

COMMUNITY EDUCATIONAL TELEVISION, INC.

QUARTERLY REPORT

January, February, March 2016

KETH - TV HOUSTON, TEXAS

Ascertainment List

Leading Community Problems

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

Civic Affairs

Crime

Economy

Education

Family

Health

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

Civic Affairs

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #150813-7a	28:30	13:07	L	PA/O	01/04/2016 01/05/2016	5:30 PM 3:00 AM

Host Coppelia interviewed Dr. Renee Beckham, Chief Sanitarian of the Houston Health Department Bureau of Consumer Health Services, about keeping food establishments safe. Food establishments include not only restaurants, but grocery stores, food trucks and schools. All food establishments are required to have a food safety certified manager. Though the City of Houston has more than 15,000 food establishments, there are only approximately 50 sanitarians in the field at a given time. Every place must be inspected at least annually. The most common complaints about food places are lack of hair restraints, improper hand washing, and insects or rodents. If you visit a food establishment with suspect practices, you can contact the Health Department and the allegations will be investigated. Inspections help protect the public from contaminated food. Inspections are unannounced to allow sanitarians to get a realistic view of the situation. Consumers may also go to the Health Department website to check on the status of their favorite establishments. The inspection reports themselves are public documents available online. Signs of better practices are when a place looks clean, has hot & cold water, has handwashing supplies, and no signs of insects. Keep in mind however; there are many areas of a restaurant that consumers cannot see. Dr. Beckham closed the segment by reminding organizations that plan to open a food establishment to call the Bureau of Consumer Health Services first.

JOY IN OUR TOWN #150205-3b	28:30	12:19	L	PA/O	03/28/2016 3/29/2016	5:30 PM 3:00 AM
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In this segment of "Joy" Eric Goodie of the Houston Area Urban League is interviewed by Genet Chenier. As the Director of Asset and Acquisition, Mr. Goodie states that they are involved in helping individuals find jobs, purchase homes and with small business development. They are involved in teaching individuals how to acquire what is needed to accomplish their financial goals. His department helps individuals to develop the skills needed to acquire jobs, get better jobs or build wealth. They stress the fact that technology has become a part of our lives and must be used to in our business affairs. Therefore, it is a necessity to become computer literate.

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Crime

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #151103-3a	28:30	13:06	L	PA/O	03/7/2016 03/8/2016	5:30 PM 3:00 AM

Host Genet Chenier interviewed Alexia Hunter, Program Specialist for Mothers Against Drunk Driving (MADD). Genet begins by asking how serious is the issue of underage drinking? Alexia tells us that nationwide this issue it is very serious. It is estimated that 25% of 8th grade students have tried alcohol. She also states that by 10th grade the numbers increase to 50%. Alexia gives us the statics for person being killed by underage drinking, which are annually 4,742. This is not just for drinking and driving. These stats are for alcohol poisoning, suicide and homicide. Genet asks the question, what is the reason that these things happen? Because the teens are just not mentally ready to handle the decisions and the reasoning that comes with drinking. Teens should be educated on ways they can say no to drinking and even riding with someone who has been drinking. Parents are the first line of defense for the teens adopting these lessons. In surveying teens, 3 out of 4 say that their parents are the number one influence drinking. Some parents think that is ok to let their teens drink in their presence, but studies have shown that this only increases the amount and how often they drink. Lastly, she states that parents should not assume their teens could not be drinking. Parents should have the conversation early in their teens live and often. MADD has programs that help parents know how to talk to your teens as well as program to talk to the teens directly.

JOY IN OUR TOWN #150507-1a	28:30	13:07	L	PA/O	03/21/2016 03/22/2016	5:30 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.

JOY IN OUR TOWN #150507-1 b	28:30	13:07	L	PA/O	03/21/2016 03/22/2016	5:30 PM 3:00 AM
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Crime

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JOY IN OUR TOWN #140923-4a	28:28	12:44	L	PA/O	3/24/2016	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 educate people so they don't fall victim to the crimes, with education. Houston is ranked with other major large cities with more burglaries and Houston is ranked number one in Texas with the most violent crimes. The mission of Crime stoppers is to solve and stop crimes. Crime Stoppers has a tipline that has been in operation for 30 year that people can call if they suspect a crime or have information on a crime. The tipline has helped solve over 33,000 crimes and taken over 25,000 criminals off the street. Crime Stoppers also have crime prevention education programs.

JOY IN OUR TOWN #140923-4b	28:28	11:00	L	PA/O	3/24/2016	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 #735a	28:28	13:06	L	PA/O	3/24/2016	11:30 AM
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Genet Chenier hosts Senior Police Officer Billy Ray Robinson, Jr. of the Houston Police Department on this program which features crime and focuses on gang violence. Gangs are involved in a variety of activities ranging from criminal mischief through organized crime. Gang association by youngsters is often identified when they use graffiti and gang signs in their notebooks, on their backpacks or by gang tattoos or wearing the colors of the gang. Parents of young people who are going to elementary school through high school should watch out for warning signs and be willing to invade their kids privacy for their own good. Any young person who can be of use to a gang might be recruited. Parents must pay attention to their children and communicate with them in a direct way. Instead of only providing material things for their children, parents must spend time with them at home, at church, in outside activities and at their school.

JOY IN OUR TOWN #735b	28:28	13:14	L	PA/O	12/10/2014	11:30 AM
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Returning to the issue of crime, Genet Chenier discusses identity theft with a representative of the Financial Crimes Unit of the HPD – Officer Jacob Webb. When someone takes your personal information such as your social security number, your bank account number or credit card number and uses it for economic gain they are committing identity theft. Like many large cities, Houston has a heavy incidence of this problem. The Houston Police Department receives about 2,000 new cases a month of identity theft. Some things individuals can do to protect themselves involve checking your credit and charges on credit cards as well as guarding their personal information. If an individual uses a pre-loaded credit card, only the money they plan to use can be spent. Everyone is targeted in the crime of identity theft, but seniors are most vulnerable. You can go to the HPD website and learn more about how to protect yourself.

