

**2015 FOURTH QUARTERLY REPORT
KHTP -‘THE MOUNTAIN 2’
HD-2 CHANNEL**

**QUARTERLY ISSUES/PROGRAMMING REPORT FOR THE
FOURTH QUARTER, OCTOBER 1 – DECEMBER 31, 2015:**

The following is a list of issues which the management of KHTP HD-2 Channel has determined to be of significant importance to the citizens of Tacoma and the Greater Puget Sound region. Also included in this report is how each issue was treated through the station’s most significant issue-responsive programming and community activities during the reporting period.

**KHTP HD-2 Channel, Seattle-Tacoma
PUBLIC AFFAIRS PROGRAMMING:**

"CONVERSATIONS" is a 30 minute interview show airing on Sundays between 10:00 p.m. – 11:00 p.m. It’s hosted and produced by Entercom’s Public Affairs hosts Tony Russell and Greg Shishman, NOTE: On November 8th the duties from Tony Russell switched to Deanna Cruise which focuses on a wide variety of issues that affect people in the greater Puget Sound area. Their guests include individuals from business, medicine, government, environmental and education groups. Two ‘Conversations’ shows air back-to-back for a total of 60 minutes. Contact: Leslie Scott, 206-577-2495.

ASCERTAINED COMMUNITY ISSUES and their descriptions:

1. Business/Economy/Labor/Technology: Including issues affecting the economic condition of Western Washington and the outlook for employment and its ramifications, inflation, job training, internet issues, labor relations, foreign trade, consumer issues and issues affecting entrepreneurs.
2. Community Activities/Families/Youth: Including issues regarding neighborhoods, families, young people, community organization, neighborhood associations, parenting skills, child support, marriage, divorce, abuse, neglect, child support and more.
3. Crime/Drug Abuse/Violence: Including police and community relations, gang activities, gun control, law enforcement, the criminal justice system, the correctional system, rehabilitation, drunk driving, recovery, legal drugs, substance abuse rehabilitation, drunk driving, recovery, fire fighting, and issues including violence.
4. Education/Arts/Communication: Including childhood education, public education, reform efforts, school busing, school violence, higher education, creative endeavors including the arts, literature, poetry, computer/internet, and related issues such as access, liability and censorship issues.

5. Environment/Transportation: Including air and water pollution, forest issues, solid waste disposal, recycling, alternative energy, endangered and threatened species, environmental justice, conservation, mass transit, car-pooling, and food system sustainability issues.
6. Government /Global Affairs/Terrorism/Middle Eastern Affairs: Including government spending, services and abuses; taxes, elections, finance reform, miscellaneous reform efforts, third party activities, terrorism threats, counter-terrorism efforts, and general political debate.
7. Health: Including nutrition, fitness, mental health, prevention, health care policy, national and local reform efforts, alternative medical practices, total wellness, and more.
8. Aging/Gender/Minorities/Poverty: Including discrimination and other problems specific to racial or ethnic minorities, people who are disabled, women, men senior citizens, gays and lesbians, religious groups. Coverage of issues regarding spirituality, and issues affecting people who are homeless, and people who go without regular meals locally and globally.

**KHTP 'THE MOUNTAIN 2', HD-2 CHANNEL, Public Affairs Programming sorted by
Radio Program in alphabetical order for the
FOURTH QUARTER, OCTOBER 1 – DECEMBER 31 30:**

CONVERSATIONS:

Program: 'Conversations' Part: 1

Subject: Language

Guest: Lizzy Skurnick

Length: 12:30

Airdate: 10/04/15

Time Aired: 6:00 – 6:15 a.m.

Summary: Why do we need new language? Well, before 5 years ago, people wouldn't randomly stop mid stairwell to check a text or email - there needs to be a word for that - thanks to Lizzy, there is: "Figital." In the Pacific Northwest, we love using our words online to avoid conflict in person and That Should Be a Word has plenty to help.

Compliance issues covered: Education/Arts/Culture

Program: 'Conversations' Part: 2

Guest: Sharon Burgess

Airdate: 10/04/15

Time Aired: 6:15 – 6:30 a.m.

