

COMMUNITY EDUCATIONAL TELEVISION, INC.

QUARTERLY REPORT

April, May, June 2016

KETH - TV HOUSTON, TEXAS

Ascertainment List

Leading Community Problems

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

Civic Affairs
Crime
Economy
Education
Health
Public Safety
Transportation

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

Civic Affairs

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #160303-1a	28:30	13:07	L	PA/O	5/23/2016 5/24/2016	5:30 PM 3:00 AM

Jarissa Garcia interviews Mabel Menefee from the Harris County Appraisal District. She talks about the importance of property taxes. Mabel explains to viewers the primary reason for property taxes in the state of Texas. Texas doesn't take income taxes so property taxes pay for critical expenses such as school districts, the police and fire departments, streets, and the sewage system. Melissa debunked the popular ideas that the Harris County Appraisal District sets the tax rate and are a part of Harris County. She really wants viewers to know that they are actually a sub-unit of the state of Texas. The Harris County Appraisal District, or HCAD for short, has the role of valuing all taxable property in Harris County, administering certain exemptions, and allowing people to protest their property values when necessary. Prior to 1979, all of the taxing jurisdictions including the school boards, county commissioners, and city councils each taxed the properties within their jurisdiction which resulted in a certain level of unfairness. The legislature saw the problem and passed an act to establish a central appraisal district in each of the 250 plus counties in Texas. Mabel lets viewers know two important values when it comes to property: market value and appraisal value. The market value is the standard at which each appraisal district is required by the state to appraise all property. To make sure this concept is fair, it is based on what someone's property is worth January 1st of each year. The appraised value is the amount that the homeowner will be taxed, but Mabel wants viewers to know that there are certain exemptions that can help with the appraisal value. HCAD gives workshops close to the protest deadline for the public to gain general information about the property tax process, ask any questions they may have, or bring up concerns about their property.

JOY IN OUR TOWN #160303-2b	28:30	12:19	L	PA/O	5/30/2016	5:30 PM
-------------------------------	-------	-------	---	------	-----------	---------

Jarissa Garcia interviews Billy Dorsey from The Bridge Life. He explains how art programs help the youth. Since 2008, 80% of art programs in schools across the United States have been cut because of budgetary reasons. They are the first to be cut because many feel that since the programs don't fall into the core subjects, they are expendable. Billy argues that this shouldn't be the case because when children are at home and have nothing to do a lot of times they get in trouble. It's best for them to have arts programs so that they have the chance to love something and use the gifts God gave them. Billy makes the point that the arts aren't just to give youth something to do, but also to uplift them and build relationships with them. Billy says because the youth of today are disconnected from what's going on and have abandonment issues, a teacher or someone else that wants to help is often pushed away. Youth that have those abandonment issues feel that no one wants to help and if they do, they will only be there for a short while. Billy finds that the solution for this problem is building a relationship over time with teaching and love. They begin to share their lives and bring their friends to the program because of the arts, but also because of the relationship. Billy says when that child in the program can advise his family members with what he has learned from the program, it leads them back to the source. Billy's last note is that the youth can tell when the relationship is real or only out of obligation, but when it's real and the love is there they will come. At that moment is when they can be connected to Jesus.

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

Crime

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #160204-2a	28:30	13:06	L	PA/O	5/2/2016 5/3/2016	5:30 PM 3:00 AM

Coppelia interviews Mark Sabol with the Federal Bureau of Investigations. He talks to us about keeping Houstonians safe from gangs. Mark tells us that gang membership is on the rise in metropolitan cities. Houston has about 20,000 registered gang members involved in 300 different gangs. One important thing that Mark wants Houstonians to take note of is that no area is immune to gang violence. Communication between the public and law enforcement is a major key to dealing with gang activity. The crimes that are committed range from identity theft to murder, but the public can keep themselves safe by simply being aware of their surroundings. The Federal Bureau of Investigation has 164 safe streets task forces spread throughout the United States and Houston holds one of the largest. They also have a Texas anti-gang center, or TAG for short, which collects intelligence from the gang investigators of Houston and compiles it into one central location. Mark shares that other big cities in Texas including Dallas and San Antonio will be starting the TAG program. Mark takes the time to mention some important statistics that the public should know about. Gangs commit about 50% percent of the violent crimes in most major cities and they generally commit the staggering 80% of the crimes in many cities. In 2015, Houston led the nation in armored car robberies. Mark says if people are scared to reports gangs openly, there are ways to report them anonymously through their website stophoustongangs.org. Mark says that whether you're in law enforcement or part of the general public, it takes all of Houston to combat gang activity.

JOY IN OUR TOWN #160204-2b	28:30	13:07	L	PA/O	5/2/2016 5/3/2016	5:30 PM 3:00 AM
-------------------------------	-------	-------	---	------	----------------------	--------------------

Coppelia interviews Mark Sabol with the Federal Bureau of Investigations. He talks to us about the reasons behind youth joining gangs. Mark says one of strongest reasons they've seen for youth joining gangs is that sense of belonging. So many of them come from broken homes and don't get the love and attention they need. Mark notes that the average age to join a gang is 15 years old, but gangs start to target youth at the age of 12. Many factors that lure them into the gangs are the large amounts of money, the new cars, the street credibility, etc. Marks says that even though they are lured in by the many frivolous things, they must get jumped, or beat up, by the gang to gain membership. Mark lets parents know that there are different subtle changes that they can pick up on when it comes to their child or another child joining a gang. An unexplained injury is largest factor, but also their infatuation or insistence on wearing a particular color. Gangs mainly associate themselves with a particular color or symbol. Mark makes it very clear that there are only two possible outcomes for gang activity and that is prison or death. He says that is why it is very important to help the child when there are signs of gang activity.

JOY IN OUR TOWN #160303-3a	28:30	13:07	L	PA/O	6/13/2016	5:30 PM
-------------------------------	-------	-------	---	------	-----------	---------

Jarissa Garcia interviews Michael Flores from the Houston Police Department. He talks about identifying gang activity. Michael says there is a difference between a group of people just hanging together and a gang. In a gang, they have common identifying signs, symbols or colors and regularly commit crimes. There are different types of games in different parts of the cities, but they're not confined by any borders. Michael makes the point that because of that reason it is good there is a gang activity task force. Unlike policemen, who are confined to a particular area, the gang activity task force can freely move to stop gang activity in any area. There are signs that viewers can look out for when it comes to spotting gang activity in their neighborhood such as unidentified characters, graffiti, or something that is out of the norm. Individuals join gangs for different reasons, but one of the main reasons is the sense of belonging and false promises that are offered. Michael has seen that a lot of times a gang treats the members like a family, but then once someone from the gang goes to jail, the members turn their back on them. Michael is a part of the GREAT unit which stands for gang resistance educational training. The unit goes to schools and teaches techniques on refusing to join a gang if someone asks them as well as goal setting. They make sure to teach them the truth behind gangs so that they can focus on their future. Michael lets viewers know that reporting any signs of gang activity helps, but paying close attention and talking to the children they know helps the most.

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

Crime

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
JOY IN OUR TOWN #140923-1a	28:28	12:44	L	PA/O	6/27/2016	5:30 PM

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

JOY IN OUR TOWN #140923-4b	28:28	11:00	L	PA/O	6/27/2016	5:30 PM
-------------------------------	-------	-------	---	------	-----------	---------

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

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

Economy

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

JOY IN OUR TOWN #160202-1a	28:28	12:44	L	PA/O	4/4/2016 4/5/2016	5:30 PM 3:00 AM
-------------------------------	-------	-------	---	------	----------------------	--------------------

Genet Chenier interviews with Marina Perez with Money Management International. Marina talks to us about how to make a budget and how important it is for us to keep a budget. Marina lets us know that most money problems are a result of bad money planning. We should She also suggests we pay ourselves first before we pay any bills. This way we don't feel deprived of the money we work so hard for.

