

**2016 FIRST QUARTERLY REPORT  
KNDD, 107.7 FM  
KNDD-FM & KNDD HD CH-1**

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

The following is a list of issues that KNDD-FM radio has determined to be of significant importance to 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, technology, 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-FM PUBLIC AFFAIRS PROGRAMMING IN ALPHABETICAL ORDER  
FOR JANUARY 1 – MARCH 31, 2016:**

"**CONVERSATIONS**" is a 30 minute interview show airing on Sundays between 6:00 – 7:00am. It's hosted and produced by Entercom's Public Affairs hosts Deanna Cruise 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-FM PSA'S AND COMMUNITY ACTIVITIES:**

Public Service Announcements (PSA's) are tied into specific charitable events, projects and community activities being supported by KNDD-FM. Causes supported by KNDD-FM are targeted to our audience, and include organizations dealing with education, violence, AIDS, hate crimes, the environment, and other community issues.

**KNDD-FM PUBLIC AFFAIRS PROGRAMMING, in alphabetical order**

**CONVERSATIONS:**

Program: 'Conversations' Part: 1  
Subject: Communication/Culture, Government  
Guest: G - Jonathan Maher  
Length: 12:30  
Date Aired: 1/03/16  
Time Aired: 6:00 – 6:15 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

Guest: Scott Smith

Airdate: 1/03/16

Time Aired: 6:15 – 6:30 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: 1

Subject: Dignity For Divas

Guest: Nikki Gane

Length: 12:31

Date Aired: 1/3/16

Time Aired: 6:30 – 6:45 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: Language

Guest: G - Abby Houck

Length: 12:30

Airdate: 1/04/16

Time Aired: 6:45 – 7:00 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 the their tough footsteps. Organizations like the Dear Jack Foundation and today, Cancer For College.

Compliancy issues covered: Community Activities, Health, Education

Program: 'Conversations' Part: 1

Guest: Peter Sacco

Airdate: 1/10/16

Time Aired: 6:00 – 6:15 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.

Compliancy issues covered: Health/Wellness

Program: 'Conversations' Part: 2

Subject: Aging/Spirituality

Guest: Ruth Fishel

Length: 12:30

Date Aired: 1/10/2016

Time Aired: 6:15 – 6:30 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: Pat Love

Airdate: 1/10/16

Time Aired: 6:30 – 6:45 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: 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: 6:45 – 7:00 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: Kalina & Kiana Champion

Airdate: 1/17/16

Time Aired: 6:00 – 6:15 a.m.

LENGTH 12:30

Category: Community Activities, Health, Education

Description:

These sisters have a long history of making music together, but when faced with a battle against cancer, it's where they found support that helps propel them further. Cancer For College is helping college aged kids continue their education in the face of a battle against the disease.

Compliance issues covered: Community Activities, Health, Education

Program: 'Conversations' Part: 2

Guest: Vicki Morris

Airdate: 1/17/2016

LENGTH 12:30

Time Aired: 6:15 – 6:30 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: 1

Subject: Health/Wellness

Guest: Alan Pritz

Length: 12:29

Date Aired: 1/17/16

Time Aired: 6:30 – 6:45 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: 6:45 –7:00 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.

Compliance Issues covered: Education, Business, Community, 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: 6:00-6:15 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.

Compliance issues covered: Health/Wellness

Program: 'Conversations' Part: 2

Guest: Julia Schopick

Airdate: 1/24/16

Air Time: 6:15-6:30 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: Emilio Iodice  
Airdate: 1/24/16  
Air Time: 6:30-6:45 am  
Description: 2016, Selecting The President: The Most Important Decision You Will Ever Make  
LENGTH 12:30  
Compliance issues covered: Politics, Education, Community

Program: 'Conversations'                      Part: 2  
Guest: Peter Neill  
Airdate: 1/24/16  
Air Time: 6:45-7:00 am  
Subject: Culture, Aging, Education  
Description: At a time when the world faces a multitude of potential calamities – ranging from climate change to a struggling oil industry to rapid population growth – the solution could be all around us.  
Water, the world's most valuable element, is the key ingredient to solving Earth's most vexing problems, says Peter Neill, author of "The Once and Future Ocean: Notes Toward a New Hydraulic Society" and director of the World Ocean Observatory ([www.worldoceanobservatory.org](http://www.worldoceanobservatory.org)).  
LENGTH 12:30  
Compliance issues covered: Culture, Education

Program: 'Conversations'                      Part: 1  
Guest: Lesia Cartelli  
Subject: Culture  
Airdate: 1/31/16  
Air Time: 6:00-6:15 am  
LENGTH 12:30  
Description:

Community Activities/Youth/Health/Wellness

Description: Angel Faces is a nonprofit that organizes and runs retreats to help adolescent girls struggling with an unfortunate trauma. For years after these girls leave the hospital, the staring, name-calling, teasing, and unwanted questions from their peers create a sort of living hell. Lesia discusses with us her past experiences with being severely burned herself in a gas explosion at the age on nine.

Compliance issues covered: Culture, Activities/Youth/Health/Wellness

Program: 'Conversations' Part: 2

Guest: Paige Padgett

Subject: Live Green/ recycle

Airdate: 1/31/16

Air Time: 6:15-6:30 am

Description: Description: The largest organ of your body is your skin. What you put on your skin is absorbed by the body and according to Paige Padgett deserves to be toxin-free. Padgett explains to us why it is so important to live a "green" lifestyle and the benefits of it.

LENGTH: 12:30

Compliance issues covered: Health/Wellness/Recycle/Live Green

Program: 'Conversations' Part: 1

Guest: Andrew Ginn

Subject: Business, Health/Wellness, Spirituality

Airdate: 1/31/16

Air Time: 6:30-6:45 am

LENGTH: 12:30

Description: Andrew is a graduate of the Seattle Drum School of Music, but has been helping out in various roles for years. Steve Smith is the mastermind behind the school, and offers students a way to take the art of music to a new level specifically as a percussionist - though the school is not just about drumming. Lessons are taught for a variety of different instruments, which Andrew explained on my visit up to their northgate location. Learn more now about a precious gem in the background of Seattle music culture with this talk we had when Andrew invited me to the school earlier this week

Compliance Issues covered: Education/Arts/Culture, Community Activities/Youth

Program: 'Conversations' Part: 2

Guest: Dr Gregory Jantz

Subject: Nicotine Addiction

Airdate: 1/31/16  
Air Time: 6:45-7:00 am  
Description: Are The Smokers In Your House Killing You?  
LENGTH 12:30  
Compliance issues covered: Health/Wellness/Education

Program: 'Conversations' Part: 1  
Guest: Guest: Suzanne Gwynn  
Subject: Community/Health/Wellness/Youth/Families  
Airdate: 2/7/16  
Air Time: 6:00-6:15 am  
LENGTH: 12:30

Description: Suzanne Gwynn is a registered nurse and Founder of Seattle's own Lady Bug House. Gwynn is trying to raise funds to see her dream become a reality by building a home and hospice for children battling terminal illnesses like cancer and their families. There are only two other hospices like this, one in CA and the other in AZ. Why Seattle? Gwynn discusses the need for Ladybug House and why specifically WA.  
Compliance issues covered: Community/Health/Wellness/Youth/Families

Program: 'Conversations' Part: 2  
Guest: David Clark  
Subject: Health/Wellness  
Airdate: 2/7/16  
Air Time: 6:15-6:30 am  
RUN TIME: 12:30

Description:  
Author of the best-selling book "Out There: A Story of Ultra Recovery", David Clark takes us on his weight loss journey and how running saved him from his addiction. Clark once weighed over 320 pounds and hit bottom while addicted to pain killers and alcohol. A decade later he has inspired thousands with his advice on how to change behaviors, beat addictions, and turn weakness into strength to become a success.

Compliance issues covered: Health/Wellness

Program: 'Conversations' Part: 1  
Guest: Dr Gregory Jantz  
Subject: Health/Wellness, Youth, Drug Abuse  
Airdate: 2/7/16  
LENGTH: 12:30  
Air Time: 6:30-6:45 am

Description: We all know someone who battles addiction or dependency to nicotine - perhaps you're battling it right now. Dr Jantz can help us explore the consequences of secondhand smoke and the difficult process to cut it out! He's the founder of The Center A Place of Hope in Edmonds Washington helping people battle and fight through the tribulations of recovery.

Compliance issues covered: Health/Wellness, Youth, Drug Abuse

Program: 'Conversations' Part: 2

Guest: Neal Katz

Subject: Government, Culture, Gender-Specific/Minorities

Airdate: 2/7/16

LENGTH: 12:30

Air Time: 6:45-7:00 am

Description: Fresh off of the Iowa caucuses, the presidential race is looking to start narrowing and defining itself. Both major parties have big work to do with close races. Today we'll talk to Mr Katz who considers himself a guy feminist - an idea he'll explain. Katz is ready to discuss the feminist friendly stances of both the major contenders of the democratic party as our own caucuses approach.

Compliance issues covered: Government, Culture, Gender-Specific/Minorities

Program: 'Conversations' Part: 1

Subject: Scenic Views of Volunteerism, Transcendental Encounters with Kindred Spirits and Lessons in Compassion

Guest: Robert Clancy

Length: 12:30

Date Aired: 2/14/16

Time Aired: 6:00-6:15 am

Summary: Robert Clancy is a soul hitchhiker. But then so are we all! Clancy says that "soul hitches" occur every day in interactions with others: any interaction—large or small—that changes how one views oneself, an event or the world. A chance run-in with a stranger or an intimate conversation with a family member creates an indelible imprint on our soul. You hitch a ride on someone else's soul and you are changed forever.

Consider it hitching a ride on a big, beautiful cosmic highway

Compliance issues covered: Health/Education/Psychology

Program: 'Conversations' Part: 2

Subject: Love and Loss

Guest: Stephanie Kirz

Length: 12:30

Date Aired: 2/14/2016

Time Aired: 6:15-6:30 am

Summary: The Bainbridge Island author, Stephanie Kirz, pens an emotional tale of the love when her husband unexpectedly passed away and how she was able to overcome the pain and find him again in special moments when she travelled throughout the world.