Description: The United States is one of the, if not the most, religious of the first world western countries. Even an area like Seattle that is far more secular than the rest of the country is home to a specific type of church. Forgive the phrase, but we the phenomenon of the rock star church - for example, last year the news was covered in the controversy of Pastor Mark Driscoll, a preacher who had taken Mars Hill Church to incredible heights only to see the fame crush his success and the demolition of a chain he had built so strong across many states. What goes on to create that success and ultimately how does that success affect the community where it resides?

Compliance issues covered: Culture, Spirituality

Program: 'Conversations' Part: 1

Subject: Gay Marriage

Guest: Hillel Presser

Length: 12:30

Date Aired: 10/04/15

Time Aired: 6:30 – 6:45 a.m.

Summary: It's the end of wedding season in Washington - imagine the beautiful photos with the changing leaves. When legally joining, it's more than just love, it's ultimately combining the financial lives of two people - perhaps that just ran up a big wedding bill. Yikes. What are the practices we should know about leading into a marriage, and how can we prepare ourselves for the potential worst outcome: divorce? Hillel L Presser is an attorney that specializes in these tricky matters - imagine if you knew what could potentially be a nightmare in the future before it was too late - sure you may not be able to predict the outcome of a marriage, sadly, but knowing some steps about how to handle things before might be nice.

Compliance issues covered: Families/Business/Economy

Program: 'Conversations' Part: 2

Subject: Plant-based diet

Guest: Jane Mitchell

Length: 12:31

Date Aired: 10/4/15

Time Aired: 6:45 – 7:00 a.m.

Summary: Jane teaches the listeners about the plant based diet and gives her opinion on why we should all be vegans or at the least reduce our consumption of meat.

Compliance issues covered: Animal Rights/Health/Wellness/Nutrition

Program 'Conversations' Part: 1

Guest: Dr David Magnano

Senior Publicist, The PR Group

Airdate: 10/11/15

Time Aired: 6:00 – 6:15 a.m.

Description: For many of us, life has become so hectic that we scarcely have time to think about what we're stuffing into our mouth each day. But our "gulp-and-go" lifestyle is taking a toll on our health. In the Pacific Northwest, we take a certain extra sense of pride in our health and diets, but is that actually true or are we just deceiving ourselves? Dr Magnano can clear that up for us with a crash course in Eating 101.

LENGTH 12:30

Compliance issues covered: Health/Wellness

Program: 'Conversations' Part: 2

Guest: Dr Hugo Rodier

Airdate: 10/11/15

Time Aired: 6:15 – 6:30 a.m.

Category: Health/Wellness

Description:

We're so lucky to live somewhere like the Pacific Northwest where it feels like humans are meant to thrive - with tons of amazing farmland coupled with a rich, wet environment full of beautiful soil, we should be able to consume most of our diet from local supply - the sad truth is that to save a buck or some effort, we eat processed, non regional foods. What is the effect of our thriftiness and lack of effort?

Dr Rodier can help us understand how the balance of our health starts at the foods we eat - all the way to a cellular level. Is this our chance to prevent or manage chronic disease? Let's find out!

LENGTH 12:30

Compliance issues covered: Health/Wellness

Program: 'Conversations' Part: 1

Subject: Real Estate Investments

Guest: Sal Bichemi

Length: 12:30

Date Aired: 10/11/15

Time Aired: 6:30 – 6:45 a.m.

Summary: Salvatore M. Buscemi is a Managing Director of Dandrew Capital Partners, a well-funded, well-regarded real estate solutions provider in New York City which specializes in non-performing residential mortgages and has portfolios up to \$50 million. He is an expert on real estate investments and how to use his skills to grow a real estate portfolio.

Compliance issues covered: Finance/Real Estate/Economics

Program: 'Conversations' Part: 2

Subject: Christianity in America

Guest: Peter Miller-Russo

Length: 12:30

Date Aired: 10/11/2015

Time Aired: 6:45 – 7:00 a.m.

Summary: A Pew Research Center study released recently had sobering news for America's majority religion. The study said in the United States, Christians will decline from more than three-quarters of the population in 2010 to two-thirds in 2050, and Judaism will no longer be the largest non-Christian religion. Muslims will be more numerous in the U.S. than people who identify as Jewish. Peter and his wife, Linda, are hunting down how the approach to the Christian religion have changed in the last 2000 years and how it's changing within America.

Compliance issues covered: Culture/Spirituality

Program: 'Conversations' Part: 1

Guest: Karin Slaughter

Airdate: 10/18/2015

Time Aired: 6:30 – 6:45 a.m.

