

COMMUNITY EDUCATIONAL TELEVISION, INC.

QUARTERLY REPORT

July, August, September 2015

KETH - TV HOUSTON, TEXAS

Ascertainment List

Leading Community Problems

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

Civic Affairs

Crime

Environment

Health

Housing

Public Safety

Substance Abuse

Youth

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

Civic Affairs

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
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JOY IN OUR TOWN #732A	28:30	13:05	L	PA/O	7/2/2015	4:00 AM
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Covering a civic affairs issue, Genet Chenier hosts Andy Hardwick, a public affairs specialist with the Social Security Administration, on the topic of Social Security Benefits. Social Security is like an insurance program and is not only for retirement benefits for older individuals. The Administration also provides survivor benefits for a worker's family and covers Medicare. Even if a widow or widower of a parent of children under age 18 or 19 is still a wage earner, the children may still be eligible for survivor benefits. When an individual reaches age 60, they will regularly receive information through the mail that details what benefits they may receive and how to apply for them. The age requirement for full retirement benefits has been moved to between 66 and a few years older depending on the birth year of the applicant. To apply online for benefits or for additional information, you can contact their website.

JOY IN OUR TOWN #780B	28:30	13:05	L	PA/O	7/28/2015 7/30/2015	4:00 AM 4:00 AM
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Genet Chenier hosts this "Joy" segment about civic affairs which deals with the importance of voting. Her guest is Carolyn Mata the president of the League of Women Voters. In the elections held in 2013 only 13 percent of the eligible voters in Harris County actually voted. Younger people are voting less than older individuals. Parents ought to teach their children the importance of voting. If someone is homebound they can still cast their vote by mail. The League publishes a "Voters Guide" for the primaries and general elections. It contains platform statement by the candidates that are not altered or edited by The League. Educational programs and voter's registration are also contributions to community that they make. This organization has been around for 94 years and is still changing and moving forward.

JOY IN OUR TOWN #140724-4A	28:30	13:03	L	PA/O	7/14/2015 7/16/2015	4:00 AM 4:00 AM
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In this "Joy" segment Genet Chenier interviews Chris Daniel, the District Clerk for Harris County, Texas. In this segment Chris talks about the importance of Jury Duty. As he points out, Jury Duty is a right granted to us by the US constitution. Jury Duty is also a civic duty; however there are exemptions for those who meet certain criteria. These exemptions are listed on their website. Chris also explained how is a federal crime to fire someone who is called to Jury Duty. The District Clerks office is working with legislators in the state of Texas to encourage businesses to compensate employees that are called to server on Jury Duty and in return they will receive a tax break on their state taxes. Chris also talked about the importance of having people from all walks of life serve on the jury. The qualifications are, potential jurors must be 18 years or older and a legal citizen. If a person has committed a crime that disqualifies them. Also there is a Sheriff on duty that has access to a national database that can look up the status of a person's qualification. If a person is summons to jury duty and does not appear at the date and time requested or reschedules, they could face a \$1500 fine and up to 1 week in jail penalty. Chris also explained that they do not like to waste peoples time, so when you are summoned to court, you will know that day if you have been choose to serve on a Jury or not.

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Civic Affairs

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #140724-4B	28:30	13:03	L	PA/O	7/14/2015	4:00 AM
					7/16/2015	4:00 AM

In this "Joy" segment Genet Chenier interviews Chris about another responsibility of the District Clerk which is to maintain public records and why that duty is so important. Chris explains how Harris County is one of the oldest counties in the state of Texas and that it has records dating back to the founding fathers of the Republic of Texas. Records that were decaying and if it was not for private funds that were raised to help preserve those records, they would not be available today. Such records that record the creation of the Texas Medical Center, one of the largest Medical Center in the US. Records about Peter Gray who was a young lawyer in 1840, who helped a free Black woman prove her freedom before a court. This is why we have street named Gray Street today in Houston. One of Chris favorite set of records tell how the granddaughter of the first Vice President of the Republic of Texas barricaded herself in a building that was set to be destroyed and if it was not for her persistence the building would have be torn down. That building we know today as the Alamo. All of these records explained Chris can be viewed either online are in person by appointment only.

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 #786A	28:28	13:15	L	PA/O	9/14/2015	10:30 AM
					9/15/2015	3:00 AM
					9/17/2015	4:00 AM
					9/18/2015	12:00 PM
					9/19/2015	3:00 AM

In this "Joy" segment, Alexia Hunter, Program Specialist with Mothers Against Drunk Driving, is interviewed by Coppelia. Mothers Against Drunk Driving (MADD) was founded in 1980 to help victims of auto-accidents caused by underage drunk drivers. It's mission is to help stop drunk driving, in general, but more specifically, help prevent underage drinking. Statistics show that 1 in 6 teens binge drink, but only 1 in 100 parents believe that their children are binge drinkers. It is because of this parental denial that MADD seeks to raise the community's awareness of the problem. "The Power of Parents" is an outreach program that MADD uses to educate parents on underage drinking through community workshops. Its handbook discusses the factors that can lead to underage drinking such as peer pressure or other adults providing the teen with alcohol. The handbook attempts to teach parents new skills on how and when to talk to their teens: It is never too early to discuss with dangers of drunk driving. MADD is partnered with the local police to inform the community on the dangers of distracted driving. Whether drug or alcohol impaired, eating, texting, or make-up applying; All distracted driving is dangerous and no parent should assume that their child is immune to the peer pressures that lead to this risky behavior.

JOY IN OUR TOWN #140922-1B	27:45	13:50	L	PA/O	8/20/2015	12:00 PM
					8/25/2015	4:00 AM
					8/27/2015	4:00 AM
					8/27/2015	12:00 PM
					9/1/2015	4:00 AM

Coppelia Rivera hosts this crime issue, the topic of internet safety, while interviewing James Morrison a computer scientist with the FBI. Younger and older users of the internet are the greatest targets of internet attack. Social media sites are the most likely places to have viruses or other problems. If someone receives an email and they do not know who it is from the best thing to do is not open it. Just delete it. In some cases an email may contain a virus that can be used for crimes such as identity theft. It is important to remember not to share information that can be used against you. An example could be a young person who reveals where they go to school or their daily schedule. The FBI has a website, www.ic3.gov, where you can report suspicious emails and internet activity that could be a threat.

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JOY IN OUR TOWN #140923-4A	28:28	13:15	L	PA/O	9/3/2015 9/24/2015	3:00 AM 12:00 PM
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In this "Joy" segment Phyllis Kyles interviews Rania Mankarious, Deputy Director of Crime Stoppers of Houston. Rania states that the news is not the best gage for reporting crimes. Murder rates have gone down, but other crimes have increased. Burglaries, cybercrimes, bank robberies etc. Some people believe that crimes cannot affect them because they are in a good neighborhood or they know about it and it won't affect them. Crime trends are changing. They are happening at the supermarket at 3:00 in the afternoon, at your banks, where you get gas on a Friday afternoon and with your kids. Our job is to educated people so they don't fall victim to the crimes, with education. Houston is ranked with other major large cities with more burglaries and Houston is ranked number one in Texas with the most violent crimes. The mission of Crime stoppers is to solve and stop crimes. Crime Stoppers has a tipline that has been in operation for 30 year that people can call if they suspect a crime or have information on a crime. The tipline has helped solve over 33,000 crimes and taken over 25,000 criminals off the street. Crime Stoppers also have crime prevention education programs.

JOY IN OUR TOWN #140923-4B	27:45	13:50	L	PA/O	9/3/2015 9/24/2015	3:00 AM 12:00 PM
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In this "Joy" segment Phyllis Kyles interviews Michelle Sacks the safe school program manager of Crime Stoppers of Houston. They're discussing crime prevention in school, bullying and school shootings. Bullying is a big issue in the schools, school violence and drugs on school campuses are affecting our schools today. Bullying has changed with social media and the internet. In the past the bullying stopped at school, but with the internet and text messaging, it makes it more difficult to get away from. It is a misconception that you are safer because you live in the suburbs, crimes at schools occur everywhere. The Safe School program is a program is set up like the Crime Stoppers tipline. Students can call in when they know a crime at school will be committed or if it is happened. The program lets students know that their tip will be anonymous. They make presentation to the student body to give examples of what type of crimes and what things that someone has said should trigger a phone call to them. The Safe school program also talks to students about being safe on the internet and how to keep themselves safe at school and going to and from school. They also educate students on how to report crimes or suspicious activity. Such as a mobile apps, taking pictures of something the does not seem just right. They have programs for each grade level and for parents. They will present to churches, daycare centers and all schools in Harris County. Their goal is to educate students about being safe in and around school and how to report activity they may hear about in school.

