

COMMUNITY EDUCATIONAL TELEVISION, INC.

QUARTERLY REPORT

July, August, September 2016

KETH - TV HOUSTON, TEXAS

Ascertainment List

Leading Community Problems

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

Civic Affairs
Employment
Health
Homelessness
Substance Abuse

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 #160519-1A	28:30	13:07	L	PA/O	8/01/2016 8/02/2016	5:30 PM 3:00 AM

Genet Chenier interviews Aimee Mobley Turney from the League of Women Voters – Houston. The purpose of the organization is to educate women and men on the process of voting, such as election dates, voting locations and information about the running candidates. The League of Women Voters organization creates a questionnaire for candidates to fill out, so that the organization may better inform voters. With that information, the organization provides a list of candidates with a title description and their plans for governing once elected. Although the League once monitored the presidential debates they no longer organize or conduct them. Debates are not seen as effective and the candidates do not respect each other nor the moderator. The League of Women Voters encourages voters to be informed in an non-aggressive and positive way by accessing the website vote411.org

JOY IN OUR TOWN #160519-1B	28:30	12:19	L	PA/O	8/01/2016 8/02/2016	5:30 PM 3:00 AM
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Genet Chenier interviews Aimee Mobley Turney from the League of Women Voters – Houston. Since 1920 women have been able to vote, but in the past there has been voter discrimination toward African-Americans and women. African-Americans had to guess number of beans in a jar, and women in Texas had to pay a poll tax, even though it was legal for them to vote. At one time, the Supreme Court decided that if there would be any changes in procedures that things had to be cleared through the department of justice; however, that rule is no longer in place. In Pasadena, TX, at one point, they had eliminated some of the district council members and replaced them with At-Large Council members, so that only a certain amount of people would be informed to vote in favor of a particular candidate, which was a way to manipulate the voting system. During Election Day, election judges are paid minimum wage, and they have the authority of a seating civil district court judge which means they have the authority to make decisions as they see appropriate. However, often time’s decisions are made out of ignorance and not discrimination. In order to vote, an individual must be registered to vote thirty days before Election Day and have an updated voter registration card. If the voter registration information does not indicate the new address, the voter must vote in the former place of residence; however, it may be a limited ballot depending on the election judge. A limited ballot consists of county, state or nation-wide elections while possibly excluding permission to vote on the local level. In order to vote, the individual must be a U.S. or naturalized citizen. In Harris County, only one person has illegally voted. Less than one percent of registered voters voted last year. Educate yourself and cast a ballot.

JOY IN OUR TOWN #160621-2A	28:28	13:14	L	PA/O	8/29/2016 8/30/2016	5:30 PM 3:00 AM
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Jarissa Garcia interviews Larry Goodman from Houston Health Department. Mobile Food Units are becoming more popular because they are more economical than a brick and mortar establishment. Mobile Food Units include; driven trucks, trailers, food carts on wheels and Kiosks in malls. The Definition of Mobile Food Unit is a food business that is on wheels. The program is required to perform sanitation and safety inspections for all establishments including Mobile Food Units once a year. Risk factors and score are determined by the type of food they prepare, how much food they handle and population they serve. The Higher the risk, the higher the score the more frequent the inspections. In order to get a start-up unit, the business owner must contact Houston Health Department they must submit plans and menus in order to establish whether it’s possible to produce the menu with the equipment available. There are restrictions where food is partially cooked or raw. The common violations for public health are temperature violations and good hygiene. But it’s generally safe to eat from Mobile Food Units. Consumer Health services requires that there be a certified food manager to conduct proper food safety and sanitation practices per unit. As of September 2016, everyone working in a Mobile Food Unit has to take a food handlers course, explaining things that could cause food contamination. While, Mobile Food Units are being inspected, workers educate and inform employees. The most challenging is part of inspecting Mobile Food Units is that there may be a citation issued or a need to shut a business down to an already struggling business owner with a language barrier.

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Civic Affairs

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
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JOY IN OUR TOWN #160621-2B	28:28	13:14	L	PA/O	8/29/2016 8/30/2016	5:30 PM 3:00 AM
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Jarissa Garcia interviews Mike Sullivan from Harris County Tax Office. Property owners must pay their tax property by January 31st. After delinquency, it goes into collections on July 1st. Before taxes are considered delinquent The Harris County Tax Office recommends individuals to call the office and explain the situation, and the specialist will explain payment plans and exemptions. However, once it goes into collections, the tax office can not intervene and penalties and interest will incur. However, if you are 65 or older and disable, the home owner can enter into a deferral, interest would incur, but taxes would not have to be paid, in order to avoid foreclosure. As a disable veteran, the individual may file for an exemption. Also, a home owner may learn how to lower their taxes, once they receive their appraisal and take a class. Homeowners protest online, in person or employ a property tax consultant.

