

TRINITY BROADCASTING OF WASHINGTON

QUARTERLY REPORT

OCTOBER, NOVEMBER, DECEMBER 2016

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

FOR

OCTOBER, NOVEMBER, DECEMBER 2016

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

YOUTH  
HEALTH  
SENIORS  
PUBLIC SAFETY  
SUBSTANCE ABUSE  
CRIME

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

OCTOBER, NOVEMBER, DECEMBER 2016

QUARTERLY REPORT

|       | PROGRAM  | TOPIC    |                  | SOURCE | TYPE | AIR DATE | TIME    |
|-------|--|----------|------------------|--------|------|----------|---------|
|       |  | DURATION | SEGMENT DURATION |        |      |          |         |
| YOUTH | <u>PUBLIC REPORT #101016</u>                     | 28:30    | 13:15            | L      | PA/O | 10/10/16 | 3:30 PM |
|       | This segment was repeated on the following date: |          |                  |        |      | 10/11/16 | 2:00 AM |

Artonique Nelson interviews Gerald Jackson, IT Specialist, and Elizabeth Rangel, Admissions Advisor, Highline College. Problem: Many of our young people are dealing with identity crisis. They often come from homes that don't have both parents. They don't have direction or purpose for their life. Their parent (or parents) don't understand. Solution: Young people need to know that they are loved and valued. If they can't talk with their parents, they need to find a place, a person, they can trust, where they can talk about life issues. Kids need to vent and feel safe when they do. They need to hear that God has their best interests at hand and that they can trust Him. They need to know that God's Word is relevant today. They shouldn't let the enemy keep them in fear. Fear paralyzes. "We've all made mistakes, but we must learn from them. Sometimes we aim too low, but God want higher things for you."

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|  | <u>PUBLIC REPORT #111416</u>                     | 28:30 | 13:15 | L | PA/O | 11/14/16 | 3:30 PM |
|  | This segment was repeated on the following date: |       |       |   |      | 11/15/16 | 2:00 AM |

Elizabeth Hamilton interviews John Gaines, PUSH, and Antonio McLemore, Youth Pastor at Life Center, Tacoma. Problem: This is a fatherless generation. A lot of young people either don't have a father in their home, or if they do he is not present or involved with his children. Too many young people have not been taught values or discipline. Most of them don't know how to handle their emotions. When all they see are drug dealers and pimps, they don't know who else to emulate. They are a product of what they see. At the same time they don't know how to understand their emotions. Washington State has a very high suicide rate among young people 14-25 years of age. Solution: Young people are hungry for change, but they don't know what it looks like. They just want to make it to the next day. We must help young people believe in themselves, despite the pain and obstacles. It is essential that we mentor young people. Followers of Jesus need to get active in their communities. HOPE 253 is a Christian program designed to bring the community together in Christ, to hold Him up, to encourage young people to have a relationship with Him.

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|  | <u>PUBLIC REPORT #112116</u>                     | 28:30 | 13:15 | L | PA/O | 11/21/16 | 3:30 PM |
|  | This segment was repeated on the following date: |       |       |   |      | 11/22/16 | 2:00 AM |

Elizabeth Hamilton interviews John Gaines, PUSH, and Krystal Clark, Rock Paper Scissors. Problem: Seattle is the number 3 city in the nation regarding human trafficking. Krystal says this trafficking is becoming an epidemic. Young men and women are being sold. To many they might look like runaways, but they are being held outside of their will. Most of these young people lack a sense of self worth. They believe what other people say about them, that they're not "good enough." Thus they become targets for human trafficking recruiters. Solution: Young people are looking for a safe place where they can find trust and honest relationships. They want to know that you care for them for real. They don't need you to judge them, but to teach them to love themselves despite the obstacles and adversities. Tell them It's okay to love the person God created them to be. We all make bad decisions. God looks past our faults and sees a deeper need. The spiritual need of our heart.

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|  | <u>PUBLIC REPORT #112116</u>                     | 28:30 | 13:15 | L | PA/O | 11/21/16 | 3:30 PM |
|  | This segment was repeated on the following date: |       |       |   |      | 11/22/16 | 2:00 AM |

Elizabeth Hamilton interviews Linda Meissner, Jesus People Coffee Shop. Problem: Organized gangs are proliferating in Tacoma. Linda estimates there are 800 youth involved in 29 different gangs. Crips is the main gang, with about 200 members. The Bloods have about 100 members. Why do children go into gangs? Primarily because they are lonely. They want companionship, acceptance. Solution: The message of love in Christ works. He offers unconditional love and acceptance. We need to pray for this generation.

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|       |                              | PROGRAM<br>DURATION                              | TOPIC<br>SEGMENT<br>DURATION | SOURCE | TYPE | AIR DATE | TIME    |
|-------|------------------------------|--|------------------------------|--------|------|----------|---------|
| YOUTH | <u>PUBLIC REPORT #122616</u> | 28:30  | 13:15                        | L      | PA/O | 12/26/16 | 3:30 PM |
|       |                              | This segment was repeated on the following date: |                              |        |      | 12/27/16 | 2:00 AM |

Artonique Nelson interviews Allyson Rowe, Miss Washington USA 2014. Problem: One of the biggest battles in this generation is understanding one's identity as a woman. Young women too often compare themselves to what they see in magazines, in the movies, and on TV. They feel that they must look like this or dress or talk like that if they want to be valued or loved. Solution: Young women must understand that they are not what their experiences have told her they are or what others have told her. She is who God says that she is. Stop comparing yourself to others. God made you for a reason and it is good. Talk to God – Where are You in this image thing? What are you doing in this? How can I come into agreement with what you want to do through it?

