KING Television October 1, 2015 through December 31, 2015

Quarterly Programming Providing the Most Significant Treatment of Community Issues

4th QUARTER 2015 PROGRAMS

ENVIRONMENT

Beyond The Forecast: Climate Change

Sat, 12/12/15, 9:30-10pm

Is human activity affecting the climate? The KING 5 weather team takes a look at the latest scientific evidence about climate change and the long-term trends in the Northwest. Specific topics include weather conditions in the Pacific Ocean that affect our weather; concerns about massive wildfires in Washington State; the impact to the agriculture industry; the health of Puget Sound for several animal species; what could happen to the mountain snowpack and local water supplies; and what experts, including scientists at the Vatican, have to say about climate change.

<u>HEALTH</u>

Healing The Spirit: A Children's Healthlink Special

Tue, 12/29/15, 8-8:30pm

From animal-assisted activities to poetry programs, host Jean Enersen shares the innovative and inspiring ways Seattle Children's goes beyond traditional medicine to heal kids.

4Q PUBLIC ISSUES REPORT - 2015 COMMUNITY AFFAIRS

Community Event:

KING 5's 14th annual Home Team Harvest was held in December 2015. By month's end, the food drive had raised the equivalent of 4.7 million meals for beneficiary, Northwest Harvest.

Major PSA Campaigns

The following list represents those campaigns KING 5 took on as official community partnerships. The airtime used on KING and KONG was donated and in most cases, production of the spot was donated by KING 5 Television.

- UW Alumni Association, Dawg Dash (:30)
- American Heart Association, Heart Walk (:30)
- Seattle Art Museum, Impressionism (:30)
- Wing Luke Museum, Bruce Lee Year 2 (:30)
- KING 5's Home Team Harvest (:30)

Ascertainment

The Puget Sound Association of Broadcasters met in September with 4 non-profit organizations from around the region. Below is a summary of their presentations.

OCTOBER - Hosted by KBCS, Attended by Briana Hart Holmes, Community Relations Intern

1) Cierra Sisters

An African-American Breast Cancer Survivor & Support organization that is completely grass roots and self-sufficient. They don't receive any financial support from the "pink" campaigns.

2) Assistance League of the Eastside

Serves Families, children and adults who have faced domestic violence. One program, operation school bell, provides thousands of students with clothing. Supported by Fred Meyer.

3) Seattle King County NAACP

Trying to correct the media portrayal of actual civil rights. Discussed need to push-back on city leadership to enact fair rules. Supportive of the Black Lives Matter campaign.

4) Bellevue College, Project Succeed

Program to support veterans and their families. Writing resumes, cover letters, interview coaching. Help Veterans to highlight skills beyond combat. Help students integrate. Help veterans feel proud and accomplished as a result of their service.

NOVEMBER - KING was unable to send a representative to the monthly meeting

DECEMBER - the December Ascertainment meeting was cancelled

2015 4th QUARTER ISSUES REPORT EVENING MAGAZINE SEGMENTS (7:30PM weekdays)

HEALTH, ARTS, ANIMALS, ENVIRONMENT, SENIORS, EDUCATION, CHILDREN/FAMILIES, TRANSPORTATION

October

Art – Marker Artist 10/1 trt 2:14 Transportation – Toyota story 10/1 trt 2:55 Transportation - KIA Sorrento 10/02 trt 2:41 Children/Families - Lego Collector 10/2 trt 2:32 Health – Snack Stadium 10/2 trt 1:45 Animals – Chicken 911 10/06 trt 2:41 Arts - Karaoke Marathon 10/7 trt 2:47 Children/families - Halloween Costumes 10/08 trt 2:11 Animals - Shark Swim 10/09 trt 2:19 Education – Arborist 10/09 trt 3:11 Arts - Glass Pumpkins 10/13 trt 1:42 Arts – KEXP concerts 10/13 trt 2:15 Arts - Hair Art 10/13 trt 2:42 Animals – Wild Animal Rescue 10/14 trt 3:01 Arts – Nevermind baby 10/14 trt 2:23 Children/families - Goosebumps preview 10/16 trt 2:43 Children/families - Spark Museum 10/16 trt :45 Arts - NBC Composer 10/16 trt 1:39 Animals - Grumpy Cat 10/19 2:55 Health – Mushroom Hunter 10/19 2:56 Art – Woven Light Artist 10/20 trt 2:22 Environment – Okanagan after the fire 10/21 3:12 Children - Hip Hop Kids 10/23 trt 2:51 Arts – Husky Fire dancer 10/23 2:52 Arts - Body Painter 10/26 trt 1:56 Arts – Spokane Lantern Festival 10/26 trt 2:40 Health – Underwater Hockey 10/26 trt 3:01 Families - Ferry Baby 10/27 trt 2:38 Art – Harmony Lanterns 10/28 2:44 Art – Hawks hand bags 10/28 trt 2:19 Art – Dwarfism Photog 10/29 trt 2:53 Children/families - Wheelchair costume 10/30 trt:45

November

Animals – Puppies for rent 11/2 trt 1:55 Art – Mateo Concert 11/03 trt 2:45 Health – Future Doctors 11/04 trt 2:47 Animals – Oskar the blind cat 10/05 trt 2:53

Arts – Bobcat the comedian 10/05 trt 1:45 Transportation $-11/09 \frac{1}{2}$ hour travel show to the Caribbean Health – Diamond Facial – 11/10 trt 2:58 Animals – Smallest Dog 11/10 trt 1:32 Art – Surreal Photographer 11/11 trt 2:50 Health – Zip line Adventure 11/11 trt 2:11 Children/families - Hello Kitty exhibit 11/12 trt 1:49 Health – Squash tournament 11/12 trt 1:34 Transportation – Cruising the Caribbean ¹/₂ special 11/13 Families – Best of Western Washington viewers poll results 11/16 trt 20:00 Families - Best of Western Washington viewers poll results 11/17 trt 20:00 Seniors – 90 year old nurse 11/18 2:55 Families - 1/2 hour special of the Best of Western Washington 11/20 Transportation – Rolls Royce car 11/23 trt 3:00 Arts – Man from Uncle Costumes 11/23 2:30 Arts – Luly Yang Wedding gowns 11/23 3:14 Education - Knife Guy 11/24 2:07 Transportation - Ferrari California 11/24 2:57 Families – Barbershop Apple cup 11/25 trt 2:49 Children/families – 30th anniversary special 11/26 ¹/₂ hour special Children/Families – Elf Storage 11/27 trt 2:13

December

Children/Families - Mary's Place 12/1 trt 3:11 Art – Fireplace Video Guy 12/1 trt 2:41 Children/Families - Video Game Tester 12/01 trt 2:56 Animals – Cats in trees 12/2 trt :50 Education – Underground Tour 12/2 trt 2:16 Art - Seahawks Tattoo Leg 12/2 2:41 Health – Breast reconstruction 12/2 2:56 Art – Rhinestone Rosie 12/3 3:11 Transportation – 12/4 FORD Edge trt 2:55 Children/Families - Singing Christmas Tree 12/4 trt 1:33 Transportation – Fantasy Flight 12/4 3:31 Children – Archery Girl 12/07 trt 2:55 Arts – Burlesque Nutcracker – 12/07 trt 3:22 Animals – Pet Videos 12/08 trt 2:10 Health - Seagal Workout 12/08 trt 2:19 Art – Mobile Hot Shop 12/08 1:56 Art – Allen Stone Radius 12/08 3:00 Transportation - Lemay Car Museum 12/09 trt 2:49 Animals - Pet Artist 12/09 trt 2:55 Animals - Cats in trees 12/09 trt :38 Health – Specialty Grocery 12/10 trt 2>44 Children – Lego store 12/10 2:18 Health – World's largest Health Club 12/11 trt :1:30 Education - Nutcracker Museum 12/11 trt 2:41 Education – Food pronunciation 12/15 trt 1:48 Seniors – AARP Musicians 12/15 2:33 Children/Families – Star Wars Charity 12/17 trt 3:11 Seniors – AARP Mamma Mia 12/18

Children/Families – Children's Hospital Blankets 12/18 Education – Star Wars Collector 12/18 2:57 Families – 50 years of Santa Pictures 12/21 trt 3:16 Transportation Special – ½ hour come fly with us. 12/23 Arts – ½ hour local musicians special 12/24 Children/Families – Another DareDever Special ½ hour 12/28 Transportation – ½ hour Cruising the Caribbean special 12/29 Education – ½ hour Museum special 12/30 Children/Families – ½ hour Best of Western Washington Special 12/31

