

Community Educational Television, Inc.

Quarterly Report

July, August, September 2019

KETH-TV

Houston, Texas

Ascertainment List
Leading Community Issues

Results of ascertainment from civic leaders, response by telephone from KETH viewers, printed media comprising newspaper and magazine publications whenever possible.

Civic
Crime
Economy
Education/Schools
Employment
Environment
Family
Health
Homeless
Housing
Public Safety
Transportation
Seniors
Substance Abuse
Youth

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

September 30, 2019

Civic

<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>
Praise	56:30	56:30	REC	PA/O/E	8/30/2019	7:00 PM
#P083019					8/30/2019	10:00 PM
					9/02/2019	4:00 PM

Tonight on Praise, from Washington, D.C. at the Annual Christians United for Israel Convention (CUFI), John Hagee, Founder and Chairman of CUFI and Senior Pastor of Cornerstone Church; Erick Stakelbeck, Host of *The Watchman*; Mike Pence, 45th Vice President of the United States, Mike Pompeo, Secretary of State, and National Security Advisor, John Bolton discuss the significance of the bonds of friendship between the U.S. and Israel and the Jewish people.

Civic

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Praise	57:30	57:30	REC	PA/O/E	9/20/2019	7:00 PM
#P092019					9/20/2019	10:00 PM
					9/23/2019	4:00 PM
					9/27/2019	2:00 AM

Tonight on Praise, we experience the Christians United for Israel (CUFI) 'Night to Honor Israel' from the Washington D.C. Convention Center, the Premier Pro-Israel Event in the United States, with speakers: Pastor John Hagee, CUFI Founder & Chairman; David Friedman, United States Ambassador to Israel, The Voices of Lee, Lee University Vocal Ensemble, and many more.

Civic

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Praise	57:30	57:30	REC	PA/O/E	9/19/2019	7:00 PM
#P091919					9/19/2019	10:00 PM
					9/20/2019	4:00 PM
					9/26/2019	2:00 AM

Tonight on Praise, Founder of WallBuilders & Historian, David Barton; and President of WallBuilders & National Speaker, Tim Barton; talk about *America's Hidden History* and share stories about various American heroes such as Annie Oakley, Bass Reeves, Isaack Parker, 'Bronco Charlie' Miller, Douglas MacArthur, Francis Sott Key, and Phillis Wheatley. Some of the best character lessons we learn in life we learn through people's stories. What is sad today, is that even though we may recognize the name, we don't know the whole story from American history. WallBuilders has one of the largest collections in America of original material from early America. The name WallBuilders comes from the Bible book of Nehemiah. Just as Nehemiah wanted to see his nation rebuilt and strong again, WallBuilders wants to rebuild America. The teaching of history has been so over-simplified down to make it agenda driven; telling only portions of stories. There is so much we can learn from the entire story; the good, the bad and the ugly. When the new National A.P. History Standards came out, when it came to World War II, there was no mention of Douglas MacArthur, President Dwight D. Eisenhower, George. S. Patton, Chester W. Nimitz, Adolf Hitler, D-Day Normandy Landings, or the Holocaust. They discuss the history of lynching in America, and various black heroes during the American Revolution such as Crispus Attucks, James Armistead Lafayette, Wentworth Cheswell, and Jack Sisson. American history is becoming more hidden as these stories are just not being told. Truth is the object for history and historians.

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Civic

<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>
America's	59:56	59:56	REC	PA/O/E	7/04/2019	7:00 PM
Hidden History #0004					7/05/2019	12:00 AM
					7/05/2019	4:00 PM
					7/11/2019	2:00 AM

Today on America's Hidden History, Tim Barton, President of WallBuilders, and David Barton, Historian, go on location to Philadelphia, PA, the birthplace of U.S. history, where they visit the Independence Hall and Christ Church. Next, they go to Yorktown, Virginia and visit the home of Thomas Nelson, Jr., then on to Princeton, NJ to the homes of John Witherspoon and Richard Stockton. In Quincy, MA, they visit the home of John and Abigail Adams and the Adams Family Church; United First Parish Church. They also visit the home of John Hart in Hopewell, NJ. As we celebrate Independence Day, we learn about our founding fathers, the establishment of the Declaration of Independence and the faith on which our country was built.

Civic

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America's	27:30	27:30	REC	PA/O/E	9/12/2019	9:00 PM
Hidden History #201					9/13/2019	1:30 AM

Today on America's Hidden History, Historian David Barton and Tim Barton, President of WallBuilders, go on location to the Douglas MacArthur Memorial in Norfolk, Virginia and to the World War II Memorial, in Washington, D.C. to discuss the life of Douglas MacArthur. Jonathan Richie, a WallBuilders Junior Historian, shows us archives from World War II and General MacArthur. We learn about the significance of General MacArthur's accomplishments, his influence, his voice with presidents even after World War II, and his extraordinary confidence and leadership.

