

**2013 FIRST QUARTERLY REPORT
KMTT-‘THE MOUNTAIN 2’
HD-2 CHANNEL**

**QUARTERLY ISSUES/PROGRAMMING REPORT FOR THE
FIRST QUARTER, JANUARY 1 – MARCH 31, 2013:**

The following is a list of issues which the management of KMTT 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.

**KMTT 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.

**KMTT 'THE MOUNTAIN 2', HD-2 CHANNEL, Public Affairs Programming sorted by
Radio Program in alphabetical order for the
First Quarter, January 1 – March 31, 2013:**

CONVERSATIONS:

Program: 'Conversations' Part: 1
Subject: Sandy Hook Shootings/Kids Feelings
Guest: Greg Jantz, Ph.D.
Length: 12:30
Date Aired: 1/6/13
Time Aired: 9:00 – 9:15 p.m.

Summary: Greg Jantz, Ph.D., founder, The Center for Counseling and Health Resources, Edmonds, WA, talks about the December school shootings at Sandy Hook Elementary School in Newtown, Connecticut and how parents can help their children deal with their emotions regarding this event even well after the shooting took place, and how to deal with their feelings of insecurity about returning to school and fear of similar events happening in the future. www.aplaceofhope.com.
Compliance issues covered: Crime/Education/Youth/Family/Community

Program: 'Conversations' Part: 2
Subject: Nanoparticles
Guest: Brita Belli
Length: 12:30
Date Aired: 1/6/13
Time Aired: 9:15 – 9:30 p.m.

Summary: Brita Belli, editor, 'E-The Environmental Magazine', talks about the increasing presence of nanoparticles in our food supply and the possible health hazards associated with them.

www.emagazine.com.

Compliance issues covered: Health/Environment/Government

Program: 'Conversations' Part: 1

Subject: How Children Succeed

Guest: Paul Tough

Length: 12:22

Date Aired: 1/6/13

Time Aired: 9:30 – 9:45 p.m.

Summary: Paul Tough, contributing writer, New York Times magazine, author, HOW CHILDREN SUCCEED, talks about the elements of success in school and life have more to do with character development than IQ, and how to help children develop skills like grit, curiosity, conscientiousness and optimism. www.paultough.com.

Compliance issues covered: Youth/Family/Education/Spirituality

Program: 'Conversations' Part: 2

Subject: Getting Kids to Listen Without Yelling or Nagging Them

Guest: Amy McCreedy

Length: 12:38

Date Aired: 1/6/13

Time Aired: 9:45 – 10:00 p.m.

Summary: Amy McCreedy, founder, Positive Parenting Solutions, author, IF I HAVE TO TELL YOU ONE MORE TIME, talks about how to get your kids to listen without nagging, reminding or yelling. www.positiveparentingsolutions.com.

Compliance issues covered: Youth/Family/Education

Program: 'Conversations'

Subject: The Spirit of Kaizen

Guest: Robert Maurer

Length: 25:00

Date Aired: 1/13/13

Time Aired: 9:00 – 9:30 p.m.

Summary: Robert Maurer, Ph.D., psychologist, organizational consultant, author, THE SPIRIT OF KAIZEN, talks about how to create lasting excellence in the workplace 'one small step at a time' and how this benefits companies not only in excellence but employee satisfaction.

www.scienceofexcellence.com.

Compliance issues covered: Business/Jobs/Education/Spirituality

Program: 'Conversations' Part: 1

Subject: The American Way of Eating

Guest: Tracie McMillan

Length: 12:30

Date Aired: 1/13/13

Time Aired: 9:30 – 9:45 p.m.

Summary: Tracie McMillan, journalist, senior fellow, Schuster Institute for Investigative Journalism, Knight-Wallace Fellow, University of Michigan, author, THE AMERICAN WAY OF EATING, talks about why Americans eat the way they do, how America came to eat this way, why we keep doing it and what it would take to change it. www.americanwayofeating.com.

Compliance issues covered: Health/Culture/Business/Family

Program: 'Conversations' Part: 2

Subject: Man Up

Guest: Carlos Gomez

Length: 12:30

Date Aired: 1/13/13

Time Aired: 9:45 – 10:00 p.m.