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Crime

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
700 Club NewsWatch #03292016	1:00:00	5:00	REC	PA/O/E	03/29/2016	2:00 PM

CBN News Reporter Chuck Holton Reports: Some in law enforcement call it "The Ferguson Effect." It's the growing animosity between police and the communities they serve. With law enforcement officers under intense scrutiny both on and off duty and a spike in violence against men and women in blue, many cops across the nation are thinking twice about the way they do their jobs. Joe Collins is one of them. He's a husband and father of two boys who lives in Blacksburg, Virginia. He's a veteran of both the Marines and the U.S. Army. He's seen plenty of combat. When Collins returned from Iraq, he was looking for the same type of brotherhood he had in the military. And law enforcement seemed like a good fit. But after 14 years with the Montgomery County Sheriff's Department, Collins said police work is not what it used to be. Police work has always been a tough job, and sometimes cops go too far. But violence against the police is rising. So far in 2016, officer deaths by shooting are up 300 percent from the previous year, with a marked increase in ambush-style attacks. In February, police woman Ashley Guindon was murdered responding to a domestic disturbance in Virginia. It was her first day on the job. She was the tenth officer to die in the line of duty that month. Cell phones and surveillance cameras are everywhere, and that takes a toll on law enforcement as well. Many cops today fear their next call could end up as a viral video, possibly ending their career or even their life. Michael Wood agreed. He's an author and contributor to the website PoliceOne.com. The result is that tension on the streets is high. With violence rising, tactics and equipment that were developed by the military are now being used to make policing safer in the face of rising violence. Police deaths in the line of duty have declined by about a third since the 1970s when they hit their peak. But that doesn't necessarily tell the whole story. Battlefield technologies developed in Iraq and Afghanistan have trickled down to police departments across the country and that means an officer involved in a shooting has a much better chance of survival than he did 40 years ago. At the same time they are being subjected to increasing restrictions, cops are being asked to do more with less.

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Economy

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #151015-2a	28:28	12:44	L	PA/O	01/11/2016 01/12/2016	5:30 PM 3:00 AM

Host Genet Chenier interviewed Dorian Cockrell, Program Manager of United Way THRIVE, about the importance of achieving financial stability. In general, having a good job, affordable housing, savings, insurance and the ability to cover monthly bills is considered being financially stable. Long term financial stability for yourself and future generations is the next level. Having a few months of rent in savings is a good starting point for security. Realistically, many people are just a few paychecks away from being in serious financial trouble. It can be difficult to find room for savings. Frequently, eating out and entertainment are areas of the budget that can be trimmed. Savings can also be realized by buying high quality discounted clothing. Managing food expenses can be especially challenging for large families, and require new skills. Regardless of the specifics, making sure the family is living within their means is the key. All adults, particularly young adults should strive to have three times their monthly rent in the bank. While these savings may not specifically go toward rent, having a few months cushion will definitely contribute to financial stability. Safe, affordable housing should stay at the top of the priority list. Each person or family will need to customize their strategy for their specific situation. With proper planning, financial stability and becoming debt-free is an achievable goal.

JOY IN OUR TOWN #151015-1b	28:28	13:06	L	PA/O	01/25/2016 01/26/2016	5:30 PM 3:00 AM
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Host Genet Chenier interviewed Velma Trayham, CEO of ThinkZilla PR and Consulting Group about branding. Branding is the overall identity of the business including its purpose, logo, colors, mission and vision statement. Your brand should easily communicate what problems your company solves and connect with the target demographic. Many business owners are unaware that marketing and branding are two different things. When people spend on marketing, but don't have their company branded, they are losing money. If people go to a website, but don't see the right messaging, you will lose the lead. Your mission statement is very important to establishing a brand. You must also communicate your unique selling proposition (USP). A correctly branded business leaves the viewer with your name and USP at the top of their mind. This means consumers will seek out your business when looking to solve a problem. It is also important to make sure your content aligns with your product or service. Ms. Trayham closed by reminding viewers not to make the tragic mistake of wasting money on marketing without having a brand established. As a business owner, "branding you" is the key to success.

JOY IN OUR TOWN #151103-3b	28:28	13:14	L	PA/O	03/7/2016 03/8/2016	5:30 PM 3:00 AM
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Host Genet Chenier interviewed Deidrea Jackson, Director of Ways to Work with Family Services of Greater Houston. When a family doesn't have a car to get them places, it can be difficult on the entire family unit. Mom or dad can't get to sporting events for the children or weather may play a factor in picking up groceries for the family. Deidrea starts out by telling us how some people get into situations that they may need help with buy a car. Some of the ways are; being fired from a job, being underemployed or just making bad credit choices. She lets us know that there are several car dealerships who will sell you a car, but at extremely high interest rates. This causes a strain on the household budget and the eventually the vehicle will have to be returned and the credit is in jeopardy. The Ways to Work program with Family Services of Greater Houston can help families get the transportation they need. They offer low interest car loans to individuals to purchase a vehicle. They also will help you to set up a budget so that the car loan fits into the overall budget.

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Economy

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #151103-1a	28:28	13:14	L	PA/O	03/14/2016 03/15/2016	5:30 PM 3:00 AM

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

JOY IN OUR TOWN #151103-1b	28:30	12:54	L	PA/O	03/14/2016 03/15/2016	5:30 PM 3:00 AM
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Host Genet Chenier interviewed Gardner of Edward M. Gardner PC, CPA. The biggest mistake people make is they procrastinate. Preparing your taxes should be part of your everyday existence. Often, people rush, and miss important deductions. As you collect your forms, put them all in one place. Get updated W-2's, rental property, retirement. Make the checklist for the year and the following year. Use the previous year's return as a guide. Common mistakes: missing deductions. Go IRS.gov and look for changes for the year. A basic return is only a like a job and a few charities. Charitable travel, non-cash gifts and suggested amounts for fair market value. It's always best to give the money to the charity. Give offerings in check or debit form. Extensions are of time to file, but not in the amount of time to pay. Taxes should be filed by April 15. Don't wait to work on the filing. Top 5: medical expenses (prescriptions, copay, lab work, mileage to doctor). Make sure your preparer has an IRS P10 number, and a lot of experience. Find a preparer that is open year round. He closed by reminding viewers to prepare your return early.

Education

JOY IN OUR TOWN #150205-3a	28:30	13:07	L	PA/O	03/28/2016 03/29/2016	5:30 PM 3:00 AM
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In this segment of "Joy" John Robinson of the Houston Area Urban League, who is the Director of Family Support Services, shares that we have a high rate of children dropping out of school. We must develop strategies to prevent that and concepts for them to engage in education and prepare for college. In order to do that the parents need to engage in the prevention process. The children must be ready on different levels. The Urban League provides services to help families engage in preparing children to have a more successful educational experience. They provide free books and encourage them to buy more books. The parents can learn with their children. The Urban League provides other tools to support children to get a better education by any means necessary.

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Education

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JOY IN OUR TOWN #151015-2b	28:28	11:00	L	PA/O	01/11/2016 01/12/2016	5:30 PM 3:00 AM

Host Genet Chenier interviewed Dorian Cockrell, Program Manager of United Way THRIVE, about skills needed to achieve financial stability. Breaking the cycle of poverty is difficult to do without the proper financial skills. Good financial skills include knowing how to plan a budget, thinking ahead, and employing wise spending habits. To be financially savvy one should also be able to exercise discipline and discern wants from needs. Other skills include retirement planning and preparing for emergencies. In general, consumer debt is discouraged -- but it may be beneficial to retain one credit card for emergencies. Mr. Cockrell explained the three main goals of building a healthy financial portfolio: increasing your income, building your savings, and acquiring assets. A holistic approach which combines financial literacy with job training has been successful lifting people out of debt. If you are unhappy with your current financial position it is never too late to change it. United Way THRIVE is collaboration of more the 20 organizations working cooperatively to help people get out of financial difficulty. Most services are free of charge or have scholarships available. He closed the segment by encouraging viewers to embrace the goals of a healthy financial future.

