

TRINITY BROADCASTING OF WASHINGTON

QUARTERLY REPORT

OCTOBER, NOVEMBER, DECEMBER 2015

KTBW-TV – TACOMA, WASHINGTON
PROGRAMS PERTAINING TO
LEADING COMMUNITY PROBLEMS

FOR

OCTOBER, NOVEMBER, DECEMBER 2015

RESULTS OF ASCERTAINMENTS
FROM CIVIC LEADERS, RESPONSES BY TELEPHONE FROM KTBW-TV VIEWERS,
PERUSAL OF PRINTED MEDIA COMPRISING NEWSPAPERS, MAGAZINES, AND OTHER
PUBLICATIONS, AND FROM TELEVISION AND RADIO, WHENEVER POSSIBLE

FAMILY
CRIME
HEALTH
HOMELESS
EDUCATION
CIVIC

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

OCTOBER, NOVEMBER, DECEMBER 2015

QUARTERLY REPORT

	PROGRAM	TOPIC					
	DURATION	SEGMENT	SOURCE	TYPE	AIR DATE	TIME	
		DURATION					
<u>FAMILY</u>	<u>PUBLIC REPORT #091115</u>	28:30	13:15	L	PA/O	10/1/15	2:00 AM

Kim Triller, Executive Director, Care Net Pregnancy & Family Services Puget Sound. Problem: Washington State is considered "abortion friendly." Over 50% of pregnant girls 11-19 years of age in King County have chosen to have an abortion. Americans United for Life ranks Washington 50th out of the 50 states as the least life affirming state in the U.S. Pro Choice America has given Washington an A+ rating because of the state's lack of abortion laws and ease of access to abortions. Washington is one of two states in the nation to not have an informed consent law regarding abortion. Solution: Care Net Pregnancy & Family Services believes that it is up to the woman to decide what to do about her unplanned pregnancy. Care Net has identified three such choices: abortion, adoption, or parenting. Women need to carefully consider which choice is best for them. Regardless of that decision, Care Net offers counseling, medical care, prenatal care, and parenting resources.

PUBLIC REPORT #091115 28:30 13:15 L PA/O 10/1/15 2:00 AM

Kim Triller, Executive Director, Care Net Pregnancy & Family Services Puget Sound. Problem: Women who find themselves with an unplanned pregnancy face a number of challenges. Those challenges include such questions as How will this affect my college career? What about my scholarship? What do I do if the father doesn't want to be a part of this? What will I tell my parents? How will this affect my income, my job? What will I do with another child? I'm in church leadership – How will I explain this? Solution: A number of programs are in place to help women answer these questions, particularly in Pierce County. Resources include housing, medical, adoption, infant care, parenting, psychological, legal, and financial counseling.

PUBLIC REPORT #091815 28:30 13:15 L PA/O 10/1/15 2:00 AM

This segment was repeated on the following date: 10/8/15 1:00 AM

Debrena Jackson interviews Melinda Brunson, WA State Chapter Leader, and Sheri Blumberg, Volunteer Peer Companion, The TEARS Foundation. Problem: In Washington State there are approximately 1,000 baby deaths per year. Almost 50% of them are stillborns, with the next largest category being SIDS. Other reasons include birth defects and accidents. Regardless of the reason, myths abound – "With a still born death, the mother probably did something wrong, like drinking or smoking or over exercising," or "After a year, you should be over it," or "I'm the only one who's lost a baby in this way." Solution: Mothers who have lost a baby must understand that they can do everything right and the baby can still die. They are not alone, they are not crazy for feeling the way they feel. Grieving is not bound by a timeline.

PUBLIC REPORT #091815 28:30 13:15 L PA/O 10/1/15 2:00 AM

This segment was repeated on the following date: 10/8/15 1:00 AM

Debrena Jackson interviews Melinda Brunson, WA State Chapter Leader, and Sheri Blumberg, Volunteer Peer Companion, The TEARS Foundation. Problem: The divorce rate for married couples who have lost a baby is about 50%. The primary reason is that spouses do not recognize that everyone grieves differently. One person's grief can be openly emotional, while another person's grief can be more quiet and subdued. Regardless of how emotional or quiet a grieving person is, their emotions can range from grief to denial, guilt, helplessness, depression, and blame throwing. Solution: Spouses have to allow their partner to do their grieving in their own way. At the same time, it's very important to find someone who has been there, who has lost a baby, and who wants to walk alongside through face-to-face contact, phone calls, emails, and support groups.

QUARTERLY REPORT

	PROGRAM	TOPIC	SEGMENT	SOURCE	TYPE	AIR DATE	TIME
	DURATION	DURATION					
FAMILY	<u>PUBLIC REPORT #110615</u>	28:30	13:15	L	PA/O	11/7/15	1:00 AM
	This segment was repeated on the following dates:					11/9/15	8:30 AM
						11/12/15	1:00 AM
						11/12/15	10:00 AM
						11/1915	1:30 AM

Artonique Nelson interviews Tom Lumsden, marriage and family counselor. Problem: Marriages are breaking down today more than ever. We're becoming more of a fatherless society, with lots of single mothers doing the parenting. When there are men in the family, they are not stepping up and leading their wives. The really big issue is lack of communication. Spouses are not talking to each other. Men want a home (their castle), food on the table, and sex. Women want understanding. Solution: Break down what you are saying slowly, so each person can hear what the other person is saying. Successful marriage counseling can take up to a year or even a year and a half. There is no quick fix to marriage problems.

	<u>PUBLIC REPORT #110615</u>	28:30	13:15	L	PA/O	11/7/15	1:00 AM
	This segment was repeated on the following dates:					11/9/15	8:30 AM
						11/12/15	1:00 AM
						11/12/15	10:00 AM
						11/1915	1:30 AM

Artonique Nelson interviews Tom Lumsden, marriage and family counselor. Problem: Many women suffer from depression which in turn is caused by fear, anger, and low self-esteem. They want to be in a safe place with someone they are comfortable with. Trust is the big issue. In fact, it is crucial. For men, the big issue is pornography. This is one of the hidden issues, yet it is running rampant. Solution: People are complex. To unravel how they got to where they are takes time. Women want friends they can talk with about their problems. Friends might give advice, but they don't give direction. Counselors give direction and that's what people need. It is crucial that you trust your counselor, that you can talk with him or her about things you would never talk to anyone else about.

	<u>PUBLIC REPORT #112015</u>	28:30	13:15	L	PA/O	11/20/15	10:00 AM
	This segment was repeated on the following dates:					11/21/15	1:00 AM
						11/23/15	8:30 AM
						12/3/15	1:30 AM

Tanny Jackson interviews Rachel Johnston, licensed family law attorney. Problem: Divorce is a termination or dissolution of a marriage. There are many questions to be considered when contemplating a divorce. How will a divorce affect you, your children, and your family? How will it affect your finances? What's going to happen to the children? Who will be the custodial parent? Who will pay alimony? How will a complicated divorce be handled? Solution: The State of Washington allows no fault divorce. If either party believes that the marriage is over, that in itself is grounds for divorce. However, you should not get a divorce until all attempts have been made to save the marriage, including seeking wise counsel and determining that divorce is the only alternative. You want to make sure that your children's lives are not interrupted, that they will continue to attend school and all the other activities they are involved in. Hire an attorney in a complicated divorce.

QUARTERLY REPORT

	PROGRAM	TOPIC					
	DURATION	SEGMENT	SOURCE	TYPE	AIR DATE	TIME	
	DURATION	DURATION					
FAMILY	<u>PUBLIC REPORT #112715</u> 28:30	13:15	L	PA/O	11/28/15	1:00 AM	
	This segment was repeated on the following dates:				11/30/15	8:30 AM	
					12/1/15	1:00 AM	
					12/3/15	1:00 AM	

Tanny Jackson interviews Judy Hoff, founder of Esther's Place; Patrick Slack, Snohomish Drug Task Force; and Gloria Freeman, Hoff Foundation. Problem: As people go through life, many get emotionally wounded. Judy Hoff calls this a "hole in the heart." It often begins in childhood and continues through adulthood, affecting their relationships, decision making, and even self image for all of their life. And yet most people aren't even aware that this emotional woundedness is there. The "hole in the heart" affects all people, whether living in poverty or in a mansion. Solution: We all need someone to be our support and to understand that what we are going through is important. Don't listen to those who say "Buck up and handle it."

	<u>PUBLIC REPORT #121115</u> 28:30	13:15	L	PA/O	12/14/15	8:30 AM	
	This segment was repeated on the following date:				12/17/15	10:00 AM	

Cutonja Vann interviews Dan Stoehr, Executive Director, REACH Ministries. Problem: There are 500-600 children in Washington State who have the HIV virus. Children are either born with it (through their mother's blood in the placenta) or contract it at a very young age (through their mother's breast milk). Unfortunately, the stigma of HIV is as bad now as it was 30 years ago. HIV is not very public anymore because people aren't dying of AIDS in the same numbers as then. But for children who have HIV and families of those children, it can be an isolating disease because of rejection from others. This often leads to shame and guilt. Sometimes parents move their HIV infected children to other schools to escape the rumors, taunting, and bullying they have been subjected to. Solution: HIV children have a triangle of supportive care: healthcare providers, social workers, and organizations like REACH which provide community, relationships, and continuous ongoing positive support.

The figure designated as TOPIC SEGMENT DURATION is based on our good faith judgement and may not represent exact time. December 31, 2015.