Summary: Carlos Gomez, award-winning poet, actor, writer, author, MAN UP, talks about redefining what masculinity looks like in the 21st century, and how men can deal with women, avoid violence, handle fear and express emotions in a more healthy way than they have in the past.

Compliance issues covered: Gender Specific/Culture/Family/Youth

Program: 'Conversations' Part: 1

Subject: Ben Behind His Voices

Guest: Randye Kaye

Length: 12:31

Date Aired: 1/20/13

Time Aired: 9:00 – 9:15 p.m.

Summary: Randye Kaye, Connecticut State trainer, Family-to-Family program, National Alliance on Mental Illness, author, BEN BEHIND HIS VOICES, talks about her son's struggles with schizophrenia and how people with this illness can lead productive lives if they are treated early and properly, and her advice for caregivers of those living with schizophrenia.

Compliance issues covered: Health/Family/Spirituality

Program: 'Conversations' Part: 2

Subject: Peaceful Parent, Happy Kids

Guest: Dr. Laura Markham

Length: 12:29

Date Aired: 1/20/13

Time Aired: 9:15 – 9:30 p.m.

Summary: Dr. Laura Markham, editor-in-chief, www.AhaParenting.com, author, PEACEFUL PARENT, HAPPY KIDS, talks about parenting and how parents can stop yelling and start connecting with their kids.

Compliance issues covered: Family/Youth/Education

Program: 'Conversations'

Subject: The Financialization of Food

Guest: Frederick Kaufman

Length: 25:00

Date Aired: 1/20/13

Time Aired: 9:30 – 10:00 p.m.

Summary: Frederick Kaufman, contributing editor, 'Harpers', author, BET THE FARM, talks about the financialization of food or how food has stopped being food but has become a commodity and its impact on health, wealth and the global hunger. www.americanstomach.com.

Compliance issues covered: Health/Environment/Poverty/Economy/Business/Jobs

Program: 'Conversations' Part: 1

Subject: Legalizing Marijuana in Washington State

Guest: Jim Doherty

Length: 12:32

Date Aired: 1/27/13

Time Aired: 9:00 – 9:15 p.m.

Summary: Jim Doherty, form King County prosecutor, member, ‘Law Enforcement Against Prohibition’, talks about Washington state legalizing marijuana in the last general election and where the state goes from here in the legalization process, how the state will move toward a legal system from one that’s been wholly illegal up until this point and how this is ‘unchartered waters’ for Washington state.

Compliance issues covered: Government/Crime/Community/Youth

Program: ‘Conversations’ Part: 2
Subject: Legalizing Marijuana in Washington State
Guest: Norm Stamper
Length: 12:28
Date Aired: 1/27/13
Time Aired: 9:15 – 9:30 p.m.

Summary: Norm Stamper, former Seattle Police Chief, member ‘LEAP’, talks about the legalization of marijuana from a law enforcement perspective, how it will change the way troopers do their jobs, and what it means for drivers who drive under the influence of pot.

Compliance issues covered: Government/Crime/Community/Transportation

Program: ‘Conversations’ Part: 1
Subject: Teach Your Children Well
Guest: Madeline Levine, Ph.D.
Length: 12:34
Date Aired: 1/27/13
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.

Compliance issues covered: Youth/Family/Education/Spirituality

Program: ‘Conversations’ Part: 2
Subject: Global Health Pandemics
Guest: David Quammen
Length: 12:26
Date Aired: 1/27/13
Time Aired: 9:45 – 10:00 p.m.

Summary: David Quammen, journalist, author, SPILLOVER, 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.

Compliance issues covered: Environment/Health/Government/Poverty

Program: ‘Conversations’
Subject: Us Plus Them
Guest: Todd Pittinsky
Length: 25:00
Date Aired: 2/3/13
Time Aired: 9:00 – 9:30 p.m.

Summary: Todd Pittinsky, associate professor, SUNY Stony Brook, author, US PLUS THEM, talks about the ‘us versus them’ mentality that’s prevalent in our world and now we need to move from that paradigm to an ‘us plus them’ mentality and the positive power of difference and how to tap it. www.allophillia.org.

