

TRINITY BROADCASTING OF WASHINGTON  
QUARTERLY REPORT  
JULY, AUGUST, SEPTEMBER 2017

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

FOR

JULY, AUGUST, SEPTEMBER 2017

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

CRIME  
FAMILY  
HOMELESS  
HEALTH  
HOUSING  
MINORITY

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 2017

QUARTERLY REPORT

	PROGRAM	TOPIC					
	DURATION	SEGMENT	SOURCE	TYPE	AIR DATE	TIME	
CRIME	<u>PUBLIC REPORT #050117-A</u>	28:30	12:39	L	PA/O	7/10/17	3:30 PM
	This segment was repeated on the following date:					7/11/17	2:00 AM

Elizabeth Hamilton interviews James and Lynda Sherrod, It's Not Over Yet Prison Ministry. Problem: Often a prisoner is cut off from their spouse or family because of the family's feeling that the prisoner is not going to straighten up. Prisoners want approval from their loved ones, but because of this rejection, they lose hope and become depressed. Solution: Prisoners need hope. They need reconciliation with their families. They need to feel that their life doesn't have to be over, even though they're lost a loved one or family. The goal of It's Not Over Yet Prison Ministry is to bring hope and reconciliation, to provide the support system prisoners need once they are released from prison.

	<u>PUBLIC REPORT #050117-B</u>	28:30	12:57	L	PA/O	7/10/17	3:30 PM
	This segment was repeated on the following date:					7/11/17	2:00 AM

Elizabeth Hamilton interviews James and Lynda Sherrod, It's Not Over Yet Prison Ministries. Problem: Once prisoners are released from prison they are bombarded by old friends and old habits. They often have problems finding a job. Solution: It's Not Over Yet Prison Ministry attempts to equip men and women while they are still in prison for the day when they are released. An ex-con himself, James hires former prisoners for his yard maintenance company. He teaches them how to use the equipment and how to become established on their own. He and his wife give them the support and the love they so desperately need. James also teaches those who are interested how to write and how to compose music, skills he learned while in prison.

	<u>PUBLIC REPORT #022717-A</u>	28:30	13:00	L	PA/O	7/24/17	3:30 PM
	This segment was repeated on the following dates:					7/25/17	2:00 AM

Artonique Nelson interviews Jimmy James, Executive Director, and James Allen, Assistant Director, B.E.S.T. (Being Empowered thru Supportive Transitions). Problem: The recidivism rate at King County prisons is 70%. The biggest challenge facing men in prison is being put down, that they are only a number, that they are not going to make it. Prison release systems are not designed to lower recidivism. Prisoners are demoralized when they come out. They are given \$40 and the clothes on their back. That's all. Furthermore, they are stigmatized when the community says to them, "You're no good, we don't want you to live in our apartment or our neighborhood." It's no surprise that 70% end up getting involved in crimes and going back to prison. Solution: We need to help them to transition from prison to community life. The community must learn to accept them in terms of employment, housing, education. They've paid their debt, now they just want to change their lives. We need to get them involved in a church, a "fellowship of the saints," where they can find strength and encouragement. We must be there for these men who have no hope. We must love them and accept them back into the community.

	<u>PUBLIC REPORT #022717-B</u>	28:30	14:10	L	PA/O	7/24/17	3:30 PM
	This segment was repeated on the following date:					7/25/17	2:00 AM

Artonique Nelson interviews Jimmy James, Executive Director, and James Allen, Assistant Director, B.E.S.T. (Being Empowered thru Supportive Transitions). Problem: Men who come out of prison after years of being locked up often suffer culture shock. Solution: Mentoring is very important. These men (and women) need someone to support them, to walk with them, to let them know it's going to be okay. To be more specific, they need friends who will give them a ride to the grocery store or the doctor's office, who will help them fill out application forms, who will mentor them even in getting a driver's license. The B.E.S.T. program partners with other community organizations to help these former prisoners. The goal is not to enable them, but to help them get back into society.

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	PROGRAM	TOPIC	SOURCE	TYPE	AIR DATE	TIME
		SEGMENT				
	DURATION	DURATION				
CRIME	<u>PUBLIC REPORT #022017</u>	29:30	L	PA/O	9/4/17	3:30 PM
		This segment was repeated on the following date:			9/5/17	2:00 AM

Tanny Jackson interviews David and Lisa Mitts, Board President and Executive Director, Destiny House Rehabilitation Center. Problem: Sex Trafficking is the second largest crime in the world and is growing. Seattle is in the top five nationally in terms of sex trafficking. At one time Seattle was the #1 city in the U.S., due to the city's location on I-5 as well as being a port city and having the infrastructure of small motels and organized crime that support this kind of activity. It used to be that the victims of sex trafficking – mostly girls – were most often kidnapped and forced into prostitution. Today, girls are forced into prostitution by parents who sell their children to pay debts (largely an overseas activity), girls who are blackmailed by criminals photographing them at parties where they are drugged and raped, and girls who are "groomed" by criminals under false pretenses. "Customers" (johns) include many different kinds of people, from truck drivers to professionals. Johns don't look at this activity as the raping of young girls. They see the girls more as the purchasing of a product. Girls are looked at merely as inventory. The average age of a newly trafficked girl is 13. Her life span is 3 to 7 years because of constantly being drugged by their pimps, having to service as many as ten partners every night, and mentally disassociated with what they are doing. Girls are things, they don't matter. They are only good for what johns can do with their bodies. Solution: Looking at the girls as victims, the biblical world view is that their lives do matter. These girls are in need of tremendous healing. Destiny House offers to bring the victims of sex trafficking into a vetted professional program where they have an opportunity to have their lives transformed by the healing power of the Lord. Parents need to know that sex trafficking is not happenstance. Those involved as recruiters and pimps are professionals. "They are really good at what they do. They know how to target unsuspecting girls, how to entice them, and how to grab them into their systems." This spring, Destiny House will begin a mentorship program for sex trafficking survivors. Lisa and David want to replicate their Destiny House model so that other cities can use that model knowing that it works.