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|  | <u>PUBLIC REPORT #122616</u> | 28:30  | 13:15 | L | PA/O | 12/26/16 | 3:30 PM |
|  |                              | This segment was repeated on the following date: |       |   |      | 12/27/16 | 2:00 AM |

Artonique Nelson interviews Allyson Rowe, Miss Washington USA 2014. Problem: Every woman has a season when they don't feel they are good enough or they don't measure up. Often young women have a sense of insecurity. If they wear their skirt a little shorter, or their top a little lower, or if they walk with a little more strut, then they're going to get the attention and acceptance they so desperately want. Too many young women are bulimic or anorexic because of their poor self image. Solution: The world places an absolutely ridiculous image of what you're supposed to look like. This is not real. You'll never become like that image because you're always lacking something. You have to ask yourself – What does God think about you? As a daughter of God, you are to walk in your calling, walk in your identity, and honor God in everything you do. He made every woman to be beautiful in their own way. What defines you is what God placed within you – your goals, ambitions, heart cry, the things He has destined you for.

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|        |                              | PROGRAM<br>DURATION                              | TOPIC<br>SEGMENT<br>DURATION | SOURCE | TYPE | AIR DATE | TIME    |
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| HEALTH | <u>PUBLIC REPORT #100316</u> | 28:30  | 13:15                        | L      | PA/O | 10/3/16  | 3:30 PM |
|        |                              | This segment was repeated on the following date: |                              |        |      | 10/4/16  | 2:00 AM |

Tanny Jackson interviews Judy Hoff, Executive Director of The Hoff Foundation. Problem: Unforgiveness is recognized by the medical profession as a disease. Left untreated, it leads to insomnia, anxiety, eating disorders, addictions, skin cancer, arthritis, fibromyalgia. The mind and body are one, and what affects the mind often affects the body. Solution: Forgiveness therapy is being used now to treat various diseases, such as cancer. Some issues are so deep and paralyzing that we can't handle them ourselves. We need God's help. The Bible says "Forgive and you will be forgiven." On the cross, Jesus prayed for forgiveness for those who condemned Him to death. In the forgiveness process it is important to have a mentor, someone you can trust. Once you let the unforgiveness go, healing can take place.

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|  | <u>PUBLIC REPORT #103116</u> | 28:30  | 13:15 | L | PA/O | 10/31/16 | 3:30 PM |
|  |                              | This segment was repeated on the following date: |       |   |      | 11/1/16  | 2:00 AM |

Tanny Jackson interviews Paula Despars, El Shaddai Ministries medical team. Problem: Medical emergencies happen at church, as well as in everyday life. Medical problems can include hurricane and earthquake injuries, chest pains, shortness of breath, asthma, seizures, high or low blood sugar levels, cuts and sprains, and even injuries caused by someone who comes into the church to do harm. Solution: For churches that want to set up teams, Paula gives these guidelines: Depending on the size of the church, there could be two to eight people on the medical team. The team should include medical professionals, as well as lay people who have had CPR or first aid training. One of the team members should know how to take blood pressures and blood glucose levels. Basic supplies should include blood pressure cuffs, stethoscope, O<sub>2</sub> oxymeter, glucometer, glucose tablets or gel, and cold compresses. The team should be able to take care of a person until EMS arrives. Medical emergencies can happen at any time, so the medical team should be at the church from when the doors open until they close. Paula recommends that the team members be seated throughout the auditorium. They shouldn't be too obvious, but they should be able to respond quickly.

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|  | <u>PUBLIC REPORT #103116</u> | 28:30  | 13:15 | L | PA/O | 10/31/16 | 3:30 PM |
|  |                              | This segment was repeated on the following date: |       |   |      | 11/1/16  | 2:00 AM |

Tanny Jackson interviews Sahsha Campbell Garbutt, plant based advocate. Problem: The standard American breakfast is usually eggs, bacon or sausage, or cereal. Unfortunately, those are primarily processed foods, with few nutrients. Solution: A better breakfast might include fruits or vegetables blended into a smoothie. There is much more fiber in this kind of meal. Foods to avoid at any meal include processed foods, sugar, white flour. Good foods would include whole wheat, nuts, and other high fiber foods. Sweeteners could be apples, dates, prunes, mangoes, or bananas. Keep your meals simple. They should be plant based. If you are going to eat any animal, it should probably be wild caught fish.

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|        |                              | SEGMENT  |        |      |          |                 |
|        | DURATION                     | DURATION   |        |      |          |                 |
| HEALTH | <u>PUBLIC REPORT #110716</u> | 28:30  | 13:15  | L    | PA/O     | 11/7/16 3:30 PM |
|        |                              | This segment was repeated on the following date: |        |      |          | 11/8/16 2:00 AM |

Tanny Jackson interviews Paula Despars, El Shaddai Ministries medical team. Problem: Accidents happen. They might happen on highways or in restaurants, or schools, or at the mall. Sometimes EMS cannot get there quickly enough. During a natural disaster of some kind, the first responder might not arrive for several days or even weeks. Solution: Regarding accidents, first responders can be anybody of any age. Hopefully it will be a person who knows CPR or first aid. But whoever it is should be a person who can keep everyone calm and can provide protection and safety until emergency response personnel can get there. Regarding natural disasters, families need to be their own first responders. Make plans as a family as to where to meet and what to do when a natural disaster occurs. In the house and in each car have a first aid kit, food, water, walking shoes, warm clothing, blankets, fire starters, flashlights/candles, baby/pet food, cooking utensils, and medications. Be prepared.

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|  | <u>PUBLIC REPORT #112816</u> | 28:30  | 13:15 | L | PA/O | 11/28/16 3:30 PM |
|  |                              | This segment was repeated on the following date: |       |   |      | 11/29/16 2:00 AM |

Tanny Jackson interviews Elaine Irons-Hunt, RN, Community Health Nurse, and Doris Green, Divine Divas Ministry. 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.