Compliance issues covered: Jobs/Business/Government/Minorities/Discrimination

Program: 'Conversations' Part: 1

Subject: Imperfect Spirituality

Guest: Polly Campbell

Length: 12:35

Date Aired: 2/3/13

Time Aired: 9:30 – 9:45 p.m.

Summary: Polly Campbell, journalist, blogger, author, IMPERFECT SPIRITUALITY, talks about how to live a more relaxed and peaceful life in the midst of a culture of perfection.

www.imperfectspirituality.com.

Compliance issues covered: Spirituality/Culture/Family

Program: 'Conversations' Part: 2

Subject: How to be Eco-Thrifty

Guest: Deborah Niemann

Length: 12:25

Date Aired: 2/3/13

Time Aired: 9:45 – 10:00 p.m.

Summary: Deborah Niemann, homesteader, author, ECO-THRIFTY, talks about practical ways to become 'eco-thrifty', how to spend less, live closer to the earth, and save money while still living well. www.thriftyhomesteader.com.

Compliance issues covered: Environment/Economy/Family

Program: 'Conversations' Part: 1

Subject: The Myths of Happiness

Guest: Sonja Lyubomirsky

Length: 12:32

Date Aired: 2/10/13

Time Aired: 9:00 – 9:15 p.m.

Summary: Sonja Lyubomirsky, professor of psychology, University of California, Riverside, author, THE MYTHS OF HAPPINESS, talks about where happiness actually comes from and 'what should make you happy but doesn't, and what shouldn't make you happy but does'.

Compliance issues covered: Health/Culture/Family/Jobs

Program: 'Conversations' Part: 2

Subject: Talk to Me Like I'm Someone You Love

Guest: Nancy Dreyfus

Length: 12:28

Date Aired: 2/10/13

Time Aired: 9:15 – 9:30 p.m.

Summary: Nancy Dreyfus, psychotherapist, author, TALK TO ME LIKE I'M SOMEONE YOU LOVE, talks about relationships and how couples can communicate better, specifically in diffusing and resolving conflict.

Compliance issues covered: Family/Education/Spirituality

Program: 'Conversations' Part: 1

Subject: Power From the People

Guest: Greg Pahl

Length: 12:30

Date Aired: 2/10/13

Time Aired: 9:30 - 9:45 p.m.

Summary: Greg Pahl, environmental journalist, author, POWER FROM THE PEOPLE, talks about how to organize, finance and launch local energy projects and why developing and implementing energy policy and projects doesn't have to be the domain of just large organizations and experts. www.gregpahl.com.

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

Program: 'Conversations' Part: 2

Subject: Slow Democracy

Guest: Susan Clark

Length: 12:30

Date Aired: 2/10/13

Time Aired: 9:45 – 10:00 p.m.

Summary: Susan Clark, Vermont sustainability facilitator, author, SLOW DEMOCRACY, talks about re-invigorating our democracy one community at a time, through local control and community action. www.slowdemocracy.org.

Compliance issues covered: Community/Government/Business

Program: 'Conversations'

Subject: Moving Beyond Loss

Guest: Russell Friedman

Length: 25:00

Date Aired: 2/17/13

Time Aired: 9:00 – 9:30 p.m.

Summary: Russell Friedman, co-director, The Grief Recovery Institute, Los Angeles, co-author, MOVING BEYOND LOSS, talks about grief, the recovery process, and how grief can take many forms not only through the loss of a loved one but also following a divorce, acute illness or job. www.griefrecoverymethod.com.

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

Program: 'Conversations' Part: 1

Subject: Healthy Without Health Insurance

Guest: Dr. Matthew Edlund

Length: 12:27

Date Aired: 2/17/13

Time Aired: 9:30 – 9:45 p.m.

Summary: Dr. Matthew Edlund, director, Center for Circadian Medicine, Sarasota, Florida, author, HEALTHY WITHOUT HEALTH INSURANCE, talks about how to achieve lasting health through certain lifestyle changes including diet, exercise, sleep habits and stress-reduction activities and why it's even more important now because so many people don't have health insurance to cover routine visits. www.wegethehealthynow.com.

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

Program: 'Conversations' Part: 2

Subject: Rewriting the U.S. Constitution

Guest: Kevin Bleyer

Length: 12:33

Date Aired: 2/17/13

Time Aired: 9:45 – 10:00 p.m.