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		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
FAMILY	<u>PUBLIC REPORT #012317-A</u>	28:30	12:52	L	PA/O	8/7/17	3:30 PM
		This segment was repeated on the following date:				8/8/17	2:00 AM

Tanny Jackson interviews Paulette Caswell, Director, Bethany Christian Services. Problem: When you discover you are pregnant, and it's not a planned pregnancy, there is a moment of shock, of uncertainty, and a feeling of "Now what?" Then "What will my parents think? What will my community think?" It's rare that there is any excitement over an unplanned pregnancy. Unplanned pregnancies are more accepted today in our society, but no so accepted in our churches, which often tend to be judgmental. Solution: We need to walk alongside these women with no judgment. Help them make a choice for their child. Let them know there are alternatives to abortion, that they can choose adoption if parenting is not an option. There is a growing movement in adoption circles to let birth moms and dads choose the adoptive parents. This is called "Open Adoption." There is naturally grief and loss in giving up a child, and Open Adoption gives birth parents a sense that their child will grow up in a loving family.

	<u>PUBLIC REPORT #012317-B</u>	28:30	12:58	L	PA/O	8/7/17	3:30 PM
		This segment was repeated on the following date:				8/8/17	2:00 AM

Tanny Jackson interviews Paulette Caswell, Director, Bethany Christian Services. Problem: Who can adopt? Anyone over the age of 18, but they must demonstrate stability, must undergo a background check, cannot have major criminal history or child abuse history. The wait from initiating contact with an agency like Bethany to finally getting the child can be long, sometimes up to five years. One of the greatest challenges facing adoption is the program the family chooses. Direct birth mother placement is the easiest and takes the shortest time, perhaps just weeks or months. The more difficult route is when the adoptive family does the choosing. This might involve the racial make-up of the child, pre-natal exposure, birth parent history of mental illness, physical health checkup, references, and legal risks. Solution: Paulette suggests that if just one family in every church were to commit to taking one child out of foster care via adoption, there would be no children waiting for a home. The church would surround the adoptive family with support in the form of babysitting, clothes, shoes, school supplies, perhaps even one home cooked meal each week. One of the greatest gifts a person, family, or church can give is love -- loving a child so he knows he wasn't rejected, and loving a birth mom through her grief and loss.

	<u>PUBLIC REPORT #052917-A</u>	28:30	15:20	L	PA/O	9/25/17	3:30 PM
		This segment was repeated on the following date:				9/26/17	2:00 AM

Elizabeth Hamilton interviews Gary Benton, Mental Health Counselor, Life Center. Problem: Why do people abuse those they love? It comes down to fear. We tend to control the people we fear. The two fears mental health counselors see most often are the fear of intimacy and the fear of abandonment. In terms of intimacy, if the spouse gets too close, the fear is that the partner will blow up. Likewise, if the spouse gets too far away, too distant, the fear is that the partner will blow up. It's a dance – back and forth – and is difficult for both persons to figure out. In terms of abandonment, most domestic violence couples break up eventually (or too often, the batterer kills the spouse), leaving the batterer with having lost a loved one. Why do women (who are most often the victim) stay in these relationships? For many reasons, including economic, feeling that she really loves him, she doesn't want divorce if she doesn't have to, and embarrassment. Solution: Marriage counseling is desirable, but not as a couple if violence is involved. In that case, group counseling for him and her separately is the best. What can a church do? Be supportive, believe the victim, and provide support groups for men and women.

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	PROGRAM	TOPIC	SOURCE	TYPE	AIR DATE	TIME
		SEGMENT				
	DURATION	DURATION				
FAMILY	<u>PUBLIC REPORT #052917-B</u>	28:30	13:15	L	PA/O	9/25/17 3:30 PM
		This segment was repeated on the following date:				9/26/17 2:00 AM

Elizabeth Hamilton interviews Gary Benton, Mental Health Counselor, Life Center. Problem: The warning signs of domestic violence involve self esteem issues, control, moodiness, and objectification, where batterers tend to objectify their spouse. It is easier to abuse an object than to abuse a person. Specific warning signs include jealousy/possessiveness, superiority, manipulation/control, punishment, disrespect of women in general, mood swings, and the abusing of animals. Solution: Both those being abused and those doing the abusing need someone to walk alongside them, listen to them, and pray with them. It would be good if every church had a mental health counselor on staff. But this is both expensive and impractical. At Life Center, 40 lay counseling volunteers have been trained to provide counseling. It is important that the body ministers to the body.