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|  | <u>DR. LEAF SHOW #0003</u> | 26:50   | 26:50 | REC | PA/O/E | 10/5/16 2:00 AM  |
|  |                            | This segment was repeated on the following dates: |       |     |        | 12/14/16 3:30 PM |
|  |                            |   |       |     |        | 12/21/16 2:00 AM |

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist; Dr. Avery M. Jackson III, a neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the importance of the mind and its impact on our food choices. Brain research and memory research shows you build memory about food. Information enters through the five senses and goes into the brain. What you put in your body is going to change the way your body reacts and functions. Be mindfully aware and have conscious consumerism. Ask yourself: What is on my plate? What is it going to do to my body? Where did it come from? What has this done to the earth? Research shows that 80% of an eating decision is in the mind. We need to be healthy mentally and physically. Research has shown that it takes twenty-one days to build a long-term memory. Then it's another two cycles of twenty-one days, which comes to around sixty-three to stabilize or automatize, which is the scientific word for building a habit. The Modern American Diet is more addictive than heroin and cocaine. We have to recognize that what you are thinking about is having a physiological effect. Your mind is your soul; it's your intellect, your will, and your emotions. Then you have your physical body, of which your brain is a part. So, your mind is changing your brain, which is changing your body. We need to be very conscious of what we are thinking about when it comes to food and everything in life.

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|        |                            | SEGMENT  |        |      |          |                  |
| HEALTH | DURATION                   | DURATION   |        |      |          |                  |
|        | <u>DR. LEAF SHOW #0001</u> | 27:05  | 27:05  | REC  | PA/O/E   | 10/5/16 3:30 PM  |
|        |                            | This segment was repeated on the following date: |        |      |          | 10/12/16 2:00 AM |

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist; Dr. Avery M. Jackson III, a neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the importance of eating and the difference between real food and what we call the Modern American Diet, shortened to the "MAD" Diet. Real food is nutritious, has very few ingredients, is organically grown from the ground, is sustainable, and picked when it is ripe. A happy animal is allowed to do what it does the way God designed it to do; roam freely and eat things as it's roaming around, which produces happy food. When you've had sufficient nutrition for your body, you stop eating. However, on the MAD diet the opposite happens. The MAD diet contains conventional-processed, food-like, products. An unhappy animal is restricted, force-fed, fattened up with hormones, full of antibiotics, and stressed. We have to eat food to survive, but the problem is what man has done to food. If we eat for health and not for losing weight, we will naturally get the correct weight. It's real food that you should be eating.

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|  | <u>DR. LEAF SHOW #0002</u> | 26:55  | 26:55 | REC | PA/O/E | 10/12/16 3:30 PM |
|  |                            | This segment was repeated on the following date: |       |     |        | 10/19/16 2:00 AM |

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist; Dr. Avery M. Jackson III, a neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss relearning what to eat, how to cook, and how to think about food. Real food is made the way God designed it, without chemicals, herbicides, pesticides, or Genetically Modified Organisms (GMO). Biomimicry is looking at the intelligence of nature. The ecosystem is completely diverse. Going from diversity to monoculture is very dangerous. We need the variability. Learn how to eat properly. Find out what it's doing for and to your body - the good and the bad stuff. Get the knowledge to change your diet and lifestyle.

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|  | <u>DR. LEAF SHOW #0005</u> | 27:30  | 27:30 | REC | PA/O/E | 10/26/16 3:30 PM |
|  |                            | This segment was repeated on the following date: |       |     |        | 11/2/16 2:00 AM  |

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist; Dr. Avery M. Jackson III, a neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss living under a sense of urgency. With the advances of technology, we're just rushing from one thing to the next and we're constantly living under this directorate of time instead of going through life calmly and peacefully. Rushing from one thing to the next impacts our choice of food, when we eat, our physiology, our brain, and our brain functioning, which is called, literally, hurry sickness. The hurry sickness puts us in toxic stress. Stress is good to help us focus. Toxic stress takes that away, and then you have the opposite reaction. It pushes you into that zone where you're not thinking straight, where you make wrong choices. If you lead a disciplined lifestyle and you learn to renew and discipline your mind, you can apply that kind of thinking to your everyday life, including eating. Be intentional about your eating process. Try to separate your mealtime from your work. Don't eat standing up. Make eating your relaxation. Eat when you are calm to get more benefit from that food.



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|        |                            | DURATION   | SEGMENT DURATION |        |        |          |         |
| HEALTH | <u>DR. LEAF SHOW #0007</u> | 27:30  | 27:30            | REC    | PA/O/E | 11/9/16  | 3:30 PM |
|        |                            | This segment was repeated on the following date: |                  |        |        | 11/16/16 | 2:00 AM |

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist; Dr. Avery M. Jackson III, a neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the gut-brain connection. Brain tissue that we find in the brain is also in the gut. That gut-brain connection is a two-way connection and it's controlled by the enteric nervous system that contains 200-600 million neurons, which is more neurons than in the spine. In the Blue Zones of the world is where you find centenarians; people who live more than a hundred years of age. The underlying commonality is spirituality, community, attitude, and nutrition. And, the nutrition that they have is real food. When you decide to change the way you're thinking, you're going to change your physical status. Your brain and your whole body will respond. That's the eighty percent of the signal, and then the biology, the biological components of food, forms the other twenty percent of the signal. The thought that you are thinking right now at this moment is actually influencing all 75-1000 trillion of your cells, either positively or negatively. Fasting is important spiritually and physically. Some of the benefits of fasting are cardiovascular benefits, increased longevity and resistance to age-related diseases, enhanced mental and physical health, increased cellular energy, decreased inflammation, protects against the onset of illness, and protects against stroke and high blood pressure.

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|  | <u>DR. LEAF SHOW #0009</u> | 27:30  | 27:30 | REC | PA/O/E | 11/23/16 | 3:30 PM |
|  |                            | This segment was repeated on the following date: |       |     |        | 11/30/16 | 2:00 AM |

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist, and Dr. Lillian Lockett Robertson, an OB/GYN, to explore the supermarket, how to cook, what to do, and how to shop. Eat real food. Buy real food. There is a definite engineered design in the supermarket. A lot of people have heard: avoid the center aisles and go to the outside, where your fresh produce is because everything down the center aisles are basically in boxes and containers. The Modern American Diet food-like products are industrially manufactured. When something is added, that means that something is being removed, so we should be wary of an added anything. Eating is eighty-percent dominated by our thought life and what we've built memories of. Eat real food. Read the labels. Buy local. You can find community-supported agriculture. Real food makes physiological changes in your brain. So, your mind, the thinking to choose to eat well, the intellectual stimulation, the being happy, and then choosing to eat the real food, and eating the real food, satisfies you. Eating real food is the way God designed us to eat.