She documents her 5 year journey in Signs Of Life, Love and Other Miracles.

Compliance issues covered: Culture/Spirituality

Program: 'Conversations' Part: 1

Guest: Katie Workman

Subject: Families/Youth, Health/Wellness, Culture

Airdate: 2/14/16

Air Time: 6:30-6:45 am

LENGTH 12:30

Description:

Things are certainly radically different than when we were kids. Thanks to the enormity of options offered us through the excess of our culture, keeping a family fed becomes more and more challenging. Thanks to the people of a culture becoming more aware of our changing diets in the Pacific Northwest, it's hard to keep everyone satisfied. Katie Workman simplifies the system with healthy options designed to placate the entire family at dinner time.

Compliance issues covered: Culture, Families

Program: 'Conversations' Part: 2

Guest: Ms Rae Luskin

Subject: Education/Culture, Health/Wellness, Aging

Airdate: 2/14/16

Air Time: 6:45-7:00 am

LENGTH 12:30

Description: How many of us by six weeks into the year have already forgotten about or dismissed our New Year's Resolutions - what happened?! Ms Luskin argues that fear of failure may be a big factor in being able to succeed. She helps understand how to push fear out of our way and even embrace the bumps in the road. She has a bachelor's degree in Fine Arts and a master's in Urban Planning. For more than 15 years she has been a leader in using creative expression to nurture self-worth, resilience, healing and social change.

Compliance issues covered: Education/Culture, Health/Wellness, Aging

Program: 'Conversations' Part: 1

Subject: Overcoming Codependency

Guest: Ted Dunphy

Length: 12:30

Date Aired: 2/21/16

Time Aired: 6:00-6:15 am

Summary: Author Ted Dunphy opens up to us about his newest book which portrays the havoc caused by abuse hidden for decades. "Then The Devil to Pay" goes further, exploring the question of how a community of good people, attempting to do the right thing, fail to see the evil growing among them, while some of them deliberately cover it up. Dunphy talks to us about the sexual abuse scandal in Ireland and Boston and the root of all evil. Dunphy assimilates his book to the Oscar-nominated film "Spotlight".

Compliance Issues covered: Families/Youth/Crime/Violence

Program: 'Conversations' Part: 2

Subject: Spirituality/Health/Wellness

Guest: Michael Linenberger

Airdate: 2/21/16

Air Time: 6:15-6:30 am

LENGTH: 12:30

Description: An awakening was not scheduled in Michael Linenberger's calendar, but it happened anyway. Fortunately for us, he was paying attention, and the result is Simple Awakening: The Power of Inner Silence. Michael Linenberger is a successful businessman, a former VP in a large management consulting firm with several best-selling books on workday management to his credit. Starting in late 2012, Michael experienced an extraordinary, positive change happening spontaneously in his life. A profound inner silence began developing, one that grew stronger and stronger each day. From that silence, a fundamental set of life transformations emerged. He takes us thru his transformation and let's us know what we can do in our everyday life to find some 'silence'.

Compliance issues covered: Spirituality/Health/Wellness

Program: 'Conversations' Part: 1

Guest: Dr Magnano

Subject: The Public Relations Group

Airdate: 2/21/2016

Air Time: 6:30-6:45 am

Category: Technology, Government, Environment, Culture

LENGTH: 12:30

Description:

One of the toughest challenges come this time of year is having faced and perhaps waved goodbye to your New Year's resolutions, how do we keep ourselves from not letting the grey days turn into gluttonous comfort food eating? It's tough waiting through the long seattle rainy winter. Dr Magnano will help us understand how to combat the gulp and go lifestyles we develop with busy lives or even better how to avoid the bad habits we make in winter!

Compliance issues covered: Community/Culture

Program: 'Conversations' Part: 2

Guest: Natasha Trenev

Subject: Personal development in nutrition and weight control

Airdate: 2/21/16

Air Time: 6:45-7:00 am

LENGTH: 12:30

Description:

Seattle is a city regularly pushing humans toward progress. We lead the pack with technology, place strong emphasis on understanding our impact on the world, and we offer such a rich culture of dietary options - from eating tasty sodo barbeque to vegan living in madison valley. There's so much we don't understand about our own biology in part thanks to the trillions of bacteria living inside of us! Those bacteria outnumber us and understanding them may be key to personal development in nutrition and weight control. Natasha is an expert on the subject and can help better understand ourselves.

Compliance issues covered: Health/Wellness, Culture

Program: 'Conversations' Part: 1

Subject: Tempting the Devil In the Name of God

Guest: Howard Beckman

Length: 12:30

Airdate: 2/28/16

Air Time: 6:00-6:15 am.

Summary: Howard Beckman tells us about his voyage criss-crossing the globe in search of answers about addiction and long-term recovery. His book 'Tempting the Devil In the Name of God: The Heavy Hand Of Fate' details how alcohol and drug abuse lead Beckman to a prison in Thailand and finding himself to the road to recovery.

Compliance issues covered: Culture/Spirituality/Health

Program: 'Conversations' Part: 2

Subject: GetUpandGo5k.com

Guest: Tara Jorgensen

Length: 12:30

Date Aired: 2/28/16

Time Aired: 6:15-6:30 am

Summary: Tara Jorgensen is the co-president and chair of GetUpandGo5k Fundraising Event. This is a 5k run in Lake Forest Park on April 9th that includes a Kid's Dash. All the proceeds raised will go to the Seattle Children's Hospital Research and uncompensated care.

Compliance issues covered: Community Activities/Families/Youth

Program: 'Conversations' Part: 1

Guest: Joe Hammill

Subject: Economy/Labor, Families

Airdate: 2/28/16

Length: 12:30

Air Time: 6:30-6:45 am

Description: By Day, Joe Hammill helps make the events of Seattle Center come to life, but by night he makes the events of a charitable local group of scooter riders a success on the streets of Seattle. Now that team is embarking on a once in a lifetime adventure to ride and ride and ride.... and ride across this giant country all while raising money for Seattle's The Moyer Foundation!

Compliance issues covered: Drug Abuse, Transportation, Community Activities.

Program: 'Conversations' Part: 2

Guest: Lumbie Mlambo

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

Airdate: 2/28/16

Air Time: 6:45-7:00 am



Length 12:30

Category: 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 Activities/Youth, Health/Wellness

Program: 'Conversations' Part: 1

Subject: Life Through Lasagna Eyes: The Recipes for Life

Guest: Samantha Kendall

Length: 12:30

Date Aired: 3/06/16

Time Aired: 6:30 – 6:45 a.m.

Summary: Life Through Lasagna Eyes: The Recipes for Life, is the inspiring new book by Samantha A. Kendall. Known as Chicago's "Lasagna Lady," Kendall uses her love for the popular dish to draw synergies between layers of lasagna and the layers of life. The book draws from her life journey, overcoming adversity and tragedy. Kendall also opens up as to how everyone could learn from her experiences and realize there are always multiple layers to life.

Compliance issues covered: Health, Wellness

Program: 'Conversations' Part: 2

Subject: Family, Interaction

Guest: T. Katz

Length: 12:30

Date Aired: 3/06/16

Time Aired: 6:45 – 7:00 a.m.

Summary: Discovering your family tree has traditionally been an exciting and enlightening school activity where children learn about their ancestors and share pinnacle stories of their roots. But what happens when, due to adoption, you don't know your roots? T. Katz, author of No Family Tree For Me, was adopted and knows from personal experience how the vision of a family tree for children in non-traditional and blended families could be somewhat underwhelming when put on paper.

Compliance issues covered: Community/Family/Youth

Program: 'Conversations' Part: 1

Guest: Kellen Prouse

Subject: wheelsandred.com

Airdate: 3/6/16

Air Time: 6:00-6:15 am

LENGTH: 12:30

Description:

The Pacific Northwest sees some of the highest occurrences of Multiple sclerosis in the nation. Kellen is a proud author of wheels and red, a website documenting the challenge of living with MS with the positive outlook of how much fun you can still have living life. March is national MS awareness month and Kellen seeks to do his part to help those struggling see there's the possibility for a pretty great life still. He's a husband and father in Western Washington on disability and able to make it all work.

Compliance issues covered: Community Activities, Health/Wellness, Families

Program: 'Conversations' Part: 2

Guest: Stefanie C Ellis

Subject: Business/Economy/Labor/Technology, Government

Airdate: 3/06/16

Air Time: 6:15-6:30 am

LENGTH: 12:30

Description: Its' that time of year again when you're rushing outside your grocery store at big events or from the parents at your office - it's time to be tempted by Girl Scout cookies! I'm a thin mint and tagalong guy myself. In WA it's always tough to see a girl scout being rained upon - breaks my heart - but a great tactic to get me to buy cookies! This year, the Girl Scouts of Western Washington are looking for a way to include their friends at Seattle Humane and are holding a contest for the best cookies safe for our four legged dog friends! You can vote, listen up!

Compliance issues covered: Community Activities/Families/Youth, Business/Economy, Gender Specific

Program: 'Conversations' Part: 1

Guest: Judy Clement Wall

Subject: Health/Wellness

Airdate: 3/13/16

Air Time: 6:30-6:45 am

LENGTH: 12:30

Description: The craze for adult coloring books began three years ago and shows no sign of letting up. In response to this demand, and realizing the vast therapeutic effects of coloring, HCI Books has come up with their own unique series, beginning with the recovery and addictions community. Perfect for Seattle! The first in the series, Inspirations for Recovery, was illustrated by Judy Clement Wall. She explains to us the health benefits of coloring.

Compliance issues covered: Health/Wellness

Program: 'Conversations' Part: 2

Guest: Pouline Middleton

Subject: Spirituality/Health/Communication

Airdate: 3/13/16

6:45-7:00 am

Description:

LENGTH: 12:30

For single women wondering why another year has passed and they're still single, maybe they're going about it all wrong... Author Pouline Middleton went through a divorce and a relationship with a cheating man before she had an epiphany: perhaps there is no one man that can fill a woman's three essential needs — good conversation, great sex, and a handyman to do work around the house! She decided to experiment. She tell us how other women can learn from her experiences and find the right 'fit'.