	<u>700 CLUB #07272017</u>	1:00:00	5:00	REC	PA/O/E	7/27/17 12:00 PM
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CBN News Reporter Jennifer Wishon Reports: While the world has embraced paid family leave for new moms and even dads, the U.S. is just starting to discuss whether it should be a priority and how to pay for it. But now one of the nation's most famous moms, Ivanka Trump, is throwing her weight behind making it a reality. When Young gave birth nearly two years ago she took three months off from work. Under the Family Medical Leave Act, employers are required to protect an employee's job for 12 weeks while they take time off after giving birth or adopting a child, but they don't have to pay the worker. Still, many companies like Young's do let workers use their accrued sick and vacation days. It's an important time for a mom and her baby. Research backs her up. Failure of a mom to spend adequate time with her baby early on can affect the child's health, cognitive development and behavior. Dr. Brad Wilcox is a sociologist at the University of Virginia. The United States is the only industrialized nation that doesn't guarantee moms pay while they're on maternity leave. First daughter and mother of three, Ivanka Trump, is using her role as presidential advisor to change that. During the campaign, she joined her father as he announced his plan to provide six weeks paid maternity leave to women working for companies that don't offer it. However, as President, Trump put \$10 billion in his budget proposal to pay for it. Under his plan states would be responsible for determining how much a mother gets. Sen. Marco Rubio, R-Fla., recently invited Ivanka to Capitol Hill to discuss her plans. He says lawmakers want to address the fact that many people don't have children because they can't afford to take unpaid time off from work. Still, many Republicans don't like Ivanka's plan to use tax-dollars to pay for it. On the other side of the aisle, many Democrats don't think it goes far enough. Romina Boccia is an economic expert at the Heritage Foundation. Boccia believes the federal government could make it easier for employers to come up with solutions that work for them and their employees. Across the country, state lawmakers are paying attention to the issue. California, New Jersey, Rhode Island and New York currently or will soon offer paid family leave and in Washington D.C., city council has granted workers up to eight weeks of leave with pay. That proposal is subject to Congressional approval. In the private sector, there's also a push to offer generous maternity and family leave policies in an effort to retain talent. For example, Netflix let's employees take up to a year off for a birth or adoption. Still research and public opinion seem to be colliding. And then there's the dilemma of who should pay for it: the government or private sector? The District of Columbia is taxing businesses to pay for its program. There's also this: Boccia argues offering women a special work benefit will actually hurt their chances of getting hired or being promoted. Still, Pauline Young says, take it from a mom, employers should try to be accommodating. And while Ivanka Trump will continue to use her powerful megaphone to push for paid leave, an agreement on how to get it done is still many births away.

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		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HOMELESS	<u>PUBLIC REPORT #030617-A</u>	29:30	11:41	L	PA/O	7/31/17	3:30 PM
		This segment was repeated on the following date:				8/1/17	2:00 AM

Elizabeth Hamilton interviews Jackie Blair and Lynn Ormsby of the Federal Way Day Center. Problem: A Brookings Institute report stated that poverty in the U.S. grew by 80% in the years 2000-2011. A subset of this poverty was homelessness, a rapidly increasing concern to the City of Federal Way. Solution: Members of St. Vincent de Paul Catholic Church had asked themselves, What could we do for the community? One of the answers was, Help the homeless. Church volunteers had observed at community dinners that if the homeless had an opportunity to take a shower or wash their clothes or even get a haircut, they were easier to deal with, easier to talk to, and had more to say. The Day Center concept was adopted by a church meeting attended by 300 people. As church members talked with city institutions including the City Council, State Legislative representatives, schools, police, fire, hospital and other concerned entities, a coalition was formed. Partners who came on board included other churches, the Multi-Service Center, and King County Public Health. The Day Center's primary goal was to restore dignity to the homeless by providing showers, laundry facilities, mail service, kitchen privileges, and referrals to other services.

	<u>PUBLIC REPORT #030617-B</u>	29:30	13:45	L	PA/O	7/31/17	3:30 PM
		This segment was repeated on the following date:				8/1/17	2:00 AM

Elizabeth Hamilton interviews Jancy Jaenicke and Sue Drake of the Federal Way Day Center. Problem: Through unfortunate circumstances, many people become homeless. When that happens, these "new" homeless lose not only their livelihood but also their friends and are even "shooed" away from restrooms for loitering. Solution: The Federal Way Day Center provides restrooms, food, clothes, reduced fee transportation cards, child care, healthcare, mental health counseling, and other wrap around services.

	<u>PUBLIC REPORT #052217-A</u>	28:30	14:16	L	PA/O	9/18/17	3:30 PM
		This segment was repeated on the following date:				9/19/17	2:00 AM

Sabrina Lawton interviews Leilani Miller, Executive Director, Millennia Ministries. Problem: Women are homeless for a variety of reasons, such as being victims of domestic violence or sex trafficking, losing a job, not able to afford rent, being abandoned or rejected by their family. Many are caught up in addiction issues. They are stereotyped as being lazy, dangerous, using "homelessness" as a ruse to get money. Solution: Millennia Ministries partners with churches and businesses to provide transitional and permanent housing, hotel/motel vouchers, food, clothing, job training, and educational opportunities. All clients are required to meet with a counselor, to attend educational and everyday living classes, and to figure out what their talents are, their "giftings." We should let the homeless know that we care for them by acknowledging them, looking them in the eye, smiling, and praying for them. We should teach homeless women who they are in Christ and what Christ wants for their lives. God has a plan for their lives.

	<u>PUBLIC REPORT #052217-B</u>	28:30	12:39	L	PA/O	9/18/17	3:30 PM
		This segment was repeated on the following date:				9/19/17	2:00 AM

Sabrina Lawton interviews Leilani Miller, Executive Director, Millennia Ministries. Problem: Most homeless women don't know where to turn for help. Solution: It is important that we as individuals show the homeless that we care for them. We need to accept them as persons. We should not judge them, but be obedient to what God has called us to do and let the Holy Spirit do the convicting and transforming. Organizations should address the real needs of homeless women and their children, such as the depression and hopelessness that lead to homelessness. Christ is the only way out of homelessness.



QUARTERLY REPORT

	PROGRAM	TOPIC	SOURCE	TYPE	AIR DATE	TIME
	DURATION	SEGMENT				
		DURATION				
HEALTH	<u>PUBLIC REPORT #013017-A</u>	28:30	13:54	L	PA/O	6/26/17 3:30 PM
	This segment was repeated on the following dates:					6/27/17 2:00 AM
						8/14/17 3:30 PM
						8/15/17 2:00 AM

Tanny Jackson interviews Elaine Irons-Hunt, R.N., Community Health Nurse. Problem: The reproductive cycle in females begins with puberty and ends with full menopause. Menopause usually begins between the ages of 45-55. At full menopause, when monthly periods have ceased for 12 full months, the body has stopped producing hormones. This often results in hot flashes, night sweats, vaginal dryness, urinary urgency, difficulty sleeping, emotional changes such as irritability and mood swings, and mild depression. Solution: A woman going through menopause should continue to exercise, to have a healthful diet, and get enough rest. It is also desirable to have a support system. In some cases, hormone replacement might be suggested by your doctor.

