

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

**QUARTERLY ISSUES/PROGRAMMING REPORT FOR THE SECOND
QUARTER, APRIL 1 – JUNE 30, 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 Deanna Cruz and Greg Shishman, which focuses on a wide variety of issues that affect people in the greater Puget Sound area. Their guests include individuals from business, medicine, government, environmental and education groups. Two 'Conversations' shows air back-to-back for a total of 60 minutes. Contact: 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
IN ALPHABETICAL ORDER FOR: APRIL 1 – JUNE 30, 2017:**

CONVERSATIONS:

Program: 'Conversations' Part: 1

Guest: Andrew Gause

Length: 12:30

Contact: Steve Town

727-447-4992 x208

Kelly.fay@thepgroup.com

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

Airdate: 4/2/17

Description:

The uncertainty of our times has little parallel from positions of leadership, to the very institutions that have been the norm for generations. Today Andrew will explain to us why he thinks old school common sense money management is a bad idea.

Category: Economy, Government, Aging

Program: 'Conversations' Part: 2

Guest: Jenny Walden

Length: 12:30

Contact: Jenny Walden, MSW

Manager, Financial Stability Programs

United Way of King County

jwalden@uwkc.org

206-461-5083

Link: www.uwkc.org

Airdate: 4/2/17

Description:

Just a couple weeks to go until your taxes are due, but Jenny Walden wants you know how the United Way are making it easier, and less stressful to get them done. Tax time means tax return checks. Sadly, many people rely on them as a means to pay bills, get caught up, and maybe even do something otherwise out of reach for the family. Jenny Walden is here today to tell us how to best put the services of the United Way to good use.

Category: Economy/Labor, Government, Minorities

Program: 'Conversations' Part: 1

Guest: Jason Thompson

Length: 12:30

Contact: 425-563-8575

Link: www.feralcatproject.org

Airdate: 4/2/17

Description:

Jason Thompson is the Executive Director of the Feral Cat Spay/Neuter Project located in Lynnwood, WA. He discusses the success of his program and the Spay-ghetti and No Balls Dinner taking place on Sunday, April 23rd at the Factory Luxe in The Old Rainier Factory. Join them in celebrating their 20 year anniversary in saving lives through spay & neuter. All proceeds go to the organization.

Category: Community Activities

Program: 'Conversations' Part: 2

Guest: Katrina Badger

Length: 12:30

Contact: 202-544-4705

Link: www.countyhealthrankings.org

Airdate: 4/2/17

Description:

Katrina Badger is the Program Associate at the Robert Wood Johnson Foundation(RWJF). Together with the University of Wisconsin's Population Health Institute they released the annual rankings of the health of nearly every county within each of the country's 50 states. We specifically looked at Pierce County, King County, and Snohomish County.

The County Health Rankings look at more than 30 factors including poverty, education, transportation, housing, and jobs – that influence how long and how well people live. This year, there is also a focus on trends in premature death rates -- and what the data explains is behind spikes in preventable deaths in many places.

Category: Health/Wellness

Program: 'Conversations' Part: 1

Guest: Dr Matt McCarty

Length: 12:30

Contact: Don Whitman

Radio Campaign Manager

Tel: 727-443-7115, Extension 203

don@newsandexperts.com

www.newsandexperts.com

Link: genotoxlabs.com

Airdate: 4/9/17

Description:

Opioid abuse is a scary growing problem that hits neighborhoods in Washington hard. What may start as a prescription for a procedure or pain ends up becoming a habit or worse, someone else gets their hands on the pills. What can be casual recreation with friends quickly turns to dependency and possibly even addiction.

Category: Crime/Drug Abuse, Government, Health/Wellness, Business

Program: 'Conversations' Part: 2

Guest: Katherine Boury

Length: 12:30

Contact: Katherine Boury

Communications Manager | Goodwill@

T (206) 860-5733 | C (206) 535-5315 |

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

Airdate: 4/9/17

Description:

Earth Day - happens every year and it's a wonderful opportunity to combine spring cleaning and earth management with one fell swoop. Katherine is here to tell us today about how you can take your unwanted items and give them one of many second lives!