JOY IN OUR TOWN #160621-3A	28:30	13:07	L	PA/O	9/6/2016 9/9/2016	3:00 AM 12:30 PM
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Jarissa Garcia interviews Mike Sullivan from Harris County Tax Office about voter registration. Fill out an application at Harris County Tax Office, online by printing out the form and mail it. More than two million people are registered to vote. Social service organizations also make it accessible to register to vote, as long the individual is a US citizen, seventeen and ten months in age, live in Harris county, if that is where they are registered, not a convicted felon, or fulfilled requirements set by the court and judged mentally competent. The Harris County Tax Office collaborates with organizations to set up voter registration drives. Also a volunteer Deputy program is offered and once passed the individual may become a deputy and have the right to vote and engage people to vote. It's important to vote because it's a civic responsibility get the public to participate in the voting process. On Election Day, people may call the Harris County Tax Office to find out where they may vote. However, many misconceptions for not voting is due to being busy, on vacation, etc..... The purpose is to be engage and follow the process in voting.

JOY IN OUR TOWN #160621-3B	28:30	13:07	L	PA/O	9/6/2016 9/9/2016	3:00 AM 12:30 PM
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Jarissa Garcia interviews Mike Sullivan from Harris County Tax Office about vehicle registration. The Single Sticker program was put in place in order to avoid fraudulent sticker, forgiveness from law enforcement, clearer air and safer roads. The car must be inspected ninety days before the sticker expires and keep the inspection report with the insurance card. As for new residents, they are recommended to go online and get the vehicle registered if the resident lives in Harris County, other means may be through the grocery stores or in person. However, if someone does not register the vehicle, a law officer may write a citation, and have to pay a twenty dollar fee in order to get it renewed. As for language barriers, the office offers documents in four languages. Some misconceptions about the Harris County Tax Office is viewed as not being efficient, caring or interested; however, the office is doing a great job and receives compliments as well. The Harris County Tax Office also encourages people to make suggestions to improve and better serve them.

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Employment

<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 #160519-4A	27:45	13:05	L	PA/O	7/25/2016 7/26/2016	5:30 PM 3:00 AM

Genet Chenier interviews J. Monique Walker from Serve Glad. The service industry includes; hotels, restaurants, repair shops, hospitals, which will always be in need. Because competition is growing, it's important to provide hospitality because consumers have a wide range of choices nowadays. In small businesses, everyone helps out, but not everyone gets placed in a place of personal strengths. At the same time, some businesses provide personality assessments to better utilize individuals effectively, while enjoying the occupation. It also helps keep turn around low. If a person gets discouraged, it's recommended to go back to the vision and revitalize it. Training and communication and a refocus on core values can also help overcome discouragement. As for non-paid positions such as church volunteers, it must be understood that when choosing to volunteer, the individual is making a free-will offering. But the volunteers need to set boundaries as to how often they will render services such as; every Sunday or once a month. Leaders are encouraged to acknowledge the volunteers time, reward and pat them on the back. Serve Glad believes a happy church begins with happy volunteers, because people are the number one asset in the service industry.

JOY IN OUR TOWN #160519-2A	27:45	13:05	L	PA/O	8/08/2016 8/09/2016	5:30 PM 3:00 AM
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Genet Chenier interviews Eric Goodie from Houston Area Urban League. In Houston, there are many opportunities for employment. Job-seekers need to develop their communication skills, dress for success, be informed of trends in the market and know the criteria to be competitive in the workforce. An excellent tool may be a career counselor who may help with the job-seeking process. Although some positions may be phased- out, skills may always be transferable. As the job-market progresses, individuals are recommended to take classes and stay current with technical and computer skills in order to stay competitive. Houston Area Urban League provides career counseling by assessing the job seeker's qualifications, needs, interests and any requirements such as certifications including personal needs. The organization drills into family matters such as tensions and financial issues as well. As for college degreed individuals, the organization helps them identify which jobs require certification and connects them to resources, including at-no-cost training. As for minorities, the organization helps them understand fundamental characteristics required in the workforce such as; being on time, performing on the job and bringing value to the workplace.