	<u>PUBLIC REPORT #013017-B</u>	28:30	13:21	L	PA/O	6/26/17 3:30 PM
	This segment was repeated on the following dates:					6/27/17 2:00 AM
						8/14/17 3:30 PM
						8/15/17 2:00 AM

Tanny Jackson interviews Elaine Irons-Hunt, R.N., Community Health Nurse. Problem: Seniors are living longer. The elderly used to die in their 50s and early 60's, but now it is not uncommon for people to celebrate their 100<sup>th</sup> birthday. However, living longer leads to health changes and increased incidences of disease. Behavioral/physical changes include cognitive abilities (thinking processes and memory), vision, hearing, mobility (falls), the loss of independence, deaths of loved ones and friends, and not feeling valued any more. In terms of health, 92% of seniors have at least one chronic disease, and 77% have a least two. The most common and costly diseases include heart disease, strokes, cancer, diabetes, and depression. Solution: How can we best serve our aging adults? We need to encourage younger people to exercise, eat nutritionally, and get proper rest, so these habits will carry over into their senior years. We should allow the elderly to live where they feel most comfortable, such as in their homes, by providing meals, home health care, and social encounters that fit their lifestyles. We should allow them to make their own decisions, but still help them with their finances and legal questions, and most of all with their spiritual needs.

	<u>PUBLIC REPORT #021317-A</u>	28:30	14:10	L	PA/O	7/3/17 3:30 PM
	This segment was repeated on the following dates:					7/4/17 2:00 AM
						8/21/17 3:30 PM
						8/22/17 2:00 AM

Tanny Jackson interviews Racheda Hatchett, Community Health Nurse. Problem: Problem: First time moms are new to the whole idea of being pregnant and having a baby. They have so many questions. They wonder about being nauseous or vomiting, how to keep themselves and their new baby healthy. For a variety of reasons, many young single girls do not have a mother of their own to talk with. Some had mothers who were addictive, or abandoned them, or rejected them in some way. As a result many have been homeless, or couch surfed, or come from foster care. Solution: First time moms need reassurance about their pregnancy and what happens after they have the baby. The woman's mental health affects the baby. Having a positive attitude is powerful. Even when the baby is still in the womb, it is good to read, sing, or talk to the baby. The baby's father should be included. He should know that his role is just as important as the mother's role. A woman can't teach a girl what a man is like and how he should treat his daughter. Only a man can do that. Only a man can teach his son what it means to be a man. Both mother and father should realize that pregnancy is a miracle. It may be difficult. But you will get through this – step by step, hour by hour, day by day.

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		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HEALTH	<u>PUBLIC REPORT #021317-B</u>	28:30	13:00	L	PA/O	7/3/17	3:30 PM
	This segment was repeated on the following dates:					7/4/17	2:00 AM
						8/21/17	3:30 PM
						8/22/17	2:00 AM

Tanny Jackson interviews Racheda Hatchett, Community Health Nurse. Problem: Not all new mothers experience mood disorders, but some do even when they are mentally healthy. Post partum mood disorders include depression (the "baby blues"), anxiety, and in extreme cases psychosis. The baby blues stage is where women feel "icky." They don't feel good, they don't feel motivated, yet they can still get up and get things done. The anxiety stage is where the new mother doesn't want to hold her baby or even be around it. She says she doesn't even love her baby. She blames the baby for all her problems. The most serious mood disorder is psychosis where the mother tries to kill the baby, sometimes in gruesome ways. Solution: New mothers need to be open with their nurses. By knowing the symptoms and feelings a woman is going through, a nurse has a good idea of how serious the mood disorder might be. That opens the door to treating the problem by working with a doctor specializing in post partum mood disorders. New mothers need to know that God is with them. If you will reach out to Him, He will reach out to you. You don't have to go through your mood disorder alone.

DR. LEAF SHOW #000027                      27:30                      27:30                      REC                      PA/O/E                      7/12/17                      3:30 PM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Avery M. Jackson, III, a board-certified neurosurgeon, and a Christian, to discuss how prayer activates your brain and benefits the people you pray for. Ninety-nine percent of his patients are more than happy to pray prior to surgery, and more often than not, when they believe, it had a very calming effect on the patients and the families very much are touched. Dr. Avery explains that prayer is a form of conversation with God in various ways. When we pray and the spiritual energy of God moves from the throne of Grace, it changes whatever it hits and that change physically results in structural change in our brain. Dr. Leaf shared that it has been found that twelve minutes of daily focus prayer over an eight-week period can change the brain to such an extent that it can be measured on a brain scan.

DR. LEAF SHOW #000028                      27:30                      27:30                      REC                      PA/O/E                      7/19/17                      3:30 PM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Avery M. Jackson, III, a neurosurgeon and spinal surgeon, and Dr. Jeffrey Schwartz, a neuroscientist and psychiatrist, to discuss taking responsibility for our thought lives. Dr. Leaf explains that only a few decades ago scientists considered the brain to be a fixed and hardwired machine. This view saw the damaged brain as incurable and the focus was compensation and not restoration of function. However, research shows that we can change the physical nature of our brain through our thinking and choosing as we consciously direct our thinking. We can wire our toxic patterns of thinking and replace them with healthy new thoughts - and new thought networks grow. We can increase our intelligence and bring healing to our minds and physical bodies. It all starts in the realm of the mind with our ability to think and feel and choose. Not everyone is aware of the power they have because we are so conditioned by society and the media. Dr. Jeffrey recommends taking time for reflection. Learn how to veto some of the onslaught of sensory information, sensory overload that floods your brain. Learn how to make choices and decisions. That is the power of the mind, choices and decisions about what to focus on in consultation with the wise advocate, your Holy Spirit.

