

COMMUNITY EDUCATIONAL TELEVISION, INC.

QUARTERLY REPORT

October, November, December 2015

KETH - TV HOUSTON, TEXAS

Ascertainment List

Leading Community Problems

Results of ascertainties 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

Economy

Education

Environment

Family

Health

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

Civic Affairs

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
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JOY IN OUR TOWN #150205-3B	28:30	13:05	L	PA/O	10/22/2015	4:00 AM
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In this segment of "Joy" Eric Goodie of the Houston Area Urban League is interviewed by Genet Chenier. As the Director of Asset and Acquisition, Mr. Goodie states that they are involved in helping individuals find jobs, purchase homes and with small business development. They are involved in teaching individuals how to acquire what is needed to accomplish their financial goals. His department helps individuals to develop the skills needed to acquire jobs, get better jobs or build wealth. They stress the fact that technology has become a part of our lives and must be used to in our business affairs. Therefore, it is a necessity to become computer literate.

JOY IN OUR TOWN #150813-2A	28:30	13:03	L	PA/O	10/06/2015	3:00 AM
					10/08/2015	3:00AM
					10/09/2015	12:30 PM

Host Genet Chenier interviewed Chris Daniel, the Harris County District Clerk about jury service. There are two primary mandates in the constitution. One is jury duty; the other is the right to vote. This makes serving on a jury a great honor. The District Clerk's office is responsible for district courts, judges, documents, paperwork & filings. A summons will come from the court if you have a Texas driver's license or voter ID Card. When you report for jury duty, people are divided up into panels. City capital cases get a large panel of about 120; other cases call a small panel of 20. Voir dire is when potential jurors are narrowed down to the actual jurors who will hear the case. The County Clerk's Office takes great pains to ensure juries are randomly selected and unbiased. Jurors are compensated for their service and receive food and parking stipends. While the County Clerk tries to make jury service as easy as possible, there are disadvantages -- including time away from family or work. There are a few exemptions from jury duty. Single mothers, those caring for elderly, or people in critical jobs may be excused or rescheduled for service. Employers are not allowed to discriminate or retaliate against citizens for taking time to serve on a jury. Some juries require special responsibilities. Grand juries serve for 3-6 months. Sequestered juries are used in high profile media cases that mandate the jury be uninfluenced. In those cases, juries may be isolated to a hotel provided by the court.

JOY IN OUR TOWN #150813-2B	28:28	13:15	L	PA/O	10/06/2015	3:00 AM
					10/08/2015	3:00AM
					10/09/2015	12:30 PM

Host Genet Chenier interviewed Chris Daniel, the Harris County District Clerk about historic documents in Harris County. There was an initiative started in 1995 to start preserving legal cases and Texas history. This initiative shows the true legal history and how Texas progressed in civil rights over time. It is important to preserve documents that show the truth about history. Many Texas cases set precedent for documentation standards. Relating the stories about freed slaves, and the founding of Texas Medical Center, Mr. Daniel demonstrated the significance of great documentation in history. Other historic cases in Texas included a series of lawsuits between Mirabeau Lamar and Sam Houston over the Texas capitol location. Researchers have found that while documents and letters were frequently preserved, court cases weren't. From the 1950s to the 1980s many cases were photographed on micro-fiche and the originals destroyed. Unfortunately, when the microfilm deteriorated much of the case history and documentation were lost. Mr. Daniel encouraged viewers to come to the 2nd floor of Harris County Courthouse and learn from the treasure of records which share our Texas history.

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Civic Affairs

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JOY IN OUR TOWN #150813-4A	27:45	13:50	L	PA/O	10/05/2015	10:30 AM
					10/13/2015	3:00 AM
					10/15/2015	3:00 AM
					10/16/2015	12:00 PM
					10/17/2015	3:00 AM

Host Genet Chenier interviewed Andrew Hardwick, Public Affairs Specialist for the Social Security Administration office in Houston about social security. There are many new avenues available to handle your social security benefits. Lines can be avoided at the social security office by registering online and establishing an account. You may also apply for retirement or Medicare with the online account. For every year you delay taking social security benefits after age 65 your benefits go up by 8%, however after age 70, the benefit will not increase. Social Security and SSI payments are often confused. SSI is Social Security Income -- an assistance program for those who are blind, disabled or over age 65. With SSI you may also receive health care. Social security is actually a pension program. You must work at least 10 years to collect social security. If you do not have the required number of quarters, you may be eligible for benefits from a parent or caregiver. Social Security is calculated based on the highest five years of income. The Social Security Administration has online calculators to help you estimate your benefits. People who are self-employed will receive a percentage on their net earnings. It should be paid in quarterly. Mr. Hardwick closed by reminding viewers that if you have to go their office please call for an appointment to reduce your wait time.

JOY IN OUR TOWN #150813-4B	28:28	13:15	L	PA/O	10/05/2015	10:30 AM
					10/13/2015	3:00 AM
					10/15/2015	3:00 AM
					10/16/2015	12:00 PM
					10/17/2015	3:00 AM

Host Genet Chenier interviewed Barbara McGinity, Program Director of the Better Business Bureau Education Foundation about Medicare scams. During the normal Medicare open enrollment period, Medicare scams rise. Often scammers contact seniors claiming to need verification of sensitive information. They will then use that information to rack up fraudulent charges unrelated to the patient's care. Medicare fraud may impact your actual benefits. Fraudulent charges may lead Medicare to believe that your condition is worse than it actually is. Then, when you need the specified item that has already been billed, it may be denied. Be sure to verify the credentials of anyone claiming to provide in-home services. Many older adults are lonely and readily accept help without question. Seniors can protect themselves by not answering the telephone and screening their calls. It is important not to engage callers at all -- they are skillful at extracting information. Always talk to your health care provider before giving any information to anyone. The Texas Senior Medicare Patrol provides education about scams to the public, and the Better Business Bureau can verify legitimate companies. Ms. McGinity closed by reminding viewers to never send money by phone or pay money to get money. Nothing is ever free, so be sure to examine all offers very carefully.

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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 #150813-7A	27:45	13:50	L	PA/O	11/02/2015	10:30 AM
					11/03/2015	3:00 AM
					11/05/2015	3:00 AM
					11/06/2015	12:00 PM
					11/07/2015	3:00 AM

Host Coppelia interviewed Dr. Renee Beckham, Chief Sanitarian of the Houston Health Department Bureau of Consumer Health Services, about keeping food establishments safe. Food establishments include not only restaurants, but grocery stores, food trucks and schools. All food establishments are required to have a food safety certified manager. Though the City of Houston has more than 15,000 food establishments, there are only approximately 50 sanitarians in the field at a given time. Every place must be inspected at least annually. The most common complaints about food places are lack of hair restraints, improper hand washing, and insects or rodents. If you visit a food establishment with suspect practices, you can contact the Health Department and the allegations will be investigated. Inspections help protect the public from contaminated food. Inspections are unannounced to allow sanitarians to get a realistic view of the situation. Consumers may also go to the Health Department website to check on the status of their favorite establishments. The inspection reports themselves are public documents available online. Signs of better practices are when a place looks clean, have hot & cold water has handwashing supplies, and no signs of insects. Keep in mind however; there are many areas of a restaurant that consumers cannot see. Dr. Beckham closed the segment by reminding organizations that plan to open a food establishment to call the Bureau of Consumer Health Services first.

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 #140923-4A	27:45	13:15	L	PA/O	12/03/2015	4:00 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 gage 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 educated 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.

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Crime

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JOY IN OUR TOWN #140923-4B	27:45	13:50	L	PA/O	12/03/2015	4:00 AM
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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 #150507-1A & B	27:45	13:15	L	PA/O	12/14/2015	10:30 AM
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Genet Chenier hosts this "Joy", interviewing Janie Guerrero, Hotline Case Advocate and Allison Monroe, Communications Coordinator, of the Houston Area Women's Center. Covering the issue of crime, they talk about the prevention domestic abuse. Statistics show 1.5 million teenagers are involved in an abusive relationship in our country every year. Abusive relationships are about one person attempting to control another. In addition to the physical abuse, there can be emotional abuse involving isolation and jealousy. Changes in behavior on the part of a teenager such as anxiousness or detachment may be a clue to a parent that their child could be involved in a dating violence situation. Parents need to be aware of what is going on in their children's relationships when they are dating. Their child could be involved in teen dating violence, as either the victim or the aggressor. The issue of crime in particular as it is exhibited by domestic violence is the subject of Genet Chenier's continued interview with Janie Guerrero, Hotline Case Advocate and Allison Monroe, Communications Coordinator of the Houston Area Women's Center. When one individual in a personal relationship uses coercion to try to control another member to get what they want it is considered to be domestic violence. In addition to the physical abuse, it could take the form of verbal abuse or through economic control or personal restrictions of various sorts. Often the cycle of abuse will escalate and the aggressive behavior will increase over time. The Houston Area Women's Center provides shelter, advocacy and counseling to victims of domestic violence and sexual abuse. The victim needs to realize what has happened to them is not their fault and that they can have the help that they need.

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Crime

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
JOY IN OUR TOWN #150813-5A	27:45	13:50	L	PA/O	10/19/2015	10:30AM
					10/20/2015	3:00 AM
					10/22/2015	3:00 AM
					10/23/2015	12:30 PM

Host Coppelia interviewed Officer Eric Carr, Financial Crimes Investigator for the Houston Police Department, about identity theft. Identity theft is when some uses personal information like your name, social security number or credit standing to obtain goods or services. Identity theft is more common in the Houston area because it is an international hub with a large population. Skimming devices that will record data from any card with a magnetic strip are common in our area. Thieves use this device to allow any magnetic card to impersonate your credit card. Other software that enables identity thieves to steal RIFD information. These programs use wireless devices that allow people to steal information via wifi-enabled chips in credit cards. To prevent identity theft, monitor your credit regularly, and sign up for text alerts from your financial institutions. Diligence monitoring transactions allows you to spot fraud early. There are also products available like credit card sleeves and secured wallets which block wifi transmission of your critical data. Officer Carr also recommended utilizing credit monitoring services. Any online transactions create more susceptibility to identity theft. When online, be sure shop sites with secure checkout processes. A lock symbol will indicate which sites are secure. If you are a victim of identity theft, notify your bank immediately and continue to monitor your credit report. Also contact the police department as soon as possible before the trail goes cold.

JOY IN OUR TOWN #150813-5B	28:28	13:15	L	PA/O	10/19/2015	10:30AM
					10/20/2015	3:00 AM
					10/22/2015	3:00 AM
					10/23/2015	12:30 PM

Host Coppelia interviewed Officer Jeremy Lahar, Community Outreach and Public Affairs Officer for the Houston Police Department about crime in our neighborhoods. Officer Lahar emphasized the importance of documenting and reporting crimes that take place in your neighborhood. While some want to avoid the hassle involved with calling the police, reporting crimes may help your whole community in the long run. The reports generated help officers prevent crime by tagging hot spots and increasing police presence. There are many things residents can do to prevent car burglaries and home invasions. First -- lock your car. Keep your vehicle looking empty, and leave nothing in the seats. Around the home, be sure to remove have tools or anything nearby that might assist the burglar. When leaving the house, always lock your doors set the alarms; these small things can be a great deterrent. Residents can also reinforce the strike plates of doors. Make sure exterior lighting is bright and in working condition, and keep landscaping neat with clear sight lines. Take a look around before re-entering a home. If you suspect a break-in, call 911 immediately and let police clear the house for your safety. The Houston Police Department has many crime prevention and outreach programs available to our community. "PIP" meetings and "Coffee with a Cop" programs can be easily scheduled to provide education about protecting yourself from crime.

