

TRINITY BROADCASTING OF WASHINGTON
QUARTERLY REPORT
JANUARY, FEBRUARY, MARCH 2016

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

FOR

JANUARY, FEBRUARY, MARCH 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

EDUCATION

CIVIC

YOUTH

HEALTH

FAMILY

HOUSING

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 FIRST QUARTER.

JANUARY, FEBRUARY, MARCH 2016

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
EDUCATION	<u>PUBLIC REPORT #011116</u>	28:30	13:15	L	PA/O	1/9/16	12:30 PM
		This segment was repeated on the following dates:				1/11/16	3:30 PM
						1/12/16	1:30 AM

Cutonja Vann interviews Don Johnson, Superintendent of Cascade Christian Schools. Problem: Modern curriculum is based upon national common core standards. Schools need to use various supplementary curricula to help achieve those standards. But we need to ask, "Does testing help students?" Solution: We must have standards to shoot for. Testing helps, but teaching and instruction are most important. The purpose of education is not to test, but to teach and provide learning. Teachers test everyday by talking to children, observing them, and working with them. Case study meetings with teachers, principals, and parents are very important in determining whether our children are learning. The questions we need to ask are "What should we be doing for our children? How are they learning? How are they achieving? What are the best practices to help them learn and grow?"

	<u>PUBLIC REPORT #011116</u>	28:30	13:15	L	PA/O	1/9/16	12:30 PM
		This segment was repeated on the following dates:				1/11/16	3:30 PM
						1/12/16	1:30 AM

Cutonja Vann interviews Eric Daniels, Principal, Arthur Jacobson Elementary School. Problem: Are teachers meeting the needs of children to help them become successful? Are children learning what they are supposed to be learning? Are there better teaching strategies? Solution: Schools need to ensure that students and teachers both have a voice in the learning process. Students as well as teachers should be part of the leadership team at every grade level. Supporting the leadership team should be curriculum/instruction specialists who assist an ongoing professional development process. Added to this leadership mix should be the PTA, integrating parents and families in leadership roles.

	<u>PUBLIC REPORT #012516</u>	28:30	13:15	L	PA/O	1/23/16	12:30 PM
		This segment was repeated on the following dates:				1/25/16	3:30 PM
						1/26/16	1:30 AM

Cutonja Vann interviews Don Johnson, Superintendent, Cascade Christian Schools. Problem: Federal Way has been a bedroom community for a number of years. Industry is located elsewhere. Most residents commute to their jobs in other communities. Federal Way has also gotten a bad "rap" for having a higher rate of crime. Solution: The city has recently hired an economic development director to bring in businesses. One of his selling points is accessibility – Federal Way is located on a major freeway about halfway between two world class ports and an international airport. The City Council is responsive to problem areas such as a hodge-podge of signs and small business along major highways, street maintenance, and public safety issues. A new performing arts center will bring non-residents into the downtown area, an adjoining conference center will bring in conventions, and parks are already promoting economic growth through various sporting tournaments.

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		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
EDUCATION	<u>PUBLIC REPORT #021516</u>	28:30	13:15	L	PA/O	2/13/16	12:30 PM
		This segment was repeated on the following dates:				2/15/16	3:30 PM
						2/16/16	1:30 AM

Cutonja Vann interviews Eric Daniels, Principal, Arthur Jacobson Elementary School. Problem: Are teachers meeting the needs of children to help them become successful? Are children learning what they are supposed to be learning? Are there better teaching strategies? Solution: Schools need to ensure that students and teachers both have a voice in the learning process. Students as well as teachers should be part of the leadership team at every grade level. Supporting the leadership team should be curriculum/instruction specialists who assist an ongoing professional development process. Added to this leadership mix should be the PTA, integrating parents and families in leadership roles.

	<u>PUBLIC REPORT #022216</u>	28:30	13:15	L	PA/O	2/20/16	12:30 PM
		This segment was repeated on the following dates:				2/22/16	3:30 PM
						2/23/16	1:30 AM

Tanny Jackson interviews Afi Tengue, Associate Director, Reading Partners. Problem: Just one in five low income students is reading proficiently by the 4th grade. 80% of these students are likely to be shut out of the opportunities the academic process provides, such as good jobs and careers, because they can't read. Solution: Children who have been read to do better in school than those who have not been read to. Children start to learn the second they are born. Through being read to, they learn grammar, imagination, and logical thinking. Parents should be the number one source of reading to their children. Local organizations that help children read include Reading Partners, the Tutoring program through Catholic Community Services, Powerful Schools through the YMCA, Community Development Schools Association, among others.