JOY IN OUR TOWN #160519-2B	27:45	13:05	L	PA/O	8/08/2016 8/09/2016	5:30 PM 3:00 AM
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Genet Chenier interviews Eric Goodie from Houston Area Urban League. Entrepreneurs are small business owners who provide service to the community. On average, it takes four years to know if the business will be successful. Daily responsibilities that encompass a small business owner include dealing with contracts, pushing products and being innovative. The blue collared-white shirt, are people such as plumbers, electricians, and landscapers who sometimes branch out as entrepreneurs. They can make a significant amount of revenue because service-oriented businesses will always be in need. It's also an open door to becoming a subcontractor for larger companies. Entrepreneurs are the backbone for economic development because small businesses have been the driving force during recessions. However, planning is the key to being an effective small business owner because it entails many responsibilities such as; financing, growth, certification for contract opportunities, and banking relationships. Businesses and relationships go hand-in-hand. Small businesses give back to the community by creating job opportunities. As major projects occur, small business owners are encouraged to be certified in order to work alongside larger businesses. The Houston Area Urban League Houston organization provides empowerment for individuals through delivery of services, employment, occupational skills training entrepreneurship, housing and education.

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Employment

<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 #160621-1A	27:45	13:05	L	PA/O	8/22/2016	5:30 PM
					8/23/2016	3:00 AM
					9/26/2016	5:30 PM
					9/27/2016	3:00 AM

Jarissa Garcia interviews Ronnie Hagerty from United Way of Greater Houston. The organization creates programs in which young people get introduced to leaders for mentorship purposes. Mentorship is important because an individual may share their time and life experiences with a young person to guide them in order to cultivate personal growth. However, a mentoring relationship develops overtime because trust must be built. For Ronnie Hagerty, she shares her personal experience of having a mentor in her life with whom she could express her own fears and concerns. As for United Way of Greater Houston, it finds it vital to have a cultural understanding in order to better help people, since Houston is one of the most diverse cities. The secret in Houston is that people talk to one another, and that's the only way to build understanding. So, through Project Blue Print, United Way of Greater Houston prepares members of the multicultural communities to serve on the non-profit boards because there is a huge demand for leaders to represent the entire community. Project Blue Print trains people to take on board service responsibilities. For ten weeks, students study every aspect of board service including legal, financial, human resource and marketing. The organization also brings in Blue Print graduates to share their personal experiences with the students. During Project Blue Print retreat the purpose is to create conversations amongst each other to better understand one another.

JOY IN OUR TOWN #160621-1B	27:45	14:05	L	PA/O	8/22/2016	5:30 PM
					8/23/2016	3:00 AM
					9/26/2016	5:30 PM
					9/27/2016	3:00 AM

Jarissa Garcia interviews Ronnie Hagerty from United Way of Greater Houston. An ideal candidate for Project Blue Print is someone who has volunteer experience, and expressed interested in leadership, may have some professional experience and must be a college graduate. In order to be an effective board of director on a non-profit organization, the individuals must bring different skills, perspectives and backgrounds. Eighty percent of board members are Anglos, so it's United Way of Greater Houston's goal to change that profile. So, when organizations are willing to find candidates to represent diversity, and individuals desire to connect with people who share their values and interest in community service, Project Blue Print connects organizations with people. One activity is the Annual Board Fair in which thirty-five to forty non-profit organizations seeking board members may meet people expressing interest in their organization. Blue Print requires a commitment and puts the participants in a real life setting in order to experience breaking into the role of board member. The retreat helps to explore the new role, create a safe space, to build trust and discuss difficult issues. The thought is "to be the change you want to see in the world". One of the benefits is for the participants of Project Blue Print, to look at their own capabilities, qualities they may already have and qualities that need to be developed.

JOY IN OUR TOWN #140923-2A	27:45	14:05	L	PA/O	9/19/2016	5:30 PM
					9/20/2016	3:00 AM

In this "Joy" segment Phyllis Kyles interviews Dr. Roy Farmer Jr. and Nick Muhlbauer with Between Jobs ministries. Between ministries is an organization in which people can receive help with finding careers. In this segment of Joy Dr. Farmer talks about job follow up and networking. Nick states that 85% of the jobs throughout the country are found through networking. Nick also helps us to understand the networking is not all about getting something from another person; it's about giving, how you can help them. A lot of the people that come to Between Jobs ministries feel rejected, hurt or broken and are sometimes on guard when they come into the ministry. They host job fairs each Wednesday the job fairs where several companies come together to help individuals find the career for them. They also have profiles for the individual to go to small colleges to get trainings. And they have group sessions that help support each other. This organization helps anyone in need of job and career counseling. They also help the total person body, mind and spirit.