JOY IN OUR TOWN #150924-2A	27:45	13:05	L	PA/O	11/23/2015	10:30 AM
					11/28/2015	3:00 AM
					11/30/2015	10:30 AM

Host Genet Chenier interviewed Dr. Sandy Murphy, Volunteer Director of Building Better Families, about domestic violence. Domestic violence is anything that is physical, emotional and verbally abusive in the home. It includes when someone is spoken to harshly to the point of fear, when people feel emotionally controlled, and physical abuse. Abusers will often prey on people with low self-esteem. It can be very difficult to recognize the signs of emotional abuse. Often people brush off comments and situations as an anomaly -- however, increasing levels of harm will frequently follow. There are number of reasons people stay in abusive relationships, including fear, hopelessness, addiction, and lack of education. Domestic violence also has a "spillover effect." Much of the violence we see in schools, churches and workplaces have spilled over from homes into public spaces. Teen dating violence is a manifestation of domestic violence "spilled over" into the next generation. Not addressing these issues can lead to disaster. A therapeutic community is needed which includes advocacy and domestic violence education. Churches, schools, offices and organizations need to get involved to triage this growing problem.

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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>
JOY IN OUR TOWN #781B	27:45	13:09	L	PA/O	10/15/2015	4:00 AM

This "Joy" segment concerns the economy and focuses on meeting the needs of the community. Genet Chenier interviews Sheena Abraham, communications Director for Second Mile Mission Center. In the last 10 years the number of families living in poverty has doubled out in the suburbs. About 16% of the populations in our area are families and individuals who are facing food insecurity. The government has a guideline that states that if a family of four is earning less than \$20,000 a year, they are living below the poverty level. Some family breadwinners may have more than one job, but are underpaid and underemployed. The Second Mile Mission Center helps those who need emergency assistance with food, clothing and with financial support. They network with other groups who can help with job training and job placement to help the families who currently are living paycheck to paycheck. Referrals are treated with dignity and reminded that everyone needs help sometimes and we are all here to support on another.

JOY IN OUR TOWN #784B	27:45	13:09	L	PA/O	10/15/2015	12:00 PM
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In this "Joy" segment two guests, M.D. Marshall, CEO, and Linda Davis, Director of Community Relations of Bethel's Place, Inc. of Houston, Texas, are interviewed by Genet Chenier. Bethel's Place, Inc., community service first priority is to help crisis stricken people meet their basic needs. Once that mission is accomplished, they endeavor to help individuals seeking economic growth and opportunities. People generally know that they need to improve their finances, but often do not know where to begin. Bethel's Place has a business networking program to help the budding entrepreneur. The "Empowerment Breakfast" workshop meets every other Thursday. It is designed to help local business leaders mentor those persons that seek guidance in the fields that they are interested in. It is through incubation (training), mentoring, and small chambers of commerce that the workshop helps empower the industrious individual to invest in themselves so that they may build their own legacy. In the place of commerce, the best value that you can bring to the market place is value in yourself.

JOY IN OUR TOWN #150205-4A	27:45	13:09	L	PA/O	10/20/2015	4:00 AM
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In this segment of "Joy" Stephanie Berno of the Houston Food Bank, who is the Nutrition Education Coordinator, shares that we need more education on fruits and vegetables. We are what we eat. The typical diet in Texas includes meat, beans, tortillas and macaroni and cheese. Stephanie explains that each of our meals should include one-fourth meat, one-fourth starch and one-half vegetables. We should use a smaller plate to help us to have smaller portions. Instead of chips, we should have nuts for snacks. We should be creative to make our healthy food taste good. When families come to the Houston Food Bank, Stephanie takes the time to help the family make good healthy choices. She encourages the viewing audience to eat more fruits and vegetables.

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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>
JOY IN OUR TOWN #150115-3B	27:45	13:09	L	PA/O	12/07/2015 12/28/2015	10:30 AM 5:30PM

Phyllis Kyles interviews Renae Nelson, CEO, and Executive Director. Ms. Nelson is on Joy in Our Town today to talk about the economy and homelessness. She states that the dynamic has changed for the city of Houston. The city is helping the homeless get off the street and therefore is pushing the programs out the city designed to help the food programs. The homeless population in the Southwest area of Houston has grown over the past 2 years. The state has redefined homelessness as a family that do not have basic needs met; being shelter, running water, they are considered homeless. In the AISD school district 1,400 children are classified as homeless. Are they living on the street? Not so much but they are living with someone or they do not have one of the basic needs met. One of many causes of the poverty and homelessness is employment. In the southwest area, there are not many fortune 500 companies to hire individuals. There are many "mom and pop" shops that basically hire their family members. Ms. Nelson states that part of the solution to homelessness, is more meaningful opportunities for employment for families. Families can't survive on minimum wages jobs and pay rent or mortgage. Her agency helps family with food and paying some of the basic needs. They offer 2weeks worth of groceries depending on the family size. They also have special events throughout the year: a back to school supply drive, Thanksgiving meal boxes and Christmas toy give-a-way.

JOY IN OUR TOWN #150924-2B	27:45	13:09	L	PA/O	11/23/2015 11/28/2015 11/30/2015	10:30 AM 3:00 AM 10:30 AM
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Host Genet Chenier interviewed Katie Scott, Director of Dementia and Caregiver Support Services, for Neighborhood Centers, Inc. about services to seniors. Dementia is a common condition among people over 65. There are many causes of dementia but the end results are similar in nature -- loss of memory and the inability to make sound judgments. Alzheimer's is one of the most common causes of dementia. The landscape for older adults is changing from previous eras. More adults working longer, exercising, and wanting increased activity. Senior service providers must adapt to this new landscape and create spaces for older adults to have meaningful interactions. We can also use the wisdom and skills of older adults to benefit the community as a whole. There can be enormous costs and stressors related to the care of older adults. Senior and Caregiver Support team focuses on the health, wellbeing and support of seniors and their families with in-home and community-based services. It critical that both generations start thinking about parental care early, while there is time to plan and make decisions. Having a plan will make it easier consider options and build meaningful relationships as those seniors age.

JOY IN OUR TOWN #150924-3A	27:45	13:09	L	PA/O	12/01/2015 12/03/2015 12/04/2015 12/05/2015	3:00 AM 3:00 AM 12:00 PM 3:00 AM
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Host Genet Chenier interviewed Christina Cave, Community Relations Manager of Neighborhood Centers, Inc. about paying taxes. Anyone who receives an income, including members of the armed forces, has to pay taxes. Many believe that people with low income don't have to, but that is not true. People paid in cash tips or contractors also need to have an orderly relationship with the IRS. IRS is not as scary as many people think. People who don't have a social security number or aren't properly documented are often afraid to pay taxes -- fearing it will reveal their status. This is not the case. Government agencies do not communicate in that manner. People without a social security number may still obtain a tax identification number (IT or TIN) and be able to pay taxes. The basic tax form used by most people is 1040. Independent contractors use a Form 1099. Form 1099 users pay taxes on their own; and must keep good documentation. College students and those living at home still have to file and pay taxes - even if they are claimed as dependents. Parents of students must have parents file tax returns to become eligible for scholarships and financial aid. The IRS stopped preparing taxes for people a few years ago. This created a need for local agencies to help people prepare taxes for free. Neighborhood Centers, Inc. prepares tax returns at no cost for anyone earning less than \$58,000. Volunteers are needed to help people fill out forms and prepare returns. A background in accounting is not required to volunteer and help the community. Bilingual volunteers are also badly needed.

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Economy

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JOY IN OUR TOWN #150924-3B	27:45	13:09	L	PA/O	12/01/2015	3:00 AM
					12/03/2015	3:00 AM
					12/04/2015	12:00 PM
					12/05/2015	3:00 AM

Host Genet Chenier interviewed Mike Pomeroy, Program Director for Brighter Bites, about healthy foods for families. It can be very difficult for families in challenging economic circumstances to prepare healthy meals they can afford. Mr. Pomeroy reminded families to focus on what they CAN purchase with their buying power -- not what they can't. Eating foods that are in-season makes a big difference in affordability. It also helps be open to trying new things, such as frozen foods or foods prepared in a new way. Some might be surprised to find that 30 pounds of fruits or vegetables equals roughly 50 servings -- enough cover the fruit and vegetable requirements for a family of four for a week. Smoothies are another great way to consume extra fruits and veggies. From a nutritional standpoint, roughly half of your plate should be covered with fruits or vegetables. It is also important to consume *whole* grains. "Enriched" on a package means the grain has been processed, and the healthy part that stimulates the digestive system has been removed. Many educational programs are also available to help students and families learn how to prepare healthy economical meals. For 6 weeks in the fall and spring Brighter Bites supplements family budgets with healthy local foods. Brighter Bites provides services for families in the Houston area at schools that have at least 90% of the attendees receiving free or reduced lunch.

Education

<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 #150115-3A	27:45	13:09	L	PA/O	12/07/2015	10:30 AM
					12/28/2015	5:30 PM

Phyllis Kyles interviews Anastasia Lindo Anderson, Assistant superintendent of Promise Community Charter School. Anastasia begins with telling us what some of the major issues in our public system. She states that we should have our students learning at a higher level, making sure students are studying hard in the top fields as science and math. The schools she works with focus is to keep kids in school and assist them in going on to higher levels of educations. They look at the schools and a whole, with preschool programs and high schools levels. A lot of the issues the children face with are poverty, hunger and. The schools are located within the community and are surrounded by all the thing that they may need to stay motivated to be in school. They have classes for parents for English as a second language; manage the finances for the home and building healthy families. For the future, they are opening more schools to meet the need of the families with food baskets, health education and Workforce solutions with employment for parents. Promise Community Charter Schools takes a holistic look at Ms. Lindo states, "When a child's mind is focused on school because other things are taken care of, they can soar in the classroom".

JOY IN OUR TOWN #150205-3A	27:45	13:09	L	PA/O	10/22/2015	4:00 AM
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In this segment of "Joy" John Robinson of the Houston Area Urban League, who is the Director of Family Support Services, shares that we have a high rate of children dropping out of school. We must develop strategies to prevent that and concepts for them to engage in education and prepare for college. In order to do that the parents need to engage in the prevention process. The children must be ready on different levels. The Urban League provides services to help families engage in preparing children to have a more successful educational experience. They provide free books and encourage them to buy more books. The parents can learn with their children. The Urban League provides other tools to support children to get a better education by any means necessary.

