

Community Educational Television

Quarterly Report

July, August, September 2018

KETH-TV

Houston, Texas

Ascertainment List
Leading Community Issues

Results of ascertainment from civic leaders, response by telephone from KETH viewers, printed media comprising newspaper and magazine publications whenever possible.

Civic
Crime
Economy
Education
Environment
Family
Gangs
Health
Homeless
Housing
Minority
Public Safety
Substance Abuse
Unemployment
Youth

Civic

<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	27:30	13:00	REC	PA/O	8/28/2018	4:00 AM
#JIOTN0012A					8/29/2018	3:30 PM

Today on Joy in Our Town, we are introduced to H.I.S. BridgeBuilders. Megan Legacy interviews Melvin Fechner, Executive Director of H.I.S. BridgeBuilders in San Antonio, Texas. Some of the issues in various communities throughout the city are high school dropouts, poverty, unemployment, gang violence, economic hardship for single parents, substance abuse, mental health, and keeping families together. H.I.S. BridgeBuilders collaborates with volunteers, physicians, churches, and various organizations to provide opportunities for people to use their gifts and their calling to combat these issues. Some of their programs include education, dental care, eye exams, employment, Bible study, evangelism, worship time, and a ladies group called The Charis (Grace) Girls.

Civic

<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	27:30	13:00	REC	PA/O	8/28/2018	4:00 AM
#JIOTN0012B					8/29/2018	3:30 PM

Today on Joy in Our Town, Pastor D. Robinson introduces Faith Builders Community Teams. In the City of Milwaukee there is a tremendous need for food, clothing, furniture, shelter, housing, and much more. Many people are experiencing trauma due to all types of violence, robberies, and theft. James Haley, Director of Faith Builders Community Teams, serves both the Clarke Square neighborhood and the Walker's Point Neighborhoods through their Adopt A Neighborhood Program. By collaborating with various organizations, they provide resources to meet the needs in the community. It's about really connecting, building relationships, identifying root causes to issues, and helping to empower people to get to the next level in their life. It's an opportunity for the Church to step outside the walls of the church and really be the church. He encourages others to get involved.

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	27:30	13:00	REC	PA/O	7/10/2018	4:00 AM
#JIOTN0005A					7/11/2018	3:30 PM

Today on Joy in Our Town, Tori Stamoulis introduces Prison Fellowship. Jesse Wiese, the Northeast Regional Director for Prison Fellowship is interviewed to discuss their twelve-week academy program at Rikers Island. This intense program deals with criminogenic issues such as addiction, anti-social thinking and behavior, all from a Christian world view. They aim not only to remember those in prison, but to be with them, encourage them, and give them a hope they can't see for themselves. At Prison Fellowship they really believe that people can change. They provide opportunities for prisoners to be in a safe place, to live by values that we all want people to live by, and by doing that, and practicing those values, when they come back into our communities they are going to be better situated for success. Interviews with Quovadis Marshall, Lead Pastor of Hope City Church in Waterloo, IA and former graduate of Prison Fellowship Academy, and Acting Deputy Commissioner, Mike Tausek from the New York City Department of Correction, attest to the effectiveness the program and share their experience.

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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	27:30	13:00	REC	PA/O	7/24/2018	4:00 AM
#JIOTN0007A					7/25/2018	3:30 PM

Today on Joy in Our Town, Athena Sorensen shares statistics about human trafficking. Veronica Lamb, Social Justice Pastor of Blue Water Mission talks about human trafficking. Veronica defines human trafficking as force, fraud, or coercion to force somebody into making money for someone else. This industry brings in about 10 Billion Dollars a month, affecting 25 million people in the world. Women and children all over this country are being picked up, pimped out, and transferred across this country in every city in the nation. Prostitution is 99.9 percent of the time controlled by traffickers and pimps. With sex trafficking victims, someone else is controlling that situation by manipulating, threatening, using coercion, and blackmail. Pimps use violence, threats, and a "Romeo" or boyfriend approach like "Hey, I love you. You should do anything for me." The traffickers and pimps network together employing runners, or other people on the street, to report back to them. They have a systematized approach to breaking down an individual, making them reliant on them, isolating them from all relationships and individuals and networks of support that could possibly help them. There are individuals who study, train, mentor, and raise up others in order to brainwash and turn out the vulnerable individuals in our society and basically turn them into money-making machines for themselves. Traffickers and pimps love to target young people without a father figure at home, physically or emotionally; or children with parents that are incarcerated; or a young person that grew up in the foster care system; and of course, poverty or any other sort of social economic situations that make young people vulnerable. John Roberts, Community Life Pastor, shares that the goal is to get somebody back to a place where they can fully function in society. They've taken in people from all different walks of life: a single mother and her children, somebody who was trafficked, someone who has fallen into addictions or just hard times and has found themselves in need of a place to live. Veronica lets women on the streets or in the strip clubs know they are accepted just as they are and that there is a place for them, if they want, when they are ready. Blue Water Mission provides relationships and a family-like atmosphere, and works with other local organizations, as well as local and federal law enforcement.

Crime

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Joy In Our Town	27:30	13:00	REC	PA/O	7/31/2018	4:00 AM
#JIOTN0008A					8/01/2018	3:30 PM

Today on Joy in Our Town, Ephie Johnson interviews DeAndre Brown, Executive Director, and Vinessa Brown, Director of Development, of Lifeline to Success to discuss their Ex-offender Re-Entry Program. Their mission is to change the perception of what it is to be a convicted felon through classroom instruction and community service for both men and women. People with felony convictions do not have the necessary opportunities to become productive citizens. When they are incarcerated, there is a system to adhere to, but when they come out they are on their own to get acclimated back into society and have the approval of others, which is very difficult. As a convicted felon, DeAndre finds it easier to be relational as opposed to teaching and realizes that if we want to have strong citizens, it requires daily involvement. Being engaged also prevents too much free time. Excuses are removed by having relationships and the power of those relationships allow tough conversations. New team members are partnered with the old team members to establish trust and to begin the necessary conversations, then everyone comes in like a loving family, and slowly, but surely, fight through some of the obstacles they have. The word of God is key to serving those who participate in the program. There is also space and opportunity to illustrate how they can use their gifts in a positive way.

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Crime

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Joy In Our Town	27:30	13:00	REC	PA/O	9/25/2018	4:00 AM
#JIOTN0016B					9/26/2018	3:30 PM

Today on Joy in Our Town, Tori Stamoulis introduces the Exodus Transitional Community in New York City that is working to help ex-prisoners stay out of prison for good and re-integrate back into society. Julio Medina is the Founder and Executive Director of the non-profit Exodus Transitional Community, with locations in East Harlem, Newburgh and Poughkeepsie. The Exodus Contract basically tells us that we are not defined by the worst moments of our lives. They take a holistic approach to re-entry with an understanding that there is connection to family, employment, substance abuse, being physically fit, vocation, education, community involvement. Individuals must consider what they want to do, how they want to give back, and how and you can volunteer in communities that remember you as this certain person? The cornerstone for all of that is spirituality because even if all those other pieces are connected, if there is a void, they believe the temptation to recidivate still exists. Their staff reflects the population as well, so much of the staff have been to prison. Who better? If people have some deficits, it is approached with a strength-based approach. Jamal Massey, a Facilitator, shares his story and explains the programs. Faith-based mentorship is emphasized. Classes are taught using the correlation between the ancient Hebrews and their transition from Egypt and their journey to the Promised Land. Men and women participate in the program. Parole Officers and/or Probation Officers will have mandates such as a substance abuse program, anger management and maintaining employment. Exodus has an OASAS Certified Facility on-site that provides the substance abuse and anger management program, as well as an employment program that is connected to the Wilderness programs. Often getting a job is not the end of the problem. In some cases, it is the beginning of the problem, so people are connected to a "Contract Coach" which is basically a case manager. There is also a Fatherhood Program and a Parenting Program. The idea of one person formerly incarcerated, restored to a human being and successfully transcend to positively engaging in societal activities, is one of the greatest rewards.

