

TRINITY BROADCASTING OF WASHINGTON
QUARTERLY REPORT
APRIL, MAY, JUNE 2016

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

FOR

APRIL, MAY, JUNE 2016

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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 SECOND QUARTER.

APRIL, MAY, JUNE 2016

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
EDUCATION	<u>PUBLIC REPORT #041116</u>	28:30	13:15	L	PA/O	4/11/16	3:30 PM
		This segment was repeated on the following dates:				4/12/16	1:30 AM

Artonique Nelson interviews Dr. Amelia Phillips, Professor of Computer Science; Gerald Jackson, Information Technology Systems Specialist; and Tanya Powers, Baccalaureate/Workforce Education Programs, of Highline Community College. Problem: The bottom 10% of young people today will not go to college and the top 10% will make it through college successfully. Educators need to focus on the middle 80%. Solution: One rapidly growing potential employment area that might attract the 80% is Information Technology (IT). This is a very broad field, involving programmers, web developers, database builders, and digital investigators. The biggest challenge is to show prospective students that IT is a "doable" field. Interested students might take an introductory IT course, or talk with someone in the IT workplace, or even shadow that person for a day.

	<u>PUBLIC REPORT #041816</u>	28:30	13:15	L	PA/O	4/18/16	3:30 PM
		This segment was repeated on the following dates:				4/19/16	1:30 AM

Artonique Nelson interviews Dr. Amelia Phillips, Professor of Computer Science; Gerald Jackson, Information Technology Systems Specialist; and Tanya Powers, Baccalaureate/Workforce Education Programs, of Highline Community College. Problem: In the Seattle area, 74% of high school students graduate. Some of these students are the first generation in their families to go to college. They are somewhat intimidated by college, even to the point of being fearful. Some enter the Career Start program where they finish up their high school junior and senior years while attending college classes. When they turn 18 they get their high school diploma and AAF degree. Those who drop out of high school can go to a community college and get their GED when they complete their AAF degree. Solution: For the intimidated or fearful, it is wise for them to visit a college campus and meet with counselors or faculty members in the field they want to major in. Once they matriculate, they can take a college success class which teaches students how to study. Other programs are often available on campuses, including international student programs, women's studies, veterans' programs, and worker retraining groups.

	<u>PUBLIC REPORT #061316</u>	28:30	13:15	L	PA/O	6/13/16	3:30 PM
		This segment was repeated on the following dates:				6/14/16	1:30 AM

Debrena Jackson Gandy interviews Cynthia Tobias, Education Consultant, Apple St Applied Learning. Problem: The middle school years are difficult years. Children 9-13 years of age are going through puberty. Physically there is much about their bodies they don't understand. They don't want to hug their parents anymore because it's embarrassing. Their greatest fear is looking "stupid" in front of their friends. Academically they go from one teacher all day in elementary school to multiple teachers in middle school or junior high. They are expected to motivate themselves, to make their own decisions. Solution: The middle school years present an "incredible opportunity" for parents and teachers to build relationships and provide guidance before their child moves on to high school. Parents need to understand that their role has changed from "manager" to "consultant." Go slowly. Your child still wants your touch, but more subtly. Protect their dignity, but again more subtly. They want you to listen to them, not to solve their problems.

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	PROGRAM	TOPIC	SOURCE	TYPE	AIR DATE	TIME
		SEGMENT				
	DURATION	DURATION				
EDUCATION	<u>PUBLIC REPORT #061316</u>	28:30	L	PA/O	6/13/16	3:30 PM
		This segment was repeated on the following dates:			6/14/16	1:30 AM

Tanny Jackson interviews Evelyn Castellar, former President of the Federal Way School Board. Problem: The typical American student's reluctance to learning a second language is "Everybody speaks English, so I don't need to learn a foreign language." The facts are that just 5% of the world's population speaks English as their primary language, and only 15% speaks English as a second language. This means that 4/5s of the world's population doesn't speak English. Solution: By not speaking another language, Americans are limiting themselves culturally and educationally. In a global world, opportunities are endless for the bilingual student as opposed to the monolingual student. It should be a requirement that foreign languages be taught in school, the earlier the better. Only 10% of American high school students actually graduate with fluency in a second language.

	<u>PUBLIC REPORT #062716</u>	28:30	L	PA/O	6/27/16	3:30 PM
		This segment was repeated on the following dates:			6/28/16	1:30 AM

Debrena Jackson Gandy interviews Cynthia Tobias, Apple St Applied Learning. Problem: Sometimes it is challenging to figure out how to reduce the conflict in dealing with the strong willed child. The question is: How can you reduce the conflict and turn all that strength into a positive direction? Solution: Strong willed children are not rebellious, defiant, or obnoxious. Being strong willed is a very positive trait in the sense that these children are undaunted, not discouraged, and determined. You want your kids to have a dose of strong will in the right direction and for the right reasons. Strong willed children understand accountability, but the key is how you get there. As a parent you don't say to your child, "You do this or else!" or "I'm the mom and that's why!" Instead keep your voice firm and calm. Don't jump down their throat. When you yell and get angry, you lose. At the same time, don't put up with insubordination or open defiance. The key is to establish and maintain a good relationship with your child. With a good relationship the strong willed child will do what you say if you say the right words, such as "Here's the bottom line, here's what needs to be done. How do you want to do it?"