Description: Government, Technology, Culture

Karin Slaughter is the #1 internationally bestselling author of more than a dozen novels, including the Will Trent and Grant County series and the instant New York Times bestseller Cop Town. There are more than 35 million copies of her books in print around the world. How she gives back to the community is incredible. Karin is founder of the SAVE THE LIBRARIES organization which raises funds for libraries in underprivileged communities.

LENGTH 12:30

Compliance issues covered: Government, Technology, Culture

Program: 'Conversations' Part: 2
Guest: Lt Col T Mark McCurley
Airdate: 10/18/15
Time Aired: 6:45 – 7:00 a.m
Category: Government, Technology, Culture
Description:

We tend to call them Drones, but Remotely Piloted Aircraft are a mysterious and headline-making tool in the military's counterterrorism arsenal. Their story has been pieced together by technology reporters, major newspapers, and on-the-ground accounts from the Middle East, but it has never been fully told by an insider. Lt. Col. T. Mark McCurley has racked up more hours than i ever imagined learned the ways of the RPA

LENGTH 12:30

Compliance issues covered: Government, Technology, Culture

Program: 'Conversations' Part: 1
Subject: Healthy Eating on a Budget
Guest: Leanne Brown
Length: 12:29
Date Aired: 10/18/15
Time Aired: 6:00 – 6:15 a.m.

Summary: Despite living in a state with plenty of farming capability, there isn't enough food for everyone. It's not a shortage of supply, the problem exists in affordability. Thousands of families can't afford to eat healthy foods throughout the year. Leanne Brown as a graduate student began investigating how far we can stretch a dollar without having to be unhealthy and has proof that we can feed ourselves off of just \$4/day!

Compliance issues covered: Health/Wellness/Families

Program: 'Conversations' Part: 2
Subject: Financial Planning
Guest: Brad Berger
Length: 12:30
Date Aired: 10/18/15
Time Aired: 6:15 – 6:30 a.m.

Summary: Brad is a financial planner from Tacoma, WA and has written the book, "Stop Trying to Keep Up with The Jones: They're Broke Anyway." Human nature... the herd mentality. We tend to congregate with likeminded people, want to be accepted by them and try to impress them. The Joneses! Keeping up with the Joneses has become a way of life that has devastated more families and shattered the American dream. Do you really want HUGE debt, few assets and no life?

Compliance issues covered: Financial/Economy

Program: 'Conversations' Part: 1
Guest: Clay Freinwald
Chairman EAS Steering Committee for the State of Washington

Air Date: 10/25/15

Air Time: 6:00-6:15 am

Category: Technology, Government, Terrorism, Communication

Other than a series of alarming tones and messaging that interrupt our favorite broadcasts and TV shows, what exactly is the Emergency Alert System? Mr. Freinwald is an expert in the system responsible for keeping our communication safety functioning in our part of the world.

LENGTH: 12:30

Compliance issues covered: Technology, Government, Terrorism, Communication

Program: 'Conversations' Part: 2

Guest: Dr Gregory Jantz

Airdate: 10/25/15

Air Time: 6:15-6:30 am

Description:

Quitting smoking is one of the hardest tasks charged to those that get caught up in nicotine addiction. Dr Gregory Jantz recognizes how so many people try to quit each year and how it doesn't always work. He has nearly three decades of experience in mental health counseling and is the founder of The Center A Place Of Hope near Seattle, Wash. The Center provides comprehensive, coordinated care from a treatment team that addresses medical, physical, psychological, emotional, nutritional, fitness and spiritual factors involved in recovery

LENGTH 12:30

Compliance issues covered: Health/Wellness, Drug Abuse

Program: 'Conversations' Part: 1

Subject: Health, Technology

Guest: Dr David Villarreal

Airdate: 10/25/15

Air Time: 6:30-6:45 am

Description: I had no idea that dental fillings in my own teeth might not be compatible with my body and the consequences could be affecting my overall health. Dr Villarreal, an internationally renowned leader in holistic dentistry, combines his knowledge of biology with a practice in dentistry to help us better understand that what begins in our mouths doesn't stop at the neck - the mouth is the gateway to our overall health and impacts nearly every aspect of our bodies.

