

TRINITY BROADCASTING OF WASHINGTON

QUARTERLY REPORT

JULY, AUGUST, SEPTEMBER 2016

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

FOR

JULY, AUGUST, SEPTEMBER 2016

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

YOUTH
PUBLIC SAFETY
HEALTH
FAMILY
ENVIRONMENT
HOMELESS

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 THIRD QUARTER.

JULY, AUGUST, SEPTEMBER 2016

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
YOUTH	<u>PUBLIC REPORT #070416</u>	28:30	13:15	L	PA/O	7/4/16	3:30 PM
		This segment was repeated on the following date:				7/5/16	1:30 AM

Cutonja Vann interviews Mike Heinisch, Executive Director, Kent Youth & Family Services. Problem: These are difficult times in providing for children. Major problems facing children and youth today include intact families, stability, and security. For working parents to make it in this economy takes a considerable amount of education or skill development. Without technical skills or a certain level of expertise, many people just can't get there. Other problems facing youth include the rise in the use of opiates and failure to graduate from high school. Solution: The City of Kent is committed to providing a basic safety net for families. Kent has been a leader in South King County for almost 30 years in providing human services funded by its annual operating budget. This year that amounts to roughly a million dollars. The city is also supportive of new and emerging efforts, such as Kent Hope, a day shelter for families, women, and children. The Roadmap Project will ensure that children are at grade level by the 3rd grade, and that children in grades 6, 8, and 10 are acquiring and building on the STEM skills. This commitment will double the number of youth graduating from high school by 2020. For youth exhibiting behavioral problems due to drugs and other factors, the Restorative Justice program addresses the root causes of behavioral problems in the classroom instead of the past emphasis on punitive solutions.

	<u>PUBLIC REPORT #070416</u>	28:30	13:15	L	PA/O	7/4/16	3:30 PM
		This segment was repeated on the following date:				7/5/16	1:30 AM

Cutonja Vann interviews Mike Heinisch, Executive Director, Kent Youth & Family Services. Problem: One of the most important issues facing youth is the attaining of success in an environment fraught with risks. Risks include trauma, victimization, deprivation, neglect, drugs, social pressures, and economic factors. Solution: Kids need to know they have a future. Positive adult role models need to stay engaged with these at risk kids. The message needs to be "You have self worth, self value. We will not let you fail or give up on you." Kent Youth & Family Services works with other agencies to provide early childhood education for economically disadvantaged three and four year olds. They also provide behavioral health programs, utilizing licensed mental health therapists, for children/youth from infancy to earlier adulthood.

	<u>PUBLIC REPORT #071816</u>	28:30	13:15	L	PA/O	7/18/16	3:30 PM
		This segment was repeated on the following date:				7/19/16	1:30 AM

Elizabeth Hamilton interviews Oliver Tuthill, Founder/CEO, Citizens for Child Rights. Problem: Children are being abused, tortured, and sometimes killed. Even in middle class families with nice homes and nice toys, children feel ignored and emotionally devastated. In schools there are often no books, no writing materials, no real learning policies. When children are abused, they often act out. Many times they destroy their own quality of life by alcoholism, drugs, poor diet and hygiene, suicide (especially with young girls), or by passing abuse on the next generation. The causes of dysfunctional behavior in our society – mass shootings, cyber attacks, white collar crime – all relate back to child abuse. In most killers, "there's a scared little kid in there." Solution: Children need a bill of rights that includes the right to a quality education, the right to competent parents, the right to self determination, the right to not suffer from abuse. We must bring this to the attention of our law makers. We must change our educational system. We must provide parenting classes in our schools. We must teach our children about their emotions and give them a sense of self-worth and self-love.

QUARTERLY REPORT

	PROGRAM	TOPIC		SOURCE	TYPE	AIR DATE	TIME
		DURATION	SEGMENT DURATION				
YOUTH	<u>PUBLIC REPORT #072516</u>	28:30	13:15	L	PA/O	7/25/16	3:30 PM
		This segment was repeated on the following date:				7/26/16	1:30 AM

Debrena Jackson Gandy interviews Phil Martin, human trafficking advocate, Haley Nicholson, Miss Pierce County 2013, and Cheryl Haskins, City Ministries Child Placement Agency. Problem: Human trafficking is now the third largest criminal enterprise in the world, with annual revenues over \$42B and involving 30 million people. Seattle is the third leading city in the U.S. for this type of activity. Most domestic victims of human (or sex) trafficking are girls aged 11-16. Many of these girls have been caught up in the foster care system, they have little self-esteem or self worth, and they have no support system. Consequently they are extremely vulnerable to those trying to "recruit" them into sex slavery. In a sense, the girls are not "prostitutes" but are "prostituted" persons. They don't want to be involved in this life style, but they don't know how to get out of it. Solution: We need more people to become foster parents who can help the girls recover a sense of self worth. We need to bring more awareness of this problem to students in our school systems. The A-21 Campaign has the goal of abolishing sex slavery in the 21st century. The current theme is "Bodies Are Not Commodities."