Category: Labor, Families/Youth, Environment

Program: 'Conversations' Part: 1

Guest: Judy Clement Wall

Length: 12:30

Contact: 925-963-0837

Link: www.judyclementwall.com

Airdate: 4/9/17

Description:

Judy Clement Wall is an artist and writer who understands the importance of loving oneself, and in her delightful illustrated journal, Find Your Awesome: A 30-day Challenge to Fall in Love with Your Playful, Imaginative & Colorful Self, she encourages us to explore beyond the boundaries of our imagination, have more fun, and learn to live a more joyful life. Basically by loving yourself you learn how to love others and live a positive life.

Category: Health/Spirituality

Program: 'Conversations' Part: 2

Guest: Pascale Naessens

Contact: 310-699-7880

Link: www.purepascale.com

Airdate: 4/9/17

Description:

Pascale Naessens is a bestselling culinary author in Belgium. She has since become a leading voice for pure and healthy eating. A number of her books have already been translated into French, English, German, and Chinese. It's said that Naessens has "taught her nation to eat healthily." Her cooking and her lifestyle appeal to a broad public as demonstrated by the many Facebook communities where fans of Pascale's Pure Kitchen share experiences and recipes. She is now back again with her latest, "Pure & Simple: A Natural Food Way of Life" and explains no

matter where you are whether you are in Brussels or Seattle you too can live a healthy lifestyle with natural foods.

Category: Health/Wellness

Program: 'Conversations' Part: 1

Guest: Douglas P Taylor

Length: 12:30

Contact: Don Whitman

Radio Campaign Manager

Tel: 727-443-7115, Extension 203

don@newsandexperts.com

www.newsandexperts.com

Link: www.taylordevices.com

Airdate: 4/16/17

Description:

The entire west coast, riding along the edge of tectonic plate is in the process of connecting technologies to form a predictive alert system for future seismic activity. Earthquake safety is something that everyone in the Pacific Northwest is taught in school drills as we await major shakes. What will happen to our structures from small homes to giant buildings. And while CenturyLink field can survive a beast quake from 12's erupting in cheers for Marshawn Lynch, how would it fare with stronger seismic activity. Having worked on Safeco and CenturyLink Fields, Douglas will help us understand the technology required to keep us safe when the big quake eventually gets us.

Category: Environment, Government, Technology

Program: 'Conversations' Part: 2

Guest: Robb Krehbiel

Length: 12:30

Contact: Robb Krehbiel

www.defenders.org

206-577-2007

Link: www.defenders.org

Airdate: 4/16/17

Description:

As Earth day approaches, how does the changing world affect the animals of the PNW and their habitats? Robb Krehbiel oversees campaigns fighting for the safety of several indigenous species in our own backyards.

Category: Environment, Government

Program: 'Conversations' Part: 1

Guest: Jenna Pringle

Length: 12:30

Contact: 425-274-1500

Link: www.seattlehumane.org

Airdate: 4/16/17

Description:

Jenna Pringle is the Marketing Communications Director at Seattle Humane. She talks to us about adoption availability, adoption promotions, and their HUGE annual fundraiser - the Tuxes & Tails Gala which features celebrity guests and hosts. Tickets from the gala benefit Seattle Humane.

Category: Community Activities

Program: 'Conversations' Part: 2

Guest: Marianne Gravely

Length: 12:30

Contact: 202-544-8400

Link: www.foodsafety.gov

Airdate: 4/16/17

Description:

Marianne Gravely is a USDA Food Safety Expert who talks to us about the importance of including your refrigerator, freezer, and pantry during Spring cleaning routines to avoid foodborne illnesses. By reviewing the "sell by" and "use by" dates on many of the items in your kitchen is a good way to do this. Food poisoning is not simply an upset stomach; it is a serious public health threat in America. In fact, the CDC estimates that about 1 in 6 Americans (about 48 million people) could suffer from foodborne illness this year. The result is approximately 128,000 hospitalizations and an estimated 3,000 deaths.

Category: Health/Wellness

Program: 'Conversations' Part: 1

Guest: Monika Salita

Length: 12:30

Contact: Monika Salita

Monika Salita

Seattle Mini

253.922.8700

Link: <http://www.bulldoghavennw.org/>

Airdate: 4/23/17

Description:

We've reached the time of year where spring has sprung and we'll start seeing the need for adorable baby animals to find more homes. Monika and her work with both BMW Northwest specifically Seattle Mini are once again teaming up for the 7th annual Bulldog Haven NW Spring BBQ - april 30th from noon to 3pm. Super cool.

