

COMMUNITY EDUCATIONAL TELEVISION, INC.

QUARTERLY REPORT

October, November, December 2016

KETH - TV HOUSTON, TEXAS

Ascertainment List

Leading Community Problems

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

Civic Affairs

Crime

Family

Health

Homelessness

Substance Abuse

Youth

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

Civic Affairs

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #161103-2A	28:30	13:05	L	PA/O	12/19/2016 12/20/2016	5:30PM 3:00AM

In this segment of Joy In Our Town, host Coppelgia interviews Donna McGowan, CEO/Founder of Women of NOW, LLC & Expanding Leaders Horizons NOW. Donna McGowan states that many women become overwhelmed and stressed out with issues in life. Dealing with these issues can even cause ailments in the body. Many women are not living up to their full potential. Some women have said that men are the problem. But they are not. Many women have believed lies that hold them back. To overcome, they must believe the truth about who they are in Christ Jesus. A redeemed woman becomes an empowered woman who can impact a nation.

JOY IN OUR TOWN #161103-2B	28:30	13:03	L	PA/O	12/19/2016 12/20/2016	5:30PM 3:00AM
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Coppelgia interviews Donna McGowan, CEO/Founder of Women of NOW, LLC & Expanding Leaders Horizons NOW in this segment of "Joy". Donna McGowan states that many women come from broken home and have a lot of baggage from their past. When they don't let it go, it affects their future relationships. It can also be passed on to the next generation. Women can overcome their past identity and reject the baggage of the past. Sometimes they have to let others go who are trying to hold them back. On a daily basis women need to spend time with God and with themselves. They must learn to love themselves so that they can love others.

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Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
JOY IN OUR TOWN #160804-2A	27:45	13:50	L	PA/O	10/17/2016	5:30 PM
					10/18/2016	3:00 AM
					10/25/2016	4:00 AM
					11/08/2016	2:00 AM
					12/06/2016	3:30 AM

Genet Chenier interviews Trudy Michalak from Hannah’s Heart of Hope about domestic violence. Families, communities, churches are affected because of domestic violence. In particular, the children will be affected by becoming stand off-ish and coward-like after coming across as bright and articulate. Other signs may include; acting out in school, lying, wetting the bed. Some myths of domestic violence is that the victim provoked the offender and that men are not victims of abuse. Offenders tend to struggle with insecurity, so they tend to dominate through power and control, making it difficult for the victim to leave the relationship. Hannah’s Heart of Hope offers parenting classes, post-abortive classes, domestic violence awareness and Christianity. The goal is to bring healing and wholeness for the family.

JOY IN OUR TOWN #160804-4A	28:28	13:15	L	PA/O	11/07/2016	5:30 PM
					11/08/2016	3:00 AM
					11/15/2016	4:00 AM

Jarissa Garcia interviews Dr. Oluchi Otti from Rapha Ministries about domestic violence. It’s defined as abuse of power out of the need to control the partner which may include physical, emotional, psychological, financial and sexual abuse. The abuse may cycle from abuse to remorse only to repeat the behavior which creates confusion for the victim. One in four women have experienced domestic violence; however men may fall as victims of abuse as well. The warning signs of a potential partner becoming abusive include excessive control, jealousy, isolation from family and friends and blame shifting. However, Rapha Ministries provides counseling support, connects victims with shelter housing and informs immigrants of their options.

JOY IN OUR TOWN #161020-4A	27:45	13:15	L	PA/O	12/26/2016	5:30 PM
					12/27/2016	3:00 AM

In this segment of Joy In Our Town, Genet Genier interviews Rev. Phillip Hicks of Jesus Behind Bars about how his ministry ministers to those in prison. They schedule events at the prison called “Days with Dad” and “Days with Moms”. The children of prisoners love their parents unconditionally and are always so happy to be with their moms or dads. The girls have a special time to dance with their fathers which they enjoy so much. Around 80% of all prisoners did not grow up with a father in their home. Rev. Hicks is seeing the prisoners getting set free from sin while behind bars, and coming out with a message and on fire for God.

JOY IN OUR TOWN #161020-4B	27:45	13:50	L	PA/O	12/26/2016	5:30 PM
					12/27/2016	3:00 AM

Genet Genier interviews Rev. Phillip Hicks of Jesus Behind Bars about how he ministers to the families of those in prison. He reminds us that God loves the prisoners and values those behind bars. Rev. Hicks occasionally schedules to have a group members come from a local church to participate in activities with prisoners and their children. His wife dresses up like a clown and he dresses up like a pirate. They encourage them to forget the past and believe in the new life and hope that they have in Christ Jesus. Rev. Hicks encourages the listening audience to meet the prisoners at the gate when they are released

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Crime

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch #11022016	CBN	1:00:00	5:00	REC	PA/O/E	11/02/2016 2:00 PM