	<u>PUBLIC REPORT #030716</u>	28:30	13:15	L	PA/O	3/7/16	3:30 PM
		This segment was repeated on the following dates:				3/8/16	1:30 AM

Tanny Jackson interviews Afi Tengue, Reading Partners. Problem: Problem: Fourth grade is the critical school grade across the nation. It is here that students go from learning to read to reading to learn. The transition from 3rd to 4th grade can be jarring when students are not at reading proficiency levels. Students who struggle in this area also tend to struggle in other academic subjects. In terms of cultural reading challenges, there are more languages in one King County zip code than anywhere else in the country. In King County alone, 167 languages are spoken. Students not only struggle with learning two languages, but with two cultures in a school system that was largely built for white middle class Americans. Solution: Reading is a foundational gateway to academic success. The most proficient way to help students with reading comprehension is one-on-one instruction, building from one reading skill to the next. With cultural diversity, teaching a child to read and speak in two languages is a phenomenal attribute. Dual language children tend to comprehend and think more critically than those who only read and speak one language.

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		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
EDUCATION	<u>CBN NEWSWATCH #02232016</u>	1:00:00	5:00	REC	PA/O	2/23/16	12:00 PM

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

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		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
CIVIC	<u>PUBLIC REPORT #010416</u>	28:30	13:15	L	PA/O	1/2/16	12:30 PM
		This segment was repeated on the following dates:				1/4/16	3:30 PM
						1/5/16	1:30 PM

Tina Lombard interviews Carver Gayton, former Commissioner, Washington State Department of Employment Security. Problem: Until recently, Washington students were not really competitive in the business world with graduates from outside the state. 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.

	<u>PUBLIC REPORT #010416</u>	28:30	13:15	L	PA/O	1/2/16	12:30 PM
		This segment was repeated on the following dates:				1/4/16	3:30 PM
						1/5/16	1:30 PM

Tina Lombard interviews Carver Gayton, former Commissioner, Washington State Department of Employment Security. Problem: To receive unemployment benefits 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 higher education institutions, DSHS, and the Department of Labor need to work together regarding the needs of the unemployed. Communities need to understand where the unemployed 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 marketplace. All communities – ethnic, educational, corporate – must work together to make sure people can get gainful employment.

	<u>PUBLIC REPORT #022216</u>	28:30	13:15	L	PA/O:	2/20/16	12:30 PM
		This segment was repeated on the following dates:				2/22/16	3:30 PM
						2/23/16	1:30 AM

Cutonja Vann interviews Mark Koppang, Federal Way City Council. Problem: Federal Way has been a bedroom community for a number of years. Industry is located elsewhere. Most residents commute to their jobs in other communities. Federal Way has also gotten a bad "rap" for having a higher rate of crime. Solution: The city has recently hired an economic development director to bring in businesses. One of his selling points is accessibility – Federal Way is located on a major freeway about halfway between two world class ports and an international airport. The City Council is responsive to problem areas such as a hodge-podge of signs and small business along major highways, street maintenance, and public safety issues. A new performing arts center will bring non-residents into the downtown area, an adjoining conference center will bring in conventions, and parks are already promoting economic growth through various sporting tournaments.

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		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
CIVIC	<u>PUBLIC REPORT #022916</u>	28:30	13:15	L	PA/O	2/27/16	12/30 PM
		This segment was repeated on the following dates:				2/29/16	3:30 PM
						3/1/16	1:30 AM

Cutonja Vann interviews Rebecca Martin, CEO/President, Federal Way Chamber of Commerce. Problem: Transportation is one of the core issues concerning the City of Federal Way. The city is located along the Seattle-Tacoma north-south business corridor. Other issues are education and healthcare. The city must grow educationally and in healthcare opportunities to meet the expectations of businesses today and the demands of the workforce of tomorrow. Solution: The Chamber of Commerce realizes it must work with stakeholders not just locally, but also regionally and globally, and not just short term but long term (up to 50 years into the future). Specifically, the Chamber is currently engaged in long term planning with Sound Transit and King County Metro (bus services) regarding station options along the I-5 corridor that will impact the economic development of Federal Way. The Chamber is also working to see that education funding for Federal Way schools is equitable with other school districts in the state.

