

COMMUNITY EDUCATIONAL TELEVISION, INC.

QUARTERLY REPORT

October, November, December 2014

KETH - TV HOUSTON, TEXAS

Ascertainment List

Leading Community Problems

Results of ascertainment from civic leaders, responses by telephone from KETH viewers, printed media, comprising newspapers, magazines, publications and from television and radio, whenever possible.

Civic Affairs
Crime
Employment
Family
Health
Substance Abuse
Transportation

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

Civic Affairs

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #140724-4a	28:30	13:07	L	PA/O	10/28/2014 10/30/2014	4:00AM 4:00 AM

In this "Joy" segment Genet Chenier interviews Chris Daniel, the District Clerk for Harris County, Texas. In this segment Chris talks about the importance of Jury Duty. As he points out, Jury Duty is a right granted to us by the US constitution. Jury Duty is also a civic duty, however there are exemption for those who meet certain criteria. These exemptions are listed on their website. Chris also explained how is a federal crime to fire someone who is called to Jury Duty. The District Clerks office is working with legislators in the state of Texas to encourage businesses to compensate employees that are called to server on Jury Duty and in return they will receive a tax break on their state taxes. Chris also talked about the importance of having people from all walks of life serve on the jury. The qualifications are, potential jurors must be 18 years or older and a legal citizen. If a person has committed a crime that disqualifies them. Also there is a Sheriff on duty that has access to a national database that can look up the status of a person's qualification. If a person is summons to jury duty and does not appear at the date and time requested or reschedules, they could face a \$1500 fine and up to 1 week in jail penalty. Chris also explained that they do not like to waste peoples time, so when you are summoned to court, you will know that day if you have been choose to serve on a Jury or not.

JOY IN OUR TOWN #140724-4b	28:30	13:07	L	PA/O	10/28/2014 10/30/2014	4:00 AM 4:00 AM
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In this "Joy" segment Genet Chenier interviews Chris about another responsibility of the District Clerk which is to maintain public records and why that duty is so important. Chris explains how Harris County is one of the oldest counties in the state of Texas and that it has records dating back to the founding fathers of the Republic of Texas. Records that where decaying and if it was not for private funds that were raised to help preserve those records, they would not be available today. Such records that record the creation of the Texas Medical Center, one of the largest Medical Center in the US. Records about Peter Gray who was a young lawyer in 1840, who helped a free Black woman prove her freedom before a court. This is why we have street named Gray Street today in Houston. One of Chris favorite set of records tell how the granddaughter of the first Vice President of the Republic of Texas barricaded herself in a building that was set to be destroyed and if it was not for her persistence the building would have be torn down. That building we know today as the Alamo. All of these records explained Chris can be viewed either online are in person by appointment only.

JOY IN OUR TOWN #770b	28:30	12:19	L	PA/O	12/22/2014	10:30 AM
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Covering a Civic Affairs issue Phyllis Kyles interviews Carlencia Wright, Director of The City of Houston's Office of Business Opportunity. It offers services to small business. As the Houston Business Solution Center it offers resources and educational workshop programs in an on-going basis to businesses and non-profit to help them to be successful. The workshops teach everything a start-up business needs beginning with formulating a business plan. Another service performed is to give help to individuals in getting jobs in the community. The main thing to remember is that small businesses and job seekers do not have to go it alone.

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Crime

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #140922-1b	28:30	13:06	L	PA/O	10/20/2014	10:30 AM
					10/21/2014	3:00 AM
					10/23/2014	3:00 AM
					10/24/2014	12:00 PM
					10/25/2014	3:00 AM
					10/27/2014	10:30 AM
					11/06/2014	4:00 AM

Coppelia Rivera hosts this crime issue, the topic of internet safety, while interviewing James Morrison a computer scientist with the FBI. Younger and older users of the internet are the greatest targets of internet attack. Social media sites are the most likely places to have viruses or other problems. If someone receives an email and they do not know who it is from the best thing to do is not open it. Just delete it. In some cases an email may contain a virus that can be used for crimes such as identity theft. It is important to remember not to share information that can be used against you. An example could be a young person who reveals where they go to school or their daily schedule. The FBI has a website, www.ic3.gov, where you can report suspicious emails and internet activity that could be a threat.

