

COMMUNITY EDUCATIONAL TELEVISION, INC.

QUARTERLY PROGRAMMING REPORT

July, August, September 2017

KETH-TV

HOUSTON, TEXAS

ASCERTAINMENT LIST

LEADING COMMUNITY PROBLEMS

RESULTS OF ASCERTAINMENTS FROM CIVIC LEADERS, RESPONSES BY THE TELEPHONE FROM KETH VIEWERS, FROM THE PRINTED MEDIA, COMPRISING NEWSPAPERS, MAGAZINES, PUBLICATIONS, AND FROM TELEVISION AND RADIO, WHENEVER POSSIBLE.

**ECONOMY
FAMILY
HEALTH
HOMELESS
UNEMPLOYMENT
YOUTH**

THE FOLLOWING PAGES LIST SUMMARIES OF SOME OF KETH PROGRAMMING ADDRESSING THE ISSUES / PROBLEMS NAMED ON THE ASCERTAINMENT LIST, AS WELL AS OTHER ISSUES DETERMINED TO BE IMPORTANT, FOLLOWING FCC REQUIREMENTS FOR THE QUARTERLY REPORT TO BE KEPT IN THE PUBLIC FILE FOR THE THIRD QUARTER.

The figure designated as Topic Segment Duration is based upon our good faith judgment and may not represent exact time.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Economy	Joy in Our Town #170209-2a	28:30	14:15	L	PA/0	7/3/2017	5:30pm
						7/4/2017	4:00am

Coppelia interviews Pastor Jamail John of the Word Church. They are discussing family today and how it affects the community. Pastor Johnson gives us an outlook of how certain parts of the city of Houston have fallen into the category of low poverty. He further states that one particular zip code is considered the most depressed neighborhood in America. Pastor Johnson says that our service should be after the church service itself. Because a lot of people have needs after the church service examples of them are: food, shelter, clothing and educational programs. The Word church partner with other non-profit organizations to help meet the needs of the community.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Economy	Joy in Our Town #170209-2b	28:30	14:15	L	PA/0	7/3/2017	5:30pm
						7/4/2017	4:00am

Genet Chenier interviews Jerod Wynne and Jeremaine Johnson of Project Pathfinders. They are with us today to talk about life after incarceration. Jerod explains of us the many challenges that they face, some of the things that they lack are: birth certificates, social security cards, driver's licenses, etc. Project Finders help them get in contact with others organizations, which they will find housing and other things they need. They also have Bible studies and church services in the prisons and out, to let them know whose they are in Christ. They also help individuals with employment. With teaching them how to write their resumes, interview skills and completing the applications. Their goal is to help the total man when they come out of prison be able to come alone side them and show them the love of God and meet all the needs they have.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Economy	Joy in Our Town #170425-4a	28:30	14:15	L	PA/0	7/17/2017	5:30 PM
						7/18/2017	4:00 AM
						7/31/2017	5:30 PM
						8/01/2017	4:00 AM

Today Genet Chenier interviews Pastor Joan Murray of Joan Murray Ministries/Seeds of Hope Ministries. Ms. Murray starts by explaining to us that the vision came about from seeing a need in the community of food, clothing and give the Word of God. The two fold purpose of the ministry is to plant seeds of the needs of the people and then plant the seed of hope of the Word of God. Their mission is to impact people with the love of Jesus Christ and to remind them that there is still hope and the hope comes from a relationship with Jesus Christ. Seeds of Hope has gone out to the community for the last 8 years to meet people where they are. They help meet the basic need like food, toilet paper and a cook a full course meal. They also come in to pray to for individuals and bringing hope back to their lives. They also serve the homeless veterans in the city are in need the community by providing toiletries, food and an ear to listen sometimes. Ms. Murray leaves us with a final thought, God knows and sees your need and will always listen and provide.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Economy	Joy in Our Town #170425-4b	28:30	14:15	L	PA/0	7/17/2017	5:30 PM
						7/18/2017	4:00 AM
						7/31/2017	5:30 PM
						8/01/2017	4:00 AM

Coppelia interviews Elizabeth Rougeau of CT Church Houston. They will be talking about the food fairs that are hosted at their church. They begin the food fairs in 2012 they started because they saw a need in their community to help. There are over 1/2 million people who live below the poverty line. Elizabeth says it's not what happens in the church on Sunday morning, but what happens during the week. The church will provide bags of groceries of fresh fruits and vegetables. They also provide health fairs which help identify health issues within the family and vendors to help follow up with individuals. CT Houston provides a holistic approach to the family, meeting the physical, mental and spiritual need of the individual. The overall vision is to meet the need of the body where they can share the gospel of Jesus Christ. They always need volunteers to help with different things, so if you're available, come out to help.

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Family	Joy in Our Town	28:30	14:15	REC	PA/0	09/18/17	5:30pm
	#1738					09/19/17	4:00am

Our host Cheri Duckworth introduces Patricia McMann. She pitches to roll-in 1 of the Society of St. Vincent. It tells us the origin of the organization. It started in 1833 by six college students who knew they weren't doing the work of Christ. They were challenged to go to the streets of Paris to hear the stories of the poor. Now they're in 150 countries with 900,000 members around the world. Poverty happens to anybody, one big bad incident can happen to us one day and take everything we have. When the St Vincent team meet people they don't just sit at a desk, they literally go out to them! Our guest says "They're our neighbors, our friends, they're not clients." St. Vincent roll-in 2 reveals testimonies of people who have been helped by the organization. In the video, people talk about the home visits which are the real core of what they do at St. Vincent. They go out to the homes with respect to the people's privacy and they listen to them. It's very relaxed. They supply food or help by paying bills. If it's something they can't do, they'll find other resources. But, over and over again people tell them, no one else has ever listened, we're just a number. At St. Vincent, they look to people to try to see the face of Christ in them and they hope the people they serve can see the face of Christ in them, too. There are many ways in which people are impoverished in their homes. Sometimes an event causes it or they're not eligible for government programs because they've made too much money. Other times, they're families who have lived two or more generations in situational poverty. St. Vincent roll-in 3 talks about all the things they help people with at Society of St. Vincent. People in poverty are everywhere. Just be aware. If you're in a grocery line and somebody's putting stuff back, sometimes they just need 2-3 dollars. You can make a difference by helping them. Don't take for granted what you have today.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Family	700 Club	1:00:00	5:00	REC	PA/0/E	07/27/2017	2:00pm
	NewsWatch #07272017						