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	<u>PUBLIC REPORT #030716</u>	28:30	13:15	L	PA/O	3/7/16	3:30 PM
		This segment was repeated on the following dates:				3/8/16	1:30 AM

Cutonja Vann interviews Mark Koppang, Federal Way City Council. Problem: Problem: Transportation is a problem for many Federal Way residents, particularly those who work in downtown Seattle. Commuting is often 1:00 to 1:30 each way. Even in the 320th Street corridor in Federal Way, congestion is a problem. Economic development is a key to ensuring continued city growth. The City Council can't solve all problems, so the city needs to involve citizens in the solution process. Solution: The long term transportation solution is the expansion of Sound Transit light rail to south King County. Short term is to bring jobs to Federal Way so more people can work in the city where they live. Other short term solutions include retiming of traffic lights and developing dedicated street lanes for buses to better accommodate traffic flow. Federal Way is strategically situated on I-5, and is a city with good roads, land to be developed, and no B&O tax. With a strong mayor/council government, the council acts as an advisory board and the mayor reports directly to the people. Citizens can get involved in a number of ways, including serving on commissions and committees and attending council meetings.

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		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
YOUTH	<u>PUBLIC REPORT #020816</u>	28:30	13:15	L	PA/O	2/6/16	12:30 PM
	This segment was repeated on the following dates:					2/8/16	3:30 PM
						2/9/16	1:30 AM

Tanny Jackson interviews Betty Taylor, Advocate, Children with Special Health Care Needs. Problem: Children with special needs include those with heart, lung, and orthopaedic problems; cancer; autism; and a host of other physical and mental needs. They often suffer from isolation, having to be restricted to a hospital or rehab center. They are often bullied at school, so parents home school them. Parents are challenged by large medical bills and the difficulties of raising such children. Solution: A good support system is vitally important, with education, training workshops, and special programs in schools providing help to both the child and the parents. Even so, the situation can't be overwhelming. A good place for parents to begin their search for help is Seattle's Children's Hospital.

	<u>PUBLIC REPORT #031416</u>	28:30	13:15	L	PA/O	3/15/16	1:30 AM
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Tanny Jackson interviews Kenneth Morris, Director, Damascus Ministries. Problem: Why are so many youth being locked up? One of the primary reasons is substance abuse, basically alcohol and drugs, which almost always leads to crime. These kids don't have jobs, so they burglarize, steal, etc., to sustain their drug habit. Sometimes there is peer pressure, such as gangs, but not always. 90% of the kids in jail are there because of drugs. One half to two thirds of them have mental illness problems. There are not many risks for the kids behind bars. Generally they are safe, getting free food and a place to stay. Girls, however, are in danger of getting STDs, since sexual promiscuity is super common. Solution: Various organizations are reaching out to incarcerated youth. One of them is Youth for Christ, which provides mentorship and help in finding a job when young people get out of jail. However, the biggest deterrent to even getting into drugs and crime in the first place is a loving family.

	<u>PUBLIC REPORT #032116</u>	28:30	13:15	L	PA/O	3/21/16	3:30 PM
	This segment was repeated on the following dates:					3/22/16	1:30 AM

Elizabeth Hamilton interviews Erin Summa, Center for Child Safety, Mary Bridge Children's Hospital. Problem: The Child Safety Center at Mary Bridge Children's Hospital focuses on the prevention of unintentional childhood injuries. Problem: The leading cause of child injuries in the home is falling out of open windows. Other household hazards include electrical, such as wall outlets and electrical cords; hazardous contents of cabinets and drawers; household poisons; furniture that can fall on a child, such as TV sets; unsafe sleeping situations, such as cribs crowded with blankets and toys; and water hazards, such as toilets and bathtubs. Solution: Get on your kid's level. Look at the world from their point of view and you're going to see hazards that you wouldn't see any other way. Place covers on outlets and hide electrical cords, put locks on cabinets and drawers, bracket furniture to the wall so it doesn't fall over, keep furniture away from windows, place locks on toilets seats, and never leave a child unattended in a bath tub. Know the ABCs of safe infant sleep – Alone, on their Back, in a safe Crib. The crib should have a firm mattress, tightly fitted sheets, no pillow, no blanket, no soft toys. Moving the baby from sleeping on its tummy to its back has cut the risk of SIDS by more than half.