	<u>PUBLIC REPORT #072516</u>	28:30	13:15	L	PA/O	7/25/16	3:30 PM
		This segment was repeated on the following date:				7/26/16	1:30 AM

Elizabeth Hamilton interviews Oliver Tuthill, Founder/CEO, Citizens for Child Rights. Problem: There are an inordinate number of children in the U.S. and in Washington State who are being abused both physically and emotionally. While physical abuse can be seen, emotional abuse is invisible. Adults usually aren't aware of "emotional bruises" until the child acts it out. There are six types of emotional abuse: Exploitation, corruption, terrorism, rejection, being ignored, and isolationism. Exploitation is where an adult "uses" the child for their own personal gain or pleasure. Terrorism is instilling a climate of fear in the child, often with implied threats of extreme punishment or violence. Rejection is a failure to acknowledge the worth of the child, for example to call the child "fat," or "worthless," or "no good." To ignore the child is to not pay attention to him, his interests or issues. Isolationism is keeping the child away from interacting with other children or adults. Mr. Tuthill's solution is for governments to establish a Child's Bill of Rights and to teach the elements of such rights in focus groups and through parenting and emotional classes at school.

	<u>PUBLIC REPORT #091916</u>	28:30	13:15	L	PA/O	9/19/16	3:30 PM
		This segment was repeated on the following date:				9/20/16	1:30 AM

Artonique Nelson interviews Gerald Jackson, IT Specialist at Highline College and Mentor, and Gregory Bolden, Chaplaink. Problem: Youth (and adults) feel beat up when they are released into society after serving time for a crime they have committed. They often have low self esteem and feel that the community and especially the church are against them. Solution: An incarcerated youth's life doesn't end after institutionalization. There is an umbilical cord back to the community. God is the God of second chances. He has given us the tools to live by in His instruction book, the Bible. Parents, welcome your child home when he chooses to come home. "Don't change the locks." Keep praying for him, don't cut him off. Pray that God will put other young people in his life who love the Lord and can be an influence on your child. Churches, welcome him back, feed and nourish him, help him become a productive member of your flock. Be willing to forgive.

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
YOUTH	<u>700 CLUB CBN #09122016</u>	1:00:00	5:00	REC	PA/O/E	9/12/16	12:00 PM

CBN News Reporter Mark Martin Reports: Author and activist Erin Merryn is on a mission to protect children from being sexually abused. With millions of victims in the United States alone, the Illinois woman is taking her fight to all 50 states and beyond. People magazine named her one of 15 women changing the world. With a bubbly baby girl, supportive husband, and infectious personality, you'd never guess Erin Merryn has endured tragic, unimaginable acts. This vibrant 30-year-old is a survivor of sexual abuse. Merryn said it started when she was just 6 years old at her first sleep-over. She said the uncle of her best friend sexually abused her during the night. The first time. Merryn never told anyone, and she says until she turned 8 and a half, when her family moved from the area, the man repeatedly sexually abused her. He even brutally raped her just weeks shy of her seventh birthday. She said he continued to threaten her to keep quiet, and she complied. Even after she and her family moved to a new neighborhood, sexual abuse continued. Merryn said this time the perpetrator was an older cousin, someone she had viewed as a brother figure. Merryn wrote about her despair in her childhood diary. Merryn finally broke her silence when her younger sister told her that she, too, was being sexually abused by the same cousin. The two told their parents who believed them 100 percent. The next step was telling their story to a forensic investigator at The Children's Advocacy Center of North and Northwest Cook County. More than 900 of these non-profit centers exist around the country. The room where Merryn found her voice has a two-way mirror. As she shared her story with a trained therapist, behind that mirror investigators listened, collecting information to build a case against a perpetrator. Merryn said her cousin confessed to the crime, was sentenced to seven years probation, and put in a sex offender treatment program instead of receiving jail time. However, her early childhood abuser was never prosecuted. What Merryn and her sister went through is by no means isolated. Merryn eventually went on to become a social worker at a counseling agency. But God had different plans for her to help children and teens on a national and international level. He used her childhood diary to spark a new idea. At that, Erin's Law was born. The law requires age-appropriate personal body safety and sexual abuse prevention curriculum for pre-kindergarten through 12th grade students in public schools. It educates kids on safe touch, unsafe touch; safe secrets, unsafe secrets; how to get away and tell. Merryn is on a mission to find either a state senator or representative in each state to sponsor the bill, draft it, and introduce it to lawmakers for an eventual vote. Erin's Law is spreading like wildfire, even drawing the attention of celebrities like Oprah and Katie Couric, and magazines like People and Glamour. In a little more than four years it's passed in 21 states and pending in 22, with seven to go. It's a legacy she'll leave for her baby girl and millions of other children who, because of a law, will be protected from the grip of sexual abuse.

