

**2017 FOURTH QUARTERLY REPORT
KHTP, 103.7 FM
KHTP-FM & KHTP HD CH-2
SEATTLE, WASHINGTON**

**QUARTERLY ISSUES/PROGRAMMING REPORT FOR THE FOURTH
QUARTER, OCTOBER 1 – DECEMBER 31, 2017:**

KHTP-HD-2 PUBLIC AFFAIRS PROGRAMMING:

"**CONVERSATIONS**" is a 30 minute interview show airing on Sundays between 10:00 – 11:00pm. It's hosted and produced by Entercom's Public Affairs hosts Ellen Taylor 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: Tanch, 206-577-8600.

KHTP-HD-2 PUBLIC AFFAIRS PROGRAMMING ALPHABETICALLY SORTED
BY ISSUE AS DETERMINED THROUGH INTERVIEWS DONE WITH
INDIVIDUALS AND LOCAL RESIDENTS ON A QUARTERLY BASIS.

ASCERTAINED COMMUNITY ISSUES:

1. BUSINESS/ECONOMY/LABOR/TECHNOLOGY
2. COMMUNITY ACTIVITIES/FAMILIES/YOUTH
3. CRIME/DRUG ABUSE/VIOLENCE
4. EDUCATION/CULTURE/COMMUNICATION
5. ENVIRONMENT/TRANSPORTATION
6. GOVERNMENT/TERRORISM
7. HEALTH
8. AGING/GENDER-SPECIFIC/MINORITIES/POVERTY

DESCRIPTION OF ASCERTAINED ISSUES:

1. BUSINESS/ECONOMY/LABOR/TECHNOLOGY – INCLUDING ISSUES AFFECTING THE ECONOMIC CONDITION OF THE PUGET SOUND REGION, THE OUTLOOK FOR EMPLOYMENT AND IT'S RAMIFICATIONS, INFLATION, JOB TRAINING, LABOR RELATIONS, FOREIGN TRADE, THE INTERNET AND INTERNET ISSUES, TECHNOLOGY, CONSUMER ISSUES AND ISSUES AFFECTING ENTREPRENEURS.

2. COMMUNITY ACTIVITIES/ FAMILIES/ YOUTH – INCLUDING ISSUES REGARDING NEIGHBORHOODS, FAMILIES, YOUNG PEOPLE, COMMUNITY

ORGANIZING, NEIGHBORHOOD ASSOCIATIONS, PARENTING SKILLS, CHILD SUPPORT, MARRIAGE, DIVORCE, ABUSE, NEGLECT, CHILD SUPPORT, AND OTHER ISSUES.

3. CRIME/DRUG ABUSE/VIOLENCE – INCLUDING POLICE/COMMUNITY RELATIONS, GANG ACTIVITIES, GUN CONTROL, LAW ENFORCEMENT, THE CRIMINAL JUSTICE SYSTEM, THE CORRECTIONAL SYSTEM, REHABILITATION, DRUNK DRIVING, RECOVERY, ILLEGAL DRUGS, SUBSTANCE ABUSE REHABILITATION, FIRE FIGHTING, AND OTHER ISSUES INVOLVING VIOLENCE.

4. EDUCATION/ARTS/CULTURE– INCLUDING CHILDHOOD EDUCATION, PUBLIC EDUCATION, REFORM EFFORTS, SCHOOL BUSING, SCHOOL VIOLENCE, HIGHER EDUCATION, THE ADULT ROLE IN CHILDREN'S EDUCATION, ADULT EDUCATION, THE IMPORTANCE OF CREATIVE ENDEAVORS INCLUDING THE ARTS, LITERATURE, POETRY, AND COMPUTER, INTERNET, AND RELATED ISSUES SUCH AS ACCESS, LIABILITY AND CENSORSHIP ISSUES, AND CULTURAL ISSUES.

5. ENVIRONMENT/TRANSPORTATION – INCLUDING AIR AND WATER POLLUTION, FOREST ISSUES, SOLID WASTE DISPOSAL, RECYCLING, ALTERNATIVE ENERGY, ENDANGERED AND THREATENED SPECIES, ANIMAL RIGHTS, CONSERVATION, SCIENCE AND SCIENCE ISSUES, TRANSPORTATION, FOOD SYSTEM SUSTAINABILITY ISSUES, WEATHER PHENOMENON AND NATURAL DISASTERS.

6. GOVERNMENT/TERRORISM – INCLUDING GOVERNMENT SPENDING, GOVERNMENT SERVICES, GOVERNMENT ABUSES, TERRORISM AGAINST THE GOVERNMENT/OR COUNTRY, ANTI-TERRORISM MEASURES, PEOPLES' REACTIONS TO TERRORISM, TAXES, ELECTIONS, CAMPAIGN FINANCE REFORM AND OTHER REFORM EFFORTS, THIRD PARTY ACTIVITIES, AND GENERAL POLITICAL DEBATE.

