

# **TRINITY BROADCASTING NETWORK**

## *QUARTERLY PROGRAMMING REPORT*

***April, May, June 2016***

**KDTX-TV**

**DALLAS, TEXAS**

**ASCERTAINMENT LIST**

**LEADING COMMUNITY PROBLEMS**

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

**CIVIC AFFAIRS  
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 SECOND QUARTER.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Civic Affairs	Joy in Our Town #797	30:00	14:15	L	PA/0	4/02/2016	2:30PM

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

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Civic Affairs	Joy in Our Town #799	30:00	14:15	L	PA/0	4/11/2016 4/12/2016 4/16/2016	5:30PM 3:30AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Dave Gebhart, Council Member for The City of Bedford. The City of Bedford choose to respond to these particular issues with the goal that it was to be more proactive and to establish a rapport with the families and victims, so that they could head off things at the pass. The main goal of the RPU is to establish a rapport in the community. We need to assess the situation. The point is for them to establish repeated contact, to let them know they're there to talk to them and get help to work through these issues. They're not there to be the big scary guy. They're there to help and provide whatever is needed. We obviously need our police force. We depend on them for that. They help provide a sense of security. RPU is the repeat victimization unit, formed in 2012. They are a specific set of officers that are assigned to the unit. A lot of behaviors that are negative in our society can be based on those illnesses. It takes time and patience to be able to walk into a situation, assess it, and know what to do. In 2012, the number of repeat victims has gone down drastically. From 2012-2013, the number of repeat victims went down by about 93 percent. In the next year, they had an 84 percent reduction. They are going to continue to do this based on its success. The state of Texas actually recognized it. It's an outstanding program.

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Civic Affairs	Joy in Our Town #803	30:00	14:15	L	PA/0	5/09/2016 5/10/2016 5/14/2016	5:30PM 3:30AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Mayor Jim Griffin, City of Bedford. Bedford is a wonderful city. It has some new things going on. We always love to highlight our first responders. There are some great things happening for your first responders in the city of Bedford. It's a very exciting program. Our firefighters, along with the ones from Hurst and DFW Airport, are the first in the country to use ultrasound in the ambulance when they're on the way to the hospital to treat their patients. The greatest part is that the doctor is getting to read that information and may be able to say let's bypass the ER and take them straight to surgery. We've had about 56 first responders participating in it so far. They can see information from the ultrasound and can be sent to the doctors ahead of time. John Peter Smith Hospital collaborated with us on it. Talks about a yearly subscription. The minute you subscribe to it, it's a year from that point. Unless you need an ambulance, you don't realize the cost. And there are differences for what insurance companies will cover and not cover. For those with chronic illness, this is a great thing. What initiated the idea for starting this program? It's two-fold. They discovered there is always an argument on cost, so they figured they would do a better way of covering costs. This is Bedford's frame of thought: to have your way of thinking when it comes to caring for people as your civic duty. It feels like you're going above and beyond the call of duty. To be able to take care of literally the heart of your citizens is very admirable. General things like roads and trash collection, everybody knows those things need to be cared for. In the police department, what are some things that are happening with them and the new exchange zone? It's a very exciting program. If you're buying stuff on Craigslist, you have a place you can go and do it. We have places that are striped, with signage, its video surveilled 24/7. This provides a much safer environment. This program is growing to make our citizens safe. I hope other cities see this and take note. It's been a great partnership with WildFire Camera Company. Experiencing the HEB area. Partnering with the 3 cities, HEB Hospital, Bell Helicopter, etc. Each city has their own groups or departments coming from an area, and we are going to have a website they can go to for all 3 cities. It's a great feeling of comradery. We have all these wonderful websites and programs where people can find more information.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Joy in Our Town #800	30:00	14:15	L	PA/0	4/18/2016 4/19/2016 4/23/2016	5:30PM 3:30AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Mirchelle Louis with The Cancer Support Community North Texas. The only difficulty I have is the limited amount of time. Really, CSCNT has been around since 2002. We have 3 locations. It could look like a support group. We provide right through long-term survivorship and thriving. We have different workshops, yoga, cooking classes, etc. Now that we have all that, information is key. If you go on the internet and search something yourself, you're likely to get scared out of your mind. The educational information component is key. A huge key component also is social interaction. A cancer diagnoses is so overwhelming. It's like you get t-boned in the worst possible car wreck you ever could. When that diagnosis arrives on somebody's doorstep, being able to be around good social interactions are good. All of a sudden despair turns to hope. How important is it to know how to treat the medicinal stuff as well as the psychological stuff. The doctors and centers themselves say that if you are not getting psychological, social, and emotional help, then you are not being fully treated. We have an incredible program that is incredibly robust and is called NugieLand. It's a wonderfully safe place where a child can go and it walks them through what is chemotherapy, hair loss, etc. What is available for the caregivers who are also being affected? They do have a lot of responsibility in providing the care. There is a great amount of guilt we see with those caregivers because their loved one is going through something difficult. They say there's no way that they could complain. But the truth is that if they are not taking care of themselves, then they can't meaningfully and healthily take care of their loved one. Gives website and phone number. Whoever answers the phone is trained to help you right then and there. So by the time you put the phone down, you feel better than before you made the phone call. In addition to support groups, we do offer individual counseling too. This comprehensive program is completely free of charge to anyone; we don't want to add one more piece of stress to anybody who has been affected by cancer. For those out there facing this, I truly hope they will reach out. Asking for help is a good thing. Tells a story about a man she had a conversation with the night before this taping.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Joy in Our Town #802	30:00	14:15	L	PA/0	5/07/2016	2:30PM