Category: Community Activities/Families

Program: 'Conversations' Part: 2

Guest: Ron Mayes

Length: 12:30

Contact: Don Whitman

Radio Campaign Manager

Tel: 727-443-7115, Extension 203

don@newsandexperts.com

www.newsandexperts.com

Link: www.usrc.org

Airdate: 4/23/17

Description:

When you move to different places across the united states, you'll find the concerns of emergency preparedness are often specific to the region. Live near a river - flooding. Live in the desert - water supply. The midwest has to worry about tornados. When you live in the PNW, we have to worry about earthquakes and massive seismic events. What are the things we need to make sure we know about our buildings to know if we're safe in such an event? Ron Mayes is part of the US Resiliency Council and will help us understand the challenges.

Category: Government, Environment, Technology

Program: 'Conversations' Part: 1

Guest: Sara A. Davis

Length: 12:30

Contact: 713-899-9971

Link: www.divorcebuddys.com

Airdate: 4/23/17

Description:

In Washington state divorce effects 3.9 per 1,000 people. Washington alone has a 15% higher divorce rate than the national average. Sara A. Davis is the author of "The Smart Gal's Guide thru Divorce; What Lawyers Don't Tell You". As a speaker, author, and divorce coach, she wants to guide women to find courage and to think through the process better prepared and well-informed.

Category: Families/Culture

Program: 'Conversations' Part: 2

Guest: Sean Askay

Length: 12:30

Contact: 202-216-8968

Link: www.earth.google.com

Airdate: 4/23/17

Description:

Just in time for Earth Day, Google Earth is getting an upgrade to provide a new way to explore the world and inspire more curious minds to learn and care about our vast and fragile planet. Earth lets you see the world's cities, landmarks and natural wonders in extraordinary detail. The site is going mobile and will have tons of interactive features like knowledge cards to learn about local landmarks, customized points of interests to explore and Google Expeditions designed to take students on virtual field trips. Sean Askay, the Engineer Manager For Google Earth talks to us about some of these features.

Category: Environment/Transportation

Program: 'Conversations' Part: 1

Guest: John Cheney-Lippold

Length: 12:30

Contact: Javier Perez

Page-Turner Publicity

949.254.3214 phone

pgturnerpub@aol.com

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

Airdate: 4/30/17

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.

Category: Business/Technology, Government, Crime

Program: 'Conversations' Part: 2

Guest: Renie Cavallari

Length: 12:30

Contact: Don Whitman

Radio Campaign Manager

Tel: 727-443-7115, Extension 203

don@newsandexperts.com

www.newsandexperts.com

Link: www.AspireMarketing.com

Airdate: 4/30/17

Description:

It's tougher now than ever to break through the insane pile of distractions that meet us at every turn. How do we connect with our goals without getting stopped in the process? More importantly, how do we avoid letting the challenges consume our active brains with complaints

and whining. Renie Cavallari is the CEO and Chief Instigating Officer of Aspire. People. Performance. Profits. Her latest book “Aspire to... Shine” is the third in a series of “Aspire to...” books that motivates readers to inspire the world around them by discovering their true potential without being swallowed by the growing costs of living and earning a living in a city as challenging as Seattle.

Category: Communication/Culture/Education, Business

Program: ‘Conversations’ Part: 1

Guest: Greg Jaeger

Length: 12:30

Contact: 814-331-1322

Link: www.usaa.com

Airdate: 4/30/17

Description:

With job creation 30% stronger than this time last year, Americans’ desire to own a home is on the rise. One in 4 Americans, nearly 59 million, say they are considering buying a home this year. Four out of five millennials also say they will buy their first home in the next five years. Rising interest rates gives people another reason to buy sooner rather than later. While rates remain historically low, the Mortgage Bankers Association predicts they will rise above five percent in 2018. There may be no better time than now for buyers to lock in a lower rate for a new home purchase.

Whether you’re a millennial home-buyer or veteran seller wanting to know the best day to list your house, Greg Jaeger, Real Estate Industry Expert with USAA and former real estate agent, provides practical tips to make the home buying process easier and faster especially in the Seattle market.