JOY IN OUR TOWN #160202-1b	28:28	13:06	L	PA/O	4/4/2016 4/5/2016	5:30 PM 3:00 AM
-------------------------------	-------	-------	---	------	----------------------	--------------------

Genet Chenier continues her interview with Marina Perez with Money Management International. Marina talks to us today about financial literacy and to educate us about the ups and down of our money. Personal finances, how you will spend your money, eating out is one of our largest budget busters. When we don't educate ourselves on how our money is being spent, it causes us to borrow money. Some people feel that it is necessary to get a second job to help increase their income. But what really needs to happen, is they need to search within their budget to see where they can make changes. Each month we should check our bank statement, for accuracy. When educating your family, you can talk to them as early as 5 years old then build as they get older.

JOY IN OUR TOWN #160204-3a	28:28	13:14	L	PA/O	5/9/2016	5:30 PM 3:00 AM
-------------------------------	-------	-------	---	------	----------	--------------------

Coppelia interviews Jamail Johnson with The Fulfillment Project. He talks to us about economic hardships of families. Jamail lets us know that there are a lot of families in Houston that are homeless, that are hungry, and that may be employed, but are living paycheck to paycheck. The Fulfillment Project doesn't just aid homeless families, but also families that have homes with no food to eat. He tells viewers some shocking information that the zip code 77032 in Houston is ranked 8 in the poorest and most depressed zip codes nationally and ranked 1 in Texas. He also lets viewers know that average income in that area is \$20,000 for a family of four. It can be damaging for a child to live in a low-income home because often times they will look at other children and begin to compare clothes, shoes, etc. The Fulfillment Project was birthed out of Pastor Jamail's church giving school supplies and has grown on a major scale. Jamail speaks about their event The Back to School Jamboree. They started the event in their church and in 3 years ended in Aldine's educational center. The number of children given school supplies increased from 10 to 2,000. For the last 3 years The Fulfillment Project has been Aldine I.S.D.'s non-profit organization of the year. Jamail's main goal for The Fulfillment Project is to change how the zip code, 77032 is viewed. Jamail ends with telling viewers that even if you're not part of a service organization, seeing someone on the corner and giving them food or money can go a long way.

JOY IN OUR TOWN #160204-4a	28:28	13:14	L	PA/O	5/16/2016 5/17/2016	5:30 PM 3:00 AM
-------------------------------	-------	-------	---	------	------------------------	--------------------

Host Genet Chenier interviewed Ed Gardner about planning for your financial goals. When setting goals we should have an attitude for success. You must write down your goals on paper. Most people don't plan to fail, people fail to plan. Plan. Simple. smart. Financial goals should be measurable attainable and realistic. Even if you make a mistake with your finances, get realistic and start over. The biggest mistake people make is to do things to impress their friends. Lifestyle isn't as important and your financial future. We often spend money based on needs over wants. Every couple or household is mini companies that should have a budget that will help determine the direction. No more that 25% of income on a house. One extra payment per year will make a 30 year mortgage 21 years. (Shorten by 8 years). Additional payments go to principle. Look not only for today, but look down the road for the future. Shorting your mortgage makes it easier to pay for college. All debt should be no more than 35%. 25% Housing, 10% consumer debt max. It is also important to plan for retirement. Plan to tithe for your church, and tithe for your future. Team - together everybody achieves more.

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

Economy

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch #05022016	1:00:00	5:00	REC	PA/O/E	05/02/2016	2:00 PM

CBN News Reporter Caitlin Burke Reports: Disruptive innovation: While you may not recognize the term, it's affecting life and business as we know it. It happens when new ideas and technology shake up old markets by creating new ones. We've seen it in transportation, hospitality and now with banking. It's being called Wall Street's "Uber moment." Rob Morgan, vice president of Emerging Technologies at the American Bankers Association says customers expect to have the same type of digital access to banking as they do to other important services. Think about it. You can get your mail through a smart phone, order dinner, even hail a cab, all just by pulling up an app. Now thanks to financial technology, you can also access your money. Apple, Google, Amazon are the tech giants all on board with financial technology. Most of them are starting off with digital payment apps. While they may be a little late to the party, major banks have entered this new reality. Banks are competing in this space, but it seems they face an uphill battle. According to Harris Research firm, 77 percent of consumers have a positive impression of the tech industry, compared to 35 percent who feel good about the financial industry. Those skirmishes seem to be taking the shape of regulations. The tech industry wants breathing room for young startups, while the banking industry believes its new competitors should follow the same rules it does. Security is a major concern of consumers when it comes to digital financial services. Peters says your cell phone will eventually provide better protection of your information than a debit or credit card. Some of the popular services include Venmo, Google Wallet and Apple Pay. They allow you to transfer money and buy products without ever stepping into a bank or pulling out your credit card. This especially appeals to the Millennial generation. According to Viacom Media, 73 percent of Millennials prefer using digital services than going to a bank. But it's not Millennials who stand to gain the most from this technology. Despite battles on Capitol Hill, both the banks and the tech industry agree that, ultimately, the consumer will be the winner.

700 Club NewsWatch #05202016	1:00:00	5:00	REC	PA/O/E	05/20/2016	2:00 PM
------------------------------------	---------	------	-----	--------	------------	---------

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. 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. Another common mistake for many is overestimating how long they'll work. Here's some basic retirement savings tips: Plan on living longer than you think you might as life spans continue to grow. Save extra for healthcare because those costs going forward are difficult to estimate. Maximize your employer's 401K match and look into a Roth retirement account. 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.

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

Education

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #160204-1a	28:30	13:07	L	PA/O	4/25/2016 4/26/2016	5:30 PM 3:00 AM

Coppelia, talks today about Childhood Literacy. She interviews Trent Hale and Kate Robertson of Books Between Kids. Kate shares with us that there is 13 books for every 300 hundred kids in lower income neighborhoods. The mission of Books Between Kids is to build home libraries one summer at a time. Their libraries are built by donations through home family libraries, churches and other sources. Most families don't have enough money to purchase books that their children should be reading through the summer. Children should be able to choose their books at the "Book celebration", this is the time of the year that the children get to collect their own books. It's similar to a book fair, but there is no cash register. The statics show that 1 in 5 adults are functioning illiterate which speaks to why it's so important to get books into the hands of our kids. Trent leaves us with this thought, books have always been a cornerstone of our lives, so it's important that we get books into the hands of our children.

JOY IN OUR TOWN #160204-1b	28:28	11:00	L	PA/O	4/25/2016 4/26/2016	5:30 PM 3:00 AM
-------------------------------	-------	-------	---	------	------------------------	--------------------

Coppelia talks to us today about preparing for the workplace. Coppelia interviews Lauren Courville from Dress for Success Houston. Lauren tells us the mission of Dress for Success is to empower low income women with job readiness skills and clothing. Some women come to their office and are qualified for the jobs they are seeking, but lack the confidence to land the job. Women who look good have confidence to do so much more with their lives. Some women don't want to go look for a job because they feel they can't compete in the work force. Dress for Success helps women to get the clothing for a job and job skill readiness classes. They want all women to be ready physically and mentally for the workforce.