Our host Cheri Duckworth introduces our guest today, Jill Waggoner, M.D. What is diabetes? It is a disease in which your body does not properly process sugar. In order to use sugar, we have to get it in part of our cells. Often diabetics will have issues with their eyes and blood vessels and toes, because of the small blood vessels that go to the toes. We want people who are watching today to not get to the point where they have to lose a limb. How to prevent that. There are different types of diabetes. Gestational diabetes. Type 1, born with. Type 2, you make insulin but the insulin doesn't function well. Depending on the type there's going to be different treatments. What are different ways to regulate your insulin? If you're Type 1, you have to have insulin. In type 2 diabetics, you can take a pill but don't necessarily have to have insulin. In BOTH types, diet and making sure that you're active affects both of them. In Type 1, you do need insulin but you might not need to take as much. It takes a lot of information to know what to eat, how to exercise, etc. There's a lot of information out there and it's easy to get overwhelmed. You can eat healthy, eat vegetables, and exercise on a regular basis. Walk for 30-40 minutes. Start with meal planning. Take your own food when you can so you're not stuck in an environment where you can't control what you eat. What are some of the symptoms? With Type 1 and 2, how do we know the symptoms? Most people will notice fatigue. Polydipsia, which means that you're thirsty all the time. And polyuria, going to the restroom all the time. Rapid weight loss. If you experience these symptoms, go to the doctor. You can get diagnosed, get medication, and do what you need to do to stay healthy. If a family member has it, is it inevitable that you're going to have it too? Not necessarily. Type 2, just like heart disease, is a chronic illness that is lifestyle-related. So even if your family has it, it does not mean that you're going to get it. Many people don't get diabetes just because their families have it. Type 2 can be avoided. What about gestational and Type 1, can those be avoided? Gestational can be avoided just like Type 2. Type 1 we don't fully understand. Stem cell research is on the horizon and in a few years we'll probably be there. It would be really great for a lot of people. For those who are diagnosed with Type 1 and have to live with it their whole lives, there are ways to minimize it. But will it ever go away? Not with what we have available today. But it does not mean that the disease has you. It is what it is, you've got to come to grips with it. Gestational can be reversed. If you've been a Type 2 for 10 or 15 years, it is a lot less likely to reverse. But with early onset you can turn it around. Heart disease and diabetes kind of go together. They can be turned around. What advice can we give them for support? Many hospitals and groups in the community have support groups and information that's available. There are exercise groups. All you have to do is go online, look it up, and see what things are available in your community. Find a group of people that can help you stay on track. Many times, when you have something long-term, many people feel like they're isolated. It's good to have that support and know you're not alone and that there are ways to live with what you have and you're going to be ok.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Joy in Our Town #804	30:00	14:15	L	PA/0	5/17/2016 5/21/2016	3:30AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Mike Yudzky. Today we're going to talk about creepy crawly things. What kind of creepy crawly things do we need to worry about in spring? Well, this is Texas and there are a lot of things that come out in spring. The ones people are usually most afraid of are snakes. There are 21 members of the rattlesnake family in the US. Most of the ones we see are non-venomous. The one we have to worry about is the copperhead. That is the number 1 snake bite that we get. Rattlesnake, copperhead and cottonmouth are some of the big ones we see most in Texas. If you do see a snake, what can you do? Snakes are more afraid of us than we are of them. I know that's hard to believe, but it's very true. If we leave them alone, give them some space and let them get away, things will usually be ok. Most of the bites we have are to extremities from people trying to pick them up and handle them. Or, they step on them because they didn't see them. What is the treatment if we get bitten? There are not a lot of treatments -- just go to the hospital where they have anti-venom. It's very expensive. Over \$6,000 for one vial of anti-venom. You can have as many as 30 vials being used on a patient. It works really well but it's not the first line. We want to have you at a hospital that has it, but usually they try to get you medications that deal with the symptoms, to avoid the cost of the anti-venom. What are some symptoms you can look at to see if it's a poisonous bite? From the bite site itself, you wouldn't be able to tell at all often-times. There's a list of symptoms a mile long, but it depends a lot on the person. The call is very short. We're going to get you on the road in a hurry. It's to your benefit to call us. The one thing we are concerned about is if the patient is having breathing problems. Sometimes it's hard to tell because your adrenaline is pumping and you might not even be able to tell if you have breathing problems yet. You have to try to stay calm if you can. Spiders: You can almost bet that every spider you see is a poisonous spider, but their fangs are not big enough to inject venom. Out of that, 20,000 of them can't hurt you. There are 2 out of 20,000 we have to worry about, the black widow and the brown recluse. The black widow can give you really bad muscle problems. Usually we're able to take care of those to where it's not usually a problem. If you find a mark on your body and are not sure where it came from, go ahead and give us a call. Usually a spider bite is not a 911 call. It takes time for that to affect you. It's good to call poison control and describe the bite, and it's probably just a harmless bite. But in those moments that it might not, it's good to know. The black widow and brown recluse are in many houses but you don't usually see them. They hide. The spider's webs are different. The wolf spider can be tiny but can get as big as a tarantula. Almost every brown spider you see is a wolf spider. Google is a great tool to find information. But don't always believe everything you see.

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Joy in Our Town #808	30:00	14:15	L	PA/0	6/13/2016 6/14/2016 6/18/2016	5:30PM 3:30AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Molly Burns Austin, M.D. Skin cancer is a lot more common than people think. In the past 3 decades, people will have had skin cancer more than the top 3 cancers combined. The unique thing about skin cancer is that it's very treatable if caught early. About 85% of all skin cancers are associated with UV rays from the sun. The people most at risk are those with a history of sun exposure such as people who are outside all the time, and those who have had severe sunburns intermittently. People who have multiple, numerous moles are at greater risk. People with fair skin are at greater risk. People with darker skin are at lower risk but it can happen. The most common type is basal cell carcinoma. It locally invades the skin and has a really low chance of spreading. It can just locally destroy the skin. The second most common is squamous cell carcinoma. The third type is melanoma. It is less common but more responsible for skin cancer deaths. It can spread throughout the body, lymph nodes, and can be fatal. How do you know if you have it? Basal cells rise as little red dots. Squamae are like warty growths. Melanomas are ABCDE: Asymmetry, Border, Color, Diameter, Evolution or Elevation or Everything Else. When she does a skin check, she's looking for the ugly duckling. If all your moles look funny, that's reassuring. We're looking for the one that when we look at someone's skin that one pops out. How can we prevent from even getting skin cancer? Avoiding the sun from 10AM – 4PM, when it's the most intense, wearing sunscreen, clothing, hats, avoiding tanning beds. Most skin cancers are caused by the sun. There is a genetic component in the rare occasion. Sun protection is the most important. Misconceptions of sunscreens and sun protection: that you're not out in the sun even though you go to the grocery store, you drive to work, even when there are clouds in the sky, about 30% of the UV rays can still penetrate through. We don't have to be trying to get sun to get sun. Those little increments add up over time. You need to start early with the sun protection because it adds up throughout your lifetime. You have to reapply every couple of hours. Studies have shown that people really only use about a third of the recommended amount of sunscreen. A teaspoon for your head and neck, torso, 2 for each extremity. SPF - Sun Protection Factor, you need AT LEAST 30, but you don't get much more protection above a 50, so we recommend an SPF between 30 and 50. Wearing sunscreen should be like brushing your teeth. You should do it every day. Sun damage is a real thing. It's less about looks and more about our health. Look at your skin every month.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #023	27:30	27:30	REC	PA/0/E	04/06/2016 06/29/2016	5:30PM 5:30PM

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

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #024	27:30	27:30	REC	PA/0/E	04/13/2016	5:30PM

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

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #025	27:30	27:30	REC	PA/0/E	04/20/2016	5:30PM

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

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #014	27:20	27:20	REC	PA/0/E	04/27/2016	5:30PM

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

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #015	27:20	27:20	REC	PA/0/E	05/04/2016	5:30PM

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

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #016	27:30	27:30	REC	PA/0/E	05/11/2016	5:30PM

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

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #017	27:30	27:30	REC	PA/0/E	05/18/2016	5:30PM

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

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #018	27:30	27:30	REC	PA/0/E	05/25/2016	5:30PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses addiction. Did you know that we are designed to be addicted to God? When we hear the word "addiction," we immediately think of negative connotations; people being addicted to heroin, and drugs, and pornography, and whatever. Actually, our brain is wired to be focused on something constantly. All the networks of the human brain, the connectomes, the circuitry, the neurotransmitters, they respond and function in their highest level when we are connected to God. If we are not addicted to God, we will be addicted to something else. An addiction is a pattern that we set up in our mind. It's not just to alcohol and porn and substance and whatever. It is also mindsets that we develop. NIDA is the National Institute of Drug Association. They define addiction as "A chronic (which means on-going) relapsing (which means it's never going to go away) brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences." Basically, their philosophy is that once you're an addict, you're always an addict. That is not what the Word of God says. Your perception of how you are being told about what is going on with you is going to influence your rate of healing. And this is why it is important that we recognize and understand the truths of what goes wrong in our life in the light of scripture. Because the truth is that God made us wired for love. God made us in His image. Various studies have been done by the government to show that drug addicts get out of addiction up to 86% of the time without any help. In other words, addicts get over it through choice. It's not a chronic relapsing disease. We get what we call the "clinical illusion" because the small percentage of people that are in addictions of all types that don't get out, those are the ones that, basically, they say, represent the entire population of the world, which is incorrect. When you set up patterns, it takes time to actually break those patterns. It requires effort. It requires discipline. It requires desperation. You've got to be desperate to change. Because your brain has to obey your mind, by a decision of your mind to change and to get through the thing and to quit and to stop and to change those thoughts, you actually will redesign your brain. Your brain has to obey you; you are not a victim of your biology. So how can you develop your addiction to God? Well, it's making a decision, number one: You need to follow Jesus Christ. That's your most important choice that you ever make in your life.



Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #019	27:30	27:30	REC	PA/0/E	06/01/2016	5:30PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "Psychiatric Labels." Schizophrenia, bipolar depression, depression, anxiety disorders – these are labels that are defining and identifying symptoms, but not necessarily telling us what's going on. We have a tendency as humans to try and label things. But the minute you label someone, you've literally put them in a box. Labels lock you in and this is what happened with the world of psychiatric labels. You know, the psychiatric labels that we are becoming so familiar with, like OCD and anorexia, and ADHD, and post-traumatic stress disorder. These are all describing very definite things that are happening, definite things that are going on in people's minds. But the way that they've been organized and put together into the "Diagnostic and Statistical Manual" is based on symptoms as patients describe them. Experienced clinicians intuitively understand that there's a blurred line between all these labels. And despite that, they treat them as though they are distinct entities. If we look at the context and try to find the meaning behind why a person is doing what they're doing or manifesting in with mental health issues, it will be far more effective than trying to label them. There is a cry deep down inside of us and this a global cry: "Does anyone out there understand me?" We have to listen to what God says about who we are. We have to turn our view of ourselves and see ourselves through the lens of how God sees us in dealing with life. In order to be able to try and manage a problem, we always like to define it. So, a label, a psychiatric label, tries to put something into a box. And it's not a bad thing, in terms of trying to understand something because if you categorize behaviors, it is a way of understanding so that you can help people. So, a label from that perspective is not a bad thing, if the attempt is to understand deeper and to help others. Where a label becomes a big problem is when you tell people that this who you are and they absorb that into their spirit. They build a network and they say, "I am this," and they become that because what you believe you actually become. All of us are going to be completely different. We can't stick them in a box and give them a medication and write them off and put them in the disabled part of society. These are our people. These are our brothers and sisters, and uncles and aunts and members of our churches. We need to bring them back into Milieu (Talk) Therapy. We need to walk alongside them. We need to not judge them. We need to help them take responsibility, teach them, help them to run a disciplined life, etc.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #020	27:30	27:30	REC	PA/0/E	06/08/2016	5:30PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "The Disordered Mind." The difference between a disease and a disorder is that you can control a disorder. But that is a choice. And if you choose well, you move into mental health. If you choose badly, you move into mental ill health. So, if you make a good choice, you build healthy thoughts, which generate life. If you make a wrong choice, you build unhealthy thoughts. It's not that you have a disease in your brain. It's that you have a disorder and your brain can rewire. Disorder is the result of incorrect thinking. A disordered mind is a chaotic mind filled with cluttered rogue thoughts of anxiety, worry, and all manner of fear-related emotions send out the wrong signal right down to the level of the DNA. Some research that just came out very recently from Stanford shows that instead of there being a distinct neurological pattern for each type of disorder, for example, schizophrenia would have this type of brain signature; and bipolar this type of brain signature; and anorexia this type of brain signature; and each of those having this type of genetic signature. What they've actually found is that all the different psychiatric disorders actually have the same kind of brain damage. And what's very interesting is the areas of the brain that show damage are the actual areas that follow the path of thought formation. We're thinking beings. We think all day long. We're made in the image of a thinking God. And as we are thinking, we are building thoughts. And that building of thoughts follows a certain pattern in the brain. What's important to understand now is that your thinking is so powerful that you change the physical nature of who you are. You can choose to build your brain, you can choose to destroy your brain. Your brain simply responds to the mind and the body responds to the brain. You are not a victim of your biology. You are a victor over and above your biology.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #021	27:30	27:30	REC	PA/0/E	06/15/2016	5:30PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses psychotropic medications. Research shows that no one single psychotropic does any good for any brain. It actually creates a new neurological disorder. It doesn't matter what meds you have taken, what you've been told to do, you can change it with your mind. So, when we take a biomedical approach to medication, what we will see is a disease that needs a medication. But, actually, mental illness is not a disease and it doesn't need a medication. It is a very serious thing, but it's a mind disorder and it needs a different type of approach. Unfortunately, there's an entrenched myth in society. And it really is a theoretical myth that has just grown. And that is that medications are going to rebalance the brain. It also implies that the whole cause of mental disorder is biological or genetic or chemical. Unfortunately, if you look at the research, we've kind of been led to believe that a drug will actually renormalize the brain and this is really not true. What drugs do is they change the brain, and not necessarily for the better. Psychotropic drugs are things like your benzodiazepines, which are things like valium. You get your SSRIs, which are things like Prozac. And then, you get your anti-psychotic drugs that are given for things like schizophrenias. What's very interesting is that these drugs were initially stumbled on by mistake. They were developed for surgery and they saw that they had a mood-altering affect, and at that point, the world of psychiatry had mental health be classified as a disease. There's been an increase of use of psychotropic drugs and a reduction of more psychological talk-based intervention in helping people deal with mental health. Mental health is not being dealt with like it should. There's hundreds of references that you can go through and research this concept of what medication does to your brain. Once you're more informed, you then go to your doctor. You speak to your doctor. Find a doctor that will work with you and work on a plan to reduce your medications in a way that's going to work for you.

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Switch On Your Brain #022	27:30	27:30	REC	PA/0/E	06/22/2016	5:30PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses directing your rest. Directed rest means being able to focus, being able to do what it says in Proverbs 4:20-22, which is pay attention to my words, direct and focus your attention. When you do that, a healing comes in your body. You change. Directed rest activates networks inside the brain. When you switch off to the external and you switch on to the internal networks of your brain, they kick into high gear and you actually think with more wisdom, more clarity. So, the Psalm 46:10, which says, "Be still, and know that I am God," is really important when it comes to activating the internal networks of our brain. Directed rest literally means that we focus in a different way, we pay attention in a different way that actually activates our brain to function at a much higher level. A disciplined mind where you're focusing on something makes learning take place. We call this the "Quantum Zeno Effect" in quantum physics. "Quantum Zeno Effect" means the repeated effort that makes learning take place. Now research studies are pouring out showing that when we direct our mind, when we learn, we change the brain. Your brain is designed to be restructured and renormalized. It just takes a lot of disciplined mind work. We are designed to direct our rest. Scientific research has actually shown us that when we direct our rest, that means that we switch off the external, we switch on to the internal, and we actually organize our mind. And when we're focusing on God, we get this incredible sense of peace and calmness. Directed rest means that we actually think within ourselves. We actually go inside of our own heads and we think internally and that helps us to bring order and focus back into our minds. What's the benefit? What they have found from the research is when you order your thoughts like this, your brain grows networks. You activate neuroprotection, which means you protect against mental ill health. You actually bring health into your body. So prayer works. Thirty seconds a day that you build up cumulatively into a minimum of seven minutes is a number that scientists give us for making incredible physical change inside of your brain.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	700 Club CBN NewsWatch #05272016	1:00:00	5:00	REC	PA/0/E	05/27/2016	2:00PM

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

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Homelessness	Joy in Our Town #797	30:00	14:15	L	PA/0	4/02/2016	2:30PM