FCC REPORT FOR NEW DAY NORTHWEST, 4th QUARTER, 2015 *All segments are in-studio and average 7:00 trt* Program airs weekdays at 11am

HEALTH

Natural ways to ward off colds or make them shorter, 10-20-2015 Full body data for wellness coaching, 11-11-2015

<u>ARTS</u>

The new exhibit of Impressionists works at Seattle Art Museum, 10-7-2015 You tube star Alan Boye, African inspired musician performs, 11-12-2015

SENIORS

Talking with aging loved ones about moving into assisted living, 11-11-2015

CHILDREN-FAMILIES

DIY Halloween ideas for kids with Gracious Girl Mindy Lockard and her daughters, 10-19-2015

ANIMALS

Homeward Pet no-kill shelter highlights Pet Adoption Month and brings adoptable dogs, 10-6-2015

Adopt-a-Senior-Pet Month, 11-10-2015

ENVIRONMENT

Ciscoe Morris shows us how to plant bulbs and take our gardens from fall to winter, 10-12-2015

Ciscoe Morris shows us how to 'layer' plants, cloning them to make a fresh spring plant, 11-9-2015

EDUCATION

A survivor of the Sandy Hook mass shooting talks about her book and her program for recovery, plus her nonprofit for teachers in classrooms, 10-8-2015

TRANSPORTATION

Tips for travelers and travel gear from Triple A, 12-15-2015

2015 4th QTR KING 5 NEWS STORIES

EDUCATION

Morning KING 5 News, 10/1/15, 1:30

A school for deaf children not only teaches sign language, but how to read lips and speak so they can communicate effectively in the hearing world.

KING 5 News at 5:00PM, 10/7/15, 2:00

Bill and Melinda Gates have made education their number one domestic cause. Bill says testing is just one part of the equation, focus on the profession of teaching is a key part of the solution.

KING 5 News at 5:00PM, 10/10/15, 2:00

Parents at Alki Elementary school needed to raise \$90,000 to keep the school district from moving one of its teachers out of the school in response to lower than expected enrollment in the district. A Ballard businessman came to the rescue with a check for \$70,000 to solve the problem.

KING 5 News at 5:00PM, 10/13/15, 2:30

Seattle's Lowell Elementary School is expecting a teacher staff reduction. Few schools share the same challenges these students face every day. Last year 35 homeless kids joined the classrooms throughout the year. 32 students were considered medically fragile. Parents will express their outrage at tonight's School Board Meeting.

Morning 5 News 10/17/15, 1:40

A Stanford study suggest kids who start kindergarten later enjoy more psychological benefits. The report finds that a one-year delay reduced inattention and hyperactivity by 73% because the kids just aren't ready to sit still yet. This is often know as academic red-shirting.

KING 5 News at 5:00PM, 10/19/15, 1:32

Dr. Maida Chen says teens are biologically programmed to go to bed later and wake up later, which is why she applauds Seattle School's proposal to alter start times.

Morning KING 5 News, 10/20/15, 1:30

The Puyallup School District estimates that over the next 5 years 16-hundred more students will be enrolled in the school district which is already the eighth largest district in Washington State with 22-thousand students. The hope is that voters with approve the funds to build a new school and expand four others.

Morning KING 5 News, 10/20/15, 2:50

B-E-C-U employees go to dozens of high schools to teach students how to handle money.

KING 5 News at 4:00PM, 10/22/15, 1:30 Students overcome their reading difficulties by reading to dogs. The pets just sit and listen, people on the other hand are always stopping, interrupting and trying to correct them.

Morning KING 5 News, 10/23/15, 1:40

In a survey taken by high school kids 39 percent of them said they were tired. Stressed came in second at 29 percent and bored was third at 26 percent. Only 22 percent of the student said they wre happy.

KING 5 News at 4:00PM, 10/23/15, 2:25

A group of Franklin High School students take a trip to Microsoft every week where they learn how to build, program and wire robots from scratch with the help of Microsoft employees. For every hour the workers volunteer, Microsoft donates \$25 to the robotics program. That money enables the kids to take part and travel to worldwide competitions.

KING 5 News at 5:00PM, 10/26/15/, 1:15

The President suggests that mandatory school testing be limited to 2% of the child's class time.

Morning KING 5 News, 10/28/15, 1:10

The Snohomish School Board will vote on new transgender policies. They would allow transgender students to use whichever bathroom they see fit. The same with the locker room. The goal is to have all students feel comfortable with who they are.

KING 5 News at 7:00PM, 10/28/15, 1:40

Police officers working in school are called resource officers and are looking to stop situations from any kind of violence, using patience and a lot of talking. School resource officers in Everett talk an initial 40 hour long national class. They also train for their jobs one a week each summer.

Morning KING 5 News, 10/30/15, 2:00

There is a measure on this November ballot that will give needy children help with their education. The idea behind the levy is to help kids and young moms in need. It is help fund programs like Nurse Family Partnership, where nurses start visiting young, low-income women who are pregnant and help with mothering. The idea behind the levy is to help kids and young moms in need. Money raised with the levy will also provide services for depression or developmental disabilities for kids and people up to 24 years old.

KING 5 News at 7:00PM, 11/6/15, 2:15

Soldiers at Joint Base Lewis McChord spend a lot of time getting classroom instruction, for some soldiers it's coming from Microsoft. Microsoft's Software and Systems Academy gives a select group of military members for all branches a special computer course that lasts 16 weeks. Graduates were all guaranteed interviews with Microsoft for entry-level positions and the overwhelming majority landed jobs.

Morning KING 5 News. 11/30/15, 6:30

The Post Prison Education Program invites prisoners to enroll in Washington colleges, when accepted they have something to look forward to when they are

released. Statistics show that of the inmates who go through this education program less than one in 50 will return to jail.

KING 5 News at 4:00PM, 12/4/15, 1:40

Ricardo Parker founded Chronos Virtual Reality which is the only school of its kind in Seattle. Classes teach students how to design and build the VR experiences which companies are increasingly trying to create.

Morning KING 5 News, 12/7/15, 1:40

Northgate mall is the site of an alternative high school. The Simon youth foundation was founded in 1998 in Texas. Now there are 27 schools in 12 states, including 3 in Seattle. Middle College High School at Northgate Mall has been open for 15 years.

KING 5 News at 5:00PM, 12/7/15, 3:00

The revised No Child Left Behind federal education law will be voted on in Congress soon. Washington Senator Patty Murray helped rewrite the law that will return more control to the states and local districts. She discusses this bill with anchor Dennis Bounds.

Morning KING 5 News, 12/10/15, 1:30

Along with reading, writing, math and science, students across King County are now studying a new subject – compassion. The goal is to improve relationships and reduce aggressive behavior.

KING 5 News at 4:00PM, 12/14/15, 1:15

Among the students at Highline College in Des Moines, are a few dozen young adults with intellectual disabilities. Many of them were in special education classes in high school and now want a job, or better yet a career. The Highline program now has graduates now working for Microsoft, the City of Seattle and many other big local employers.

TRANSPORTATION/GROWTH

Morning KING 5 News, 11/6/15, 2:00 A look at the major traffic issues facing our region and how we got there.

Morning KING 5 News, 11/6/15, 1:45

2016 is set to be a big year for regional transportation with ongoing extension projects for Sound Transit's Sounder trains and Light Link Rail. A review of what is in progress.

Morning KING 5 News, 11/9/15, 1:45

Inrix, a data company, believes that a large percentage of traffic in downtown Seattle is due to a lack of parking and or lack of knowing where to look which is why they are launching a parking app that will help people locate a parking spot.

KING 5 News at 4:30PM, 11/9/15, 2:40

A look at the team that is ready to save your commute by assisting those folks that have stalled or broken down cars.

KING 5 News at 6:30PM, 11/9/15 2:15

Planning for the Madison Bus Rapid Transit Line, which won 15 million in funding from voters last week currently calls for electric buses to use their own lane on a route from Colman Dock to 12th all the way up and over Capitol Hill. Proponents say the dedicated lane will increase service and encourage people living in high density housing to use transit.

