

COMMUNITY EDUCATIONAL TELEVISION, INC.

QUARTERLY REPORT

January, February, March 2015

KETH - TV HOUSTON, TEXAS

Ascertainment List

Leading Community Problems

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

Civic Affairs

Economy

Health

Seniors

Youth

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Civic Affairs

JOY IN OUR TOWN #141106-5A	28:30	13:03	L	PA/O	2/2/2015	10:30AM
					2/3/2015	2:27AM
					2/5/2015	3:00AM
					2/6/2015	12:00PM
					2/7/2015	3:00AM
					2/9/2015	10:30AM
					2/13/2015	12:00PM
					2/14/2015	3:00AM

Genet Cheiner interviews Jon-Michael Laboski, Executive Director for Houston Community Toolbank. The toolbank lends tools to non-profit organizations for the purpose of completing projects when they have volunteers, but not enough tools. A group out of Atlanta started worked on a project, finished the project and stored the tools away until the next time they needed them. They decided that the tools could be lent to others to complete their projects instead of sitting in a shed. There are several types of tools that are lent out ranging from screwdrivers, hammers, shelves, to power washers and circular saws. The problem is common among helping organizations not to have enough tools to complete a building project. Any non-profit organization can qualify to use the available tools. There is a simple registration process online and you go to their location and pick up the tools.

JOY IN OUR TOWN #780b	28:30	13:05	L	PA/O	2/19/2015	4:00 AM
					2/24/2015	4:00 AM
					3/2/2015	10:30 AM
					3/3/2015	3:00 AM
					3/5/2015	3:00 AM
					3/7/2015	3:00 AM
					3/10/2015	3:00AM

Genet Chenier hosts this "Joy" segment about civic affairs which deals with the importance of voting. Her guest is Carolyn Mata the president of the League of Women Voters. In the elections held in 2013 only 13 percent of the eligible voters in Harris County actually voted. Younger people are voting less than older individuals. Parents ought to teach their children the importance of voting. If someone is homebound they can still cast their vote by mail. The League publishes a "Voters Guide" for the primaries and general elections. It contains platform statement by the candidates that are not altered or edited by The League. Educational programs and voter's registration are also contributions to community that they make. This organization has been around for 94 years and is still changing and moving forward.

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Economy

JOY IN OUR TOWN #141106-1b	28:30	13:06	L	PA/O	1/5/2015	10:30 AM
					1/6/2015	3:00 AM
					1/13/2015	3:00 AM
					1/22/2015	4:00 AM
					1/26/2015	10:30 AM
					1/27/2015	3:00 AM
					1/27/2015	4:00 AM
					1/29/2015	12:00 PM
					1/30/2015	3:00 AM
					2/3/2015	3:55 AM

In this "Joy" Ed Gardner of Edward Gardner CPA office and he is interviewed by Genet Chenier. Today they talk about financial management. We should begin our planning at the start of the year rather than wait until the middle. Once we set a plan, we should stick to it. Set small goals; work on 3 to 5 at one time, once you achieve the goal, then move to the next. The acronym SMART works for most, these are S-specific, M-measurable, A-attainable, R-relevant, T-time-balanced. A place for us to start is to take a snapshot of your finances. Write down the bill you owe and what you may determine to pay on that bill. Start with the small bills and also pay something on the larger bills. Before you know it you will have paid off the small bill and put a dent in the larger bills. We should begin an emergency fund.

JOY IN OUR TOWN #141106-2a	28:30	12:48	L	PA/O	2/23/2015	10:30 AM
					2/24/2015	3:00 AM
					2/26/2015	3:00 AM
					2/27/2015	12:00 PM
					2/28/2015	3:00 AM

In this "Joy" segment Genet Chenier interviews Ed Gardner, he is the President and CEO of Ed Gardner PC. They discuss today the topic of Income Tax and preparing for the upcoming season. Tax returns are due on April 15; Ed recommends that we do not wait until this day. We should start preparing early, with collecting last year's return and making a list of the employers we worked for the previous year. Your check list should include the previous year's information; examples are charity donations and health expenses. The following things are deductible: college for your children or yourself, in home businesses etc. Ed recommends you can do your own taxes if you have a simple return, with no deductions or dependents it is ok. But if you are doing a return with these things, you should get an accountant or tax expert to handle your return. Mr. Gardner lets us know a very important point that we are responsible for our tax returns if they are incorrect. He states that we sign the form saying that all the information is true and correct, so we are responsible. He also suggests you find a tax person who has ongoing training and is knowledgeable in all the new and old tax laws to ensure you have the correct information on your return.

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Economy

JOY IN OUR TOWN #141106-2b	28:28	12:44	L	PA/O	2/23/2015	10:30 AM
					2/24/2015	3:00 AM
					2/26/2015	3:00 AM
					2/27/2015	12:00 PM
					2/28/2015	3:00 AM

In today's segment, Phyllis Kyles talks with Marina Perez with Money Management International. The issue today is economy and the topic is Setting Financial Goals for the New Year. Marina states that we should have a spending plan or budget. It's important because it helps us track what we spend each month. It also helps us track what we bring in each money verses what we spend each month. Most people work off the top of their head and with wishful numbers. If we don't write it down we usually lose track of what we spending. Marina suggests that we start a spending plan by write down everything we spend for 30 days, even \$1. A spending plan has three parts to it Fixed Expenses, Variable expenses and Periodic expenses. Fixed expenses, don't change from month to month, examples are home mortgage, utilities, car payment etc. Variable expenses, they change weekly, we tend to go with the flow of the situation. They are going out to eat, buying coffee etc., we need to set these expenses. Periodic expenses, these are things like car care, back to school expenses, etc. Sometimes we get caught off guard with these expenses and it causes us to take out loans and get farther into debt. Setting financial goals is very important; it helps you to forecast where you want to go in your journey. These goals are set in short terms which are 1 to 2 and long term goal are 2 to 5 year. The important part is to be realistic with setting the goal. We need to plan for what we want to save and what you want to pay. Start with something small and work your way up to increasing the saving. Marina wants us to realize that making a spending plan and setting up financial goals will help improve your overall finances.