Our host Cheri Duckworth introduces our guest today, Kimberly Williams. Interfaith Housing Coalition offers transitional housing for homeless families and their kids. We have after school program for kids and equip parents with tools to be lifted out of poverty and the kids to break the cycle of poverty. Been around almost 30 years - anniversary in July. In Dallas, chronic homelessness is down, but family homeless is up 60% since 2010, most are single parents and kids. If you have a working poor person working hourly job, and kid gets sick, they can't come in and they lose that pay or if the car breaks down, they lose it, and without savings they are thrust into homelessness and live in a car or at a friend's house. Many people are one paycheck away from homelessness. If unemployed or underemployed, we take them through career assessment to focus on their passion, interests and skills. If you focus on the area of your gifting you will do well. That has worked very well for the past 4 years (\$9.48 an hour used to be their average family earnings, now its \$15 an hour). We provide financial coaching and see if they need help paying off debt. This transforms lives. Kids have emotional instability from going one place to another. They can get stressed and can feel tension. 75% of kids who come are 1 or more grade levels behind their peers. We get them together with peers so they get emotional stability and then we provide tutoring. 70% of our kids are exiting with 1-2 grade levels of advancement. Self-esteem is problem that both kids and adults struggle with. It's natural to blame yourself, but we try to restore a sense of dignity and value. You are important and loved and God has a plan for your life. They will take the sense of purpose with them long after they are gone. Any item that makes a home a home starts the dignity process, so we provide their own bed and sheets. Volunteers help greatly as well. We want to show people that someone cares. It brings tears to families eyes. One word: resilient. Imagine what it would be like day in and out to take care of kids when you have nothing (food and housing). Former teachers, nurses, etc. - anyone you interact with everyday could be here. Homeless families look just like me and you. Need clothes for teenagers, school uniforms, we get lots of kid's clothes. We have specialized teen program-group therapy 1-on-1 therapy, college tours in summer. We keep their hope alive. Can see success stories online. Call and let us know if you need help. Get appointment or refer a family.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Homelessness	Joy in Our Town #801	30:00	14:15	L	PA/0	4/25/2016	5:30PM
						4/26/2016	3:30AM
						5/02/2016	5:30PM
						5/03/2016	3:30AM

Our host Cheri Duckworth introduces our guest today, Daniel Roby with The Austin Street Center. What do we, The Austin Street Center, do for the community? For men, we only serve those 45 and up. And for women, we serve them of any age because they are more vulnerable to being victimized sexually, emotionally, etc. How can people connect with Austin Street Center? I grew up in the Dallas community. We would come up to ASC and serve when I was just a little boy. And it's interesting how that can impact someone. That really planted a seed and has taken root that is really flourishing now. Went to Baylor, moved to Oregon, worked with homeless organizations up there for a bit, then moved back to Dallas. You all have several programs that you have adopted this past year. There's a lot new for us. One of those things is doubling the size of our case management staff. We've also opened up a women's program. We began to realize there was a group of people, almost a third of our population, which is not able to transition out on their own. One day there was a woman lying on the side right next to the driveway. I asked her if she needed anything. She sat up, told me her story, is 67 and has several disabilities. We provide a pathway to new a services program that helps people find their transition out of homelessness. Trying to provide the resources and programs, having the case management is super key. There are so many needs, and there is such a great depth to the homeless that exists. The homeless population is getting older and sicker. Which is part of why we're focusing on those in the greatest need. There's no way we could do what we do without our community partnerships. You have a group of people coming to you because they need help. Some of them obviously want to transition out. If they're coming to you, that means they are looking for change. They are looking for help. And what about the chronically homeless? There is a recent effort for what has become a tent city here in Dallas. They're looking at plans here in the city and working with the city. Folks are shelter resistant. They've gotten to a place where they don't want help anymore. They did a survey, 89 percent said they wanted shelter. That's what their greatest need was. What I have seen is we pair up somebody with a mentor. Someone that can hold their hand. You see the lights go on. Their countenance changes. A quote Mother Theresa says, "It's not just homelessness, it's a sense of unwantedness." How we treat and interact with them is very important. Our staff knows we will be ruthless in helping someone getting out of homelessness. Finally, we want to be in a place where they're really empowered. I love sharing with them that we have at least 10 people every month that we get into housing and jobs. That's great, but sometimes we lose sight of some of the other nontangible work that happens and the relationship that we've talked about.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Homelessness	Joy in Our Town #805	30:00	14:15	L	PA/0	5/23/2016	5:30PM
						5/24/2016	3:30AM
						5/28/2016	2:30PM

Our host Cheri Duckworth introduces our guest today, Leslie Thompson. We're talking about homelessness and adult education. The CEC started in 1988. We started as a food pantry, and we've grown to include a ministry that helps our senior citizens, which are a very lively bunch. We also have 2 housing programs. Adopt-A-Family program, and an Open Arms program, which is our transitioning housing program for women of domestic violence. Then we get to the part of employment and education. We just had our first class that finished this week, today. Once they go through that there's one-on-one coaching. They can work with a job coach to help them with their interviews and resumes. All things that have to do with employment. Now we have to get to the education part which is our Literacy for Life. A lot of people think of reading when they think of literacy, but it's lifelong learning as far as we see it. Amanda Paynor was one of our first to receive the high school equivalency exam. It's just a privilege to see someone come in and want it so bad and then accomplish that goal. Another beautiful thing about it is that we create an atmosphere of family. And out of that, they come back and volunteer. Amanda is a volunteer and Lacey is a volunteer. No one can do this by themselves. If they're new they still get involved. It's good to know that now it's been changed from the GED. The high school equivalency exam is required for those who don't finish high school. Why do people drop out? A lot of times it's just the frustration that they're not getting it. One of the things we try to do is make it accessible for them. We meet on Tuesday nights from 7-9. A lot of these kids don't get that kind of attention at home so it's good that you're providing that kind of support system for those who don't have it at home. We play the roles of coach and cheerleader. We do an orientation, people call in, say they have childcare needs, and we help them. That's once a month. But if you walk through the doors any day, we will do the assessment. It takes a lot to ask for help. To do that, they come directly to the Community Enrichment Center. They hear about us from word of mouth, other providers send them to us, we never recruit. A young lady that was in our enrichment center, we offered her a class, and told her about online tutorials that you can do. For those in the program who don't have access to phones or computers, we have computers. We try to take out any barrier that may keep them from doing that. They can come any time we are open and they can utilize the computers to do that. If you really want to do it, we can remove all the roadblocks and make it work for you. What I love about it is they just show up. They come there for their high school diploma. Do they all come ready for it? Not at times, but we'll get them there. One of the things we do in order to get a writing sample, we ask them why they want to obtain their high school equivalency exam. What's different about our program than other high school equivalency programs is that we try to meet you where you are. Childcare, time frame, transportation, gas vouchers, family atmospheres. There have been students that pick up other students. There have been childcare workers that picked up other students. Everything they need is right here, so there's really no excuse. Certain zip codes, in terms of the food pantry. For the Adult basic, lower level. Almost GED. And then GED.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Public Safety	Joy in Our Town #799	30:00	14:15	L	PA/0	4/11/2016	5:30PM
						4/12/2016	3:30AM
						4/16/2016	2:30PM

Our host Cheri Duckworth introduces our guest today, Randy Westerman. We're going to be talking about hazards and threats in North Texas. With spring coming up, we have a lot of different hazards that we find here in North Central Texas. It's each individual's own responsibility to know the hazards. So far this year, we've already had 9 tornadoes. The season is just beginning and we're at our average already. It is true that winds in thunderstorms can be as strong as a tornado. What can we do to secure ourselves, our homes, and be prepared for the storm seasons? Make your decisions wisely. Listen to the weather forecast in the morning before you start your day so you know what to expect. If there are supposed to be storms in the evening, be prepared for that on your drive home. Don't drive through standing water. People don't take the amount of water that we get in a storm seriously. If you see flood markers where they have the gauges, be aware that it's a dangerous drive. Be responsible for your own safety. The government cannot protect you from tornadoes. The Joplin tornado that hit a few years ago and overlaid in on Fort Worth, showed that it would take out TCU and move on to the medical district.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Public Safety	Joy in Our Town #800	30:00	14:15	L	PA/0	4/18/2016	5:30PM
						4/19/2016	3:30AM
						4/23/2016	2:30PM

