

# **Trinity Broadcasting Network**

*WDLI-TV*

*Canton, Ohio*

***October, November, December 2014***

*Eastern Time*

## **Leading Community Issues**

*Health*

*Seniors*

*Economy*

*Family*

*Substance Abuse*

*Civic Affairs*

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy in Our Town #1632	28:45	13:30	L	PA/O/E	10/03/2014	1:00 PM
						10/06/2014	11:30 AM
						10/07/2014	4:00 AM
						10/09/2014	4:30 AM
						10/14/2014	4:00 AM
						10/16/2014	4:30 AM
						10/23/2014	5:00 AM

Dr. Bob DeMaria, Director of Drugless Healthcare Solutions, states that we live in a very toxic environment. Most of the foods that we eat and the water or other beverages that we consume are heavy laden with chemicals. Chemicals are everywhere; being an informed consumer can reduce the amount of toxins a person ingests. Our liver is designed to filter out impurities so our bodies will function properly. Chemicals are very difficult for the liver to process. Reading food labels will help to identify whether a food is natural or organic or if it has been altered. The federal government requires labels on fruits and vegetables to which help identify natural organic foods or chemically altered foods. Produce that begins with the number nine on the label is organic; any other number has been altered in some way.

### Health

	Joy in Our Town #1632	28:45	13:30	L	PA/O/E	10/03/2014	1:00 PM
						10/06/2014	11:30 AM
						10/07/2014	4:00 AM
						10/09/2014	4:30 AM
						10/14/2014	4:00 AM
						10/16/2014	4:30 AM
						10/23/2014	5:00 AM

Dr. Bob DeMaria, Director of Drugless Healthcare Solutions talked about women's health concerns on this segment. About 45,000 women die every year from breast cancer. Ninety-five percent of breast cancers are caused by too much estrogen. Although estrogen is a natural hormone of both men and women it can also be manmade which is the most deadly. Estrogen can be found in many things including the lining of canned foods. Dr. Bob says that what we eat has a huge impact on our health. He recommends eating natural foods as to not expose oneself to too much estrogen.

### Health

	Joy in Our Town #1640	28:45	13:30	L	PA/O/E	11/03/2014	11:30 AM
						11/04/2014	4:00 AM
						11/06/2014	4:00 AM
						11/13/2014	4:30 AM
						11/20/2014	5:00 AM

Dr. Margaret DeLillo-Storey, District Clinical Counselor at Perry Local Schools, talked about PTSD (Post Traumatic Stress Disorder). PTSD is classified as a mental/emotional disorder that was initially associated with combat veterans years ago. PTSD is usually a result of a life altering traumatic experience where the threat of death or imminent harm (safety) is a factor. PTSD is characterized by a group of symptoms that a soldier or a person can experience ranging from sleep disturbance, irritation, intrusive and recurring thoughts, and lack of discipline in that they struggle with being able to work. Impairment can be anywhere from mild to severe. Usually symptoms have lasted one month continuous. There is no cure for PTSD however it can be managed via counseling and medication may be prescribed. Individuals affected by PTSD often self-medicate in terms of alcohol and drug use.

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy in Our Town #1683	28:45	13:30	L	PA/O/E	12/05/2014 12/08/2014 12/09/2014	1:00 PM 11:30 AM 4:00 AM

*Health*

Dr. Shannon Schwartz, Breast Oncology Fellow at Akron General Medical Center, shared information about breast cancer on this segment. One in eight women will be affected by breast cancer in their lifetime. There are some controllable risk factors such as diet and lifestyle choices however hereditary cannot be changed therefore does increase one's risk of developing breast cancer. Early detection plays a huge role in treatment. Forty years ago almost all women that were diagnosed with breast cancer had a complete removal of the breast tissue as well as the lymph tissue under the arm. Today, if breast cancer is detected early enough, only the cancerous tissue and a small portion of the surrounding tissues is removed therefore preventing the need for breast replacement. It is recommended that women 18 years of age and older perform a monthly self-breast exam until the age of 40 at which point an annual mammogram is recommended. Mammograms have an 80% success rate of picking up breast cancers. There are many programs that offer financial assistance to get screened because the earlier we catch these cancers the more successful the outcome.

*Health*

	Joy in Our Town #1683	28:45	13:30	L	PA/O/E	12/05/2014 12/08/2014 12/09/2014	1:00 PM 11:30 AM 4:00 AM
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The American Red Cross in Northern Ohio provides blood to 57 local hospitals. Every day in northern Ohio about 900 pints of blood are needed. Summer is a difficult time to keep the blood supply sufficient since about 20% of the blood that is collected in this region comes from high school and college students. There is a demand for negative type blood at this time especially O negative. O negative blood is considered a universal blood type and can be used in an emergency situation. Blood contains three different components. Red blood cells are given in emergency situations such as car accidents. Cancer patients rely on donated platelets. Plasma is often given to burn victims. One person's blood donation can help three different people. Christy Sabaka, External Communications Manager, tells that giving blood is free, easy, and a great way to give back to your community. Blood does have a shelf life although most often the blood collected during blood drives is immediately tested and on its way to area hospitals.

*Health*

	Switch On Your Brain #010	28:30	28:30	REC	PA/O/E	10/07/2014	1:00 PM
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**Today on Switch On Your Brain Dr. Caroline Leaf** discusses "It's not who you are, it's who you have become." Evil comes from us, from choices that we make. Every time we make a bad decision and we wire that toxic thought into our brain, we've created evil and then we act upon that. But that's not who you are, that's who you have become. You can get free. There is nothing that you have done that you can't get rid of in your brain. Obviously, it starts with acknowledging, repenting, confessing, accepting the work of the cross. You can wire that out of your brain. There is a tendency that we can get stuck in that negative groove and then grow this thing and then we think that's all we are. You need to stand back. You need to recognize you're made in God's image and that's not who you are, that is who you have become, so therefore you can un-become that. Our norm, our default mode, is one of making good choices. We can think well. We can choose well, because we are made in His image. You may feel like I react like this, this is who I am; this feels like it's me. Yes, because every choice that you make, if it is a good choice, you wire in the healthy. If it is a bad choice, you wire in the negative. It has become part of your biology, the toxic side, the fear zone, this is not who you are, this is who you have become. If you wired it in, you can wire it out. When the brain is inside your head and you're alive and living, you are generating mind and your mind is actually changing that brain. We are wired for love. Scientifically we see this; all of our circuitry, all our chemicals, everything is geared in the direction of making good choices. When we choose badly, as it says in Deuteronomy 30:19, the implication in that scripture is that if we make the wrong decision we step into the death zone. Spiritual truth is reflected in science, where we see that people that have made bad decisions, and we all do that, those bad choices get wired into our brain and affect the physical structure of our brain because we design the landscape of our brain in a positive or negative direction. Your natural wiring is beautiful, healthy, green trees. Because you can think, you can choose. Whatever you chose became either healthy stuff or baggage. When we have issues, that's not who we are, that's who we have become. So if we've become that, we can un-become it. If we've wired it in, we can wire it out. You control your genes in your body. We are not a victim of our genes. You first grew a toxic thought then you did that. Whatever you think about the most will grow. So if you're living that lifestyle, you're growing that, you have chosen the inhuman root and have wired in the toxicity and are living out that toxicity. As you are living out that toxicity it produces the toxic effects. This is the stronghold of the enemy. It is something that we choose and these are consequences of our choices. Your natural is that you are wired for love. As you are thinking and as you are choosing, as you are about to make a decision, the front part of your brain becomes extremely active. *(Continued)*

