

**2014 FIRST QUARTERLY REPORT  
KHTP -‘THE MOUNTAIN 2’  
HD-2 CHANNEL**

**QUARTERLY ISSUES/PROGRAMMING REPORT FOR THE  
FIRST QUARTER, JANUARY 1 – MARCH 31, 2014:**

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 9:00 p.m. – 10:00 p.m. It’s hosted and produced by Entercom’s Public Affairs Director Lizz Sommars, which focuses on a wide variety of issues that affect people in the greater Puget Sound area. Her 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: Lizz Sommars, 206-577-2432.

**“ETOWN”** is a syndicated weekly 60-minute program airing from 10:00 p.m. – 11:00 p.m. Sundays. By featuring diverse music and interviews with a wide variety of authors, nonprofits and policy-makers, ‘etown’ creates a constantly expanding "community on the air." ‘etown’ is a place where respect for each other and our natural environment go hand in hand.

**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  
First Quarter, January 1 – March 31, 2014:**

**CONVERSATIONS:**

Program: ‘Conversations’                      Part: 1

Subject: Running for Office

Guest: Marian Walsh

Length: 12:31

Date Aired: 1/5/14

Time Aired: 9:00 – 9:15 p.m.

Summary: Marian Walsh, former Massachusetts state senator, public affairs consultant, author, RUN, talks about running for political office in America, given the divisive climate in Washington D.D., who’d want to do it these days? She talks about the importance of taking part in the process even if you only run for a local position. [www.marianwalsh.com](http://www.marianwalsh.com).

Compliance issues covered: Government/Community/Environment/Education

Program: ‘Conversations’                      Part: 2

Subject: Leaving Tinkertown

Guest: Tanya Ward Goodman

Length: 12:29

Date Aired: 1/5/14

Time Aired: 9:15 – 9:30 p.m.

Summary: Tanya Ward Goodman, author, LEAVING TINKERTOWN, talks about her experiences with her father’s early-onset Alzheimer’s disease and going back to her childhood home which was

an eccentric museum called 'Tinkertown' in New Mexico where all her father's art is still showcased and is popular with tourists. [www.tanya.ward.goodman.com](http://www.tanya.ward.goodman.com).

Compliance issues covered: Health/Aging Issues/Culture

Program: 'Conversations' Part: 1

Subject: Mothers Who Can't Love

Guest: Susan Forward, Ph.D.

Length: 12:28

Date Aired: 1/5/14

Time Aired: 9:30 – 9:45 p.m.

Summary: Susan Forward, Ph.D., author, MOTHERS WHO CAN'T LOVE, talks about the mother-daughter relationship and what happens when 'mothers can't love' and the legacy of the 'mother wound' and how daughters can overcome it and improve their own lives and relationships.

[www.susanforward.com](http://www.susanforward.com).

Compliance issues covered: Health/Gender Specific/Youth/Aging Issues

Program: 'Conversations' Part: 2

Subject: Parenting Your Powerful Child

Guest: Dr. Kevin Leman

Length: 12:32

Date Aired: 1/5/14

Time Aired: 9:45 – 10:00 p.m.

Summary: Dr. Kevin Leman, psychologist, author, PARENTING YOUR POWERFUL CHILD, talks about parenting, and whether kids are loud and temperamental, quiet and sensitive, or stubborn and manipulative, how parents can deal with power struggles with these types of kids.

[www.birthorderguy.com](http://www.birthorderguy.com).

Compliance issues covered: Youth/Family/Culture

Program: 'Conversations' Part: 1

Subject: Is Pope Francis a Reformer?

Guest: Dr. Joe Wenke

Length: 12:36

Date Aired: 1/12/14

Time Aired: 9:00 – 9:15 p.m.

Summary: Dr. Joe Wenke, LGBTQ rights activist, author, PAPAL BULL, talks about growing up in the Catholic church and its impact on his life, about Pope Francis, the state of the Catholic church today, and why he doesn't think the new Pope will be a true 'reformer' on issues such as pedophile priests, gay rights, contraception rights, or the ordination of women into the priesthood.

Compliance issues covered: Spirituality/Discrimination/Gender Specific

Program: 'Conversations' Part: 2

Subject: Thinking Outside the Pill Box

Guest: Dr. Ty Vincent

Length: 12:24

Date Aired: 1/12/14

Time Aired: 9:15 – 9:30 p.m.

Summary: Dr. Ty Vincent, integrative physician, author, THINKING OUTSIDE THE PILL BOX, talks about the state of medical care in America and how to better 'take charge of your own health'.