JOY IN OUR TOWN #151103-4a	27:45	13:05	L	PA/O	02/14/2016 02/15/2016	5:30 PM 3:00AM
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Host Genet Chenier interviewed Joe Wappelhorst, Executive Director of Literacy Advance of Houston, about low literacy in Houston. One in 5 people in Houston (or a million people) struggle with literacy issues. They may be functional; however their lack of literacy can drastically hamper their quality of life. Literacy encompasses more than reading and writing, but also includes listening and speaking. Some of the low literacy challenges are created by people who may have come to Houston from other places all over the world. A good portion of people do not speak English as a primary language. Lack of computer literacy is also becoming an increasing problem to advancement. A person may be fully literate in their native tongue. Their difficulty is not a function of intelligence. Mr. Wappelhorst addressed several myths about literacy. Intelligence level is not an indicator of literacy. Many people who speak a different language are here legally. Many think that all ESL students speak Spanish. There are more than 47 different languages represented in these programs. Low literacy is a barrier that can be overcome.

JOY IN OUR TOWN #151103-4b	27:45	13:05	L	PA/O	02/14/2016 02/15/2016	5:30 PM 3:00AM
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Host Genet Chenier interviewed Joe Wappelhorst, Executive Director of Literacy Advance of Houston, about solving illiteracy in Houston. Literacy is first assessed, and the goals and needs are assessed. ESL classes can be very helpful to solving literacy problems. Having goals focuses the area of learning and keeps students motivated. Addressing the needs of children is also key. The number one indicator of a child's academic success is the literacy level of their primary caregiver. Pre-reading skills include vocabulary, sequencing and learning of the alphabet. Reading to kids on a daily basis is also important. Reducing the social stigma for adults also helps motivate adult learners. People with low literacy have developed skills to hide it, so recognition may be difficult. Literacy advance of Houston coordinates initiatives with the Houston Literacy Foundation and the Houston Center for Literacy (Mayor's office) 95 agencies. Sharing and communicating best practices. It is never too late to tackle literacy issues. Many volunteers are needed to help reverse literacy. Those who are illiterate have higher rates of poverty and crime. Literacy impacts all of us, so it pays to be a part of the solution.

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Education

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JOY IN OUR TOWN #151015-5a	27:45	12:54	L	PA/O	01/18/2016 01/19/2016	5:30 PM 3:00 AM

Host Coppelia interviewed Wykisha McKinney, Child Health Program Manager of the Children's Defense Fund – Texas, about the intersection of child poverty and children's health. Texas has one of the highest rates of uninsured children. The national average for uninsured children is 1 in every 5, while in Texas the average rate is 1 in 4. There is a link between poverty, poor health and deficient education on a child's well-being. These elements play on one another, with each becoming an aggravating factor in the child's life. Children need food, safe living environments and good health to be able to focus in school. Left untreated, health conditions can create gaps in a child's education. The Houston Independent and Alief Independent School Districts are working with the Children's Defense Fund to identify children at the most risk and provide resources. Contrary to popular belief, when applying for CHIP or Medicaid proof of citizenship is not required. It is important that families don't disqualify themselves without exploring options. Ms. McKinney closed with a few resources for parents to explore including: www.yourtexasbenefits.com and www.healthcare.gov. If you know of a family in need, do not hesitate to refer them to appropriate services. A child's well-being may depend on it. Prayer to empower themselves. School administrators are also encouraged to explore the benefits of prayer in school. Ms. Moore closed by encouraging viewers to embrace prayer as an avenue for facilitating change in the community.

JOY IN OUR TOWN #150115-3a	27:45	13:17	L	PA/O	3/22/2016	4:00 AM
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Phyllis Kyles interviews Anastasia Lindo Anderson, Assistant superintendent of Promise Community Charter School. Anastasia begins with telling us what some of the major issues in our public system. She states that we should have our students learning at a higher level, making sure students are studying hard in the top fields as science and math. The school she works with focus is to keep kids in school and assist them in going on to higher levels of educations. They look at the schools and a whole, with preschool programs and high schools levels. A lot of the issues the children face with are poverty and hunger. The schools are located within the community and are surrounded by all the thing that they may need to stay motivated to be in school. They have classes for parents for English as a second language; manage the finances for the home and building healthy families. For the future, they are opening more schools to meet the need of the families with food baskets, health education and Workforce solutions with employment for parents. Promise Community Charter Schools takes a holistic look at Ms. Lindo states, "When a child's mind is focused on school because other things are taken care of, they can soar in the classroom".

JOY IN OUR TOWN #150205-3a	27:45	13:00	L	PA/O	3/28/2016 3/29/2016	5:30 PM 3:00 AM
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In this segment of "Joy" John Robinson of the Houston Area Urban League, who is the Director of Family Support Services, shares that we have a high rate of children dropping out of school. We must develop strategies to prevent that and concepts for them to engage in education and prepare for college. In order to do that the parents need to engage in the prevention process. The children must be ready on different levels. The Urban League provides services to help families engage in preparing children to have a more successful educational experience. They provide free books and encourage them to buy more books. The parents can learn with their children. The Urban League provides other tools to support children to get a better education by any means necessary.

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Education

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch #02232016	1:00:00	5:00	REC	PA/O/E	02/23/2016	2:00 PM

CBN News Reporter Heather Sells Reports: School districts across the country are scrambling to develop policies for transgender students. They're facing financial pressure from the Department of Education, which released updated guidelines applying to gender identity in 2014. The Department of Education's Office for Civil Rights says the non-discrimination clause in the 1972 Title IX civil rights law now extends to discrimination claims based on gender identity. It recently found that Township High School District 211 in Palatine, Illinois, violated the new guideline by denying a boy who became a transgender girl access to the girls' locker rooms. Instead, the district had arranged for the student to use separate facilities to change clothes for athletic activities and physical education classes. The DOE informed the school that those separate facilities did not comply with federal law and put Dist. 211 on notice that it could lose the millions of dollars it receives in federal funding. Outraged parents attended a school board meeting in December, urging the board not to settle with the DOE. Vicki Wilson and Lisa Moran formed the D211 Parents for Privacy activist group on Facebook in response to the threat. Alliance Defending Freedom attorney Matt Sharp says school districts across the country should proactively create transgender policies in light of the financial risk. The federal government typically pays \$1,200 to \$2,000 per student every year. At the same time, Sharp notes that so far, no court has interpreted Title IX as a requirement for schools to provide students with access to opposite-sex facilities. Creating policies that serve both transgender and non-transgender students is a complicated task. One issue: an open definition of what it means to be transgender. A case in Gloucester, Virginia, could set a national precedent. It started when a Gloucester High School girl who became a transgender boy told administrators he wanted to use the boys' bathrooms and locker rooms. The student, Gavin Grimm, had changed his name and appearance to look more masculine and told authorities that using the girls' facilities would make him feel like an outcast. Some of the Dist. 211 students are sympathetic to that concern. Sixteen-year-old Grimm has sued the Gloucester County schools over their restroom policy after administrators denied him access to the boys' bathroom. The American Civil Liberties Union filed his lawsuit in federal court in Norfolk, Virginia, last June and a judge agreed with the school board in September. The ACLU appealed to the 4th U.S. Circuit Court of Appeals in Richmond in October and a decision is expected in the next several months. Privacy advocates like Sharp believe that separate facilities represent the best solution for schools with transgender students. The Alliance Defending Freedom has developed a policy that schools can use as a starting point. Sharp disputes that such an accommodation is harmful for transgender students. School choice advocates like Dr. Neal McCluskey at the CATO Institute say that while the federal government should protect against discrimination, it should stay out of the transgender debate for now. In Illinois, Dist. 211 recently settled with the DOE. It built individual changing stalls in its locker rooms for transgender students. The move is a defeat for Wilson and Moran. They're urging other parents to get ready and take part in the debate. Giving students the ability to choose their bathroom and locker room is a social experiment most parents never dreamed would happen. With no scientific or legal definition of what it means to be transgender, many believe the new federal policy has left the door open for many difficult, awkward, and potentially abusive situations.