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|  | <u>DR. LEAF SHOW #0011</u> | 27:30  | 27:30 | REC | PA/O/E | 12/7/16  | 3:30 PM |
|  |                            | This segment was repeated on the following date: |       |     |        | 12/14/16 | 2:00 AM |

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Esther Houston to discuss postpartum depression, also known as the baby blues. Suffering exists in life and we are here to learn through our suffering with the help of others. Something like postpartum depression is a very real thing that actually needs to be addressed as a very complex process unique to each individual. We can't just say it's a disease, label it, medicate it, and think that it's over and blame the mother. We've got to recognize the whole person. Who is this mum? What is she going through? What are her life circumstances? What is her past? What is her support system? What are the physical needs in her body and diet? We have to look at the whole person in a very loving and very supportive way. The more loving and supportive we are, the more we will actually help each other be better mothers.

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|        |                               | PROGRAM<br>DURATION | TOPIC<br>SEGMENT<br>DURATION | SOURCE | TYPE   | AIR DATE | TIME     |
|--------|-------------------------------|---------------------|------------------------------|--------|--------|----------|----------|
| HEALTH | <u>700 CLUB CBN #11162016</u> | 1:00:00             | 5:00                         | REC    | PA/O/E | 11/16/16 | 12:00 PM |

CBN News Reporter Lorie Johnson Reports: Busy, sleep-deprived, and stressed-out. These are the terms that describe most young parents. That roller-coaster lifestyle rocks your blood sugar and hormones, creating the perfect storm for weight gain. Even Mark Macdonald, the nutrition expert and bestselling author, gained 35 pounds after becoming a father. Mark and his wife, Abbi, didn't like the direction in which they were going — so they learned to gain control instead of gaining weight. Mark shares their secrets to success in the book, "Why Kids Make you Fat. . . And How to Get Your Body Back." He explained that when it comes to managing weight, new parents fall into four traps: lack of sleep, stress, lack of exercise and poor diet. While all those factors need to be addressed, Mark notes that diet is the most important. He says the secret to losing weight and keeping it off is what he calls "Eating in Threes," which means eat a protein, a fat and a carbohydrate every three hours. Abbi said she's noticed in her own life the importance of eating frequent, balanced meals. The key to "Eating in Threes" is understanding which foods are proteins, fats and carbohydrates. Most animal products are proteins. This includes meats like beef, pork, chicken and turkey, also yogurt (Greek yogurt is higher in protein than regular) and cheese. Seafood also qualifies as protein. There are also plant-based proteins, like tofu, a soy product. Fats include foods like olive, coconut and soybean oils. These are often the main ingredient in mayonnaise and salad dressing. Butter is also a fat, as are nuts like pecans and walnuts, as well as nut butters, such as almond butter. Avocados are also considered fats. Carbohydrates cover a lot of ground. Typically the healthiest carbs are vegetables. Fruits are also carbohydrates. Grains are carbohydrates as well, such as wheat, corn and rice and all the many products that come from them such as all breads and tortillas. Perhaps the unhealthiest carbohydrate is sugar. Some foods fit into more than one category. For instance, cheese is a protein, but because it contains a lot of fat, can also be considered a fat. Mark says if you can, eat your protein, fat and carbs in a certain order. Most Americans eat way too many carbohydrates and too few proteins. Her other grab-and-go favorites include nitrate-free turkey jerky, protein bars, nuts, vegetables and fruit. Although packing your food and taking it with you is usually healthier and cheaper, you can still "Eat in Threes" at restaurants, even fast food establishments. A good choice is grilled chicken as the protein, lettuce as the carb and salad dressing as the fat. Another option is an open faced sandwich using grilled chicken as the protein, half a bun as the carb and mayonnaise the fat. Less sleep, which goes hand-in-hand with parenthood, delivers a one-two hormone punch for weight gain. This is because not getting enough sleep increases the hunger-stimulating hormone ghrelin and lowers the appetite-suppressing hormone leptin. Mark advises parents to try to get more sleep. If that's not possible, he says at least they can learn to get better quality sleep, which pays dividends. This can be accomplished by avoiding the snooze button. Replace 30 minutes of useless sleep with quality sleep. For instance, instead of setting your alarm for 6:30 a.m. and hitting the snooze until 7:00, set your alarm for 7:00 and don't hit the snooze. Too many busy parents are dehydrated, which can lead to weight gain. Believe it or not, our brain sometimes tricks us into thinking we're hungry, when we're actually thirsty. How many ounces should we drink a day? A good rule of thumb is our body weight divided by two. For example, a person who weighs 120 pounds should drink 60 ounces of water a day. Parents know all too well the pre-kid days of spending an hour a day at the gym are long gone. But with a little creativity, you can work-out while getting more family time. Family walks, especially for dog owners, can be a daily or even twice-daily routine. Mark straps on a weighted vest to make his walks a bit more challenging. Even time in front of the screen doubles as core strength training if you sit on a stability balls instead of a chair. Finally, letting go of those little annoyances that accompany parenthood goes a long way towards losing weight. The Macdonalds say following their prescribed guidelines will help shed the pounds and create new, sustainable habits that keep it from coming back.