Our host Cheri Duckworth introduces our guest today, Officer James McLellan with the Irving Police Department. We're talking about financial scams today. There are prepaid card scams, jury duty scams, and kidnapping scams. The victims have reported getting a claim that someone has kidnapped their child and they need some form of payment in order to get their child, but it's all a scam. For the jury duty scam, pause for a minute and use some common sense. People will prey on your emotions and fears. But realize that the IRS is not going to call and threaten you that they will show up at your door and arrest you. Just stop, think, and write down the info on who they claim to be. They'll usually call and pretty quickly you will find out that they're not who they claim to be. The kidnapping scam is a little more difficult to sort through. They are playing on your emotions. But think; know where your child is supposed to be, and call emergency services just in case. From a standpoint of investigating these things, it's not realistic that we can heavily investigate if they didn't lose any money. They often originate overseas so they are difficult to investigate. What are some red flags? A lot of the red flags are things that can play on people's emotions. Also, if they are promising a high payout for the return or for very little work. If it sounds too good to be true, it probably is. Someone asking you to cash a check for them. Them promising that you can keep a big fee for that. Inconsistencies in the addresses and company are indicative of a counterfeit check. Anything that's fishy, definitely pay attention. We use a lot of shopping websites these days, and there are some websites out there to scam us. Should you report all of the times where you think you're being scammed? It's really the individual's choice. It might be something so small that they're not going to mess with the time to do that. But if you want to, then report it. Certainly if it involves a sizeable purchase, that would be helpful to report. Often those are local people that meet face to face in person. Sometimes they're dummy items in the packages or the boxes. What folks might not realize when deciding to report this, is that there may be several other victims that have had this happen as well and we just need to contact other victims. I would encourage you always to report it. It helps us track what's going on. What happens when it comes to stolen bank accounts? If it involves your financial institution, the important thing to do is contact your financial institution. There's a chance that the bank will be able to recover that money. Look at third party vendors that sell credit monitoring protection. We're still going to wonder. Do these things and they'll keep you safe. Trust your instincts.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Public Safety	Joy in Our Town #805	30:00	14:15	L	PA/0	5/23/2016	5:30PM
						5/24/2016	3:30AM
						5/28/2016	2:30PM

Our host Cheri Duckworth introduces our guest today, Jeff McKissack. I'm coming up on my 29th anniversary. I teach people how to spot trouble before it spots you. Teaching people foresight to be 20/20, rather than hindsight being 20/20. To connect the dots BEFORE a pattern actually emerges, a lot of people, when they say they don't want to walk around fearful, it's because they're unaware. They don't know what's out there. You're not going to walk around in fear if you have simple awareness. But if you don't know how those things work, yes, you're going to be afraid. So we can educate people and take fear out of the equation. We're seeing more of it today than we have in years past. There have been reportings, and thanks to our 24/7/365 news media, we see more of that. Take road rage for example; stress factors in a lot. And we're living in a world today where things are so technology-driven. It increases our output of stress. It's a combination of good reporting, and also, a lot of things are happening in a culture of uncertainty. And with the aggression on social media, on the road, people are just more angry. And they're afraid. People are afraid right now. What is the number one thing a person should be looking for when it comes to personal safety? When we think of an attack, we think of guns and knives. Story of an elderly couple, at home one afternoon, there's a woman at the door, says she's their new neighbor, invites her in the house, goes to the backyard to talk about backyard discussions. Later they realized the house had been ransacked while they were in the backyard. She duped them to back there while people came in and robbed the actual house. There was no gun or knife involved, there was a good story. We usually look for the overt, not the covert. And it's the covert that can trick you. Electricians coming to your door, call the employer first. Ask if they have that employer working for them, and what their physical description is. It's very, very easy to assume an identity that you're not. We don't need to walk around afraid, we just need to walk around aware. With a healthy level of skepticism. It doesn't make you rude, it makes you smart. Misconceptions regarding safety in public places. You're safer in numbers, but you're not completely safe. The questions is, is the public around? Just because you're in a public place doesn't mean the public are going to be around. Story of a friend of his who was beaten up at a car wash in broad daylight. It was a public place but no one was there. Story of a woman, a fitness instructor, who was killed in a church. You can get a false sense of security in familiar places. The places you're most vulnerable are the places you're most familiar and most comfortable, because you let your guard down. Personal space, when it comes to your safety, we don't want to be rude to people, but at the same time we want to stay safe. For those watching, fans of YouTube, go search 21-foot-rule.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Public Safety	Joy in Our Town #809	30:00	14:15	L	PA/0	6/27/2016 6/28/2016	5:30PM 3:30AM

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 a person get in touch with us? 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	700 Club NewsWatch CBN #04042016	1:00:00	5:00	REC	PA/0/E	04/04/2016	2:00PM

CBN News Reporter Abigail Robertson Reports: Have you ever found yourself caught in the middle of a high speed police chase? Though they may be entertaining to watch on television, police pursuits often end in violent collisions that kill or injure thousands of innocent bystanders and police officers each year. Now, a new technology could change the way officers go after suspects and prevent these risky chases from ever occurring. These accidents are a leading cause of injury, death, and lawsuits involving police officers and can cost taxpayers an average of \$3 million. But officers aren't the only ones at risk during a high-speed chase. Sheriff Eric Levett, in Rockdale County, Georgia, says anyone can be a victim of a police pursuit. Jon Farris learned the hard way that in a matter of seconds, anyone can be a victim. His 23-year-old son Paul was on his way home in a cab when a vehicle pursued by police crashed into him at more than 70 miles per hour. The state trooper went after the driver for making an illegal U-turn, despite the city's no pursuit policy for any crime other than violent felonies. The officer faced no reprimand because according to stale police rules, he was within his right to pursue. An overwhelming number of police pursuits are started over non-violent crimes and escalate quickly, endangering the suspect, the policeman, and any bystanders along the way. He found on average that one person dies each day as the result of a police pursuit, a third of those deaths being innocent bystanders. An FBI report uncovered that the true cost is probably two to three times higher than the stated average because pursuit fatalities are only reported at the discretion of law enforcement. No government agencies track injuries from pursuits, leaving no information on police officers and bystanders paralyzed, brain damaged, or suffering from other life-altering injuries. In order to cut down on high pursuit casualties, authorities like Sheriff Levett are investing in new technology known as Star Chase. Star Chase allows officers to deploy a tracking device on vehicles without the driver knowing they've been tagged. For about \$5000 per vehicle, officers can secretly but safely catch cars on the run. Officers can deploy the tracker while they are behind a car they are pursuing or from outside their vehicle if a car they pulled over decides to flee. Drivers cannot feel the tracker hitting their car so they don't know they've been tagged. As the suspect thinks he is no longer being pursued, the officers begin their stealth pursuit, pulling up a map of the suspect's location and alerting fellow law enforcement where the car is heading. In most cases the suspects slow down to safer speeds because without the police car following them, they think they have gotten away, letting fellow drivers and bystanders avoid being in the middle of a high-speed pursuit. So far, only a handful of Rockdale patrol cars have Star Chase, but Levett wants to invest in more Star Chase vehicles because of its success rate. Most departments rely on decades old tire spikes to stop chases, but even they are rarely used because of the danger involved. Police must also know where cars are heading. One Rockdale County police officer explained the potential dangers to the officer when deploying spike strips. Levett admits new technology can be expensive, but he says it's nothing compared to the cost or chases gone wrong. Levett says providing officers the right tools protects their safety as well as the citizens.