JOY IN OUR TOWN #781b	28:28	13:05	L	PA/O	3/3/2015	4:00 AM
					3/5/2015	4:00 AM
					3/10/2015	4:00 AM
					3/30/2015	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 doubles 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.

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Economy

JOY IN OUR TOWN #150115-1B	28:28	13:11	L	PA/O	2/17/2015	3:00 AM
					2/19/2015	3:00 AM
					2/20/2015	12:00 PM
					2/21/2015	3:00 AM
					3/23/2015	10:30 AM
					3/24/2015	3:00 AM
					3/26/2015	3:00 AM

Today Phyllis Kyles interviews Cristina Cave, the Community Relations Manager with Neighborhood Centers, Inc. Cristiana states that Neighborhood Centers offer free tax services for hard working families. They help with amendments and previous tax years filings. Their services are available for families who earn less than \$60,000 per year and the services are free. They have serviced over \$20,000 families since 2009. When you come to the tax centers, you will need to bring several items. If you work you will receive a W-2 or 1099 form from your employer or people you have worked for. You can get all the information to bring with you the help them prepare your taxes. For those who are not yet citizens, the IRS will still help with taxes, but the proper documentation should be brought to the center. The centers are located in several parts of the city for the convenience of individuals who need this assistance. Cristina has one last tip for viewers, don't wait until the last minute to get all your documents together or file you taxes.

700 Club CBN NewsWatch #01262015	1:00:00	5:00	REC	PA/O/E	1/26/2015	2:00 PM
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CBN News Reporter Heather Sells Reports: Many Americans are not saving for retirement, and if they are, they're not saving enough, according to a recent survey. Nevin Adams, co-director at the Washington, D.C.-based Employee Benefit Research Institute's Center for Research on Retirement Income, says about two-thirds of Americans are saving but they may not have enough when it comes to their retirement years. Adams helps to oversee EBRI's annual Retirement Confidence Survey, a fixture for 24 years. The 2014 survey found that just 18 percent of Americans are very confident in their ability to afford a comfortable retirement, 37 percent are somewhat confident, and 24 percent are not at all confident. Fifty three percent of workers say cost of living and day-to-day expenses are major reasons for not saving or not saving more. Existing debt is also an obstacle. Adams noted that our culture's focus on spending and instant gratification also gets in the way. Some believe our lack of saving has the United States headed toward a "retirement crisis." Adams doesn't go that far but notes individuals who don't save end up costing society. Financial advisor Robin Tull, founder of Tull Financial Group in Chesapeake, Virginia, said many people lack an overall plan. Adams believes that many fear that they'll need a huge, unattainable amount for retirement and so never find out just how much they'll need. EBRI developed the program to help Americans determine how much they need for retirement. "Choose To Save" offers a quick retirement calculator tool, the "ballpark estimate," that helps people determine a specific savings plan. Married couple Amanda and Eddie Grizzard are two people who started saving early. They saved individually before marriage and began as a couple the month they married. The Grizzards used a financial planner to determine how much they needed for retirement. Amanda said she was inspired by friends and The 700 Club. The Grizzards save a pre-determined amount every month that is automatically deducted from their paychecks. They add to it when there's overtime pay and they live frugally. The Grizzards have also kept saving even during bad times. Experts say holding off saving when the markets are down is a common retirement saving mistake. Tull said many people developed that mindset during the recent recession. Another common mistake for many is overestimating how long they'll work. Here's some basic retirement savings tips: 1. Plan on living longer than you think you might as life spans continue to grow. 2. Save extra for healthcare because those costs going forward are difficult to estimate. 3. Maximize your employer's 401K match and look into a Roth retirement account. 4. Know why you are saving. Paint a picture of your retirement. It will sharpen your focus and motivation. For Julia and Chris Williams, investing is part of living a godly life and saving as they start their family brings them peace. In fact, the Williams are thinking beyond retirement. They're following Proverbs 13:22 which says, "A good man leaves an inheritance to his children's children." That means not only planning for their retirement and for their son Anderson, but for his children as well.

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Health

JOY IN OUR TOWN #757a	27:45	13:13	L	PA/O	1/1/2015 1/13/2015	12:00 PM 4:00 AM
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Covering the issue of health our host, Coppelia Rivera, interviews the Chief Medical Officer for the Gulf Coast Regional Blood Center, Dr. Susan Rossmann. Just in our area, about 1,000 blood donations are needed on a daily basis. In addition to their main center, the Regional Blood Center has thirteen neighborhood centers across the greater Houston area. They also have mobile units which can be used for local blood drives. All types of recipients, from premature infants to cancer patients and accident victims need blood. The Gulf Coast Regional Blood Center must always have extra supplies of blood available especially in the case of unexpected demands such as when disasters occur. If you have questions about what is required to give blood you can contact the Blood Center at their website. Viewers are encouraged to "Commit For Life" and regularly donate blood.