Category: Business/Economy

Program: ‘Conversations’ Part: 2

Guest: Jeff Hall

Length: 12:30

Contact: 202-216-8968

Link: www.realwarriors.net

Airdate: 4/30/17

Description:

Each April, the Defense Department recognizes the nation's more than 1.82 million military children for their contributions to their families' well-being and sacrifices on behalf of the nation by celebrating the Month of the Military Child. Service members with children across the nation can take this opportunity to spend time with their loved ones while also learning the importance of family resilience and readiness. There are unique challenges for children in military families and being a military family for over 20 years, the Halls share some important tips for families.

Category: Families/Youth

Program: 'Conversations' Part: 1
Guest: Dr Jamie Reynolds
Length: 12:30
Contact: Don Whitman
Radio Campaign Manager
Tel: 727-443-7115, Extension 203
don@newsandexperts.com
www.newsandexperts.com
Link: www.AskDrReynolds.com
Airdate: 5/7/17

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 home spun concoctions and options for lower cost care.

Category: Health/Wellness, Technology,

Program: 'Conversations' Part: 2
Guest: Katie Treend
Length: 12:30
Contact: Comprehensive Cancer Control Coordinator
Prevention and Community Health
Office of Healthy Communities
Washington State Dept. of Health
310 Israel Rd. SE, PO Box 47855; Olympia, WA 98504-7855
Katie.treend@doh.wa.gov (360) 236-3674 desk
Link: <http://www.doh.wa.gov/YouandYourFamily/IllnessandDisease/Cancer/SkinCancer>
Airdate: 5/7/17

Description:

Just the idea of seeing a little sunshine sounds pretty amazing this year after experiencing record rainfall in the last 6 months. While many will rush to get outside and soak up some rays, what are we actually doing to our bodies?! With Don't Fry Day on the horizon, we'll talk to Katie about how at risk we are in WA state and specifically puget sound.

Category: Health/Wellness, Community Activities/Families/Youth

Program: 'Conversations' Part: 1
Guest: John O'Donnell
Length: 12:30

Contact: 202-544-4705

Link: www.allstate.com/barometer

Airdate: 5/7/17

Description:

In its second year studying America's small business environment, the Allstate/USA Today Small Business Barometer revealed small business owners are even more optimistic today than in late 2015, despite the rising cost of commodities. Nine in ten local entrepreneurs say the benefits of owning a business outweigh the challenges. But how are small businesses doing in the Seattle market? John O'Donnell, Allstate's SVP of Agency Operations explains.

Category: Business/Economy/Labor

Program: 'Conversations' Part: 2

Guest: Nikki Gane

Length: 12:30

Contact: 425-499-8253

Link: www.dignityfordivas.org

Airdate: 5/7/17

Description:

Nikki Gane is the Executive Director of Dignity For Divas. Their mission is to restore hope and dignity to women experiencing homelessness by reminding them they matter and reconnecting them with their "Inner Diva," as well as to support and encourage women who are in transition from being homeless as they walk the path toward a self-sustaining life.

On Mother's Day, May 14th they will be throwing the Dignity For Divas Mother's Day Brunch & Pampering at Monica's Village Place. Nikki gives us all the details and volunteer opportunities.

Category: Community Activities

Program: 'Conversations' Part: 1

Guest: Dr John Douillard

Length: 12:30

Contact: Don Whitman

Radio Campaign Manager

Tel: 727-443-7115, Extension 203

don@newsandexperts.com

www.newsandexperts.com

Link: LifeSpa.com

Airdate: 5/14/17

Description:

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!

Category: Health/Wellness, Government, Business

Program: 'Conversations' Part: 2

Guest: Ron Mayes

Length: 12:30

Contact: Don Whitman

Radio Campaign Manager

Tel: 727-443-7115, Extension 203

don@newsandexperts.com

www.newsandexperts.com

Link: www.usrc.org

Airdate: 5/14/17

Description:

When you move to different places across the united states, you'll find the concerns of emergency preparedness are often specific to the region. Live near a river - flooding. Live in the desert - water supply. The midwest has to worry about tornados. When you live in the PNW, we have to worry about earthquakes and massive seismic events. What are the things we need to make sure we know about our buildings to know if we're safe in such an event? Ron Mayes is part of the US Resiliency Council and will help us understand the challenges.