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Education

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JOY IN OUR TOWN #150924-1A	27:45	13:09	L	PA/O	11/17/2015	3:00 AM
					11/18/2015	3:00AM
					11/19/2015	12:00 PM
					11/20/2015	3:00 AM
					12/03/2015	12:00 PM

Host Genet Chenier interviewed Angelica Adams, Director of Strategic Partnerships of Communities In Schools (CIS) about how communities can support their students. There is a need in our area to pay attention to at-risk youth. In Houston, 1 in 4 students are at risk of dropping out of school. While this number seems large, Houston has been making steady improvements. When one child drops out of school it impacts the entire community. Students who don't graduate earn substantially less and engage more systems. Signs a student may drop out include their attendance and attitudes about school. Other signs include depression, acting out or low self-esteem. Children in homes that have family conflict or scarce resources (missing lights, water, or food) may also be at risk. Communities must work to remove the barriers a child has outside of school that hinder learning. It benefits our economy for every person to have a marketable skill – which makes advance training or college important. This starts with the expectation the child will complete high school and possibly go on to college. Parents should prepare to advocate for their child in school settings. CIS partners with more than 400 agencies and four school districts in the Houston area. Viewers can be part of the solution. It is important that kids have caring adults that support them and their academic endeavors.

JOY IN OUR TOWN #150924-1B	27:45	13:09	L	PA/O	11/17/2015	3:00 AM
					11/18/2015	3:00AM
					11/19/2015	12:00 PM
					11/20/2015	3:00 AM
					12/03/2015	12:00 PM

Host Genet Chenier interviewed Angelica Adams, Director of Strategic Partnerships of Communities In Schools about mentoring. Mentoring is a one-on-one relationship with a student which provides a trusting relationship. A coach or role model can help socially, mentally academically, or provide options. Mentors are there to support and uplift parents in the guidance of the child. At risk children can respond particularly well, but all children can benefit from continuing interaction. Not all students with problems will exhibit acting-out behavior. Mentors may come from outside the cultural community of the child, even though commonality is frequently sought. It is support that makes the difference. It is okay that mentors change over time. Mentoring periods can vary from a single school year all the way to graduation. It is important to meet the student where they are, and motivate them to their goal. Having a mentor doesn't mean there is a deficiency in the family. Mentor kids with the intent to help and support – without judging the parents or situation. One in three young people don't have a mentor. Studies show students with mentors are less likely to skip school. More connected children who are have higher success rates. It is important for adults to be engaged in young people's lives. Relationships can be built in church, sports, or other venues. Regardless of cost, mentors should strive to be consistent and build relationships.

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

Education

<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 #12162015	1:00:00	5:00	REC	PA/O/E	12/16/2015	2:00 PM

CBN News Reporter Heather Sells Reports: More and more, today's college students want professors and administrators to make them feel safe and will protest if they don't. The Foundation for Individual Rights in Higher Education (FIRE) is a nonprofit educational foundation that tracks speech on college campuses. The foundation recently captured cell phone video of a Yale University student publicly cussing at and denouncing Dr. Nicholas Christakis, a professor and master of Silliman College, a residence hall at, Yale. His crime? Encouraging students to make their own decisions about what Halloween costumes to wear. The student (and many of her peers) wanted Yale to make rules about costumes. At Yale, the University of Missouri, and elsewhere students are increasingly concerned about what they consider offensive. They're calling for more rules to limit what students can say. In the last 20 years, such sentiment has led more than 400 universities to adopt speech codes. These codes consistently violate the First Amendment by prohibiting speech that is constitutional. The codes often forbid speech that is disrespectful or offensive while the First Amendment, and many court decisions, allow for such speech. Todd Zywicki, professor at George Mason University School of Law in Arlington, Virginia, spent the last five years working to reform the university's speech codes. He said that sometimes students will be uncomfortable in college life as controversial ideas are debated. Like Zywicki, Adams is working to reform speech codes at his university. He's especially concerned about what's called the "respect compact," which calls for a "free exchange of thoughts and opinions within a climate of civility and respect." In reality, Adams said it gives UNCW incredible power and the ability to punish anyone whose speech it deems to be disrespectful. UNCW student Alex Benson said he thinks the compact gets in the way of open debate on campus. Adams said such speech codes erode a robust understanding of the First Amendment over time. Right now, FIRE is following more than 200 universities that have substantially restrictive policies. The typical approach is codes that define harassment broadly, despite a narrow definition from the Supreme Court. What's known as the "Chicago statement" is beginning to change the trend. The Committee on Freedom of Expression at the University of Chicago released it in January 2015. The statement holds a high view of the freedom of speech and notes that "concerns about civility and mutual respect can never be used as a justification for closing off discussion of ideas, however offensive or disagreeable those ideas may be." Six universities have followed the University of Chicago's lead this year and have created similar documents. University of Chicago Law Professor Geoffrey Stone, who served on the committee, said that most faculty and students support the statement although some students oppose it. The diversity movement has also played a role he said. It's a profound change for students to be the ones arguing for limited speech. Historically, it's been administrators or off-campus forces. This student movement has huge ramifications for the future of universities as well as for those who dare to disagree. This battle between learning and safety may be just beginning. At its core, it's not just campus policies at stake but the hearts and minds of a new generation.

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

Environment

<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 #150625-3A	27:45	13:09	L	PA/O	10/06/2015	4:00 AM
					10/08/2015	4:00 AM
					10/08/2015	12:30 PM

Today, Genet Chenier talks with Todd Running about water quality. Todd is the Project Manager for the Houston-Galveston Area Council located in Houston, Texas. The purpose of the organization is to make sure that the quality of surface water resources is monitored, improved and studied in order to protect the public. The Houston-Galveston Area Council releases a yearly report called the House the Water. All of the water ways in 13 counties are coordinated and monitored by collecting all the information that comes in and then assessing the data relating to the water bodies. Houston running water has two destinations that affect citizens in two different ways via drinking and surface water. A big issue surface water faces is pet waste. People are encouraged to pick up after their pets so that harmful bacteria do not runoff into public water ways. In Houston, pet waste alone is the equivalent of 52 garbage trucks. Fats, oils, and grease also need to be discarded in the trash instead of down the drain. It has been reported that fifty percent of water is impaired by bacteria, but big strides have been made by the Bacteria Implementation Group for the last eight years. Their plan is to reduce bacteria in the area they work on. (BIG) has recorded a thirty-two percent reduction in one area and a whopping seventy-two percent in another. With continued modification in resident behavior, the Houston area can look forward to cleaner water bodies in the surrounding areas.

JOY IN OUR TOWN #150625-3B	27:45	13:09	L	PA/O	10/06/2015	4:00 AM
					10/08/2015	4:00 AM
					10/08/2015	12:00 PM

Today, Genet Chenier talks with Latrice Babin about Harris County pollution control. The Harris County Pollution Control Services Department enforces state, federal and environmental laws and regulations. Laws that are set forth for water quality, air quality and solid waste are things that the HCPCSD actually enforce in our environment. All media including air, water, solid waste (including things found on the side of the road) and used oil further degrades the quality of the surface soil. Waste added to the soil can kill the grass and change its color preventing residents from planting anything because it is contaminated. The HCPCSD makes sure the soil is healthy in the case that you may want to plant something. The biggest issue in Houston is air emission. Outdoor burning pollutes the air and contributes to ozone layer issues plaguing the city. The HCPCSD is located in Pasadena, Texas, an area known for its industrial activity, but the organization has jurisdiction over other unincorporated areas in Harris County as well. Striving to keep the environment is an ongoing and continuous process, but HCPCSD is committed to keeping standards high and the community safe.

JOY IN OUR TOWN #140724-5A	27:45	13:09	L	PA/O	11/05/2015	12:00 PM
					11/12/2015	12:00 PM

In this "Joy" segment Genet Chenier interviews Barry Ward, Executive Director of Trees for Houston. In this interview Barry tells us how vital trees are to our environment. He says most people enjoy them passively, but when they are gone we really miss them. Barry also explained how trees don't replenish themselves in the city, because the landscaping in the city does not promote them to replenish. So we have to plant them where we want or need them. Also Barry explained how his organizations have over 25000 trees and pots looking for homes in the Houston area. Barry said that it's best to plant trees when it is cooler and in area where you have good irrigation. When planted on the South or West side of a house or building, Barry said you can save 5 to 7 percent of your energy cost because of the shade the tree will supply. Barry recommend doing some research before planting a tree so that you will plant one that will meet your needs and fit in the environment you plant it.

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

Environment

<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 #140724-5B	27:45	13:09	L	PA/O	11/05/2015 11/12/2015	12:00 PM 12:00 PM

In this "Joy" segment Genet Chenier continues the interviews elaborating on how important it is choose the right tree to plant. Choosing a tree he said is like choosing the right pet. Barry explains that just like you want a pet that you can take care of, you want to plant a tree that you can take care of. You can get trees, Barry said that have been developed for low water environment or dense soil. Even certain types of fruit trees, Barry explain have been cultivated for the Houston area. Naturally they may not grow here, but a wide variety of fruit & nut trees can be developed to grow and produce for this environment. Some trees can also be cultivated to plant and water a couple times and never water again Barry explained. Some trees once they are established to our environment just depend on Houston's natural rain cycle for water. Barry also talked about Houston having a semi tropical environment and because of that some fruit trees don't grown well here without proper cultivation. Some fruit trees want a longer cold spell then what we have here and other, like bananas don't want a cold spell at all. And because we have cold spells bananas normal don't produce fruit here in the Houston area. Another interesting thing about trees, Barry explained, is how a tree is not only a home and source of food for animals and insects, but it also help filter the water in the Ecosystem.

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 #783A	27:45	13:09	L	PA/O	11/18/2015	12:00 PM

The topic covered in this "Joy" segment is about Child Abuse Prevention. Nicole Huff, LCSW, Chief Programs Officer for ESCAPE Family Resource Center in Houston, Texas, is interviewed by Genet Chenier. Child Abuse Prevention begins with recognizing certain "Risk Factors" that lead to issues of abuse. Children between the ages 0-5yrs are in a high risk time for issues of neglect. These are children that are not seen in schools, nor can they communicate very well for themselves. The children in this age group are totally reliant on their caretakers and are most vulnerable when their caretakers cannot meet the child's needs. Special Needs Children are also at higher risk for abuse due to the frustrations and difficulties associated with their need for patient rearing. Family Risk include high-contentious divorce situations, where the couple may lose sight of their children's needs, or single -parent situations where limited resources may lead to difficulties in getting assistance with child-care or medical-care. Community risk factors include poverty and un-employment. Children need discipline and structure, not punishment and abuse. Since children do not come with an Instruction Manual, Parents typically raise their children similar to the way they were raised by their family, often not realizing that they were abused in their rearing. Most child abuse is not intentional, but rather a symptom resulting from family stresses. Parents love their children, but may easily become frustrated or impatient due to lack of education to understand children development and child behavior. To educate parents better, the ESCAPE Family Resource Center is partnered with 80+ community sites such as churches, schools and community centers to deliver their curriculum of "Full -Family Parenting Focus". Parents are taught new skills to "De-stress" and communicate with love. Children are also in age-appropriate classes learning the curriculum so that when the family comes together they may speak the same language.

