0	10/19/2015	10:30AM
						10/20/2015	4:30AM
						10/22/2015	12:00PM
						10/23/2015	12:00PM
						10/24/2015	3:00AM

Our host Cheri Duckworth introduces our guest today, Bryan Wasson. We're talking about the benefits of sleep. We think about eating right and exercise, but we don't often think about the benefits of sleep. Sleep is so important. One of the most important segments of sleep is REM sleep. It stands for Rapid Eye Movement sleep. The reason it's important is that it's the rejuvenative part of sleep. The range of sleep you need is between 5 and 8 hours, but the ideal is above 8 hours. A low level of melatonin may promote tumor growth or cancer growth. Another reason we need good sleep is because we would then need something to keep us awake. Cortisol is released and that starts your fight-or-flight response. They can cause a lot of things because we don't have enough sleep. Leptin is determined by sleep as well, and that is linked to appetite, hormones, obesity, etc. A study showed that diabetes patients with 4 days of bad sleep had sugar levels that started to go crazy. Regular exercise promotes sleep. It's good to go to sleep at the same time every day, and is recommended that you go to bed a little early. The room has to be dark. Pitch dark. People get interrupted and woken up during the night and it interrupts those hormones. Even some movement can wake you up. Quality of sleep is key. What makes it a good sleep? That you have enough hours, and that you have REM sleep. The cycles of sleep occur multiple times throughout the night. Usually the time it takes for REM sleep is 15 or 20 minutes, but you may have several of those cycles. Good sleep means that your memory is better, you have less risk of accidents and less risk of heart disease. Heart attacks often occur early in the morning. A way to counteract that is to get enough sleep and get those hormones. People who don't get enough sleep want carbs. Obesity and heart disease are prevalent. For children, the growth hormone is prevalent, and that is released at night. If you are a shift worker and work at night, you can make your light dark and your dark light. That would be beneficial. Then you start getting into light therapy. Other things you might think about is, what do you do restfully right before you go to bed. Maybe a nice prayer would work, nice, good reading, a nice, warm bath. And what about exercise? You don't want to do that right before bed. And what about eating? You should do that earlier in the evening, maybe before around 6 or 7, especially if you're planning to go to bed at 9 or 10. It can also depend on what you eat. What if you have pain? Get a better mattress, a better pillow, etc. There are diseases that people suffer from, like fibromyalgia, which can come a little bit from poor sleep. So make sure you're getting enough sleep and good quality sleep. The optimal temperature that your bedroom should be is around 70. Put the cats and dogs away, take them out of the room, and especially if you have chronic pain. It's getting your body to rest, and it's your mind as well. Drink milk, take tryptophan, etc. It doesn't work immediately, it takes a few weeks to get used to it. Lavender can also help you sleep. A lot of folks these days are looking for natural ways to sleep. Some people who have depression have trouble falling asleep and staying asleep.

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						10/31/2015	3:00AM

Our host Cheri Duckworth introduces our guest today, Christina Bartha. Healthy aging is a big issue in low-income regions. One big issue with aging people is falling. 1 in 3 aging people fall. It's a big issue with the elderly group. It's also very costly. It costs about 3 billion dollars every year. What are some things loved ones can do to prevent this? The good news is that falling is not inevitable as we age and falls are preventable. There's a program called A Matter of Balance. We have some great programs, and this program is designed to increase activity levels and prevent falling. Once an older person has fallen, they are more likely to fall again. We do exercises in the classes to increase strength and flexibility in order to decrease falling in the future. We also help to modify your home for you to help decrease the risk of falling in your home. Computer cords, shoes lying around, etc. can be fall hazards. These are things that we're not accustomed to thinking about. But when we have loved ones that are older, it's something we need to think about. Something we teach in the A Matter of Balance class is asking for help. If your church lighting needs work, or if you need rails in your home, etc. they have resources you can go to. Nutrition is another big issue. There are elderly people out there who don't have a support system to make sure they're getting fed and getting what they need. But we also don't stop to think about our own nutrition and what we're putting in our bodies. Most of our senior citizens make less than \$35,000 a year and spend less than \$150 a month on groceries. Many of them are on several different medications, and most of them are costly. Sometimes they have a pet and they want to feed their pet instead of themselves. Last year we served over 200,000 meals to over 3,600 seniors. Meals are provided by the Older Americans Act funding. A wonderful service for seniors is that they can socialize. Sometimes there's a loneliness problem. Isolation can be very dangerous for seniors, especially if they have health issues. I encourage many of your viewers to go to the centers and see the joy that's there. They have another program that deals with elderly who are dealing with a chronic condition. It's called Health For Me. It was developed by Stanford University. It is an evidence-based, 6-week workshop that teaches them how to manage their chronic conditions. Last year we provided thousands of rides to seniors to be able to get them to pharmacies and special events. There are 27 senior centers in Tarrant County. How can we know where to go to get that information? Mentions their website and phone number.

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Our host Cheri Duckworth introduces our guest today, Dr. Allison DiPasquale, MD. We all know someone who has been touched by breast cancer, so we're glad you're here to bring awareness and talk to us about it. There are multiple genes that are links to breast cancer. Some of them are tumor suppressor genes -- they keep cancer at bay. If there's a mutation in that gene, cancer can develop. The BRCA gene is linked to breast cancer and ovarian cancer as well. Men can get the BRCA2 gene and get breast cancer and early onset prostate cancer. What can we do? Talk to your doctor about family history. Those are all things to bring up to your primary care physician. Soft tissue tumors, brain cancer, thyroid cancer is also linked. There are different syndromes out there including something called Cowden Syndrome, which is breast cancer and thyroid cancer. There's another syndrome that links ovarian and breast cancer. We don't want to be afraid, but we want to be educated. If you're adopted or don't know your family history, tell your doctor that. Nowadays we run a whole panel of genes. You just go get your blood drawn and get your results in 2-4 weeks. How does a positive genetic test change the management? Do we need to have extreme surgery? Does that need to be talked about with the doctor? It depends on what type of gene is mutated, which depicts the types of options they have. There are other options for patients if they don't want to undergo major surgery. They can have the option of close monitoring, which is yearly breast MRI's, alternating every 6 months with mammograms and ultrasounds. Because if you find it quickly, then you can help them. If a genetic test comes back negative but you have a strong family history, that's called familial cancer. We don't know all the genes about cancers, so we don't say that you are an average risk woman. We put you in the high risk category and use tools to calculate your risk of getting breast cancer in your life. Then we will recommend that you get that MRI added into your screening. It's just better to get your testing done and know. Knowledge is power. Early detection is key. The ACS is the American Cancer Society. This says that for the average woman, which is just a normal woman who does not have any family history or genes for it, should start mammograms at age 45 instead of age 40. The American Society of Breast Surgeons still recommend starting at age 40. Women who are young have dense breasts, which can make mammograms harder to detect anything. Ultrasounds can be helpful in that case. So add on an ultrasound in someone who is young with dense breasts. That's very supportive with radiology in general, an ultrasound is typically added on. But patients should be in charge of their own health. Does bloodwork show up with cancer in our bodies? It can only tell us the genetic link, and that's not a definitive. It's really the mammograms and those ultrasounds. What are we looking for when it comes to the way it feels? It feels hard, almost like a bb or a marble. They know it changes with their cycles, which indicates a benign thing.

