

**2013 FOURTH QUARTERLY REPORT  
KHTP -‘THE MOUNTAIN 2’  
HD-2 CHANNEL**

**QUARTERLY ISSUES/PROGRAMMING REPORT FOR THE  
FOURTH QUARTER, OCTOBER 1 – DECEMBER 31, 2013:**

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  
Fourth Quarter, October 1 – December 31, 2013:**

**CONVERSATIONS:**

Program: ‘Conversations’ Part: 1

Subject: Secure Your ID Day

Guest: Bruce McClary

Length: 12:32

Date Aired: 10/6/13

Time Aired: 9:00 – 9:15 p.m.

Summary: Bruce McClary, Director of Media Relations, ClearPoint Credit Counseling Solutions talks about protecting yourself from identity theft and credit fraud and a free public event coming up at two locations in the Puget Sound area to raise awareness of self-protection as a way to guard against ID theft. [www.clearpointccs.org](http://www.clearpointccs.org).

Compliancy issues covered: Crime/Technology/Community/Economy

Program: ‘Conversations’ Part: 2

Subject: Disease-Proof Your Life

Guest: Dr. David Katz

Length: 12:28

Date Aired: 10/6/13

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: The New World of Work

Guest: Terri Maxwell

Length: 12:31

Date Aired: 10/6/13

Time Aired: 9:30 – 9:45 p.m.

Summary: Terri Maxwell, business consultant, author, THE NEW WORLD OF WORK, talks about ‘the cloud’ and how it’s revolutionizing how work is sourced and performed.

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

Compliance issues covered: Business/Jobs/Youth/Aging Issues

Program: ‘Conversations’ Part: 2

Subject: Slouching Toward Adulthood

Guest: Sally Koslow

Length: 12:29

Date Aired: 10/6/13

Time Aired: 9:45 – 10 p.m.

Summary: Sally Koslow, journalist, author, SLOUCHING TOWARD ADULTHOOD, talks about post-college age kids who ‘boomerang’ home again to life with mom and dad and the joys and challenges of this situation and how both are coping with this new ‘trend’ in our culture.

Compliance issues covered: Culture/Youth/Family/Jobs/Economy/Education

Program: ‘Conversations’ Part: 1

Subject: Is Marijuana Safer than Alcohol?

Guest: Paul Armentano

Length: 12:32

Date Aired: 10/13/13

Time Aired: 9:00 – 9:15 p.m.

Summary: Paul Armentano, deputy director, NORML (National Organization for the Reform of Marijuana Laws), talks about the debate over this question, ‘which is a safer recreational drug, marijuana or alcohol’? Paul argues that marijuana is safer and of the need to reform marijuana laws following the lead of Washington state and Colorado in passing recreational use laws last year.

Compliance issues covered: Government/Health/Community/Crime

Program: ‘Conversations’ Part: 2

Subject: Personal Power in the Workplace

Guest: Kay Potetz, Ph.D.

Length: 12:28

Date Aired: 10/13/13

Time Aired: 9:15 – 9:30 p.m.

Summary: Kay Potetz, Ph.D., professor, Baldwin Wallace College, Ohio, author, TAKE IT BACK, talks about personal power in the workplace and how to use it to overcome stress and deal more effectively with people in the workplace. [www.drkkp.com](http://www.drkkp.com)

Compliance issues covered: Jobs/Community/Spirituality

Program: ‘Conversations’ Part: 1

Subject: The Bliss Experiment

Guest: Sean Meshorer

Length: 12:29

Date Aired: 10/13/13

Time Aired: 9:30 – 9:45 p.m.

Summary: Sean Meshorer, journalist, author, *THE BLISS EXPERIMENT*, talks about the nature of happiness amidst the challenges of modern living, why happiness is not external, the differences between happiness and pleasure, and how to experience bliss even when confronted with physical injury and pain. [www.TheBlissExperiment.com](http://www.TheBlissExperiment.com).