Civic

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America's	27:30	27:30	REC	PA/O/E	9/19/2019	9:00 PM
Hidden History #202					9/20/2019	1:30 PM

Today on America's Hidden History, Historian David Barton and Tim Barton, President of WallBuilders, go on location to the Boston Women's Memorial and the House of Cambridge (also known today as the Longfellow House) in Massachusetts to discuss the life of Phillis Wheatley. As a child she was a slave brought to America from Senegal, Africa who later became the first published black poetess in America. WallBuilders Junior Historian, Jonathan Richie, shows us a book of poems published by Phillis Wheatley and reads one of the poems entitled "On Being Brought from Africa to America." Next, David and Tim visit the Francis Scott Key statue and memorial in Baltimore, Maryland; the Fort McHenry National Monument and Historic Shrine, and finally the Francis Scott Key Memorial in Georgetown. We learn that while Francis Scott Key is famous for being the author of "The Star-Spangled Banner," he was also an attorney, winning 97 out of 105 cases in favor of the slave. He argued against slavery and for freedom, obtaining the freedom of about 200 slaves. One famous case is called the Antelope Case. WallBuilders Junior Historian, Jonathan Richie also shows us legal briefs written by Francis Scott Key as well as his original publications.

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America's	27:30	27:30	REC	PA/O/E	9/26/2019	9:00 PM
Hidden History #203					9/27/2019	1:30 PM

Today on America's Hidden History, Historian David Barton and Tim Barton, President of WallBuilders, go to Fort Smith, Arkansas. We learn that Bass Reeves was a black man born a slave in Arkansas. He later moved to Texas, where he beat up his master to escape slavery and fled into Indian Territory in Oklahoma for safety; a place where many criminals were known to hide. As he traveled throughout Oklahoma Territory, he learned to speak various Indian languages. When slavery was abolished in 1865, Reeves returned to Arkansas as a free man. Federal Judge Isaac Parker hired Reeves as Deputy Marshal for the Oklahoma Territory until Oklahoma became a state. Although Bass Reeves was illiterate, he would have others read each warrant, which he memorized. Reeves served thirty-two years, arresting 3,000 bad guys and killing only 14 bad guys. Through a shared Christian faith, Federal Judge Isaac Parker and Deputy U.S. Marshall Bass Reeves brought law and order to the Old West. WallBuilders Junior Historian, Jonathan Richie, reads a newspaper article about Bass Reeves. Next, David and Tim go to the Vicksburg National Military Park in Mississippi to tell us about Orion Howe, one of the youngest Congressional Medal of Honor recipients at just fourteen years old. Originally, Orion was a drummer in the band for the 55th Illinois Volunteer Infantry at the age of twelve with his father was the band leader. But at the age of fourteen, Orion volunteered to be a messenger in one of the most significant battles in the Civil War. WallBuilders Junior Historian, Jonathan Richie, shows us drums from the civil war. We learn that musicians played a vital role on the battlefield. The military would use music to communicate various orders and information.

Civic

<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>
Somebody's Gotta Do It	24:32	24:32	REC	PA/O/E	9/7/2019	8:00 PM
#225					9/7/2019	11:00 PM

On this episode of Somebody's Gotta Do It, Host, Mike Rowe, builds a bridge capable of supporting 70 tons in less than an hour with the help of the Seabees; the Navy Construction Force. Their motto is "The Seabees build and the Seabees fight." Born out of the attack on Pearl Harbor, the Seabees were hired originally to reclaim the Pacific through logistic support and to build base camps and airfields. In every major conflict since World War II, they've been building and fighting. Whatever the mission is, they can adapt and do anything from peace time operations; such as building a water well or clinic in a village; or survive major combat operations.

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>
Taking Care of Business	28:30	28:30	LCL	PA/O	8/21/2019	3:30 PM
#TCOB-1912R2					8/23/2019	3:30 AM

It is estimated that human traffickers generate hundreds of billions of dollars each year, second only to drug trafficking as the most lucrative form of criminal activity. This episode of Taking Care of Business brings awareness and promotes prevention education as a critical strategy to fight human trafficking.

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>
Praise	58:10	58:10	REC	PA/O/E	8/09/2019	7:00 PM
#P080919					8/09/2019	10:00 PM
					8/16/2019	2:00 AM

Tonight on Praise, we explore the history of penitentiaries in America, what effect the criminal justice system has on our population, and what TBN is doing to help those in prison.

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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>
Huckabee	52:30	5:00	REC	PA/O/E	8/24/2019	7:00 PM
#HCKB190824					8/24/2019	9:00 PM
					8/25/2019	7:00 PM
					8/25/2019	10:00 PM

Tonight on Huckabee, Human Trafficking Expert, Jaco Booyens, discusses how prevalent sex trafficking is in America; it's in every zip code, and is no respecter of man, race, socioeconomic class, or gender. The number one problem rising in the United States is families trafficking their own children. Runaways and under privileged communities are exploited, as well as thirty percent of kids in our foster care system. This is an epidemic because one child can bring a pimp or a handler approximately \$200,000 tax free. The average buyer is a man that earns north of \$100,000 a year; he has a great job in the community, probably is part of the PTA and booster at the school, and is an influential guy with disposable income. The entry drug to forcing a child to have sex with an adult is pornography. It is a real problem because it produces real capital. We need to step up and be vocal. Moms and Dads need to get educated. Signs to look for are changes in behavior, friendship circles shifting, and changes in the music they listen to.