JOY IN OUR TOWN #140922-2a	28:30	13:07	L	PA/O	10/28/2014	3:00 AM
					10/30/2014	3:00 AM
					12/02/2014	4:00 AM

The issue is crime and telemarketing scams is the topic. Special agent Shauna Dunlap of the FBI is interviewed by Coppelia Rivera. One current scam by telephone is a "fake kidnapping" scenario. The victim receives a call saying that a kidnapping of a friend or relative has occurred and a ransom is demanded. It is not a real kidnapping, but as much pressure as possible is used to get their victim to pay them before they can find out what is really happening. To avoid scammers, you should not open e-mails or take calls without screening them. If you receive a scammer's call, be smart and slow the caller down in order to avoid reacting irrationally. The FBI has a website that has more information.

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Crime

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
JOY IN OUR TOWN #140923-4a	28:28	12:44	L	PA/O	12/01/2014	10:30 AM
					12/02/2014	3:00 AM
					12/04/2014	3:00 AM

In this "Joy" segment Phyllis Kyles interviews Rania Mankarious, Deputy Director of Crime Stoppers of Houston. Rania states that the news is not the best gauge for reporting crimes. Murder rates have gone down, but other crimes have increased. Burglaries, cybercrimes, bank robberies etc. Some people believe that crimes cannot affect them because they are in a good neighborhood or they know about it and it won't affect them. Crime trends are changing. They are happening at the supermarket at 3:00 in the afternoon, at your banks, where you get gas on a Friday afternoon and with your kids. Our job is to educate people so they don't fall victim to the crimes, with education. Houston is ranked with other major large cities with more burglaries and Houston is ranked number one in Texas with the most violent crimes. The mission of Crime stoppers is to solve and stop crimes. Crime Stoppers has a tipline that has been in operation for 30 year that people can call if they suspect a crime or have information on a crime. The tipline has helped solve over 33,000 crimes and taken over 25,000 criminals off the street. Crime Stoppers also have crime prevention education programs.

JOY IN OUR TOWN #140923-4b	28:28	11:00	L	PA/O	12/01/2014	10:30 AM
					12/02/2014	3:00 AM
					12/04/2014	3:00 AM

In this "Joy" segment Phyllis Kyles interviews Michelle Sacks the safe school program manager of Crime Stoppers of Houston. They're discussing crime prevention in school, bullying and school shootings. Bullying is a big issue in the schools, school violence and drugs on school campuses are affecting our schools today. Bullying has changed with social media and the internet. In the past the bullying stopped at school, but with the internet and text messaging, it makes it more difficult to get away from. It is a misconception that you are safer because you live in the suburbs, crimes at schools occur everywhere. The Safe School program is a program is set up like the Crime Stoppers tipline. Students can call in when they know a crime at school will be committed or if it is happened. The program lets students know that their tip will be anonymous. They make presentation to the student body to give examples of what type of crimes and what things that someone has said should trigger a phone call to them. The Safe school program also talks to students about being safe on the internet and how to keep themselves safe at school and going to and from school. They also educate students on how to report crimes or suspicious activity. Such as a mobile apps, taking pictures of something the does not seem just right. They have programs for each grade level and for parents. They will present to churches, daycare centers and all schools in Harris County. Their goal is to educate students about being safe in and around school and how to report activity they may hear about in school.

JOY IN OUR TOWN #761B	28:28	13:11	L	PA/O	10/02/2014	3:00 AM
					10/03/2014	12:00 PM
					10/04/2014	3:00 AM

Continuing their previous interview with Carol Levin of MADD, Genet Chenier talks with her about drinking and driving. The message that MADD offers is that drinking can never be allowed when driving. Every 52 minutes someone is killed in a drunk driving accident. Your perception and reflexes are slowed down under the influence. Alcohol and not the person who is driving make the decisions. MADD provides public information, and has a website to give information to everyone about avoiding drinking and driving. The MAD office also provided services to victims of drunk driving helping them with all their legal and emotional needs.