CBN News Reporter Heather Sells Reports: Pete Leonard first developed a love for fresh-roasted coffee during a missions trip to Brazil. The former Arthur Andersen business consultant returned home and made his own roaster in his Weber grill. Around the same time, he noticed that a relative who had recently been released from prison was unable to find work. Initially, Leonard thought it was an isolated incident, but he soon learned differently. He discovered that U.S. prisons release more than 600,000 people every year and that they face multiple obstacles in reentering society. Chief among these obstacles is employment. Dr. Karen Swanson, director of The Institute for Prison Ministries at Wheaton College, says that most employers simply don't want to hire anyone with a criminal background. Leonard's solution: Take advantage of America's obsession with coffee by creating a premium coffee-roasting company—and employ former felons to run it. It's a match made in coffee heaven. More than 70 million Americans have a criminal background and at the same time, Americans overall are drinking 400 million cups of coffee a day, driving specialty sales up 20 percent. One of Leonard's early hires, Louis Dooley, was released from prison after serving 15 years for armed robbery and attempted murder. Dooley told CBN News that getting out proved to be a huge challenge. Dooley became a believer and worked hard to turn his life around while behind bars. Still, no employer would take a chance. Another ex-felon, Amy, ran into similar dead-ends. In addition to a banking resume, her background included a while collar crime conviction. Neither she nor Dooley could get past a small box that's on most job applications and must be checked if an applicant has a criminal record. But at 'I Have a Bean.' Leonard's company, both Amy and Dooley found the door open. Leonard said that ultimately, he's not concerned with job seekers' pasts. Since starting the company nine years ago, Leonard has hired 35 people out of prison and says that today, all but two are the success stories he believed could happen. The positive result is no accident. Leonard carefully vets each potential employee before hiring. He finds out if they've worked to rebuild their lives while behind bars—and whether they've stuck to that path after getting out. He's also a stickler for quality. Leonard is more than a boss — he's a witness, watching his employees transform from down and discouraged to confident and marketable. Today, Dooley works as the regional director for Set Free Ministries in Illinois. The non-profit provides Bible study courses to inmates in prisons and jails in Missouri and Illinois. Amy manages the front office for I Have a Bean. Their stories speak clearly to the power of transformation and the hope that former prisoners can find once they're able to find a place in the job market. Dr. Swanson believes the concept could become a game-changer for millions who need a second chance. Such experiences can lead—not just to increased marketability—but to a shot at restoration and a new, productive life.

700 Club NewsWatch #11042016	CBN	1:00:00	5:00	REC	PA/O/E	11/04/2016 2:00 PM
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CBN News Reporter Mark Martin Reports: From hacked emails to major data breaches, cyber attacks could potentially cripple our economy and threaten national security. Hackers shut down half of America's Internet on Oct. 21 by targeting Dyn, a company that manages key parts of the Web's infrastructure. Within minutes, the cyber attack took major websites like Twitter and Spotify offline. It was just the latest example of cyber warfare. Other major cyber hacks garnering national attention recently include the Yahoo data breach in September, WikiLeaks emails relating to Hillary Clinton's campaign and the Clinton Foundation, and the leak of roughly 20,000 emails involving the Democratic National Committee in July. Hayman believes today's worst offenders in this computer espionage are China, Russia, and North Korea. FBI special agent Robert Cochran tries to spread the word about cybersecurity danger to companies like Eastern Data in Virginia Beach, Virginia. Cochran said that of the 14,000 agents in the FBI, 1,500 fight cybercrime -- a 60 percent increase in just the last five years. He says for now, the United States is focusing on defense in this new form of warfare. While cyber warfare between nation-states may sound far removed, it's clearly happening each day on a smaller scale. How do you protect yourself at home and on the job? One practice can work for all kinds of viruses — good hygiene. In addition to computer hygiene, Kaiser urges people to lock down the log-in. In other words, add an extra layer of protection beyond your password. There are a number of options such as fingerprint scans currently available on many smartphones and tablets. Kaiser also wants people to be cyberaware. Experts also advise not to forget to back up critical information. Hayman believes education is the best defense. The National Consumers League also helps educate consumers on cybersecurity. So what kinds of laws are on the books to fight cyber crime? Breyault says on the federal level, the protection is surprisingly minimal, and his organization is lobbying to change that.

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Family

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
JOY IN OUR TOWN #160804-1A	27:45	13:09	L	PA/O	10/10/2016	5:30 PM
					10/11/2016	3:00 AM
					10/18/2016	4:00 AM
					11/01/2016	2:00 AM
					11/08/2016	3:30 AM
					11/15/2016	2:00 AM
					11/22/2016	3:30 AM
					11/29/2016	4:00 AM
					12/13/2016	3:30 AM

Genet Chenier interviews Terri Jagers from Orphan Care Solutions of Texas about the crisis of the foster care system. In Texas, there are two critical areas that cause the foster care system to be broken. One is a state issue because it is responsible for the number of case workers available, the number of cases assigned to each case worker, payment retention, and recruitment. The other is a community issue because there are not enough families that are willing to be care gives to the foster children. Ideally, the foster care system prefers to place children with relatives; however, children tend to be scattered to different counties and cities which may add to the brokenness of the children. A misconception is that parents are involved as foster parents for the money. However, Orphan Care Solutions of Texas connects churches to work in collaboration with foster care stake holders to create solutions in the foster care system.