Compliance issues covered: Health/Family/Aging Issues

Program: 'Conversations' Part: 1

Subject: The Art of Brain-Storming

Guest: Mitchell Rigie, Keith Harmeyer

Length: 12:28

Date Aired: 1/12/14

Time Aired: 9:30 – 9:45 p.m.

Summary: Mitchell Rigie, Keith Harmeyer, business consultants, co-authors, SMART-STORMING, talk about the brainstorming process at work and how to best use it to create bigger, better ideas. [www.SmartStorming.com](http://www.SmartStorming.com).

Compliance issues covered: Business/Jobs/Culture

Program: 'Conversations' Part: 2

Subject: Kindred Beings

Guest: Sheri Speede

Length: 12:32

Date Aired: 1/12/14

Time Aired: 9:45 – 10:00 p.m.

Summary: Sheri Speede, veterinarian, author, KINDRED BEINGS, talks about her work with chimpanzees in Cameroon, Africa and the challenges the chimps face from loss of habitat to deforestation practices and the illegal 'bush meat' trade and how working with them has taught her much about their complex emotional lives. [www.ida-africa.org](http://www.ida-africa.org).

Compliance issues covered: Environment/Government/Crime/Spirituality

Program: 'Conversations' Part: 1

Subject: Sex Trafficking in the Puget Sound Area

Guest: Phil Martin

Length: 12:32

Date Aired: 1/19/14

Time Aired: 9:00 – 9:15 p.m.

Summary: Phil Martin, national director, Compassion2One, a local Puget Sound organization that works to rescue and restore victims of the sex trafficking industry in the Puget Sound area and how local citizens can become involved in combating this issue. [www.compassion2one.org](http://www.compassion2one.org).

Compliance issues covered: Youth/Crime/Community

Program: 'Conversations' Part: 2

Subject: Disease-Proof Your Life

Guest: Dr. David Katz

Length: 12:28

Date Aired: 1/19/13

Time Aired: 9:15 – 9:30 p.m.

Summary: Dr. David Katz, chronic disease prevention specialist, author, DISEASE-PROOF, talks about ways to 'disease proof' your life including nutrition, exercise, developing good sleep habits and ways to reduce stress. [www.davidkatzmd.com](http://www.davidkatzmd.com).

Compliance issues covered: Health/Family/Culture/Aging Issues

Program: 'Conversations' Part: 1

Subject: Global Population Growth and Sustainability

Guest: Alan Weisman

Length: 12:30

Date Aired: 1/19/14

Time Aired: 9:30 – 9:45 p.m.

Summary: Alan Weisman, journalist, author, COUNTDOWN, talks about global population growth and its impact on creating a sustainable future. [www.countdownbyalanweisman.com](http://www.countdownbyalanweisman.com).

Compliance issues covered: Environment/Government/Business/Family/Poverty

Program: 'Conversations' Part: 2  
Subject: The New World of Boys  
Guest: Rosalind Wiseman  
Length: 12:30  
Date Aired: 1/19/14  
Time Aired: 9:45 – 10:00 p.m.  
Summary: Rosalind Wiseman, parenting expert, author, MASTERMINDS & WINGMEN, talks about parenting boys and how to help them cope with school yard power struggles, locker room tests, bullying, girlfriends, and the 'new rules of Boy World'.  
Compliance issues covered: Youth/Education/Crime/Gender Specific

Program: 'Conversations' Part: 1  
Subject: Art of the Apology  
Guest: Lauren Bloom  
Length: 12:34  
Date Aired: 1/26/14  
Time Aired: 9:00 – 9:15 p.m.  
Summary: Lauren Bloom, attorney, interfaith minister, professional ethics expert, author, ART OF THE APOLOGY, talks about why apologizing is important in both your business and personal lives and the essential elements of an 'effective apology'. [www.laurenmbloom.com](http://www.laurenmbloom.com).  
Compliance issues covered: Business/Jobs/Family/Spirituality

Program: 'Conversations' Part: 2  
Subject: Being a Modern Day Cowboy  
Guest: Bryce Andrews  
Length: 12:26  
Date Aired: 1/26/14  
Time Aired: 9:15 – 9:30 p.m.  
Summary: Bryce Andrews, former Seattle resident, cattle rancher, author, BADLUCK WAY, talks about his experiences leaving the city to become a modern day cowboy in Montana, his fascination with wolves, and what he thinks it will take to balance the needs of ranchers protecting their livestock and the preservation of wildlife, especially wolves, in our wilderness areas.  
Compliance issues covered: Environment/Business/Jobs