JOY IN OUR TOWN #150507-1A&B	27:45	13:50	L	PA/O	7/13/2015 7/14/2015 7/16/2015 7/17/2015 7/18/2015	10:30 AM 3:00 AM 3:00 AM 12:30 PM 3:00 AM
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Genet Chenier hosts this "Joy", interviewing Janie Guerrero, Hotline Case Advocate and Allison Monroe, Communications Coordinator, of the Houston Area Women's Center. Covering the issue of crime, they talk about the prevention domestic abuse. Statistics show 1.5 million teenagers are involved in an abusive relationship in our country every year. Abusive relationships are about one person attempting to control another. In addition to the physical abuse, there can be emotional abuse involving isolation and jealousy. Changes in behavior on the part of a teenager such as anxiousness or detachment may be a clue to a parent that their child could be involved in a dating violence situation. Parents need to be aware of what is going on in their children's relationships when they are dating. Their child could be involved in teen dating violence, as either the victim or the aggressor. The issue of crime in particular as it is exhibited by domestic violence is the subject of Genet Chenier's continued interview with Janie Guerrero, Hotline Case Advocate and Allison Monroe, Communications Coordinator of the Houston Area Women's Center. When one individual in a personal relationship uses coercion to try to control another member to get what they want it is considered to be domestic violence. In addition to the physical abuse, it could take the form of verbal abuse or through economic control or personal restrictions of various sorts. Often the cycle of abuse will escalate and the aggressive behavior will increase over time. The Houston Area Women's Center provides shelter, advocacy and counseling to victims of domestic violence and sexual abuse. The victim needs to realize what has happened to them is not their fault and that they can have the help that they need.

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Environment

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #150625-3A	27:45	13:15	L	PA/O	8/17/2015	10:30 AM
					8/18/2015	3:00 AM
					8/20/2015	3:00 AM
					8/21/2015	12:00 PM
					8/22/2015	3:00 AM

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

JOY IN OUR TOWN #150625-3B	27:45	13:50	L	PA/O	8/17/2015	10:30 AM
					8/18/2015	3:00 AM
					8/20/2015	3:00 AM
					8/21/2015	12:00 PM
					8/22/2015	3:00 AM

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

JOY IN OUR TOWN #150625-5A	28:28	13:15	L	PA/O	8/24/2015	10:30 AM
					8/25/2015	3:00 AM
					8/27/2015	3:00 AM
					8/28/2015	12:00 PM

Today, Coppelia talks with Cheryl Burton-Fentress about the topic of household hazardous waste. Cheryl is the Household Hazardous Waste program manager. Household hazardous waste or (HHW) for short is something everyone has in their home. There are a few important reasons to be concerned because handling of these items needs attentive care. Some items mixed together do not react well. These items include hairsprays, fertilizers and pool chemicals that are flammable, coercive, reactive and toxic. Homes have actually burned down because someone accidentally put something that is an oxidizer into their trashcan and poured something like baking grease in there, which causes it to heat up and start a problem and produce a reaction from it. Also, people tend to pour chemicals down their drain which lead to waterway pollution. The biggest problem the Harris County Engineering Department of Watershed Protection faces is that these chemicals end up in landfills which can pollute our environment. The HCEDWP would rather citizens dispose of these chemicals properly by taking them to one of two Harris county hazardous waste collection facilities that would be happy to dispose of the chemicals and other items safely.

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Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #778B	27:45	13:15	L	PA/O	8/4/2015 8/6/2015	4:00 AM 12:00 PM

Genet Chenier hosts this "Joy" segment on the health issue of dealing with colon cancers. Grace Butler, PHD is the president and founder of an organization called Hope Through Grace, Inc. She is again interviewed on this topic and reminds the viewers that she is a colon cancer survivor herself. The large intestine, which carries waste from the stomach to where it's eliminated from the body, is also called the colon. When diseased with cancer it is identified a colon cancer, it's the second most common cancer killer of men and women. However, colon cancer is preventable. Beginning about age 45 to 50 one needs to start being screened regularly for colon cancer. Proper diet and exercise can reduce the risk of developing colon cancer. Hope Through Grace provides education about colon cancer prevention and in certain cases can provide medical screening at no cost to individuals in need.

JOY IN OUR TOWN #140724-1 A & B	27:45	13:50	L	PA/O	7/2/2015 7/3/2015	3:00 AM 12:30 PM
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In this "Joy" segment Genet Chenier interviews both Dr. Christine O'Mahony & Dr. Pete Etheridge of St. Luke's Medical Center, Baylor. They talked about Kidney disease and what are the causes of it. Dr. Etheridge explained what the fictions are of the kidneys and how import it is to the body. Dr. O'Mahony explained how important it is to watch your diet and salt intake. Too much salt intake can lead to Hypertension which can lead to kidney failure. Both Doctors stressed the importance of having regular blood test because people that have a genetic predisposition to kidney disease will not know that they have some type of Reno disease until it is too late. There are no physical symptoms until you have the disease. In the US there are on average 800 thousand people with the disease at any given time. They talked about Kidney disease and how it is treated. Dr. O'Mahony & Dr Etheridge explained how people with kidney failure have a few life changing options. One go into a medical facility several times a week for Dialysis or do what is called Peritoneal Dialysis at home. Both processes remove the toxins and waste from the blood. Dr. O'Mahony explained that having a kidney transplant is an option for those that find Dialysis to constraining. However it can take several (2 to 5 years) in the Houston area to receive a transplant. Dr. Etheridge talked about have few donors we have, he quoted some statistics where 70% of the general public believes being a donor is a good thing, but only 19% of people are registered to be a donor. He went on to say that they have about 100 thousand people on the waiting list to receive transplants, they only do about 17 transplants a year, but over 30 thousand people are added to the list every year. Dr. Etheridge also explained how people can become living donors and that about 40 to 50% of all kidney transplants come from living donors.

JOY IN OUR TOWN #141106-3 A&B	28:28	13:15	L	PA/O	8/4/2015 8/6/2015 9/24/2015	3:30 AM 4:00 AM 4:00 AM
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In this "Joy" segment Genet Chenier interviews Jennifer Strich, Vice President of Programs & Megan Gust, Program manager, from the Depression & Bipolar Support Alliance. They are discussing the topic of mental health. They start out by explaining that Mental illness is actually a physical illness and it should be classified as such. It affects an organ just like other diseases, such as cancer, diabetes etc. Depression is a chronic illness; it's ongoing, not just having a bad day. Some symptoms that come along with depression are: sleeping a lot, feelings of hopelessness, no appetite etc. The depressed person sometimes can't focus; daily routines are difficult or may not be able to get out of bed. The illness of depression has to be diagnosed by a doctor. One of the specifics for depression is that you are seeing impairment in your daily life that last more than last two weeks. With this disease, it is manageable with medications, therapy, and support groups. Bipolar disorder, this means exactly what it states two extreme emotions. One part of the emotions is depression where everything seems slower and the other is mania. The mania part is when we see everything speeds up. Thoughts, movements, speaking at a faster rate; you can't focus on anything. Your body can't function at this rate. They are goal oriented and want to do everything at one time. Your body's chemical balance is off and it needs some way to realign itself. To try to get diagnoses, you should get educated and see a doctor for your treatment plan. Talking about Mental illness and its treatment plans. One in four Americans are affected or diagnosed with a mental illness. We should first get education on mental illnesses and try to help those who effected by them. The World Health organization predicts by 2020 that depression will be the second leading cause of death; this is right under heart disease. Parts of the stats are because of suicide, anxiety, heart attacks, over eating. A treatment plan should include medications if your doctor prescribes and talk therapy. The communication should be delicate to the mentally ill person. They should be able to come up to a person and talk about having a diagnosis, but let people know that I'm ok and I'm managing my diagnosis. DBSA help individuals who have a diagnosis of depression or bipolar disorder. They have free support groups for caregivers, family members, and the individuals who have the diagnosis.

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Health

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
JOY IN OUR TOWN #150625-4A	27:45	13:05	L	PA/O	9/7/2015	10:30 AM
					9/8/2015	3:00 AM
					9/10/2015	3:00 AM
					9/11/2015	12:30 PM
					9/12/2015	3:00 AM
					9/28/2015	10:30 AM
					9/29/2015	3:00 AM

Genet Chenier hosts an interview with Anne Thobae, Executive Director for the Houston Area Parkinson Disease Society, discussing health concerns centered on Parkinson’s disease. Parkinson’s disease is the second most common neuro-degenerative disease after Alzheimer’s disease. More people have Parkinson’s than MS, ALS and muscular dystrophy combined. It is estimated that more than 1.5 million Americans have Parkinson’s and estimated 7 to 10 million people worldwide are impacted by this disease. Approximately 23,000 people in the greater Houston area affected by Parkinson’s. Age is the biggest risk factor, 55 being the average age that most people are diagnosed. More men than women are diagnosed with the disease. Ms. Thobae share how the disease impacts family dynamics and how the organization helps families through various programs, education, support groups and comprehensive social services, providing guidance to families and caregivers on how to manage the day-to-day workings. The organization works to raise awareness and educate the greater community about the disease, how it impacts lives and how citizens can get involved.

JOY IN OUR TOWN #150813-1 A	27:45	13:09	L	PA/O	9/21/2015	10:30 AM
					9/22/2015	3:00 AM
					9/24/2015	3:00 AM
					9/25/2015	12:30 PM
					9/26/2015	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.