QUARTERLY REPORT

	PROGRAM	TOPIC					
	DURATION	SEGMENT	SOURCE	TYPE	AIR DATE	TIME	
CRIME	<u>PUBLIC REPORT #100215</u>	28:30	13:15	L	PA/O	10/2/15	10:00 AM
	This segment was repeated on the following date:					10/3/15	1:00 AM
						10/5/15	8:30 AM
						10/6/15	1:00 AM
						10/8/15	1:00 AM
						10/8/15	10:00 AM
						10/15/15	1:30 AM
						10/22/15	2:00 AM

Tanny Jackson interviews Jim Pickett, security consultant. Problem: These are difficult times for churches, with various emotionally disturbed and religiously inflamed individuals and groups targeting church buildings, pastors, and members. One of the biggest misconceptions today is that churches don't need security. Jesus will protect them. Solution: Every church, no matter how small, should have a security team in place with a prepared plan. Some churches even have medical teams. While people with guns cause alarm, theft is also of concern, especially around the holidays. Churches need to conduct background checks on persons in leadership, particularly those who work with children. Know how to make coherent 9-1-1 calls. Know how to handle fire and medical emergencies.

	<u>PUBLIC REPORT #100215</u>	28:30	13:15	L	PA/O	10/2/15	10:00 AM
	This segment was repeated on the following date:					10/3/15	1:00 AM
						10/5/15	8:30 AM
						10/6/15	1:00 AM
						10/8/15	1:00 AM
						10/8/15	10:00 AM
						10/15/15	1:30 AM
						10/22/15	2:00 AM

Tanny Jackson interviews Jim Pickett, security consultant. Problem: Security is not only important in public gatherings, but also personally. You might never know when you might be the target of a crime or a witness to a crime. Solution: Be aware of your surroundings, keep your eyes open, recognize what is not the normal. At home have a security system in place. A dog does not take the place of an alarm. Keep your doors and windows locked. Close your window blinds or curtains, especially at night. A child should never answer the door. Don't take the law into your own hands. Always call the police when you are concerned for your safety. Take a first aid or CPR course if you can.

	<u>PUBLIC REPORT #111315</u>	28:30	13:15	L	PA/O	11/13/15	10:00 AM
	This segment was repeated on the following dates:					11/14/15	1:00 AM
						11/16/15	8:30 AM
						11/17/15	1:00 AM
						11/19/15	1:00 AM
						11/19/15	10:00 AM
						12/3/15	2:00 AM

Cutonja Vann interviews Phil Martin, National Director of Compassion2One, and Jessica Dahl and Rachel Hile, The Beyond Project. Problem: Promoters of sex trafficking look at it as a business. Girls aged 11-16 are the primary products, the commodities, who are marketed and sold. They tend to come from at risk families where there is a lack of parents, educational opportunities, job training, and positive male role models. Traffickers, pimps, and johns tend to come from similar backgrounds, which also include sex abuse, domestic abuse, pornography, and substance abuse addictions. Solution: Washington State leads the nation in legislation. Since 2012 a number of laws have been enacted that affect property, age of consent, and facilitators of sex trafficking.

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	PROGRAM	TOPIC					
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CRIME	<u>PUBLIC REPORT #111315</u>	28:30	13:15	L	PA/O	11/13/15	10:00 AM
	This segment was repeated on the following dates:					11/14/15	1:00 AM
						11/16/15	8:30 AM
						11/17/15	1:00 AM
						11/19/15	1:00 AM
						11/19/15	10:00 AM
						12/3/15	2:00 AM

Cutonja Vann interviews Phil Martin, National Director, Compassion2One, and Jessica Dahl and Rachel Hile, The Beyond Project. Problem: The major reason for the increase in sex trafficking today is that it is online. Online prostitution is the new norm. It is under the radar and not nearly as risky for the pimps as street prostitution. Many girls are advertised by their pimps on those sites. From the time a girl is advertised until there is a knock at her hotel room door is a matter of just 20-30 minutes. Solution: One of the most effective sex trafficking deterrents today is the John School. Johns who are arrested take a class and pay a fine. The arrest is not recorded and the class is basically a slap on the wrist, but the John School is working. Other effective solutions include media awareness, a heavy law enforcement presence, citizen protests against sponsors of sex trafficking web sites, and government crackdown on these sponsors.

	<u>PUBLIC REPORT #120415</u>	28:30	13:15	L	PA/O	12/4/15	10:00 AM
	This segment was repeated on the following dates:					12/5/15	1:00 AM
						12/7/15	8:30 AM

Tanny Jackson interviews Elizabeth Hamilton, Greater Faith Outreach Ministries, and Wendy Sundstrom, Preserve the Fire Ministries. One million women nationwide are in prison, 90,000 of them in local Washington prisons, correctional facilities, or on probation. They are hardcore, hopeless, suicidal. They are in prison for two basic reasons: (1) They grew up with no father in the home, raised by a single mother, and were often rejected by their families. They are hurting, feel that they are not worth anything, and have given up. (2) Although they came from more affluent families, they tried to live the lifestyle they were used to through embezzling money, selling drugs, or other means of quick money. Solution: After serving their prison time, these women need second chance places to live and work. They need financial assistance from the state. They need transitional housing.

QUARTERLY REPORT

	PROGRAM	DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HEALTH	<u>PUBLIC REPORT #100915</u>	28:30	13:15	L	PA/O	10/9/15	10:00 AM
	This segment was repeated on the following dates:					10/10/15	1:00 AM
						10/12/15	8:30 AM
						10/13/15	1:00 AM
						10/15/15	1:00 AM
						10/15/15	10:00 AM
						10/22/15	1:30 AM
						10/29/15	2:00 AM

Artonique Nelson interviews Cari Dixon, Assistant Director of Donor Resources, Dan Schmitt, Director of Donor Resources, and Jeannie Nielsen, RN, Cascade Regional Blood Services Services. Problem: Without transfusional units of blood for surgeries, trauma accidents, cancer treatments, or premature babies, patients would not survive these procedures. Yet just 5% of the general public donates blood. The average person who does donate, does so less than twice a year. Solution: People tend to be busy and often don't concern themselves with the need for blood until someone they know needs as transfusion. Donors can give blood every 56 days, or six times per year. The process takes about an hour, is relatively painless, is safe, and rewarding. Though blood centers have fixed donation sites, mobile capabilities are becoming more popular. The majority of first time donors come from mobile blood drives. The number one donor group is schools, both high schools and colleges. Churches are next in donations, followed by businesses and civic organizations.

	<u>PUBLIC REPORT #100915</u>	28:30	13:15	L	PA/O	10/9/15	10:00 AM
	This segment was repeated on the following dates:					10/10/15	1:00 AM
						10/12/15	8:30 AM
						10/13/15	1:00 AM
						10/15/15	1:00 AM
						10/15/15	10:00 AM
						10/22/15	1:30 AM
						10/29/15	2:00 AM

Tina Lombard interviews Daniel Burdick, M.D., Movement Disorders Neurologist, Evergreen Hospital, Kirkland WA. Problem: Parkinson's Disease is the second most common neurodegenerative disease. (Alzheimer's Disease is the most common.) One percent of those over the age of 60 have the disease, which approximates 15,000 people in Washington State. Science does not know what causes the disease, except that it is not hereditary. Solution: Parkinson's can significantly affect the patient's quality of life, however with proper treatment and support, patients can live a full and happy life.

	<u>PUBLIC REPORT #112715</u>	28:30	13:15	L	PA/O	11/28/15	1:00 AM
	This segment was repeated on the following dates:					11/30/15	8:30 AM
						12/1/15	1:00 AM
						12/3/15	1:00 AM

Tanny Jackson interviews Tammy Smith, Wholistic Health Coach & Physical Therapist, and Carol Stanley, Vocal & Presentation Trainer. Problem: People are getting sicker and sicker. Over the last five to six years, there has been a marked increase in obesity and metabolic syndrome (blood pressure/blood sugar/tryglyceride levels). In fact, half of the American adult population has metabolic syndrome. These abnormalities can lead to a number of health issues later in life. As good as physicians are, most are not trained extensively in the importance of nutrition and how it affects the body. Solution: Physicians need to spend more time with their patients to better understand the history of their diseases/illnesses. Sickness can be associated with mental or emotional issues, and not just with physical symptoms.

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	PROGRAM	DURATION	TOPIC	SOURCE	TYPE	AIR DATE	TIME
			SEGMENT				
HEALTH	<u>PUBLIC REPORT #121115</u>	28:30	13:15	L	PA/O	12/14/15	8:30 AM
	This segment was repeated on the following dates:					12/17/15	10:00 AM

Cutonja Vann interviews Dan Stoehr, Executive Director, REACH Ministries. Problem: Over 30 million people worldwide have been infected by HIV (Human Immune Deficiency Virus), about 12,000 of them in Washington. HIV is not really a disease, but a virus, in the same sense that a common cold is a virus. HIV, however, attacks the immune system in the blood stream where it mutates until stopped by medication. AIDS is the terminal last stage of untreated HIV. There are only four ways in which a person can get the HIV virus: through blood, breast milk, and male and female sexual fluids. Solution: Medications have been developed over the past 20 years that are so good now that a person with HIV can live a long and healthy life. Because of this, the virus has been re-categorized as a chronic treatable disease like diabetes. However, patients must stay on their medicine regime, which is not easy to do. Even a minor deviance from the prescribed dosage can lead to further mutation.