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						11/19/2015	12:00PM
						11/20/2015	12:00PM
						11/21/2015	3:00AM

Our host Cheri Duckworth introduces our guest today, Jacqueline P. West, M.A. We're going to talk about where and when we can look for health insurance. How do you get your ACA Navigators? They've been fingerprinted, they've been background checked. They're very knowledgeable and still friendly. You're going to need to bring your social security card and proof of residence. This year you get from November 1st to January 31st to enroll. We also have preventative classes to help them maintain them living in their households. And we have various classes available to them. And it's free of charge. People love to stay in their homes. They love to age-out in their own homes, as opposed to going to a nursing home. We do have people at our agency and one of our benefits counselors can help you navigate through those systems. Right now, the open enrollment is going through on Medicare. ACA navigators mention. Showed their phone number. Seniors falling is a major issue. Every day, hundreds of seniors fall. We have classes to decrease the risk of falling. We also have a class called Better Disease Better Health. It's for people with chronic diseases. People who are interested in the classes can go to the website and call our phone number if they want more information. With the Affordable Care Act, it's mandated that everyone has to have health insurance. What are the qualifications for ACA Navigators? They come take the training and spread their knowledge. If you have diabetes, you learn how to better care of the disorder and live a better quality of life. I love the idea of preventative care, so I love that your classes are available for that. You can call the office to find out where they are held. What has been the response from the community? It takes actually a couple of times to make it all the way through the system, but each time you have a question, reach out -- we're happy to help.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #006	28:30	28:30	REC	PA/0/E	10/06/2015	12:00PM

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

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Health	Switch On Your Brain #007	28:30	28:30	REC	PA/0/E	10/13/2015	12:00PM

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

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #008	27:30	27:30	REC	PA/0/E	10/20/2015	12:00PM

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



Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #009	27:30	27:30	REC	PA/0/E	10/27/2015	12:00PM

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

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #010	27:30	27:30	REC	PA/0/E	11/03/2015	12:00PM

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

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #011	27:30	27:30	REC	PA/0/E	11/10/2015	12:00PM

**Today on Switch On Your Brain Dr. Caroline Leaf** discusses the impact of toxic thinking on your mind and body and spirit. 350 million people worldwide suffer from depression. More than 40 million people in the United States of America suffer from anxiety disorders. There are more deaths from suicide than there are from car accidents. Seventy-five to ninety-eight percent of current mental, physical illnesses come from our thought life. When you build these toxic thoughts in your brain, your brain inflames, you increase your vulnerability to disease. There is a problem. When we go toxic, the toxic spreads like a virus and that impacts how your mind is functioning, and that impacts how your spiritual development is functioning. Deuteronomy 30:19 is becoming a reality in today's world. There are consequences to our choices and it's time that we stand up and take responsibility for the choices that we're making. It's impacting us spirit, soul, and body. It's making us sick. It's making the world sick. We need to recognize that we can't hide it anymore. We have to change. We have to start recognizing the impact of toxic thinking. The brain controls every single cell in your body and your brain is connected to your heart. Your brain and your heart are the only actual organs connected to every single cell in your body. All the other parts of the body connect in many different ways, but your brain controls every single cell of your body. God has invested you with the power, and when you make the decisions, your powerful mind builds a consequence. Whatever you think about will become a physical structure and you will operate from that structure unless you renew it and rewire it, which is the renewing of the mind. No thought is harmless, because as you are thinking you automatically will impact the physical domain; you'll change your brain because moment by moment you're physically changing the substance of your brain. Also, you are developing or you're not developing your spirit by the thoughts you think. If you choose to read your Bible, if you choose to apply your Bible, that is a mind decision and you wire it into your brain, and that brings brain health and at the same time you are developing your spirit. The opposite of that is if you choose to get irritated, and every day you get more and more irritated, that's a mind decision that becomes a physical structure inside of your brain which cause toxicity and inflammation, and sickness, and all kinds of things in your body, and also impedes on your spiritual development because if you're keeping it there, you are blocking your conscious, you're blocking your intuition, you're blocking your communion with God, so you're not developing the spiritual realm. Our thoughts that we build are foreign invasions in our body. Research shows that your immune system will respond to a toxic thought that you build through a choice that you make, which is the signal which activates the DNA. Science has shown that as you build those, your body will respond in the same way as if you cut yourself, or had a physical illness, or had a virus in your body. Your immune system sends out all kinds of things to fight that to bring healing to your body. One of the things that they look at is the C-reactive protein, and that C-reactive protein, whenever there is a site of physical damage in the human body or a virus, it is in abundance at that point. It is sent out by the immune system to try to heal that part of the body. Also what happens is that you get inflammation, and that's part of the healing process. If the healing takes place like it should, eventually, the inflammation will go away and the wound will heal up, and it takes about twenty-one days, so therefore, the same thing happens in your brain. Research is finding that when you think a toxic thought, at the site of the toxic thought, because there is no wiring for that, the proteins still form, because you're still thinking, you're still choosing, the proteins fold incorrectly, forming a distorted version of the truth. Toxicity will manifest into something. We can deal with these manifestations if we get to the bottom of the way we are thinking and the kind of thoughts that we are building. Every bad choice that we make is giving birth to an addiction. The addiction of me-myself-and-I can cause a manifestation of depression, convert maybe to bipolar which is a deeper form of depression, OCD, or schizophrenia, all these mental names for mental disorders. These are not diseases. The difference between a disease and a disorder is that you can control a disorder. It comes from choices. Every mental disorder is the result of the choices we have made. God gave you a phenomenal foundation, brain and mind, but he gave you free will. The ability to think is the most powerful thing in the universe after God. Your ability to think is a mind action. It's where everything starts. Your mind is the soul realm and it's through your mind that you make a decision. Every time you make a bad choice you will feel it in your body. Your body is designed to recognize and reject negativity. So you feel it physically and this rejection of the negativity is experienced like a depression, anxiety, worry, fear, discomfort, tension; you feel like your body is out of rhythm because your heart is affected, and you have no peace. All the things God talks about in the Bible: the peace of God that transcends all understanding and guard your mind in Christ Jesus. All these spiritual truths have very physical components. You with your mind apply a spiritual truth and you will experience the consequence in your body because that is how God designed you. When people make bad choices the proteins in the brain become distorted, and if you do not get rid of them, set you up for illnesses. These decisions that you make on a moment by moment basis impact not only your spirit, soul, and body, not only the people around you, but those decisions actually go through to the third and fourth generations. In science they have now proven through the science of epigenetics, that our decisions go through the sperm and the vulva and go into the next four generations. So there is stuff in your head from your great, great, great, grandfather. And you might be thinking okay now that's why I do what I do. Having this information is not an excuse for you to behave badly or to say I can't help it; it's part of my biology. You are not a victim of your biology. Those things that are passed through the generations are actually dormant, which means they are asleep and inactive. They can either be activated or they can be destroyed because they're not truth. They're not who you are, they're who you have become. The way to manage it is if you're aware of behavior patterns, or you're experiencing a behavior pattern, don't give in to it. Control it and actually break that down and eliminate it. Mind choices are powerful and can eliminate and make the change in the body and the spirit. The minute that you start thinking in a toxic way, you are altering your DNA in a distorted manner. Positive intentions change the DNA expression. Seventy-five to ninety-eight percent of current mental and physical illnesses come from the choices we make in our mind. They are consequences of the choices and the actions that you take. Scientifically and spiritually, science and the Bible, tell us that there is an impact from toxic thinking. God tells us not to fear and to do all these good things and science confirms exactly what the Bible is saying.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #012	27:30	27:30	REC	PA/0/E	11/17/2015	12:00PM

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

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #013	27:30	27:30	REC	PA/0/E	11/24/2015	12:00PM

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

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #001	28:30	28:30	REC	PA/0/E	12/01/2015	12:00PM

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

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #002	28:30	28:30	REC	PA/0/E	12/08/2015	12:00PM

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

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #003	28:30	28:30	REC	PA/0/E	12/15/2015	12:00PM

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

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #004	28:30	28:30	REC	PA/0/E	12/22/2015	12:00PM