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Family

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #151015-5b	27:45	13:14	L	PA/O	01/18/2016	5:30 PM
					01/19/2016	3:00 AM

Host Coppelia interviewed Kiri-Rose Kendall, Youth Development Associate of the Children's Defense Fund – Texas, about the "cradle to prison pipeline." The cradle to prison pipeline is a cycle that funnels children from an early age into systems that will land them in prison. Many of these children come from poverty stricken communities and have been exposed to traumatic or violent events at an early age. This kind of trauma is difficult for a child to overcome. Without the proper coping skills and support, it is easy to mistake acting out for aggressive or delinquent behavior. Instead of receiving treatment and assistance, these children are often thrown out of school or placed in inappropriate systems which label the child through their future. Home or community problems often cause them to fall behind in school, but no one recognizes the original trauma. The Children's Defense Fund of Texas works with many school districts and organizations to put resources in place for these children that fall through the cracks. Because the varied needs of the child interact, holistic approach is required. Ms. Kendall encouraged youth in tough situations not to be afraid to reach out. Community members can help by voting, mentoring, and being a voice for the children who don't have one. Rest assured that children caught in the pipeline would be grateful for the care and support of adults in their communities.

JOY IN OUR TOWN #150813-7b	27:45	13:11	L	PA/O	01/04/2016	5:30 PM
					01/05/2016	3:00 AM

Host Coppelia interviewed Miriam Moore, CEO of One Hope for the Heart International about organizing prayer in schools. This initiative encourages Christian teachers and students to participate in after-school prayer programs. Prayer has been demonstrated to improve behavior, raise grades, and improve home-life situations. Initiatives like these help foster a sense of belonging and support among the students. Prayer also helps the children build confidence and learn coping skills. The community benefits when children learn that they can rise above any situation by finding help in God's Word. Programs like these also provide information and referrals to meet the other pressing needs of students and their families. Volunteers and mentors are needed to assist students in using prayer to empower themselves. School administrators are also encouraged to explore the benefits of prayer in school. Ms. Moore closed by encouraging viewers to embrace prayer as an avenue for facilitating change in the community.

JOY IN OUR TOWN #150205-1	27:45	13:00	L	PA/O	02/08/2016	5:30 PM
					02/09/2016	3:00 AM

In this "Joy" segment Amanda Boyd, the Regional Director of Benchmark Family Services, is interviewed by Genet Chenier. Ms. Boyd points out that foster care is normally temporary care for minors while their families are going through a crisis. Many times physical or sexual abuse is involved. The first foster home is so important because the foster child can become strongly attached to the foster family. The family needs to know what to do and not give up. They are going to make mistakes. Ms. Boyd strongly advises that the foster parents make sure that they enter into foster care for the right reasons and not for financial gain. The foster child can eventually be placed back with a parent or become adopted. With adoption all parental rights are terminated. Foster kids don't normally get adopted.

JOY IN OUR TOWN #151103-5a	27:45	13:13	L	PA/O	02/22/2016	5:30 PM
					02/23/2016	3:00 AM

Host Genet Chenier interviewed Mary Jane Williams, Executive Director of Family to Family Network about diagnosing children with disabilities. A disability may include physical mental, learning and social aspects of the child's life. Signs of a challenge include delayed development, difficulty with social interaction, or managing physical tasks. The child may be struggling with behavior of have difficulty in school. Most school districts evaluate children pre-K at no cost to their families – but parents must request an evaluation in writing. A timeline is initiated once the parent makes the request. It is essential to request evaluation early, because evaluation can take up to 3 months. For children with disabilities, evaluations are scheduled upon admission, annual reviews, and dismissal from special education programs. While parents are required attend an annual meeting about their child's progress, Ms. Williams advocated for parental engagement year-round. Parents of children with disabilities have a number of rights and responsibilities. Responsibilities include, staying engaged, reporting feedback, and reinforcing new behaviors in the home. Ms. Williams emphasized that parents must be proactive. Frequent and open communication will help ensure that the child's needs are met. It is also important that parents of children with disabilities create a support system and seek out other families in similar situations. She closed by entreating parents to have high expectations for their children with disabilities. High expectations are the key to raising children with disabilities prepared for a well-adjusted adult life.

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Family

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #151103-5b	27:45	13:02	L	PA/O	02/22/2016 02/23/2016	5:30 PM 3:00 AM

Host Genet Chenier interviewed Mary Jane Williams, Executive Director of Family to Family Network about helping families of children with disabilities. Many families experience shock when first discovering their child has been diagnosed with a disability. Without preparation, overwhelming feelings may cause parents to miss key information and hinder decision-making. It is helpful to connect with other parents of children with the same disabilities. Their experiences can help parents discover best practices and new ideas. Ms. Williams encouraged parents to research and get to know the diagnosis. If possible, contact an advocate prior to the child's evaluation. Knowledge empowers parents to ask good questions. If you disagree with the diagnosis, you have the right to request an independent evaluation, second opinion or alternative treatment plan. It is important that parents take advantage of school-based services while they are available to the child. Once adulthood is reached, there is an entirely separate process to qualify for services. Managing sibling relationships is another key component to a healthy family dynamic. Take care to make sure all children feel included and address conflicts quickly. Families should make the effort to stay social and engaged in the community. Ms. Williams closed by reminding viewers about the importance of accepting and including children with disabilities in our community spaces.

