

**2016 FIRST QUARTERLY REPORT
KNDD, 107.7 FM
KNDD-FM & KNDD HD CH-2**

**KNDD-FM QUARTERLY ISSUES/PROGRAMMING REPORT FOR JANUARY
1 - MARCH 31, 2016:**

The following is a list of issues that KNDD HD-2 Channel has determined to be of significant importance to the citizens of Seattle and the greater Puget Sound region, and how each was addressed through the station's issue-responsive public affairs programming, public service announcements and community activities during the reporting period.

ASCERTAINED COMMUNITY ISSUES:

1. ECONOMY/BUSINESS/LABOR/TECHNOLOGY

The economic condition of the Puget Sound Region, employment/unemployment, inflation, job training, consumer issues, personal finance.

2. EDUCATION/ARTS/COMMUNICATION/CULTURE

Public education, higher education, school violence, school busing, the importance of creative endeavors including the arts, literature and music, censorship.

3. ENVIRONMENT/SCIENCE/TECHNOLOGY

Air and water pollution, solid waste disposal, recycling, alternative energy, endangered species, conservation, mass transit, forest issues, research and technology issues.

4. HEALTH/HUMAN SERVICES/SOCIAL SERVICES

Nutrition, physical fitness, mental health, alternative medicine, health care policies.

5. COMMUNITY/FAMILY/YOUTH

Neighborhoods, community organizing, parenting skills, child support, marriage, divorce, abuse, neglect.

6. GOVERNMENT/POLITICS/TERRORISM

Government spending, services and abuses, taxes, elections, campaign finance reform, terrorism threats, and political debate.

7. AGING/GENDER-SPECIFIC/MINORITIES/POVERTY

Discrimination specific to racial and ethnic minorities, as well as people with disabilities, gays, lesbians, religious groups, senior citizens and others, homelessness.

8. CRIME/DRUG ABUSE/TERRORISM/HUMAN RIGHTS

Terrorism, law enforcement, gun control, gang activity, the criminal justice system, the correctional system, rehabilitation, drunk driving, violence, police/community relations.

RELIGION/SPIRITUALITY

Spirituality, organized religion, world religions.

KNDD HD-2 CHANNEL PUBLIC AFFAIRS PROGRAMMING IN ALPHABETICAL ORDER FOR JANUARY 1 – MARCH 31, 2016:

"**CONVERSATIONS**" is a 30 minute interview show airing on Sundays between 10:00 p.m. – 11:00 p.m. It's hosted and produced by Entercom's Public Affairs hosts Deanna Cruz and Greg Shishman, which focuses on a wide variety of issues that affect people in the greater Puget Sound area. Their guests include individuals from business, medicine, government, environmental and education groups. Two 'Conversations' shows air back-to-back for a total of 60 minutes. Contact: Wingnut, 206-577-8656.

KNDD HD-2 PUBLIC AFFAIRS PROGRAMMING for the First Quarter, 2016, in alphabetical order:

CONVERSATIONS:

Program: 'Conversations' Part: 1

Guest: Scott Smith

Airdate: 1/03/16

Time Aired: 10:00 – 10:15 a.m.

Description: Category: Business/Economy, Government

Description: Some ideology is critically and fundamentally a part of the constructs of this country. Just like passive aggression is essential to being a resident of the PNW, so is freedom of speech is critical in our press. Some aspects of our culture though evolve beyond the groundwork needed during the founding of our country. think about the massive impact the industrial revolution had on the US and world. Our money for example is no longer on the gold standard - imagine the room required to store a 4 trillion dollar budget! Scott argues that our current system for collecting tax money is stuck in the 19th century and needs a new spin for the 21st century world.

Compliance issues covered: Business/Economy, Government

Program: 'Conversations' Part: 2

Subject: Communication/Culture, Government

Guest: G - Jonathan Maher

Length: 12:30

Date Aired: 1/03/16

Time Aired: 10:15 – 10:30 a.m.