Compliance issues covered: Spirituality/Health/Communication

Program: 'Conversations' Part: 1

Subject: Foster Kids

Guest: Jarrett Tomalin

Length: 12:30

Date Aired: 3/13/16

Time Aired: 6:00-6:15 am

Summary: It's rare to find a big company whose heart is put on display regularly putting their advertising and marketing efforts into helping those that would otherwise have a hard time getting a touch of the spotlight. The folks at Sleep Train spend a large percentage of their broadcasting time talking about looking out for Foster Kids. Through a series of great events, kids are looked after all year long including the super fun springtime Pajama Bowl

Compliance issues covered: Community Activities/Families/Youth, Education/Culture

Program: 'Conversations'

Part: 2

Subject: Pollution

Guest: Stephen C Meyer

Length: 12:30

Date Aired: 3/13/15

Time Aired: 6:15-6:30 am

Summary: We're living in a time when our country cannot agree on science related to the changing Earth. Are the changes the result of man made pollutants, are they natural? Do they even indeed exist? In somewhere as liberal as Seattle, these questions may be scoffed at, but how blue is the state? Do our friends outside the city agree? There's often a perception that science reduces faith out of a picture. Stephen C Meyer, by using science, would argue on behalf of intelligent design.

Compliance issues covered: Spirituality, Technology, Education/Communication/Culture

Program: 'Conversations'

Part: 1

Guest: Don Watkins

Subject: Government, Economy

Airdate: 3/13/16

Air Time: 6:30-6:45 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: 2

Guest: Stephen Gardner

Subject: Government, Business/Economy

Airdate: 3/13/16

Air Time: 6:45-7:00 am

Category: Description:

LENGTH: 12:30

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: 1

Subject: Infants, Baby Clothes

Guest: Jennifer Leavitt and Renee Zimmerman

Length: 12:30

Date Aired: 3/20/16

Time Aired: 6:00-6:15 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

Program: 'Conversations' Part: 2

Subject: Leadership

Guest: Paul David Walker

Length: 12:30

Date Aired: 3/20/16

Time Aired: 6:15-6:30 am

Summary: Executive coach to Fortune 500 CEOs, Paul David Walker's coaching style is inimitable! By first discovering the unique talents of leaders, he then creates a strategic plan to help them meet their goals in ways that feel natural. His leadership coaching has helped create visionaries, and he shares many valuable insights to finding success in his new book, Invent Your Future – Starting With Your Calling (High Point Executive Publications).

Compliance issues covered: Business/Technology/Communication

Program: 'Conversations' Part: 1

Guest: Tom Nix

Subject: Feelings, Emotions

Airdate: 3/20/16

Air Time: 6:30-6:45 am

Description:

LENGTH: 12:30

At one point or another, the conditions of our lives stack up, seemingly insurmountable and we find ourselves feeling overwhelmed and unable to do anything about it. Sure there's a feeling sorry for oneself period, but that can be hugely demoralizing. Change to make yourself great again starts from within and Tom knows how to get it done.

Compliance issues covered: Business, Community Activities

Program: 'Conversations' Part: 2

Guest: William S Wooditch

Subject: Communication/Culture

Air Time: 6:45-7:00 am

Airdate: 3/20/16

Category: Communication/Culture

LENGTH: 12:30

Description:

Now that we're this far into 2016 already, it's important to understand that those challenges for change - our resolutions - that many of us set out to achieve all those months ago don't have to exist only for those couple weeks at the new year. Seattle rain is gonna stop you from going outside sometimes, but a better you isn't just dependent on physical health or quitting smoking. There's more to it and Bill has developed his own system to get you past the hump.

Compliance issues covered: Communication/Culture

Program: 'Conversations' Part: 1

Guest: Randi Regan

Subject: <https://www.seattlechildrens.org/>

Air Time: 6:00-6:15 am

Airdate: 3/27/16

Category: Communication/Culture

LENGTH: 12:30

Description:

Stephanie, looking for a way to give her young son a learning experience while broadening his artistic palette, started making monster magnets. The family heads to the Olympia Spring Art Walk to show off their wares, and hopefully sell a few to make money for contribution to Seattle Children's Hospital.

Compliance issues covered: Communication/Culture

Program: 'Conversations' Part: 2

Guest: Stephen Gardner

Subject: <https://www.seattlechildrens.org/>

Air Time: 6:15-6:30 am

Airdate: 3/27/16

Category: Communication/Culture

LENGTH: 12:30

Description:

As another tech giant announces that it will be moving into South Lake Union, the cost of everything in Seattle will start to look towards the sky. A traditional way we invest money in housing will require many to pick up stakes and move outside the city even further. Meanwhile another traditional means for investing your hard earned money is the stock market. That too has looked worse than anticipated with a rough start to 2016 after an already tough 2015. Stephen Gardner a safe-money specialist and author of "A Bridge Over Troubled Wall Street". While the market will always be risky, Stephen suggests another angle.

Compliance issues covered: Communication/Culture

Program: 'Conversations' Part: 1

Guest: John Horvat

Subject: Link: [www.returntoorder.org](http://www.returntoorder.org)

Air Time: 6:30-6:45 am

Airdate: 3/27/16

Category: Communication/Culture

LENGTH: 12:30

Description:

We've just turned a huge cultural corner in America, one where the Supreme Court made the most narrow of decisions to make marriage equality. Though this happened at a federal level, the country, and Supreme Court, remains largely divided on the subject. John Horvat sees the finding as a failure for America while many other specifically in regions like Seattle see it as a victory.

Compliance issues covered: Government, Culture/Families, Gender-Specific

Program: 'Conversations' Part: 2

Guest: Scott Smith

Subject: Taxes

Air Time: 6:30-6:45 am

Airdate: 3/27/16



Category: Communication/Culture

LENGTH: 12:30

Description:

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

### **KNDD-FM PSA'S AND COMMUNITY ACTIVITIES FOR THE FIRST QUARTER, 2016:**

#### **WEBPAGE:**

Event: Workers #9 Vodka

Charity: Washington Firefighters Association.

Date: 1-1/3-31-2016

How promoted: 193 on air mention and 148 streaming spots, web presence.

Event: Bourbon and Bacon Fest- Motley Zoo

Charity: Motley Zoo

Date: 3-5-2016

How promoted: 302 on air mention and 349 streaming spots, web presence.

Event: Taco Fest Challenge 2016- SeaFair

Charity: Seafair

Date: 5-7-2016

How promoted: 165 on air mention and 195 streaming spots, web presence.

Event: Be more than a bystander- anti bully

Date: 1-1/3-31

How promoted: website presence.

How promoted: 162 promos and 105 streaming promos.

Charity: Anti-Bullying

Event: [www.stopbullying.gov](http://www.stopbullying.gov)

Date: 1/1 – 3/31/16

How promoted: 96 on-air and 122 streaming spots, website presence.

**2016 FIRST QUARTERLY REPORT  
KNDD, 107.7 FM  
KNDD-FM & KNDD HD CH-1**

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

The following is a list of issues that KNDD-FM radio has determined to be of significant importance to 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, technology, 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-FM PUBLIC AFFAIRS PROGRAMMING IN ALPHABETICAL ORDER  
FOR JANUARY 1 – MARCH 31, 2016:**

"**CONVERSATIONS**" is a 30 minute interview show airing on Sundays between 6:00 – 7:00am. It's hosted and produced by Entercom's Public Affairs hosts Deanna Cruise 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-FM PSA'S AND COMMUNITY ACTIVITIES:**

Public Service Announcements (PSA's) are tied into specific charitable events, projects and community activities being supported by KNDD-FM. Causes supported by KNDD-FM are targeted to our audience, and include organizations dealing with education, violence, AIDS, hate crimes, the environment, and other community issues.

**KNDD-FM PUBLIC AFFAIRS PROGRAMMING, in alphabetical order**

**CONVERSATIONS:**

Program: 'Conversations' Part: 1  
Subject: Communication/Culture, Government  
Guest: G - Jonathan Maher  
Length: 12:30  
Date Aired: 1/03/16  
Time Aired: 6:00 – 6:15 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

Guest: Scott Smith

Airdate: 1/03/16

Time Aired: 6:15 – 6:30 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: 1

Subject: Dignity For Divas

Guest: Nikki Gane

Length: 12:31

Date Aired: 1/3/16

Time Aired: 6:30 – 6:45 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: Language

Guest: G - Abby Houck

Length: 12:30

Airdate: 1/04/16

Time Aired: 6:45 – 7:00 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 the their tough footsteps. Organizations like the Dear Jack Foundation and today, Cancer For College.

Compliancy issues covered: Community Activities, Health, Education

Program: 'Conversations' Part: 1

Guest: Peter Sacco

Airdate: 1/10/16

Time Aired: 6:00 – 6:15 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.

Compliancy issues covered: Health/Wellness

Program: 'Conversations' Part: 2

Subject: Aging/Spirituality

Guest: Ruth Fishel

Length: 12:30

Date Aired: 1/10/2016

Time Aired: 6:15 – 6:30 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: Pat Love

Airdate: 1/10/16

Time Aired: 6:30 – 6:45 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: 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: 6:45 – 7:00 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: Kalina & Kiana Champion

Airdate: 1/17/16

Time Aired: 6:00 – 6:15 a.m.

LENGTH 12:30

Category: Community Activities, Health, Education

Description:



These sisters have a long history of making music together, but when faced with a battle against cancer, it's where they found support that helps propel them further. Cancer For College is helping college aged kids continue their education in the face of a battle against the disease.

Compliance issues covered: Community Activities, Health, Education

Program: 'Conversations' Part: 2

Guest: Vicki Morris

Airdate: 1/17/2016

LENGTH 12:30

Time Aired: 6:15 – 6:30 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: 1

Subject: Health/Wellness

Guest: Alan Pritz

Length: 12:29

Date Aired: 1/17/16

Time Aired: 6:30 – 6:45 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: 6:45 –7:00 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.

Compliance Issues covered: Education, Business, Community, 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: 6:00-6:15 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.