LENGTH 12:30

Compliance issues covered: Health, Technology

Program: 'Conversations' Part: 2

Guest: Jim Grimsley

Airdate: 10/25/15

Air Time: 6:45-7:00 am

Subject: Culture, Aging, Education

Description: This book, How I Shed My Skin comes just as 2015 welcomes the arrival of many landmark Civil Rights movement anniversaries: the 50th Anniversary of the Voting Rights Act, the 51th Anniversary of the Civil Rights Act and the 61th Anniversary of Brown vs. the Board of Education! We explore the racism of the south past and present and how far apart Seattle is from the culture that has so changed in the last 60 years.

LENGTH 12:30

Compliance issues covered: Culture, Aging, Education

Program: 'Conversations' Part: 1

Guest: Doogie Horner

Subject: Culture

Airdate: 11/01/15

Air Time: 6:00-6:15 am

Description:

Besides just a sea of puns and memes, National Cat Day is an important reminder once a year - and could easily be a week long event - encouraging people to find forever homes where kitties can be safe, warm, and well fed. Doogie Horner is an advocate for/observer of cats and their strange, sometimes warm sometimes prickly behavior. We encourage you to help save a kitty this year via means like WA's Pawsitive Alliance, Motley Zoo, or Seattle Humane.

LENGTH 12:30

Compliance issues covered: Culture

Program: 'Conversations' Part: 2

Guest: Dr. Susan Edelman

Subject: Wild Weasel Program

Airdate: 11/1/15

Air Time: 6:15-6:30 am

Description: Dr Edelman is a practicing psychiatrist and Adjunct Clinical Associate Professor at Stanford University's Department of Psychiatry and Behavioral Sciences. She's listened to the deepest darkest secrets of patients for almost 30 years and believes there is a new Sexual Revolution for Women on the horizon!

LENGTH: 12:30

Compliance issues covered: Gender-Specific

Program: 'Conversations' Part: 1

Guest: James Connor

Subject: Business, Health/Wellness, Spirituality

Airdate: 11/1/15

Air Time: 6:30-6:45 am

Description: James Connor left a super successful advertising agency that he started to find serenity in meditation practice. James has a fascinating book, The Superyogi Scenario, that seems appropriate for culture's current infatuation with the super hero - usually super is the key, it's someone who has a power beyond the limits of what we think humans are capable. Outside of Buddhist writings, I can't think of another example of the story where a man or woman uses the power of practice to transcend our mortal capabilities and become a superhero. Now as fun as this all sounds, the practice I speak of is rooted traditionally in ideas like yoga and meditation.

LENGTH: 12:30

Compliance issues covered: Business, Health/Wellness, Spirituality

Program: 'Conversations' Part: 2

Guest: Larry Correia

Subject: Government/Terrorism

Airdate: 11/1/15

Air Time: 6:45-7:00 am

Description: Larry Correia is an accountant and ex military contractor who has poured through the data and asks "hile there are many bad things threatening us in the world, it's worth the question: Are we a coddled society? Are we willing to forego liberties to ease our minds with safety?"

LENGTH 12:30

Compliance issues covered: Government/Terrorism

Program: 'Conversations' Part: 1

Guest: Guest: Kathleen Waite, Meredith Dennis

Subject: Community Activities, Health/Wellness

Airdate: 11/8/15

Air Time: 6:00-6:15 am

Description: The Crohn's and Colitis foundation helps those with different forms of IBD come together and build community around a challenging health condition. They're constantly running events to fundraise for their community, and just in time for Crohn's and Colitis Awareness Week, they'll be raising money at a spin gym - here's how you can help!

LENGTH: 12:30

Compliance issues covered: Community Activities, Health/Wellness

Program: 'Conversations' Part: 2

Guest: Kirk Cassidy & Dr. Paul Meller

Subject: Aging, Government, Business

Airdate: 11/8/15

Air Time: 6:15-6:30 am

Description:

Kirk and Paul have a rich history in understanding how to make people better prepared to live in retirement. Their specific area assists those either transitioning into retirement, or already in it's midst. Understanding how our money works isn't often taught to us, and with Seattle becoming one of the wealthiest cities in America, many of us need help preparing.