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

## Health

Switch On Your Brain #012	28:30	28:30	REC	PA/O/E	10/21/2014	1:00 PM
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**Today on Switch On Your Brain Dr. Caroline Leaf** discusses how we are designed to bring all thoughts into captivity. Part of the front part of the brain is designed to enable us to stand outside of ourselves and observe our own thinking. God's design of the human brain fulfills the ability to bring all thoughts into captivity. We can actually stand outside of ourselves, observe our own thinking, focus on an area that needs to be detoxed and we can fix it. It's like the first step that we need to apply in being able to actually sort out our thought life. You have the ability to bring all thoughts into captivity. When we think we choose and when we choose we change our brain and then we live from what we have created inside of our brain. Everything that you say and everything that you do is first a thought inside of your head. We are neuroplasticians, neuro meaning brain and plastic meaning to change. We are designed to change our brain. Moment by moment of every day, you are redesigning the landscape of your brain. You are changing your brain. You control your brain. Your brain does not control you. We are not victims of our biology. We are victors over and above the events and circumstances of our life. If you are negative, it hits the proteins right down on a micro level and they start breaking down and over time they manifest and make you vulnerable to illness and disease. A study shows that people are protected by worship; protected against depression and anxiety and worry. They have shown scientifically that the more people worship, the more you develop your relationship with God, and the brain actually gets thicker in the parts that need to get thicker to protect you against depression, anxiety and worry. The more you worship, the more you are protecting yourself against all the challenges that affect us in life. Inside your brain you have internal networks that we call the default mode networks. As you are conscious and as you are going through the day, every seven seconds, you shift into this default mode, and you basically switch off to the external and you switch on to the internal, and you process what you have just taken in. Research is showing that those people that are meditating correctly, the activity in the brain increases and you're becoming more intelligent. When you are in a state of peace and calm you are thinking with wisdom and clarity. Christians who are meditating on the Word of God and saying "Trust in the Lord with your all your heart. Rely not on your own understanding. In all your ways acknowledge Him and He will direct your path all day long," their brain entered into the highest intellectual state possible. God has designed your brain to obey your mind, and when you do what God tells you to do, and you choose life, life grows in your brain, good stuff grows in your brain, your brain health increases, your immune system improves, your cardiovascular system improves, and the entire health of your body improves. As you're in life, you're exposed to multiple things that are coming in through your five senses. Your five senses are the contact between the external world and the internal world of your mind. There's a lot of signal coming into your brain, but it stays in the middle part of your brain and it activates certain internal signals, which are four or five of the existing memories that are moving to the conscious mind. You can discipline yourself to become aware of what you are gathering; what is coming in from the outside and what thoughts are being activated. Sometimes it takes twenty-one days to get our minds disciplined. We need to discipline ourselves to slow down, watch our thoughts, not let any thought go unchecked through our mind. That's our natural design and that's what bringing our thoughts into captivity means. We are all faced with all these choices and quantum physics talks about them being probabilities. Probabilities have not happened yet and they have no substance yet. A probability is simply something that could happen. You, the observer outside the system, look at the probability and you make a choice, and you turn the probability into an actuality. *(Continued)*

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Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
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When it becomes an actuality, it becomes a physical structure inside of your brain. You operate from that physical structure inside of your brain. We are designed to bring all thoughts into captivity. Bring is an instruction and it is a mind action. When you decide to bring all thoughts into captivity that is mind action. That's intellectualizing, that's choices that we're making. The frontal lobe of the brain is very active when we are conscious and it enables us to literally stand outside of ourselves and observe our thoughts, and make change. Discipline yourself to self-reflect. Discipline yourself to self-regulate. Where you are in your mind is going to determine where you're going to be tomorrow. It's with your mind that you are going to grow spiritually. It is with your mind that you are going to get your health under control. Deal with the issues that are in your life. Science shows us that thoughts are real things. Your mind is in the soul realm and your mind deals with the intellect, the will, and the emotion. Although we can't see the intellect, the will, and the emotion physically, we can see the result, which is what people say and what people do. First there is the thought that you've built, which is the root in the non-conscious mind, that moves into the conscious mind, and then you become consciously aware, and then you speak and you do. Thoughts are built as substance and evidence in your mind, as you build those you will be acting upon those. Your DNA doesn't control you. You control your DNA. You cannot control the events or circumstances of your life, but you can control your reactions to the events and circumstances of your life. You are not a victim of your biology. You are totally in control by the decisions that you make, influencing your spirit, soul, body, and health. God has designed your brain in such a way that you are able to stand outside yourself, observe your own thoughts, and rewire your brain in a positive way. You're not a victim. You can rewire and you can change through a single decision to make that decision to change.