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JOY IN OUR TOWN #150813-1 B	27:45	13:09	L	PA/O	9/21/2015	10:30 AM
					9/22/2015	3:00 AM
					9/24/2015	3:00 AM
					9/25/2015	12:30 PM
					9/26/2015	3:00 AM

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

Switch On Your Brain #006	28:30	28:30	REC	PA/O/E	07/07/2015	12:00 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses how "I can't" is a decision. It is a choice, which means "I can" is also a choice. Your brain follows what your mind decision makes. You can change. You can change your "I can't" to "I can." We are made in the image of a perfect God. Our normal, our natural, our default is phenomenal, brilliant, marvelous, fantastic, fabulous; it is outstanding. You are outstanding. When you say "I can't" you've actually made a choice because you're either "I can" or you're "I can't" - there is no gray area with God. It's either you choose life or you choose death. When we say "I can't" we are actually choosing to give up. We're making the choice to pull out and pull back and to not take responsibility. And then we can't heal because we actually increase our toxic load when we do that. This "I can't" applies to logical things, decisions that are blocking you from moving forward in your life. We're not going to walk around thinking that if I say "I can" "I can." It's not positive thinking, it's much deeper. We're dealing with where we use the words "I can't" that keeps us stuck and bound in chains of negativity and bad habits and bad toxic thoughts. That's the "I can't" that we need to overcome. Your thinking and your choices will impact right down to the DNA right down to genetic level and that impacts everything about who you are and how you are functioning. Ninety-nine percent of our perceptions in life are based upon what we have planted inside of our brain. A lot of times, we say "I can't" because it is scary to change. There is a fear involved because this is familiar even though I know it's wrong. There's also the thing of "I don't know how to change" this almost helpless feeling which has come from the world that we live in, the environment that we've lived in, the nurturing that we've received, where we've been told and labeled this is who you are and you can't change. This is where it is good to recognize and understand who we are scientifically in Christ which means that we are naturally wired for love, so we're naturally wired to overcome. We need to have truth brought into our life about how we can do this. It is something we are able to do. When we're bound in these chains of things like anger, frustration, alcoholism, addictions, addicted to me, myself, and I, addicted to pornography, whatever it may be, these feel like chains that hold a prisoner to a wall. You need to know that your mind is more powerful than any addiction. Your mind is more powerful than any toxic chain. Anything in the negative realm, your mind is stronger than that and that's what science has proven. Link back to God, implant the Word of God. Let your mind understand what your heart, what your intuition of your spirit, already knows, and that is you cannot do this thing without God. So you first link to God. You first find a scripture. You first give thanksgiving and praise and worship. You do whatever it is that you get yourself connected to God and then you go into battle. Step 1: You first link to God. Then you start working on this and as you make the decision this thing is no longer in my life and you start working every day diligently, disciplined, directing your attention; it's call the quantum zeno effect. If you don't do it for twenty-one days, it will not go away. It takes a full twenty-one days. The best way to get out of the "I can't" syndrome is to do twenty-one days of practicing saying "I can." So whatever the "I can't" is, if you can identify and be very specific, science shows us that the more specific we are the easier it is to start breaking down and identify things. If we can find the pattern of our negative toxic reaction, that is the first step in starting to break that down. When we are saying "I can" to get over the "I can't" you can't just say it, you have to really believe

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it. You have to identify a truth in the Word of God that will be something that you can hook the "I can" onto. As a tree has roots, so your thoughts have roots, so everything you say and do is first a thought. Nothing that you say and do is a vacuum. So whatever you're saying is coming from a root. If you're saying "I can" but you are actually thinking "I can't" the root is the more powerful. The thought in your non-conscious is the more powerful thing than what you are saying, and what you are actually saying is actually the negative, and that's called cognitive dissonance. When you thank God, in your brain things change. Serotonin, dopamine, oxytocin; all the remodeling chemicals start being released. Various structures in your brain start getting very excited in anticipation of good stuff. When you expect good things, good things are going to happen. "I can" is a decision. "I can't" is a decision. You have a choice daily to say "I can" or "I can't." When you choose to "I can" instead of "I can't," when you make that decision, change happens in your brain. Physical change happens in your body. Physical change will produce change in your mind, which is the soul realm, which will impact on your spirit. Have a look this week at how many times you actually say "I can't." Train yourself to be aware of the fact that "I can't" is a physical thing. You're capable of changing the "I can't" into the "I can."

Health

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Switch On Your Brain #007	28:30	28:30	REC	PA/O/E	07/14/2015	12:00 PM

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

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scientific way of saying you are made in God's image. We know right from wrong. Within the depths of our spiritual part of who we are, in the depths of our intuition, the Holy Spirit will lay down truth. With our mind we need to understand what that truth is. We use our mind to understand the truth that is already inside of us, but that takes discipline, that takes walking by the spirit, that takes discipline practice about not letting thoughts just go crazy and unchecked through your mind, but stopping and evaluating "Is this thought in alignment with God or is it in alignment with the worldly way of thinking." We can train ourselves to discern because our basic nature is one of knowing good from evil. A lie cannot be measured. Light is what we measure. Darkness is the absence of light. A lie is the absence of truth. We measure truth. Your mind controls your body even down to the subatomic level. That is why when you pray your words influence the subatomic level. Your thoughts change the C-reactive proteins in your body. Your thoughts, your words, change everything right down to the DNA level.

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Switch On Your Brain #008	27:30	27:30	REC	PA/O/E	07/21/2015	12:00 PM

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

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Switch On Your Brain #009	27:30	27:30	REC	PA/O/E	07/28/2015	12:00 PM

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

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is toxic, to ask God to help you to start working through the process of detoxing that particular thought network, which takes work. It takes twenty-one days, but you can start working on that. Don't ignore that ten minute window.

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Switch On Your Brain #010	27:30	27:30	REC	PA/O/E	08/04/2015	12:00 PM

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

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Switch On Your Brain #011	27:30	27:30	REC	PA/O/E	08/11/2015	12:00 PM

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

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

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Switch On Your Brain #012	27:30	27:30	REC	PA/O/E	08/18/2015	12:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses how we are designed to bring all thoughts into captivity. Part of the front part of the brain is designed to enable us to stand outside of ourselves and observe our own thinking. God's design of the human brain fulfills the ability to bring all thoughts into captivity. We can actually stand outside of ourselves, observe our own thinking, focus on an area that needs to be detoxed and we can fix it. It's like the first step that we need to apply in being able to actually sort out our thought life. You have the ability to bring all thoughts into captivity. When we think we choose and when we choose we change our brain and then we live from what we have created inside of our brain. Everything that you say and everything that you do is first a thought inside of your head. We are neuroplasticians, neuro meaning brain and plastic meaning to change. We are designed to change our brain. Moment by moment of every day, you are redesigning the landscape of your brain. You are changing your brain. You control your brain. Your brain does not control you. We are not victims of our biology. We are victors over and above the events and circumstances of our life. If you are negative, it hits the proteins right down on a micro level and they start breaking down and over time they manifest and make you vulnerable to illness and disease. A study shows that people are protected by worship; protected against depression and anxiety and worry. They have shown scientifically that the more people worship, the more you develop your relationship with God, and the brain actually gets thicker in the parts that need to get thicker to protect you against depression, anxiety and worry. The more you worship, the more you are protecting yourself against all the challenges that affect us in life. Inside your brain you have internal networks that we call the default mode networks. As you are conscious and as you are going through the day, every seven seconds, you shift into this default mode, and you basically switch off to the external and you switch on to the internal, and you process what you have just taken in. Research is showing that those people that are meditating correctly, the activity in the brain increases and you're becoming more intelligent. When you are in a state of peace and calm and you are thinking with wisdom and clarity. Christians who are meditating on the Word of God and saying "Trust in the Lord with your all your heart. Rely not on your own understanding. In all your ways acknowledge Him and He will direct your path all day long," their brain entered into the highest intellectual state possible. God has designed your brain to obey your mind, and when you do what God tells you to do, and you choose life, life grows in your brain, good stuff grows in your brain, your brain health increases, your immune system improves, your cardiovascular system improves, and the entire health of your body improves. As you're in life, you're exposed to multiple things that are coming in through your five senses. Your five senses are the contact between the external world and the internal world of your mind. There's a lot of signal coming into your brain, but it stays in the middle part of your brain and it activates certain internal signals, which are four or five of the existing memories that are moving to the conscious mind. You can discipline yourself to become aware of what you are gathering; what is coming in from the outside and what thoughts are being activated. Sometimes it takes twenty-one days to get our minds disciplined. We need to discipline ourselves to slow down, watch our thoughts, and not let any thought go unchecked through our mind. That's our natural design and that's what bringing our thoughts into captivity means. We are all faced with all these choices and quantum physics talks about them being probabilities. Probabilities have not happened yet and they have no substance yet. A probability is simply something that could happen. You, the observer outside the system, look at the probability and you make a choice, and you turn the probability into an actuality. When it becomes an actuality, it becomes a physical structure inside of your brain. You operate from that physical structure inside of your brain. We are designed to bring all thoughts into captivity. Bring is an instruction and it is a mind action. When you decide to bring all thoughts into captivity that is mind action. That's intellectualizing, that's choices that we're making. The frontal lobe of the brain is very active when we are conscious and it enables us to literally stand outside of ourselves and observe our thoughts, and make change. Discipline yourself to self-reflect. Discipline yourself to self-regulate. Where you are in your mind is going to determine where you're going to be tomorrow. It's with your mind that you are going to grow spiritually. It is with your mind that you are going to get your health under control. Deal with the issues that are in your life. Science shows us that thoughts are real things. Your mind is in the soul realm and your mind deals with the intellect, the will, and the emotion. Although we can't see the intellect, the will, and the emotion physically, we can see the result, which is what people say and what people do. First there is the thought that you've built, which is the root in the non-conscious mind; that moves into the conscious mind, and then you become consciously aware, and then you speak and you do. Thoughts are built as substance and evidence in your mind, as you build those you will be acting upon those. Your DNA doesn't control you. You control your DNA. You cannot control the events or circumstances of your life, but you can control your reactions to the events and circumstances of your life. You are not a victim of your biology. You are totally in control by the decisions that you make, influencing your spirit, soul, body, and health. God has designed your brain in such a way that you are able to stand outside yourself, observe your own thoughts, and rewire your brain in a positive way. You're not a victim. You can rewire and you can change through a single decision to make that decision to change.