Summary: Kevin Bleyer, Emmy award-winning writer, 'The Daily Show with Jon Stewart', author, ME, THE PEOPLE, talks about his satirical view of rewriting the U.S. constitution, what it would look like if it was written today, and why the government has been so resistant to add amendments

down through the years while other governments continually update their constitutions.

www.methebook.com.

Compliance issues covered: Government/Culture

Program: 'Conversations' Part: 1

Subject: Cirque du Soleil

Guest: Jamie Reilly

Length: 12:30

Date Aired: 2/24/13

Time Aired: 9:00 – 9:15 p.m.

Summary: Jamie Reilly, company manager, 'Amaluna' production of Cirque du Soleil, talks about the world-famous circus, their creative process in designing their shows, the world-class athletes they find to do their acrobatics and about the current show playing at Marymoor Park in Redmond.

www.cirquedusoleil.com/amaluna.

Compliance issues covered: Community/Jobs

Program: 'Conversations' Part: 2

Subject: Rethinking Money

Guest: Jacqui Dunne

Length: 12:30

Date Aired: 2/24/13

Time Aired: 9:15 – 9:30 p.m.

Summary: Jacqui Dunne, journalist, CEO, Entrepreneurs Without Borders, talks about our monetary system and the role 'alternative currencies' play in our future prosperity.

www.rethinkingmoneythebook.com.

Compliance issues covered: Economy/Jobs/Environment/Community

Program: 'Conversations' Part: 1

Subject: Raising Compassionate Kids

Guest: Heather Shumaker

Length: 12:31

Date Aired: 2/24/13

Time Aired: 9:30 – 9:45 p.m.

Summary: Heather Shumaker, parenting speaker & advocate, author, IT'S OKAY NOT TO SHARE, talks about the importance of free, unstructured play time for kids in homes and schools and how it helps develop competent and compassionate kids. www.heathershumaker.com.

Compliance issues covered: Youth/Family/Education

Program: 'Conversations' Part: 2

Subject: Telltale Signs of Adult ADD/ADHD

Guest: Dr. Kevin Ross Emery

Length: 12:29

Date Aired: 2/24/13

Time Aired: 9:45 – 10:00 p.m.

Summary: Dr. Kevin Ross Emery, ADD specialist, author, MANAGING THE GIFT, talks about 'adult' ADD and ADHD, why he sees it as an asset not a liability and explains how to harness the passion of creativity many ADHD adults possess along with the importance of organizational skills and creating balance in life. www.mydrkevin.com.

Compliance issues covered: Health/Family/Jobs/Spirituality

Program: 'Conversations' Part: 1

Subject: Financial Fitness Day

Guest: Bruce McClary

Length: 12:36

Date Aired: 3/3/13

Time Aired: 9:00 – 9:15 p.m.

Summary: Bruce McClary, director of Media Relations, ClearPoint Credit Counseling Solutions, talks about the 3rd annual 'Financial Fitness Day' in Seattle at the Rainier Community Center, a free event co-sponsored by the Seattle-King County Asset-Building Collaborative where people can get help from a variety of professionals on issues like clearing problems on their credit report, filing their taxes, financing college, or starting a small business. www.skcab.org.

Compliance issues covered: Economy/Jobs/Government/Community

Program: 'Conversations' Part: 2

Subject: Thinking Outside the Pill Box

Guest: Dr. Ty Vincent

Length: 12:24

Date Aired: 3/3/13

Time Aired: 9:15 – 9:30 p.m.

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

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

Program: 'Conversations'

Subject: Alone and Invisible No More

Guest: Dr. Allan S. Teel

Length: 25:00

Date Aired: 3/3/13

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.

Compliance issues covered: Aging Issues/Health/Government/Jobs/Community

Program: 'Conversations' Part: 1

Subject: The Threat of Cyber-Terrorism

Guest: John Stuart

Length: 12:34

Date Aired: 3/10/13

Time Aired: 9:00 – 9:15 p.m.

Summary: John Stuart, high-tech internet and telecom entrepreneur, co-author, HIDING IN SUNSHINE, talks about the threat of cyber-terrorism against the United States, and specifically an attack against the physical infra-structure and banking system and what families can do to safeguard their personal information in this 'cyber age'. www.hidinginsunshine.com.