Compliance issues covered: Health/Wellness

Program: 'Conversations' Part: 2

Guest: Julia Schopick

Airdate: 1/24/16

Air Time: 6:15-6:30 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: Emilio Iodice  
Airdate: 1/24/16  
Air Time: 6:30-6:45 am  
Description: 2016, Selecting The President: The Most Important Decision You Will Ever Make  
LENGTH 12:30  
Compliance issues covered: Politics, Education, Community

Program: 'Conversations'                      Part: 2  
Guest: Peter Neill  
Airdate: 1/24/16  
Air Time: 6:45-7:00 am  
Subject: Culture, Aging, Education  
Description: At a time when the world faces a multitude of potential calamities – ranging from climate change to a struggling oil industry to rapid population growth – the solution could be all around us.  
Water, the world's most valuable element, is the key ingredient to solving Earth's most vexing problems, says Peter Neill, author of "The Once and Future Ocean: Notes Toward a New Hydraulic Society" and director of the World Ocean Observatory ([www.worldoceanobservatory.org](http://www.worldoceanobservatory.org)).  
LENGTH 12:30  
Compliance issues covered: Culture, Education

Program: 'Conversations'                      Part: 1  
Guest: Lesia Cartelli  
Subject: Culture  
Airdate: 1/31/16  
Air Time: 6:00-6:15 am  
LENGTH 12:30  
Description:

Community Activities/Youth/Health/Wellness

Description: Angel Faces is a nonprofit that organizes and runs retreats to help adolescent girls struggling with an unfortunate trauma. For years after these girls leave the hospital, the staring, name-calling, teasing, and unwanted questions from their peers create a sort of living hell. Lesia discusses with us her past experiences with being severely burned herself in a gas explosion at the age on nine.

Compliance issues covered: Culture, Activities/Youth/Health/Wellness

Program: 'Conversations' Part: 2

Guest: Paige Padgett

Subject: Live Green/ recycle

Airdate: 1/31/16

Air Time: 6:15-6:30 am

Description: Description: The largest organ of your body is your skin. What you put on your skin is absorbed by the body and according to Paige Padgett deserves to be toxin-free. Padgett explains to us why it is so important to live a "green" lifestyle and the benefits of it.

LENGTH: 12:30

Compliance issues covered: Health/Wellness/Recycle/Live Green

Program: 'Conversations' Part: 1

Guest: Andrew Ginn

Subject: Business, Health/Wellness, Spirituality

Airdate: 1/31/16

Air Time: 6:30-6:45 am

LENGTH: 12:30

Description: Andrew is a graduate of the Seattle Drum School of Music, but has been helping out in various roles for years. Steve Smith is the mastermind behind the school, and offers students a way to take the art of music to a new level specifically as a percussionist - though the school is not just about drumming. Lessons are taught for a variety of different instruments, which Andrew explained on my visit up to their northgate location. Learn more now about a precious gem in the background of Seattle music culture with this talk we had when Andrew invited me to the school earlier this week

Compliance Issues covered: Education/Arts/Culture, Community Activities/Youth

Program: 'Conversations' Part: 2

Guest: Dr Gregory Jantz

Subject: Nicotine Addiction

Airdate: 1/31/16  
Air Time: 6:45-7:00 am  
Description: Are The Smokers In Your House Killing You?  
LENGTH 12:30  
Compliance issues covered: Health/Wellness/Education

Program: 'Conversations' Part: 1  
Guest: Guest: Suzanne Gwynn  
Subject: Community/Health/Wellness/Youth/Families  
Airdate: 2/7/16  
Air Time: 6:00-6:15 am  
LENGTH: 12:30

Description: Suzanne Gwynn is a registered nurse and Founder of Seattle's own Lady Bug House. Gwynn is trying to raise funds to see her dream become a reality by building a home and hospice for children battling terminal illnesses like cancer and their families. There are only two other hospices like this, one in CA and the other in AZ. Why Seattle? Gwynn discusses the need for Ladybug House and why specifically WA.  
Compliance issues covered: Community/Health/Wellness/Youth/Families

Program: 'Conversations' Part: 2  
Guest: David Clark  
Subject: Health/Wellness  
Airdate: 2/7/16  
Air Time: 6:15-6:30 am  
RUN TIME: 12:30

Description:  
Author of the best-selling book "Out There: A Story of Ultra Recovery", David Clark takes us on his weight loss journey and how running saved him from his addiction. Clark once weighed over 320 pounds and hit bottom while addicted to pain killers and alcohol. A decade later he has inspired thousand with his advice on how to change behaviors, beat addictions, and turn weakness into strength to become a success.

Compliance issues covered: Health/Wellness

Program: 'Conversations' Part: 1  
Guest: Dr Gregory Jantz  
Subject: Health/Wellness, Youth, Drug Abuse  
Airdate: 2/7/16  
LENGTH: 12:30  
Air Time: 6:30-6:45 am

Description: We all know someone who battles addiction or dependency to nicotine - perhaps you're battling it right now. Dr Jantz can help us explore the consequences of secondhand smoke and the difficult process to cut it out! He's the founder of The Center A Place of Hope in Edmonds Washington helping people battle and fight through the tribulations of recovery.

Compliance issues covered: Health/Wellness, Youth, Drug Abuse

Program: 'Conversations' Part: 2

Guest: Neal Katz

Subject: Government, Culture, Gender-Specific/Minorities

Airdate: 2/7/16

LENGTH: 12:30

Air Time: 6:45-7:00 am

Description: Fresh off of the Iowa caucuses, the presidential race is looking to start narrowing and defining itself. Both major parties have big work to do with close races. Today we'll talk to Mr Katz who considers himself a guy feminist - an idea he'll explain. Katz is ready to discuss the feminist friendly stances of both the major contenders of the democratic party as our own caucuses approach.

Compliance issues covered: Government, Culture, Gender-Specific/Minorities

Program: 'Conversations' Part: 1

Subject: Scenic Views of Volunteerism, Transcendental Encounters with Kindred Spirits and Lessons in Compassion

Guest: Robert Clancy

Length: 12:30

Date Aired: 2/14/16

Time Aired: 6:00-6:15 am

Summary: Robert Clancy is a soul hitchhiker. But then so are we all! Clancy says that "soul hitches" occur every day in interactions with others: any interaction—large or small—that changes how one views oneself, an event or the world. A chance run-in with a stranger or an intimate conversation with a family member creates an indelible imprint on our soul. You hitch a ride on someone else's soul and you are changed forever.

Consider it hitching a ride on a big, beautiful cosmic highway

Compliance issues covered: Health/Education/Psychology

Program: 'Conversations' Part: 2

Subject: Love and Loss

Guest: Stephanie Kirz

Length: 12:30

Date Aired: 2/14/2016

Time Aired: 6:15-6:30 am

Summary: The Bainbridge Island author, Stephanie Kirz, pens an emotional tale of the love when her husband unexpectedly passed away and how she was able to overcome the pain and find him again in special moments when she travelled throughout the world.

She documents her 5 year journey in Signs Of Life, Love and Other Miracles.

Compliance issues covered: Culture/Spirituality

Program: 'Conversations' Part: 1

Guest: Katie Workman

Subject: Families/Youth, Health/Wellness, Culture

Airdate: 2/14/16

Air Time: 6:30-6:45 am

LENGTH 12:30

Description:

Things are certainly radically different than when we were kids. Thanks to the enormity of options offered us through the excess of our culture, keeping a family fed becomes more and more challenging. Thanks to the people of a culture becoming more aware of our changing diets in the Pacific Northwest, it's hard to keep everyone satisfied. Katie Workman simplifies the system with healthy options designed to placate the entire family at dinner time.

Compliance issues covered: Culture, Families

Program: 'Conversations' Part: 2

Guest: Ms Rae Luskin

Subject: Education/Culture, Health/Wellness, Aging

Airdate: 2/14/16

Air Time: 6:45-7:00 am

LENGTH 12:30

Description: How many of us by six weeks into the year have already forgotten about or dismissed our New Year's Resolutions - what happened?! Ms Luskin argues that fear of failure may be a big factor in being able to succeed. She helps understand how to push fear out of our way and even embrace the bumps in the road. She has a bachelor's degree in Fine Arts and a master's in Urban Planning. For more than 15 years she has been a leader in using creative expression to nurture self-worth, resilience, healing and social change.

Compliance issues covered: Education/Culture, Health/Wellness, Aging

Program: 'Conversations' Part: 1

Subject: Overcoming Codependency

Guest: Ted Dunphy

Length: 12:30

Date Aired: 2/21/16

Time Aired: 6:00-6:15 am

Summary: Author Ted Dunphy opens up to us about his newest book which portrays the havoc caused by abuse hidden for decades. "Then The Devil to Pay" goes further, exploring the question of how a community of good people, attempting to do the right thing, fail to see the evil growing among them, while some of them deliberately cover it up. Dunphy talks to us about the sexual abuse scandal in Ireland and Boston and the root of all evil. Dunphy assimilates his book to the Oscar-nominated film "Spotlight".

Compliance Issues covered: Families/Youth/Crime/Violence

Program: 'Conversations' Part: 2

Subject: Spirituality/Health/Wellness

Guest: Michael Linenberger

Airdate: 2/21/16

Air Time: 6:15-6:30 am

LENGTH: 12:30

Description: An awakening was not scheduled in Michael Linenberger's calendar, but it happened anyway. Fortunately for us, he was paying attention, and the result is Simple Awakening: The Power of Inner Silence. Michael Linenberger is a successful businessman, a former VP in a large management consulting firm with several best-selling books on workday management to his credit. Starting in late 2012, Michael experienced an extraordinary, positive change happening spontaneously in his life. A profound inner silence began developing, one that grew stronger and stronger each day. From that silence, a fundamental set of life transformations emerged. He takes us thru his transformation and let's us know what we can do in our everyday life to find some 'silence'.

Compliance issues covered: Spirituality/Health/Wellness



Program: 'Conversations' Part: 1

Guest: Dr Magnano

Subject: The Public Relations Group

Airdate: 2/21/2016

Air Time: 6:30-6:45 am

Category: Technology, Government, Environment, Culture

LENGTH: 12:30

Description:

One of the toughest challenges come this time of year is having faced and perhaps waved goodbye to your New Year's resolutions, how do we keep ourselves from not letting the grey days turn into gluttonous comfort food eating? It's tough waiting through the long seattle rainy winter. Dr Magnano will help us understand how to combat the gulp and go lifestyles we develop with busy lives or even better how to avoid the bad habits we make in winter!