JOY IN OUR TOWN #160204-4b	27:45	13:05	L	PA/O	6/28/2016	3:00AM
-------------------------------	-------	-------	---	------	-----------	--------

Coppelia interviews Melissa Williams from the iWRITE Literacy Foundation. She talks about inspiring youth to write. IWRITE brings in that "cool" factor to make youth want to be a part of the literacy movement. Melissa lets viewers know that there is a steep drop in reading which causes a steep drop in writing. The latest generation is known as the "digital native" generation because of the amount of technology they have access to. There has been an alarming increase in the number of hours of entertainment technology. It has increased from 2 hours a day to 7.5 hours a day. The number of hours spent using technology has caused a significant drop in the amount of creativity, the use of imagination, and overall awareness to surroundings. Melissa makes a point that writing is inspired by memories and experiences, but due to lack of love and curiosity from the generation, the inspiration for writing is absent. Melissa explains that it is important for youth to polish their reading and writing skills. Literacy isn't about just reading and writing, but the ability to communicate with others, to speak well, and effectively express you. The iWRITE program sets the foundation, not just for better grades, but possibly a better career in the future. The iWRITE Literacy Foundation is known for their contest IWRITE Stories By Kids for Kids which is a national competition for youth ranging from 3rd grade to 12th grade. They enter short stories, poetry or cover art for a chance to be published and gain opportunities to speak and write further. Melissa makes sure that through writing a child can become a leader and inspire other children to go further in their own writing. In her closing statement, Melissa encourages parents, educators and children to get involved in the literacy movement and make reading and writing the forefront of their community

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

Education

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #151103-4a	27:45	13:05	L	PA/O	6/28/2016	3:00AM

Host Genet Chenier interviewed Joe Wappelhorst, Executive Director of Literacy Advance of Houston, about low literacy in Houston. One in 5 people in Houston (or a million people) struggle with literacy issues. They may be functional; however their lack of literacy can drastically hamper their quality of life. Literacy encompasses more than reading and writing, but also includes listening and speaking. Some of the low literacy challenges are created by people who may have come to Houston from other places all over the world. A good portion of people do not speak English as a primary language. Lack of computer literacy is also becoming an increasing problem to advancement. A person may be fully literate in their native tongue. Their difficulty is not a function of intelligence. Mr. Wapplehorst addressed several myths about literacy. Intelligence level is not an indicator of literacy. Many people who speak a different language are here legally. Many think that all ESL students speak Spanish. There are more than 47 different languages represented in these programs. Low literacy is a barrier that can be overcome.

JOY IN OUR TOWN #151103-4b	27:45	13:05	L	PA/O	6/28/2016	3:00AM
-------------------------------	-------	-------	---	------	-----------	--------

Host Genet Chenier interviewed Joe Wappelhorst, Executive Director of Literacy Advance of Houston, about solving illiteracy in Houston. Literacy is first assessed, and the goals and needs are assessed. ESL classes can be very helpful to solving literacy problems. Having goals focuses the area of learning and keeps students motivated. Addressing the needs of children is also key. The number one indicator of a child's academic success is the literacy level of their primary caregiver. Pre-reading skills include vocabulary, sequencing and learning of the alphabet. Reading to kids on a daily basis is also important. Reducing the social stigma for adults also helps motivate adult learners. People with low literacy have developed skills to hide it, so recognition may be difficult. Literacy advance of Houston coordinates initiatives with the Houston Literacy Foundation and the Houston Center for Literacy (Mayor's office) 95 agencies. Sharing and communicating best practices. It is never too late to tackle literacy issues. Many volunteers are needed to help reverse literacy. Those who are illiterate have higher rates of poverty and crime. Literacy impacts all of us, so it pays to be a part of the solution.

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 #160202-2a	27:45	13:02	L	PA/O	4/11/2016 4/12/2016	5:30 PM 3:00 AM

Genet Chenier interviews Glen Urbach with NAMI Greater Houston. Glen helps us to understand the meaning of mental illness. Mental Illness is an organic illness of an organ called the brain. Glen states that we cannot tell our brain to function properly; we have to have proper medications and sometimes therapy. Mental illness is not something one person gets; it crosses all races, cultures etc. One type of mental illness is Bipolar disorder, it's a mood disorder. They tend to have high periods or euphoria and low periods of depression. Some symptoms of mental illness are mood changes for an extended period of time, and odd behaviors or possibly wanting to harm yourself. NAMI Greater Houston is an organization that helps families and individuals understand mental illness. They have support groups; provide advocacy and group therapy for people living with mental illness and their families.

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

Health

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

JOY IN OUR TOWN #160202-2b	27:45	13:02	L	PA/O	4/11/2016 4/12/2016	5:30 PM 3:00 AM
-------------------------------	-------	-------	---	------	------------------------	--------------------

Genet Chenier continues her interview with Glen Urbach with NAMI Greater Houston. They are discussing the state of mental illness in Houston. Glen tells us that there is a great collaboration of agencies in Houston that are working on getting individuals the help they need for mental illness. Unfortunately, Glen shares with us that the largest treatment facility in Houston is the Harris County jail. Why you may ask? Because the individuals do not have the insurance to get medications that they need to maintain their mental health. But in Houston in the last 5 to 10 years, police officers and therapist have been train to help these individuals get the help they need if they have gotten into trouble as a result of a mental illness. The person with a mental illness and their families and friends should help each other. Separate the illness from the individual is the advice that Glen leaves with us in this segment.

JOY IN OUR TOWN #160303-1b	27:45	13:02	L	PA/O	5/23/2016 5/24/2016	5:30 PM 3:00 AM
-------------------------------	-------	-------	---	------	------------------------	--------------------

Jarissa Garcia interviews Rachel Bromley from NAMI Greater Houston and Billy Dorsey from The Bridge Life. They talk about youth and mental illness. Rachel brings up that most people stereotype mental illness by how someone looks such as a homeless person on the street, but there are people that don't have "the look" and suffer in silence. She lets viewers know the alarming statistics that 20% of children age 13 to 18 live with a mental illness, 50% of them show symptoms by age 14 and 75% show symptoms by age 24, but it takes 8 to 10 years for them to get help. NAMI Greater Houston's goal is to reduce the time it takes for them to get help by a large margin because it doesn't affect just the individual but the entire family. NAMI walks allow families to come together and raise money as a team and show their pride for their family member and their illness. Rachel shares that there are tools located on the NAMI Greater Houston website that families, or the individual, can access to learn how to disclose, when, and to whom. Billy makes a great point that youth don't believe that they can make a difference because they haven't been given an opportunity. He says a lot of times adults discredit the ideas of the youth and that youth should be given a chance to lead because a lot of times they can better relate to their peers. Billy mentions an event that The Bridge Life does called Friday Night Lights to help shed the light on metal illness and allow youth to worship without feeling ashamed of their illness. As a last piece of advise for viewers, Rachel says that if someone is hurting it is important to get involved and get NAMI involved as well.

JOY IN OUR TOWN #160303-7a	27:45	13:02	L	PA/O	6/20/2016 6/21/2016	5:30 PM 3:00 AM
-------------------------------	-------	-------	---	------	------------------------	--------------------

What is a uterine fibroid? It is a benign tumor found in the uterus. Depending on the location it can cause major problems. Dr. Doe explains to us that the tumors can vary in size and depending on the size may cause side effects. Many women don't know they have fibroids; this is when they are very small and not doing a lot of damage. Symptoms of having fibroids are heavy menstrual cycles, fatigue, weakness and miscarriages for pregnant women. Statics show that 80% of African American women suffer with uterine fibroids. It is not yet known why women develop uterine fibroids, but there is ongoing research to make this known to women around the world. Lastly Dr. Doe encourages women to seek a doctor if they feel they are having any symptoms.