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
Public Safety	700 Club CBN NewsWatch #0415- 05252016	1:00:00	5:00	REC	PA/0/E	04/15/2016 05/25/2016	2:00PM 2:00PM

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

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Transportation	Joy in Our Town #798	30:00	14:15	L	PA/0	4/04/2016 4/05/2016 4/09/2016	5:30PM 3:30AM 2:30PM

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 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 #806	30:00	14:15	L	PA/0	5/30/2016 5/31/2016 6/04/2016 6/20/2016 6/21/2016 6/25/2016	5:30PM 3:30AM 2:30PM 5:30PM 3:30AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Mark Ball. We've been seeing a little bit more coverage on some crime in the area, and there's some concern to how DART can deal with it. What is DART doing to make sure people stay safe? We have a 700-square mile area, in 13 cities, 12,000 bus stops, bridges, etc. that they have to police. We also partner with the hospitals. We work with the federal government. It's not just DART police, but we have 62 stations on the rail line and each one has cameras. That will act as a deterrent for some, and helps to solve the crimes. Brand new campaign, if you see something, say something. Keep your eyes open, pay attention. If you see something, say something. You can use your phone and dial 41-411. 41-411 is the number to dial. In North Texas, we are growing very quickly. We are a community of commuters. How is Dart keeping up with the demand? By the first of next year, all of our buses will be running on natural gas. Proposing a new route through downtown Dallas. We have the approval of the federal government to be expanding our platforms. Runs on batteries. We couldn't put electric overhead on a historical bridge. The third portion will be on the north side, to union station. It's been great to see the development there. It makes it easier for people to get in and out from sprawling suburbs. It's opening the possibilities of connecting to other means of exploring, experimenting, seeing what else is out there. For \$2.50 one-way, or \$5.00 round-trip, take the bus somewhere and explore. Dart.org/dartable, you can click on all kinds of attractions that are available in Dallas. It's not Dart promoting it, it's the public telling us about these hidden gems. If you see your favorite place isn't there, you can add it yourself. It's a great way to not have to fight traffic and park and ride. Parking at Dart is free, too. We like free. One of my pet peeves is when people say nobody is doing anything. People are always working behind the scenes. There are really good people working all the time to do good things for the general public. Your best, safest way to get to the hospital or school or whatever. I love doing that, and there's a bunch of people who do that as well.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Transportation	Joy in Our Town #807	30:00	14:15	L	PA/0	6/06/2016 6/07/2016 6/11/2016	5:30PM 3:30AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Robby Sprosty with AirCheckTexas. AirCheckTexas is a voluntary program designed to help people for the purpose of passing an inspection report and having a cleaner running vehicle. Our North Central Texas region is currently not meeting the standards of the emissions tests. So if we can help people get their cars fixed, that's one solution. The program is funded by a \$6 fee that's associated with vehicle inspections, which is distributed to the 9 participating counties. There are 2 requirements: Income requirements. Example: family of 4 can have an income of \$72,000 and still meet the requirements. Vehicle requirements: repair or replace. For repairs, need a failing inspection within the last 30 days. On the poverty line: It's good for people to know that they are still eligible. 300% above the federal poverty line can still use our program. We also have an online application that participants are welcome to fill out, print, sign, and date, along with their vehicle inspection reports either via mail or fax. We want to be able to help people breathe healthy air. This program does help people if they are registered in an available county. What happens after they register? We process them in the order in which they are received. For those that are denied, we will send a denial reason. Once they get their voucher, what's the process for using them? Take the documents and the vehicle to the facility, and we have trained staff there to help them. It's good to know that our hands are being held through the whole process. You'll see the ozone action days that we have, especially in the summer. We have programs that are trying to reduce the amount of pollutants coming from our vehicles. There are a lot of people taking advantage of the program. Since the program was started in 2002, we've noticed quite a huge response from the community. We've replaced and repaired over 30,000 vehicles. To get the word out, we work with local dealerships, social media, etc. We have a huge number of great workers.



Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Transportation	Joy in Our Town #809	30:00	14:15	L	PA/0	6/27/2016 6/28/2016	5:30PM 3:30AM

Our host Cheri Duckworth introduces our guest today, Karla Weaver, NCTCOG. The Cog is a regional planning agency with plan Mobility 2035. 12 counties in the planning area, planning aviation, bike trails, etc. Our planning area is the size of the state of Connecticut. Under our sustainable development program is a web of 1700 miles of bike trails planned for the metroplex. We take city and county plans put them in one place and make them talk to each other. We call it the spaghetti bowl of terminology because often we don't use the same terms (trail, greenway, etc.). Current project: Fort Worth, Arlington, Dallas, Grand Prairie, and Irving. 64 miles if you wanted to bike from one side of the metroplex to the other. These trails connect to the TRE and other Light Rail stations. Over 30 miles already exist. Have applied for federal grant, and all cities have put money on the table. These are places that businesses want to locate. Dallas to Denton and Dallas to Plano are in the works, since we already have Fort Worth to Dallas. A lot of analysis goes into Heat Maps (crash data in our region -fatalities, and bike crashes). What causes those, and what areas are more prone to them? Special treatments can be placed in these places. Community input and lighting are also important. We have an educational safety program, we coordinate with TXDOT and will partner with the DMV. Grant received \$700,000 to do education and training (media, bus wraps, websites, schools, and drivers). Will be developing that in the fall. We now have 74 train stations, and we have the largest light rail in the country. We have DART, DCTA, and The T. Orange line will be opening up to the airport, which is huge. We work with cities (120 million) given to support private development (street lights, bike racks, etc.). If you can give people alternatives to their cars, you can encourage development. You can get on Dart to go to Fair Park for state fair, or AA center. DCTA is helping UNT students get around the metroplex. DART will help you create schedules and you can call people to help you understand if you're using it right. Many companies working on rideshare programs, and provide dedicated rides back if need to stay late or leave early.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Unemployment	Joy in Our Town #798	30:00	14:15	L	PA/0	4/04/2016 4/05/2016 4/09/2016	5:30PM 3:30AM 2:30PM