JOY IN OUR TOWN #151103-2a	27:45	13:02	L	PA/O	2/29/2016 3/01/2016	5:30 PM 3:00 AM
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Host Genet Chenier interviewed Valerie Beckham, Executive Director of Wellsprings Village, Inc. about of Wellsprings Village about family structure. Family structured deals with the roles, hierarchy and how those roles work together within the family system. Each family has their own unique family structure and interacts in different ways. A family unit used to be considered as a two parent household with children however contemporary living, divorce and death can change traditional family dynamics. The way siblings interact. Some types of family structures are more successful than others. Children who grow up in unhealthy or unusual circumstances must learn to discern problem patterns so they don't manifest those things in their future families. It is important to examine family structures to determine which arrangements are healthy for the family, and change those that don't. Families may struggle with disorganization, chaos disruption or have "battle mode" set as the default. Single parent families also have to cope with differing family dynamics. Where a role is missing, it is very important how the family is organized. Other role models may be needed to fill in the gap. Fathers don't parent children the same way mothers do. The child must learn that that is a different role. It is also important to have role models. Lack of communication, stress and negativity is one of the indicators that a family structure might be off. Children may act out in unexpected ways. Once family structure deficiencies have been identified, learning new life skills can help prevent problems from transferring to the next generation.

JOY IN OUR TOWN #151103-2b	27:45	13:02	L	PA/O	2/29/2016 3/01/2016	5:30 PM 3:00 AM
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Host Genet Chenier interviewed Valerie Beckham, Executive Director of Wellsprings Village, Inc. about of Wellsprings Village about repairing broken families. The first step to mending a broken family is talking and being honest about the situation and the healing that needs to take place. In some cases, especially cases of domestic violence and abuse, a history of dysfunction can lead to dysfunction being the norm. Healing is needed to learn dignity respect and positive emotional management. People who have lived with dysfunction must be taught what appropriate interactions look like.

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Family

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	01/14/2016 2:00 PM
#01142016						

CBN News Washington Senior Correspondent Paul Strand Reports: When it comes to how Americans feel about abortion, the numbers aren't even close, especially on extreme positions. Only about 10 percent feel so strongly about life that they'd ban the procedure altogether. On the other end of the spectrum, only 10 percent refuse any restrictions on the practice. Meanwhile, polls show 80 percent are open to pursuing compromises that could reduce abortions. So does that willingness make them pro-life or pro-choice? But Camosy, author of *Beyond the Abortion Wars*, said the extremes have managed to rip the country in two. Christina Forrester, executive director of "Christian Democrats of America," regularly sees the hatred. In such an atmosphere, one strategy would be to appeal to the larger number instead of those on the 10 percent fringes. In order to move forward, Camosy reminds lawmakers they will likely have to support things they don't find totally acceptable. Only a little more than 1 percent of abortions deal with pregnancies caused by rape or incest. And a whopping 83 percent of Americans want those abortions kept legal. For many pro-choice Democrats, compromise means seeing some abortions banned. But Camosy says they'll find support, even among a majority of pro-choicers. Surveys confirm that point of view. Sixty-one percent of Americans would allow abortions in the first three months of pregnancy. Then numbers go down, with 27 percent allowing abortion in the second trimester and only 14 percent for the last three months. Forrester, a Democrat, says she would go earlier than the 20-week abortion ban many Republicans are pushing in Congress. Another part of this debate affecting families reaches into the workplace in terms of equality. Republicans would have to accept new rules or government incentives for employers, an expensive proposition. It means heavily-subsidized childcare when needed and guaranteed maternal leave. Both Forrester and Camosy said taking these measures would make having children more affordable and less stressful for women, which would help reduce abortions. This could also help if and when future abortion restrictions make it to the Supreme Court. In the past, justices have ruled such bans unconstitutional because they place "undue burdens" on women. If Republicans were to pay what it takes for most women to forsake abortions and Democrats would be willing to give on some restrictions, progress could finally take place and save lives.

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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 #151015-1a	27:45	13:02	L	PA/O	01/25/2016	5:30 PM
					01/26/2016	3:00 AM

Host Genet Chenier interviewed Charmette Jones and Thandie Frazier of Shamelessly Saved Productions about abuse and its impact on your mental health. Abuse comes in physical and psychological forms. If someone is consistently using words that tear you down, it is possibly abuse. As a community, we should be attentive to hear signs of abuse in others. In children, acting out or misbehavior is frequently a sign of abuse. In adults, it can be more difficult to recognize symptoms because they are better at masking emotions. Signs an adult might be in an abusive situation might include defensiveness, being negative or pushing people away. Lack of trust, secrecy, and shame can also be indicators of a problem at home. Forgiveness is a key component in recovering from abuse, and it can have a huge impact on your mental health. Unforgiveness is a burden that prevents forward progress in your life. Forgiveness is a decision you must make for your own sake. Abuse breaks down your mental state and the core of your being, while forgiveness allows you to release shame. Even if you never get to confront the abuser, you must forgive for your own sake. Ms. Frazier reminded viewers that holding on to anger gives the other person continued to control over your life. Forgiveness is not about the other person. It is the process of relinquishing power the other person has on you, so you can heal.

JOY IN OUR TOWN #151015-6a	27:45	13:02	L	PA/O	02/01/2016	5:30 PM
					02/02/2016	3:00 AM

Host Coppelia interviewed Dr. Donald Cohen an Oral and Maxillofacial Surgeon from Houston Oral Surgery & Dental Implant Center, and Dr. Ashley Marcks a dentist from Cambridge Dental, Inc. about preventative dental care. Preventative dental care is important because the mouth is the gateway to the rest of your bodily systems. Dental problems can be a symptom of sickness in other areas as well. Many children do not have the dexterity to brush correctly so parents must be diligent. Ideally, children should brush two times per day. A great deal of oral health depends on what you consume. The sugars in fruits and desserts can metabolize as and create cavities. Sodas and juice cause frequent problems because it changes the PH of the mouth. It is better to drink those in one sitting rather than nursing them all day. On the other hand, water is particularly good for your oral care. Sealants are also helpful in preventing cavities. Children should begin seeing a dentist as soon as the first tooth arrives. Taking a child to the dentist when all is well prevents them from developing fears of the dentist. New advances in dental technology are allowing faster diagnosis and treatment of dental problems. For good oral health, remember to brush daily, drink water, and follow through on scheduled dental checkups.

JOY IN OUR TOWN #151015-6b	27:45	13:02	L	PA/O	02/01/2016	5:30 PM
					02/02/2016	3:00 AM

Host Coppelia interviewed Dr. Donald Cohen an Oral and Maxillofacial Surgeon from Houston Oral Surgery & Dental Implant Center, and Dr. Ashley Marcks a dentist from Cambridge Dental, Inc. about oral surgery. Oral and maxillofacial surgery is a type of care that specializes in the diagnosis and treatment of diseases and injury in the mouth and facial structures. Unlike many dentists, these specialists are hospital trained, can treat emergencies, and provide anesthesia. This specialty includes rebuilding bone and placing implants. Oral surgeons also handle disease and cancer screenings. Car accidents, falls and sports injuries are common situations requiring advance care. Wisdom teeth are another area of concern. 95% of people will have some kind trouble with their wisdom teeth. They come in at unusual angles, irritate gums or become hot spots for cavities. It is better to have wisdom teeth treated while a child is young. Bridges are another specialty area. Historically, this method of treatment had tendency to put stressors on adjacent teeth and eventually fail. New implant technologies are now available that have a much higher success rate, look more natural and preserve the gum tissue. Facial and tooth problems can have a devastating effect on a person's self-esteem, so it is imperative that problems with teeth and gums are addressed early.