JOY IN OUR TOWN #757b	27:45	13:02	L	PA/O	1/1/2015 1/13/2015	12:00 PM 4:00 AM
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In this "Joy" segment Coppelia Rivera interviews Sonya M. Sloan, M.D., who is also an orthopedic Surgeon. Dr. Sloan represents two organizations, The Luke Church and the group Dairy Max. They talk about the health issue that involves our concerns about childhood obesity. Their church focuses strongly on maintaining physical as well as spiritual health. Dairy Max is the regional arm of the National Dairy Council. Studies show that one in three kids are overweight. This can lead to lifelong health problems. National programs are being developed to encourage children and teens to eat right and get regular exercise. The goal is to end childhood obesity during the next twenty years. Children aged 2-3 should be drinking two cups of milk daily. Above nine years old, they should be drinking three cups of dairy products daily. Many children are overeating and are not eating nutritional diets. Proper exercise and diet are choices that start at home.

JOY IN OUR TOWN #141106-1a	27:45	13:00	L	PA/O	1/5/2015 1/6/2015 1/13/2015 1/22/2015 1/26/2015 1/27/2015 1/27/2015 1/29/2015 1/30/2015 2/3/2015	10:30 AM 3:00 AM 3:00 AM 4:00 AM 10:30 AM 3:00 AM 4:00 AM 12:00 PM 3:00 AM 3:55 AM
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In this "Joy" segment Meagan Raeke, the Media Relations Manager of Gulf Coast Regional Blood Center and Treyton Zanutto, a blood recipient is interviewed by Genet Chenier. Meagan stresses the point that giving blood saves lives. The Gulf Coast Regional Blood Bank covers 26 Texas counties; therefore it is necessary to collect about 1,000 pints of blood per day to keep up with the need. Most people believe that blood donation is a onetime only event, but it is indeed ongoing need. People who have sickle-cell disease, cancer patients, premature babies, and surgical patients need blood more than just one time. Meagan states that we should give blood regularly or "Commitment for Life". There are several locations in which a person can give blood and the process takes on average 30 minutes. Meagan explains the different types of blood donations; plasma, platelets and red blood cells. When donating blood, it goes through a process of 13 different test to ensure that is can be given to patients. Anyone can donate blood who are healthy and over the age of 16. Treyton explains to us that when he was 5 weeks old he was diagnosed with cancer. He had to receive chemotherapy and several pints of blood. Treyton says he wants to be a "Commit for Live" blood donor when he gets old enough to donate blood.

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Health

JOY IN OUR TOWN #141106-3a	27:45	13:13	L	PA/O	1/12/2015	10:30 AM
					1/15/2015	3:00 AM
					1/16/2015	12:00 PM
					1/17/2015	3:00 AM
					1/20/2015	4:00 AM
					3/17/2015	4:00 AM

In this "Joy" segment Genet Chenier interviews Jennifer Strich, Vice President of Programs & Megan Gust, Program manager, from the Depression & Bipolar Support Alliance. They are discussing the topic of mental health. They start out by explaining that Mental illness is actually a physical illness and it should be classified as such. It affects an organ just like other diseases, such as cancer, diabetes etc. Depression is a chronic illness; it's ongoing, not just having a bad day. Some symptoms that come along with depression are: sleeping a lot, feelings of hopelessness, no appetite etc. The depressed person sometimes can't focus; daily routines are difficult or may not be able to get out of bed. The illness of depression has to be diagnosed by a doctor. One of the specifics for depression is that you are seeing impairment in your daily life that last more than last two weeks. With this disease, it is manageable with medications, therapy, and support groups. The ladies now talk about bipolar disorder. This means exactly what it states two extreme emotions. One part of the emotions is depression where everything seems slower and the other is mania. The mania part is when we see everything speeds up. Thoughts, movements, speaking at a faster rate; you can't focus on anything. Your body can't function at this rate. They are goal oriented and want to do everything at one time. Your body's chemical balance is off and it needs some way to realign itself. To try to get diagnoses, you should get educated and see a doctor for your treatment plan.

JOY IN OUR TOWN #141106-3b	27:45	13:02	L	PA/O	1/12/2015	10:30 AM
					1/15/2015	3:00 AM
					1/16/2015	12:00 PM
					1/17/2015	3:00 AM
					1/20/2015	4:00 AM
					3/17/2015	4:00 AM

Genet Chenier continues her discussion with Jennifer Strich and Meagan Gust with the Depression & Bipolar Support Alliance. Talking about Mental illness and its treatment plans. One in four Americans are affected or diagnosed with a mental illness. We should first get education on mental illnesses and try to help those who effected by them. The World Health organization predicts by 2020 that depression will be the second leading cause of death; this is right under heart disease. Parts of the stats are because of suicide, anxiety, heart attacks, over eating. A treatment plan should include medications if your doctor prescribes and talk therapy. We as support systems need to learn how to talk to the mental ill person. The communication should be delicate to the mentally ill person. They should be able to come up to a person and talk about having a diagnosis, but let people know that I'm ok and I'm managing my diagnosis. DBSA help individuals who have a diagnosis of depression or bipolar disorder. They have free support groups for caregivers, family members, and the individuals who have the diagnosis.