Compliance issues covered: Community/Culture

Program: 'Conversations' Part: 2

Guest: Natasha Trenev

Subject: Personal development in nutrition and weight control

Airdate: 2/21/16

Air Time: 6:45-7:00 am

LENGTH: 12:30

Description:

Seattle is a city regularly pushing humans toward progress. We lead the pack with technology, place strong emphasis on understanding our impact on the world, and we offer such a rich culture of dietary options - from eating tasty sodo barbeque to vegan living in madison valley. There's so much we don't understand about our own biology in part thanks to the trillions of bacteria living inside of us! Those bacteria outnumber us and understanding them may be key to personal development in nutrition and weight control. Natasha is an expert on the subject and can help better understand ourselves.

Compliance issues covered: Health/Wellness, Culture

Program: 'Conversations' Part: 1

Subject: Tempting the Devil In the Name of God

Guest: Howard Beckman

Length: 12:30

Airdate: 2/28/16

Air Time: 6:00-6:15 am.

Summary: Howard Beckman tells us about his voyage criss-crossing the globe in search of answers about addiction and long-term recovery. His book 'Tempting the Devil In the Name of God: The Heavy Hand Of Fate' details how alcohol and drug abuse lead Beckman to a prison in Thailand and finding himself to the road to recovery.

Compliance issues covered: Culture/Spirituality/Health

Program: 'Conversations' Part: 2

Subject: GetUpandGo5k.com

Guest: Tara Jorgensen

Length: 12:30

Date Aired: 2/28/16

Time Aired: 6:15-6:30 am

Summary: Tara Jorgensen is the co-president and chair of GetUpandGo5k Fundraising Event. This is a 5k run in Lake Forest Park on April 9th that includes a Kid's Dash. All the proceeds raised will go to the Seattle Children's Hospital Research and uncompensated care.

Compliance issues covered: Community Activities/Families/Youth

Program: 'Conversations' Part: 1

Guest: Joe Hammill

Subject: Economy/Labor, Families

Airdate: 2/28/16

Length: 12:30

Air Time: 6:30-6:45 am

Description: By Day, Joe Hammill helps make the events of Seattle Center come to life, but by night he makes the events of a charitable local group of scooter riders a success on the streets of Seattle. Now that team is embarking on a once in a lifetime adventure to ride and ride and ride.... and ride across this giant country all while raising money for Seattle's The Moyer Foundation!

Compliance issues covered: Drug Abuse, Transportation, Community Activities.

Program: 'Conversations' Part: 2

Guest: Lumbie Mlambo

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

Airdate: 2/28/16

Air Time: 6:45-7:00 am

Length 12:30

Category: 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 Activities/Youth, Health/Wellness

Program: 'Conversations'

Part: 1

Subject: Life Through Lasagna Eyes: The Recipes for Life

Guest: Samantha Kendall

Length: 12:30

Date Aired: 3/06/16

Time Aired: 6:30 – 6:45 a.m.

Summary: Life Through Lasagna Eyes: The Recipes for Life, is the inspiring new book by Samantha A. Kendall. Known as Chicago's "Lasagna Lady," Kendall uses her love for the popular dish to draw synergies between layers of lasagna and the layers of life. The book draws from her life journey, overcoming adversity and tragedy. Kendall also opens up as to how everyone could learn from her experiences and realize there are always multiple layers to life.

Compliance issues covered: Health, Wellness

Program: 'Conversations'

Part: 2

Subject: Family, Interaction

Guest: T. Katz

Length: 12:30

Date Aired: 3/06/16

Time Aired: 6:45 – 7:00 a.m.

Summary: Discovering your family tree has traditionally been an exciting and enlightening school activity where children learn about their ancestors and share pinnacle stories of their roots. But what happens when, due to adoption, you don't know your roots? T. Katz, author of No Family Tree For Me, was adopted and knows from personal experience how the vision of a family tree for children in non-traditional and blended families could be somewhat underwhelming when put on paper.

Compliance issues covered: Community/Family/Youth

Program: 'Conversations'

Part: 1

Guest: Kellen Prouse

Subject: wheelsandred.com

Airdate: 3/6/16

Air Time: 6:00-6:15 am

LENGTH: 12:30

Description:

The Pacific Northwest sees some of the highest occurrences of Multiple sclerosis in the nation. Kellen is a proud author of wheels and red, a website documenting the challenge of living with MS with the positive outlook of how much fun you can still have living life. March is national MS awareness month and Kellen seeks to do his part to help those struggling see there's the possibility for a pretty great life still. He's a husband and father in Western Washington on disability and able to make it all work.

Compliance issues covered: Community Activities, Health/Wellness, Families

Program: 'Conversations' Part: 2

Guest: Stefanie C Ellis

Subject: Business/Economy/Labor/Technology, Government

Airdate: 3/06/16

Air Time: 6:15-6:30 am

LENGTH: 12:30

Description: Its' that time of year again when you're rushing outside your grocery store at big events or from the parents at your office - it's time to be tempted by Girl Scout cookies! I'm a thin mint and tagalong guy myself. In WA it's always tough to see a girl scout being rained upon - breaks my heart - but a great tactic to get me to buy cookies! This year, the Girl Scouts of Western Washington are looking for a way to include their friends at Seattle Humane and are holding a contest for the best cookies safe for our four legged dog friends! You can vote, listen up!

Compliance issues covered: Community Activities/Families/Youth, Business/Economy, Gender Specific

Program: 'Conversations' Part: 1

Guest: Judy Clement Wall

Subject: Health/Wellness

Airdate: 3/13/16

Air Time: 6:30-6:45 am

LENGTH: 12:30

Description: The craze for adult coloring books began three years ago and shows no sign of letting up. In response to this demand, and realizing the vast therapeutic effects of coloring, HCI Books has come up with their own unique series, beginning with the recovery and addictions community. Perfect for Seattle! The first in the series, Inspirations for Recovery, was illustrated by Judy Clement Wall. She explains to us the health benefits of coloring.

Compliance issues covered: Health/Wellness

Program: 'Conversations' Part: 2

Guest: Pouline Middleton

Subject: Spirituality/Health/Communication

Airdate: 3/13/16

6:45-7:00 am

Description:

LENGTH: 12:30

For single women wondering why another year has passed and they're still single, maybe they're going about it all wrong... Author Pouline Middleton went through a divorce and a relationship with a cheating man before she had an epiphany: perhaps there is no one man that can fill a woman's three essential needs — good conversation, great sex, and a handyman to do work around the house! She decided to experiment. She tell us how other women can learn from her experiences and find the right 'fit'.

Compliance issues covered: Spirituality/Health/Communication

Program: 'Conversations' Part: 1

Subject: Foster Kids

Guest: Jarrett Tomalin

Length: 12:30

Date Aired: 3/13/16

Time Aired: 6:00-6:15 am

Summary: It's rare to find a big company whose heart is put on display regularly putting their advertising and marketing efforts into helping those that would otherwise have a hard time getting a touch of the spotlight. The folks at Sleep Train spend a large percentage of their broadcasting time talking about looking out for Foster Kids. Through a series of great events, kids are looked after all year long including the super fun springtime Pajama Bowl

Compliance issues covered: Community Activities/Families/Youth, Education/Culture

Program: 'Conversations'

Part: 2

Subject: Pollution

Guest: Stephen C Meyer

Length: 12:30

Date Aired: 3/13/15

Time Aired: 6:15-6:30 am

Summary: We're living in a time when our country cannot agree on science related to the changing Earth. Are the changes the result of man made pollutants, are they natural? Do they even indeed exist? In somewhere as liberal as Seattle, these questions may be scoffed at, but how blue is the state? Do our friends outside the city agree? There's often a perception that science reduces faith out of a picture. Stephen C Meyer, by using science, would argue on behalf of intelligent design.

Compliance issues covered: Spirituality, Technology, Education/Communication/Culture

Program: 'Conversations'

Part: 1

Guest: Don Watkins

Subject: Government, Economy

Airdate: 3/13/16

Air Time: 6:30-6:45 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: 2

Guest: Stephen Gardner

Subject: Government, Business/Economy

Airdate: 3/13/16

Air Time: 6:45-7:00 am

Category: Description:

LENGTH: 12:30

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: 1

Subject: Infants, Baby Clothes

Guest: Jennifer Leavitt and Renee Zimmerman

Length: 12:30

Date Aired: 3/20/16

Time Aired: 6:00-6:15 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

Program: 'Conversations' Part: 2

Subject: Leadership

Guest: Paul David Walker

Length: 12:30

Date Aired: 3/20/16

Time Aired: 6:15-6:30 am

Summary: Executive coach to Fortune 500 CEOs, Paul David Walker's coaching style is inimitable! By first discovering the unique talents of leaders, he then creates a strategic plan to help them meet their goals in ways that feel natural. His leadership coaching has helped create visionaries, and he shares many valuable insights to finding success in his new book, Invent Your Future – Starting With Your Calling (High Point Executive Publications).

Compliance issues covered: Business/Technology/Communication

Program: 'Conversations' Part: 1

Guest: Tom Nix

Subject: Feelings, Emotions

Airdate: 3/20/16

Air Time: 6:30-6:45 am

Description:

LENGTH: 12:30

At one point or another, the conditions of our lives stack up, seemingly insurmountable and we find ourselves feeling overwhelmed and unable to do anything about it. Sure there's a feeling sorry for oneself period, but that can be hugely demoralizing. Change to make yourself great again starts from within and Tom knows how to get it done.

Compliance issues covered: Business, Community Activities

Program: 'Conversations' Part: 2

Guest: William S Wooditch

Subject: Communication/Culture

Air Time: 6:45-7:00 am

Airdate: 3/20/16



Category: Communication/Culture

LENGTH: 12:30

Description:

Now that we're this far into 2016 already, it's important to understand that those challenges for change - our resolutions - that many of us set out to achieve all those months ago don't have to exist only for those couple weeks at the new year. Seattle rain is gonna stop you from going outside sometimes, but a better you isn't just dependent on physical health or quitting smoking. There's more to it and Bill has developed his own system to get you past the hump.