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Employment

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JOY IN OUR TOWN #140923-2B	27:45	14:05	L	PA/O	9/19/2016 9/20/2016	5:30 PM 3:00 AM

In this "Joy" segment Phyllis Kyles interviews Dr. Roy Farmer Jr. and John Edge with Between Jobs ministries. Between ministries is an organization in which people can receive help with finding careers. In this segment of Joy Dr. Farmer talks about helping counseling and coaching individuals in their job search. They have life coaches, resume workshops, and small group sessions. Anyone can come to the jobs program and are taken through a process to prepare them for the job that is right for them. This organization partners with several other organizations to help in the process of job readiness and career training.

Health

JOY IN OUR TOWN #160303-8A	27:45	13:02	L	PA/O	7/4/2016 7/5/2016	5:30 PM 3:00 AM
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Genet Chenier interviews Dr. Lois Ramondetta with M.D. Anderson Cancer Center. She talks about HPV which is the Human Papilloma Virus. Dr. Lois says that it is the same virus that causes warts on fingers, but there are more than 100 different types. About 8 in 10 people get exposed to HPV. Sometimes it sticks with people and sometimes it doesn't, but doctors don't know which people it will stick with. Dr. Lois lets viewers know that HPV is spread by human to human contact, but it's usually more intimate. Unlike a flu virus, HPV must be spread either through mouth to mouth contact, genital to genital contact or the other ways humans are intimate. The age group in which it is most commonly found is in the 20 year old age group. It's important for people to know how to take care of themselves and know when they're at risk. Dr. Lois stresses that HPV is so important because it can cause cancer and genital warts. The relationship between HPV and cervix cancer is much stronger than smoking and lung cancer. A pap smear is a screening procedure for cervix cancer and people should get them if they are over the age of 21 and under the age of 30 every 3 years. If someone is over the age of 30 and still has a uterus, they should get a code test every 5 years which tests the DNA of the virus. Overall it is about prevention.

JOY IN OUR TOWN #160303-8B	27:45	13:02	L	PA/O	7/4/2016 7/5/2016	5:30 PM 3:00 AM
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Genet Chenier interviews Dr. Lois Ramondetta with M.D. Anderson Cancer Center. She talks about the prevention of HPV, which is the Human Papilloma Virus. The cancers that it causes are cervical cancer, oropharyngeal cancer, vulvar and vaginal cancer, penile cancer, and anal cancer. These can be prevented, but the vaccine must be given long before these cancers develop. There are three versions of the vaccine and the latest one prevents infection from 9 different types. It's best to vaccinate 3 times before the age of 13. If the vaccines are given at an earlier age, many of the different types of cancer can be prevented later in life. Dr. Lois tells viewers that the United States is one of the very few countries that is behind when it comes to vaccinations. Rwanda has vaccinated 99% of their girls, Australia has vaccinated 75% and most of the other European countries have vaccinated between 75% and 80%. She brings up the alarming fact that in the United States, only 40% of girls are vaccinated and only 20% of boys are vaccinated. Being vaccinated very early is important because the immune system receives it better. For women that are too old to receive the vaccinations they should be screened and receive the HPV DNA test. Dr. Lois's last remarks are for people to take care of themselves and take care of their children as early as possible.

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Health

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
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JOY IN OUR TOWN #151015-6A	27:45	13:02	L	PA/O	7/11/2016 7/12/2016	5:30 PM 3:00 AM
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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	7/11/2016 7/12/2016	5:30 PM 3:00 AM
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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.

JOY IN OUR TOWN #160519-5A	27:45	13:02	L	PA/O	8/15/2016 8/16/2016	5:30 PM 3:00 AM
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Jarissa Garcia interviews Jennifer Whitehead and, daughter, Rebecca Whitehead from Autism Speaks – Houston. Autism has a social and cognitive component, it includes repetitive behavior and usually a physical issue is associated with it. Usually around the age of two to three, autism symptoms may be noticeable. So, early detection is best, because there are more opportunities to get help and intervention, in order, to better deal with it. Symptoms vary with individuals; however, one sign would be a child may have an ability that's appropriate for their age range and suddenly loose that ability, specifically with communication. Other signs would be lack of eye contact, or inability to act appropriately in social settings. Visual cues may help in teaching a young person to communicate. It may relieve some of the frustration and create communication with the parents, in order to give the child the help that is needed. So, helping is more important than labeling a problem. Autism Speaks is a service provider that provides resources from education to awareness, research and a response team. Sensory overload means being hypersensitive to the senses, and individuals who struggle with it, do not have an ability to filter out sensory input. At the walk families will find community support and connect to resources such as; therapy resources, youth groups, dentist offices. Community and awareness is what Autism Speaks is all about.