Economy

<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>
Taking Care of Business	27:30	27:30	LCL	PA/O	7/31/2019	3:30 PM
#TCOB-1914					8/02/2019	3:30 AM

Nearly 50% of adults in the U.S. don't have enough cash to cover a \$400 emergency and most can't pass a financial literacy test. With mounting debt from credit cards and student loans, there is a need for a better understanding of basic financial principles. Find out why Financial Literacy is such an important topic in our society on this episode of Taking Care of Business.

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<i>Economy</i>						
700 Club NewsWatch	CBN	58:00	5:00	REC	PA/O/E	8/13/2019 2:00 PM
#20190813						

CBN News Reporter Heather Sells Reports: Many Americans don't know that over the last few years the US has become an energy superpower and that much of the growth comes from a remote region in Texas that you've probably never heard of. 20 years ago, big oil was pulling out of the Permian Basin. Today it's the reason the US is the top oil and gas producing country in the world. Todd Staples, the president of the Texas Oil and Gas Association, is only too happy to talk about what's happening here. CBN News met Staples at the Parsley Energy field office in Midland for a tour of one of its fracking sites. Midland is one of the key cities in the Permian Basin, a 90,000 square-mile stretch that straddles West Texas and a small part of New Mexico. As Forbes has reported, Permian Basin oil production has quadrupled in the last eight years. Today, the basin produces one of every three barrels of US oil. Kirk Edwards the president of MacLondan Energy, grew up in Odessa and has witnessed the transformation. Edwards says it has surprised everyone. What happened? Fracking. The technology blasts tiny holes filled with oil out of the rock and gets to it via horizontal drilling. This technique has found some success in a few US locations but nothing like the Permian Basin. Crude oil production has doubled here in the last four years and could rise another 50 percent over the next four. But with oil prices relatively low, West Texans don't call this a boom. That stable environment actually feels more like a California gold rush in some areas. Down the road from Odessa, we discovered Pecos, a small town overrun by oil production. A McDonald's billboard says it all. The board advertises for new workers with starting pay up to \$18 an hour along with college tuition assistance. Drawn in by the oil industry, these workers have flooded the housing market as well and there are long lines at grocery stores. Veronica Campos feeds some of these workers at her family's restaurant, Pody's BBQ, in downtown Pecos. The oil industry operates six and often seven days a week in this region. The goal: never shut down production. What this means for everyday Americans is affordable oil and gas for the foreseeable future. The US Energy Information Administration expects record oil production through the next decade with high rates continuing another 20 years. Plus, in 2020, the US will become a net energy exporter for the first time in 70 years. That means it will export more energy than it imports, a milestone expected to last through 2050. This energy dominance provides both strength and calmness internationally. It means that President Trump can impose sanctions on Iran and Venezuela, without fear of risking higher gas prices or oil shortages. It means our European allies can rely more on the US for natural gas and less on Russia. It means the world doesn't have to flinch when oil tankers are attacked in the Strait of Hormuz. Nick Loris, an economist with the Washington, D.C.-based Heritage Foundation, says the stability of our oil market is incredible. While this new level of energy security doesn't tend to make the headlines, it's making a difference for Americans, thanks to some very hard workers in Texas and New Mexico who are literally willing to dig deep.

<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>
<i>Education-Employment</i>						
Praise	58:30	58:30	REC	PA/O/E	7/09/2019	7:00 PM
#P070919					7/09/2019	10:00 PM
					7/10/2019	4:00 PM
					7/17/2019	2:00 AM

Tonight on Praise, Matt and Laurie are joined by Bill Johnson, Kris Vallotton, Ryan Collins, Nona Jones, and Brendan Wovchko to discuss faith and technology and Bethel Tech, a first of its kind, faith-based software development and in-demand technology boot camp.

<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>
<i>Environment</i>						
Taking Care of Business	27:30	27:30	LCL	PA/O	7/10/2019	3:30 PM
#TCOB-1906					7/12/2019	3:30 AM

Since the global warming topic first arose, the terms "go green" and "carbon footprint" have been thrown around so often that they now are bland and empty, lacking the fiery inspiration they were coined with. But the fact remains that we all make an impact on the world we live in. The systems that we employ and the choices that we make today do have an enduring effect. Join us for this episode of Taking Care of Business and learn how personal environmental responsibility is more than taking care of the earth - it is taking care of those we love.