	<u>PUBLIC REPORT #062716</u>	28:30	L	PA/O	6/27/16	3:30 PM
		This segment was repeated on the following dates:			6/28/16	1:30 AM

Tanny Jackson interviews Evelyn Castellar, former President of the Federal Way School Board. Problem: The McCleary Decision is perhaps the most important court case in decades in Washington State. Until 2012 there was a lot of disparity in the amount of money allocated to the various school districts in the state. Some districts got more, some less, although the State Constitution mandated that public school funding must be "ample" per student. The Supreme Court said that district funding inequality was violating the constitutional rights of the state's public school children, and that this wrong must be righted by 2018. Solution: It took until this year (2016) for the State Legislature to finally agree to the State Supreme Court's ruling. For Federal Way this might mean \$3,000, \$4,000, or even \$5,000 per student, with monies to be used for reduced class size, full funding of all-day Kindergarten, and better utilization of the brick and mortar school buildings.

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		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HEALTH	<u>PUBLIC REPORT #040416</u>	28:30	13:15	L	PA/O	4/4/16	3:30 PM
	This segment was repeated on the following dates:					4/5/16	1:30 AM

Tina Lombard interviews Vern Cherewatenko, M.D., Health Max Inc. Problem: Most people don't understand ADD (Attention Deficit Disorder). Even most physicians have a limited understanding of it. They usually classify ADD as hyperactivity that can be controlled with large doses of prescription drugs. Yet 10% of the population exhibit ADD-type behavior. Solution: Dr. Cherewatenko gives ADD a different label – not Attention DEFICIT but Attention DIFFERENCE. 90% of the population is hardwired to do what is important. That includes most of us. 10% of the population is hardwired to do what is interesting. These are people with ADD. If you have ADD, you must understand that you are not stupid. Your IQ is actually 20 to 30 points higher than the rest of the population. You are super smart and see things other people don't see. Examples of well known people with ADD include Albert Einstein, Bill Gates, and most physicians and attorneys. Since ADD is fueled by the amount of dopamine in your brain, have your doctor prescribe dopamine to help you overcome the anxiety you might often experience.

	<u>PUBLIC REPORT #040416</u>	28:30	13:15	L	PA/O	4/4/16	3:30 PM
	This segment was repeated on the following dates:					4/5/16	1:30 AM

Kim Keys interviews Vern Cherewatenko, M.D., Health Max Inc., and Michelle Cherewatenko, medical licensed massage therapist. Problem: Diabetes is the most critical health issue in America today. It used to be that people in their 40s and 50s exhibited diabetes symptoms. Now even children show symptoms. Type 2 diabetes is the most common form. It is caused by diets high in fats, sugars, and foods that convert to sugar quite rapidly. This includes white flour, white bread, white pasta, pizza, and sugary drinks. Most overweight (up to 65% of the population) and morbidly obese (30-35% of the population) have diabetes. It is said that this will be the first generation of our kids who will live less longer than their parents. Solution: Avoid boxed, bagged, or canned foods. Eat fresh fruits and vegetables.

	<u>PUBLIC REPORT #053016</u>	28:30	13:15	L	PA/O	5/30/16	3:30 PM
	This segment was repeated on the following dates:					5/31/16	1:30 AM

Cutonja Vann interviews Maia Schumacher, dyslexia mentor. Problem: Dyslexia is a language-based difficulty where children have difficulty 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 treated or cured. Teachers often do not understand the dyslexic child, placing such children at the "low reading table" or treating the child as a slow learner or believing that the child "is not trying hard enough." Parents are told that their child "will grow out of it." Solution: Teachers need to be trained to deal with children who think differently and that these children are often very smart. There are tools children can use to "even the playing field" in a sense, such as using audio books, spell checkers, and scribe pens. Early detection is the key to knowing if a child has dyslexia. We need to stamp out the stigma that dyslexia is a learning disability.

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	PROGRAM	TOPIC		SOURCE	TYPE	AIR DATE	TIME	
		DURATION	SEGMENT DURATION					
HEALTH	<u>PUBLIC REPORT #062016</u>	28:30	13:15	L	PA/O	6/20/16	3:30 PM	
	This segment was repeated on the following dates:						6/21/16	1:30 AM

Cutonja Vann interviews Maia Schumacher, dyslexia mentor, and Susan Holloway, parent advocate. Problem: A learning disability like dyslexia is not something you see. It's hidden. But once your peers start reading and writing in the 2nd or 3rd grade, you find out that you can't read or write or spell. An outgoing, gregarious child suddenly becomes an outcast from other kids. Teachers who don't understand say "She will grow out of it," or "We'll hold him back a year." This is the hardest part in having dyslexia, the judgment you feel from your peers and teachers. It affects your quality of life, your self-esteem. Solution: Parents, once you sense that something is wrong, you need to "go with your gut." Keep pushing. Be persistent. Find out where to go for information, find out as much as you can about learning disabilities, find the resources that can best help you and your child. Then get your child assessed by the school system or privately by a neuropsychiatrist. Utilize teaching/learning tools that will help your child, such as audio text books, audio testing programs, spell checkers, scribe pens, text-to-speech and speech-to-text software. Get involved in parent advocacy groups.