Compliance issues covered: Business/Government/Crime/Terrorism

Program: 'Conversations' Part: 2

Subject: Rising Sea Levels and it's Effect on Our Coastlines

Guest: John Englander

Length: 12:26

Date Aired: 3/10/13

Time Aired: 9:15 – 9:30 p.m.

Summary: John Englander, oceanographer, author, HIGH TIDE ON MAIN STREET, talks about rising sea levels and it's effect on our coastal areas as well as what we can learn from Superstorm Sandy. www.hightideonmainstreet.com.

Compliance issues covered: Environment/Government/Community

Program: 'Conversations' Part: 1

Subject: Minimalism

Guest: Joshua Fields Millburn

Length: 12:24

Date Aired: 3/10/13

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.

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: 3/10/13

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'

Subject: Surviving American Medicine

Guest: Dr. Cary Presant

Length: 25:00

Date Aired: 3/17/13

Time Aired: 9:00 – 9:30 p.m.

Summary: Dr. Cary Presant, internist, hematologist, oncologist, in Los Angeles, author, SURVIVING AMERICAN MEDICINE, talks about how to successfully navigate our health care system to get the best care, including how to find the best doctor for you, looking up physicians on the internet and how to use the internet to research health conditions.

Compliance issues covered: Health/Business/Government

Program: 'Conversations' Part: 1

Subject: The Science of Body Language

Guest: Patti Wood

Length: 12:25

Date Aired: 3/17/13

Time Aired: 9:30 – 9:45 p.m.

Summary: Patti Wood, body language expert, author, SNAP, talks about the science of body language, making the most of first impressions, and how to read someone else's body language and use that information in social and work situations to help you better understand what they're really trying to communicating. www.snapfirstimpressions.com.

Compliance issues covered: Health/Business/Jobs/Youth

Program: 'Conversations' Part: 2
Subject: The Man Who Quit Money
Guest: Mark Sundeen
Length: 12:35
Date Aired: 3/17/13
Time Aired: 9:45 – 10:00 p.m.
Summary: Mark Sundeen, writer, New York Times Magazine, author, THE MAN WHO QUIT MONEY, talks about Daniel Suelo, a man who decided to live without money as an act of civil disobedience to a culture that he believes is obsessed with money, and how he lives, how he feels about his 'radical' existence and how he gives back to society on his own terms.
www.quitmoney.net.
Compliance issues covered: Poverty/Culture/Spirituality/Government/Health/Environment

Program: 'Conversations' Part: 1
Subject: Big Data and How It's Changing Our World
Guest: Viktor Mayer-Schoenberger
Length: 12:34
Date Aired: 3/24/13
Time Aired: 9:00 – 9:15 p.m.
Summary: Viktor Mayer-Schoenberger, professor of Internet Governance and Regulation, Oxford University, author, BIG DATA, talks about one of the hottest trends in technology, the emerging science of 'big data' and its many implications in our lives. www.big-data-book.com.
Compliance issues covered: Business/Technology/Government/Environment

Program: 'Conversations' Part: 2
Subject: Life on the Brink
Guest: Philip Cafaro
Length: 12:26
Date Aired: 3/24/13
Time Aired: 9:15 – 9:30 p.m.
Summary: Philip Cafaro, professor of Philosophy, Colorado State University, co-editor, LIFE ON THE BRINK, talks about the environmental implications of continued population growth in the world, where the population is growing the fastest and why it is a major force behind many of our most serious ecological problems, including global climate change, habitat loss and species extinction as well as air and water pollution and food scarcity and what we must do about it.
www.philipcafaro.com.
Compliance issues covered: Environment/Government/Family/Poverty

Program: 'Conversations' Part: 1
Subject: The Introvert's Way
Guest: Sophia Dembling
Length: 12:21
Date Aired: 3/24/13
Time Aired: 9:30 – 9:45 p.m.
Summary: Sophia Dembling, columnist, Psychology Today, author, THE INTROVERT'S WAY, talks about the gifts and challenges of being an introvert, the difference between introversion and shyness and about living a quiet life in a noisy world.
Compliance issues covered: Health/Culture/Family

Program: 'Conversations' Part: 2
Subject: Parenting the Q-B-Q Way
Guest: John G. Miller

Length: 12:39

Date Aired: 3/24/13

Time Aired: 9:45 – 10:00 p.m.

