

Trinity Broadcasting Network

WDLI-TV

Canton, Ohio

April, May, June 2016

Eastern Time

Leading Community Issues

Crime

Youth

Substance Abuse

Health

Economy

Civic Affairs

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy in Our Town #1740	28:45	13:30	L	PA/O/E	04/02/2016 04/04/2016 04/05/2016	2:00 PM 6:30 AM 4:30 AM

Crime

The CDC considers community violence as a public health issue. Beverly Jordan, CEO of Stark Social Workers Network, says that drug abuse, mental health issues and criminal justice involvement all go hand in hand with community violence. The term "community violence" is often thought of as shootings, gang violence or large groups of kids fighting. Families are the core of a community, when they are struggling, whether it be from addictions, trauma or lack of resources, it impacts the community as a whole. Lack of employment can lead to deterioration of a community which in turn can lead to community violence. The need for support for families has grown however the resources have not risen to meet the need. Addressing community violence involves different efforts from education to creating programs to combat it.

Crime

	Joy in Our Town #1740	28:45	13:30	L	PA/O/E	04/02/2016 04/04/2016 04/05/2016	2:00 PM 6:30 AM 4:30 AM
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Returning home after incarceration often has complications which if not meet could trigger the same behavior that sent the person to prison. Bev Jordan, CEO of Stark Social Workers Network, tells that someone who has been serving a long prison sentence may return to a community that is totally different. The economy may have shifted from factory jobs to computer based jobs. The application process when that person went to prison may have been paper and pencil but is now done on computers. Family often changes while someone is serving prison time. Spouses or partners may have moved on, babies turn into adolescents or teens who often have some behavioral issues due to the absence of the parent that was in prison. Finding housing can be challenging for someone with a criminal record. In addition to the economic and family changes is the mental stress associated with have freedom. Having a great support system is an essential piece of success whether it be from organizations like Stark Social Workers Network or faith based organizations or family.

Crime

	Joy in Our Town #1706	28:45	13:30	L	PA/O/E	05/30/2016 05/02/2016 05/03/2016	2:00 PM 6:30 PM 4:30 AM
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Police officers cannot be in every area of a city at all times therefore they rely on the citizens to be the eyes and ears of the community. Jim Knight, Crime Prevention Specialist at Stark County Prosecutor's Office, talked about the importance of neighbors coming together to prevent crime. Getting to know the people that live in your neighborhood is the best way to standup against crime. Neighbors looking out for each other's property and reporting any suspicious activity will help to keep crime rate low in their neighborhood. Jim helps to set up Neighborhood Crimewatch groups to encourage people to get to know one another. In addition to Crimewatch groups taking a proactive approach is the best way to prevent crime. Criminals look for windows of opportunities such unlocked car and house doors, unlit areas outside the home and open garage doors. Some people do not want to get involved if they see something suspicious however reporting all suspicious activity could deter criminals from returning to your neighborhood.

Crime

	Joy in Our Town #1745	28:45	13:30	L	PA/O/E	05/28/2016 05/30/2016 05/31/2016	2:00 PM 6:30 PM 4:30 AM
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Ohio ranked 8th in the nation for human trafficking. Commercial sex trafficking and labor trafficking is a problem in Summit County. The federal definition of human trafficking is the harboring , the transportation, the obtaining of another person, buying and selling of another person, for the purpose of commercial sex act or for laboring. Kimberly Kohl, Volunteer at the Summit County Collaborative Against Human Trafficking, says that anyone can be a victim of trafficking but the average age is 12-13 years old. Perpetrators play on the emotions of vulnerable individuals by giving them things, telling them how special or pretty they are and even being the older boyfriend or girlfriend. Parents have even sold their children for reasons such as to get rent or basic needs like feeding the family. Getting out of a human trafficking situation is not easy; most often threats are made on the victim and his/her family. Victims, mainly prostitutes, get connected with services when they are arrested. Educating the public and creating more awareness of human trafficking is essential in combating human trafficking.