	<u>SWITCH ON YOUR BRAIN #023</u>	27:30	27:30	REC	PA/O/E	4/6/16	3:30 PM
						6/29/16	3:30 PM

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

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	PROGRAM	DURATION	TOPIC	SOURCE	TYPE	AIR DATE	TIME
			SEGMENT				
			DURATION				
HEALTH	<u>SWITCH ON YOUR BRAIN #024</u>	27:30	27:30	REC	PA/O/E	4/13/16	3:30 PM

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

	<u>SWITCH ON YOUR BRAIN #025</u>	27:30	27:30	REC	PA/O/E	4/20/16	3:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "Choice and the Power of Choice." It is such an incredible gift from God to be able to choose. And it's something that's been debated for years. Even now, it's very popular in science to talk about the fact that we actually don't have any free will. We don't have a choice. That we're just these animals or these biological automata that just respond to the environment. That's not what the Bible says and that's not actually what happens. Moment by moment of every day, you are choosing. And every time that you choose, you generate a signal with your mind that completely changes the genetic structure of your brain and your body. Deuteronomy 30:19 says: "I lay before you life or death." So, every single day, you're in the events and circumstances of life. And you can't control them because those events and circumstances are the result of other people's choices. But you can control your reaction to. So, you have the ability to choose how you are going to react to those events and circumstances. You see, choice is a real thing. And as we choose, we activate all different parts of our brain that kick into high gear. And as we choose well, amazing things happen in our brain. You have to partner with God. Grace is you stepping into what He has given us. When we step into the probabilities, they are all good and life will happen like it should and we will rejoice despite the circumstances. The only way we're going to choose the correct thing is if we direct our attention towards the Holy Spirit, and discipline our minds to listen to the Holy Spirit and choose the correct way. And as we choose, we then collapse that probability

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HEALTH	<p>into a reality. We have such hope built into us. And science and scripture meet. God uses science to help us see the hope that He has built into us. In super position we don't know the outcome. When you have a love, power, and a sound mind, you are in super position. So, if we listen to God, we'll start hearing wonderful picture of the probabilities. If we listen to the enemy, we'll be hearing an awful list of probabilities that can go wrong. But we have to actually make one of those happen. When you are desperate, you will change. And when you have desperation plus a vision of who you really are, it's so much easier to move forward. We have these incredible things in our body that I call discomfort zones, which are reactions. When you're about to make a choice, there are three discomfort zones that kick in. The first one is you just become aware of how you're going to react. The second one is much stronger where you actually can feel your heart pounding and the adrenaline pumping – a very strong physical reaction. The third one is when you are about to make that choice. You become very, very, very self-aware, self-evaluative and self-regulating, in terms of the consequence of your choice. The plastic paradox is where we can choose either good or bad and they both have consequences. Our brain will simply follow your mind. Where your mind goes, your brain will follow. Make sure the choices that you make are the choices that are led by the Holy Spirit.</p>						

SWITCH ON YOUR BRAIN #014 27:20 27:20 REC PA/O/E 4/27/16 3:30 PM

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

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HEALTH	<u>SWITCH ON YOUR BRAIN #015</u>	27:20	27:20	REC	PA/O/E	5/4/16	3:30 PM

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

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		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HEALTH	<u>SWITCH ON YOUR BRAIN #016</u>	27:30	27:30	REC	PA/O/E	5/11/16	3:30 PM

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

	<u>SWITCH ON YOUR BRAIN #017</u>	27:30	27:30	REC	PA/O/E	5/18/16	3:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "Disease vs Disorder." The enemy has got into this whole disease model. We are told that your brain controls you, that your brain produces mind. We have to realize that mental ill health is a learned disorder. It's something we've learned. In the mid-1940s the World Health Organization made a statement about mental health. A very relevant statement. We should be focusing on people's well-being and releasing their potential, not illness. So, a positive focus as opposed to a negative focus. However, that actually has not happened. The focus now is on a negative mindset, in terms of mental ill health as an illness. The disease model of mental ill health looks at psychiatric disorders as an illness, as a biological illness. The DSM-5, which is the "Diagnostic and Statistical Manual" is a manual which basically identifies all the different psychiatric disorders. It is based on symptoms. It is not based on causes. They do not know the causes of psychiatric disorders. For 30 years, 50 years, a hundred years, they've been speculating and doing research. But there is no conclusive research saying that it is a biological, or genetic, or neurobiological illness, which kind of removes all responsibility from the person, makes them into a patient. More recent research is confirming that mental ill health is not a disease; it is a disorder of the mind. It is how we are processing psychologically through our mind. The only way that we can get our brain out of bad patterns is by relearning. We literally learn our way into bad thinking and we can learn our way out of bad thinking. What we wire in we can wire out. This gives us hope. It is not a hopeless situation. There is no situation that you are facing in your mind that is not changeable. Because all the science is confirming what the scriptures have been saying – the minute you bring a thought into captivity, it becomes renewable.