Category: Government, Environment, Technology

Program: 'Conversations' Part: 1

Guest: Gail Richard & Joseph Montano

Length: 12:30

Contact: 202-544-8400

Link: www.asha.org

Airdate: 5/14/17

Description:

A new survey conducted by the American Speech-Language-Hearing Association (ASHA) finds that a significant percentage of Americans are concerned that exposure to loud noise in leisure settings has or will harm their hearing, and say that it is also reducing their enjoyment of those settings. The polling, conducted in recognition of *Better Hearing & Speech Month* this May, found more than half (51%) of those surveyed worry that future exposure to loud leisure settings may impact their hearing. Additionally, 41% of adults polled are concerned about their past exposure and more than a third agree that loud noise has reduced their enjoyment of out-of-home activities. How can we reduce the risk of hearing loss? Gail Richard, President of the Board of Directors of ASHA and Joseph Montana, Member of the ASHA Board give us their insights to the problem.

Category: Health/Wellness

Program: 'Conversations' Part: 2

Guest: Pascale Naessens

Length: 12:30

Contact: 310-699-7880

Link: www.purepascale.com

Airdate: 5/14/17

Description:

Pascale Naessens is a bestselling culinary author in Belgium. She has since become a leading voice for pure and healthy eating. A number of her books have already been translated into French, English, German, and Chinese. It's said that Naessens has "taught her nation to eat healthily." Her cooking and her lifestyle appeal to a broad public as demonstrated by the many Facebook communities where fans of Pascale's Pure Kitchen share experiences and recipes. She is now back again with her latest, "Pure & Simple: A Natural Food Way of Life" and explains no matter where you are whether you are in Brussels or Seattle you too can live a healthy lifestyle with natural foods.

Category: Health/Wellness

Program: 'Conversations' Part: 1

Guest: Jayme Powers

Length: 12:30

Contact: Jaymelina Esmele

Communications Manager

2018 Special Olympics USA Games

Office 206 900 9490 x 105

Mobile 206 380 7115

Email jesmele@SpecialOlympicsUsaGames.org

Link: <http://www.specialolympicsusagames.org>

Airdate: 5/21/17

Description:

We're just over one year away from a massive event that brings Seattle into the spotlight for one of the most satisfying exhibitions of athletic ability, The Special Olympics USA Games are headed to the Pacific Northwest in 2018. Today we'll find out all about what that means for Seattle!

Category: Community Events/Families Youth, Economy/Labor, Minorities

Program: 'Conversations' Part: 2

Guest: Jeffrey Kluger

Length: 12:30

Contact: Terry Cater

917-723-7596

terry@playbackproducers.com

Link: https://www.nasa.gov/mission_pages/apollo/missions/apollo8.html

<http://time.com/author/jeffrey-kluger/>

Airdate: 5/21/17

Description:

After a recent trip to Johnson Space Center, this book is even more exciting, Jeffrey Kluger's Apollo 8. In the wake of films like Hidden Figures demonstrating the power of some of the world's best minds as minorities, Mr Kluger's work helps us understand the environment surround the mission to the moon and the similarities (or lack thereof) of today's missions and the minds around Washington that contribute.

Category: Technology, Transportation, Government

Program: 'Conversations' Part: 1

Guest: Jason Goetz

Length: 12:30

Contact: 310-592-5681

Link: www.greatbooksdude.com

Airdate: 5/21/17

Description:

Jason Goetz is looking to change the education of history one book at a time. Jason is both an educator and author and is developing a unique and thoughtful series about European history to engage younger people in a living study of history with relevance to the issues of the 21st century. He draws a parallel between the two-party U.S. political system and the dynamic interplay between the revived ideas of Plato and Lucretius as they filtered into norther Italy in the early-to mid 1400s. With this parallel in mind, Goetz provides a combination of easily readable prose and serious schloraship.

Category: Education/Arts/Culture

Program: 'Conversations' Part: 2

Guest: Randall Bell

Length: 12:30

Contact: 949-497-7607

Link: www.drbell.com

Airdate: 5/21/17

Description:

Dr. Randall Bell is a socio-economist who has been nicknamed the "Master Of Disaster". He has worked on 100's of cases including the World Trade Center, Flight 93, Hurricane Katrina, BP Oil Spill, and more. He finds solutions for people and studied why some "dive, survive, or thrive". His book "Me We Do Be" interweaves stories from his career, classic behavioral studies and the results of his survey to see what daily habits correlate with success.