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JOY IN OUR TOWN #160519-5B	27:30	14:28	L	PA/O	8/15/2016 8/16/2016	5:30 PM 3:00 PM

Jarissa Garcia interviews Jennifer Whitehead and, daughter, Rebecca Whitehead from Autism Speaks – Houston. Autism is a disorder that has a difficult time with social interactions, cognitive, and behavioral issues and usually a physical issue is associated with it. For example, the person with autism may not know how to play correctly. Because of the behavioral issue associated with Autism some families have to alter their lifestyles for the safety of the child. The best way to deal with a family who has an autistic child is to offer them assistance, which may include running errands for them. Organizations such as churches offer a special-needs program, which may make it easier for families to attend church. It's important for organizations to recognize needs, in order to make accommodations, so families may do things that typical people do. Autism Speaks offers awareness, training to communities, including churches, resources for families, education, fund-raising for research, programs to help people and advocacy.

JOY IN OUR TOWN #160621-4A	27:45	13:02	L	PA/O	9/12/2016 9/13/2016	5:30 PM 3:00 AM
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Jarissa Garcia interviews Dr. Erich Sturgis from Prevent Cancer Foundation about HPV. Human Papilloma Virus and it's the cause of cervical and throat and tongue cancer. For women and cervical cancer is rare due to routine exams. In men and women, there is a vaccine to prevent cancer. Screening for women is recommended by the age of twenty-five, while men don't have a screening examination. However, boys and girls are suggested to get vaccinated by the age of thirteen. The vaccines have been extensively studied and there are no complications associated with it. However, it provides long term protection. Throat cancer is number one cancer being seen for head and neck area. It requires chemotherapy, radiation, destruction of the jaw and teeth. So, vaccination is important. Think About the Link campaign is centered on educating the public and the physicians about the link between HPV and the cancers, hepatitis B and C and the link with liver cancer, lastly the vaccine to protect the population. In the United States only two of five girls and one in five boys are getting vaccinated. In the state of Texas, the numbers of vaccinated individuals are lower than the national numbers due to a strong lack of recommendation from their doctors.

JOY IN OUR TOWN #160621-4B	27:45	13:02	L	PA/O	9/12/2016 9/13/2016	5:30 PM 3:00 AM
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Jarissa Garcia interviews Dr. Erich Sturgis from Prevent Cancer Foundation about Hepatitis B & C. The viruses associated with chronic liver infections and ultimately cause liver cancer, which is a deadly cancer. Hepatitis B has a vaccine, but Hepatitis C can treat it without a vaccine. Hepatitis B is being prevented because children get vaccinated in early childhood. Hepatitis C is a growing problem causing death. Anyone born from 1945 and 1965 should be tested for the virus; however, it's treatable. Many physicians need to become aware about testing their patients for the virus and informing them that there's a treatment for it. As for the community, awareness is being brought about through screenings. Hepatitis B & C are blood-borne illnesses. So, any blood exposure, sexual activity, drug use or even a family of a family member who has been exposed are risk factors. Many people who have been infected with the virus are not always aware of it. Unfortunately, people do not have symptoms until it's too late to treat.

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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>
Switch On Your Brain #023	27:30	27:30	REC	PA/O/E	07/06/2016	4:00 AM

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

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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>
Switch On Your Brain #024	27:30	27:30	REC	PA/O/E	07/06/2016 07/13/2016	5:30 PM 4:00 AM

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

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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>
Switch On Your Brain #025	27:30	27:30	REC	PA/O/E	07/13/2016 07/20/2016	5:30 PM 4:00 AM

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

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Switch On Your Brain #014	27:20	27:20	REC	PA/O/E	07/20/2016 07/27/2016	5:30 PM 4:00 AM

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	07/27/2016 08/03/2016	5:30 PM 4:00 AM

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	08/03/2016 08/10/2016	5:30 PM 4:00 AM

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	08/10/2016	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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Dr. Caroline Leaf #001	27:30	27:10	REC	PA/O/E	08/17/2016 08/17/2016	4:00 AM 5:30 PM
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Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by guests Dr. Irinel Stanciudis, an endocrinologist; Dr. Avery M. Jackson III, a brain surgeon and neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the importance of eating and the difference between real food and what we call the Modern American Diet.