Program: 'Conversations' Part: 1  
Subject: Boundaries in an Over-Connected World  
Guest: Anne Katherine  
Length: 12:28  
Date Aired: 1/26/14  
Time Aired: 9:30 – 9:45 p.m.  
Summary: Anne Katherine, psychologist, author, BOUNDARIES IN AN OVER-CONNECTED WORLD, talks about how to set healthy boundaries with technology, including Smartphones, Facebook and Twitter, and how to keep your cute little gadgets from becoming the 'enemy invaders' in your private life. [www.lannekatherine.com](http://www.lannekatherine.com).  
Compliance issues covered: Technology/Culture/Business/Jobs

Program: 'Conversations' Part: 2  
Subject: Getting to 50/50  
Guest: Joanna Strober  
Length: 12:32  
Date Aired: 1/26/14

Time Aired: 9:45 – 10:00 p.m.

Summary: Joanna Strober, online business CEO, author, GETTING TO 50/50, talks about whether working families, mothers and fathers, really can ‘have it all’ in business and family life, and how this impacts their children. [www.gettingto5050.com](http://www.gettingto5050.com)

Compliance issues covered: Family/Business/Jobs

Program: ‘Conversations’ Part: 1

Subject: The Locavore Movement

Guest: Vicki Robin

Length: 12:34

Date Aired: 2/2/14

Time Aired: 9:00 – 9:15 p.m.

Summary: Vicki Robin, sustainability expert, author, BLESSING THE HANDS THAT FEED US, talks about the ‘locavore’ movement, eating ‘close to home’ and what it can teach us about health, sustainability and learning to develop a greater sense of community where you live.

[www.vickirobin.com](http://www.vickirobin.com).

Compliance issues covered: Environment/Health/Business/Community

Program: ‘Conversations’ Part: 2

Subject: Wall Street and Washington D.C.

Guest: Larry Doyle

Length: 12:26

Date Aired: 2/2/14

Time Aired: 9:15 – 9:30 p.m.

Summary: Larry Doyle, former mortgage-backed securities trader, blogger, SenseonCents.com, author, IN BED WITH WALL STREET, talks about the ‘revolving door’ relationship between Wall Street and Washington D.C. and why there needs to be reform and greater transparency between the two in order to avoid another potential economic crash like what occurred in 2008.

[www.senseoncents.com](http://www.senseoncents.com).

Compliance issues covered: Economy/Government/Jobs/Crime

Program: ‘Conversations’ Part: 1

Subject: The Emotional Link to Heart Disease in Women

Guest: Dr. Suzanne Steinbaum

Length: 12:34

Date Aired: 2/2/14

Time Aired: 9:30 – 9:45 p.m.

Summary: Dr. Suzanne Steinbaum, cardiologist, national spokesperson, American Heart Association’s ‘Go Red for Women’ campaign, author, DR. SUZANNE STEINBAUM’S HEART BOOK, talks about heart health for women and the emotional connection women have to heart disease. [www.srsheart.com](http://www.srsheart.com).

Compliance issues covered: Health/Gender Specific/Family

Program: ‘Conversations’ Part: 2

Subject: The Time Cure and PTSD

Guest: Dr. Richard Sword

Length: 12:26

Date Aired: 2/2/14

Time Aired: 9:45 – 10:00 p.m.

Summary: Dr. Richard Sword, psychologist, author, THE TIME CURE, talks about a new method of overcoming combat-related PTSD, ‘Post Traumatic Stress Disorder’, called ‘Time Perspective Therapy’ and how it differs from the traditional model of PTSD therapy. [www.lifehut.com](http://www.lifehut.com).

Compliancy issues covered: Health/Government/Terrorism/Family/Youth

Program: 'Conversations' Part: 1

Subject: Making Our Brains Smarter

Guest: Dan Hurley

Length: 12:29

Date Aired: 2/9/14

Time Aired: 9:00 – 9:15 p.m.

Summary: Dan Hurley, science journalist, author, SMARTER, talks about the new science of building brain power and how he talked with scientists in this field to help determine whether efforts to make ourselves smarter actually work.

Compliancy issues covered: Health/Science/Business

Program: 'Conversations' Part: 2

Subject: The Second Machine Age

Guest: Erik Brynjolfsson, Andrew McAfee

Length: 12:31

Date Aired: 2/9/14

Time Aired: 9:15 – 9:30 p.m.

Summary: Erik Brynjolfsson, Andrew McAfee, co-founders, MIT's Initiative on the Digital Economy, co-authors, THE SECOND MACHINE AGE, talk about digital technology and how it's creating the 'second machine age', how it will shape our future, which jobs will be lost and what jobs are yet to be created, and who will benefit from them. [www.secondmachineage.com](http://www.secondmachineage.com).