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Health JOY IN OUR TOWN #141106-4a	27:45	13:50	L	PA/O	1/19/2015	10:30 AM
					1/20/2015	3:00 AM
					1/22/2015	3:00 AM
					1/23/2015	12:00 PM
					1/24/2015	3:00 AM

Genet Chenier interviews Dr. Grace Butler, the founder and CEO of Hope Through Grace, Inc. Discussing the health issue of colon cancer, the guest describes the various stages that progress from stage one; a small polyp on the wall of the colon, to the advanced stage four; the invasion of the cancer to the lymphatic system and vital organs. There could be several types of symptoms, such as blood in the stool, a loss of weight or unexplained pain. However, it may present as a symptomatic or without any symptoms. A colonoscopy is the best way to identify colon cancer. A camera is inserted in the colon and any polyps that are found are removed surgically. To establish a baseline a colonoscopy is recommended for most people at either age fifty or forty-five.

JOY IN OUR TOWN #141106-4b	27:45	13:13	L	PA/O	1/19/2015	10:30 AM
					1/20/2015	3:00 AM
					1/22/2015	3:00 AM
					1/23/2015	12:00 PM
					1/24/2015	3:00 AM

Continuing their interview on health, Genet Chenier talks with Dr. Grace Butler, the founder and CEO of Hope Through Grace, Inc., about some aspects of colorectal cancer. The entire colon and the rectum are involved in colorectal cancer. Colon cancer is the second leading cause of death in men and women due to cancer. It is also one of the most preventable cancers if the patient is screened in time. Smoking can contribute to all types of cancer including colon cancer. Exercise and a healthy diet are important aspects to cancer prevention as well. Dr. Butler says we must take care of our body before symptoms. Dr. Butler says the cancer kills the good and bad cells so it's important for us to keep our bodies healthy. Having been a person who survived being a stage three cancer patients, Dr. Butler organized educational programs and set up Hope Through Grace, Inc. to help people receive treatment at no cost and learn to overcome cancer.

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JOY IN OUR TOWN #141106-5B	28:28	13:15	L	PA/O	2/02/2015	10:30AM
					2/03/2015	2:27AM
					2/05/2015	3:00AM
					2/06/2015	12:00PM
					2/07/2015	3:00AM
					2/09/2015	10:30AM
					2/13/2015	12:00PM
2/14/2015	3:00AM					

Genet Cheiner interviews Rebecca Moreau and Alex Urban with Epilepsy Foundation Texas. They discuss health and specifically about Epilepsy and its effects on individuals. Alex shares with us that 1 in 26 people will develop Epilepsy in their lifetime. Epilepsy is a neurological disorder that affects people and the result is a seizure. A seizure is an interruption in the electrons to the brain. Seizure can be different, some people will fall on the floor and convulse, and some people will stare into space or just wonder off from their current location. Epilepsy is a disorder that can affect anyone at any age. Small children can outgrow Epilepsy and the seizure will stop. A major that the person with epilepsy is the stigma that comes along with it. Some people think Epilepsy is contagious or what are they supposed to do if someone has a seizure. Most people with Epilepsy keep their diagnosis private, at work or school. Kids or adults are able to lead a normal life with medications and proper accommodations. The public can help persons that may be having a seizure by checking if they have a medical bracelet, timing the seizure, call medical personal if they are in danger. Epilepsy does not define the person; it is a disorder that they are living with.

Switch On Your Brain #008	27:30	27:30	REC	PA/O/E	01/27/2015	12:00 PM
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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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Health

Switch On Your Brain #001	28:30	28:30	REC	PA/O/E	03/03/2015	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	03/10/2015	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.

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Health

Switch On Your Brain #003	28:30	28:30	REC	PA/O/E	03/17/2015	12:00 PM
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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 bring disease. Science tells us that if you're going to change one of these ugly networks in your brain you have to have discipline. You have to direct your attention. You have to be very focused. You have to make a decision and rigorously push through a period of time to change that thing. It shows us in science that nothing happens until day twenty-one. It takes twenty-one days of major scientific stuff to break down the thoughts, and then once you've broken it down, it takes another two cycles of twenty-one days minimum to make that a habit in your life. 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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Health

700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	01/16/2015 2:00 PM
#01162015						