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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 #150205-1b	27:45	13:02	L	PA/O	02/08/2016 02/09/2016	5:30 PM 3:00 AM

Genet Chenier interviews Dr. Bill Quayle of Houston Eye Associates in this segment of "Joy". He also serves on the Board for Eye Care for Kids. Dr. Quayle encourages the viewers to have their children's eyes checked by the age of five. Sometimes one eye will become weaker than the other. The eye can be treated with a patch or other methods to recover. Screening is very important. Parents should watch for squinting by 8 years of age. As we grow older, our eyes grow weak and we become near-sighted. Past the age of 40, we need eye glasses for reading. Diabetics should get their eyes checked every year. Smoking does major damage to the eyes. We should take good care of our eyes and make sure that we get them checked out every 3 to 4 years as adults.

JOY IN OUR TOWN #150813-1a	27:45	13:02	L	PA/O	03/29/2016	3:00 AM
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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.

JOY IN OUR TOWN #150813-1b	27:45	13:02	L	PA/O	03/29/2016	3:00 AM
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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 emphasize 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.

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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>
Switch On Your Brain #001	28:30	28:30	REC	PA/O/E	01/06/2016	5:30 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	01/13/2016	5:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses the scientific term "You Are Wired For Love." Humans naturally are optimistic. Scientists correlate that with being wired for love. We actually have to learn fear. The brain is part of your body. You are designed in perfection. You are wired for love and you are well able to think in a perfect way. Fear is the opposite spiritual force. You have the spirit of power, love, and a sound mind. The norm is love, power, sound mind, made in His image, the mind of Christ. Research called "The Optimism Bias" shows that the natural inclination of man is one of being positive, making good choices, and thinking healthy thoughts. Scientifically, we have seen the brain circuitry for only positive choices, positive optimism, seeing the good in everything, wiring, neurochemicals, structural organization inside the brain, that is all in the direction of healthy thinking. Yet when you make a bad choice, because we have free will, we see this whole process being distorted, creating a physical change in the brain which impacts the body. This parallels with the Bible, which encourages us to think of healthy positive things, and if we don't, there are going to be consequences. Research has shown that every seven to ten minutes you are supposed to slow down, become introspective, become self-reflective, become calm, switch off to the outside and switch on to the inside and get into the depths of who you are, and when you do that your brain moves into the highest intellectual state that it possibly can. On an FMRI scan, your brain goes into what is called gamma activity. Gamma activity is where you are super intelligent. When you have gamma activity happening in your brain, you are processing with wisdom, you are seeing things that you did not see before. The fear zone essentially is negativity; toxic thinking. Our choices have consequences and our bodies help us to understand these consequences. You have to choose to live a full life. You have to choose to be happy despite the circumstances. Spirit, soul, and body is a connected thing. Your mind is what you use to decide how connected you are going to be between your spirit, soul, and your body. It is with your mind that you process, intellectualize, experience your feelings, make your decisions, interface with your thoughts, and make your choices. The biggest thing in change is the recognition that we have choice. It is also the hardest thing to take responsibility for our own thought life and our own actions. The quicker we realize that we make choices and that our choices have consequences, it will set us on the path to healing with the recognition that we have the ability to choose. We know right from wrong. You are wired for love. Love is your normal. Everything about you is designed to be like God. You can make good decisions. You can think well because that is your norm. So when we choose badly, we're actually stepping into the fear zone, or the abnormal zone, and experiencing negative emotions. Because that is not your norm, it doesn't have to dominate or control you. You are able to get free because you are wired for love. Research shows that we are wired for love and we can change. Really focus on the fact that everything about you is geared in a positive direction. Your norm is to actually make good decisions.

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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>
Switch On Your Brain #003	28:30	28:30	REC	PA/O/E	01/20/2016	5:30 PM

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

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Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Switch On Your Brain #014	27:30	27:30	REC	PA/O/E	01/27/2016	5:30 PM

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

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Switch On Your Brain #015	27:20	27:20	REC	PA/O/E	02/03/2016	5:30 PM

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

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Switch On Your Brain #016	27:30	27:30	REC	PA/O/E	02/10/2016	5:30 PM

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

Switch On Your Brain #017	27:30	27:30	REC	PA/O/E	02/17/2016	5:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "Disease vs Disorder." The enemy has got into this whole disease model. We are told that your brain controls you, that your brain produces mind. We have to realize that mental ill health is a learned disorder. It's something we've learned. In the mid-1940s the World Health Organization made a statement about mental health. A very relevant statement. We should be focusing on people's well-being and releasing their potential, not illness. So, a positive focus as opposed to a negative focus. However, that actually has not happened. The focus now is on a negative mindset, in terms of mental ill health as an illness. The disease model of mental ill health looks at psychiatric disorders as an illness, as a biological illness. The DSM-5, which is the "Diagnostic and Statistical Manual" is a manual which basically identifies all the different psychiatric disorders. It is based on symptoms. It is not based on causes. They do not know the causes of psychiatric disorders. For 30 years, 50 years, a hundred years, they've been speculating and doing research. But there is no conclusive research saying that it is a biological, or genetic, or neurobiological illness, which kind of removes all responsibility from the person, makes them into a patient. More recent research is confirming that mental ill health is not a disease; it is a disorder of the mind. It is how we are processing psychologically through our mind. The only way that we can get our brain out of bad patterns is by relearning. We literally learn our way into bad thinking and we can learn our way out of bad thinking. What we wire in we can wire out. This gives us hope. It is not a hopeless situation. There is no situation that you are facing in your mind that is not changeable. Because all the science is confirming what the scriptures have been saying – the minute you bring a thought into captivity, it becomes renewable.