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YOUTH	<u>PUBLIC REPORT #032116</u>	28:30	13:15	L	PA/O	3/21/16	3:30 PM
		This segment was repeated on the following dates:				3/22/16	1:30 AM

Tanny Jackson interviews Kenneth Morris, Damascus Ministries. Problem: Problem: Fathers are almost always 100% absent, so incarcerated youth primarily grow up with only a mother to guide and provide for them. A boy learns to become a man, and learns about girls, through his father or another responsible man. A girl learns to become a woman, and learns about boys, through her mother or another responsible woman. If the boy or girl doesn't have a mentor, it's destruction for the child. Why are there no fathers? Generally, fathers leave because they have no commitment to their child's mother. The mother and father are almost never married. It's also fairly typical for fathers to leave because of domestic violence. Boys and girls in these situations often turn to drugs so they don't feel the pain of the things they've lost. Solution: First, we must understand that we can't fix the family. But we can help the children who are incarcerated. Kids want adult approval and guidance, someone they can talk with. Adult mentors are working inside jails and prisons with great success. Various organizations are working with kids outside of jail, such as 180, a coalition of such organizations, and Union Gospel Mission. But even before it gets to that, parents need to look at their child and look at themselves. They must ask questions of themselves, "Am I contributing something destructive to my child?" "Am I really paying attention?" "Do I really love my child?"

	<u>PUBLIC REPORT #032816</u>	28:30	13:15	L	PA/O	3/28/16	3:30 PM
		This segment was repeated on the following dates:				3/29/16	1:30 AM

Elizabeth Hamilton interviews Erin Summa, Center for Child Safety, Mary Bridge Children's Hospital. Problem: Problem: 93% of parents are using a car seat incorrectly, while 80% of them think they are using it correctly. Solution: State law has increased the length of time children need to use the various kinds of car seats. Up to the age of 2, children must use a rear facing seat in the backseat of the car. Above the age of 2, they can use a front facing seat. At the ages of 4, 5, or 6, or when the child is mature enough, he can use a booster seat. And until the age of 13, he can sit in the backseat wearing just the safety belt. There is no one best car seat for everyone. Each seat and each car has its own rules, so make sure you are reading and following manufacturers' instructions. When buying a car seat, take your child with you and have them sit in the seat. It should fit them comfortably and securely, it should fit your car, and be easy to install. Be wary of a used car seat, especially if it has been involved in an accident or recalled. Mary Bridge offers a hot line and periodic free inspections of car seats.

	<u>CBN NEWSWATCH #01262016</u>	1:00:00	5:00	REC	PA/O/E	2/26/16	12:00 PM
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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

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PROGRAM	TOPIC	SOURCE	TYPE	AIR DATE	TIME
DURATION	SEGMENT				

YOUTH

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.

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		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HEALTH	<u>PUBLIC REPORT #011816</u>	28:30	13:15	L	PA/O	1/16/16	12:30 PM
		This segment was repeated on the following dates:				1/18/16	3:30 PM
						1/19/16	1:30 AM

Tanny Jackson interviews Elaine Iron-Hunts, RN, and Louise Rushing, Mental Health Outreach Volunteer. Problem: Mental health illnesses are characterized by an inability to cope with day-to-day living. Sometimes a mentally ill person has hallucinations (hearing voices or seeing things other people can't hear or see), delusions (loss of touch with reality). Hallucinations and delusions can also involve tactile or olfactory sensations. Solution: Because someone seems a little different from "ordinary" people, it doesn't indicate mental illness. Diagnoses must be made by a medical practitioner. When the diagnosis is mental illness, the family should get connected with mental health services or outpatient psychiatric treatment for the patient and support groups for the family.

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		This segment was repeated on the following dates:				1/18/16	3:30 PM
						1/19/16	1:30 AM

Tanny Jackson interviews Elvera Bakumets, Home Care Aide and Medical Translator. Problem: People who cannot completely take care of themselves need assistance in living a better quality life. Many of the elderly who don't speak English depend on medical translators to help them understand doctor and hospital visits. Solution: In-home care can range from minimal care to 24-hour care. Most patients are elderly, but some are younger, even in their 20s or 30s, depending on their health issues. Home care is often preferred over hospital or nursing home care in that the patient's surroundings are comfortable and familiar. Home care aides can provide limited medical care and physical therapy, particularly in the areas of diabetes, heart problems, and arthritis, but also help with house cleaning, shopping, cooking, transportation, and personal cleanliness and grooming. While family members who are bilingual could translate during doctor appointments, professional translators are preferred because of their knowledge of medical terms and accuracy in translating without leaving vital information out.