**Today on Switch On Your Brain Dr. Caroline Leaf** discusses stress. There is good and bad stress. Stress is how your brain and your body reacts to how you're thinking. When you are in a positive state of stress, which is stage one, your neurons are lining up and everything is happening like it should. Stage two and three of stress is considered negative stress. Your body goes into negative stress when you build toxic thoughts. Every cell in your body is subject to every toxic thought that you keep, increasing vulnerability to illness and disease. When we make a negative choice we throw our body into a state of toxicity. Science tells us that seventy-five to ninety-eight percent of current mental, physical, and behavioral illnesses come from our thought life. There are three stages of stress. Stress stage one is actually good. It is normal and is the natural flow of the brain in helping us as humans to focus and deal with life. When we make a bad choice, we actually upset the natural cycle of stress and upset the natural flow of chemicals and cause an imbalance in our thinking. So good stress becomes bad stress and we move into stage two of stress where we have neurochemical chaos. As we're thinking and processing information, we have about 30 neurotransmitters and 1,400 different chemical reactions happening while we are just living. But as we enter stage two of stress, which is caused by a bad decision, which is caused by a toxic thought that we physically build in our brain, we cause neurochemical chaos, upsetting those 1,400 chemical reactions and 30 neurotransmitters. Stage three of stress is when we stay in stage two of stress for a long time; when we've kept those bad habits, when we've kept those toxic thoughts, and we just don't move beyond and nurse those things and suppress them in our subconscious mind. When it's there for too long, eventually, the damage becomes greater and greater, and we shift over into stage three of stress, which is a good thing gone really bad and doctor's generally talk about that as the death zone. Stress is the body's reaction to the foreign invasion of a toxic thought. Your choice, which is your reaction, determines if stress will make or break you. Every single cell in our body has like little doorways on it. Every single cell has multiple receptors for a specific purpose, little doors and windows, each letting in certain chemicals, certain substances, at certain times, in certain amounts. It is called cell specificity. When it's all going like it should, when you are in stress stage one, which is the good stress, when you're thinking correctly and making right choices, when you are in line with your wired for love natural design, then the receptors work correctly. The minute we think and choose and make a toxic decision, when we move into the wrong way of thinking, out of alignment with our natural way of thinking that causes neurochemical chaos in the body. When we have neurochemical chaos in the body that literally causes the doorways to be ripped off the hinges, causing the windows to be shattered, removing protection from the cells. Now whatever is flowing through the bloodstream, whether it's chemicals that you've inhaled from a perfume that you've sprayed, or food that you've eaten, the incorrect balance of chemical signals from a toxic reaction. All of that is actually reality inside of our blood flow. Now that can enter into the cell and into the heart of the cell, which is the DNA, and affect the way in which the genes express and effect the way in which you hold thoughts. Your spirit is the true you. It's who you've really been created to be. Your soul is your intellect, your will and your emotions, so your soul is your mind realm. Your physical body houses your spirit and your soul, so your brain is part of your physical body. The way we are designed is that the Holy Spirit guides your spirit. Your spirit guides your soul. Your soul dominates your body. Your thinking mind controls matter. Your thinking is changing the structure of your brain and your body. The Holy Spirit lays down in your spirit what you know to be the correct thing, but it is with your mind that you must appropriate that. It is with your mind that you understand what the spirit knows. We've all been at the place where we know what we're supposed to do and can even quote the scripture, but our mind is still not really believing what is true. This is called in scientific terms: cognitive dissonance or lies. You are getting input through stimulus or signals from the external to the internal part of your mind through your five senses, so your five senses are the contact between the external world and the internal world of your mind. When these signals move into your mind they're moving as electromagnetic impulses, waves, and all kinds of fantastic things, and they are in a temporary state and they move through the hundred structures of your brain. You're in the events and circumstances of life and the enemy comes and distorts those events and circumstances. When someone speaks you receive those signals, you process and think about it with your mind. As you're thinking, you cause your brain to genetically express, which means your brain has a physical reaction to your thinking. Thinking is an electromagnetic wave, which is a signal that causes your brain to make proteins. Those proteins group together into little branches that hold information that you are hearing. The stuff from outside becomes a physical reality inside. You receive it, but you have a choice. You, with your mind, have to choose whether you are going to appropriate the truth of God and step into His grace, and the signal that changes your brain is your mind. What you are thinking changes your brain. Your brain then controls your body. Your brain then receives either a negative signal or a positive signal. The lie of the enemy has no strength, no substance, until you take it and make it physical substance. Whatever you think about will produce an action and words. Everything that you say and do in your life is first a thought that you have built inside of your head. Your thoughts are the source. As a man thinks in his heart so is he. You don't have stress chemicals in your body, you have chemicals that flow in the wrong quantities. Everything inside your brain and your body is designed for perfection. When we make bad choices we disrupt the natural rhythm of the physical body that we live in. There have been thousands of studies showing how the physical heart is linked to the brain. In the heart there is a mini little brain that has about 40,000 nerve cells. This little mini-brain inside your heart is connected to your brain and what happens is that as you are processing the events and circumstances of life, as you are reacting to the events and circumstances of life, as you the observer outside of the system are observing the events and circumstances of life, as you're intellectualizing through the events and circumstances of life, you are then going to make a choice. You will always make a choice. This is how you are designed. Thinking leads to a choice. Put your past behind you. Acknowledge, confess and repent to rewire your thinking. It's time to stand up and take responsibility for our thought life. Stress literally causes brain damage. We cause our own brain damage every time we make a toxic choice and throw our body into negative stress. Positive stress is good, that happens as you're thinking and making good choices. Negative stress stage two and three is when you've made a toxic choice and you've kept it there. We need to realize that we need to bring our thoughts into captivity and renew our minds. When we get rid of those toxic thoughts we decrease our vulnerability to illness.

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	700 Club NewsWatch #10232015	1:00:00	5:00	REC	PA/0/E	10/23/2015	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. LaWanda 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 NewsWatch #12102015	1:00:00	5:00	REC	PA/0/E	12/10/2015	2:00PM

CBN News Medical Reporter Lorie Johnson Reports: Not many substances are as widely studied as tea. Now, the verdict is in. The bottom line: if you're not drinking tea on a regular basis, it might be a habit worth starting. That's because when it comes to your health, tea packs a powerful punch. Combined studies examining literally hundreds of thousands of tea drinkers led a vast array of scientists to conclude that a consistent dose of tea is good for the body. Most of the research was conducted in Asian countries, on people drinking hot, green tea. The amount mattered. Usually people only experienced health benefits if they drank at least three cups a day. Dr. Patrick Fratellone is a cardiologist who practices integrative medicine New York City. He advises his patients to make tea a part of their daily life. Green tea comes from the camellia sinensis plant, as do black and white teas. Green tea contains the most EGCG. But with so many types of green tea on the market it can be difficult to choose which is best. Fratellone shares some guidelines. Research shows green tea lowers the risk of type 2 diabetes and liver disease. It also has been shown to improve memory, reduce the risk of Alzheimer's disease, Parkinson's disease, and depression, as well as significantly lowering your chance of having a stroke. In addition to the teas you'd find at the grocery store, there are also lots of other teas that are very effective at treating specific medical conditions in lieu of popping a pill. Fratellone is also a registered herbologist, with a vast knowledge about teas made from various plants, trees, and shrubs. He often prescribes those teas to his patients instead of allergy medicines, antacids, cough suppressants, and more. He points out that many conventional medicines you find at the average pharmacy are actually derived from plants. Dorota Meller needed to overcome chronic fatigue. Fratellone discovered she was anemic. But her problem went even deeper, originating in her intestinal tract. Within a month she felt better. Fratellone says his priority is getting to the root cause of his patients' illnesses, not just treating the symptoms. He said cleavers, mullein, blue violet and lady's mantle are good teas for breast health and premenstrual syndrome. Herbal teas can interact with conventional medicine, so before drinking them, people should check with their doctor or registered herbologist. The growth of these natural treatments has led to a relatively new healthcare provider known as a naturopathic physician. They attend an accredited four-year program focusing on botanical medicine, food as medicine, and other natural remedies. While naturopathic doctors practice in each state, they are only licensed on 19 states, with more on the way. So for overall better health, include three cups of green tea to your daily diet. Research overwhelmingly concludes it's worth the effort. For more specific health concerns, consult a registered herbologist or naturopathic doctor about a natural tea that could take the place of conventional pharmaceuticals.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Homelessness	Joy in Our Town #778	30:00	14:15	L	PA/0	11/23/2015	10:30AM
						11/26/2015	12:00PM
						11/27/2015	12:00PM

Our host Cheri Duckworth introduces our guest today, Susie Jennings. Operation Care helps the homeless. We work in Dallas, but are also in 10 countries. Talk to us about how you minister and how you help the homeless and the poor in the area. We go in the streets every so often and we provide their physical needs, like toothbrush, toothpaste, socks, bottled water, and the greatest gift, which is Jesus. That's really our heart is telling them about the love of Jesus. What are some practical ways you've found that really help the homeless community of Dallas? Every December we hold a birthday party for Jesus. When they get inside, we do one-on-one evangelism, foot-washing, food, blankets, we also reunite them with their families. The most practical thing is to give things, not money. A lot of people want to help them but don't want to give them money because they're not sure how they're going to spend it. So one of the best things we can do is give them practical things. Inserting a gospel tract and sharing the love of Jesus with them is the most important thing. At the birthday party for Jesus, they have foot-washing and a medical clinic available for them. We have a psychologist on board to counsel them. Last December, we were able to reunite about 7 family members with the homeless. A story about a homeless person they helped whose grandmother was diagnosed with cancer so it was time for him to go home. Now he has a job, he and his girlfriend are getting married and she is pregnant, and now they have a home. Because they reunited him with his family. Every year we send some homeless to their families, and then they were able to find jobs. December 19th this year, at the Dallas Convention Center, occupying over 250,000 square feet. We sing Happy Birthday Jesus at 12 Noon. Children are also affected by homelessness. Last week I was in the street giving away personal care items to them, letting them know that we care. We shared the love of Christ with them and prayed with them. The boys still went to school, the oldest boy was able to go to school, but the younger children were not. So we referred them to shelters. The December event is just a good day for them to get things that will benefit them and let them take their minds off of their situation, even if it's just for one day. We have a story when a homeless person came to us, then after that somebody cared for her in their volunteer area and told her there is hope in Jesus, don't give up. Now that lady got a job, has a great car, has a nice apartment, and is starting her own business. All because somebody shared that love and encouragement with her. 3,700 volunteers represented over 700 churches to help with this event. She lived in the street as a homeless person by choice, to see what it was like. If you could just look at the homeless and say Jesus loves you and give them a hug, those are things that don't even cost anything and it can mean a lot to them. You can go to our website for more information about how to get involved.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Homelessness	Joy in Our Town #780	30:00	14:15	L	PA/0	12/07/2015	10:30AM