JOY IN OUR TOWN #783B	27:45	13:09	L	PA/O	11/18/2015	12:00 PM
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Genet Chenier interviews Andrew Hoffman, Chief Operating Officer of Interfaith Ministries of Greater Houston. They discuss a civic affairs topic that addresses refugee resettlement. Families around the world are displaced to refugee camps due to political upheaval and other disasters. What is necessary for people who are unable to go home to their own country is resettlement in the US. The City of Houston gets more refugees than any other city in our country. If a person who resettles in our area is willing to work hard, their change for success has been proven by earlier refugee's efforts. New comers can find support from and established group with a common culture and a common language. Interfaith ministries with the help of the US State Department helps families who are in need of established a new home and learning how to assimilate to our society. They help approximately 700 refugee families each year to receive resettlement.

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

Family

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
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JOY IN OUR TOWN #784A	27:45	13:09	L	PA/O	10/15/2015	12:00 PM
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In this "Joy" segment two guests, M.D. Marshall, CEO, and Linda Davis, Director of Community Relations of Bethel's Place, Inc. of Houston, Texas, are interviewed by Genet Chenier. Due to the current economic atmosphere Families need help with the "basics needs"; Food, clothing, etc. Contrary to popular perception, the face of people in need of help is not that of a dweller under a bridge, but often that of your next door neighbor. People from all walks of life, all ethnicities; regular looking people who do not "look" destitute. Well- educated people with good jobs often find themselves in a crisis when they are suddenly laid-off, but are too ashamed to seek help. Bethel's Place, Inc., community service is more than just a food pantry. It helps displaced people find new shelter. On a specific occasion, Bethel's Place provided volunteers for relocating an elderly woman that had no resources when she was evicted from her apartment. The community service also helps unemployed persons with resume preparations and can refer people to other resources that may be available through sister agencies. Often advertised through word of mouth, Bethel's Place, Inc., seeks to empower people so that they can become self-sufficient.

JOY IN OUR TOWN #781A	27:45	12:59	L	PA/O	10/15/2015	4:00 AM
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In this "Joy" segment Jeremiah Belyeu, a foster parent with five years' worth of experience, is interviewed by Coppelia. There are numerous reasons that a child can be placed in the C.P.S. / Foster Care System. Some children are orphans, but many of them come from a background of neglect or abuse. On occasion, parents may love their children dearly, but not have the financial, or emotional, resources to provide for them and they lose custody. Regardless of the circumstances that lead to child-parent separation, all kids from broken homes need a stable and loving environment to help nurse them back to health. Foster parents provide for the displaced child until a permanent solution can be found. A popular misconception that many new foster parents have is thinking that they will swoop in and "save the day" for the children, as if they were some kind of superhero. The reality is that most kids resent their foster parents: The children believe that the foster parent is somehow responsible for separating them from their real parents and disrupting their lives. The greatest challenge for the would-be foster parent is dealing with the child's emotional drama and the bad behaviors that come from it; Each foster child's age group presents it's own set of challenges. A person who is thinking that they would like becoming a foster parent should feel as if they are being "called" from the Lord, because the road to raising children with emotional issues is extremely stressful.. In the end, all aggravation is worth it once the foster child begins to sense that you love them unconditionally.

JOY IN OUR TOWN #140922-3A	27:45	13:09	L	PA/O	11/18/2015	4:00 AM
					12/1/2015	4:00 AM
					12/21/2015	10:30 AM

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 plan ways to stay strong together.

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

Family

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
JOY IN OUR TOWN #150205-4B	27:45	13:09	L	PA/O	10/20/2015	4:00 AM

Hayley Hewett of the Houston Food Bank is interviewed by Genet Chenier in this segment of "Joy". Food and security are important to everyone. There are many children that don't know where their next meal is coming from. The School Programs provide meals for students to supplement the lunch that they receive at school. They are very discreet in the way that they provide to food to the students. The food is sometimes placed in the students' locker or backpack. They even make sure that the students have meals for the weekend. Families have to qualify for the services that the School Programs provide. When students have three full meals, they have better behavior and they are more ready to learn. The teachers are very appreciative for these programs.

JOY IN OUR TOWN #150813-7B	27:45	12:59	L	PA/O	11/02/2015	10:30 AM
					11/03/2015	3:00 AM
					11/05/2015	3:00 AM
					11/06/2015	12:00 PM
					11/07/2015	3:00 AM

Host Coppelia interviewed Miriam Moore, CEO of One Hope for the Heart International about organizing prayer in schools. This initiative encourages Christian teachers and students to participate in after-school prayer programs. Prayer has been demonstrated to improve behavior, raise grades, and improve home-life situations. Initiatives like these help foster a sense of belonging and support among the students. Prayer also helps the children build confidence and learn coping skills. The community benefits when children learn that they can rise above any situation by finding help in God's Word. Programs like these also provide information and referrals to meet the other pressing needs of students and their families. Volunteers and mentors are needed to assist students in using prayer to empower themselves. School administrators are also encouraged to explore the benefits of prayer in school. Ms. Moore closed by encouraging viewers to embrace prayer as an avenue for facilitating change in the community.

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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	27:45	13:05	L	PA/O	11/18/2015	4:00 AM
#140922-3B					12/01/2015	4:00 AM
					12/21/2015	10:30 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	28:30	13:05	L	PA/O	10/29/2015	12:00 PM
#150813-3A					11/09/2015	10:30 AM
					11/10/2015	3:00 AM
					11/12/2015	3:00 AM
					11/13/2015	12:00 PM
					11/14/2015	3:00 AM
					11/16/2015	10:30 AM

Host Genet Chenier interviewed Pam Esser, Executive Director of the Attention Deficit Disorders Association, (Southern Region) about ADD and ADHD. Attention deficit disorders are neurological, biological and hereditary. The focus and attention center does not function well. A common misconception is that children with ADHD are brats, and adults with the disorder are lazy. This is not the case, and most of the behavior is not willful. It is frequently found in children when they reach school age. Children with disorders don't end share well and the adults tend to lack conversational filters. ADHD cannot be outgrown, but it is a manageable condition. 1/3 find the niche where they function well, another 3rd can have problems maintaining work flows, the last group may have serious difficulties which can lead to alcohol or drug abuse (self-medication) . Diagnosis should be made by a qualified clinician because many other conditions can mimic the symptoms. There is a difference between ADD and ADHD. ADHD includes hyperactivity. ADD doesn't tend to exhibit behavior problems, so diagnosis often gets missed. People should start with a Psychologist (no meds) Psychiatrist (meds) Life Coach (adults) Therapy and training with medication has had positive outcomes. Medications for ADD are not addictive. Online screening tools are available. Support groups and are referrals are available.

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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 #150813-3B	28:30	13:05	L	PA/O	10/29/2015	12:00 PM
					11/09/2015	10:30 AM
					11/10/2015	3:00 AM
					11/12/2015	3:00 AM
					11/13/2015	12:00 PM
					11/14/2015	3:00 AM
					11/16/2015	10:30 AM

Host Genet Chenier interviewed Karla Goolsby, Communication Director for Houston Hospice, about hospice care. Ms. Goolsby emphasized that hospice is not a place, but a philosophy of care where each patient and their family is assigned an entire team of caregivers to meet their needs. The team includes chaplains, social workers, doctors, nurses and caregiver support staff. Hospice is covered by Medicare if it is found that the disease, following its natural course, will lead to death within six months. Hospice care is not about dying, it is about symptom and pain management. It is a common fear that hospice withholds care; but in fact patients receive more care. Many doctors are not trained to handle pain symptom management. Hospice care providers are specially trained in end care symptoms. Hospice care is also available 24-7. Hospice care is most effective when there is still time to address the patient's needs. Waiting can be very detrimental and affect their quality of life. A hospice team manages the entire family through end stage care. Ms. Goolsby closed by reminding viewers that hospice care is all about improving life in difficult times.

JOY IN OUR TOWN #150813-1A	28:30	13:05	L	PA/O	10/1/2015	12:00 PM
					10/27/2015	4:00 AM
					10/29/2015	3:00 AM
					11/03/2015	4:00 AM
					11/05/2015	4:00 AM
					11/10/2015	4:00 AM
					11/12/2015	4:00 AM

Angelina Albert from Immunization Partnership of Houston is interviewed by Genet Chenier and their focuses on the Flu vaccine. The flu is a respiratory illness and the flu vaccine may protect oneself or others from getting the flu. Flu vaccine is for everyone and its benefits are that it prevents from developing the flu, it keeps the flu from becoming a severe case and it lessens the probability from spreading the virus, especially from babies who are not able to receive the flu vaccine. Flu shot is not effective after experiencing flu symptoms. It's recommended to get the flu vaccine as early as September. The flu vaccine is developed to protect against strands of the virus. The International task forces comprised of multiple organizations detect strains of virus that may be prevalent in the upcoming year, so the vaccine shot may not be effective in preventing certain strands of the virus. It's not 100% effective but it still may prevent people from getting the flu virus. It is safe for the Elderly and pregnant women to receive the flu vaccine. On contrary, the popular belief, it's impossible to get flu from flu shot. Individuals may have a 24hr episode due to the immune system reacting to it, or the individuals may have already had flu symptoms before having received the flu vaccine.

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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 #150813-1B	28:30	13:05	L	PA/O	10/1/2015	12:00 PM
					10/27/2015	4:00 AM
					10/29/2015	3:00 AM
					11/03/2015	4:00 AM
					11/05/2015	4:00 AM
					11/10/2015	4:00 AM
					11/12/2015	4:00 AM

Angelina Albert from immunization Partnership in Houston is interviewed by Genet Chenier and their focuses on Pertussis, better known as whooping cough. It is called whooping because when an individual is coughing one makes a whooping noise. The signs of Pertussis start as a cold, then it becomes an intense cough. It becomes difficult to stop coughing and prevents from having the ability to breathe. This is particularly dangerous for babies and infants to contract. For small children cough is tense very early and need to be taken to the emergency room. It is spread through the air and spreads very easily because it is contagious. Adults can pass it on to babies and children immediately. There is currently an outbreak of whooping cough in Wichita Falls, TX where eighteen babies contracted Pertussis. There are two vaccines to prevent Pertussis. One is D-tap vaccine name for children which protects them from 3 diseases including Pertussis. Once children are eleven and older including adults it's recommended to take the vaccine called T-dap. There is a proper way to cough, especially around children, the elderly and individuals who are susceptible to illness such as chemotherapy patients. Ways to prevent; wash hands cough into elbow but the best way to prevent Pertussis, is to get the vaccine. To get the Pertussis vaccine the individual receives a booster shot. Babies start getting D-tap at 2mths old. Pregnant women get vaccine 3rd trimester pass the antibodies to the babies, which creates greater protection. To emphasis the importance of the Pertussis vaccine Angelica Albert tells a story of a 2 month old baby who died because she contracted the illness through her father and grandparents and have now become advocates of the Pertussis vaccine. The message is to vaccinate the children. It is our responsibility to get vaccinated in order to protect the ones who cannot protect themselves. Ultimately, vaccines are the only way to become immune to diseases.