Compliance issues covered: Communication/Culture

Program: 'Conversations' Part: 1

Guest: Randi Regan

Subject: <https://www.seattlechildrens.org/>

Air Time: 6:00-6:15 am

Airdate: 3/27/16

Category: Communication/Culture

LENGTH: 12:30

Description:

Stephanie, looking for a way to give her young son a learning experience while broadening his artistic palette, started making monster magnets. The family heads to the Olympia Spring Art Walk to show off their wares, and hopefully sell a few to make money for contribution to Seattle Children's Hospital.

Compliance issues covered: Communication/Culture

Program: 'Conversations' Part: 2

Guest: Stephen Gardner

Subject: <https://www.seattlechildrens.org/>

Air Time: 6:15-6:30 am

Airdate: 3/27/16

Category: Communication/Culture

LENGTH: 12:30

Description:

As another tech giant announces that it will be moving into South Lake Union, the cost of everything in Seattle will start to look towards the sky. A traditional way we invest money in housing will require many to pick up stakes and move outside the city even further. Meanwhile another traditional means for investing your hard earned money is the stock market. That too has looked worse than anticipated with a rough start to 2016 after an already tough 2015. Stephen Gardner a safe-money specialist and author of "A Bridge Over Troubled Wall Street". While the market will always be risky, Stephen suggests another angle.

Compliance issues covered: Communication/Culture

Program: 'Conversations' Part: 1

Guest: John Horvat

Subject: Link: [www.returntoorder.org](http://www.returntoorder.org)

Air Time: 6:30-6:45 am

Airdate: 3/27/16

Category: Communication/Culture

LENGTH: 12:30

Description:

We've just turned a huge cultural corner in America, one where the Supreme Court made the most narrow of decisions to make marriage equality. Though this happened at a federal level, the country, and Supreme Court, remains largely divided on the subject. John Horvat sees the finding as a failure for America while many other specifically in regions like Seattle see it as a victory.

Compliance issues covered: Government, Culture/Families, Gender-Specific

Program: 'Conversations' Part: 2

Guest: Scott Smith

Subject: Taxes

Air Time: 6:30-6:45 am

Airdate: 3/27/16

Category: Communication/Culture

LENGTH: 12:30

Description:

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

### **KNDD-FM PSA'S AND COMMUNITY ACTIVITIES FOR THE FIRST QUARTER, 2016:**

#### **WEBPAGE:**

Event: Workers #9 Vodka

Charity: Washington Firefighters Association.

Date: 1-1/3-31-2016

How promoted: 193 on air mention and 148 streaming spots, web presence.

Event: Bourbon and Bacon Fest- Motley Zoo

Charity: Motley Zoo

Date: 3-5-2016

How promoted: 302 on air mention and 349 streaming spots, web presence.

Event: Taco Fest Challenge 2016- SeaFair

Charity: Seafair

Date: 5-7-2016

How promoted: 165 on air mention and 195 streaming spots, web presence.

Event: Be more than a bystander- anti bully

Date: 1-1/3-31

How promoted: website presence.

How promoted: 162 promos and 105 streaming promos.

Charity: Anti-Bullying

Event: [www.stopbullying.gov](http://www.stopbullying.gov)

Date: 1/1 – 3/31/16

How promoted: 96 on-air and 122 streaming spots, website presence.

**2016 FIRST QUARTERLY REPORT  
KNDD, 107.7 FM  
KNDD-FM & KNDD HD CH-1**

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

The following is a list of issues that KNDD-FM radio has determined to be of significant importance to 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, technology, 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-FM PUBLIC AFFAIRS PROGRAMMING IN ALPHABETICAL ORDER  
FOR JANUARY 1 – MARCH 31, 2016:**

"**CONVERSATIONS**" is a 30 minute interview show airing on Sundays between 6:00 – 7:00am. It's hosted and produced by Entercom's Public Affairs hosts Deanna Cruise 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-FM PSA'S AND COMMUNITY ACTIVITIES:**

Public Service Announcements (PSA's) are tied into specific charitable events, projects and community activities being supported by KNDD-FM. Causes supported by KNDD-FM are targeted to our audience, and include organizations dealing with education, violence, AIDS, hate crimes, the environment, and other community issues.

**KNDD-FM PUBLIC AFFAIRS PROGRAMMING, in alphabetical order**

**CONVERSATIONS:**

Program: 'Conversations' Part: 1  
Subject: Communication/Culture, Government  
Guest: G - Jonathan Maher  
Length: 12:30  
Date Aired: 1/03/16  
Time Aired: 6:00 – 6:15 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

Guest: Scott Smith

Airdate: 1/03/16

Time Aired: 6:15 – 6:30 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: 1

Subject: Dignity For Divas

Guest: Nikki Gane

Length: 12:31

Date Aired: 1/3/16

Time Aired: 6:30 – 6:45 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: Language

Guest: G - Abby Houck

Length: 12:30

Airdate: 1/04/16

Time Aired: 6:45 – 7:00 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 the their tough footsteps. Organizations like the Dear Jack Foundation and today, Cancer For College.



Compliancy issues covered: Community Activities, Health, Education

Program: 'Conversations' Part: 1

Guest: Peter Sacco

Airdate: 1/10/16

Time Aired: 6:00 – 6:15 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.

Compliancy issues covered: Health/Wellness

Program: 'Conversations' Part: 2

Subject: Aging/Spirituality

Guest: Ruth Fishel

Length: 12:30

Date Aired: 1/10/2016

Time Aired: 6:15 – 6:30 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: Pat Love

Airdate: 1/10/16

Time Aired: 6:30 – 6:45 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: 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: 6:45 – 7:00 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: Kalina & Kiana Champion

Airdate: 1/17/16

Time Aired: 6:00 – 6:15 a.m.

LENGTH 12:30

Category: Community Activities, Health, Education

Description:

These sisters have a long history of making music together, but when faced with a battle against cancer, it's where they found support that helps propel them further. Cancer For College is helping college aged kids continue their education in the face of a battle against the disease.

Compliance issues covered: Community Activities, Health, Education

Program: 'Conversations' Part: 2

Guest: Vicki Morris

Airdate: 1/17/2016

LENGTH 12:30

Time Aired: 6:15 – 6:30 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: 1

Subject: Health/Wellness

Guest: Alan Pritz

Length: 12:29

Date Aired: 1/17/16

Time Aired: 6:30 – 6:45 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: 6:45 –7:00 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.

Compliance Issues covered: Education, Business, Community, 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: 6:00-6:15 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.

Compliance issues covered: Health/Wellness

Program: 'Conversations' Part: 2

Guest: Julia Schopick

Airdate: 1/24/16

Air Time: 6:15-6:30 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: Emilio Iodice  
Airdate: 1/24/16  
Air Time: 6:30-6:45 am  
Description: 2016, Selecting The President: The Most Important Decision You Will Ever Make  
LENGTH 12:30  
Compliance issues covered: Politics, Education, Community

Program: 'Conversations'                      Part: 2  
Guest: Peter Neill  
Airdate: 1/24/16  
Air Time: 6:45-7:00 am  
Subject: Culture, Aging, Education  
Description: At a time when the world faces a multitude of potential calamities – ranging from climate change to a struggling oil industry to rapid population growth – the solution could be all around us.  
Water, the world's most valuable element, is the key ingredient to solving Earth's most vexing problems, says Peter Neill, author of "The Once and Future Ocean: Notes Toward a New Hydraulic Society" and director of the World Ocean Observatory ([www.worldoceanobservatory.org](http://www.worldoceanobservatory.org)).  
LENGTH 12:30  
Compliance issues covered: Culture, Education

Program: 'Conversations'                      Part: 1  
Guest: Lesia Cartelli  
Subject: Culture  
Airdate: 1/31/16  
Air Time: 6:00-6:15 am  
LENGTH 12:30  
Description:

Community Activities/Youth/Health/Wellness

Description: Angel Faces is a nonprofit that organizes and runs retreats to help adolescent girls struggling with an unfortunate trauma. For years after these girls leave the hospital, the staring, name-calling, teasing, and unwanted questions from their peers create a sort of living hell. Lesia discusses with us her past experiences with being severely burned herself in a gas explosion at the age on nine.

Compliance issues covered: Culture, Activities/Youth/Health/Wellness

Program: 'Conversations' Part: 2

Guest: Paige Padgett

Subject: Live Green/ recycle

Airdate: 1/31/16

Air Time: 6:15-6:30 am

Description: Description: The largest organ of your body is your skin. What you put on your skin is absorbed by the body and according to Paige Padgett deserves to be toxin-free. Padgett explains to us why it is so important to live a "green" lifestyle and the benefits of it.

LENGTH: 12:30

Compliance issues covered: Health/Wellness/Recycle/Live Green

Program: 'Conversations' Part: 1

Guest: Andrew Ginn

Subject: Business, Health/Wellness, Spirituality

Airdate: 1/31/16

Air Time: 6:30-6:45 am

LENGTH: 12:30

Description: Andrew is a graduate of the Seattle Drum School of Music, but has been helping out in various roles for years. Steve Smith is the mastermind behind the school, and offers students a way to take the art of music to a new level specifically as a percussionist - though the school is not just about drumming. Lessons are taught for a variety of different instruments, which Andrew explained on my visit up to their northgate location. Learn more now about a precious gem in the background of Seattle music culture with this talk we had when Andrew invited me to the school earlier this week

Compliance Issues covered: Education/Arts/Culture, Community Activities/Youth

Program: 'Conversations' Part: 2

Guest: Dr Gregory Jantz

Subject: Nicotine Addiction

Airdate: 1/31/16  
Air Time: 6:45-7:00 am  
Description: Are The Smokers In Your House Killing You?  
LENGTH 12:30  
Compliance issues covered: Health/Wellness/Education

Program: 'Conversations' Part: 1  
Guest: Guest: Suzanne Gwynn  
Subject: Community/Health/Wellness/Youth/Families  
Airdate: 2/7/16  
Air Time: 6:00-6:15 am  
LENGTH: 12:30

Description: Suzanne Gwynn is a registered nurse and Founder of Seattle's own Lady Bug House. Gwynn is trying to raise funds to see her dream become a reality by building a home and hospice for children battling terminal illnesses like cancer and their families. There are only two other hospices like this, one in CA and the other in AZ. Why Seattle? Gwynn discusses the need for Ladybug House and why specifically WA.  
Compliance issues covered: Community/Health/Wellness/Youth/Families

Program: 'Conversations' Part: 2  
Guest: David Clark  
Subject: Health/Wellness  
Airdate: 2/7/16  
Air Time: 6:15-6:30 am  
RUN TIME: 12:30

Description:  
Author of the best-selling book "Out There: A Story of Ultra Recovery", David Clark takes us on his weight loss journey and how running saved him from his addiction. Clark once weighed over 320 pounds and hit bottom while addicted to pain killers and alcohol. A decade later he has inspired thousands with his advice on how to change behaviors, beat addictions, and turn weakness into strength to become a success.