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Crime

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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JOY IN OUR TOWN #735a	28:28	13:06	L	PA/O	12/10/2014	4:30 AM
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Genet Chenier hosts Senior Police Officer Billy Ray Robinson, Jr. of the Houston Police Department on this program which features crime and focuses on gang violence. Gangs are involved in a variety of activities ranging from criminal mischief through organized crime. Gang association by youngsters is often identified when they use graffiti and gang signs in their notebooks, on their backpacks or by gang tattoos or wearing the colors of the gang. Parents of young people who are going to elementary school through high school should watch out for warning signs and be willing to invade their kids privacy for their own good. Any young person who can be of use to a gang might be recruited. Parents must pay attention to their children and communicate with them in a direct way. Instead of only providing material things for their children, parents must spend time with them at home, at church, in outside activities and at their school.

JOY IN OUR TOWN #735b	28:28	13:14	L	PA/O	12/10/2014	4:30 AM
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Returning to the issue of crime, Genet Chenier discusses identity theft with a representative of the Financial Crimes Unit of the HPD – Officer Jacob Webb. When someone takes your personal information such as your social security number, your bank account number or credit card number and uses it for economic gain they are committing identity theft. Like many large cities, Houston has a heavy incidence of this problem. The Houston Police Department receives about 2,000 new cases a month of identity theft. Some things individuals can do to protect themselves involve checking your credit and charges on credit cards as well as guarding their personal information. If an individual uses a pre-loaded credit card, only the money they plan to use can be spent. Everyone is targeted in the crime of identity theft, but seniors are most vulnerable. You can go to the HPD website and learn more about how to protect yourself.

700 Club NewsWatch #12032014	1:00:00	5:00	REC	PA/O/E	12/03/2014	2:00 PM
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CBN News Washington Senior Correspondent Paul Strand Reports: A school tells a student that he can't attend because God's the most important thing in his life. A public health official gets fired for sermons he gave in his off-hours as a lay pastor. A congregation is told they may not be able to locate downtown just because - and only because - they're a church. These are all real examples of cases in the past several months showing your religion can get you in real trouble in today's America. For the last three years the Liberty Institute and the Family Research Council say they're seeing cases of discrimination against those of faith rising rapidly. Often these threats take place in school settings. The American Center for Law and Justice is another legal organization fighting for religious rights. Sometimes it's the federal government attacking, like in the Hobby Lobby-Obamacare case. In the Hosannu Tabor vs. EEOC case the government backed a teacher with some ministerial duties at a church school who was fired by the church. Sometimes these cases involve a state government. In May, the state of Georgia fired public health official Dr. Eric Walsh shortly after hiring him because of sermons Walsh had given during his free time. A number of articles in the Georgia press point to gay activists angry over comments Walsh made on homosexuality, sometimes in sermons delivered years ago. Sometimes fighting back against such large opponents can take years. Sometimes, those discriminated against need to take on their own town, like Pastor Telsa DeBerry and his congregation. That happened after a Holly Springs, Mississippi, city ordinance was used to stop them from forming a downtown church. But they point out if people will fight back, they will almost always win. For instance, DeBerry and Liberty lost in their original rounds with Holly Springs and then before a district court judge. But they then scored a huge victory on appeal when the 5th Circuit Court in New Orleans blasted the anti-church ordinance. Sekulow said these cases are often solved with just a call or a letter from a group like the ACLJ. Sekulow explained that those going after people of faith and the society's religious moorings are more radical than those of the past. Mateer agreed: people of faith must sometimes stand and fight.

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Employment

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #140923-1b	28:30	12:54	L	PA/O	11/17/2014	10:30 AM
					11/18/2014	3:00 AM
					11/20/2014	3:00 AM
					11/21/2014	12:00 PM
					11/22/2014	3:00 AM

In this "Joy" segment Phyllis Kyles interviews Dr. Roy Farmer Jr. and John Edge with Between Jobs ministries. Between ministries is an organization in which people can receive help with finding careers. In this segment of Joy Dr. Farmer talks about helping counseling and coaching individuals in their job search. They have life coaches, resume workshops, and small groups sessions. Anyone can come to the jobs program and are taken through a process to prepare them for the job that is right for them. This organization partners with several other organizations to help in the process of job readiness and career training.