JOY IN OUR TOWN #160804-1B	27:45	13:09	L	PA/O	10/10/2016	5:30 PM
					10/11/2016	3:00 AM
					10/18/2016	4:00 AM
					11/01/2016	2:00 AM
					11/08/2016	3:30 AM
					11/15/2016	2:00 AM
					11/22/2016	3:30 AM
					11/29/2016	4:00 AM
					12/13/2016	3:30 AM

Genet Chenier interviews Terri Jagers from Orphan Care Solutions of Texas about family. If communication could be consistent between families and the foster care system about the children’s behavior issues and past abuse, the children could be better cared for. If couples desire to become foster parents, Terri Jagers highly recommends that foster parents have a great marriage to start off, get training and be rooted in the Word, because it’s a calling to be foster parents. Parenting isn’t the only way to connect to the foster care system; individuals may register their talents from carpentry to teaching, so the needs of God’s children get met.

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Family

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #160714-2A	27:45	12:59	L	PA/O	10/18/2016	3:30 AM
					10/24/2016	5:30 AM
					10/25/2016	3:00 AM

Coppelia interviews Cathy Moore from Epiphany Community Health Outreach Services (ECHOS) about helping families in need. The organization notes that some of the barriers their clients experience are language, transportation, illiteracy and accessibility to health care. ECHOS helps to educate and sign up their clients for resources. They also have accessibility to a food pantry, English as a Second Language (ESL) and computer classes. Aside from helping people who have experienced job loss, the organization also helps families that are 138% below the poverty line, which translates into a family of four making \$33,000 annually. Because they are below the poverty line, they are not able to access the Afford Care Act insurance program. However, ECHOS steps in to offer services such as medic-aid, gold card, financial assistance, food pantry, food fair, and directs them to other services including accessibility to see health care providers.

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 #161020-1A	28:30	13:05	L	PA/O	11/21/2016	5:30 PM
					11/22/2016	3:00 AM
					11/29/2016	2:00 AM
					12/06/2016	3:00 AM
					12/13/2016	4:00 AM
					12/20/2016	3:30 AM

Jarissa Garcia interviews Charmette Jones from Shamelessly Saved Productions about forgiveness. Once a heart is open due to forgiveness a person can walk into their purpose. Because Charmette Jones went through an abusive relationship and chose to forgive her abuser, she now shares the power of forgiveness through stage productions. She visits schools and gathers students to perform her plays. Some have been through pain and abuse but she guides them to forgive, in turn, they carry the message through her plays.

JOY IN OUR TOWN #161020-1B	28:30	13:05	L	PA/O	11/21/2016	5:30 PM
					11/22/2016	3:00 AM
					11/29/2016	2:00 AM
					12/06/2016	3:00 AM
					12/13/2016	4:00 AM
					12/20/2016	3:30 AM

Jarissa Garcia interviews Dr. F. B. Willis from Rightsize Weight Loss about obesity. One reason this nation is the most obese country in the world is due to eating processed foods which includes any food not baked or made at home such as packaged foods. Dr. Willis encourages people to raise their metabolism with quick energy surges and by eating earth foods

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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>
Dr. Leaf Show	26:50	26:50	REC	PA/O/E	10/05/2016	4:00 AM
#0003					12/14/2016	5:30 PM
					12/21/2016	4:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist; Dr. Avery M. Jackson III, a neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the importance of the mind and its impact on our food choices. Brain research and memory research shows you build memory about food. Information enters through the five senses and goes into the brain. What you put in your body is going to change the way your body reacts and functions. Be mindfully aware and have conscious consumerism. Ask yourself: What is on my plate? What is it going to do to my body? Where did it come from? What has this done to the earth? Research shows that 80% of an eating decision is in the mind. We need to be healthy mentally and physically. Research has shown that it takes twenty-one days to build a long-term memory. Then it's another two cycles of twenty-one days, which comes to around sixty-three to stabilize or automatize, which is the scientific word for building a habit. The Modern American Diet is more addictive than heroin and cocaine. We have to recognize that what you are thinking about is having a physiological effect. Your mind is your soul; it's your intellect, your will, and your emotions. Then you have your physical body, of which your brain is a part. So, your mind is changing your brain, which is changing your body. We need to be very conscious of what we are thinking about when it comes to food and everything in life.