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Switch On Your Brain #013	27:30	27:30	REC	PA/O/E	08/25/2015	12:00 PM

Today on Switch On Your Brain, Dr. Caroline Leaf discusses how no thought is harmless and no attitude can be hidden. You know what it feels like when you're around someone who is negative? It makes you feel horrible. When you're around someone who is joyful and happy you feel great. That's because our attitudes literally rub off on each other. You can't hide an attitude. No thought is harmless. It is a scientific fact that every thought that you build generates electromagnetic energy and it produces a state of mind, and that's part of nonverbal communication. We don't read each other's actual thoughts, but we can read each other's attitudes. We have all kinds of structures in our brain that help us to reflect back each other's emotions. For example the vagus nerve, insula, mirror nerve cells in our brain; literally help us to cry together, laugh together, and be joyful together. It's almost as though God has designed us so that we can actually check each other's behaviors. Become aware of your attitude and the attitude of the people around you. Every single cell in your body is impacted by a negative thought. No thought is harmless and no attitude can be hidden. It will come through in the way that your eyes are shining and the way that you carry your body. Genesis 11:6 tells us that "Whatever they imagined they could do would not be impossible for them." The science of this scripture is that as you are thinking you are physically building substance. This science also tells us that whatever is substance in your brain you will act upon. You will live out whatever you have built, so therefore, no thought is harmless. The Bible does say that to just look upon a woman with adulterous thoughts is the same as the act. We know from science now that if you watch someone play tennis, the same areas in the brain will light up as the areas that will light up in the person who is actually doing the act. It says in the Bible that only God and you know your own thoughts but what I can pick up through my mirror neurons is your attitude which is your state of mind; it's the emotional state of your head. Every thought has an emotional feeling component and that is what we literally mirror in each other. Quantum physics actually explains this in terms of the theory of entanglement, which means we are all entangled in each other's lives. We are all connected with each other, so we feel each other's emotions. We can't hide it. We can't ever hide an attitude because of the design of the brain mirroring out the emotional energy literally from the thoughts that move into the conscious mind, we reflect those. The gene is an inanimate thing. It can't do anything until it is switched on. The dreaded diseases that people are suffering from are from the mind, seventy-five to ninety-eight percent. Even when you have a genetic mutation of something that comes through the blood line, it originally was not a mutation because Deuteronomy 30:19 says, "I lay before you life and death; blessing and cursing. Choose life so that you and your descendants may live." The decisions that your great, great, great whatever, made are in your head. You have a choice and that choice is to keep and to active those things or to kill them. What you think about, the choices that you make, will produce effects. That's pretty much the science of epigenetics showing how our choices impact spirit, soul, and body, this generation, and the next four generations. It's the sins of the father that will reach through to the third and the fourth generations. It's not an excuse because the Bible also says that you are not responsible for your parent's sins. You are not a victim of your biology. You are a victor over and above your biology. Imagination is not a nothing. Imagination is you visually thinking out. As you imagine, you are growing thoughts as well. As you are growing those thoughts you then act upon those thoughts. They did a research study where they taught people to play the keyboard in two groups. One group learned to play the keyboard actually using a keyboard. The other group learned through the power of imagination. They brought the two groups together and the group that used their imagination actually played better than the other group. You can't see your thoughts, but no thought is just some non-event. No thought is harmless. Every thought is doing something. It's physical structure inside of your brain. We can't control the events and circumstances of our life, but we can control our reactions to those events and circumstances. We can choose to control our reactions. So therefore the hardest thing about being happy and peaceful and enjoying life and coping with life is the recognition that we can choose. You are able to choose and your choosing makes a difference in your life and the lives of this generation and the next four generations. Attitudes are never harmless. Attitudes impact people. Your attitude that you reflect, good or bad, is influencing other people's perceptions. This week make a strong concerted effort to actually observe your own attitudes and the impact of your attitudes on other people. You will be amazed at how when you smile and you're happy how that influences the people around you. How when you're whiney and negative how that influences the people around you. Increase your observation skills this week.

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Switch On Your Brain #001	28:30	28:30	REC	PA/O/E	09/01/2015	12:00 PM

Today on Switch On Your Brain, Dr. Caroline Leaf discusses the mind being the switch that helps to control the brain. The mind is your intellect, thinking, choices, feelings and emotions. These mind actions switch the brain on or off. Thoughts are real things that take up space in the brain and look like forests that have been built up since you were in the womb. We control our brain. Our brain does not control us. Through your mind, you have the ability to think and choose; the ability within yourself to change your world quite literally. Science has proven that the mind changes the brain. The mind changes the body. The mind is instrumental in developing the spirit. It was once believed that once a brain cell died, there was nothing more that could be done about it. Research now states that we can change our brain. We can redesign our own brain. Neuro means brain. Plastic means to change. Neuroplastic means the brain can change. You can change your brain. Now this is called brain surgery. Mind over matter is total reality. The mind actually controls the body. The spirit controls the soul, and the soul's the mind realm, and the mind controls the body. We know from science now that the higher level is the mind and the lower level is the brain, so the brain actually represents what the mind has actually worked out. You're a thinking being. You think all day long. You're even thinking at nighttime while you're sleeping. But at nighttime you are sorting out your thinking for the next day. We do not have fixed IQs. You are as intelligent as you want to be. Intelligence is something that increases constantly throughout your lifetime the more you use your brain. You are designed with free will. You are designed, enabled, and empowered to choose. You can choose whether you are going to believe the negative or the positive. You choose whether or not you are going to operate in peace. There are only two choices that we can really make: love or fear. The choices that you make, which are the result of the thoughts that you think, are going to become physical realities in your brain. We have to focus on what is important and make the good choices that we have to make because when we make the good choices we wire health into our body. We wire health into our brain. We wire health into our mind. We wire health into our spirit. Thoughts are real. Thoughts are growing on a moment by moment basis that you, with your mind, grow. As you are growing those thoughts they are changing the structure of your brain and impacting how you run your life. We need to be aware of our thought life. We must never let thoughts go unchecked through our brain. We must always be aware: What am I thinking about? What am I listening to? What am I reading? What is going on in my mind? As we create that awareness, we can start bringing those thoughts into captivity to Christ Jesus.

Switch On Your Brain #002	28:30	28:30	REC	PA/O/E	09/08/2015	12:00 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses the scientific term "You Are Wired For Love." Humans naturally are optimistic. Scientists correlate that with being wired for love. We actually have to learn fear. The brain is part of your body. You are designed in perfection. You are wired for love and you are well able to think in a perfect way. Fear is the opposite spiritual force. You have the spirit of power, love, and a sound mind. The norm is love, power, sound mind, made in His image, the mind of Christ. Research called "The Optimism Bias" shows that the natural inclination of man is one of being positive, making good choices, and thinking healthy thoughts. Scientifically, we have seen the brain circuitry for only positive choices, positive optimism, seeing the good in everything, wiring, neurochemicals, structural organization inside the brain, that is all in the direction of healthy thinking. Yet when you make a bad choice, because we have free will, we see this whole process being distorted, creating a physical change in the brain which impacts the body. This parallels with the Bible, which encourages us to think of healthy positive things, and if we don't, there are going to be consequences. Research has shown that every seven to ten minutes you are supposed to slow down, become introspective, become self-reflective, become calm, switch off to the outside and switch on to the inside and get into the depths of who you are, and when you do that your brain moves into the highest intellectual state that it possibly can. On an FMRI scan, your brain goes into what is called gamma activity. Gamma activity is where you are super intelligent. When you have gamma activity happening in your brain, you are processing with wisdom, you are seeing things that you did not see before. The fear zone essentially is negativity; toxic thinking. Our choices have consequences and our bodies help us to understand these consequences. You have to choose to live a full life. You have to choose to be happy despite the circumstances. Spirit, soul, and body is a connected thing. Your mind is what you use to decide how connected you are going to be between your spirit, soul, and your body. It is with your mind that you process, intellectualize, experience your feelings, make your decisions, interface with your thoughts, and make your choices. The biggest thing in change is the recognition that we have choice. It is also the hardest thing to take responsibility for our own thought life and our own actions. The quicker we realize that we make choices and that our choices have consequences, it will set us on the path to healing with the recognition that we have the ability to choose. We know right from wrong. You are wired for loved. Love is your normal. Everything about you is designed to be like God. You can make good decisions. You can think well because that is your norm. So when we choose badly, we're actually stepping into the fear zone, or the abnormal zone, and experiencing negative emotions. Because that is not your norm, it doesn't have to dominate or control you. You are able to get free because you are wired for love. Research shows that we are wired for love and we can change. Really focus on the fact that everything about you is geared in a positive direction. Your norm is to actually make good decisions.