## Health

Switch On Your Brain #013	28:30	28:30	REC	PA/O/E	10/21/2014	1:00 PM
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**Today on Switch On Your Brain, Dr. Caroline Leaf** discusses how no thought is harmless and no attitude can be hidden. You know what it feels like when you're around someone who is negative? It makes you feel horrible. When you're around someone who is joyful and happy you feel great. That's because our attitudes literally rub off on each other. You can't hide an attitude. No thought is harmless. It is a scientific fact that every thought that you build generates electromagnetic energy and it produces a state of mind, and that's part of nonverbal communication. We don't read each other's actual thoughts, but we can read each other's attitudes. We have all kinds of structures in our brain that help us to reflect back each other's emotions. For example the vagus nerve, insula, mirror nerve cells in our brain literally help us to cry together, laugh together, and be joyful together. It's almost as though God has designed us so that we can actually check each other's behaviors. Become aware of your attitude and the attitude of the people around you. Every single cell in your body is impacted by a negative thought. No thought is harmless and no attitude can be hidden. It will come through in the way that your eyes are shining and the way that you carry your body. Genesis 11:6 tells us that "Whatever they imagined they could do would not be impossible for them." The science of this scripture is that as you are thinking, you are physically building substance. This science also tells us that whatever is substance in your brain you will act upon. You will live out whatever you have built, so therefore, no thought is harmless. The Bible does say that to just look upon a woman with adulterous thoughts is the same as the act. We know from science now that if you watch someone play tennis, the same areas in the brain will light up as the areas that will light up in the person who is actually doing the act. It says in the Bible that only God and you know your own thoughts but what I can pick up through my mirror neurons is your attitude which is your state of mind; it's the emotional state of your head. Every thought has an emotional feeling component and that is what we literally mirror in each other. Quantum physics actually explains this in terms of the theory of entanglement, which means we are all entangled in each other's lives. We are all connected with each other, so we feel each other's emotions. We can't hide it. We can't ever hide an attitude because of the design of the brain mirroring out the emotional energy literally from the thoughts that move into the conscious mind, we reflect those. The gene is an inanimate thing. It can't do anything until it is switched on. The dreaded diseases that people are suffering from are from the mind, seventy-five to ninety-eight percent. Even when you have a genetic mutation of something that comes through the blood line, it originally was not a mutation because Deuteronomy 30:19 says, "I lay before you life and death; blessing and cursing. Choose life so that you and your descendants may live." The decisions that your great, great, great whatever, made are in your head. You have a choice and that choice is to keep and to active those things or to kill them. What you think about, the choices that you make, will produce effects. That's pretty much the science of epigenetics showing how our choices impact spirit, soul, and body, this generation, and the next four generations. It's the sins of the father that will reach through to the third and the fourth generations. It's not an excuse because the Bible also says that you are not responsible for your parent's sins. You are not a victim of your biology. You are a victor over and above your biology. Imagination is not a nothing. Imagination is you visually thinking out. As you imagine, you are growing thoughts as well. As you are growing those thoughts, you then act upon those thoughts. They did a research study where they taught people to play the keyboard in two groups. One group learned to play the keyboard actually using a keyboard. The other group learned through the power of imagination. They brought the two groups together and the group that used their imagination actually played better than the other group. You can't see your thoughts, but no thought is just some nonevent. No thought is harmless. Every thought is doing something. It's physical structure inside of your brain. We can't control the events and circumstances of our life, but we can control our reactions to those events and circumstances. We can choose to control our reactions. So therefore the hardest thing about being happy and peaceful and enjoying life and coping with life is the recognition that we can choose. You are able to choose and your choosing makes a difference in your life and the lives of this generation and the next four generations. Attitudes are never harmless. Attitudes impact people. Your attitude that you reflect, good or bad, is influencing other people's perceptions. This week make a strong concerted effort to actually observe your own attitudes and the impact of your attitudes on other people. You will be amazed at how when you smile and you're happy how that influences the people around you. How when you're whiney and negative how that influences the people around you. Increase your observation skills this week.

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Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
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*Health*

Switch On Your Brain #001		28:30	28:30	REC	PA/O/E	11/04/2014	1:00 PM
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**Today on Switch On Your Brain, Dr. Caroline Leaf** discusses the mind being the switch that helps to control the brain. The mind is your intellect, thinking, choices, feelings and emotions. These mind actions switch the brain on or off. Thoughts are real things that take up space in the brain and look like forests that have been built up since you were in the womb. We control our brain. Our brain does not control us. Through your mind, you have the ability to think and choose; the ability within yourself to change your world quite literally. Science has proven that the mind changes the brain. The mind changes the body. The mind is instrumental in developing the spirit. It was once believed that once a brain cell died, there was nothing more that could be done about it. Research now states that we can change our brain. We can redesign our own brain. Neuro means brain. Plastic means to change. Neuroplastic means the brain can change. You can change your brain. Now this is called brain surgery. You are completely unaware of ninety to ninety-nine percent of the activity going on inside your brain. Right now you are processing information through your five senses into your brain. Your mind activity is a signal that goes to the DNA, to the gene code, which is just sitting there dormant waiting for your signal, and then as soon as your signals comes, it switches on and you start making amino acids, which group into proteins and you grow trees in your brain which are thoughts, right now at 400 billion actions per second. You are creatively growing stuff inside of your brain. Mind over matter is total reality. The mind actually controls the body. The spirit controls the soul, and the soul's the mind realm, and the mind controls the body. We know from science now that the higher level is the mind and the lower level is the brain, so the brain actually represents what the mind has actually worked out. You're a thinking being. You think all day long. You're even thinking at nighttime while you're sleeping. But at nighttime you are sorting out your thinking for the next day. Even though every human's brain follows the same euro physiology and the structures of the brain and those kinds of things look the same, the way that you uniquely perceive the world means that you will design your own architectural landscape of your brain. So the way you perceive the world is reflected in the physical structure of the brain and we call that the law of diversity. We do not have fixed IQs. You are as intelligent as you want to be. Intelligence is something that increases constantly throughout your lifetime the more you use your brain. You are designed with free will. You are designed, enabled, and empowered to choose. You can choose whether you are going to believe the negative or the positive. You choose whether or not you are going to operate in peace. There are only two choices that we can really make: love or fear. The choices that you make, which are the result of the thoughts that you think, are going to become physical realities in your brain. We have to focus on what is important and make the good choices that we have to make because when we make the good choices we wire health into our body. We wire health into our brain. We wire health into our mind. We wire health into our spirit. Thoughts are real. Thoughts are growing on a moment by moment basis that you, with your mind, grow. As you are growing those thoughts they are changing the structure of your brain and impacting how you run your life. We need to be aware of our thought life. We must never let thoughts go unchecked through our brain. We must always be aware: What am I thinking about? What am I listening to? What am I reading? What is going on in my mind? As we create that awareness, we can start bringing those thoughts into captivity.

*Health*

Switch On Your Brain #002		28:30	28:30	REC	PA/O/E	11/25/2014	1:00 PM
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**Today on Switch On Your Brain Dr. Caroline Leaf** discusses the scientific term "You Are Wired For Love." Humans naturally are optimistic. Scientists correlate that with being wired for love. We actually have to learn fear. The brain is part of your body. You are designed in perfection. You are wired for love and you are well able to think in a perfect way. Fear is the opposite spiritual force. You have the spirit of power, love, and a sound mind. The norm is love, power, sound mind, made in His image, the mind of Christ. Research called "The Optimism Bias" shows that the natural inclination of man is one of being positive, making good choices, and thinking healthy thoughts. Scientifically, we have seen the brain circuitry for only positive choices, positive optimism, seeing the good in everything, wiring, neurochemicals, structural organization inside the brain, that is all in the direction of healthy thinking. Yet when you make a bad choice, because we have free will, we see this whole process being distorted, creating a physical change in the brain which impacts the body. This parallels with the Bible, which encourages us to think of healthy positive things, and if we don't, there are going to be consequences. The hardware that is fixed is the wired for love. We are made in God's image. That's our original design. That's our normal. That's our default mode. That is who we are, but God gave us free will. In life, we run the software, and that software is how we process the events and circumstances of life and how we actually design the landscape of our brain, so the software is how we uniquely process that information according to what is already inside of us. Moment by moment of every day we are thinking. So moment by moment of every day, we are changing the software and changing the reactions. We get stuck in certain habits. Whatever you think about the most will grow. So whatever program you design to work in that way, the hardware then responds. So if you don't change the software signal, and it's always the same signal, the hardware will just respond in the same way. But if your software says this hardware is not good, then you can change the software. This is all mind activity. By having an awareness of this life that we're living as hardware, we can use our mind to change that and bring ourselves into the natural state, which is wired for love. It's all choices. It's all mind work. The non-conscious part of your mind works at 400 billion actions per second. In the non-conscious part of your mind it guides the conscious part of your mind. The conscious part of your mind operates at 2,000 bits of information per second. The non-conscious mind is pretty much that part of who we are. It is all the thoughts that we have been building from conception to our current age, that are driving our conscious minds. At any given time there are only a few thoughts in our conscious mind. Thoughts move in and out of the conscious mind as they are required in order for you to function. *(Continued)*