Category: Environment/Communication

Program: 'Conversations' Part: 1

Guest: Emily Kemme

Length: 12:30

Contact: Don Whitman

Radio Campaign Manager

Tel: 727-443-7115, Extension 203

don@newsandexperts.com

www.newsandexperts.com

Link: www.FeedingTheFamished.com

Airdate: 5/28/17

Description:

We all hope to keep clear of the type of thing that will land an individual even temporarily locked up. But when it happens, what are the effects long term to your mental health, personal brand, and your community status? Emily will help us understand how important is it to know your own laws and rights.

Category: Government, Violence, Communication

Program: 'Conversations' Part: 2

Guest: Robb Krehbiel

Length: 12:30

Contact: Robb Krehbiel

www.defenders.org

206-577-2007

Link: www.defenders.org

Airdate: 5/28/17

Description:

While there are tons of different wildlife concerns in our own state and national and world wide, Defenders of Wildlife are focused specifically for the month of June on our friends just off our coast, June is Orca Month! Robb returns to share more of their work with grizzlies, but mostly to steer us towards the fun, informative events behind recognizing the orca and it's PNW habitat.

Category: Government, Community Events/Families/Youth, Education

Program: 'Conversations' Part: 1

Guest: HeatherAsh Amara

Length: 12:30

Contact: 512-965-6382

Link: www.heatherashamara.com

Airdate: 5/28/17

Description:

HeatherAsh Amara is an inspirational speaker, and the author of the bestselling book *Warrior Goddess Training: Become the Woman You are Meant to be*. Our conversation consisted of:

- The conscious and unconscious bias against women in the work force
- The unconscious fetters that women place on themselves and how to release them
- The detriment of false modesty and/or over-competitiveness between women
- What is a Warrior Goddess?
- How to raise a Warrior Daughter

Category: Gender-Specific/Minorities

Program: 'Conversations' Part: 2

Guest: Kaitlyn Carl

Length: 12:30

Contact: 202-544-4705

Link: www.newsroom.grubhub.com

Airdate: 5/28/17

Description:

Summer is just around the corner and that means more people are spending time outside and looking for the right foods to match their lifestyle. Grubhub - the nation's leading online and mobile food-ordering company.- conducted a brand new comprehensive study, using their leading national database, to examine the most popular/trending eating plans (diets).

The survey found (unsurprisingly) that the "Paleo Diet" continues to gain steam trending up 370% in 2016, towering above second place "Raw Diet" (92% increase) and third place "Juice Cleanse" (89% increase). Another fun finding was that Seattle tops the list of cities that order according to specific meal plans, a whopping 309% more than the national average and more than double to second place Portland (154%).

How did Seattle match up? Kaitlyn Carl, Trends Expert breaks it down for us.

Category: Health/Wellness

Program: 'Conversations' Part: 1

Guest: Dawn Rains

Length: 12:30

Contact: Trent Freeman | Associate Director Marketing & Communications

Treehouse | T 206.267.5128 | C 818.636.7713 | F 206.767.7773

2100 24th Avenue S. / Suite 200

Seattle, WA 98144-4643

Link: treehouseforkids.org

Airdate: 6/4/17

Description:

Foster kids have it rough - it must seem like constant new homes, schools, friends. The fear of getting lost in the shuffle doesn't just affect them, but it also motivated a group of local Seattle

good guys and gals to start organization directed at keeping them motivated to succeed specifically in school. Today we'll talk to Dawn about Treehouse.

Category: Families/Youth, Culture, Business/Labor

Program: 'Conversations' Part: 2

Guest: Jono Neiger

Length: 12:30

Contact: Terry Cater

917-723-7596

terry@playbackproducers.com

www.playbackproducers.com

Link: <http://www.regenerativedesigngroup.com/team/jono-neiger/>

Airdate: 6/4/17

Description:

The world is becoming more aware of our limited resources. We've heard the idea of sustainability in the mainstream now for a decade in the northwest - Seattle is a city leading the nation in recycling, composting, and awareness of our impact on the earth. But that's not enough, we have to continue building towards a future where our planet can support an exploding human population. Jono and his team are charging at the front of the environmental pack!