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Switch On Your Brain #002	28:30	28:30	REC	PA/O/E	09/08/2015	12:00 PM

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Switch On Your Brain #003	28:30	28:30	REC	PA/O/E	09/15/2015	12:00 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses how making bad choices leads to toxicity. You are a thinking being. You're thinking all day long. Every time you think it automatically leads to a choice. You're spirit, soul, and body. You are a triune being. Your spirit is your true you. It's your intuition, your conscience, and your communion; your communion being your worship with God. Your soul is your intellect, will and emotions. Your soul is basically your mind. You are thinking, you're choosing, you're feeling, all of that is the mind; soul activity. You live in a body. Your brain is part of your body. The design and the natural order that God has set up is that the Holy Spirit informs your spirit, your spirit informs your soul, and your soul controls your brain and your body. Your soul has one foot in the door of the spirit and one foot in the door of the body. It is the central point. The body simply is then going to house the consequence of your mental decisions of your mind; soul decisions. God gave you this ability to choose. Current research tells us that seventy-five to ninety-eight percent of current mental, physical and behavioral illnesses today, come from our thought life, so these illnesses are very real things. It is our thoughts that change the physiology of our body. It is our thoughts that change the way you feel and function. Scientists have found that we are wired for love. You are wired to think well, choose life and build life into your brain. Believe it or not, you have an infinite amount of space inside your brain. You can grow branches, and each branch contains information, for three million plus years and you still won't fill up your brain. Every time you think, you are going to grow branches, and these branches hold this information, which are your memories. Research has shown that toxic thoughts also cause C-reactive proteins to flow. So the minute you choose badly, you will find inside the brain that all the electromagnetic balance, all the chemical flow, everything is distorted at that point. There will be a high level of C-reactive proteins, a high level of inflammation. Wherever there is inflammation in the brain, or throughout the human body that is not dealt with, inflammation that stays will bring disease. Science tells us that if you're going to change one of these ugly networks in your brain you have to have discipline. You have to direct your attention. You have to be very focused. You have to make a decision and rigorously push through a period of time to change that thing. It shows us in science that nothing happens until day twenty-one. It takes twenty-one days of major scientific stuff to break down the thoughts, and then once you've broken it down, it takes another two cycles of twenty-one days minimum to make that a habit in your life. The scriptures say it in Deuteronomy 30:19 "I lay before you life and death, blessings and cursing. Choose life so that you and your descendants may live." Remember, we cannot always control the events and circumstances of our life, because those events and circumstances are the result of other people's choices and other people's decisions, other people's thinking. But there is something you can control and that is your reactions to those events and circumstances of life. Your reactions to events and circumstances of life are the choices that you make about what you're doing with your life and how you are going to cope every day.

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Switch On Your Brain #004	28:30	28:30	REC	PA/O/E	09/22/2015	12:00 PM

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

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you've made a toxic choice and you've kept it there. We need to realize that we need to bring our thoughts into captivity and renew our minds. When we get rid of those toxic thoughts we decrease our vulnerability to illness.

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Switch On Your Brain #005	28:30	28:30	REC	PA/O/E	09/29/2015	12:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses the ability to change and renew your mind. You can rewire your brain. You can change and get rid of those toxic thoughts. As a man thinks in his heart so is he. What we have wired into our brain very much determines what we say and what we do. If it's a toxic thought it produces toxic words and actions. You don't have to get stuck in that. We're not a victim of our biology. We can change that. We can rewire and get rid of it. In science we call this neuroplasticity. Neuro means brain and plastic means to change. You are designed to change your brain. It takes time. It takes a full twenty-one days according to the science to breakdown a thought. You are in control. You can break those thoughts down. Renewing our mind means that we change our thoughts. You are a thinking being. Thoughts are real things and they occupy mental real estate. If you have a toxic thought it causes physical change in our body, which is toxic. If you have a healthy thought it brings health to our bodies. This is what science has found: that when you have a healthy thought you have health in your body. Toxic thinking brings a lack of health to your body. You have a non-conscious mind and you have a conscious mind. Your non-conscious mind operates twenty-four hours a day. Your non-conscious mind operates at four hundred billion actions per second and that non-conscious mind drives the conscious mind. Your conscious mind is what you do when you're awake. The conscious mind only operates when you're awake but it is driven and controlled by the non-conscious mind. At any one time around about four to seven thoughts are in the conscious mind. As a thought moves from the non-conscious to the conscious, it becomes malleable, plastic, changeable, and this is when we start doing brain surgery. This is a massive breakthrough in brain science, and psychiatry and the world of psychology. It was once thought that the brain could not be changed because it is fixed and immutable; it's a machine. Research now shows that your brain does re-grow; it is neuroplastic. Every day you get new brain cells. When you bring a thought into the conscious mind, there's a massive change that occurs inside the networks of our brain. We see a physical change in the brain. In the mind realm there is a massive change and in the spiritual realm there is a massive change. As soon as we bravely take the initiative of acknowledging our wrong doing, our sin, our stronghold, our toxic thought, whatever you want to call it, then immediately we see the work of the cross coming into action. This is really, I believe, where the Grace of God hits us because when we see this is who I've become but the truth is that I'm wired for love, Jesus died on the cross, and He rose again on the third day. I can believe this. That is knowledge you have built in as a tree. That is something you had to process and build in as a tree and as you are using this healthy thought you look at the negative so you start talking about the situation and you start acknowledging, repenting; all that is a process that takes a minimum of twenty-one days. This thing that you thought up is filled with emotion. Every thought that you've built has got emotion and information. The information of the event plus the emotion attached to that event. When it's in the non-conscious the emotions are operative, but when it moves to the conscious mind those emotions become feelings, so we experience the emotion. So as you talk through you redesign this whole thing, meltdown the toxicity, eliminate and get rid of all the negative toxic emotion, and toxic feelings, and you rebuild a healthy truth that says this is how I used to be. This is the negative reaction I used to have. You have these lights going on in your head. You suddenly get this insight and awareness because as you're going through this process the Holy Spirit is laying down in your spirit what you actually know to be truth, and then with your mind you're starting to understand truth, and as you start doing this conscious work of understanding the truth and rebuilding a healthy thought, you overcome. When you make bad choices the proteins that you express are all distorted and tangled up. They look different to the proteins that you express when you make a good decision. As you are thinking and choosing, when you choose in the death zone; when you choose a bad choice, when you shift out of alignment with God, you build proteins that are incorrect, so you're still going to wire in the toxic tree, but it looks different. Science tells us that if you're going to change one of these ugly networks in your brain you have to have discipline, you have to direct your attention. You have to be very focused. You have to make a decision and rigorously push through a period of time to change that thing. On day three or day four, most people just stop. When you just stop and give up that is a decision of your mind. You chose to stop and give up. You could have chosen to push through with diligence and perseverance. It shows us in science that nothing happens until day twenty-one. It takes twenty-one days of major scientific stuff to break down the thoughts and then once you've broken it down, it takes another two cycles of twenty-one days minimum to make that a habit in your life. It takes at least sixty-three days to make a major change in your life. In science what we have found is that in order to build a stable memory, that means that something is there and they're not going to go away unless you change it, which you can do, you have to go through a process of up to twenty-one days to build a basic new little memory. It also takes twenty-one days to break down a memory. You may have been thinking in a negative pattern for the last thirty years. In just twenty-one days, you can get rid of that toxic tree and at the same time rebuild a healthy tree. You have to push through. Awareness is the signal that starts breaking down the toxic tree. You have to push through because the first two days there are a lot of chemicals flowing that will give you a lot of motivation. Day three and day four those chemicals stabilize. You have to push through beyond day three and day four, because even though you may not feel it, major change is occurring in your brain on the nonconscious level. If you think of a tree and you think of the branches on the tree, the branches have to get stuck to the tree. By day seven the branch is stuck with like a little bump. By day fourteen the connection between the branch and the trunk that it is growing from has become like a lollipop. It's only on day twenty-one that the connection has become like a mushroom or an umbrella. What that means is that when it is in that shape the protein has become self-sustaining. The memory has become stabilized. It will then move into an unconscious mind and it becomes something that you have worked through. So we need to push through to twenty-one days. Work on one toxic area at a time, one toxic habit at a time, one by one. If you're working twenty-one days; that means

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in one year you can fix seventeen areas that need fixing in your life. Most people are the same now as they were five years ago. Five times seventeen imagine what you could do! It takes seven to ten minutes a day of the exercise and five steps that are all scientific. You are your own base brain surgeon. This means that you are designed with your mind to change your thoughts. You can get rid of those thoughts. You can wire them out It's a process. It is not going to happen overnight. Most people are very motivated to change and forgive and get rid of a toxic habit in the first couple of days and that's because of chemical reactions and the motivation that occurs around that whole state. But day three, day four, historically, and statistically, people tend to give up. We've got to push through. Science shows us that once we're aware of a toxic thought, we need to focus in on working on one toxic thought, which has a whole lot of branches growing out of it like a tree trunk which is the root with all the toxic branches and manifestations growing out of it. Science shows us that twenty-one days is the minimum that it takes to break down a toxic thought, and as you're popping off those branches and rewiring, you are also building up at the same time a healthy new thought.