7. HEALTH (WELLNESS) – INCLUDING NUTRITION, PHYSICAL FITNESS, MENTAL HEALTH, PREVENTIVE HEALTH CARE, GOVERNMENT HEALTH CARE POLICY, NATIONAL AND LOCAL REFORM EFFORTS AND ALTERNATIVE MEDICAL PRACTICES, AND TOTAL WELLNESS AMONG OTHER ISSUES.

8. AGING/GENDER-SPECIFIC/MINORITIES/POVERTY ISSUES – INCLUDING DISCRIMINATION AND OTHER PROBLEMS SPECIFIC TO RACIAL OR ETHNIC MINORITIES, IMMIGRATION ISSUES, PEOPLE WHO ARE DISABLED, WOMEN, MEN, SENIOR CITIZENS, GAYS AND LESBIANS, RELIGIOUS GROUPS, COVERAGE OF ISSUES REGARDING SPIRITUALITY, AND ISSUES AFFECTING PEOPLE WHO ARE HOMELESS, AND PEOPLE WHO GO WITHOUT REGULAR MEALS LOCALLY AND GLOBALLY.

**KHHP-HD-2 PUBLIC AFFAIRS PROGRAMMING SORTED BY PROGRAM
FOR: OCTOBER 1 – DECEMBER 31, 2017:**

CONVERSATIONS:

10/01

Guest: Jenna Pringle

Contact: Jenna Pringle

425-274-1500

Link: www.seattlehumane.org

Airdate: 10/01/17

Category: Community Activities/Families, Culture

Description:

Once a year Seattle Humane gets all their friends together - both 2 legged and 4 legged - and occasionally 3 legged - to take a long walk around Green Lake to raise money and find homes for animals. This year there's a fun new twist to the event and Jenna will tell us all about it.

Guest: Kristina Hudson

Contact: AUDREY FAN | WASHINGTON INTERACTIVE NETWORK

Event Manager

audrey@WashingtonInteractiveNetwork.org

Link: washingtoninteractivenetwork.org

Airdate: 10/01/17

Category: Technology

Description:

After a lot of fun watching the early onset of the mobile internet, suddenly the digital world seems to be bounding faster than culture can keep up. In the coming years we'll face tough questions about linking the humans of area to the jobs the new industry is creating and keeping businesses caught up as the change rapidly pushes us along. Washington is one of the top three biggest markets for this innovation and job growth, and Kristina will help us understand how it all links together.

Guest: Kamilah Bunn

Contact: Rebekah Pepper

Tel: 202-544-4705

Link: www.adoptuskids.org

Airdate: 10/01/17

Category: Community Activities/Families/Youth, Crime/Drug Abuse/Violence

Description:

There are currently 112,000 children (age 18 and under) in US foster care who need adoptive families. Only 5% of all children adopted last year were aged 15-18, but 43% of the waiting children actively photolisted on the AdoptUSKids website are in this age range. Teens have

lower adoption rates than younger children and often wait longer to be adopted, yet they still need and want the love and support of a family.

Guest: Anny Havland

Contact: Anny Havland

Tel: (360) 815-3916

Link: www.talkituptv.org

Airdate: 10/01/17

Category: Education/Culture/Communication, Crime/Drug Abuse/Violence

Description:

TALK IT UP FOUNDATION is a 501(c)(3) nonprofit based in Seattle, WA., and has an award-winning web series, which is dedicated to positive media and creating solutions to tragedy. They help those who have fallen through the cracks by lifting them back up when they need them the most. Instead of walking away, typically seen in today's media when covering tragedy, they stay and create a positive ending to each story with a life-changing act of kindness. They aim to bring our community together and make it stronger, and to inspire kindness and compassion in their viewer

10/08

Guest: Hanna Green

Contact: Hanna Green

Development Manager

Link: featwa.org

Airdate: 10/08/17

Category: Community Activities/Families/Youth, Government, Communication

Description:

Families for Effective Autism Treatment (FEAT) provides families with hope and guidance to help their children with autism reach their full potential. The need for services is great; the Centers for Disease Control, CDC, estimates the current prevalence rate for autism is 1 in 68. The factors – environmental, biologic, and genetic – that may contribute to the likelihood of having an Autism Spectrum Disorder (ASD) are being studied. Hanna joins us to share the work being done in Washington to help aid in the search to understand autism.

Guest: Dr Sanda Moldovan

Contact: Shawn LaFata

Radio and TV Campaign Manager

Tel: 727-443-7115 Ext. 209

shawn@news-experts.com

www.newsandexperts.com

Link: <http://www.drsandamoldovan.com/>

Airdate: 10/08/17

Category: Health/Wellness, Family Activities

Description:

It's the strangest phenomenon - from September through Easter in April, the aisles may change color and appearance, but there is a six month run of candy oriented celebration and marketing in every drug store, grocery store everywhere! And beyond just the implication of eating all that sugar on our metabolism - what does it mean for our teeth?! It's no coincidence that there's a whole month, October dedicated to oral hygiene! Here to help us with best tips and best practices is dentist Dr Sanda Moldovan!