Compliance issues covered: Health/Spirituality

Program: 'Conversations' Part: 2

Subject: International Adoption

Guest: John Simmons

Length: 12:31

Date Aired: 10/13/13

Time Aired: 9:45 – 10 p.m.

Summary: John Simmons, founder, nonprofit, 'Ele Lembra', author, *TO SING FROGS*, talks about the joys and challenges of international adoption and how his family adopted 6 children from Russian orphanages and his advice for other families looking to adopt internationally. [www.EleLembra.com](http://www.EleLembra.com).

Compliance issues covered: Youth/Family/Health/Government/Poverty

Program: 'Conversations' Part: 1

Subject: GMO Foods and their Labeling

Guest: Jayson Calton, Ph.D.

Length: 12:31

Date Aired: 10/20/13

Time Aired: 9:00 – 9:15 p.m.

Summary: Jayson Calton, Ph.D., nutrition expert, author, *RICH FOOD, POOR FOOD*, looks at the controversy surrounding GMO's, genetically-modified foods, where they most typically occur in our food supply, and how to avoid them at the grocery store if you wish to do so.

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

Compliance issues covered: Health/Government/Business

Program: 'Conversations' Part: 2

Subject: Food Politics and Your Vote

Guest: Marion Nestle

Length: 12:29

Date Aired: 10/20/13

Time Aired: 9:15 – 9:30 p.m.

Summary: Marion Nestle, professor, Department of Nutrition, Food Studies and Public Health, New York University, author, *EAT DRINK VOTE*, talks about the nature of food politics in America and how consumers ultimately vote every time they go to the grocery store and every time they eat with their forks. [www.foodpolitics.com](http://www.foodpolitics.com).

Compliance issues covered: Health/Government/Business

Program: 'Conversations' Part: 1

Subject: E-Coli Poisoning and the Way Americans Eat

Guest: Jeff Benedict

Length: 12:33

Date Aired: 10/20/13

Time Aired: 9:30 – 9:45 p.m.

Summary: Jeff Benedict, distinguished Professor of English, Southern Virginia University, author, POISONED, talks about the deadly 1993 Jack-in-the-Box e-coli outbreak and how it changed the food industry and the way we eat fast food in America. [www.jeffbenedict.com](http://www.jeffbenedict.com).  
Compliance issues covered: Health/Business/Government/Youth/Family

Program: 'Conversations' Part: 2

Subject: The Wonder of Aging

Guest: Michael Gurian

Length: 12:27

Date Aired: 10/20/13

Time Aired: 9:45 – 10 p.m.

Summary: Michael Gurian, marriage and family counselor, Founder, Gurian Institute, author, THE WONDER OF AGING, talks about our youth-obsessed culture and how the second half of life can actually be enormously fruitful, exciting and fulfilling. [www.michaelgurian.com](http://www.michaelgurian.com).

Compliance issues covered: Health/Family/Youth/Spirituality

Program: 'Conversations' Part: 1

Subject: Mothers Who Can't Love

Guest: Susan Forward, Ph.D.

Length: 12:28

Date Aired: 10/27/13

Time Aired: 9:00 – 9:15 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: 10/27/13

Time Aired: 9:15 – 9:30 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'

Subject: The Symmetry of our Universe

Guest: Dave Goldberg, Ph.D.

Length: 25:00

Date Aired: 10/27/13

Time Aired: 9:30 – 10 p.m.

Summary: Dave Goldberg, Ph.D., professor, director, Undergraduate Studies, Dept. of Physics, Drexel University, author, THE UNIVERSE IN THE REAR VIEW MIRROR, talks about the world of science and physics and the role symmetry plays in how we understand our universe.