Compliancy issues covered: Jobs/Business/Economy

Program: 'Conversations' Part: 1

Subject: The Life of a Writer

Guest: Theo Pauline Nestor

Length: 12:26

Date Aired: 2/9/14

Time Aired: 9:30 – 9:45 p.m.

Summary: Theo Pauline Nestor, professor, University of Washington, author, WRITING IS MY DRINK, talks about the life of a writer, the demands and challenges of finding time to write in a busy world, and ultimately how you 'find your voice' and use your life experiences to connect with your readers. [www.writingismydrink.com](http://www.writingismydrink.com).

Compliancy issues covered: Family/Culture/Education/Youth

Program: 'Conversations' Part: 2

Subject: The People Factor

Guest: Van Moody

Length: 12:34

Date Aired: 2/9/14

Time Aired: 9:45 – 10:00 p.m.

Summary: Van Moody, motivational speaker, author, THE PEOPLE FACTOR, talks about workplace relationships and how to build great ones and resolve difficult ones.

[www.vanmoody.com](http://www.vanmoody.com).

Program: 'Conversations' Part: 1

Subject: Dealing with Anxiety

Guest: Scott Stossel

Length: 12:31

Date Aired: 2/16/14

Time Aired: 9:00 – 9:15 p.m.

Summary: Scott Stossel, editor, The Atlantic, author, MY AGE OF ANXIETY, talks about anxiety, how to understand it, treat it, and ultimately live with it.

Compliance issues covered: Health/Jobs/Family

Program: 'Conversations' Part: 2

Subject: Toddlers on Technology

Guest: Patti Wollman Summers

Length: 12:29

Date Aired: 2/16/14

Time Aired: 9:15 – 9:30 p.m.

Summary: Patti Wollman Summers, teacher, author, TODDLERS ON TECHNOLOGY, talks about very young kids and how they're growing up in an increasingly digital age, whether it's good for their development or not and how parents can incorporate iPads, etc. into their toddlers lives and use them as a teaching tool not a 'babysitter'. [www.digitod.com](http://www.digitod.com).

Compliance issues covered: Youth/Family/Technology/Culture/Education

Program: 'Conversations' Part: 1

Subject: The New American Food Culture

Guest: Dana Goodyear

Length: 12:30

Date Aired: 2/16/14

Time Aired: 9:30 – 9:45 p.m.

Summary: Dana Goodyear, staff writer, The New Yorker, author, ANYTHING THAT MOVES, talks about contemporary food culture in our country and its roots, and what makes up the 'new American cuisine'. [www.danagoodyear.com](http://www.danagoodyear.com).

Compliance issues covered: Culture/Environment/Health/Business/Jobs

Program: 'Conversations' Part: 2

Subject: Bringing 'Happy' Back to the Workplace

Guest: Dr. Bud Bilanich

Length: 12:30

Date Aired: 2/16/14

Time Aired: 9:45 – 10:00 p.m.

Summary: Dr. Bud Bilanich, leadership & career consultant, author, CLIMBING THE CORPORATE LADDER, blogs, [www.successtweets.com](http://www.successtweets.com), talks about the growing rate of job dissatisfaction in America, the changing nature of the workplace from Monday-Friday to 24/7 and how workers can increase their job satisfaction. [www.BudBilanich.com](http://www.BudBilanich.com).

Compliance issues covered: Business/Jobs/Culture/Technology

Program: 'Conversations' Part: 1

Subject: The Booming Business of Global Warming

Guest: McKenzie Funk

Length: 12:30

Date Aired: 2/23/14

Time Aired: 9:00 – 9:15 p.m.

Summary: McKenzie Funk, journalist, author, WINDFALL, talks about the booming business of global warming and how it will shape our future, including areas of the country and the world that will continue to see the biggest effects of climate change and how they're preparing for it.

Compliance issues covered: Environment/Business/Government/Poverty

Program: 'Conversations' Part: 2



Subject: Recovering from Amnesia

Guest: David Stuart MacLean

Length: 12:30

Date Aired: 2/23/14

Time Aired: 9:15 – 9:30 p.m.

Summary: David Stuart MacLean, writer, author, *THE ANSWER TO THE RIDDLE IS ME*, talks about his experiences recovering from amnesia while in India studying on a Fullbright scholarship after being affected by a serious side-effect of the anti-malaria drug, Lariam, which is still being used today by the U.S. military and his warning about the medication.

[www.davidstuartmaclean.com](http://www.davidstuartmaclean.com).