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
	Joy in Our Town #1745	28:45	13:30	L	PA/O/E	05/28/2016 05/30/2016 05/31/2016	2:00 PM 6:30 PM 4:30 AM

Crime

Michelle Osborne, Founder & President of Inside Outside Resource Center, says that offenders are given a sweat suit and a bus ticket upon release from prison. These individuals are easily identified by drug dealers who approach them and pull them back into their life of crime before they reach their destination. Many of these recently released individuals have nothing outside those prison walls including family or clothing. Offenders have a greater chance of being successful after prison if they feel good about themselves. Clothing can change the way a person feels about themselves. The Resource Center provides inmates with a basic package of clothing upon release. They are able to blend in with others at the bus station, they feel good about themselves and are ready to make a change for the better. The resource center also trains (and employs) inmates to dress their peers that are getting ready to go home.

Youth

	Joy in Our Town #1741	28:45	13:30	L	PA/O/E	04/09/2016 04/11/2016 04/12/2016	2:00 PM 6:30 PM 4:30 AM
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Families go to Stark Social Workers Network for a variety of reasons. CEO Beverly Jordan tells that it is challenging for young people who have children to accept the changes that must take place in their lives upon becoming a parent. Young parents are going through developmental stages of their own as a teen when they have to take on the responsibility of another human being. The physical part of young parenting is easy however the emotional needs can be difficult. Things that teenagers do such as going to dances or just hanging out with friends becomes quite a challenge for young parents. Families are a buffer for children and a place where they learn values and traditions. Many times a teen parent was born by their teen parent so you have two generations trying to raise a baby. Statistically the number of young parents is decreasing. Young people need someone to talk to that they can trust who can help them sort things out and often it social service agencies and faith based organizations that step up to the plate.

Youth

	Joy in Our Town #1741	28:45	13:30	L	PA/O/E	04/09/2016 04/11/2016 04/12/2016	2:00 PM 6:30 PM 4:30 AM
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Billy Soule, Akron's Assistant to the Mayor for Community Relations, is working together with young people to create peace in the city. Many young people want to be involved, but adults don't give them the opportunity to be involved in the community. In fact, many people feel that young people are the problem makers in the community. Billy tells that getting young people involved is the best way to keep them out of negative activities such as drug and promiscuous activity. PeaceMakers was created as a way to teach young people about community organizations and give them an understanding of how the government works. In doing so, young people are able to voice their concerns about the community and offer suggestions on how to address those issues. PeaceMakers are high school students in grades 9-12 that go out and serve the community in a variety of ways. You and The Law is a program that teaches citizens how to interact with police offices. These young people are working on a campaign called Police and Community Together in which police officers are working with clergy and other community leaders to help them understand the role the police officers play in the community. Billy says that if we are going to coexist with someone or an entity we must first better understand why and how things are done.

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Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy in Our Town #1742	28:45	13:30	L	PA/O/E	04/16/2016 04/18/2016 04/19/2016	2:00 PM 6:30 PM 4:30 AM

Youth

Stark County Health Department's Safe Kids program focuses on preventing injuries to kids ages 1-14 years old. Tasha Catron, Health Educator and Safe Kids Stark County Coordinator, and Leslie Shaffer, Adjunct Instructor at the University of Mount Union, talked about car seat safety on this segment. Car seats vary depending on the child's age, height and weight. For any car seat to be effective in preventing injuries it must be installed and used correctly. Infants from birth to 12 months of age should be in a rear facing car seat due to their lack of neck control. When a child has full control of their neck around the ages of 2-3 they can ride in a car seat that is forward facing with a car seat that has the 5 point harness system. The 5 point harness system comes over the shoulders and around the child's thighs clipping in the front to prevent the child from lifting upwards. Booster seats should be used for as long as possible or until a child can pass the seat belt test. In order to pass the seat belt test the child must be able to sit straight up in the back seat, knees bending over the edge of the seat and feet flat on the floor. The seat belt should come over the child's shoulder and the lap belt over the thighs. Each car seat has its own specifications for height and weight as well as proper installation. Many police and fire stations are being trained to make sure car seats are installed properly. Akron Children's Hospital is one the many locations that will help parents and caregivers make sure their child's safety seat is properly installed. Car seats should never be used if it has been in an accident or passed the expiration date.