Dr. Leaf Show	27:05	27:05	REC	PA/O/E	10/05/2016	5:30 PM
#0001					10/12/2016	4:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist; Dr. Avery M. Jackson III, a neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the importance of eating and the difference between real food and what we call the Modern American Diet, shortened to the "MAD" Diet. Real food is nutritious, has very few ingredients, is organically grown from the ground, is sustainable, and picked when it is ripe. A happy animal is allowed to do what it does the way God designed it to do; roam freely and eat things as it's roaming around, which produces happy food. When you've had sufficient nutrition for your body, you stop eating. However, on the MAD diet the opposite happens. The MAD diet contains conventional-processed, food-like, products. An unhappy animal is restricted, force-fed, fattened up with hormones, full of antibiotics, and stressed. We have to eat food to survive, but the problem is what man has done to food. If we eat for health and not for losing weight, we will naturally get the correct weight. It's real food that you should be eating.

Dr. Leaf Show	26:55	26:55	REC	PA/O/E	10/12/2016	5:30 PM
#0002					10/19/2016	4:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist; Dr. Avery M. Jackson III, a neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss relearning what to eat, how to cook, and how to think about food. Real food is made the way God designed it, without chemicals, herbicides, pesticides, or Genetically Modified Organisms (GMO). Biomimicry is looking at the intelligence of nature. The ecosystem is completely diverse. Going from diversity to monoculture is very dangerous. We need the variability. Learn how to eat properly. Find out what it's doing for and to your body - the good and the bad stuff. Get the knowledge to change your diet and lifestyle.

Dr. Leaf Show	27:30	27:30	REC	PA/O/E	10/26/2016	5:30 PM
#0005					11/02/2016	4:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist; Dr. Avery M. Jackson III, a neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss living under a sense of urgency. With the advances of technology, we're just rushing from one thing to the next and we're constantly living under this directorate of time instead of going through life calmly and peacefully. Rushing from one thing to the next impacts our choice of food, when we eat, our physiology, our brain, and our brain functioning, which is called, literally, hurry sickness. The hurry sickness puts us in toxic stress. Stress is good to help us focus. Toxic stress takes that away, and then you have the opposite reaction. It pushes you into that zone where you're not thinking straight, where you make wrong choices. If you lead a disciplined lifestyle and you learn to renew and discipline your mind, you can apply that kind of thinking to your everyday life, including eating. Be intentional about your eating process. Try to separate your mealtime from your work. Don't eat standing up. Make eating your relaxation. Eat when you are calm to get more benefit from that food.

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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>
Dr. Leaf Show #0007	27:30	27:30	REC	PA/O/E	11/09/2016 11/16/2016	5:30 PM 4:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist; Dr. Avery M. Jackson III, a neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the gut-brain connection. Brain tissue that we find in the brain is also in the gut. That gut-brain connection is a two-way connection and it's controlled by the enteric nervous system that contains 200-600 million neurons, which is more neurons than in the spine. In the Blue Zones of the world is where you find centenarians; people who live more than a hundred years of age. The underlying commonality is spirituality, community, attitude, and nutrition. And, the nutrition that they have is real food. When you decide to change the way you're thinking, you're going to change your physical status. Your brain and your whole body will respond. That's the eighty percent of the signal, and then the biology, the biological components of food, forms the other twenty percent of the signal. The thought that you are thinking right now at this moment is actually influencing all 75-1000 trillion of your cells, either positively or negatively. Fasting is important spiritually and physically. Some of the benefits of fasting are cardiovascular benefits, increased longevity and resistance to age-related diseases, enhanced mental and physical health, increased cellular energy, decreased inflammation, protects against the onset of illness, and protects against stroke and high blood pressure.

Dr. Leaf Show #0009	27:30	27:30	REC	PA/O/E	11/23/2016 11/30/2016	5:30 PM 4:00 AM
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Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist, and Dr. Lillian Lockett Robertson, an OB/GYN, to explore the supermarket, how to cook, what to do, and how to shop. Eat real food. Buy real food. There is a definite engineered design in the supermarket. A lot of people have heard: avoid the center aisles and go to the outside, where your fresh produce is because everything down the center aisles are basically in boxes and containers. The Modern American Diet food-like products are industrially manufactured. When something is added, that means that something is being removed, so we should be wary of an added anything. Eating is eighty-percent dominated by our thought life and what we've built memories of. Eat real food. Read the labels. Buy local. You can find community-supported agriculture. Real food makes physiological changes in your brain. So, your mind, the thinking to choose to eat well, the intellectual stimulation, the being happy, and then choosing to eat the real food, and eating the real food, satisfies you. Eating real food is the way God designed us to eat.

Dr. Leaf Show #0011	27:50	27:30	REC	PA/O/E	12/07/2016 12/14/2016	5:30 PM 4:00 AM
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Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Esther Houston to discuss postpartum depression, also known as the baby blues. Suffering exists in life and we are here to learn through our suffering with the help of others. Something like postpartum depression is a very real thing that actually needs to be addressed as a very complex process unique to each individual. We can't just say it's a disease, label it, medicate it, and think that it's over and blame the mother. We've got to recognize the whole person. Who is this mum? What is she going through? What are her life circumstances? What is her past? What is her support system? What are the physical needs in her body and diet? We have to look at the whole person in a very loving and very supportive way. The more loving and supportive we are, the more we will actually help each other be better mothers.