CBN News Medical Reporter Lorie Johnson Reports: Inflammation is a serious health problem you can't even feel, but it does tremendous damage, especially over a long period of time. Scientists say inflammation could be behind heart disease, arthritis, cancer, ADD/ADHD, diabetes, stroke, migraines, thyroid issues, dental issues, and more. Although inflammation is caused by toxins like cigarette smoke and environmental pollutants, the biggest factor is an inflammatory diet. Many of the foods we eat cause inflammation and simply avoiding them can lead to immediate and dramatic improvements. Then on top of avoiding the bad foods, adding anti-inflammatory foods to your diet creates an even healthier you. Many people who follow an anti-inflammatory diet also lose weight. Mark Sisson is a leading expert on an anti-inflammatory diet. At age 60 he is the picture of health: He has the body of a man half his age, inside and out. He does not suffer from any diseases or chronic conditions and doesn't take any medications. But he hasn't always been this healthy. His anti-inflammatory diet changed everything. Sisson follows the Paleo Diet. Last year the Paleo Diet was the number one searched diet on the Internet and Sisson's is the top Paleo Diet website. He's been studying nutrition research for the last 25 years and writes about his findings on "Mark's Daily Apple." The Paleo Diet is about avoiding foods that cause inflammation. That means no sugar, no wheat, no trans fats or industrialized Omega-6 fats, and very little or no dairy. Sugar weakens your immune system and causes insulin problems. Wheat treats your body much the same way. In fact, many people who follow the Paleo Diet stop eating all grains, such as rice, corn and oats, in addition to wheat. Sisson didn't even know wheat was causing him problems until he stopped eating it. Highly inflammatory trans fats and industrialized Omega-6 fats are Paleo no-nos. Trans fats are man-made oils that have been hydrogenated, meaning they have been infused with hydrogen for the primary purpose of prolonging the shelf-life of a processed food. Therefore, most trans fats are in packaged foods. You can recognize whether a product contains a trans fat by looking at the list of ingredients. If you see the word "hydrogenated," it's in there. Vegetable shortening and margarine are also trans fats. Industrialized Omega-6 fats are also highly inflammatory. Theoretically they could be considered safe if consumed in equal amounts as Omega-3 fats, such as fish oil. But the average American consumes 20 times the amount of Omega-6 fats as Omega-3 fats, and this imbalance causes inflammation. Industrialized Omega-6 fats are the vegetable and seed oils. These oils are on many grocery store shelves in the form of vegetable oil, corn oil, peanut oil, safflower oil, sunflower oil, and soybean oil. The Paleo Diet advises followers to steer clear from these oils as well as canola oil. The Paleo Diet also eschews dairy that can cause inflammation, allergic reactions, and stomach problems. People considering the Paleo Diet may wonder, after giving up sugar, grains, trans fats, industrialized Omega-6 fats and dairy, what's left to eat? As it turns out, a lot! Healthy fats include things like avocados, nuts and seeds, olive oil, fish oil, and coconut oil. Coconut oil is one of many saturated fats that the Paleo Diet encourages. Saturated fat from beef and pork are also encouraged. The endorsement of saturated fat is controversial. Some health professionals believe saturated fat leads to heart disease and should not be consumed. However, many recent studies, which are very reliable in that they are large and exhaustive, find no evidence that eating saturated fat is bad for your heart. Nevertheless, much of the medical community still relies on industry standards from the past that condemn the consumption of saturated fat, though the number of people holding to that belief is reducing every year. Of course, any diet is best when combined with exercise. Sisson combines the Paleo Diet with what he says research proves is the best exercise: a three-fold plan of slow, steady movement, occasionally lifting weight, and a series of all-out sprints. Most of us know a sedentary lifestyle is hazardous to our health. But that doesn't mean we have to overdo it in the opposite direction by killing ourselves at the gym. Sisson said his research shows simple movement, such as walking, and very slow movement at that, not even breaking a sweat, is what's best for our health. But the key is to do it a lot. For those of us who have desk jobs, this can be a challenge. Sisson points out that walking before and after work, and taking several walking breaks throughout the day can make a huge difference. Sisson also recommends lifting some weight about twice a week. This does not mean you must purchase a gym membership and lift dumbbells twice a week. In fact, he uses his own body weight as resistance, and so can you, by doing push-ups, lunges, sit-ups, pull-ups, and so on, and just by lifting heavy objects in your daily life. Sisson said the latest research in sports medicine proves the value of sprinting. Sprints are short bursts of aerobic activity, such as running, biking and swimming, where you exert 100 percent of your total energy. Sprints typically last only 30 seconds or so. Sisson said only a few sprints once a week will yield results. In addition to a good diet and exercise plan, a healthy lifestyle relies on proper sleep. Your body repairs itself when you sleep. Without enough sleep, our immune system suffers and we increase the secretion of hormones that make us hungry. If you have trouble getting to sleep at night, go without any caffeine after noon and avoid all electronics at least one hour before bedtime. So for an anti-inflammatory diet, try the Paleo eating plan. It's known for what it's missing: sugar, grains, trans fats, industrialized Omega-6 fats and dairy. That way you'll be left eating foods that keep you thin and healthy.

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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 #02172015	1:00:00	5:00	REC	PA/O/E	02/17/2015	2:00 PM