Compliance issues covered: Education/Technology/Spirituality

Program: 'Conversations' Part: 1

Subject: The Art of Brain-Storming  
Guest: Mitchell Rigie, Keith Harmeyer  
Length: 12:28  
Date Aired: 11/3/13  
Time Aired: 9:00 – 9:15 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: 11/3/13  
Time Aired: 9:15 – 9:30 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: Building Leadership Skills in Business  
Guest: Tish Squillaro  
Length: 12:30  
Date Aired: 11/3/13  
Time Aired: 9:30 – 9:45 p.m.  
Summary: Tish Squillaro, CEO, Candor Consulting, author, HEADTRASH, talks about leadership skills in business and how to get a handle on unproductive motions and fears that might be undermining your effectiveness. [www.headtrash911.com](http://www.headtrash911.com).  
Compliance issues covered: Business/Technology/Jobs/Economy

Program: 'Conversations' Part: 2  
Subject: Finding Home after Displacement  
Guest: Sally Ooms  
Length: 12:30  
Date Aired: 11/3/13  
Time Aired: 9:45 – 10:00 p.m.  
Summary: Sally Ooms, journalist, author, FINDING HOME, talks about 'home' and a sense of 'belonging' that people associate with their homes and how Americans prevail once they've been displaced to recreate their sense of home.  
Compliance issues covered: Environment/Family/Poverty/Discrimination

Program: 'Conversations' Part: 1  
Subject: Global Population Growth and Sustainability  
Guest: Alan Weisman  
Length: 12:30  
Date Aired: 11/10/13  
Time Aired: 9:00 – 9:15 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).

Compliancy 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: 11/10/13

Time Aired: 9:15 – 9:30 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'.

Compliancy issues covered: Youth/Education/Crime/Gender Specific

Program: 'Conversations' Part: 1

Subject: The Rise and Fall of Washington Mutual

Guest: Kirsten Grind

Length: 12:33

Date Aired: 11/10/13

Time Aired: 9:30 – 9:45 p.m.

Summary: Kirsten Grind, reporter, Wall Street Journal, author, THE LOST BANK, talks about the rise and fall of 'WaMu', Washington Mutual, the biggest bank failure in American history, how and why it happened, and whether anything has fundamentally changed to prevent this type of thing from happening again. [www.kirstengrind.com](http://www.kirstengrind.com).

Compliancy issues covered: Economy/Jobs/Crime/Culture

Program: 'Conversations' Part: 2

Subject: Living and Traveling in the South Pacific Islands

Guest: J. Maarten Troost

Length: 12:27

Date Aired: 11/10/13

Time Aired: 9:45 – 10 p.m.

Summary: J. Maarten Troost, travel writer, author, HEADHUNTERS ON MY DOORSTEP, talks about living and traveling in the South Pacific, island life, how climate change has affected the atoll islands, and why he decided to retrace the path of the author Robert Louis Stevenson.

Program: 'Conversations' Part: 1

Subject: Boundaries in an Over-Connected World

Guest: Anne Katherine

Length: 12:28

Date Aired: 11/17/13

Time Aired: 9:00 – 9:15 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).

Compliancy issues covered: Technology/Culture/Business/Jobs

Program: 'Conversations' Part: 2

Subject: Getting to 50/50

Guest: Joanna Strober

Length: 12:32

Date Aired: 11/17/13

Time Aired: 9:15 – 9:30 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:

Program: ‘Conversations’ Part: 1

Subject: Jump-Starting Boys

Guest: Pam Withers

Length: 12:33

Date Aired: 11/17/13

Time Aired: 9:30 – 9:45 p.m.

Summary: Pam Withers, author, JUMP-STARTING BOYS, talks about how to help pre-teen and teen boys who are underperforming in school and in life, how to work with teachers and schools and inspire them to want to learn. [www.pamwithers.com](http://www.pamwithers.com).

Compliance issues covered: Education/Youth/Family/Culture

Program: ‘Conversations’ Part: 2

Subject: Pilgrim’s Wilderness

Guest: Tom Kizzia

Length: 12:27

Date Aired: 11/17/13

Time Aired: 9:45 – 10 p.m.