	<u>SWITCH ON YOUR BRAIN #006</u>	28:30	28:30	REC	PA/O/E	10/6/15	10:00 AM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses how "I can't" is a decision. It is a choice, which means "I can" is also a choice. Your brain follows what your mind decision makes. You can change. You can change your "I can't" to "I can." We are made in the image of a perfect God. Our normal, our natural, our default is phenomenal, brilliant, marvelous, fantastic, fabulous; it is outstanding. You are outstanding. When you say "I can't" you've actually made a choice because you're either "I can" or you're "I can't" - there is no gray area with God. It's either you choose life or you choose death. When we say "I can't" we are actually choosing to give up. We're making the choice to pull out and pull back and to not take responsibility. And then we can't heal because we actually increase our toxic load when we do that. This "I can't" applies to logical things, decisions that are blocking you from moving forward in your life. We're not going to walk around thinking that if I say "I can" "I can." It's not positive thinking, it's much deeper. We're dealing with where we use the words "I can't" that keeps us stuck and bound in chains of negativity and bad habits and bad toxic thoughts. That's the "I can't" that we need to overcome. Your thinking and your choices will impact right down to the DNA right down to genetic level and that impacts everything about who you are and how you are functioning. Ninety-nine percent of our perceptions in life are based upon what we have planted inside of our brain. A lot of times, we say "I can't" because it is scary to change. There is a fear involved because this is familiar even though I know it's wrong. There's also the thing of "I don't know how to change" this almost helpless feeling which has come from the world that we live in, the environment that we've lived in, the nurturing that we've received, where we've been told and labeled this is who you are and you can't change. This is where it is good to recognize and understand who we are scientifically in Christ which means that we are naturally wired for love, so we're naturally wired to overcome. We need to have truth brought into our life about how we can do this. It is something we are able to do. When we're bound in these chains of things like anger, frustration, alcoholism, addictions, addicted to me, myself, and I, addicted to pornography, whatever it may be, these feel like chains that hold a prisoner to a wall. You need to know that your mind is more powerful than any addiction. Your mind is more powerful than any toxic chain. Anything in the negative realm, your mind is stronger than that and that's what science has proven. Link back to God, implant the Word of God. Let your mind understand what your heart, what your intuition of your spirit, already knows, and that is you cannot do this thing without God. So you first link to God. You first find a scripture. You first give thanksgiving and praise and worship. You do whatever it is that you get yourself connected to God and then you go into battle. Step 1: You first link to God. Then you start working on this and as you make the decision this thing is no longer in my life and you start working every day diligently, disciplined, directing your attention; it's call the quantum zeno effect. If you don't do it for twenty-one days, it will not go away. It takes a full twenty-one days. The best way to get out of the "I can't" syndrome is to do twenty-one days of practicing saying "I can." So whatever the "I can't" is, if you can identify and be very specific, science shows us that the more

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

<u>SWITCH ON YOUR BRAIN #007</u>	28:30	28:30	REC	PA/O/E	10/13/15	10:00 AM
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Today on Switch On Your Brain Dr. Caroline Leaf asks the question: "What Lies Are You Believing?" We need to be alert and discerning because there are truths and lies in every single situation that we face. In life there are all kinds of decisions that we have to make on a moment by moment basis and those decisions come from a pool of choices called probabilities. A probability is something that actually hasn't happened yet. You are in life processing. In the events and circumstances of life those things are coming in through your five senses. You are thinking these things through and you are reacting to these events and circumstances that have come in through your five senses as electromagnetic life forces measured through using quantum physics and brain science. We cannot control the events and circumstances of life, but we can control our reactions to those events and circumstances. You are a triune being: spirit, soul, and body. Your spirit is your true you. It is made up of your intuition, your communion, which is your worship, and your conscience. Your soul is your mind, your intellect, your will and your emotions. Your body is physical substance we can see. Now the way that you are designed is that the Holy Spirit speaks to your spirit. The spirit speaks to your soul. Your soul controls your brain. Your brain is in your body. Your brain and your body are subservient to the soul. The soul is the mind realm. Thoughts are connected. The brain is the size of your two fists. There are 100 billion thoughts in your brain. Each thought can grow up to 200,000 branches. You have three and a half million years' worth of space in your brain. Each thought becomes a universe. No thought is ever in isolation. Whatever negative toxic thought you have will grow little vines like a vine grows, and as you are thinking about it, it connects with other thoughts. The connection that occurs is almost like a cellular network as well, because we have other cells between the thoughts that carry the electromagnetic energy of those thoughts to other thoughts as well. We have so much more control than we actually realize. The love zone is represented by two trees. The larger green tree represents God. The smaller green tree represents you made in God's image. The toxic dead tree represents the fear zone. There are only two types of emotion. There are two basic spiritual forces: love, which is God, and fear, which is the counterfeit, the opposite spiritual force. You are either operating in love or fear. You must choose which of these zones you will run your life in. You have the ability to think and to choose. God is revealing the quantum level. The quantum world is telling more about Godly principles than any other form of physics that's ever been known. What science quantum physic tells us is that there is this probability wave. The probability wave is that there are all these possible choices that you could make as an individual about this particular event or circumstance. Quantum mechanics can actually do a mathematical equation that can predict this probability, but can never tell you exactly what it is that you are going to choose. Until it has actually been chosen, until you have thought this thing

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through and made your choice, it's just a whole wave of probabilities. Then you, as an incredibly brilliant thinking human being, you think, you choose, and you make your choice. You as an observer outside of the probabilities, and as you choose, you collapse the probability wave, which means you turn something that is simply a probability into an actuality and it becomes a physical structure inside of your brain. Everything that you say and do is first a thought inside your of head by you yourself. When we have this realization that these things inside of our head are not truth, that we've made them truth by actually processing them into physical realities in your brain, the realization that this is not truth, that you can actually rewire that; that will start freeing you. That realization that this is not who you are, that you can rewire it; that starts the process of freedom. As we think about things they grow. As you're in an event or a circumstance, as you're in a lie, as a lie is presented to you through whichever means, we take that into our brains and for twenty-four to forty-eight hours it stays flowing through the middle of our brain and it becomes what we call a temporary memory. Now if you ignore it, it will go away. If you don't think about it anymore that actually becomes heat energy, it converts and goes away. If you think about it, it starts going through the process up to seven days, fourteen days, twenty-one days, and it becomes a self-sustaining memory inside of our brain. If you start thinking about it more, you then act upon that because whatever we do is coming from these thoughts that we've built in our non-conscious mind. The more you think about it the bigger it gets. The more you meditate the bigger it gets. If you're in a crisis situation, what are you going to revert to? The thing you're thinking about the most. Hebrews 11:1 in reverse. Faith is substance. When you are building your faith in something you are building a physical network. Your brain is following the structure of your mind. Genesis 11:6 Faith. Substance. Imagination. All of it is building substance. Substance is stuff; something physical. As you are thinking, you are creating thoughts. You first build a thought and then you see the evidence. The evidence is the words, the actions, and the manifestation. First the thought then the evidence. When you are in a circumstance that's bad and you're connected to the vine you are going to draw on the correct thing from your non-conscious mind to inform your conscious decision, but if you're not, you're going to draw on the negative to inform your conscious decision. How do we know what is truth in terms of making decisions about whether something is good or something is bad? First of all, you are wired for love. It's the scientific way of saying you are made in God's image. We know right from wrong. Within the depths of our spiritual part of who we are, in the depths of our intuition, the Holy Spirit will lay down truth. With our mind we need to understand what that truth is. We use our mind to understand the truth that is already inside of us, but that takes discipline, that takes walking by the spirit, that takes discipline practice about not letting thoughts just go crazy and unchecked through your mind, but stopping and evaluating "Is this thought in alignment with God or is it in alignment with the worldly way of thinking." We can train ourselves to discern because our basic nature is one of knowing good from evil. A lie cannot be measured. Light is what we measure. Darkness is the absence of light. A lie is the absence of truth. We measure truth. Your mind controls your body even down to the subatomic level. That is why when you pray your words influence the subatomic level. Your thoughts change the C-reactive proteins in your body. Your thoughts, your words, change everything right down to the DNA level.

<u>SWITCH ON YOUR BRAIN #008</u>	27:30	27:30	REC	PA/O/E	10/20/15	10:00 AM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses how we walk through life with unnecessary baggage which are toxic thoughts that we've built. What we've stored in our minds is basically impacting how we function. Research shows that patterns for adulthood are laid down in childhood and the way that you function in the future is based on the now. Our mind is split into the conscious and the non-conscious. The conscious operates when you're awake. The non-conscious operates twenty-four hours a day and that's where all the thoughts, the good trees, the baggage, all that is stored in the non-conscious mind. We know from science that the non-conscious mind drives the conscious mind. So if your non-conscious mind is filled with baggage that is what is going to drive your conscious perception of how you deal with life. Cast all your burdens upon God. Get free from that baggage. You are spirit. You are soul. You are body. Your spirit is your true you. Your soul

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

<u>SWITCH ON YOUR BRAIN #009</u>	27:30	27:30	REC	PA/O/E	10/27/15	10:00 AM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses emotions and feelings and if can we control them. How we are reacting to the events and circumstances of life will determine our stress levels, the state of our physical being, how our mind is functioning, how we are coping with life, and how we are expecting to cope with life in the future. Right now at 400 billion actions per second you are generating a quantum signal in your brain as you process information. God gives you a physical representation of a mind soul action that is designed to be guided by the spirit. Every thought that you have, always, every single time, will become a physical reality inside of your brain. We've got all of these thoughts inside of our brain that are real and occupy mental real estate and they look like trees. The thoughts that we build look like trees. As we're thinking and choosing we're building all of these trees inside our brain, with these branches and these leaves, containing all this information. Every thought also has emotions wired into it. Because the emotions are represented inside your thought as chemicals, every thought that you build has all these chemicals intertwined within them and it looks like rain drops on trees. So in your brain you have this physical reality for this mind thing that has a spiritual component. The amygdala is another structure in the brain that looks like little almonds which are like libraries, which are perceptual libraries. Every time that you think and choose and build a memory, you're actually going to build the memory into your brain. As you build the memory into your brain, not only do you put information on the leaves, but you also have chemicals involved in the process. The chemicals that are involved in the process we call scientifically molecules of emotion. The chemicals carry the emotions, this means every single thought that you build has this emotional component. When that emotion is in the non-conscious mind where all your memories are stored it is an emotion. When it moves into the conscious mind you feel your emotions. The feeling is the experience of the emotion. A perception is another kind of connective memory which we store in our amygdala. So we have a perceptual library, like a library contains