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<i>Environment</i>						
Somebody's Gotta Do It	24:31	24:31	REC	PA/O/E	9/21/2019	8:00 PM
#301					9/21/2019	11:00 PM

On this episode of Somebody's Gotta Do It, Mike Rowe learns about honeybees and beekeeping. Bees will travel up to five miles to collect pollen from several thousand flowers every day. It takes about 55,000 flight miles for bees to create one gallon of honey. The public is somewhat afraid of bees because they are a stinging insect, but for the most part bees don't necessarily want to bother you. If someone finds a swarm in their home, instead of using a pesticide or calling an exterminator, try calling your local beekeeper to rescue that hive, so the bees can live on. One out of every six people are allergic to bees. Mike helps a beekeeper remove a swarm from a home and relocate it. The welfare of honeybees is important because they pollenate about eighty-four percent of crops grown for human consumption, which includes the grasses and grains used to feed livestock, as well as the berries and seeds that birds and other small animals depend on. Bees are an important part of the food chain and are critical to our ecological 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>
<i>Family</i>						
Taking Care of Business	27:30	27:30	LCL	PA/O	8/28/2019	3:30 PM
#TCOB-1910					8/30/2019	3:30 AM

On this episode of Taking Care of Business, we discover why young people in our society struggle with emotional vulnerabilities that impact their ability to cope with challenging and stressful situations. We learn how these obstacles affect their ability to function in their adult years.

<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>
<i>Family</i>						
Praise	58:10	58:10	REC	PA/O/E	7/26/2019	7:00 PM
#P072619					7/26/2019	10:00 PM
					7/29/2019	4:00 PM
					8/02/2019	2:00 AM

Tonight on Praise, Joel and Victoria Osteen discuss legacy. Regardless of your family background, you can be the one to start a new legacy in your family. Dodie Osteen and Pastor Daniel Floyd share their legacy of faith.

<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>
<i>Family</i>						
Better Together	28:27	28:27	REC	PA/O/E	7/22/2019	12:29 PM
#BT19-16						

Today on Better Together the ladies discuss the true meaning of "mother."

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<i>Family</i>	<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>
	Better Together #BT19-17	26:31	26:31	REC	PA/O/E	7/23/2019	12:29 PM

Today on Better Together the ladies discuss true love in action; adoption.

<i>Family</i>	<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>
	Better Together #BT19-19	25:45	25:45	REC	PA/O/E	7/24/2019	12:29 PM

Today on Better Together the lades discuss how caregivers can find peace and purpose while caring for others.

<i>Family</i>	<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>
	Better Together #BT19-20	26:21	26:21	REC	PA/O/E	7/26/2019	12:29 PM

Today on Better Together the lades discuss how to bring healing and reconciliation in the midst of family drama.

<i>Family</i>	<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>
	Better Together #BT19-46	26:14	26:14	REC	PA/O/E	8/12/2019	12:29 PM

Today on Better Together the lades discuss God's purpose for the family unit and that it is never too late to establish a Christ-centered home.

<i>Family</i>	<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>
	Better Together #BT19-47	23:33	23:33	REC	PA/O/E	8/13/2019	12:29 PM

Today on Better Together the lades discuss how to create healthy boundaries for family members and discipline children.

<i>Family</i>	<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>
	Better Together #BT19-48	27:52	27:52	REC	PA/O/E	8/14/2019 9/06/2019	12:29 PM 12:29 PM

Today on Better Together the lades discuss the importance of strength and support for families facing unexpected crises.

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Family

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700 Club NewsWatch	CBN 58:00	5:00	REC	PA/O/E	9/26/2019	2:00 PM
#20190926						

CBN News Reporter Charlene Aaron Reports: Since 2010, Pastor Bryan Carter of Concord Church in Dallas has been challenging unwed couples who live together to move out or tie the knot. For those who choose to marry, the church throws them a grand wedding, complete with wedding dresses, tuxedos, and even the rings. 24 couples recently walked down the aisle after completing the church's 90-day challenge. It is an issue that hits close to home for Pastor Carter. According to the US Census Bureau, in 2007 14-million unmarried adults lived together. By 2016, that number jumped to 18 million. One surprise from those numbers is the four million Americans 50 or older choosing this lifestyle. The Pew Research Center found that total is 75 percent higher than in 2007. One reason is the combination of a decline in marriage and the rising divorce rate among aging baby boomers. That statistic included Howard Randolph and Lowanda Ammons-Randolph, who had been living together for three years. They were engaged and planning to marry later this year but then decided to move up their wedding date after hearing Pastor Carter's challenge. Part of the challenge involved couples practicing sexual purity until marriage. Vernon Henderson and Trajea Sweat-Henderson had been living together for 15 years. They said many things kept them from the altar. Couples enrolled in the program underwent eleven weeks of pre-marital counseling classes. The results have been life-changing. Vernon added that he learned to communicate more effectively. For Pastor Carter, encouraging marriage is nothing new. This marks the fourth year his church has conducted the challenge followed by the mass wedding. In the end, he says his mission is much more than getting couples down the aisle. The newlyweds said they are beyond grateful for the push and support.

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>
Taking Care of Business	28:30	28:30	LCL	PA/O	9/4/2019	3:30 PM
#TCOB-1909R					9/6/2019	3:30 AM

Obesity in America has reached epidemic proportions with 1 in every 3 adults considered obese. The reasons behind this dangerous and growing health crisis may not always be what you expect. In any case, losing the weight is a journey. Keeping it off can be even harder. On this episode of "Taking Care of Business" we will discover that *how* we choose to lose weight is just as important as *why*.

