

TRINITY BROADCASTING OF WASHINGTON
QUARTERLY REPORT
JANUARY, FEBRUARY, MARCH 2015

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

FOR

JANUARY, FEBRUARY, MARCH 2015

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

CRIME
EDUCATION
CIVIC
HEALTH
ENVIRONMENT
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 FIRST QUARTER.

JANUARY, FEBRUARY, MARCH 2015

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
CRIME	<u>PUBLIC REPORT #010915</u>	28:30	13:15	L	PA/O	1/9/15	10:00 AM
		This segment was repeated on the following dates:				1/12/15	8:30 AM
						1/13/15	1:00 AM
						1/15/15	1:00 AM
						1/20/15	1:00 AM
						1/30/15	1:30 AM

Tina Lombard interviews Nick Metz, Assistant Chief; Officer Craig Williamson and his dog, Dennis; and Officer Mark Wong and his dog, Ziva; of the Seattle Police Department K-9 Unit. Problem: Crime suspects often feel they can outrun and even outsmart the police. But they are more likely to give up if they know a trained police dog is tracking them. Solution: There are certain types of activities that dogs can do better than humans, such as finding evidence, discovering explosives, and finding suspects in hiding. One dog can replace a number of humans in finding evidence or suspects and in a much shorter period of time. While Officer Wong with his patrol canine, Ziva, is used primarily by the Seattle Police Department, Officer Williamson with his explosives detection dog, Dennis, is used by county, state, and federal (ATF, Secret Service) agencies, as well as the Seattle PD.

	<u>PUBLIC REPORT #020615</u>	28:30	13:15	L	PA/O	2/6/15	10:00 AM
		This segment was repeated on the following dates:				2/7/15	1:00 AM
						2/9/15	8:30 AM
						2/17/15	1:30 AM
						2/19/15	1:30 AM
						2/24/15	1:30 AM
						2/27/15	1:30 AM

Tina Lombard interviews Phil Martin, National Director, Compassion 2 One; Anny Havland, Executive Producer, "Talk It Up TV," and Kristal Clark, Founder, Rock Paper Scissors. Problem: Human Trafficking is where people use other people to make money in the commercial sex market. Victims are predominantly teenage girls and young women. We often think that human trafficking might exist in foreign countries but "not where I live, not in my backyard." Yet it is happening in both big city and small town America. Solution: There's a long way to go in eradicating this crime, but awareness efforts are making a difference.

	<u>PUBLIC REPORT #020615</u>	28:30	13:15	L	PA/O	2/6/15	10:00 AM
		This segment was repeated on the following dates:				2/7/15	1:00 AM
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						2/27/15	1:30 AM

Tina Lombard interviews Phil Martin, National Director, Compassion 2 One; Anny Havland, Executive Producer, "Talk It Up TV," and Kristal Clark, Founder, Rock Paper Scissors. Problem: Young girls are "owned" by pimps, gangs, and organized crime, lured into the sex trade by promises of a high class life style or becoming a model. Recruiters focus on a girl's need for attention and love by building up her confidence then keeping her in bondage by threats on her life. Solution: Parents need to be involved in their daughter's life. They need to provide the love and trust their daughters crave so they aren't attracted to recruiter's lies.

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
CRIME	<u>PUBLIC REPORT #021315</u>	28:30	13:15	L	PA/O	2/13/15	10:00 AM
		This segment was repeated on the following dates:				2/14/15	1:00 AM
						2/16/15	8:30 AM
						2/17/15	1:00 AM
						2/19/15	1:00 AM
						2/24/15	1:30 AM
						2/26/15	1:30 AM
						3/3/15	1:30 AM
						3/6/15	1:30 AM

Tina Lombard interviews Nick Metz, Assistant Chief, Seattle Police Department. Problem: The solving of cold case crimes has become popular TV fare. In real life, cold crimes continue to be investigated and many of them are solved. Solution: While DNA has become extremely useful in solving cold crimes, the personal factor is still the most useful tool. Somebody – a personal friend, relative, or neighbor – knows something about a crime committee years ago. Perhaps they did not come forward at the time because of personal allegiance to the perpetrator or because of fear. Chief Metz says that turning someone in is the right thing to do. Police departments covet information, even if anonymous. They don't care about the validity of the information. They will check it out. Maybe even a small tidbit of information will lead to the solving of a crime.

	<u>PUBLIC REPORT #021315</u>	28:30	13:15	L	PA/O	2/13/15	10:00 AM
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						2/26/15	1:30 AM
						3/3/15	1:30 AM
						3/6/15	1:30 AM

Tina Lombard interviews Nick Metz, Assistant Chief, Seattle Police Department. Problem: People see a uniform, a badge, and immediately form a perception of the man or woman behind it. We all have preconceived ideas, based on how we were raised, our personal experience with the police, what we see on TV and in the movies. But those preconceived ideas often aren't reality. Solution: The public must have confidence in the police for the police to be effective in their jobs. We must know what law enforcement is and what it is not. Thousands of police officers around the country put their lives on the line every day. They put themselves in harm's way for the rest of us. We need to dialogue with the police, through formal police/citizen academies, community meetings, or even informally in our living rooms.