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HEALTH	<u>DR. LEAF SHOW #000029</u>	27:30	27:30	REC	PA/O/E	7/26/17	3:30 PM

Today on the Dr. Leaf Show, Dr. Caroline Leaf asks the question: "If love is the most powerful force in the world, then why does communication between man and woman often feel more like war than love?" Nowhere is this more painfully evident than in the relationship designed to be filled with love, the bond between a husband and a wife. Divorce, separation, and ugly breakups leave lasting wounds that take time to heal, wounds that go beyond the man and the woman and impact the entire family as a whole. Because God created families as the foundation of society, it's not an overstatement to say that the future of the world depends on our ability to love and understand one another. Dr. Leaf and her guests, her husband Mac, and good friends, Mel and Desiree Ayres, discuss some of the challenges they experienced in their marriage as well as pearls of wisdom. Dr. Leaf explains that God has called us to help each other and that understanding male and female brain differences can help us to immerse each other in love.

	<u>DR LEAF SHOW #000019</u>	27:30	27:30	REC	PA/O/E	8/9/17	3:30 PM
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Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Avery M. Jackson, III, a board-certified neurosurgeon, with complex spine fellowship training, to discuss Osteoporosis. There are two types of Osteoporosis. There's primary osteoporosis and then there's secondary. Primary osteoporosis is specifically when there's a change in menopause, postmenopausal. Secondary osteoporosis is due to diabetes. Inactivity is another. Lifestyle choices such as smoking, and drinking alcoholic beverages, can also cause osteoporosis. There's a whole host of other disease processes that can cause secondary osteoporosis, like thyroid issues. Certain medications are very helpful that are anabolic or that help to build bone. But, likewise, you can really focus on the diet side and exercise. Your diet, your exercise and your water intake are really important pieces.

	<u>THE PERFECT YOU #000031</u>	27:30	27:30	REC	PA/O/E	8/16/17	3:30 PM
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Today on The Perfect You a Blueprint for Identity with Dr. Caroline Leaf, Dr. Leaf asks the question, "Do you understand you?" We're not a product of blind, evolutionary forces. We are designed. We're in a world that encourages us to actually try to be like someone else in order to be successful. If we try and be someone else, you make a lousy someone else. We actually cause confusion inside of ourselves; creating conflict because we are going against the natural design of who we are. You are not defined by where you are now, or where you have been, but where you will be. God understands you and if you look at scripture in Ecclesiastes 3:11 it says that God has laid a piece of eternity in us, a divine sense of purpose, and that we're made in God's image. So many scriptures confirm that we have been perfected in Christ and in Him we have our perfection. Dr. Leaf calls it the "Perfect You Concept" where we have this eternal nature made in God's image that is a perfect you nature. There is something you can do that no one else can do because you are unique. "Unique" means: stand alone or set apart. Science shows that this uniqueness is a part of our design. You stand alone. There's no one like you. You have influence over your destiny. Choice is very, very fundamental in activating your perfect you, and it's a lifelong process. The perfect you concept gives you the tools to actually self-examine so that you can learn how to self-reflect, become self-regulatory, and become more aware of your thought life. This also helps you to answer Jesus' call because you have a call on your life.

QUARTERLY REPORT

	PROGRAM	TOPIC		SOURCE	TYPE	AIR DATE	TIME
		DURATION	SEGMENT DURATION				
HEALTH	<u>THE PERFECT YOU #000032</u>	27:30	27:30	REC	PA/O/E	8/23/17	3:30 PM

Today on The Perfect You a Blueprint for Identity with Dr. Caroline Leaf, Dr. Leaf discusses what the concept of subjective experience feels like, and this difference between us, and how we can actually mess this up by going down our own pathway, or enhance this by stepping into the perfect you and operating like we should. When we say, "This is how I feel," we also need to check and self-examine the "what you're feeling" because sometimes it's a toxic thing that you've got used to thinking and feeling that way. In science, it is called automatization, which is a fancy word for forming a habit. Increase your awareness of your difference. You're different and that difference is fantastic. Difference is not a value judgment. Difference is something to celebrate. As you celebrate and become interested in someone else's experience, you enhance your own perfect you functioning and your own brain health. You actually grow brain cells. You increase your intelligence.

	<u>THE PERFECT YOU #000033</u>	27:20	27:20	REC	PA/O/E	8/30/17	3:30 PM
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Today on The Perfect You a Blueprint for Identity with Dr. Caroline Leaf, Dr. Leaf discusses how the brain can change. She shares how, back in the eighties, it was believed that the brain could not change. She and other scientists began researching the fact that the brain can actually change as the result of the mind. The mind is separate from the brain and the mind can change the brain. This whole concept of renewing our mind goes hand in hand with the scientific concept of neuroplasticity. "Neuro" meaning brain." "Plastic" meaning change. So when you are in the perfect you, you are actually changing your brain in the right direction. The converse applies and it's called "the plastic paradox." When you get out of your perfect you, you change your brain the wrong direction and create a lot of confusion and conflict in you because it's supposed to stay in your perfect you. You don't have to get stuck in the toxicity, in the problem, you can get out of them. You can change your brain. The brain simply does what the mind tells it to do.