Crime

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700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	9/5/2018	2:00 PM
#09052018							

CBN New Reporter Jennifer Wishon Reports: If you get out of bed today there's a good chance you will commit a crime. Baker and others have attempted to count the number of regulations that carry criminal penalties, but the truth is, no one really knows how many there are. He's talking about rules created by federal or state agencies that carry criminal penalties outside of the criminal laws passed by legislatures and signed by executives. Un-elected bureaucrats creating rules that can land you in jail. In some ways, these hundreds of thousands of regulations are the result of America's current political gridlock. In order for members of Congress to get legislation passed, in order to reach compromises while avoiding political pitfalls that may render them out of a job – they're often vague and leave the details up to the agencies in charge of the subject matter. And anytime the government has a hammer, Malcolm says, it tends to use it. On Twitter, the account @CrimeADay tweets one federal crime each day. The project started in 2014 and will not be completed until the year 2848, more than 800 years from now. He's spent decades defending people who find themselves in trouble with the law for simply exercising their constitutional rights. Critics of federal agencies crafting criminal penalties say most of the time these violations could simply be handled with a fine. They're also skeptical many of the crimes aren't actions most people consider morally wrong – instead they're crimes simply because the government says they are which is why so many people unwittingly break them. By the way, did you know it's illegal to walk your dog on federal land on a leash that exceeds six feet? The federal government is so huge, he suggests change will only happen from the bottom up – from local governments up to the federal level. It's all a contributing factor to the United States having the largest prison rate in the world.

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<i>Economy</i>						
Joy In Our Town	27:30	13:00	REC	PA/O	8/7/2018	4:00 AM
#JIOTN0009A					8/8/2018	3:30 PM

Today on Joy in Our Town, Pastor D. Robinson introduces the Feed My Starving Children. Jessica Schalk, Senior Team Leader at the Aurora facility for Feed My Starving Children, is interviewed and explains how this Christian non-profit organization provides nutritionally complete meals specifically formulated to help malnourished children come back from starvation. With sites in the Minneapolis area, Chicago, and Arizona, as well as mobile packs all over the country, volunteers come together to pack food for distribution to seventy countries around the world. Food is donated to hundreds of shipping partners and they pay for the shipping. They know who need to receive the food and they collaborate with various governments, communities, schools, and orphanages to get the food where it needs to go. Last year Feed My Starving Children provided 285 million meals. They strive to help the starving kids that receive their food, the countries that they send the food to, and the families of the kids who receive this food. They also help the local communities where they provide opportunities for people to volunteer to make a big difference. Ultimately, Feed My Starving Children is about feeding kids.

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<i>Education</i>						
Joy In Our Town	27:30	13:00	REC	PA/O	8/21/2018	4:00 AM
#JIOTN0011B					8/22/2018	3:30 PM

Today on Joy in Our Town, Letitia Nesby interviews Mark Siegrist, Director of Education at Denver Rescue Mission, to talk about challenges for people who don't have their high school diploma. There are many reasons people do not get a high school diploma; some decide in their teenage years to drop out of school, others for economic reasons, for bad decisions, for bad habits in their lives, and some think that life is easier out of school than it is in school. One challenge for people who don't have their high school diploma is that a lot of times they lie on their job applications stating that they have completed high school. Although they find a way to survive and work through life without a high school diploma, they realize that there is a great need for bettering themselves. However, some people give up on the idea of reaching their GED goals for reasons such as not finding a resource center, a lack of financial resources, other life commitments, or the difficulty of the GED test. As individuals try to find ways to find stability in their life and focus on what the next step is, those in the Denver Rescue Mission Program, receive the resources, support and tutoring necessary to achieve their GED when they make a personal commitment.

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<i>Education</i>						
Joy In Our Town	27:30	13:00	REC	PA/O	9/4/2018	4:00 AM
#JIOTN0013A					9/5/2018	3:30 PM

Today on Joy in Our Town, Dolly Velasquez interviews Robin Khoury, Founder and Principal of Little Light Christian School to discuss how they are breaking the cycle of incarceration by reaching children before they need to be rescued. Little Light Christian School is a unique school because it is a private, tuition free school for children with a parent that has been or is now in jail or prison, serving in the heart of the city with the highest concentration of incarcerated family members. Buses are sent to pick children up daily, and every student is provided a school uniform, a fall sweater, a warm winter coat, a hot breakfast, and a hot lunch served family style, with three snacks a day. In regular schools, children who have incarcerated parents have to hide the fact that their parents are in prison, and many times their families even coach them not to tell anybody. Many of these children have been subjected to trauma and are very fragile emotionally. A lot of time is spent building a relationship with each student through prayer, hugs, and lots of love. The class ratio is very low because these children need individual attention and a quiet place to focus. There is a calming space in every classroom. If a child feels anxious they can excuse themselves to go to the calming corner and get control and then come back to the group when they have managed to calm down. Shine Tours are provided throughout the year which are informational events where citizens can meet the children and see what they do at the school.

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<i>Education</i>	Huckabee #42	52:30	5:00	REC	PA/O	7/21/2018 7:00 PM
						7/22/2018 12:00 AM
						7/22/2018 7:00 PM
						7/23/2018 12:00 AM

Today on Mike Huckabee, Mike Huckabee interviews Avery Moore, Principal of Palm Charter High School; a high school focused on professional motorsports. Palm has motorsports technology, collision technology, and welding and media arts. They have a strong academic and vocational program; providing opportunities for advanced degrees and exposing students to real jobs early in life.

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<i>Environment</i>	Joy In Our Town	27:30	13:00	REC	PA/O	8/7/2018 4:00 AM
	#JIOTN0009B					8/8/2018 3:30 PM

Today on Joy in Our Town, Pastor Keola Richards interviews David Schofield, Regional Marine Mammal Response Program Coordinator, to discuss the growing problem of marine debris throughout the Pacific Rim. Just about anything you can imagine is floating around in our oceans. There is a statistic that says by the year 2050, there will be more plastic in the ocean than fish or other living creatures. We know that anything that is on land can end up in the water. A team at NOAA Fisheries Service pulls down tens to hundreds of tons of marine debris a year, and in a year or two, the same amount comes back. In addition to working with monk seals, they work with stranded cetaceans, which are dolphins and whales, to disentangle them from marine debris. If we start losing these different members of the ecosystem, these wild mammals, the monk seals, different types of fish, and birds, that will disrupt the whole divine plan that God set up with the balance of the ecosystem. NOAA is a program of the Department of Commerce that stands for National Oceanic and Atmospheric Administration. Most people know NOAA for the Weather Service, but the NOAA's mandate is to protect the environment. The Marine Debris Program not only removes debris, but also quantifies that debris; determining where the debris is coming from and the point source of that debris. The Marine Mammal Response Network of the Pacific Island Region also works on that issue and is made up of staff and veterinarians who are specially trained to respond to reports from the public of animals in trouble. There is a great deal that is mentioned in the Bible about environmental stewardship and how we have been given His creation and that it is for us to not take dominion over, in the sense of dominate, but rather to keep and save and tend and care for.