CBN News Medical Reporter Lorie Johnson Reports: February is American Heart Month. Heart disease kills more Americans than any other cause of death. Most doctors tell people high cholesterol is responsible for heart disease. But not all doctors see it that way. Cardiologist Dr. Stephen Sinatra, author of the book "The Great Cholesterol Myth," says the real cause of heart disease is inflammation, not cholesterol. Sinatra used to believe high cholesterol was responsible for heart disease until he saw with his own eyes, in his own patients, that wasn't true. He noticed many of his heart patients had low cholesterol and saw that many people with high cholesterol did not have heart problems. Sinatra is among a growing number of physicians who actually tout the benefits of high cholesterol in most cases. He said high HDL cholesterol is good for you and says even LDL cholesterol is good for you as long as it's the large, fluffy particles. He admits the small, dense LDL particles are harmful. Therefore, he recommends, instead of getting your overall LDL cholesterol checked, you get it further broken down into particle size. Since Dr. Sinatra does not think high cholesterol is responsible for heart disease, he does not think cholesterol-lowering statin drugs are helpful to most of the people taking them. Instead, he believes only a very small percentage of people who are taking statins actually need them. For example, he usually only prescribes statins to middle-aged men who have coronary heart disease. He also says a small number of women need statins, but mostly because they benefit from the statin's anti-inflammatory properties, not its ability to lower cholesterol. On the other hand, by and large, Sinatra believes statins are far too over-prescribed. Although drug companies sell \$30 billion worth of statins every year, Sinatra said the people who take them are paying a price with their health as well as their wallet. In other words, for many statin users, the risks outweigh the gains. Muscle pain and fatigue are two of the key complaints he hears from statin users. Sinatra said the reason for these symptoms is often misdiagnosed. Patients over 70 years old are especially vulnerable, he said. Sinatra says one of the best things about statins are their ability to reduce inflammation. But since statins have so many side-effects, most people are better off ditching the statin and reducing inflammation the natural way, by reducing the amount of sugar they eat. Sinatra looked at the evidence and concluded, instead of cholesterol, it's inflammation that causes heart disease. Inflammation is caused by a number of things. Eating too much sugar is at the top of the list. Sugar damages arteries, increases blood pressure, and ages your organs. Of course, we all know that sugar is the white, granular stuff we put in our coffee. But sugar comes in many, many other forms. For example, high fructose corn syrup is a sugar. It is the primary ingredient in soda and candy and is found in the list of ingredients in a huge number of other products, many that you probably don't even consider a "sweet," such as bread or pasta sauce. Many other syrups and ingredients that end in "-ose" are also sugars. In addition to avoiding foods that contain sugar, reducing inflammation also involves avoiding foods that turn into sugar once you eat them. These are called refined carbohydrates, and are grains that have been stripped of the healthiest part, leaving only the starchy portion of the grain. Refined carbohydrates are the "white" foods, such as white bread, white bagels, white hot dog or hamburger buns, white pasta, white rice, white tortillas, and so forth. Sinatra recommends replacing sugars with vegetables and healthy fats, such as nuts, avocados, fish, and olive oil. He also touts saturated fats like butter, unprocessed meat, and coconut oil. He encourages people to put aside their fears that saturated fats cause heart disease. Although they may raise your cholesterol, he believes that will not hurt you, and in fact, will probably improve your health. However, Sinatra points out that it's very important not to confuse good fats with trans fats. Trans fats, which are also called "hydrogenated" oils, are extremely harmful to the heart. Trans fats are man-made fats and are found in processed 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>
700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	02/20/2015 2:00 PM

Health

#02202015

CBN News Medical Reporter Lorie Johnson Reports: Most of our health problems are said to be the result of three things: bad food choices, inactivity, and unmanaged stress. Therefore, it's no surprise Seventh Day Adventists live an average of 10 years longer than most Americans. They don't do any of that. Take for example Benita Welebir. At age 100 she still enjoys a healthy mind, body, and spirit. She's not alone. There is an unusually high concentration of centenarians in her hometown of Loma Linda, California. It's one of only five "blue zones" worldwide. Researcher Dan Buettner found these zones when he searched for where people live the longest. The others are Okinawa, Japan; Kria, Greece; Sardinia, Italy; and Nicoya, Costa Rica. Loma Linda is an hour east of Los Angeles where about a quarter-million people live. The reason they're so healthy is because most of them are Seventh Day Adventists. On average they live 10 years longer than most Americans. Dr. Larry Beeson, an epidemiologist at Loma Linda University, has been involved in researching the health of Seventh Day Adventists for the last 50 years. They strongly adhere to the belief of respecting the human body as the temple of the Holy Spirit. That means no alcohol, no tobacco, and following a plant-based diet. Welebir said her primary food source throughout her entire life has been vegetables. Many Loma Linda residents, like Welebir, are total vegetarians. Others will eat eggs and some have dairy such as cheese and milk. There is a group that eats fish, and there are those who eat small amounts of poultry and beef. Beeson said different dietary choices result in varying health outcomes. Diet isn't the only factor in these longer lives. Seventh Day Adventists strictly observe the Sabbath. Every week, beginning with sundown on Friday, they rest for an entire day. This allows them to recuperate from the week and recharge for the one ahead. They also use it to spend time with friends, family, and God. Stuart Harty is one of the pastors of Loma Linda University Church of Seventh Day Adventists, one of the largest Adventist congregations. He said resting on the Sabbath includes abstaining from electronics. Likewise, when Welebir is asked what she feels are the keys to her longevity she emphasizes down-time. Medical research confirms one of the greatest killers is stress. Observing the Sabbath is a way to de-stress. Exercise is also a priority. Throughout her life, Welebir was extremely active, running and horseback riding. These days she makes it a point to walk every day. She does what she can, even though her strength isn't what it used to be. Seventh Day Adventists are able to stick to their healthy lifestyle because they're surrounded by others living the same way. Josiah said human behavior, good or bad, is contagious. Science proved her right. Studies show that if your three best friends are obese, you have a fifty-percent likelihood of also being obese. Seventh Day Adventists place a high priority of treating the human body as the temple of the Holy Spirit, which means on the whole, they don't drink, don't smoke, eat very little meat, exercise, and observe the Sabbath. As a result they live an average of 10 years longer than most Americans.