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. Some of the recruiting trends we're seeing are being technologically savvy and 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 #803	30:00	14:15	L	PA/0	5/09/2016 5/10/2016 5/14/2016	5:30PM 3:30AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Crystal Lartridge. Notable trends of employment. There's a lot that, for those just coming out of college, they are curious about starting in the work force for the first time. Boomerang - an employee that has left the company and has decided that maybe it's a good idea to go back to that employer. And their former employers are welcoming them back. And that's a surprise. But as they look for more talent they are trying to cut costs with onboarding. Since they've been with the company, they know the culture and the people. It's an easier transition for a former employer to take that former employee back. Does this make it more difficult for new employees? It will be competitive, but they have a lot going for them in that they have been in the company before. Give the company a two weeks' notice and then work the full two weeks. It's important for you to leave that company in a good situation. You don't want to leave on a bad foot, for references sake, and also if you have to come back. Salaries. Companies say they anticipate a 2.9 percent increase in salaries. How does a proper negotiation take place? Usually individuals will accept an offer and not really know what the employer is offering. You're not going to ask about that until the employer has made an offer. Your follow-up should be, "Would you mind telling me the details of the offer?" At North Lake College during the summers, we have our dress code relaxed, and a flexible work schedule. The maternity leave. Not only does Mom have maternity leave, Dad does. Vacation days, is that ok? Is that something that's negotiable? Oh most definitely. You want to take a job that fits with your lifestyle. All the things are negotiable. I can't think of anything taboo that they should not talk about. There's a lot of people wanting to work from home. Telecommuting. Things are changing and are a little bit different. So it's ok to ask those questions. If you're in IT, you can have your laptop and go keep moving and stop at McDonald's or something and go from there. It is a viable option to work from home. It's ok to ask. You never know unless you ask. It's not always that they're looking for a particular person. Sometimes they're just on there, and they just find you. Updating your social media accounts, like LinkedIn, is very important so they can see your skill sets, your current abilities and accomplishments. They could be looking for you even if you're not looking for them. What NOT to do on social media. Everybody loves spring break, and loves to take the pictures. But you might not want to post those. We have to be careful, even with our fun websites, what we put on those websites because employers are looking. They want to collect as much information about you as possible. Don't put anything on there that you wouldn't want them to see. We have to be wise. To those graduating right now, to prepare mentally for what they're about to face -- get ready, get ready, get ready. Hopefully you are entering the semester that you are about to graduate. It is imperative to contact your college's career center. They can help you with resumes, etc. Networking. It's common nature. People are comfortable with people they know. They want to know about them. They are more apt to connect to you and talk to you if they can identify somebody that can give them information about you.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Unemployment	Joy in Our Town #807	30:00	14:15	L	PA/0	6/06/2016 6/07/2016 6/11/2016	5:30PM 3:30AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Ted Albritton with the Southlake Focus Group. We are a local, independent organization that helps people get jobs. It's called the Southlake Focus Group, but we reach out to whoever will come. With all the different job types, job seekers, career opportunities that are out there, we help them with the transitions in such a vast variety. We are unique in the respect that we don't have a specific type or function that we focus on. We do 3 things: offer a supportive environment, help them alleviate that what do I do now look in their face, and provide opportunities to serve others. HOPE – Helping One Person Every day. Based on Proverbs 11:25, he who helps others is helped. It helps our mindset and our outlook on life. It brings hope to know you have a support system. What makes us different? We also are 100% volunteer, there's nobody who's paid staff. We have about 25 people volunteering and about 200 people who show up for help. Also, our alumni organization. They've seen what we do, they're active in our weekly meetings and our monthly meetings. This last Christmas our alumni raised over \$5,400 in gift cards to give to our people who don't have jobs at Christmastime to get presents for people. Our volunteers are helping us as people get back into the job search. It all begins with our weekly meetings. We meet from 7:30AM to 10:30AM on White's Chapel. We have an opportunity for people who HAVE found a new job, to tell how they did it, to encourage others that they can do it too. We provide an opportunity for job lead sharing. Our members who have uncovered a job assist others in getting out of that room and back into the work force. We're a networking organization. That's what we were originally founded on back in 2002. We teach how to do a "10-second commercial" that gives them some time to tell us who they are and what they're doing. We tell them how to manage looking into a contract work environment. We really provide a strategy for job seekers to see the different avenues that are available when they are first looking at jobs. What's the first thing they're going to expect when they walk through the front door? They'll be greeted in the parking lot, at the door, escorted to where they're needing to go. One of the things we often do is try to get to the concept of how we do all of this with just volunteers. We have a very comprehensive program and we're very good at what we do. That's why people come to us. What pool do we get those volunteers from? We literally have people who are C-suite, executive directors, managers, etc. We look for a servant-leadership heart. You have many volunteers from many different careers. If someone comes in with a specific job type, they can connect with another person in their industry. We have several different sessions and rooms that people go to. We encourage them to go from room-to-room and meet a whole quandary of people. We've had people from the C-suite all the way to recent college graduates. We encourage a high degree of accountability.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Unemployment	Joy in Our Town #808	30:00	14:15	L	PA/0	6/13/2016 6/14/2016 6/18/2016	5:30PM 3:30AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Cliff Sosamon, Executive Director of Honor Courage Commitment, Inc. Unemployment in the military really comes down to a sense of purpose. Establishing that purpose is key. One of the biggest struggles when it comes to looking for employment as a veteran is that they don't know how to translate their military experience into civilian experience. But one thing they do have is leadership experience. It's the best leadership school in the world. A lot of veterans fail to realize that. We work with a group that's called Vet Connect North Texas, roughly 387,000 veterans in the 13 counties that make up North Texas. Veterans are paid more on the median and the unemployment rate is lower. So if you look at it on a whole, North Texas is not doing too badly. We're kind of an anomaly -- not many other places in the country are like that. What can veterans expect if they're looking for employment in the area? The number one way that people find jobs is through their personal network. So if you're a veteran trying to find a job, search through the people you know. Networking is key. Talk to the people you know. At Honor Courage Commitment we help them create businesses. We partner with other non-profits, local and national, and we do resume writing, how to dress, etc. We have another program called Operation Job Placement and we're building that up to be more robust. Not everybody's meant to be an entrepreneur and sacrifice while they're trying to get a business up and running. Let's do talk about those who don't mind the banana sandwich, the entrepreneurs; how do we help them get started? One of the things we do, 16 applicants, a program with classes. We bring in community leaders, business leaders, etc. Failure is a big part of being successful because if you don't fail you're never going to be successful. We teach them how to read a profit and loss statement. We do art therapy, equine therapy, music class, fishing, etc. It's very daunting to come in and start a business, for anyone, and many different aspects can be intimidating. What's scary are the things that you don't know that you don't know. And those are the things we try to teach them. There are so many moving parts when you're trying to start a business, and it can be a real challenge. They don't pay a thing to come through our program. It's all through donations and grants. To us, there's no difference between veterans regardless of when they served. We've got them as young as 24 and as old as 74. Right now we are strictly veteran, not spouses. We are in the process of developing some programs that will be for spouses.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Youth	Joy in Our Town #801	30:00	14:15	L	PA/0	4/25/2016 4/26/2016 5/02/2016 5/03/2016	5:30PM 3:30AM 5:30PM 3:30AM

Our host Cheri Duckworth introduces our guest today, Officer Curtis Kaloi with the Irving Police Department. Police Explorers, it's a children's program. We hear a lot from the kids that have done the program, and a lot of times they will remember the first time they had an interaction with an officer. They will remember that life-long. They come into the program and they just flourish. They love it. In turn, they tell their friends, and that helps us get more influence. They come in timid and shy at first, but once they get that confidence, there's no stopping them. They can do whatever they want after that. It's so priceless for them to have that confidence at that young of an age. And as an adult, to have that from an early age is a gift. The program requires that they be at least 14 years of age and out of the 8th grade. The earlier I can get them involved, the better they can be. We are under Learning for Life, a scouting trip for Boy Scouts. But we're more focused toward police competition. An average competition is a range of 7 events throughout the day. And just like an officer on the street, they have be ready to deal with whatever they find. They love it. It gets very competitive. After you get out of the program, you're on a probationary period for 6 months, and then you get a different uniform. The parents ask a lot of questions. I immediately think of young men loving this, but young women also love this. When they get to age 21, they age out. She was a female lieutenant who starts the academy in May, at the age of 21. We encourage that because a lot of women tend to promote slightly faster than the males do. We encourage both because our department's male and female. We start marketing it in schools in 8th grade. If they're really geared toward law enforcement and want that, we'll take them. It can't work without the comradery. I can go anywhere in this department and ask for help and have never been turned down. They see what this program does and they are willing to help. We split the kids into teams with the officers and sergeants, and they will be in groups based on how much experience they have and what level they're at. What? Age 14, out of the 8th grade, are the requirements. You can come from a charter school, that's fine. As long as they can make the meetings. If you're in college, you have to be in good standing. Driving record is monitored. Can't have any arrest record as far as a B or above. We monitor their grades. Encourage them on the right path. The focus too is to go to college and come back. We want them to come back to us. It's a nice family feel and I know they've got basically the same training as our officers here. Do the kids that go through the training all want to be officers when they finish the training? A lot of them will focus first on being a jailer to get their college hours. But they all say in 2 or 3 years, after college, they'll apply in Irving again. This has to be something you really want to do. It's a commitment. We have them come to a couple of meetings first before we run them through. Because it is a time commitment. The McGruff outfit, a dog in a police uniform, most of the time it's an explorer in the outfit. We start at the schools. They know what's going on and it's an extra set of eyes for us also. They know what to look for.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Youth	Joy in Our Town #802	30:00	14:15	L	PA/0	5/07/2016	2:30PM