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<i>Family</i>	Joy In Our Town	27:30	13:00	REC	PA/O	7/17/2018 4:00 AM
	#JIOTN0006B					7/18/2018 3:30 PM

Today on Joy in Our Town, Pastor D. Robinson introduces Ruth Costello, the Owner of Grace House. Ruth found a level of poverty that she had not seen anywhere else in the United States, so she established a free thrift store in St. Joseph, MO which serves about fifteen communities, including Kansas, Missouri, as well as Iowa. In St. Joseph, the need becomes greater because a lot of the jobs are minimum wage. It's not easy for single mothers and single fathers raising kids, and grandparents raising grandchildren. There are no income guidelines of any kind. The only criteria are a picture ID and that you come once a month. If you have children, they need to be present with you because children want to pick out their own stuff. There is also a toy area where children can play and are encouraged to read. Everything in the store is free. Free for a smile. As a faith-based organization, Grace House gives people a hug, prayer, a Bible, and tells them about Jesus. Tangible donations are accepted throughout the year. In summertime bring summer stuff. In winter, bring winter items like blankets and coats. There is a Back-To-School Program in July where new pairs of shoes are given to children who have earned A's and B's on their report card and bring it in. They also receive two new outfits, new underwear, new socks, shoes, sweatshirts, and sweaters.

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Family

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Joy In Our Town	27:30	13:00	REC	PA/O	9/11/2018	4:00 AM
#JIOTN0014A					9/12/2018	3:30 PM

Today on Joy in Our Town, Cheri Duckworth interviews Wesley Keyes, Executive Director of Brother Bill's Helping Hand to discuss the issues they are addressing in the West Dallas community, which is one of the poorest parts of the city. People are referred to as neighbors, not clients or residents. It is a biblical metaphor that holds great meaning teaching us that everyone is our neighbor. Their clinic provides care for those without insurance. They provide clothing, food, and presents for boys and girls at Christmas time. Some of the classes offered are Healthy Living, Nutrition, Zumba, Boot Camp, Yoga, and Pathways Job Training, as well as Health and Wellness Challenges. To address mental issues, they partner with Vital Sign6 UT Southwestern Program and the Pastoral Counseling Center. In addition, counselors are on site in both English and Spanish. Every week non-perishable foods as well as fresh produce are provided in the Grocery Store through the collaboration with The North Texas Food Bank. Programs for children include a Reading Program, summer camps, basketball camp, soccer camp with Mercy Street, baseball camps, ballet camps, art camps, science camps, and ballet. All free for their neighbors to participate in and their kids to engage in with the help of volunteers and partners.

Family

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Huckabee	52:30	5:00	REC	PA/O	7/14/2018	7:00 PM
#41					7/15/2018	12:00 AM
					7/15/2018	7:00 PM
					7/16/2018	12:00 AM

Today on Mike Huckabee, Mike Huckabee interviews Todd and Tara Storch, Founders of the Taylors Gift Foundation. They share their story about the tragic death of their 13-year-old daughter and the miraculous legacy that saved the lives of five people and continues to inspire others through the donation of her organs. Todd and Tara share that donating organs is an act of love and service. Organ donation is not easy to talk about with your family and friends, but you can talk about organ donation just about leaving a legacy and leaving the world better than you found it. Out-live yourself. Organ donation is all about life.

Gangs

<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>
Treasures	28:30	28:30	REC	PA/O	7/20/2018	1:30 AM
#VOTR0101						

On today's episode of Treasures, Sonny Arguinzoni, Founder of Victory Outreach International, and Sonny Arguinzoni, Jr., Pastor of Victory Outreach Chino, feature the story of Art Blajo, an ex-mafia hit man. Art discusses the gang culture and how young men are impacted by this brotherhood. From so-called impossible situations, Art shares how, by the grace of Jesus Christ, he went from a messenger of death and destruction to a messenger of life and hope through the ministry of Victory Outreach.

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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	27:30	13:00	REC	PA/O	8/14/2018	4:00 AM
#JIOTN0010A					8/15/2018	3:30 PM

Today on Joy in Our Town, we are introduced to the ministries of The United Methodist Church for All People. Lynette David interviews Rev. Greg Hennenman, Director of H.E.A.L. (Healthy Eating and Living), an initiative of the Church and Community for All People in Columbus, Ohio. On the south side, there is a food insecure community with people who must choose between buying groceries and paying utility bills. There is little access for places to exercise and many people cannot afford a gym membership. Some of the sidewalks are uneven and sometimes people do not feel safe exercising by themselves. Their church believes what Jesus taught, that he came that people would have life and have it abundantly. The H.E.A.L. Program strives to empower people through cooking classes and exercise programs. They provide a fresh market and give away produce every week for free. Every Tuesday, they provide a cooking class with the goal of teaching individuals how to prepare a healthy meal for a family of four for under Five Dollars. These programs bring together diverse groups of people that build relationships. Within those classes you will find there is wisdom in the community as they share with each other what helps them to have a healthier family.

Health

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Joy In Our Town	27:30	13:00	REC	PA/O	9/25/2018	4:00 AM
#JIOTN0016A					9/26/2018	3:30 PM

Today on Joy in Our Town, Pastor D. Robinson introduces Ebenezer Church of God in Christ Food Pantry in Milwaukee, Wisconsin. Juila Means, Coordinator and Parish Nurse, at Ebenezer Church of God in Christ shares that hunger is a big deal in their community. The Food Pantry was established because they had a Chronic Disease Management Clinic that provided free medications for people with high blood pressure and non-insulin dependent Diabetes, and they found that food plays such a big part in chronic disease management. To make their food pantry healthier, they provide foods that could also help people manage their chronic illness. The Hunger Task Force, which also started "My Plate" supports the Food Pantry to ensure pantry participants received more fruits and vegetables and less starchy food. The neighborhood served is a food desert; there are not many stores that you can walk to. Larger stores are further away, and there is not a direct bus or transportation to take you there. The community consists of many elderly people, as well as those on Food Share, so many of the participants at the Food Pantry cannot afford food. Although many people will tell you that to eat healthy is more expensive, if you look at how much you are spending per unit, it is not as expensive as people think. In addition to making a diabetic-friendly food pantry, they offer cooking classes and food tasting for their participants. The cooking demos allow people to taste food that they may have never tasted before. Participants have seen positive changes in their health. It was encouraging to see that if you eat food properly you can see a change in your chronic disease management. The Food Pantry is a church, so they share the love of Christ and start each day with prayer and a blessing over the food, participants and workers. People are available at the food pantry to provide assistance in navigating resources available in Milwaukee, such as Badgercare, the Marketplace, and the Health Care System. Working very closely with the Health Department and other Milwaukee Public Systems, assistance is also available to help people get housing. The personal needs such as deodorant, toothbrush, toothpaste, which are provided for participants as well.

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Health

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700 Club NewsWatch #07302018	CBN	1:00:00	5:00	REC	PA/O/E	7/30/2018 2:00 PM