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Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch #11162016	CBN	1:00:00	5:00	REC	PA/O/E	11/16/2016 2:00 PM

CBN News Reporter Lorie Johnson Reports: Busy, sleep-deprived, and stressed-out. These are the terms that describe most young parents. That roller-coaster lifestyle rocks your blood sugar and hormones, creating the perfect storm for weight gain. Even Mark Macdonald, the nutrition expert and bestselling author, gained 35 pounds after becoming a father. Mark and his wife, Abbi, didn't like the direction in which they were going — so they learned to gain control instead of gaining weight. Mark shares their secrets to success in the book. "Why Kids Make you Fat. . . And How to Get Your Body Back." He explained that when it comes to managing weight, new parents fall into four traps: lack of sleep, stress, lack of exercise and poor diet. While all those factors need to be addressed, Mark notes that diet is the most important. He says the secret to losing weight and keeping it off is what he calls "Eating in Threes," which means eat a protein, a fat and a carbohydrate every three hours. Abbi said she's noticed in her own life the importance of eating frequent, balanced meals. The key to "Eating in Threes" is understanding which foods are proteins, fats and carbohydrates. Most animal products are proteins. This includes meats like beef, pork, chicken and turkey, also yogurt (Greek yogurt is higher in protein than regular) and cheese. Seafood also qualifies as protein. There are also plant-based proteins, like tofu, a soy product. Fats include foods like olive, coconut and soybean oils. These are often the main ingredient in mayonnaise and salad dressing. Butter is also a fat, as are nuts like pecans and walnuts, as well as nut butters, such as almond butter. Avocados are also considered fats. Carbohydrates cover a lot of ground. Typically the healthiest carbs are vegetables. Fruits are also carbohydrates. Grains are carbohydrates as well, such as wheat, corn and rice and all the many products that come from them such as all breads and tortillas. Perhaps the unhealthiest carbohydrate is sugar. Some foods fit into more than one category. For instance, cheese is a protein, but because it contains a lot of fat, can also be considered a fat. Mark says if you can, eat your protein, fat and carbs in a certain order. Most Americans eat way too many carbohydrates and too few proteins. Her other grab-and-go favorites include nitrate-free turkey jerky, protein bars, nuts, vegetables and fruit. Although packing your food and taking it with you is usually healthier and cheaper, you can still "Eat in Threes" at restaurants, even fast food establishments. A good choice is grilled chicken as the protein, lettuce as the carb and salad dressing as the fat. Another option is an open faced sandwich using grilled chicken as the protein, half a bun as the carb and mayonnaise the fat. Less sleep, which goes hand-in-hand with parenthood, delivers a one-two hormone punch for weight gain. This is because not getting enough sleep increases the hunger-stimulating hormone ghrelin and lowers the appetite-suppressing hormone leptin. Mark advises parents to try to get more sleep. If that's not possible, he says at least they can learn to get better quality sleep, which pays dividends. This can be accomplished by avoiding the snooze button. Replace 30 minutes of useless sleep with quality sleep. For instance, instead of setting your alarm for 6:30 a.m. and hitting the snooze until 7:00, set your alarm for 7:00 and don't hit the snooze. Too many busy parents are dehydrated, which can lead to weight gain. Believe it or not, our brain sometimes tricks us into thinking we're hungry, when we're actually thirsty. How many ounces should we drink a day? A good rule of thumb is our body weight divided by two. For example, a person who weighs 120 pounds should drink 60 ounces of water a day. Parents know all too well the pre-kid days of spending an hour a day at the gym are long gone. But with a little creativity, you can work-out while getting more family time. Family walks, especially for dog owners, can be a daily or even twice-daily routine. Mark straps on a weighted vest to make his walks a bit more challenging. Even time in front of the screen doubles as core strength training if you sit on a stability balls instead of a chair. Finally, letting go of those little annoyances that accompany parenthood goes a long way towards losing weight. The Macdonalds say following their prescribed guidelines will help shed the pounds and create new, sustainable habits that keep it from coming back.

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Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
700 Club NewsWatch #12272016	1:00:00	5:00	REC	PA/O/E	12/27/2016	2:00 PM