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books of information, so your perception is your perception of that event. So information and emotion is in the thought and the perception is in the amygdala and it is connected, so as you draw a memory into the conscious mind and you remember the information and experience the emotion, you also activate the amygdala and you experience the perception. Life is represented by the green tree. Death is represented by the dead tree. Life, represented by the green tree, is the love zone. The dead tree represents the fear zone. The larger green tree represents God and the smaller tree represents you, because you are made in God's image. The love zone is the normal zone, this is your normal, this is your default; this is who you are. Scientists call this being wired for love. We are wired for love which means all of our circuitry, our structures, everything about our brain, and everything about the physical body is all designed for the positive. Your normal is wired for love. Your normal is good thinking, good choosing, good thoughts, good decisions, wisdom. You are made in God's image. God is made of love. It's a spiritual force. The Bible tells us that perfect love will cast out all fear. The opposite spiritual force is fear, which is abnormal. Scientists tell us that we are wired for love. We learn fear through the choices that we make in our soul realm. The design and the natural order that God has set up is that the Holy Spirit informs your spirit, your spirit informs your soul, and your soul controls your brain and your body. Your brain and your body do the bidding of the mind or the soul. Your soul has one foot in the door of the spirit and one foot in the door of the body. It is through the soul mind realm, which is supposed to be dominated by the spirit, which is supposed to be dominated by the Holy Spirit, that you then control your body. But we live in a world where we reversed this thing; where we worship the body, where we go by how we feel. You are either led by the spirit or you're led by the body. When we have issues in our life there isn't a quick fix. We need to realize that chemicals, drugs, putting things into our body, alter brain function. Taking a drug for being unhappy, or depressed, or anxious, is not really the solution. It may have to be part of the solution for a very short period of time, but the real work is in your mind. The real work is you recognizing, acknowledging, working through, and persisting through for twenty-one days. Your mind is stronger than any chemical, any drug, and any medication. Many doctors are seeing that the effectiveness of any kind of medication comes from how a patient is actually managing their mindset in terms of their illness. You have one hundred billion neurons in the brain. Dendrites, which look like Christmas trees, are what you're building in your brain. When you're making good decisions they're healthy. When you're making bad decisions they're unhealthy. Whatever you think about the most will grow and they connect to other parts of your brain. You are a brain surgeon because you can change your own mind; you wire these in, you wire these out. You as a brain surgeon need to renew your mind, which means that you need to apply the scientific principles of neuroplasticity; neuro meaning brain, plastic meaning to change. You as a brain changer need to change your brain, renew your mind. We can learn how to discipline our thought life. We need to recognize that if we can bring all our thoughts into captivity, the thought has the emotional component, so therefore, if you are bringing the thought into captivity you're also bringing in the emotion, which is part of the thought into captivity. That is our natural design. In science we see that when a thought moves into the conscious mind and it becomes active and we feel it, if it is a toxic thought we feel a toxic emotion. If it is a happy, good, healthy thought, we feel the healthy emotion. Your awareness of this is your starting point to the healing because your awareness enables you to see your reactions. That awareness starts helping you with the healing process. If you're aware of something then you can do something about it. There are only two types of emotion: love and fear. Love is the natural design that we have. Love grows all the good stuff: love, joy, peace, kindness, gentleness, patience, self-control. Out of fear, which is the opposite, the counterfeit, grows the negative things: anxiety, worry, discouragement, despair. These negative things are not the normal response, but a learned response. You are wired for love. Love is the normal emotion. Fear is the learned emotion. We have emotions and feelings and we can control them. Emotions are in the nonconscious mind and when they move to the conscious mind we feel those emotions. We're designed to control them, but we need to go to God and God will help us control them. When a thought moves into the conscious mind you have ten minutes to make a decision as to whether you're going to move forward or whether you are going to stay stuck with it and make it a toxic emotion. You can't fix it in ten minutes, but you have ten minutes to make a decision about whether you are going to work on it or not. Otherwise it will go back even more toxic than before. In that ten minute window, make a decision if it is toxic,

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

<u>SWITCH ON YOUR BRAIN #010</u>	27:30	27:30	REC	PA/O/E	11/3/15	10:00 AM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "It's not who you are, it's who you have become." Evil comes from us, from choices that we make. Every time we make a bad decision and we wire that toxic thought into our brain, we've created evil and then we act upon that. But that's not who you are, that's who you have become. You can get free. There is nothing that you have done that you can't get rid of in your brain. Obviously, it starts with acknowledging, repenting, confessing, accepting the work of the cross. You can wire that out of your brain. There is a tendency that we can get stuck in that negative groove and then grow this thing and then we think that's all we are. You need to stand back. You need to recognize you're made in God's image and that's not who you are, that is who you have become, so therefore you can un-become that. Our norm, our default mode, is one of making good choices. We can think well. We can choose well, because we are made in His image. You may feel like I react like this, this is who I am; this feels like it's me. Yes, because every choice that you make, if it is a good choice, you wire in the healthy. If it is a bad choice, you wire in the negative. It has become part of your biology, the toxic side, the fear zone, this not who you are, this is who you have become. If you wired it in, you can wire it out. When the brain is inside your head and you're alive and living, you are generating mind and your mind is actually changing that brain. We are wired for love. Scientifically we see this; all of our circuitry, all our chemicals, everything is geared in the direction of making good choices. When we choose badly, as it says in Deuteronomy 30:19, the implication in that scripture is that if we make the wrong decision we step into the death zone. Spiritual truth is reflected in science, where we see that people that have made bad decisions, and we all do that, those bad choices get wired into our brain and affect the physical structure of our brain because we design the landscape of our brain in a positive or negative direction. Your natural wiring is beautiful, healthy, green trees. Because you can think, you can choose. Whatever you chose became either healthy stuff or baggage. When we have issues, that's not who we are, that's who we have become. So if we've become that, we can un-become it. If we've wired it in, we can wire it out. You control your genes in your body. We are not a victim of our genes. You first grew a toxic thought then you did that. Whatever you think about the most will grow. So if you're living that lifestyle, you're growing that, you have chosen the inhuman root and have wired in the toxicity and are living out that toxicity. As you are living out that toxicity it produces the toxic effects. This is the stronghold of the enemy. It is something that we choose and these are consequence of our choices. Your natural is that you are wired for love. As you are thinking and as you are choosing, as you are about to make a decision, the front part of your brain becomes extremely active. As you say and do whatever you say and do, you cause genetic expression, which means you make proteins, and you grow things in that part of your brain. Basically, whatever you think and choose results in a physical substance. That physical substance is a thought, and as you are thinking and choosing, the physical activity will increase in the front part of your brain and you will actually grow a thing in your head. If you have chosen good stuff, something positive, you're going to grow something healthy in your head. If you have chosen something negative, you will grow something unhealthy and it will look different. If you grow a lot of toxicity in this part of your brain it interferes with your ability to make wisdom decisions. Science has shown that this part of your brain becomes well developed the wiser you become and it becomes healthy. When you make bad decisions, you get negative wisdom. It's not really wisdom; it's negative toxicity. You're doing the bad stuff because you first made a bad choice. Evil has no way of working and existing until you believe a lie. Evil has no control over you until you react to it. It's your reaction that takes it inside of you and makes it a reality and then you act upon that. It is with our mind that we understand our intuition. As we discipline our thought life and become more aware of our intuitive, instinctive, recognition of this is who we really are, and this is who we have become, as you develop that, you will find it easy to separate and easier to work on the negative stuff. We have many opportunities to get rid of toxic

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thoughts and behaviors, but if you choose not to, they go back even stronger than before. No matter how strong they get, you can still get rid of them because your mind controls matter. Your soul controls your body. Your body and your brain are designed to do the will of your mind. Your mind is designed to do the will of the spirit and the spirit is designed to be controlled by the Holy Spirit. As a neuroplastician, if you wired it in, you can wire it out. God has designed your brain to follow the decision of your mind, to follow the leading of your spirit. When you do that you create change in your body. We create the evil when we make bad choices. Even the worst evil can change. The circumstances of life sometimes make us feel in life that this is who we are, but that's not who you are, it's who you have become. Who you have become is not the truth. It is not the reality. We're made in God's image. We're wired for love. We're thinking beings. We can make choices. So when we fall down, we can get up. Make the good decision of your mind. Plant that tree and get up and carry on. It's not who you are, it's who you've become. Wire out the "who you've become" and go back to who you truly are in Christ. When you've made a wrong choice in your life, and you've wired this evil into your life, you must remember it's not who you are, it's who you have become. Admit it, quit it, and beat it. When we've made bad choices and we've built this toxicity into our brain, we don't have to become a victim of that now. We can change that. You can back into who you are. You go to God, you take that to God, and you let God walk with you through the consequences of that decision that you've made. This week work on admitting, quitting, and beating. Make that a motto of your life. Admit it, quit it, and beat it.

<u>SWITCH ON YOUR BRAIN #011</u>	27:30	27:30	REC	PA/O/E	11/10/15	10:00 AM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses the impact of toxic thinking on your mind and body and spirit. 350 million people worldwide suffer from depression. More than 40 million people in the United States of America suffer from anxiety disorders. There are more deaths from suicide than there are from car accidents. Seventy-five to ninety-eight percent of current mental, physical illnesses come from our thought life. When you build these toxic thoughts in your brain, your brain inflames, you increase your vulnerability to disease. There is a problem. When we go toxic, the toxic spreads like a virus and that impacts how your mind is functioning, and that impacts how your spiritual development is functioning. Deuteronomy 30:19 is becoming a reality in today's world. There are consequences to our choices and it's time that we stand up and take responsibility for the choices that we're making. It's impacting us spirit, soul, and body. It's making us sick. It's making the world sick. We need to recognize that we can't hide it anymore. We have to change. We have to start recognizing the impact of toxic thinking. The brain controls every single cell in your body and your brain is connected to your heart. Your brain and your heart are the only actual organs connected to every single cell in your body. All the other parts of the body connect in many different ways, but your brain controls every single cell of your body. God has invested you with the power, and when you make the decisions, your powerful mind builds a consequence. Whatever you think about will become a physical structure and you will operate from that structure unless you renew it and rewire it, which is the renewing of the mind. No thought is harmless, because as you are thinking you automatically will impact the physical domain; you'll change your brain because moment by moment you're physically changing the substance of your brain. Also, you are developing or you're not developing your spirit by the thoughts you think. If you choose to read your Bible, if you choose to apply your Bible, that is a mind decision and you wire it into your brain, and that brings brain health and at the same time you are developing your spirit. The opposite of that is if you choose to get irritated, and every day you get more and more irritated, that's a mind decision that becomes a physical structure inside of your brain which cause toxicity and inflammation, and sickness, and all kinds of things in your body, and also impedes on your spiritual development because if you're keeping it there, you are blocking your conscious, you're blocking your intuition, you're blocking your communion with God, so you're not developing the spiritual realm. Our thoughts that we build are foreign invasions in our body. Research shows that your immune system will respond to a toxic thought that you build through a choice that you make, which is the signal which activates the DNA. Science has shown that as you build those, your body will respond in the same way as if you cut