CBN News Reporter Lorie Johnson Reports: The Cleveland Clinic's Dr. Mark Hyman is one of a growing number of doctors who believe the path to wellness lies in our intestines in something called "gut flora," or "microbiome." More specifically, it's the relationship between the good and bad bacteria there that determine whether we'll be healthy or sick. Scientists at America's top medical institutions are churning out mounds of data on the microbiome. The bottom line: as the gut goes, so goes the rest of the body. At the Mayo Clinic's microbiome lab in Rochester, Minnesota, scientists examine human feces to find out exactly which bacteria are in a patient's gut, how much of it is there, and which bacteria may be missing. Microbiome researcher Dr. Purna Kashyap and his team found more than a thousand different species in the intestines of the healthiest people. It's an important discovery because 80% of our immune system resides there. In addition to the variety, the healthiest people also measure high amounts – trillions – of good bacteria and some bad for a total of about three pounds' worth. That's ten times more bacteria than regular cells. Another Mayo Clinic microbiome researcher, Dr. Heidi Nelson, sees this as a complex and delicate ecosystem that demands balance. Since bacteria, like all living creatures, eat and expel certain things, Dr. Nelson explained why having too many or too few can lead to disaster. Not enough good bacteria, or too many bad bacteria, can make us sick and overweight. According to Johns Hopkins gastroenterologist Dr. Gerard Mullin, author of The Gut Balance Revolution, certain bacteria increase ghrelin, the hormone that causes hunger. Certain bad bacteria can also cause the body to crave particular foods like sugar or bread. Similarly, gut dysbiosis suppresses leptin, the hormones that tells us to stop eating. And it gets worse. A newly discovered bacteria can possibly determine whether someone is either slim or obese. In fact, research proves thin people carry more diverse gut bacteria than overweight people. Scientists found people in developing countries have more of this bacteria than Americans. In a landmark development, researches at Washington University in St. Louis studied the gut microbiomes from human twins. While they had identical DNA, one was obese and the other thin. Scientists took bacteria from each twin and put it into germ-free mice. The animals with the obese twin's microbiome also became obese, while the other mice became thinner. Researchers noted the thin human and mice carried more diverse bacteria than their healthier counterparts. Childhood obesity, weight problems among adults and various illnesses from diabetes to Alzheimer's are all tied to not having enough good bacteria in our intestines.

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch #07312018	CBN	1:00:00	5:00	REC	PA/O/E	07/31/2018 2:00 PM

CBN News Reporter Lorie Johnson Reports: Shocking as it may sound, when a person becomes sick and dies, too often doctors find the trouble started in the intestines because of a disruption of the gut bacteria. Over the last decade, scientists all over the country have been researching the impact of the gut microbiome on all types of diseases. What they've discovered is the good and bad bacteria in our bodies has a much more profound impact than previously thought. Dr. Jasmohan Bajaj leads a research team at Virginia Commonwealth University in Richmond, Virginia. He says bacteria living in our intestines dramatically influence each aspect of our health, literally from head to toe. Harm such as liver disease, one of the leading causes of death and disability. Dr. Bajaj says too much bad bacteria cause inflammation, and an inflamed liver doesn't do its job very well. And it's the only problem that can sneak up on someone. (Johns Hopkins Gastroenterologist and author of The Gut Balance Revolution) Dr. Gerard Mullin says folks need to know that intestinal problems can lead to cancer and other life-threatening issues. He says while we may seem okay when we're younger, it eventually catches up to us. Cleveland Clinic's Dr. Gail Cresci says the gut also profoundly affects thoughts and feelings. All that thanks to a well-traveled pathway between the mind and this crucial part of the body. The Mayo Clinic's Dr. Heidi Nelson says our intestinal tract serves as the largest component of our immune system. In the Mayo Clinic's anaerobic chamber, scientists grow and study bacteria that die when exposed to oxygen. Believe it or not, we have a lot of anaerobic bacteria in our bodies, because much of intestines are oxygen free. Researches here say the right kind of bacteria means the lining of our intestines contains tiny, helpful holes that allow microscopic nutrients into our bodies. Too much bad bacteria, however, causes those holes to grow. This so-called "leaky gut" can cause the immune system to attack those larger particles that escape into the body. When it comes to our health, experts now say the bacteria in our gut run the show, for better or worse.

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

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch #08012018	CBN	1:00:00	5:00	REC	PA/O/E	08/01/2018 2:00 PM

CBN News Reporter Lorie Johnson Reports: Our intestines, commonly called our "gut," are home to trillions of bacteria. Healthy people have plenty of good bacteria that boost every facet of our health. However, when we don't have enough good bacteria we can suffer from all types of health problems such as depression, weight gain, and cancer. What causes us to have less-than-favorable types and amount good bacteria? C-sections, baby formula, lifesaving drugs, and convenience foods all add to the problem. We tend to think these things make our lives better, starting from birth. But turns out they can seriously mess up the levels of good and bad bacteria in our body. Researchers only discovered this valuable information in the last decade or so. Dr. Richard Wenzel (<http://www.richardwenzel.com/>), Editor-at-Large of the New England Journal of Medicine and Chairman of the Department of Internal Medicine at Virginia Commonwealth University in Richmond, Virginia, told CBN News, just like a delicate ecosystem, the entire body relies on the proper mix of good and bad bacteria in order to operate effectively. Nearly a century ago, the world rejoiced when Alexander Fleming developed the first antibiotic. Penicillin would target bacterial infections that wiped out millions. Since then, many doctors frequently turn to these so-called miracle drugs, often not considering the downside. Antibiotics kill bacteria. They only work on bacterial infections. Nevertheless, many doctors prescribe them to treat viral infections, even though antibiotics are useless in fighting viruses. Dr. Wenzel says while antibiotics are lifesaving in many instances, they are vastly overprescribed. Antibiotics target all bacteria, even the kind we need to keep us healthy. Dr. Gerard Mullin associate professor of medicine at The Johns Hopkins Hospital and author of *The Gut Balance Revolution* says the youngest among us in particular, often lack the good bacteria they need, thanks to well-meaning pediatricians who overprescribe antibiotics. Studies show just one course of antibiotics can disrupt the gut microbiome for years. What's worse, antibiotics often enter our bodies without a prescription because of what we eat. Many antibiotics used the U.S. are fed to animals which are raised for food. Recently the U.S. Food and Drug Administration banned the use of antibiotics to promote growth in animals that are raised for food. However, there is a notable exception. Antibiotics are allowed to be given to the animals if a veterinarian determines the drugs might prevent disease in them, which can include a great many. A *New York Times* report names sources who suggest "a giant loophole" in the measure still allows for widespread antibiotic use in animals raised for food. Sciences proves this. New York University researchers were able to make lab mice obese and diabetic by proportionately giving them the same amount of antibiotics said to be in the American meat supply. Experts say not all meat comes from animals that were given antibiotics. Health proponents advise looking on the package label for meats that were raised without antibiotics. When it comes to building a better gut, while antibiotics are enemy number one, running a close second is the Standard American Diet or what's known as SAD. It's the kind of food people in the U.S. typically eat for breakfast, lunch, and dinner plus the good that's missing from these meals. Dr. Mullin says we need to examine what we put in our mouths. Consider processed foods a triple-threat: they're too sweet, contain no fiber and are chock-full of strange chemicals. Dr. Purna Kashyap researches the gut microbiome at The Mayo Clinic in Rochester, Minnesota. He says the culprits tend to hide in the small writing on the list of ingredients. Dr. Gail Cresci, Ph.D., RD, specializes in the microbiome at the Cleveland Clinic. She says trying to digest things that are not found in nature places extreme stress on our intestines and can cause dangerous inflammation throughout the body. When surveying the list of ingredients in a food's label, be on the lookout for words ending in, "-ose," such as "dextrose," "maltose" and "fructose." Dr. Kashyap says these and other added sugars actually make us fat and starve us at the same time. They do this by robbing the bacteria's food supply because our body absorbs simple sugar before it even gets to our intestines. Health experts say while sugar is bad, don't make the mistake of using artificial sweeteners in its place. Dr. Cresci says as it turns out, those products are just as bad, probably worse. Dr. Mullin agrees. When it comes to gut microbiome, your first two years set the stage for the rest of life. The way babies are born, the type of delivery can make a big difference. So does the kind of nutrition the baby receives. Dr. Heidi Nelson researches the colon at The Mayo Clinic in Rochester, Minnesota. She says birth via Cesarean section and feeding with formula provide inferior types and levels of good bacteria to the baby compared with their more natural counterparts. While sometimes C-sections and bottle feeding are necessary for the health of the mother, baby, or both, too often doctors and parents choose them without understanding the possible adverse effects on the child's microbiome.