Guest: Anny Havland

Contact: Anny Havland

Tel: (360) 815-3916

Link: www.talkituptv.org

Airdate: 10/08/17

Category: Education/Culture/Communication, Crime/Drug Abuse/Violence

Description:

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Guest: Dr Michael Lewis

Contact: Kelly Fay

Tel: 727-447-4992 x208

kelly.fay@theprgroup.com

www.pluscbdoil.com

Link: www.pluscbdoil.com

Airdate: 10/08/17

Category: Health / Wellness, Aging/Gender-Specific/Minorities/Poverty

Description:

Dr. Michael D. Lewis is an expert on nutritional and holistic interventions for brain health, particularly the use of omega-3 fatty acids for the prevention, management, and rehabilitation of concussions and traumatic brain injury (TBI). He founded the Brain Health Education and Research Institute (www.brainhealtheducation.org) in late 2011 upon retiring as a Colonel after a distinguished thirty-one-year career in the US Army. His pioneering work in the military and since has helped thousands of people around the world and is regularly featured in the media, including CNN's Sanjay Gupta, MD, show and numerous radio shows and podcasts.

10/15

Guest: Hanna Green

Contact: Hanna Green
Development Manager

Link: featwa.org

Airdate: 10/15/17

Category: Community Activities/Families/Youth, Government, Communication

Description:

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Guest: Yadira Calderon

Contact: Don Whitman

Frequency Public Relations

www.frequencypr.com

813.527.6228

Link: autismhappykingdom.com

Airdate: 10/15/17

Category: Education/Communication/Culture, Families/Youth, Minorities

Description:

Autism statistics from the U.S. Centers for Disease Control and Prevention (CDC) identify around 1 in 68 American children as on the autism spectrum—a ten-fold increase in prevalence over the last 40 years. With those staggering facts, the chances that you know you someone affected by Autism is high. But a diagnosis doesn't define the person. Yadira Calderon and her 9-year-old daughter Thomais who was diagnosed with autism and dyslexia wrote and illustrated her own book, "The Story Of Thomias" proving that she can express deep emotions, and show other children with autism that they are not alone, and helps them express their emotions too.

Guest: Kristina Hudson

Contact: AUDREY FAN | WASHINGTON INTERACTIVE NETWORK

Event Manager

audrey@WashingtonInteractiveNetwork.org

Link: washingtoninteractivenetwork.org

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Description:

After a lot of fun watching the early onset of the mobile internet, suddenly the digital world seems to be bounding faster than culture can keep up. In the coming years we'll face tough

questions about linking the humans of area to the jobs the new industry is creating and keeping businesses caught up as the change rapidly pushes us along. Washington is one of the top three biggest markets for this innovation and job growth, and Kristina will help us understand how it all links together.

Guest: Jane Zarse

Contact: Don Whitman

Radio Campaign Manager

Tel: 727-443-7115, Extension 203

don@newsandexperts.com

www.newsandexperts.com

Link: <https://www.amazon.com/dp/B01C2Z8OW6>

Airdate: 10/15/17

Category: Gender, Culture, Drug Abuse

Description:

It's easy to get swept up by media stereotypes. Look around us and we'll certainly see an abundance of flannel this time of year in the Pacific Northwest, and while that's just a silly example, the pressures put on youth to achieve a certain level of acceptance via maintaining difficult or seemingly impossible standards are immense. Add social media to the mix and the challenges ratchet up. The pressure on young girls to be popular, attractive, effortlessly successful can render scary results, results Jane Zarse is aware of and tackling.

10/22

Guest: Kathie Flood

Contact: Contact: AUDREY FAN | WASHINGTON INTERACTIVE NETWORK

Event Manager

audrey@WashingtonInteractiveNetwork.org

Link: <https://www.infinitescuba.com/>

Airdate: 10/22/17

Category: Gender-specific, Technology, Community Activities, Education

Description:

Microsoft released statistics that indicated only 6.7% of female college graduates receive a degree in a STEM field - a number about a third of that of men. To find a Seattle based coding company led by women seems like hardly the feat when talking to Kathie Flood as she talks at length about the success of her company programming educational interactive underwater SCUBA simulation available to teachers to instruct students about diving around the world including the waters of the Puget Sound.

Guest: Erin McCallum - FIRST WA

Contact: Peggy Gray

Community Engagement Manager

peggyg@firstwa.org

Link: firstwa.org

Airdate: 10/22/17

Category: Business/Labor/Technology, Education/Culture, Youth, Government

Description:

Erin McCallum - President of FIRST WA , Riley and Shane from Bare Metal Robotics Team

Lauren from Hi Tech-ers joins us to talk about building robots for FIRST WA. FIRST

Washington supports and engages today's tech-native youth with a league of their own, inspiring them to build on their passions and preparing them to be the STEM leaders of tomorrow. FIRST Washington ignites youthful minds through education, hard work, mentorship, and healthy competition.