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yourself, or had a physical illness, or had a virus in your body. Your immune system sends out all kinds of things to fight that to bring healing to your body. It is sent out by the immune system to try to heal that part of the body. Also what happens is that you get inflammation, and that's part of the healing process. If the healing takes place like it should, eventually, the inflammation will go away and the wound will heal up, and it takes about twenty-one days, so therefore, the same thing happens in your brain. Research is finding that when you think a toxic thought, at the site of the toxic thought, because there is no wiring for that, the proteins still form, because you're still thinking, you're still choosing, the proteins fold incorrectly, forming a distorted version of the truth. Toxicity will manifest into something. We can deal with these manifestations if we get to the bottom of the way we are thinking and the kind of thoughts that we are building. Every bad choice that we make is giving birth to an addiction. The addiction of me-myself-and-I can cause a manifestation of depression, convert maybe to bipolar which is a deeper form of depression, OCD, or schizophrenia, all these mental names for mental disorders. These are not diseases. The difference between a disease and a disorder is that you can control a disorder. It comes from choices. Every mental disorder is the result of the choices we have made. God gave you a phenomenal foundation, brain and mind, but he gave you free will. The ability to think is the most powerful thing in the universe after God. Your ability to think is a mind action. It's where everything starts. Your mind is the soul realm and it's through your mind that you make a decision. Every time you make a bad choice you will feel it in your body. Your body is designed to recognize and reject negativity. So you feel it physically and this rejection of the negativity is experienced like a depression, anxiety, worry, fear, discomfort, tension; you feel like your body is out of rhythm because your heart is affected, and you have no peace. All the things God talks about in the Bible: the peace of God that transcends all understanding and guard your mind in Christ Jesus. All these spiritual truths have very physical components. You with your mind apply a spiritual truth and you will experience the consequence in your body because that is how God designed you. When people make bad choices the proteins in the brain become distorted, and if you do not get rid of them, set you up for illnesses. These decisions that you make on a moment by moment basis impact not only your spirit, soul, and body, not only the people around you, but those decisions actually go through to the third and fourth generations. In science they have now proven through the science of epigenetics, that our decisions go through the sperm and the vulva and go into the next four generations. So there is stuff in your head from your great, great, great, grandfather. And you might be thinking okay now that's why I do what I do. Having this information is not an excuse for you to behave badly or to say I can't help it; it's part of my biology. You are not a victim of your biology. Those things that are passed through the generations are actually dormant, which means they are asleep and inactive. They can either be activated or they can be destroyed because they're not truth. They're not who you are, they're who you have become. The way to manage it is if you're aware of behavior patterns, or you're experiencing a behavior pattern, don't give in to it. Control it and actually break that down and eliminate it. Mind choices are powerful and can eliminate and make the change in the body and the spirit. The minute that you start thinking in a toxic way, you are altering your DNA in a distorted manner. Positive intentions change the DNA expression. Seventy-five to ninety-eight percent of current mental and physical illnesses come from the choices we make in our mind. They are consequences of the choices and the actions that you take. Scientifically and spiritually, science and the Bible, tell us that there is an impact from toxic thinking. God tells us not to fear and to do all these good things and science confirms exactly what the Bible is saying. God uses science to show if we don't take responsibility for our thinking and responsibility for what we're saying and doing, it's going to impact how we function physically, spirit, soul, and body, as well as impact the people around us. God put us in a body for many reasons and one of those reasons is for us to recognize that we can use our physical body to tell us when we're doing something wrong. We need to be more aware of the people around us and the impact of our actions on other people.

	PROGRAM	TOPIC		SOURCE	TYPE	AIR DATE	TIME
		SEGMENT	DURATION				
DURATION							
HEALTH	<u>SWITCH ON YOUR BRAIN #012</u>	27:30	27:30	REC	PA/O/E	11/17/15	10:00 AM

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

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intellect, the will, and the emotion. Although we can't see the intellect, the will, and the emotion physically, we can see the result, which is what people say and what people do. First there is the thought that you've built, which is the root in the non-conscious mind; that moves into the conscious mind, and then you become consciously aware, and then you speak and you do. Thoughts are built as substance and evidence in your mind, as you build those you will be acting upon those. Your DNA doesn't control you. You control your DNA. You cannot control the events or circumstances of your life, but you can control your reactions to the events and circumstances of your life. You are not a victim of your biology. You are totally in control by the decisions that you make, influencing your spirit, soul, body, and health. God has designed your brain in such a way that you are able to stand outside yourself, observe your own thoughts, and rewire your brain in a positive way. You're not a victim. You can rewire and you can change through a single decision to make that decision to change.

SWITCH ON YOUR BRAIN #013 27:30 27:30 REC PA/O/E 11/24/15 10:00 AM

Today on Switch On Your Brain, Dr. Caroline Leaf discusses how no thought is harmless and no attitude can be hidden. You know what it feels like when you're around someone who is negative? It makes you feel horrible. When you're around someone who is joyful and happy you feel great. That's because our attitudes literally rub off on each other. You can't hide an attitude. No thought is harmless. It is a scientific fact that every thought that you build generates electromagnetic energy and it produces a state of mind, and that's part of nonverbal communication. We don't read each other's actual thoughts, but we can read each other's attitudes. We have all kinds of structures in our brain that help us to reflect back each other's emotions. For example the vagus nerve, insula, mirror nerve cells in our brain; literally help us to cry together, laugh together, and be joyful together. It's almost as though God has designed us so that we can actually check each other's behaviors. Become aware of your attitude and the attitude of the people around you. Every single cell in your body is impacted by a negative thought. No thought is harmless and no attitude can be hidden. It will come through in the way that your eyes are shining and the way that you carry your body. Genesis 11:6 tells us that "Whatever they imagined they could do would not be impossible for them." The science of this scripture is that as you are thinking you are physically building substance. This science also tells us that whatever is substance in your brain you will act upon. You will live out whatever you have built, so therefore, no thought is harmless. The Bible does say that to just look upon a woman with adulterous thoughts is the same as the act. We know from science now that if you watch someone play tennis, the same areas in the brain will light up as the areas that will light up in the person who is actually doing the act. It says in the Bible that only God and you know your own thoughts but what I can pick up through my mirror neurons is your attitude which is your state of mind; it's the emotional state of your head. Every thought has an emotional feeling component and that is what we literally mirror in each other. Quantum physics actually explains this in terms of the theory of entanglement, which means we are all entangled in each other's lives. We are all connected with each other, so we feel each other's emotions. We can't hide it. We can't ever hide an attitude because of the design of the brain mirroring out the emotional energy literally from the thoughts that move into the conscious mind, we reflect those. The gene is an inanimate thing. It can't do anything until it is switched on. The dreaded diseases that people are suffering from are from the mind, seventy-five to ninety-eight percent. Even when you have a genetic mutation of something that comes through the blood line, it originally was not a mutation because Deuteronomy 30:19 says, "I lay before you life and death; blessing and cursing. Choose life so that you and your descendants may live." The decisions that your great, great, great whatever, made are in your head. You have a choice and that choice is to keep and to active those things or to kill them. What you think about, the choices that you make, will produce effects. That's pretty much the science of epigenetics showing how our choices impact spirit, soul, and body, this generation, and the next four generations. It's the sins of the father that will reach through to the third and the fourth generations. It's not an excuse because the Bible also says that you are not responsible for your parent's sins. You are not a victim of your biology. You are a victor over and above your biology. Imagination is

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not a nothing. Imagination is you visually thinking out. As you imagine, you are growing thoughts as well. As you are growing those thoughts you then act upon those thoughts. They did a research study where they taught people to play the keyboard in two groups. One group learned to play the keyboard actually using a keyboard. The other group learned through the power of imagination. They brought the two groups together and the group that used their imagination actually played better than the other group. You can't see your thoughts, but no thought is just some non-event. No thought is harmless. Every thought is doing something. It's physical structure inside of your brain. We can't control the events and circumstances of our life, but we can control our reactions to those events and circumstances. We can choose to control our reactions. So therefore the hardest thing about being happy and peaceful and enjoying life and coping with life is the recognition that we can choose. You are able to choose and your choosing makes a difference in your life and the lives of this generation and the next four generations. Attitudes are never harmless. Attitudes impact people. Your attitude that you reflect, good or bad, is influencing other people's perceptions. This week make a strong concerted effort to actually observe your own attitudes and the impact of your attitudes on other people. You will be amazed at how when you smile and you're happy how that influences the people around you. How when you're whiney and negative how that influences the people around you. Increase your observation skills this week.