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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>
700 Club NewsWatch #08022018	CBN	1:00:00	5:00	REC	PA/O/E	8/2/2018 2:00 PM

CBN News Reporter Lorie Johnson Reports: Medical evidence shows the bacteria in our gut, that is, in our intestines, affects all aspects of our health. The key is trying to stop the things that kill our good bacteria such as antibiotic overuse, sugar, and junk food, then putting the good bacteria in our gut by eating probiotic foods and taking probiotic supplements, and finally, feeding the bacteria their favorite foods in the form of fiber. Heal your gut in three steps: 1. Stop Killing Bad Bacteria. 2. Put Good Bacteria in Your Gut. 3. Feed the Good Bacteria. The mixture of good and bad bacteria in our intestines is called the gut microbiome. Virginia Commonwealth University researcher Dr. Jasmohan Bajaj says building a better gut involves eating a diet rich in probiotics. These are foods and drinks that contain living, healthy bacteria. Fermented foods are found in the refrigerated areas of the grocery store because the cool temperatures ensure the bacteria stay alive. Kim-Chi, which is a fermented cabbage dish popularized in Korea is said to contain the best and most healthy bacteria. It can be in the refrigerated produce section of your grocery store. Alternately, you can make it (kimchi) yourself. Instead of using a cabbage crusher, you can just squeeze the veggies with your hands. Other probiotic-rich foods and drinks include Kombucha, fermented tea, which can be found in the produce section. Kefir and yogurt, both high in probiotics, can be found in the dairy section. Dr. Bajaj recommends plain yogurt. In addition to food, probiotic supplements can also help build levels of good bacteria. According to Johns Hopkins gastroenterologist Dr. Gerard Mullin, author of the book *The Gut Balance Revolution*, you must choose carefully because all supplements aren't always the real deal. Cleveland Clinic researcher, Dr. Gail Cresci said in addition to placing good bacteria in our gut through probiotic foods and supplements, the next step is to make sure they grow. The foods our good bacteria like to eat are called prebiotics. Mayo Clinic microbiome expert Dr. Purna Kashyap says prebiotics consist of all types of fiber. He said radishes, jicama, and dandelion greens are particularly good prebiotic foods. In addition to vegetables, whole fruit contains fiber. Dr. Kashyap says like vegetables strive for a variety of fruit. He cautions some fruit, such as bananas and pineapple, contain high amounts of sugar, while other fruits, such as berries are much lower in sugar. He points out fruit juice contains no fiber, is therefore not considered a prebiotic and is best avoided. However, other good sources of fiber include the whole grain oatmeal (not instant), psyllium husks, flaxseed, chia seeds and beans. The Cleveland Clinic's Dr. Mark Hyman, author of the book, *Food: What the Heck Should I Eat?* says our dietary choices boil down to common sense. Bone broth can also boost gut health. Dr. Hyman said in addition to antibiotics and a poor diet, delivering a baby via Caesarian section provides less desirable bacteria to the newborn than a vaginal delivery. The Mayo Clinic's Dr. Heidi Nelson agrees. She points out one of the best things we can do for our children is start them off with a wide variety of good gut bacteria. Dr. Mullin says the birth canal is loaded with healthy bacteria which are transferred to the baby during birth. Similarly, the time right after birth is critical for the baby's microbiome. Dr. Cresci says breast milk is better for the baby than processed, bottle milk. A child's microbiome is not only shaped by his or her type of delivery and feeding, but also by the bacteria to which the child is exposed in its environment. Dr. Nelson points out children raised on farms have the lowest incidence of asthma, while kids raised with pets have the seconded lowest, and kids raised in more sterile homes have the highest incidence of asthma.

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Health

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700 Club NewsWatch #09122018	CBN 1:00:00	5:00	REC	PA/O/E	9/12/2018	2:00 PM

CBN News Reporter Lorie Johnson Reports: Millions of Americans are turning to essential oils in an effort to minimize the number of chemicals in their lives. People use these plant extracts as a replacement for many synthetic medications, for home health care and to clean their homes naturally. Dr. Eric Zielinski, a leader in the field and author of the best-selling, *The Healing Power of Essential Oils*, told CBN News he became interested in the topic after reading about them in Holy Scripture. Dr. Zielinski says oils derived from roots, barks, flowers, and leaves address a wide variety of health issues. Lavender is perhaps the most popular essential oil. People like Sarah Hilburn use it to help them sleep. Sarah struggled with emotional issues that led to physical ones. Sarah didn't want to take sleeping pills. Instead, she combined several drops of lavender oil with water in a vaporizer next to her bed. The natural remedy worked beautifully. Sarah was so pleased the lavender oil helped her sleep, she began incorporating other essential oils into her daily life. For instance, she puts cooling peppermint oil on the bottoms of her feet when she's overheated and credits rose oil for her flawless complexion. Dr. Zielinski says it should come as no surprise that we can swap our pills for essential oils considering many of today's pharmaceuticals are modeled after plant extracts. Aspirin, for example, mimics willow bark, which people used for centuries as a pain reliever. More Americans prefer non-toxic versions of things like toothpaste, body lotion, deodorant and mouthwash, even acne treatment and hairspray. These items can all be made at home with essential oils, often for less money than what you'd pay for their chemical-laden counterparts at the store. Sabrina Zielinski, Eric's wife, nicknamed "Mama Z," created several recipes for cleaning products featuring essential oils. She says most store-bought products can cause serious health problems. She says essential oils do an amazing job in DIY cleaning products, working tough jobs, like the stove. She uses the same base for her cleaners but changes the oils for variety. For example, in the fall she uses cinnamon and clove. She feels especially good about making this quick and easy hand sanitizer. Since essential oils are highly concentrated, it's best to dilute them using water, such as in diffusers, or other oils, called "carrier oils." Using essential oils directly on the skin can actually cause physical harm and secondarily wastes money. Carrier oils include olive, coconut, almond, jojoba, apricot, avocado, grapeseed, borage and evening primrose oils. Sabrina devised a carrier oil base blend that she uses for most skincare products. She says to use six to twelve drops of essential oils for every one ounce of the base blend. Mama Z's carrier oil base blend: 54 ounces raw, organic, unrefined coconut oil (melted), 16 ounces sweet almond oil, 8 ounces jojoba oil, 4 ounces vitamin E. Dr. Zielinski says since essential oils are so popular these days, consumers can be fooled into buying cheap imitations. He says it's critical to purchase only high-quality oils, which can be a bit tricky. Here's how to choose a reputable oil brand: 1. Get a referral. Ask friends and family members whom you respect for a list of their favorite brand. 2. Find out about sourcing. Contact the company that you're interested in for a report of their sourcing and quality standards. 3. Get a batch report. Ask the company for a gas chromatography/mass spectrometry (GC/MS) report of a few oils that you're interested in. These linear graphs are used to identify adulteration and to break down the chemical components of individual oils. 4. Sample some. Try a couple of different brands and test for yourself, paying particular attention to how your body reacts. These days essential oils are booming in popularity. These wonderful smelling plant extracts are used for healing, personal care and around the house.

<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 #JIOTN0004B	27:30	13:00	REC	PA/O	7/3/2018 7/4/2018	4:00 AM 3:30 PM

Today on Joy in Our Town, Pastor Adam Z. Cousin interviews Navarra Williams, President and CEO of SAMMinistries to discuss homelessness. Every year across the country there is a count done by major cities, called the Point in Time Count, of people that are in shelters or transitional facilities, people that are housed yet are homeless, as well as those found on the street. This past year, 2,743 homeless people were counted in San Antonio. SAMMinistries provides programs that help keep families in their homes, as well as seniors and veterans 24 hours a day. At their transitional living and learning center, a comprehensive program provides families with an opportunity to stay up to two years as they focus on their education and work skills. Homeless children fall behind in school, typically reading below grade level and testing lower in math and science. If they can get back on track, they have a much better chance of breaking the cycle of poverty. Homelessness affects everyone, families, seniors, veterans, and about sixty-five percent of homeless people have some kind of trauma.