Morning KING 5 News, 10/10/15, 2:00

The Washington State Ferry fleet is aging, they're short-staffed and now there's a shortage of qualified skippers. We take a look at the latest challenge for the WA State Ferries.

Morning KING 5 News, 10/11/15, 2:10

Taxpayers fork over millions in levies and gas taxes every year, but what's the return on that investment? A breakdown of who pays the most and who gets the most, by county.

Morning KING 5 News, 10/12/15, 2:00

As gridlock builds on city streets, avoiding traffic can make cycling an attractive alternative for commuters. If you're thinking of ditching your four wheels for two, there are some important tips before heading to the bike shop.

Morning KING 5 News, 11/18/15, 1:30

A powerful legislator wants one of the new I-405 express toll lanes to be designed for general purpose instead.

DIVIRSITY/MULTI-CULTURISM

KING 5 News at 11:00PM, 11/19/15, 5:00

A Pierce County man who is in the process of transitioning to a woman is profiled through the journey.

KING 5 News at 5:00PM, 11/19/15, 2:00

A profile of a girl that as long as she can remember has always had a problem with gender. It was a daily battle just to put on a dress. Chris thought growing up as a girl was hell and has scars to prove it. In middle school she cut herself. At 13 she was diagnosed as transgender at Children's Hospital. Chris found a doctor that can perform an implant that stops puberty in its tracks. Chris would not grow breasts or start menstruating. The treatment is fully reversible and is used to buy kids time while they figure their gender identities out. Not acting can be worse than making the wrong decision and moving forward for some of these kids because the suicide rate is huge.

KING 5 News at 4:00PM, 12/18/15, 1:10

Transgender locker rooms have been installed in the Tacoma YMCA. The updated policy allows people to use the restroom or the locker room based on the gender they identify with. While some in the community applaud the updated policy others with children have concerns.

<u>HEALTH</u>

KING 5 News at 5:00PM, 10/1/15, 2:00

A new virus is spreading, chikungunya is passed from mosquito to person, infecting more than a million and a half people. This virus causes inflammatory arthritis. It invades the joints and causes severe joint swelling and pain. While arthritis is treatable, however, chikungunya completely disappears in time.

KING 5 News at 5:00PM, 10/2/15, 2:50

Premature babies are getting a boost from a super breast milk that is derived from donor breast milk and concentrated. The idea is to mimic the growth the baby would have been getting from the birth mother. This milk boosts calories when added to human breast milk and provides the extra minerals that preemies need.

KING 5 News at 5:00PM, 10/5/15, 2:00

A new drug is on the market that is designed to help with weight loss. Patients need to inject this material once a day, follow a reduced-calorie diet, and an increased exercise regimen. Even this drug may help somewhat, losing weight is hard and keeping it off is even harder.

KING 5 News at 5:00PM, 10/6/15, 2:05

Although genetics plays a role in children's asthma, not enough bacteria in their intestines seems to put them at the greatest risk.

Studies will be conducted to decide whether getting the flava bacteria in a child system within the first 100 days of life will protect them from asthma.

KING 5 News at 5:00PM, 10/6/15, 2:20

Parents are concerned by the recent amount of deaths due to head injuries while playing football. In reality six high school athletes die each year from playing sports, not all of them from traumatic brain injuries. Bicycle-related fatalities claim two lives each and every day.

KING 5 News at 4:00PM, 10/7/15, 2:30

The children's doctor reviews the latest report on the dangers of marijuana and alcohol on teens.

KING 5 News at 5:00PM, 10/9/15, 2:10

The call for blood donors never ends. One of the reasons you might not know is that blood platelets can only be stored for up to five days, and there is always a critical need for donors.

KING 5 News at 5:00PM, 10/15/15, 2:00

A lot of young males between the ages of 18 and 24 are newly infected with HIV. The drug Truvada was originally approved in 2013 to treat HIV, but it can also prevent infection when taken by non-infected people.

KING 5 News at 5:00PM, 10/20/15, 2:00

The American Cancer has released new guidelines for breast cancer screening. Because women in their early 30's are at lower risk for the disease, but at a higher risk for false positives the recommendation is to start annual mammograms at age 45, with an option to start them at 40 if they want.

KING 5 News at 5:00PM, 10/21/15, 2:00

The American Heart Association and Red Cross have released updated C-P-R guidelines. They urge that after calling 9-1-1 put the phone on speaker, then set the phone down to keep your hands free. You can then follow the instructions on performing C-P-R on the victim until help arrives.

KING 5 News at 5:00PM, 10/22/15, 2:00

Pain in the next can be cause by everything from whiplash, falls, tumors and even texting. If the pain lasts for three months it is important to have a doctor examine and fix the problem.

KING 5 News at 5:00PM, 10/23/15, 1:45

When the end of life nears, some health care workers are suggesting that a third party professional be involved to tackle not only the medical issues, but philosophical, theological and legal issues so that the patient does indeed have truly informed consent.

Morning KING 5 News, 10/26/15, 2:00

Pregnant woman should completely avoid alcohol. Symptoms of Fetal Alcohol Syndrome range from growth deficiencies or "minor facial anomalies" to structural or functional brain damage. Some children and teens have attention deficit or memory problems.

KING 5 News at 5:00PM, 10/26/15, 1:40

The World Health Organization says processed meats like hot dogs and bacon cause cancer. What's more the groups says there is evidence to suspect red meat, including beef, lamb and port "probably" causes colorectal cancer as well.

KING 5 News at 5:00PM, 10/28/15, 3:00

All 50 states have passed the Lystedt law which requires medical clearance first before an athlete suspected of having a concussion can go back into the game, but injuries can also happen on the practice field. Seattle Children's Hospital has a staff of sports trainers that are available to schools and not just for football. Athletic trainers serve as first responders. They look for issues with balance or disorientation.

KING 5 News at 5:00PM, 10/29/15, 2:45

A psychologist says that the negative symptoms of ADHD in adults such as being easily distracted, unorganized and hyperactive can actually be helpful traits if you know how to deal with them. A person with ADHD may have a constant flow of creative thoughts, and be able to think outside the box. As a result there are a lot of successful creative types, writers, musicians who have ADHD.

KING 5 News at 7:00PM, 10/30/15, 2:00

For babies not born in a hospital an important heart test can be done by a simple \$4.00 device and the test takes only four minutes. It is a state law that all babies be given this heart test at birth.

KING 5 News at 5:00PM, 11/1/15, 2:04

You can blame weeks, trees and grass for coughing and wheezing, but not all asthma attacks are set off by the usual suspects. Other irritants include sunscreen, plastic bottles, antibacterial soap, citrus fruits and wall paint.

KING 5 News at 11:00PM, 11/2/15, 4:00

Experts across the U. S. say Washington lags behind most of the country in the segregation of people with developmental disabilities.

The theory is they needed to be protected from society and society needs to be protected from them.

KING 5 News at 11:00PM, 11/3/15, 4:00

A patient with cerebral palsy was able to get out of a state run facility after 12 years to enter a group home. Her condition requires help with all of her basic needs which she gets from 24/7 staff in a shared home. It's run by an agency specializing in this kind of help

KING 5 News at 5:00PM, 11/4/15, 3:07

Staying fit while being pregnant can now be accomplished in a gym for expectant mothers. While yoga exercise were comfortable, there was a lack of the strength component. At the Fit 4 Mom gym the workout consists of lunges, squats and resistance training.

Morning KING 5 News, 11/5/15, 1:20

University of Washington medical students comb the streets of the University district approaching those living on the street in hopes of helping them address any health issues they may have, without going to a clinic.

KING 5 News at 5:00PM, 11/5/15, 2:00

The U-Dub Medicine Sports Health and Safety Institute doctors are talking with schools and professional sports teams as well as the general public about concussions. Less than ten percent of sports concussions are associated with losing conciseness, so if there's a suspicion, meaning if the athlete takes a blow to the head or the body that seems significant, and if he or she are acting differently medical attention is required.

KING 5 News at 5:00PM, 11/5/15. 2:00

Glaucoma, it not controlled can cause a patient's field of vision to shrink, eventually causing blindness. One new tool is the Istent, the tiniest implantable device approved by the FDA. The IStent is put in during cataract surgery and has been very effective with patients seeing a measurable drop in pressure and 75 percent of them stopping at least one medication.