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*(Continued)*

The non-conscious mind has trillions and trillions of thoughts and they can be changed. Those thoughts that you have implanted in your mind can be altered and changed as they move into the conscious mind and then move back into the non-conscious mind. We have structures in the depths of our brain called the "Default Mode Network" which is a group of circuits that span the structures in the middle of the brain. The Default Mode Network, think of it as a conductor. All of the circuits inside your brain work together like an orchestra when you are using your mind properly. Research has shown that every seven to ten minutes you are supposed to slow down, become introspective, become self-reflective, become calm, switch off to the outside and switch on to the inside and get into the depths of who you are, and when you do that your brain moves into the highest intellectual state that it possibly can. On an FMRI scan, your brain goes into what is called gamma activity. Gamma activity is where you are super intelligent. When you have gamma activity happening in your brain, you are processing with wisdom, you are seeing things that you did not see before. The fear zone essentially is negativity; toxic thinking. Our choices have consequences and our bodies help us to understand these consequences. You have to choose to live a full life. You have to choose to be happy despite the circumstances. Spirit, soul, and body is a connected thing. Your mind is what you use to decide how connected you are going to be between your spirit, soul, and your body. It is with your mind that you process, intellectualize, experience your feelings, make your decisions, interface with your thoughts, and make your choices. The biggest thing in change is the recognition that we have choice. It is also the hardest thing to take responsibility for our own thought life and our own actions. The quicker we realize that we make choices and that our choices have consequences, it will set us on the path to healing with the recognition that we have the ability to choose. We are wired for love. We know right from wrong. Our natural default mode is one of love, which is choosing well. When you make a bad choice you are going to have a physical consequence inside the brain. Your brain has no structure for bad choices. We're wired for love. We were designed to make good choices. If you make bad choices you're going to have a negative physical reaction inside our brain, literally you will build a negative toxic tree inside of your brain, and that will impact your physical body, soul, and spiritual development. You are wired for love. Love is your normal. Everything about you is designed to be like God. You can make good decisions. You can think well because that is your norm. So when we choose badly, we're actually stepping into the fear zone, or the abnormal zone, and experiencing negative emotions. Because that is not your norm, it doesn't have to dominate or control you. You are able to get free because you are wired for love. Research shows that we are wired for love and we can change. Really focus on the fact that everything about you is geared in a positive direction. Your norm is to actually make good decisions.

## Health

Switch On Your Brain #003	28:30	28:30	REC	PA/O/E	12/03/2014	1:00 PM
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**Today on Switch On Your Brain Dr. Caroline Leaf** discusses how making bad choices leads to toxicity. You are a thinking being. You're thinking all day long. Every time you think it automatically leads to a choice. As you are thinking and choosing your DNA actually expresses, which means it makes proteins, and those proteins group together and you grow thoughts that look like trees. Sometimes we choose badly. Instead of the proteins forming correctly they actually form incorrectly. You can actually see the result of a toxic choice inside the brain as literally this toxic tree. If you think of the analogy of a forest where there has been a forest fire, there's this huge black patch and that's kind of what our toxic thoughts look like. Our body recognizes it as an abnormal structure. Our brain actually reacts negatively to a toxic thought. Toxic thoughts are like these foreign invaders and they increase our vulnerability to disease. Seventy-five to ninety-eight percent of current mental, physical behavioral illnesses today come from toxic thinking. You're spirit, soul, and body. You are a triune being. Your spirit is your true you. It's your intuition, your conscience, and your communion; your communion being your worship with God. Your soul is your intellect, will and emotions. Your soul is basically your mind. You are thinking, you're choosing, you're feeling, all of that is the mind; soul activity. You live in a body. Your brain is part of your body. The design and the natural order that God has set up is that the Holy Spirit informs your spirit, your spirit informs your soul, and your soul controls your brain and your body. Your soul has one foot in the door of the spirit and one foot in the door of the body. It is the central point. The body simply is then going to house the consequence of your mental decisions of your mind; soul decisions. God gave you this ability to choose. When we think and choose badly and we wire those toxic thoughts into our brain, those toxic thoughts are seen as foreign invaders inside of our brain and this is because we are wired for love and we have to learn fear, so therefore the toxic choice is actually a fear response. Not fear as in scared, but fear as in negative; anything on the negative side like discouragement, despair, hatred, anxiety, worry, etc. You are in life processing. You're in these events and circumstances of life, those things are coming in through your five senses, you are thinking these things through, and you are reacting to these events and circumstances that have come in through your five senses as electromagnetic life forces that we can measure through quantum physics and describe through using quantum physics and brain science. So if with our mind we make a bad choice that spiritually is going to have a whole lot of consequences on the way that your mind is functioning as well as your spiritual development, but it also makes a huge impact on the way that the body functions. Current research tells us that seventy-five to ninety-eight percent of current mental, physical and behavioral illnesses today, come from our thought life, so these illnesses are very real things. They're talking about the big five as well as just down to getting a virus like a flu or something like that. These manifestations of illness and physical illness inside of our bodies, seventy-five to ninety-eight percent of it, comes from our thought life. It is our thoughts that change the physiology of our body. It is our thoughts that change the way you feel and function. When we have a flu or a virus or something passing through our body, our immune system is immediately activated to fight that invasion. So anything that is not part of the normal cycles or structure or function of the brain is treated in the same way. Our thinking produces physical realities in the brain, actual physical little thoughts that look like little trees. When it is a healthy thought, the trees look healthy and are balanced. But when we make a bad choice we literally throw our brain into neurochemical chaos. The dead tree represents a negative thought, a bad choice. When we make the decision to choose things incorrectly, we upset the natural function of the brain, which is for love. So every time you express your genetic expression happens, which is the result of your thinking. *(Continued)*