Youth

	Joy in Our Town #1706	28:45	13:30	L	PA/O/E	05/30/2016 05/02/2016 05/03/2016	2:00 PM 6:30 PM 4:30 AM
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The Stark County Prosecuting Attorney's Office created the Stranger Danger program to protect children. As a Crime Prevention Specialist Jim Knight goes into schools to talk to children so that they know what to do when approached by a stranger and to know the difference between a nice stranger and a not so nice stranger. A stranger doesn't necessarily look scary, it could be someone old or young, short or tall, male or female. Anyone that a child or their family does not know is a stranger. A stranger may be someone trying to lure a child into their car by offering treats or perhaps asking for assistance in finding a lost dog. The best time to talk to children about strangers is around kindergarten age, although it may instill fear, it is best to instruct in order to protect them. Children need to also understand that there are "helpful" strangers; if they were separated from their parents in store a child needs to approach a stranger such as a store worker or police who are trained to help children be reunited with their parent. With more and more young people having their own phones it is vital that parents stress the importance of not answering texts, calls or emails from someone they do not know.

Youth

	Joy in Our Town #1715	28:45	13:30	L	PA/O/E	06/04/2016 06/06/2016 06/07/2016	2:00 PM 6:30 PM 4:30 PM
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Dr. Prasad Bodas, Pediatric Hematologist/Oncologist, tells that although there are been major advances over the decades, childhood cancer remains the leading cause of medical deaths among young people. The most common childhood cancer is Leukemia which accounts for about two thirds of the childhood cancer diagnoses. The bulk of the Leukemia patients are toddler aged. Symptoms of childhood cancer are nonspecific and may appear as a common cold which is the reason a child may be seen by their pediatrician about six times before they are referred to an oncologist. The critical component in most types of cancer is the blood; cancers can be detected through a blood draw however this usually does not take place until after the child is referred to an Oncologist. Cancers that do not include the blood show up in other areas like lymph nodes, or even visionary tumors. Some cancers can take up to 3 years to complete treatment. The good news is that 90% of Leukemia patients are cured.

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Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	700 Club CBN NewsWatch #0415-05252016	1:00:00	5:00	REC	PA/O/E	04/15/2016 05/25/2016	3:00 PM 3:00 PM

Youth

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.

Youth

	700 Club CBN NewsWatch #05272016	1:00:00	5:00	REC	PA/O/E	05/27/2016	3:00 PM
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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.

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Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy in Our Town #1743	28:45	13:30	L	PA/O/E	04/23/2016 04/25/2016 04/26/2016	2:00 PM 6:30 PM 4:30 AM

Substance Abuse

Akron Municipal Court Judge Joy Oldfield talked about the heroin epidemic on this segment. Heroin is not only a problem locally it is a big problem across the country. Last year alone in Summit County we had 157 deaths from drug overdose. It has quadrupled over the last decade as it relates to heroin. The heroin epidemic is closely related to prescription drug abuse in fact 3 out of every 4 heroin addicts started out with prescription pain pills. Opiates which include heroin and fentanyl interfere with our endorphins and other natural pleasure making mechanisms in our brain. Using this class of drugs whether prescription or illegal over times hinders the body's ability to experience pleasure on its own which is why it becomes so addicting. When addicts try to discontinue the use of opiates it causes them pain and displeasure. The physical pain associated to withdrawal could last for a week. Treatment varies but anyone suffering from an addiction must go through detox whether residential or ambulatory. Education is a very important piece in prevention especially for young people.

Substance Abuse

	Joy in Our Town #1694	28:45	13:30	L	PA/O/E	05/07/2016 05/09/2016 05/10/2016	2:00 PM 6:30 PM 4:30 AM
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Mark Salchak, REACH Project Manager for IBH Addiction Recovery Center, says that drug addiction and alcoholism is kind of like the bubonic plague of 2015. Heroin is one of the biggest problems in our community right now because it is cheap and readily available. Everyone's story is different as to why they began using the drugs. It becomes an addiction when you realize that you cannot stop doing the drug; when you start exchanging things that are of value to you which crosses over moral or ethical lines. Some addicts can go through treatment and thrive while others relapse. Some of the reasons that a person does relapse is boredom, they can't find a job perhaps due to their criminal record and discouragement. The REACH (Recovery, Education, Accountability, Community and Hope) project was started to help individuals that have been through the residential program stay drug free and to offer support for two years after treatment. The clients do a lot of volunteer work which alleviates the boredom they often feel, it gives them job training skills and helps to boost their self-esteem so they don't become discouraged. Retaining sobriety can be successful with positive supports.