JOY IN OUR TOWN #150813-6A	28:30	13:05	L	PA/O	10/26/2015	10:30 AM
					10/27/2015	3:00 AM
					10/29/2015	4:00 AM
					10/30/2015	12:00 PM
					10/31/2015	3:00 AM

Host Coppelia interviewed Dr. Matthew Stanford, CEO of the Hope and Healing Center & Institute about the church and mental illness. Mental illness is a brain disorder or mental condition that affects people's ability to think, feel and show emotion. Mental illness is serious enough that it prevents sufferers from functioning normally and requires treatment. About 1 in 4 families will encounter mental health issues. People experiencing mental health issues are likely to reach out to clergy first because churches are accessible and cost effective. Unfortunately, many ministries are not trained or equipped to recognize or cope with mental illness. Churches need to build connections to mental health service providers and make referrals. It also is important for churches to conquer the stigmas which foster stereotypes and create silence and shame. This can be achieved through proper training, open dialogue, shared testimonies and relationships with licensed counselors. Support groups are also effective. Churches are decidedly instrumental in caring for the mentally ill and their families because they bring a holistic approach to care.

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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 #150813-6B	28:30	13:05	L	PA/O	10/26/2015	10:30 AM
					10/27/2015	3:00 AM
					10/29/2015	4:00 AM
					10/30/2015	12:00 PM
					10/31/2015	3:00 AM

Host Genet Chenier interviewed Dr. Matthew Stanford, CEO of the Hope and Healing Center & Institute about mental illness. Depression or mental illness can alter perceptions of the world. Mental illness is the only time the diseased organ (the brain) gets to make all the decisions about a course of action. Frequently people with mental disorders don't seek care -- not realizing they have a problem. Depression is a common disorder that often leads to suicide. Signs of mental illness include any changes that greatly impact everyday functioning (relationships, work, & education). Friends and support persons should never assume a person expressing suicidal thoughts is only seeking attention. It is very possible that person will take his or her life, so be proactive. Nine of ten suicides occur in the home -- so it is important remove firearms, alcohol and drugs that may encourage that behavior. Mental illness only affects the person, but surrounding family members and friends. It is important that caregivers seek support in these situations as well.

JOY IN OUR TOWN #140724-1A	28:30	13:05	L	PA/O	11/17/2015	4:00 AM
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In this "Joy" segment Genet Chenier interviews both Dr. Christine O'Mahony & Dr. Pete Etheridge fo St. Luke's Medical Center, Baylor. They talked about Kidney disease and what are the causes of it. Dr. Etheridge explained what the fictions are of the kidneys and how import it is to the body. Dr. O'Mahony explained how important it is to watch your diet and salt intake. Too much salt intake can lead to Hypertension which can lead to kidney failure. Both Doctors stressed the importance of having regular blood test because people that have a genetic predisposition to kidney disease will not know that they have some type of Reno disease until it is to late. There are no physical symptoms until you have the disease. In the US there are on average 800 thousand people with the disease at any given time.

JOY IN OUR TOWN #140724-1B	28:30	13:05	L	PA/O	11/17/2015	4:00 AM
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In this "Joy" segment Genet Chenier interviews both Dr. Christine O'Mahony & Dr. Pete Etheridge of St. Luke's Medical Center, Baylor. They talked about Kidney disease and how it is treated. Dr. O'Mahony & Dr Etheridge explained how people with kidney failure have a few life changing options. One go into a medical facility several times a week for Dialysis or do what is called Peritoneal Dialysis at home. Both processes remove the toxins and waste from the blood. Dr. O'Mahony explained that having a kidney transplant is an option for those that find Dialysis to constraining. However it can take several (2 to 5 years) in the Houston area to receive a transplant. Dr. Etheridge talked about have few donors we have, he quoted some statistics where 70% of the general public believes being a donor is a good thing, but only 19% of people are registered to be a donor. He went on to say that they have about 100 thousand people on the waiting list to receive a transplant, they only do about 17 transplants a year, but over 30 thousand people are added to the list every year. Dr. Etheridge also explained how people can become living donors and that about 40 to 50% of all kidney transplants come from living donors.

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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 #006	28:30	28:30	REC	PA/O/E	10/06/2015	12:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses how "I can't" is a decision. It is a choice, which means "I can" is also a choice. Your brain follows what your mind decision makes. You can change. You can change your "I can't" to "I can." We are made in the image of a perfect God. Our normal, our natural, our default is phenomenal, brilliant, marvelous, fantastic, fabulous; it is outstanding. You are outstanding. When you say "I can't" you've actually made a choice because you're either "I can" or you're "I can't" - there is no gray area with God. It's either you choose life or you choose death. When we say "I can't" we are actually choosing to give up. We're making the choice to pull out and pull back and to not take responsibility. And then we can't heal because we actually increase our toxic load when we do that. This "I can't" applies to logical things, decisions that are blocking you from moving forward in your life. We're not going to walk around thinking that if I say "I can" "I can." It's not positive thinking, it's much deeper. We're dealing with where we use the words "I can't" that keeps us stuck and bound in chains of negativity and bad habits and bad toxic thoughts. That's the "I can't" that we need to overcome. Your thinking and your choices will impact right down to the DNA right down to genetic level and that impacts everything about who you are and how you are functioning. Ninety-nine percent of our perceptions in life are based upon what we have planted inside of our brain. A lot of times, we say "I can't" because it is scary to change. There is a fear involved because this is familiar even though I know it's wrong. There's also the thing of "I don't know how to change" this almost helpless feeling which has come from the world that we live in, the environment that we've lived in, the nurturing that we've received, where we've been told and labeled this is who you are and you can't change. This is where it is good to recognize and understand who we are scientifically in Christ which means that we are naturally wired for love, so we're naturally wired to overcome. We need to have truth brought into our life about how we can do this. It is something we are able to do. When we're bound in these chains of things like anger, frustration, alcoholism, addictions, addicted to me, myself, and I, addicted to pornography, whatever it may be, these feel like chains that hold a prisoner to a wall. You need to know that your mind is more powerful than any addiction. Your mind is more powerful than any toxic chain. Anything in the negative realm, your mind is stronger than that and that's what science has proven. Link back to God, implant the Word of God. Let your mind understand what your heart, what your intuition of your spirit, already knows, and that is you cannot do this thing without God. So you first link to God. You first find a scripture. You first give thanksgiving and praise and worship. You do whatever it is that you get yourself connected to God and then you go into battle. Step 1: You first link to God. Then you start working on this and as you make the decision this thing is no longer in my life and you start working every day diligently, disciplined, directing your attention; it's call the quantum zeno effect. If you don't do it for twenty-one days, it will not go away. It takes a full twenty-one days. The best way to get out of the "I can't" syndrome is to do twenty-one days of practicing saying "I can." So whatever the "I can't" is, if you can identify and be very specific, science shows us that the more specific we are the easier it is to start breaking down and identify things. If we can find the pattern of our negative toxic reaction, that is the first step in starting to break that down. When we are saying "I can" to get over the "I can't" you can't just say it, you have to really believe it. You have to identify a truth in the Word of God that will be something that you can hook the "I can" onto. As a tree has roots, so your thoughts have roots, so everything you say and do is first a thought. Nothing that you say and do is a vacuum. So whatever you're saying is coming from a root. If you're saying "I can" but you are actually thinking "I can't" the root is the more powerful. The thought in your non-conscious is the more powerful thing than what you are saying, and what you are actually saying is actually the negative, and that's called cognitive dissonance. When you thank God, in your brain things change. Serotonin, dopamine, oxytocin; all the remodeling chemicals start being released. Various structures in your brain start getting very excited in anticipation of good stuff. When you expect good things, good things are going to happen. "I can" is a decision. "I can't" is a decision. You have a choice daily to say "I can" or "I can't." When you choose to "I can" instead of "I can't," when you make that decision, change happens in your brain. Physical change happens in your body. Physical change will produce change in your mind, which is the soul realm, which will impact on your spirit. Have a look this week at how many times you actually say "I can't." Train yourself to be aware of the fact that "I can't" is a physical thing. You're capable of changing the "I can't" into the "I can."

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Switch On Your Brain #007	28:30	28:30	REC	PA/O/E	10/13/2015	12:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf asks the question: "What Lies Are You Believing?" We need to be alert and discerning because there are truths and lies in every single situation that we face. In life there are all kinds of decisions that we have to make on a moment by moment basis and those decisions come from a pool of choices called probabilities. A probability is something that actually hasn't happened yet. You are in life processing. In the 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 measured through using quantum physics and brain science. We cannot control the events and circumstances of life, but we can control our reactions to those events and circumstances. You are a triune being: spirit, soul, and body. Your spirit is your true you. It is made up of your intuition, your communion, which is your worship, and your conscience. Your soul is your mind, your intellect, your will and your emotions. Your body is physical substance we can see. Now the way that you are designed is that the Holy Spirit speaks to your spirit. The spirit speaks to your soul. Your soul controls your brain. Your brain is in your body. Your brain and your body are subservient to the soul. The soul is the mind realm. Thoughts are connected. The brain is the size of your two fists. There are 100 billion thoughts in your brain. Each thought can grow up to 200,000 branches. You have three and a half million years' worth of space in your brain. Each thought becomes a universe. No thought is ever in isolation. Whatever negative toxic thought you have will grow little vines like a vine grows, and as you are thinking about it, it connects with other thoughts. The connection that occurs is almost like a cellular network as well, because we have other cells between the thoughts that carry the electromagnetic energy of those thoughts to other thoughts as well. We have so much more control than we actually realize. The love zone is represented by two trees. The larger green tree represents God. The smaller green tree represents you made in God's image. The toxic dead tree represents the fear zone. There are only two types of emotion. There are two basic spiritual forces: love, which is God, and fear, which is the counterfeit, the opposite spiritual force. You are either operating in love or fear. You must choose which of these zones you will run your life in. You have the ability to think and to choose. God is revealing the quantum level. The quantum world is telling more about Godly principles than any other form of physics that's ever been known. What science quantum physic tells us is that there is this probability wave. The probability wave is that there are all these possible choices that you could make as an individual about this particular event or circumstance. Quantum mechanics can actually do a mathematical equation that can predict this probability, but can never tell you exactly what it is that you are going to choose. Until it has actually been chosen, until you have thought this thing through and made your choice, it's just a whole wave of probabilities. Then you, as an incredibly brilliant thinking human being, you think, you choose, and you make your choice. You as an observer outside of the probabilities, and as you choose, you collapse the probability wave, which means you turn something that is simply a probability into an actuality and it becomes a physical structure inside of your brain. Everything that you say and do is first a thought inside your head by you yourself. When we have this realization that these things inside of our head are not truth, that we've made them truth by actually processing them into physical realities in your brain, the realization that this is not truth, that you can actually rewire that; that will start freeing you. That realization that this is not who you are, that you can rewire it; that starts the process of freedom. As we think about things they grow. As you're in an event or a circumstance, as you're in a lie, as a lie is presented to you through whichever means, we take that into our brains and for twenty-four to forty-eight hours it stays flowing through the middle of our brain and it becomes what we call a temporary memory. Now if you ignore it, it will go away. If you don't think about it anymore that actually becomes heat energy, it converts and goes away. If you think about it, it starts going through the process up to seven days, fourteen days, twenty-one days, and it becomes a self-sustaining memory inside of our brain. If you start thinking about it more, you then act upon that because whatever we do is coming from these thoughts that we've built in our non-conscious mind. The more you think about it the bigger it gets. The more you meditate the bigger it gets. If you're in a crisis situation, what are you going to revert to? The thing you're thinking about the most. Hebrews 11:1 in reverse. Faith is substance. When you are building your faith in something you are building a physical network. Your brain is following the structure of your mind. Genesis 11:6 Faith. Substance. Imagination. All of it is building substance. Substance is stuff; something physical. As you are thinking, you are creating thoughts. You first build a thought and then you see the evidence. The evidence is the words, the actions, and the manifestation. First the thought then the evidence. When you are in a circumstance that's bad and you're connected to the vine you are going to draw on the correct thing from your non-conscious mind to inform your conscious decision, but if you're not, you're going to draw on the negative to inform your conscious decision. How do we know what is truth in terms of making decisions about whether something is good or something is bad? First of all, you are wired for love. It's the scientific way of saying you are made in God's image. We know right from wrong. Within the depths of our spiritual part of who we are, in the depths of our intuition, the Holy Spirit will lay down truth. With our mind we need to understand what that truth is. We use our mind to understand the truth that is already inside of us, but that takes discipline, that takes walking by the spirit, that takes discipline practice about not letting thoughts just go crazy and unchecked through your mind, but stopping and evaluating "Is this thought in alignment with God or is it in alignment with the worldly way of thinking." We can train ourselves to discern because our basic nature is one of knowing good from evil. A lie cannot be measured. Light is what we measure. Darkness is the absence of light. A lie is the absence of truth. We measure truth. Your mind controls your body even down to the subatomic level. That is why when you pray your words influence the subatomic level. Your thoughts change the C-reactive proteins in your body. Your thoughts, your words, change everything right down to the DNA level.