QUARTERLY REPORT

	PROGRAM	TOPIC		SOURCE	TYPE	AIR DATE	TIME
		DURATION	SEGMENT DURATION				
HEALTH	<u>SWITCH ON YOUR BRAIN #018</u>	27:30	27:30	REC	PA/O/E	5/25/16	3:30 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses addiction. Did you know that we are designed to be addicted to God? When we hear the word "addiction," we immediately think of negative connotations; people being addicted to heroin, and drugs, and pornography, and whatever. Actually, our brain is wired to be focused on something constantly. All the networks of the human brain, the connectomes, the circuitry, the neurotransmitters, they respond and function in their highest level when we are connected to God. If we are not addicted to God, we will be addicted to something else. An addiction is a pattern that we set up in our mind. It's not just to alcohol and porn and substance and whatever. It is also mindsets that we develop. Your perception of how you are being told about what is going on with you is going to influence your rate of healing. And this is why it is important that we recognize and understand the truths of what goes wrong in our life in the light of scripture. Because the truth is that God made us wired for love. God made us in His image. Various studies have been done by the government to show that drug addicts get out of addiction up to 86% of the time without any help. In other words, addicts get over it through choice. It's not a chronic relapsing disease. We get what we call the "clinical illusion" because the small percentage of people that are in addictions of all types that don't get out, those are the ones that, basically, they say, represent the entire population of the world, which is incorrect. When you set up patterns, it takes time to actually break those patterns. It requires effort. It requires discipline. It requires desperation. You've got to be desperate to change. Because your brain has to obey your mind, by a decision of your mind to change and to get through the thing and to quit and to stop and to change those thoughts, you actually will redesign your brain. Your brain has to obey you; you are not a victim of your biology. So how can you develop your addiction to God? Well, it's making a decision, number one: You need to follow Jesus Christ. That's your most important choice that you ever make in your life. Addiction to God is building this relationship; constantly talking, constantly communicating, in addition to reading your Bible, praying, and worship. It's setting up this internal dialogue with God. That creates really amazing good addiction patterns in your brain.

	<u>SWITCH ON YOUR BRAIN #019</u>	27:30	27:30	REC	PA/O/E	6/1/15	3:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "Psychiatric Labels." Schizophrenia, bipolar depression, depression, anxiety disorders – these are labels that are defining and identifying symptoms, but not necessarily telling us what's going on. We have a tendency as humans to try and label things. But the minute you label someone, you've literally put them in a box. Labels lock you in and this is what happened with the world of psychiatric labels. You know, the psychiatric labels that we are becoming so familiar with, like OCD and anorexia, and ADHD, and post-traumatic stress disorder. These are all describing very definite things that are happening, definite things that are going on in people's minds. But the way that they've been organized and put together into the "Diagnostic and Statistical Manual" is based on symptoms as patients describe them. Experienced clinicians intuitively understand that there's a blurred line between all these labels. And despite that, they treat them as though they are distinct entities. If we look at the context and try to find the meaning behind why a person is doing what they're doing or manifesting in with mental health issues, it will be far more effective than trying to label them. There is a cry deep down inside of us and this a global cry: "Does anyone out there understand me?" We have to listen to what God says about who we are. We have to turn our view of ourselves and see ourselves through the lens of how God sees us in dealing with life. In order to be able to try and manage a problem, we always like to define it. So, a label, a psychiatric label, tries to put something into a box. And it's not a bad thing, in terms of trying to understand something because if you categorize behaviors, it is a way of understanding so that you can help people. So, a label from that perspective is not a bad thing, if the attempt is to understand deeper and to help others. Where a label becomes a big problem is when you tell people that this who you are and they absorb that into their spirit. They build a network and they say, "I am this," and they become that because what you believe you actually become. All of us are going to be completely different. We can't stick them in a box and give them a medication and write them off and put them in the disabled part of society. These are our people. These are our brothers and sisters, and uncles and aunts and members of our churches. We need to bring them back into Milieu (Talk) Therapy. We need to walk alongside them. We need to not judge them. We need to help them take responsibility, teach them, help them to run a disciplined life, etc.

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HEALTH	<u>SWITCH ON YOUR BRAIN #020</u>	27:30	27:30	REC	PA/O/E	6/8/16	3:30 PM

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

	<u>SWITCH ON YOUR BRAIN #021</u>	27:30	27:30	REC	PA/O/E	6/15/16	3:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses psychotropic medications. Research shows that no one single psychotropic does any good for any brain. It actually creates a new neurological disorder. It doesn't matter what meds you have taken, what you've been told to do, you can change it with your mind. So, when we take a biomedical approach to medication, what we will see is a disease that needs a medication. But, actually, mental illness is not a disease and it doesn't need a medication. It is a very serious thing, but it's a mind disorder and it needs a different type of approach. Unfortunately, there's an entrenched myth in society. And it really is a theoretical myth that has just grown. And that is that medications are going to rebalance the brain. It also implies that the whole cause of mental disorder is biological or genetic or chemical. Unfortunately, if you look at the research, we've kind of been led to believe that a drug will actually renormalize the brain and this is really not true. What drugs do is they change the brain, and not necessarily for the better. Psychotropic drugs are things like your benzodiazepines, which are things like valium. You get your SSRIs, which are things like Prozac. And then, you get your anti-psychotic drugs that are given for things like schizophrenias. What's very interesting is that these drugs were initially stumbled on by mistake. They were developed for surgery and they saw that they had a mood-altering affect, and at that point, the world of psychiatry had mental health be classified as a disease. There's been an increase of use of psychotropic drugs and a reduction of more psychological talk-based intervention in helping people deal with mental health. Mental health is not being dealt with like it should. There's hundreds of references that you can go through and research this concept of what medication does to your brain. Once you're more informed, you then go to your doctor. You speak to your doctor. Find a doctor that will work with you and work on a plan to reduce your medications in a way that's going to work for you. You can't just reduce medications. You also have to address what is going on in your mind. Because you got there with your mind, so you're going to get out of it with your mind. Seventy-five to ninety-eight percent of mental, physical, emotional illnesses today are coming from our thought life. So, as you are gathering that data, that's a decision of your mind, the decision of your mind to go and read the resources and get informed about this. That is a decision of your mind. It's also a decision of your mind to be desperate to change and to be prepared to work through the change. In the same way that your brain has structurally changed because of the medication, your brain can structurally change again because of your mind, because of your love, power, and sound mind being able to change your brain.