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

Health

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
JOY IN OUR TOWN #160303-7b	27:45	13:02	L	PA/O	6/20/2016 6/21/2016	5:30 PM 3:00 AM

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

Switch On Your Brain #023	27:30	27:30	REC	PA/O/E	04/06/2016 06/29/2016	5:30 PM 5:30 PM
------------------------------	-------	-------	-----	--------	--------------------------	--------------------

Today on Switch On Your Brain Dr. Caroline Leaf discusses milkshake multitasking; jumping around, chaotically and haphazardly from one thing to the next. We're not doing anything properly, it creates chaos in our brain, and it's not healthy for us. We actually can't multitask. We are designed to shift between different tasks and shift between different thoughts in a very organized and ordered and very fast way. We are designed to do busy well. Research shows that the human brain is designed to constantly change throughout our entire life. We're constantly growing new neural links, new networks, new dendrites, new structures, and new connections. Memories are constantly altering. Every time you think of a memory it's changing. Every time you focus on something, you are adding more structures to your brain. You are constantly re-landscaping your brain. And we have massive power in terms of what that landscape will look like. Will it be a healthy landscape, which is mental health through good choices? Or will it be an unhealthy landscape through incorrect choices? This is mind work. We, with our incredible, powerful mind, can design it. One of the most important things is to set up a constant internal dialogue with the Holy Spirit. And as you are doing that, you will learn to activate and use the new brain material that He has given us, plus the design of the brain that responds in a healthy way to all these good thoughts that we can build in our brain. By the same token, there's a plastic paradox. We can use those great new cells for bad, for evil, for the wrong thing, for making wrong choices. This new birth of neurons as you wake up in the morning is called neurogenesis; new birth. Multitasking is a myth. Social media experts tell us that the 140-character tweets is how things should be packaged. So, there is a continual stream of information that, yes, in a way, they are correct in that we are designed to respond to a continuous stream of information, but we are also designed to stop and think about that information. There's a very positive side to social media. Fast access to information definitely improves the speed of processing. The problem is that it takes away a lot of depth to people's thinking if you are using it too much. Deep intellectual thinking is extremely important. So, in terms of social media, it has to be a balance. And what they have found is that being addicted to social media – it's an easy addiction to actually develop because we're merged with the technology. Look at people – they're constantly on some form of technology. That, actually, in itself can create a pattern in the brain that is very similar to cocaine. Milkshake multitasking can be managed through quality not quantity. The first thing is that we need to make a decision to direct our attention meaningfully. Pay attention is a primary thing. Where are you going to direct your attention? Because where you direct your attention, learning follows. We need to tune our ears to listen to His (God's) voice. We need to keep focused on God's message at all times, which means that we are supposed to be constantly in a state of: What am I supposed to do next? Now, the Holy Spirit will lay down truth in our intuition of our spirit man. So, we need to develop our intuition. We also need to be extremely aware of our thoughts. It's a definite choice. It's a definite discipline.

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

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Switch On Your Brain #024	27:30	27:30	REC	PA/O/E	04/13/2016	5:30 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "What is the Mind?" We are spirit, soul, and body. And the mind is the central part of us. The mind is this soul part of us. It's our intellect; our ability to think deeply. Our will; our ability to choose, and our emotions; our ability to feel. And it's subservient to the spirit of man. So, the spirit of man is higher than the mind of man. And the mind is higher than the physical part of man, which is the brain and the body. And the Holy Spirit is designed to lead it all. Holy Spirit, to spirit, to soul, to body, the soul being mind. Research shows that the mind is divided into a conscious part and a non-conscious part. The non-conscious part is linked to the spiritual part of man and it drives the non-conscious mind. The conscious mind is the conscious part of us that is awake when you're awake. The non-conscious is always awake. Our conscious mind is equally as powerful as the non-conscious mind. The mind is separate from the brain. The mind is not the brain. The mind controls the brain. Scientifically we call it neuroplasticity, which "Neuro" means brain, "Plastic" means to change. But what's really happening is it's renewing of the mind. Our brain has actually been designed by God to be constantly renewed. Whatever you're focusing your attention on, your brain just reflects that. Where your mind goes, your brain follows. So, literally, as soon as we become aware of something, as soon as we are consciously aware of something in our thought life, it becomes changeable. You see, your thoughts precede your words and your actions. As soon as we become aware of something we can re-conceptualize the information. Basically, as we are aware of something, we can in science re-conceptualize the information. Re-conceptualize is basically a fancy word for redesigned. Now, it is accepted that ninety-five percent of who we are operates at the non-conscious level. What is interesting is how science is catching up with word of God. Because this is a completely spiritual thing. God made science. Science is spiritual. As you are thinking, information is coming in through your five senses. And then, that is then activating thoughts to move from the non-conscious to the conscious part of your mind. So, for example, the label PTSD (Post-Traumatic Stress Disorder) comes in varying stages. Any trauma that you have, any toxic thought that you have in your brain is a post-traumatic stress disorder. Anything that you haven't dealt with creates this trauma in your brain. It goes from worry to anxiety to trauma. So, every time it pops up from the non-conscious mind, your whole being is flooded. What we've got to do is go back to the core of: Who are you? How are you reacting? What happened in your life? How have you reacted to that? Is there a better way of reacting? And the only answer is Jesus; to go to the Holy Spirit, because He knows what you can deal with at that particular moment in your life. We need to deal with the psychology. We need to have things like talk therapy and a loving environment and people sitting down and helping you deal with these issues. We don't take the person's problem. We don't fix the person's problem. We encourage and carry the person while they're fixing their problem.

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

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Switch On Your Brain #025	27:30	27:30	REC	PA/O/E	04/20/2016	5:30 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "Choice and the Power of Choice." It is such an incredible gift from God to be able to choose. And it's something that's been debated for years. Even now, it's very popular in science to talk about the fact that we actually don't have any free will. We don't have a choice. That we're just these animals or these biological automata that just respond to the environment. That's not what the Bible says and that's not actually what happens. Moment by moment of every day, you are choosing. And every time that you choose, you generate a signal with your mind that completely changes the genetic structure of your brain and your body. Deuteronomy 30:19 says: "I lay before you life or death." So, every single day, you're in the events and circumstances of life. And you can't control them because those events and circumstances are the result of other people's choices. But you can control your reaction to. So, you have the ability to choose how you are going to react to those events and circumstances. You see, choice is a real thing. And as we choose, we activate all different parts of our brain that kick into high gear. And as we choose well, amazing things happen in our brain. You have to partner with God. Grace is you stepping into what He has given us. When we step into the probabilities, they are all good and life will happen like it should and we will rejoice despite the circumstances. The only way we're going to choose the correct thing is if we direct our attention towards the Holy Spirit, and discipline our minds to listen to the Holy Spirit and choose the correct way. And as we choose, we then collapse that probability into a reality. We have such hope built into us. And science and scripture meet. God uses science to help us see the hope that He has built into us. In super position we don't know the outcome. When you have a love, power, and a sound mind, you are in super position. So, if we listen to God, we'll start hearing wonderful picture of the probabilities. If we listen to the enemy, we'll be hearing an awful list of probabilities that can go wrong. But we have to actually make one of those happen. When you are desperate, you will change. And when you have desperation plus a vision of who you really are, it's so much easier to move forward. We have these incredible things in our body that I call discomfort zones, which are reactions. When you're about to make a choice, there are three discomfort zones that kick in. The first one is you just become aware of how you're going to react. The second one is much stronger where you actually can feel your heart pounding and the adrenaline pumping – a very strong physical reaction. The third one is when you are about to make that choice. You become very, very, very self-aware, self-evaluative and self-regulating, in terms of the consequence of your choice. The plastic paradox is where we can choose either good or bad and they both have consequences. Our brain will simply follow your mind. Where your mind goes, your brain will follow. Make sure the choices that you make are the choices that are led by the Holy Spirit.