JOY IN OUR TOWN #140923-2b	29:11	12:53	L	PA/O	12/05/2014	12:00 PM
					12/09/2014	3:00 AM
					12/11/2014	3:00 AM
					12/11/2014	4:00 AM
					12/15/2014	10:30 AM

In this "Joy" segment Phyllis Kyles interviews Dr. Roy Farmer Jr. and Nick Muhlbauer with Between Jobs ministries. Between ministries is an organization in which people can receive help with finding careers. In this segment of Joy Dr. Farmer talks about job follow up and networking. Nick states that 85% of the jobs throughout the country are found through networking. Nick also helps us to understand the networking is not all about getting something from another person; it's about giving, how you can help them. A lot of the people that come to Between Jobs ministries feel rejected, hurt or broken and are sometimes on guard when they come into the ministry. They host job fairs each Wednesday the job fairs where several companies come together to help individuals find the career for them. They also have profiles for the individual to go to small colleges to get trainings. And they have group sessions that help support each other. This organization helps anyone in need of job and career counseling. They also help the total person body, mind and spirit.

JOY IN OUR TOWN #770a	28:29	13:07	L	PA/O	12/22/2014	10:30 AM
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Genet Chenier covers the issue of employment in this "Joy" segment. The focus is on employment and urban development. Eric M. Goodie, the Director of workforce Development and Training for the Houston Area Urban League, is interviewed. In spite of loss of jobs on an individual basis, corporations are understaffed and do not have enough skilled workers to fill their needs. In the African American community the unemployment rate is about twice as much as every other group. The Houston area Urban League offers a ten week course in the steps individuals must take to startup small businesses. This is accompanied by individual counseling assistance from professionals. The League follows this training up with help in getting contracts from businesses as vendors and start-up financing from entrepreneurs. On a national basis the Urban League is now celebrating 103 years of serving the community with a wide variety of resources.

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Family

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #140922-3a	27:45	13:05	L	PA/O	11/03/2014	10:30AM
					11/06/2014	3:00AM
					11/08/2014	3:00AM

This Joy segment deals with the issue of family. Coppelia Rivera interviews Bridgette Jones, the director of the Houston Marriage Project of Family Services of Greater Houston. The Houston Marriage Project helps to educate couples in much the same way that a new driver has to undergo driver's education before getting a license. Marriage education decreases a couple's divorce rate by 30 percent. Important joint decisions, such as the number of children they plan to have, need to be addressed before marriage. Married couples often have to face a lot of stress just to maintain a household. The Marriage Project helps couples learn how to plan ways to stay strong together.

JOY IN OUR TOWN #140922-4b	27:45	13:05	L	PA/O	11/10/2014	10:30 AM
					11/13/2014	3:00 AM
					11/14/2014	12:00 PM
					11/18/2014	4:00 AM
					11/20/2014	4:00 AM

In this segment we focus on family issues Coppelia Rivera interviews Bridgette Jones, the director of the Houston Marriage Project from Family Services of Greater Houston. They discuss the topic of marriages in distress. There are a lot of reasons that married couples have conflicts. There are many aspects that result in the breakdown of communication in a marriage. From the pre-marital stage to the time when children arrive and on to the time when they grow up and leave the nest there needs to be clear and air communication between couples. The Houston Marriage project offers mini-retreats for couples who need to fight for their marriages and learn the right tools to keep them healthy.

JOY IN OUR TOWN #746B	27:45	13:17	L	PA/O	9/23/2014	4:00AM
					9/25/2014	4:00AM

Genet Chenier covers the topic of support for families of children with cancer. The organization represented is called Candelighters. It has been established in Houston for the last 20 years. The guest spokesperson, Tina Daniels, is a parent consultant at Texas Children's Hospital, whose son passed away from Leukemia. They now help other parents go through similar difficult journeys. If someone is going through this experience, it is necessary to remember when you want to offer support to the parents to be there for them, but remember you cannot solve their problems. Some of the services Candelighters include providing gas, parking expenses and food to help the families when their children are hospitalized. The thing to do is to let them know they're not alone.