RUN TIME: 12:30

Compliance issues covered: Aging, Government, Business

Program: 'Conversations' Part: 1

Guest: Lumbie Milumbo

Subject: Labor, Families, Culture

Airdate: 11/8/15

Air Time: 6:30-6:45 am

Description: We hear so many statistics about the shrinking middle class and the growth of wealth by a frighteningly small percentage of humans around the globe. It's sad to know that almost 1 in 7 people get left behind in poverty. Meanwhile, Seattle led the country adopting a \$15/hr minimum wage. Is it enough to help our citizens escape poverty?

LENGTH: 12:30

Compliance issues covered: Labor, Families, Culture

Program: 'Conversations' Part: 2

Guest: Ron Walter

Subject: Spirituality, Aging, Health, Government, Culture

Airdate: 11/8/15

Air Time: 6:45-7:00 am

Description: Death is one of those things that is experienced differently for all of us through the filters we live our lives. Often the experience we witness when one dies isn't properly prepared for us, or our predetermined notions get in the way. It's one thing to witness someone dying, but Colonel Walter explores another facet - how we prepare to face our own mortality. He's the author of "Theory of Everything: Franciscan Faith and Reason". Mr Walter explores the journey through philosophy, theology and science with our own mortality.

LENGTH: 12:30

Compliance issues covered: Spirituality, Aging, Health, Government, Culture

Program: 'Conversations' Part: 1

Subject: Prescription Medication Abuse

Guest: Kyle Simon

Length: 12:30

Date Aired: 11/15/15

Time Aired: 6:00-6:15 am

Summary: Kyle Simon is the Director of Policy and Advocacy for the Center for Lawful Access and Abuse Deterrence (CLAAD) in Washington, D.C., and an Adjunct Professor of U.S.

Government at Valencia College. During this episode he cautions parents to not leave their medications unlocked and unsupervised. He also cautions all listeners to check with their doctors before taking any prescription medicine.

Compliance issues covered: Health/Education/Psychology

Program: 'Conversations' Part: 2

Subject: Christianity in America

Guest: Peter Miller-Russo

Length: 12:30

Date Aired: 11/15/2015

Time Aired: 6:15-6:30 am

Summary: A Pew Research Center study released recently had sobering news for America's majority religion. The study said in the United States, Christians will decline from more than three-quarters of the population in 2010 to two-thirds in 2050, and Judaism will no longer be the largest non-Christian religion. Muslims will be more numerous in the U.S. than people who identify as Jewish. Peter and his wife, Linda, are hunting down how the approach to the Christian religion have changed in the last 2000 years and how it's changing within America.

Compliance issues covered: Culture/Spirituality

Program: 'Conversations' Part: 1

Guest: Barbara and Michael Foster

Subject: Culture, Families

Airdate: 11/15/15

Air Time: 6:30-6:45 am

Description:

In recent months, a dating website best known for people seeking other people to have extramarital relationships was hacked and a large world of cheating and cheaters was exposed. Many Americans still view the idea of marriage as monogamy for life, but not everyone. Is our culture shifting away from monogamy to a bigger idea? Barbara and Michael Foster will help us understand changes from their perspective.

LENGTH 12:30

Compliance issues covered: Culture, Families

Program: 'Conversations' Part: 2

Guest: Jennifer Wright

Subject: Culture, Families

Airdate: 11/15/15

Air Time: 6:45-7:00 am

Description: Though we see the beautiful leaves changing, and the fun and often food driven holidays, this time of year can also be particularly tough on us psychologically. We've just ended daylight saving time, it gets dark early and even the happiest of camper, curled up under a blanket on the couch can battle the season change and blues that come along with it. It's also statistically the time of year when the most relationships end. Jennifer Wright takes a look back through history to identify how many famous names handled similar situations to give you a leg up on getting through the blues.

LENGTH 12:30

Compliance issues covered: Culture, Families

Program: 'Conversations' Part: 1

Subject: Overcoming Codependency

Guest: Lesley Deveraux

Length: 12:30

Date Aired: 11/22/15

Time Aired: 6:00-6:15 am

Summary: Deveraux is the author of The Pen and The Post It. She conveys to the listeners how to take control of their life through setting goals and overcoming codependency.

Compliance issues covered: Education/Spirituality

Program: 'Conversations' Part: 2

Subject: Business, Health/Wellness, Spirituality

Airdate: 11/22/15

Air Time: 6:15-6:30 am

Description: James Connor left a super successful advertising agency that he started to find serenity in meditation practice. James has a fascinating book, The Superyogi Scenario, that seems appropriate for culture's current infatuation with the super hero - usually super is the key, it's someone who has a power beyond the limits of what we think humans are capable. Outside of Buddhist writings, I can't think of another example of the story where a man or woman uses the power of practice to transcend our mortal capabilities and become a superhero. Now as fun as this all sounds, the practice I speak of is rooted traditionally in ideas like yoga and meditation.