<u>SWITCH ON YOUR BRAIN #001</u>	28:30	28:30	REC	PA/O/E	12/1/15	10:00 AM
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Today on Switch On Your Brain, Dr. Caroline Leaf discusses the mind being the switch that helps to control the brain. The mind is your intellect, thinking, choices, feelings and emotions. These mind actions switch the brain on or off. Thoughts are real things that take up space in the brain and look like forests that have been built up since you were in the womb. We control our brain. Our brain does not control us. Through your mind, you have the ability to think and choose; the ability within yourself to change your world quite literally. Science has proven that the mind changes the brain. The mind changes the body. The mind is instrumental in developing the spirit. It was once believed that once a brain cell died, there was nothing more that could be done about it. Research now states that we can change our brain. We can redesign our own brain. Neuro means brain. Plastic means to change. Neuroplastic means the brain can change. You can change your brain. Now this is called brain surgery. Mind over matter is total reality. The mind actually controls the body. The spirit controls the soul, and the soul's the mind realm, and the mind controls the body. We know from science now that the higher level is the mind and the lower level is the brain, so the brain actually represents what the mind has actually worked out. You're a thinking being. You think all day long. You're even thinking at nighttime while you're sleeping. But at nighttime you are sorting out your thinking for the next day. We do not have fixed IQs. You are as intelligent as you want to be. Intelligence is something that increases constantly throughout your lifetime the more you use your brain. You are designed with free will. You are designed, enabled, and empowered to choose. You can choose whether you are going to believe the negative or the positive. You choose whether or not you are going to operate in peace. There are only two choices that we can really make: love or fear. The choices that you make, which are the result of the thoughts that you think, are going to become physical realities in your brain. We have to focus on what is important and make the good choices that we have to make because when we make the good choices we wire health into our body. We wire health into our brain. We wire health into our mind. We wire health into our spirit. Thoughts are real. Thoughts are growing on a moment by moment basis that you, with your mind, grow. As you are growing those thoughts they are changing the structure of your brain and impacting how you run your life. We need to be aware of our thought life. We must never let thoughts go unchecked through our brain. We must always be aware: What am I thinking about? What am I listening to? What am I reading? What is going on in my mind? As we create that awareness, we can start bringing those thoughts into captivity to Christ Jesus.

	PROGRAM	TOPIC		SOURCE	TYPE	AIR DATE	TIME
		DURATION	SEGMENT DURATION				
HEALTH	<u>SWITCH ON YOUR BRAIN #002</u>	28:30	28:30	REC	PA/O/E	12/8/15	10:00 AM

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

	<u>SWITCH ON YOUR BRAIN #003</u>	28:30	28:30	REC	PA/O/E	12/15/15	10:00 AM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses how making bad choices leads to toxicity. You are a thinking being. You're thinking all day long. Every time you think it automatically leads to a choice. You're spirit, soul, and body. You are a triune being. Your spirit is your true you. It's your intuition, your conscience, and your communion; your communion being your worship with God. Your soul is your intellect, will and emotions. Your soul is basically your mind. You are thinking, you're choosing, you're feeling, all of that is the mind; soul activity. You live in a body. Your brain is part of your body. The design and the natural order that God has set up is that the Holy Spirit informs your spirit, your spirit informs your soul, and your soul controls your brain and your body. Your soul has one foot in the door of the spirit and one foot in the door of the body. It is the central point. The body simply is then going to house the consequence of your mental decisions of your mind; soul decisions. God gave you this ability to choose. Current research tells us that seventy-five to ninety-eight percent of current mental, physical and behavioral illnesses today, come from our thought life, so these illnesses are very real things. It is our thoughts that change the physiology of our body. It is our thoughts that change the way you feel and function. Scientists have found that we are wired

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for love. You are wired to think well, choose life and build life into your brain. Believe it or not, you have an infinite amount of space inside your brain. You can grow branches, and each branch contains information, for three million plus years and you still won't fill up your brain. Every time you think, you are going to grow branches, and these branches hold this information, which are your memories. Research has shown that toxic thoughts also cause C-reactive proteins to flow. So the minute you choose badly, you will find inside the brain that all the electromagnetic balance, all the chemical flow, everything is distorted at that point. There will be a high level of C-reactive proteins, a high level of inflammation. Wherever there is inflammation in the brain, or throughout the human body that is not dealt with, inflammation that stays will bring disease. Science tells us that if you're going to change one of these ugly networks in your brain you have to have discipline. You have to direct your attention. You have to be very focused. You have to make a decision and rigorously push through a period of time to change that thing. It shows us in science that nothing happens until day twenty-one. It takes twenty-one days of major scientific stuff to break down the thoughts, and then once you've broken it down, it takes another two cycles of twenty-one days minimum to make that a habit in your life. The scriptures say it in Deuteronomy 30:19 "I lay before you life and death, blessings and cursing. Choose life so that you and your descendants may live." Remember, we cannot always control the events and circumstances of our life, because those events and circumstances are the result of other people's choices and other people's decisions, other people's thinking. But there is something you can control and that is your reactions to those events and circumstances of life. Your reactions to events and circumstances of life are the choices that you make about what you're doing with your life and how you are going to cope every day.

<u>SWITCH ON YOUR BRAIN #004</u>	28:30	28:30	REC	PA/O/E	12/22/15	10:00 AM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses stress. There is good and bad stress. Stress is how your brain and your body reacts to how you're thinking. When you are in a positive state of stress, which is stage one, your neurons are lining up and everything is happening like it should. Stage two and three of stress is considered negative stress. Your body goes into negative stress when you build toxic thoughts. Every cell in your body is subject to every toxic thought that you keep, increasing vulnerability to illness and disease. When we make a negative choice we throw our body into a state of toxicity. Science tells us that seventy-five to ninety-eight percent of current mental, physical, and behavioral illnesses come from our thought life. There are three stages of stress. Stress stage one is actually good. It is normal and is the natural flow of the brain in helping us as humans to focus and deal with life. When we make a bad choice, we actually upset the natural cycle of stress and upset the natural flow of chemicals and cause an imbalance in our thinking. So good stress becomes bad stress and we move into stage two of stress where we have neurochemical chaos. As we're thinking and processing information, we have about 30 neurotransmitters and 1,400 different chemical reactions happening while we are just living. But as we enter stage two of stress, which is caused by a bad decision, which is caused by a toxic thought that we physically build in our brain, we cause neurochemical chaos, upsetting those 1,400 chemical reactions and 30 neurotransmitters. Stage three of stress is when we stay in stage two of stress for a long time; when we've kept those bad habits, when we've kept those toxic thoughts, and we just don't move beyond and nurse those things and suppress them in our subconscious mind. When it's there for too long, eventually, the damage becomes greater and greater, and we shift over into stage three of stress, which is a good thing gone really bad and doctor's generally talk about that as the death zone. Stress is the body's reaction to the foreign invasion of a toxic thought. Your choice, which is your reaction, determines if stress will make or break you. Every single cell in our body has little doorways on it. Every single cell has multiple receptors for a specific purpose, little doors and windows, each letting in certain chemicals, certain substances, at certain times, in certain amounts. It is called cell specificity. When it's all going like it should, when you are in stress stage one, which is the good stress, when you're thinking correctly and making right choices, when you are in line with your wired for love natural design, then the receptors work correctly. The minute we think and choose and make a toxic decision, when we move into the wrong way of thinking, out of

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alignment with our natural way of thinking that causes neurochemical chaos in the body. When we have neurochemical chaos in the body that literally causes the doorways to be ripped off the hinges, causing the windows to be shattered, removing protection from the cells. Now whatever is flowing through the bloodstream, whether it's chemicals that you've inhaled from a perfume that you've sprayed, or food that you've eaten, the incorrect balance of chemical signals from a toxic reaction. All of that is actually reality inside of our blood flow. Now that can enter into the cell and into the heart of the cell, which is the DNA, and affect the way in which the genes express and effect the way in which you hold thoughts. Your spirit is the true you. It's who you've really been created to be. Your soul is your intellect, your will and your emotions, so your soul is your mind realm. Your physical body houses your spirit and your soul, so your brain is part of your physical body. The way we are designed is that the Holy Spirit guides your spirit. Your spirit guides your soul. Your soul dominates your body. Your thinking mind controls matter. Your thinking is changing the structure of your brain and your body. The Holy Spirit lays down in your spirit what you know to be the correct thing, but it is with your mind that you must appropriate that. It is with your mind that you understand what the spirit knows. We've all been at the place where we know what we're supposed to do and can even quote the scripture, but our mind is still not really believing what is true. This is called in scientific terms: cognitive dissonance or lies. You are getting input through stimulus or signals from the external to the internal part of your mind through your five senses, so your five senses are the contact between the external world and the internal world of your mind. When these signals move into your mind they're moving as electromagnetic impulses, waves, and all kinds of fantastic things, and they are in a temporary state and they move through the hundred structures of your brain. You're in the events and circumstances of life and the enemy comes and distorts those events and circumstances. When someone speaks you receive those signals, you process and think about it with your mind. As you're thinking, you cause your brain to genetically express, which means your brain has a physical reaction to your thinking. Thinking is an electromagnetic wave, which is a signal that causes your brain to make proteins. Those proteins group together into little branches that hold information that you are hearing. The stuff from outside becomes a physical reality inside. You receive it, but you have a choice. You, with your mind, have to choose whether you are going to appropriate the truth of God and step into His grace, and the signal that changes your brain is your mind. What you are thinking changes your brain. Your brain then controls your body. Your brain then receives either a negative signal or a positive signal. The lie of the enemy has no strength, no substance, until you take it and make it physical substance. Whatever you think about will produce an action and words. Everything that you say and do in your life is first a thought that you have built inside of your head. Your thoughts are the source. As a man thinks in his heart so is he. You don't have stress chemicals in your body, you have chemicals that flow in the wrong quantities. Everything inside your brain and your body is designed for perfection. When we make bad choices we disrupt the natural rhythm of the physical body that we live in. There have been thousands of studies showing how the physical heart is linked to the brain. In the heart there is a mini little brain that has about 40,000 nerve cells. This little mini-brain inside your heart is connected to your brain and what happens is that as you are processing the events and circumstances of life, as you are reacting to the events and circumstances of life, as you the observer outside of the system are observing the events and circumstances of life, as you're intellectualizing through the events and circumstances of life, you are then going to make a choice. You will always make a choice. This is how you are designed. Thinking leads to a choice. Put your past behind you. Acknowledge, confess and repent to rewire your thinking. It's time to stand up and take responsibility for our thought life. Stress literally causes brain damage. We cause our own brain damage every time we make a toxic choice and throw our body into negative stress. Positive stress is good, that happens as you're thinking and making good choices. Negative stress stage two and three is when you've made a toxic choice and you've kept it there. We need to realize that we need to bring our thoughts into captivity and renew our minds. When we get rid of those toxic thoughts we decrease our vulnerability to illness.