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
CRIME	<u>700 CLUB CBN #01122015</u>	1:00:00	5:00	REC	PA/O/E	1/12/15	12:00 PM

CBN News Reporter Charlene Israel Report: Identity theft. It is a crime that hits millions of Americans each year and thieves are coming up with new ways to rob consumers every day, including using the latest technology. In 2011, the Federal Trade Commission received more than 1.8 million complaints from consumers. Fifteen percent of those complaints involved some type of identity theft. When it comes to shopping, just swiping with a credit or debit card is the way to pay in today's fast-paced world. According to the FTC, identity theft has topped the list of consumer complaints 12 years in a row. Nearly 27,000 complaints had been filed or identified in 2011 alone. Something known as skimming at ATM machines and gas stations has become all too common. Identity thieves purchase the devices right off of the Internet. Some thieves even make them. Police told CBN News that thieves usually target the gas pumps that are nearest the outside of the gas station or far away from the attendant. They then insert a skimming device over the card reader and when you go to swipe your card to pay for gas, your personal information has just been stolen. The consumer's stolen information is then transferred onto unused-pre-approved credit cards or blank gift cards. Sgt. Margie Hobbs said crooks are also using new technology to their advantage. For example, thieves can now use heat generated from your fingertips on ATM key pads to steal your card pin number using high-tech infrared cameras. They can also tap into accounts via credit cards that contain a radio frequency identification or RFID chip. This chip allows consumers the ease of just waving the card at the register. Scam artists can buy parts that increase the frequency or the strength of the antenna in the card. This allows them to pick up your credit card information from a foot or more away. Hobbs said tracking the perpetrators is challenging because often the operations are well coordinated. Security consultants suggest using credit cards instead of debit cards to prevent such scams, that way you're risking the credit card company's money instead of your own. Here are a few other ways to protect against being scammed: 1. Freeze your credit. This allows you to lock your credit data, which makes it virtually impossible for an identity thief to open any new accounts in your name. You can un-freeze it at any time. 2. Hire a company to monitor and protect your credit. 3. Cut up pre-approved credit card offers that come in the mail. Don't just throw them away. 4. When at the ATM, make sure no one is looking over your shoulder. Consider using a pen or pencil to key in your number. 5. Alert bank officials if you notice a hidden camera or if the card reader appears loose. Sgt. Hobbs said businesses can do more to protect their customers as well.

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
EDUCATION	<u>PUBLIC REPORT #011615</u>	28:30	13:15	L	PA/O	1/16/15	1:00 AM
		This segment was repeated on the following dates:				1/19/15	8:30 AM
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Cutonja Vann interviews Maiah Schumacher, Mentor with the Eye for Eye Foundation. Problem: Dyslexia is a language-based difficulty where children have difficulties reading, writing, and spelling. It's a somewhat common problem, with 15-20% of the population affected. Dyslexia shows up at an early age, usually when a child is in the 2nd to 5th grades. The causes of Dyslexia are unknown. Symptoms include difficulty speaking, inability to read or spell, and not being able to sound out words. It is a life long condition. It cannot be cured or treated. Solution: There are tools children can use to "even the playing field" in a sense, such as audio books, computer spell checkers, and scribe pens. Early detection is the key to knowing if a child has Dyslexia. We need to stamp out the stigma and understand that Dyslexia is not a learning disability. Dyslexic children are not "stupid." They just think in a different way.

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

	<u>PUBLIC REPORT #022015</u>	28:30	13:15	L	PA/O	2/20/15	10:00 AM
		This segment was repeated on the following dates:				2/21/15	1:00 AM
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Tina Lombard interviews Cynthia Tobias, Apple St. Applied Learning. Problem: Why do so many kids not fit into school? Why do they hate school? Why are they bored by school? Why do they drop out? They are not valued much by teachers or other kids. Do we have to medicate these misfits or put them into special programs? Solution: Cynthia believes they don't hate school, per se, but they do hate how they have to learn. Our public school classrooms are not adequately preparing kids for the way they are going to be learning when they begin working for pay in the real world. We need to reconsider how we are teaching kids to learn. We need to help kids understand their personal learning style. What are my strengths? How do I succeed?

QUARTERLY REPORT

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		SEGMENT				
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EDUCATION	<u>PUBLIC REPORT #022015</u>	28:30	L	PA/O	2/20/15	10:00 AM
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					3/13/15	1:30 AM

Tina Lombard interviews Betty Lochner, Director, and Ryan Betz, Marketing Director, Guaranteed Education Tuition (GET) program. Problem: It is expensive to go to college. Tuition, books, housing, and incidentals add up to figures that most parents cannot afford. Solution: The Guaranteed Education Tuition program is Washington State's 529 prepaid tuition program. Parents purchase tuition units from the State. The earlier they begin doing so, the more units will be accumulated and the more tuition the units will cover. GET is guaranteed by the State to keep up with tuition increases over time. In the 17 years of its existence, GET has helped 38,000 students attending 4-year, technical, and community colleges both in state and out of state, with a total distribution of one half billion dollars.

<u>700 CLUB CBN #03262015</u>	1:00:00	5:00	REC	PA/O/E	3/26/15	12:00 PM
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CBN News Reporter Heather Sells Reports: More than 450,000 students attend colleges focused on Christ-centered learning. These schools often require students and faculty to sign a faith statement committing to certain beliefs and behaviors. In the past, society approved and even praised such acts, but today that affirmation has been replaced by charges of discrimination and threats over accreditation. At many schools, alumni and other stakeholders are questioning their college's views on sexuality. The criticism from outsiders goes even deeper. A June 30, 2014 commentary in the widely regarded Chronicle of Higher Education questioned accreditation for any Christian college. Dr. Gerson Moreno-Riano, executive vice president for Academic Affairs at Regent University, said it's a tough climate right now for Christian colleges. Shirley Hoogstra, the new president of the Council for Christian Colleges and Universities (CCCCU), acknowledged the cultural attacks in her January address to the 39th Annual Presidents Conference for CCCC presidents. Dr. Russell Moore, president of the Southern Baptists' Ethics & Religious Liberty Commission, believes the First Amendment will ultimately protect Christian colleges. He wants the culture to recognize a diversity of viewpoints and says that different faiths should stand together. Moreno-Riano would like an entire redefinition of higher education. In our changing culture, however, the burden is still on Christian schools to defend just why and how they exist.