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

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Switch On Your Brain #014	27:20	27:20	REC	PA/O/E	04/27/2016	5:30 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "What is Mental Health?" She breaks it down into three different elements. A state of well-being, first and foremost, is the ability to understand who you are, understand your potential ---- what she calls the "I-Factor." Second, how you handle stress. How you react to the stresses of daily life will also determine how your mental health status is. Third, self-actualization. It's so important that we have a goal that we're going towards and that we feel satisfied, that we feel like we're achieving something, and making a difference in this earth. Look at 3 John 2. Scripturally, mental health comes from your soul prospering. Your soul is your mind. If we look at the World Health Organization's definition of what mental health is, it says: "Mental health is defined as a state of well-being in which every individual realizes his or her potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." The current status of mental health is that souls are not well. For example, there is a 35% increase in mental health among children. There is a dramatic increase in the number of mentally ill since the 1950s. There is a disconnect between how the scientific community and medical community are dealing with mental health versus mental ill health and the way that the Bible is actually teaching on it. So, mental ill health, currently in today's way that we view it, are things like: OCD, schizophrenia, depression, anxiety. All these labels that we have that people are being told are diseases that are chemical imbalances in the brain have never been proven. These are theories. We see widespread acceptance of the idea that mental ill health issues are biological illnesses. But they are not biological illnesses. They are the result of us making choices that we should not be making. The church is not talking about mental health sufficiently. If you look at the statistics, 66% of churches are never talking about it. Only 4% of churches are mentioning it, maybe, monthly. It is a stigma to have mental ill health. What's happened is that there's been a lot of public campaigns to try and make people aware that mental ill health is at an epidemic proportion. It's because we are not aware of what it is and we don't understand it. And there's this disease thing and we need to change it and we need to fix it. What research shows is that that's actually made things worse, not better; that that's increased the stigma. Because to be told that you're a faulty machine with no hope and that you have to be medicated the rest of your life is not something that brings hope; it makes you feel like a broken person. It's a story in your mind. It's a belief system in your mind that goes contrary to having the mind of Christ and to be made in God's image. So, it creates what we call cognitive dissonance in your mind and it creates confusion. If people are convinced that their mental health issues are biological then you automatically want a biological solution. When we talk about biological, we're talking about the realm of the physical. We are spirit, soul, and body. The rules that apply to the physical are not the same as the rules that apply to the soul; to the mind. So, if mental health issues are lumped along with something like diabetes, or a broken arm, or a cardiovascular issue, that is not correct. When we separate out the biological and the mental and we look at this thing correctly, we actually have much more hope. Because of instead of stigmatizing you and saying that you are a diseased, broken machine, we are saying: Hey, you are perfect, made in the image of God. And, the choices that you've made have landed you up in a bad place. And so, we can stand with you and recognize the depth of the uniqueness of who you are and help you get through those issues

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

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
Switch On Your Brain #015	27:20	27:20	REC	PA/O/E	05/04/2016	5:30 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses epigenetics. Thoughts are real things. You have such an incredible mind that right at this moment you are building these real, physical thoughts inside of your brain. And what those thoughts look like is based on what we call epigenetics. To say it very simplistically – what you are thinking is creating a signal that is actually influencing how the physical genetic expression is functioning and happening inside of your body. Your mind basically controls your brain and your body, so the genes don't just switch themselves on. They're switched on by epigenetics. We need to start seeing that the traumas of life, the hard things, the hard stuff, the suffering, the mental anguish, and the anxieties – whatever you want to call all these things – these are temporary. We mustn't medicalize misery. We mustn't turn the normal reactions of life into a pathology or a disease. This is such a wonderful truth: The fact that you are not a victim of your biology. The fact that you are not a victim of your circumstances. The fact that we can constantly change. The fact that our mind constantly changes. The brain is like a mirror that reflects what is going on inside your mind. The mind can change the brain. The way you think will change the brain. The brain is plastic and we call this neuroplasticity; neuro meaning brain, plastic meaning change. Each and every one of us is so completely unique. As it says in the Bible we are uniquely, fearfully, and wonderfully made. Unique means stand alone, set apart. For so many years, there's been a debate between nature, nurture, and what I call the "I-Factor." Nature is nature-dominant. In other words, are your genes and your biology dominating you? Are you controlled by your genes? Are your genes dictating you? Is there a certain pattern in your brain that's causing all these things to happen? So, that's the nature argument. Then, the nurture argument is the environment that you grow in, the experiences that you have, the traumas that you go through. Is that what's causing these issues? So, there's the debate: Is one more important than the other? Do they work together – nature and nurture? Well, it makes a lot of sense that the nature and the nurture work together. But, there is another factor that's overriding both of these and that is you – your uniqueness that I call the "I-Factor." The psychological part of you, the mind part of you. Your choices are real. You are free to make whatever choices you want, how you focus your attention. This is the gift that God has given us. But please be aware that there are consequences of your choices. So, if you spend all day ruminating about the things that have gone wrong and who did what to you and how you want what someone else has got, well, you are going to be in the mental ill health zone. If you're spending more than 21 days whining and moaning about your situation, and complaining, you will build toxicity into your brain. Research shows that seventy-five to ninety-eight percent of current mental, physical, emotional, behavioral illnesses today come from our thought life. Research shows that DNA responds to the signal of the mind. DNA doesn't just switch itself on. It's just hardware. It needs something to make it work. You switch your genes on and off and the dominant signal for switching genes on and off, which makes physical substance in your brain, is your thought life. We create internal environments with our thinking and as we create those internal environments that are literally done with our belief systems. What you are thinking about right at this moment is what we call an epigenetic factor. Our external environment is very important. It's the environment that you are living in, the people that you're involved with, your work environment, the context of your life, the social factors of your life – these all create the external environment that also impact how you are managing your life. These are also called epigenetic factors. It is incredibly important for us to create positive entangled relationships. God designed us for relationship. He designed us primarily for a relationship with Him and we are designed for relationship with each other. We improve our epigenetic external environment by the kinds of people that we interact with. It's important that you choose who you're going to spend time with, that they energize you, that they will encourage you, that they will lift you, and that they will not tell you what to do. Healing comes from three major things. Number one: You have to take responsibility. You have to change your own epigenetics. That's the internal epigenetic factor. Then, you need to have your loved ones, your inner circle, and your family. That changes your external epigenetics. And then, there's a second part to the external epigenetics, and that's the community. Your schools, your places of work, the institutions that you're linked with – these all play a role in your healing, in creating environments for you of healing.

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

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Switch On Your Brain #016	27:30	27:30	REC	PA/O/E	05/11/2016	5:30 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "The New Science of Stress." Did you know that stress is good for you? The new science of stress shows us that the way we perceive an event will determine whether we move into healthy or unhealthy stress. Healthy stress, which is normal, which is good, helps us to become alert and focused, have wisdom, and think clearly. Unhealthy stress, is when you make bad choices and we then throw our body off and we step into this unhealthy zone inside of our bodies, and there are two stages. We cannot control the events and circumstances of our life, but we can control our reactions to those events and circumstances. When you react incorrectly, you take a good thing and you turn it into a bad thing. What happens is that when we actually start reacting incorrectly and our perceptions start changing; our perceptions of the environment and the situations, then we start affecting every cell of our body and we start moving into stage two and three of stress, which is toxic and which is negative. They manifest in different ways. When we do make these bad mistakes, we can get rid of them and this is the most amazing thing in science: if you have wired that in, you can wire it out. Because we can stand back and observe our own thinking, we have a multiple perspective advantage both into the way that our brain actually functions. So, stand there, stand back, and make a decision: I want healthy stuff happening in my body, not bad stuff. The more you reach out and help others, the more you serve others, the more you get over yourself, the more resilience you actually build into your body physically and mentally against the stressors of life and the more easily you will actually stay in stress stage one and the more you will avoid mental ill health. We need to stop seeing people that have diagnosed mental ill health issues as faulty biological machines. This in itself is a stigma. What we need to see is a beautiful, unique, incredible human being that is not stuck in a box but that has a unique way of seeing life and is going through a hard time.