Summary: Tom Kizzia, reporter, Anchorage Daily News, author, PILGRIM’S WILDERNESS, talks about a story he covered as a reporter in Alaska about a family cult that was headed by a man who was abusing his family, the disputes the family engaged in with local residents and the Alaska Park Service, and how finally the embittered family members were emboldened to leave their bondage after years of abuse. [www.tomkizzia.com](http://www.tomkizzia.com).

Compliance issues covered: Crime/Family/Government/Discrimination/Spirituality

Program: ‘Conversations’

Subject: The Bonds of Family

Guest: David Laskin

Length: 25:00

Date Aired: 11/24/13

Time Aired: 9:00 – 9:30 p.m.

Summary: David Laskin, author, THE FAMILY, talks about the 3 branches of his family tree which he studied and found separate but remarkable journeys of the 20<sup>th</sup> century including relatives who settled in Palestine, relatives who were lost in the Holocaust and another relative who became a business tycoon in America and the impact this has had on him. This, as America celebrates Thanksgiving and the first day of Hanukkah on the same date, which won’t occur again for another 79,000 years. [www.davidlaskin.com](http://www.davidlaskin.com).

Compliance issues covered: Family/Culture/Crime/Business

Program: ‘Conversations’ Part: 1

Subject: Survival Instincts and Modern Life

Guest: Marc Schoen, Ph.D.

Length: 12:28

Date Aired: 11/24/13

Time Aired: 9:30 – 9:45 p.m.

Summary: Marc Schoen, Ph.D., specialist, mind-body medicine, author, YOUR SURVIVAL INSTINCT IS KILLING YOU, talks about a possible down side to our technology-infused modern



lifestyles which is a survival instinct that's run amok and how we need to become more comfortable with 'agitation' as a part of daily life. [www.marcschoen.com](http://www.marcschoen.com).  
Compliance issues covered: Health/Technology/Jobs/Culture

Program: 'Conversations' Part: 2  
Subject: The hijacking of America's Middle Class  
Guest: George Tyler  
Length: 12:32  
Date Aired: 11/24/13  
Time Aired: 9:45 – 10 p.m.  
Summary: George Tyler, counselor, World Bank, Deputy Assistant Treasury Secretary, Clinton administration, author, WHAT WENT WRONG, talks about America's economic experience over the last 30 years and what's happened to the 'middle class' and how we can make it strong again.  
Compliance issues covered: Government/Economy/Jobs/Culture

Program: 'Conversations' Part: 1  
Subject: The Life of a Writer  
Guest: Theo Pauline Nestor  
Length: 12:26  
Date Aired: 12/1/13  
Time Aired: 9:00 – 9:15 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).  
Compliance issues covered: Family/Culture/Education/Youth

Program: 'Conversations' Part: 2  
Subject: The People Factor  
Guest: Van Moody  
Length: 12:34  
Date Aired: 12/1/13  
Time Aired: 9:15 – 9:30 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).  
Compliance issues covered: Business/Jobs/Culture

Program: 'Conversations' Part: 1  
Subject: Pongo Teen Poetry Writing Project  
Guest: Richard Gold  
Length: 12:31  
Date Aired: 12/1/13  
Time Aired: 9:30 – 9:45 p.m.  
Summary: Richard Gold, founder, Pongo Teen Poetry Writing Project, talks about how writing poetry is helping distressed or incarcerated youths in the Puget Sound area deal with the trauma in their lives including drug and sexual abuse and homelessness, and how teachers and counselors can use poetry in their dealings with youth as well as an positive adjunct to therapy.  
Compliance issues covered: Crime/Youth/Poverty/Community

Program: 'Conversations' Part: 2  
Subject: The Dyslexia Empowerment Plan

Guest: Ben Foss

Length: 12:29

Date Aired: 12/1/13

Time Aired: 9:45 – 10 p.m.