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|        |                               | PROGRAM<br>DURATION | TOPIC<br>SEGMENT<br>DURATION | SOURCE | TYPE   | AIR DATE | TIME     |
|--------|-------------------------------|---------------------|------------------------------|--------|--------|----------|----------|
| HEALTH | <u>700 CLUB CBN #12272016</u> | 1:00:00             | 5:00                         | REC    | PA/O/E | 12/27/16 | 12:00 PM |

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

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|  | <u>700 CLUB CBN #12292016</u> | 1:00:00 | 5:00 | REC | PA/O/E | 12/29/16 | 12:00 PM |
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CBN News Reporter Lorie Johnson Reports: Cancer is a word no one wants to hear. Yet statistics show half of all men and a third of all women will receive the bad news. Churches should be a sanctuary for support. However, in many cases, people suffer in silence as they cope with their illness. Now the Cancer Treatment Centers of America is offering a free program to break down the wall of silence. After years of counseling cancer patients, Rev. Percy McCray knows they bear a burden unlike people fighting other illnesses. Thanks to his training, McCray knows the importance of encouragement. One conversation helped him realize others need to learn these skills, too. McCray said typically, churches deal with issues like addiction and marital problems very effectively. But it can fall short when it comes to meeting the needs of parishioners who are struggling with healthcare issues, particularly cancer. To bridge this gap, McCray and his associates at the Cancer Treatment Centers of America elected to offer complimentary cancer ministry training to representatives of churches across the country so they can better meet the needs of their brothers and sisters with cancer. It's called Our Journey of Hope. Cancer Treatment Centers of America offers free training for two people from a church who use what they learn to raise up cancer ministries in their home congregations. Participants learn the basics of the disease and treatments in order to focus on what it's like for the patient. An added incentive for a church is that the training is free of charge. That includes the two-day seminar, food, lodging, and materials. LaWanda Long attended the seminar years ago and now passes on what she learned to volunteers at Atlanta's Enon Baptist Church. Long teaches the volunteers one night a week for eight weeks. At that time they are ready to take on a cancer patient who has come forward requesting assistance. She said so far the cancer ministry at Enon is a success. Lisa McDermott attends Enon. She remembers suffering through nearly five months of chemotherapy for breast cancer. She asked the cancer ministry to help her with daily needs. McDermott dealt with one main point person who recruited others to pitch in. The cancer ministry made such an impression that McDermott wanted to get the training. As Nefertiti Dixon's mother fought ovarian and colon cancer, the ministry stepped in. Although her mother lost her fight, the cancer ministry made those final days easier. They also helped Dixon with things like meals, which lifted a burden. As a working mom with two children, she became overwhelmed with the pressure of caring for her sick mother. So while cancer will likely continue to strike far too many, churches now can choose to help those within their midst who are dealing with the disease.

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|         |                              | PROGRAM<br>DURATION                              | TOPIC<br>SEGMENT<br>DURATION | SOURCE | TYPE | AIR DATE | TIME    |
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| SENIORS | <u>PUBLIC REPORT #102416</u> | 28:30  | 13:15                        | L      | PA/O | 10/24/16 | 3:30 PM |
|         |                              | This segment was repeated on the following date: |                              |        |      | 10/25/16 | 2:00 AM |

Tanny Jackson interviews Carol Stanley, seniors caregiver. Problem: Seniors suffering from dementia/Alzheimers often exhibit behavioral changes. These changes can include increased irritability, unusual forgetfulness, wandering outside the house without telling anyone, incontinence issues, losing a sense of reason, and a diminishing of social and emotional filters. Sometimes seniors become very volatile in their actions. They might know there is a problem, but they don't seem to understand it. For caregivers, there are emotional stress issues that can continue for years. Solution: Caregivers should keep their "cool." If their loved one is in a care facility, try to visit them as often as you can. Your parents or other loved ones will get really good care if you are visible and showing that you are checking up on their care. Look at God's Word every day to get inspiration and help. Understand how big God is and how small your issues are. God loves you. He will keep your back.

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|  | <u>PUBLIC REPORT #102416</u> | 28:30  | 13:15 | L | PA/O | 10/24/16 | 3:30 PM |
|  |                              | This segment was repeated on the following date: |       |   |      | 10/25/16 | 2:00 AM |

Tanny Jackson interviews Carol Stanley, seniors caregiver. Problem: When a person reaches 60 + years of age, society (including the church) often has the feeling, "we don't want you anymore. Go over there with seniors your own age and just sit in your rocking chair." Forced into "retirement," seniors stop believing that they're useful, that they have a purpose. Solution: As people grow in age, they grow in life experiences and trials. If they have a passion to do so, let them mentor younger people. "Retirement" is not in the Bible. Churches, do not shove seniors into a corner. Instead, honor them. Utilize their gifts. If they want to make a difference, let them. Seniors can have a much healthier, happier life by doing all the things they feel they should do. Whatever the age, people should enjoy life to the fullest.

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|  | <u>PUBLIC REPORT #112816</u> | 28:30  | 13:15 | L | PA/O | 11/28/16 | 3:30 PM |
|  |                              | This segment was repeated on the following date: |       |   |      | 11/29/16 | 2:00 AM |

Tanny Jackson interviews Kirk Larson, Social Security Administration. Problem: 60 million people receive Social Security benefits. About 39 million of them are retirement benefits, 9 million are for disability, 4.5 million are for widows/widowers, and 2 million are for children who have lost one or both parents. About one in three seniors receive 90% of their income from Social Security. Getting information relevant to your situation can be difficult. Another problem that concerns many people is that their social security number is also their Medicare number and is printed on their Medicare card. This is a serious security risk in today's society. Solution: There are three ways to obtain Social Security information, by phone, over the internet, and by visiting your local Social Security office. The best is over the internet. There you will find your My Social Security Account, which lists your benefits and your work history, as well as allowing you to change your address and obtain a new Medicare card. For greater security, Medicare plans on replacing your Social Security number on your Medicare card with another identifying number in about 2019/2020.

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| SENIORS | <u>PUBLIC REPORT #120516</u> | 28:30  | 13:15                        | L      | PA/O | 12/5/16  | 3:30 PM |
|         |                              | This segment was repeated on the following date: |                              |        |      | 12/6/16  | 2:00 AM |

Tanny Jackson interviews Kirk Larson, Social Security Administration. Problem: The age limit for enrollment in the Social Security program continues to rise. For those born 1943-1954, full retirement benefits are not available until the age of 66. For those born 1960 or later, the age is 67. A person can enroll as early as age 62, but they will receive a permanent reduction in monthly benefits. While the purpose of the Social Security program is to provide an income once a person has retired, persons can still work up to a specified annual dollar amount while receiving Social Security benefits. Solution: Social Security requirements and benefits can be confusing. SSA encourages people to contact them if they have questions. People can go to local SSA offices, or use the telephone, but the agency strongly suggests they utilize the SSA web site. For security reasons, SSA never initiates telephone or email contact, though they do respond when a person initiates the contact themselves.