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HEALTH	<u>700 CLUB CBN #10232015</u>	1:00:00	5:00	REC	PA/O/E	10/23/15	12:00 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. LaWanda 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.

	<u>700 CLUB CBN #12102015</u>	1:00:00	5:00	REC	PA/O/E	12/10/15	12:00 PM
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CBN News Medical Reporter Lorie Johnson Reports: Not many substances are as widely studied as tea. Now, the verdict is in. The bottom line: if you're not drinking tea on a regular basis, it might be a habit worth starting. That's because when it comes to your health, tea packs a powerful punch. Combined studies examining literally hundreds of thousands of tea drinkers led a vast array of scientists to conclude that a consistent dose of tea is good for the body. Most of the research was conducted in Asian countries, on people drinking hot, green tea. The amount mattered. Usually people only experienced health benefits if they drank at least three cups a day. Dr. Patrick Fratellone is a cardiologist who practices integrative medicine New York City. He advises his patients to make tea a part of their daily life. Green tea comes from the camellia sinensis plant, as do black and white teas. Green tea contains the most EGCG. But with so many types of green tea on the market it can be difficult to choose which is best. Fratellone shares some guidelines. Research shows green tea lowers the risk of type 2 diabetes and liver disease. It also has been shown to improve memory, reduce the risk of Alzheimer's disease, Parkinson's disease, and depression, as well as significantly lowering your chance of having a stroke. In addition to the teas you'd find at the grocery store, there are also lots of other teas that are very effective at treating specific medical conditions in lieu of popping a pill. Fratellone is also a registered herbologist, with a vast knowledge about teas made from various plants, trees, and shrubs. He often prescribes those teas to his patients instead of

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PROGRAM	TOPIC						
DURATION	SEGMENT	DURATION	SOURCE	TYPE	AIR DATE	TIME	

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allergy medicines, antacids, cough suppressants, and more. He points out that many conventional medicines you find at the average pharmacy are actually derived from plants. Dorota Meller needed to overcome chronic fatigue. Fratellone discovered she was anemic. But her problem went even deeper, originating in her intestinal tract. Within a month she felt better. Fratellone says his priority is getting to the root cause of his patients' illnesses, not just treating the symptoms. He said cleavers, mullein, blue violet and lady's mantle are good teas for breast health and premenstrual syndrome. Herbal teas can interact with conventional medicine, so before drinking them, people should check with their doctor or registered herbologist. The growth of these natural treatments has led to a relatively new healthcare provider known as a naturopathic physician. They attend an accredited four-year program focusing on botanical medicine, food as medicine, and other natural remedies. While naturopathic doctors practice in each state, they are only licensed on 19 states, with more on the way. So for overall better health, include three cups of green tea to your daily diet. Research overwhelmingly concludes it's worth the effort. For more specific health concerns, consult a registered herbologist or naturopathic doctor about a natural tea that could take the place of conventional pharmaceuticals.

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	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HOMELESS	<u>PUBLIC REPORT #102315</u> 28:30	13:15	L	PA/O	10/23/15	10:00 AM
	This segment was repeated on the following dates:				10/24/15	1:00 AM
					10/26/15	8:30 AM
					10/27/15	1:00 AM
					10/29/15	1:00 AM
					10/29/15	10:00 AM
					11/5/15	1:30 AM
					11/12/15	2:00 AM

Tanny Jackson interviews Judy Hoff, Founder, Esther's Place; Patrick Slack, Commander, Snohomish Regional Drug & Gang Task Force; and Gloria Freeman, Director, Queen's Program, Hoff Foundation. Problem: Snohomish County has a population of 725,000. In the latest formal survey, approximately 2,000 persons were homeless. Homeless women addicted to drugs are easy to manipulate in terms of prostitution or other aspects of the sex trade. At the same time, homeless women want to feel safe. They take the blame if police arrest their man for drugs, they steal food from shelters for him, they are obedient to him, even if he is a danger to them. Solution: In terms of homeless women, they shouldn't give up. There are many services out there for them. Unfortunately, there are few services available for homeless single men. The largest facility in Snohomish County for treating the mental illnesses of homeless men is the county jail, and it is not a good place for rehabilitation.

	<u>PUBLIC REPORT #102315</u> 28:30	3:15	L	PA/O	10/23/15	10:00 AM
	This segment was repeated on the following dates:				10/24/15	1:00 AM
					10/26/15	8:30 AM
					10/27/15	1:00 AM
					10/29/15	1:00 AM
					10/29/15	10:00 AM
					11/5/15	1:30 AM
					11/12/15	2:00 AM

Cutonja Vann interviews Roland Bradley, Roland Bradley, Board Member, Kent Hope Day Center. Problem: When women lose their economic base, through domestic violence or broken relationships, there is no place for them to go but onto the streets or sleeping in a car or couch surfing. There are shelters, but not nearly enough for all the homeless women and children who need them. There is always a waiting list to get into shelters and homeless programs. Young homeless children generally do not do well in school. They tend to have low self-esteem, to be tired and hungry, and are often bullied by their classmates. Solution: School counselors provide resources for kids and churches often have programs to help both women and children. Roland Bradley suggests that we have to realize that the homeless are people. The homeless have not chosen to be homeless.

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	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HOMELESS	<u>PUBLIC REPORT #112015</u> 28:30	13:15	L	PA/O	11/20/15	10:00 AM
	This segment was repeated on the following dates:				11/21/15	1:00 AM
					11/23/15	8:30 AM
					12/3/15	1:30 AM

Cutonja Vann interviews Ray Hampton, Ray Hampton, Senior Pastor, Seattle International Church & Dream Center Network Outreach. Problem: Over 102,000 people in Washington State are one paycheck away from being homeless. 23,000 people are already homeless on any given night, sleeping on the streets, on buses or at bus stops, alongside railroad tracks, underneath freeways, in the woods. Over the past year, homelessness has increased 20%. Solution: The causes of homelessness include lack of affordable housing, domestic violence, untreated mental illness, poverty, unemployment, and personal choice. We need to bring dignity back to the homeless. Just because they are homeless, they don't have to look or feel homeless. We need to provide food and clothing to them, as well as shelter and education. We need to listen to them.

	<u>PUBLIC REPORT #120415</u> 28:30	13:15	L	PA/O	12/4/15	10:00 AM
	This segment was repeated on the following dates:				12/5/15	1:00 AM
					12/7/15	8:30 AM

Tanny Jackson interviews Elizabeth Hamilton, Greater Faith Outreach Ministries, and Wendy Sundstrom, Preserve the Fire Ministries. Problem: There are 10,000 homeless women in Pierce County alone, including those on the streets, in mental facilities, and in shelters. Many of them are single mothers who couldn't pay the rent or utilities and got behind, or are victims of circumstances they couldn't do anything about. They don't have the confidence to walk into a business and ask for a job. They have missing teeth and improper clothing. They've been abused, beaten up, and raped. Solution: there are more shelters for the homeless now, but they all have long waiting lists. It's important for us to come alongside them, to give them a blanket or gift certificate, or even more importantly give them information about resources that can help them rebuild their lives.

QUARTERLY REPORT

	PROGRAM	TOPIC					
	DURATION	SEGMENT	SOURCE	TYPE	AIR DATE	TIME	
EDUCATION	<u>PUBLIC REPORT #092515</u>	28:30	13:15	L	PA/O	10/1/15	1:00 AM
	This segment was repeated on the following dates:					10/1/15	10:00 AM
						10/8/15	1:30 AM
						10/15/15	1:00 AM
						10/15/15	2:00 AM

Artonique Nelson interviews Cynthia Tobias, Apple St Applied Learning. Problem: The strong willed child can appear to be unmotivated, misbehaving, rude, and rebellious. His attitude is "You can't tell me what to do and automatically expect me to do it." Solution: The upside is that the strong willed child is not easily daunted or discouraged. He is one of society's greatest challenges, but is also a world changer. Teachers need to shift a lot of the responsibility of learning to this type of child. Try to identify what you want him to do. Tell him, "Here's what needs to be done. If you want to find another way to do it, that's okay as long as you can prove it works." Do not scream, or yell, or point your finger at this child. Instead, keep calm. Ask questions rather than issuing orders. The bottom line is not to let the strong willed child do whatever he wants, but to establish a relationship that encourages communication.

	<u>PUBLIC REPORT #092515</u>	28:30	13:15	L	PA/O	10/1/15	1:00 AM
	This segment was repeated on the following dates:					10/1/15	10:00 AM
						10/8/15	1:30 AM
						10/15/15	1:00 AM
						10/15/15	2:00 AM

Artonique Nelson interviews Cynthia Tobias, Apple St Applied Learning. Problem: Problem: The middle school age is a difficult time for children and for teachers. In elementary school, teaching is more structured, with the teacher doing almost everything. In middle school, classes are more unstructured, with teachers letting children figure things out for themselves. Middle school is a stage where everything – school, home, peers, society – is happening in a child's life. It's like a lot of balloons up in the air at the same time, with the child trying to sort it all out. Solution: Each child is different. Teachers should ask "What do you think is going to help you get to your goal?" Then let the children figure it out for themselves. Teachers, and parents, need to be more in a consultant role rather than a management role.