LENGTH: 12:30

Compliance issues covered: Business, Health/Wellness, Spirituality

Program: 'Conversations' Part: 1

Guest: Jill Reynolds and Kevin Peterson

Subject: Community/Culture

Airdate: 11/22/2015

Air Time: 6:30-6:45 am

Category: Technology, Government, Environment, Culture

Description:

As the world continues to become more aware of how our energy use affects the resources around us, how will our lifestyle change? Regardless of our awareness, we as creatures will continue to ponder, tinker with and implement new idea and technologies in our lives. How will those changes affect the world around us? The Northwest Energy Efficiency Alliance looks to help the region advance.

LENGTH: 12:30

Compliance issues covered: Community/Culture

Program: 'Conversations' Part: 2

Guest: Barbara Jamison

Subject: Animal Welfare

Airdate: 11/22/15

Air Time: 6:45-7:00 am

Description:

November is adopt a senior pet month and we probably all think of running to Seattle Humane or any of the awesome shelters in the pawitive alliance or else where to pick up a dog or a cat, but these aren't the only creatures that need homes. Another furry little four legged friend often are found on farms, but still need nice homes with pets and pats and scratches and scratches - goats! The Puget Sound Goat Rescue is the place to start when adopting a new friendly goat.

LENGTH: 12:30

Compliance issues covered: Animals

Program: 'Conversations' Part: 1

Subject: The Pope and Politics

Guest: Brian Kenneth Swain

Length: 12:30

Airdate: 11/29/15

Air Time: 6:00-6:15 am.

Summary: While Seattle was battling some of the worst traffic the region has even seen while welcoming the President of China, Xi Jinping, and The opposite coast had an opportunity to welcome one of the biggest icons in the world, Pope Francis! The pontifex had never spent any time in America in his life! Seattle is largely known as a center of progressive thought. Even surrounding, more conservative suburbs still early adopt ideas that may take much longer to recognize - recycling comes to mind! It will be interesting to see how our community grows and changes with this current Catholic leader. Mr. Swain explores how a change in religious leadership could potentially shift the ideology of our nation.

Compliance issues covered: Culture/Spirituality/Government

Program: 'Conversations' Part: 2

Subject: Video games and reading

Guest: Mark Cheverton

Length: 12:30

Date Aired: 11/29/15

Time Aired: 6:15-6:30 am

Summary: Cheverton realized that kids passionately love video games like Minecraft so he developed a series of books around it to encourage children to read.

Compliance issues covered: Technology/Education/Youth

Program: 'Conversations' Part: 1

Guest: Rick Jones

Subject: Economy/Labor, Families

Airdate: 11/29/15

Air Time: 6:30-6:45 am

Description: As a culture that seems to have plenty of educational opportunities for those that can pay or take on debt, it feels a bit like we're deviating away from a time of vocational training into a "you must have a degree to succeed" era. The problem many students emerging from school around Washington now, or in recent years, are finding a world without adequate employment opportunities. Couple that with student loan debt, and it's back to mom and dad's basement - around WA it may be a flooded basement this time of year! How do those new to the workforce find work in tricky economy?

Compliance issues covered: Economy/Labor, Families

Program: 'Conversations' Part: 2

Guest: Bill Steele

Subject: Business/Economy/Labor/Technology, Community Activities/Youth, Health/Wellness

Airdate: 11/29/15

Air Time: 6:45-7:00 am

Category: Description:

As technology fuels our local economy in the Pacific Northwest, how will it change in the coming decades? Manufacturing industry is constantly looking for a way to make things lighter and stronger, less expensive and easier to produce. We see a perfect example in the 3D modeling and printing business. From idea in one's mind to a computer screen to a printed model you can almost instantly touch and manipulate - but how can this new industry inspire the future?

Compliance issues covered: Business/Economy/Labor/Technology, Community Activities/Youth, Health/Wellness

Program: 'Conversations' Part: 1

Subject: Overcoming Codependency

Guest: Lesley Deveraux

Length: 12:30

Date Aired: 12/06/15

Time Aired: 6:30 – 6:45 a.m.