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Health

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Switch On Your Brain #008	27:30	27:30	REC	PA/O/E	10/20/2015	12:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses how we walk through life with unnecessary baggage which are toxic thoughts that we've built. What we've stored in our minds is basically impacting how we function. Research shows that patterns for adulthood are laid down in childhood and the way that you function in the future is based on the now. Our mind is split into the conscious and the non-conscious. The conscious operates when you're awake. The non-conscious operates twenty-four hours a day and that's where all the thoughts, the good trees, the baggage, all that is stored in the non-conscious mind. We know from science that the non-conscious mind drives the conscious mind. So if your non-conscious mind is filled with baggage that is what is going to drive your conscious perception of how you deal with life. Cast all your burdens upon God. Get free from that baggage. You are spirit. You are soul. You are body. Your spirit is your true you. Your soul is your intellect, your will, and your emotions; in other words, your mind. You live in a body which is dominated by the brain. When you keep unforgiveness, anger, frustration, irritation, as a way of reacting, being overemotional, whatever it may be, being oversensitive, taking offense, all these things, when we do that, this is baggage. The Bible says, and so does science, you first build a thought and then you see the evidence. The evidence is the words, the actions, the manifestation. Where are you putting your mind time? Where is your mind time focusing on? Train yourself to be aware of your thought. No thought should ever go unchecked through your mind. No thought is harmless. A negative toxic thought is doing damage in your brain. It's made up of proteins that have become distorted because we don't have any proteins in our brain for negative thinking. The proteins that we make are supposed to be made based on healthy choices. So when we make a negative toxic choice, we distort the proteins. So the proteins accumulate, and instead of it being a beautiful green tree, it's this wiry distorted, inflamed, awful looking kind of thought that affects the blood flow. The activity looks incorrect when you look at a brain scan. You can actually see negative things. Your thoughts are real. That is why James 1:21 so correctly says that the implanted word of God will save your soul. We need to be memorizing scripture. We need to be meditating and practicing the presence of God. Seventy-five to ninety-eight percent of current illnesses today, mental, physical, etc. come from our thought life. It's a myth that you use only ten percent of your brain. You use it all. Every part of your brain has a function and most of your brain is active all the time. Science shows us that we're just not designed to carry unnecessary baggage. Unnecessary baggage in terms of science is all those toxic thoughts in our mind; that we've made bad decisions, and we've wired the stuff in, and we're operating from these in our non-conscious mind. Our non-conscious mind is filled with millions of thoughts and a lot of those are baggage thoughts. They're not healthy thoughts. They're weighing us down and they're impacting how we function on a day to day basis. We need to unpack those. We need to pray and ask God to help us unpack those. We need to get order back in our mind and that's done prayerfully, not on your own. You need to ask God. The Holy Spirit will lead us into all truth. The Holy Spirit will show us what we need to unpack; all the baggage that's weighing us down.

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Switch On Your Brain #009	27:30	27:30	REC	PA/O/E	10/27/2015	12:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses emotions and feelings and if can we control them. How we are reacting to the events and circumstances of life will determine our stress levels, the state of our physical being, how our mind is functioning, how we are coping with life, and how we are expecting to cope with life in the future. Right now at 400 billion actions per second you are generating a quantum signal in your brain as you process information. God gives you a physical representation of a mind soul action that is designed to be guided by the spirit. Every thought that you have, always, every single time, will become a physical reality inside of your brain. We've got all of these thoughts inside of our brain that are real and occupy mental real estate and they look like trees. The thoughts that we build look like trees. As we're thinking and choosing we're building all of these trees inside our brain, with these branches and these leaves, containing all this information. Every thought also has emotions wired into it. Because the emotions are represented inside your thought as chemicals, every thought that you build has all these chemicals intertwined within them and it looks like rain drops on trees. So in your brain you have this physical reality for this mind thing that has a spiritual component. The amygdala is another structure in the brain that looks like little almonds which are like libraries, which are perceptual libraries. Every time that you think and choose and build a memory, you're actually going to build the memory into your brain. As you build the memory into your brain, not only do you put information on the leaves, but you also have chemicals involved in the process. The chemicals that are involved in the process we call scientifically molecules of emotion. The chemicals carry the emotions, this means every single thought that you build has this emotional component. When that emotion is in the non-conscious mind where all your memories are stored it is an emotion. When it moves into the conscious mind you feel your emotions. The feeling is the experience of the emotion. A perception is another kind of connective memory which we store in our amygdala. So we have a perceptual library, like a library contains books of information, so your perception is your perception of that event. So information and emotion is in the thought and the perception is in the amygdala and it is connected, so as you draw a memory into the conscious mind and you remember the information and experience the emotion, you also activate the amygdala and you experience the perception. Life is represented by the green tree. Death is represented by the dead tree. Life, represented by the green tree, is the love zone. The dead tree represents the fear zone. The larger green tree represents God and the smaller tree represents you, because you are made in God's image. The love zone is the normal zone, this is your normal, this is your default; this is who you are. Scientists call this being wired for love. We are wired for love which means all of our circuitry, our structures, everything about our brain, and everything about the physical body is all designed for the positive. Your normal is wired for love. Your normal is good thinking, good choosing, good thoughts, good decisions, wisdom. You are made in God's image. God is made of love. It's a spiritual force. The Bible tells us that perfect love will cast out all fear. The opposite spiritual force is fear, which is abnormal. Scientists tell us that we are wired for love. We learn fear through the choices that we make in our soul realm. 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 brain and your body do the bidding of the mind or the soul. Your soul has one foot in the door of the spirit and one foot in the door of the body. It is through the soul mind realm, which is supposed to be dominated by the spirit, which is supposed to be dominated by the Holy Spirit, that you then control your body. But we live in a world where we reversed this thing; where we worship the body, where we go by how we feel. You are either led by the spirit or you're led by the body. When we have issues in our life there isn't a quick fix. We need to realize that chemicals, drugs, putting things into our body, alter brain function. Taking a drug for being unhappy, or depressed, or anxious, is not really the solution. It may have to be part of the solution for a very short period of time, but the real work is in your mind. The real work is you recognizing, acknowledging, working through, and persisting through for twenty-one days. Your mind is stronger than any chemical, any drug, and any medication. Many doctors are seeing that the effectiveness of any kind of medication comes from how a patient is actually managing their mindset in terms of their illness. You have one hundred billion neurons in the brain. Dendrites, which look like Christmas trees, are what you're building in your brain. When you're making good decisions they're healthy. When you're making bad decisions they're unhealthy. Whatever you think about the most will grow and they connect to other parts of your brain. You are a brain surgeon because you can change your own mind; you wire these in, you wire these out. You as a brain surgeon need to renew your mind, which means that you need to apply the scientific principles of neuroplasticity; neuro meaning brain, plastic meaning to change. You as a brain changer need to change your brain, renew your mind. We can learn how to discipline our thought life. We need to recognize that if we can bring all our thoughts into captivity, the thought has the emotional component, so therefore, if you are bringing the thought into captivity you're also bringing in the emotion, which is part of the thought into captivity. That is our natural design. In science we see that when a thought moves into the conscious mind and it becomes active and we feel it, if it is a toxic thought we feel a toxic emotion. If it is a happy, good, healthy thought, we feel the healthy emotion. Your awareness of this is your starting point to the healing because your awareness enables you to see your reactions. That awareness starts helping you with the healing process. If you're aware of something then you can do something about it. There are only two types of emotion: love and fear. Love is the natural design that we have. Love grows all the good stuff: love, joy, peace, kindness, gentleness, patience, self-control. Out of fear, which is the opposite, the counterfeit, grows the negative things: anxiety, worry, discouragement, despair. These negative things are not the normal response, but a learned response. You are wired for love. Love is the normal emotion. Fear is the learned emotion. We have emotions and feelings and we can control them. Emotions are in the nonconscious mind and when they move to the conscious mind we feel those emotions. We're designed to control them, but we need to go to God and God will help us control them. When a thought moves into the conscious mind you

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have ten minutes to make a decision as to whether you're going to move forward or whether you are going to stay stuck with it and make it a toxic emotion. You can't fix it in ten minutes, but you have ten minutes to make a decision about whether you are going to work on it or not. Otherwise it will go back even more toxic than before. In that ten minute window, make a decision if it is toxic, to ask God to help you to start working through the process of detoxing that particular thought network, which takes work. It takes twenty-one days, but you can start working on that. Don't ignore that ten minute window.