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| PUBLIC<br>SAFETY | <u>PUBLIC REPORT #101716</u> | 28:30  | 13:15                        | L      | PA/O | 10/17/16 | 3:30 PM |
|                  |                              | This segment was repeated on the following date: |                              |        |      | 10/18/16 | 2:00 AM |

Debrena Jackson Gandy interviews Ginger Passarelli, The Soup Ladies. Problem: First responders include firefighters, police, search & rescue teams, and even power line workers. They are the first on the scene in hurricanes, tornadoes, mud slides, school shootings, and other disasters. They are driven to put the fires out, stop gas leaks, repair downed power lines, find missing people, to do anything they have to do to make sure we are all taken care of. Locally, in Oso, Washington, they worked for 16 straight days digging for people buried in a massive mud slide. Solution: The Soup Ladies consider themselves first responders. They are ready to go at any moment to prepare hot food in mobile kitchens for those toiling long hours in life saving situations. They can be out the door with an hour with food for 100 or more people. Last year the Soup Ladies prepared almost 11,000 meals. They do it out of compassion, living the biblical command to love one's neighbors.

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|  | <u>PUBLIC REPORT #101716</u> | 28:30  | 13:15 | L | PA/O | 10/17/16 | 3:30 PM |
|  |                              | This segment was repeated on the following date: |       |   |      | 10/18/16 | 2:00 AM |

Debrena Jackson Gandy interviews Ginger Passarelli, The Soup Ladies. Problem: First responders are on the front lines of disasters. They see "awful stuff" all the time. They have to put it out of their minds so they can continue on with their life saving activities. Then they see other "awful stuff" at the disaster. And they have to put it out of their minds. And so it goes, disaster after disaster, until they can't hold it any more. First responders often have no one to take of them. They work 12 hours with no food or drink and no emotional support. Solution: The Soup Ladies work in restricted areas delivering hot food to first responders on the scene of a disaster or in a place where the first responders can't get to food and drink. They pray for the first responders, listen to them, cry with them, and hug them. Ginger reminds us that all of us are first responders. All of us are missionaries. We must keep our "tool boxes" full. We must be prepared. "You can't be prepared in your recliner. Ask God, Where do you want me to go? What do you want me to do?"

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|  | <u>PUBLIC REPORT #120516</u> | 28:30  | 13:15 | L | PA/O | 12/5/16 | 3:30 PM |
|  |                              | This segment was repeated on the following date: |       |   |      | 12/6/16 | 2:00 AM |

Tanny Jackson interviews Jim Pickett, Security Manager, El Shaddai Ministries. Problem: Every church needs a security team. Some people who walk into a church have mental illnesses, drug problems, and domestic violence issues. Some are thieves. God's people tend to be trusting. The bad guys know this. They're looking for whatever they can take advantage of, knowing they probably won't be challenged. Solution: Church security teams are best composed of persons with law enforcement and military backgrounds. Their primary function should be to watch for people who don't "look" or "act" normal. They should communicate with other team members, as well as with ushers and others who need to know when there is a problem. Background checks on those who teach children, work in the nursery, or interface with the congregation in other ways are necessary to avoid criminal problems. Security personnel need to watch over the property and the people God has entrusted to them.

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|               | PROGRAM                      | TOPIC  | SOURCE | TYPE | AIR DATE | TIME    |
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|               | DURATION                     | DURATION   |        |      |          |         |
| PUBLIC SAFETY | <u>PUBLIC REPORT #121216</u> | 28:30  | L      | PA/O | 12/12/16 | 3:30 PM |
|               |                              | This segment was repeated on the following date: |        |      | 12/13/16 | 2:00 AM |

Tanny Jackson interviews Jim Pickett, Security Manager, El Shaddai Ministries. Problem: Medical emergencies can happen everywhere. Church is no exception. Even when someone calls 9-1-1 to report a medical emergency, help is often several minutes away. Solution: The sooner medical aid can be administered, the better the chance of survival. Therefore, it is important for churches to have medical teams in place that can respond to any kind of medical emergency and be equipped for that response. Teams can best be composed of first aid responders, EMTs, and licensed nurses. They must be prepared to not only help those in the congregation who might be suffering from medical issues, but people who walk in off the street who aren't members of the church. These might be people suffering from drug overdoses, persons who have been assaulted, and domestic violence victims.

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|                 | PROGRAM                      | TOPIC  | SOURCE | TYPE | AIR DATE | TIME            |
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|                 |                              | SEGMENT  |        |      |          |                 |
|                 | DURATION                     | DURATION   |        |      |          |                 |
| SUBSTANCE ABUSE | <u>PUBLIC REPORT #100316</u> | 28:30  | 13:15  | L    | PA/O     | 10/3/16 3:30 PM |
|                 |                              | This segment was repeated on the following date: |        |      |          | 10/4/16 2:00 AM |

Tanny Jackson interviews Sharon Blake, Counselor, Tacoma Rescue Mission. Problem: People get addicted to drugs for basically two reasons: because of the pain from abuse or because of peer pressure. Most of the women Sharon works with have deep rooted pain. It is pain they have covered up, that they have masked and pretended that things were okay. Young people often succumb to peer pressure because they feel abandoned and rejected at home. They want to feel loved and accepted. Solution: No one in their right mind sets out to be a drug addict. Because addicts are often rejected by their families, they need to seek and find a new support system. The best people to offer help are those who have gone through the addiction rehabilitation process themselves and have come out of it successfully. Most secular facilities offer short term help. Their premise is that the addict can kick the habit in 14 or 21 days. Faith based programs, however, are much longer and delve into the root causes. Jesus is the "glue." When we're at the end of ourselves, He is there.