Our host Cheri Duckworth introduces our guest today, Sam Mattox. What do you do and what is your heartbeat? Homeless children of the community, the name change puts the mission forward. It's not the child's fault or place, let them be a kid, go to school. Everyone thinks of homelessness in a typical way but no one thinks of a child as homeless. When I talk to these kids they are just like any other kid, they have hopes and dreams, but their circumstances get in the way of their dream. They end up being defiant and will not let their homelessness get in their way. Homelessness in kids has increased - 1 in 10 children are now homeless. We work in over 50 organizations to help with homelessness. The goal is, no matter what's going on outside, we try to provide that comfort zone as that one place to go to. Our chief need is volunteers -- nothing specific, very general. Look at your child's room to see what they have -- clothes, diapers, formula -- what every child needs. Contact us through our website. All year long we need diapers. Couch surfing: on any given night there are over 1100 kids that are homeless in DFW alone. They spend the night at someone else's house, so they are not homeless in the usual sense. Could be domestic violence, so they don't feel safe at home so they end up at a friend's house, or from one family member to another family member. This is more likely to be an individual child and not an entire family. We focus on kids. Other organizations only have funding for the parent, so we help fill that gap. This is so that the parent can focus on getting out of their circumstance as their kid is being taken care of. Our goal is to show that when you look at kids in a classroom, you will know that not all have a home.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Homelessness	Joy in Our Town #781	30:00	14:15	L	PA/0	12/14/2015	10:30AM

Our host Cheri Duckworth introduces our guest today, Terri Petty. We partner with local churches, and we help with families that are homeless. Provide an area for them to stay for the day and then have a case worker to help them to find a job. We are seeing the rise of homelessness in families with kids. We have a shortage of affordable housing for families, and mixed with credit issues, it can be hard to get them into an apartment. A lot are in generational poverty and we help with planning and with money. I was raised by a single mom and I help with families to identify what the problems are and how to help. A part-time worker teaches about money habits, and how writing it down can show where the gaps are and to set goals. Making daily decisions to achieve that goal for your family. One father realized he had spent \$30 on candy in one month and that it does add up. We have a 75% success rate. We can accept others, no boundaries, we try to establish if they have a stable work history, we ask them to commit to 30 days. They stay at local churches. The goal is to keep the families together. We clear out Sunday school rooms and make it like home. Volunteers from that church provide meals and transportation. It's a beautiful mix of the community. Local missions. Up close and personal. Volunteers get training. We teach on sensitivity and boundaries. We want volunteers to know that we need churches and people to get involved and also to be aware of your surroundings. We need corporations to open up jobs for our families. We do not take collections for clothing, but we always need paper goods, so we need toilet paper and paper towels. Also, we have a connection with Hope Supply Co.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Public Safety	Joy in Our Town #775	30:00	14:15	L	PA/0	11/02/2015	10:30AM
						11/03/2015	4:30AM
						11/05/2015	12:00PM
						11/06/2015	12:00PM
						11/07/2015	3:00AM

Our host Cheri Duckworth introduces our guest today, Val Roach regarding CERT training. We're all volunteers. So the people who come to respond to events are volunteers who give up their time to come to a structured training. The biggest thing we give them is basic skills, but also the confidence to do what needs to be done. They're amazing people who volunteer to do this. We have an awesome mission statement, and that's "The Greatest Good For the Greatest Number." Part of their training is what do you do, and when do you do it. Sometimes there's a party of 1, sometimes there's a party of 2. Your heart wants to do one thing, but that's not necessarily the best thing you can do at that moment. You have to assess everyone that's there and make the best decision for everyone. When you do a search, you want to look for people who are injured. If you have several people, you have to stop, assess, tag, document, and keep moving. The greatest good for the greatest number. It saves more lives. You don't have to have any skills when you come in. We will give you the skills. But everybody has a gift. We got folks, retired or not. You'd be surprised how many folks come in and that's what they do in their evening, or they come and hang with us on the weekends and they have a full-time job. For some people it's brains, for some people it's brawn. Anyone can be a CERT volunteer. If you're in a wheelchair, anything, you can do something with us. Training. There's always a background check. When we go through the training, we want to make sure we're teaching particular skills. And we're going to stack you according to what you're going to need. We have a chart, and it looks the same no matter whose name is on it and how you're using it. We've got a skill for everything, including incident command. And you're going to be getting instructions from one person who can't see what you're doing and you can't see the diagram. No matter who showed up, you are started on that chart. The most important part, even though you might be a leader somewhere in life, it's also important to be a good follower. Followership is as important as leadership. One thing about CERT, not everyone is built the same. So on your badge, it will say if you have a restriction or not. We will use you according to your restrictions. So truly, there's a job for everybody. They have a live fire pit and you have to go in and put that fire out. We talk about it and then we do it. How can we get in touch with you about all this stuff? Mentions the websites they have. And the communities work together. CERT teams have traditionally been separated, but now they work together. They are building a unified protocol where they can all work together. And they all work under the same leadership guidelines. In an event that crosses borders, it's important to all know each other. The whole foundation of CERT is we're going to do what we can until help is comes. Remember the 72-hour kit. If you have a 72-hour kit in your home, you can bunker down and ride it out.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Public Safety	Joy in Our Town #782	30:00	14:15	L	PA/0	12/17/2015	12:00PM
						12/21/2015	10:30AM
						12/24/2015	12:00PM

Our host Cheri Duckworth introduces our guest today, Jesus Alderete. Car seat safety: A child less than 4 ft. 9 inches tall or 8 years old must be in a car seat. Traveling by airplane: The seats that have been approved are labelled. Be careful of car seats that are not approved for an airplane as some seats could get damaged. My suggestion is to take it all the way to the gate and check it in at the end. The type of seat is important: One that fits your vehicle's seat and safety on every ride. Every seat has a weight and height minimum. Stores will help fit it in your car. Measure it and your child. So many options in the market, does my child exceed the limit of the car seat? Can the seat grow with your child? Shopping for your car seat takes time: Car seats do expire. They have a 6 year lifespan. Check your car seat for this. Know the history of your car seat. Cheri: If you're on a tight budget it's tempting to buy used and must know if it has been in an accident. Jesus: Ones that are expensive come with bells and whistles. Less expensive ones can still save your child's life if installed properly. Our program provides a free service. We will provide a free car seat for them. Call the phone number on the screen. Installation: It can take a while as they have to look at how the vehicle and the family size can all travel safely -- can take up to 40 minutes. Infant carrier for a newborn, up to one year old. Then a convertible seat, facing the back, that then turns to the front. The combination car seat gives longer protection, for up to 5 years old depending on weight and height for that car seat. Then a booster seat, but is used with a lap and shoulder belt. Ready for a booster seat: The child should be able to sit upright and knees should be mid-shoulder and below the hips.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Public Safety	Joy in Our Town #783	30:00	14:15	L	PA/0	12/28/2015	10:30AM

Our host Cheri Duckworth introduces our guest today, Anita Foster. Cheri: We know Red Cross is disaster control. This year there have been many natural disasters. How do you prepare to help people on a daily basis? Anita: Been the most challenging years, especially in North Texas. Still dealing with tornados. It is important to know we cannot respond to big disasters without volunteers. We had 2500 volunteers this spring. Cheri: Fire disaster and home fires -- what can be done to help prevent them, and what can we do after something like that? Anita: while the fire department is putting out the fire, The Red Cross embraces that family, gets shelter for them, and helps with clothes, medication, etc. to help get the families on their feet. We help 5 families a day. Cheri: We think about our fire escape route, but what about after? Anita: It is so critical for the family to get back on track and for kids to get to school. Our goal is to put families on a long term track to get back on their feet. In a few short minutes people can lose the ability to even make a cup of coffee and we show up with coffee. Our volunteers are well trained. Cheri: Tell us about the new campaign. Anita: We took up a 5-year initiative. We team up with fire departments, we install free fire alarms and we talk to families about fire escape plans. We want to lower fatalities. We are installing many smoke alarms in Irving and Dallas. It is best to talk to your children about what to do in a fire, escape routes and where to meet. Everything is on the website, even pets.