QUARTERLY REPORT

	PROGRAM	DURATION	TOPIC	SOURCE	TYPE	AIR DATE	TIME
			SEGMENT				
			DURATION				
HEALTH	<u>SWITCH ON YOUR BRAIN #022</u>	27:30	27:30	REC	PA/O/E	6/22/16	3:30 PM

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

	<u>700 CLUB CBN #052716</u>	1:00:00	5:00	REC	PA/O/E	5/27/16	12:00 PM
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CBN News Medical Reporter Lorie Johnson Reports: Cancer is a word no one wants to hear. Yet statistics show half of all men and a third of all women will receive the bad news. Churches should be a sanctuary for support. However, in many cases, people suffer in silence as they cope with their illness. Now the Cancer Treatment Centers of America is offering a free program to break down the wall of silence. After years of counseling cancer patients, Rev. Percy McCray knows 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. La Wanda Long attended the seminar years ago and now passes on what she learned to volunteers at Atlanta's Enon Baptist Church. Long teaches the volunteers one night a week for eight weeks. At that time they are ready to take on a cancer patient who has come forward requesting assistance. She said the extensive training ensured the patients will be cared for responsibly. She said so far the cancer ministry at Enon is a success. Lisa McDermott attends Enon. She remembers suffering through nearly five months of chemotherapy for breast cancer. She asked the cancer ministry to help her with daily needs. McDermott dealt with one main point person who recruited others to pitch in. The cancer ministry made such an impression that McDermott wanted to get the training. As Nefertiti Dixon's mother fought ovarian and colon cancer, the ministry stepped in. Although her mother lost her fight, the cancer ministry made those final days easier. They also helped Dixon with things like meals, which lifted a burden. As a working mom with two children, she became overwhelmed with the pressure of caring for her sick mother. So while cancer will likely continue to strike far too many, churches now can choose to help those within their midst who are dealing with the disease.

QUARTERLY REPORT

	PROGRAM	TOPIC	SOURCE	TYPE	AIR DATE	TIME	
		SEGMENT					
	DURATION	DURATION					
CIVIC	<u>PUBLIC REPORT #041116</u>	28:30	L	PA/O	4/11/16	3:30 PM	
		13:15					
	This segment was repeated on the following dates:					4/12/16	1:30 AM

George Pettingell interviews Conrad Lee, Bellevue City Councilman. Problem: In 1967 the population of Bellevue, Washington, was 40,000. Today there are 135,000 people living in Bellevue. Over 30% of them are Asian Americans, many of whom have immigrated from China, South Korea, and Hong Kong, while another 10% are from India and other non-white countries. This immigration influx is good, in that most of the immigrants are highly educated and financially well off. Yet for them to fit into the community there are issues of government trust, honesty, and integrity that need to be met. Solution: The Bellevue area is rich with established global corporations like Microsoft, as well as innovative business startups in the areas of mobile applications, virtual reality, and cloud computing. Over 60% of adults in Bellevue are college educated. (The national average is 30%.) Bellevue city leaders recognize the value of immigrants and the minorities that make the city their home. The Bellevue school system is one of the best in the nation. Programs such as Neighborhood Conferences and Mediation Training have helped bring people together. Language and cultural classes enhance the feeling that Bellevue can meet the needs of its people, that the city "can deliver."

	<u>PUBLIC REPORT #042516</u>	28:30	L	PA/O	4/25/16	3:30 PM	
		13:15					
	This segment was repeated on the following dates:					4/26/16	1:30 AM

Cutonja Vann interviews Mike Lonergan, Pierce County Auditor/Treasurer. Problem: There are 330,000 commercial and residential properties in Pierce County. The value of all of them must be assessed once every six years. Property taxes are based on property value, so many dollar per \$1,000. In Pierce County that's approximately \$15 per \$1,000. Last year valuation increased by 6%, basically because valuations are now based on actual market value. Solution: Valuations are always changing, based on square footage, improvements to property and land, and school, fire, public safety, and park levies passed by the electorate. Citizens are allowed to appeal their valuation. While the state gives them 30 days to appeal, Pierce County gives 60 days.

	<u>PUBLIC REPORT #050216</u>	28:30	L	PA/O	5/2/16	3:30 PM	
		13:15					
	This segment was repeated on the following dates:					5/3/16	1:30 AM

George Pettingell interviews Conrad Lee, Bellevue City Council. Problem: Originally Bellevue was a bedroom community for Boeing engineers. These were highly skilled workers who wanted good schools for their children. Since then the city has grown to the point where it is an urban center. With that growth has come challenges, such as transportation, housing, population density, the managing of resources, and quality of life. Solution: Today Bellevue is a highly educated, professional/management community that has attracted not only Boeing employees, but employees of global organizations like Microsoft, Amazon, Paccar, Expedia, and T-Mobile. Mr. Lee suggests that the quality of schools has been one of the keys to this. Bellevue schools are well supported by the people who continue to pass levies to provide financially for the public school system. Another key is a city government that listens to the populace and provides a visionary leadership to meet their needs.