Summary: Deveraux is the author of The Pen and The Post It. She conveys to the listeners how to take control of their life through setting goals and overcoming codependency.

Compliance issues covered: Education/Spirituality

Program: 'Conversations' Part: 2

Subject: Energy Collection

Guest: Greg Kozera

Length: 12:30

Date Aired: 12/06/15

Time Aired: 6:45 – 7:00 a.m.

Summary: We spent the better part of the early summer reading about the arctic drilling fleet stationed in ports around the coasts of the Pacific Northwest. Some felt betrayed the port would let a massive oil company use the land of cities that fight for to be known as greener than supporting oil. Others welcomed the growth in jobs and opportunity. Greg Kozera knows a thing or two about energy and how we collect it. He is an engineer with a master's degree in environmental

engineering and an environmentalist with more than 35 years of experience in the natural gas and oil industry. Having designed fracking rigs, he's well versed on how the system works and presents an opinion on the future of energy in America.

Compliance issues covered: Government/Business/Economy/Labor/Technology/Environment

Program: 'Conversations' Part: 1

Guest: Dr. Donna Hamilton

Subject: Health/Wellness

Airdate: 12/6/15

Air Time: 6:00-6:15 am

Description:

After a super dry first three quarters to 2015, the rain has returned and I can't speak for you, but my allergies are terrible! Sniffles and sneezes galore! As we navigate these setbacks, we start to look at winter health - is it time for a flu shot, a day off to extend a weekend, a vacation to somewhere sunny? What more is there to our great wellness that we may be overlooking?

LENGTH: 12:30

Compliance issues covered: Health/Wellness

Program: 'Conversations' Part: 2

Guest: Lindsey Weldenbach

Subject: Business/Economy/Labor/Technology, Government

Airdate: 12/06/15

Air Time: 6:15-6:30 am

Description: Even before Washington became a national leader for legalizing recreational marijuana, there was industry in the medical marijuana field. It's a product attractive to investors and there seems to be a significant enough demand by the population of Western Washington and tourists visiting the state. Even though it's legal here, what are the challenges associated with the legal marijuana industry? How did the legalization of cannabis affect the legal world around the crop. How does the crop affect other crops?

LENGTH: 12:30

Compliance issues covered: Business/Economy/Labor/Technology, Government

Program: 'Conversations' Part: 1

Guest: Dr Barry Bartusiak

Subject: Health/Wellness, Culture, Technology

Airdate: 12/13/15

Air Time: 6:30-6:45 am

Description: What are your dental habits like? Where did you even learn them? A dentist coming in to your kindergarten classroom and giving a "brush in small circles for two minutes" demo may be the most formal training many of us have in brushing our teeth. Is that even accurate? I had a dentist friend once tell me that as long as I was brushing, just doing something, I was already winning compared to lots of other folks. But what bad habits and misconceptions are we applying to our teeth? Dr Barry Bartusiak examines our habits and helps us with new technology to get our dental health in shape!

LENGTH: 12:30

Compliance issues covered: Health/Wellness, Culture, Technology

Program: 'Conversations' Part: 2
Guest: Vicki Morris
Subject: Health/Wellness, Business/Economy
Airdate: 12/13/15
6:45-7:00 am

Description:

Nearly 70 percent of people report being stressed due to lack of time during the holidays, according to an American Psychological Association poll. Additionally, plenty of folks are negatively impacted by other deep-seated issues, such as not having adequate employment or a romantic partner. One drive around the University Village parking lot will tell you all you need to know.

The frustrations of the holidays and the lack of daylight and sunshine in the winter can't be helping things, but how do we turn it around?

LENGTH: 12:30

Compliance issues covered: Health/Wellness, Business/Economy

Program: 'Conversations' Part: 1
Subject: Bullying in the Workplace
Guest: Wendy Trainor
Length: 12:30

Date Aired: 12/20/15

Time Aired: 6:00-6:15 am

Summary: Trainor teaches the listeners how to handle a bully in the workplace. She also explains why the bully is often time left unchecked and gets away with it.