Compliance issues covered: Health/Government/Business

Program: 'Conversations' Part: 1

Subject: Teach Your Children Well

Guest: Madeline Levine, Ph.D.

Length: 12:34

Date Aired: 2/23/14

Time Aired: 9:30 – 9:45 p.m.

Summary: Madeline Levine, Ph.D., psychologist, author, *TEACH YOUR CHILDREN WELL*, talks about how to raise children to be 'authentically' successful and how to teach life skills that will lead to competence later in life. [www.madelinelevine.com](http://www.madelinelevine.com).

Compliance issues covered: Youth/Family/Education/Spirituality

Program: 'Conversations' Part: 2

Subject: Global Health Pandemics

Guest: David Quammen

Length: 12:26

Date Aired: 2/23/14

Time Aired: 9:45 – 10:00 p.m.

Summary: David Quammen, journalist, author, *SPILOVER*, talks about global disease pandemics, where they come from, how they begin, the link to animal diseases, and what causes these viruses to jump from non-human species to humans. [www.davidquammen.com](http://www.davidquammen.com).

Compliance issues covered: Environment/Health/Government/Poverty

Program: 'Conversations' Part: 1

Subject: The Calorie Myth

Guest: Jonathan Bailor

Length: 12:34

Date Aired: 3/2/14

Time Aired: 9:00 – 9:15 p.m.

Summary: Jonathan Bailor, health researcher, author, *THE CALORIE MYTH*, talks about how nutritional advice has changed from high carbohydrate/low fat to high protein/low carbohydrate and how that impacts your health. [www.caloriemythbook.com](http://www.caloriemythbook.com).

Compliance issues covered: Health/Youth/Aging Issues

Program: 'Conversations' Part: 2

Subject: The Truth About Trust

Guest: David DeSteno, Ph.D.

Length: 12:26

Date Aired: 3/2/14

Time Aired: 9:15 – 9:30 p.m.

Summary: David DeSteno, Ph.D., professor of psychology, Northeastern University, author, THE TRUTH ABOUT TRUST, talks about the nature of trust, and how it affects every area of our lives.  
Compliance issues covered: Health/Family/Youth/Jobs/Spirituality

Program: 'Conversations' Part: 1

Subject: The Grateful Table

Guest: Brenda Knight

Length: 12:31

Date Aired: 3/2/14

Time Aired: 9:30 – 9:45 p.m.

Summary: Brenda Knight, publisher & editor, author, THE GRATEFUL TABLE, talks about the 'power of gratitude' in our lives, not only during the holidays but throughout the year.

[www.vivaeditions.com](http://www.vivaeditions.com).

Compliance issues covered: Spirituality/Family/Culture

Program: 'Conversations' Part: 2

Subject: Helping the People of Rwanda

Guest: Josh Ruxin

Length: 12:29

Date Aired: 3/2/14

Time Aired: 9:45 – 10:00 p.m.

Summary: Josh Ruxin, director, Health Builders, faculty member, Columbia University, author, A THOUSAND HILLS TO HEAVEN, talks about he and his wife's 10 years living in Rwanda, helping the people there after the 1994 genocide ravaged the country and killed over 1-million people, and about their starting a gourmet restaurant 'Heaven' in Kigali and employing local Rwandans to help create jobs there. [www.globalhealthbuilders.org](http://www.globalhealthbuilders.org).

Compliance issues covered: Poverty/Health/Business/Discrimination

Program: 'Conversations' Part: 1

Subject: Happiness is a Habit

Guest: Michele Phillips

Length: 12:32

Date Aired: 3/9/14

Time Aired: 9:00 – 9:15 p.m.

Summary: Michele Phillips, peak performance expert, MA. Fordham University, author, HAPPINESS IS A HABIT, talks about how we all know that happiness is good for you but some people are better at establishing habits that create happiness and she explains how to do it.

[www.happinessisahabitbook.com](http://www.happinessisahabitbook.com).

Compliance issues covered: Spirituality/Jobs/Family/Youth/Aging Issues

Program: 'Conversations' Part: 2

Subject: America's New Era of Competition with China

Guest: Geoff Dyer

Length: 12:28

Date Aired: 3/9/14

Time Aired: 9:15– 9:30 p.m.

Summary: Geoff Dyer, journalist, Financial Times, former bureau chief, Beijing, China, author, THE CONTEST OF THE CENTURY talks about China's new quest for influence in the 21<sup>st</sup> century, how that will affect the U.S. and how America can ultimately come out on top.