CBN News Reporter Jennifer Wishon Reports: While the world has embraced paid family leave for new moms and even dads, the U.S. is just starting to discuss whether it should be a priority and how to pay for it. But now one of the nation's most famous moms, Ivanka Trump, is throwing her weight behind making it a reality. When Young gave birth nearly two years ago she took three months off from work. Under the Family Medical Leave Act, employers are required to protect an employee's job for 12 weeks while they take time off after giving birth or adopting a child, but they don't have to pay the worker. Still, many companies like Young's do let workers use their accrued sick and vacation days. It's an important time for a mom and her baby. Research backs her up. Failure of a mom to spend adequate time with her baby early on can affect the child's health, cognitive development and behavior. Dr. Brad Wilcox is a sociologist at the University of Virginia. The United States is the only industrialized nation that doesn't guarantee moms pay while they're on maternity leave. First daughter and mother of three, Ivanka Trump, is using her role as presidential advisor to change that. During the campaign, she joined her father as he announced his plan to provide six weeks paid maternity leave to women working for companies that don't offer it. However, as President, Trump put \$10 billion in his budget proposal to pay for it. Under his plan states would be responsible for determining how much a mother gets. Sen. Marco Rubio, R-Fla., recently invited Ivanka to Capitol Hill to discuss her plans. He says lawmakers want to address the fact that many people don't have children because they can't afford to take unpaid time off from work. Still, many Republicans don't like Ivanka's plan to use tax-dollars to pay for it. On the other side of the aisle, many Democrats don't think it goes far enough. Romina Boccia is an economic expert at the Heritage Foundation. Boccia believes the federal government could make it easier for employers to come up with solutions that work for them and their employees. Across the country, state lawmakers are paying attention to the issue. California, New Jersey, Rhode Island and New York currently or will soon offer paid family leave and in Washington D.C., city council has granted workers up to eight weeks of leave with pay. That proposal is subject to Congressional approval. In the private sector, there's also a push to offer generous maternity and family leave policies in an effort to retain talent. For example, Netflix let's employees take up to a year off for a birth or adoption. Still research and public opinion seem to be colliding. And then there's the dilemma of who should pay for it: the government or private sector? The District of Columbia is taxing businesses to pay for its program. There's also this: Boccia argues offering women a special work benefit will actually hurt their chances of getting hired or being promoted. Still, Pauline Young says, take it from a mom, employers should try to be accommodating. And while Ivanka Trump will continue to use her powerful megaphone to push for paid leave, an agreement on how to get it done is still many births away.

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Joy in Our Town #1736	28:30	14:15	REC	PA/0	09/04/17	5:30pm
						09/05/17	4:00am
						09/25/17	5:30pm
						09/26/17	4:00am

Our host Cheri Duckworth introduces the segment. She tosses to Pastor Adam Z Cousin who introduces the first Roll-in for the San Antonio Christian Dental Clinic segment. Roll-in 1 is an overview of how San Antonio Christian Dental Clinic is serving their community. Next, Pastor Adam Z introduces Gloria Canseco, the Executive Director of San Antonio Christian Dental Clinic. She explains, dental care is critical because of the extent of the pain and the lack of funding there is for people without resources. Not only are people who are struggling or low-income underserved, but so are the typical working class or middle class families. If unaddressed, it can cause major physical problems. Failure to take care of dental problems can cause other major health problems. It can spread up to the brain or down to the rest of the body and make a person very ill. Especially if the person has other medical complications like diabetes or hypertension. At San Antonio Christian Dental Clinic they are addressing these issues by providing free dental procedures such as cleanings, fillings and even full dental replacements. They serve anybody in Bexar County who's an adult and who is low income. There are many success stories of people who have gone through the training and before they even graduated they were already positioned in well-paying jobs. In the next Roll-in Valerie tells her story. She explains how she went from being homeless and hopeless to hearing about the Dental Assistant Training program offered by San Antonio Christian Dental Clinic. She went through the program and immediately gained employment at the clinic. Dental care isn't on the forefront of most people's mind. A lot of the patients visits when it hurts. San Antonio Christian Dental Clinic is a Christian healing ministry serving two very important needs in the community, health and economic sustainment. All are welcome. At the heart of their ministry is "Love Thy Neighbor". They will offer to pray with the patients if that's what the patients need. The final Roll-in is of patients testimonials. They talk about how comforting it was to step into the doors of the clinic. They give details on some of the services they received. Valerie, an employee, explains that the volunteers are what keeps the clinic running. They provide free basic dental care for all of Bexar County, not just the homeless. The goal is for their model to become replicable. They are willing to share how they got started and would love to see this type of ministry spread throughout the state and the country. They are willing to give insight to anyone looking to get started. Pastor Z thanks our guest for allowing us to visit. Cheri closes the show.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Dr. Leaf Show #000027	27:30	27:30	REC	PA/0/E	07/12/2017	5:30pm

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Avery M. Jackson, III, a board-certified neurosurgeon, and a Christian, to discuss how prayer activates your brain and benefits the people you pray for. Ninety-nine percent of his patients are more than happy to pray prior to surgery, and more often than not, when they believe, it had a very calming effect on the patients and the families very much are touched. Dr. Avery explains that prayer is a form of conversation with God in various ways. When we pray and the spiritual energy of God moves from the throne of Grace, it changes whatever it hits and that change physically results in structural change in our brain. Dr. Leaf shared that it has been found that twelve minutes of daily focus prayer over an eight-week period can change the brain to such an extent that it can be measured on a brain scan.