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>
Taking Care of Business	28:15	28:15	LCL	PA/O	9/25/2019	3:30 PM
#TCOB-1916					9/27/2019	3:30 AM

In a recent year, 47,000 individuals committed suicide in this country, 70,000 people died of drug overdose and many more died because of alcohol addictions. What is happening and, more importantly, what is being done to intervene? Depression and addictions are causing more suicide related deaths than at any other time in American history. Self-harm is not always caused by a gun; often it is a drug overdose or alcohol induced event. On this edition of Taking Care of Business, see the sad realities facing our society and meet those who are trying to intervene.

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<i>Health</i>	Praise #P072219	55:15	REC	PA/O/E	7/22/2019	7:00 PM
					7/22/2019	10:00 PM
					7/23/2019	4:00 PM
					7/30/2019	2:00 AM

Tonight on Praise, Mike Lindell, Founder & CEO of MyPillow Inc., and Michael Ellison, Founder & CEO of Trivita talk about the importance of sleep and share their health journeys.

<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>
<i>Health</i>	Praise #P080619	57:15	REC	PA/O/E	8/06/2019	7:00 PM
					8/06/2019	10:00 PM
					8/07/2019	4:00 PM
					8/12/2019	4:00 PM
					8/14/2019	2:00 AM
					8/23/2019	7:00 PM
					8/23/2019	10:00 PM
					8/30/2019	2:00 AM

Tonight on Praise, New York Times Best Selling Author and America's Biblical Health Coach, Jordan Rubin, talks about his two-year journey from sickness to health featured in his book *Patient Heal Thyself*. He shares scriptures and biblical principles for 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>
<i>Health</i>	Praise #P090619	57:30	REC	PA/O/E	9/21/2019	3:00 AM
					9/23/2019	1:00 AM
					9/26/2019	7:00 PM
					9/26/2019	10:00 PM
					9/27/2019	4:00 PM

Tonight on Praise, America's Biblical Health Coach, Jordan Rubin and Chiropractic Physician and Nutritionist, Dr. Josh Axe, talk about the hemp plant, originally called cannabis sativa, focusing on CBD or Cannabidiol, which does not have intoxicating or hallucinogenic effects. They share its benefits to help with stress, its impact on the entire body, and nutritional benefits.

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

<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>
<i>Health</i>	Praise	58:00	58:00	REC	PA/O/E	9/24/2019 7:00 PM
	#P092419					9/24/2019 10:00 PM
						9/25/2019 4:00 PM

Tonight on Praise, Founder of Hope Generation, Best-Selling Author, TV and Radio Host, Ben Courson, shares that the title of his book "OPTIMISFIT" is a made-up word. It's an optimistic misfit; someone who lives as a non-conformist adventurer with childlike wonder, unapologetic optimism. Someone who ignites a fearless rebellion against hopelessness. He shares that there are people committing suicide once every forty seconds. There are 123 suicides a day in America alone and it's increasing. Americans consume more pills due to anxiety and depression than the rest of the planet earth combined by three times over. Ben goes on to share that after God delivered him from battles with mental illness, depression, and being suicidal, he became zealous and passionate about seeing this generation find the cure to depression which he believes is found in walking with, talking to, living for, leaning into, and depending on the God of hope, and His presence.

<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>
<i>Health – Mental Health</i>	Better Together	27:45	27:45	REC	PA/O/E	8/5/2019 12:29 PM
	#BT19-26					

Today on Better Together the ladies discuss overcoming shame.

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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>
700 Club NewsWatch	CBN	58:00	5:00	REC	PA/O/E	8/05/2019 2:00 PM
#20190805						

CBN News Reporter Lorie Johnson Reports: Would you like to live past age 100? It used to be a rarity. These days, however, people over 100 comprise the fastest growing segment of the population. Right now there are about 500,000 centenarians worldwide. The United States has the most: 72,000. Studies from the United Nations predict the world will have more than three million centenarians by 2050. That's good news unless that population suffers from declining health. In fact, many people say they don't want to live that long if it means their last decade is spent in a nursing home not being able to do anything or remember anyone. However, needing a home without stairs and taking lots of medications don't need to go hand-in-hand with aging. One of the world's leading experts on aging says far too many people equate getting old with poor health and plan accordingly. In his book, *The Longevity Paradox: How to Die Young at a Ripe Old Age*, Dr. Steven Gundry lists the habits of healthy centenarians. A number of things separate healthy centenarians apart from their sicker counterparts. However, topping the list of what it takes to live a vibrant, disease-free life well into old age is a healthy gut. That means an intestinal tract brimming with good bacteria. Having enough of the right bacteria can prevent just about every type of disease, including inherited ones. Dr. Gundry said the key to a healthy gut microbiome is avoiding processed foods, because of chemical ingredients, especially the pesticide glyphosate. Dr. Gundry says in addition to cancer and other health concerns, glyphosate can wipe out good bacteria and even cause a 'leaky gut.' A leaky gut can cause migraines, chronic fatigue and autoimmune diseases like Celiac, according to Gundry. In addition to eating right, robust old-timers go without food altogether for long periods of time. Regularly fasting a minimum of twelve hours within a 24-hour period can trigger the body to eliminate whatever hinders survival. Studies show intermittent fasting helps prevent atherosclerosis, Alzheimer's disease, heart disease and possibly cancer, all while boosting the immune system. Another common characteristic of healthy centenarians is they take few drugs or none at all. While many people, such as diabetics, take specific medication, Dr. Gundry maintains healthier choices can even reverse that need. Dr. Gundry says antibiotics and common painkillers can harm the gut microbiome, with even something like an antacid leading to other problems. Dr. Gundry says exercise keeps the body working well no matter what the calendar says. It improves blood flow, particularly to the brain. Women who exercise routinely during their lifespan have a 90-percent reduction in Alzheimer's compared to women who don't. Muscles strengthen bones, thus preventing injury. Turns out, walking against gravity, whether going up or down, is an especially good exercise because it works the area of the body between the knees and the hips, which contains most of our muscle mass. In fact, the five cities worldwide with the highest concentration of centenarians are all very hilly. Those cities are in what's known as Blue Zones. The only one in the US is Loma Linda, which means 'beautiful hill' in Spanish. This California city is not only home to the largest concentration of centenarians in America, but also the largest concentration of Seventh-Day Adventists. That denomination avoids processed foods and drugs while embracing fasting and exercise. Years ago, Dr. Gundry practiced heart surgery in Loma Linda and was inspired by the people and their healthy lifestyle. Not long after that, he shifted the focus of his medical practice to teaching the world how to live strong to a ripe old age.