Summary: Ben Foss, entrepreneur, founder, Headstrong Nation, author, THE DYSLEXIA EMPOWERMENT PLAN, talks about dyslexia and how to help dyslexic children thrive in school and in life in part by helping them find and focus on their strengths. [www.benfoss.com](http://www.benfoss.com).

Compliance issues covered: Youth/Education/Family

Program: 'Conversations' Part: 1

Subject: The New American Food Culture

Guest: Dana Goodyear

Length: 12:30

Date Aired: 12/8/13

Time Aired: 9:00 – 9:15 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: 12/8/13

Time Aired: 9:15 – 9:30 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: Parenting Without Power Struggles

Guest: Susan Stiffleman

Length: 12:35

Date Aired: 12/8/13

Time Aired: 9:30 – 9:45 p.m.

Summary: Susan Stiffleman, licensed psychotherapist, teacher, parenting coach, Malibu, California, author, PARENTING WITHOUT POWER STRUGGLES, says 'power struggles' are one of the most common challenges facing parents and gives advice on how to address them, keep them from escalating, and how parents can 'keep their cool' in the midst of inevitable 'meltdowns' by their kids. [www.passionateparenting.net](http://www.passionateparenting.net).

Compliance issues covered: Family/Youth/Education

Program: 'Conversations' Part: 2

Subject: Fracking and Our Energy Future

Guest: Richard Heinberg

Length: 12:25

Date Aired: 12/8/13

Time Aired: 9:45 – 10 p.m.

Summary: Richard Heinberg, senior fellow, Post Carbon Institute, author, SNAKE OIL, talks about hydraulic fracturing or ‘fracking’ and its implications for our energy future as well as environmental risks to local communities where ‘fracking’ occurs.

Compliance issues covered: Environment/Government/Jobs/Community/Economy

Program: ‘Conversations’ Part: 1

Subject: The Grateful Table

Guest: Brenda Knight

Length: 12:31

Date Aired: 12/15/13

Time Aired: 9:00 – 9:15 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: 12/15/13

Time Aired: 9:15 – 9:30 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’

Subject: Bullying in Young Girls Part: 1

Guest: Patrice Gendelman

Length: 12:12

Date Aired: 12/15/13

Time Aired: 9:30 – 9:45 p.m.

Summary: Patrice Gendelman, parenting expert, author, HANNAH ROSE KNOWS series of books, talks about bullying in young children, especially girls, and how to build secure, confident children as young as kindergarten, and how her series of books is written specifically to encourage, enlighten and empower children. [www.hannahroseknows.com](http://www.hannahroseknows.com).

Compliance issues covered: Youth/Crime/Education/Family/Gender Specific

Program: ‘Conversations’ Part: 2

Subject: Everyday Trauma

Guest: Mark Epstein, M.D.

Length: 12:34

Date Aired: 12/15/13

Time Aired: 9:45 – 10 p.m.

Summary: Mark Epstein, M.D., psychiatrist, author, THE TRAUMA OF EVERYDAY LIFE, talks about the nature of ‘trauma’, even everyday trauma such as loneliness and sickness, its effect on us as well as its transformational potential if we’re willing to work through it.

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

Compliance issues covered: Health/Crime/Youth/Family/Spirituality

Program: 'Conversations' Part: 1

Subject: Escape from Communist Heaven

Guest: Dennis W. Dunivan

Length: 12:25

Date Aired: 12/22/13

Time Aired: 9:00 – 9:15 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: 12/22/13

Time Aired: 9:15 – 9:30 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'

Subject: Inside Rehab in America

Guest: Anne Fletcher

Length: 25:00

Date Aired: 12/22/13

Time Aired: 9:30 – 10:00 p.m.

Summary: Anne Fletcher, health journalist, author, INSIDE REHAB, talks about the current state of the addiction treatment industry in the U.S. and how to find help that works. [www.annefletcher.com](http://www.annefletcher.com).