KING 5 News at 5:00PM, 10/6/15, 2:30

Some people that take ordinary prescription antibiotics and develop a rare skin disorder called the Steven Johnson Syndrome. It starts with flu like symptoms, vomiting, skin rash and skin discoloration. As the body fights to live, blisters form and the top layers of skin peels away. Patients are treated in the hospital's burn unit until the unhealthy tissue and been replaced by normal skin.

KING 5 News at 5:00PM, 10/6/15, 2:30

Steps you can take to reduce the stress when you find yourself stuck in traffic such as clenching the steering wheel, clenching your teeth, or clenching your stomach. Interviews with a WSP Trooper, a personal trainer, naturopath, aroma therapist, psychologist gives you tips on how your accomplish this.

Morning KING 5 News, 11/10/15, 3:00

A live interview with Dr. Richard Lindquist from Swedish who talks about the dangers of a popular program known as "waist training". It involves wearing a corset or wrap for hours on end to get a thinner waist.

Morning KING 5 News, 11/10/15, 3:00

Dr. Molley Carney from Evergreen Treatment Services will discuss the treatment options for people who are addicted to heroin.

KING 5 News at 5:00PM, 11/10/15, 2:15

Even after passing infant hearing tests your child could develop hearing loss. Some indications to look for include no response from your child when he or she is in another room, and making sure they can repeat your words and acknowledge your instructions and follow through with what you tell them to do.

KING 5 News at 7:00PM, 11/10/15, 11:00

There is a heroin crisis in Western Washington. The number of heroin addicts in rehab is up along with the number of overdoses.

This series of reports follows a mother who steals and prostitutes to afford her fix and a 24 year old prostitute whose parents were able to find her thanks to a john who hired her on Craigslist.

Morning KING 5 News, 11/11/15, 3:00

Experts agree breastmilk is the best food for your infant, so working moms increasingly have to pup at work. It's not always a great experience but provisions of the Affordable Care Act require employers to provide a clean private environment.

KING 5 News at 5:00PM, 11/11/15, 2:20

A joint program with the Veterans Administration and University of Washington allows eligible veterans to get lung transplants.

KING 5 News at 5:00PM, 11/12/15, 2:00

Now there's a way to lose those love handles and say goodbye to the ever stubborn waist fat. Cyrofreeze destroys the fat cells and firms the skin.

KING 5 News at 5:00PM, 11/13/15, 2:20

A University of Florida neurologist has found an easy way to determine whether a patient has the beginnings of Alzheimer's.

A very quick and efficient way is by smell. The quick way turned out to be a jar of peanut butter and a plastic "to go" container with a lid. Checking one nostril at a time, if the left nostril has a harder time detecting the peanut butter it is an indication that the disease has begun, because Alzheimer's starts in the left side of the brain.

KING 5 News at11:00PM, 11/13/15, 5:45

ALD is a rare brain disorder that mostly affects boys and men and eventually destroys the nerve cells that allow people to think and move muscles. This story is a profile of a family who lost a child to this disease and their plight now to inform others.

KING 5 News at 5:00PM, 11/16/15, 1:50

Unopened, makeup has a life span of three years. When opened, use it within a year or toss it. Mascara has even a shorter life after opening, only three to six months.

KING 5 News at 4:00PM, 11/17/15, 1:45

The state run peer counseling program connects those people who have dealt with mental health issues but are well grounded in their own recovery help and give hope by sharing their own experiences with others just starting to recover.

KING 5 News at 5:00PM, 11/17/15, 2:00

The drug Truvada was originally approved in 2013 to treat H-I-V, but it can also prevent infection when taken daily by non-infected people. This drug is also referred to as PREP, pre-exposure prophylaxis but is not for everyone. It can affect kidney function and bone density. The medication also costs \$1,300 per month.

KING 5 News at 11:00PM, 11/18/15, 6:00

A group of relatives and advocates for the mentally ill and severely disabled fight to keep the facilities that they live in open saying these places are like a home to these individuals.

KING 5 News at11:00PM, 11/19/15, 4:30

Our state's most expensive places to care for people with developmental disabilities are RHC's, residential habilitation centers. Some believe taking these people into the community would be even more costly than an RHC facility so the debate rages on.

KING 5 News at 5:00PM, 11/19/15, 1:40

For children with autism, the Isaac Foundation has a developed a system for emergency responders to know a child's different characteristics, like if he's a wandering risk or has trouble communicating. The program, for now, is only available in Spokane.

KING 5 News at 5:00PM, 11//20/15, 2:00

A rare problem for a very few but the fact that they are so sensitive they can hear their own eyes blinking. To them, normal sounds become quite painful. Fortunately, surgery can fix the dilemma.

KING 5 News at 5:00PM, 11/23/15, 1:45

Shopping can be therapeutical because it stimulates the senses. You don't have to buy anything, even window sopping can produce delightful brain chemistry.

KING 5 News at 5:00PM, 11/23/15, 1:30

Generic drugs all have slight differences. If you are having any troubles with these medications you should consult your physician.

KING 5 News at 5:00PM, 11/24/15, 1:45

Long Q-T syndrome is a heart condition in which too much exertion or even surprise can cause cardiac arrest. A research team tested kids with long Q-T syndrome playing more aggressive sports, taking beta blockers and working with coaches and parents aware of their condition and always an A-E-D nearby. There hasn't been one heart incident during sports over the seven year trial.

KING 5 News at 6:30PM, 11/24/15, 1:20

To determine if you are taking the wrong kind of blood pressure medication have a blood test done to determine which types of drugs work best with your chemistry.

KING 5 News at 5:00PM, 11/25/15, 2:00

Many woman who have heart problems still want to become mothers. During pregnancy at its peak the heart has to work about 50 percent harder, do people who have had heart disease may not be able to accommodate the extra load. A clinic in Cleveland has a team of high-risk obstetricians, cardiologists and fetal medical specialists that evaluates moms-to-be and intensely monitors them throughout their pregnancy.

KING 5 News at 5:00PM, 11/27/15, 2:00

Five things you would consider if you have diabetes; use the right glucose monitor, don't settle for blood sugar levels that are too high be aware of the hidden causes of elevated blood sugar levels, prick the finger the wrong way and don't overdo vitamin C supplements.

KING 5 News at 5:00PM, 11/30/15, 2:00

Research on breast cancer prevention shows that olive oils can decrease risk factors.

KING 5 News at 5:00PM, 12/1/15, 1:42

Pregnant women who are expecting a baby boy should avoid phthalates which are generally found in plastics. Exposure to these chemicals during pregnancy can affect testicular development in the fetus.

KING 5 News at 5:00PM, 12/1/15, 2:40

Health mistakes before 10AM include; too many carbs in your breakfast, ineffective sleep habits ,not changing your exercise routine, and using metal coffee filters, these increase cholesterol use paper ones instead.

KING 5 News at 5:00P, 12/2/15, 2:00

A common side effect for woman that have had their lymph nodes removed in the battle against cancer can develop lymphedema. The lymph nodes actually carry fluid from one part of the body to another, and once that tubing is taken out the fluid has ho where to go, thus causing swelling. While a simple water pill won't alleviate the problem, therapy and massage will.

KING 5 News at 6:30PM, 12/2/15, 2:00

Simple remedies for the common cold include garlic which can shorten the length of your misery. A cup of cinnamon, sage and bay leaf in six ounces of water with

a little lemon and honey can reduce congestion, sooth a sore throat and help clear breathing passages.

KING 5 News at 5:00PM, 12/3/15, 2:40

Multiple sclerosis is a chronic and progressive disease of the nervous system. For reasons that aren't clear, the immune system attacks the myelin sheath that protects certain nerve fibers. As those fibers lose that sheath, disease symptoms, including vision loss appear. Clinical tests on a new MS drug called ocrelizumab is actually reversing some of the damage already caused by this disease.

KING 5 News at 6:30PM, 12/3/15, 1:25

Three tips for your exercise program; avoid static, long stretches before working out; if you're lifting weights, barbells or dumbbells, one common mistake is to compensate for something being too heavy by lifting more quickly and finally always cool down.

KING 5 News at 5:00PM, 12/4/15, 1:40

A company called curology.com treats acne and anti-aging on does it all from a cell phone. The doctors work only with patient's selfies.