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<i>Homeless</i>						
Joy In Our Town	27:30	13:00	REC	PA/O	9/4/2018	4:00 AM
#JIOTN0013B					9/5/2018	3:30 PM

Today on Joy in Our Town, Danny Gach, Executive Director and Founder of The Crossing Outreach Ministry in St. Joseph, Missouri, talks about serving the homeless in the community. Through collaborations with Community Missions, The Salvation Army, and various people throughout the area, The Crossing Outreach Ministry provides shelter, job assistance, clothing, washer and dryer hook-ups, and showers to anyone in need. In the school district there are 650 children that are classified as homeless in the area. Church services on Sunday mornings are a "come as you are" type of church where everyone is welcome to come in and get some coffee and a roll and leave, or maybe stay, and get something they need. The ministry also sets up households for people who are coming out of homelessness or broken families that need things like dishes, silverware, food, or furniture. Regina Overman, known as "The Bread Lady" collaborates with Second Harvest Community Food Bank in St. Joseph, Missouri to receive food to make bread and other meals to feed the homeless. She also stocks shelves to provide feminine hygiene products for ladies that are homeless. The Crossing is a working ministry that provides the homeless a sense of satisfaction of accomplishing something at the end of the day. Although there has always been some degree of homelessness, the difference is how we treat people that are in that situation that makes a difference.

<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>
<i>Homeless</i>						
Joy In Our Town	27:30	13:00	REC	PA/O	9/11/2018	4:00 AM
#JIOTN0014B					9/12/2018	3:30 PM

Today on Joy in Our Town, Tori Stamoulis introduces Brian Jenkins, Founder and Executive Director of Chosen 300 Ministries. He talks about meeting the physical and spiritual needs of those living on the streets in Philadelphia. With locations in Center City, West Philadelphia, and Pottstown, they provide food, meals, clothing, job training, computer labs, expungement services, and a barbershop. Wendell Alston, the Campus Pastor, shares his story and how the ministry has impacted his life. A ministry of compassion, services are provided to minister to people and to change their lives.

<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>
<i>Homeless</i>						
Joy In Our Town	27:30	13:00	REC	PA/O	9/18/2018	4:00 AM
#JIOTN0015B					9/19/2018	3:30 PM

Today on Joy in Our Town, Pastor D. Robinson introduces the Nashville Rescue Mission, an organization that has fed, clothed and sheltered the homeless for more than sixty years. Reverend Glenn Cranfield, President and CEO, of the Nashville Rescue Mission shares that the ministry emphasis continues to be introducing people to Christ, the one that can change their life, not just provide a home or a bed or a meal, but actually change their heart. The Nashville Rescue Mission offers what they call "Hope for Today," taking care of emergency needs, providing three meals a day, shelter, a safe place to spend the night, a warm place in the wintertime and a cooler place in the summertime, clothing, medical and dental care. When someone comes in off the street, all these things are available to them, but they need direction and help to move through the system. Case management provides this assistance for all kinds of issues, whether it be job placement or reuniting with family. A partnership with the Mental Health Co-Op provides mental health advocates and counseling to address mental health issues. All these things help get people get out of homelessness. The "Hope for Tomorrow" is a 12-month program that addresses drug and alcohol issues, relationship issues, financial management, and even hygiene issues. An Anger Management class is also available. Everyone in the Life Recovery Program has a work responsibility at the mission. The work responsibility is to teach the value, necessity, and dignity of work. Education, Bible Classes, Bible Study, and Chapel Time are an important part of their program. "Hope for Eternity" teaches that you can have a brand new life, and a brand new start, and a brand new hope in faith in Christ. The first thing they want to let people know when they arrive is that they are loved.

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Housing

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	27:30	13:00	REC	PA/O	8/14/2018	4:00 AM
#JIOTN0010B					8/15/2018	3:30 PM

Today on Joy in Our Town, Madison Reichert interviews Toni Moore, President and CEO of Hospitality House of Tulsa. The House of Tulsa is not a hotel nor a hospital. It is a home away from home for families caring for loved ones in medical crisis. Families are referred from social workers, care managers, doctors, and nurses in all fourteen Tulsa hospitals. Unfortunately, Tulsa sees over 25,000 patients a year that travel at least 50 miles up to 800 miles away for in-patient medical care. The Day Room is for families on the waiting list to have a place to come during the day to take a nap, shower, get something to eat, have access to laundry, get prayer support, or access to computers and wi-fi if they need to keep in touch with work. Each apartment can accommodate up to four family members and meals are provided for them. Regardless of their background of faith, their thoughts and concerns go to spiritual and eternal issues, and about ninety percent of the families served request prayer support. Once the family and patient are ready to go home, with their permission, the Community Connection Program arrange for support to continue during their critical weeks of recovery by collaborating with local churches and volunteers to provide meals, continued prayer support, mow a lawn, or install grab bar equipment in the bathrooms. They simply ask the Church to step outside the walls of their church to be the hands and feet of Jesus.

Minority

<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>
Praise	57:15	57:15	REC	PA/O	9/06/2018	7:00 PM
#P090618					9/07/2018	12:00 AM
					9/07/2018	4:00 PM
					9/13/2018	2:00 AM

Tonight, on Praise, Pastor Sam Rodriguez is joined by Pastor of Gateway Church of Texas, Pastor Robert Morris; former NFL player and pastor of Eagle's Nest Church in Roswell, Georgia, Lee Jenkins, and author, activist and niece of Dr. Martin Luther King, Jr., Alveda King; to discuss race relations in America. The issues are great angst, consternation, division, polarization, discord, strife, and disruption in America and around the world. We have to stop depending on political solutions when the church has a prophetic antidote in the name of Jesus. What if the body of Christ, the Church, come together in the name of Jesus and pushback the darkness and strife and the division and discord and this evil sin called racism? The answer is Jesus through his church. Tonight, the focus is on solutions. For instance, conversations with Christians who are different races coming together to talk about their experiences, their perspectives, but doing it in a safe biblical setting to get to know one another, so we can model racial unity in the world. A conversation can change everything. It starts in each of our hearts. Prejudice means to make a judgement about you before I have the facts or before I even know you. Not everything is racism, sometimes it is cultural. A divided church will not heal broken nations. We can disagree in politics, but we must agree on the love, grace and truth and hope of Jesus. It is Jesus that brings us together. Ignorant means you do not have knowledge or understanding in that subject. It does not mean you are intellectually inferior. What if every single Christian family would have dinner once a week with a family that is not part of your ethnic group? Time does not heal racial problems. You have to engage. Listen to one another. Have empathy for what your brothers and sisters have gone through. Be a friend. Stand up for one another. Love one another. You cannot be comfortable and reconcile at the same time. Step out of your racial comfort zone. Draw a circle on the ground, step in it, and ask God to send revival in the church. It starts with me.

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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>
<i>Minority</i>	Huckabee	52:30	5:00	REC	PA/O	7/28/2018 7:00 PM
	#43					7/29/2018 12:00 AM
						7/29/2018 7:00 PM
						7/30/2018 12:00 AM

Today on Mike Huckabee, Mike Huckabee interviews Senator Tim Scott and Congressman Trey Gowdy, co-authors of "Unified." In this segment they discuss what happened after the shooting at Mother Emmanuel Church; how the community came together and demonstrated to the world that life can be better with hope in Jesus. Somehow, in the midst of the challenges and the depth of their loss, they remembered Matthew 5:44. They remembered the concept of loving your enemies and praying for those who persecute you.