JOY IN OUR TOWN #140724-3a	27:45	13:00	L	PA/O	12/08/2014	10:30 AM
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In this "Joy" segment Genet Chenier interviews Quashaniq Mitchell about at risk youth. Quashaniq defines at risk youth as been any young person exposed to risky and unhealthy behavior in their environment. Such as at home drinking, smoking & drugs abuse. It also can be high dropout rate & crime in their area. Quashaniq's organization (Change Happens) focuses on reaching the youth before they get sucked up in those types of behaviors. She explains that communicating with the youth is the key to seeing where they are and what services or information they might need to help avoid being a product of their environment. Change Happens has activities like peer bonding and how to have a drug free life style. One of their goals is to help the youth see themselves as helpful adults contributing to society. They use evidence based curriculum that has been proven to work with kids.

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Family

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #140724-3b	27:45	12:54	L	PA/O	12/08/2014	10:30 AM

In this "Joy" segment Genet Chenier interviews Kimberly Kim of the Care Zone. Kimberly's father, in 2004, started giving cars to people in need. They restore cars that are given to them and pair the vehicle with a need. Kimberly said they do this by spending time understanding the need of the applicant and what vehicle would serve them best. If they don't have the appropriate vehicle sometimes they will sell the one they have and use the funds to purchase the one the applicant needs. Care Zone will also help Kimberly's fathers' customers with repairs on their vehicle when they cannot afford it. They do this to help people & families that are struggling. The Care Zone is now a 501c organization, last year they help 116 families and individuals with receiving needed cars and appliances. Their goal is to reduce the struggle people face in life because they cannot afford a car or need appliance by providing that need free of charge.

Health

JOY IN OUR TOWN #140922-3b	27:45	13:11	L	PA/O	11/3/2014	10:30 AM
					11/6/2014	3:00 AM
					11/8/2014	3:00 AM

On this segment of Joy in Our Town, Coppelia Rivera interviews Jordyn Forsyth who is a registered dietitian. They talk today about preventing and maintain diabetes. Jordyn explains to us that 29 million people have diabetes and 1 in 4 is not aware they have this disease. That's about 7 million who don't know they have Type 2 diabetes. Risk factors that we can control for prevention of diabetes are: weight control, high blood pressure and cholesterol. We should also watch our diets. The types of foods we should stay away from or eat less of are: whole milk, fried foods, and high calorie type foods. Make the changes small so that they are lasting and manageable. Once you have diagnoses of diabetes, you should again go back to changing your diet, medications and getting regular exercise. If you don't know how to go about making changes you can contact your physician or a registered dietitian. The overall goal of managing or preventing diabetes is making small changes in your eating plan and getting regular exercise.

JOY IN OUR TOWN #774a	27:45	13:14	L	PA/O	12/4/2014	4:00 AM
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Coppelia Adams hosts this segment of "Joy" on health. Dr. Angela Nunnery is a medical doctor representing the Greater Houston Physicians' Medical Association. She gives us some information on diabetes. The body naturally produces insulin which controls the way sugar is metabolized and gives individuals energy. People with Type 1 diabetes do not make enough insulin and Type II diabetics produce insulin but it is not metabolized. Regular exercise and eating the right type of healthy foods that God gives us help to reduce the risks of diabetes. Symptoms such as frequent urination, weakness, fatigue, weight loss and blurred vision are commonly associated with diabetes. A simple blood test administered in a doctor's office can diagnose a patient if an individual is diabetic. If it is determined that one is diabetic, medication may be necessary and it will be important to monitor one's blood sugar level regularly.

JOY IN OUR TOWN #774b	27:45	13:00	L	PA/O	12/04/2014	4:00 AM
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In this "Joy" segment Coppelia Adams continues to interview Dr. Angela Nunnery of the Greater Houston Physicians Medical Association on a health issue. Avoiding the flu virus is discussed. There are several viruses that can cause the flu. Flu symptoms can be very severe and may lead to other health problems such as pneumonia. This is especially serious for young children and seniors. Symptoms that are similar to those one has with a cold are accompanied by such things as high fever, muscle ache, malaise and diarrhea. If one has these problems, they should see a doctor right away and get medical attention and not wait it out. The flu virus can be transmitted by breathing the air or touching a surface a person who is contagious has handled. A person is still contagious both before and after a person exhibits flu symptoms. Carefully washing your hand frequently is the best prevention method to avoid contracting the flu.