Substance Abuse

	Joy in Our Town #1688	28:45	13:30	L	PA/O/E	06/18/2016 06/20/2016 06/21/2016	2:00 PM 6:30 PM 4:30 AM
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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: Heroin is not as expensive, and easily accessible. Awareness and prevention of drug abuse is critical in controlling this epidemic. Parents have the responsibility of talking to their children about the dangers substances.

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Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
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Substance Abuse

Joy in Our Town #1688		28:45	13:30	L	PA/O/E	06/18/2016	2:00 PM
						06/20/2016	6:30 PM
						06/21/2016	4:30 AM

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 #1686		28:45	13:30	L	PA/O/E	06/25/2016	2:00 PM
						06/27/2016	6:30 PM
						06/28/2016	4:30 AM

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 87th 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	06/25/2016	2:00 PM
						06/27/2016	6:30 PM
						06/28/2016	4:30 AM

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.

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Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
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Substance Abuse

700 Club CBN NewsWatch #06012016		1:00:00	5:00	REC	PA/O/E	06/01/2016	3:00 PM
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CBN News Medical Reporter Lorie Johnson Reports: Heroin use has reached epidemic numbers, with overdoses killing more than 10,000 Americans in 2014 alone. For years, people considered this addiction a big city problem, but people are now quickly learning heroin is in their own backyard. Take for example, Caitlyn Weems, who died of a heroin overdose at age 21. If heroin addiction and overdose can happen to Caitlyn, it can happen to anyone. Raised in a stable, Christian home, she loved sports and school. Caitlyn's addiction began innocently and unexpectedly. She first got hooked on prescription painkillers following a series of sports injuries. These powerful, often habit-forming narcotics, called opioids, go by names like Percocet, OxyContin and Dilaudid. Prescription pain pills and heroin produce the same type of high, but heroin is cheaper and easier to get. Pain pills are also regulated, so you know what you're getting. But when it comes to heroin, dealers often secretly lace it with other toxins, like the all-too-common fentanyl, creating a potentially lethal blend. Nora Kitchens knows all about that. Hooked after that first time, Kitchens stayed that way for years. Heroin addicts continually need more of the drug to get the same high. Kitchens wound up with a \$100-a-day habit. As the number of addicts skyrockets, so does the number of babies born to them. These infants come into the world as addicts themselves and must immediately endure painful withdrawal. This happens almost every day at Virginia's Sentara Norfolk General Hospital. The day CBN News visited, maternity nurses helped deliver five addicted babies. Neonatal occupational therapist Steven Brown says the addicted babies appear and behave differently than healthy ones. Weaning them off the drug often takes weeks. Janel Moore, a registered nurse at Sentara Norfolk General, says Child Protective Services is usually notified, but that the goal is to keep the family intact if possible. Kitchens is in that group. Her son William was born addicted. William is now clean and healthy. Kitchens still receives outpatient treatment. Meanwhile, lawmakers are doing what they can. Virginia Delegate Todd Gilbert pushed through legislation allowing law enforcement to administer the so-called "save shot" to overdose victims. Most states are following this lead, with some allowing trained citizens to administer the "save shot," also known as Naloxone or Narcan. There is also the "9-1-1 Good Samaritan Law," allowing people present during an overdose to call for help without risking arrest. Furthermore, the medical community is enacting regulations surrounding the way doctors prescribe pain medication and the ways doctors communicate with other doctors prescribing pain medication to the same patients. Gilbert said America needs to come to grips with our nation's heroin epidemic. If you suspect someone you care about is using heroin, here are some common warning signs:

Paraphernalia:

- Burnt spoons
- Tiny baggies
- Tan or whitish powdery residue
- Dark, sticky residue
- Small glass pipes
- Syringes
- Rubber tubing

Appearance:

- Tiny pupils
- Sleepy eyes
- Tendency to nod off
- Slow breathing
- Flushed skin
- Runny nose

Actions:

- Vomiting
- Scratching
- Slurred speech
- Complaints of constipation
- Complaints of nausea
- Neglect of grooming
- Failure to eat
- Covering arms with long sleeves

If you think you might be addicted to prescription pain pills or heroin, Narcotics Anonymous can help.