*The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.*

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
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*(Continued)*

Your thinking is the signal that causes these proteins to express and to capture this information in the form of a tree. The green tree represents the healthy tree; this is your norm. Scientists have found that we are wired for love. You are wired to think well, choose life and build life into your brain. Our normal is a sound mind. The abnormal is an unsound mind. We're in a world that says depression is normal, anxiety is normal, the negative is normal, worrying, etc. is just a part of life. It's not part of life. It is the result of choices we have made. Scientists and medical research show the same thing. Toxic thinking, bottom line, makes you sick. When you think badly, sickness will manifest in some way. When you make a bad decision and you choose to do the wrong thing, when you choose to think a negative thought or a toxic thought, your peace goes. When we are choosing incorrectly, we are going to grow toxic thoughts. We need to recognize that this is what causes a lack of peace in us, but this is not a death sentence. Your brain controls every single cell of your body. Your brain is designed to be controlled by your soul, which is your mind realm; your thinking, your choosing, and your feeling, changes the physical structure of your brain. Your brain and your body represent the physical result of the decisions of our mind, and if we make bad decisions, and we wire in the toxic zone, we will feel the impact inside of our body. Science is showing that when we aren't positive, when we're negative, when we don't forgive, when we do all the stuff that we're not supposed to do, and enter that zone, we will physically change the nature of our brain. As you think, and as you choose, and as you make proteins, you are growing branches, and the branches are all attached to these trees, and these trees are all intertwined in each other. Your brain is about the size of your two fists. Believe it or not, you have an infinite amount of space inside your brain. You can grow branches, and each branch contains information, for three million plus years and you still won't fill up your brain. Every time you think, you are going to grow branches, and these branches hold this information, which are your memories. When you make a good decision it looks healthy, but when you make a bad decision your heart gets affected, and everything gets affected, and it creates like a black cloud. So what we find inside of the brain when someone is not thinking like they should, when they're making bad decisions, operating in the negative domain, this causes a reaction in your heart, which causes a reaction in your DNA, which causes a reaction in the chemicals of your body and the result is that you actually build this distorted image which is recognized by the body as a viral invasion, or as an invasion. It is not seen as the norm. Now, when you cut yourself or you hurt yourself, immediately your body releases C-reactive protein, plus a bunch of other stuff, but C-reactive protein is a manager one, and the C-reactive protein goes to that site to try and help to heal. It's a part of the healing process, but in the healing process there is inflammation. The first reaction is inflammation occurs. When doctors are looking for signs of a viral invasion in a body, they look at the C-reactive protein count. If you have a lot of those in the body, there is something going on. Your body physiologically reacts to damage, to viral infections, to physical damage by releasing these C-reactive proteins. Research has shown that toxic thoughts also cause C-reactive proteins to flow. So the minute you choose badly, you will find inside the brain that all the electromagnetic balance, all the chemical flow, everything is distorted at that point. There will be a high level of C-reactive proteins, a high level of inflammation. Wherever there is inflammation in the brain, or throughout the human body that is not dealt with, inflammation that stays will bring disease. Science tells us that if you're going to change one of these ugly networks in your brain you have to have discipline. You have to direct your attention. You have to be very focused. You have to make a decision and rigorously push through a period of time to change that thing. It shows us in science that nothing happens until day twenty-one. It takes twenty-one days of major scientific stuff to break down the thoughts, and then once you've broken it down, it takes another two cycles of twenty-one days minimum to make that a habit in your life. Every choice you make has a consequence. You're a thinking being and moment by moment of every day, you are thinking and you are choosing, and those choices that you make become physical realities inside of your brain. This is a scientific fact as well as being a spiritual fact. So when we choose the wrong choices, the toxic choices, the despair, discouragement, irritation, frustration, you name it, we're going to have a physical result inside of our brain because thoughts are real and they take up mental real estate. The toxic choice impacts how you function. Remember, we cannot always control the events and circumstances of our life, because those events and circumstances are the result of other people's choices and other people's decisions, other people's thinking. But there is something you can control and that is your reactions to those events and circumstances of life. Your reactions to events and circumstances of life are the choices that you make about what you're doing with your life and how you are going to cope every day.

### Seniors

Joy in Our Town #1638	28:45	13:30	L	PA/O/E	10/17/2014	1:00 PM
					10/18/2014	4:00 AM
					10/20/2014	11:30 AM
					10/21/2014	4:00 AM
					10/23/2014	4:00 AM
					10/30/2014	4:30 AM
					11/06/2014	5:00 AM

Pam Schullerman, Executive Director and Liz Mullroy, Program Director of the Greater East Ohio Alzheimer's Association talked about dementia on this segment. Dementia is a broad term that describes symptoms such as memory loss. Under that umbrella is a disease that affects about 230,000 people in state of Ohio, 65,000 locally; Alzheimer's disease. Of the top ten chronic diseases Alzheimer's is the only one that cannot be prevented, delayed or cured. One of the warning signs of dementia is forgetfulness such as misplacing car keys however with Alzheimer's disease the individual may forget what those keys are used for. Finding the cause behind dementia is extremely important: Dementia caused by improper nutrition or depression can be quickly addressed. Family members that have concerns about their aging loved one should talk to the doctor about some of the symptoms as to get a proper diagnosis. The guests recommend living by the theory of "if its good for the heart, then its good for your head".

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
<i>Seniors</i>							
Joy in Our Town #1638		28:45	13:30	L	PA/O/E	10/17/2014	1:00 PM
						10/18/2014	4:00 AM
						10/20/2014	11:30 AM
						10/21/2014	4:00 AM
						10/23/2014	4:00 AM
						10/30/2014	4:30 AM
						11/06/2014	5:00 AM

Pam Schullerman, Executive Director and Liz Mullroy, Program Director of the Alzheimer's Association of Greater East Ohio Chapter talked about some of the challenges associated with being a caregiver of an Alzheimer's patient. It is easy for family members who are caring for an Alzheimer's patient to experience caregiver burnout. It is important for the family to understand the disease and some of the behavioral changes that accompany it. Alzheimer's disease is a slow, long disease that brings about unpredictable changes. Families often struggle with accepting the changes in their loved one. A once reserved, pleasant and kind loved one when stricken with Alzheimer's may become a contrary, outspoken person. Every Alzheimer's patient is different. As the disease progresses personal care such as bathing, toileting, and feeding may become the caregiver's responsibility. Families need to take care of themselves to prevent health problems for themselves.