The figure designated as TOPIC SEGMENT DURATION is based on our good faith judgement and may not represent exact time.
September 30, 2016.

QUARTERLY REPORT

	PROGRAM	TOPIC	SOURCE	TYPE	AIR DATE	TIME	
		SEGMENT					
	DURATION	DURATION					
PUBLIC SAFETY	<u>PUBLIC REPORT #080116</u>	28:30	13:15	L	PA/O	8/1/16	3:30 PM
	This segment was repeated on the following date:					8/2/16	1:30 AM

Debrena Jackson Gandy interviews Kyle Sumpter, Deputy Chief, Federal Way Police Department. Problem: Youth violence in Federal Way is trending upward, particularly youth with gun violence. Even girls as young as 15 are committing violent crimes. Several factors seem to be contributing to this: violent video games and a lack of quality parenting. Violence has become a game. Young people play these games for hours on end, with the effect that real violence is normalized in their thinking. Young looking police officers have been placed in local high schools posing as students. They have uncovered a high degree of drug involvement, the ease with which high schoolers can purchase guns, and even that prostitution is being run inside schools by students, themselves. Solution: Solutions are coming from a variety of different approaches – schools, parents, police, the religious community, the athletic community – and each approach is important. Other approaches include the ongoing Citizen’s Police Academy and the newly formed Youth Police Academy.

<u>PUBLIC REPORT #080116</u>	28:30	13:15	L	PA/O	8/1/16	3:30 PM
This segment was repeated on the following date:					8/2/16	1:30 AM

Tanny Jackson interviews Rose Reeves, City of Milton Planning Commission. Problem: People are not ready for a major disaster. Perhaps as few as 10% of families are prepared for even a 3-day supply of food and water. Solution: We need to take control of our own lives. The government won’t do it for us. Government will be busy fixing infrastructure, repairing utilities, and protecting against crimes that often follow disasters. Families and businesses should have emergency plans. Those plans should include knowing the emergency exits in your home, business, and other places you frequent. Plans should also include how family members will communicate with each other. Fully charged cell phones are important, but even more important would be a land line phone, since cell phone towers might be tied up by government agencies like fire, police, and rescue departments. A good source of getting ready for an emergency is the FEMA website, www.ready.gov. As listed in that site, emergency kits should include first aid supplies, extra medications, water supplies, food, a list of health issues and photos of each family member, activities for children, flash light, batteries, AM/FM radio, garbage bags, duct tape, blankets, and a list of out-of-area phone numbers. Check your supplies every time you change your fire alarm batteries. Though these times are difficult in terms of finances, a family could buy just a couple of items each pay check. This would be better than doing nothing.

<u>PUBLIC REPORT #080816</u>	28:30	13:15	L	PA/O	8/8/16	3:30 PM
This segment was repeated on the following date:					8/9/16	1:30 AM

Debrena Jackson Gandy interviews Kyle Sumpter, Deputy Chief, Federal Way Police Department. Problem: The Ferguson Effect – based on police/African American shootings in Ferguson, Missouri – is a position of fear in a police officer’s mind, expressing itself in such thoughts as “If I take enforcement action, it will be misperceived by somebody in the public, then I will be in trouble for it. Internally, I might be reprimanded or suspended. Publicly I might be criminally prosecuted for doing my job. Therefore, I won’t do anything.” This is de-policing at its worst. Too often the public jumps to the conclusion that a police officer’s actions occurred because of skin color, when from the officer’s perception his actions are based on behavior. Solution: In Federal Way, if there is any hint of racial bias on the part of an officer, it is addressed immediately. The department tries very hard to act based on observed behavior. Chief Sumpter admits that the police are not perfect; they make mistakes. He urges citizens not to make an immediate assumption that mistakes are based on race. Investigations and fact finding take time. Problems are best solved human to human. The power of one-on-one contact can bridge the gap that seems to be ripping our nation apart.