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
CIVIC	<u>PUBLIC REPORT #012315</u>	28:30	13:15	L	PA/O	1/23/15	10:00 AM
		This segment was repeated on the following dates:				1/24/15	1:00 AM
						1/26/15	8:30 AM
						1/27/15	1:00 AM
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Tina Lombard interviews Carver Gayton, former Commissioner, Washington State Department of Employment Security. Problem: Too often high school graduates do not have the competitive skills needed for success in the workplace. Solution: The business community needs to be involved in education, not just with teachers and administrators but with the entire community. Schools must think four, five, even ten years into the future when structuring courses And expected outcomes. The Washington Round Table even suggests that early childhood education is extremely important in this regard.

	<u>PUBLIC REPORT #012315</u>	28:30	13:15	L	PA/O	1/23/15	10:00 AM
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						2/5/15	1:30 AM

Tina Lombard interviews Carver Gayton, former Commissioner, Washington State Department of Employment Security. Problem: Employers in the Seattle area often seek skilled employees outside the State of Washington. Solution: The Washington State Employment Security Department must work closely with the community, as well as with community and technical colleges and the business community to ensure that the unemployed in the state receive adequate education and training. Education is still primary in terms of employment. All community institutions must work together to achieve that.

	<u>PUBLIC REPORT #013015</u>	28:30	13:15	L	PA/O	2/2/15	8:30 AM
		This segment was repeated on the following dates:				2/3/15	1:00 AM
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						2/20/15	1:30 AM

Tina Lombard interviews Mike Lonergan, Pierce County Assessor/Treasurer. Problem: Pierce County is one of the largest counties in the state, with 22 cities and towns plus a very large unincorporated area. The Assessor's office works with approximately 70 taxing districts throughout the county – school, fire, park, and port districts – as well as cities and towns that have taxing entities. There are 325,000 homes and businesses in the county. The Assessor's job is complicated because of this large and varied tax base. Out of the 325,000 properties mentioned above, there are 2,000-3,000 appeals every year. Solution: The Assessor's office works openly with taxing entities and citizens, even providing names and contact information on its web site for the public to follow through on matters of taxing concerns. Among other avenues of redress, the State gives people the right to appeal the Assessor's valuation of their property.

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CIVIC <u>PUBLIC REPORT #013015</u>	28:30	13:15	L	PA/O	2/2/15	8:30 AM
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Tina Lombard interviews Mike Lonergan, Pierce County Assessor/Treasurer. Problem: In Pierce County property owners pay from \$12 to \$17 per \$1,000 of valuation, varying according to the taxing districts encompassing individual addresses. The Treasurer's office collects approximately \$1 Billion per year. 45% of all taxes collected have been voted in by the people themselves. Taxing districts that traditionally have no problem passing school levies generally are cities and neighborhoods that have excellent school districts because they have more money to spend than the poorer school districts where levies are not so readily passed. The current controversy is that the State Supreme Court says this system isn't fair. All school districts should receive the same amount of money to satisfy the State's primary duty to provide basic education to every child in the state. Solution: Mr. Lonergan suggests that in the future the state legislature might take over the distribution of tax monies and apply it equally to all districts.

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HEALTH	<u>PUBLIC REPORT #010215</u>	28:30	13:15	L	PA/O	1/5/15 1/13/15 1/23/15	8:30 AM 1:30 AM 1:30 AM

Tanny Jackson interviews Dorothy Edwards, Paraprofessional, Employment Transition Program for Children with Disabilities, Federal Way School District; MacArthur Edwards, Caregiver of son with Diabetes; and Doris Hughes-Greene, Caregiver of son with Cerebral Palsy. Problem: Children with disabilities include those with speech, mobility, and emotional health issues. Society tends to reject them because they feel uncomfortable and lack understanding of those with disabilities. Yet special needs children want nothing more than to be accepted for who they are. Solution: Caregivers need to be calm, take the disability in stride, be willing to do everything for the disabled person (such as bathing, feeding, dressing, and cleaning), and demonstrate to them that they are special, that the caregiver is there for them and loves them unconditionally.

	<u>PUBLIC REPORT #010215</u>	28:30	13:15	L	PA/O	1/5/15 1/13/15 1/23/15	8:30 AM 1:30 AM 1:30 AM
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Tanny Jackson interviews Dorothy Edwards, Paraprofessional, Employment Transition Program for Children with Disabilities, Federal Way School District; MacArthur Edwards, Caregiver of son with Diabetes; and Doris Hughes-Greene, Caregiver of son with Cerebral Palsy. Problem: When parents find out that their child has a disability, they often are in shock, wondering "What do I need to do and who will help me?" They and their child need support. Solution: The Federal Way School District provides support for such children ages 18-21. In the Employment Transition Program, children with disabilities are taught how to use computers, how to manage money, how to find a job with pay, and how to use public transportation. There are even college scholarships for children with disabilities.

	<u>PUBLIC REPORT #032015</u>	28:30	13:15	L	PA/O	3/20/15	10:00 AM
		This segment was repeated on the following dates:				3/21/15	1:00 AM
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Tina Lombard interviews Kristi Murphy Mitchell, Executive Director, American Parkinson's Disease Association, Washington Chapter; Susanne Eller, Geriatric Social Worker, Providence Mt. St. Vincent Medical Center; and Doug Manuel, Gig Harbor Parkinson's Disease Support Group Leader. Problem: Parkinson's Disease is the second most common nerve degenerative disorder after Alzheimer's. Parkinson's is most difficult to diagnose. It's symptoms are random and scientists don't understand its cause. Parkinson's is often called a "Designer Disorder" since there are so many symptoms and not all of them are common to all Parkinson's patients. Solution: It is important to get the correct diagnosis as early as possible. Exercise and movement seem to help. Since a lack of dopamine seems to be a common factor, the drug Levodopa seems to help.