Summary: For the next 11 months we'll be bombarded with political rhetoric, advertisements and campaign promises in the run to the next Presidential election. We'll hear much about wage inequality and climate change - subjects likely to resonate with the newest generation of voters, but will those young people turn up and vote - and if not, why not?

Compliance issues covered: Families/Community/Politics

Program: 'Conversations' Part: 2

Subject: Language

Guest: G - Abby Houck

Length: 12:30

Airdate: 1/04/16

Time Aired: 10:30 – 10:45 a.m.

Summary: One of the most overlooked groups of cancer fighters are the Adolescent and Young Adults who are diagnosed with the disease. In a world where tons of funding and attention are poured into the young kids and older adults battling cancer, this middle group must navigate through an already trying time of personal growth with the added challenge of fighting for life. Luckily, people who have experienced this struggle take action to help others that will follow in their tough footsteps. Organizations like the Dear Jack Foundation and today, Cancer For College.

Program: 'Conversations' Part: 1

Subject: Dignity For Divas

Guest: Nikki Gane

Length: 12:31

Date Aired: 1/3/16

Time Aired: 10:45 – 11:00 a.m.

Summary: Helping ensure dignity for women who are homeless by reminding them they matter and reinforcing their inner-Diva!"

Compliance issues covered: Health/Wellness/Community

Program: 'Conversations' Part: 2

Subject: Aging/Spirituality

Guest: Ruth Fishel

Length: 12:30

Date Aired: 1/10/2016

Time Aired: 10:00 – 10:15 a.m.

Summary: Ruth Fishel is an acclaimed author of inspirational books that have sold nearly a million copies, including A Time for Joy, Change Almost Anything in 21 Days, and The Journey Within. As the cofounder and former director of Serenity, Inc., she now teaches, writes and presents workshops and retreats throughout the country, helping people become whole and healthy using the tools of meditation, affirmations, and visualizations. With a new year ahead of us Ruth talks to us about setting time aside for yourself and attaining those New Year's Resolutions.

Compliance issues covered: Families/Aging/Spirituality

Program: 'Conversations' Part: 1

Guest: Peter Sacco

Airdate: 1/10/16

Time Aired: 10:15 – 10:30 a.m.

LENGTH 12:30

Category: Health/Wellness

Description:

Nearly half of Americans make resolutions when the calendar flips to January and just 8 percent of resolutions succeed. Author Peter Sacco explains why the greatest of intentions like keeping New Year's Resolutions fail more than they succeed and gives you his tips to keep with it.

Compliance issues covered: Health/Wellness

Program: 'Conversations' Part: 2

Subject: The Humane Society for Tacoma and Pierce County

Guest: Shelby Taylor/Alex Ropes

Length: 12:30

Date Aired: 1/10/16

Time Aired: 10:30 – 10:45 a.m.

Summary: Today, The Humane Society for Tacoma and Pierce County shelters more than 12,000 animals every year, maintains more than a dozen Humane Programs, and is at the forefront of the progressive animal welfare. With that being said there are still a high number of animals including cats and dogs that need a home. Shelby Taylor and Alex Ropes join us to let us know how we as a community can help by donating and volunteering at our local chapters.

Compliance issues covered: Community/Family/Wellness

Program 'Conversations' Part: 1

Guest: Pat Love

Airdate: 1/10/16

Time Aired: 10:45 – 11:00 a.m.

Description: Health/Wellness/Spirituality

Description: With around half of marriages ending today in divorce, it's obvious many couples need help but don't know how to fix their problems. Pat Love author of "You're Tearing Us Apart" reflects on these problems and how Washingtonians can fix these problem to have a healthy, long lasting relationship.

LENGTH 12:30

Compliance issues covered: Health/Wellness/Spirituality

Program: 'Conversations' Part: 1

Guest: Vicki Morris

Airdate: 1/17/2016

LENGTH 12:30

Time Aired: 10:00 – 10:15 a.m.