Compliance issues covered: Government/Economy/Business/Jobs

Program: 'Conversations' Part: 1

Subject: Minimalism

Guest: Joshua Fields Millburn

Length: 12:24

Date Aired: 3/9/14

Time Aired: 9:30 – 9:45 p.m.

Summary: Joshua Fields Millburn, author, MINIMALISM; LIVE A MEANINGFUL LIFE, talks about how to live well without excess, how to de-clutter your life so you have time for the things and pursuits that bring you joy and ignite your passions. [www.TheMinimalists.com](http://www.TheMinimalists.com).

Compliance issues covered: Health/Culture/Family/Spirituality/Jobs

Program: 'Conversations' Part: 2

Subject: The Bonds and Burdens of Family

Guest: Andrew Solomon

Length: 12:36

Date Aired: 3/9/14

Time Aired: 9:45 – 10:00 p.m.

Summary: Andrew Solomon, novelist, author, FAR FROM THE TREE, talks about the bonds and burdens of family when children are very different from their parents and present needs the parents are unfamiliar with, including children with autism, deafness, Down Syndrome or dwarfism, and how families cope with the difference.

Compliance issues covered: Health/Family/Youth/Culture

Program: 'Conversations' Part: 1

Subject: Follow Your Heart

Guest: Philip Devitte

Length: 12:24

Date Aired: 3/16/14

Time Aired: 9:00 – 9:15 p.m.

Summary: Philip Devitte, former director, Think First, Palm Springs, author, FOLLOW YOUR HEART, talks about overcoming huge challenges in life which for him meant learning how to walk again after suffering severe injuries in an automobile accident, and his work advocating driver safety to young people in Washington state and California. [www.follow-your-heart.us](http://www.follow-your-heart.us).

Compliance issues covered: Spirituality/Health/Youth/Transportation

Program: 'Conversations' Part: 2

Subject: Understanding the Inner World of Black Bears

Guest: Benjamin Kilham

Length: 12:36

Date Aired: 3/16/14

Time Aired: 9:15 – 9:30 p.m.

Summary: Benjamin Kilham, black bear expert, author, OUT ON A LIMB, talks about his work with black bears in New Hampshire, rehabilitating orphaned and injured bears and reintroducing them back into the wild, and what humans can learn from understanding bear behavior.

[www.benkilham.com](http://www.benkilham.com).

Compliance issues covered: Environment/Health/Family/Culture

Program: 'Conversations'

Subject: Alone and Invisible No More

Guest: Dr. Allan S. Teel

Length: 25:00

Date Aired: 3/16/14

Time Aired: 9:30 – 10:00 p.m.

Summary: Dr. Allan S. Teel, family physician, elder advocate, author, ALONE AND INVISIBLE NO MORE, talks about the 'Maine Approach' that was developed to help keep seniors in their own homes longer by bringing in a variety of services to support them, and the huge health and cost benefits of doing this type of eldercare. [www.fullcircleamerica.com](http://www.fullcircleamerica.com).  
Compliance issues covered: Aging Issues/Health/Government/Jobs/Community

Program: 'Conversations' Part: 1  
Subject: Improving Your Communication Skills  
Guest: Carl Alasko, Ph.D.  
Length: 12:26  
Date Aired: 3/23/14  
Time Aired: 9:00 – 9:15 p.m.

Summary: Carl Alasko, Ph.D., psychotherapist, author, SAY THIS, NOT THAT, talks about how to improve your communications skills especially when trying to resolve conflicts.  
Compliance issues covered: Family/Youth/Culture/Spirituality

Program: 'Conversations' Part: 2  
Subject: The Paleo Diet: Myths and Misconceptions  
Guest: Chris Kresser  
Length: 12:34  
Date Aired: 3/23/14  
Time Aired: 9:15 – 9:30 p.m.

Summary: Chris Kresser, integrative medicine practitioner, author, YOUR PERSONAL PALEO CODE, talks about the 'Paleo Diet' where you eat like your caveman ancestors and it's myths and misconceptions. [www.ChrisKresser.com](http://www.ChrisKresser.com).  
Compliance issues covered: Health/Environment/Family/Culture

Program: 'Conversations' Part: 1  
Subject: Escape from Communist Heaven  
Guest: Dennis W. Dunivan  
Length: 12:25  
Date Aired: 3/23/14  
Time Aired: 9:30 – 9:45 p.m.