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HEALTH	<u>PUBLIC REPORT #032015</u>	28:30	13:15	L	PA/O	3/20/15 10:00 AM
		This segment was repeated on the following dates:				3/21/15 1:00 AM
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Tanny Jackson interviews Michael Johnson and Doug Hudson of Vet Rest. This is a non-governmental organization that helps military veterans work through their health problems, such as PTS (Post Traumatic Syndrome). Problem: Military Sexual Trauma (MST) is basically sexual harassment. Its symptoms are similar to PTS – stress, anger, depression, shame, withdrawal, inability to sleep, propensity to add weight, and suicide. While MST most affects women, increasingly men are victims. The military unspoken credos – “Suck it up and soldier on” and “Don’t admit it/Pain is weakness” – don’t help. Women are violated not just by harassment and rape but even by the act of seeking help. “It’s your fault.” Solution: Those who have been through MST or PTS need to reach out to these victims. Symptoms can be a lifelong problem, but how one deals with them leads to healing. Family and friends need to learn to listen. Allow victims to share their story.

	<u>SWITCH ON YOUR BRAIN #008</u>	27:30	27:30	REC	PA/O/E	1/27/15 10:00 AM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses how we walk through life with unnecessary baggage which are toxic thoughts that we’ve built. What we’ve stored in our minds is basically impacting how we function. Research shows that patterns for adulthood are laid down in childhood and the way that you function in the future is based on the now. Our mind is split into the conscious and the non-conscious. The conscious operates when you’re awake. The non-conscious operates twenty-four hours a day and that’s where all the thoughts, the good trees, the baggage, all that is stored in the non-conscious mind. We know from science that the non-conscious mind drives the conscious mind. So if your non-conscious mind is filled with baggage that is what is going to drive your conscious perception of how you deal with life. Cast all your burdens upon God. Get free from that baggage. You are spirit. You are soul. You are body. Your spirit is your true you. Your soul is your intellect, your will, and your emotions; in other words, your mind. You live in a body which is dominated by the brain. When you keep unforgiveness, anger, frustration, irritation, as a way of reacting, being overemotional, whatever it may be, being oversensitive, taking offense, all these things, when we do that, this is baggage. The Bible says, and so does science, you first build a thought and then you see the evidence. The evidence is the words, the actions, the manifestation. Where are you putting your mind time? Where is your mind time focusing on? Train yourself to be aware of your thought. No thought should ever go unchecked through your mind. No thought is harmless. A negative toxic thought is doing damage in your brain. It’s made up of proteins that have become distorted because we don’t have any proteins in our brain for negative thinking. The proteins that we make are supposed to be made based on healthy choices. So when we make a negative toxic choice, we distort the proteins. So the proteins accumulate, and instead of it being a beautiful green tree, it’s this wiry distorted, inflamed, awful looking kind of thought that affects the blood flow. The activity looks incorrect when you look at a brain scan. You can actually see negative things. Your thoughts are real. That is why James 1:21 so correctly says that the implanted word of God will save your soul. We need to be memorizing scripture. We need to be meditating and practicing the presence of God. Seventy-five to ninety-eight percent of current illnesses today, mental, physical, etc. come from our thought life. It’s a myth that you use only ten percent of your brain. You use it all. Every part of your brain has a function and most of your brain is active all the time. Science shows us that we’re just not designed to carry unnecessary baggage. Unnecessary baggage in terms of science is all those toxic thoughts in our mind; that we’ve made bad decisions, and we’ve wired the stuff in, and we’re operating from these in our non-conscious mind. Our non-conscious mind is filled with millions of thoughts and a lot of those are baggage thoughts. They’re not healthy thoughts. They’re weighing us down and they’re impacting how we function on a day to day basis. We need to unpack those. We need to pray and ask God to help us unpack those. The Holy Spirit will show us what we need to unpack; all the baggage that’s weighing us down.

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HEALTH	<u>SWITCH ON YOUR BRAIN #001</u>	28:30	28:30	REC	PA/O/E	3/3/15	10:00 AM

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.

	<u>SWITCH ON YOUR BRAIN #002</u>	28:30	28:30	REC	PA/O/E	3/10/15	10:00 AM
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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

HEALTH

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.

SWITCH ON YOUR BRAIN #003 28:30 28:30 REC PA/O/E 3/17/15 10:00 AM

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 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.

QUARTERLY REPORT

		PROGRAM	TOPIC	SOURCE	TYPE	AIR DATE	TIME
		DURATION	SEGMENT DURATION				
HEALTH	<u>700 CLUB CBN #01162015</u>	1:00:00	5:00	REC	PA/O/E	1/16/15	12:00 PM