QUARTERLY REPORT

	PROGRAM	TOPIC	SOURCE	TYPE	AIR DATE	TIME
		SEGMENT				
	DURATION	DURATION				
PUBLIC SAFETY	<u>PUBLIC REPORT #091216</u>	28:30	L	PA/O	9/12/16	3:30 PM
		This segment was repeated on the following date:			9/13/16	1:30 AM

Cutonja Vann interviews Christine Hughey, Special Agent, FBI Seattle Office. Problem: Things are changing daily in the world of crime and enforcement. The FBI needs to keep current and on top of things. Solution: The FBI employs people in a number of positions, including special agents, accountants, nurses, intelligence analysts, and other investigative and operational personnel. While each position has its own requirements, every employee must be a U.S. citizen, have a top secret security clearance, and go through a comprehensive background check. The only position involving age requirements is special agent, with the age requirement being 23-37. Agent Hughey recommends that applicants get a college degree in the subject they are interested in. The FBI will fit them into their program if they meet the requirements for the jobs the FBI has open.

	<u>PUBLIC REPORT #091216</u>	28:30	L	PA/O	9/12/16	3:30 PM
	This segment was repeated on the following date:				9/13/16	1:30 AM

Cutonja Vann interviews Ethan Via, Supervisory Special Agent, FBI Seattle Office. Problem: Almost everyone has either been contacted by a scammer or fallen victim to a scam. There are many scams and they are changing all the time. Most victims are the elderly and those facing a financial hardship. The most common scams are those involving upfront fees or penalties. The Canadian Lottery scam promises a winning prize of, for example, \$5 million. But the winner must pay an "import fee," followed by "taxes" and a myriad of other upfront "fees." The "winner" never receives the promised prize. In the IRS back taxes scam, the victim is notified by email or phone that he or she owes the IRS "\$10,000" in back taxes. If a certain amount is not paid within 24 hours, the "IRS will come to your house and arrest you." Solution: If something sounds too good to be true, it is. It's good to have a healthy bit of skepticism when receiving these kinds of calls or emails. Basically, don't trust them. If you receive such a call, or become a victim, notify the FBI.

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HEALTH	<u>PUBLIC REPORT #082916</u>	28:30	13:15	L	PA/O	8/29/16	3:30 PM
		This segment was repeated on the following date:				8/30/16	1:30 AM

Tina Lombard interviews Daniel Burdick, M.D., Movement Disorders Neurologist, Evergreen Hospital Kirkland. Problem: Parkinson's Disease is the second most common neuro-degenerative 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 #091916</u>	28:30	13:15	L	PA/O	9/19/16	3:30 PM
		This segment was repeated on the following date:				9/20/16	1:30 AM

Tanny Jackson interviews Judy Hoff, The Hoff Foundation. Problem: Everyone has a "hole in their heart." It might be a lack of self esteem, lack of love, not having sense of purpose, or not knowing our value as a human being. These "holes" often start in childhood as a result of abuse, or being ignored or forgotten. Even as adults we often don't even know that the hole is there, yet we try to fill it with something – food, gambling, alcohol, drugs, shopping, constantly being on the computer, trying to fix everybody else – because we don't feel complete. We know that we hurt, that we don't love other people or even ourselves, but we don't know why. Solution: Once we realize there is a hole in our heart and that there is only one thing that can fill the hole – God, Himself -- we can begin the healing of the hurt the hole has caused. Don't blame God for what you have gone through. God loves you. And He forgives.

	<u>PUBLIC REPORT #092616</u>	28:30	13:15	L	PA/O	9/26/16	3:30 PM
		This segment was repeated on the following date:				9/27/16	1:30 AM

Debrena Jackson Gandy interviews Michelle Cherewatenko, HealthMax Inc. Problem: We are the fatest nation in the world. At the same time we are starving for nutrition. Our sedentary lifestyle creates imbalances in the body, leading to knee, hip, and shoulder problems, arthritis, spinal problems, muscle tension, headaches, and obesity. "Sitting is the new smoking problem." We sit as we drive to work, we sit while at work, and we sit in front of the TV when we get home. The Bible says that our bodies are temples, but so often we treat them as abandoned apartment buildings. Solution: The key is to do be active, move your joints, get your heart rate up. The best activity is the one you will do. This could be working out at the gym or at home, lifting weights, playing racketball, even just throwing a ball to your dog. It doesn't have to be strenuous. Maybe just a fast paced walk with someone you enjoy being with. At work stand up and stretch every 45 minutes. Several times a day walk around the building or walk up and down the stairs.