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|  | <u>PUBLIC REPORT #101016</u> | 28:30  | 13:15 | L | PA/O | 10/10/16 3:30 PM |
|  |                              | This segment was repeated on the following date: |       |   |      | 10/11/16 2:00 AM |

Tanny Jackson interviews Sharon Blake, Counselor, Tacoma Rescue Mission. Problem: People want to be happy. If there is pain from a traumatic event, they try to get away from it, to hide from it. People in pain often feel that they're in this by themselves, that no one else knows their pain. They will try everything in their power not to deal with it, including substituting drugs, alcohol, and even dysfunctional relationships with other people to make them happy. Solution: The best prevention is to talk with the person in pain. Give them an opportunity to talk with you without responding in anger. Let them know that they can come out of their pain by helping others, that their pain has a purpose if it is given a voice, that doing this can make them free. Let them know that God loves them. He accepts them even if no one else does.

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|  | <u>PUBLIC REPORT #111416</u> | 28:30  | 13:15 | L | PA/O | 11/14/16 3:30 PM |
|  |                              | This segment was repeated on the following date: |       |   |      | 11/15/16 2:00 AM |

Elizabeth Hamilton interviews Linda Meissner, Jesus People Coffee Shop. Problem: The generation of young people today is being hit from all directions by things that destroy their life. It is a world of drugs, sex, gender identity, and political uncertainty, with little hope for the future. Increasingly children in middle school are abusing drugs. Most of them don't even stop at marijuana, but go directly to heroin, crystal meth, and crack cocaine. Many kids are homeless, approximately 2,000 in Tacoma alone. Kids are lonely, confused, and empty. Parents have no clue what their kids are going through. Solution: The only solution as Linda sees it is Jesus. He gives hope, joy, and meaning to life. In addition, parents need to spend quality time with their children. They need to know where they are, who they are with, what they are watching on the internet.

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|  | <u>PUBLIC REPORT #121916</u> | 28:30  | 13:15 | L | PA/O | 12/19/16 3:30 PM |
|  |                              | This segment was repeated on the following date: |       |   |      | 12/20/16 2:00 AM |

Elizabeth Hamilton interviews Nathan French, Rock of the Harbor Church. Problem: Young people are trying to fit in. They are fearful, afraid, looking for love, for identity. They are turned off by the church because all they see there is hypocrisy. The church tells them what they've done wrong instead of encouraging them to do what's right. In trying to fit in, young people often get in with the wrong crowd and there they find drugs. Drugs take away their fear. Solution: Young people need to know that their identity is in God, that He loves them, and that the love of God casts out all fear.



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|                 | PROGRAM<br>DURATION           | TOPIC<br>SEGMENT<br>DURATION | SOURCE | TYPE | AIR DATE | TIME              |
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|                 |                               |                              |        |      |          |                   |
| SUBSTANCE ABUSE | <u>700 CLUB CBN #10202016</u> | 1:00:00                      | 5:00   | REC  | PA/O/E   | 10/20/16 12:00 PM |

CBN News Reporter Caitlin Burke Reports: Alcoholism remains a leading cause of death in the United States. But even with all the research poured into the problem, it's a condition that's often misunderstood. When someone consistently drinks large amounts of alcohol it injures the brain, specifically the limbic system, or the brain's control center. When alcohol is consumed, it enters the blood stream and goes to this control center where it releases dopamine. While that chemical can make you feel good, it can also injure the brain as more of it is released overtime. The alcohol essentially causes the brain's control center to short circuit, overwhelming how you think, feel, and manage your emotions. Another misunderstood fact about alcoholism: females can become addicted more easily than their male counterparts. When a female drinks, her body absorbs 50 percent more alcohol per drink than a male. Because of this, Urschel says female alcoholics face more medical problems. This becomes even more of a concern as alcohol beverage companies spend millions appealing to women through television ads and social media. Hanna Fobare, 24, believed all the hype and turned to drugs and alcohol when the pressure to perform in college athletics got to be too much. As Fobare embraced her new lifestyle--the friends, parties and boys--the addiction quickly took over. When she started failing classes, Fobare realized she couldn't lie to her family any longer. Her parents stepped in and sent her to Enterhealth. There she received a dual diagnosis—as is common with many alcoholics. Fobare is now one year sober, but it hasn't been easy. Her first attempt led to a relapse, detox and time in a state-funded rehab facility. Both she and Urschel stress that the hardest thing for a recovering addict to understand is the need for constant maintenance. While the alcohol damage never goes away, Urschel says the brain contains an amazing ability to reboot and heal. With the right treatment, there's a 85 to 90 percent chance the brain will go back to its normal state.

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|       | PROGRAM<br>DURATION                              | TOPIC<br>SEGMENT<br>DURATION | SOURCE | TYPE | AIR DATE | TIME            |
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| CRIME | <u>PUBLIC REPORT #110716</u>                     | 28:30                        | 13:15  | L    | PA/O     | 11/7/16 3:30 PM |
|       | This segment was repeated on the following date: |                              |        |      | 11/8/16  | 2:00 AM         |

Elizabeth Hamilton interviews Nathan French, Rock of the Harbor Church. Problem: People most often take drugs because they want to numb themselves to the fear of failure or rejection. 70-85% of those in prison have gone through drug treatment programs. Many of them have been turned off by religious hypocrisy. Solution: Many of those in prison have had a lot of time to think about what they had done and how they can change. They often find that God loves them just the way they are and that Jesus is the One who can set them free from their drugs. They need to give their drugs to Him.

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|  | <u>PUBLIC REPORT #121216</u>                     | 28:30 | 13:15 | L | PA/O     | 12/12/16 3:30 PM |
|  | This segment was repeated on the following date: |       |       |   | 12/13/16 | 2:00 AM          |

Tanny Jackson interviews Paul Wilson, Aggressive Ministries, and Anteneh Tesfay, former prison inmate. Problem: There are a lot of absent fathers today, as well as parents with drug and alcohol problems. As a result, kids are looking for other people they can relate to and hang out with. Often these kids end up following having the same problems as their parents. It's an identity issue. Everyone is looking for an identity, for a place to belong. The bottom line is that many of these kids end up in jail or prison, only to repeat the cycle again and again. Solution: The best thing we can do to help is to meet these young people right where they are before they go to jail. We must come up with a way that lets them know that we care for them, that it's okay to associate with people who are not part of the gang who can teach them life skills. When these kids do go to jail or prison and serve their time, ministries must be willing to help them successfully transition from incarceration to public life.