Guest: Jane Zarse

Contact: Don Whitman

Radio Campaign Manager

Tel: 727-443-7115, Extension 203

don@newsandexperts.com

www.newsandexperts.com

Link: <https://www.amazon.com/dp/B01C2Z8OW6>

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Guest: John Cheney-Lippold

Contact: Javier Perez

Page-Turner Publicity

949.254.3214 phone

pjturnerpub@aol.com

Link: <https://lsa.umich.edu/ac/people/faculty/jchl.html>

Airdate: 10/22/17

Category: Business/Technology, Government, Crime

Description:

We hear so much about how our digital online info can be bought and sold to the outcry of many who are upset and others who see opportunity. But how much do you understand about that very data? How does the industry of Big Data now shape your life? John Cheney-Lippold is Assistant Professor of American Culture and Digital Studies at the University of Michigan and specializes in big data collection and activity and how we need to think about our identity beyond the cards in our wallets.

10/29

Guest: Kathie Flood

Contact: Contact: AUDREY FAN | WASHINGTON INTERACTIVE NETWORK
Event Manager

audrey@WashingtonInteractiveNetwork.org

Link: <https://www.infinitescuba.com/>

Airdate: 10/29/17

Category: Gender-specific, Technology, Community Activities, Education

Description:

Microsoft released statistics that indicated only 6.7% of female college graduates receive a degree in a STEM field - a number about a third of that of men. To find a Seattle based coding company led by women seems like hardly the feat when talking to Kathie Flood as she talks at length about the success of her company programming educational interactive underwater SCUBA simulation available to teachers to instruct students about diving around the world including the waters of the Puget Sound.

Guest: Amy Faulkner

Contact: Amy Faulkner
amy@theworldisfun.org

Link: theworldisfun.org

Airdate: 10/29/17

Category: Community Activities, Communication/Culture

Description:

Being charitable is something that increases one's connection to the community. It's as simple as making a financial donation to an organization you like or joining a team running a 5k or stomping up some steps. But when it comes to coordinating these events, creating them, or linking humans to the organizations that need them - and a group of Seattleites that are doing just that are an organization called The World Is Fun.

Guest: Jody Lynn Nye

Contact: Don Whitman
Radio Campaign Manager

Tel: 727-443-7115, Extension 203

don@newsandexperts.com

www.newsandexperts.com

Link: www.jodylynnnye.com

Airdate: 10/29/17

Category: Technology, Youth, Education

Description:

Astronauts were once an inspiration for children as they jetted off into space and landed on the moon. That spirit of adventure that began in the 1960s continued when NASA initiated its Space Shuttle program in the 1980s. Seattle and surrounding region, known for tech, has done a better than average job of keeping STEM in mind (science technology engineering and math), but has the country along the line lost its fascination with science to other interests? We look no further than the author of Moon Beam who specialize in sparking that interest in the world beyond.

Guest: Mark McGillivray

Length: 12:30

Contact: 814-331-1322

Link: www.allstate.com

Airdate: 10/29/17

Description:

Summer isn't just about fun-in-the-sun. Unfortunately, it's also the time Mother Nature tends to strike the hardest. No matter where you live, the summer season in particular can bring a wide range of disasters across the country from wildfires here on the West coast, tornadoes in the Mid-West and Great Plains, hurricanes in the east to flooding in the north. Mark McGillivray talks to us about how can be prepared for any natural disaster with just a few steps.

Category: Environment/Families

11/5

Guest: Dr Gayatri Devi

Contact: Terry Cater

917-723-7596

terry@playbackproducers.com

www.playbackproducers.com

Link: <https://www.workman.com/products/the-spectrum-of-hope>

Airdate: 11/05/17

Category: Health/Wellness, Education, Families

Description:

November is National Alzheimer's Disease and Awareness Month. More than 5 million Americans are living with the disease and by 2050, this number could rise as high as 16 million. Dr Devi explains the spectrum of the disease and the variety of effects it has on the brain in

various regions and lends us another approach when presented with the challenges of Alzheimer's.

Guest: Eddie Alterman

Contact: Peter Marchese

646-290-7523 (o)

peter@playbackproducers.com

www.playbackproducers.com

Link: <https://www.caranddriver.com/features/autonomous-addressing-the-totality-of-the-driverless-car-feature>

Airdate: 11/05/17

Category: Transportation, Government, Technology

Description:

Driverless cars are supposedly imminent - so is driving dead? Eddie Alterman is the editor-in-chief of Car and Driver magazine, the largest monthly automotive title in the country and will help us understand the challenges that we face before the government can safely implement self driving cars. It's a battle that will require large public infrastructure on top of the advances to the technology necessary.