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Dr. Leaf Show #000028	27:30	27:30	REC	PA/0/E	07/19/2017	5:30pm

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Avery M. Jackson, III, a neurosurgeon and spinal surgeon, and Dr. Jeffrey Schwartz, a neuroscientist and psychiatrist, to discuss taking responsibility for our thought lives. Dr. Leaf explains that only a few decades ago scientists considered the brain to be a fixed and hardwired machine. This view saw the damaged brain as incurable and the focus was compensation and not restoration of function. However, research shows that we can change the physical nature of our brain through our thinking and choosing as we consciously direct our thinking. We can wire our toxic patterns of thinking and replace them with healthy new thoughts - and new thought networks grow. We can increase our intelligence and bring healing to our minds and physical bodies. It all starts in the realm of the mind with our ability to think and feel and choose. Not everyone is aware of the power they have because we are so conditioned by society and the media. Dr. Jeffrey recommends taking time for reflection. Learn how to veto some of the onslaught of sensory information, sensory overload that floods your brain. Learn how to make choices and decisions. That is the power of the mind, choices and decisions about what to focus on in consultation with the wise advocate, your Holy Spirit.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Dr. Leaf Show #000029	27:30	27:30	REC	PA/0/E	07/26/2017	5:30pm

Today on the Dr. Leaf Show, Dr. Caroline Leaf asks the question: "If love is the most powerful force in the world, then why does communication between man and woman often feel more like war than love?" Nowhere is this more painfully evident than in the relationship designed to be filled with love, the bond between a husband and a wife. Divorce, separation, and ugly breakups leave lasting wounds that take time to heal, wounds that go beyond the man and the woman and impact the entire family as a whole. Because God created families as the foundation of society, it's not an overstatement to say that the future of the world depends on our ability to love and understand one another. Dr. Leaf and her guests, her husband Mac, and good friends, Mel and Desiree Ayres, discuss some of the challenges they experienced in their marriage as well as pearls of wisdom. Dr. Leaf explains that God has called us to help each other and that understanding male and female brain differences can help us to immerse each other in love.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	Dr. Leaf Show #000019	27:30	27:30	REC	PA/0/E	08/09/2017	5:30pm

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Avery M. Jackson, III, a board-certified neurosurgeon, with complex spine fellowship training, to discuss Osteoporosis. There are two types of Osteoporosis. There's primary osteoporosis and then there's secondary. Primary osteoporosis is specifically when there's a change in menopause, postmenopausal. Secondary osteoporosis is due to diabetes. Inactivity is another. Lifestyle choices such as smoking, and drinking alcoholic beverages, can also cause osteoporosis. There's a whole host of other disease processes that can cause secondary osteoporosis, like thyroid issues. Certain medications are very helpful that are anabolic or that help to build bone. But, likewise, you can really focus on the diet side and exercise. Your diet, your exercise and your water intake are really important pieces.

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	The Perfect You #000031	27:30	27:30	REC	PA/0/E	08/16/2017	5:30pm

Today on The Perfect You a Blueprint for Identity with Dr. Caroline Leaf, Dr. Leaf asks the question, "Do you understand you?" We're not a product of blind, evolutionary forces. We are designed. We're in a world that encourages us to actually try to be like someone else in order to be successful. If we try and be someone else, you make a lousy someone else. We actually cause confusion inside of ourselves; creating conflict because we are going against the natural design of who we are. You are not defined by where you are now, or where you have been, but where you will be. God understands you and if you look at scripture in Ecclesiastes 3:11 it says that God has laid a piece of eternity in us, a divine sense of purpose, and that we're made in God's image. So many scriptures confirm that we have been perfected in Christ and in Him we have our perfection. Dr. Leaf calls it the "Perfect You Concept" where we have this eternal nature made in God's image that is a perfect you nature. There is something you can do that no one else can do because you are unique. "Unique" means: stand alone or set apart. Science shows that this uniqueness is a part of our design. You stand alone. There's no one like you. You have influence over your destiny. Choice is very, very fundamental in activating your perfect you, and it's a lifelong process. The perfect you concept gives you the tools to actually self-examine so that you can learn how to self-reflect, become self-regulatory, and become more aware of your thought life. This also helps you to answer Jesus' call because you have a call on your life.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	The Perfect You #000032	27:30	27:30	REC	PA/0/E	08/23/2017	5:30pm

Today on The Perfect You a Blueprint for Identity with Dr. Caroline Leaf, Dr. Leaf discusses what the concept of subjective experience feels like, and this difference between us, and how we can actually mess this up by going down our own pathway, or enhance this by stepping into the perfect you and operating like we should. When we say, "This is how I feel," we also need to check and self-examine the "what you're feeling" because sometimes it's a toxic thing that you've got used to thinking and feeling that way. In science, it is called automatization, which is a fancy word for forming a habit. Increase your awareness of your difference. You're different and that difference is fantastic. Difference is not a value judgment. Difference is something to celebrate. As you celebrate and become interested in someone else's experience, you enhance your own perfect you functioning and your own brain health. You actually grow brain cells. You increase your intelligence.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	The Perfect You #000034	27:30	27:30	REC	PA/0/E	09/06/2017	5:30pm

Today on The Perfect You a Blueprint for Identity with Dr. Caroline Leaf, Dr. Leaf discusses how you are unique. There is a scientific body of research that confirms that you are unique. Scientists have been challenged by the fact that every single person has their own unique way of thinking. The thoughts that you actually build inside your brain are completely unique and different to everyone else. The perfect you concept is that you have a perfect you, that you have this eternal nature that is perfect and it is specific to you and it acts like a filter. It exists because God already created it. However, because we have free will, we go through life using our free will learning about our perfect you nature. So, we literally have to press in to what is actually calling us. Like gravity pulls things toward itself, our perfect you nature is pulling us towards ourselves. The perfect you is how you uniquely think, feel, and choose in your perfect state. It's like this filter that gives you your own unique perception. The result of being out of the perfect you is toxic thinking. When you think correctly, you actually build healthy thoughts. Scripture in the book of Acts says in Him we live, move, and have our being. And that makes so much sense when it comes to the perfect you because to get to know the perfect you, you have to get to know God and vice versa. You're getting to know yourself and you're getting to know God by recognizing that you're perfect you is in Him. We're made in His image.