KING 5 News at 6:30PM, 12/4/15, 1:40

It is recommended that you take multivitamins, calcium, vitamin E and B with food. If you are taking 500 mg of vitamin C, take half of it in the morning and half of it at night.

KING 5 News at 5:00PM, 12/8/15, 1:45

The strawberry laser which has been in England for years in now in the U.S. It is a treatment that removes fat from the body painlessly.

KING 5 News at 5:00PM, 12/9/15, 1:50 The importance of understanding just what food labels mean especially when dieting.

KING 5 News at 5:00PM, 12/10/15, 2:10 Wearing a helmet while skiing is just as important as wearing one while playing football.

KING 5 News at 5:00PM, 12/11/15, 2:20 Boxing punching bag skills seem to help Parkinson's patients.

KING 5 News at 5:00PM, 12/14/15, 2:30 Pregnant women taking antidepressants may cause autism in their offspring.

KING 5 News at 5:00PM, 12/15/15, 2:00

Using technology equipment can be a pain in the neck. It is important to maintain the correct posture to prevent this problem.

Taking an annual posture photo can help you track it over time. Use an app called "posture zone" to measure your alignment and show where improvement is needed.

KING 5 News at 5:00PM, 12/16/15, 2:10 Diabetes sufferers can switch some foods and lose weight. You can substitute cauliflower for mashed potatoes, zucchini for pasta and jell-o for ice cream.

KING 5 News at 5:00PM, 12/17/15, 1:25

A new heart device called the parachute can block dead tissue so the heart can pump blood more efficiently. It is placed in the left ventricle of the heart inserted via catheter.

KING 5 News at 5:00PM, 12/18/16, 2:10 Tips on reducing holiday family stress.

KING 5 News at 5:00PM, 12/22/15, 2:02

There is been much accomplished to lessen end effects of youth football head injuries. One of the key factors is that once that injured player feels good enough to get back in the game that will now be enough. A doctor must completely clear the patient to return to the football field.

KING 5 News at 5:00PM, 12/24/15, 3:27 How to make a healthier holiday brownie make with quinoa.

Morning KING 5 News, 12/27/15, 2:10

A 9 year old Maple Valley boy was diagnosed with Duchenne Muscular Dystrophy, a rare muscle-wasting disease with no cure, no medicine to make it better. His parent soon learned of an experimental drug, called Drisapersen, and a trial that was about to start in Vancouver BC. The boy has improved and is back on a bicycle. The FDA, meanwhile, began considering whether to approve the drug for the U. S. market.

KING 5 News at 5:00PM, 12/28/15, 1:45

There is such a thing as indoor air pollution. All of the air in your house gets sucked into your air condition unit. The filter is often a treasure trove of allergy-causing irritants. The lesson here is to have the filter changed often.

KING 5 News at 5:00PM, 12/30/15, 1:41 Early symptoms of bladder cancer include urgency or frequency of urination, burning when you urinate or blood in the urine.

ENVIRONMENT/ANIMALS

KING 5 News at 6:30PM, 12/3/15, 2:00

Wildlife officials are reintroducing "fishers" to Washington. Fishers are members of the weasel family. They disappeared after they were over-hunted for their fut. Today biologists released seven of them ear Randle.

Morning KING 5 News, 12/8/15, 1:20

Raccoons are invading some parts of Seattle. The Washington Department of Fish and Wildlife says securing your garbage is best because if you feed them, they will come. Raccoons are used to foraging in the wild but a soon as they get a taste of human food, they'll never go back to nature. Make sure all garbage is sealed before placing it in your trash bin.

KING 5 News at 4:00PM, 2/15/15, 1:25

Many of the Trumpeter swans migrating south have lead poisoning from ingesting left over by eating lead shot left by hunters. Lead shot was outlawed a quarter century ago, but its ongoing effects remain.

CHILDREN/YOUTH/FAMILIES

Morning KING 5 News, 10/23/15, 4:00

Dr. Wendy Sue Swanson suggests tips on keeping children safe from guns in the house.

KING 5 News at 5:00PM, 11/3/15, 2:15

A new report finds the average American teen spends 9 hours a day watching TV, playing video games, surfing the web, listening to music, or texting using some kind of electronic device. Experts say parents can help manage their kids' technology by looking at their own use.

Morning KING 5 News, 11/18/15, 3:30 Paid parental leave is still a luxury in this country. A look at the policies among major Seattle employers, along with the challenges facing new parents.

KING 5 News at 5:00PM, 11/19/15, 3:45

90 per cent of the certified midwives in the United States deliver in hospital...the advantages include longer prenatal appointments and emotional as well as medical support.

ECONOMY

KING 5 News at 5:00PM, 12/04/15, 1:40 The US Forest Service is hiring 1,000 people to fill seasonal openings.

MEET THE PRESS (6am Sundays on KING)

2015 4th QUARTER MEET THE PRESS TOPICS

Chuck Todd is NBC News Political Director and the moderator of "Meet the Press," the flagship Sunday Morning public affairs program and longest-running broadcast in television history.

COMING UP ON "MEET THE PRESS WITH CHUCK TODD" 10/4/15: SIT DOWN WITH DONALD TRUMP, NEW NBC NEWS/MARIST POLL NUMBERS FROM IOWA & NH

THURSDAY'S TRAGIC SHOOTINGS IN OREGON

As more details continue to emerge on Thursday's tragic shootings in Oregon, the United States turns again to a conversation focused on gun control and mental illness. President Obama immediately politicized the shootings to reignite the national debate, calling for action on gun safety legislation, while 2016 presidential contenders responded to the tragedy on the campaign trail. Chuck and the panel examine the ongoing national conversation and the likelihood of follow through in Washington.

###

ONE-ON-ONE SIT DOWN: PRESIDENTIAL CANDIDATE DONALD TRUMP

Republican presidential frontrunner Donald Trump released his tax plan earlier this week, making headlines with its estimated cost of \$12 trillion over 10 years -- a direct counter to his pledge that the plan "doesn't add to our debt and deficit." Trump also reversed his earlier support of welcoming Syrian migrants to the United States, stating this week that they are "going back" because they "could be ISIS." Chuck talks with Trump in person about all of this and more.

#

NEW NBC NEWS/MARIST POLLS NUMBERS FROM IOWA & NEW HAMPSHIRE

"Meet the Press" will have the first look at new poll numbers out Sunday on where 2016 presidential contenders stand in the two earliest states: Iowa and New Hampshire.

#

RUSSIA BEGINS AIRSTRIKES ON SYRIA

On Wednesday, Russia began strategic airstrikes in Syria in the fight against ISIS, warning the U.S. to steer clear of Syria's airspace. The bombings have come under question from U.S. officials on whether the strikes are also targeting rebels trying to overthrow Russia's longtime ally President Bashar Assad. What does this mean for the U.S. and its strategy? Chuck talks with two former presidential advisers, Stephen Hadley and Michael McFaul, on the developing situation overseas.

Stephen Hadley

Former National Security Advisor to President George W. Bush

Michael McFaul

Former United States Ambassador to Russia for the Obama Administration

###

THE WEEK IN POLITICS

Did President Obama's remarks on the tragic Oregon shooting effectively begin a conversation again on gun safety? Did Hillary Clinton catch a big break this week with the comments of likely Speaker-to-be Kevin McCarthy on the intentions of the Benghazi committee? How will the Obama administration handle Syria? The political roundtable tackles all of this and more on Sunday.

Amy Holmes

Anchor, The Blaze TV

Mark Leibovich

Chief National Correspondent, The New York Times Magazine

Rich Lowry

Editor, The National Review

Ruth Marcus

Columnist, The Washington Post

COMING UP ON "MEET THE PRESS WITH CHUCK TODD" 10/11/15: SUNDAY EXCLUSIVES WITH REPS. DENT, BRAT; ONE-ON-ONE WITH SEN. BERNIE SANDERS

SUNDAY EXCLUSIVE INTERVIEW: REP. CHARLIE DENT (R-PA)

Rep. Charlie Dent joins Chuck to discuss chaos in the House and how his Republicans are strategizing around the Speaker race, which was upended on Thursday with an abrupt exit from House Majority Leader Kevin McCarthy.