Category: Environment, Culture, Technology, Government

Program: 'Conversations' Part: 1

Guest: Pam Johnson-Bennett

Length: 12:30

Contact: 615-217-4497

Link: www.seattlemeowtropolitan.com

Airdate: 6/4/17

Description:

"The perfect cat-loving event is coming to the beautiful town of Seattle! The CatWise Cat Café Tour presented by Wellness Natural Pet Food is making a stop at Meowtropolitan Cat Café, 1225 N 45th Street on Saturday, June 10th from 6 - 8pm. During the event, Wellness will be donating 1000 meals to the Regional Animal Service of King County to help provide cats with natural nutrition while they wait to be adopted. America's Favorite Cat Behavior Expert and Best-Selling Author, Pam Johnson-Bennett, will also be there to launch her brand new book, *CatWise*. So come to Meowtropolitan to celebrate this big donation, meet Pam, pick up some freebies from Wellness, check out adoptable cats, all while benefiting the Regional Animal Service of King County! Visit the RASKC website

at: <http://www.kingcounty.gov/depts/regional-animal-services.aspx>

Category: Community Activities

Program: 'Conversations' Part: 2

Guest: Sara DeWitt

Length: 12:30

Contact: 949-322-8602

Link: www.pbskids.org

Airdate: 6/4/17

Description:

Summer vacation is quickly approaching, and with that comes more down time, travel time and often increased screen time for children. Today, even with the proliferation of many new media platforms, TV continues to dominate families' screen time. A new national study of parents with children ages 2-6 finds TV viewing is one of the top ways that families spend time together, with 89% of parents reporting they watch TV together as a family and another 74% in favor of anytime access to educational programming. This is especially relevant during the summer months when families are on vacation or kids are out of school.

As parents seek high-quality media content, and anytime/anywhere access to it, questions of how to make the right media choices for their families arise frequently. Sara DeWitt, Vice President of Digital for PBS KIDS provides families with idea and tips to make the most of their screen time, especially during the summer months.

Category: Families/Youth

Program: 'Conversations' Part: 1

Guest: John C Neyland

Length: 12:30

Contact: Don Whitman

Radio Campaign Manager

Tel: 727-443-7115, Extension 203

don@newsandexperts.com

www.newsandexperts.com

Link: www.johnneyland.com

Airdate: 6/11/17

Description:

The Pacific Northwest has always been about the dream - from escaping the east and pioneering across America in our past lives to now driving the technological culture of the modern world from the various businesses around our region. It is common for people to think about putting their mark on the world and leaving it a better place than when they arrived.

But in many cases people fail to put those thoughts into action – possibly because they're hesitant to step outside their comfort zones. To overcome challenges and experience your dream life, Neyland has some suggestions!

Category: Business, Aging, Violence

Program: 'Conversations' Part: 2

Guest: Steve Janjic

Length: 12:30

Contact: Don Whitman
Radio Campaign Manager
Tel: 727-443-7115, Extension 203
don@newsandexperts.com
www.newsandexperts.com

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

Airdate: 6/11/17

Description:

Washington is one of a dozen plus states that, in the face of federal law, voted to legalize recreational marijuana. To say it has been a business success seems understated. With the amount of money the industry is creating, will the feds ever be able to turn things back? What is the limit of the business of the marijuana business? Steve today will help us understand the very scale of the operation. Steve Janjic is the founder of Americanex, providing a transparent, neutral and non-manipulated marketplace for institutional cannabis-industry participants, including growers and retailers. The company, a commodities exchange for the rapidly growing industry strictly adheres to the centralizing regulatory and reporting requirements to local and regional regulatory authorities.

Category: Business/Economy, Government

Program: 'Conversations' Part: 1

Guest: Ben Brown

Length: 12:30

Contact: 215-939-7656

Link: www.madeby.google.com/wifi

Airdate: 6/11/17

Description:

June is Internet Safety Month and with Summer around the corner Google gives us tips and tools we need to keep ourselves and our families safe online. Ben Brown covers home technology tips, moving tips & tools, and Wi-Fi network safety.

Category: Business/Technology

Program: 'Conversations' Part: 2

Guest: Ryan Tabone

Length: 12:30

Contact: 202-216-8950

Link: <https://gsuite.google.com/together>

Airdate: 6/11/17

Description:

On average, businesses spend just 5% of their time generating new ideas while the remainder is spent on busy work. Ryan Tabone, Google Expert reveals some expert tips that help increase productivity, collaborating your work with others, and what tools can assist you with planning,

security and which are more cost efficient. These tips will make the work place a little more enjoyable and organized.