CBN News Reporter Lorie Johnson Reports: Our bodies use oxygen in a number of ways, including healing. Breathing alone provides about 20 percent of the oxygen our bodies need. But today, doctors can ramp up that amount to help people recover from the most debilitating injuries and illnesses with hyperbaric oxygen therapy. It's hard to believe Michael "Bean" Black survived his horrific car crash in 2011. He was thrown 40 feet from the vehicle and landed on his head. Black's grandmother, Mary Orr, said even the doctors had given up hope. When Black arrived home to Dallas he still suffered from severe injuries, including brain damage. But his condition improved after he started receiving hyperbaric oxygen therapy. Hyperbaric oxygen therapy involves breathing 100 percent pure oxygen inside a pressurized chamber for about an hour to 90 minutes per session. Dr. Alfred Johnson directs the Hyperbaric Centers of Texas in Richardson. Black said the therapy made a big difference. After the first 40 treatments, Black went back for 40 more a few months later. Costs vary depending on the provider from as little as \$100 an hour on up. Insurance and Medicare sometimes offer coverage, depending on the condition being treated. Insurance companies can reimburse for hyperbaric oxygen therapy for the treatment of traumatic brain injuries, like Black's. Dallas businessman John Derrick said the therapy is easy and has helped him sharpen his focus. Consumers can purchase or rent portable hyperbaric oxygen chambers, but they typically deliver far less oxygen and pressure than industrial-grade ones. Conditions treated with Hyperbaric Oxygen Therapy include: Autism, Burns, Cerebral Palsy, Chronic Fatigue Syndrome, Closed Head Injury, Fibromyalgia, Migraine Headaches, Multiple Sclerosis, Near Drowning, Parkinson's Syndrome, Post Traumatic Stress Disorder, Reflex Sympathetic Dystrophy, Rheumatoid Arthritis, Sports Injury, Stroke, and Traumatic Brain Injury. Johnson said stroke patients can have improved quality of life. He said he's witnessed progress for people with autism, as well. Hyperbaric oxygen therapy may not be for everyone. But today, Michael Black is in far better shape than he or his family ever dreamed possible since his near-fatal car accident. They believe this therapy has a lot to do with his recovery, so they plan to stick with it and hopefully see even more improvement.

700 Club NewsWatch #12292016	1:00:00	5:00	REC	PA/O/E	12/29/2016	2:00 PM
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CBN News 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. 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.

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

Homelessness

<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 #160804-3A	27:45	13:05	L	PA/O	10/31/2016	5:30 PM
					11/01/2016	3:00 AM
					11/08/2016	4:00 AM
					11/15/2016	3:30 AM
					12/06/2016	2:00 AM

Genet Chenier interviews Tina Hatcher from Hope Impacts about homelessness. Homelessness can be identified in various forms from people having a night time residence that is a public or private place, may live in an operated home shelter, have a temporary living arrangement or may receive assistance but live in hotels. Other indicators that may lead to homelessness include unemployment, underemployment, mental illness and addiction. Because homelessness causes people to feel ashamed and remain in isolation, they tend to avoid reaching out to family or church members for help. However, people tend to be more inclined to reach out to Hope Impacts.

JOY IN OUR TOWN #160804-3B	28:30	13:05	L	PA/O	10/31/2016	5:30 PM
					11/01/2016	3:00 AM
					11/08/2016	4:00 AM
					11/15/2016	3:30 AM
					12/06/2016	2:00 AM

Jarissa Garcia interviews Tina Hatcher from Hope Impacts about how the church may get involved with homelessness. The church is encouraged to leave their church walls and go into the community to reach the needs of the people. It also encourages churches to conduct food and clothing drives to provide the needs of the community. Hope Impact provides bible study, a hot dinner, access to a shower and a monthly community outreach breakfast to connect people to resources. Hope Impact's purpose is to network and partner with other organizations to address the emotional, spiritual, physical and mental needs of the people in the community.

JOY IN OUR TOWN #161020-2A	28:30	13:05	L	PA/O	11/28/2016	5:30 PM
					11/29/2016	3:00 AM
					12/05/2016	5:30 PM
					12/06/2016	4:00 AM
					12/13/2016	2:00 AM
					12/20/2016	2:00 AM

Jarissa Garcia interviews Maureen Sanders from The Mission of Yahweh about homelessness. The organization services people who are situationally homeless and helps them rebuild their lives by providing spiritual, physical, emotional and mental health.

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Homelessness

<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 #161020-2B	28:30	13:05	L	PA/O	11/28/2016	5:30 PM
					11/29/2016	3:00 AM
					12/05/2016	5:30 PM
					12/06/2016	4:00 AM
					12/13/2016	2:00 AM
					12/20/2016	2:00 AM

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Substance Abuse

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #160519-3A	28:30	13:05	L	PA/O	10/04/2016	4:00AM

Genet Chenier interviews Boyd L. Harrell from C.O.O.L. Ministries, Inc. Substance abuse is dependence on alcohol and drugs due to underlying issues such as: peer pressure, poor parenting or even to cover up deep pain. Sometimes substance abuse is unbeknownst to the individual because it's deemed as being a harmless act or something that happens to others and not themselves. Also, some individuals may take prescription drugs to relieve physical pain; however, the drugs may create a reaction in the human body which may cause dependence upon the opiates in the drugs and inevitably cause addiction. Boyd Harrell understands dependence upon substance abuse because he became an addict for twenty-five years. While, the medical field may provide prescribed medication to help individuals moderate their physical pain, it's so readily accessible that people can become dependent upon it. People who become addicted to prescription drugs are not only avoiding their physical pain but the pain of the withdrawal. C.O.O.L. Ministries helps individuals who suffer from addiction. However, the person who is suffering with the addiction or even the family members asking for help, are asked if they have any faith in God, in order to go before the Lord and pray for supernatural help. However, if the person struggling does not have a faith-based belief and has no interest in it, Boyd Harrell offers resources in the community for help and assistance. God has a ways of helping people through other means and getting us to a place of recovery.