	<u>THE PERFECT YOU #000034</u>	27:30	27:30	REC	PA/O/E	9/6/17	3:30 PM
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Today on The Perfect You a Blueprint for Identity with Dr. Caroline Leaf, Dr. Leaf discusses how you are unique. There is a scientific body of research that confirms that you are unique. Scientists have been challenged by the fact that every single person has their own unique way of thinking. The thoughts that you actually build inside your brain are completely unique and different to everyone else. The perfect you concept is that you have a perfect you, that you have this eternal nature that is perfect and it is specific to you and it acts like a filter. It exists because God already created it. However, because we have free will, we go through life using our free will learning about our perfect you nature. So, we literally have to press in to what is actually calling us. Like gravity pulls things toward itself, our perfect you nature is pulling us towards ourselves. The perfect you is how you uniquely think, feel, and choose in your perfect state. It's like this filter that gives you your own unique perception. The result of being out of the perfect you is toxic thinking. When you think correctly, you actually build healthy thoughts. Scripture in the book of Acts says in Him we live, move, and have our being. And that makes so much sense when it comes to the perfect you because to get to know the perfect you, you have to get to know God and vice versa. You're getting to know yourself and you're getting to know God by recognizing that your perfect you is in Him. We're made in His image.

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		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HEALTH	<u>THE PERFECT YOU #000035</u>	27:00	27:00	REC	PA/O/E	9/13/17	3:30 PM

Today on The Perfect You a Blueprint for Identity with Dr. Caroline Leaf, Dr. Leaf discusses how if you can understand the spark of the divine in you and start getting a glimpse of that, it will transform the way that you actually function. Research shows that there are only two types of emotion; love emotions or fear emotions. We know that in the perfect you, that's where the love emotions are going to be. We know that in the imperfect you, that's the opposite, and it's the fear emotions. Because emotions give things color and flavor and gives it a lot of power and energy, it impacts how you feel and how other people feel. So, the more you think about something and the more you grow that thought, the stronger the attitude of the thought becomes. So, we need to be very careful what we're thinking about all the time. We also need to recognize that attitudes don't control us. We control our biology. We control our attitude. Attitudes are real and no thought is harmless. Mental ill health is not a disease. You actually can change the situation.

	<u>THE PERFECT YOU #000036</u>	27:00	27:00	REC	PA/O/E	9/20/17	3:30 PM
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Today on The Perfect You a Blueprint for Identity with Dr. Caroline Leaf, Dr. Leaf discusses how you can learn to get your emotions under control. Research shows that 75-98% of all illnesses come from our thought life. Our thinking in the perfect you becomes essential in creating the correct environment for our body. Science is actually showing what Philippians 4:8 talks about -- think on these things, good, pure, true, -- all that good stuff actually changes the environment. So, epigenetics is literally that Philippians scripture in action. Why should you control your toxic emotions? Because you're causing brain damage. You can fix the brain damage by fixing your thoughts. Why don't you be proactive and actually capture those toxic emotions and toxic thoughts before they become a problem? Be aware of your emotional reactions. Focus on your feelings and evaluate if they are toxic or if they are healthy. Are they in the perfect you or the imperfect you? Evaluate and write down how often you are in a toxic state and how you feel in that state, as well as the positive.

	<u>700 CLUB #07282017</u>	1:00:00	5:00	REC	PA/O/E	7/28/17	12:00 PM
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CBN News Reporter Amber C. Strong Reports: Lyn Balfours' story is all too common. She has spent 27 years with the U.S. Army and is a Bronze Star recipient. She was a soldier's soldier – until her last tour, when something happened. She returned to the states and didn't tell a soul, not her superiors, not even her husband. Balfour began to pick up the pieces of her life, leaving the pain behind or so she thought. So, her life when on. Balfour took a job, began raising baby Bryce and tried to ignore the nagging presence of anxiety and depression. But matters took a devastating turn when a break in her normal routine led to tragic consequences. Despite Balfour's attempts at CPR, it was 66 degrees that day in Virginia and baby Bryce had died. Balfour was tried and later cleared of 2nd degree murder charges. After the trial, she visited a doctor and figured out the one thing that was causing her depression, anxiety, and need for a regular routine to avoid stress. She was diagnosed with severe complex post-traumatic stress disorder (PTSD), something she apparently had been battling since that sexual assault years earlier. She says her PTSD possibly led to her inability to deal with the stress of that day. PTSD – four letters that have changed the lives of our nation's veterans. It affects each person differently. For some, it causes anxiety or a lack of interest. For others, it means a need for routine, uncontrollable anger, forgetfulness and suicidal thoughts. Ret. Lt. Colonel Robert Vicci is the CEO of VetRest, a faith-based non-profit group helping to treat the effects of the disorder that claims so many lives. Those vets are then linked with fellow veterans to directly address the root cause of their PTSD. In addition to counseling, Vicci also uses faith as a means of healing. But VetRest and other groups like it can't help so many vets alone. Vicci says federal regulations keep some veterans from getting the help they need from the government. Veterans Affairs Secretary Dr. David Shulkin said he is working to overturn the regulations that let certain vets slip through the cracks. But discharge status isn't the only thing keeping vets from getting help from the VA. There are also problems with backlogs and Shulkin also pointed to a disconnect between the health record system kept by the Department of Defense and the VA. Shulkin has streamlined that system by making sure both departments are using the same

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record keeping software. The White House is cracking down on corruption inside the VA and says that veteran suicide is its top clinical priority. On Capitol Hill, a new bill will make it easier to get rid of bad employees inside the VA. The VA Accountability and Whistleblower Protection Act will cut down on the red tape that helped cultivate the culture of dysfunction. That bill passed with bipartisan support. Vicci is praising those changes. In the meantime, groups like VetRest will continue to fill the gaps to make certain vets get the help they need. Balfour is now a chapter director of VetRest. She says she will never forget that fateful day in Virginia and she has made it her new mission to warn parents about the dangers of hot cars and warn the world about the harrowing effects of PTSD.