*Seniors*

Joy in Our Town #1685		28:30	28:30	REC	PA/O/E	11/14/2014	1:00 PM
						11/17/2014	11:30 AM
						11/20/2014	4:00 AM

Older adults tend to lose flexibility and strength as they age. One of the biggest concerns among senior citizens, especially age 75 and older, is falling. Falls are one of the leading causes of death for older adults. Kim Mozzochi, Care Management Supervisor for Direction Home Akron Canton Area Agency on Aging, tells that sixty percent of falls result in traumatic brain injury which can result in future medical issues. Older adults that do have a fear of falling also have an increased risk of falls. The most common place for a senior to fall is in the bathroom where there tends to be slippery surfaces. Many falls can be prevented by wearing appropriate footwear, keeping rooms free of clutter and throw rugs, using assistive devices such as walkers and canes as well as having properly lite rooms and hallways. Elderly persons that must go outside the home should always have a partner to assist them in keeping their balance.

*Seniors*

Joy in Our Town #1687		28:30	28:30	REC	PA/O/E	11/24/2014	11:30 AM
						11/27/2014	1:00 PM
						12/04/2014	4:30 AM
						12/11/2014	5:00 AM

Joyce Ingram, Managed Long-Term Care Team Leader at Direction Home Akron Canton Area Agency on Aging, says that the goal of PASSPORT (Pre Admission Screening Systems Providing Options and Resources Today) is to enable the chronologically impaired individual to remain in the least restrictive environment while maintaining their independence and dignity. Aging in place is the ability of the individual to remain in their home and have a good quality of life for as long as possible. To remain in the home an elderly person might need some assistive equipment installed in their home that would provide stability and safety. Wheel chair ramps and stairs lifts eliminates the risk of falling; which is the number one cause of injury or death among the elderly. Some seniors may need help with cooking, housekeeping or personal care: There are many programs that offer these types of services. Providing devices and services as well as focusing on building up the strength of the elderly persons are important steps in allowing our seniors to remain independent while keeping their dignity.

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
<i>Seniors</i>							
	Joy in Our Town #1687	28:30	28:30	REC	PA/O/E	11/24/2014	11:30 AM
						11/27/2014	1:00 PM
						12/04/2014	4:30 AM
						12/11/2014	5:00 AM

Sam McCoy, VP of Elder Rights at Direction Home Akron Canton Area Agency on Aging, talked about long term care options on this segment. The most common reasons that a client or an aging loved one's family might consider a long term care facility is as a result of a fall or continued incontinence. A skilled nursing home provides an intensive level of care for someone that is cognitively and physically impaired. Nursing homes provide 24 hour skilled services such as medical treatment, intensive therapies and other skilled services. Assisted living offers seniors that are able to provide basic care for themselves several amenities including menu meal service and more importantly peace of mind in knowing that someone is close by if they should need help. The Area Agency on Aging wants their consumers to remain in the least restrictive environment for as long as possible. Clients living in nursing homes and assisted living residences have 32 rights in the state of Ohio to protect them. Those right are no different than those you have in the community. Ombudsman are assigned to all residents in those facilities to ensure that their rights are being protected as well as to become an advocate if a problem should arise.

### *Economy*

	Joy in Our Town #1681	28:30	28:30	REC	PA/O/E	10/09/2014	4:00 AM
						10/10/2014	1:00 PM
						10/11/2014	4:00 AM
						10/13/2014	11:30 AM
						10/16/2014	4:00 AM
						10/23/2014	4:30 AM
						10/30/2014	5:00 AM

Robert Fenn, Public Affairs Specialist for Social Security Administration, talked about the importance of having and protecting a social security number. There is no law that says you have to obtain a social security number however in most common circumstances a social security card is needed such as to apply for benefits or in obtaining employment. The social security number is a way of calculating someone's individual tax they have paid which would be referenced in the event that person files for social security benefits such as disability or retirement. There are some special circumstances where a person may request to have their social security number changed but most often when an individual is assigned a number it is their permanent number for life. Parents may request a social security number for their child as early as birth however it is very important that they secure the card. The social security card is often used as a form of identity; if not protected it could be used illegally and result in identity theft. In the event that a social security is lost or stolen the individual should contact the Social Security Administration as soon as possible to obtain a new card.

### *Economy*

	Joy in Our Town #1681	28:30	28:30	REC	PA/O/E	10/09/2014	4:00 AM
						10/10/2014	1:00 PM
						10/11/2014	4:00 AM
						10/13/2014	11:30 AM
						10/16/2014	4:00 AM
						10/23/2014	4:30 AM
						10/30/2014	5:00 AM

Supplemental Security Income (SSI) is a needs based program under the umbrella of Social Security Disability. The individual must have a health condition that lasts at least 12 months or until death to be eligible for SSI. Robert Fenn, Public Affairs Specialist for Social Security Administration, tells that only one person is eligible for SSI unlike Social Security Disability (SSD) which allows for family members to apply under the spouse or parents earnings record. Social Security Disability income is based on what an individual has paid into FICA (Federal Insurance Contributions Act) tax. SSI has Medicaid which is a joint federal and state program that helps with medical costs for some people with limited income and is applied for through the Department of Job and Family Services. The Social Security Administration is responsible for both programs. Applying for benefits through Social Security Administration can be done online, in person or by telephone.



Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
<i>Economy</i>							
	700 Club CBN NewsWatch #10312014	1:00:00	5:00	REC	PA/O/E	10/31/2014	3:00 PM

**CBN News Reporter Heather Sells Reports:** Across the country, oil and gas wells in places like Pennsylvania, North Dakota, and Texas are behind what's known as the "shale revolution." A horizontal drilling technique called hydraulic fracturing or "fracking" is the catalyst. It blasts rock with chemicals and sand, allowing access to reservoirs thousands of feet underground. As a result, U.S. oil and gas production is at its highest level in decades, putting the United States on a level to compete with Saudi Arabia in producing liquid petroleum and Qatar and Australia in natural gas production. Some experts believe the country is on track for energy independence by 2020. The fracking debate is big in Denton but it could impact the country. The oil and gas industry fears national attention if a Texas city votes to give the boot to drilling. The Texas Commission on Environmental Quality (TCEQ) monitors air quality and states on its website that "overall air in Texas is safe to breathe." Environmentalists, however, are raising concerns. Last year in the Virginia Environmental Law Journal Rachael Rawlins, who teaches at the University of Texas School of Law, cited "significant concern" about air quality in urban areas on the Barnett Shale because pollutants from natural gas development can cause cancer and other harmful health effects. If the ban passes, that's where the fracking fight is headed: a court battle over mineral and property rights. The outcome could re-shape Texas state law and draw national attention. At issue: whether state drilling regulations supersede Denton's, which would mean the city's ban in effect confiscates mineral property. Courts in New York State have recently upheld local fracking bans. In Colorado, legal battles continue over several and in Texas, there's serious debate about how the state Supreme Court might rule if Denton passes one. At stake-the future of an energy boom that has put the United States on track to energy independence and literally pumped billions into our national economy.