<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>
<i>Public Safety</i>	Joy In Our Town	27:30	13:00	REC	PA/O	7/3/2018 4:00 AM
	#JIOTN0004A					7/4/2018 3:30 PM

Today on Joy in Our Town, Pastor D. Robinson introduces Rob Michaels, CEO and Founder of Serve and Protect, a nonprofit that facilitates trauma therapy for first responders with the goal to restore them to emotional stability. Originally, a crisis line was established with a network of chaplains who were law enforcement or fire fighters. Later, a partnership was formed with Shaun Riley's organization, Safe Call Now, providing residential care. Together, they developed 360 Care. They find local therapists who understand their job and are covered by their insurance, as well as provide residential care, access to service dogs, equine therapy, assistance with finances, help find trauma and spouse support groups, and provide a chaplain for the family because they are struggling and hurting. Too often when these guys go into emergency services they change a year later, and their families don't know what to expect. Recent statistics show that eighty-five percent of first responders have some symptoms of post-traumatic stress. Every seventeen hours somebody in public safety commits suicide. Forty percent of officers and fire fighters are involved in domestic violence. Seventy-five percent of police and eighty-seven percent of fire fighters get divorced at least once. In addition, during the past several years the number of ambushes has increased. The culture has become desensitized to the loss of life in law enforcement. When these guys experience a trauma, a fatality, a suicide, or any kind of traumatic incident, and don't get proper follow-up, that emotional wound begins to deepen. Not everyone responds to trauma the same way. While some would think that post-traumatic stress is a weakness, others have a higher tolerance, have a support group, and willingly ask for help. Unfortunately, there are cases where police officers are forced to leave with trauma. Officers don't know they have rights under the Equal Opportunity Employment Act. They have a right to ask for a reasonable accommodation. Serve and Protect also provides education through social media and online and live seminars. Roman 12 says, "Be transformed by the renewing of your mind. For those who aren't Christians, it means you've got to do things that help your mind, such as talk to a therapist, seek proper counsel, read books, and get involved in support groups that will help you to think differently. For those of us who are Christians, it is the power of God that transforms our mind.

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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>
<i>Substance Abuse</i>						
Joy In Our Town	27:30	13:00	REC	PA/O	7/17/2018	4:00 AM
#JIOTN0006A					7/18/2018	3:30 PM

Today on Joy in Our Town, Taylor David Wilkerson interviews Isaac and Diamond Friedel, Founders of the Jersey Shore Dream Center. They share their story of becoming free from a life of drug addiction. Inspired by their experience at the Los Angeles Dream Center, they began serving the community, loving on people, giving people hope, and giving people Jesus. Marcel MacNeill, Director of Operations, talks about the Serve 24 Program, an outreach where churches and volunteers collaborate to provide 24 hours of community service. Isaac talks about the Adopt-A-Block Program where they find unmet needs in the community and fill them. Striving to transform the community and build relationships, every Saturday, volunteers knock on doors and provide groceries, fill tangible needs, give a hug, offer prayer, or just a listening ear. Another service to the community is Celebrate Recovery; a Christ centered twelve step program that partners with other churches to provide support for people with addictions such as OCD, eating addictions, or addiction to pornography. No one is judged. They also give prostitutes rose and a package with lipstick and perfume along with a phone number to call if they want someone to pick them up and get them out of that lifestyle and into a program. The Jersey Shore Dream Center is just blessed to be able to serve.

<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>
<i>Substance Abuse</i>						
Joy In Our Town	27:30	13:00	REC	PA/O	7/24/2018	4:00 AM
#JIOTN0007B					7/25/2018	3:30 PM

Today on Joy in Our Town, Cheri Duckworth interviews Pastor Eddie Cox, Pastor of Spiritual Development at Men of Nehemiah to discuss some of the issues they address, which are homelessness, prostitution, drugs, and just a general hopelessness in the community. A primary issue in the community today is the opiate crisis. Men of Nehemiah is a nine-month faith military style bootcamp with a holistic approach, spiritual, military discipline and clinical, which they believe allows a man to grow in all aspects of his life. Cheri also interviews Command Sergeant Major John Stewart. He explains that their holistic approach over a longer period gives the men a chance to face and resolve issues in their life before they return home. The family is also involved in the treatment after phase one to provide a holistic approach to family healing. The Alumni Program allows graduates to participate in The Bread of Hope Program where every Sunday they not only feed the homeless, but also join with others in the Body of Christ to worship and fellowship together. Some graduates even receive their licenses for ministry and begin teaching some of the classes.

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<i>Substance Abuse</i>						
Praise	57:15	57:15	REC	PA/O	9/04/2018	7:00 PM
#P090418					9/05/2018	12:00 AM
					9/05/2018	4:00 PM
					9/12/2018	2:00 AM

Tonight, on Praise, Dr. Scott Hannen, Chiropractic Physician, interviews Texas Chiropractic Physician and best-selling author, Dr. Fabrizio Mancini; and Board-Certified Chiropractic Internist, Dr. Michael Taylor to discuss the devastating effect of opioid medications. The fact that 650,000 prescriptions of opioids are done every single day, and about 115 people die every single day of an overdose of an opioid is not only a crisis, but impacts all of us, not only personally, but our families, our businesses, and our communities. The challenge with opioids is that they are prescription pain killers. It is a silent epidemic. People misuse them. We have to change our perception about what pain is, so we can then solve the problem of the opioid crisis. There is a 30% increase in the number of overdoses in the last few years in this country. We have to recognize that these are synthetic drugs. They are produced in a lab, and we know that any time you introduce a drug into the body, the body will fight it because it feels it is a foreign agent, so it is going to have a defense against it. The challenge is that they become an addictive behavioral drug which means that your body and brain is faked into thinking there is not a problem anymore. It only blocks the pain and that disease process continues to get worse. First, ask yourself: "What is causing the pain?" "What is it that you're doing on a daily basis?" A lot of people experience a lot of pain because of emotional pain and they are just looking for something to make them feel better. Another crisis is spiritual pain that people are experiencing because they are very disconnected and have lost hope. Evaluate your personality. Do you find yourself having an addictive personality?" Unfortunately, this generation of children are the ones that are struggling the most because we, our generation, has developed so many tendencies that are being passed down. Ask yourself, and your provider, "Is there a natural procedure?" Prevention is the best cure to avoid potential opioid addiction. One of the best options would include non-drug related treatment interventions like chiropractic care, acupuncture, auriculotherapy, massage, physical therapy. Nutritional deficiency is one of the biggest causes for pain. If the cells don't have the right nutrients, they can't function. Some important ones are B vitamins, phosphatidylcholine, trace minerals, vitamin D3, and magnesium. Make sure to seek out the provider that prescribed that medication and make sure that they work into the diminishing of that medication. Always work with your providers because that is one of the key things. Individuals who have opioid addiction going through traditional programs, treatment programs, a lot of times will be prescribed something called step-down drugs in an effort to try to help that patient overcome their addiction. In the process, what these drugs do is they will help reduce the withdrawal symptoms from the actual opioid. Some biomedical integrated treatment processes used for treating opioid addicted patients are NAD IV therapy, which helps to re-pattern the brain, power up the brain, and repair and restructure the brain; intravenous IV vitamin C assists in detoxifying the body; and phosphatidylcholine IV's to assist in repairing the neuronal membranes and has a detoxification effect. Other types of detoxifications such as infrared saunas are critically important. The skin is the largest organ on the body. Those infrared saunas assist in helping that skin sweat allowing the body to get rid of these toxins that bio accumulate over a period of time of the opioid addiction. Beyond that, eating right, or preferably organic produce. Unfortunately, most produce today has anywhere from five to nine pesticide residues on them, and if we are constantly consuming fruits and vegetables that might have additional trace amounts of pesticide residues, we are just feeding the toxic problem that the opioid patient already has. There's also emotional support. The body has the power to heal itself in three different ways: physical, emotional and spiritual. There are studies that have been done that if you go to church right now on a continual basis, you have a chance that 25% of you are going to live longer. Studies have also been done to show that people who were prayed for, got healed faster; their immune systems were boosted. There is also the power of prayer and meditation. You 've got to move your body in order to physically heal that pain naturally. Three ways to address your pain in a healthy way emotionally: 1. Gratitude. 2. Forgiveness. You have to forgive yourself, and then once you forgive yourself, you have the ability to forgive others. 3. We must unconditionally love ourselves and others. You have to start with yourself. There is no way you can love other people long-term if you don't love yourself. Recognize that today is a new day. It's a new beginning. No matter what happened in the past, those circumstances do not define you.