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	The Perfect You #000035	27:00	27:00	REC	PA/0/E	09/13/2017	5:30pm

Today on The Perfect You a Blueprint for Identity with Dr. Caroline Leaf, Dr. Leaf discusses how if you can understand the spark of the divine in you and start getting a glimpse of that, it will transform the way that you actually function. Research shows that there are only two types of emotion; love emotions or fear emotions. We know that in the perfect you, that's where the love emotions are going to be. We know that in the imperfect you, that's the opposite, and it's the fear emotions. Because emotions give things color and flavor and gives it a lot of power and energy, it impacts how you feel and how other people feel. So, the more you think about something and the more you grow that thought, the stronger the attitude of the thought becomes. So, we need to be very careful what we're thinking about all the time. We also need to recognize that attitudes don't control us. We control our biology. We control our attitude. Attitudes are real and no thought is harmless. Mental ill health is not a disease. You actually can change the situation.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	The Perfect You #000036	27:00	27:00	REC	PA/0/E	09/20/2017	5:30pm

Today on The Perfect You a Blueprint for Identity with Dr. Caroline Leaf, Dr. Leaf discusses how you can learn to get your emotions under control. Research shows that 75-98% of all illnesses come from our thought life. Our thinking in the perfect you becomes essential in creating the correct environment for our body. Science is actually showing what Philippians 4:8 talks about -- think on these things, good, pure, true, -- all that good stuff actually changes the environment. So, epigenetics is literally that Philippians scripture in action. Why should you control your toxic emotions? Because you're causing brain damage. You can fix the brain damage by fixing your thoughts. Why don't you be proactive and actually capture those toxic emotions and toxic thoughts before they become a problem? Be aware of your emotional reactions. Focus on your feelings and evaluate if they are toxic or if they are healthy. Are they in the perfect you or the imperfect you? Evaluate and write down how often you are in a toxic state and how you feel in that state, as well as the positive.

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	700 Club NewsWatch #07282017	1:00:00	5:00	REC	PA/0/E	07/28/2017	2:00pm

CBN News Reporter Amber C. Strong Reports: Lyn Balfours' story is all too common. She has spent 27 years with the U.S. Army and is a Bronze Star recipient. She was a soldier's soldier – until her last tour, when something happened. She returned to the states and didn't tell a soul, not her superiors, not even her husband. Balfour began to pick up the pieces of her life, leaving the pain behind or so she thought. So, her life when on. Balfour took a job, began raising baby Bryce and tried to ignore the nagging presence of anxiety and depression. But matters took a devastating turn when a break in her normal routine led to tragic consequences. Despite Balfour's attempts at CPR, it was 66 degrees that day in Virginia and baby Bryce had died. Balfour was tried and later cleared of 2nd degree murder charges. After the trial, she visited a doctor and figured out the one thing that was causing her depression, anxiety, and need for a regular routine to avoid stress. She was diagnosed with severe complex post-traumatic stress disorder (PTSD), something she apparently had been battling since that sexual assault years earlier. She says her PTSD possibly led to her inability to deal with the stress of that day. PTSD – four letters that have changed the lives of our nation's veterans. It affects each person differently. For some, it causes anxiety or a lack of interest. For others, it means a need for routine, uncontrollable anger, forgetfulness and suicidal thoughts. Ret. Lt. Colonel Robert Vicci is the CEO of VetRest, a faith-based non-profit group helping to treat the effects of the disorder that claims so many lives. Those vets are then linked with fellow veterans to directly address the root cause of their PTSD. In addition to counseling, Vicci also uses faith as a means of healing. But VetRest and other groups like it can't help so many vets alone. Vicci says federal regulations keep some veterans from getting the help they need from the government. Veterans Affairs Secretary Dr. David Shulkin said he is working to overturn the regulations that let certain vets slip through the cracks. But discharge status isn't the only thing keeping vets from getting help from the VA. There are also problems with backlogs and patients waiting long periods of time to get an appointment. Shulkin also pointed to a disconnect between the health record system kept by the Department of Defense and the VA. Shulkin has streamlined that system by making sure both departments are using the same record keeping software. The White House is cracking down on corruption inside the VA and says that veteran suicide is its top clinical priority. On Capitol Hill, a new bill will make it easier to get rid of bad employees inside the VA. The VA Accountability and Whistleblower Protection Act will cut down on the red tape that helped cultivate the culture of dysfunction. That bill passed with bipartisan support. Vicci is praising those changes. In the meantime, groups like VetRest will continue to fill the gaps to make certain vets get the help they need. Balfour is now a chapter director of VetRest. She says she will never forget that fateful day in Virginia and she has made it her new mission to warn parents about the dangers of hot cars and warn the world about the harrowing effects of PTSD.

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	700 Club NewsWatch #08022017	1:00:00	5:00	REC	PA/0/E	08/02/2017	2:00pm