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Substance Abuse

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #160519-3B	28:30	13:05	L	PA/O	10/04/2016	4:00AM

Genet Chenier interviews Boyd L. Harrell from C.O.O.L. Ministries, Inc. Most people do not want to be dependent upon drugs and alcohol but they end up as addicts to reduce pain whether physical or emotional. More than ninety percent of people incarcerated struggle with substance abuse. For twenty-five years, Pastor Harrell struggled with substance abuse and was incarceration himself. Then, he ended up turning his life around by the grace of God and was delivered from a life of addiction. Because of his personal experience, he has become involved in prison ministry for the past seventeen years. The ministry may reach forty thousand prisoners per year, across seven state lines including Texas. C.O.O.L. Ministries carries a message of hope which states recovery, from all forms of sin including substance abuse, is possible through a complete surrender to Jesus Christ, with an emphasis on complete surrender. His experience is that more people are interested in a faith-based need. He uses his personal testimony to connect to the prisoners. Pastor Harrell believes that in order to recover the individual must experience rock bottom. Because substance abuse affects the individual and family, programs such as twelve steps may be a resource in the process of recovery.

JOY IN OUR TOWN #160714-2B	28:30	13:05	L	PA/O	10/18/2016	3:30 AM
					10/24/2016	5:30 AM
					10/25/2016	3:00 AM

Coppelia interviews Pastor Beverly Vaughn from New Birth Ministries about substance abuse. The ministry takes in women who struggle with substance abuse. Many times, it was a broken home that led the women to abuse drugs and alcohol. Once the ladies arrive at the organization, they have already lost their kids to CPS and the husband has left. Some of the warning signs of someone struggling with substance abuse include depression, being overwhelmed, changes in the way they think and act. In order to help the individual, the family needs to approach the issue with love and seek counsel. New Birth Ministries is a faith-based drug program offered for six months to one year and helps women get to the root of the problem. Members are required to surrender cell phones, cigarettes, drugs. Women receive job placement and acquire life skills in order to help them create 'new birth' in their lives.

JOY IN OUR TOWN #160804-5A	28:30	13:05	L	PA/O	11/14/2016	5:30 PM
					11/15/2016	3:00 AM
					11/22/2016	4:00 AM
					11/29/2016	3:30 AM

Jarissa Garcia interviews Michael Vecchio from Project Hope & Saving Grace Women's Home about addiction. Because addiction makes people isolate, manipulate and lose the will to live, he considers it a spiritual problem. Sometimes a broken relationship or a void that can't be filled may lead to a tendency to addiction. So, Project Hope helps people get to the root cause that makes them act out instead of focusing on labeling individuals. They believe all people are children of God before they are addicts.

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Substance Abuse

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
JOY IN OUR TOWN #160804-5B	28:30	13:05	L	PA/O	11/14/2016	5:30 PM
					11/15/2016	3:00 AM
					11/22/2016	4:00 AM
					11/29/2016	3:30 AM

Jarissa Garcia interviews Michael Vecchio from Project Hope & Saving Grace Women’s Home about the effect of addiction on the family. Some ways families may be affected include enabling, denying, or instilling tough love by setting boundaries may create a strain on the marriage and siblings tensions due to addiction. As individuals seek recovery, families are encouraged to not lose hope, to be there for their loved one, and learn the process of addiction. Project Hope provides activities for men and women in a safe environment to develop structure for themselves and gain life and social skills while encouraging them to forgive themselves and make amends for their past behaviors.

700 Club NewsWatch #10202016	CBN	1:00:00	5:00	REC	PA/O/E	10/20/2016	2:00 PM
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CBN News Reporter Caitlin Burke Reports: Alcoholism remains a leading cause of death in the United States. But even with all the research poured into the problem, it’s a condition that’s often misunderstood. When someone consistently drinks large amounts of alcohol it injures the brain, specifically the limbic system, or the brain’s control center. When alcohol is consumed, it enters the blood stream and goes to this control center where it releases dopamine. While that chemical can make you feel good, it can also injure the brain as more of it is released overtime. The alcohol essentially causes the brain’s control center to short circuit, overwhelming how you think, feel, and manage your emotions. Another misunderstood fact about alcoholism: females can become addicted more easily than their male counterparts. When a female drinks, her body absorbs 50 percent more alcohol per drink than a male. Because of this, Urschel says female alcoholics face more medical problems. This becomes even more of a concern as alcohol beverage companies spend millions appealing to women through television ads and social media. Hanna Fobare, 24, believed all the hype and turned to drugs and alcohol when the pressure to perform in college athletics got to be too much. As Fobare embraced her new lifestyle--the friends, parties and boys--the addiction quickly took over. When she started failing classes, Fobare realized she couldn’t lie to her family any longer. Her parents stepped in and sent her to Enterhealth. There she received a dual diagnosis—as is common with many alcoholics. Fobare is now one year sober, but it hasn’t been easy. Her first attempt led to a relapse, detox and time in a state-funded rehab facility. Both she and Urschel stress that the hardest thing for a recovering addict to understand is the need for constant maintenance. While the alcohol damage never goes away, Urschel says the brain contains an amazing ability to reboot and heal. With the right treatment, there’s a 85 to 90 percent chance the brain will go back to its normal state.