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
CIVIC	<u>PUBLIC REPORT #051616</u>	28:30	13:15	L	PA/O	5/16/16	3:30 PM
		This segment was repeated on the following dates:				5/17/16	1:30 AM

Cutonja Vann interviews Mike Lonergan, Pierce County Auditor/Treasurer. Problem: The Pierce County Treasurer's office collects \$1.2 billion every year in property taxes. In Washington State, both businesses and residents pay the same rate in a given taxing district. This varies from \$11 per \$1,000 valuation in Gig Harbor to \$17 per \$1,000 valuation in Tacoma. The property tax changes every year based on the levies that have ended or begun or continued that year. This works out to approximately \$4,000 per property. Solution: The State Treasurer takes an oath when assuming office to see that property owners pay their fair share, no more and no less. The government doesn't want people to lose their homes because of their inability to pay their property tax. The state/county has established payment plans, extended the payment of back taxes to a full three years, and set a \$40,000 ceiling on property tax under which senior citizens 61 years or older, or fully disabled persons, pay partial taxes.

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
SENIORS	<u>PUBLIC REPORT #041816</u>	28:30	13:15	L	PA/O	4/18/16	3:30 PM
		This segment was repeated on the following dates:				4/19/16	1:30 AM

Debrena Jackson Gandy interviews Dr. Charles Emler, Professor of Social Work, University of Washington Tacoma; Brenda Milewski, Puyallup Area Aging in Community Committee; and Bob Riler, Pierce County Aging & Disability Resource Center. Problem: Over 20% of our population is over the age of 52. Not all seniors are ready for this stage in life, what with a changing economy, insufficient retirement plans, and other financial challenges. Other challenges include aging discrimination, a sense of invisibility, and oftentimes a lack of respect from the younger members of our society. Solution: We all age differently, depending on our lifestyle, diet, exercise regimen, and social engagements. Aging can be a beautiful thing, a wonderful opportunity. The quality of the senior years often depends on keeping active. Some seniors continue to work, others spend their time volunteering, and still others become fully engaged with their families. The senior years should be meaningful, not just symbolic.

	<u>PUBLIC REPORT #050216</u>	28:30	13:15	L	PA/O	5/2/16	3:30 PM
		This segment was repeated on the following dates:				5/3/16	1:30 AM

Debrena Jackson Gandy interviews Dr. Charles Emler, Professor of Social Work, University of Washington Tacoma; Brenda Milewski, Puyallup Area Aging in Community Committee; and Bob Riler, Pierce County Aging & Disability Resource Center. Problem: One of the health needs facing the elderly is mental illness, such as dementia. The chances are 1 in 5 that persons over 85 will have some form of dementia, with the most common being Alzheimers. An ongoing problem is how to deal with those who don't have a family or support structure. What if there are no children? What facilities should society place the elderly in? How will care be paid for? Care facilities are expensive, often \$8,000-\$12,000 per month. If there is a family, we often assume that the caregiver/care receiver are in a healthy loving relationship. However, oftentimes this is not true, particularly when the care receiver might have been abusive years before, or had drug problems, or other serious family issues. Solution: There are a number of community resources available for the counseling of caregivers and care receivers. These include the Pierce County Aging and Disability Resource Center (253-798-4600, www.pierceadrc.org), Puyallup Area Aging in Community program, AARP websites, and Alzheimers web sites.

	<u>PUBLIC REPORT #052316</u>	28:30	13:15	L	PA/O	5/23/16	3:30 PM
		This segment was repeated on the following dates:				5/24/16	1:30 AM

Cutonja Vann interviews Paula Houston, CEO, Sound Generations. Problem: Seniors are living longer, yet society is not ready for that. In King County alone, 18% of the population is over 60. By 2030 that figure will grow to 25%. The fastest growing segment are those over 85. One of the fastest growing trends in the care of seniors is unpaid family caregivers. If they were to be paid it would amount to \$10.6 billion in Washington State alone. Solution: Unpaid family caregivers help seniors stay in the familiar surroundings of their own homes, providing the services that seniors need and keeping them out of senior facilities (relieving some of the financial burden of state Medicaid programs). We need to change our conversation from youth (with all their potential for the future) to the positive aspects of seniors, understanding that seniors bring skills, knowledge, wisdom, and experience to the community.

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
SENIORS	<u>PUBLIC REPORT #052316</u>	28:30	13:15	L	PA/O	5/23/16	3:30 PM
		This segment was repeated on the following dates:				5/24/16	1:30 AM

Debrena Jackson Gandy interviews Dr. Charles Emllet, University of Washington Tacoma; Brenda Milewski, Pierce County Aging Committee; and Bob Riler, Aging Education. Problem: Unfortunately, the elderly have homeless problems, often living in cars and even in the woods. The elderly also are often the targets of scams and frauds. There are many types of scams, including the attractive young lady who prowls grocery store parking lots looking for older men who don't wear wedding rings, hoping to set up a relationship in which she can siphon off most if not all of the man's money. Another ploy is the grandma scam where the grandson phones late at night saying he is stuck in Canada with a broken down car and needs money to get home. Still another is the medical scam in which the elderly are cajoled into purchasing expensive medical supplies which can usually be obtained for free elsewhere. Solution: Regarding homelessness, there are home sharing opportunities and group homes for the aged. However, at this point in time such facilities are limited. Regarding scams and frauds, family members should monitor the spending habits of their elderly relatives so they can spot suspicious bank account withdrawals before it is too late. The elderly need to talk with their relatives about their concerns and doubts. Most of all, they must learn not to give out personal information to strangers.