Summary: John G. Miller, founder, QBQ, Inc. author, PARENTING THE Q-B-Q WAY, talks about parenting and the power of personal accountability, how parents can model it in their actions and as a result teach their kids this valuable life skill. www.QBQ.com.

Compliance issues covered: Youth/Family/Education

Program: 'Conversations' Part: 1

Subject: The Link Between Sugar and Obesity and Disease

Guest: Dr. Robert Lustig

Length: 12:35

Date Aired: 3/31/13

Time Aired: 9:00 – 9:15 p.m.

Summary: Dr. Robert Lustig, director, UCSF Weight Assessment for Teen and Child Health Program, author, FAT CHANCE, talks about the link between sugar consumption and higher rates of obesity and disease.

Compliance issues covered: Health/Business/Government/Family

Program: 'Conversations' Part: 2

Subject: Raising the Curve

Guest: Ron Berler

Length: 12:25

Date Aired: 3/31/13

Time Aired: 9:15 – 9:30 p.m.

Summary: Ron Berler, journalist, author, RAISING THE CURVE, talks about his year studying one of America's 45,000 failing public schools, Brookside elementary school in Norwalk, Connecticut, where teachers must 'teach to the test' and students struggle to keep up, and what this school can reveal about helping other failing schools in America. www.ronberlerbooks.com.

Compliance issues covered: Education/Government/Poverty/Youth

Program: 'Conversations' Part: 1

Subject: Running on Empty

Guest: Jonice Webb, Ph.D.

Length: 12:24

Date Aired: 3/31/13

Time Aired: 9:30 – 9:45 p.m.

Summary: Jonice Webb, Ph.D., psychologist, author, RUNNING ON EMPTY, talks about overcoming childhood emotional neglect, how it becomes visible in adulthood, and what adults can do to heal their childhood painful emotions. www.emotionalneglect.com.

Compliance issues covered: Health/Family/Youth/Spirituality

Program: 'Conversations' Part: 2

Subject: Eating for Cancer Survival

Guest: Dr. Christine Horner

Length: 12:36

Date Aired: 3/31/13

Time Aired: 9:45 – 10:00 p.m.

Summary: Dr. Christine Horner, author, WAKING THE WARRIOR GODDESS, talks about eating for cancer prevention and survival, what supplements are proven to help prevent cancer and how they strengthen the immune system which is important for preventing and surviving illness.

www.drchristinehorner.com.

Compliancy issues covered: Health/Gender Specific/Aging Issues

ETOWN:

Program: 'etown'

Date Aired: 1/6/13

Time Aired: 10:00 – 11:00 p.m.

Length: 7:58

Guest: James Chippendale

Topic: Finding a match for bone marrow transplant. James Chippendale and Mike Peters created 'Love Hope Strength' where they hold fundraising concerts in remote locations to buy medical equipment for use in painless bone marrow transplant procedures and the International Bone Marrow Database. To date they have added over 20,000 people to the list.

Compliancy issues covered: Health/Government/Family

Program: 'etown'

Date Aired: 1/13/13

Time Aired: 10:00 – 11:00 p.m.

Length: 13:38

Guest: Terry Tempest Williams

Topic: Interview with author/activist Terry Tempest Williams who receives the Lifetime Achievement Award for her life's work, including the environmental literature classic 'Refuge: An Unnatural History of Family and Place'.

Compliancy issues covered: Environment/Education

Program: 'etown'

Date Aired: 1/20/13

Time Aired: 10:00 – 11:00 p.m.

Length: 7:39

Guest: Paula DePre Pesmen

Topic: Childcare for children with serious illnesses. Paula created 'There With Care' to provide crucial support to families overwhelmed with keeping up with everyday necessities while caring for their child who is seriously ill with cancer.

Compliancy issues covered: Health/Youth/Family

Program: 'etown'

Date Aired: 1/27/13

Time Aired: 10:00 – 11:00 p.m.