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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>
700 Club NewsWatch	CBN	58:00	5:00	REC	PA/O/E	8/29/2019 2:00 PM
#20190829						

CBN News Reporter Lorie Johnson Reports: It's well known that most church functions feature food. Statistics show obesity is particularly rampant among churchgoers. The news isn't all bad, however. A program designed to help churches spread the good news without expanding waistlines is taking hold. Overall, churchgoers as a group do a pretty good job staying away from unhealthy things like smoking, drinking too much, taking illegal drugs and engaging in unsafe sex. On the other hand, obesity is a real problem. Research shows people who begin attending church in their twenties are more likely to become obese by middle age than those who don't go to church. This especially troubles doctor and Christian, Daniel Amen (<http://danielamenmd.com/>). Dr. Amen feels it's high time the church deals with its weight problem. As a brain imaging specialist, Dr. Amen published two studies showing as weight increases, the brain actually shrinks. It's widely known that obesity lowers overall quality of life, adds millions to health care costs and can lead to an early grave. Nationwide, the south leads the pack. With that in mind, Dr. Amen co-developed a church-based weight loss program known as the Daniel Plan (<http://danielplan.com/>). While classes last six weeks, the diet is intended as a lifelong discipline. Dennis and Phyllis Neill (<http://www.neilldanielplan.com/home.html>) of Yorktown, Virginia, were facing serious health issues – life-threatening issues in Dennis' case – before they completely turned their lives around through the Daniel Plan. Before embarking on the Daniel Plan, Phyllis suffered from pain, depression, and sleeplessness due to a number of health issues. Phyllis ultimately lost 65 pounds, stopped taking medications, felt happy, and began sleeping like a baby. She attributes much of her success to the faith element of the plan. Her 75-year-old husband Dennis got on board, too. The Neills believe so much in the program that they now teach it to others, creating their own Daniel Plan network in Hampton Roads, Virginia, which they call the Neil Daniel Plan (<http://www.neilldanielplan.com/home.html>). They currently coordinate 11 locations, mainly through local churches and YMCAs. The Neills emphasize the importance of breaking free from processed foods because of ingredients like MSG, industrialized oils, and high fructose corn syrup. Instead of packaged items, Phyllis fills their kitchen with natural, whole foods, free of chemicals and sweeteners - chicken strips, cut-up vegetables, boiled eggs, beans, cheese, and nuts. Drinking water helps with weight because sometimes our brain tricks us into thinking we're hungry when really we're just thirsty. People adhering to the Daniel Plan exercise regularly and attend support group meetings. So while obesity continues to plague the church, Christians nationwide are shedding millions of pounds, thanks to the Daniel Plan, named after the Bible hero whose diet reflected his commitment to God.

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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>
<i>Health - Education</i>						
700 Club NewsWatch	CBN	58:00	5:00	REC	PA/O/E	9/20/2019 2:00 PM
#20190920						