Switch On Your Brain #017	27:30	27:30	REC	PA/O/E	05/18/2016	5:30 PM
---------------------------	-------	-------	-----	--------	------------	---------

Today on Switch On Your Brain Dr. Caroline Leaf discusses "Disease vs Disorder." The enemy has got into this whole disease model. We are told that your brain controls you, that your brain produces mind. We have to realize that mental ill health is a learned disorder. It's something we've learned. In the mid-1940s the World Health Organization made a statement about mental health. A very relevant statement. We should be focusing on people's well-being and releasing their potential, not illness. So, a positive focus as opposed to a negative focus. However, that actually has not happened. The focus now is on a negative mindset, in terms of mental ill health as an illness. The disease model of mental ill health looks at psychiatric disorders as an illness, as a biological illness. The DSM-5, which is the "Diagnostic and Statistical Manual" is a manual which basically identifies all the different psychiatric disorders. It is based on symptoms. It is not based on causes. They do not know the causes of psychiatric disorders. For 30 years, 50 years, a hundred years, they've been speculating and doing research. But there is no conclusive research saying that it is a biological, or genetic, or neurobiological illness, which kind of removes all responsibility from the person, makes them into a patient. More recent research is confirming that mental ill health is not a disease; it is a disorder of the mind. It is how we are processing psychologically through our mind. The only way that we can get our brain out of bad patterns is by relearning. We literally learn our way into bad thinking and we can learn our way out of bad thinking. What we wire in we can wire out. This gives us hope. It is not a hopeless situation. There is no situation that you are facing in your mind that is not changeable. Because all the science is confirming what the scriptures have been saying – the minute you bring a thought into captivity, it becomes renewable.

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

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Switch On Your Brain #018	27:30	27:30	REC	PA/O/E	05/25/2016	5:30 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses addiction. Did you know that we are designed to be addicted to God? When we hear the word "addiction," we immediately think of negative connotations; people being addicted to heroin, and drugs, and pornography, and whatever. Actually, our brain is wired to be focused on something constantly. All the networks of the human brain, the connectomes, the circuitry, the neurotransmitters, they respond and function in their highest level when we are connected to God. If we are not addicted to God, we will be addicted to something else. An addiction is a pattern that we set up in our mind. It's not just to alcohol and porn and substance and whatever. It is also mindsets that we develop. NIDA is the National Institute of Drug Association. They define addiction as "A chronic (which means on-going) relapsing (which means it's never going to go away) brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences." Basically, their philosophy is that once you're an addict, you're always an addict. That is not what the Word of God says. Your perception of how you are being told about what is going on with you is going to influence your rate of healing. And this is why it is important that we recognize and understand the truths of what goes wrong in our life in the light of scripture. Because the truth is that God made us wired for love. God made us in His image. Various studies have been done by the government to show that drug addicts get out of addiction up to 86% of the time without any help. In other words, addicts get over it through choice. It's not a chronic relapsing disease. We get what we call the "clinical illusion" because the small percentage of people that are in addictions of all types that don't get out, those are the ones that, basically, they say, represent the entire population of the world, which is incorrect. When you set up patterns, it takes time to actually break those patterns. It requires effort. It requires discipline. It requires desperation. You've got to be desperate to change. Because your brain has to obey your mind, by a decision of your mind to change and to get through the thing and to quit and to stop and to change those thoughts, you actually will redesign your brain. Your brain has to obey you; you are not a victim of your biology. So how can you develop your addiction to God? Well, it's making a decision, number one: You need to follow Jesus Christ. That's your most important choice that you ever make in your life. Addiction to God is building this relationship; constantly talking, constantly communicating, in addition to reading your Bible, praying, and worship. It's setting up this internal dialogue with God. That creates really amazing good addiction patterns in your brain.

Switch On Your Brain #019	27:30	27:30	REC	PA/O/E	06/01/2016	5:30 PM
---------------------------	-------	-------	-----	--------	------------	---------

Today on Switch On Your Brain Dr. Caroline Leaf discusses "Psychiatric Labels." Schizophrenia, bipolar depression, depression, anxiety disorders – these are labels that are defining and identifying symptoms, but not necessarily telling us what's going on. We have a tendency as humans to try and label things. But the minute you label someone, you've literally put them in a box. Labels lock you in and this is what happened with the world of psychiatric labels. You know, the psychiatric labels that we are becoming so familiar with, like OCD and anorexia, and ADHD, and post-traumatic stress disorder. These are all describing very definite things that are happening, definite things that are going on in people's minds. But the way that they've been organized and put together into the "Diagnostic and Statistical Manual" is based on symptoms as patients describe them. Experienced clinicians intuitively understand that there's a blurred line between all these labels. And despite that, they treat them as though they are distinct entities. If we look at the context and try to find the meaning behind why a person is doing what they're doing or manifesting in with mental health issues, it will be far more effective than trying to label them. There is a cry deep down inside of us and this a global cry: "Does anyone out there understand me?" We have to listen to what God says about who we are. We have to turn our view of ourselves and see ourselves through the lens of how God sees us in dealing with life. In order to be able to try and manage a problem, we always like to define it. So, a label, a psychiatric label, tries to put something into a box. And it's not a bad thing, in terms of trying to understand something because if you categorize behaviors, it is a way of understanding so that you can help people. So, a label from that perspective is not a bad thing, if the attempt is to understand deeper and to help others. Where a label becomes a big problem is when you tell people that this who you are and they absorb that into their spirit. They build a network and they say, "I am this," and they become that because what you believe you actually become. All of us are going to be completely different. We can't stick them in a box and give them a medication and write them off and put them in the disabled part of society. These are our people. These are our brothers and sisters, and uncles and aunts and members of our churches. We need to bring them back into Milieu (Talk) Therapy. We need to walk alongside them. We need to not judge them. We need to help them take responsibility, teach them, help them to run a disciplined life, etc.

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

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Switch On Your Brain #020	27:30	27:30	REC	PA/O/E	06/08/2016	5:30 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "The Disordered Mind." The difference between a disease and a disorder is that you can control a disorder. But that is a choice. And if you choose well, you move into mental health. If you choose badly, you move into mental ill health. So, if you make a good choice, you build healthy thoughts, which generate life. If you make a wrong choice, you build unhealthy thoughts. It's not that you have a disease in your brain. It's that you have a disorder and your brain can rewire. Disorder is the result of incorrect thinking. A disordered mind is a chaotic mind filled with cluttered rogue thoughts of anxiety, worry, and all manner of fear-related emotions send out the wrong signal right down to the level of the DNA. Some research that just came out very recently from Stanford shows that instead of there being a distinct neurological pattern for each type of disorder, for example, schizophrenia would have this type of brain signature; and bipolar this type of brain signature; and anorexia this type of brain signature; and each of those having this type of genetic signature. What they've actually found is that all the different psychiatric disorders actually have the same kind of brain damage. And what's very interesting is the areas of the brain that show damage are the actual areas that follow the path of thought formation. We're thinking beings. We think all day long. We're made in the image of a thinking God. And as we are thinking, we are building thoughts. And that building of thoughts follows a certain pattern in the brain. What's important to understand now is that your thinking is so powerful that you change the physical nature of who you are. You can choose to build your brain, you can choose to destroy your brain. Your brain simply responds to the mind and the body responds to the brain. You are not a victim of your biology. You are a victor over and above your biology.