	<u>PUBLIC REPORT #012516</u>	28:30	13:15	L	PA/O	1/23/16	12:30 PM
		This segment was repeated on the following dates:				1/25/16	3:30 PM
						1/26/16	1:30 AM

Artonique Nelson interviews Cari Dixon, Assistant Director of Donor Resources; Dan Schmidt, Director of Donor Resources; and Jeannie Nielsen, RN., Cascade Regional Blood Services. Problem: People don't donate their blood for a number of reasons. One such reason is that they have a rare or a very common blood type and therefore their blood is not needed. Solution: This is not true. The most needed blood type is the one most needed that day. Blood collection services, like CRBS, can take from the donor exactly what is needed, either whole blood or components of blood. The shelf life of blood varies according to the components being stored. Red blood cells can be refrigerated for up to 42 days, plasma can be frozen for up to a year, and platelets can be kept for just 5 days. Red blood cells carry oxygen in the blood are useful for people having surgery and those with chronic diseases like sickle cell anemia, kidney disease, and cancer. Plasma is the liquid part of the blood and is most useful for people with clotting problems. Platelets are used for trauma patients, as well as surgery and cancer treatments.

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		This segment was repeated on the following dates:				2/15/16	3:30 PM
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Tanny Jackson interviews Elaine Iron-Hunts, RN, and Louise Rushing, Mental Health Outreach Volunteer. Problem: The leading cause of death in women is heart disease. This used to be a man's disease, but because of stress, poor nutrition, lack of exercise, poverty, and cultural differences, this is now a major cause of concern in women's health, particularly in women of color. Other high risk health issues include strokes, diabetes, and HIV. HIV is an increasing risk due primarily to unprotected sex and lack of testing. Solution: Women should maintain a relationship with their health provider, follow a health regimen that works for them, eat better, and exercise more.

<u>SWITCH ON YOUR BRAIN #001</u>	28:30	28:30	REC	PA/O/E	1/6/16	3:30 PM
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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 DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HEALTH	<u>SWITCH ON YOUR BRAIN #002</u>	28:30	28:30	REC	PA/O/E	1/13/16	3:30 PM

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	1/20/16	3:30 PM
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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 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

HEALTH

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 #014</u>	27:30	27:30	REC	PA/O/E	1/27/16	3:30 PM
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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

HEALTH 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

SWITCH ON YOUR BRAIN #015 27:20 27:20 REC PA/O/E 2/3/16 3:30 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses epigenetics. Thoughts are real things. You have such an incredible mind that right at this moment you are building these real, physical thoughts inside of your brain. And what those thoughts look like is based on what we call epigenetics. To say it very simplistically – what you are thinking is creating a signal that is actually influencing how the physical genetic expression is functioning and happening inside of your body. Your mind basically controls your brain and your body, so the genes don't just switch themselves on. They're switched on by epigenetics. We need to start seeing that the traumas of life, the hard things, the hard stuff, the suffering, the mental anguish, and the anxieties – whatever you want to call all these things – these are temporary. We mustn't medicalize misery. We mustn't turn the normal reactions of life into a pathology or a disease. This is such a wonderful truth: The fact that you are not a victim of your biology. The fact that you are not a victim of your circumstances. The fact that we can constantly change. The fact that our mind constantly changes. The brain is like a mirror that reflects what is going on inside your mind. The mind can change the brain. The way you think will change the brain. The brain is plastic and we call this neuroplasticity; neuro meaning brain, plastic meaning change. 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 SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HEALTH	<u>SWITCH ON YOUR BRAIN #016</u>	27:30	27:30	REC	PA/O/E	2/10/16	3:30 PM

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

	<u>SWITCH ON YOUR BRAIN #017</u>	27:30	27:30	REC	PA/O/E	2/17/16	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.

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HEALTH	<u>SWITCH ON YOUR BRAIN #018</u>	27:30	27:30	REC	PA/O/E	2/24/16	3:30 PM