*Economy*

	700 Club CBN NewsWatch #12192014	1:00:00	5:00	REC	PA/O/E	12/19/2014	3:00 PM
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**CBN News Reporter Heather Sells Reports:** Small business owners seem to get hit from both sides these days. Those who want to start a company can't get away from the recession and existing owners find it hard to get back on their feet. A microloan could be just the answer for this crucial part of the American economy. When you think of microloans, images of workers in developing countries might come to mind - not people living in tech-savvy regions like California's Silicon Valley and beyond. However, microlending — which has helped the world's poverty-stricken for decades — is booming in these areas. More than 3.4 million small businesses call California home. They employ half of the state's private sector workers, but 45 percent of small businesses fail because they're not able to get the loan they need. A microloan can change that. Opportunity Fund is a leader in the national microfinance movement. "Leader" might be an understatement. Around 400 institutions handle microloans in the United States. On average, they each give out about 45 each year. In 2012 alone, Opportunity Fund provided a record 1,200 microloans. Amounts range from \$2,500 to \$100,000. Since its inception 20 years ago, Opportunity Fund has helped 8,000 people turn their dreams into reality. Other businesses might be refused a traditional loan because they are too young or too small. Opportunity Fund's goal is to increase financial access and provide microloans that also build a positive credit history. The organization is a nonprofit because it thrives on donations from companies like Citibank. Opportunity Fund leaders say it's a chance everyone deserves — a chance they call a "hand-up," not a hand-out.

*Family*

	Joy in Our Town #1682	28:30	28:30	REC	PA/O/E	10/24/2014	1:00 PM
						10/25/2014	4:00 AM
						10/27/2014	11:30 AM
						10/28/2014	4:00 AM
						10/30/2014	4:00 AM
						11/06/2014	4:30 AM
						11/13/2014	5:00 AM

Debbie Jansen, Author/Speaker for the Family Training Center, talked about how today's culture has a negative impact on marriages. Our subconscious picks up on what it hears, sees, feels or reads. We are exposed daily through movies and television programs that tell us that marriages don't last. Too often we hear, read or watch how spouses tear each other down with use of negative words. Planning is essential in successful businesses and events, this is true also in marriage. All marriages should have a wedding plan: Include in the plan to build each other up especially in public. When each partner is giving 100% in their marriage it will minimize arguments and eliminates many negative thoughts. Teaching children at a young age to be selfless, respectful, courteous and kind to others will not only impact how they interact with friends, it prepares them for a lifelong successful marriage.

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
<i>Family</i>							
Joy in Our Town #1682		28:30	28:30	REC	PA/O/E	10/24/2014	1:00 PM
						10/25/2014	4:00 AM
						10/27/2014	11:30 AM
						10/28/2014	4:00 AM
						10/30/2014	4:00 AM
						11/06/2014	4:30 AM
						11/13/2014	5:00 AM

Parents have the responsibility to raise their children to become good productive citizens that can change the world. Parent is another word for teacher or mentor. Debbie Jansen, Author/Speaker for the Family Training Center, says that parents must teach their children the right things before society teaches them the wrong things. Unfortunately many parents use television as a babysitter. TV programs and movies as well as songs teach children how to lie, steal and to be angry. Children must understand that there are consequences for everything. Parents must capture their child's heart at a young age, doing so will inspire them to believe like their parents. Take advantage of resources such as the internet to help children to understand that although movie stars and musicians make risky behavior appear cool there are consequences associated with negative behaviors. Being a role model also requires parents to be held accountable for their mistakes as well; too often a parent may punish a child for doing something that the parent does regularly. Parents need to understand that although it is their responsibility to teach, their children must be allowed to choose and must be held accountable if they do make the wrong decision.

*Family*

Joy in Our Town #1640		28:45	13:30	L	PA/O/E	11/03/2014	11:30 AM
						11/04/2014	4:00 AM
						11/06/2014	4:00 AM
						11/13/2014	4:30 AM
						11/20/2014	5:00 AM

Angela Brittain, Support Coordinator for the Army Survivor Outreach talked about the importance of having a military connection especially after a death of a serviceman. The cause of death (natural cause, accident, suicide or during active duty) does not change the fact that someone is missing in the family. Although only about 1% of the US population serves in the military there are about 500 surviving families in the Akron/Canton area. Bringing these families together so they can share their experiences is extremely therapeutic. Ohio is one of the states that have the most military memorials. These memorials are a sign to the families that they are not alone and more importantly that their loved one may be gone but not forgotten.

*Family*

Joy in Our Town #1684		28:30	28:30	REC	PA/O/E	11/08/2014	4:00 AM
						11/10/2014	11:30 AM
						11/13/2014	4:00 AM
						11/20/2014	4:30 AM

In Summit County about 59% of adults live in poverty and that percentage is even higher among children. Dottie Achmoody, CEO of OPEN (Opportunity for People Everywhere in Need) Ministries, tells that there are many families in the Akron area in need of food especially single mothers and the elderly. The type of individuals reaching out for help has changed. People that have never been in need in fact some of the people that have volunteered in helping others are now in need of assistance. The major causes for needing assistance is lack of employment, no transportation and the high cost of daycare for children. Individuals that hold Master's Degrees are finding it difficult to gain employment. About 27% of family households live on \$10,000 annually to feed a family. OPEN M serves hot lunches and has an emergency food pantry. The last two weeks of the month as well as around holidays are when families need more help the most. There are many food pantries located throughout Summit County working together to feed the hungry.

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
<i>Family</i>							
	Joy in Our Town #1685	28:30	28:30	REC	PA/O/E	11/14/2014 11/17/2014 11/20/2014	1:00 PM 11:30 AM 4:00 AM

Poverty in Ohio increased by 57.7% from 1999-2011 however the population only increased by 1.7%. In Summit county 82,000 people live in poverty which is about 29% of the populous. The Bridges Out of Poverty is a national initiative that was created to address and reduce generational poverty. Montoya Boykin, Family Development Specialist for OPEN (Opportunity for People Everywhere in Need) Ministries, tells that poverty is defined as the extent to which a person lacks resources; not only financial resources but supportive resources as well. Homelessness, lack of transportation or affordable adequate child care, mental health issues, substance abuse issues and lack of a positive support systems are the some difficult hurdles to get over when trying to get out of poverty. Montoya works with many single mothers. To be considered self-sufficient to raise a family, a person would need to make between \$18-\$22 an hour. The Getting Ahead program at OPEN M helps to build pathways for post-secondary education as well as gainful employment however most people really just need someone to build them up, to encourage them that they can be successful. When a person has the mindset that they can succeed, then they will.