Compliance issues covered: Health/Business/Economy/Community/Family

Program: 'Conversations' Part: 1

Subject: Follow Your Heart

Guest: Philip Devitte

Length: 12:24

Date Aired: 12/29/13

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: 12/29/13

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’ Part: 1

Subject: Beyond the Checklist

Guest: Suzanne Gordon

Length: 12:32

Date Aired: 12/29/13

Time Aired: 9:30 – 9:45 p.m.

Summary: Suzanne Gordon, health and medical writer, author, *BEYOND THE CHECKLIST*, talks about what healthcare can learn about teamwork and patient safety from the aviation industry.

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

Compliance issues covered: Health/Business/Jobs/Technology

Program: ‘Conversations’ Part: 2

Subject: How to Navigate Around Emotional Roadblocks

Guest: Jude Bijou

Length: 12:28

Date Aired: 12/29/13

Time Aired: 9:45 – 10:00 p.m.

Summary: Jude Bijou, psychotherapist, author, *ATTITUDE RECONSTRUCTION*, talks about how to navigate around emotional roadblocks to create a better life. [www.AttitudeReconstruction.com](http://www.AttitudeReconstruction.com).

Compliance issues covered: Health/Family/Youth/Spirituality

## **ETOWN:**

Program: ‘etown’

Date Aired: 10/6/13

Time Aired: 10:00 – 11:00 p.m.

Length: 6:48

Guest: Ken John

Topic: Importance of having the right gear to transport your belongings. Ken John established the nonprofit ‘Homeless Gear’ in Colorado to help homeless people to transport their belongings and maintain a sense of ownership of their things.

Compliance issues covered: Poverty/Community/Health

Program: ‘etown’

Date Aired: 10/13/13

Time Aired: 10:00 – 11:00 p.m.

Length: 10:02

Guest: Cathryn Couch

Topic: Healthy food options for local families struggling with long-term illnesses. Cathryn Couch created the nonprofit ‘Ceres Project’ in California to teach teenagers about growing and preparing healthy food and providing healthy food for local families dealing with long-term illnesses. Its been replicated in 8 other communities across the country.

Compliancy issues covered: Poverty/Health/Community

Program: 'etown'

Date Aired: 10/20/13

Time Aired: 10:00 – 11:00 p.m.

Length: 7:52

Guest: Bo Cable

Topic: Feeding local people who don't have enough to eat. After circumstances forced him to live on the street for awhile when he was young, Bo Cable became a successful publisher and moved to South Carolina. There he founded 'The Generous Garden Project' to grow healthy, organic food for local shelters and food pantries.

Compliancy issues covered: Community/Poverty/Health/Youth

Program: 'etown'

Date Aired: 10/27/13

Time Aired: 10:00 – 11:00 p.m.

Length: 8:48

Guest: Torkin Wakefield

Topic: Creating jobs for people in Uganda. Torkin lived in Uganda and was impressed by the beauty of paper beads made from recycled materials. He founded 'Bead for Life' to help empower Ugandan women to develop their own independent businesses.

Compliancy issues covered: Poverty/Jobs/Family

Program: 'etown'

Date Aired: 11/3/13

Time Aired: 10:00 – 11:00 p.m.

Length: 7:03

Guest: Joshua Williams

Topic: Helping the hungry. As a young boy Joshua was concerned when he saw local people in Florida asking for food on city streets. As he grew older he founded 'Joshua's Heart Foundation' to cook for the homeless and give food boxes to the poor in Miami.

Compliancy issues covered: Community/Health/Poverty/Youth

Program: 'etown'

Date Aired: 11/10/13

Time Aired: 10:00 – 11:00 p.m.

Length: 8:17

Guest: Lea Bishop

Topic: Improving lunches for seniors. Lea became the facility manager at the Kent Senior Center, which provides continuing education and activities for seniors in the community but thought the government-subsidized food was substandard. Lea founded 'The Kent Senior Center Lunch Program' to improve the food quality there and give diners a pleasant experience.