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club CBN NewsWatch #08262015	1:00:00	5:00	REC	PA/O/E	08/26/2015	2:00 PM

CBN News Medical Reporter Lorie Johnson Reports: More than 5 million people struggle with Alzheimer's disease. There is no cure. However, doctors can help some people slow down the disease's progression. It involves exercises for the brain. Alzheimer's patients undergo mind training at Dallas' Carrick Brain Center. For two weeks, they undergo exercises designed to reignite the brain's areas of memory and personality, according to Dr. Andre Fredieu, a neurologist and director of medicine at Carrick Brain Center. For example, a patient focusing on a dot while moving their head can improve connectivity in parts of the brain that have deteriorated. In another exercise called the axis rotation, patients experience different kinds of motion, which stimulates the vestibular area of the brain and reawakens memories. After her Alzheimer's diagnosis, Rosalie Kriesel gave up baking, although she loved it. After spending time at Carrick Brain Center, her husband David said Rosalie regained enough confidence and enthusiasm about life that she baked a cake and cookies. Jean Jones experienced terrible anxiety because she confused her nightmares with reality. According to her daughter Jolynn Hardon, that's gone now. While these stories are encouraging, doctors want families to be realistic about results. Brandon Brock, a clinician at Carrick Brain Center, said they are careful not to promise a cure. After patients leave Carrick Brain Center, Dr. Fredieu instructs the caregivers to make sure the patient keeps their mind working. Dr. Fredieu adds that the right diet can also play a key role in slowing down the progression of Alzheimer's. In addition to grains, patients should steer clear of packaged foods containing trans-fats. Research such as that from the University of Oregon shows that people who consume these hydrogenated oils performed worse on thinking and memory tests, plus had smaller brains, according to lead researcher Dr. Gene Bowman. Scientists discovered that the people with the larger brains ate diets high in vitamins B, C, D, E and fish oil. Some Alzheimer's patients experience symptom reversal by taking coconut oil. This discovery came when Dr. Marv Newport worked with her husband Steve, who has Alzheimer's. Before taking coconut oil, he was asked to draw a picture of a clock. He drew circles and several numbers just in a very random pattern that didn't look anything like a clock. Then Dr. Newport began feeding coconut oil to her husband. Two weeks later he was asked to draw a picture of a clock and demonstrated stunning improvement. And after three weeks came even more improvement. She included this and other research in her book, "The Coconut Oil And Low-Carb Solution For Alzheimer's, Parkinson's, And Other Diseases." Dr. Newport believes some patients have what she calls "Type 3 Diabetes." This entails an insulin problem that prevents brain cells from getting needed glucose. She said coconut oil provides an alternate energy source known as ketone bodies that feed the brain cells. In addition to mental stimulation and a healthy diet, Alzheimer's patients seem to benefit from a stable home life. That means minimizing chaos, keeping household items in the same place and sticking to routines, according to Dr. Fredieu. While lifestyle changes don't cure Alzheimer's, they can slow down the progression of the disease, which means more precious time with loved ones.

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Health

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
700 Club NewsWatch #09112015	1:00:00	5:00	REC	PA/O/E	09/11/2015	2:00 PM

CBN News Washington Senior Correspondent Paul Strand Reports: Experts are hoping recent national gatherings will help the country as a whole begin to recognize that pornography is -as they put it - a "public health crisis." Warnings from therapists to researchers to social workers focus on how porn takes violence to a frightening new level. And it's coming to America's kids. Dr. Sharon Cooper treats sexually exploited children. The fact that so much pornography is now omnipresent on the Internet severely magnifies the impact and damage porn can do. Dines pointed out how porn is an everyday presence now for many people. Dr. Melissa Farley of the organization Prostitution Research and Education has seen the damage done to children and women used in porn, which is increasingly blending in with the world of prostitution and sex trafficking. Farley told CBN News that pimps often use Internet porn as advertisements, but she considers the porn shoots themselves as acts of prostitution. People often face jail time for doing in private life what pornographers do professionally. These experts then point out the final insult: therapists like Anderson are hearing from more and more users that porn actually makes sex with a real person worse, not better. Organizers came to Capitol Hill for this particular symposium to convince Congress that stronger laws and more financial help can go a long way in fighting porn and illegal aspects of the sex industry. But Hawkins and her allies believe laws aren't enough to win this war. These porn-fighters are trying to spark a massive campaign like those that have stigmatized smoking and drunk driving. They want to shame major businesses that have aided the sex industry to stop that aid. They're encouraging families to put filters on all their computers and not give kids phones with Internet access. And these Americans are intrigued that British Prime Minister David Cameron was able to get United Kingdom Internet service providers to voluntarily take action. These ISPs automatically block all porn-related websites, and only make them available to adults who opt out of this "default filtering."

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Housing

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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JOY IN OUR TOWN #732B	27:45	13:09	L	PA/O	7/2/2015	4:00 AM
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Genet Chenier gets information about help available for buying a new home. Regina Dixon, the Director of the Affordable Homeownership Initiative for the Catholic Charities is her guest. Five years ago the individual wanting to purchase a home could do so without documentation. Now a buyer must have a 640 to 680 or higher credit score in order to receive a home loan. A buyer must have between 10 or 20 percent of the total price as a down payment to receive money from a lender. A bank requires an established good credit history that is current. You have to have credit and be responsible in making payments in order to receive a new home loan. Catholic Charities' Community Development Corporation is a non-profit agency that assists new home buyers in securing affordable housing.

JOY IN OUR TOWN #150625-6A	27:45	13:09	L	PA/O	8/31/2015	10:30 AM
					9/1/2015	3:00 AM
					9/3/2015	3:00 AM
					9/4/2015	12:00 PM
					9/5/2015	3:00 AM

Today, Coppelia talks with Teshia Judkins, Board of Directors and Nicole Cassier VP, Fund Development/Communications. They bring us a wealth of information about housing in Houston. The first question they address is what the housing problem in Houston is and why it exists. Nicole tells us that we have to look at the issue as a whole, stating that homelessness comes when we don't know have a place to live when housing cost continue to increase, its challenging to keep up. Some people have to trade off on a place to live or to eat their next meal. The housing market in rentals has increased 10 to 17 % over the last 3years and that is a very large gap from what we are accustom to seeing. When families don't have a place to call home, it can be stressful of the entire family unit. Families who do not have a place to call home face challenges for their children getting to school and parents getting to work in a timely manner. They want us to know that people who need housing are not just homeless people on the street; they are families who are trying to make a living with minimum income. At New Home Housing their mission is to provide permanent life stabilizing, affordable housing for people living on a limited income. They assist individuals with providing permanent affordable housing and helping with some case management for residents as needed.

JOY IN OUR TOWN #150625-6B	27:45	13:09	L	PA/O	8/31/2015	10:30 AM
					9/1/2015	3:00 AM
					9/3/2015	3:00 AM
					9/4/2015	12:00 PM
					9/5/2015	3:00 AM

Genet Chenier interviews Katie Scott, the director of Sheltering Arms Senior Services for Neighborhood Centers, Inc., about what can be done in the way of helping seniors. The focus of Neighborhood centers is their mission, which is transforming communities for good. The job of Sheltering Arms is the help seniors live independently and live their last years with dignity. Their services include adult daycare for seniors with dementia. Seeking home care and daycare for seniors is beneficial for both the individual as well as the caregiver. Activities like games and field trips are available for people who want to stay busy. Meals and exercise programs also help keep seniors healthy. It costs about \$80,000 a year for a person to stay in a nursing home. It costs about \$26,000 a year to have a caregiver come to a senior at home to help them on a daily basis. The Sheltering Arms Home care program provides help to individuals based on their incomes and offers their services on a sliding scale. All older adults have value and have something to contribute.

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Housing

<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 #150205-5A	27:45	13:09	L	PA/O	9/3/2015	12:00 PM
					9/10/2015	4:00 AM
					9/29/2015	4:00 AM

In this segment of "Joy" Tory Gunsolley of Houston Housing Authority states that Houston is said to be one of the most affordable housing available. Approximately 25,000 units are being built per year. There is a difference between cheap housing and affordable housing. The goal with affordable housing is to build high quality homes in an area with good schools and enough room for the whole family. The state of Texas has initiated two programs to invest into affordable housing. In Houston we have a waiting list in the 10's of thousands. They are offered on a first come first serve basis for those who qualify. Because the waiting list is so long, it could be years before an applicant's name would come up.

JOY IN OUR TOWN #150205-5B	27:45	13:09	L	PA/O	9/3/2015	12:00 PM
					9/10/2015	4:00 AM
					9/29/2015	4:00 AM

Mr. Tory Gunsolley of the Houston Housing Authority is interviewed by Genet Chenier in this segment of "Joy In Our Town". Mr. Gunsolley states that there are different levels of homelessness. Some individuals or families experience hard times and may become homeless for a couple of months. While others may be on the streets for years and usually suffers from mental illness. A system has been created to place every veteran in some type of housing. Sometimes whole families are displaced. A Case Manager sits down with the family to identify what can be done to help the family get back on their feet. Houston is becoming successful in handling its homelessness citizens. Other cities are coming here to model our success.