Guest: Mark McGillivray

Length: 12:30

Contact: 814-331-1322

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Category: Environment/Families

Guest: Jody Lynn Nye

Contact: Don Whitman

Radio Campaign Manager

Tel: 727-443-7115, Extension 203

don@newsandexperts.com

www.newsandexperts.com

Link: www.jodylynnnye.com

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11/12

Guest: Dr Gayatri Devi

Contact: Terry Cater

917-723-7596

terry@playbackproducers.com

www.playbackproducers.com

Link: <https://www.workman.com/products/the-spectrum-of-hope>

Airdate: 11/12/17

Category: Health/Wellness, Education, Families

Description:

November is National Alzheimer's Disease and Awareness Month. More than 5 million Americans are living with the disease and by 2050, this number could rise as high as 16 million. Dr Devi explains the spectrum of the disease and the variety of effects it has on the brain in various regions and lends us another approach when presented with the challenges of Alzheimer's.

Guest: Yadira Calderon

Contact: Don Whitman

Frequency Public Relations

www.frequencypr.com

813.527.6228

Link: autismhappykingdom.com

Airdate: 11/12/17

Category: Education/Communication/Culture, Families/Youth, Minorities

Description:

Autism statistics from the U.S. Centers for Disease Control and Prevention (CDC) identify around 1 in 68 American children as on the autism spectrum—a ten-fold increase in prevalence over the last 40 years. With those staggering facts, the chances that you know someone affected by Autism is high. But a diagnosis doesn't define the person. Yadira Calderon and her 9-year-old daughter Thomais who was diagnosed with autism and dyslexia wrote and illustrated

her own book, “The Story Of Thomias” proving that she can express deep emotions, and show other children with autism that they are not alone, and helps them express their emotions too.

Guest: Dr Greg Steinke

Contact: Don Whitman

Frequency Public Relations

www.frequencypr.com

813.527.6228

Link: <http://www.compasshealth.net>

Airdate: 11/12/17

Category: Health/Wellness

Description:

High blood pressure, also known as hypertension, kills over 9 million people worldwide each year, claiming more than 100 times more lives than all natural disasters. Millions more with hypertension are permanently crippled by blood-pressure-related strokes, heart attacks, kidney failure, and blindness. These sobering statistics become more gripping when you realize that one in every three people in the United States presently has hypertension with as many as 75% of us being destined to develop the condition as we age. Dr Steinke has outlined 10 easy steps that anyone can do to lower their blood pressure.

Guest: Dr. Gene Sambataro

Contact: Shawn LaFata

Radio and TV Campaign Manager

Tel: 727-443-7115 Ext. 209

Link: www.juliandentist.com

Airdate: 11/12/17

Category: Health/Wellness, Technology

Description:

If left untreated, sleep apnea can result in a growing number of health problems, including: High blood pressure, stroke, heart failure, irregular heart beat, diabetes, depression, worsening of ADHD and headaches. But what exactly is sleep apnea? Dr Sambataro has been a leader in the field of dentistry for more than 35 years. His holistic approach to dentistry is rooted in an understanding of the interconnectedness of oral and whole-body health.

11/19

Guest: Garland Benson

Contact: Shawn LaFata

Radio and TV Campaign Manager

Tel: 727-443-7115 Ext. 209

shawn@news-experts.com

www.newsandexperts.com

Link: <https://beyondbatten.org/family-stories/garland-benson/>

Airdate: 11/19/17

Category: Health/Wellness, Families/Youth

Description:

It's amazing to think back to how insurmountable the world felt before the stresses of adulthood. Garland Benson is almost a teenager and lives in Texas. He's trying to raise \$1 million to help fund research into juvenile Batten disease, which afflicts his sister, Christiane. The money is being raised through the Beyond Batten Disease Foundation, which was launched in 2008 by the parents of Garland and Christiane, Craig and Charlotte Benson.

Guest: Sean Worthington

Contact: Crystal Gorges

727-447-4992 x210

crystal.gorges@thepgroup.com

Link: DigitalFrontierNews.com

Airdate: 11/19/17

Category: Business/Economy/Technology, Government

Description:

As the internet busts down the norms and importantly the distances between us otherwise uncoverable for most, how will the world's economy work? Data is king, so is digital currency the future... no, it's already the present. Bitcoin is the big name we hear, maybe if you're into it, you're familiar with Litecoin or Ethereum. Mr Worthington says he and a consortium of mathematicians and computer scientists have designed a new cyber currency which they have named CloudCoin. The new currency, which he claims is unhackable, untraceable, and can't be lost, counterfeited, or double-spent, boasts transaction speeds 1000 times faster than Bitcoin, and can, if desired, be conveniently stored where governments, thieves, and hackers will never find it: in the CloudCoin owner's mind. WOW that's a lot to unpack!