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Health

700 Club NewsWatch #03022015	CBN	1:00:00	5:00	REC	PA/O/E	03/02/2015 2:00 PM
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CBN News Medical Reporter Lorie Johnson Reports: Do foods like skim milk and balsamic vinegar seem healthy? The amount of sugar in these foods may surprise you. Many so-called health foods are loaded with sugar. These hidden sugars are part of why so many people are unhealthy. Americans consume a shocking amount of sugar. Many people eat and drink the equivalent of an entire cup of sugar every day! That's double the amount of sugar average Americans consumed 100 years ago. All of that sugar can be deadly. Dr. Gerald Edelman, a Dallas oncologist and author of the book, "Sugar Rehab," has seen firsthand the damaging effects of too much sugar. He says sugar stimulates cancer cells directly and indirectly. He adds cancer survivors who are also diabetic have a much higher chance of their cancer coming back than people with low blood sugar. Edelman points out that too much sugar can cause obesity, a known risk factor for many health problems, from heart disease to high blood pressure as well as the common cold. John Speanburg is one of Edelman's patients. He has Hodgkin's lymphoma, cancer of the blood. After following Edelman's advice to slash the sugar, he lost weight and has been cancer-free for nine years. Edelman suggests an easy way to curtail sugar intake. He recommends looking at a product's nutrition facts panel on the label. He said if an item contains more than two grams of sugars per serving, don't eat or drink it. He warns not to be fooled by healthy-looking foods. As an example, he pointed to a popular protein shake that contained 44 grams of sugar per serving. Sugar is highly addictive. Brain imaging shows the pleasure and reward centers light up the same way when a person eats sugar as they do when a person takes cocaine. Also, it is difficult to get off the roller-coaster ride consisting of the sugar "high" followed by the sugar "crash." Most people who try to cut back on the amount of sugar they consume stop eating the obvious offenders such as desserts like cakes, cookies, ice cream. Unfortunately, that's only the beginning. Many foods that appear healthy are just as sweet as dessert. For instance, those little packages of oatmeal can contain as many as 12 grams of sugar per serving. A low-sugar alternative are the old-fashioned, slow-cook oats or steel-cut oats, which contain only one gram of sugar per serving. These types of substitutions are the foundation of nutritionist and best-selling author J.J. Virgin's latest book, "J.J. Virgin's Sugar Impact Diet." She shows how to choose lower-sugar alternatives to foods with high sugar impact. Sugars hidden in foods being marketed as health foods are why so many people have difficulty losing weight. Virgin says low-fat and fat-free foods often contain far more sugar than people realize. For example, many fat-free salad dressings are one-third sugar. She said a good diet contains a large percentage of healthful fats, the same ones that have been unfairly demonized. Virgin attributes her svelte figure and glowing hair and skin to a diet high in healthy fat. She said a good way to crush sugar cravings is to replace sweets with healthy fats. Perhaps the biggest sugar scam are the words "fruit" and "juice" on the labels of processed foods. These items are made of the super-sweet concentrated fructose that's left over after the healthy fruit fiber and nutrients have been removed. Some examples are fruit leathers, fruit snacks, and fruit juice. Dried fruits are also misleading because they often contain more sugar than candy. Virgin warns about falling for the "no sugar added" claim. Refined carbohydrates are deceptive because, while not tasting sweet, they turn into sugar after you eat them because the grains have been stripped of the good stuff, leaving only the starch. Refined carbohydrates are foods like white bread, bagels, buns, and pizza crust, white rice, white pasta, waffles, pancakes, and tortillas. Even whole grains can be a poor choice because of added sugars. Two slices of whole wheat bread can contain six teaspoons of sugar. Therefore, don't blindly choose to eat a food simply because it's whole grain. First check the list of ingredients for added sugar. A red flag is any ingredient containing the word "syrup." Other seemingly healthful foods that often contain staggering amounts of sugar include muffins, breakfast or energy bars, sports drinks, and energy drinks. Don't rely on the manufacturer's description of the product. Read the nutrition facts and the list of ingredients. In "Sugar Impact Diet," foods are divided into high, medium, and low sugar impact. For example, white potatoes are high sugar impact, sweet potatoes are medium sugar impact, and pumpkin is low sugar impact. White rice is high sugar impact, brown rice is medium sugar impact, and wild rice is low sugar impact. A pasta sauce with sugar added is high sugar impact, with no sugar added is medium impact, and crushed tomatoes, olive oil and basil is low sugar impact. Virgin advises steering clear of artificial sweeteners. Research shows people who consume a lot of them actually tend to gain more weight because they continue to fuel the craving for sweet foods. Edelman said sometimes artificial sweeteners can be helpful when people are trying to break their addiction to sugar. However, he admits they should be used with caution. The best advice is to be aware and "just say no" to sugar... in obvious places like desserts, as well as the hidden ones.

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Seniors

<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 #150115-1a	27:45	13:15	L	PA/O	2/17/2015	3:00 AM
					2/19/2015	3:00 AM
					2/20/2015	12:00 PM
					2/21/2015	3:00 AM
					3/23/2015	10:30 AM
					3/24/2015	3:00 AM
					3/26/2015	3:00 AM

Phyllis Kyles interviews Meggin Lorino with Neighborhood Centers-Sheltering Arms. At Neighborhood Centers, they believe that seniors are the link to our past and the life from our past. Meggin states that according to AARP, 8,000 people are turning 65 every day and that trend will continue for the next 15 years. Seniors have a tendency to stay sheltered in their homes and their health may start to fail. But Neighborhood Centers has identified the need for Senior Centers. They allow seniors to gather together, hot meals, physical activities and overall health and wellness. Volunteers can get involved by helping with filing, teaching classes, passing out items, there is something for everyone to help with. Seniors should try to add one thing to their daily lives each month. They should get at least 150 minutes per week for physical activity for overall wellness. Neighborhood Center has fifteen senior centers and one Dementia day center. They will also provide case managers for those who need it and many more services.