700 CLUB #08022017 1:00:00 5:00 REC PA/O/E 8/2/17 12:00 PM

CBN News Reporter Lorie Johnson Reports: If you drink or eat anything with artificial sweeteners, you might want to reconsider. New research shows they can hurt our brains and heart, and believe it or not, don't even help us lose weight. Sadly, our country's weight problem is only getting worse. The U.S. Centers for Disease Control and Prevention reports a staggering 71% of adults qualify as overweight or obese. That translates into increased rates of various health problems such as heart disease, cancer and diabetes. It's not just America. In June, The New England Journal of Medicine reported much of the entire world is getting fatter . . . and paying a price: Four million deaths, 60% caused by obesity, and the other 40% from "just" being overweight. Experts say the root cause of the weight problem can be summed up in one word: sugar. Most Americans consume more than 150 pounds a year, often hidden in foods you'd never expect and obvious in others. For example, just one can of soda contains more than nine teaspoons of sugar. With that in mind, it's no wonder so many people turn to diet sodas containing zero-calorie artificial sweeteners in an effort to reduce their sugar intake. But that's a bad choice for a number of reasons. A new study out of Boston University revealed people who drink diet soda have three times the risk of developing dementia and having a stroke, and that's people who drink just one a day. Cleveland Clinic's Chief Wellness Officer, Dr. Michael Roizen, author of the book, Age Proof, advises people to avoid diet sodas as well as the hundreds of other products containing fake sugar. Dr. Roizen believes the main problem with artificial sweeteners such as aspartame, saccharine and sucralose is that they can disrupt our internal microbiome, also known as our gut flora. Dr. David Perlmutter, a neurologist and author of Brain Maker says artificial sweeteners throw-off the delicate balance of good and bad bacteria. He says when that happens, our minds suffer the consequences. Perlmutter recommends boosting good gut bacteria for optimal brain health. That involves avoiding artificial sweeteners. It also means consuming probiotics, which can be found in supplements as well as in foods such as yogurt and fermented vegetables such as kimchee. Perlmutter also suggests consuming pre-biotics to nurture the good bacteria. They can be found in supplements as well as foods like dandelion greens and jicama. People consume artificial sweeteners to control their weight. But believe it or not, a number of scientific studies reveal they actually cause us to gain weight. One reason goes back to the gut. Nutritionist J.J. Virgin, author of The Sugar Impact Diet says the artificial sweeteners Stevia, Xylitol, Erithrotol and Monk Fruit (also called Lo Han) appear to be much healthier choices than the others, especially when it comes to our gut health. However, she cautions even the healthiest artificial sweeteners can lead to weight gain. Not only that, but our DNA plays a role in artificial sweeteners leading to weight gain. Genetics predispose an estimated three-fourths of people to have an addiction to sweets. Put simply, that means among three out of four people, the more artificial sweeteners they consume, the more they crave all sweets, fake and real. With that in mind, health experts say the best plan is to turn off the sweet tooth. Do that by removing sweet from your taste buds altogether. Dr. Roizen said it's not as difficult as it sounds. J.J. Virgin proved this theory by testing 700 self-proclaimed sugar addicts. So while eating too much sugar is definitely hazardous to our health, artificial sweeteners can be just as bad for us, maybe even worse. That's why the healthiest solution is to remove all sweets from the diet, both real and fake.

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		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HEALTH	<u>700 CLUB #08282017</u>	1:00:00	5:00	REC	PA/O/E	8/28/17	12:00 PM

CBN News Reporter Lorie Johnson Reports: Just the word "Alzheimer's" can be frightening. It steals memories and is one of America's leading causes of death. However, CBN News spoke to Dr. Dale Bredesen, author of the book, *The End of Alzheimer's*, who has been researching Alzheimer's for decades. He has concluded it can be a rare disease that only few people get. The key, he says, is early testing of Alzheimer's 36 causes and a personalized approach to deal with any shortcomings. 69-year-old Sally Weinrich is one of Dr. Bredesen's hundreds of success stories. CBN News caught up with her at South Carolina home where she said her life is good again now that thanks to Dr. Bredesen's protocol, her Alzheimer's symptoms reversed. Her husband Martin says he's thrilled to once again be with the confident, intelligent woman he married. Sally is one of many patients with mild to moderate cognitive impairment to experience never-before-seen improvements thanks to a revolutionary treatment developed by Dr. Bredesen. Initially, Dr. Bredesen published his research results in peer-reviewed medical journals such as *Aging*, in which he showed significant improvement in 90% of respondents. Just like a roof with 36 holes can only work if all 36 are repaired, Dr. Bredesen says there are 36 causes of Alzheimer's that must all be addressed. His treatment centers on figuring out exactly why a person is experiencing cognitive decline and correcting those deficiencies. Sally and Martin sensed trouble when she began forgetting things like her grandchildren's names and her purse at the grocery. A test confirmed she was in the early stages of Alzheimer's. Likewise, Sally's behavior shook her husband Martin. Martin, a scientific researcher, scoured the internet for help. He found Dr. Bredesen's protocol and got Sally on board. Dr. Bredesen said Sally and Martin were wise to act quickly. Sally got what Dr. Bredesen calls a cognoscopy. That involves blood work, genetic tests and more to identify where she was and when it came to Alzheimer's 36 causes. Sally's results pin-pointed specific areas of concern. After her cognoscopy revealed the specific things that were contributing to her cognitive decline, she started a tailor-made treatment zeroing-in on a number of areas where she personally needed to change. In that case, it meant taking certain medicines, vitamins and supplements, sleeping more and worrying less. Sally started eating a ketogenic diet as part of her treatment. That means no sugar and very few other carbohydrates. Sally eliminated her exposure to certain toxins like mold and pesticides, addressed hidden infections in her body and much more. Dr. Bredesen said results can be seen fairly rapidly. When it comes to sustainability, Dr. Bredesen says patients who have been on the program for five years now are still mentally fit. So while genetics mean an estimated 75 million Americans, such as Sally Weinrich, are predisposed to have Alzheimer's Disease, Dr. Dale Bredesen says they no longer have to fear being tested because now there is something they can do about it.