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HOMELESS	<u>PUBLIC REPORT #042516</u>	28:30	13:15	L	PA/O	4/25/16	3:30 PM
		This segment was repeated on the following dates:				4/26/16	1:30 AM

Tanny Jackson interviews Mike Johnson, CEO, Tacoma Rescue Mission. Problem: Homelessness is not fundamentally a housing or employment issue. It is in reality a lack of childhood opportunities issue. 92% of those who come to the Tacoma Rescue Mission had high to severe levels of childhood trauma. They were not given the tools to launch into adulthood successfully. Solution: What does it take to overcome homelessness? Everything we do with the homeless must be driven by this question. Basically it takes what the homeless person didn't get the first time – at atmosphere of love, safety, support, encouragement, and verbalization of "you're worth it, you matter." One of the keys to this at the Tacoma Rescue Mission is a mentor (called a "friend") who is with those in change programs (such as addiction recovery and transitional housing) every step of the way, not to fix anyone but to be with them through the process.

	<u>PUBLIC REPORT #051616</u>	28:30	13:15	L	PA/O	5/16/16	3:30 PM
		This segment was repeated on the following dates:				5/17/16	1:30 AM

Tanny Jackson interviews Mike Johnson, CEO, Tacoma Rescue Mission. Problem: The typical background of the single homeless person is childhood maltreatment. The average age for beginning to use drugs and alcohol – almost always initiated by adults – is 12. Most single homeless have never had the advantages of a loving supportive family. As homeless persons, many of them have worked their way through supportive relationships until there aren't any more. They've burned their safety net. Then they turn to organizations like the Tacoma Rescue Mission. It's not good enough for society to say to a hurting and broken segment of the population: "Maybe life is rough for you, but it's too bad and too sad." Solution: The Tacoma Rescue Mission's heartbeat is the belief that every human being has gifts and talents that God wants to bring into the community and the country. We have to craft a way for them to get back into the community. This is done primarily not through programs but through relationship. Addiction recovery, temporary housing, job coaching, education – is all done with an eye to relationship, to friendship.

	<u>PUBLIC REPORT #053016</u>	28:30	13:15	L	PA/O	5/30/16	3:30 PM
		This segment was repeated on the following dates:				5/31/16	1:30 AM

Elizabeth Hamilton interviews Phil Martin, Anti-Human Trafficking Advocate, and Kristine Moreland, The More Love Project. Problem: Human Trafficking and Homelessness often have similar roots: dysfunctional families. Dysfunctional home environments often include abuse within the family, drug addiction, pornography, divorce, abandonment, or lack of education and job opportunities. Pimps prey on young girls (and boys) who crave the love and relationships they don't find at home. On a typical day, approximately 300-500 minors are involved in sex trafficking in King County alone. Once these girls are recruited into the sex trade, they often become addicted to drugs, end up on the streets, get recruited again, and the cycle continues. Solution: One of the keys to ending this cycle is awareness, getting educated about this trafficking/homelessness cycle and getting other concerned people aware of it.

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HOMELESS	<u>PUBLIC REPORT #062016</u>	28:30	13:15	L	PA/O	6/20/16	3:30 PM
		This segment was repeated on the following dates:				6/21/16	1:30 AM

Elizabeth Hamilton interviews Phil Martin, Anti-Human Trafficking Advocate, and Kristine Moreland, The More Love Project. Problem: The homeless problem is in crisis mode. The Mayor of Seattle has called a state of emergency regarding the homeless community. The 2016 One Night Count in Seattle showed that homelessness was up by 19% over 2015. Statewide, the number of homeless children is 35,000 within all Washington school districts. Why are they homeless? There is no one easy answer, but causes can include drug addiction, mental health problems (such as PTSD), losing one's job, sex trafficking, and family abuse. Volatile home environments lead to many girls getting into sex trafficking and/or homelessness. Solution: Society tends to walk away from these problems. When something is done, it is often to put people into one category with the expectation that "this is going to work for you." However, we need to humanize these issues. What the homeless need and want might not be what we're trying to push them into. We need to meet their immediate needs (housing, food, hygiene, clothing, medicines), then try to meet their long term needs (dignity, confidence, family dynamics). It's a journey. We need to be there for these people everyday.