CBN News Medical Reporter Lorie Johnson Reports: Inflammation is a serious health problem you can't even feel, but it does tremendous damage, especially over a long period of time. Scientists say inflammation could be behind heart disease, arthritis, cancer, ADD/ADHD, diabetes, stroke, migraines, thyroid issues, dental issues, and more. Although inflammation is caused by toxins like cigarette smoke and environmental pollutants, the biggest factor is an inflammatory diet. Many of the foods we eat cause inflammation and simply avoiding them can lead to immediate and dramatic improvements. Then on top of avoiding the bad foods, adding anti-inflammatory foods to your diet creates an even healthier you. Many people who follow an anti-inflammatory diet also lose weight. Mark Sisson is a leading expert on an anti-inflammatory diet. At age 60 he is the picture of health: He has the body of a man half his age, inside and out. He does not suffer from any diseases or chronic conditions and doesn't take any medications. But he hasn't always been this healthy. His anti-inflammatory diet changed everything. Sisson follows the Paleo Diet. Last year the Paleo Diet was the number one searched diet on the Internet and Sisson's is the top Paleo Diet website. He's been studying nutrition research for the last 25 years and writes about his findings on "Mark's Daily Apple." The Paleo Diet is about avoiding foods that cause inflammation. That means no sugar, no wheat, no trans fats or industrialized Omega-6 fats, and very little or no dairy. Sugar weakens your immune system and causes insulin problems. Wheat treats your body much the same way. In fact, many people who follow the Paleo Diet stop eating all grains, such as rice, corn and oats, in addition to wheat. Sisson didn't even know wheat was causing him problems until he stopped eating it. Highly inflammatory trans fats and industrialized Omega-6 fats are Paleo no-nos. Trans fats are man-made oils that have been hydrogenated, meaning they have been infused with hydrogen for the primary purpose of prolonging the shelf-life of a processed food. Therefore, most trans fats are in packaged foods. You can recognize whether a product contains a trans fat by looking at the list of ingredients. If you see the word "hydrogenated," it's in there. Vegetable shortening and margarine are also trans fats. Industrialized Omega-6 fats are also highly inflammatory. Theoretically they could be considered safe if consumed in equal amounts as Omega-3 fats, such as fish oil. But the average American consumes 20 times the amount of Omega-6 fats as Omega-3 fats, and this imbalance causes inflammation. Industrialized Omega-6 fats are the vegetable and seed oils. These oils are on many grocery store shelves in the form of vegetable oil, corn oil, peanut oil, safflower oil, sunflower oil, and soybean oil. The Paleo Diet advises followers to steer clear from these oils as well as canola oil. The Paleo Diet also eschews dairy that can cause inflammation, allergic reactions, and stomach problems. People considering the Paleo Diet may wonder, after giving up sugar, grains, trans fats, industrialized Omega-6 fats and dairy, what's left to eat? As it turns out, a lot! Healthy fats include things like avocados, nuts and seeds, olive oil, fish oil, and coconut oil. Coconut oil is one of many saturated fats that the Paleo Diet encourages. Saturated fat from beef and pork are also encouraged. The endorsement of saturated fat is controversial. Some health professionals believe saturated fat leads to heart disease and should not be consumed. However, many recent studies, which are very reliable in that they are large and exhaustive, find no evidence that eating saturated fat is bad for your heart. Nevertheless, much of the medical community still relies on industry standards from the past that condemn the consumption of saturated fat, though the number of people holding to that belief is reducing every year. Of course, any diet is best when combined with exercise. Sisson combines the Paleo Diet with what he says research proves is the best exercise: a three-fold plan of slow, steady movement, occasionally lifting weight, and a series of all-out sprints. Most of us know a sedentary lifestyle is hazardous to our health. But that doesn't mean we have to overdo it in the opposite direction by killing ourselves at the gym. Sisson said his research shows simple movement, such as walking, and very slow movement at that, not even breaking a sweat, is what's best for our health. But the key is to do it a lot. For those of us who have desk jobs, this can be a challenge. Sisson points out that walking before and after work, and taking several walking breaks throughout the day can make a huge difference. Sisson also recommends lifting some weight about twice a week. This does not mean you must purchase a gym membership and lift dumbbells twice a week. In fact, he uses his own body weight as resistance, and so can you, by doing push-ups, lunges, sit-ups, pull-ups, and so on, and just by lifting heavy objects in your daily life. Sisson said the latest research in sports medicine proves the value of sprinting. Sprints are short bursts of aerobic activity, such as running, biking and swimming, where you exert 100 percent of your total energy. Sprints typically last only 30 seconds or so. Sisson said only a few sprints once a week will yield results. In addition to a good diet and exercise plan, a healthy lifestyle relies on proper sleep. Your body repairs itself

HEALTH

when you sleep. Without enough sleep, our immune system suffers and we increase the secretion of hormones that make us hungry. If you have trouble getting to sleep at night, go without any caffeine after noon and avoid all electronics at least one hour before bedtime. So for an anti-inflammatory diet, try the Paleo eating plan. It's known for what it's missing: sugar, grains, trans fats, industrialized Omega-6 fats and dairy. That way you'll be left eating foods that keep you thin and healthy.

<u>700 CLUB CBN #02172015</u>	1:00:00	5:00	REC	PA/O/E	2/17/15	12:00 PM
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CBN News Medical Reporter Lorie Johnson Reports: February is American Heart Month. Heart disease kills more Americans than any other cause of death. Most doctors tell people high cholesterol is responsible for heart disease. But not all doctors see it that way. Cardiologist Dr. Stephen Sinatra, author of the book "The Great Cholesterol Myth," says the real cause of heart disease is inflammation, not cholesterol. Sinatra used to believe high cholesterol was responsible for heart disease until he saw with his own eyes, in his own patients, that wasn't true. He noticed many of his heart patients had low cholesterol and saw that many people with high cholesterol did not have heart problems. Sinatra is among a growing number of physicians who actually tout the benefits of high cholesterol in most cases. He said high HDL cholesterol is good for you and says even LDL cholesterol is good for you as long as it's the large, fluffy particles. He admits the small, dense LDL particles are harmful. Therefore, he recommends, instead of getting your overall LDL cholesterol checked, you get it further broken down into particle size. Since Dr. Sinatra does not think high cholesterol is responsible for heart disease, he does not think cholesterol-lowering statin drugs are helpful to most of the people taking them. Instead, he believes only a very small percentage of people who are taking statins actually need them. For example, he usually only prescribes statins to middle-aged men who have coronary heart disease. He also says a small number of women need statins, but mostly because they benefit from the statin's anti-inflammatory properties, not its ability to lower cholesterol. On the other hand, by and large, Sinatra believes statins are far too over-prescribed. Although drug companies sell \$30 billion worth of statins every year, Sinatra said the people who take them are paying a price with their health as well as their wallet. In other words, for many statin users, the risks outweigh the gains. Muscle pain and fatigue are two of the key complaints he hears from statin users. Sinatra said the reason for these symptoms is often misdiagnosed. Patients over 70 years old are especially vulnerable, he said. Sinatra says one of the best things about statins are their ability to reduce inflammation. But since statins have so many side-effects, most people are better off ditching the statin and reducing inflammation the natural way, by reducing the amount of sugar they eat. Sinatra looked at the evidence and concluded, instead of cholesterol, it's inflammation that causes heart disease. Inflammation is caused by a number of things. Eating too much sugar is at the top of the list. Sugar damages arteries, increases blood pressure, and ages your organs. Of course, we all know that sugar is the white, granular stuff we put in our coffee. But sugar comes in many, many other forms. For example, high fructose corn syrup is a sugar. It is the primary ingredient in soda and candy and is found in the list of ingredients in a huge number of other products, many that you probably don't even consider a "sweet," such as bread or pasta sauce. Many other syrups and ingredients that end in "-ose" are also sugars. In addition to avoiding foods that contain sugar, reducing inflammation also involves avoiding foods that turn into sugar once you eat them. These are called refined carbohydrates, and are grains that have been stripped of the healthiest part, leaving only the starchy portion of the grain. Refined carbohydrates are the "white" foods, such as white bread, white bagels, white hot dog or hamburger buns, white pasta, white rice, white tortillas, and so forth. Sinatra recommends replacing sugars with vegetables and healthy fats, such as nuts, avocados, fish, and olive oil. He also touts saturated fats like butter, unprocessed meat, and coconut oil. He encourages people to put aside their fears that saturated fats cause heart disease. Although they may raise your cholesterol, he believes that will not hurt you, and in fact, will probably improve your health. However, Sinatra points out that it's very important not to confuse good fats with trans fats. Trans fats, which are also called "hydrogenated" oils, are extremely harmful to the heart. Trans fats are man-made fats and are found in processed foods.