CBN News Reporter Lorie Johnson Reports: Living in the country may have some advantages, but not if you need a doctor. Shortages in rural areas mean some 90 million Americans can't count on adequate medical care. That's because physicians simply choose to live and work closer to cities. In order to fight that trend, one California county is undertaking a unique plan to attract more doctors. If successful, it could serve as a model for other communities. Compared to patients in big cities, a diagnosis of cancer, heart disease, diabetes and other illnesses can be much worse for people living in rural communities, largely because of doctor shortages there. New doctors typically settle down near the medical school where they completed their residency, the years after getting their M.D. when they train in their chosen field of medicine. Those medical schools are usually located in big cities. That's not the case in Riverside County, California, thanks to a community-based medical school. The University of California Riverside Medical School answered prayers when it opened five years ago because up until that time, the shortage of doctors forced people to either go without medical care or drive all the way to Los Angeles for it. That's why the medical school's primary purpose is to plant doctors in underserved Riverside County. Dr. Lyons believes its new crop of 110 resident physicians will go a long way toward meeting that goal. In addition to location, money is a strong factor in deciding where to put down roots. Many new doctors feel the need to land a high-paying job to pay off their crushing student loan debt, which often tops \$2,000. They find higher salaries in big cities. UCR Medical School eliminates that burden by offering free tuition to medical students who stay in the area after completing their training, like student Madeline Sevetre. After growing up in Riverside County, Madeline knows all too well the pain of not having access to medical care. Unlike many medical schools, UCR Medical School doesn't bother with a big, expensive teaching hospital. Resident physicians instead train at already existing health care facilities that are smaller and scattered across the county. Obstetrics resident Dr. Trina Mansour already sees her presence in Riverside County making a difference. Research shows most doctors would like to set up shop near their extended family, if possible. UCR Medical School's admission process takes advantage of that desire. Dr. Douglas Grover, a Riverside County native, graduated from UCR Medical School last year and is currently serving as a resident physician there. As a resident in psychiatry, he feels good about providing mental health services to the area. Another big difference at UCR Medical School compared to others is students start seeing patients in their first year, rather than waiting until their third year. The UCR Medical School students even opened a free clinic for people who otherwise might not have ever seen a doctor. So while medical care disappears in many rural areas, Riverside County, California, may have discovered the antidote: open a medical school, admit locals with a heart for the underserved and pay for the education...provided they don't take their talents elsewhere.

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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>
700 Club NewsWatch	CBN	58:00	5:00	REC	PA/O/E	9/25/2019	2:00 PM
#20190925							

CBN News Reporter Lorie Johnson Reports: Today's leading health experts recommend putting lots of good bacteria in our gut in the form of probiotic foods like yogurt and kimchi. They also advise consuming pre-biotic fiber, like vegetables to help keep the bacteria thriving. Finally, they warn against taking antibiotics and eating processed foods, which can reduce the good bacteria in our intestines. A growing number of doctors tell their patients by following this plan, they can prevent our scariest diseases like cancer and Alzheimer's as well as our everyday aches and pains like bloating and diarrhea. Medical researchers spend countless hours and dollars discovering all kinds of secrets to a longer, better life. Dr. Raphael Kellman is among an increasingly large group of physicians who say the microbiome stands at the top of this list. In his book *The Microbiome Breakthrough*, Dr. Kellman explains why he feels everyone should do what they can to increase the amount and type of living bacteria in our gut. Dr. Heidi Nelson, a Mayo Clinic microbiome researcher, agrees. She told CBN News the tiny ecosystem in our intestines demands balance. Getting the right mix of bacteria in our gut also reduces one of the greatest causes of cardiovascular problems: inflammation. A healthy gut can also prevent bloating, gas and diarrhea. These problems make everyday life miserable for far too many people who don't realize they could end their suffering by improving their gut health. Dr. Kellman says the benefits can also help autoimmune disorders like Rheumatoid Arthritis. Another autoimmune disease affecting millions is Hashimoto's Thyroiditis, which often goes undiagnosed. Symptoms of Hashimoto's include fatigue and weight gain. Dr. Kellman says autoimmune diseases are often caused by an extremely unhealthy gut condition called "leaky gut." The walls of a healthy gut are semi-permeable. They are made up of tiny holes like a fine mesh strainer. These tiny holes allow vital nutrients to flow from the gut into the bloodstream and ultimately other parts of our body. However, damage to the gut from certain medications, foods, stress and more cause the tiny holes to enlarge. These larger holes allow big proteins and other particles to escape the gut and into the body that shouldn't. Because the large particles shouldn't be outside the gut, the immune system recognizes them as foreign and attacks them, causing damaging inflammation. Sometimes the immune system even attacks healthy tissue, like the thyroid, if the tissue resembles the large particles that escaped the gut. The good news is a "leaky gut" can be repaired. In fact, Dr. Kellman teaches his patients at New York City's Kellman Center how to do this, practicing a sub-specialty he calls Microbiome Medicine. Approximately one-third of all Americans are obese, a health condition that leads to many other diseases such as diabetes, cancer and more. Obesity is so dangerous it's now the second leading preventable cause of death behind smoking. Health experts say poor gut health often leads to obesity. Dr. Vincent Pedre teaches his patients to lose weight and keep it off by achieving and maintaining the proper mix of bacteria in the gut. In a landmark study from Washington University School of Medicine in St. Louis researchers took identical human twins with the same DNA, although one was obese and the other was thin. They put gut bacteria from each twin into germ-free mice. The animals that received the obese twin's gut bacteria became obese, while the mice that received the thin twin's gut bacteria remained thin, even though all the mice ate the same food. In his book, *Happy Gut*, Dr. Pedre explains since 80-percent of the immune system is located in the gut, a healthy one can prevent everything from infections to rashes. Even though our brain and gut are far apart, one of the key functions of health is preventing problems with the way we think and feel, everything from depression to Alzheimer's. Dr. David Perlmutter, author of the New York Times bestseller *Brain Maker* explains how an internal super-highway called the gut-brain axis carries neurotransmitters, vitamins and other essential information from the gut to the brain, mitigating or in many cases, preventing our most troublesome neurological problems such as depression, anxiety, and other mood disorders as well as Alzheimer's disease, ADHD, Parkinson's, even autism.