Guest: Dr. Gene Sambataro

Contact: Shawn LaFata

Radio and TV Campaign Manager

Tel: 727-443-7115 Ext. 209

Link: www.juliandentist.com

Airdate: 11/19/17

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If left untreated, sleep apnea can result in a growing number of health problems, including: High blood pressure, stroke, heart failure, irregular heart beat, diabetes, depression, worsening of ADHD and headaches. But what exactly is sleep apnea? Dr Sambataro has been a leader in the

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Guest: Dr Greg Steinke

Contact: Don Whitman

Frequency Public Relations

www.frequencypr.com

813.527.6228

Link: <http://www.compasshealth.net>

Airdate: 11/19/17

Category: Health/Wellness

Description:

High blood pressure, also known as hypertension, kills over 9 million people worldwide each year, claiming more than 100 times more lives than all natural disasters. Millions more with hypertension are permanently crippled by blood-pressure-related strokes, heart attacks, kidney failure, and blindness. These sobering statistics become more gripping when you realize that one in every three people in the United States presently has hypertension with as many as 75% of us being destined to develop the condition as we age. Dr Steinke has outlined 10 easy steps that anyone can do to lower their blood pressure.

11/26

Guest: Dr. Ann Kaiser Stearns

Contact: Javier Perez

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949.254.3214 phone

pgturnerpub@aol.com

Link: <https://www.annkaiserstearns.com/>

Airdate: 11/26/17

Category: Aging, Health/Wellness, Families

Description:

While we may never be able to walk in the shoes of someone of another ethnicity or sex, one thing we all share in common is aging. Yet, despite the commonality, our short sightedness can lead us towards an ageism against those older than us. Beyond that, how do offer care to the elderly or prepare those around us for the time when they'll have to provide care for us?

Guest: Peter Pitts

Contact: Maria Sliwa

M. Sliwa Public Relations and Freedom Now Communications, Inc.

maria@mliwa.com

mliwa.com

Link: <http://cmpi.org/>

Airdate: 11/26/17

Category: Drug Abuse/Crime

Description:

Overdose deaths from opioid painkillers -that's an epidemic across the country. States and other localities are taking drug companies to court. Taxpayers are stuck with increased costs for public health, courtrooms, jails and coroners' offices. Washington State is having big problems - anyone who's been to Seattle has seen it first hand, gutters littered with needles. What happened, where do we go, who's to blame? Today we'll ask Peter Pitts - co-founder of the Center for Medicine in the Public Interest. From 2002-2004 Peter was FDA's Associate Commissioner for External Relations, serving as senior communications and policy adviser to the Commissioner. He supervised FDA's Office of Public Affairs, and a ton more.

Guest: Dr Jamie Reynolds

Contact: Don Whitman

Radio Campaign Manager

Tel: 727-443-7115, Extension 203

don@newsandexperts.com

www.newsandexperts.com

Link: www.AskDrReynolds.com

Airdate: 11/26/17

Category: Health/Wellness, Technology

Description:

I'll have to apologize to Dr Jamie, but one of the things people enjoy doing the least is visit the dentist - then as many children experience - a costly, uncomfortable couple years of braces can follow. It's one of those things that needs to be done for oral health and sometimes just for vanity. When options get pricey, some people are participating in a terrifying solution - turning to the internet for DIY methods of straightening teeth. We'll discuss the options that exist for straightening your teeth without stooping to homespun concoctions and options for lower cost care.

Guest: Lee Buckler

Contact: Shawn LaFata

Tel: 727-443-7115 Ext. 209

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www.newsandexperts.com

Link: www.replicel.com

Airdate: 11/26/17

Category: Business/Labor/Technology, Health/Wellness, Government

Description:

Long-suffering people with chronically sore ankles, knees, or elbows try everything from ice to physical therapy to surgery to bring relief to their aching body parts. But researchers delving more deeply into the problem have found that a better solution may lie in a surprising location – the person’s own hair. Lee Buckler has nearly 20 years of cell therapy experience and has pioneered a number of innovative business and cell-science approaches in the field of regenerative medicine.

12/03

Guest: Peter J Strauss

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Link: www.peterjstrauss.com

Airdate: 12/03/17

Category: Business, Government

Description:

Natural disasters destroy lives and property. Sadly, given the spate of hurricanes, wildfires, earthquakes and tornadoes, the destruction has been immense. Washington’s beauty comes with several risks of natural disaster - from exploding volcanoes, earthquakes, mudslides, and tidal waves. Still worth it - but are we prepared? Peter is an expert in insurance options making sure that your personal or commercial property are prepared and what options the federal government will provide in times of natural disaster.

Guest: Kathie Flood

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Airdate: 12/03/17

Category: Gender-specific, Technology, Community Activities, Education

Description:

Microsoft released statistics that indicated only 6.7% of female college graduates receive a degree in a STEM field - a number about a third of that of men. To find a Seattle based coding company led by women seems like hardly the feat when talking to Kathie Flood as she talks at length about the success of her company programming educational interactive underwater SCUBA simulation available to teachers to instruct students about diving around the world including the waters of the Puget Sound.