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy in Our Town #1742	28:45	13:30	L	PA/O/E	04/16/2016 04/18/2016 04/19/2016	2:00 PM 6:30 PM 4:30 AM

Health

Concussions occur as a result of the head being jolted suddenly. Tasha Catron, Health Educator at Stark County Health Department, tells that most people think of sports as being the leading cause of concussions. Someone that slips in the bathtub, or falls down stairs or hits their head whether on the field or off can suffer a concussion. Signs and symptoms of concussions can appear up to 48 hours after an incident. One in ten people actually lose consciousness which is one sign of a concussion. Dizziness, nausea, vomiting, sensitivity to noise and light, headaches and loss of memory are signs of a concussion. A younger child that has fallen and is crying nonstop and or very irritable should be evaluated for a concussion. Leslie Shaffer, Adjunct Instructor at the University of Mount Union, tells that memory loss as a result of a concussion can sometimes take weeks or months to return and in fact some individuals never recover the memory of what happened right before the injury. Safety gear should be worn and precautions taken especially for sporting events and when children are riding bicycles or skateboards. Awareness of concussions and the symptoms of concussions is very important for parents, teachers and especially coaches.

Health

	Joy in Our Town #1694	28:45	13:30	L	PA/O/E	05/07/2016 05/09/2016 05/10/2016	2:00 PM 6:30 PM 4:30 AM
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Children that are obese in childhood tend to be obese as adults. BMI (Body Mass Index) is a calculation of height and weight to determine whether a child is underweight, healthy weight, overweight or obese. Kelly Potkay, Health Educator for Stark County Health Department, tells that 34% of third graders in Stark County are considered obese. To be a healthy weight children need to eat healthier foods, get plenty of exercise and drink lots of water. Many children are not being as physically active as they should. Physical activity is important for healthy lungs, heart, and muscles and reduces risk for diseases. Lack of exercise combined with eating unhealthy foods such as pop, chips and cakes has a huge negative impact on a child's health. Prepackaged foods although convenient and tasty have a lot of sodium which leads to heart disease. Choosing whole wheat breads, fruits and vegetables, lean meats and low fat dairy products helps the body to get the nutrients it needs to be healthy. Kelly goes into schools to teach children about the important of physical activity and nutrition so they can make healthier choices. The basic five basic food groups are dairy, grains, protein, fruits and vegetables. Children need to choose foods from the five food groups every day. If children develop these healthy habits early on they will continue those into adulthood.

Health

	Joy in Our Town #1744	28:45	13:30	L	PA/O/E	05/21/2016 05/23/2016 05/24/2016	2:00 PM 6:30 PM 4:30 AM
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Today's guest, April Stephens, is not only on the Board of Directors for the Autism Society of Greater Akron, she is also the Secretary and a mother of an Autistic child. Autism is a complex disorder of the brain ranging from mild to severe. Mild cases might have delayed speech or eye contact problems or delayed development. Severe cases of autism do rather odd things such as repetitive motions like hitting their ears or flapping their arms or walking on their toes or spinning in circles. Some red flags would be a child's inability to interact with other people as well as their pretend play being limited. Autism can be diagnosis at any age. Pediatricians look at developmental milestones of children to catch autism in the early stages in order for treatment and therapies to begin. There is no cure for autism however there are treatments and therapies that can make a huge difference in the lives of those affected by autism. Autism is like a rainbow in terms of how it affects each person which coined the phrase "if you have met one person with autism you have only met one person with autism".