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

	<u>SWITCH ON YOUR BRAIN #019</u>	27:30	27:30	REC	PA/O/E	3/2/16	3:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "Psychiatric Labels." Schizophrenia, bipolar depression, depression, anxiety disorders – these are labels that are defining and identifying symptoms, but not necessarily telling us what's going on. We have a tendency as humans to try and label things. But the minute you label someone, you've literally put them in a box. Labels lock you in and this is what happened with the world of psychiatric labels. You know, the psychiatric labels that we are becoming so familiar with, like OCD and anorexia, and ADHD, and post-traumatic stress disorder. These are all describing very definite things that are happening, definite things that are going on in people's minds. But the way that they've been organized and put together into the "Diagnostic and Statistical Manual" is based on symptoms as patients describe them. Experienced clinicians intuitively understand that there's a blurred line between all these labels. And despite that, they treat them as though they are distinct entities. If we look at the context and try to find the meaning behind why a person is doing what they're doing or manifesting in with mental health issues, it will be far more effective than trying to label them. There is a cry deep down inside of us and this a global cry: "Does anyone out there understand me?" We have to listen to what God says about who we are. We have to turn our view of ourselves and see ourselves through the lens of how God sees us in dealing with life. In order to be able to try and manage a problem, we always like to define it. So, a label, a psychiatric label, tries to put something into a box. And it's not a bad thing, in terms of trying to understand something because if you categorize behaviors, it is a way of understanding so that you can help people. So, a label from that perspective is not a bad thing, if the attempt is to understand deeper and to help others. Where a label becomes a big problem is when you tell people that this who you are and they absorb that into their spirit. They build a network and they say, "I am this," and they become that because what you believe you actually become. All of us are going to be completely different. We can't stick them in a box and give

HEALTH them a medication and write them off and put them in the disabled part of society. These are our people. These are our brothers and sisters, and uncles and aunts and members of our churches. We need to bring them back into Milieu (Talk) Therapy. We need to walk alongside them. We need to not judge them. We need to help them take responsibility, teach them, help them to run a disciplined life, etc.

<u>SWITCH ON YOUR BRAIN #020</u>	27:30	27:30	REC	PA/O/E	3/9/16	3:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "The Disordered Mind." The difference between a disease and a disorder is that you can control a disorder. But that is a choice. And if you choose well, you move into mental health. If you choose badly, you move into mental ill health. So, if you make a good choice, you build healthy thoughts, which generate life. If you make a wrong choice, you build unhealthy thoughts. It's not that you have a disease in your brain. It's that you have a disorder and your brain can rewire. Disorder is the result of incorrect thinking. A disordered mind is a chaotic mind filled with cluttered rogue thoughts of anxiety, worry, and all manner of fear-related emotions send out the wrong signal right down to the level of the DNA. Some research that just came out very recently from Stanford shows that instead of there being a distinct neurological pattern for each type of disorder, for example, schizophrenia would have this type of brain signature; and bipolar this type of brain signature; and anorexia this type of brain signature; and each of those having this type of genetic signature. What they've actually found is that all the different psychiatric disorders actually have the same kind of brain damage. And what's very interesting is the areas of the brain that show damage are the actual areas that follow the path of thought formation. We're thinking beings. We think all day long. We're made in the image of a thinking God. And as we are thinking, we are building thoughts. And that building of thoughts follows a certain pattern in the brain. What's important to understand now is that your thinking is so powerful that you change the physical nature of who you are. You can choose to build your brain, you can choose to destroy your brain. Your brain simply responds to the mind and the body responds to the brain. You are not a victim of your biology. You are a victor over and above your biology.

<u>SWITCH ON YOUR BRAIN #021</u>	27:30	27:30	REC	PA/O/E	3/16/16	3:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses psychotropic medications. Research shows that no one single psychotropic does any good for any brain. It actually creates a new neurological disorder. It doesn't matter what meds you have taken, what you've been told to do, you can change it with your mind. So, when we take a biomedical approach to medication, what we will see is a disease that needs a medication. But, actually, mental illness is not a disease and it doesn't need a medication. It is a very serious thing, but it's a mind disorder and it needs a different type of approach. Unfortunately, there's an entrenched myth in society. And it really is a theoretical myth that has just grown. And that is that medications are going to rebalance the brain. It also implies that the whole cause of mental disorder is biological or genetic or chemical. Unfortunately, if you look at the research, we've kind of been led to believe that a drug will actually renormalize the brain and this is really not true. What drugs do is they change the brain, and not necessarily for the better. Psychotropic drugs are things like your benzodiazepines, which are things like valium. You get your SSRIs, which are things like Prozac. And then, you get your anti-psychotic drugs that are given for things like schizophrenias. What's very interesting is that these drugs were initially stumbled on by mistake. They were developed for surgery and they saw that they had a mood-altering affect, and at that point, the world of psychiatry had mental health be classified as a disease. There's been an increase of use of psychotropic drugs and a reduction of more psychological talk-based intervention in helping people deal with mental health. Mental health is not being dealt with like it should. There's hundreds of references that you can go through and research this concept of what medication does to your brain. Once you're more informed, you then go to your doctor. You speak to your doctor. Find a doctor that will work with you and work on a plan to reduce your medications in a way that's going to work for you. You can't just reduce medications. You also have to address what is going on in your mind. Because you got there with your mind, so you're going to get out of it with your mind. Seventy-five to ninety-eight percent of mental, physical, emotional m illnesses today are coming from our thought life. So, as you are gathering that data,

HEALTH that's a decision of your mind, the decision of your mind to go and read the resources and get informed about this. That is a decision of your mind. It's also a decision of your mind to be desperate to change and to be prepared to work through the change. In the same way that your brain has structurally changed because of the medication, your brain can structurally change again because of your mind, because of your love, power, and sound mind being able to change your brain.