Compliance issues covered: Health/Wellness

Program: 'Conversations' Part: 1  
Guest: Dr Gregory Jantz  
Subject: Health/Wellness, Youth, Drug Abuse  
Airdate: 2/7/16  
LENGTH: 12:30  
Air Time: 6:30-6:45 am

Description: We all know someone who battles addiction or dependency to nicotine - perhaps you're battling it right now. Dr Jantz can help us explore the consequences of secondhand smoke and the difficult process to cut it out! He's the founder of The Center A Place of Hope in Edmonds Washington helping people battle and fight through the tribulations of recovery.

Compliance issues covered: Health/Wellness, Youth, Drug Abuse

Program: 'Conversations' Part: 2

Guest: Neal Katz

Subject: Government, Culture, Gender-Specific/Minorities

Airdate: 2/7/16

LENGTH: 12:30

Air Time: 6:45-7:00 am

Description: Fresh off of the Iowa caucuses, the presidential race is looking to start narrowing and defining itself. Both major parties have big work to do with close races. Today we'll talk to Mr Katz who considers himself a guy feminist - an idea he'll explain. Katz is ready to discuss the feminist friendly stances of both the major contenders of the democratic party as our own caucuses approach.

Compliance issues covered: Government, Culture, Gender-Specific/Minorities

Program: 'Conversations' Part: 1

Subject: Scenic Views of Volunteerism, Transcendental Encounters with Kindred Spirits and Lessons in Compassion

Guest: Robert Clancy

Length: 12:30

Date Aired: 2/14/16

Time Aired: 6:00-6:15 am

Summary: Robert Clancy is a soul hitchhiker. But then so are we all! Clancy says that "soul hitches" occur every day in interactions with others: any interaction—large or small—that changes how one views oneself, an event or the world. A chance run-in with a stranger or an intimate conversation with a family member creates an indelible imprint on our soul. You hitch a ride on someone else's soul and you are changed forever.

Consider it hitching a ride on a big, beautiful cosmic highway

Compliance issues covered: Health/Education/Psychology

Program: 'Conversations' Part: 2

Subject: Love and Loss

Guest: Stephanie Kirz

Length: 12:30



Date Aired: 2/14/2016

Time Aired: 6:15-6:30 am

Summary: The Bainbridge Island author, Stephanie Kirz, pens an emotional tale of the love when her husband unexpectedly passed away and how she was able to overcome the pain and find him again in special moments when she travelled throughout the world.

She documents her 5 year journey in Signs Of Life, Love and Other Miracles.

Compliance issues covered: Culture/Spirituality

Program: 'Conversations' Part: 1

Guest: Katie Workman

Subject: Families/Youth, Health/Wellness, Culture

Airdate: 2/14/16

Air Time: 6:30-6:45 am

LENGTH 12:30

Description:

Things are certainly radically different than when we were kids. Thanks to the enormity of options offered us through the excess of our culture, keeping a family fed becomes more and more challenging. Thanks to the people of a culture becoming more aware of our changing diets in the Pacific Northwest, it's hard to keep everyone satisfied. Katie Workman simplifies the system with healthy options designed to placate the entire family at dinner time.

Compliance issues covered: Culture, Families

Program: 'Conversations' Part: 2

Guest: Ms Rae Luskin

Subject: Education/Culture, Health/Wellness, Aging

Airdate: 2/14/16

Air Time: 6:45-7:00 am

LENGTH 12:30

Description: How many of us by six weeks into the year have already forgotten about or dismissed our New Year's Resolutions - what happened?! Ms Luskin argues that fear of failure may be a big factor in being able to succeed. She helps understand how to push fear out of our way and even embrace the bumps in the road. She has a bachelor's degree in Fine Arts and a master's in Urban Planning. For more than 15 years she has been a leader in using creative expression to nurture self-worth, resilience, healing and social change.

Compliance issues covered: Education/Culture, Health/Wellness, Aging

Program: 'Conversations' Part: 1

Subject: Overcoming Codependency

Guest: Ted Dunphy

Length: 12:30

Date Aired: 2/21/16

Time Aired: 6:00-6:15 am

Summary: Author Ted Dunphy opens up to us about his newest book which portrays the havoc caused by abuse hidden for decades. "Then The Devil to Pay" goes further, exploring the question of how a community of good people, attempting to do the right thing, fail to see the evil growing among them, while some of them deliberately cover it up. Dunphy talks to us about the sexual abuse scandal in Ireland and Boston and the root of all evil. Dunphy assimilates his book to the Oscar-nominated film "Spotlight".

Compliance Issues covered: Families/Youth/Crime/Violence

Program: 'Conversations' Part: 2

Subject: Spirituality/Health/Wellness

Guest: Michael Linenberger

Airdate: 2/21/16

Air Time: 6:15-6:30 am

LENGTH: 12:30

Description: An awakening was not scheduled in Michael Linenberger's calendar, but it happened anyway. Fortunately for us, he was paying attention, and the result is Simple Awakening: The Power of Inner Silence. Michael Linenberger is a successful businessman, a former VP in a large management consulting firm with several best-selling books on workday management to his credit. Starting in late 2012, Michael experienced an extraordinary, positive change happening spontaneously in his life. A profound inner silence began developing, one that grew stronger and stronger each day. From that silence, a fundamental set of life transformations emerged. He takes us thru his transformation and let's us know what we can do in our everyday life to find some 'silence'.

Compliance issues covered: Spirituality/Health/Wellness

Program: 'Conversations' Part: 1

Guest: Dr Magnano

Subject: The Public Relations Group

Airdate: 2/21/2016

Air Time: 6:30-6:45 am

Category: Technology, Government, Environment, Culture

LENGTH: 12:30

Description:

One of the toughest challenges come this time of year is having faced and perhaps waved goodbye to your New Year's resolutions, how do we keep ourselves from not letting the grey days turn into gluttonous comfort food eating? It's tough waiting through the long seattle rainy winter. Dr Magnano will help us understand how to combat the gulp and go lifestyles we develop with busy lives or even better how to avoid the bad habits we make in winter!

Compliance issues covered: Community/Culture

Program: 'Conversations' Part: 2

Guest: Natasha Trenev

Subject: Personal development in nutrition and weight control

Airdate: 2/21/16

Air Time: 6:45-7:00 am

LENGTH: 12:30

Description:

Seattle is a city regularly pushing humans toward progress. We lead the pack with technology, place strong emphasis on understanding our impact on the world, and we offer such a rich culture of dietary options - from eating tasty sodo barbeque to vegan living in madison valley. There's so much we don't understand about our own biology in part thanks to the trillions of bacteria living inside of us! Those bacteria outnumber us and understanding them may be key to personal development in nutrition and weight control. Natasha is an expert on the subject and can help better understand ourselves.

Compliance issues covered: Health/Wellness, Culture

Program: 'Conversations' Part: 1

Subject: Tempting the Devil In the Name of God

Guest: Howard Beckman

Length: 12:30

Airdate: 2/28/16

Air Time: 6:00-6:15 am.

Summary: Howard Beckman tells us about his voyage criss-crossing the globe in search of answers about addiction and long-term recovery. His book 'Tempting the Devil In the Name of God: The Heavy Hand Of Fate' details how alcohol and drug abuse lead Beckman to a prison in Thailand and finding himself to the road to recovery.

Compliance issues covered: Culture/Spirituality/Health

Program: 'Conversations' Part: 2

Subject: GetUpandGo5k.com

Guest: Tara Jorgensen

Length: 12:30

Date Aired: 2/28/16

Time Aired: 6:15-6:30 am

Summary: Tara Jorgensen is the co-president and chair of GetUpandGo5k Fundraising Event. This is a 5k run in Lake Forest Park on April 9th that includes a Kid's Dash. All the proceeds raised will go to the Seattle Children's Hospital Research and uncompensated care.

Compliance issues covered: Community Activities/Families/Youth

Program: 'Conversations' Part: 1

Guest: Joe Hammill

Subject: Economy/Labor, Families

Airdate: 2/28/16

Length: 12:30

Air Time: 6:30-6:45 am

Description: By Day, Joe Hammill helps make the events of Seattle Center come to life, but by night he makes the events of a charitable local group of scooter riders a success on the streets of Seattle. Now that team is embarking on a once in a lifetime adventure to ride and ride and ride.... and ride across this giant country all while raising money for Seattle's The Moyer Foundation!

Compliance issues covered: Drug Abuse, Transportation, Community Activities.

Program: 'Conversations' Part: 2

Guest: Lumbie Mlambo

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

Airdate: 2/28/16

Air Time: 6:45-7:00 am

Length 12:30

Category: 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 Activities/Youth, Health/Wellness

Program: 'Conversations'

Part: 1

Subject: Life Through Lasagna Eyes: The Recipes for Life

Guest: Samantha Kendall

Length: 12:30

Date Aired: 3/06/16

Time Aired: 6:30 – 6:45 a.m.

Summary: Life Through Lasagna Eyes: The Recipes for Life, is the inspiring new book by Samantha A. Kendall. Known as Chicago's "Lasagna Lady," Kendall uses her love for the popular dish to draw synergies between layers of lasagna and the layers of life. The book draws from her life journey, overcoming adversity and tragedy. Kendall also opens up as to how everyone could learn from her experiences and realize there are always multiple layers to life.