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Public Safety	700 Club NewsWatch #11112015	1:00:00	5:00	REC	PA/0/E	11/11/2015	2:00PM

CBN News Anchor/Reporter Wendy Griffith Reports: Imagine your car breaks down in a remote area and you're all alone, or you're hiking and you suddenly become lost and your cell phone isn't working. Would you panic or would you be prepared to survive until rescue comes? With all the hiking she does, CBN's Wendy Griffith decided it was time to take a wilderness survival course to make sure she knows the basics of survival. Hopefully after this -you will too. Welcome to Mountain Shepherd's Wilderness Survival School, located in the beautiful and rugged mountains of southwest Virginia. Here, Reggie and Dina Bennett train military and regular folks how to survive "worst case scenarios" and live to tell about them. The Bennetts focus on seven main survival skills: positive mental attitude, first aid, shelter, fire craft, signaling, water, food. Most people in a wilderness situation think finding food and water is their top priority, but it's actually making a safe and secure shelter that should be your first order of business. Reggie, a former U.S. Air Force survival instructor, showed us how to take a simple plastic sheet you can buy almost anywhere, a piece of sturdy string and in no time, build a shelter. And this time of year (autumn) the forest floor gives you all the "stuffing" you need to make a comfy mattress. CBN videographer Rachel Hooley and I were determined not only to make our own shelter, but to sleep in it. I was very excited about the mattress we made. I thought it looked like it would be better than a hotel mattress. It rained during the night, but our shelter kept us warm and dry - although our "leafy" mattress was not as comfy as we'd hoped. Another vital part of survival, especially in winter, is fire! Fire serves a number of purposes other than simply keeping you warm. It allows you to: Cook, boil water for drinking, keep bugs and predators away, acts as a signaling device, and supports the no. 1 survival skill -keeping a positive mental attitude. Reggie says be careful not to smother your fire. I chose the flint and steel method to make my fire. I used a cotton ball smothered in petroleum jelly as my tinder. Vaseline, hand sanitizer, even Chap Stick makes a cheap and easy accelerant in an emergency situation. Don't count on matches as they can get wet and won't work. If you're in the woods and don't have an accelerant to start your fire, you can simply take a very sharp knife and scrape a dry piece of wood and get what's called a "fluff," which makes excellent tinder. Sage, a fellow survival classmate, was successful using just fluff from the wood and a fire starter to get her blaze going. Now, we'll look at one of the most important elements of survival: Water! The average person can only survive about three days without water. You can survive three weeks or more without food -so water is always a high priority in a survival situation. If you're in a situation in which you don't have water purification tablets and cannot boil the water -try to find the entry place where the spring is coming out of the mountain. And last on the list but not least for most of us is food! The forest has plenty of wildlife, but catching it takes skill and patience. Reggie showed us how to make a squirrel trap with a simple piece of wire. Also, this time of year, edible plants are scarce except for mushrooms, which Reggie says you should never eat -they're just too risky and some can even kill you. Fortunately, the forest provides plenty of edible bugs, which can be a good source of fat, carbs and protein. For example, termites have 14 grams of protein per 100 grams -that's more than steak! The main rules when it comes to eating bug: No bugs with more than six legs. No bugs that bite, sting or smell bad. No brightly colored bugs. Reggie says the best way to eat any insect is to cook it. Worms, grubs, termites, crickets and beetles are your best bet, although today we went for what we could find: the popular wood roach. The wood roach is found mainly in downed and rotting trees, and according to Reggie, is pretty tasty.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Transportation	Joy in Our Town #773	30:00	14:15	L	PA/0	10/19/2015	10:30AM
						10/20/2015	4:30AM
						10/22/2015	12:00PM
						10/23/2015	12:00PM
						10/24/2015	3:00AM

Our host Cheri Duckworth introduces our guest today, Karla Weaver. Talks about the regional campaign in all 12 counties and all 12 cities. It's to really get the word out about bicyclists and saying let's be safe. We have 6.5 million people in the region, and we think we'll be close to 10 million in the next 20 years. Over 500 deaths of bicyclists in the last few years. What is the best way to pick your target and to get that message out there? What are the avenues that you're using? We're using a 3-pronged approach: Pedestrians, drivers, and messengers. We're also targeting Hispanics and university students, especially since they're going to be walking to classes. We have a committee that's been formed, Ft. Worth, Dallas, North Richland Hills, etc. They're all saying what's going on in their communities. The feedback they're getting from motorists and even pedestrian issues are going to help us get the message out even further. What are issues you're seeing out in the country and that you have seen? They may have more concentrated downtown areas and that's where you see a lot of incidents or crashes. Market roads, people want to bike on those wide shoulders. So it's about watching them and being cautious. Life tips: be careful, be aware and know that bicyclists and motorcyclists have a legal right to be on the road. Pass safely, at least 3 feet. Pedestrians need to walk in a crosswalk. The number one fatality of pedestrians is that they're not walking in the crosswalks. Most pedestrian fatalities happen at night, so wear bright colors. Bikes HAVE to have lights if they drive at night, one in the front and one in the back. We went to a back-to-school event and we gave out 5,000 lights in the Dallas County area. You can put them on your backpack too when you're walking. You can use them in a lot of different ways just to make sure people see you. They've been working with school districts and getting great input from several ISDs to make sure it works for teachers. It's easy -- they can grab it, and they can go, especially when they're taking themselves to school. When we're kids we don't think about the traffic laws, or in the evenings you're not thinking about if you have a light or not. The other big thing the campaign will do will look at the bike infrastructure for the whole region. When did you start to see this shift of more people biking places? In 2012, in Dallas, the largest city in the metroplex, they started an initiative to update bike plans. And when you get the biggest cities doing that, everybody else starts jumping on board. It's going to take time for everyone to shift mindsets, but that's why it's great that you're bringing this awareness because we really need this. We're going to have 21 safety tips. There are 127 school districts in the metroplex. They work with the districts to get feedback and make their programs good.

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Transportation	Joy in Our Town #779	30:00	14:15	L	PA/0	11/30/2015	10:30AM
						12/01/2015	4:30AM
						12/03/2015	12:00PM
						12/04/2015	12:00PM
						12/05/2015	3:00AM

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

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Transportation	Joy in Our Town #782	30:00	14:15	L	PA/0	12/17/2015	12:00PM
						12/21/2015	10:30AM
						12/24/2015	12:00PM

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

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Transportation	Joy in Our Town #783	30:00	14:15	L	PA/0	12/28/2015	10:30AM

Our host Cheri Duckworth introduces our guest today, Mark Ball. Dart is growing quite rapidly in the metroplex. Some of us have some hesitation, but there is a big group using DART. DART covers a 700 square mile area. We have light rail and heavy rail. Large footprint, and 12,000 bus stops in 13 cities, and one of the few rails directly into an airport in the USA. Cheri: Talk to us about the highlights this year for DART. Mark: Orange line has been around for a year. This past year, we have proceeded with transition from old buses to new buses, producing cleaner air, and a sleeker and newer model. Blue line is being extended 3 more miles to The University of North Texas. Rails are going to hospitals, can ride as a family to hospitals, and aiding the medical community. Great for employees and those using the medical systems. Cheri: How can DART encourage those to utilize the system? Mark: We promote it but not everybody wants to do it. We are set up for people to get to work and back. So Monday through Friday we are trying to get you to work and back. DARTABLE could be anything -- a restaurant or museum or a ball park, something that you can get to using DART. We are hoping people will use it on the weekends too. 2016 will see a new APP called GoPass, to buy tickets on their phone as well as other tickets to events as well. Cheri: Talk to us about safety. Mark: We are so blessed with our agency that the security issues are so low, yet we have one of the largest security systems in the country. We also have cameras everywhere, we are monitoring cash transactions. DART police work co-operatively with police, and have a great relationship with hospitals and college police forces, in addition to DART police. Also riding in groups is always safer, sitting close to the bus driver are examples of keeping safe.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Unemployment	Joy in Our Town #771	30:00	14:15	L	PA/0	10/05/2015	10:30AM
						10/06/2015	4:30AM
						10/08/2015	12:00PM
						10/09/2015	12:00PM
						10/10/2015	3:00AM