"Well it's pretty obvious what happened. The same members who wanted to take down John Boehner, I always said, would try to frag the next guy. Well, they just fragged Kevin McCarthy." – Dent on MSNBC Thursday

###

SUNDAY EXCLUSIVE INTERVIEW: REP. DAVE BRAT (R-VA)

Rep. Dave Brat, the man who topped former House Majority Leader Eric Cantor and rode into Congress on a wave of Tea Party support, talks with Chuck about how House Republicans are reacting to Rep. McCarthy's decision.

"It seems to me our group is putting up somebody who's principled and could work with both sides, be fair to both sides." - Brat, a member of the Freedom Caucus, on its support for Rep. Webster for Speaker

###

ONE-ON-ONE WITH PRESIDENTIAL CANDIDATE SEN. BERNIE SANDERS (I-VT)

With his first presidential debate this Tuesday, Sen. Bernie Sanders (I-VT) joins Chuck in-studio to discuss his stance on trade, employment, the United States' role in Syria, his fellow 2016 contender Hillary Clinton, and who he would name as a running mate.

"There are more than a few Republicans for Bernie Sanders out there." - Sanders on MSNBC's "Morning Joe" this week

###

THE WEEK IN POLITICS

Will Paul Ryan succumb to the mounting pressure for him to be House Speaker? Will Clinton's TPP reversal hurt her in the long-term? What can we expect from Tuesday's Democratic presidential debate? The roundtable discusses all of this and more.

Hugh Hewitt

Host, "The Hugh Hewitt Show"

Nathan L. Gonzalez

Editor & Publisher, The Rothenberg & Gonzalez Political Report

Kathleen Parker

Columnist, The Washington Post

Eugene Robinson

Columnist, The Washington Post

#

COMING UP ON "MEET THE PRESS WITH CHUCK TODD" 10/18/15: SUNDAY EXCLUSIVES WITH SEN. TED CRUZ, BENGHAZI CMTE. MEMBERS REPS. SCHIFF & POMPEO

SUNDAY EXCLUSIVE: PRESIDENTIAL CANDIDATE SEN. TED CRUZ (R-TX)

All eyes are on Sen. Ted Cruz, who has been laying low this month compared to Republican frontrunners Donald Trump and Ben Carson. Cruz, who brought in more than \$12 million dollars this past quarter in fundraising, sits down one-on-one with Chuck to address the state of his presidential campaign, including his upcoming rally on religious liberty, his recent condemnation of the "Black Lives Matter" movement and more.

#

SUNDAY EXCLUSIVE: BENGHAZI COMMITTEE MEMBERS REP. ADAM SCHIFF (D-CA) & REP. MIKE POMPEO (R-KS)

More than a year after the Select Committee on Benghazi was formed, Presidential Candidate Hillary Clinton is scheduled to publicly testify in front of the committee this Thursday. Committee members Rep. Adam Schiff and Rep. Mike Pompeo join Chuck live on-set to preview the hearing and address recent allegations of political motivation.

###

THE WEEK IN POLITICS

Why is the fight between Rubio and Bush getting ugly? What do third quarter fundraising numbers reveal about candidates' campaigns? Are there any developments in the speculation of a Biden presidential run? The roundtable tackles all of this and more on Sunday.

Alex Castellanos

Republican Strategist

Ron Fournier

Senior Political Columnist, The National Journal

Andrea Mitchell

NBC News Chief Foreign Affairs Correspondent

Amy Walter

National Editor, The Cook Political Report

#

UPDATED: COMING UP ON "MEET THE PRESS WITH CHUCK TODD" 10/25/15: DR. BEN CARSON; SUNDAY EXCLUSIVES WITH REPS. GOWDY & CUMMINGS

ONE-ON-ONE INTERVIEW: PRESIDENTIAL CANDIDATE DR. BEN CARSON

Dr. Ben Carson has emerged as the new Iowa frontrunner this week, leading Donald Trump and debuting "Heal. Inspire. Revive." as his campaign slogan. Chuck joins Carson on the trail in Iowa to discuss his policy positions and the future of his presidential campaign.

###

SUNDAY EXCLUSIVE INTERVIEW: REP. TREY GOWDY (R-SC)

Benghazi Committee Chairman Trey Gowdy joins Chuck live to discuss Thursday's hearing with Hillary Clinton and talk about the future of the committee.

"This is not a prosecution. I've reached no conclusions, and I would advise you not to reach any conclusions either." -Rep. Gowdy at Thursday's hearing

###

SUNDAY EXCLUSIVE INTERVIEW: REP. ELIJAH CUMMINGS (D-MD)

Rep. Elijah Cummings, ranking member of the Benghazi Committee, joins the show to discuss how he believes Thursday's hearing went and what it means for the Democratic Party.

"It is time, and it it is time now, for Republicans to end this taxpayer-funded fishing expedition." -Rep. Cummings at Thursday's hearing

###

THE WEEK IN POLITICS

Vice President Joe Biden decided not to run for president. Rep. Paul Ryan announced he will run for Speaker of the House. Former Sec. Hillary Clinton's Benghazi Committee hearing lasted 11 hours. Former Sen. Jim Webb announced he will launch an independent bid for the White House, and former Gov. Lincoln Chafee dropped out of the Democratic primary race. The panel discusses all this and more from the week in politics.

Doris Kearns Goodwin

American Biographer; Author, "Lyndon Johnson and the American Dream"

John Harwood

Chief Washington Correspondent, CNBC

Steven Henderson

Columnist, The Detroit Free Press

Jennifer Rubin

Columnist, The Washington Post

COMING UP ON "MEET THE PRESS WITH CHUCK TODD" 11/1/15: SUNDAY EXCLUSIVE WITH FMR. GOV. JEB BUSH; HOUSE SPEAKER PAUL RYAN

SUNDAY EXCLUSIVE: PRESIDENTIAL CANDIDATE FMR. GOV. JEB BUSH (R-FL)

Former Florida Governor Jeb Bush talks exclusively with Chuck in Miami about the future of his campaign after his Wednesday debate performance and aggressive campaign restructuring last week with across-the-board cuts to staff and salaries.

"We need a unifier, not a cynical divider-in-chief, and that's exactly what I will do." - Bush at Wednesday's CNBC debate

#

ONE-ON-ONE INTERVIEW: SPEAKER OF THE HOUSE REP. PAUL D. RYAN (R-WI)

Wisconsin Rep. Paul Ryan was elected as Speaker of the House of Representatives on Thursday with 236 votes after weeks of uncertainty surrounding the position and on the heels of the House passage of a sweeping two-year bipartisan budget deal. Chuck speaks with Ryan on his leadership, the challenges facing the Republican party and more.

"We have nothing to fear from honest differences honestly stated. If you have ideas, let's hear them. I believe that a greater clarity between us can lead to a greater charity among us." - Ryan to the House on Thursday

#

THE WEEK IN POLITICS

How are Bush's donors reacting to Wednesday's debate? What challenges will Paul Ryan face as the new House Speaker? The roundtable discusses all of this and more from the week in politics.

Matt Bai

National Political Columnist, Yahoo! News

David Brooks

Columnist, The New York Times

Helene Cooper

Pentagon Correspondent, The New York Times

Anne Gearan

Political Correspondent, The Washington Post

###

UPDATED: COMING UP ON "MEET THE PRESS" 11/8/15: ONE YEAR FROM ELECTION 2016 – FIORINA, SANDERS, TRUMP; FEINSTEIN, LEITER ON RUSSIAN PLANE CRASH

ONE YEAR FROM ELECTION DAY: CANDIDATE AROUND-THE-HORN

Chuck talks with 2016 hopefuls Sunday morning about their plans for tackling the American public's distrust of government one year out from Election Day.

Carly Fiorina

Presidential Candidate

Sen. Bernie Sanders (I-VT)

Presidential Candidate

Donald Trump

Presidential Candidate

#

RUSSIAN PLANE CRASH INVESTIGATION CONTINUES

As the investigation into the crash of a Russian charter flight develops, speculation of a possible act of terrorism continues after President Putin decided Friday to suspend all flights to Egypt. Sen. Dianne Feinstein, vice chairman of the Senate Select Committee on Intelligence, and Michael Leiter, former director of the U.S. National Counterterrorism Center, join the show to discuss the latest.

Sen. Dianne Feinstein (D-CA)

Michael Leiter

Fmr. Director, United States National Counterterrorism Center; EVP, Leidos

#

THE WEEK IN POLITICS

Is Jeb Bush's family drama overshadowing his campaign? Will Carson's fabrication of his acceptance into West Point affect his growing support? What can we expect from Tuesday's debate? The roundtable discusses all of this and more from the week in politics.