SWITCH ON YOUR BRAIN #022 27:30 27:30 REC PA/O/E 3/30/16 3:30 PM

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

CBN NEWSWATCH #01292016 1:00:00 5:00 REC PA/O/E 1/29/16 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. 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. 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

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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.

CBN NEWSWATCH #02012016 1:00:00 5:00 REC PA/O/E 2/1/16 12:00 PM

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

CBN NEWSWATCH #02182016 1:00:00 5:00 REC PA/O/E 2/18/16 12:00 PM

CBN News Medical Reporter Lorie Johnson Reports: Roughly 2 million people will be diagnosed with cancer this year. If you or a loved one is facing cancer, you might want to consider the treatment known as proton therapy. The treatment is not for everyone, but for some, it's an answer to prayer. Jeff Powell and his wife, Vickie, believe they dodged not one, but two bullets. First, Jeff beat prostate cancer. Second, because he chose proton therapy treatment, he avoided the miserable side effects that often accompany traditional methods. Proton therapy patients have fewer side effects because it only kills the cancer. But traditional radiation therapy works like a bullet, damaging healthy tissue as it enters and exits the body. Proton therapy, on the other hand, is like a firecracker placed inside the tumor. The explosion of radiation damages just the

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tumor, nothing else. There's no nausea, no burning and best of all, no organ damage. There are only nine proton therapy centers in all of the United States right now, but another seven are on the way. One of the newest treatment centers is The Hampton University Proton Therapy Institute in Hampton, Virginia. The location was chosen, in part, because this area of the country leads the nation in prostate cancer deaths. Craig Fieldings, 45, chose proton therapy to treat his prostate cancer. So far, he's come to the Proton Therapy Institute Monday through Friday for one month. He has one more month of treatment to go. The cost of proton therapy is about three times the cost of traditional treatment, but most insurers, like Craig's, cover the treatment. Prostate cancer patients like Fieldings aren't the only ones who benefit from this breakthrough, according to HUPTI's scientific director, Cynthia Keppel. During treatment, the patient lies in a custom-fitted brace on a machine called a gantry. In an adjoining room, technicians activate the proton beam -- no needles, no knives. The gantry room itself is fairly unremarkable. But on the other side of the wall stands the part of the gantry machine the patient never sees. It's an astounding three stories tall, weighs 90 tons and costs \$8 million. Oncologist Allan Thornton of the Hampton University Proton Therapy Institute has been using proton therapy since the early 1990s. That work means an answer to prayer for cancer patients who qualify for proton therapy. They can expect to keep more healthy tissue, while escaping certain side effects associated with conventional therapy.

CBN NEWSWATCH #02242016 1:00:00 5:00 REC PA/O/E 2/24/16 12:00 PM

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

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		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
FAMILY	<u>PUBLIC REPORT #020116</u>	28:30	13:15	L	PA/O	1/30/16	12:30 PM
		This segment was repeated on the following dates:				2/1/16	3:30 PM
						2/2/16	1:30 AM

Tanny Jackson interviews Kim Triller, Executive Director, CareNet Pregnancy & Family Services of 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.

	<u>PUBLIC REPORT #020116</u>	28:30	13:15	L	PA/O	1/30/16	12:30 PM
		This segment was repeated on the following dates:				2/1/16	3:30 PM
						2/2/16	1:30 AM

Tanny Jackson interviews Kim Triller, Executive Director, CareNet Pregnancy & Family Services of Puget Sound. Problem: Women who find themselves with an unplanned pregnancy face a number of challenges, in addition to the three mentioned above. 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.