Health

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Switch On Your Brain #010	27:30	27:30	REC	PA/O/E	11/03/2015	12:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "It's not who you are, it's who you have become." Evil comes from us, from choices that we make. Every time we make a bad decision and we wire that toxic thought into our brain, we've created evil and then we act upon that. But that's not who you are, that's who you have become. You can get free. There is nothing that you have done that you can't get rid of in your brain. Obviously, it starts with acknowledging, repenting, confessing, accepting the work of the cross. You can wire that out of your brain. There is a tendency that we can get stuck in that negative groove and then grow this thing and then we think that's all we are. You need to stand back. You need to recognize you're made in God's image and that's not who you are, that is who you have become, so therefore you can un-become that. Our norm, our default mode, is one of making good choices. We can think well. We can choose well, because we are made in His image. You may feel like I react like this, this is who I am; this feels like it's me. Yes, because every choice that you make, if it is a good choice, you wire in the healthy. If it is a bad choice, you wire in the negative. It has become part of your biology, the toxic side, the fear zone, this not who you are, this is who you have become. If you wired it in, you can wire it out. When the brain is inside your head and you're alive and living, you are generating mind and your mind is actually changing that brain. We are wired for love. Scientifically we see this; all of our circuitry, all our chemicals, everything is geared in the direction of making good choices. When we choose badly, as it says in Deuteronomy 30:19, the implication in that scripture is that if we make the wrong decision we step into the death zone. Spiritual truth is reflected in science, where we see that people that have made bad decisions, and we all do that, those bad choices get wired into our brain and affect the physical structure of our brain because we design the landscape of our brain in a positive or negative direction. Your natural wiring is beautiful, healthy, green trees. Because you can think, you can choose. Whatever you chose became either healthy stuff or baggage. When we have issues, that's not who we are, that's who we have become. So if we've become that, we can un-become it. If we've wired it in, we can wire it out. You control your genes in your body. We are not a victim of our genes. You first grew a toxic thought then you did that. Whatever you think about the most will grow. So if you're living that lifestyle, you're growing that, you have chosen the inhuman root and have wired in the toxicity and are living out that toxicity. As you are living out that toxicity it produces the toxic effects. This is the stronghold of the enemy. It is something that we choose and these are consequence of our choices. Your natural is that you are wired for love. As you are thinking and as you are choosing, as you are about to make a decision, the front part of your brain becomes extremely active. As you say and do whatever you say and do, you cause genetic expression, which means you make proteins, and you grow things in that part of your brain. Basically, whatever you think and choose results in a physical substance. That physical substance is a thought, and as you are thinking and choosing, the physical activity will increase in the front part of your brain and you will actually grow a thing in your head. If you have chosen good stuff, something positive, you're going to grow something healthy in your head. If you have chosen something negative, you will grow something unhealthy and it will look different. If you grow a lot of toxicity in this part of your brain it interferes with your ability to make wisdom decisions. Science has shown that this part of your brain becomes well developed the wiser you become and it becomes healthy. When you make bad decisions, you get negative wisdom. It's not really wisdom; it's negative toxicity. You're doing the bad stuff because you first made a bad choice. Evil has no way of working and existing until you believe a lie. Evil has no control over you until you react to it. It's your reaction that takes it inside of you and makes it a reality and then you act upon that. It is with our mind that we understand our intuition. As we discipline our thought life and become more aware of our intuitive, instinctive, recognition of this is who we really are, and this is who we have become, as you develop that, you will find it easy to separate and easier to work on the negative stuff. We have many opportunities to get rid of toxic thoughts and behaviors, but if you choose not to, they go back even stronger than before. No matter how strong they get, you can still get rid of them because your mind controls matter. Your soul controls your body. Your body and your brain are designed to do the will of your mind. Your mind is designed to do the will of the spirit and the spirit is designed to be controlled by the Holy Spirit. As a neuroplastician, if you wired it in, you can wire it out. God has designed your brain to follow the decision of your mind, to follow the leading of your spirit. When you do that you create change in your body. We create the evil when we make bad choices. Even the worst evil can change. The circumstances of life sometimes make us feel in life that this is who we are, but that's not who you are, it's who you have become. Who you have become is not the truth. It is not the reality. We're made in God's image. We're wired for love. We're thinking beings. We can make choices. So when we fall down, we can get up. Make the good decision of your mind. Plant that tree and get up and carry on. It's not who you are, it's who you've become. Wire out the "who you've become" and go back to who you truly are in Christ. When you've made a wrong choice in your life, and you've wired this evil into your life, you must remember it's not who you are, it's who you have become. Admit it, quit it, and beat it. When we've made bad choices and we've built this toxicity into our brain, we don't have to become a victim of that now. We can change that. You can back into who you are. You go to God, you take that to God, and you let God walk with you through the consequences of that decision that you've made. This week work on admitting, quitting, and beating. Make that a motto of your life. Admit it, quit it, and beat it.

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Switch On Your Brain #011	27:30	27:30	REC	PA/O/E	11/10/2015	12:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses the impact of toxic thinking on your mind and body and spirit. 350 million people worldwide suffer from depression. More than 40 million people in the United States of America suffer from anxiety disorders. There are more deaths from suicide than there are from car accidents. Seventy-five to ninety-eight percent of current mental, physical illnesses come from our thought life. When you build these toxic thoughts in your brain, your brain inflames, you increase your vulnerability to disease. There is a problem. When we go toxic, the toxic spreads like a virus and that impacts how your mind is functioning, and that impacts how your spiritual development is functioning. Deuteronomy 30:19 is becoming a reality in today's world. There are consequences to our choices and it's time that we stand up and take responsibility for the choices that we're making. It's impacting us spirit, soul, and body. It's making us sick. It's making the world sick. We need to recognize that we can't hide it anymore. We have to change. We have to start recognizing the impact of toxic thinking. The brain controls every single cell in your body and your brain is connected to your heart. Your brain and your heart are the only actual organs connected to every single cell in your body. All the other parts of the body connect in many different ways, but your brain controls every single cell of your body. God has invested you with the power, and when you make the decisions, your powerful mind builds a consequence. Whatever you think about will become a physical structure and you will operate from that structure unless you renew it and rewire it, which is the renewing of the mind. No thought is harmless, because as you are thinking you automatically will impact the physical domain; you'll change your brain because moment by moment you're physically changing the substance of your brain. Also, you are developing or you're not developing your spirit by the thoughts you think. If you choose to read your Bible, if you choose to apply your Bible, that is a mind decision and you wire it into your brain, and that brings brain health and at the same time you are developing your spirit. The opposite of that is if you choose to get irritated, and every day you get more and more irritated, that's a mind decision that becomes a physical structure inside of your brain which cause toxicity and inflammation, and sickness, and all kinds of things in your body, and also impedes on your spiritual development because if you're keeping it there, you are blocking your conscious, you're blocking your intuition, you're blocking your communion with God, so you're not developing the spiritual realm. Our thoughts that we build are foreign invasions in our body. Research shows that your immune system will respond to a toxic thought that you build through a choice that you make, which is the signal which activates the DNA. Science has shown that as you build those, your body will respond in the same way as if you cut yourself, or had a physical illness, or had a virus in your body. Your immune system sends out all kinds of things to fight that to bring healing to your body. One of the things that they look at is the C-reactive protein, and that C-reactive protein, whenever there is a site of physical damage in the human body or a virus, it is in abundance at that point. It is sent out by the immune system to try to heal that part of the body. Also what happens is that you get inflammation, and that's part of the healing process. If the healing takes place like it should, eventually, the inflammation will go away and the wound will heal up, and it takes about twenty-one days, so therefore, the same thing happens in your brain. Research is finding that when you think a toxic thought, at the site of the toxic thought, because there is no wiring for that, the proteins still form, because you're still thinking, you're still choosing, the proteins fold incorrectly, forming a distorted version of the truth. Toxicity will manifest into something. We can deal with these manifestations if we get to the bottom of the way we are thinking and the kind of thoughts that we are building. Every bad choice that we make is giving birth to an addiction. The addiction of me-myself-and-I can cause a manifestation of depression, convert maybe to bipolar which is a deeper form of depression, OCD, or schizophrenia, all these mental names for mental disorders. These are not diseases. The difference between a disease and a disorder is that you can control a disorder. It comes from choices. Every mental disorder is the result of the choices we have made. God gave you a phenomenal foundation, brain and mind, but he gave you free will. The ability to think is the most powerful thing in the universe after God. Your ability to think is a mind action. It's where everything starts. Your mind is the soul realm and it's through your mind that you make a decision. Every time you make a bad choice you will feel it in your body. Your body is designed to recognize and reject negativity. So you feel it physically and this rejection of the negativity is experienced like a depression, anxiety, worry, fear, discomfort, tension; you feel like your body is out of rhythm because your heart is affected, and you have no peace. All the things God talks about in the Bible: the peace of God that transcends all understanding and guard your mind in Christ Jesus. All these spiritual truths have very physical components. You with your mind apply a spiritual truth and you will experience the consequence in your body because that is how God designed you. When people make bad choices the proteins in the brain become distorted, and if you do not get rid of them, set you up for illnesses. These decisions that you make on a moment by moment basis impact not only your spirit, soul, and body, not only the people around you, but those decisions actually go through to the third and fourth generations. In science they have now proven through the science of epigenetics, that our decisions go through the sperm and the vulva and go into the next four generations. So there is stuff in your head from your great, great, great, grandfather. And you might be thinking okay now that's why I do what I do. Having this information is not an excuse for you to behave badly or to say I can't help it; it's part of my biology. You are not a victim of your biology. Those things that are passed through the generations are actually dormant, which means they are asleep and inactive. They can either be activated or they can be destroyed because they're not truth. They're not who you are, they're who you have become. The way to manage it is if you're aware of behavior patterns, or you're experiencing a behavior pattern, don't give in to it. Control it and actually break that down and eliminate it. Mind choices are powerful and can eliminate and make the change in the body and the spirit. The minute that you start thinking in a toxic way, you are altering your DNA in a distorted manner. Positive intentions change the DNA expression. Seventy-five to ninety-eight percent of current mental and physical illnesses come from the choices we make in our

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mind. They are consequences of the choices and the actions that you take. Scientifically and spiritually, science and the Bible, tell us that there is an impact from toxic thinking. God tells us not to fear and to do all these good things and science confirms exactly what the Bible is saying. God uses science to show if we don't take responsibility for our thinking and responsibility for what we're saying and doing, it's going to impact how we function physically, spirit, soul, and body, as well as impact the people around us. God put us in a body for many reasons and one of those reasons is for us to recognize that we can use our physical body to tell us when we're doing something wrong. We need to be more aware of the people around us and the impact of our actions on other people.

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	27:30	27:30	REC	PA/O/E	11/17/2015	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 and 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, and 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

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that you are able to stand outside yourself, observe your own thoughts, and rewire your brain in a positive way. You're not a victim. You can rewire and you can change through a single decision to make that decision to change.