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy in Our Town #1744	28:45	13:30	L	PA/O/E	05/21/2016 05/23/2016 05/24/2016	2:00 PM 6:30 PM 4:30 AM

Health

April Stephens is on the Board of Directors for the Autism Society of Greater Akron. She became an advocate when her son was diagnosed with autism. Autism is a complex disorder of the brain ranging from mild to severe. Some autistics have gastrointestinal issues which could be related to food sensitivities and food allergies; commonly from gluten or dairy. Organic foods are best for people with autism due to their weak immune system. Speech, occupational and physical therapies can make a huge difference in the lives of those who have autism. These therapies can be very expensive. Ohio is one of the states that does not require insurance companies to cover autism related therapies; the passage of House Bill 350 would afford children the opportunity to get the services they need. Help Me Grow is a program in Ohio where autistic children ages 0-3 years can get help on some of their areas of difficulty. Counseling and group therapies for parents or caregivers is essential in gaining knowledge and understanding about autism.

Health

	Joy in Our Town #1715	28:45	13:30	L	PA/O/E	06/04/2016 06/06/2016 06/07/2016	2:00 PM 6:30 PM 4:30 PM
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Dr. Prasad Bodas, Medical Director of the Sickle Cell Program at Akron Children's Hospital, tells that in the United States about 100,000 people are living with the Sickle cell disease. Although one in three thousand Americans has the disease certain groups especially the African American population are much more likely to be affected by Sickle Cell disease. One in four hundred African Americans carry the sickle cell trait. Sickle cell is a genetic disease affecting the red blood cells which carries oxygen to the body. The most common symptoms and the most distressing is intense pain. Until recently the primary focus was to treat the pain however doctors are now able to treat the root of the disease itself by applying some techniques that were typically used for other disorders like cancer. Bone marrow transplant, although difficult to find a donor, is the most prevalent treatment.

Health

	Switch On Your Brain #023	27:30	27:30	REC	PA/O/E	04/06/2016 06/29/2016	6:30 PM 6:30 PM
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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.

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
	Switch On Your Brain #014	27:20	27:20	REC	PA/O/E	04/27/2016	6:30 PM

Health

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

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Switch On Your Brain #015	27:20	27:20	REC	PA/O/E	05/04/2016	6:30 PM

Health

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. It is incredibly important for us to create positive entangled relationships. God designed us for relationship. He designed us primarily for a relationship with Him and we are designed for relationship with each other. We improve our epigenetic external environment by the kinds of people that we interact with. It's important that you choose who you're going to spend time with, that they energize you, that they will encourage you, that they will lift you, and that they will not tell you what to do. Healing comes from three major things. Number one: You have to take responsibility. You have to change your own epigenetics. That's the internal epigenetic factor. Then, you need to have your loved ones, your inner circle, and your family. That changes your external epigenetics. And then, there's a second part to the external epigenetics, and that's the community. Your schools, your places of work, the institutions that you're linked with – these all play a role in your healing, in creating environments for you of healing.

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Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Switch On Your Brain #016	27:30	27:30	REC	PA/O/E	05/11/2016	6:30 PM

Health

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.

Health

	Switch On Your Brain #017	27:30	27:30	REC	PA/O/E	05/18/2016	6:30 PM
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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.

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Switch On Your Brain #018	27:30	27:30	REC	PA/O/E	05/25/2016	6:30 PM

Health

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. Addiction to God is building this relationship; constantly talking, constantly communicating, in addition to reading your Bible, praying, and worship. It's setting up this internal dialogue with God. That creates really amazing good addiction patterns in your brain.

Health

	Switch On Your Brain #019	27:30	27:30	REC	PA/O/E	06/01/2016	6:30 PM
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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.

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Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Switch On Your Brain #020	27:30	27:30	REC	PA/O/E	06/08/2016	6:30 PM

Health

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.

Health

	Switch On Your Brain #021	27:30	27:30	REC	PA/O/E	06/15/2016	6:30 PM
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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. You can't just reduce medications. You also have to address what is going on in your mind. Because you got there with your mind, so you're going to get out of it with your mind. Seventy-five to ninety-eight percent of mental, physical, emotional illnesses today are coming from our thought life. So, as you are gathering that data, that's a decision of your mind, the decision of your mind to go and read the resources and get informed about this. That is a decision of your mind. It's also a decision of your mind to be desperate to change and to be prepared to work through the change. In the same way that your brain has structurally changed because of the medication, your brain can structurally change again because of your mind, because of your love, power, and sound mind being able to change your brain.