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Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #757a	27:45	13:13	L	PA/O	12/04/2014 12/29/2014	4:30 AM 10:30 AM

Covering the issue of health our host, Coppelia Rivera, interviews the Chief Medical Officer for the Gulf Coast Regional Blood Center, Dr. Susan Rossmann. Just in our area, about 1,000 blood donations are needed on a daily basis. In addition to their main center, the Regional Blood Center has thirteen neighborhood centers across the greater Houston area. They also have mobile units which can be used for local blood drives. All types of recipients, from premature infants to cancer patients and accident victims need blood. The Gulf Coast Regional Blood Center must always have extra supplies of blood available especially in the case of unexpected demands such as when disasters occur. If you have questions about what is required to give blood you can contact the Blood Center at their website. Viewers are encouraged to "Commit For Life" and regularly donate blood.

JOY IN OUR TOWN #757b	27:45	13:02	L	PA/O	12/04/2014 12/29/2014	4:00 AM 10:30 AM
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In this "Joy" segment Coppelia Rivera interviews Sonya M. Sloan, M.D., who is also an orthopedic Surgeon. Dr. Sloan represents two organizations, The Luke Church and the group Dairy Max. They talk about the health issue that involves our concerns about childhood obesity. Their church focuses strongly on maintaining physical as well as spiritual health. Dairy Max is the regional arm of the National Dairy Council. Studies show that one in three kids is overweight. This can lead to life-long health problems. National programs are being developed to encourage children and teens to eat right and get regular exercise. The goal is to end childhood obesity during the next twenty years. Children aged 2-3 should be drinking two cups of milk daily. Above nine years old, they should be drinking three cups of dairy products daily. Many children are overeating and are not eating nutritional diets. Proper exercise and diet are choices that start at home.

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Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Switch On Your Brain #012	28:30	28:30	REC	PA/O/E	10/21/2014	12:00 PM

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. 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.

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Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Switch On Your Brain #013	28:30	28:30	REC	PA/O/E	10/28/2014	12:00 PM

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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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Switch On Your Brain #001	28:30	28:30	REC	PA/O/E	11/04/2014	12:00 PM

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.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Switch On Your Brain #002	28:30	28:30	REC	PA/O/E	11/25/2014	12:00 PM

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. 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 loved. Love is your normal. Everything about you is designed to be like God. You can make good decisions. You can think well because that is your norm. So when we choose badly, we're actually stepping into the fear zone, or the abnormal zone, and experiencing negative emotions. Because that is not your norm, it doesn't have to dominate or control you. You are able to get free because you are wired for love. Research shows that we are wired for love and we can change. Really focus on the fact that everything about you is geared in a positive direction. Your norm is to actually make good decisions.

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Switch On Your Brain #003	28:30	28:30	REC	PA/O/E	12/02/2014	12:00 PM

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. 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,

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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.

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Substance Abuse

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #140624-3a	27:45	13:50	L	PA/O	10/6/2014	10:30 AM
					10/10/2014	12:00 PM
					10/13/2014	10:30 AM
					10/14/2014	3:00 AM
					10/16/2014	3:00 AM
					10/16/2014	4:00 AM
					10/17/2014	12:00 PM
					10/18/2014	3:00 AM
					10/23/2014	4:00 AM
					11/13/2014	4:00 AM

In this "Joy" segment Pastor Boyd L. Harrell, President and Founder of C.O.O.L. Ministries, Inc., is interviewed by Phyllis Kyles. Substance abuse has reached epidemic proportions in our country. New varieties of drugs such as "Kush" (Synthetic marijuana), bath salts and "Ice" (smokable meth.) have joined old standards "Crack", alcohol and prescription drugs to continue enslaving the nation's population by altering their thinking and behavior. The drug user can be as varied as the dope fiend under an overpass bridge to the parents sitting in the park to watch their kid's soccer game. C.O.O.L. Ministries uses a 107 page curriculum, Christian 12- step program based on God's Word. Whatever social/economic status the drug abuser comes from, C.O.O.L. Ministries embraces them with the love of God. It is through discipleship that we can accurately apply the truth of the Word of God so that we can solve problems in our lives.