Marc Caputo

Florida Political Reporter, POLITICO

Hugh Hewitt

Host, "The Hugh Hewitt Show"

Gwen Ifill

Moderator & Managing Editor, "Washington Week"; Co-Anchor & Managing Editor, "The PBS NewsHour"

Rachel Maddow

Host, MSNBC's "The Rachel Maddow Show"; moderator of MSNBC's "First in the South Democratic Candidates Forum," airing Friday

COMING UP ON "MEET THE PRESS WITH CHUCK TODD" 11/15/15: FMR. GOV. JEB BUSH; CLINTON CAMPAIGN CHAIRMAN JOHN PODESTA; OU PRESIDENT DAVID BOREN

INTERVIEW WITH PRESIDENTIAL CANDIDATE FORMER GOV. JEB BUSH (R-FL)

Former Florida Gov. Jeb Bush continues to face scrutiny from voters following his performance in Tuesday's debate. Bush talks with Chuck about his positions on immigration, as it remains the forefront issue of the Republican Party, as well as the future of his presidential campaign.

#

SUNDAY EXCLUSIVE INTERVIEW WITH CLINTON CAMPAIGN CHAIRMAN JOHN PODESTA

John Podesta, chairman of the 2016 Hillary Clinton presidential campaign, joins Chuck live from Iowa to reflect on Saturday's Democratic debate, how Clinton is handling attacks from Sanders and the future of her presidential campaign.

###

SUNDAY EXCLUSIVE INTERVIEW WITH DAVID BOREN, PRESIDENT OF THE UNIVERSITY OF OKLAHOMA

After two University of Missouri officials resigned this week after criticism of how racist incidents on campus were handled, universities are on notice as college students nationwide protest racism on campus. Chuck speaks with David Boren, president of the University of Oklahoma, where a fraternity's racist bus chant went viral in March and sparked outrage across the country. Boren and Chuck will discuss the responses from universities across the country and if Boren's political background helped how he handled the situation at OU.

#

THIS WEEK IN POLITICS

How and where could Trump's attacks on Carson, the field's most popular candidate, hurt him? Are "outsider" GOP candidates becoming more acceptable to the Republican electorate as the year goes on? Will Sanders attack Clinton in Saturday's debate? The panel discusses all of this and more from the week in politics.

Jeff Greenfield

Former Senior Political Correspondent, CBS News

Kathleen Parker

Columnist, The Washington Post

Jennifer Rubin

Columnist, The Washington Post

Jamil Smith

Senior Editor, The New Republic

UPDATED: TOMORROW: SPECIAL EDITION OF "MEET THE PRESS WITH CHUCK TODD: TERROR IN PARIS" - 11/15/15:

WHAT WE KNOW: TRAGEDY IN PARIS

Richard Engel, chief foreign correspondent for NBC News, joins the show live from Paris, and **an eyewitness of the attacks** speaks live with Chuck. An **Obama administration official** also joins to discuss the White House's response and the effects on the United States' stance on the Islamic State.

###

THE LATEST INTELLIGENCE

Leiter and McCaul join the show to discuss the latest intelligence surrounding Friday's horrific attacks in Paris.

Michael Leiter

Fmr. Director, United States National Counterterrorism Center; EVP, Leidos

Rep. Michael McCaul (R-TX)

Chairman of the House Committee on Homeland Security

#

INTERVIEW WITH PRESIDENTIAL CANDIDATE FORMER GOV. JEB BUSH (R-FL)

Former Florida Gov. Jeb Bush reacts to the tragedy in France and speaks with Chuck about his foreign policy positions.

###

POLITICAL ROUNDTABLE

Joining the show for insight and analysis, Greenfield, Mitchell, Robinson and Rubin discuss how Friday's horrific tragedy not only affects the presidential election but the country moving forward, including the fight against ISIS,

Jeff Greenfield

Former Senior Political Correspondent, CBS News

Andrea Mitchell

NBC News Chief Foreign Affairs Correspondent

Eugene Robinson

Columnist, The Washington Post

Jennifer Rubin

Columnist, The Washington Post

COMING UP ON "MEET THE PRESS WITH CHUCK TODD" 11/22/15: SUNDAY EXCLUSIVES WITH FORMER DEFENSE SEC. LEON PANETTA, OHIO GOV. JOHN KASICH

SUNDAY EXCLUSIVE INTERVIEW: LEON PANETTA, FORMER SEC. OF DEFENSE FOR THE OBAMA ADMINISTRATION

Panetta, who has served both as Secretary of Defense and CIA director for the Obama administration, said that "we don't have any kind of larger strategy to try to deal with what's happening in the Middle East, what's happening with ISIS" earlier this month at a Fortune event. Sunday, he joins Chuck live to talk about the White House's response to recent terror attacks.

"This is a war and we're going to have to unify under one command to conduct this war." - Panetta on Fox News earlier this week

###

SUNDAY EXCLUSIVE INTERVIEW: BILL BRATTON, COMMISSIONER OF THE NEW YORK CITY POLICE DEPARTMENT

NYPD Commissioner Bill Bratton talks with Chuck about our domestic response to potential terror attacks and the state of our homeland security.

"The world changed dramatically over the weekend and the assignment for which you have volunteered -- there is now no more essential assignment in the world of policing in the NYPD." -Bratton to NYPD special counterterrorism team on Monday

###

SUNDAY EXCLUSIVE INTERVIEW: GOV. JOHN KASICH (R-OH), PRESIDENTIAL CANDIDATE

Earlier this week, Kasich proposed a new government agency to push Judeo-Christian values around the world, but yesterday, he moved away from the proposal, saying a "new agency" isn't

necessary. Kasich discusses his rhetoric -- and the overheated rhetoric on the campaign trail this week -- with Chuck as well as his foreign policy positions.

"The idea that someone would have to register with the federal government because of their religion strikes against all that we have believed in our nation's history." - Kasich's response to Trump's proposal of creating a mandatory database to track Muslims

###

THE WEEK IN POLITICS

There's been a wide range of responses this week to last Friday's terror attacks in Paris, including a bill passed on the Hill and several state governors opposing Syrian refugees relocating to the U.S. The roundtable discusses all of this and more from the week in politics.

Tom Brokaw

NBC News Special Correspondent

Helene Cooper

Pentagon Correspondent, The New York Times

Ron Fournier

Senior Political Correspondent, National Journal

Kathleen Parker

Columnist, The Washington Post

###

UPDATED: COMING UP ON "MEET THE PRESS WITH CHUCK TODD" 11/29/15: TRUMP; CARSON; FMR. SEC. GATES; UNION-LEADER PUBLISHER ON 2016 ENDORSEMENT

INTERVIEW WITH PRESIDENTIAL CANDIDATE DONALD TRUMP

Republican presidential candidate Donald Trump finds himself under fire after he appeared to ridicule with a congenital joint condition that limits movement in his arms. The front runner joins the show by phone to discuss the accusation, his controversial 9/11 claims and the future of his campaign, two weeks out from the next GOP debate.

#

INTERVIEW WITH PRESIDENTIAL CANDIDATE DR. BEN CARSON

Republican presidential candidate Dr. Ben Carson joins the show from Jordan, where he is visiting Syrian refugees. Carson talks with Chuck about his foreign policy positions after his grasp of the Middle East has come into question in the recent weeks.

SUNDAY EXCLUSIVE INTERVIEW WITH FORMER DEFENSE SEC. ROBERT GATES

Former Defense Secretary Robert Gates, who served for both the Bush and Obama administrations, talks with Chuck about the next steps in the war on ISIS.

#

SUNDAY EXCLUSIVE INTERVIEW WITH JOE MCQUAID, PUBLISHER OF THE NEW HAMPSHIRE UNION-LEADER

Joe McQuaid, publisher of The New Hampshire Union-Leader, joins the show exclusively to discuss the paper's 2016 endorsement, to be announced Sunday morning.

###

THIS WEEK IN POLITICS

Has Carson peaked nationally? Will Trump's controversial week affect his poll numbers? What's next in the war on ISIS? The panel discusses all of this and more from this week in politics.