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Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Switch On Your Brain #022	27:30	27:30	REC	PA/O/E	06/22/2016	6:30 PM

Health

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.

Health

	700 Club CBN NewsWatch #05/27/2016	1:00:00	5:00	REC	PA/O/E	05/27/2016	3:00 PM
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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.

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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Economy

Joy in Our Town #1698		28:45	13:30	L	PA/O/E	06/14/2016	2:00 PM
						06/16/2016	6:30 PM
						06/17/2016	4:30 AM

Houses that are not energy efficient cost more to heat during the winter. Families that live on a fixed income or that live from paycheck to paycheck often find it difficult to pay their utility bill when temperatures are very cold. Sandra Pyles, HEAP Director at Stark County Community Action Agency, talked about the programs available to help families with energy bills. All the programs that HEAP (Home Energy Assistance Program) offer are intended to help the consumer keep their utility on. The winter crisis program was designed to help families when they receive a bill is extremely high that they cannot pay it and face disconnect or that have already had their utility disconnected. HEAP offers assistance to households that use electric, gas, or bulk fuel such as propane, wood, coal or oil to heat their homes. The summer heat can also take a toll on a person's health therefore, HEAP has been able to provide families with health issues air conditioners in the summer. Most families sign up for the PIP (Percentage of Income Program) which allows them to better budget what they will pay on their utility bill year around so they don't end up in a crisis situation.

Economy

Joy in Our Town #1698		28:45	13:30	L	PA/O/E	06/14/2016	2:00 PM
						06/16/2016	6:30 PM
						06/17/2016	4:30 AM

Teresa Gary, Community Services Director, tells that (SCCAA) Stark County Community Action Agency assists their clients in becoming self-sufficient. Some of the obstacles that stand in the way are lack of education and need for new job skills or training. Obtaining a GED became more challenging for people in 2014 with the changes in GED testing. One of the biggest challenges to GED testing is that it is computerized. Taking the GED test or even applying for a job seems intimidating to individuals with very little to no computer skills. SCCAA clients are able to learn basic computer skills, prepare for GED testing and learn how to prepare for an interview by creating a resume and cover letter. GED testing is also expensive especially for someone that has no income, SCCAA wants no one to be left out and does offer financial assistance to cover the cost of the test. There has been an increase in the number of people interested in becoming entrepreneurs, SCCAA also offers assistance to those individuals. Individuals that are interested in healthcare and that are eager to get into the workforce sooner are encouraged to become a STNA (State Tested Nurse's Aide).

Economy

Joy in Our Town #1681		28:45	13:30	L	PA/O/E	06/11/2016	2:00 PM
						06/13/2016	6:30 PM
						06/14/2016	4:30 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.

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

Joy in Our Town #1681		28:45	13:30	L	PA/O/E	06/11/2016 06/13/2016 06/14/2016	2:00 PM 6:30 PM 4:30 AM
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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.

Economy

700 Club CBN NewsWatch #05022016		1:00:00	5:00	REC	PA/O/E	05/02/2016	3:00 PM
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CBN News Reporter Caitlin Burke Reports: Disruptive innovation: While you may not recognize the term, it's affecting life and business as we know it. It happens when new ideas and technology shake up old markets by creating new ones. We've seen it in transportation, hospitality and now with banking. It's being called Wall Street's "Uber moment." Rob Morgan, vice president of Emerging Technologies at the American Bankers Association says customers expect to have the same type of digital access to banking as they do to other important services. Think about it. You can get your mail through a smart phone, order dinner, even hail a cab, all just by pulling up an app. Now thanks to financial technology, you can also access your money. Apple, Google, Amazon are the tech giants all on board with financial technology. Most of them are starting off with digital payment apps. While they may be a little late to the party, major banks have entered this new reality. Banks are competing in this space, but it seems they face an uphill battle. According to Harris Research firm, 77 percent of consumers have a positive impression of the tech industry, compared to 35 percent who feel good about the financial industry. Those skirmishes seem to be taking the shape of regulations. The tech industry wants breathing room for young startups, while the banking industry believes its new competitors should follow the same rules it does. Security is a major concern of consumers when it comes to digital financial services. Peters says your cell phone will eventually provide better protection of your information than a debit or credit card. Some of the popular services include Venmo, Google Wallet and Apple Pay. They allow you to transfer money and buy products without ever stepping into a bank or pulling out your credit card. This especially appeals to the Millennial generation. According to Viacom Media, 73 percent of Millennials prefer using digital services than going to a bank. But it's not Millennials who stand to gain the most from this technology. Despite battles on Capitol Hill, both the banks and the tech industry agree that, ultimately, the consumer will be the winner.