Our host Cheri Duckworth introduces our guest today, Pamela Villarreal. The current employment rate has dropped again. It is 5.1% nationally, and 4.1% locally in D/FW. People have more spending money right now. Hospitality and restaurant is the fastest-growing industry in the D/FW area right now. We still have a very high unemployment rate right now for the younger age rate. Older workers in their mid-40's have the lowest unemployment rate. Are people having better health, wanting to be more active? It's a social indicator. People are healthier, and they're wanting to make up for money they lost during the recession. Generally, you see more jobs being filled by older, more experienced workers. We are also seeing an uptake in hiring for education and healthcare as well. There has never been a time where people haven't been going to college, it's never too late to go back to school. Normally you do better when you're older, because typically you're paying your own way and you're more motivated. The opportunities for older workers have never been better. That's a lot of good news. What about downsides? The labor force participation rate is the rate of working-age people who are actually working or looking for work. Right now it's 62%. That's the lowest it's been since 1967. There are people who choose to stay home. They might be raising young children. But for those who can work and want to work, it's really important that they are working. What are some of the reasons for people who are capable of working and choosing not to? Many of them are young and still in school or staying in college longer, getting Masters or PhDs. A large portion have disabilities. Some of them are mothers who are raising children, the backbone of society. It's always interesting to see what you're seeing number-wise as to what we're seeing factually. Typically in a recession, people who are employed tend to stay in the same job because they want to be safe. But there's an increasing amount of job churn, which means people are leaving jobs they're not a good fit for. People have options right now. This is a great time to look for jobs. It's also people who were working for the summer and going back to the school year. This makes a lot of new jobs open in the fall. There are a number of part-time jobs for those who don't want a full-time job. The number of people working part-time jobs by choice has gone up, which means they are choosing to work part-time, not because that's all they can find. The most important thing is, if you are unemployed, try to network. Try to stay as attached as you can, even if you have to go to a temporary agency. The longer that you're unemployed, the harder it is to find a job. If you find yourself out of a job, go to a temporary agency, even to find people who can refer you. The economy is doing well enough so that you have a few more options. Things have changed -- it was so competitive, and now there are all these jobs available. There are still many people unemployed, but there are more jobs available. We still see some young people who are living at home whose parents are supporting them. They don't have a lot of incentive to work. I suspect that as we see more people start to think about retirement, those kids they're supporting will start having to get out and work. The unemployment rate is going down. That also really helps morale. To college students who are graduating, they are wanting to know that there's work for them when they graduate. There IS work for them when they graduate. It can also depend on their degree as to how easy it is to find work after graduation.



Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Unemployment	Joy in Our Town #772	30:00	14:15	L	PA/0	10/12/2015	10:30AM
						10/13/2015	4:30AM
						10/15/2015	12:00PM
						10/16/2015	12:00PM
						10/17/2015	3:00AM

Our host Cheri Duckworth introduces our guest today, Crystal Larthridge. Those who are prepared and looking for jobs can really be well-equipped. Intros that they will be talking about job search techniques. Your resume should have key words because those resumes end up in the employer's resume database. The things employers look for will include how many years of experience they want their employees to have. Job duties and responsibilities need to be on that job-seeker's resume. Situational or behavioral interviewing is when the interviewer puts them through a situation they may face during the job. For example, a customer service position might have an interview with a sample question of asking them about a time when they dealt with a disgruntled customer. The employer is looking for a specific time. So the job seeker needs to come up with a specific time, how they handled it, and a specific result. This is called STAR answering. In video interviewing, a question comes up on the screen. You have a few seconds to read it, and you have a few seconds to answer it. Type your answer, check your spelling, hit Enter and send it. Then they'll give you a little bit to get ready for the next question. Sometimes video interviews will have sound because they'll ask you a question and ask you to respond to them "yes." How do you prepare for something like that? Make sure you have on appropriate clothing. Solid colors, darker earth tones, make sure the lighting is good, make sure there are no distractions. Have your desktop or laptop at a certain height to be face-level with you. A new trend in interviewing is surprise, on-the-spot interviewing. This is usually at corporate events or something where they decide to interview you right then. So what you need to do is you have your resume in pdf format on your phone, so you can send it right to them if they ask you to send them your resume. Have your LinkedIn app also on your phone. We have the tools literally in the palm of our hand. Just have it there and have it prepped. How competitive is it out there in the job world, for college graduates? It's very competitive. You can have several different scenarios of interviews, one-on-one, panel interviews, interviewers with other candidates, etc. What can you do to have a competitive advantage? Have your stuff ready. Have your dress, your speech, ready. It's the logical as well as the technological. It's a combination of all of the above. What are some of the recruiting trends you're seeing? Being technologically savvy, being social media savvy. Have your resume on your phone. Be very involved in social media, LinkedIn, Google Alert, video interviewing and video conferencing. The video conferencing is like Skype, where you talk to the interviewer and they actually see you. Realize that it's still an interview. Don't get too common too quick. The questions on the screen is video interviewing. Tips -- if you're in a video conference, make sure you know what you look like when they see you. Solid colors, all distractions gone, be focused, preparation for the job you're applying for. You've done the key words for the job you're applying for. You know the job responsibilities and the things that will be required of you in the job.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Unemployment	Joy in Our Town #775	30:00	14:15	L	PA/0	11/02/2015	10:30AM
						11/03/2015	4:30AM
						11/05/2015	12:00PM
						11/06/2015	12:00PM
						11/07/2015	3:00AM

Our host Cheri Duckworth introduces our guest today, Meagan Bubela. Goodwill's mission is employment. Since 1994 they've been assisting unemployed with getting job training. They employ 500 individuals. They have a lot of people who need GED preparation, resume writing, interview prep, etc. The end result is not just the job interview but the success of their career. Every 33 seconds someone in Goodwill is helped. They've put 21 million dollars back into the community. Not every person has the same needs so they work with the individuals differently. They help families get off government assistance. She shares a story of a young lady who faced many obstacles and had a foster family who was only interested in receiving money from the government. They encouraged her to make bad grades so they get more money. Their case worker was able to help place her into a new home and she got her GED and is in college. They get an array of ages, young to old. Many elderly have a hard time in the job force because of computer illiteracy.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Unemployment	Joy in Our Town #777	30:00	14:15	L	PA/0	11/16/2015	10:30AM
						11/17/2015	4:30AM
						11/19/2015	12:00PM
						11/20/2015	12:00PM
						11/21/2015	3:00AM

Our host Cheri Duckworth introduces our guest today, Cliff Sosamon. Tell us a little bit about why you chose veterans, and how long you've been around. We've been around since 2011. Our founder, Andy Dewin, was able to be successful and wondered why other veterans were not able to be successful. We have to give veterans the tools and resources to get jobs. In 2011, veteran unemployment was about 17% or 18%. A program we're doing right now is called Operation Job Placement. We partner with a group called Vets List. We also have a spot on there for companies which can reach out who wants to hire veterans. Help us to understand why it's important for us to have programs helping them with job placement. When you get out of the military, you're trained to do your military job, and when it's time to get out, you have a 3-4 day class that says here's how to get out into the real world. In the military it's very structured. When you get out, the structure's gone. You've lost your brotherhood. And you're not really familiar with the lingo in the corporate world. They need training to know how to translate their military experience into real-world applications. I love to hear it from the veterans' perspective and what they have to say about it. We have had these incredible people serve and they're coming home and there's a struggle. So to hear that there's a struggle, it's an important thing. Sometimes there's a communication barrier. This year so far, since April, we've had about 170 companies that have reached out to hire veterans. What they do is partner them with places of work. It's great that they have somewhere to go. They can go to our website. We want to make veterans go from job-seekers to job-creators. A veteran is 85% more likely to hire a veteran than a non-veteran is. We've had 33 veterans come through that program since 2011. We have everything from gun stores, to men who sell men's designed clothing, and they have ideas but don't know how to implement them, so we help them with that. We have art, music, etiquette, business classes, etc. We partner with SMU Cox School of Business. We pay the veterans a monthly stipend to come through our program so they can focus solely on our business. This is amazing what we've been doing. We've got veterans coming in and out of our programs every day. They can come back home to be trained and equipped in this way and invite other veterans to come and work with them in this way. Etiquette classes -- it's not that they don't have etiquette, it's just different. It teaches stuff like how to present your business card when you're at an event so they remember it and it makes an impression. We teach them what fork is what, how to interact in those kinds of situations. When you bring veterans in to talk about their experiences, we listen to them and hear from their perspective how to find out what their needs are. Through our programs they now have connections to go out and find jobs and grow in the corporate world.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Unemployment	Joy in Our Town #779	30:00	14:15	L	PA/0	11/30/2015 12/01/2015 12/03/2015 12/04/2015 12/05/2015	10:30AM 4:30AM 12:00PM 12:00PM 3:00AM