Dr. Caroline Leaf #002	27:30	27:00	REC	PA/O/E	08/24/2016 08/24/2016 08/31/2016	4:00 AM 5:30 PM 4:00 AM
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Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by guests Dr. Irinel Stanciudis, an endocrinologist; Dr. Avery M. Jackson III, a brain surgeon and neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss relearning what to eat, how to cook, and how to think about food.

Dr. Caroline Leaf #003	27:30	26:50	REC	PA/O/E	08/31/2016	5:30 PM
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Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by guests Dr. Irinel Stanciudis, an endocrinologist; Dr. Avery M. Jackson III, a brain surgeon and neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the importance of the mind and its impact on our food choices.

700 Club NewsWatch #0706-09132016	CBN	1:00:00	5:00	REC	PA/O/E	07/06/2016 09/13/2016	2:00 PM 2:00 PM
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CBN New Reporter Lorie Johnson Reports: Our bodies use oxygen in a number of ways, including healing. Breathing alone provides about 20 percent of the oxygen our bodies need. But today, doctors can ramp up that amount to help people recover from the most debilitating injuries and illnesses with hyperbaric oxygen therapy. It's hard to believe Michael "Bean" Black survived his horrific car crash in 2011. When Black arrived home to Dallas he still suffered from severe injuries, including brain damage. But his condition improved after he started receiving hyperbaric oxygen therapy. Hyperbaric oxygen therapy involves breathing, 100 percent pure oxygen inside a pressurized chamber for about an hour to 90 minutes per session. Dr. Alfred Johnson, director of the Hyperbaric Centers of Texas in Richardson, said the therapy made a big difference. After the first 40 treatments, Black went back for 40 more a few months later. Costs vary depending on the provider from as little as \$100 an hour on up. Insurance and Medicare sometimes offer coverage, depending on the condition being treated. Insurance companies can reimburse for hyperbaric oxygen therapy for the treatment of traumatic brain injuries, like Black's. Dallas businessman John Herrick said the therapy is easy and has helped him sharpen his focus. Consumers can purchase or rent portable hyperbaric oxygen chambers, but they typically deliver far less oxygen and pressure than industrial-grade ones. Conditions treated with Hyperbaric Oxygen Therapy include Autism, Burns, Cerebral Palsy, Chronic Fatigue Syndrome, Closed Head Injury, Fibromyalgia, Migraine Headaches, Multiple Sclerosis, Near Drowning, Parkinson's Syndrome, Post Traumatic Stress Disorder, Reflex Sympathetic Dystrophy, Rheumatoid Arthritis, Sports Injury, Stroke, and Traumatic Brain Injury. Johnson said stroke patients can have improved quality of life. He said he's witnessed progress for people with autism, as well. Hyperbaric oxygen therapy may not be for everyone. But today, Michael Black is in far better shape than he or his family ever dreamed possible since his near-fatal car accident. They believe this therapy has a lot to do with his recovery, so they plan to stick with it and hopefully see even more improvement.

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700 Club CBN NewsWatch #07082016	1:00:00	5:00	REC	PA/O/E	07/08/2016	2:00 PM

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

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700 Club CBN NewsWatch #08122016	1:00:00	5:00	REC	PA/O/E	08/12/2016	2:00 PM

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

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700 Club CBN NewsWatch #09142016	1:00:00	5:00	REC	PA/O/E	09/14/2016	2:00 PM

CBN News Reporter Lorie Johnson Reports: Americans are increasingly getting fed up with the insurance-based medical systems. It often means long waits for appointments and doctors who seem to have one eye on the patient and the other eye on the clock. That's why many primary care doctors and patients are turning away from insurance and to what's known as concierge medicine. When it comes to healthcare, Johnny Guerry prefers old school, meaning just he and his doctor calls the shots without any input from an insurance company. With concierge medicine, patients pay their primary care physician an out-of-pocket monthly fee, sometimes an annual fee, in exchange for unlimited access, 24/7. Concierge medicine used to be something only for the rich and famous. But according to Dr. James Pinckney, known to his patients as "Dr. James." that's not the case any longer. Where he works at Diamond Physicians in Dallas, adults pay from \$95 to \$295 each month, based on age. That covers all acute procedures and medications. Sometimes patients have to pay extra for services outside the office, like a CT scan. But doctors negotiate cash rates with those third party vendors that are a fraction of what they bill insurance. The cost for children is even less than adults. Each child costs \$45 a month for unlimited access to their doctor. Liza Schlitt says her two young boys usually need medical attention after hours. Doctors recently gave her son Griffin a breathing treatment, prescription and a nebulizer to take home, all covered by the monthly fee - and on a rainy Sunday afternoon. Perhaps the biggest difference between concierge medicine and insurance-based medicine is the time patients spend with their doctors. The Affordable Care Act flooded offices of already overloaded primary care physicians to the point where face-time with doctors can average as little as eight minutes per visit. Primary care doctors who accept insurance treat on average about 3,000 patients, This is known as a doctor's patient panel. The typical concierge physician has a patient panel of about 500 patients. At Diamond, the doctors promise their patients their patient panel will never exceed 600. This ensures each patient has their doctor's undivided attention. Although concierge medicine involves paying cash for day-to-day health expenses, doctors do recommend their patients buy health insurance, but with a high deductible. So as insurance-based healthcare complicated this crucial need, more patients and doctors are going old school, with a cash-only plan, similar to the way it was a half-century ago.