Guest: Dr John Douillard
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www.newsandexperts.com
Link: LifeSpa.com
Airdate: 12/03/17

Category:

Description: Health/Wellness, Government, Business

Americans at one time lived their lives utterly unconcerned about the gluten in their diets. But an anti-gluten craze that erupted in the last decade has become so prominent that it spawned a \$16-billion-a-year industry. Gluten became branded as the enemy of good health, bestselling books scared the public away from wheat, and foods marketed as gluten-free popped up everywhere. Seattle, a center of health progress leads the charge. Dr. Douillard, will help break down our wheat breakdown!

Guest: Ken Krieg
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Link: kenkriegauthor.com
Airdate: 12/03/17

Category: Families/Youth, Health/Wellness

Description:

The number of children considered overweight may be alarming to you. According to the Centers for Disease Prevention and Control (CDC) the number is one in five school children ages 6-19. At every sleepover, sports event, after school club statistics suggest there's a kid or multiple already battling weight problems and the physical and social problems associated.

12/10

Guest: Nancy Woodland
Contact: Toni Sarge, MPH
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Link: www.westsidebaby.org
Airdate: 12/10/17

Category: Families, Government, Health/Wellness, Minorities

Description:

Having a rapidly growing baby at home, we go through diapers at an alarming rate - and sometimes a blowout is the last straw between changing to a larger size. When this happened last we reached out to Westside Baby for an opportunity to donate some diapers so they wouldn't go to waste, what we found is an organization helping meet the basic needs of so many children around the Puget Sound.

Guest: Virginia Piper

Contact: Virginia Piper

Development Director | Frankie's Friends

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Link: www.frankiesfriends.com

Airdate: 12/10/17

Category: Community Activities/Families

Description:

When our pets get sick, their medical expenses can rapidly stack up - it's unbelievable how fast thousands of dollars get spent. While a large portion of us have at least a chance to get some insurance, so few have the added coverage of caring for a pet. When problems strike - where do we turn? Frankie's Friends!

Guest: Dr John Douillard

Contact: Don Whitman

Radio Campaign Manager

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www.newsandexperts.com

Link: LifeSpa.com

Airdate: 12/10/17

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Guest: Dr Robert Marx

Contact: Kelly Fay

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Link: www.deadlyprescription.com

Airdate: 12/10/17

Category: Health / Wellness

Description:

While America's opioid overdose crisis continues to generate headlines in all 50 states, a much more lethal drug-related epidemic is also spreading: death and injury caused by medications prescribed by physicians and taken as directed by their patients. Dr. Marx also recommends that patients who are prescribed any type of medication ask their doctor for the complete product hand-out and take the time to read about the listed side effects. In particular, look for the "Black Box" warning which is FDA's identification of the most serious side effects.

12/17

Guest: Dr Ed Carlton

Contact: Shawn LaFata

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Link: www.carltonneurofeedbackcenter.com

Airdate: 12/17/17

Category: Health/Wellness, Education/Communication, Youth

Description:

Anyone who has been around long enough can tell detail the differences in the amount of distractions we face as a culture and the explosive growth in options and technologies - if you know what it's like to have a sibling or offspring get up to change the channel for you - that's who i'm talking about. How does this, if at all, play into a world fighting through ADD and ADHD? How does this affect our families? We'll find out!

Guest: Dr Jamie Reynolds

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Link: www.AskDrReynolds.com

Airdate: 12/17/17

Category: Health/Wellness, Technology

Description:

I'll have to apologize to Dr Jamie, but one of the things people enjoy doing the least is visit the dentist - then as many children experience - a costly, uncomfortable couple years of braces can follow. It's one of those things that needs to be done for oral health and sometimes just for vanity. When options get pricey, some people are participating in a terrifying solution - turning to the internet for DIY methods of straightening teeth. We'll discuss the options that exist for straightening your teeth without stooping to homespun concoctions and options for lower cost care.

Guest: Dr Michael Lewis

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Link: www.pluscbdoil.com

Airdate: 12/17/17

Category: Health / Wellness, AGING/GENDER-SPECIFIC/MINORITIES/POVERTY

Description:

Dr. Michael D. Lewis is an expert on nutritional and holistic interventions for brain health, particularly the use of omega-3 fatty acids for the prevention, management, and rehabilitation of concussions and traumatic brain injury (TBI). He founded the Brain Health Education and Research Institute (www.brainhealtheducation.org) in late 2011 upon retiring as a Colonel after a distinguished thirty-one-year career in the US Army. His pioneering work in the military and since has helped thousands of people around the world and is regularly featured in the media, including CNN's Sanjay Gupta, MD, show and numerous radio shows and podcasts.