	<u>PUBLIC REPORT #092616</u>	28:30	13:15	L	PA/O	9/26/16	3:30 PM
		This segment was repeated on the following date:				9/27/16	1:30 AM

Debrena Jackson Gandy interviews Michelle Cherewatenko, HealthMax Inc. Problem: The biggest problem with the American diet is that we eat too many processed foods. These are foods with a high sugar content, high fat content, and high carbs. In the 1920s people ate less than a pound of sugar annually. Today we eat 8-10 pounds of sugar annually. Solution: The first step is to read the labels. Avoid foods that contain glucose, fructose, high fructose corn syrup, or any ingredient that ends in "—ose." These are sugars. Avoid white foods – white bread, white pasta, white rice, white flour. Limit your intake of animal products. Think of meat as a condiment and not the main entrée. Stay out of the middle of grocery stores – that's where the high sodium, high fat packaged foods are. Instead shop on the perimeter where the healthy foods are. Read God's instructions in the book of Leviticus about what we should and should not eat. Those instructions are as good today as they were then.

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HEALTH	<u>SWITCH ON YOUR BRAIN #023</u>	27:30	27:30	REC	PA/O/E	7/6/16	2:00 AM

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

QUARTERLY REPORT

	PROGRAM	TOPIC	SOURCE	TYPE	AIR DATE	TIME
		SEGMENT				
	DURATION	DURATION				
HEALTH	<u>SWITCH ON YOUR BRAIN #024</u>	27:30	27:30	REC	PA/O/E	7/6/16 3:30 PM
	This segment was repeated on the following date:					7/13/16 2:00 AM

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

QUARTERLY REPORT

	PROGRAM	TOPIC	SOURCE	TYPE	AIR DATE	TIME
		SEGMENT				
	DURATION	DURATION				
HEALTH	<u>SWITCH ON YOUR BRAIN #025</u>	27:30	27:30	REC	PA/O/E	7/13/16 3:30 PM
	This segment was repeated on the following date:					7/20/16 2:00 AM

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

QUARTERLY REPORT

	PROGRAM	DURATION	TOPIC	SOURCE	TYPE	AIR DATE	TIME
			SEGMENT				
HEALTH	<u>SWITCH ON YOUR BRAIN #014</u>	27:20	27:20	REC	PA/O/E	7/20/16	3:30 PM
	This segment was repeated on the following date:					7/27/16	2:00 AM

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

QUARTERLY REPORT

	PROGRAM	TOPIC	SOURCE	TYPE	AIR DATE	TIME
		SEGMENT				
	DURATION	DURATION				
HEALTH	<u>SWITCH ON YOUR BRAIN #015</u>	27:20	27:20	REC	PA/O/E	7/27/16 3:30 PM
	This segment was repeated on the following date:				8/3/16	2:00 AM

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

QUARTERLY REPORT

	PROGRAM	DURATION	TOPIC	SOURCE	TYPE	AIR DATE	TIME
			SEGMENT				
HEALTH	<u>SWITCH ON YOUR BRAIN #016</u>	27:30	27:30	REC	PA/O/E	8/3/16	3:30 PM
	This segment was repeated on the following date:					8/10/16	2:00 AM

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

	<u>SWITCH ON YOUR BRAIN #017</u>	27:30	27:30	REC	PA/O/E	8/10/16	3:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "Disease vs Disorder." The enemy has got into this whole disease model. We are told that your brain controls you, that your brain produces mind. We have to realize that mental ill health is a learned disorder. It's something we've learned. In the mid-1940s the World Health Organization made a statement about mental health. A very relevant statement. We should be focusing on people's well-being and releasing their potential, not illness. So, a positive focus as opposed to a negative focus. However, that actually has not happened. The focus now is on a negative mindset, in terms of mental ill health as an illness. The disease model of mental ill health looks at psychiatric disorders as an illness, as a biological illness. The DSM-5, which is the "Diagnostic and Statistical Manual" is a manual which basically identifies all the different psychiatric disorders. It is based on symptoms. It is not based on causes. They do not know the causes of psychiatric disorders. For 30 years, 50 years, a hundred years, they've been speculating and doing research. But there is no conclusive research saying that it is a biological, or genetic, or neurobiological illness, which kind of removes all responsibility from the person, makes them into a patient. More recent research is confirming that mental ill health is not a disease; it is a disorder of the mind. It is how we are processing psychologically through our mind. The only way that we can get our brain out of bad patterns is by relearning. We literally learn our way into bad thinking and we can learn our way out of bad thinking. What we wire in we can wire out. This gives us hope. It is not a hopeless situation. There is no situation that you are facing in your mind that is not changeable. Because all the science is confirming what the scriptures have been saying – the minute you bring a thought into captivity, it becomes renewable.

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HEALTH	<u>DR. CAROLINE LEAF #001</u>	27:30	27:10	REC	PA/O/E	8/17/16	2:00 AM
		This segment was repeated on the following date:				8/17/16	3:30 PM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by guests Dr. Irinel Stanciudis, an endocrinologist; Dr. Avery M. Jackson III, a brain surgeon and neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the importance of eating and the difference between real food and what we call the Modern American Diet.