CBN News Reporter Lorie Johnson Reports: If you drink or eat anything with artificial sweeteners, you might want to reconsider. New research shows they can hurt our brains and heart, and believe it or not, don't even help us lose weight. Sadly, our country's weight problem is only getting worse. The U.S. Centers for Disease Control and Prevention reports a staggering 71% of adults qualify as overweight or obese. That translates into increased rates of various health problems such as heart disease, cancer and diabetes. It's not just America. In June, *The New England Journal of Medicine* reported much of the entire world is getting fatter . . . and paying a price: Four million deaths, 60% caused by obesity, and the other 40% from "just" being overweight. Experts say the root cause of the weight problem can be summed up in one word: sugar. Most Americans consume more than 150 pounds a year, often hidden in foods you'd never expect and obvious in others. For example, just one can of soda contains more than nine teaspoons of sugar. With that in mind, it's no wonder so many people turn to diet sodas containing zero-calorie artificial sweeteners in an effort to reduce their sugar intake. But that's a bad choice for a number of reasons. A new study out of Boston University revealed people who drink diet soda have three times the risk of developing dementia and having a stroke, and that's people who drink just one a day. Cleveland Clinic's Chief Wellness Officer, Dr. Michael Roizen, author of the book, *Age Proof*, advises people to avoid diet sodas as well as the hundreds of other products containing fake sugar. Dr. Roizen believes the main problem with artificial sweeteners such as aspartame, saccharine and sucralose is that they can disrupt our internal microbiome, also known as our gut flora. Dr. David Perlmutter, a neurologist and author of *Brain Maker* says artificial sweeteners throw-off the delicate balance of good and bad bacteria. He says when that happens, our minds suffer the consequences. Perlmutter recommends boosting good gut bacteria for optimal brain health. That involves avoiding artificial sweeteners. It also means consuming probiotics, which can be found in supplements as well as in foods such as yogurt and fermented vegetables such as kimchee. Perlmutter also suggests consuming pre-biotics to nurture the good bacteria. They can be found in supplements as well as foods like dandelion greens and jicama. People consume artificial sweeteners to control their weight. But believe it or not, a number of scientific studies reveal they actually cause us to gain weight. One reason goes back to the gut. Nutritionist J.J. Virgin, author of *The Sugar Impact Diet* says the artificial sweeteners Stevia, Xylitol, Erithrotol and Monk Fruit (also called Lo Han) appear to be much healthier choices than the others, especially when it comes to our gut health. However, she cautions even the healthiest artificial sweeteners can lead to weight gain. Not only that, but our DNA plays a role in artificial sweeteners leading to weight gain. Genetics predispose an estimated three-fourths of people to have an addiction to sweets. Put simply, that means among three out of four people, the more artificial sweeteners they consume, the more they crave all sweets, fake and real. With that in mind, health experts say the best plan is to turn off the sweet tooth. Do that by removing sweet from your taste buds altogether. Dr. Roizen said it's not as difficult as it sounds. J.J. Virgin proved this theory by testing 700 self-proclaimed sugar addicts. So while eating too much sugar is definitely hazardous to our health, artificial sweeteners can be just as bad for us, maybe even worse. That's why the healthiest solution is to remove all sweets from the diet, both real and fake.

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	700 Club NewsWatch #09132017	1:00:00	5:00	REC	PA/0/E	09/13/2017	2:00pm

CBN News Reporter Lorie Johnson Reports: Hippocrates, the father of medicine, once said, "All disease begins in the gut." Now, 2,000 years later, that belief still rings true. Some of our latest medical breakthroughs focus on what's happening in our intestinal system. Bacteria, also known as bugs or germs, we assume they're all bad, right? Not so fast. Scientists recently discovered much, if not most, of the bacteria in our body is good for us. The key to good health depends on having enough of the right kind. We all have trillions of bacteria living in our intestines—hundreds of different species, each with different functions. Scientists call it our "gut flora." Neurologist Dr. David Perlmutter, author of "Brain Maker" is one of many physicians warning against disrupting this fragile ecosystem. Dr. Vincent Pedre, author of "Happy Gut," agrees. Unfortunately, when it comes to good gut bacteria, many of us are sorely lacking. After all, antibiotics kill bacteria--bad and good. Perlmutter says most people have no idea how severely antibiotics damage our gut flora. In addition to antibiotics, processed food can also disrupt the gut biome. Perlmutter says processed foods contain heavy doses of the wrong kinds of fat, like heated oils such as soybean, corn and vegetable oils. He also advises against consuming hydrogenated oils, also known as trans fats, which are common in processed foods. However, he points out not all fat is bad. Even babies delivered by Caesarian section can miss out on getting enough good bacteria. So while our lifestyle choices really do a number on the gut bacteria that's so critical to our health, the good news is we can improve it with probiotics and prebiotics. Probiotics are the good bacteria we need and often lack. You can find these living, microscopic organisms in supplements as well as in cultured and fermented foods like kim chee, sauerkraut, yogurt, kefir and kombucha. Prebiotics are the food for the probiotics - they keep probiotics living and growing as they should. Just like good soil, they create a nurturing environment in your gut so your bacteria can thrive. You can get prebiotics in supplement form as well as in foods, like asparagus, onions, leeks, garlic and dandelion greens. Perlmutter says many people are only aware of the benefits of probiotics, but he stresses prebiotics are equally important. Not only can it help your mood — Perlmutter says even serious brain disorders, like attention deficit hyperactivity disorder, autism, even Alzheimer's disease can improve by increasing good bacteria. That's because they help make neurotransmitters and vitamins while at the same time aid in reducing harmful inflammation. And not just the brain. Scientists are now identifying specific strains of good bacteria that treat all kinds of problems, from skin rashes to the flu. That means a targeted probiotic could take the place of a prescribed drug. Pedre says that opens the door to a wide range of natural treatments. So if you want to boost your health, doctors say improve your gut flora. That means avoiding processed foods, even antibacterial cleansers and antibiotics when advisable. Then add good bacteria with probiotics and boost them with prebiotics, also available as supplements or in certain foods.

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Health	700 Club NewsWatch #09262017	1:00:00	5:00	REC	PA/0/E	09/26/2017	2:00pm

CBN News Reporter Lorie Johnson Reports: Maybe you've heard the age-old saying, "Music has charms to soothe the savage beast." Back then, people believed in the healing power of music. Today, hundreds of years later, medical research shows they were onto something. Music therapy is now a growing part of many treatments. For example, when a massive stroke tried to take James Rodriguez's speech, the Music and Medicine program at Virginia's Sentara Healthcare helped him get it back. James belts out "Amazing Grace" and all the old hymns that bring back happy memories from his days in the church choir. We actually use more of our brain when we sing the same phrase versus when we speak it because when we are singing we have rhythm, melody, and emotion. That's how music can energize disabled parts of the mind. Patients first sing words in everyday language. James sings, "Hamburger Steak." Then immediately transitions to speaking those same words, "hamburger steak." James' wife Sandra says music therapy had made a huge difference in their lives. In fact, James now spontaneously speaks around the house. People with other brain issues also enjoy the benefits of music therapy. For example, 96-year old Mike Knutson is like a new man ever since beginning it. University of Wisconsin researchers discovered improvements in quality of life indicators like mood and memory when dementia patients like Mike would regularly listen to music. Dana Kugler, who works at Mike's nursing home, couldn't believe the change she witnessed. Mike's family noticed it too. The key to music therapy for dementia patients is making sure to choose the right music for the patient to listen to. It has to be music the patient loves. For Mike, that means the Big Band sound. Of course, other patients prefer different music: Sinatra, classical, you name it. So each patient listens to their own unique playlist. Mike's daughter noticed such a change, she took music therapy a step further. She makes music a part of each visit with her dad. They sing together, and she even gave him a harmonica for him to play just like he used to when she was a little girl. Turns out, he's pretty good. Scientists discovered listening to music we love triggers the neurological chemical dopamine, which activates our brain's pleasure center. In addition to advising his cancer patients to listen to music they love, oncologist Steve Eisenberg really goes the extra mile. With guitar in hand, he serenades them himself. As if that's not enough, the songs he sings are ones he wrote specifically for each and every patient. The lyrics are designed to inspire and encourage. One of his patients, Dawn Mannio, who's struggling with stage 4 cancer, said it was just the boost she needed at one of her lowest points in life. She is still surprised any doctor would go to such lengths for their patients. Dr. Eisenberg cites a growing number of studies proving music's value. So whether you're trying to get well or just maintain good health, music can help. It can strengthen the mind, lower blood pressure and reduce pain and anxiety.