Switch On Your Brain #021	27:30	27:30	REC	PA/O/E	06/15/2016	5:30 PM
---------------------------	-------	-------	-----	--------	------------	---------

Today on Switch On Your Brain Dr. Caroline Leaf discusses psychotropic medications. Research shows that no one single psychotropic does any good for any brain. It actually creates a new neurological disorder. It doesn't matter what meds you have taken, what you've been told to do, you can change it with your mind. So, when we take a biomedical approach to medication, what we will see is a disease that needs a medication. But, actually, mental illness is not a disease and it doesn't need a medication. It is a very serious thing, but it's a mind disorder and it needs a different type of approach. Unfortunately, there's an entrenched myth in society. And it really is a theoretical myth that has just grown. And that is that medications are going to rebalance the brain. It also implies that the whole cause of mental disorder is biological or genetic or chemical. Unfortunately, if you look at the research, we've kind of been led to believe that a drug will actually renormalize the brain and this is really not true. What drugs do is they change the brain, and not necessarily for the better. Psychotropic drugs are things like your benzodiazepines, which are things like valium. You get your SSRIs, which are things like Prozac. And then, you get your anti-psychotic drugs that are given for things like schizophrenias. What's very interesting is that these drugs were initially stumbled on by mistake. They were developed for surgery and they saw that they had a mood-altering affect, and at that point, the world of psychiatry had mental health be classified as a disease. There's been an increase of use of psychotropic drugs and a reduction of more psychological talk-based intervention in helping people deal with mental health. Mental health is not being dealt with like it should. There's hundreds of references that you can go through and research this concept of what medication does to your brain. Once you're more informed, you then go to your doctor. You speak to your doctor. Find a doctor that will work with you and work on a plan to reduce your medications in a way that's going to work for you. You can't just reduce medications. You also have to address what is going on in your mind. Because you got there with your mind, so you're going to get out of it with your mind. Seventy-five to ninety-eight percent of mental, physical, emotional illnesses today are coming from our thought life. So, as you are gathering that data, that's a decision of your mind, the decision of your mind to go and read the resources and get informed about this. That is a decision of your mind. It's also a decision of your mind to be desperate to change and to be prepared to work through the change. In the same way that your brain has structurally changed because of the medication, your brain can structurally change again because of your mind, because of your love, power, and sound mind being able to change your brain.

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

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Switch On Your Brain #022	27:30	27:30	REC	PA/O/E	06/22/2016	5:30 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses directing your rest. Directed rest means being able to focus, being able to do what it says in Proverbs 4:20-22, which is pay attention to my words, direct and focus your attention. When you do that, a healing comes in your body. You change. Directed rest activates networks inside the brain. When you switch off to the external and you switch on to the internal networks of your brain, they kick into high gear and you actually think with more wisdom, more clarity. So, the Psalm 46:10, which says, "Be still, and know that I am God," is really important when it comes to activating the internal networks of our brain. Directed rest literally means that we focus in a different way, we pay attention in a different way that actually activates our brain to function at a much higher level. A disciplined mind where you're focusing on something makes learning take place. We call this the "Quantum Zeno Effect" in quantum physics. "Quantum Zeno Effect" means the repeated effort that makes learning take place. Now research studies are pouring out showing that when we direct our mind, when we learn, we change the brain. Your brain is designed to be restructured and renormalized. It just takes a lot of disciplined mind work. We are designed to direct our rest. Scientific research has actually shown us that when we direct our rest, that means that we switch off the external, we switch on to the internal, and we actually organize our mind. And when we're focusing on God, we get this incredible sense of peace and calmness. Directed rest means that we actually think within ourselves. We actually go inside of our own heads and we think internally and that helps us to bring order and focus back into our minds. What's the benefit? What they have found from the research is when you order your thoughts like this, your brain grows networks. You activate neuroprotection, which means you protect against mental ill health. You actually bring health into your body. So prayer works. Thirty seconds a day that you build up cumulatively into a minimum of seven minutes is a number that scientists give us for making incredible physical change inside of your brain.

700 Club NewsWatch #05272016	CBN	1:00:00	5:00	REC	PA/O/E	05/27/2016	2:00 PM
------------------------------	-----	---------	------	-----	--------	------------	---------

CBN News Medical Reporter Lorie Johnson Reports: Cancer is a word no one wants to hear. Yet statistics show half of all men and a third of all women will receive the bad news. Churches should be a sanctuary for support. However, in many cases, people suffer in silence as they cope with their illness. Now the Cancer Treatment Centers of America is offering a free program to break down the wall of silence. After years of counseling cancer patients, Rev. Percy McCray knows they bear a burden unlike people fighting other illnesses. Thanks to his training, McCray knows the importance of encouragement. One conversation helped him realize others need to learn these skills, too. It wouldn't be the last time he heard that. McCray said typically, churches deal with issues like addiction and marital problems very effectively. But it can fall short when it comes to meeting the needs of parishioners who are struggling with healthcare issues, particularly cancer. To bridge this gap, McCray and his associates at the Cancer Treatment Centers of America elected to offer complimentary cancer ministry training to representatives of churches across the country so they can better meet the needs of their brothers and sisters with cancer. It's called "Our Journey of Hope." Cancer Treatment Centers of America offers free training for two people from a church who use what they learn to raise up cancer ministries in their home congregations. Participants learn the basics of the disease and treatments in order to focus on what it's like for the patient. An added incentive for a church is that the training is free of charge. That includes the two-day seminar, food, lodging, and materials. La Wanda 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.

Public Safety

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
JOY IN OUR TOWN #160202-3a	27:45	13:02	L	PA/O	4/18/2016 4/19/2016	5:30 PM 3:00 AM

Genet Chenier interviews Officer Keynetta Parker of the Houston Fire Department. He shares with us that the leading cause of fires is cooking fires. This happens when we leave food cooking and fall asleep or forget. This is where the importance of fire detectors, fire extinguishers and fire drills are necessary. When fires happen we don't expect them so we have to plan, especially when you have family. Make sure all family members know the escape plan and the meeting plan. This helps to save many lives each year.

JOY IN OUR TOWN #160202-3b	27:45	13:02	L	PA/O	6/20/2016 6/21/2016	5:30 PM 3:00 AM
-------------------------------	-------	-------	---	------	------------------------	--------------------

In this "Joy" segment Genet Chenier hosts a public safety issue. Officer Keynetta Parker of the Houston Fire Department is interviewed about residential fire prevention safety. The most common cause of fires in the home is due to unattended cooking, however during the colder months and the holidays electrical fires are often started by electrical overloads and space heaters. Extension cords need to be used with surge protectors that will trip and turn the power off if the power draw is too great or if the cords and outlet strips are overheated. The best way to protect your home is to have working smoke detectors. Remember to replace the batteries in them every six months. Families should have fire drills and make advance plans about what to do if a fire occurs. We must be responsible for our own safety.

JOY IN OUR TOWN #160303-2a	27:45	13:02	L	PA/O	5/30/2016	5:30 PM
-------------------------------	-------	-------	---	------	-----------	---------

In this "Joy" segment Giget Swift, Training Specialist with the American Red Cross, is interviewed by Coppelia. Summer is just around the corner and the American Red Cross training specialist would like everyone to be prepared for an emergency: Since emergencies cannot be predicted it is best to "know us...BEFORE you need us". The Red Cross website has many Apps for the Smartphone that can help families in case of an emergency. "Learn to swim", "1st Aid", "Hurricane", "Shelter", and "Tornado" are just a few Apps that may come in handy. It is important to get everyone in the family trained so that they will not "freak-out" should a crisis arrive. Training Certifications are active for 2yrs., but it is recommended that a refresher course is taken every three months. Children should be taught to swim at a young age. Swimming lessons for children at the Red Cross begin as young as 6 months; this is to make the child comfortable in water. Each passing year should make the child a better swimmer. However, progress in a child's swimming skills should never replace Parents as Active Supervisors. Drowning, unlike portrayed in the movies, is usually a "silent" event. A child can "slip under" during a crowded pool party if adults are not vigilant. If necessary, parents can take turns manning fifteen minute "shifts" to ensure child safety during pool parties. Children should never go swimming without adult supervision

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

Public Safety

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
JOY IN OUR TOWN #140624-1a	27:45	13:02	L	PA/O	6/14/2016	3:00 AM

In this "Joy" segment Michael Walter, Public Information Officer with the O.E.M. of the City of Houston, is interviewed by Phyllis Kyles. There are four major risks associated with tropical storm systems and hurricanes that must be planned for during the coming season; Storm Surge, In-land Flooding, Wind Damage and Power Outages. The "Storm Risk Calculator" is an online resource developed by the O.E.M. in partnership with Rice University, to determine the amount of risk presented by an on coming storm. The Storm Risk Calculator takes into account various factors such as the location of the home and standing building codes when the home was built to determine an accurate risk assessment. The old "Category" warning system for determining storm/hurricane strength has been upgrade to two complimentary systems. "Category 1-5" now refers to wind strength of the storm only; "Storm Surge" warning is measured by the expected water level above ground for your location area. Hurricane season is June 1 through November 30.