Description: Health/Wellness, Business/Economy

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

Compliance issues covered: Health/Wellness, Business/Economy

Program: 'Conversations' Part: 2

Subject: Health/Wellness

Guest: Alan Pritz

Length: 12:29

Date Aired: 1/17/16

Time Aired: 10:15 – 10:30 a.m.

Summary: Alan L. Pritz is the author of "Meditation As A Way Of Life". Winner of the 2015 Benjamin Franklin Silver Award in the Body/Mind/Spirit category, this remarkable book offers an interfaith viewpoint that will appeal to anyone wanting to enrich their life. 2016 could be a year of mediation and change for you especially in the hectic day to day schedule in WA.

Compliance issues covered: Health/Wellness/Families

Program: 'Conversations' Part: 2

Subject: Financial Planning

Guest: Jenny Walden

Length: 12:30

Date Aired: 1/17/16

Time Aired: 10:30 – 10:45 a.m.

Summary: Every year, United Way's Free Tax Campaign helps thousands of struggling families in the community file their taxes and keep more of what they earned. Last tax season alone, the campaign helped over 19,900 community members file their taxes, bringing \$27.2 million back to the community in tax refunds!

United Way does this work so community members can avoid the high cost of tax prep, avoid predatory tax preparers, and gain access to valuable tax credits they may be eligible for, like the Earned Income Tax Credit (EITC) – a federal anti-poverty measure that last year helped raise 92,000 people above the poverty line in Washington State.

Compliancy Issues covered: Education, Business, Community, Families

Program: 'Conversations' Part: 2

Subject: Healthy Eating on a Budget

Guest: Leanne Brown

Length: 12:29

Date Aired: 1/17/16

Time Aired: 10:45 – 11:00 pm

Summary: Despite living in a state with plenty of farming capability, there isn't enough food for everyone. It's not a shortage of supply, the problem exists in affordability.

Thousands of families can't afford to eat healthy foods throughout the year. Leanne Brown as a graduate student began investigating how far we can stretch a dollar without having to be unhealthy and has proof that we can feed ourselves off of just \$4/day!

Compliancy issues covered: Health/Wellness/Families

Program: 'Conversations' Part: 1

Guest: Dr. Gil Kajiki

Chairman EAS Steering Committee for the State of Washington

Air Date: 1/24/16

Air Time: 10:00-10:15 am

LENGTH: 12:30

Category: Technology, Government, Terrorism, Communication

Dr. Gil Kajiki, founder of Worldwide Treatment Center The Valley Thyroid Institute, offers new hope and answers to people suffering from thyroid conditions. His treatments are not the conventional over the counter, pop a pill formula. Kajiki takes us thru his quest for a healthier lifestyle without medication.

Compliancy issues covered: Health/Wellness

Program: 'Conversations' Part: 2

Guest: Julia Schopick

Airdate: 1/24/16

Air Time: 10:15-10:30 am

LENGTH 12:30

Description:

Author Julia Schopick turned to 'Honest Medicine' when her husband was diagnosed with a very serious, cancerous brain tumor and was able to prolong his life for over 15 years. She found an effective, time-tested, inexpensive treatments for various life-threatening diseases and wanted to share her knowledge with the world. Julia talks to us about treatments and alternatives to regular conventional medicine.

Compliance issues covered: Health/Wellness

Program: 'Conversations' Part: 1

Subject: Health, Technology

Guest: Dr David Villarreal

LENGTH 12:30

Airdate: 2/7/16

Air Time: 10:45-11:00 pm

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

Compliance issues covered: Health, Technology

Program: 'Conversations' Part: 2

Guest: David Clark

Airdate: 2/7/16

Air Time: 10:45-11:00 pm

Subject: Culture, Aging, Education

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

LENGTH 12:30

Compliance issues covered: Culture, Aging, Education

Program: 'Conversations' Part: 1

Guest Neal Katz

Subject: Wild Weasel Program

Airdate: 2/7/16

Air Time: 10:00-10:15 pm

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

LENGTH: 12:30

Compliance issues covered: Gender-Specific

Program: 'Conversations' Part: 2

Guest: Doogie Horner

Subject: Culture

LENGTH 12:30

Airdate: 2/7/16

Air Time: 10:15-10:30 pm

Description:

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

Compliance issues covered: Culture

Program: 'Conversations' Part: 1

Guest: James Connor

Subject: Business, Health/Wellness, Spirituality

LENGTH: 12:30

Airdate: 2/7/16

Air Time: 10:30-10:45 pm

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

capabilities and become a superhero. Now as fun as this all sounds, the practice I speak of is rooted traditionally in ideas like yoga and meditation.