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Switch On Your Brain #018	27:30	27:30	REC	PA/O/E	02/24/2016	5:30 PM

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

Switch On Your Brain #019	27:30	27:30	REC	PA/O/E	03/02/2016	5:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "Psychiatric Labels." Schizophrenia, bipolar depression, depression, anxiety disorders – these are labels that are defining and identifying symptoms, but not necessarily telling us what's going on. We have a tendency as humans to try and label things. But the minute you label someone, you've literally put them in a box. Labels lock you in and this is what happened with the world of psychiatric labels. You know, the psychiatric labels that we are becoming so familiar with, like OCD and anorexia, and ADHD, and post-traumatic stress disorder. These are all describing very definite things that are happening, definite things that are going on in people's minds. But the way that they've been organized and put together into the "Diagnostic and Statistical Manual" is based on symptoms as patients describe them. Experienced clinicians intuitively understand that there's a blurred line between all these labels. And despite that, they treat them as though they are distinct entities. If we look at the context and try to find the meaning behind why a person is doing what they're doing or manifesting in with mental health issues, it will be far more effective than trying to label them. There is a cry deep down inside of us and this a global cry: "Does anyone out there understand me?" We have to listen to what God says about who we are. We have to turn our view of ourselves and see ourselves through the lens of how God sees us in dealing with life. In order to be able to try and manage a problem, we always like to define it. So, a label, a psychiatric label, tries to put something into a box. And it's not a bad thing, in terms of trying to understand something because if you categorize behaviors, it is a way of understanding so that you can help people. So, a label from that perspective is not a bad thing, if the attempt is to understand deeper and to help others. Where a label becomes a big problem is when you tell people that this who you are and they absorb that into their spirit. They build a network and they say, "I am this," and they become that because what you believe you actually become. All of us are going to be completely different. We can't stick them in a box and give them a medication and write them off and put them in the disabled part of society. These are our people. These are our brothers and sisters, and uncles and aunts and members of our churches. We need to bring them back into Milieu (Talk) Therapy. We need to walk alongside them. We need to not judge them. We need to help them take responsibility, teach them, help them to run a disciplined life, etc.

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Switch On Your Brain #020	27:30	27:30	REC	PA/O/E	03/09/2016	5:30 PM

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

Switch On Your Brain #021	27:30	27:30	REC	PA/O/E	03/16/2016	5:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses psychotropic medications. Research shows that no one single psychotropic does any good for any brain. It actually creates a new neurological disorder. It doesn't matter what meds you have taken, what you've been told to do, you can change it with your mind. So, when we take a biomedical approach to medication, what we will see is a disease that needs a medication. But, actually, mental illness is not a disease and it doesn't need a medication. It is a very serious thing, but it's a mind disorder and it needs a different type of approach. Unfortunately, there's an entrenched myth in society. And it really is a theoretical myth that has just grown. And that is that medications are going to rebalance the brain. It also implies that the whole cause of mental disorder is biological or genetic or chemical. Unfortunately, if you look at the research, we've kind of been led to believe that a drug will actually renormalize the brain and this is really not true. What drugs do is they change the brain, and not necessarily for the better. Psychotropic drugs are things like your benzodiazepines, which are things like valium. You get your SSRIs, which are things like Prozac. And then, you get your anti-psychotic drugs that are given for things like schizophrenias. What's very interesting is that these drugs were initially stumbled on by mistake. They were developed for surgery and they saw that they had a mood-altering affect, and at that point, the world of psychiatry had mental health be classified as a disease. There's been an increase of use of psychotropic drugs and a reduction of more psychological talk-based intervention in helping people deal with mental health. Mental health is not being dealt with like it should. There's hundreds of references that you can go through and research this concept of what medication does to your brain. Once you're more informed, you then go to your doctor. You speak to your doctor. Find a doctor that will work with you and work on a plan to reduce your medications in a way that's going to work for you. You can't just reduce medications. You also have to address what is going on in your mind. Because you got there with your mind, so you're going to get out of it with your mind. Seventy-five to ninety-eight percent of mental, physical, emotional illnesses today are coming from our thought life. So, as you are gathering that data, that's a decision of your mind, the decision of your mind to go and read the resources and get informed about this. That is a decision of your mind. It's also a decision of your mind to be desperate to change and to be prepared to work through the change. In the same way that your brain has structurally changed because of the medication, your brain can structurally change again because of your mind, because of your love, power, and sound mind being able to change your brain.

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Switch On Your Brain #022	27:30	27:30	REC	PA/O/E	03/30/2016	5:30 PM

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

700 Club NewsWatch #01292016	CBN	1:00:00	5:00	REC	PA/O/E	01/29/2016	2:00 PM
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CBN News Medical Reporter Lorie Johnson Reports: Cancer is a word no one wants to hear. Yet statistics show half of all men and a third of all women will receive the bad news. Churches should be a sanctuary for support. However, in many cases, people suffer in silence as they cope with their illness. Now the Cancer Treatment Centers of America is offering a free program to break down the wall of silence. After years of counseling cancer patients, Rev. Percy McCray knows they bear a burden unlike people fighting other illnesses. Thanks to his training, McCray knows the importance of encouragement. One conversation helped him realize others need to learn these skills, too. It wouldn't be the last time he heard that. McCray said typically, churches deal with issues like addiction and marital problems very effectively. But it can fall short when it comes to meeting the needs of parishioners who are struggling with healthcare issues, particularly cancer. To bridge this gap, McCray and his associates at the Cancer Treatment Centers of America elected to offer complimentary cancer ministry training to representatives of churches across the country so they can better meet the needs of their brothers and sisters with cancer. It's called "Our Journey of Hope." Cancer Treatment Centers of America offers free training for two people from a church who use what they learn to raise up cancer ministries in their home congregations. Participants learn the basics of the disease and treatments in order to focus on what it's like for the patient. An added incentive for a church is that the training is free of charge. That includes the two-day seminar, food, lodging, and materials. La Wanda Long attended the seminar years ago and now passes on what she learned to volunteers at Atlanta's Enon Baptist Church. Long teaches the volunteers one night a week for eight weeks. At that time they are ready to take on a cancer patient who has come forward requesting assistance. She said the extensive training ensured the patients will be cared for responsibly. She said so far the cancer ministry at Enon is a success. Lisa McDermott attends Enon. She remembers suffering through nearly five months of chemotherapy for breast cancer. She asked the cancer ministry to help her with daily needs. McDermott dealt with one main point person who recruited others to pitch in. The cancer ministry made such an impression that McDermott wanted to get the training. As Nefertiti Dixon's mother fought ovarian and colon cancer, the ministry stepped in. Although her mother lost her fight, the cancer ministry made those final days easier. They also helped Dixon with things like meals, which lifted a burden. As a working mom with two children, she became overwhelmed with the pressure of caring for her sick mother. So while cancer will likely continue to strike far too many, churches now can choose to help those within their midst who are dealing with the disease.