JOY IN OUR TOWN #140624-1b	27:45	13:02	L	PA/O	6/14/2016	3:00 AM
-------------------------------	-------	-------	---	------	-----------	---------

In this "Joy" segment Michael Walter, Public Information Officer with the O.E.M. of the City of Houston, is interviewed by Phyllis Kyles. The National Hurricane Center realized that the old "Category" rating system for a hurricane did not apply to the storm's surge risk. The new warning system now includes a Wind Warning and a Hurricane Storm Surge Warning. If a hurricane forces a mandatory evacuation, the threatened regions will be cleared according to their Zip Codes; Costal areas will be evacuated first, then O.E.M. will work its way inland, depending on the level of the storm risk. The O.E.M. recommends that your Disaster Preparedness Kit include can foods for 5-7 days, Medication for 14 days, 3gal. of water per person per day, Pet food for your pets, toys and coloring books for small children.

700 Club NewsWatch #04042016	1:00:00	5:00	REC	PA/O/E	04/04/2016	2:00 PM
---------------------------------	---------	------	-----	--------	------------	---------

CBN News Reporter Abigail Robertson Reports: Have you ever found yourself caught in the middle of a high speed police chase? Though they may be entertaining to watch on television, police pursuits often end in violent collisions that kill or injure thousands of innocent bystanders and police officers each year. Now, a new technology could change the way officers go after suspects and prevent these risky chases from ever occurring. These accidents are a leading cause of injury, death, and lawsuits involving police officers and can cost taxpayers an average of \$3 million. But officers aren't the only ones at risk during a high-speed chase. Sheriff Eric Levett, in Rockdale County, Georgia, says anyone can be a victim of a police pursuit. Jon Farris learned the hard way that in a matter of seconds, anyone can be a victim. His 23-year-old son Paul was on his way home in a cab when a vehicle pursued by police crashed into him at more than 70 miles per hour. The state trooper went after the driver for making an illegal U-turn, despite the city's no pursuit policy for any crime other than violent felonies. The officer faced no reprimand because according to stale police rules, he was within his right to pursue. An overwhelming number of police pursuits are started over non-violent crimes and escalate quickly, endangering the suspect, the policeman, and any bystanders along the way. He found on average that one person dies each day as the result of a police pursuit, a third of those deaths being innocent bystanders. An FBI report uncovered that the true cost is probably two to three times higher than the stated average because pursuit fatalities are only reported at the discretion of law enforcement. No government agencies track injuries from pursuits, leaving no information on police officers and bystanders paralyzed, brain damaged, or suffering from other life-altering injuries. In order to cut down on high pursuit casualties, authorities like Sheriff Levett are investing in new technology known as Star Chase. Star Chase allows officers to deploy a tracking device on vehicles without the driver knowing they've been tagged. For about \$5000 per vehicle, officers can secretly but safely catch cars on the run. Officers can deploy the tracker while they are behind a car they are pursuing or from outside their vehicle if a car they pulled over decides to flee. Drivers cannot feel the tracker hitting their car so they don't know they've been tagged. As the suspect thinks he is no longer being pursued, the officers begin their stealth pursuit, pulling up a map of the suspect's location and alerting fellow law enforcement where the car is heading. In most cases the suspects slow down to safer speeds because without the police car following them, they think they have gotten away, letting fellow drivers and bystanders avoid being in the middle of a high-speed pursuit. So far, only a handful of Rockdale patrol cars have Star Chase, but Levett wants to invest in more Star Chase vehicles because of its success rate. Most departments rely on decades old tire spikes to stop chases, but even they are rarely used because of the danger involved. Police must also know where cars are heading. One Rockdale County police officer explained the potential dangers to the officer when deploying spike strips. Levett admits new technology can be expensive, but he says it's nothing compared to the cost or chases gone wrong. Levett says providing officers the right tools protects their safety as well as the citizens.

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

Transportation

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #160204-3b	27:45	13:02	L	PA/O	5/9/2016 5/10/2016	5:30PM 3:00 AM

Coppelia interviews Deidrea George with the Texas Department of Transportation. She talks to us about distracted driving. She tells viewers that distracted driving is anything that takes the focus off of the road. It isn't only social media, but also putting on make-up, changing the radio station, or checking an address on the GPS. In Texas, 1 in 5 crashes are caused by distracted driving. Deidrea sees distracted driving as an epidemic. She lets viewers know that one major thing that is affecting drivers is sending and receiving text messages. It is alarming to know that it takes 5 seconds to send a text message and in that time if someone is driving 55 mph they can clear an entire football field. Deidrea states that 95% of drivers know that it is dangerous, but many do it anyway. Texas has many places with local ordinances that if someone is texting while driving they can receive a ticket in that area. In the event that there is a crash, law enforcement looks to see if a text message was sent or received during the time of the crash. Out of the 100,000 crashes that take place on Texas roads over 33,000 of those were drivers 16 to 24. The next age group is 45 and over. They are usually sending work related emails or on their GPS. Deidrea really wants parents to know that they have to be the example for their children that are beginning to drive. If the child sees the parent texting or emailing and driving, they will not see the harm in it when they begin to drive. She says all of the things that cause distracted driving are not worth it and if you need to text, put on make-up, etc. pull over.

JOY IN OUR TOWN #160303-5a	27:45	13:02	L	PA/O	6/6/2016 6/7/2016	5:30 PM 3:00 AM
-------------------------------	-------	-------	---	------	----------------------	--------------------

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

JOY IN OUR TOWN #160303-5b	27:45	13:02	L	PA/O	6/6/2016 6/7/2016	5:30 PM 3:00 AM
-------------------------------	-------	-------	---	------	----------------------	--------------------

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

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

Transportation

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #160303-3b	27:45	13:02	L	PA/O	6/13/2016	5:30 PM

Genet Chenier interviews Tom Lambert, the CEO and president of the Metropolitan Transit Authority. He talks about what's new at Metro. Tom says that recently they have opened two new rail lines that have extended a 7-mile rail to about a 23-mile rail. They have really taken a look at the bus network that hasn't been redesigned in 30 years and now have a high-frequency 22 bus routes that come 15 minutes or better during the peak hours, not 5 days a week, but 7 days a week. Tom wanted to make Metro more reliable and accessible for the public. The bus network wanted to reflect the city of Houston's 24-hour service. They haven't made it there quite yet, but they are headed that way. Tom really wants viewers to know how safe the Metro is. Metro carries about 300,000 people a day on the metro system and out of those 300,000, there are less than 50 part 1 crimes a month. Safety is the main goal of the metro system and they have teamed with the police department to make sure their goal is met for every customer, everyday. Tom ends with the fact that he wants metro to do the driving for the public so that they can have a safe relaxing ride and their mind can be at ease.

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