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Homeless	Joy in Our Town #170202-1a	28:30	14:15	L	PA/0	8/21/2017	5:30pm
						8/22/2017	4:00am

Coppelia interviews Gerald Eckert from Salvation Army Houston about homelessness. He states, the motto of the Salvation Army Houston is that “We serve without discrimination in His name” The organization believes in providing programs that will give people tools to lead effective lives. In order to combat homelessness, The Salvation Army Houston has implemented programs such as shelters for men, women and children, senior housing and veteran initiatives.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Homeless	Joy in Our Town #170202-1b	28:30	14:15	L	PA/0	8/21/2017	5:30pm
						8/22/2017	4:00am

Coppelia interviews Rafael Sarango from Salvation Army Houston about homelessness pertaining to young adults eighteen to twenty-nine. Aside from providing shelter and basic essential needs such as clothing, food and safety from bad weather to young adults, the organization decided to enrich their lives by creating a young adult resource center. The program is designed to help individuals develop life-skills by providing educational and employment opportunities including physical, mental and spiritual needs.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Homeless	Joy in Our Town #170202-2a	28:30	14:15	L	PA/0	8/07/2017	5:30pm
						8/08/2017	4:00am

Coppelia interviews Larry Bowen from Salvation Army Houston/Harbor Light Center about ministering to homeless men. The way to reach men is to meet their spiritual needs. The Center takes an assessment of the individuals in order to better assist them with the adequate needs, whether it means recovery from an addiction, employment resources and shelter needs. The Harbor Light organization goal is to provide employment, veteran benefits and housing assistance, so they may become self-sufficient.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Homeless	Joy in Our Town #170202-2b	28:30	14:15	L	PA/0	8/07/2017	5:30pm
						8/08/2017	4:00am

Coppelia interviews David Jenett from Salvation Army Houston/Conroe Corps Community Center about hope for the homelessness. As the city grows, the homeless population increases and so does a need for food and shelter. Conroe Corps Community Center provides shelter, food, rental/mortgage and utility assistance on top of educational, recreational and spiritual mentoring programs.

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Homeless	Joy in Our Town #1736	28:30	14:15	REC	PA/0	09/04/17	5:30pm
						09/05/17	4:00am
						09/25/17	5:30pm
						09/26/17	4:00am

Cheri Duckworth opens the show. She introduces the segment on GRACE, then pitches to roll-in 1. Roll-in 1 is a video of Michelle Cantrell's story. Michelle talks about being accepted into the GRACE program, then moving into a fully furnished apartment provided by GRACE. A huge weight was lifted off of her shoulders. She didn't have to stress about paying bills anymore. Now, she's self-sufficient with no government help. She has a great job and she's happier. Next, our host introduces Shonda Schaefer, Executive Director of GRACE. She explains how GRACE began. It was brought to them in the form of Matthew 25. 30 years ago they felt that it was their duty to serve their clients and families as if it was Jesus Christ showing up on their doorsteps. It was important that all of their basic needs were met in a dignified way. That was so important because these families are just like you and I. They work hard in our community and really want the same thing for their family as we want for ours. There's no separation there. It just happens that they've fallen on hard times. It's important to GRACE that they don't lose hope. Shonda is really proud of the way they work individually and thinks that's what sets GRACE apart from other social services. She says, there's not a cookie cutter program in our mist. Everything that we do is specifically tailored for the family. If there's a family that needs food, they're going to get food. It's not just a one stop shop. Not everyone that walks in gets the same program as the next person that walks in. Everything's very individualized with self-sufficiency in mind. She wants potential families facing emergency situations to know that they can come to a safe place. Whether you are inside of the community or outside of the community, what GRACE can provide, they absolutely will. They also do resource and referrals. If they get calls from people who are outside of their area or have a need that they can't meet directly, they have an entire network of other services to help them. It's a safe place and they want people to feel that way when they come to GRACE.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Homeless	Joy in Our Town #1737	28:30	14:15	REC	PA/0	09/11/17	5:30pm
						09/12/17	4:00am

Host, Cheri Duckworth opens the show by introducing the first segment about feeding the homeless, then she tosses to Pastor Adam Z. Pastor Adam Z introduces Roll-in 1 for CAM Ministry. 39 years ago 9 downtown churches took a risk and a leap of faith to create CAM Ministry. CAM is almost completely volunteer run. They will help anyone who meets the criteria for needing assistance. Armando tells his story about being incarcerated for 2 years and losing everything, but finding a fresh start through CAM Ministry. He is now the owner of a plumbing company. Next, Pastor Z introduces Dawn Fosdick, Executive Director of CAM Ministry. Dawn tells us about the day to day operation of CAM Ministry. No one has to have an appointment or prove that they're worthy. CAM addresses the needs of short time and long term crisis'. People are coming in getting groceries, toiletry needs, clothing, and assistance with administrative needs of being a citizen such as I.D.'s, food stamps, social security cards, etc. Dawn says they see children who have been in the foster care system who have aged out and they don't know what to do. They see individuals who have escaped abusive situations, so they've had to leave those things behind. Cheri re-opens the show, then pitches to Roll-in 2. In this Roll-in, clients of CAM Ministry tell their stories. Dawn talks about how Christ's love shines through. CAM Ministry has over 80 churches that formally supports them. People bring donated clothing, they donate their time, and they also repair things. CAM has other nonprofits that partners with them. CAM helps with utility assistance, so their clients can focus on getting a job. In the final Roll-in Roy and Annie tell their stories. Pastor Z makes a point about how ministering to other people becomes ministering to ourselves. Dawn agrees, then tells a story about helping a sweet older lady with swollen feet down the stairs, but the lady responded to her questions despite her condition by saying "I'm just so blessed!"