JOY IN OUR TOWN #781a	27:45	13:05	L	PA/O	3/3/2015	4:00 AM
					3/5/2015	4:00 AM
					3/10/2015	4:00 AM
					3/30/2015	10:30 AM

Genet Chenier hosts this "Joy" segment on the issue of seniors. Manuela Arroyos, the Chief Executive officer of Fort Bend Seniors meals on Wheels, is interviewed concerning efforts made in helping older adults. The Fort Bend Seniors Meals on wheels program provides for meal to be delivered to seniors over the age of 60 that are more or less homebound and who live in Fort Bend County. They are provided with one luncheon meal a day. Additionally at their various congregate senior enters more mobile individuals are provided with transportation to a nearby center and then given a hot meal and can participate in social activities.

JOY IN OUR TOWN #779a	27:45	13:09	L	PA/O	3/16/2015	10:30 AM
					3/17/2015	3:00 AM
					3/24/2015	4:00 AM
					3/26/2015	4:00AM

Genet Chenier hosts this "Joy" segment on the issue of seniors an cover the topic of the "Meals on Wheels" program. Interfaith Ministries of Houston operates this program to provide healthy meals to older individuals. Their chief operating officer, Andrew Hoffman, is interviewed. As a senior ages their mobility declines and it becomes harder for them to do daily tasks, like preparing a dinner. It is important that older individuals receive proper nutrition on a regular basis. If a person is pretty much homebound they are able to qualify to receive help. Meals on Wheels provide lunches to about 4,000 people a day in our county. An additional 800 breakfasts are also provided daily. The most important value of the program is that someone comes regularly to visit them and see how they are.

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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>
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Seniors

JOY IN OUR TOWN #779b	27:45	13:09	L	PA/O	3/16/2015	10:30 AM
					3/17/2015	3:00 AM
					3/24/2015	4:00 AM
					3/26/2015	4:00AM

Genet Chenier interviews Andrew Hoffman, Chief Operating Officer of Interfaith Ministries of Greater Houston. 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 an established group with a common culture and a common language. Interfaith ministries with the help of the US State Department help 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.

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>
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JOY IN OUR TOWN #150115-2a	27:45	13:01	L	PA/O	3/9/2015	10:30 AM
					3/13/2015	3:00 AM
					3/14/2015	3:00 AM

Phyllis Kyles interviews WyKisha McKinney, Outreach Manager with the Children's Defense Fund-Texas. WyKisha begins with stats for Texas that are amazing. She says 1.2 million children in Texas are living in poverty. Additionally 8,900 children are uninsured in Texas and we rank number 49 in country for uninsured children. The impact for having uninsured children affects more than just the child. This affects the family, when mom or dad can't go to work the child can't go to school and there's the income that's loss. When there is no health insurance, the families rely on emergency rooms or emergency care center. The emergency room doctors don't know the health history for your child nor is there any follow up care for the child if they don't have a regular family doctor. The Children's Defense fund has several programs available for families. They have health fairs to educate the families and help families with applying for CHIP and Medicaid program. This program is available for children through ages 18. The families who earn less than \$49,000 per year are eligible. The Healthcare Market Place is an option for everyone to get healthcare insurance for their families. They have several plans available for families to choose from and compare prices and the needs of individuals. WyKisha wants to leave viewers with one message, that's to get your children insured and if you don't know how, Children's Defense Fund-Texas will be able to help.

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Youth

JOY IN OUR TOWN #150115-2b	27:45	13:05	L	PA/O	3/9/2015	10:30 AM
					3/13/2015	3:00 AM
					3/14/2015	3:00 AM

Phyllis Kyles interviews Ellen Efsic the Executive Director for Eye Care for Kids. Ellen states that her organization is a safety net meant to help families who are uninsured and low income. 20,000 children kids in the school districts currently need some type of eye care. Some of the many reasons that eye care is needed for children is it help correct some behaviors issues and improve grades in the classroom. Eye Care for Kids work with a network of doctors who offer free eye exams for children. They raise funds for children to receive eye glasses. In the past year they gave out over 3,000 glasses to children. The way the find the children who receive glasses is through the schools. If a child states he can't see or if there is a behavior problem, they will be referred to the school nurse. The nurse will determine if they need a vision screening. I this is the case, the school will contact Eye Care for Kids for help. Ellen states that 80 percent of children learning is visual from ages 1-12, so vision is very important. Children should have their eyes check every year. The doctors that perform the vision exam will keep records for that child to return the following year or two years for another exam. Parents can determine if their child needs glasses by watching their habits and their growth.

JOY IN OUR TOWN #780a	27:45	13:10	L	PA/O	2/19/2015	4:00 AM
					2/24/2015	4:00 AM
					3/2/2015	10:30 AM
					3/3/2015	3:00 AM
					3/5/2015	3:00 AM
					3/7/2015	3:00 AM
3/10/2015	3:00AM					

The issue of this "Joy" segment is about youth and the focus is on advocating for children and young people with disabilities. Genet Chenier interviews Margo Pasko, the Director of Transitional Programs for The Arc of Fort Bend County. These individuals are characterized as having an intellectual or developmental disability and require help when moving into the mainstream of society. Problems such as Autism or Down's syndrome, which makes them have difficulty with social integration, are the common ones that are faced. The state of Texas is number 50 in the list of states that have programs to help disabled youth. Even if they are identified as having these problems at birth, there is a 12 year waiting list to be eligible for assistance to be successful. The Arc of Fort Bend County helps to fill in the gaps for young people who are leaving a protected environment, such as school, to receive a lifestyle that is supportive when they are more on their own. They provide advocates for these individuals and their families to deal with the task of becoming independent.

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