	<u>700 CLUB #09132017</u>	1:00:00	5:00	REC	PA/O/E	9/13/17	12:00 PM
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CBN News Reporter Lorie Johnson Reports: 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

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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.

<u>700 CLUB #09262017</u>	1:00:00	5:00	REC	PA/O/E	9/26/17	12:00 PM
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CBN News Reporter Lorie Johnson Reports: Maybe you've heard the age-old saying, "Music has charms to soothe the savage beast." Back then, people believed in the healing power of music. Today, hundreds of years later, medical research shows they were onto something. Music therapy is now a growing part of many treatments. For example, when a massive stroke tried to take James Rodriguez's speech, the Music and Medicine program at Virginia's Sentara Healthcare helped him get it back. James belts out "Amazing Grace" and all the old hymns that bring back happy memories from his days in the church choir. We actually use more of our brain when we sing the same phrase versus when we speak it because when we are singing we have rhythm, melody, and emotion. That's how music can energize disabled parts of the mind. Patients first sing words in everyday language. James sings, "Hamburger Steak." Then immediately transitions to speaking those same words, "hamburger steak." James' wife Sandra says music therapy had made a huge difference in their lives. In fact, James now spontaneously speaks around the house. People with other brain issues also enjoy the benefits of music therapy. For example, 96-year old Mike Knutson is like a new man ever since beginning it. University of Wisconsin researchers discovered improvements in quality of life indicators like mood and memory when dementia patients like Mike would regularly listen to music. Dana Kugler, who works at Mike's nursing home, couldn't believe the change she witnessed. Mike's family noticed it too. The key to music therapy for dementia patients is making sure to choose the right music for the patient to listen to. It has to be music the patient loves. For Mike, that means the Big Band sound. Of course, other patients prefer different music: Sinatra, classical, you name it. So each patient listens to their own unique playlist. Mike's daughter noticed such a change, she took music therapy a step further. She makes music a part of each visit with her dad. They sing together, and she even gave him a harmonica for him to play just like he used to when she was a little girl. Turns out, he's pretty good. Scientists discovered listening to music we love triggers the neurological chemical dopamine, which activates our brain's pleasure center. In addition to advising his cancer patients to listen to music they love, oncologist Steve Eisenberg really goes the extra mile. With guitar in hand, he serenades them himself. As if that's not enough, the songs he sings are ones he wrote specifically for each and every patient. The lyrics are designed to inspire and encourage. One of his patients, Dawn Mannio, who's struggling with stage 4 cancer, said it was just the boost she needed at one of her lowest points in life. She is still surprised any doctor would go to such lengths for their patients. Dr. Eisenberg cites a growing number of studies proving music's value. So whether you're trying to get well or just maintain good health, music can help. It can strengthen the mind, lower blood pressure and reduce pain and anxiety.



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		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HOUSING	<u>PUBLIC REPORT #050817</u>	29:30	28:18	L	PA/O	9/11/17	3:30 PM
		This segment was repeated on the following date:				9/12/17	2:00 AM

Elizabeth Hamilton interviews Elliot Stockstad, Director of Development, Pierce County Habitat for Humanity. Problem: With rental prices soaring in many parts of the country, low income families are finding it increasingly difficult to find affordable housing. Solution: Habitat for Humanity provides affordable housing options for low income families, while giving these families strength, stability, and self-reliance. Habitat for Humanity partners with volunteers, churches, local businesses, and families in building houses, providing building materials, and oftentimes providing meals for volunteers. Applicants must show proof of some kind of financial need, they must be low income – 30-89% of the average medium income in their area -- and they must qualify for an affordable mortgage, which is no more than 30% of their monthly income. Once accepted into the Habitat for Humanity program, recipients must make a \$1,000 down payment, they must provide "sweat equity" – 500 hours of actually working on building their own house or a neighbor's house – and they must take classes to understand what it means to be a homeowner.

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		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
MINORITY	<u>PUBLIC REPORT #020617-A</u>	28:30	14:12	L	PA/O	8/28/17	3:30 PM
		This segment was repeated on the following dates:				8/29/17	2:00 AM

Elizabeth Hamilton interviews Brenda Milewski, Life Coach, Unshackled You, and Gerry Gordon, Student Minister, Life Center. Problem: The term "minority" has a negative connotation. It says that "you are not worthy, you are inferior, you are not equal" compared to others in a group or household or workplace or church. It targets race, gender, and people with disabilities. Often fueled by the media, this negativism can cause division, those who have vs those who don't have. Solution: All people need to be allowed to speak for themselves. "Minorities" don't need others to speak for them, but to be allowed to speak themselves. With God's love we can live peaceably with everyone. Everything God has created is good. Therefore, we don't have the right to be prejudiced toward any race. Not only do we need to love, but we need to listen to each other and to forgive each other. We are to hate the action but love the person.

	<u>PUBLIC REPORT #020617-B</u>	28:30	13:32	L	PA/O	8/28/17	3:30 PM
		This segment was repeated on the following dates:				8/29/17	2:00 AM

Elizabeth Hamilton interviews Brenda Milewski, Life Coach, Unshackled You, and Gerry Gordon, Student Minister, Life Center. Problem: Black people are asking the American people to respect them, that their existence is important. As it is in our society, other races are setting up the African-American race to fail. "You say we have the same opportunities and can do the same things you do, but that's not really true." Solution: "Black Lives Matter" is a cry. "It's not that other lives don't matter, but that we need to be heard." African Americans want to actually have the same opportunities as others, as in school resources and funding. They want others to listen to them. Sometimes it takes a shouting out to get attention – "Please Listen!" God can break through the hatred, the misunderstanding. All lives matter to God. He created us in His image. He wants us to love each other. "You can't go wrong in loving."