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700 Club NewsWatch #02012016	1:00:00	5:00	REC	PA/O/E	02/01/2016	2:00 PM

CBN News Medical Reporter Lorie Johnson Reports: Fifty million Americans suffer from an autoimmune disease. That beats the number of people with cancer and heart disease combined. New research indicates processed foods could play a role. In fact, an increasing number of doctors say cleaning up the diet could reverse this autoimmune trend. Our immune system keeps us healthy by attacking invaders, like viruses. One problem, however, is our immune system can misfire and attack healthy tissue. That can lead to one of more than 100 autoimmune diseases like Graves' disease, lupus, rheumatoid arthritis, Crohn's disease and multiple sclerosis. Many people don't even realize they have an autoimmune disease, assuming instead their exhaustion, brain fog or abdominal pain are just a part of life. Other symptoms include feeling cold much of the time or having a rapid heartbeat. When doctors diagnosed Sierra Vellinga with Hashimoto's Thyroiditis, which attacks the thyroid gland, they told her the same thing millions of others with autoimmune issues hear. Then Sierra heard about Dr. Amy Myers, one of a growing number of autoimmune specialists who believe drugs often make matters worse. Dr. Myers prescribes a series of lifestyle changes to prevent and possibly reverse autoimmune diseases, starting with a clean diet. Sierra followed this route, and after six months regained her health. Dr. Myers believes many autoimmune diseases stem from a condition called "leaky gut." A leaky gut means large openings form along the intestinal walls, allowing proteins and viruses to escape into the bloodstream. The immune system recognizes them as foreign, and begins to attack them, as well as things that resemble them. Myers says a leaky gut comes from things like stress, certain medications and eating processed foods, sugar, dairy and gluten, which is in wheat. That's because scientists have hybridized wheat over the years. Today's crop produces a higher yield, but contains more gluten. Our once-wholesome cheese isn't the same either. The problem with sugar is it can cause massive inflammation. Food manufacturers add sugar to nearly all the products we buy, including ones that seem healthy like spaghetti sauce, peanut butter, salad dressing and granola bars. Dr. Myers recommends avoiding gluten, dairy, sugar and processed foods in order to heal the gut and reverse autoimmune disease. When Sierra heard this, she understood why she felt so horrible until that point. Correcting the problem usually involves cooking at home, from scratch. That was a tall order for Sierra. Dr. Myers outlines what she likes her patients to eat. Sierra said she now enjoys the creativity of cooking for herself. Dr. Myers provides many healthy recipes in her book, "The Autoimmune Solution," such as Coconut Cream Berry Parfait, Brussels Sprouts with Dark Cherries and Crispy Coconut Shrimp. Sierra says eating whole foods make her feel like a new person. So one way to guard against, or treat any number of autoimmune diseases, is to consider an anti-inflammatory diet, like the Paleo plan: one that's rich in vegetables and healthy fats, minus the processed foods, sugar, dairy and wheat. It could be well worth the effort.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch #02182016	CBN	1:00:00	5:00	REC	PA/O/E	02/18/2016 2:00 PM

CBN News Medical Reporter Lorie Johnson Reports: Roughly 2 million people will be diagnosed with cancer this year. If you or a loved one is facing cancer, you might want to consider the treatment known as proton therapy. The treatment is not for everyone, but for some, it's an answer to prayer. Jeff Powell and his wife, Vickie, believe they dodged not one, but two bullets. First, Jeff beat prostate cancer. Second, because he chose proton therapy treatment, he avoided the miserable side effects that often accompany traditional methods. Proton therapy patients have fewer side effects because it only kills the cancer. But traditional radiation therapy works like a bullet, damaging healthy tissue as it enters and exits the body. Proton therapy, on the other hand, is like a firecracker placed inside the tumor. The explosion of radiation damages just the tumor, nothing else. There's no nausea, no burning and best of all, no organ damage. There are only nine proton therapy centers in all of the United States right now, but another seven are on the way. One of the newest treatment centers is The Hampton University Proton Therapy Institute in Hampton, Virginia. The location was chosen, in part, because this area of the country leads the nation in prostate cancer deaths. Craig Fieldings, 45, chose proton therapy to treat his prostate cancer. So far, he's come to the Proton Therapy Institute Monday through Friday for one month. He has one more month of treatment to go. The cost of proton therapy is about three times the cost of traditional treatment, but most insurers, like Craig's, cover the treatment. Prostate cancer patients like Fieldings aren't the only ones who benefit from this breakthrough, according to HUPTI's scientific director, Cynthia Keppel. During treatment, the patient lies in a custom-fitted brace on a machine called a gantry. In an adjoining room, technicians activate the proton beam -- no needles, no knives. The gantry room itself is fairly unremarkable. But on the other side of the wall stands the part of the gantry machine the patient never sees. It's an astounding three stories tall, weighs 90 tons and costs \$8 million. Oncologist Allan Thornton of the Hampton University Proton Therapy Institute has been using proton therapy since the early 1990s. That work means an answer to prayer for cancer patients who qualify for proton therapy. They can expect to keep more healthy tissue, while escaping certain side effects associated with conventional therapy.

700 Club NewsWatch #02242016	CBN	1:00:00	5:00	REC	PA/O/E	02/24/2016 2:00 PM
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CBN News Medical Reporter Lorie Johnson Reports: Scientists believe two-thirds of all cancers are caused by bad choices such as smoking, tanning beds, not exercising and the granddaddy of them all: a poor diet. When it comes to diet, one of the worst types is one high in sugar. In fact, scientists are increasingly discovering a dramatic link between sugar and cancer. A clear relationship between sugar and cancer leads scientists to two conclusions: sugar use contributes to cancer, and going without it can slow the growth of the disease. One hundred years ago, the average person consumed just four pounds of sugar a year. Now, most of us take in 40 times this amount -- 160 pounds a year. Food manufacturers add enormous amounts of sugar, often in the form of high fructose corn syrup, to products we consume all day, every day, such as coffee drinks and cereal, soda and snacks -- even foods you wouldn't expect, like spaghetti sauce and peanut butter. For instance, a tiny container of fruit-on-the-bottom yogurt has more sugar than a candy bar. Now scientists tell us sugar directly influences cancer cells. The amount we consume can either feed those cells or starve them. In a study conducted at the University of Texas MD Anderson Cancer Center, researchers fed mice diets high in sugar and observed they had a higher incidence in breast and lung cancer. The study suggests a diet high in sugar can contribute to the formation of cancer. It also suggests that diet can make a difference in the treatment of a person who has already been diagnosed with cancer. Fred Hatfield knows that first hand. In 2012 he received what amounted to a death sentence. His wife Gloria recalls getting the news. Then Hatfield heard about a low-sugar diet, called the ketogenic diet, believed to slow cancer in some people. With nothing to lose, he gave it a try, and to his astonishment, it worked. Hatfield's recovery didn't surprise Dr. Dominic D'Agostino. His team at the University of South Florida discovered mice with highly aggressive metastatic cancer continue living when fed a ketogenic diet. And it's not just lab animals. D'Agostino has seen similar results in humans. The ketogenic diet means no sugar and no starchy carbohydrates like bread and pasta, which convert to sugar. D'Agostino says cancer cells love sugar and starch because cancer thrives on the glucose from those foods. Conversely, removing the glucose results in starvation for the cancer cells. Glucose also fuels our healthy cells, but if it's not there, those cells can switch to an alternate fuel source called ketone bodies. Cancer cells only run on glucose. D'Agostino says the deficiency in cancer cells can be used to defeat them. Since processed food contains so much sugar and starch, people following the ketogenic diet tend to cook whole foods at home from scratch. Gloria said switching to the ketogenic diet was easy. When it comes to cancer, sugar is considered public enemy number one. Avoiding it could lead to prevention or slowing it down in people fighting the disease.

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