Public Safety

<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 #778A	27:45	13:09	L	PA/O	8/4/2015	4:00 AM
					8/6/2015	12:00 PM

In this "Joy" segment Genet Chenier hosts a public safety issue. Senior Captain Ruy Lozano 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.

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Public Safety

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
JOY IN OUR TOWN #786B	27:45	13:09	L	PA/O	9/14/2015	10:30 AM
					9/15/2015	3:00 AM
					9/17/2015	4:00 AM
					9/18/2015	12:00 PM
					9/19/2015	3:00 AM

In this "Joy" segment, Cameron Ballantyne, Communications Officer with the American Red Cross, is interviewed by Coppelia. Most people are aware that the American Red Cross is prepared to respond when a large- scale natural disaster occurs, but few are aware that the organization also responds to smaller emergencies as well. The "Disaster Action Team" goes out daily to respond to house fires. They endeavor to meet the immediate disaster needs of the victims- food, clothing, shelter-so that they can assess what the family's needs are and refer them to other long-term agencies that can help get the family back on their feet. To the Red Cross, a smaller disaster is just as significant as a hurricane. For people who wish to impact their community, the Red Cross is always in need of volunteers. Training is provided for teaching "Disaster Preparedness" courses, Disaster Action Team, Emergency Preparedness courses, general office work, and Spokespersons (people who interview the victims to access their needs). Volunteers can be accepted as young as 16yrs old. Many retirees, whom have extra time on their hands, are also active as Red Cross volunteers. When disasters strike, the Red Cross can coordinate with outside resources, if necessary. "Hurricane Season" begins in June for the Gulf Coast Region. The Red Cross coordinates changing escape routes in the event of an actual strike. In order to avoid a last minute scavenger hunt for supplies when a hurricane is approaching, it is important to have a Disaster Preparedness Kit assembled beforehand. It is best to slowly gather your supplies over a period of time, as to not break the family budget. Some items to include in the kit are water (3gal per person per day), non-perishable food, some cash for gas, and some comfort toys for small children.

JOY IN OUR TOWN #787A	27:45	13:09	L	PA/O	9/17/2015	12:00 PM
					9/22/2015	4:00 AM

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.

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Public Safety

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
JOY IN OUR TOWN #140624-1A	27:45	13:09	L	PA/O	7/21/2015	4:00 AM
					7/23/2015	4:00 AM
					8/18/2015	4:00 AM
					8/20/2015	4:00AM
					9/10/2015	12:00 PM
					9/15/2015	4:00 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 oncoming 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	13:09	L	PA/O	7/21/2015	4:00 AM
					7/23/2015	4:00 AM
					8/18/2015	4:00 AM
					8/20/2015	4:00AM
					9/10/2015	12:00 PM
					9/15/2015	4:00 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.

JOY IN OUR TOWN #150625-1A&B	27:45	13:09	L	PA/O	8/3/2015	10:30 AM
					8/4/2015	3:00 AM
					8/6/2015	3:00 AM
					8/8/2015	3:00AM
					8/29/2015	3:00 AM

Genet Chenier interviews Cameron Ballantyne the spokesperson for the Houston Area American Red Cross. Genet begins the interview with asking the question, "What is the mission of the Red Cross?" Cameron explains of the Red Cross is the make sure people are prepared for, able to respond and able to recover from disasters. As well as making sure people receive First Aid training and be a source of communication for families that have deployed loved ones in the armed services. The Red Cross also wants individuals to be able to help their neighbors in their time of need. One type of disaster that the Red Cross respond to on a daily bases are home fires. A team of volunteers attend to victims of fires by being a source of comfort, handing out clothing or food if the families have lost things in the fire. Also the volunteer with the Red Cross help individuals or families find temporary housing and were to get medications after disasters. Each disaster is huge to the individuals it happens to, so we need to treat it as so. The Red Cross is 95 percent volunteer based with thousands of workers around the country. The Red Cross will train

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volunteers or use their skill sets that they currently have. They have online training classes as well as trainings to take at their offices. CPR classes are given at the training offices and they are considered an investment to the community. How does the Red Cross stay prepared? Education, is key, we promote what we do, and having volunteers training and keeping the services available to the community. There is never down time at the Red Cross, there will always need to be CPR classes to be taught, water safety classes, managing volunteers and keeping the community up to date with new regulations, etc. How does the Red Cross get the information to respond to such emergencies? We keep in constant contact with the National Weather Service, the Fire Department and the Police Department. Cameron states that this task is all about planning, partnership and coordination

Substance Abuse

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #140624-3A	27:45	13:09	L	PA/O	7/7/2015	4:00 AM
					7/9/2015	4:00 AM
					8/11/2015	4:00 AM
					8/13/2015	4:00 AM
					9/8/2015	4:00 AM

In this "Joy" segment Pastor Boyd L. Harrell, President and Founder of C.O.O.L. Ministries, Inc., is interviewed by Phyllis Kyles. Substance abuse has reached epidemic proportions in our country. New varieties of drugs such as "Kush" (Synthetic marijuana), bath salts and "Ice" (smokable meth.) have joined old standards "Crack", alcohol and prescription drugs to continue enslaving the nation's population by altering their thinking and behavior. The drug user can be as varied as the dope fiend under an overpass bridge to the parents sitting in the park to watch their kid's soccer game. C.O.O.L. Ministries uses a 107 page curriculum, Christian 12- step program based on God's Word. Whatever social/economic status the drug abuser comes from, C.O.O.L. Ministries embraces them with the love of God. It is through discipleship that we can accurately apply the truth of the Word of God so that we can solve problems in our lives.

JOY IN OUR TOWN #140624-3B	27:45	13:09	L	PA/O	7/7/2015	4:00 AM
					7/9/2015	4:00 AM
					8/11/2015	4:00 AM
					8/13/2015	4:00 AM
					9/8/2015	4:00 AM

In this "Joy" segment Pastor Boyd L. Harrell, President and Founder of C.O.O.L. Ministries, Inc., is interviewed by Phyllis Kyles. C.O.O.L. Ministries volunteers share the love of God's Word at the point of contact; Prison, Jail, Drug treatment facility, transitional living center and even at their church. Their 12-step Christian based program has a focus on discipleship: Teaching a person how to be real in their faith and their recovery so they can make good decisions and then back those decisions up. Some formerly incarcerated people who have successfully completed the "Breaking the Chains" class have gone on to being released from prison and then returning to become C.O.O.L. Ministries volunteers and teachers; A testament to the success of the program.

JOY IN OUR TOWN #140922-1A	27:45	13:09	L	PA/O	8/20/2015	12:00 PM
					8/25/2015	4:00 AM
					8/27/2015	4:00 AM
					8/27/2015	12:00 PM
					9/1/2015	4:00 AM

In this Joy segment Copelia Rivera hosts the program topic about adolescents and substance abuse. Her guest is Constance Phillips, the admissions manager of Odyssey House of Cenikor. The most often used drug by adolescents is marijuana. In many cases young people are sent to hospitals and or law enforcement when why caught using drugs are while in school. Some children as young as eight or nine years begin using drugs, often because their parents may be using drugs as well. More often these days' prescription drugs are easy for young people to abuse. The Odyssey House encourages young people and their families to learn how to change their behavior in order to break their drug addiction and change their lives.

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Substance Abuse

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #150625-4B	27:45	13:09	L	PA/O	9/7/2015	10:30 AM
					9/8/2015	3:00 AM
					9/10/2015	3:00 AM
					9/11/2015	12:30 PM
					9/12/2015	3:00 AM
					9/28/2015	10:30 AM
9/29/2015	3:00 AM					

Joy in Our Town host Coppelia talks with Payal Patani who is the Coalition Coordinator for Fort Bend Regional Council on Substance Abuse about substance abuse prevention. The organization addresses substance abuse in Ft. Bend County. Local community data reports show that approximately 28% of students in the 11th grade reported a past-30 day use of alcohol. There is a rise in the use of marijuana and prescription drugs. With the change in culture, there has come a change in the modes of peer pressure. As a result, the organization has had to change the approach on how to address and help students deal with it. The organization has three programs: a life-skills program, a treatment program and an out-patient treatment program. In 2011 the organization formed a coalition to help expand its reach to make a greater impact on the community. By getting all facets of the community involved, the coalition aims to transform the community through education, changing community norms and the perception of risks. The coalition also partnered with local law enforcement agencies and the Drug Enforcement Agency (DEA) to sponsor the "Take Back Program". This program collects and disposes of unused and expired medications. These efforts help to reduce the number of medications being disposed of improperly and negatively impacting the environment. Additionally, it also reduces the risk of the drugs ending up in the wrong hands, potentially saving a life.

JOY IN OUR TOWN #150625-5B	27:45	12:59	L	PA/O	8/24/2015	10:30 AM
					8/25/2015	3:00 AM
					8/27/2015	3:00 AM
					8/28/2015	12:00 PM

In this "Joy" segment Phyllis Kyles interviews Lori Fiester with the Council on Alcohol and Drugs Houston. Lori states that 1 in every 2 person is affected by drugs and alcohol. It's not just the person who is using the drugs; it's also the family members that suffer along with them. Most people know someone who is affected by drugs and alcohol abuse. If you are a family member, you may suffer with worry, have depression or over eat, etc. The first step to helping the addict is to talk about it; the fact that someone in your house is an addict comes with some shame. Lori states that the addiction doesn't want us to share; if we keep silent we can't get help. The family member that is helping should make sure to keep themselves healthy. They can start to have emotions the same as the addict; like drinking, taking medications to deal with the addict etc. They get use to the shame, anger the confusion. When they don't have that, you don't know what to do. Just start with a conversation with the addict and come at it with a positive attitude. Caregivers or family members should realize that the addiction is not just something that can be stopped on a dime. The Council has individual, couple and family counseling for everyone. They will also refer you to the right place to get more help.