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HEALTH	<u>700 CLUB CBN #02202015</u>	1:00:00	5:00	REC	PA/O/E	2/20/15	12:00 PM

CBN News Medical Reporter Lorie Johnson Reports: Most of our health problems are said to be the result of three things: bad food choices, inactivity, and unmanaged stress. Therefore, it's no surprise Seventh Day Adventists live an average of 10 years longer than most Americans. They don't do any of that. Take for example Benita Welebir. At age 100 she still enjoys a healthy mind, body, and spirit. She's not alone. There is an unusually high concentration of centenarians in her hometown of Loma Linda, California. It's one of only five "blue zones" worldwide. Researcher Dan Buettner found these zones when he searched for where people live the longest. The others are Okinawa, Japan; Kria, Greece; Sardinia, Italy; and Nicoya, Costa Rica. Loma Linda is an hour east of Los Angeles where about a quarter-million people live. The reason they're so healthy is because most of them are Seventh Day Adventists. On average they live 10 years longer than most Americans. Dr. Larry Beeson, an epidemiologist at Loma Linda University, has been involved in researching the health of Seventh Day Adventists for the last 50 years. They strongly adhere to the belief of respecting the human body as the temple of the Holy Spirit. That means no alcohol, no tobacco, and following a plant-based diet. Welebir said her primary food source throughout her entire life has been vegetables. Many Loma Linda residents, like Welebir, are total vegetarians. Others will eat eggs and some have dairy such as cheese and milk. There is a group that eats fish, and there are those who eat small amounts of poultry and beef. Beeson said different dietary choices result in varying health outcomes. Diet isn't the only factor in these longer lives. Seventh Day Adventists strictly observe the Sabbath. Every week, beginning with sundown on Friday, they rest for an entire day. This allows them to recuperate from the week and recharge for the one ahead. They also use it to spend time with friends, family, and God. Stuart Harty is one of the pastors of Loma Linda University Church of Seventh Day Adventists, one of the largest Adventist congregations. He said resting on the Sabbath includes abstaining from electronics. Likewise, when Welebir is asked what she feels are the keys to her longevity she emphasizes down-time. Medical research confirms one of the greatest killers is stress. Observing the Sabbath is a way to de-stress. Exercise is also a priority. Throughout her life, Welebir was extremely active, running and horseback riding. These days she makes it a point to walk every day. She does what she can, even though her strength isn't what it used to be. Seventh Day Adventists are able to stick to their healthy lifestyle because they're surrounded by others living the same way. Josiah said human behavior, good or bad, is contagious. Science proved her right. Studies show that if your three best friends are obese, you have a fifty-percent likelihood of also being obese. Seventh Day Adventists place a high priority of treating the human body as the temple of the Holy Spirit, which means on the whole, they don't drink, don't smoke, eat very little meat, exercise, and observe the Sabbath. As a result they live an average of 10 years longer than most Americans.

	<u>700 CLUB CBN #03022015</u>	1:00:00	5:00	REC	PA/O/E	3/2/15	12:00 PM
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CBN News Medical Reporter Lorie Johnson Reports: Do foods like skim milk and balsamic vinegar seem healthy? The amount of sugar in these foods may surprise you. Many so-called health foods are loaded with sugar. These hidden sugars are part of why so many people are unhealthy. Americans consume a shocking amount of sugar. Many people eat and drink the equivalent of an entire cup of sugar every day! That's double the amount of sugar average Americans consumed 100 years ago. All of that sugar can be deadly. Dr. Gerald Edelman, a Dallas oncologist and author of the book, "Sugar Rehab," has seen firsthand the damaging effects of too much sugar. He says sugar stimulates cancer cells directly and indirectly. He adds cancer survivors who are also diabetic have a much higher chance of their cancer coming back than people with low blood sugar. Edelman points out that too much sugar can cause obesity, a known risk factor for many health problems, from heart disease to high blood pressure as well as the common cold. John Speanburg is one of Edelman's patients. He has Hodgkin's lymphoma, cancer of the blood. After following Edelman's advice to slash the sugar, he lost weight and has been cancer-free for nine years. Edelman suggests an easy way to curtail sugar intake. He recommends looking at a product's nutrition facts panel on the label. He said if an item contains more than two grams of sugars per serving, don't eat or drink it. He warns not to be fooled by healthy-looking foods. As an example, he pointed to a popular protein shake that contained 44 grams of sugar per serving. Sugar is highly addictive. Brain imaging shows the pleasure and reward centers light up the same way when a person eats sugar as they do when a person takes cocaine.