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

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Youth	Joy in Our Town #804	30:00	14:15	L	PA/0	5/17/2016 5/21/2016	3:30AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Tamisha Fletcher. Teen Court is a great program. It's a wonderful way for our teens to learn about the justice system and how it works. What is teen court? Youth defenders come and have court. Teens are the prosecutors, the defendants, and the jurors. It's an alternative way of enforcing some type of punishment or discipline. How does it work exactly? For example, the whole permit situation. People under 17 years old have to come with their parent to enter a plea. After you plead guilty or no contest, you can do teen court in lieu of the fee for the ticket. How do you pick the defense attorney or the prosecuting attorney? They are actually high school volunteers. They usually start out as jurors and then have an interest and go through training. A lot of them love picking a side. We can go up to 40 hours of community service. If they did a theft, you have to write a letter to the vendor or the person you stole something from. With community service, you're mandated to do 40 hours. So instead of going home or hanging out with your friends, you have to go to the library and help because the court ordered you to do it. A lot of teens love volunteering and a lot of the parents love it as well. One of the main goals of the program is to make sure that we don't have repeat offenders. We are not here to harm you, we're here to help you. When you think about sentencing, you think about punishment. But really we're there to help you. It gets them started thinking about their responsibilities as citizens and as adults. Main goals of teen court: We want to make sure we are motivating the offender to improve themselves, that they develop a healthy attitude toward authority and increase self-esteem. A lot of times these teens are making these decisions because of peer pressure. Many people come in who were once the defendant and are now one of the jurors or one of the attorneys. About a third of the kids. A lot of them really like the program and they love the jury service. We have adult volunteers that advertise our program, but if they want to, they can contact me. They can also go to the city of Arlington, we take all. Go to the municipal court website, and click on "Teen Court." They have a short application where they can sign up and volunteer. There's a quick little form you can fill out for a background check, and you're good to go. We have attorneys that are there helping the people volunteering. It's really good that our non-profits in the community also benefit from it too, from the community service the teens serve. How tough are teens on their peers really? They can be pretty tough. But they can also be very caring. The jurors watch for little subtle differences, are they really sorry for their actions? They really need to make note what is justice for the community, what is the proper restitution. Some teens want to give them the highest, some want to give them the lowest, and you have to come to a compromise. It's a toughie but it's such a great life lesson for them. It's helping us raise more well-rounded teens in our community. Adults coming in to volunteer with these students have heard feedback about how it's affected them. Story of an offender who then kept coming back with their parents because they liked the program.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Youth	Joy in Our Town #806	30:00	14:15	L	PA/0	5/30/2016 5/31/2016 6/04/2016 6/20/2016 6/21/2016 6/25/2016	5:30PM 3:30AM 2:30PM 5:30PM 3:30AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Ashley Crowe with the Girl Scouts. It's really the girls who do all the work. We're really focused on meeting the girls where they're at today. And these kids face tremendous challenges. How to deal with social media, how to pick the right career. We're really still focused on giving them those skills, confidence, character, giving back to the community, but we're also focusing on STEM. It's a totally different world for technology. It's a whole new world. That's something that parents all across the country are really grappling with right now, because sometimes the kids know more about the technology before the adults do. We can guide them on how to make those good choices. Parents say they want Girl Scouts to help their kids make the right choices, not only today, but for the rest of their lives. How do the Girl Scouts do this, where it is easily accepted by a younger age group? We serve Kindergarten through 12<sup>th</sup> grade. We are building a STEM Center of Excellence just 20 minutes south of Dallas. It's our responsibility as the largest pipeline of female leadership in Dallas. We just had phase 1 open a couple of weeks ago. To have an organization that we trust is huge and priceless. Thank you for that. The first part of the building is already complete. We are taking 100 acres that has wood, trees and life and transforming it. What's just opened is a program center. It's a lab. Girls can do all kinds of experiments, use microscopes, petri dishes. High adventure, amazing ropes course, archery, etc. Forces of nature, fulcrum points, etc. That's what's open now. We're building an observation tower. Very protected land form. We're going to have mentors all along the way. A girl can't be what they can't see. If we're teaching girls engineering stuff, we're going to have a woman engineer there. This is the first generation to really grow up inside. So it's great that you're getting them outside. It's good that the Girl Scouts are really doing something about that. Experiences being offered to girls in the local community. We serve 27,000 girls and Girl Scout leaders. We have traditional camps. We're having a camp for older girls at UTD where they talk with STEM professors. The best thing to do is to reach out to us, give us a call and go to our website. Don't think you have to be in a troop to be involved in Girl Scouts. One of the things we need most right now is leaders. The troops can be found in most of North Texas. We serve 27,000 girls, in 32 counties. You can start a troop in church, your school, your gymnastics team. It is never too late to join a troop or to start a troop. We have a Girl Scout Leadership Institute for 9-12 grade girls.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Youth	700 Club CBN NewsWatch #05272016	1:00:00	5:00	REC	PA/0/E	05/27/2016	2:00PM

CBN News Reporter Abigail Robertson Reports: A street drug called "molly" is gaining popularity with high school and college kids. Many think it's a harmless, non-addictive party drug, so they don't think twice about taking a little molly before a night out with friends. But one mother's tragic story shows how that way of thinking can have deadly consequences. Two years ago, Dede Goldsmith awoke to a call in the middle of the night telling her that her daughter was dying in a hospital hours after she had collapsed inside a concert venue. Nineteen-year-old Shelley Goldsmith, a high school valedictorian and college honor scholar, had taken the drug known as MDMA, commonly called molly, on her way to a concert. Elyse Eilerman was a friend of Shelley's who was with her the night she passed away. The same weekend Shelley died, MDMA claimed the lives of two other young adults attending a music festival in New York. Molly, short for "molecule," is a stimulant that takes users on a six- to eight-hour euphoric high. It is thought to be a pure form of its parent drug ecstasy, but in reality, there is hardly anything pure about it. Recent studies show that only 15 percent of molly drugs sold are really what they claim to be. A third sold under that name contained substances such as cocaine, bath salts, and baking soda, while more than half contained no MDMA at all. Many people think only the tainted molly carries fatal consequences, but even the purest form can be lethal. So why is this drug so appealing to college kids around the country? Eilerman believes it's because people focus more on the high and less on the danger. Dr. William Strudwick, director of the Emergency Center at Washington's Providence Hospital, says users take molly for the sense of euphoria the drug gives them, but they don't consider the negative consequences it can have on the body. These other problems include seizures, heart attacks, severe dehydration, and hyperthermia. Doctors ruled Shelley Goldsmith's cause of death as hyperthermia because her body temperature rose to fatal levels. Her autopsy revealed MDMA was the only substance in her system at the time of death, proving the drug's deadly potential. Eilerman said that taking molly in a crowded, hot venue puts you at an even greater risk of fatal reactions to the drug. Since Shelley's death, many people close to her are raising awareness about the dangers of this so-called harmless drug. Her mom is urging lawmakers to amend the 2003 Rave Act, an act that was put in place to shut down underground raves where promoters encourage illicit drug use. The current law discourages organizers from using commonsense safety measures to protect their patrons. Goldsmith said venue operators won't implement small safety measures like free water, cool down spaces, and appropriate number of medical personnel to deal with emergencies because they fear it could be seen as encouraging drug use and subject them to criminal prosecution. She believes if Shelley had known more about molly and its risks, she would be alive today. This would have been Shelley's senior year at the University of Virginia. After her death, Eilerman helped start the Shooting Star Foundation, to spread the word around the university community about the dangers of drug use. Each year on the anniversary of Shelley's death, they commemorate her life and share with students lifesaving information that could help others. Eilerman and the members of the Shooting Star Foundation have been working hard to encourage their peers to think twice about the risks of taking molly in hopes of preventing other tragedies like the death of Shelley Goldsmith.

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