Compliancy issues covered: Health/Aging Issues/Community

Program: 'etown'

Date Aired: 11/17/13

Time Aired: 10:00 – 11:00 p.m.

Length: 13:46

Guest: Adam Roberts

Topic: Global hunger. When Adam Roberts was in South Africa he was struck by the glaring contrast of extreme poverty and opulence surrounding a world summit meeting on sustainability in

Johannesburg. When he returned to the U.S. he founded 'The Ten Dollar Club' in Washington D.C. believing everyone can spare \$10 to help fight hunger and a wide range of other problems.

Compliance issues covered: Poverty/Health/Business

Program: 'etown'

Date Aired: 11/24/13

Time Aired: 10:00 – 11:00 p.m.

Length: 8:10

Guest: Steph Van Dyke

Topic: Helping impoverished families abroad. Steph traveled abroad for a year after college volunteering in various countries. While in Uganda she found kids were dying from preventable medical conditions due to the lack of basic medical care. She became a doctor and founded the nonprofit 'Engeye' to provide basic, affordable medical care to poor families in that country.

Compliance issues covered: Family/Health/Youth/Poverty

Program: 'etown'

Date Aired: 12/1/13

Time Aired: 10:00 – 11:00 p.m.

Length: 6:38

Guest: Martha Robertson

Topic: Helping local residents pay heating bills in the winter. Martha and her sister decided that instead of giving each other Christmas gifts they'd contribute to a charitable cause. She decided to host a ski-a-thon, the 'Ski for Heat' project in Vermont to help families pay their winter heating bills by having local heating companies match their donations.

Compliance issues covered: Family/Environment/Poverty/Community

Program: 'etown'

Date Aired: 12/8/13

Time Aired: 10:00 – 11:00 p.m.

Length: 7:35

Guest: Joanna Robinson

Topic: Long-term shelter options for the homeless. Joanna worked as a volunteer with an emergency short-term shelter in California but realized there were no long-term options for homeless people there, so she founded the nonprofit 'Hospitality House' to help fill that need and provide a 'nomadic' system that operates with the assistance of area churches and organizations and offers other important services.

Compliance issues covered: Poverty/Community/Family/Youth

Program: 'etown'

Date Aired: 12/15/13

Time Aired: 10:00 – 11:00 p.m.

Length: 8:30

Guest: Pamela Joy

Topic: Lack of food for food banks. After becoming aware of the hunger problem in Africa, Pamela knew she couldn't go off to a foreign country so she decided to help with hunger in her Oregon community and founded 'Ashland Food Angels' as a way to help keep local food bank's shelves stocked all year around with food that would otherwise end up in local landfills.

Compliance issues covered: Community/Poverty/Health/Family/Youth

Program: 'etown'

Date Aired: 12/22

Time Aired: 10:00 – 11:00 p.m.

Length: 8:04

Guest: Micki LeSueur

Topic: Chicago children who don't have warm coats in the winter. Micki and her friends decided that instead of buying each other Christmas gifts they'd raise money to buy warm winter coats, sweaters and hats for low-income 5<sup>th</sup> graders who don't have one. She founded the non-profit 'Coat Angels' in Illinois to help meet this need.

Compliance issues covered: Poverty/Youth/Community

Program: 'etown'

Date Aired: 12/29/13

Time Aired: 10:00 – 11:00 p.m.

Length: 6:40

Guest: Brian Davies

Topic: Animal activism. Brian is an animal activist and has received awards for his work to halt the commercialization of animal products in the U.S. and Canada. He founded the nonprofit 'Animal Rights, Seal Slaughter' in Canada to bring attention to this issue and works with the International Fund for Animal Welfare (IFAW) on behalf of animal welfare around the world.

Compliance issues covered: Environment/Business/Culture