Guest: Peter Pitts

Contact: Maria Sliwa

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Airdate: 12/17/17

Category: Drug Abuse/Crime

Description:

Overdose deaths from opioid painkillers -that's an epidemic across the country. States and other localities are taking drug companies to court. Taxpayers are stuck with increased costs for public health, courtrooms, jails and coroners' offices. Washington State is having big problems - anyone who's been to Seattle has seen it first hand, gutters littered with needles. What happened, where do we go, who's to blame? Today we'll ask Peter Pitts - co-founder of the Center for Medicine in the Public Interest. From 2002-2004 Peter was FDA's Associate Commissioner for External Relations, serving as senior communications and policy adviser to the Commissioner. He supervised FDA's Office of Public Affairs, and a ton more.

12/24

Guest: Ethan Stowell

Contact: Sabrina Register

Assoc. Dir. of Public Relations

United Way of King County

206.461.8414 or 206.696.3507

Link: uwkc.org

Airdate: 12/24/17

Category: Business/Labor, Drug Abuse, Culture, Government, Health/Wellness

Description:

Creating communities is more than just putting up some new townhomes or highrises and hoping everything works out - there are tons of challenges for taking the people of an area and providing options for resources - and we must consider all the people of a community.

Ethan and his wife Angela know a thing or two about creating a space where people can come together to break bread and conversate, but it's how they go beyond to help with organizations like United Way and their Streets to Home project.

Guest: Dr Debra Meehl

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Link: meehlfoundation.org

Airdate: 12/24/17

Category: Health/Wellness, Spirituality

Description:

The holiday season is one painted full of smiles, positive thoughts, and tons of joy, but not everyone just sets aside their negative feelings to embrace what we're shown in the media. The holidays can be a significant challenge with the stresses of family, finance, and expectations.

Dr. Debra Meehl is an interdenominational pastoral counselor with a doctorate of divinity. Through her unique blend of credentials, life experiences and book, Joyful Transformation: 22 Keys to Reclaiming Your Authenticity, Meehl is uniquely qualified to help others create a life worth living.

Guest: Sabrina Register and Zena Abraham

Contact: Sabrina Register

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206.461.8414 or 206.696.3507

Link: uwkc.org

Airdate: 12/24/17

Category: Business/Labor, Drug Abuse, Culture, Government, Health/Wellness

Description:

Sabrina is the Associate Director of Public Relations for United Way of King County and Zena is a teenager who has directly benefited from the services offered to help get kids who have dropped out back into school and back on track towards a career and growing future.

Guest: Garland Benson

Contact: Shawn LaFata

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Link: <https://beyondbatten.org/family-stories/garland-benson/>

Airdate: 12/24/17

Category: Health/Wellness, Families/Youth

Description:

It's amazing to think back to how insurmountable the world felt before the stresses of adulthood. Garland Benson is almost a teenager and lives in Texas. He's trying to raise \$1 million to help fund research into juvenile Batten disease, which afflicts his sister, Christiane. The money is being raised through the Beyond Batten Disease Foundation, which was launched in 2008 by the parents of Garland and Christiane, Craig and Charlotte Benson.

12/31

Guest: Sabrina Register and Zena Abraham

Contact: Sabrina Register

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206.461.8414 or 206.696.3507

Link: uwkc.org

Airdate: 12/31/17

Category: Business/Labor, Drug Abuse, Culture, Government, Health/Wellness

Description:

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Guest: Sean Worthington

Contact: Crystal Gorges

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Link: DigitalFrontierNews.com

Airdate: 12/31/17

Category: Business/Economy/Technology, Government

Description:

As the internet busts down the norms and importantly the distances between us otherwise uncoverable for most, how will the world's economy work? Data is king, so is digital currency the future... no, it's already the present. Bitcoin is the big name we hear, maybe if you're into it, you're familiar with Litecoin or Ethereum. Mr Worthington says he and a consortium of mathematicians and computer scientists have designed a new cyber currency which they have named CloudCoin. The new currency, which he claims is unhackable, untraceable, and can't be lost, counterfeited, or double-spent, boasts transaction speeds 1000 times faster than Bitcoin, and can, if desired, be conveniently stored where governments, thieves, and hackers will never find it: in the CloudCoin owner's mind. WOW that's a lot to unpack!

Guest: Ethan Stowell

Contact: Sabrina Register

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United Way of King County

206.461.8414 or 206.696.3507

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Guest: Dr Ed Carlton

Contact: Shawn LaFata

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Link: www.carltonneurofeedbackcenter.com

Airdate: 12/31/17

Category: Health/Wellness, Education/Communication, Youth

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Anyone who has been around long enough can tell detail the differences in the amount of distractions we face as a culture and the explosive growth in options and technologies - if you know what it's like to have a sibling or offspring get up to change the channel for you - that's who i'm talking about. How does this, if at all, play into a world fighting through ADD and ADHD? How does this affect our families? We'll find out!