Compliance issues covered: Psychology/Community

Program: 'Conversations' Part: 2
Subject: Coping with Humor
Guest: Christopher Moore
Length: 12:30
Date Aired: 12/20/15
Time Aired: 6:15-6:30 am

Summary: As we watch the seasons begin to shift again, another cycle of life and death will be complete - assuming the earth keeps functioning the way we expect, this time next year we'll be lamenting the summer's slow wind down to crisp fall days, messy hair from knit headwear, and the months of clouds on their way. It is beautiful to watch in the Pacific Northwest as the hills start to change! It's all as natural a part of existence as our life and death. Chris helps us understand how a little humor can go a long way towards softening dark subjects like loss and death.

Compliance issues covered: Spirituality/Arts/Culture

Program: 'Conversations' Part: 1
Guest: Don Watkins
Subject: Government, Economy
Airdate: 12/20/15
Air Time: 6:30-6:45 am

Description:

In the next 11 months, among talk of climate change and terrorism/gun control, one of the main subjects we'll hear all the politicians discussing is income equality. Here in Washington, we'll be looked at and scrutinized for our early adoption of the \$15 minimum wage. Is it the government's

job to find equality for the people. Don Watkins explores his thoughts on what needs to happen to keep people from being treated unfairly as action is taken.

Compliance issues covered: Government, Economy

LENGTH: 12:30

Program: 'Conversations' Part: 2

Guest: Stephen Gardner

Subject: Government, Business/Economy

Airdate: 12/20/15

Air Time: 6:45-7:00 am

Category: Description:

The ability to understand and navigate Wall St - not the one way road in belltown, rather our financial trading center of America - the ability to operate within that can seem like a dark art to those of us on the outside. We've seen significant crashes that led to many people losing parts of if not their entire retirement saving. What then are we to do? Stephen Gardner offers solutions to those of us concerned about our money that want a different approach.

LENGTH: 12:30

Compliance issues covered: Government, Business/Economy

Program: 'Conversations' Part: 1

Subject: Veterans Affairs

Guest: Josh Amos

Length: 12:30

Date Aired: 12/27/15

Time Aired: 6:00-6:15 am

Summary: Josh gives the listeners information about how to obtain many veterans benefits but more specifically...we focused on local access to loans and support for opening a business. Josh also lets veterans know where to go to discuss their benefits in Olympia and Spokane.

Compliance issues covered: Military/Veterans/Economy

Program: 'Conversations' Part: 2

Subject: The Pope and Politics

Guest: Brian Kenneth Swain

Length: 12:30

Date Aired: 12/27/15

Time Aired: 6:15-6:30 am

Summary: While Seattle was battling some of the worst traffic the region has even seen while welcoming the President of China, Xi Jinping, and The opposite coast had an opportunity to welcome one of the biggest icons in the world, Pope Francis! The pontifex had never spent any time in America in his life! Seattle is largely known as a center of progressive thought. Even surrounding, more conservative suburbs still early adopt ideas that may take much longer to recognize - recycling comes to mind! It will be interesting to see how our community grows and changes with this current Catholic leader. Mr. Swain explores how a change in religious leadership could potentially shift the ideology of our nation.

Compliance issues covered: Culture/Spirituality/Government

Program: 'Conversations' Part: 1

Guest: Dr. Hugh Sealy

Subject: Environment, Government, Culture

Airdate: 12/27/15

Air Time: 6:30-6:45 am

Description:

In the next year, we'll all be dragged through political rhetoric, argument, and advertising. The politicians all have agendas, but we're expecting to see wage equality and climate change be two giant topics. Perfectly time then - to start the run to the presidency - a giant super forum of nations discussing Climate Change happened just weeks ago in Paris. Did you engage in the outcome? What do you need to take away from it? Did anyone come out on top? The finding and decisions may shape our futures.

LENGTH: 12:30

Compliance issues covered: Government, Business/Economy

Program: 'Conversations' Part: 2

Guest: Mark P Friedlander, Jr

Subject: Environment, Government, Technology

Airdate: 12/27/15

Air Time: 6:45-7:00 am

Category: Education, Government, Technology

Description:

An approach to educating our school children to excel in the future, STEM, draws criticism for its narrow focus on Science Technology Engineering and Math. Leaders like President Obama and our own Bill Gates push for STEM education to keep the United States competitive with other countries that are booming in those fields.

Does our country lack the vision to better balance our education? We live in Seattle, an area known not just for the technology that is flocking into the Puget

LENGTH:

Compliance issues covered: Education, Government, Technology