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|  | <u>PUBLIC REPORT #121916</u>                     | 28:30 | 13:15 | L | PA/O     | 12/19/16 3:30 PM |
|  | This segment was repeated on the following date: |       |       |   | 12/20/16 | :00 AM           |

Tanny Jackson interviews Paul Wilson, Aggressive Ministries, and Anteneh Tesfay, former prison inmate. Problem: Young people in prison face their last chance in life. Either they get it straight or the next time they are going to be in prison for life. This is "street survival" where you've got to be tough to survive. The problem basically is the lack of family. Parents are not involved in their kid's life. There's no more sitting down to dinner at a table discussing problems and solutions. Kids no longer trust their dad or mom. Parents walk out on their kids and kids are walking out on their parents. Everywhere you look, grandparents are raising their grandchildren because their own children are so messed up. At the same time, the church, which is supposed to have a passion for people, no longer looks at families as the harvest field. And because of this we're losing a generation of people who need Christ. Solution: The church, the Body of Christ, has got to engage young people. Only by reaching young people can we get through to their parents. We've got to share the joy of Christ with them, give them Someone they can count on, Who won't walk out on them.

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|       | PROGRAM                       | TOPIC    |                  | SOURCE | TYPE   | AIR DATE | TIME     |
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|       |                               | DURATION | SEGMENT DURATION |        |        |          |          |
| CRIME | <u>700 CLUB CBN #11022016</u> | 1:00:00  | 5:00             | REC    | PA/O/E | 11/2/16  | 12:00 PM |

CBN News Reporter Heather Sells Reports: Pete Leonard first developed a love for fresh-roasted coffee during a missions trip to Brazil. The former Arthur Andersen business consultant returned home and made his own roaster in his Weber grill. Around the same time, he noticed that a relative who had recently been released from prison was unable to find work. Initially, Leonard thought it was an isolated incident, but he soon learned differently. He discovered that U.S. prisons release more than 600,000 people every year and that they face multiple obstacles in reentering society. Chief among these obstacles is employment. Dr. Karen Swanson, director of The Institute for Prison Ministries at Wheaton College, says that most employers simply don't want to hire anyone with a criminal background. Leonard's solution: Take advantage of America's obsession with coffee by creating a premium coffee-roasting company—and employ former felons to run it. It's a match made in coffee heaven. More than 70 million Americans have a criminal background and at the same time, Americans overall are drinking 400 million cups of coffee a day, driving specialty sales up 20 percent. One of Leonard's early hires, Louis Dooley, was released from prison after serving 15 years for armed robbery and attempted murder. Dooley told CBN News that getting out proved to be a huge challenge. Dooley became a believer and worked hard to turn his life around while behind bars. Still, no employer would take a chance. Another ex-felon, Amy, ran into similar dead-ends. In addition to a banking resume, her background included a white collar crime conviction. Neither she nor Dooley could get past a small box that's on most job applications and must be checked if an applicant has a criminal record. But at 'I Have a Bean.' Leonard's company, both Amy and Dooley found the door open. Leonard said that ultimately, he's not concerned with job seekers' pasts. Since starting the company nine years ago, Leonard has hired 35 people out of prison and says that today, all but two are the success stories he believed could happen. The positive result is no accident. Leonard carefully vets each potential employee before hiring. He finds out if they've worked to rebuild their lives while behind bars—and whether they've stuck to that path after getting out. He's also a stickler for quality. Leonard is more than a boss — he's a witness, watching his employees transform from down and discouraged to confident and marketable. Today, Dooley works as the regional director for Set Free Ministries in Illinois. The non-profit provides Bible study courses to inmates in prisons and jails in Missouri and Illinois. Amy manages the front office for I Have a Bean. Their stories speak clearly to the power of transformation and the hope that former prisoners can find once they're able to find a place in the job market. Dr. Swanson believes the concept could become a game-changer for millions who need a second chance. Such experiences can lead—not just to increased marketability—but to a shot at restoration and a new, productive life.

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|  | <u>700 CLUB CBN #11042016</u> | 1:00:00 | 5:00 | REC | PA/O/E | 11/4/16 | 12:00 PM |
|--|-------------------------------|---------|------|-----|--------|---------|----------|

CBN News Reporter Mark Martin Reports: From hacked emails to major data breaches, cyber attacks could potentially cripple our economy and threaten national security. Hackers shut down half of America's Internet on Oct. 21 by targeting Dyn, a company that manages key parts of the Web's infrastructure. Within minutes, the cyber attack took major websites like Twitter and Spotify offline. It was just the latest example of cyber warfare. Other major cyber hacks garnering national attention recently include the Yahoo data breach in September, WikiLeaks emails relating to Hillary Clinton's campaign and the Clinton Foundation, and the leak of roughly 20,000 emails involving the Democratic National Committee in July. Hayman believes today's worst offenders in this computer espionage are China, Russia, and North Korea. FBI special agent Robert Cochran tries to spread the word about cybersecurity danger to companies like Eastern Data in Virginia Beach, Virginia. Cochran said that of the 14,000 agents in the FBI, 1,500 fight cybercrime -- a 60 percent increase in just the last five years. He says for now, the United States is focusing on defense in this new form of warfare. While cyber warfare between nation-states may sound far removed, it's clearly happening each day on a smaller scale. How do you protect yourself at home and on the job? One practice can work for all kinds of viruses — good hygiene. In addition to computer hygiene, Kaiser urges people to lock down the log-in. In other words, add an extra layer of protection beyond your password. There are a number of options such as fingerprint scans currently available on many smartphones and tablets. Hayman believes education is the best defense. The National Consumers League also helps educate consumers on cybersecurity. So what kinds of laws are on the books to fight cyber crime? Breyault says on the federal level, the protection is surprisingly minimal, and his organization is lobbying to change that.