	<u>PUBLIC REPORT #101615</u>	28:30	13:15	L	PA/O	10/16/15	10:00 AM
	This segment was repeated on the following dates:					10/17/15	1:00 AM
						10/19/15	8:30 AM
						10/20/15	1:00 AM
						10/22/15	1:00 AM
						10/22/15	10:00 AM
						10/29/15	1:30 AM
						11/5/15	2:00 AM

Cutonja Vann interviews Maia Schumacher, Mentor, Eye to Eye National. Problem: Dyslexia is a language-based difficulty where children have difficulty reading, writing, and spelling. It's a somewhat common problem, with 15-20% of the population affected. Dyslexia shows up at an early age, usually when a child is in the 2nd to 5th grades. The causes of dyslexia are unknown. Symptoms include difficulty speaking, inability to read or spell, and not being able to sound out words. It is a life long condition. It cannot be cured or treated. Solution: There are tools children can use to "even the playing field" in a sense, such as using audio books, spell checkers, and scribe pens. Early detection is the key to knowing if a child has dyslexia. We need to stamp out the stigma and understand that dyslexia is not a learning disability. Dyslexic children are not "stupid." They just think in a different way.

QUARTERLY REPORT

	PROGRAM	DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
EDUCATION	<u>PUBLIC REPORT #101615</u>	28:30	13:15	L	PA/O	10/16/15	10:00 AM
	This segment was repeated on the following dates:					10/17/15	1:00 AM
						10/19/15	8:30 AM
						10/20/15	1:00 AM
						10/22/15	1:00 AM
						10/22/15	10:00 AM
						10/29/15	1:30 AM
						11/5/15	2:00 AM

Cutonja Vann interviews Maia schumacher, Mentor, Eye to Eye National, and Susan Holloway, parent advocate. Problem: Parents most often do not know that their child is dyslexic. Even when the symptoms begin to show, both parents and teachers don't know that there is an underlying problem. Teachers will try to comfort parents by saying, "She'll grow out of it." When the child has not "grown out of it," some teachers will recommend that the child be held back in school a year. Solution: Susan recommends that parents "go with your gut." If you suspect a problem, try to find out what it is and then bring those findings to the attention of teachers or administrators. If that doesn't work, get the child assessed by a professional. Don't give up. Be persistent.

	<u>PUBLIC REPORT #122115</u>	28:30	13:15	L	PA/O	12/21/15	8:30 AM
	This segment was repeated on the following date:					12/24/15	10:00 AM

Tanny Jackson interviews Oles Mironyuk, Principal, and Matthew Hertog, Former Student, Eastside Academy. Problem: An alternative school takes a non-traditional approach to education. Eastside Academy, for example, offers a full range of academic classes, but is structured to meet the needs of at-risk students, needs that normally cannot be met by traditional schools. These are students who come from traumatic situations, such as poverty, behavioral disorders, and drug/alcohol abuse. Solution: Eastside Academy, a not-for-profit alternative school, offers on site mental health counseling, recovery programs, and mentorship. Class sizes are small to provide more personal teaching. Teachers and counselors make themselves available to students even during after school and evening hours.

	<u>PUBLIC REPORT #122115</u>	28:30	13:15	L	PA/O	12/21/15	8:30 AM
	This segment was repeated on the following date:					12/24/15	10:00 AM

Tanny Jackson interviews Oles Mironyuk, Principal, and Matthew Hertog, former Student, eastside Academy. Problem: Every student is struggling with something – academic issues, truancy, drug and alcohol abuse, mental health problems, depression, anxiety. Many of these students have been unsuccessful at traditional schools. At most traditional schools, drugs and alcohol are peer driven, where it is "cool" to experiment and explore. Solution: At alternative schools, literally all students have come from the extreme drug/alcohol culture. These students celebrate sobriety, being clean and sober. It's a big shift.

QUARTERLY REPORT

PROGRAM	DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
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EDUCATION	<u>700 CLUB CBN #12162015</u>	1:00:00	5:00	REC	PA/O/E	12/16/15 12:00 PM
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CBN News Reporter Heather Sells Reports: More and more, today's college students want professors and administrators to make them feel safe and will protest if they don't. The Foundation for Individual Rights in Higher Education (FIRE) is a nonprofit educational foundation that tracks speech on college campuses. The foundation recently captured cell phone video of a Yale University student publicly cussing at and denouncing Dr. Nicholas Christakis, a professor and master of Silliman College, a residence hall at, Yale. His crime? Encouraging students to make their own decisions about what Halloween costumes to wear. The student (and many of her peers) wanted Yale to make rules about costumes. At Yale, the University of Missouri, and elsewhere students are increasingly concerned about what they consider offensive. They're calling for more rules to limit what students can say. In the last 20 years, such sentiment has led more than 400 universities to adopt speech codes. These codes consistently violate the First Amendment by prohibiting speech that is constitutional. The codes often forbid speech that is disrespectful or offensive while the First Amendment, and many court decisions, allow for such speech. Todd Zywicki, professor at George Mason University School of Law in Arlington, Virginia, spent the last five years working to reform the university's speech codes. He said that sometimes students will be uncomfortable in college life as controversial ideas are debated. Like Zywicki, Adams is working to reform speech codes at his university. He's especially concerned about what's called the "respect compact," which calls for a "free exchange of thoughts and opinions within a climate of civility and respect." In reality, Adams said it gives UNCW incredible power and the ability to punish anyone whose speech it deems to be disrespectful. UNCW student Alex Benson said he thinks the compact gets in the way of open debate on campus. Adams said such speech codes erode a robust understanding of the First Amendment over time. Right now, FIRE is following more than 200 universities that have substantially restrictive policies. The typical approach is codes that define harassment broadly, despite a narrow definition from the Supreme Court. What's known as the "Chicago statement" is beginning to change the trend. The Committee on Freedom of Expression at the University of Chicago released it in January 2015. The statement holds a high view of the freedom of speech and notes that "concerns about civility and mutual respect can never be used as a justification for closing off discussion of ideas, however offensive or disagreeable those ideas may be." Six universities have followed the University of Chicago's lead this year and have created similar documents. University of Chicago Law Professor Geoffrey Stone, who served on the committee, said that most faculty and students support the statement although some students oppose it. The diversity movement has also played a role he said. It's a profound change for students to be the ones arguing for limited speech. Historically, it's been administrators or off-campus forces. This student movement has huge ramifications for the future of universities as well as for those who dare to disagree. This battle between learning and safety may be just beginning. At its core, it's not just campus policies at stake but the hearts and minds of a new generation.

QUARTERLY REPORT

	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
CIVIC	<u>PUBLIC REPORT #103015</u>	28:30	13:15	L	PA/O	10/30/15 10:00 AM
	This segment was repeated on the following dates:					10/31/15 1:00 AM
						11/2/15 8:30 AM
						11/3/15 1:00 AM
						11/5/15 1:00 AM
						11/5/15 10:00 AM
						11/12/15 1:30 AM
						11/19/15 2:00 AM

Tanny Jackson interviews Martin Moore, Federal Way City Council. Problem: (1) The City of Federal Way operates under a 450 page biennial budget. The budget historically is a line-by-line printed document that can be difficult to understand by those not used to governmental budgeting. (2) Homelessness is an increasing problem in Federal Way, with "beggars" on almost every street corner. Solution: (1) Councilman Martin has proposed a budget transparency issue that will simplify understanding of the budget. The budget will be available online and can be viewed in several formats, including line-by-line, pie chart, and bar graph. (2) Mr. Martin has proposed a homeless day center which will be a "one stop shop" for the homeless, providing such services as haircuts and clerical services. The initial proposal calls for a three year plan, with a cost of \$60,000 the first year, and \$50,000 for each of the next two years.

	<u>PUBLIC REPORT #103015</u>	28:30	13:15	L	PA/O	10/30/15 10:00 AM
	This segment was repeated on the following dates:					10/31/15 1:00 AM
						11/2/15 8:30 AM
						11/3/15 1:00 AM
						11/5/15 1:00 AM
						11/5/15 10:00 AM
						11/12/15 1:30 AM
						11/19/15 2:00 AM

Tanny Jackson interviews Martin Moore, Federal Way City Council. Problem: The City of Federal Way is planning to build a downtown Performing Arts & Events Center. The 41,000 square foot building will include a 700 seat theater, a 125 room hotel, and a conference center. Construction should be completed in early 2017. However, a proposed citizens' initiative will limit spending on operational and maintenance issues. Solution: Mr. Martin opposes the initiative, stating that it will be detrimental to the growth of the city if it passes. He stated that people expect leaders to be visionary and initiatives like this will make leadership afraid to take the next step.

	<u>PUBLIC REPORT #122815</u>	28:30	13:15	L	PA/O	12/28/15 3:30 PM
	This segment was repeated on the following dates:					12/29/15 1:00 AM
						12/31/15 10:00 AM

Tina Lombard interviews Carver Gayton, fmr Commissioner, WA State Dept. of Employment Security. Problem: Until recently, Washington students were not really competitive in the business world with graduates from the outside. High schools were not providing the educational programs that produced the skill levels necessary to build the next Boeing 747 or 787, for example. Solution: In the early 1980s education reform in Washington really began to be pushed within the corporate world. Corporations realized that the business community needed to be involved in the educational process, since those coming out of educational institutions ultimately would be working for them. When young people have a strong base in their early education, they are more likely to graduate from high school, go into higher education, and get a job.

QUARTERLY REPORT

	PROGRAM DURATION	TOPIC		SOURCE	TYPE	AIR DATE	TIME	
		SEGMENT DURATION						
CIVIC	<u>PUBLIC REPORT #122815</u>	28:30	13:15	L	PA/O	12/28/15	3:30 PM	
	This segment was repeated on the following dates:						12/29/15	1:00 AM
						12/31/15	10:00 AM	

Tina Lombard interviews Carver Gayton, fmr Commissioner, WA State Dept. of Employment Security. Problem: To get unemployment security in the State of Washington, a person needs to demonstrate that they are seeking a job and that they are available to take the training required for the skill levels needed at certain job levels. Solution: Community colleges, four-year educational institutions, DSHS, and the Department of Labor need to work together regarding the needs of the unemployed. Communities need to understand where they came from so they can move ahead in today's society. For example, as detrimental as slavery was, it cannot be used as a crutch for not being able to succeed in the work place. All communities – ethnic, educational, corporate – must work together to make sure people can get gainful employment.