HEALTH

Also, it is difficult to get off the roller-coaster ride consisting of the sugar "high" followed by the sugar "crash." Most people who try to cut back on the amount of sugar they consume stop eating the obvious offenders such as desserts like cakes, cookies, ice cream. Unfortunately, that's only the beginning. Many foods that appear healthy are just as sweet as dessert. For instance, those little packages of oatmeal can contain as many as 12 grams of sugar per serving. A low-sugar alternative are the old-fashioned, slow-cook oats or steel-cut oats, which contain only one gram of sugar per serving. These types of substitutions are the foundation of nutritionist and best-selling author J.J. Virgin's latest book, "J.J. Virgin's Sugar Impact Diet." She shows how to choose lower-sugar alternatives to foods with high sugar impact. Sugars hidden in foods being marketed as health foods are why so many people have difficulty losing weight. Virgin says low-fat and fat-free foods often contain far more sugar than people realize. For example, many fat-free salad dressings are one-third sugar. She said a good diet contains a large percentage of healthful fats, the same ones that have been unfairly demonized. Virgin attributes her svelte figure and glowing hair and skin to a diet high in healthy fat. She said a good way to crush sugar cravings is to replace sweets with healthy fats. Perhaps the biggest sugar scam are the words "fruit" and "juice" on the labels of processed foods. These items are made of the super-sweet concentrated fructose that's left over after the healthy fruit fiber and nutrients have been removed. Some examples are fruit leathers, fruit snacks, and fruit juice. Dried fruits are also misleading because they often contain more sugar than candy. Virgin warns about falling for the "no sugar added" claim. Refined carbohydrates are deceptive because, while not tasting sweet, they turn into sugar after you eat them because the grains have been stripped of the good stuff, leaving only the starch. Refined carbohydrates are foods like white bread, bagels, buns, and pizza crust, white rice, white pasta, waffles, pancakes, and tortillas. Even whole grains can be a poor choice because of added sugars. Two slices of whole wheat bread can contain six teaspoons of sugar. Therefore, don't blindly choose to eat a food simply because it's whole grain. First check the list of ingredients for added sugar. A red flag is any ingredient containing the word "syrup." Other seemingly healthful foods that often contain staggering amounts of sugar include muffins, breakfast or energy bars, sports drinks, and energy drinks. Don't rely on the manufacturer's description of the product. Read the nutrition facts and the list of ingredients. In "Sugar Impact Diet," foods are divided into high, medium, and low sugar impact. For example, white potatoes are high sugar impact, sweet potatoes are medium sugar impact, and pumpkin is low sugar impact. White rice is high sugar impact, brown rice is medium sugar impact, and wild rice is low sugar impact. A pasta sauce with sugar added is high sugar impact, with no sugar added is medium impact, and crushed tomatoes, olive oil and basil is low sugar impact. Virgin advises steering clear of artificial sweeteners. Research shows people who consume a lot of them actually tend to gain more weight because they continue to fuel the craving for sweet foods. Edelman said sometimes artificial sweeteners can be helpful when people are trying to break their addiction to sugar. However, he admits they should be used with caution. The best advice is to be aware and "just say no" to sugar... in obvious places like desserts, as well as the hidden ones.

QUARTERLY REPORT

	PROGRAM	TOPIC	SOURCE	TYPE	AIR DATE	TIME
		SEGMENT				
	DURATION	DURATION				
ENVIRONMENT	<u>PUBLIC REPORT #022715</u>	28:30	13:15	L	PA/O	2/27/15 10:00 AM
		This segment was repeated on the following dates:			2/28/15	1:00 AM
					3/2/15	8:30 AM
					3/3/15	1:00 AM
					3/5/15	1:00 AM
					3/9/15	1:30 AM
					3/12/15	1:30 AM
					3/17/15	1:30 AM
					3/20/15	1:30 AM

Tina Lombard interviews Gail Gatton, Executive Director, and Trina Bayard, Director of Bird Conservation, Washington Audubon Society. Problem: Marine climate changes, particularly water temperature changes, cause birds to relocate to areas that are more hospitable for them or to disappear entirely as their food and shelter supplies diminish. As such, birds are indicators of our environment. Fewer birds often indicate fewer forage fish and/or less plant life. The Audubon Society predicts that of the 588 bird species in the U.S., 314 could become extinct by 2080. Solution: We need to pay closer attention to the numbers of birds and the species of birds in our area. Fewer fish and marine plant life could have disastrous economic consequences for humans.

	<u>PUBLIC REPORT #022715</u>	28:30	13:15	L	PA/O	2/27/15 10:00 AM
		This segment was repeated on the following dates:			2/28/15	1:00 AM
					3/2/15	8:30 AM
					3/3/15	1:00 AM
					3/5/15	1:00 AM
					3/9/15	1:30 AM
					3/12/15	1:30 AM
					3/17/15	1:30 AM
					3/20/15	1:30 AM

Tina Lombard interviews Gail Gatton, Executive Director, and Trina Bayard, Director of Bird Conservation, Washington Audubon Society. Problem: In the last 30 years there has been a dramatic decline in the number of birds in the Puget Sound region, perhaps by half. This decline is probably caused by human activity, primarily the increasing use of pollutants, such as fertilizers, pesticides, oil leaks, and detergents that empty into storm drains that flow into Puget Sound. Solution: We need to use fertilizers and pesticides with moderation. Since car wash facilities are better able to handle water and detergent runoff, we should have our cars washed commercially rather than doing it ourselves. We must take ownership of our environment. We can make a difference by using safer products.