Length: 7:58

Guest: Barbara Van Dahlen

Topic: Post-Traumatic Stress among veterans. Dr. Barbara Van Dahlen created 'Give An Hour' to help veterans suffering from PTSD. The program is available in every state and has provided over 50,000 hours of free care to military personnel involved in the conflicts in Iraq and Afghanistan and their families.

Compliancy issues covered: Family/Government/Terrorism/Health

Program: 'etown'

Date Aired: 2/3/13

Time Aired: 10:00 – 11:00 p.m.

Length: 13:12

Guest: Jane Goodall

Topic: Protection of animals and their natural habitat. Jane Goodall established the Jane Goodall Institute in 1977 to expand the Gombe research in Tanzania to ensure that chimpanzees and their natural habitats would continue to be protected. She also founded Roots & Shoots in 1991 to encourage youth to take action. Today, this program has more than 150,000 members in more than 120 countries.

Compliance issues covered: Environment/Health/Youth

Program: 'etown'

Date Aired: 2/10/13

Time Aired: 10:00 – 11:00 p.m.

Length: 9:21

Guest: Sister Mary Alice Murphy

Topic: Homelessness. Sister Mary Alice created 'Homeless Prevention' to help families struggling on the brink of losing their homes through emergency support. The organization has helped nearly 20,000 people get their lives back in order.

Compliance issues covered: Poverty/Family/Community

Program: 'etown'

Date Aired: 2/17/13

Time Aired: 10:00 – 11:00 p.m.

Length: 7:00

Guest: Ron Manganiello

Topic: Transportation for people with low income and no car. Ron retired from his life as an energy auditor and founded 'Bike Recycle Vermont' to refurbish and repair used bikes and provide them and safety gear to Vermonters in need.

Compliance issues covered: Transportation/Community/Family

Program: 'etown'

Date Aired: 2/24/13

Time Aired: 10:00 – 11:00 p.m.

Length: 10:14

Guest: James Balog

Topic: Impact of climate change. James Balog founded 'Extreme Ice Survey' to reveal the impact of climate change through a photographic study of glaciers, and has been featured on NOVA and at the 2012 Sundance Film Festival.

Compliance issues covered: Environment/Business/Government

Program: 'etown'

Date Aired: 3/3/13

Time Aired: 10:00 – 11:00 p.m.

Length: 9:21

Guest: Norman Cetuk

Topic: Devastation in New Orleans after Hurricane Katrina. Norman founded and continues to organize an annual New Orleans Disaster Relief trip. All the money raised is used to support disaster and relief efforts in the area.

Compliance issues covered: Environment/Government/Poverty

Program: 'etown'

Date Aired: 3/10/13

Time Aired: 10:00 – 11:00 p.m.

Length: 9:06

Guest: Barry Saltman

Topic: Medical and dental care for less fortunate or people without insurance. Barry started 'Care Free Medical/Dental' as a free medical clinic but expanded it to a full-time medical practice for the uninsured which is free to most patients they serve.

Compliance issues covered: Health/Community/Poverty

Program: 'etown'

Date Aired: 3/17/13

Time Aired: 10:00 – 11:00 p.m.

Length: 6:19

Guest: Andrew Lunetta

Topic: Lack of food at food shelters. Andrew started 'LeMoyne College Sandwich Makers' in college at a local shelter, the Samaritan Center. Since 2008, the small group has made over 13,800 sandwiches for the needy in the area and other organizations have followed their lead.

Compliance issues covered: Health/Poverty/Community

Program: 'etown'

Date Aired: 3/24/13

Time Aired: 10:00 – 11:00 p.m.

Length: 7:44

Guest: Curt McPhail

Topic: Lack of transportation in rural areas of Africa. Curt McPhail, co-founded 'Global Bikes' to help countries tackle their most challenging problems through the donation of bikes. Now, through the use of the bikes, HIV/AIDS care workers are able to help more patients in a shorter amount of time.

Compliance issues covered: Health/Poverty/Government

Program: 'etown'

Date Aired: 3/31/13

Time Aired: 10:00 – 11:00 p.m.

Length: 8:41

Guest: Auden Schendler

Topic: Sustainability at ski resorts. Auden has been the driving force behind the Aspen Ski Co's relentless environmental push, including developing the ski industry's first climate policy and the first set of green building guidelines.

Compliance issues covered: Environment/Community/Business