Our host Cheri Duckworth introduces our guest today, Michelle DeGrate, LMSW. Tell us about Christian Community Action (CCA) and how do you help people. It started off as serving Denton County. Here now, we are 42 years later, 150 employees and over 2,000 volunteers annually supporting our organization. We have a food pantry that feeds the hungry. It's part of our crisis management center, which gives out financial aid to those in need. We have other services such as GED, ESL, computer classes and things to help people become more employable. Today we'd really like to focus on the unemployment situation and how you help those who are unemployed. 600 families are shopping in our pantry. We have a crisis center that helps keep the lights on. There are so many people who are in Denton County who are just underemployed, which is almost the same thing. They're living paycheck to paycheck, and if something happened they would be in crisis. Health is so important. We have an adult health center. We have medical, dental, vision and a prescription program. Equally so, we do understand that often being underemployed and having a job that is able to keep you self-sufficient, is having the skills. Talk to us about how they can sign up and get involved. Every person that comes through our doors meets with a case manager. They work on an individualized plan. We also partner with a lot of local agencies locally. Goodwill has a job placement program. We partner with universities, MBA programs, and they go in and talk with the employers, seeing what some of the skills are that they would like to see in their employees. How do people get in contact with you? What should they do if they want to reach out to you? Just come to see us and get in our doors. You can go to our website and that will give you a lot of information about our service area. Does that mean you have to live within the service area? Yes. We service 42 communities, 7 different districts. We're centrally located in Lewisville. Just look online and figure out whether you think you might fit. Call us and we'll be able to fit you better. Tell us what CCA looks like. What does it look like when it comes to the unemployed? We are very deliberate in coming in a Christian environment. We have families that have just lost a loved one and are trying to figure out how to run their household. We have families with 2 people that are working and still not really able to make ends meet. We just help them where we can and connect them to resources that can help them even more. What are some of the practical things that you have them do when they come looking for help? Really is owning up to where they are in their lives, knowing that there is a way to maintain dignity in that. Our case managers are trained to really help them lead. Often when you're dealing with them, you want to do a prescriptive model, but really in the grand scheme of things, we want them to take ownership of their lives. They need to bring in the proper documentations. We do vocational training. In that department, we have both hard and soft skills, if you will. We have GED, ESL, computer classes, where you're learning as simple as keyboarding all the way up to Excel. We also provide soft skills such as parenting skills, counseling services, etc. The services are not set in stone. We cater our services to what the community really wants. So many jobs require even those basic skills that not everyone has, as to how to work a computer and look things up on the internet. Every Monday we have a lunch for our Golden Angels, what we call our seniors.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Unemployment	700 Club NewsWatch #10162015	1:00:00	5:00	REC	PA/0/E	10/16/2015	2:00PM

CBN News Washington Senior Correspondent Paul Strand Reports: We live in a new and frightening era when many religious believers are being told "doing their job" takes priority over their conscience. This has many believers wondering what happened to their First Amendment right to freedom of religion. One thing Rowan County, Kentucky Clerk Kim Davis has heard over and over during her refusal to issue gay marriage licenses is "just do your job." Alliance Defending Freedom attorney Matt Bowman said that's part of a strategy by progressives to redefine jobs in order to support their agenda. In an article entitled "Abortion, Suicide, and Same-Sex Weddings Are Now Your Job" at Federalist.com, Bowman points out how the government forces many employers to cover costs for abortion-causing contraceptives. He told CBN News California has a radical mandate that takes it even further. He added Vermont requires doctors to tell some patients they can assist them in committing suicide. Christian clerks, bakers, and florists have paid the legal price for not doing their jobs as the politically correct deem necessary. Staver pointed out these legal crackdowns on Davis and others are really about forcing submission. CBN News met with family law professor Robin Fretwell Wilson to talk about these challenges to religious liberty outside an exhibit on the subject currently at the National Constitution Center in Philadelphia. This University of Illinois professor thinks religious believers who refuse to compromise will continue to lose in the courts. She used Davis as an example of someone who maybe should lose there since she was defying the U.S. Supreme Court's ruling that made gay marriage legal nationwide. What Fretwell Wilson argues is that if people of faith want their religious rights respected, those on the other side are going to have to feel their rights are respected, too. But Fretwell Wilson hopes there will also be attempts at compromise and civility all around. Back at the National Constitution Center, Fretwell Wilson praised a compromise in Utah where Mormons and LGBT groups sat down together with the express purpose of trying to protect everyone's rights in the state. And crushing is exactly what's happening to Washington florist Barronelle Stutzman, who refused to furnish the flowers for a gay wedding. A legal defeat will cost her everything. Alliance Defending Freedom is helping Stutzman with her case. Stutzman wishes her opponents could see her stand isn't personal. But she does fully realize the gravity of her case and those like hers. As for Davis' case, attorney Staver said the government or her opponents should not be allowed to force her out of office. And the bullying won't stop there, he predicted. Navy Chaplain Lt. Commander Wes Modder faced a forced discharge for counseling military members at a joint military base outside Charleston, South Carolina, about the Bible's stance on homosexuality and premarital sex. Recently, the Navy exonerated Modder, but only after grueling months of a frightening, emotionally-draining battle that threatened to wipe out the father of four's pension just a few months shy of retirement. He's been thinking during those months what these struggles for people like Davis, Stutzman, and him mean for modern religious believers. Modder's attorney Michael Berry calls these dangerous times for believers as he watches thousands of attacks on religious liberty bloom across America from his position at the Liberty Institute. What many people of faith are realizing is this is a whole new era and uncharted territory. Many things that they took for granted and rights that they felt were guaranteed no longer are.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Youth	Joy in Our Town #771	30:00	14:15	L	PA/0	10/05/2015	10:30AM
						10/06/2015	4:30AM
						10/08/2015	12:00PM
						10/09/2015	12:00PM
						10/10/2015	3:00AM

Our host Cheri Duckworth introduces our guest today, Arthur Porter. Why Dallas Designing Dreams decided to open its doors: My co-founder is a master seamstress, I'm a master craftsman, so we decided to share our gifts with young people. It's so exciting for a young person to hear they can have their own business. What age do you normally start working with kids? We normally start with 9-year-olds, but sometimes we'll have parents that bring in a 7 or 8-year old. If they're very passionate about what they want to do, we'll start working with them. What areas do the kids come from? We don't normally go out to them, they come to us. They find us by word-of-mouth. We operate from 7am-7pm. In the summer, we work with kids on a limited schedule 2 or 3 days a week. Studio time is from 11am-2pm. When they sign up for your program, what happens? We say bring their son or daughter and let us talk with them. We want to know if they really want to do this. Because if they really want to do this, we'll stick with them. For example, we have a young man with us that's 13 years old and he's been with us since he was 5 years old. When he first came in, he was using a pencil to draw, now he's using computer and a pad. At what age do you stop helping them? We stop when the kids want to stop. We just had 4 students graduate from high school and those students went off to college. They were with us since they were 15 years old, so we stop when they stop. We don't put any pressure on them. We allow them to move at their own pace. If we see that a product they're producing has a very big potential, we don't put pressure on them. We ask them if they're ready to start selling it, ready to put up a website. What are some of the things they're selling? What are some of their products? Shows a t-shirt that a 13-year-old of theirs has made. Tells a story of one of their kids creating coloring books for kids. It's very inspiring for parents to hear this, that their kids can do something with their creativity. It's exciting to know that they can encourage their children in that, and that they can make that a business. We purchased a heat press so that he can make his own t-shirts. But before, you had to go to someone else and they would charge you. Nowadays, you can do everything yourself. You have the resources, if you have the idea, we can help you start that. What advice would you give to parents on how to teach their children to handle any income? Teach them how to handle money, give the correct amount of change, etc. There's the non-glamorous side of being a business owner. There are taxes, paying employees, etc. So how do you break those realities to them? For this young man, we're having a show for him this weekend. When we do this show, we want him to have a target. His target was that he wanted a new Mac computer. Because if you have a specific target, you'll reach it. We're preparing them for adulthood. We try to show them it has nothing to do with age, it's your desire. If this is what you desire, you can do it.