Homelessness

JOY IN OUR TOWN #16519-4B	27:45	13:02	L	PA/O	7/25/2016	5:30 PM
					7/26/2016	3:00 AM

Jarissa Garcia interviews Scott Arthur from Star of Hope Mission. When people think of homelessness, they think of the guy with a sign, but homelessness includes women and children. The homeless person seen on the streets and bridges choose not to go into a shelter and part of the problem is that they suffer from mental illness. There are two types of homelessness - situational and generational. Situational homelessness is defined as a family who lives paycheck to pay check and one or two individuals lose their job, then, consequentially, lose their place of residence and end up living in their car. Generational homelessness is when mom and kids live in a shelter, then stay with the grandmother, and later stay at a hotel. They repeat the cycle because that's how the individual was raised. Star of Hope prefers to help people for up to a year and half with structured recovery programs. They encourage the people to stay with the organization to help them fix what is broken by walking them through a transformational process which includes; writing a resume, getting a job, obtaining a GED, getting spiritual recovery and helping with substance abuse. Star of Hope also helps women aged 18-24 who age out of the foster care program. They also help pregnant women aged 18-23 by providing pre-natal, birth and post-natal care. As the homeless veterans percentage is down to almost nothing, the new target is to eradicate family homelessness. There are a lot of volunteer positions from feeding the needy to caring for the babies, sorting gifts during the holidays to helping from home with social media. Homelessness is not seasonal.

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

Substance Abuse

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
JOY IN OUR TOWN #140624-3A	27:45	13:50	L	PA/O	9/6/2016	4:00AM

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

JOY IN OUR TOWN #140624-3B	27:45	13:13	L	PA/O	9/6/2016	4:00 AM
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In this "Joy" segment Pastor Boyd L. Harrell, President and Founder of C.O.O.L. Ministries, Inc., is interviewed by Phyllis Kyles. C.O.O.L. Ministries volunteers share the love of God's Word at the point of contact; Prison, Jail, Drug treatment facility, transitional living center and even at their church. Their 12-step Christian based program has a focus on discipleship: Teaching a person how to be real in their faith and their recovery so they can make good decisions and then back those decisions up. Some formerly incarcerated people who have successfully completed the "Breaking the Chains" class have gone on to being released from prison and then returning to become C.O.O.L. Ministries volunteers and teachers; A testament to the success of the program.

JOY IN OUR TOWN #160519-3A	27:45	13:50	L	PA/O	7/18/2016	5:30 PM
					7/19/2016	3:00 AM
					9/27/2016	4:00 AM

Genet Chenier interviews Boyd L. Harrell from C.O.O.L. Ministries, Inc. Substance abuse is dependence on alcohol and drugs due to underlying issues such as; peer pressure, poor parenting or even to cover up deep pain. Sometimes substance abuse is unbeknownst to the individual because it's deemed as being a harmless act or something that happens to others and not themselves. Also some individuals may take prescription drugs to relieve physical pain; however, the drugs may create a reaction in the human body depends upon the opiates in the drugs and inevitably causes addiction. Boyd Harrell understands dependence upon substance abuse because he became an addict for twenty-five years. In order to recognize when an individual is abusing drugs While, the medical field may provide prescribed medication to help individuals moderate their physical pain, it's so readily accessible that people can become dependent upon it. People who become addicted to prescription drugs are not only avoiding their physical pain but the pain of the withdrawal. C.O.O.L. Ministries helps individuals who suffer from addiction. However, the person suffering with the addiction or even the family members asking for help, have any faith in God, in order to go before the Lord and pray for supernatural help. However, if the person struggling does not have a faith-based belief and has no interest in it, Boyd Harrell offers resources in the community for help and assistance. God has a ways of helping people through other means and still getting us to a place of recovery.