Compliance issues covered: Health, Wellness

Program: 'Conversations'

Part: 2

Subject: Family, Interaction

Guest: T. Katz

Length: 12:30

Date Aired: 3/06/16

Time Aired: 6:45 – 7:00 a.m.

Summary: Discovering your family tree has traditionally been an exciting and enlightening school activity where children learn about their ancestors and share pinnacle stories of their roots. But what happens when, due to adoption, you don't know your roots? T. Katz, author of No Family Tree For Me, was adopted and knows from personal experience how the vision of a family tree for children in non-traditional and blended families could be somewhat underwhelming when put on paper.

Compliance issues covered: Community/Family/Youth

Program: 'Conversations'

Part: 1

Guest: Kellen Prouse

Subject: wheelsandred.com

Airdate: 3/6/16

Air Time: 6:00-6:15 am

LENGTH: 12:30

Description:

The Pacific Northwest sees some of the highest occurrences of Multiple sclerosis in the nation. Kellen is a proud author of wheels and red, a website documenting the challenge of living with MS with the positive outlook of how much fun you can still have living life. March is national MS awareness month and Kellen seeks to do his part to help those struggling see there's the possibility for a pretty great life still. He's a husband and father in Western Washington on disability and able to make it all work.

Compliance issues covered: Community Activities, Health/Wellness, Families

Program: 'Conversations' Part: 2

Guest: Stefanie C Ellis

Subject: Business/Economy/Labor/Technology, Government

Airdate: 3/06/16

Air Time: 6:15-6:30 am

LENGTH: 12:30

Description: Its' that time of year again when you're rushing outside your grocery store at big events or from the parents at your office - it's time to be tempted by Girl Scout cookies! I'm a thin mint and tagalong guy myself. In WA it's always tough to see a girl scout being rained upon - breaks my heart - but a great tactic to get me to buy cookies! This year, the Girl Scouts of Western Washington are looking for a way to include their friends at Seattle Humane and are holding a contest for the best cookies safe for our four legged dog friends! You can vote, listen up!

Compliance issues covered: Community Activities/Families/Youth, Business/Economy, Gender Specific

Program: 'Conversations' Part: 1

Guest: Judy Clement Wall

Subject: Health/Wellness

Airdate: 3/13/16

Air Time: 6:30-6:45 am

LENGTH: 12:30

Description: The craze for adult coloring books began three years ago and shows no sign of letting up. In response to this demand, and realizing the vast therapeutic effects of coloring, HCI Books has come up with their own unique series, beginning with the recovery and addictions community. Perfect for Seattle! The first in the series, Inspirations for Recovery, was illustrated by Judy Clement Wall. She explains to us the health benefits of coloring.

Compliance issues covered: Health/Wellness

Program: 'Conversations' Part: 2

Guest: Pouline Middleton

Subject: Spirituality/Health/Communication

Airdate: 3/13/16

6:45-7:00 am

Description:

LENGTH: 12:30

For single women wondering why another year has passed and they're still single, maybe they're going about it all wrong... Author Pouline Middleton went through a divorce and a relationship with a cheating man before she had an epiphany: perhaps there is no one man that can fill a woman's three essential needs — good conversation, great sex, and a handyman to do work around the house! She decided to experiment. She tell us how other women can learn from her experiences and find the right 'fit'.

Compliance issues covered: Spirituality/Health/Communication

Program: 'Conversations' Part: 1

Subject: Foster Kids

Guest: Jarrett Tomalin

Length: 12:30

Date Aired: 3/13/16

Time Aired: 6:00-6:15 am

Summary: It's rare to find a big company whose heart is put on display regularly putting their advertising and marketing efforts into helping those that would otherwise have a hard time getting a touch of the spotlight. The folks at Sleep Train spend a large percentage of their broadcasting time talking about looking out for Foster Kids. Through a series of great events, kids are looked after all year long including the super fun springtime Pajama Bowl

Compliance issues covered: Community Activities/Families/Youth, Education/Culture

Program: 'Conversations'

Part: 2

Subject: Pollution

Guest: Stephen C Meyer

Length: 12:30

Date Aired: 3/13/15

Time Aired: 6:15-6:30 am

Summary: We're living in a time when our country cannot agree on science related to the changing Earth. Are the changes the result of man made pollutants, are they natural? Do they even indeed exist? In somewhere as liberal as Seattle, these questions may be scoffed at, but how blue is the state? Do our friends outside the city agree? There's often a perception that science reduces faith out of a picture. Stephen C Meyer, by using science, would argue on behalf of intelligent design.

Compliance issues covered: Spirituality, Technology, Education/Communication/Culture

Program: 'Conversations'

Part: 1

Guest: Don Watkins

Subject: Government, Economy

Airdate: 3/13/16

Air Time: 6:30-6:45 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: 2

Guest: Stephen Gardner

Subject: Government, Business/Economy

Airdate: 3/13/16

Air Time: 6:45-7:00 am

Category: Description:

LENGTH: 12:30

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: 1

Subject: Infants, Baby Clothes

Guest: Jennifer Leavitt and Renee Zimmerman

Length: 12:30

Date Aired: 3/20/16

Time Aired: 6:00-6:15 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

Program: 'Conversations' Part: 2

Subject: Leadership

Guest: Paul David Walker

Length: 12:30

Date Aired: 3/20/16

Time Aired: 6:15-6:30 am

Summary: Executive coach to Fortune 500 CEOs, Paul David Walker's coaching style is inimitable! By first discovering the unique talents of leaders, he then creates a strategic plan to help them meet their goals in ways that feel natural. His leadership coaching has helped create visionaries, and he shares many valuable insights to finding success in his new book, Invent Your Future – Starting With Your Calling (High Point Executive Publications).

Compliance issues covered: Business/Technology/Communication

Program: 'Conversations' Part: 1

Guest: Tom Nix

Subject: Feelings, Emotions

Airdate: 3/20/16

Air Time: 6:30-6:45 am

Description:

LENGTH: 12:30

At one point or another, the conditions of our lives stack up, seemingly insurmountable and we find ourselves feeling overwhelmed and unable to do anything about it. Sure there's a feeling sorry for oneself period, but that can be hugely demoralizing. Change to make yourself great again starts from within and Tom knows how to get it done.

Compliance issues covered: Business, Community Activities

Program: 'Conversations' Part: 2

Guest: William S Wooditch

Subject: Communication/Culture

Air Time: 6:45-7:00 am

Airdate: 3/20/16

Category: Communication/Culture

LENGTH: 12:30

Description:

Now that we're this far into 2016 already, it's important to understand that those challenges for change - our resolutions - that many of us set out to achieve all those months ago don't have to exist only for those couple weeks at the new year. Seattle rain is gonna stop you from going outside sometimes, but a better you isn't just dependent on physical health or quitting smoking. There's more to it and Bill has developed his own system to get you past the hump.

Compliance issues covered: Communication/Culture

Program: 'Conversations' Part: 1

Guest: Randi Regan

Subject: <https://www.seattlechildrens.org/>

Air Time: 6:00-6:15 am

Airdate: 3/27/16

Category: Communication/Culture

LENGTH: 12:30

Description:

Stephanie, looking for a way to give her young son a learning experience while broadening his artistic palette, started making monster magnets. The family heads to the Olympia Spring Art Walk to show off their wares, and hopefully sell a few to make money for contribution to Seattle Children's Hospital.

Compliance issues covered: Communication/Culture

Program: 'Conversations' Part: 2

Guest: Stephen Gardner

Subject: <https://www.seattlechildrens.org/>

Air Time: 6:15-6:30 am

Airdate: 3/27/16

Category: Communication/Culture

LENGTH: 12:30

Description:

As another tech giant announces that it will be moving into South Lake Union, the cost of everything in Seattle will start to look towards the sky. A traditional way we invest money in housing will require many to pick up stakes and move outside the city even further. Meanwhile another traditional means for investing your hard earned money is the stock market. That too has looked worse than anticipated with a rough start to 2016 after an already tough 2015. Stephen Gardner a safe-money specialist and author of "A Bridge Over Troubled Wall Street". While the market will always be risky, Stephen suggests another angle.

Compliance issues covered: Communication/Culture

Program: 'Conversations' Part: 1

Guest: John Horvat

Subject: Link: [www.returntoorder.org](http://www.returntoorder.org)

Air Time: 6:30-6:45 am

Airdate: 3/27/16

Category: Communication/Culture

LENGTH: 12:30

Description:

We've just turned a huge cultural corner in America, one where the Supreme Court made the most narrow of decisions to make marriage equality. Though this happened at a federal level, the country, and Supreme Court, remains largely divided on the subject. John Horvat sees the finding as a failure for America while many other specifically in regions like Seattle see it as a victory.

Compliance issues covered: Government, Culture/Families, Gender-Specific

Program: 'Conversations' Part: 2

Guest: Scott Smith

Subject: Taxes

Air Time: 6:30-6:45 am

Airdate: 3/27/16

Category: Communication/Culture

LENGTH: 12:30

Description:

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

### **KNDD-FM PSA'S AND COMMUNITY ACTIVITIES FOR THE FIRST QUARTER, 2016:**

#### **WEBPAGE:**

Event: Workers #9 Vodka

Charity: Washington Firefighters Association.

Date: 1-1/3-31-2016

How promoted: 193 on air mention and 148 streaming spots, web presence.

Event: Bourbon and Bacon Fest- Motley Zoo

Charity: Motley Zoo

Date: 3-5-2016

How promoted: 302 on air mention and 349 streaming spots, web presence.

Event: Taco Fest Challenge 2016- SeaFair

Charity: Seafair

Date: 5-7-2016

How promoted: 165 on air mention and 195 streaming spots, web presence.

Event: Be more than a bystander- anti bully

Date: 1-1/3-31

How promoted: website presence.

How promoted: 162 promos and 105 streaming promos.

Charity: Anti-Bullying

Event: [www.stopbullying.gov](http://www.stopbullying.gov)

Date: 1/1 – 3/31/16

How promoted: 96 on-air and 122 streaming spots, website presence.