Molly Ball

National Political Reporter, The Atlantic

Hugh Hewitt

Host, "The Hugh Hewitt Show"

Andrea Mitchell

NBC News Chief Foreign Affairs Correspondent

Eugene Robinson

Columnist, The Washington Post

#

UPDATED: COMING UP ON "MEET THE PRESS" 12/6/15: EXCLUSIVE WITH U.S. ATTORNEY GENERAL LYNCH; SUNDAY EXCLUSIVES WITH SEN. PAUL, SEN. GRAHAM

EXCLUSIVE INTERVIEW: U.S. ATTORNEY GENERAL LORETTA LYNCH

U.S. Attorney General Loretta Lynch joins the show live for her first Sunday show interview to discuss this week's deadly San Bernardino shootings and more.

"Whatever the results of this investigation... one thing is clear: violence like this has no place in this country." - Lynch on Thursday at a White House event

SUNDAY EXCLUSIVE INTERVIEWS: PRESIDENTIAL CANDIDATES SEN. RAND PAUL (R-KY), SEN. LINDSEY GRAHAM (R-SC)

Republican presidential candidates **Sen. Rand Paul** and **Sen. Lindsey Graham** join the show live for a discussion on surveillance and terrorism.

"I think really, if we talk about endangering the country, really I think it's Lindsey Graham that has endangered the country just about as much – or more – than anybody else." – Paul on Fox News this week

###

THE LATEST ON THE SAN BERNARDINO SHOOTINGS

NBC News Chief Justice Correspondent **Pete Williams** joins **Michael Leiter**, Leidos EVP and former director of the United States National Counterterrorism Center, for updates on what we know – and still don't know – in the investigation into this week's shooting.

"There's a lot of evidence in this case that doesn't quite make sense, and so we are trying to be very thoughtful." - James Comey, director of the Federal Bureau of Investigation, on Friday

###

THE FUTURE OF ISLAM IN AMERICA

Dalia Mogahed, director of research at the Institute for Social Policy and Understanding, and **Asra Nomani**, author of "Standing Alone: An American Woman's Struggle for the Soul of Islam," speak with Chuck Todd and the panel about the ongoing national dialogues on Islam in the United States and anti-Muslim rhetoric.

"The Muslim community stands shoulder to shoulder with our fellow Americans in repudiating any twisted mindset that would claim to justify such sickening acts of violence." - Hussam Ayloush, an executive director at the Council on American-Islamic Relations.

###

THE WEEK IN POLITICS

The panel talks the week in politics, including responses to the San Bernardino shooting, Trump's rise in the polls, and more.

Elisabeth Bumiller

Washington Bureau Chief, The New York Times

Rich Lowry

Editor, The National Review

Charles Ogletree

Professor, Harvard Law School

Amy Walter

National Editor, The Cook Political Report

UPDATED: COMING UP ON "MEET THE PRESS WITH CHUCK TODD<mark>" 12/13/15</mark>: SUNDAY EXCLUSIVE WITH SEN. RUBIO; STATE SEC. KERRY; NEW NBC/WSJ 2016 POLL NUMBERS

SUNDAY EXCLUSIVE INTERVIEW WITH PRESIDENTIAL CANDIDATE SEN. MARCO RUBIO (R-FL)

Chuck joins Sen. Marco Rubio (R-FL) on the campaign trail in South Carolina to discuss his strategy for Iowa and New Hampshire, fundraising so far, reaction to Republican frontrunner Donald Trump's recent controversial claims and more ahead of Tuesday's GOP debate.

###

INTERVIEW WITH SECRETARY OF STATE JOHN KERRY

Secretary of State John Kerry speaks with Chuck about the tentative Paris climate change agreement, the war against ISIS and more.

###

NEW NBC NEWS/WSJ POLL NUMBERS OUT SUNDAY MORNING

"Meet the Press" will debut new poll numbers from the latest NBC News/Wall Street Journal poll on the 2016 presidential election ahead of the full poll's Monday release.

###

THE WEEK IN POLITICS

Why does Trump have staying power? Is terrorism now the top issue for voters? Is a brokered convention really a possibility? The panel discusses all of this and more from the week in politics.

Molly Ball

National Political Reporter, The Atlantic

Helene Cooper

Pentagon Correspondent, The New York Times

Ted Koppel

Journalist; Author, Lights Out: A Cyberattack, A Nation Unprepared, Surviving the Aftermath

Gerald Seib

Washington Bureau Chief, The Wall Street Journal

UPDATED: COMING UP ON "MEET THE PRESS" 12/20/15: TRUMP, SANDERS; SUNDAY EXCLUSIVES WITH SPEAKER RYAN, CLINTON CHAIRMAN PODESTA

INTERVIEW: PRESIDENTIAL CANDIDATE DONALD TRUMP

Republican presidential frontrunner Donald Trump joins the show by phone to discuss the state of his presidential campaign, including his comments on Russian President Vladimir Putin, his Iowa strategy and more.

Tweet from Trump on Saturday - @realDonaldTrump: See, Sanders backed Hillary on E-mails at the debate, hurting himself, and then she threw him under the bus (but failed). Disloyal person!

SUNDAY EXCLUSIVE INTERVIEW: HOUSE SPEAKER PAUL RYAN (R-WIS.)

After congressional Republicans cut a deal with Democrats and the Obama White House on a \$1 trillion-plus spending bill, the conservative right has been pretty quiet. Had former Speaker Boehner and/or Rep. McCarthy cut the same deal, would the right have revolted? Chuck speaks exclusively with House Speaker Ryan on Capitol Hill to discuss his early win on the spending bill and the latest in the 2016 presidential race.

"We are not here to smooth things over. We are here to shake things up." - Speaker Ryan's address at the Library of Congress earlier this month

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INTERVIEW: PRESIDENTIAL CANDIDATE SEN. BERNIE SANDERS (I-VT)

Fresh off Saturday night's Democratic debate, Sen. Sanders will join the show from New Hampshire to discuss his debate performance, this week's campaign data breach and the state of his presidential campaign.

"The leadership of the Democratic National Committee is now actively attempting to undermine our campaign." - Jeff Weaver, Sanders 2016 campaign manager, on the data breach in a statement on Friday

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SUNDAY EXCLUSIVE INTERVIEW: JOHN PODESTA, CHAIRMAN OF 2016 HILLARY CLINTON CAMPAIGN

John Podesta, chairman of the 2016 Clinton campaign, joins "Meet the Press" exclusively this Sunday to discuss Clinton's Saturday night debate performance, her campaign's preparation for the Iowa caucus and the New Hampshire primary, and more.

"He has gone way over the line, and what he's saying now is not only shameful and wrong, it's dangerous." - Hillary Clinton discussing Donald Trump on "Late Night with Seth Meyers"

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THE WEEK IN POLITICS

How are donors reacting to the Team Cruz v. Team Rubio immigration battle? Will Martin O'Malley get any movement from Saturday's Democratic debate? Is the passage of the spending bill by 150 House Republicans a sign of confidence in their new Speaker? The panel discusses all of this and more from the week in politics.

José Díaz-Balart

Host, "MSNBC Live with José Díaz-Balart"; Host, Telemundo's "Enfoque con José Díaz-Balart" and "Noticiero Telemundo"

Doris Kearns Goodwin

American Biographer; Author, "Lyndon Johnson and the American Dream"

Maggie Haberman

Political Reporter, The New York Times

Hugh Hewitt

Host, "The Hugh Hewitt Show"

COMING UP ON "MEET THE PRESS<mark>" 12/27/15</mark>: BERNIE SANDERS; DEBBIE WASSERMAN SHULTZ; SPIKE LEE; PANELS ON FOREIGN POLICY & POLITICS

Guest Moderator: Andrea Mitchell, NBC News Chief Foreign Affairs Correspondent

Sen. Bernie Sanders (I-VT) Democratic Presidential Candidate

Rep. Debbie Wasserman Schultz (D-FL) Chair, Democratic National Committee

Amb. Wendy Sherman Former U.S. Undersecretary of State for Diplomatic Affairs

Amb. Michael McFaul Former U.S. Ambassador to Russia **Spike Lee** Director, "Chi-Raq"

Helene Cooper Pentagon Correspondent, The New York Times

Matt Bai National Political Columnist, Yahoo! News

Amy Walter National Editor, The Cook Political Report

Michael Gerson Columnist, The Washington Post