Summary: Dennis Dunivan, journalist, author, ESCAPE FROM COMMUNIST HEAVEN, talks about life in South Vietnam after the war ended and the plight of refugees who managed to escape Communist oppression there including a friend of his Viet Nguyen, who he met in London after his escape, and his decision to tell Viet's story. [www.comunistheaven.com](http://www.comunistheaven.com).  
Compliance issues covered: Discrimination/Government /Poverty/Health/Family

Program: 'Conversations' Part: 2  
Subject: Healing with the Arts  
Guest: Mary Rockwood Lane, R.N., Ph.D.  
Length: 12:35  
Date Aired: 3/23/14  
Time Aired: 9:45 – 10:00 p.m.

Summary: Mary Rockwood Lane, R.N., Ph.D., co-director emerita, Shands Arts in Medicine, University of Florida, Gainesville, author, HEALING WITH THE ARTS, talks about her research work into the healing aspects of the arts and how medical facilities now are employing art programs to help people heal from a variety of illnesses both physical and mental.  
Compliance issues covered: Health/Spirituality/Business

Program: 'Conversations' Part: 1

Subject: Dealing with Chronic Pain

Guest: Judy Foreman

Length: 12:32

Date Aired: 3/30/14

Time Aired: 9:00 – 9:15 p.m.

Summary: Judy Foreman, nationally-syndicated health columnist, author, A NATION IN PAIN, talks about one of the biggest health problems in America, chronic pain, who suffers from it, and what treatments help sufferers including physical exercise and which treatments aren't effective. [www.judyforeman.com](http://www.judyforeman.com).

Compliance issues covered: Health/Government/Aging Issues

Program: 'Conversations' Part: 2

Subject: Improving Public Schools in America

Guest: Ron Berler

Length: 12:28

Date Aired: 3/30/14

Time Aired: 9:15 – 9:30 p.m.

Summary: Ron Berler, journalist, author, RAISING THE CURVE, talks about the state of public schools in America especially 'failing' schools and what we can do to improve them including changing the way we utilize standardized testing. [www.ronberlerbooks.com](http://www.ronberlerbooks.com).

Compliance issues covered: Education/Government/Poverty/Discrimination

Program: 'Conversations' Part: 1

Subject: Psychiatry and the DSM

Guest: Gary Greenberg

Length: 12:30

Date Aired: 3/30/14

Time Aired: 9:30 – 9:45 p.m.

Summary: Gary Greenberg, psychotherapist, author, THE BOOK OF WOE, talks about psychiatry and the latest revision of the DSM, The Diagnostic and Statistical Manual of Mental Disorders, the 'bible' of the profession and its effect on how we view and treat mental illness.

[www.garygreenberg.com](http://www.garygreenberg.com).

Compliance issues covered: Health/Government/Education/Family/Youth/Aging Issues

Program: 'Conversations' Part: 2

Subject: Inter-generational PTSD

Guest: Christal Presley, Ph.D.

Length: 12:30

Date Aired: 3/30/14

Time Aired: 9:45 – 10:00 p.m.

Summary: Christal Presley, Ph.D., author, '30 DAYS WITH MY FATHER', talks about inter-generational PTSD, 'Post Traumatic Stress Disorder', how families are affected by a veteran's PTSD, how she healed her relationship with her own father who suffered from PTSD for years after the Vietnam war, and about the website she created to help families dealing with this issue.

[www.unitedchildrenofveterans.com](http://www.unitedchildrenofveterans.com).

## ETOWN:

Program: 'etown'

Date Aired: 1/5/14

Time Aired: 10:00 – 11:00 p.m.

Length: 8:47

Guest: Alexandria Ralat

Topic: Hunger among elementary school children. Alexandria noticed children in her class were having trouble concentrating because they didn't have adequate food at home. She started a food pantry 'Feeding Minds, Enriching Lives' in her classroom that has since grown to a large operation in her area providing food for families in need.

Compliance issues covered: Education/Poverty/Youth/Families

Program: 'etown'

Date Aired: 1/12/14

Time Aired: 10:00 – 11:00 p.m.

Length: 8:16

Guest: Beth Heckel

Topic: Devastating conditions in Ugandan refugee camps. Beth learned about the problem of malaria in Ugandan refugee camps when her daughter went there in 2006. She founded 'Think Humanity' to provide 30,000 bed nets to the people of Uganda to help control malaria there.

Compliance issues covered: Poverty/Health/Family

Program: 'etown'

Date Aired: 1/19/14

Time Aired: 10:00 – 11:00 p.m.

Length: 13:51

Guest: Denis Hayes

Topic: Environmental sustainability. Denis Hayes has been a tireless advocate for the environment. Among his notable work he was the coordinator for the very first 'Earth Day' and was the head of the National Renewable Energy Laboratory. He's dedicated to raising awareness on sustainable practices and 'green living'.