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<i>Substance Abuse</i>						
Treasures	28:30	28:30	REC	PA/O	7/28/2018	1:30 AM
#VOTR0102						
<p>On today's episode of Treasures, Sonny Arguinzoni, Founder of Victory Outreach International, and Sonny Arguinzoni, Jr., Pastor of Victory Outreach Chino, focus on the devastation of drugs and teens. Never has there been a generation more affected by drug abuse. There are 24.7 million meth amphetamine users worldwide and meth has the highest relapse rate of any drug. Although drugs have invaded inner cities and suburbs, there is hope. Once addicted to meth, Ezra La Turco shares how drugs impacted his life as a young man. After committing himself 100% to God and the vision of Victory Outreach through their youth ministry called G.A.N.G. (God Anointed Now Generation), Ezra is now involved in ministry at the U.T.C. Urban Training Center, reaching people like himself and their families.</p>						

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<i>Unemployment</i>						
Joy In Our Town	27:30	13:00	L	PA/O	8/21/2018	4:00 AM
#JIOTN0011A					8/22/2018	3:30 PM
<p>Today on Joy in Our Town, Coppelia Acevedo introduces us to WorkFaith Connection and interviews their President and CEO, Sandy Schultz. This organization provides an eight-day bootcamp where people can obtain the skills they need to get a job. Workshops help people answer important interview questions and come up with a thirty second commercial. In addition, WorkFaith's role is to restore people's hope, remind them how deeply loved by God they are, and help them to see themselves for the person that God created them to be. The minimum age requirement is eighteen, but there are no upward limits. They have people who are seventy-two and seventy-five still wanting to return to work. Approximately fifty percent of those served, are coming out of prison, or have struggled with addiction. The other fifty percent are often stay-at-home moms who are suddenly single and returning to the work force, or people who have been in the same job for years and want to get back in job search but they're older. The market has changed a lot as to how you get a job and they become discouraged in the job search. The classes contain a very diverse group of people from all economic levels and backgrounds. While they do read scripture and pray every morning, people do not have to be followers of Christ to come to WorkFaith Connection. Participants share their experience at WorkFaith Connection.</p>						

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<i>Youth</i>						
Joy In Our Town	27:30	13:00	REC	PA/O	7/10/2018	4:00 AM
#JIOTN0005B					7/11/2018	3:30 PM
<p>Today on Joy in Our Town, Dolly Velasquez introduces the Pepper's Ranch organization and interviews Tanya Ratcliff, Executive Director of Peppers Ranch. Land received from Charlie and Marley Pepper was turned into a vision to turn orphans into sons and daughters, breaking the cycle of child abuse and neglect and ensuring every Oklahoma foster child had a home. From there, homes were created and built. The goal is to provide three homes every eighteen months, bringing approximately twenty-five children out of foster care and into the hope of a forever family at Pepper's Ranch. Unfortunately, siblings are often separated, so they want to ensure that the sibling groups stay together by providing a wrap-around method with supportive families. Currently, in the State of Oklahoma, there are over 10,000 children in D.H.S. custody, so there is a tremendous need for families to meet the needs of these children. Often children arrive at Pepper's Ranch with trust issues that are barriers to their success in academics as well as services. The Callie Corral provides an indoor riding arena for their Horse Therapy Program, where children learn to heal and build trust, not only with horses, but ultimately with other individuals in their life.</p>						

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Youth

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Joy In Our Town	27:30	13:00	REC	PA/O	7/31/2018	4:00 AM
#JIOTN0008B					8/01/2018	3:30 PM

Today on Joy in Our Town, Tori Stamoulis introduces an organization that is reaching the youth today and empowering them to become the leaders of tomorrow; New City Kids of New Jersey. Urban poverty is causing many generational risks such as violence, drugs, lack of education, and abuse. Children who are not involved in after-school programs are fifty percent more likely to get involved with drugs and alcohol. New City Kids helps break the cycle of poverty with a network of after-school programs throughout urban communities. Serving children from first grade to eighth grade, these centers provide a loving, safe, and creative environment filled with music and fun to help children flourish. Local high school students are employed to teach music and to tutor the children. Students are trained, mentored, receive tutoring, and are prayed for every day. As a result, every New City Kids senior hired in the last eight years has graduated from high school and gone on to college. Ninety percent of the New City Kids alumni earned a degree or are on track to graduate. Daymiris Echeverria, Program Director, shares how New City Kids combines the arts, leadership development, faith, and a way to reach kids in the highest need communities, all in one place. There are many low-income families, single parent families, and immigrant families whose greatest obstacle is a lack of social support, resources, and positive role models. Many of the children come from the most under resourced school districts and under-performing schools in the city. New City Kids strives to fill that gap and meet the children where they are. The two largest programs are the After School Center and the Teen Life Internship programs. Faith is essential to what they do at New City Kids. Ninety-five percent of the material that the children learn in music class are gospel or Christian songs which they use to play instruments or sing during the weekly worship time. There is also a sermon series that they go through every year. The high school students participate in small groups and Bible studies. Josh Dornbos, Executive Director, shares that, to date, New City Kids has over 160 teens on staff at five locations serving over 300 grade school students each day. He believes that being able to offer life transforming after-school experiences will hopefully change the trajectory of their lives and allow them to escape generational poverty. New City Kids needs champions in the corporate world, churches and our communities, to come alongside the work they are doing and make real lasting change.

Youth

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	27:30	13:00	REC	PA/O	9/18/2018	4:00 AM
#JIOTN0015A					9/19/2018	3:30 PM

Today on Joy in Our Town, we hear the testimony of Jimmy Robles, Founder and Pastor of Last Chance Ministries. Megan Legacy interviews Pastor Robles' wife, Annette Robles, who talks about her husband's transformation and their ministries in the community. Some of the programs and services they provide are Food Pantry, God's Little Warriors, Victoria's Women's Ministry and Christian Sports Organization. Bridging the Gap brings various organizations, businesses, and churches together for the City of San Antonio. The Gladiator's Boxing Gym is faith-based and provides children in the community a place to go to keep them off the streets when they get out of school and in the evening. Many of the children have been through a lot so they are able to release some of that anger. Trainers volunteer their time. Coaches provide a positive role model and father figure, as well as offer an opportunity to see how far they can go in a boxing career.

Youth

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Treasures	28:30	28:30	REC	PA/O	8/4/2018	1:30 AM
#VOTR0103						

On today's episode of Treasures, Sonny Arguinizoni, Founder of Victory Outreach International, and Sonny Arguinizoni, Jr., Pastor of Victory Outreach Chino, address teenage rebellion. Many young people just want to feel loved and accepted. If this is not provided at home, sometimes they find someone or something that are only harmful to them. Priscilla shares her story of hopelessness and how she found purpose in Christ.

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