Compliance issues covered: Business, Health/Wellness, Spirituality

Program: 'Conversations' Part: 2

Guest: Larry Correia

Subject: Government/Terrorism

Airdate: 2/14/16

Air Time: 10:45-11:00 pm

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

LENGTH 12:30

Compliance issues covered: Government/Terrorism

Program: 'Conversations' Part: 1

Guest: Guest: Kathleen Waite, Meredith Dennis

Subject: Community Activities, Health/Wellness

LENGTH: 12:30

Airdate: 2/14/16

Air Time: 10:00-10:15 pm

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

Compliance issues covered: Community Activities, Health/Wellness

Program: 'Conversations' Part: 1

Guest: Lumbie Milumbo

Subject: Labor, Families, Culture

LENGTH: 12:30

Airdate: 2/14/16

Air Time: 10:15-10:30 pm

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

Compliance issues covered: Labor, Families, Culture

Program: 'Conversations' Part: 2

Guest: Kirk Cassidy & Dr. Paul Meller

Subject: Aging, Government, Business

RUN TIME: 12:30

Airdate: 2/14/16

Air Time: 10:30-10:45 pm

Description:

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

Compliance issues covered: Aging, Government, Business

Program: 'Conversations' Part: 2

Guest: Ron Walter

Subject: Spirituality, Aging, Health, Government, Culture

Airdate: 2/14/16

Air Time: 10:45-11:00 pm

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

LENGTH: 12:30

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

Program: 'Conversations' Part: 1

Subject: Christianity in America

Guest: Peter Miller-Russo

Length: 12:30

Date Aired: 2/14/16

Time Aired: 10:00-10:15 pm

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

hunting down how the approach to the Christian religion have changed in the last 2000 years and how it's changing within America.

Compliance issues covered: Culture/Spirituality

Program: 'Conversations' Part: 2

Subject: Prescription Medication Abuse

Guest: Kyle Simon

Length: 12:30

Date Aired: 2/14/16

Time Aired: 10:15-10:30 pm

Summary: Kyle Simon is the Director of Policy and Advocacy for the Center for Lawful Access and Abuse Deterrence (CLAAD) in Washington, D.C., and an Adjunct Professor of U.S. Government at Valencia College. During this episode he cautions parents to not leave their medications unlocked and unsupervised. He also cautions all listeners to check with their doctors before taking any prescription medicine.

Compliance issues covered: Health/Education/Psychology

Program: 'Conversations' Part: 2

Guest: Jennifer Wright

Subject: Culture, Families

Airdate: 2/14/16

Air Time: 10:30-10:45 pm

Description: Though we see the beautiful leaves changing, and the fun and often food driven holidays, this time of year can also be particularly tough on us psychologically. We've just ended daylight saving time, it gets dark early and even the happiest of camper, curled up under a blanket on the couch can battle the season change and blues that come along with it. It's also statistically the time of year when the most relationships end.

Jennifer Wright takes a look back through history to identify how many famous names handled similar situations to give you a leg up on getting through the blues.