Category: Business/Labor

Program: 'Conversations' Part: 1

Guest: Andrew Gause

Length: 12:30

Contact: Steve Town

727-447-4992 x208

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

Airdate: 6/18/17

Description:

We read about automated farm tractors, burger flipping robots, customer service ai asking questions to get you to the correct support, what is going to happen when all of our jobs are automated? Many, like Facebook founder Mark Zuckerberg argue that a universal basic income paid to the citizens of a government will become necessary to keep everyone alive. What exactly does that entail? Andrew Gause is one of America's foremost experts on American monetary system and the history of US currency and will help us understand the future of our jobs in Washington versus the automation that could take them away.

Category: Economy, Government, Labor

Program: 'Conversations' Part: 2

Guest: Peter Pitts

Length: 12:30

Contact: Maria Sliwa

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

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mliwa.com

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

Airdate: 6/18/17

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.

Category: Drug Abuse/Crime

Program: 'Conversations' Part: 1

Guest: Amanda Anderson

Length: 12:30

Contact: 206-979-5685

Link: www.seattlehumane.org

Airdate: 6/18/17

Description:

Amanda Anderson, Public Relations Specialists talks to us about the events running this summer for Seattle Humane:

- Father's Day Discount
- Take Your Dog To Work Day
- Seattle Pride/Doggy Drag Contest
- Four On the Fourth
- MaxMobile/ Adoption mobile

Category: Community Activities

Program: 'Conversations' Part: 2

Guest: Darron Spencer

Length: 12:30

Contact: 303-548-1152

Link: www.humanepolicing.com

Airdate: 6/18/17

Description:

Former Deputy Darron Spencer talks to us about the growing divide that exists in America between its citizens and the police officers who've sworn to protect them. Bridging that gap is important if officers are to be effective within their communities. Humane Policing explores the changes that law enforcement needs to make, chronicles the experiences that shaped Spencer's personal perspective, and offers life-changing tools to help officers everywhere better serve their communities.

Category: Crime/Violence

Program: 'Conversations' Part: 1

Guest: Dr Harold Katz

Length: 12:30

Contact: Don Whitman

Radio Campaign Manager

Tel: 727-443-7115, Extension 203

don@newsandexperts.com

www.newsandexperts.com

Link: www.therabreath.com

Airdate: 6/25/17

Description:

From sporting events to weekends at the park or the beach, those energized kids will look to quench their thirst. Many of us, leery of sugar-filled carbonated beverages, turn to sports drinks to refresh between innings or during down time between catching wild waves.

What better way to rehydrate, right? Sports drinks work celebrity athletes, so they must be ok, right? Not so fast says bacteriologist and oral health expert, Dr Harold Katz.

Category: Health/Wellness

Program: 'Conversations' Part: 2

Guest: Carl Treleven

Length: 12:30

Contact:

Link: www.theunexpectedperspective.com

Airdate: 6/25/17

Description:

In this soundbite filled world, complex topics are often reduced to black and white categories with only the most extreme views being represented, nothing in between. How do we alienate each other and increase the divide with this type of thinking? One specific area that attracts Mr Treleven's interest is the idea that science versus religion isn't black and white and shouldn't be mutually exclusive which specifically impacts a city where bars outnumber churches and technology is booming.

Category: Spirituality, Education

Program: 'Conversations' Part: 1

Guest: Maj. Ed Pulido

Length: 12:30

Contact: 904-687-5594

Link: www.realwarriors.net

Airdate: 6/25/17

Description:

June is PTSD Awareness Month, and the Real Warriors Campaign is asking Americans to honor the sacrifices of America's warriors. Studies show that approximately 10 to 14 percent of active duty service members and 40 percent of veterans are diagnosed with PTSD. Since 2010, PTSD Awareness Month has been observed in June as an opportunity to bring about greater awareness of PTSD, to offer support, and to promote increased access to care and treatment. Experiencing psychological stress as part of military life can be common, but the Real Warriors Campaign has resources that can help.

Category: Health/Wellness

Program: 'Conversations' Part: 2

Guest: Mark McGillivray

Length: 12:30

Contact: 814-331-1322

Link: www.allstate.com

Airdate: 6/25/17

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