### *Substance Abuse*

	Joy in Our Town #1686	28:45	13:30	L	PA/O/E	11/21/2014 11/22/2014 12/04/2014	1:00 PM 4:00 AM 5:00 AM
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People tend to think that if a doctor prescribes a medicine then it must be ok to take; however as affective as the medicine may be to treat that individual it could also be deadly if in the wrong hands. Keith Hochadel, President/CEO of Quest Recovery and Prevention Services, tells that previously there was concern about a number of different areas in substance abuse; cocaine use, marijuana use and some opiate use. The highest priority and the biggest challenge today is the opiate epidemic with both prescription drugs and heroine. The state of Ohio has put a lot of emphasis on raising awareness of opiates specifically prescription drugs in fact they have mandated that schools have some level of opiate education and prevention. Prevention programs are challenged to present this information to students in a manner that is affective not just informative. Opiates are easily assessable for children. It is not uncommon for kids to have a party where everyone tosses a handful of medicine from their home or grandparents medicine cabinet into a bowl, mixes them up and they takes a handful to see what will happen. A lot of the crime in our area can be associated with substance abuse. Keith believes that substance abuse whether drugs or alcohol also plays a part in infant mortality. Infant mortality in Stark County is out of control; Stark County ranks last in infant mortality in the country and 87<sup>th</sup> out of the 88 Ohio counties. It is essential to provide substance education and prevention programs at an early age.

### *Substance Abuse*

	Joy in Our Town #1686	28:45	13:30	L	PA/O/E	11/21/2014 11/22/2014 12/04/2014	1:00 PM 4:00 AM 5:00 AM
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Last year Quest Recovery and Prevention Services touched the lives of about 60,000 people that had a connection to a substance abuse addiction. President/CEO Keith Hochadel tells that while others around them may be aware there is a problem, substance addiction tends to sneak up on the user. A lot of substance's chemistry is designed to build up physical tolerance to the drug which most often over time requires more of the drug to get the same affect they got when they first began using. Substance abuse becomes an addiction when it begins to impact the user's life; their extracurricular activities, their employment and relationships and eventually legal consequences. There are a number of ways that a person can overcome an addiction and each person will have something that works for them. Some may be able to attend a 12 step program or counseling while others may need residential detox programs. Family support and counseling are very important pieces in every success story. Efforts are being made to be able to provide treatment sooner as it is important that when the person does decide they need change that they be given help right away often within 24 hours.

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy in Our Town #1688	28:45	13:30	L	PA/O/E	12/11/2014 12/22/2014 12/25/2014	4:00 AM 11:30 AM 1:30 PM

*Substance Abuse*

Drug abuse is an epidemic in the state of Ohio. Fran Gerbig, Health and Wellness Manager for Mental Health Recovery Services Board of Stark County, says that heroine is a huge concern at the present time across the state. There has been tremendous effort in controlling the abuse and misuse of prescription drugs across the state. The state has implemented controls for pharmacist and physicians that has put a halt to doctor shopping. Consumers are getting a better understanding of the risks related to personal use of prescription drugs as well as how to dispose of the unused drugs properly so they don't get into the wrong hands. Many counties have designated prescription drug drop off locations to ensure that the drugs are disposed of properly. These changes combined with the high cost of prescription drugs has abusers looking for another drug to fill their habit: Heroine is not as expensive, and easily accessible. Awareness and prevention of drug abuse if critical in controlling this epidemic. Parents have the responsibility of talking to their children about the dangers substances.

*Substance Abuse*

	Joy in Our Town #1688	28:45	13:30	L	PA/O/E	12/11/2014 12/22/2014 12/25/2014	4:00 AM 11:30 AM 1:30 PM
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Overcoming a substance addiction is very difficult. Martin Taft, Resident Director of The Ed Keating Center, explained alcohol or drug addiction as a phenomenal craving that becomes your lifestyle and cannot be turned off. People turn to substances for many reasons; perhaps childhood problems, peer pressure or lack of coping skills. Everyone must hit "bottom" which is the level where the user wants to change. Treatment to overcome the addiction varies with each individual however the biggest hurdle to get over is learning to love oneself. During treatment, many physical changes are occurring such as their health gets better, their emotions are stabilized and their skin is getting clear. Creating the mindset of "the old person is gone" tends to be challenging for the patient. Those that do return to the addiction most likely have not let go of the past; they continue hanging around the same crowd (mostly other users) and going to the same places (the source of the substance). Having support both community and family based is very important to the user's success.

*Substance Abuse*

	Joy in Our Town #1689	28:45	13:30	L	PA/O/E	12/15/2014 12/25/2014 12/29/2014	11:30 AM 1:00 PM 11:30 PM
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Fran Gerbig, Health and Wellness Manager Mental Health Recovery Services Board of Stark County, tells that alcohol is the most abused substance in the United States. One in five people will struggle with alcohol abuse in their lifetime. Beer is probably the liquid of choice: It is advertised on television, cheap, accessible and often used in family and social gatherings. In Stark County and across the United States by the time someone is 12 years old they will have had a sip of alcohol. Manufacturers understands that not everyone enjoys the taste of beer and have created "alcohol pops" which are fruity flavor and specifically designed to catch a younger person's attention as well as to appeal to their palate. Everyone looks forward to the magical age of 21; alcohol is often included in their celebration. The human brain continues to develop until the age of 25 years. Young people often don't understand how easy it is to suffer alcohol poisoning while bingeing nor do they understand the long term consequences that come from that. Alcohol kills brain cells as well as alters your thinking which could lead to other risky behaviors. People tend to think date rape is caused by Ecstasy however more often alcohol is the drug of choice. It is important for parents to have conversations about alcohol with their child at a young age.

<b>Issue/Problem</b>	<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Segment Duration</b>	<b>Source</b>	<b>Type</b>	<b>Air-date</b>	<b>Time</b>
	Joy in Our Town #1689	28:45	13:30	L	PA/O/E	12/15/2014 12/25/2014 12/29/2014	11:30 AM 1:00 PM 11:30 PM

*Civic Affairs*

Billy Soule, Assistant to the Mayor for Community Relations City of Akron, Ohio, says that it is very important for citizens to know how their government works. The Mayor is responsible of overseeing that everything in the city works efficiently. The Akron Mayor’s Cabinet consists of 14 members each overseeing various departments and matters within the city. Some of those departments are Communications, Community Relations, Planning of Urban Development, Public Safety, Parks and Recreation and most importantly is the office of Economic Development. The city has a council which acts as the board of directors. There are 13 members of council; 10 Ward council persons and 3 At-Large Council persons. When a citizen has a complaint or concerns in their community they should contact their councilperson who will go to the appropriate department to try to resolve the issue. The biggest misconception that citizens may have is that the Mayor or city council can fix everything. Many citizens do not know where the separation is between city and county government. The city receives many calls about judicial things, social security and welfare (department of job and family services) all of which are not handled by local government. The internet as well as the library are great resources for understanding the roles and responsibilities of local, state and federal government.