	<u>DR. CAROLINE LEAF #002</u>	27:30	27:00	REC	PA/O/E	8/24/16	2:00 AM
		This segment was repeated on the following dates:				8/24/16	3:30 PM
						8/31/16	2:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by guests Dr. Irinel Stanciudis, an endocrinologist; Dr. Avery M. Jackson III, a brain surgeon and neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss relearning what to eat, how to cook, and how to think about food.

	<u>DR. CAROLINE LEAF #003</u>	27:30	26:50	REC	PA/O/E	8/31/16	3:30 PM
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Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by guests Dr. Irinel Stanciudis, an endocrinologist; Dr. Avery M. Jackson III, a brain surgeon and neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the importance of the mind and its impact on our food choices.

	<u>700 CLUB CBN #0706-09132016</u>	1:00:00	5:00	REC	PA/O/E	7/6/16	12:00 PM
		This segment was repeated on the following date:				9/13/16	12:00 PM

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

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HEALTH	<u>700 CLUB CBN #07082016</u>	1:00:00	5:00	REC	PA/O/E	7/8/16	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. La Wanda Long attended the seminar years ago and now passes on what she learned to volunteers at Atlanta's Enon Baptist Church. Long teaches the volunteers one night a week for eight weeks. At that time they are ready to take on a cancer patient who has come forward requesting assistance. She said the extensive training ensured the patients will be cared for responsibly. She said so far the cancer ministry at Enon is a success. Lisa McDermott attends Enon. She remembers suffering through nearly five months of chemotherapy for breast cancer. She asked the cancer ministry to help her with daily needs. McDermott dealt with one main point person who recruited others to pitch in. The cancer ministry made such an impression that McDermott wanted to get the training. As Nefertiti Dixon's mother fought ovarian and colon cancer, the ministry stepped in. Although her mother lost her fight, the cancer ministry made those final days easier. They also helped Dixon with things like meals, which lifted a burden. As a working mom with two children, she became overwhelmed with the pressure of caring for her sick mother. So while cancer will likely continue to strike far too many, churches now can choose to help those within their midst who are dealing with the disease.

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HEALTH	<u>700 CLUB CBN #08122016</u>	1:00:00	5:00	REC	PA/O/E	8/12/16	12:00 PM

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

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HEALTH	<u>700 CLUB CBN #09142016</u>	1:00:00	5:00	REC	PA/O/E	9/14/16	12:00 PM

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

QUARTERLY REPORT

	PROGRAM	TOPIC		SOURCE	TYPE	AIR DATE	TIME
		DURATION	SEGMENT DURATION				
FAMILY	<u>PUBLIC REPORT #071116</u>	28:30	13:15	L	PA/O	7/11/16	3:30 PM
		This segment was repeated on the following date:				7/12/16	1:30 AM

Tanny Jackson interviews Kaeley Triller, Blogger and rape survivor, Joseph Backholm, Director, Family Policy Institute of Washington, and Lynette Hardy, rape and incest survivor. Problem: There's a difference between gender identity and gender expression. Gender identity is often thought of as someone who has undergone permanent surgery to change them from one gender to the other. Gender expression is a temporary self identification of feeling female one day and male the next. Now the law is making those identifications necessary for the rest of us. The law gives predators a "welcome mat" to carry out harm to an already vulnerable group of people. Solution: We must hope that our leadership and our state government ultimately will choose a rational common sense policy concerning bathroom and locker room usage that balances everyone's interests. Having separate spaces for men and women in certain contexts is not discrimination. It is having healthy boundaries. Women need a safe place to go to the bathroom and the gym. Women must speak up regarding this. It's the loudest voice that wins in these debates.

	<u>PUBLIC REPORT #071116</u>	28:30	3:15	L	PA/O	7/11/16	3:30 PM
		This segment was repeated on the following date:				7/12/16	1:30 AM

Tanny Jackson interviews Kaeley Triller, blogger and rape survivor, Lynette Hardy, rape and incest survivor, and Tina McCorkle, Director, First Fruits Revolution Ministry. Problem: Children are increasingly being sexually assaulted at an early age. Kaeley was in diapers. Lynette was four. Tina was "groomed" for incest beginning at five, culminating with the physical act when she was ten. Child rape and incest often cause lifelong psychological problems, affecting women in different ways. Some have a lack of moral boundaries and turn to drugs and crime. Others have unrealistic views of love and feel unprotected. All of them feel worthless. Solution: If a child feels uncomfortable about physical actions from others, they should run away from it and tell someone what is happening. Adult women should pay attention to unnatural anger or becoming extremely upset about things. There's something behind that rage that needs to be dealt with. Get yourself into solid support from other women who can walk you through it. You can't do it by yourself. An excellent book on the subject is "The Wounded Heart."