	<u>PUBLIC REPORT #022916</u>	28:30	13:15	L	PA/O	2/27/16	12:30 PM
		This segment was repeated on the following dates:				2/29/16	3:30 PM
						3/1/16	1:30 AM

Tanny Jackson interviews Barbara Wiley, Kinship Coordinator, Renton Area Youth & Families; Jennifer Louch, Project Coordinator, King County Kinship Collaboration; and Helen Sawyer, King County Kinship Navigator. Problem: Kinship care is where relatives care for the children of family members, as opposed to foster care where there is no blood relationship between caregivers and children. Over 53,000 children in the State of Washington are cared for by relatives, with 44,000 of those relatives being grandparents. However there is a disparity between kinship and foster care. Foster parents receive more resources from the state, such as financial support, housing reimbursement, and legal and medical care, while kinship parents receive far less. Solution: The outcomes of kinship care seem to be more positive than foster care. Relatives and the children already know each other, and they know the family structure, so there is a vested interest in the welfare of the children. There are a number of groups trying to address this disparity, the primary one being Kinship Navigator. Kinship caregivers can apply for the Child Only program which is based on income. There is a bill currently before the State Legislature that would base financial considerations on criteria other than income.

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		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
FAMILY	<u>CBN NEWSWATCH #01142016</u>	1:00:00	5:00	REC	PA/O/E	1/14/16	12:00 PM

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

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		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HOUSING	<u>PUBLIC REPORT #020816</u>	28:30	13:15	L	PA/O	2/6/16	12:30 PM
	This segment was repeated on the following dates:					2/8/16	3:30 PM
						2/9/16	1:30 AM

Tanny Jackson interviews Eric Dunn, Staff Attorney, Northwest Justice Project. Problem: King County is experiencing its highest period of rent increases in history, behind New York City and San Francisco nationally. In the early 1980s the State Legislature passed a statewide ban on rent control ordinances, so cities don't have the ability to do anything about rent increases legislatively. Landlords often interpret housing policies rather rigidly, so they don't always take extenuating circumstances into consideration when considering applicants for housing, such as being a victim of domestic violence, sexual assault, or stalking. Other problems involve multiple screening fees and similar or same names in court records. Section 8 vouchers often don't provide enough of a subsidy for limited income people to live in more desirable areas. Solution: The laws are complicated, making it difficult for people to address problems themselves. People who feel they've been wronged can contact the state's civil right enforcement agencies, or call the Justice Project's hotline.

	<u>PUBLIC REPORT #031416</u>	28:30	13:15	L	PA/O	3/15/16	1:30 AM
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Elizabeth Hamilton interviews Steven Le, Coordinator/Educator, Tenants Union of Washington. Problem: Problem: One of the biggest problems in rental housing is that landlords won't do repairs. Another problem is difficulty in breaking a lease. Solution: Regarding repairs, renters must educate themselves as to the proper procedures to follow. All requests for repairs must be made in writing. By law, the landlord has 24 hours to respond if the repair involves heat, water, electricity, or an immediate hazard to life. The landlord has 72 hours to respond if major appliances or plumbing fixtures are involved, and 10 days to respond to all other repair requests. The landlord is not responsible for cosmetic repairs, such as painting, carpet cleaning, or tenant-caused damages. If the landlord does not respond, renters must be current with their rent. They can legally (1) break the lease and move, or (2) make the repair themselves or have someone make the repair for them, deducting the cost of the repair from the next month's rent. There are only four reasons why a renter can break his lease without penalty – (1) domestic violence, (2) unmade repairs, (3) called to military duty, or (4) threatened by a neighbor or landlord with a weapon in that person's hand and a police report has been made. The path of least resistance to breaking a lease is mutual determination, such as paying the termination fee as spelled out in the contract.

	<u>PUBLIC REPORT #032916</u>	28:30	13:15	L	PA/O	3/28/16	3:30 PM
	This segment was repeated on the following dates:					3/29/16	1:30 AM

Elizabeth Hamilton interviews Steven Le, Program Tenants Union of Washington. Problem: Problem: Many people are not aware of their rights as tenants. There is no governing body that enforces landlord/tenant rights. Most rights are self-enforced. Seattle is having a housing crisis now, with over half of residents renting. Solution: It is important to get educated about the issues so you can assert yourself. Know the difference between term tenancy and month-to-month tenancy. In term tenancy, the rental agreement is for a specific time, such as a year. This arrangement provides a great deal of security in that the rent cannot be increased and the tenancy generally be terminated until the end of the lease. In month-to-month tenancy, the tenant continues to rent until one party approaches the other about terminating the tenancy. There is much less security in this arrangement, since the rent can be increased and the tenancy can be terminated by either party at any time. The Tenants Union of Washington has a hotline and walk-in clinics to help tenants understand these and rights.