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

700 Club CBN NewsWatch #05202016		1:00:00	5:00	REC	PA/O/E	05/20/2016	3:00 PM
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CBN News Reporter Heather Sells Reports: Many Americans are not saving for retirement, and if they are, they're not saving enough, according to a recent survey. Nevin Adams, co-director at the Washington, D.C.-based Employee Benefit Research Institute's Center for Research on Retirement Income, says about two-thirds of Americans are saving but they may not have enough when it comes to their retirement years. Adams helps to oversee EBRI's annual Retirement Confidence Survey, a fixture for 24 years. The 2014 survey found that just 18 percent of Americans are very confident in their ability to afford a comfortable retirement, 37 percent are somewhat confident, and 24 percent are not at all confident. Fifty three percent of workers say cost of living and day-to-day expenses are major reasons for not saving or not saving more. Existing debt is also an obstacle. Adams noted that our culture's focus on spending and instant gratification also gets in the way. Some believe our lack of saving has the United States headed toward a "retirement crisis." Adams doesn't go that far but notes individuals who don't save end up costing society. Financial advisor Robin Tull, founder of Tull Financial Group in Chesapeake, Virginia, said many people lack an overall plan. Adams believes that many fear that they'll need a huge, unattainable amount for retirement and so never find out just how much they'll need. EBR1 developed the program to help Americans determine how much they need for retirement. Choose To Save offers a quick retirement calculator tool, the "ballpark estimate," that helps people determine a specific savings plan. Married couple Amanda and Eddie Grizzard are two people who started saving early. They saved individually before marriage and began as a couple the month they married. The Grizzards used a financial planner to determine how much they needed for retirement. The Grizzards save a pre-determined amount every month that is automatically deducted from their paychecks. They add to it when there's overtime pay and they live frugally. The Grizzards have also kept saving even during bad times. Experts say holding off saving when the markets are down is a common retirement saving mistake. Another common mistake for many is overestimating how long they'll work. Here's some basic retirement savings tips: Plan on living longer than you think you might as life spans continue to grow. Save extra for healthcare because those costs going forward are difficult to estimate. Maximize your employer's 401K match and look into a Roth retirement account. Know why you are saving. Paint a picture of your retirement. It will sharpen your focus and motivation. For Julia and Chris Williams, investing is part of living a godly life and saving as they start their family brings them peace. In fact, the Williams are thinking beyond retirement. They're following Proverbs 13:22 which says, "A good man leaves an inheritance to his children's children." That means not only planning for their retirement and for their son Anderson, but for his children as well.

Civic Affairs

Joy in Our Town #1743		28:45	13:30	L	PA/O/E	04/23/2016 04/25/2016 04/26/2016	2:00 PM 6:30 PM 4:30 AM
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Recovery Court is a court ordered program designed to provide people with treatment and supervision instead of jail. Judge Joy Oldfield of the Akron municipal court, tells that the goal is to get them to battle an addiction and move on to become productive citizens. This program is for people who have been charged with a misdemeanor crime. Some people think it is the easy way out however it is not. People in this program have a series of people breathing down their neck from the judge to probation officers and case managers. Due to the nature of the program those involved have to report multiple times a week to submit drug tests to make sure they are working on cleaning their lives up. The program is working on ways to improve support for these individuals to help them become successful. One area of particular need is child care; it is often a struggle for parents to find someone to watch their child while they go to court or recovery or to look for a job. Since the program's inception 20 years ago over 1000 people have successfully completed the program.