<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>
Taking Care of Business	27:30	27:30	LCL	PA/O	8/14/2019	3:30 PM
#TCOB-1925					8/16/2019	3:30 AM

Every night in America, over 500,000 people sleep on the streets without a roof over their head. Millions more are homeless without a place to call their own. While homelessness is caused by many factors, in a nation where home ownership should be attainable by any citizen, this is not the case. Many people have given up on the American dream of owning a home. The reasons are many and complicated. *Taking Care of Business* examines our nation's housing dilemma.

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<i>Public Safety – Transportation</i>						
Taking Care of Business	27:30	27:30	REC	PA/O	7/3/2019	3:30 PM
#TCOB-1902					7/5/2019	3:30 AM
Is America's infrastructure "crumbling?" Driving down the street every day, hitting potholes or getting stuck in traffic, it's easy to believe. What about the quality and safety of our water? Is the power grid reliable? Can we trust what politicians, or the experts tell us? On this episode of Taking Care of Business, we're going to take a look at the reliability and safety of America's infrastructure, including transportation, water and power.						

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<i>Public Safety – Child Drowning</i>						
Taking Care of Business	27:00	27:00	LCL	PA/O	7/17/2019	3:30 PM
#TCOB-1920					7/19/2019	3:30 AM
The leading cause of death for children under four, and the second leading cause of death for children between four and fourteen, is drowning. And while we all know that water is dangerous, most of us have misconceptions about drowning that unnecessarily put our children at risk. A lack of knowledge can leave even the best of parents facing the unthinkable. Join us for this episode of Taking Care of Business, and learn how to best protect our children and families from this common but preventable tragedy.						

<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>
<i>Seniors - Retirement</i>						
Taking Care of Business	27:30	27:30	LCL	PA/O	7/24/2019	3:30 PM
#TCOB-1924					7/26/2019	3:30 AM
On this episode of Taking Care of Business we look into retirement. We'll hear from experts on how to plan for your retirement. Topics include financial planning, medical expenses, Social Security, Legal, and savings opportunities. And finally, we'll learn that retirement is more than just a financial issue. It's about life! Will you enjoy or endure this season of life?						

<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>
<i>Substance Abuse</i>						
Taking Care of Business	28:30	28:30	LCL	PA/O	9/18/2019	3:30 PM
#TCOB-1907R2					9/20/2019	3:30 AM
The long reach of the opioid epidemic has touched every corner of the American experience. It's sprawling across our farmlands and small towns. It's quietly creeping into our families and even our church pews. On this episode of "Taking Care of Business" we take an honest look at this growing problem of substance abuse and explore some possible solutions and how a dose of unconditional love may be required to fix it.						

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<i>Substance Abuse</i>						
Praise	56:40	56:40	REC	PA/O/E	7/25/2019	7:00 PM
#P072519					7/25/2019	10:00 PM
					7/26/2019	4:00 PM
					8/01/2019	2:00 AM

Tonight on Praise, Brian "Head" Welch of KORN shares his story that will be featured in his new movie "Loud Krazy Love." He also talks about his journey through depression, alcohol, and being a functional drug addict, and how Jesus Christ began to change his life. He encourages those with addictions to never quit on God.

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<i>Youth</i>						
Taking Care of Business	27:30	27:30	LCL	PA/O	8/7/2019	3:30 PM
#TCOB-1917					8/9/2019	3:30 AM

Adults who mentor young people in our culture may often go un-noticed, but their work and dedication have a long lasting, positive impact on our society. Whether it's professional, personal or spiritual, those who mentor young people often become a catalyst for growth and accomplishment. The support of a caring adult can be powerful in the life of a young, impressionable boy or girl. On this edition of Taking Care of Business, meet those who are mentors and the individuals they have impacted.

<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>
<i>Youth</i>						
Taking Care of Business	28:15	28:15	LCL	PA/O	9/11/2019	3:30 PM
#TCOB-1904					9/13/2019	3:30 AM

On this emotional episode of Taking Care of Business we explore the difficult subject of youth suicide. The suicide rate for young people between the ages of 14 and 19 has jumped 70% in the past 10 years. Many feel that this coincides with the launch and popularity of many of the social media apps and platforms. Most young people don't realize that social media sites are not accurate representations of the authentic lives of those using them. Meet young people who tell their stories of how they attempted to end their lives but lived to tell about it!

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<i>Youth</i>						
Praise	58:10	58:10	REC	PA/O/E	8/09/2019	7:00 PM
#P081519					8/09/2019	10:00 PM
					8/12/2019	4:00 PM
					8/16/2019	2:00 AM

Tonight on Praise, Founders of The Passion Movement, Louie and Shelley Giglio, discuss the passion of Jesus Christ for a generation and an event called 20/20; a gathering for Jesus on New Year's Eve at the Mercedes-Benz Stadium for university students, ages 18 to 25, from all over the nation, to ring in, not only the new year, but to ring in the new decade.

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