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Substance Abuse

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch #09092015	CBN	1:00:00	5:00	REC	PA/O/E	09/09/2015 2:00 PM

CBN News Reporter Abigail Robertson Reports: A street drug called "molly" is gaining popularity with high school and college kids. Many think it's a harmless, non-addictive party drug, so they don't think twice about taking a little molly before a night out with friends. But one mother's tragic story shows how that way of thinking can have deadly consequences. Two years ago, Dede Goldsmith awoke to a call in the middle of the night telling her that her daughter was dying in a hospital hours after she had collapsed inside a concert venue. Nineteen-year-old Shelley Goldsmith, a high school valedictorian and college honor scholar, had taken the drug known as MDMA, commonly called molly, on her way to a concert. Elyse Eilerman was a friend of Shelley's who was with her the night she passed away. The same weekend Shelley died, MDMA claimed the lives of two other young adults attending a music festival in New York. Molly, short for "molecule," is a stimulant that takes users on a six- to eight-hour euphoric high. It is thought to be a pure form of its parent drug ecstasy, but in reality, there is hardly anything pure about it. Recent studies show that only 15 percent of molly drugs sold are really what they claim to be. A third sold under that name contained substances such as cocaine, bath salts, and baking soda, while more than half contained no MDMA at all. Many people think only the tainted molly carries fatal consequences, but even the purest form can be lethal. So why is this drug so appealing to college kids around the country? Eilerman believes it's because people focus more on the high and less on the danger. Dr. William Strudwick, director of the Emergency Center at Washington's Providence Hospital, says users take molly for the sense of euphoria the drug gives them, but they don't consider the negative consequences it can have on the body. These other problems include seizures, heart attacks, severe dehydration, and hyperthermia. Doctors ruled Shelley Goldsmith's cause of death as hyperthermia because her body temperature rose to fatal levels. Her autopsy revealed MDMA was the only substance in her system at the time of death, proving the drug's deadly potential. Eilerman said that taking molly in a crowded, hot venue puts you at an even greater risk of fatal reactions to the drug. Since Shelley's death, many people close to her are raising awareness about the dangers of this so-called harmless drug. Her mom is urging lawmakers to amend the 2003 Rave Act, an act that was put in place to shut down underground raves where promoters encourage illicit drug use. The current law discourages organizers from using commonsense safety measures to protect their patrons. Goldsmith said venue operators won't implement small safety measures like free water, cool down spaces, and appropriate number of medical personnel to deal with emergencies because they fear it could be seen as encouraging drug use and subject them to criminal prosecution. She believes if Shelley had known more about molly and its risks, she would be alive today. This would have been Shelley's senior year at the University of Virginia. After her death, Eilerman helped start the Shooting Star Foundation, to spread the word around the university community about the dangers of drug use. Each year on the anniversary of Shelley's death, they commemorate her life and share with students' lifesaving information that could help others. Eilerman and the members of the Shooting Star Foundation have been working hard to encourage their peers to think twice about the risks of taking molly in hopes of preventing other tragedies like the death of Shelley Goldsmith.

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Youth

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #780	27:45	13:05	L	PA/O	7/28/2015 7/30/2015	4:00 AM 4:00 AM

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

JOY IN OUR TOWN #787B	27:45	13:05	L	PA/O	9/17/2015 9/22/2015	12:00 PM 4:00 AM
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In this "Joy" segment Jeremiah Belyeu, a foster parent with five years' worth of experience, is interviewed by Coppelia. There are numerous reasons that a child can be placed in the C.P.S. / Foster Care System. Some children are orphans, but many of them come from a background of neglect or abuse. On occasion, parents may love their children dearly, but not have the financial, or emotional, resources to provide for them and they lose custody. Regardless of the circumstances that lead to child-parent separation, all kids from broken homes need a stable and loving environment to help nurse them back to health. Foster parents provide for the displaced child until a permanent solution can be found. A popular misconception that many new foster parents have is thinking that they will swoop in and "save the day" for the children, as if they were some kind of superhero. The reality is that most kids resent their foster parents: The children believe that the foster parent is somehow responsible for separating them from their real parents and disrupting their lives. The greatest challenge for the would-be foster parent is dealing with the child's emotional drama and the bad behaviors that come from it; each foster child's age group presents its own set of challenges. A person who is thinking that they would like becoming a foster parent should feel as if they are being "called" from the Lord, because the road to raising children with emotional issues is extremely stressful.. In the end, all aggravation is worth it once the foster child begins to sense that you love them unconditionally.

JOY IN OUR TOWN #150430-2 A & B	28:30	13:05	L	PA/O	7/6/2015 7/7/2015 7/9/2015 7/10/2015 7/11/2015	10:30 AM 3:00 AM 3:00 AM 12:00 PM 3:00 AM
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In this "Joy" segment Genet Chenier interviews Amanda Boyd, Regional Director of Benchmark Family Services. Today's topic is Foster care and placement. Amanda starts by sharing with us what foster is: temporary provision for children who have been removed from their biological family or home. Some of the reasons that children are removed are, abandonment, neglect, or any form of abuse. Once the child is removed from the home, they are placed by CPS or a child placement agency. Places like Benchmark help match families to the children that are in need. These placement agencies follow-up with the families and the children that are placed in the home to make sure they are a good fit. Foster care is intended to be temporary. Benchmark Family services is helping put foster children with families who will love them in spite of where they came from or the situation they may have been in.

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Youth

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #150507-3 A & B	28:30	13:05	L	PA/O	7/23/2015	3:00 AM
					7/24/2015	12:00 PM
					7/25/2015	3:00 AM

Genet Chenier talks to Kimberly Upchurch and Mike Blockson with Covenant House Texas. They talk about youth being homeless and on the street. Kimberly tells us there are many ways young people can become homeless. These include not coming to school, sleeping on friend's sofas, and aging out of the foster care system. Young people become homeless sometimes because of not being able to get along with the parents or maybe undiagnosed mental health issues. Some of the dangers that young people can come up against are selling drugs or selling their body. One of the most dangers is thinking everyone is your friend and predators will gain trust then work to deceive and destroy them. Covenant House goes out into the streets to talk with some of the young people to encourage them to come to their program. Their programs consist of meeting the immediate needs of the young person; whether it's food, clothing, temporary shelter etc. Also after assessment they are able to determine if the young person needs additional services.

JOY IN OUR TOWN #150625-2 A & B	27:45	13:05	L	PA/O	8/10/2015	10:30 AM
					8/11/2015	3:00 AM
					8/13/2015	3:00 AM
					8/14/2015	12:30 PM
					8/15/2015	3:00 AM

Today, Genet Chenier talks with Katie Wiseman about child abuse prevention. Katie is the Director of Programs for ESCAPE Family Resources located in Houston, Texas. There are different types of abuse with the most prevalent form being neglect. It has been shown that abuse experienced in childhood can and often times follows a person well into their adult years. Abuse is also often times generational. Prevention begins at an early age. In fact it begins at conception. Researchers have shown that if there are six key qualities in place, then a family eliminates the risk for child abuse. The organization works to educate families on how to look at parenting differently to help create healthy environments and reduce child abuse. With 11 different curriculums, the 32 year old organization has a mission to prevent child abuse and neglect before a child is through education, intervention and support for families in crisis. ESCAPE not only teaches parents, but the entire family. The organization has curriculum for every member at every level, from infancy to adulthood.

JOY IN OUR TOWN #150507-4 A & B	27:45	13:05	L	PA/O	7/27/2015	10:30 AM
					7/28/2015	3:00 AM
					7/30/2015	3:00 AM
					7/31/2015	12:30 PM
					8/1/2015	3:00 AM

In this segment of Joy Mari Devlin and Jaime Cunningham of Harris County Protective Services Children's Protective services in Houston. They begin the interview with talking about what it means to be a young person in crisis; they mean children who are having problems with their parents, peers, other family members and teachers at school. Some of the children make poor decisions, running away from home and experimenting with drugs. The Harris County Protective services come in and assist families with helping their children with counseling, time management and many types of intervention. There are some situations that judges have to intervene to get the families in their child's problem. Some of the signs that your child may need help are; grades falling, friends changing, behavior changes and being aggressive. The ladies also let us know about a sister program TRIAD Prevention Program is a consortium of three county agencies (Protective Services for Children and Adults, Juvenile Probation and Mental Health/Mental Retardation Authority) working together to coordinate their resources to serve youth at-risk. TRIAD provides countywide prevention and early intervention services to divert youth and families from involvement with the CPS, mental health and/or juvenile justice systems. TRIAD's Vision to provide a continuum of quality services to the families and youth of Harris County so that they may reach their maximum potential. This agency's primary goal is to prevent the children from getting into major trouble or maybe even jail.

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