	<u>PUBLIC REPORT #032715</u>	28:30	13:15	L	PA/O	3/27/15 5:00 PM
					3/30/15	8:30 AM
					3/31/15	1:00 AM

Cutonja Vann interviews Bill Steele, Director of Communications, U.W. Seismic Network. Problem: There are three unique sources of earthquakes in the Pacific Northwest. Deep quakes, about 60-70 km deep, produce the most violent shaking of the three, but the shaking dissipates before reaching the surface. They occur about every 20-30 years. Medium depth earthquakes produce violent shaking that does reach the surface and can last several minutes. Magnitude 9 and above quakes are in this category and cause the most damage. They occur approximately every 500 years. The third most common earthquakes are the shallowest and even more violent than the medium depth quakes, but the shaking lasts a mere 30 seconds. They occur approximately every 50 years. All three earthquake types can cause power outages and landslides. Solution: We need to prepare for earthquakes as we might prepare for any kind of natural of manmade emergency. Keep a supply of food, water, warm clothing, medicines, and communication devices on hand. Know your neighbors and your local community agencies.

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
ENVIRONMENT	<u>PUBLIC REPORT #032715</u>	28:30	13:15	L	PA/O	3/27/15	5:00 PM
						3/30/15	8:30 AM
						3/31/15	1:00 AM

Cutonja Vann interviews Bill Steele, Director of Communications, U.W. Seismic Network. Problem: Earthquakes can be devastating. Seattle is located above a deep sedimentary basin which amplifies earthquakes. Low coastal areas adjacent to Seattle are extremely vulnerable to both earthquakes and tsunamis. All buildings made of unreinforced masonry and bricks with no steel supporting structures in both Seattle and coastal areas are most vulnerable. Solution: The Magnitude 9 Project at the University of Washington involves earthquake engineers, seismologists, and social scientists who are working on dampening systems for tall buildings, designing vertical evacuation structures for schools, and designing roofs, towers, walls that will break outward and allow water to flow through the lower parts of buildings, and earthen berms. Buildings need to survive the shaking of the earth, the force of tsunami waves, and the scouring effect of waves.

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
MINORITY	<u>PUBLIC REPORT #030615</u>	28:30	13:15	L	PA/O	3/7/15	1:00 AM
		This segment was repeated on the following dates:				3/9/15	8:30 AM
						3/10/15	1:00 AM
						3/12/15	1:00 AM
						3/16/15	1:30 AM
						3/19/15	1:30 AM
						3/24/15	1:30 AM
						3/27/15	1:30 AM

Debrena Jackson interviews Wayne Perryman, author and community activist. Problem: The problem with our educational system is that teachers teach standard methodologies, but many well meaning teachers have no clue as to what diversity among students really means. Teachers don't understand students who are poor, hungry, cold, tired, and live in rat-infested houses. We spend lots and lots of money trying to get students to learn, and end up with few tangible results. Solution: Instead of money, kids really need more love, more understanding, and more compassion. For the most part, kids need to be inspired to learn. Teachers need to relate to their students. How else will they know their problems and needs?

	<u>PUBLIC REPORT #030615</u>	28:30	13:15	L	PA/O	3/7/15	1:00 AM
		This segment was repeated on the following dates:				3/9/15	8:30 AM
						3/10/15	1:00 AM
						3/12/15	1:00 AM
						3/16/15	1:30 AM
						3/19/15	1:30 AM
						3/24/15	1:30 AM
						3/27/15	1:30 AM

Cameron Johnson interviews Lacey West, Area Development Director, United Negro College Fund. Problem: Sometimes black students don't have the financial resources to attend a 4-year college, particularly a traditionally black college. When giving scholarships to needy students, black organizations like the United Negro College Fund cannot rely on high school grades or experiences. Black high school students too often come from low income families, they work to support those families or hook up with the wrong crowd. Guidance counselors in public schools are few in numbers, often serving hundreds of students. Mentors are often nonexistent. Solution: Black students need someone to tell them about the financial rewards of going to college. Even low income families need to understand the cost effectiveness of attending a trade, technical, or community college, and how an Associate Degree can lead to a 4-year college. Black students need mentors who can not only help them academically, but also socially and parentally. Studies show that 96% of black students who have such mentors are accepted into college programs.

QUARTERLY REPORT

	PROGRAM	TOPIC	SOURCE	TYPE	AIR DATE	TIME
		SEGMENT				
	DURATION	DURATION				
MINORITY	<u>PUBLIC REPORT #031315</u>	28:30	L	PA/O	3/13/15	10:00 AM
		This segment was repeated on the following dates:			3/14/15	1:00 AM
					3/16/15	8:30 AM
					3/17/15	1:00 AM
					3/19/15	1:00 AM
					3/23/15	1:30 AM
					3/26/15	1:30 AM
					3/31/15	1:30 AM

Tina Lombard interviews Phil Martin, National Director of Compassion 2 One; John Gaines, Founder, PUSH; Kristal Clark, Founder, RockPaperScissor;, and Any Havland, Executive Director of "Talk It Up TV." Problem: Gang members and pimps are celebrities in some minority communities. They are "successful" with lots of money, cars, and prestige. Many kids don't get out of their communities, so they emulate the role models they see in those neighborhoods. But those role models aren't necessarily the positive role models kids really need. Solution: Minority kids need to know what "success" really is. They need to be mentored. They need to be influenced by adults who are positive role models.

	<u>PUBLIC REPORT #031315</u>	28:30	L	PA/O	3/13/15	10:00 AM
		This segment was repeated on the following dates:			3/14/15	1:00 AM
					3/16/15	8:30 AM
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					3/19/15	1:00 AM
					3/23/15	1:30 AM
					3/26/15	1:30 AM
					3/31/15	1:30 AM

Tina Lombard interviews Phil Martin, National Director of Compassion 2 One; John Gaines, Founder, PUSH; Kristal Clark, Founder, RockPaperScissor;, and Any Havland, Executive Director of "Talk It Up TV." Problem: Organized crime and gangs are targeting minorities for sex trafficking. Minority communities have less money, fewer employment opportunities, and fewer positive role models, thus setting up young girls and women in those communities for sex trafficking recruitment. The larger community needs to provide education, mentoring, job and skills training, and counseling to combat the lure of sex trafficking.