Health

<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	27:30	27:30	REC	PA/O/E	11/24/2015	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 non-event. 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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Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
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Switch On Your Brain #001	28:30	28:30	REC	PA/O/E	12/01/2015	12:00 PM
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Today on Switch On Your Brain, Dr. Caroline Leaf discusses the mind being the switch that helps to control the brain. The mind is your intellect, thinking, choices, feelings and emotions. These mind actions switch the brain on or off. Thoughts are real things that take up space in the brain and look like forests that have been built up since you were in the womb. We control our brain. Our brain does not control us. Through your mind, you have the ability to think and choose; the ability within yourself to change your world quite literally. Science has proven that the mind changes the brain. The mind changes the body. The mind is instrumental in developing the spirit. It was once believed that once a brain cell died, there was nothing more that could be done about it. Research now states that we can change our brain. We can redesign our own brain. Neuro means brain. Plastic means to change. Neuroplastic means the brain can change. You can change your brain. Now this is called brain surgery. 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. 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 to Christ Jesus.

Switch On Your Brain #002	28:30	28:30	REC	PA/O/E	12/08/2015	12:00 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses the scientific term "You Are Wired For Love." Humans naturally are optimistic. Scientists correlate that with being wired for love. We actually have to learn fear. The brain is part of your body. You are designed in perfection. You are wired for love and you are well able to think in a perfect way. Fear is the opposite spiritual force. You have the spirit of power, love, and a sound mind. The norm is love, power, sound mind, made in His image, the mind of Christ. Research called "The Optimism Bias" shows that the natural inclination of man is one of being positive, making good choices, and thinking healthy thoughts. Scientifically, we have seen the brain circuitry for only positive choices, positive optimism, seeing the good in everything, wiring, neurochemicals, structural organization inside the brain, that is all in the direction of healthy thinking. Yet when you make a bad choice, because we have free will, we see this whole process being distorted, creating a physical change in the brain which impacts the body. This parallels with the Bible, which encourages us to think of healthy positive things, and if we don't, there are going to be consequences. 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 know right from wrong. You are wired for love. Love is your normal. Everything about you is designed to be like God. You can make good decisions. You can think well because that is your norm. So when we choose badly, we're actually stepping into the fear zone, or the abnormal zone, and experiencing negative emotions. Because that is not your norm, it doesn't have to dominate or control you. You are able to get free because you are wired for love. Research shows that we are wired for love and we can change. Really focus on the fact that everything about you is geared in a positive direction. Your norm is to actually make good decisions.

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Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
Switch On Your Brain #003	28:30	28:30	REC	PA/O/E	12/15/2015	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. 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. 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. It is our thoughts that change the physiology of our body. It is our thoughts that change the way you feel and function. Scientists have found that we are wired for love. You are wired to think well, choose life and build life into your brain. 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. 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 brings 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. The scriptures say it in Deuteronomy 30:19 "I lay before you life and death, blessings and cursing. Choose life so that you and your descendants may live." 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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Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
Switch On Your Brain #004	28:30	28:30	REC	PA/O/E	12/22/2015	12:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses stress. There is good and bad stress. Stress is how your brain and your body reacts to how you're thinking. When you are in a positive state of stress, which is stage one, your neurons are lining up and everything is happening like it should. Stage two and three of stress is considered negative stress. Your body goes into negative stress when you build toxic thoughts. Every cell in your body is subject to every toxic thought that you keep, increasing vulnerability to illness and disease. When we make a negative choice we throw our body into a state of toxicity. Science tells us that seventy-five to ninety-eight percent of current mental, physical, and behavioral illnesses come from our thought life. There are three stages of stress. Stress stage one is actually good. It is normal and is the natural flow of the brain in helping us as humans to focus and deal with life. When we make a bad choice, we actually upset the natural cycle of stress and upset the natural flow of chemicals and cause an imbalance in our thinking. So good stress becomes bad stress and we move into stage two of stress where we have neurochemical chaos. As we're thinking and processing information, we have about 30 neurotransmitters and 1,400 different chemical reactions happening while we are just living. But as we enter stage two of stress, which is caused by a bad decision, which is caused by a toxic thought that we physically build in our brain, we cause neurochemical chaos, upsetting those 1,400 chemical reactions and 30 neurotransmitters. Stage three of stress is when we stay in stage two of stress for a long time; when we've kept those bad habits, when we've kept those toxic thoughts, and we just don't move beyond and nurse those things and suppress them in our subconscious mind. When it's there for too long, eventually, the damage becomes greater and greater, and we shift over into stage three of stress, which is a good thing gone really bad and doctor's generally talk about that as the death zone. Stress is the body's reaction to the foreign invasion of a toxic thought. Your choice, which is your reaction, determines if stress will make or break you. Every single cell in our body has like little doorways on it. Every single cell has multiple receptors for a specific purpose, little doors and windows, each letting in certain chemicals, certain substances, at certain times, in certain amounts. It is called cell specificity. When it's all going like it should, when you are in stress stage one, which is the good stress, when you're thinking correctly and making right choices, when you are in line with your wired for love natural design, then the receptors work correctly. The minute we think and choose and make a toxic decision, when we move into the wrong way of thinking, out of alignment with our natural way of thinking that causes neurochemical chaos in the body. When we have neurochemical chaos in the body that literally causes the doorways to be ripped off the hinges, causing the windows to be shattered, removing protection from the cells. Now whatever is flowing through the bloodstream, whether it's chemicals that you've inhaled from a perfume that you've sprayed, or food that you've eaten, the incorrect balance of chemical signals from a toxic reaction. All of that is actually reality inside of our blood flow. Now that can enter into the cell and into the heart of the cell, which is the DNA, and affect the way in which the genes express and effect the way in which you hold thoughts. Your spirit is the true you. It's who you've really been created to be. Your soul is your intellect, your will and your emotions, so your soul is your mind realm. Your physical body houses your spirit and your soul, so your brain is part of your physical body. The way we are designed is that the Holy Spirit guides your spirit. Your spirit guides your soul. Your soul dominates your body. Your thinking mind controls matter. Your thinking is changing the structure of your brain and your body. The Holy Spirit lays down in your spirit what you know to be the correct thing, but it is with your mind that you must appropriate that. It is with your mind that you understand what the spirit knows. We've all been at the place where we know what we're supposed to do and can even quote the scripture, but our mind is still not really believing what is true. This is called in scientific terms: cognitive dissonance or lies. You are getting input through stimulus or signals from the external to the internal part of your mind through your five senses, so your five senses are the contact between the external world and the internal world of your mind. When these signals move into your mind they're moving as electromagnetic impulses, waves, and all kinds of fantastic things, and they are in a temporary state and they move through the hundred structures of your brain. You're in the events and circumstances of life and the enemy comes and distorts those events and circumstances. When someone speaks you receive those signals, you process and think about it with your mind. As you're thinking, you cause your brain to genetically express, which means your brain has a physical reaction to your thinking. Thinking is an electromagnetic wave, which is a signal that causes your brain to make proteins. Those proteins group together into little branches that hold information that you are hearing. The stuff from outside becomes a physical reality inside. You receive it, but you have a choice. You, with your mind, have to choose whether you are going to appropriate the truth of God and step into His grace, and the signal that changes your brain is your mind. What you are thinking changes your brain. Your brain then controls your body. Your brain then receives either a negative signal or a positive signal. The lie of the enemy has no strength, no substance, until you take it and make it physical substance. Whatever you think about will produce an action and words. Everything that you say and do in your life is first a thought that you have built inside of your head. Your thoughts are the source. As a man thinks in his heart so is he. You don't have stress chemicals in your body, you have chemicals that flow in the wrong quantities. Everything inside your brain and your body is designed for perfection. When we make bad choices we disrupt the natural rhythm of the physical body that we live in. There have been thousands of studies showing how the physical heart is linked to the brain. In the heart there is a mini little brain that has about 40,000 nerve cells. This little mini-brain inside your heart is connected to your brain and what happens is that as you are processing the events and circumstances of life, as you are reacting to the events and circumstances of life, as you the observer outside of the system are observing the events and circumstances of life, as you're intellectualizing through the events and circumstances of life, you are then going to make a choice. You will always make a choice. This is how you are designed. Thinking leads to a choice. Put your past behind you. Acknowledge, confess and repent to rewire your thinking. It's time to stand up and take responsibility for our thought life. Stress literally causes brain damage. We cause our own brain damage every time we make a toxic choice and throw our body into negative stress.

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Positive stress is good, that happens as you're thinking and making good choices. Negative stress stage two and three is when you've made a toxic choice and you've kept it there. We need to realize that we need to bring our thoughts into captivity and renew our minds. When we get rid of those toxic thoughts we decrease our vulnerability to illness.

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 CBN NewsWatch #10232015	1:00:00	5:00	REC	PA/O/E	10/23/2015	2:00 PM

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

700 Club CBN NewsWatch #12102015	1:00:00	5:00	REC	PA/O/E	12/10/2015	2:00 PM
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CBN News Medical Reporter Lorie Johnson Reports: Not many substances are as widely studied as tea. Now, the verdict is in. The bottom line: if you're not drinking tea on a regular basis, it might be a habit worth starting. That's because when it comes to your health, tea packs a powerful punch. Combined studies examining literally hundreds of thousands of tea drinkers led a vast array of scientists to conclude that a consistent dose of tea is good for the body. Most of the research was conducted in Asian countries, on people drinking hot, green tea. The amount mattered. Usually people only experienced health benefits if they drank at least three cups a day. Dr. Patrick Fratellone is a cardiologist who practices integrative medicine New York City. He advises his patients to make tea a part of their daily life. Green tea comes from the camellia sinensis plant, as do black and white teas. Green tea contains the most EGCG. But with so many types of green tea on the market it can be difficult to choose which is best. Fratellone shares some guidelines. Research shows green tea lowers the risk of type 2 diabetes and liver disease. It also has been shown to improve memory, reduce the risk of Alzheimer's disease, Parkinson's disease, and depression, as well as significantly lowering your chance of having a stroke. In addition to the teas you'd find at the grocery store, there are also lots of other teas that are very effective at treating specific medical conditions in lieu of popping a pill. Fratellone is also a registered herbologist, with a vast knowledge about teas made from various plants, trees, and shrubs. He often prescribes those teas to his patients instead of allergy medicines, antacids, cough suppressants, and more. He points out that many conventional medicines you find at the average pharmacy are actually derived from plants. Dorota Meller needed to overcome chronic fatigue. Fratellone discovered she was anemic. But her problem went even deeper, originating in her intestinal tract. Within a month she felt better. Fratellone says his priority is getting to the root cause of his patients' illnesses, not just treating the symptoms. He said cleavers, mullein, blue violet and lady's mantle are good teas for breast health and premenstrual syndrome. Herbal teas can interact with conventional medicine, so before drinking them, people should check with their doctor or registered herbologist. The growth of these natural

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treatments has led to a relatively new healthcare provider known as a naturopathic physician. They attend an accredited four-year program focusing on botanical medicine, food as medicine, and other natural remedies. While naturopathic doctors practice in each state, they are only licensed on 19 states, with more on the way. So for overall better health, include three cups of green tea to your daily diet. Research overwhelmingly concludes it's worth the effort. For more specific health concerns, consult a registered herbologist or naturopathic doctor about a natural tea that could take the place of conventional pharmaceuticals.

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