LENGTH 12:30

Compliance issues covered: Culture, Families

Program: 'Conversations' Part: 1

Guest: Barbara and Michael Foster

Subject: Culture, Families

Airdate: 2/14/16

Air Time: 10:00-10:15 pm

Description:

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

LENGTH 12:30

Compliance issues covered: Culture, Families

Program: 'Conversations' Part: 2

Subject: Business, Health/Wellness, Spirituality

Airdate: 2/21/16

LENGTH: 12:30

Air Time: 10:15-10:30 pm

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

Compliance issues covered: Business, Health/Wellness, Spirituality

Program: 'Conversations' Part: 1

Subject: Overcoming Codependency

Guest: Lesley Deveraux

Length: 12:30

Date Aired: 2/21/16

Time Aired: 10:30-10:45 pm

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

Compliance issues covered: Education/Spirituality

Program: 'Conversations' Part: 1

Guest: Jill Reynolds and Kevin Peterson

Subject: Community/Culture

Airdate: 2/21/16

Air Time: 10:45-11:00 pm

Category: Technology, Government, Environment, Culture

Description:

As the world continues to become more aware of how our energy use affects the resources around us, how will our lifestyle change? Regardless of our awareness, we as creatures will continue to ponder, tinker with and implement new idea and technologies

in our lives. How will those changes affect the world around us? The Northwest Energy Efficiency Alliance looks to help the region advance.

LENGTH: 12:30

Compliance issues covered: Community/Culture

Program: 'Conversations' Part: 2

Guest: Barbara Jamison

Subject: Animal Welfare

Airdate: 2/21/16

LENGTH: 12:30

Air Time: 10:45-11:00 pm

Description:

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

Compliance issues covered: Animals

Program: 'Conversations' Part: 1

Subject: The Pope and Politics

Guest: Brian Kenneth Swain

Length: 12:30

Airdate: 2/21/16

Air Time: 10:00-10:15 pm

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

Compliance issues covered: Culture/Spirituality/Government

Program: 'Conversations' Part: 2

Subject: Video games and reading

Guest: Mark Cheverton

Length: 12:30

Date Aired: 2/28/16

Time Aired: 10:15-10:30 pm

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

Compliance issues covered: Technology/Education/Youth

Program: 'Conversations' Part: 1

Guest: Rick Jones

Subject: Economy/Labor, Families

Airdate: 2/28/16

Air Time: 10:30-10:45 pm

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

Compliance issues covered: Economy/Labor, Families

Program: 'Conversations' Part: 2

Guest: Bill Steele

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

Airdate: 2/28/16

Air Time: 10:45-11:00 pm

Category: Description:

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

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

Program: 'Conversations' Part: 1

Subject: Energy Collection

Guest: Greg Kozera

Length: 12:30

Date Aired: 3/06/16

Time Aired: 10:00 – 10:15 pm

Summary: We spent the better part of the early summer reading about the arctic drilling fleet stationed in ports around the coasts of the Pacific Northwest. Some felt betrayed the

port would let a massive oil company use the land of cities that fight for to be known as greener than supporting oil. Others welcomed the growth in jobs and opportunity. Greg Kozera knows a thing or two about energy and how we collect it. He is an engineer with a master's degree in environmental engineering and an environmentalist with more than 35 years of experience in the natural gas and oil industry. Having designed fracking rigs, he's well versed on how the system works and presents an opinion on the future of energy in America.

Compliance issues covered:

Government/Business/Economy/Labor/Technology/Environment

Program: 'Conversations' Part: 2

Subject: Overcoming Codependency

Guest: Lesley Deveraux

Length: 12:30

Date Aired: 3/06/16

Time Aired: 10:15 – 10:30 pm

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

Compliance issues covered: Education/Spirituality

Program: 'Conversations' Part: 1

Guest: Dr. Donna Hamilton

Subject: Health/Wellness

Airdate: 3/06/16

LENGTH: 12:30

Air Time: 10:00-10:15 pm

Description:

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

Compliance issues covered: Health/Wellness

Program: 'Conversations' Part: 2

Guest: Lindsey Weldenbach

Subject: Business/Economy/Labor/Technology, Government

Airdate: 3/06/16

Air Time: 10:15-10:30 pm

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

LENGTH: 12:30

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

Program: 'Conversations' Part: 1

Guest: Dr Barry Bartusiak

Subject: Health/Wellness, Culture, Technology

Airdate: 3/06/16

Air Time: 10:30-10:45 pm

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

LENGTH: 12:30

Compliance issues covered: Health/Wellness, Culture, Technology

Program: 'Conversations' Part: 2

Guest: Vicki Morris

Subject: Health/Wellness, Business/Economy

Airdate: 3/06/16

Air Time: 10:45-11:00 pm

Description:

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

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

LENGTH: 12:30

Compliance issues covered: Health/Wellness, Business/Economy

Program: 'Conversations' Part: 1

Guest: Don Watkins

Subject: Government, Economy

Airdate: 3/06/16

LENGTH: 12:30

Air Time: 10:00-10:00 pm

Description:

In the next 11 months, among talk of climate change and terrorism/gun control, one of the main subjects we'll hear all the politicians discussing is income equality. Here in Washington, we'll be looked at and scrutinized for our early adoption of the \$15 minimum wage. Is it the government's job to find equality for the people. Don Watkins explores his thoughts on what needs to happen to keep people from being treated unfairly as action is taken.

Compliance issues covered: Government, Economy

Program: 'Conversations' Part: 2

Subject: Coping with Humor

Guest: Christopher Moore

Length: 12:30

Date Aired: 3/13/16

Time Aired: 10:15-10:30 pm

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

Compliance issues covered: Spirituality/Arts/Culture

Program: 'Conversations' Part: 1

Subject: Bullying in the Workplace

Guest: Wendy Trainor

Length: 12:30

Date Aired: 3/13/16

Time Aired: 10:30-10:45 pm

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

Compliance issues covered: Psychology/Community

Program: 'Conversations' Part: 2

Guest: Stephen Gardner

Subject: Government, Business/Economy

Airdate: 3/13/16

LENGTH: 12:30

Air Time: 10:45-11:00 pm

Category: Description:

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

Compliance issues covered: Government, Business/Economy

Program: 'Conversations' Part: 2

Subject: The Pope and Politics

Guest: Brian Kenneth Swain

Length: 12:30

Date Aired: 3/13/16

Time Aired: 10:00-10:15 pm

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

Compliance issues covered: Culture/Spirituality/Government

Program: 'Conversations' Part: 2

Guest: Mark P Friedlander, Jr

Subject: Environment, Government, Technology

Airdate: 3/20/16

Air Time: 10:15-10:30 pm

Category: Education, Government, Technology

Description:

An approach to educating our school children to excel in the future, STEM, draws criticism for its narrow focus on Science Technology Engineering and Math. Leaders like

President Obama and our own Bill Gates push for STEM education to keep the United States competitive with other countries that are booming in those fields.

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

LENGTH:

Compliance issues covered: Education, Government, Technology

Program: 'Conversations' Part: 1

Guest: Don Watkins

Subject: Government, Economy

Airdate: 3/20/16

Air Time: 10:15-10:45 am

Description:

LENGTH: 12:30

In the next 11 months, among talk of climate change and terrorism/gun control, one of the main subjects we'll hear all the politicians discussing is income equality. Here in Washington, we'll be looked at and scrutinized for our early adoption of the \$15 minimum wage. Is it the government's job to find equality for the people. Don Watkins explores his thoughts on what needs to happen to keep people from being treated unfairly as action is taken.

Compliance issues covered: Government, Economy

Program: 'Conversations' Part: 1

Subject: Infants, Baby Clothes

Guest: Jennifer Leavitt and Renee Zimmerman

Length: 12:30

Date Aired: 3/20/16

Time Aired: 10:00-10:15 am

Summary: Jennifer Leavitt is the VP of Marketing at The Bellevue Collection. She spoke to me about the 2016 Standout Style Runway Show at The Bellevue Collection happening April 23rd. 100% of the ticket sales of the show will benefit local non-profit, Eastside Baby Corner and will be used to purchase basic and specialty care items for babies and children in need on the community. Renee Zimmerman is the Executive Director at Eastside Baby Corner and explains their role in the community..

Compliance issues covered: Community Activities/Families/Youth