	<u>PUBLIC REPORT #071816</u>	28:30	13:15	L	PA/O	7/18/16	3:30 PM
		This segment was repeated on the following date:				7/19/16	1:30 AM

Tanny Jackson interviews Rachel Johnston, Attorney, The Johnston Firm. Problem: In the Northwest approximately 50-55% of first marriages and 20-25% of second marriages lead to divorce. There are two reasons why divorce happens – the breakdown of communication and financial problems. We live in a "microwave" society. We want it now. If it doesn't work, as in marriage, we'll get a divorce and look for someone else. Solution: What should a woman do after divorce? Seek counseling for yourself even during the divorce proceedings. Get an attorney to make sure your rights are protected. Get credit counseling and perhaps a better paying job or go back to school to be trained for a new job. Be aware that children often act out following a divorce, some becoming violent, others thinking the divorce is their fault. Spend more time with your child and find counseling for them, too. A supportive family can be very helpful, providing child care, financial assistance, shelter. Other sources of help include divorce support groups, community volunteering, and churches.

QUARTERLY REPORT

	PROGRAM	TOPIC	SOURCE	TYPE	AIR DATE	TIME
		SEGMENT				
	DURATION	DURATION				
FAMILY	<u>PUBLIC REPORT #080816</u>	28:30	L	PA/O	8/8/16	3:30 PM
		This segment was repeated on the following date:			8/9/16	1:30 AM

Tanny Jackson interviews Rachel Johnston, Attorney, The Johnston Group. Problem: There are several legal expressions of domestic violence, including physical battery, sexual battery, psychological battery, property/pets battery, and child battery. The process of domestic violence usually starts with verbal abuse. This includes making jokes, insults, and embarrassing the victim in front of family and friends. Domestic violence ultimately destroys the family unit and promotes a feeling of low self esteem in the victim. Women stay in domestic violence situations for several reasons – they are fearful, they feel they can't make it on their own, they are dominated psychologically by the abuser, and they are concerned for their children. The signs of a potential abuser include how the male (usually a male, but sometimes a female) relates to his female relatives, friends, and coworkers, how he treats you, and even if he compares you with other females. Solution: the first thing for the victim to do is to try to get away, to find safety, and then to call 9-1-1 to report the abuse. Other actions include finding shelter, seeking a domestic violence protection order, seeking court support from domestic violence advocates, and making sure the children are not released to the abuser by the school they attend.

QUARTERLY REPORT

		PROGRAM	TOPIC	SOURCE	TYPE	AIR DATE	TIME
		DURATION	SEGMENT DURATION				
ENVIRON- MENT	<u>PUBLIC REPORT #081516</u>	28:30	13:15	L	PA/O	8/15/16	3:30 PM
		This segment was repeated on the following date:				8/16/16	1:30 AM

Cutonja Vann interviews Billl Steele, Director, University of Washington Seismic Network. Problem: There are three unique sources of earthquakes in the Pacific Northwest. Deep quakes, about 60-70 km deep, produced the most violent shaking of the earth, but most of the shaking dissipates before reaching the surface. They occur about every 20 to 30 years. Medium depth earthquakes produce violent shaking which does reach the surface and causes the most damage. They are magnitude 9.0 or above and can last several minutes. They occur approximately every 500 years. The Seattle area is 315 years into the current window for this type of quake. The third most common earthquakes are the shallowest and most violent as they reach the surface, but last just 30 seconds on average. They are predicted to occur approximately every 50 years. Earthquakes can cause power outages and landslides. Solution: We need to prepare for earthquakes as seriously as we might prepare for any kind of natural or manmade emergency. Keep a supply of food, water, bedding, medicines, and communication devices on hand. Know your neighbors and your local community agencies.

<u>PUBLIC REPORT #081516</u>	28:30	13:15	L	PA/O	8/15/16	3:30 PM
	This segment was repeated on the following date:				8/16/16	1:30 AM

Cutonja Vann interviews Billl Steele, Director, University of Washington Seismic Network. Problem: Earthquakes can be devastating. Seattle is located above a deep sedimentary basin which amplifies earthquakes. Low coastal areas adjacent to Seattle are extremely vulnerable to both earthquakes and tsunamis, particularly where buildings in those areas are constructed of unreinforced masonry and bricks. Solution: Buildings need to survive the shaking of the earth and the force of tsunami waves. The Magnitude 9 Project at the University of Washington involves earthquake engineers, seismologists, and social scientists who are working on creating dampening systems for tall buildings, designing vertical evacuation structures for schools, and designing roofs, towers, and walls that will break outward and allow water to flow through the lower part of buildings.