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
YOUTH	<u>PUBLIC REPORT #050916</u>	28:30	13:15	L	PA/O	5/9/16	3:30 PM
		This segment was repeated on the following dates:				5/10/16	1:30 AM

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

	<u>PUBLIC REPORT #060616</u>	28:30	13:15	L	PA/O	6/6/16	3:30 PM
		This segment was repeated on the following dates:				6/7/16	1:30 AM

Tanny Jackson interviews Debbie Patrick, Foster Care Recruitment Specialist; Megan Boyle, Program Director; and Beth Beecher, Foster Home Licensor, Compass Health. Problem: Over 400,000 children nationwide are in foster care. Approximately 10,000 are in Washington State. Children are in the foster care system for a variety of reasons – physical or sexual abuse, incarcerated or drug abusing parents, or parents with severe physical illnesses. In all cases, there is no extended family to care for the children. Foster children often feel a lack of permanency, a lack of connection with supportive adults, uprooted from their communities and their schools, and living with strange people with different life styles, traditions, and cultures. Solution: The number one priority of foster care in Washington State is to keep foster children together, although that is not always possible, and to reunite children with their biological parents.

	<u>PUBLIC REPORT #060616</u>	28:30	13:15	L	PA/O	6/6/16	3:30 PM
		This segment was repeated on the following dates:				6/7/16	1:30 AM

Tanny Jackson interviews Debbie Patrick, Foster Care Recruitment Specialist; Megan Boyle, Program Director; and Beth Beecher, Foster Home Licensor, Compass Health. Problem: There is a drastic shortage of foster parents in Washington State, where there is just one foster home for every three children. Foster parents often have difficulties working with biological parents who are often grieving for the children that have been taken away from them. Aging-out is also a problem, where over 50% of foster children over 18 become homeless or incarcerated and suffer from significant mental health issues. Solution: The State is have a great deal of success with a co-parenting model, where foster parents work alongside biological parents. Also successful is Extended Foster Care, where an 18 year old child can continue in foster care if he/she is enrolled in an educational program.

QUARTERLY REPORT

	PROGRAM	DURATION	TOPIC	SOURCE	TYPE	AIR DATE	TIME
			SEGMENT				
			DURATION				
YOUTH	<u>700 CLUB CBN #0415-05252016</u>	1:00:00	5:00	REC	PA/O/E	4/15/16	12:00 PM
						5/25/16	12:00 PM

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

QUARTERLY REPORT

	PROGRAM	DURATION	TOPIC	SOURCE	TYPE	AIR DATE	TIME
			SEGMENT				
			DURATION				
YOUTH	<u>700 CLUB CBN #05272016</u>	1:00:00	5:00	REC	PA/O/E	5/27/16	12:00 PM

CBN News Reporter Abigail Robertson Reports: A street drug called "molly" is gaining popularity with high school and college kids. Many think it's a harmless, non-addictive party drug, so they don't think twice about taking a little molly before a night out with friends. But one mother's tragic story shows how that way of thinking can have deadly consequences. Two years ago, Dede Goldsmith awoke to a call in the middle of the night telling her that her daughter was dying in a hospital hours after she had collapsed inside a concert venue. Nineteen-year-old Shelley Goldsmith, a high school valedictorian and college honor scholar, had taken the drug known as MDMA, commonly called molly, on her way to a concert. Elyse Eilerman was a friend of Shelley's who was with her the night she passed away. The same weekend Shelley died, MDMA claimed the lives of two other young adults attending a music festival in New York. Molly, short for "molecule," is a stimulant that takes users on a six- to eight-hour euphoric high. It is thought to be a pure form of its parent drug ecstasy, but in reality, there is hardly anything pure about it. Recent studies show that only 15 percent of molly drugs sold are really what they claim to be. A third sold under that name contained substances such as cocaine, bath salts, and baking soda, while more than half contained no MDMA at all. Many people think only the tainted molly carries fatal consequences, but even the purest form can be lethal. So why is this drug so appealing to college kids around the country? Eilerman believes it's because people focus more on the high and less on the danger. Dr. William Strudwick, director of the Emergency Center at Washington's Providence Hospital, says users take molly for the sense of euphoria the drug gives them, but they don't consider the negative consequences it can have on the body. These other problems include seizures, heart attacks, severe dehydration, and hyperthermia. Doctors ruled Shelley Goldsmith's cause of death as hyperthermia because her body temperature rose to fatal levels. Her autopsy revealed MDMA was the only substance in her system at the time of death, proving the drug's deadly potential. Eilerman said that taking molly in a crowded, hot venue puts you at an even greater risk of fatal reactions to the drug. Since Shelley's death, many people close to her are raising awareness about the dangers of this so-called harmless drug. Her mom is urging lawmakers to amend the 2003 Rave Act, an act that was put in place to shut down underground raves where promoters encourage illicit drug use. The current law discourages organizers from using commonsense safety measures to protect their patrons. Goldsmith said venue operators won't implement small safety measures like free water, cool down spaces, and appropriate number of medical personnel to deal with emergencies because they fear it could be seen as encouraging drug use and subject them to criminal prosecution. She believes if Shelley had known more about molly and its risks, she would be alive today. This would have been Shelley's senior year at the University of Virginia. After her death, Eilerman helped start the Shooting Star Foundation, to spread the word around the university community about the dangers of drug use. Each year on the anniversary of Shelley's death, they commemorate her life and share with students lifesaving information that could help others. Eilerman and the members of the Shooting Star Foundation have been working hard to encourage their peers to think twice about the risks of taking molly in hopes of preventing other tragedies like the death of Shelley Goldsmith.

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HOUSING	<u>PUBLIC REPORT #050916</u>	28:30	13:15	L	PA/O	5/9/16	3:30 PM
	This segment was repeated on the following dates:					5/10/16	1:30 AM

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