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Unemployment	Joy in Our Town #170523-3a	28:30	14:15	L	PA/0	7/24/2017	5:30pm
						7/25/2017	4:00am

Genet Chenier interviews Debbie Godbold of The Work Faith Connection. This segment they are talking about employment. Debbie gives us their mission, the help people in transitional to build a new life, through work and faith. They assist individuals in finding employment that has barriers. The barriers that some people face are, previous incarnation, career changes, lapses in employment, etc. Work Faith focuses on the entire person, with introducing people to the Lord, seeing issues with resumes and counseling. They have what is called a “bootcamp” for gaining employment. This workshop is for 8 days and takes them through everything from interviewing skills, how to dress, how to explain issues of their pass and how to land the job. Debbie lets us know that everyone can gain employment with trusting God and gathering the right skills to present to an employer.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Unemployment	Joy in Our Town #170523-3b	28:30	14:15	L	PA/0	7/24/2017	5:30pm
						7/25/2017	4:00am

Genet Chenier interviews Debbie Godbold and Dametria Douglas of The Work Faith Connection. This segment they are talking about employment and people setting financial goals. Debbie gives us their mission, the help people in transitional to build a new life, through work and faith. Job seek boot camp is the vehicle in which they use to reestablish employment. In this segment, Dametria explains to us that some people after being unemployed, need help in reestablishing their finances. In their classes, they help individuals’ with budgeting, refinancing their homes and paying off bad debt if needed. At The Work Faith Connection, individuals can come away with a calming feeling in know they have someone who is willing to listen and help them in this transitional season in their lives.

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Unemployment	Joy in Our Town #1737	28:30	14:15	L	PA/0	09/11/17	5:30pm
						09/12/17	4:00am

Host, Cheri Duckworth introduces the segment for The WorkFaith Connection. She tosses to Coppelia Acevedo. Coppelia pitches to Roll-in 1: More than a job a new life. It's an introduction of The WorkFaith Connection & client testimonials. One client says "Most of us that work here from The WorkFaith Connection have checkered pasts. We know what it's like to be at the bottom." An employer exclaims, "When you hire WorkFaith guys it's "What's can I do for you?" Next, Coppelia introduces Sandy Schultz, the President and CEO of The WorkFaith Connection. The WorkFaith Connection provides an eight day boot camp so that people can get the skills they need to get a job. In addition, they restore hope by reminding people how deeply they are loved by God and helping them to see the person God created them to be. About 50% of people The WorkFaith Connection helps are coming out of prison or have struggled with addiction. The other half may be stay-at-home moms who are returning to work or older people who are back on the job search after a long time and are feeling discouraged. The minimum age for the program is 18 years old, but there is no maximum age. They have a variety of people in the classroom who are all there for the same purpose. There's a bonding that happens in the classroom where the Holy Spirit brings together a very diverse group of people from all economic and background levels into a common room. They call it "The Redemption Room". Coppelia says, "When you bring God into the mix with The WorkFaith Connection the Faith part is definitely life changing." People do not have to be followers of Christ to come to The WorkFaith Connection. The staff is trained to love people with the spirit of Christ. They read from scripture every morning, but they let people be drawn to the holiness of God in them. Cheri re-opens the show, then introduces Roll-in 2. Roll-in 2 is about being in the classroom at The WorkFaith Connection. After the Roll-in, Sandy tells us about the success story from the video that is near and dear to her heart. It doesn't cost anything to go to The WorkFaith Connection. Coppelia -"People can go through this incredible program and land jobs for free." Coppelia thanks Sandy for sacrificing so people can have a better life in the future. Cheri closes the show.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Youth	Joy in Our Town #170316-2a	28:30	14:15	L	PA/0	8/14/2017	5:30pm
						8/15/2017	4:00am

Genet interviews Kesha Kelly and Julie Lugo of Beyouty Queen the Co-founders. They talk mentorship as it relates to young women. Kesha states that this organization was birthed out of her childhood with major challenges of abuse. A lot young girls don't know that a need a mentor until something happens and they need someone to talk. The question was asked of Kesha, what are some things that effective young girls' self-image. These things are social media, television and friends. Some ladies perceive attention is a sign of love and they say that God's love is the most important love of all. There are several misconceptions about that they can go to the church for help. Some of the young ladies feel that they will be judged. Beyouty Queen's organization has several class that the ladies can be apart of in the growth process. BeYOUfidence stands for Beauty+you+confidence is a class for positive self-image and self-esteem. This is to help young ladies find out who they are in Christ. Kesha says that they will go and meet the young ladies where they are and be who they need them to be.

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Youth	Joy in Our Town #170316-2b	28:30	14:15	L	PA/0	8/14/2017	5:30pm
						8/15/2017	4:00am

Genet interviews Kesha Kelly and Julie Lugo of Beyouty Queen the Co-founders. They talk mentorship as it relates to young women. They talk today about the programs and services that are offered in the group of Beyouty Queen. BeYOUstinance stands for beauty plus you plus abstinence; this focuses on purity and abstinence. BeYOUfidence, stands for beauty plus you plus confidence; this focuses on self-image and self-esteem. BeYOUrity, stands for beauty plus you plus purity; focuses on staying pure until marriage and being pure at heart before the Lord. BeYOUtiquette, stand for beauty plus you plus etiquette; these classes focus on social media, proper clothing and how to speak to others. Kesha and her team talk to the ladies about several different things, including sexual health, soul ties and what a healthy relationship should look like. They always need volunteers to help mentor these young women from all walks of life.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Youth	Joy in Our Town #170209-3a	28:30	14:15	L	PA/0	7/10/2017	5:30pm
						7/11/2017	4:00am