<u>PUBLIC REPORT #082216</u>	28:30	13:15	L	PA/O	8/22/16	3:30 PM
	This segment was repeated on the following date:				8/23/16	1:30 AM

Tanny Jackson interviews Tom Watson, Manager, King County EcoConsumer Program. Problem: Landfills are filling faster than anticipated, raw resources are becoming increasingly more scarce, and food is being wasted on a greater scale than ever. Solution: Almost anything can be recycled. Recycling reduces waste, conserves resources, reduces global climate change, and helps the environment overall. For example, shirts can now be made out of recycled plastic bottles, toilet paper is being created from waste copy paper, and food waste is being made into compost. It is more difficult to recycle some items – such as window/mirror glass, broken glass, incandescent light bulbs, vitamin bottles, and Styrofoam – but improved recycling methods are giving new life even to these things.

<u>PUBLIC REPORT #082916</u>	28:30	13:15	L	PA/O	8/29/16	3:30 PM
	This segment was repeated on the following date:				8/30/16	1:30 AM

Tanny Jackson interviews Tom Watson, Manager, King County EcoConsumer Program. Problem: Recycling involves more than garbage or waste. It can also include repairing appliances. Solution: "Repair Time" is a new King County program. Volunteers fix small household items like broken cell phone screens, lamps, and fans. While some appliances cannot be fixed, Repair Time volunteers are able to fix 70% of the items brought to them. The program holds repair session at senior centers and community centers every few months in different cities throughout the region. The program not only promotes recycling, but helps build communities. Examples of volunteers include a retired chemistry professor and a high school woodworking teacher. The program does not charge for repairs except for parts that might need to be purchased.

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HOMELESS	<u>PUBLIC REPORT #082216</u>	28:30	13:15	L	PA/O	8/22/16	3:30 PM
		This segment was repeated on the following date:				8/23/16	1:30 AM

Tanny Jackson interviews Rose Reeves, City of Milton Planning Commission. Problem: Statistics from 2014 show that there were 114 homeless students in the Fife School District. Under FEMA guidelines, this would have included children living with multiple families in one location, as well as under housed children. Often homeless children are moved by their parents from school to school to school in the course of a school year. One reason is that parents are afraid of what might happen if they get caught. Another reason is that homeless children are often beaten by bullies because they look and dress differently. Solution: The mindset of a homeless child is survival. They need hope and a sense of having a future. Twenty-five percent of homeless students who graduate from high school have had a mentor from outside of their family. A regional plan would incorporate the resources offered by multiple small cities, such as community centers where homeless children and parents can find counseling, interim housing, educational mentoring, and other help.

	<u>PUBLIC REPORT #090516</u>	28:30	13:15	L	PA/O	9/6/16	1:30 AM
		This segment was repeated on the following date:				9/9/16	10:30 AM

Elizabeth Hamilton interviews Jackie Blair, Greg Vicars, and Lynn Ormsby, Federal Way Day Center Coalition. Problem: There are few places the homeless can go to get their basic needs met. In Federal Way they have no place to take a shower, no place to wash their clothes, no address to receive mail. Solution: The proposed Federal Way Day Center is a three-year pilot project created by a grass roots coalition of churches and social service agencies. The process was started by members of a church who asked their congregation "What are the unmet needs of our community? What do we as a community want to do to meet these needs?" The resulting coalition talked with the school board, the local hospital, even public defenders about what they felt could be done for the homeless. The Coalition then put together a business plan that the City of Federal Way got behind when the City saw the proposed Day Center as a positive way to address the homeless issue.

	<u>PUBLIC REPORT #090516</u>	28:30	13:15	L	PA/O	9/6/16	1:30 AM
		This segment was repeated on the following date:				9/9/16	10:30 AM

Elizabeth Hamilton interviews Jackie Blair, Nancy Jaenicke, and Rodney Castro, Federal Way Day Center Coalition. Problem: Every person on the streets has their own reasons for being there, whether by choice or by circumstance. Being homeless is dehumanizing. They wear the same clothes every day, they generally don't have clean clothes, they clean themselves by cold water or by wipes. The homeless generally are society's non-existent people, the invisible ones. Solution: The Federal Way Day Center will be a place where the homeless will have a chance to gain self-respect. In addition to providing the basic tools of living, the Day Center will provide mental, drug, and alcohol counseling, as well as referrals to overnight shelters and temporary housing. Many of the homeless are talented, skilled people who don't have the opportunity to work because they are not in the mainstream. Many are already working, but they don't make enough to afford the high cost of rents in the area. Given a chance, these people can be a clearing house for local businesses who are looking for their talents and skills.