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

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Youth	Joy in Our Town #772	30:00	14:15	L	PA/0	10/12/2015 10/13/2015 10/15/2015 10/16/2015 10/17/2015	10:30AM 4:30AM 12:00PM 12:00PM 3:00AM

Our host Cheri Duckworth introduces our guest today, Jon Pfeiff. They are a national non-profit and they work with the 4 main constituents in the athletic world -- athletes, parents, coaches and athletic leadership. The current state of our youth sports in America, especially in the North Texas area, is unfortunately an entertainment sports culture, where it's this win-at-all-costs mentality. This is not the right mentality to work in with kids. What things are being done correctly, and what things are right? It's good to teach them competition and to have that mindset. 70% of kids right now are dropping out of sports by the time they hit the age 13. A lot of times it's because it's just not fun. The coach is yelling at them, it's too competitive-minded, their parents are just all about getting a college scholarship. How can you encourage parents to encourage their students in a healthy way? Make sure their kid is getting the right things out of their experience. Let them know it's nice to win but it's not the most important thing. Make sure they're learning the life lessons they should be learning. Triple impact competitor -- that's someone that strives to make themselves better, their team better, and their community better as a whole. That 70% number of kids dropping out of sports is still there and if we don't change it, that number is going to stay there. How can youth sports be improved in terms of how their particular sport is set up? Youth sports organizations need to make sure their coaches are double-goal coaches. When it comes to it, do I go for the win or do I teach the life lesson? We want them to teach the life lesson every time. We want athletes to understand that the game is bigger than them. You need them to understand that it's not all about them. Their website is a great resource with many tools that you can implement it in an easy way to help make positive changes in sports organizations. As a parent, talk to some of the coaches, find out what their mentality is. And let them have fun. That's the big thing when it comes to sports, is to let them have fun. We forget that sometimes, but that's one of the biggest things. What else would you like people to know when it comes to sports and the benefits it has on our young people today? You don't have to specialize. If your child wants to do sports, let them. If they don't want to, don't force them. They would just start to hate it after a while. People who do sports are often better in the business world. A big part of what we teach them is to honor the game. ROOTS - Rules, Opponents, Officials, Teammates, Self.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Youth	Joy in Our Town #778	30:00	14:15	L	PA/0	11/23/2015 11/26/2015 11/27/2015	10:30AM 12:00PM 12:00PM

Our host Cheri Duckworth introduces our guest today, Dr. Carl Robinson. You have great energy and we're just really glad people are out there, looking out for our young people. Tell us what it is that you do. Years ago, it was about youth. The CDC has been around a long time, and it's worked in its generation for about 19 years. Today we're going to talk about the youth factor. What is that? It addresses what we can do as a community to deal with the issues that we're having. So it's all about reaching out and understanding where are you coming from. Look at the generation of the busters, the baby boomers, the generations X, Y and Z. The generation Z are generally 0-9 years old. We don't know a lot about them just yet, but we know the environment they're being raised in. Generation Y are the millennials, from 9-20 years old. Over 42 million youth are in that segment. Their issues stem from a couple of things. One of those things is environmental. I find that a lot of our youth are facing pervasive issues because they don't have a strong enough family unit. So we need to get back to family wholeness and family wellness so it gives our youth an ability to choose what they want to do. At home, now you've got to deal with the one that's in front of you. The generation that we're in now, it's such a generation that we call it the Millennials. They're dealing with self-esteem as never before because everyone is telling them who they should be and what they should do. The negative messages get to us a lot faster and easier, too. In my day, if they didn't have it there, you go find it. And now, with the quickness of things available to us, it makes us more available to that. How do you see this effect the young people that you see? I even go back to my own children and know that they know that they can come to me, but they think they can handle some things themselves. When Dad is not there, they're affected. When the family is fragmented and broken, I've run in to young people that just needed a Dad. All of the young people I run into, I try to mentor them, father them, even get on the phone with them and talk to them. I listen to them and find out what's going on. Some of them are 19 and 20 and getting into marriages that they don't know how to manage and don't realize the commitment that they've just assigned themselves to. Where can young people, in their 20s, find that anchor? The mindset should be first of all to find out that you do need help. The inclination to reach out and say they need help never really occurs to them. You can come to the CDC; that I do know. We've been effective in doing that. If you need help and you don't see it, go look for it. It's not going to change itself. You have to get help. And think about your children as well. Because children get divorced. And it definitely affects them. You can go to our website and call our phone numbers to get more information. There's help. We can help you, we can point you in the right direction. That's good to know because it can feel very overwhelming when you're at the age when you're leaving childhood into adulthood. Advice for young people, and people dealing with young people, listen to them. Sometimes teens will talk to other adults more than they'll talk to their parent because that communication has left. Communication is often the first thing to go in a relationship. What would you like people to know about the CDC? We've been around for a long time and we're working on all fronts of fragmentation of the human condition.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Youth	Joy in Our Town #781	30:00	14:15	L	PA/0	12/14/2015	10:30AM

Our host Cheri Duckworth introduces our guest today, Philipa Booyens. The biggest challenges that young people face: We have been educated by media, to do this or that, and we have been lied to as a culture of what we are supposed to look like. Eating disorders stem from not knowing who we are. We can all relate to how Cinderella was abused, the other women that are trying to fit into this shoe, which it represents how society shows the media's view as perfection. We need to be secure in who we are, then we can stand no matter what they try tell us to be. We need to know who we are, go to God, when we grow up we get it from who we are from our moms and how to be treated by dad, but we don't always have good examples. But God is our ultimate example. My mom was a Miss Tennessee, and I grew up in that world as a Christian. I still was educated by media, and I felt I wasn't enough. It comes down to joy, not fleeting happiness. Figure out what lights you up, and that's where it starts. It's what God created us to do, what lights your face. One of my biggest struggles, I wasn't able to tell anyone, and that's what transformed me -- it set me free. Then surrounded by people who loved me and called the joy inside of me out of me. We are perfect because God made us. The importance of a support system: We need community to keep us accountable and encouraged. People that really know you and love you. Stop tearing one another down. It shouldn't matter what they say. You don't need so many friends. Not everyone will get you and that's okay. Adults need it too: Yes, we are always bombarded with what we need to be happy, but it's okay to be you. You are awesome. Media consumes teens more than church and home life. Cheri: Can't blame all media, but look at the hours they spend on their phones on media. What would you want parents to know? Philipa: Parents, you do have a voice, but you do need to speak up. Have an interest in who they are called to be and encourage them in that, not what you or the media wants. And monitor what they watch and text messages. It's not an evasion of privacy -- it shows that you care. Everyone has a calling and can use it.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Youth	700 Club NewsWatch #10142015	1:00:00	5:00	REC	PA/0/E	10/14/2015	2:00PM

CBN News Reporter Charlene Aaron Reports: Jennifer Sellers likes to surround herself with memories and pictures of her daughter Sydney. The mother and daughter appeared to be as close as any could be. But Sydney had secrets that she kept from her mom. Those secrets eventually led to tragedy on December 7, 2014. That was the day Sellers found her teen daughter hanging from a belt in her bedroom. Only it wasn't a joke. It was real. But it was too late. Fourteen-year-old Sydney Sellers was dead. Sellers, who works as a child advocacy attorney, struggles to understand why her daughter committed such a drastic act, especially since she had shown no signs of depression or trouble. Even the morning of her death, Sydney had gladly attended church with her family. As word spread of Sydney's death, her family learned from friends that she had been bullied at school. And the funeral home found cuts on her body, indicating that she had been cutting herself. But nothing prepared the family for an online conversation they discovered on Sydney's smartphone. At the time of her death, Sydney and a stranger had been messaging one another on an app called "KIK." The subject was "erotic asphyxiation," or breath control play, which is the intentional restriction of oxygen to the brain for the purposes of sexual arousal. Sellers said she's been married for 17 years and had never had a conversation with her husband like the one her daughter was having with a perfect stranger. Many teens log onto the Internet from the privacy of their bedrooms via mobile devices like a cell phone or tablet, and they often connect with people they don't even know while their parents are completely unaware. Experts say it's the perfect environment for sexual predators. Smartphone apps are often the weapons used to target kids. CBN Technology Contributor Caleb Kinchlow said parents need to realize that their teens are living in an entirely different world through social media. He said there are several popular apps that teens use to connect on the internet, often with strangers. He said teens are more willing to share information via these apps that they normally wouldn't be comfortable sharing, including nude pictures and mature content. Sellers said the man that Sydney was chatting with the night she hanged herself could not be traced because the "Kik" app allows users to connect anonymously. Still grieving, Sellers now spends a lot of time talking to troubled teenagers and encourages parents to keep up with their kids' lives, something she said she regrets not doing with her own child. Mintle said parents also need to monitor their kids' Internet activity on a regular basis. It's a move that, while unpopular, may just save a life.