Compliance issues covered: Environment/Education/Government/Business

Program: 'etown'

Date Aired: 1/26/14

Time Aired: 10:00 – 11:00 p.m.

Length: 7:01

Guest: Carol Parker

Topic: Helping AIDS-affected people in Tanzania. Carol took a month-long volunteer opportunity to work with AIDS-affected people in Tanzania and founded 'The Pamoja Project' to provide orphan support and end-of-life care for people in Tanzania.

Compliance issues covered: Health/Poverty/Spirituality

Program: 'etown'

Date Aired: 2/2/14

Time Aired: 10:00 – 11:00 p.m.

Length: 9:12

Guest: Evelyn Cheatham

Topic: Career training for disadvantaged youths. Evelyn decided to use her skills as a chef to teach cooking to disadvantaged youths. In 'Worth Our Weight', the youths learn about food, cooking, leadership and management. Over 500 youths have participated in the program.

Compliance issues covered: Poverty/Youth/Education/Jobs

Program: 'etown'

Date Aired: 2/9/14

Time Aired: 10:00 – 11:00 p.m.

Length: 10:01

Guest: Philippe Houdard

Topic: Helping poor children in Rio de Janeiro, Brazil. While working in Brazil in a year-long sabbatical, Philippe decided to found a non-profit 'Developing Minds Foundation' to build a school for poor children in Brazil, providing basic educational needs to help break the cycle of poverty they are stuck in.

Compliance issues covered: Poverty/Education/Community/Youth

Program: 'etown'

Date Aired: 2/16/14

Time Aired: 10:00 – 11:00 p.m.

Length: 7:51

Guest: Lara Mendel

Topic: Addressing prejudice in young kids. Lara founded 'The Mosaic Project' to provide a human-relations outdoor school where kids can come and talk about issues including racism, sexism and homophobia while promoting confidence and understanding of people who are different than they are.

Compliance issues covered: Youth/Discrimination/Spirituality

Program: 'etown'

Date Aired: 2/23/14

Time Aired: 10:00 – 11:00 p.m.

Length: 7:43

Guest: James Chippendale

Topic: Promoting the International Bone Marrow Database. James founded the 'Love Hope Strength Foundation' which partners with musicians to play in fundraising concerts to promote bone marrow transplant procedures and the International Bone Marrow Database.

Compliance issues covered: Health/Community/Business

Program: 'etown'

Date Aired: 3/2/14

Time Aired: 10:00 – 11:00 p.m.

Length: 6:33

Guest: Korrine Kreilkamp

Topic: Excess food left over from farmers' markets that would otherwise go to waste. Korrine founded 'Community Roots', a bicycle-driven organization where volunteers collect excess produce from area farmers' markets and home gardeners and distributes it to local food banks and soup kitchens so it's not simply thrown away.

Compliance issues covered: Environment/Health/Community

Program: 'etown'

Date Aired: 3/9/14

Time Aired: 10:00 – 11:00 p.m.

Length: 7:36

Guest: Josh Nesbit

Topic: Lack of quality care for poor people of Malawi. Josh traveled to Malawi while planning to become a doctor and saw the lack of quality care for poor people so he founded 'Mobile Medic/Hope Phones', an app he created for mobile phones so more people can access medical help without traveling long distances.

Compliancy issues covered: Poverty/Health/Discrimination/Family

Program: 'etown'

Date Aired: 3/16/14

Time Aired: 10:00 – 11:00 p.m.

Length: 7:11

Guest: Alex Freid

Topic: Waste on college campuses. While in college, Alex noticed the trash left behind when students moved out of their dorms. He founded 'Post Landfill Action Network' to sift through trash and save useable items that are then donated to local charities and stay out of landfills.

Compliancy issues covered: Environment/Community/Education

Program: 'etown'

Date Aired: 3/23/14

Time Aired: 10:00 – 11:00 p.m.

Length: 13:41

Guest: Terry Tempest Williams

Topic: Raising environmental awareness. Terry is the author of numerous works, known for her impassioned and lyrical prose, she founded 'Environmentalist/Activist' as a way to bring attention to a variety of environmental issues.

Compliancy issues covered: Environment/Education

Program: 'etown'

Date Aired: 3/30/14

Time Aired: 10:00 – 11:00 p.m.

Length: 7:31

Guest: Gabrielle Posard

Topic: Hunger in America and grocery store waste. Gabrielle founded 'Donate Don't Dump' to help utilize food that grocery stores would normally dump but is still useable and set that food aside for donation to food banks.

Compliancy issues covered: Health/Business/Poverty/Community