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Substance Abuse

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #160519-3B	27:45	13:13	L	PA/O	7/18/2016 7/19/2016 9/27/2016	5:30 PM 3:00 AM 4:00 AM

Genet Chenier interviews Boyd L. Harrell from C.O.O.L. Ministries, Inc. Most people do not want to be dependent upon drugs and alcohol but they end up as addicts to reduce pain whether physical or emotional. More than ninety percent of people incarcerated struggle with substance abuse. For twenty-five years Pastor Harrell struggled with substance abuse and was incarceration himself. Then, he ended up turning his life around by the grace of God and was delivered from a life of addiction. Because of his personal experience, he has become involved in prison ministry for the past 17 yrs. The ministry may reach forty thousand prisoners per year, across seven state lines including Texas. C.O.O.L. Ministries carries a message of hope which states recovery, from all forms of sin, including substance abuse, is possible through a complete surrender to Jesus Christ, with an emphasis on complete surrender. His experience is that more people are interested in a faith-based need. He uses his personal testimony to connect to the prisoners. Pastor Harrell believes that end order to recover the individual must experience rock bottom. Because substance abuse affects the individual and family, programs such as twelve steps may be a resource in the process of recovery.

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Substance Abuse

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch #09272016	1:00:00	5:00	REC	PA/O/E	09/27/2016	2:00 PM

CBN News Reporter Lorie Johnson Reports: Heroin use has reached epidemic numbers, with overdoses killing more than 10,000 Americans in 2014 alone. For years, people considered this addiction a big city problem, but people are now quickly learning heroin is in their own backyard. Take for example, Caitlyn Weems, who died of a heroin overdose at age 21. Her mother, Carolyn, says although it's been three years, she still grieves her loss every day. If heroin addiction and overdose can happen to Caitlyn, it can happen to anyone. Raised in a stable, Christian home, she loved sports and school. Caitlin's addiction began innocently and unexpectedly. She first got hooked on prescription painkillers following a series of sports injuries. These powerful, often habit-forming narcotics, called opioids, go by names like Percocet, Oxycotin and Dilaudid. Prescription pain pills and heroin produce the same type of high, but heroin is cheaper and easier to get. Pain pills are also regulated, so you know what you're getting. But when it comes to heroin, dealers often secretly lace it with other toxins, like the all-too-common fentanyl, creating a potentially lethal blend. Nora Kitchens knows all about that. Hooked after that first time, Kitchens stayed that way for years. Heroin addicts continually need more of the drug to get the same high. Kitchens wound up with a \$100-a-day habit. As the number of addicts skyrockets, so does the number of babies born to them. These infants come into world as addicts themselves and most immediately endure painful withdrawal. This happens almost every day at Virginia's Sentara Norfolk General Hospital. The day CBN News visited, maternity nurses helped deliver five addicted babies. Neonatal occupational therapist Steven Brown says the addicted babies appear and behave differently than healthy ones. Weaning them off the drug often takes weeks. Janel Moore, a registered nurse at Sentara Norfolk General, says Child Protective Services is usually notified, but that the goal is to keep the family intact if possible. Kitchens is in that group. Her son William was born addicted. William is now clean and healthy. Kitchens still receives outpatient treatment. Meanwhile, lawmakers are doing what they can. Virginia Delegate Todd Gilbert pushed through legislation allowing law enforcement to administer the so-called "save shot" to overdose victims. Most states are following this lead, with some allowing trained citizens to administer the "save shot," also known as Naloxone or Narcan. There is also the "9-1 -1 Good Samaritan Law," allowing people present during an overdose to call for help without risking arrest. Furthermore, the medical community is enacting regulations surrounding the way doctors prescribe pain medication and the ways doctors communicate with other doctors prescribing pain medication to the same patients. Gilbert said America needs to come to grips with our nation's heroin epidemic. If you suspect someone you care about is using heroin, here are some common warning signs:

Paraphernalia:

- * Burnt spoons
- * Tiny baggies
- * Tan or whitish powdery residue
- * Dark, sticky residue
- * Small glass pipes
- * Syringes
- * Rubber tubing

Appearance:

- * Tiny pupils
- * Sleepy eyes
- * Tendency to nod off
- * Slow breathing
- * Flushed skin
- * Runny nose

Actions:

- * Vomiting
- * Scratching
- * Slurred speech
- * Complaints of constipation
- * Complaints of nausea
- * Neglect of grooming
- * Failure to eat
- * Covering, arms with long sleeves

If you think you might be addicted to prescription pain pills or heroin. Narcotics Anonymous can help.

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