JOY IN OUR TOWN #140624-3b	27:45	13:13	L	PA/O	10/6/2014	10:30 AM
					10/10/2014	12:00 PM
					10/13/2014	10:30 AM
					10/14/2014	3:00 AM
					10/16/2014	3:00 AM
					10/16/2014	4:00 AM
					10/17/2014	12:00 PM
					10/18/2014	3:00 AM
					10/23/2014	4:00 AM
					11/13/2014	4:00 AM

In this "Joy" segment Pastor Boyd L. Harrell, President and Founder of C.O.O.L. Ministries, Inc., is interviewed by Phyllis Kyles. C.O.O.L. Ministries volunteers share the love of God's Word at the point of contact; Prison, Jail, Drug treatment facility, transitional living center and even at their church. Their 12-step Christian based program has a focus on discipleship: Teaching a person how to be real in their faith and their recovery so they can make good decisions and then back those decisions up. Some formerly incarcerated people who have successfully completed the "Breaking the Chains" class have gone on to being released from prison and then returning to become C.O.O.L. Ministries volunteers and teachers; A testament to the success of the program.

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Substance Abuse

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #140922-1a	27:45	13:15	L	PA/O	10/20/2014	10:30 AM
					10/21/2014	3:00 AM
					10/23/2014	3:00 AM
					10/24/2014	12:00 PM
					10/25/2014	3:00 AM
					10/27/2014	10:30 AM
					11/06/2014	4:00 AM

In this Joy segment Copelia Rivera hosts the program topic about adolescents and substance abuse. Her guest is Constance Phillips, the admissions manager of Odyssey House of Cenikor. The most often used drug by adolescents is marijuana. In many cases young people are sent to hospitals and or law enforcement when why caught using drugs are while in school. Some children as young as eight or nine years begin using drugs, often because their parents may be using drugs as well. More often these days' prescription drugs are easy for young people to abuse. The Odyssey House encourages young people and their families to learn how to change their behavior in order to break their drug addiction and change their lives.

JOY IN OUR TOWN #140923-3a	27:45	12:59	L	PA/O	11/24/2014	10:30 AM
					11/27/2014	12:00 PM
					12/09/2014	4:00 AM
					12/11/2014	4:00 AM

In this "Joy" segment Phyllis Kyles interviews Lori Fiester with the Council on Alcohol and Drugs Houston. Lori states that 1 in every 2 person is affected by drugs and alcohol. It's not just the person who is using the drugs; it's also the family members that suffer along with them. Most people know someone who it affected by drugs and alcohol abuse. If you are a family member, you may suffer with worry, have depression or over eat, etc. The first step to helping the addict is to talk about it; the fact that someone in your house is an addict comes with some shame. Lori states that the addiction doesn't want us to share; if we keep silent we can't get help. The family member that is helping should make sure to keep themselves healthy. They can start to have emotions the same as the addict; like drinking, taking medications to deal with the addict etc. They get use to the shame, anger the confusion. When they don't have that, you don't know what to do. Just start with a conversation with the addict and come at it with a positive attitude. Caregivers or family members should realize that the addiction is not just something that can be stopped on a dime. The Council has individual, couple and family counseling for everyone. They will also refer you to the right place to get more help.

JOY IN OUR TOWN #140923-3b	27:45	12:08	L	PA/O	11/24/2014	10:30 AM
					11/27/2014	12:00 PM
					12/09/2014	4:00 AM
					12/11/2014	4:00 AM

In this "Joy" segment Phyllis Kyles interviews LaToya Shields, with The Council on alcohol and Drugs Houston. Ms. Shield is the coordinator for the Wederly program. LaToya states that this problem is a hidden epidemic. The elderly don't like to admit that their having the drug or alcohol problems as younger adults. Statistics indicate over 6,000,000 seniors over 60 have a drug or alcohol problem. Most of the problems exist from prescription misuse and some have life issues that make them turn to alcohol to cope with issues. The population has grown because of the difference in the responsibilities that grandparents face today. Some warning signs are very tricky because they mimic other things that are attached to aging. Some examples are depression, moodiness, taking meds with alcohol, memory loss, and multiple falls. You should pay close attention to the loved one. You may not know it you're not paying attention. Some services that the Council offer seniors, are counseling for individual and family. They have treatment and referral options for the seniors.