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Youth

<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 #160621-5A	28:30	13:05	L	PA/O	10/03/2016	5:30 PM
					10/04/2016	3:00 AM
					10/08/2016	2:30PM
					10/11/2016	4:00 AM
					10/18/2016	2:00 AM
					10/25/2016	2:00 AM
					11/01/2016	3:30AM
11/22/2016	2:00 AM					

Jarissa Garcia interviews Rev. Leslie Smith from Change Happens! about youth. The organization serves Third Ward, Fifth Ward, Sunnyside, Acres homes including eleven counties. The inception happened in Third Ward due to a call from God. Some of the needs are environment-related due to lack of relationships. A dysfunctional environment dictates how a person is deemed and it affects their self-esteem. Change Happens! takes a biblical principle and makes it applicable to life..."as a person thinks of himself so is he". So, if a child is brought up in a negative environment, they work heavily with those children to help them build self-esteem. So, the organization exposes them to people in professions they don't regularly deal with, in order to motivate them. When dealing with the children, the organization focuses on prevention; while, the older youth receive intervention. Change Happens! also works with the parents, since they influence the children.

JOY IN OUR TOWN #160621-5B	28:30	13:05	L	PA/O	10/03/2016	5:30 PM
					10/04/2016	3:00 AM
					10/08/2016	2:30 PM
					10/11/2016	4:00 AM
					10/18/2016	2:00 AM
					10/25/2016	2:00 AM
					11/01/2016	3:30 AM
11/22/2016	2:00 AM					

Jarissa Garcia interviews Rev. Leslie Smith from Change Happens! about mentoring. Mentorship is discipleship and it can range from six months to a year. A mentor will provide reassurance and encouragement. A parent may also be a mentor. However, sometimes, when there's a problem with the child, there's a problem with the parent. The organization provides tools for the parent, in order to be more effective toward their children. The process of mentorship includes meeting with a child four times a month, pairing a mentor with a child of like interests, which are proven-approach ways of being effective. Mentoring is about relationships. Change Happens! looks for volunteers and mentors who have a genuine interest and will walk with the child for a maximum of a year.

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Youth

<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 #160804-4B	28:28	13:15	L	PA/O	11/07/2016	5:30 PM
					11/08/2016	3:00 AM
					11/15/2016	4:00 AM

Jarissa Garcia interviews Miriam Moore from One Hope for the Heart International about prayer in school. Some issues the youth may face in school include identity issues, social media, confusion, domestic violence. However, prayer can be brought onto the schools after hours. People are encouraged to pray for schools and the kids. By allowing prayer in school, kids have been known to overcome issues from being terrorized, dealing with alcoholic parents and overcoming bad grades in school. By studying the Bible as a moral compass, it helps to overcome issues with the youth. One Hope for the Heart International has seen the benefits of prayer in school from offers a program called Students for Christ in which students and teachers are welcomed to attend an after school prayer session.

JOY IN OUR TOWN #161020-3A	28:28	13:15	L	PA/O	12/12/2016	5:30 PM
					12/13/2016	3:00 AM
					12/20/2016	4:00 AM

In this segment of Joy In Our Town, Jarrisa Garcia interviews Dr. Yvonne Butler Clark, Ed. D. of It's Okay to Cry on helping students handle stress. Dr. Clark stated that stress is how the body and mind handle changes. When children have to move with their families, sometimes they experience stress from having to change friends and their community. It is good to get the children prepared for the transition and allow them to be involved in the process. Students can also experience a good stress with goal setting with their teachers and coaches which will result in them achieving more. Social media, bullying, rejection and peer pressure can be other negative types of stress. To relieve and cope with stress, it is beneficial to plan fun activities, exercise and maintain good nutrition.

JOY IN OUR TOWN #161020-3B	28:28	13:15	L	PA/O	12/12/2016	5:30 PM
					12/13/2016	3:00 AM
					12/20/2016	4:00 AM

Jarrisa Garcia interviews Dr. Yvonne Butler Clark, Ed. D. of It's Okay to Cry in this segment of "Joy" on how to cope with grief during the holidays. The celebration of the holidays has gotten longer over the years. When an individual has lost a loved one, they experience a storm of tears and anger with a lot of unanswered questions. Children are sometimes referred to as the forgotten mourners. When they have lost a loved one due to death or lost their family due to divorce, let them know that the holidays will be different. Parents should include them in the planning and have discussions about the changes.

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