Coppelia interviews Pastor Juan Martinez of Get Wrapped Church. Pastor states he LoveFest is an event that his church puts on a couple of years. Within the Lovefest people are greeted with a hug and a smile, but also their tangible needs are met. The church goes out in the community and invite families and individuals to come out and have a party. A party for Jesus. At the LoveFest, they have different services to help meet needs, for instance: credit repair, clothing give-a-ways, food, etc. Pastor Juan says we should be the hands and the feet of Jesus and this is what the LoveFest is about.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Youth	Joy in Our Town #170209-3b	28:30	14:15	L	PA/0	7/10/2017	5:30pm
						7/11/2017	4:00am

Coppelia interviews Carol and Hudson Boyd, the founders of Play with Purpose Sports. The program is all about youth helping other youth with needs they may have. Hudson and Carol were confronted with youth being homeless and not having basic needs. The young people that are involved in Play for a Purpose acquire sponsorships and the sponsors will donate finances according the need. The sponsorships will then be used to purchase much needed items for at-risk youth and to help orphans in other countries. The mission of Play with Purpose is to meet the needs of at risk youth and to support orphans around the world.

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Youth	Joy in Our Town #1738	28:30	14:15	L	PA/0	09/18/17 09/19/17	5:30pm 4:00am

Host, Cheri Duckworth opens the show. She tosses to local host, Coppelia Acevedo. Coppelia Acevedo pitches to Roll-in 1 which explains how Change Happens was founded. Next, Coppelia Acevedo introduces Rev. Leslie Smith, CEO and Founder of Change Happens. Our guest explains how God gave him the dream to buy old crack houses which he built into the "Change Happens" building. Change Happens is all about people walking out different from the way they walked in. They empower people to help themselves. They work to help people reach their full potential. They have a library where kids can go to read. They also have an after school program. They have educational classrooms, counseling, and case management for teaching life skills, mentoring, helping with homework, and more. Cheri re-opens the show, then pitches to Roll-in 2. In Roll-in 2, students are thanking Leslie Smith for giving them a chance to have a better life. The video explains the positive effects of having an after school program. A confident child today becomes an engaged adult tomorrow. Leslie Smith tells us that Change Happens has helped so many kids by empowering them with life skills, anger management, and life choices so they can go out and make good decisions. On the adult side, they work with adults who are hanging out on corners. They also do HIV testing. People are able to find out their status in five minutes. They have a homeless program that moves people from the streets to shelters, then from shelters to permanent living. Leslie Smith also tells us about their program for affordable housing. Coppelia pitches to Roll-in 3. Roll-in 3 shows how Change Happens hold events for healthcare such as "Children Health Day" which provides access to free services including immunizations, hearing, dental, and vision screenings. Change Happens provides HIV prevention education, testing, abstinence, STD and pregnancy prevention programs. They also have the support of mentors as part of the Rescue Youth program. Kids University offers an interactive learning experience that promotes the merits of higher education. The video ends by showing the progress of a youth participant named Zack. Coppelia references the video by saying there is so much hope for the future after watching Zack's story. Leslie Smith talks about where and how Zack grew up. Zack started in the program when he was six years old and is now in college and working for the organization. He is one of many success stories. Knowledge is power. What these kids need is information that can help them make good strong life choices. Coppelia thanks Rev. Smith for being the inspiration to those kids and to her personally. Rev. Smith's closing statement is, "Do dreams come true? Absolutely!"

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Youth	700 Club NewsWatch #09112017	1:00:00	5:00	REC	PA/0/E	09/11/17	2:00pm

CBN News Reporter Mark Martin Reports: Author and activist Erin Merryn is on a mission to protect children from being sexually abused. With millions of victims in the United States alone, the Illinois woman is taking her fight to all 50 states and beyond. *People* magazine named her one of 15 women changing the world. With a bubbly baby girl, supportive husband, and infectious personality, you'd never guess Erin Merryn has endured tragic, unimaginable acts. This vibrant 30-year-old is a survivor of sexual abuse. Merryn said it started when she was just 6 years old at her first sleep-over. She said the uncle of her best friend sexually abused her during the night. The first time. Merryn never told anyone, and she says until she turned 8 and a half, when her family moved from the area, the man repeatedly sexually abused her. He even brutally raped her just weeks shy of her seventh birthday. She said he continued to threaten her to keep quiet, and she complied. Even after she and her family moved to a new neighborhood, sexual abuse continued. Merryn said this time the perpetrator was an older cousin, someone she had viewed as a brother figure. Merryn wrote about her despair in her childhood diary. Merryn finally broke her silence when her younger sister told her that she, too, was being sexually abused by the same cousin. The two told their parents who believed them 100 percent. The next step was telling their story to a forensic investigator at The Children's Advocacy Center of North and Northwest Cook County. More than 900 of these non-profit centers exist around the country. The room where Merryn found her voice has a two-way mirror. As she shared her story with a trained therapist, behind that mirror investigators listened, collecting information to build a case against a perpetrator. Merryn said her cousin confessed to the crime, was sentenced to seven years probation, and put in a sex offender treatment program instead of receiving jail time. However, her early childhood abuser was never prosecuted. What Merryn and her sister went through is by no means isolated. Merryn eventually went on to become a social worker at a counseling agency. But God had different plans for her to help children and teens on a national and international level. He used her childhood diary to spark a new idea. At that, Erin's Law was born. The law requires age-appropriate personal body safety and sexual abuse prevention curriculum for pre-kindergarten through 12th grade students in public schools. It educates kids on safe touch, unsafe touch; safe secrets, unsafe secrets; how to get away and tell. Merryn is on a mission to find either a state senator or representative in each state to sponsor the bill, draft it, and introduce it to lawmakers for an eventual vote. Erin's Law is spreading like wildfire, even drawing the attention of celebrities like Oprah and Katie Couric, and magazines like *People* and *Glamour*. In a little more than four years it's passed in 21 states and pending in 22, with seven to go. It's a legacy she'll leave for her baby girl and millions of other children who, because of a law, will be protected from the grip of sexual abuse.

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