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

Substance Abuse

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #140922-2b	27:45	13:15	L	PA/O	10/28/2014	3:00 AM
					10/30/2014	3:00 AM
					12/02/2014	4:00 AM

This Joy program concerning substance abuse, Coppelia Rivera interviews Constance Phillips, admissions manager from Cenikor, Odyssey House, on the topic of families and substance abuse. Even if there is no personal issue of substance abuse in a family we're all affected by substance abuse in our neighborhood. A family has a responsibility to prevent substance abuse by the children. If the child is not held accountable by the parents for their own behavior they enable the abuse. Parents must spend time with their children and be aware of who their children are interacting with. If you find that you child is abusing drugs, you as a parent must get them treatment and support them in their recovery.

JOY IN OUR TOWN #761a	27:45	13:05	L	PA/O	10/02/2014	3:00 AM
					10/03/2014	12:00 PM
					10/04/2014	3:00 AM

This "Joy is about substance abuse and its focus is on underage drinking. Genet Chenier is the host. Carol Levin, a victim of drunk driving and the legislative chairperson for MADD is the guest. Carol Levin's son and his fiancée were killed in an accident with a drunk driver. Harris Count is the number one place in the country for drunk driving arrests for underage offenders. Five thousand people under the age of 21 die as a result of drinking each year. MADD has provided a guidebook for parents and teachers to recognize signs of substance abuse in children. They also provide help to families with underage drinkers

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Transportation

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #140922-4a	27:45	13:01	L	PA/O	11/10/2014	10:30 AM
					11/13/2014	3:00 AM
					11/14/2014	12:00 PM
					11/18/2014	4:00 AM
					11/20/2014	4:00 AM

In this segment we focus on traffic issues in Houston. Coppelia Rivera interviews Dinah Massie who is the Public Information Officer for Houston Transtar. Dianh helps us to understand that the city of Houston is growing. Also with growth we have more people with jobs and going to work therefore more traffic congestion. Transtar has a dual purpose; it helps with traffic and emergency management for Houston. Houston has a great freeway system and will continue to grow. Transtar has several programs that are designed to help motorists get to their destination. Some of the many benefits for keeping traffic moving is it reduces air pollution, cutting down on loss work time and much more.

JOY IN OUR TOWN #140923-1a	27:45	13:05	L	PA/O	11/17/2014	10:30 AM
					11/18/2014	3:00 AM
					11/20/2014	3:00 AM
					11/21/2014	12:00 PM
					11/22/2014	3:00 AM

In this "Joy" segment Phyllis Kyles interviews Sgt. Jeffery McGowen about Harris County M.A.P program. During this segment Sgt. McGowen talks about helping Houston drivers. The MAP programs helps individuals stranded on the side of the freeway. The slogan is "maintenance matters". The most common problems that they see with motorists being stranded are batteries dead, flat tires, cars overheating, etc. They also have a program to educate individual on simple car maintenance. The overall purpose of the program is to help Houston drivers with issues on the road and keep the traffic moving.

JOY IN OUR TOWN #140923-2a	27:45	13:10	L	PA/O	12/05/2014	12:00 PM
					12/09/2014	3:00 AM
					12/11/2014	3:00 AM
					12/11/2014	4:00 AM
					12/15/2014	10:30 AM

In this "Joy" segment Phyllis Kyles interviews Sgt. Jeffery McGowan about Harris County M.A.P program. During this segment Sgt. McGowan talks about helping Houston drivers. Sgt. McGowan states that the major problem in traffic in Houston is caused by motor vehicle crashes. The second problem is vehicles breaking down on the highway. Cars have several problems for breaking down. Some examples are: improper inflation in tires, hoses, broken belts and not having enough gas. Sgt. McGowan states that the most issues they see are tires that have blown out. We should ignore the sensors on our cars that are helping us to know that there is a problem. Twice a year the M.A.P. program holds a free Car Care event; this helps drivers to know how to check their cars. With this event they also provide a 38-point inspection of the outside of the vehicle. Also there is an additional organization that will help to check inside your car to make sure the passengers are safe. Some of the key lessons that the program want to make sure your car is road ready. The MAP program also helps with rerouting traffic in case of inclement weather. They also work with TxDot and Houston Tran star.

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