

**2016 THIRD QUARTERLY REPORT  
KISW, 99.9 FM  
KISW-FM & KISW HD CH-2  
SEATTLE, WASHINGTON**

**KISW-HD-2 QUARTERLY ISSUES/PROGRAMMING REPORT FOR THE  
THIRD QUARTER: JULY 1 – SEPTEMBER 30, 2016**

The following is a list of issues that KISW-HD-2 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.

**KISW-HD-2 PUBLIC AFFAIRS PROGRAMMING IN ALPHABETICAL ORDER  
FOR JULY 1 – SEPTEMBER 30, 2016:**

"**CONVERSATIONS**" is a 30 minute interview show airing on Sundays between 10:00 – 11:00p.m. It's hosted and produced by Entercom's Public Affairs hosts Deanna Cruz and Greg Shishman, which focuses on a wide variety of issues that affect people in the greater Puget Sound area. Their guests include individuals from business, medicine, government, environmental and education groups. Two 'Conversations' shows air back-to-back for a total of 60 minutes. Contact: Wingnut, 206-577-8600.

**KISW-HD-2 PUBLIC AFFAIRS PROGRAMMING**, in alphabetical order

**CONVERSATIONS**

Program: 'Conversations' Part: 1

Guest: Kristina Beaugh

Airdate: 7/03/16

Time Aired: 10:00 – 10:15 p.m.

Description: Independence Day is one of the most popular times to break out the grill - with more than 81 million Americans expected to participate in a BBQ this July 4th and nearly \$400 million worth of beef sold in preparation for the holiday, it's critical that consumers take the necessary steps to protect their families from foodborne illness (commonly known as food poisoning). Incidents of food poisoning surge during the summer because harmful bacteria multiply faster when foods heat up in warm temperatures. USDA research shows that 1 out of every 4 hamburgers turns brown before it has reached a safe internal temperature.

Program: 'Conversations' Part: 2

Subject: Arts/Culture

Guest: David Niu

Length: 12:30

Airdate: 7/03/16

Time Aired: 10:15 – 10:30 p.m.

Summary:

David Niu is the President of AFL Global Arena Football. He talked to us about what arena football means to the U.S. and globally. The China Arena Football League will kick off its inaugural season in October 2016 with six teams. It's been three years in the making for the CAFL and organizers have been determined to build a strong foundation. The historic league is the brainchild of very successful businessman Marty Judge, owner of the Philadelphia Soul of the Arena Football League.

Program: 'Conversations' Part: 2

Subject: Business, Transportation

Guest: Melanie Rushforth

Length: 12:31

Date Aired: 7/3/16

Time Aired: 10:30 – 10:45 p.m.

Summary: If only every shelter in the world that took in stray dogs cats and other animals could be a no-kill shelter, but that's just not the way things are. We all heard Bob Barker for decades reminding us to have our cats spay and neutered and it's to keep the numbers of pets in shelters lower. Today, we're talking to Melanie who is the executive director of an organization who want to make that service even easier.

Compliance issues covered: Business, Transportation

Program: 'Conversations' Part: 1

Subject: Community Activities, Health/Wellness

Guest: Dr. Harold Katz

Length: 12:30

Date Aired: 7/04/16

Time Aired: 10:45 – 11:00 p.m.

Summary: It's summer and we're out running around socializing more than other - especially when the Seattle weather cooperates. How can the things you choose to eat and drink while standing around a grill at a drizzly barbeque determine the smell of your breathe? Are there foods we should be avoiding? How can we up our fresh breath game?

Compliance issues covered: Families/Business/Economy

Program: 'Conversations' Part: 2

Guest: Michael Miller

Airdate: 7/10/16

Time Aired: 6:00 – 6:15 a.m.

Category: Health/Wellness

Description:

Michael Miller or “Mad Mike” as some call him is the Founder, Executive Director, and President of “Rock Out ALS”. Rock Out ALS is a Washington State Charitable Organization waiting for Federal 501c3 Non-Profit approval. Its purpose is to unite the Rock n Roll bands and fans behind ALS (Amyotrophic Lateral Sclerosis) Awareness and Research/Care Funding. Michael spoke to me about his personal connection to ALS and their next fundraiser called Rock Out ALS Fest scheduled for July 30th at the Vessel Wines and Ales. LENGTH 12:30  
Compliance issues covered: Health/Wellness

Program ‘Conversations’ Part: 1

Guest: Ed Britz

Senior Publicist, The PR Group

Airdate: 7/10/16

Time Aired: 10:15 – 10:30 p.m.

Description: Ed Britz talked to us about the 4th Annual Car Show 4 Kids Fundraiser on Saturday, July 16th. All funds raised at this event are donated to the Pediatric Brain Tumor Foundation. Located in the parking lot of Coastal Farm & Ranch - 1425 Outlet Collection Drive in Auburn. For more information go to [www.facebook.com/carshow4kids](http://www.facebook.com/carshow4kids)

LENGTH 12:30

Compliance issues covered: Community/Activity/Youth

Program: ‘Conversations’ Part: 2

Subject: Diet

Guest: Sifu Slim

Length: 12:30

Date Aired: 7/10/2016

Time Aired: 6:30 – 6:45 a.m.

Summary: The world would be super dull if it weren’t for changes that define eras and generations, but that doesn’t necessarily mean that we’ve changed for the better. Thanks to technology, getting lost is a thing of a past with GPS, smartphones, 4g and more, but it’s also reverting our communication from words spoken to one another or written and read upon a page to emojis with smiling faces or glyphs of delicious foods. Part two takes us into talk of former athletes and specifically military personnel and how they cope with changing activity and diet after service.

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

Program: ‘Conversations’ Part: 1

Subject: Business

Guest: Andy Gause

Length: 12:30

Date Aired: 7/10/16

Time Aired: 10:45 – 10:00 p.m.

Summary: Whilst speaking to many of our English friends in Seattle they never considered the possibility of the British Exit from the European Union yet here we are. Britain's shocking decision to exit has caused tremors in financial markets around the world. But what does the decision to split with the EU mean, not only for British citizens, but for people like us in Seattle on the other side of the pond?

Compliance issues covered: Business/Economy/Labor, Government

Program: 'Conversations' Part: 2  
Subject: Gender-Specific, Arts/Culture, Technology  
Guest: Brian Hastings  
Length: 12:30

Date Aired: 7/17/16

Time Aired: 10:00 – 10:15 p.m.

Summary: With such a rich video gaming culture in western Washington, it's time to take a look at the absence of strong female characters in major titles without having to look beyond our culture. Brian Hastings's newest game, *Insomniac's "Song of the Deep"*, is absolutely about girl power and is sensitive to providing female role models that both girls and boys can play in the game.

Compliance issues covered: Gender-Specific, Arts/Culture, Technology

Program: 'Conversations' Part: 1  
Guest: Eric Pokorny  
Airdate: 7/17/2016  
Time Aired: 10:15 – 10:30 p.m.

LENGTH 12:30

Description: Bike MS: Deception Pass Classic

Challenge yourself and ride toward a world free of multiple sclerosis at Bike MS: Deception Pass Classic – presented by Concur and the Singh Family Foundation, in Western Washington on September 10th and 11th. Cycle along unparalleled scenic routes, beginning in Skagit County. Go to [Bike-MS-WA-dot-org](http://Bike-MS-WA-dot-org) to register or start a team today and help people with MS live their best lives. That's [Bike-MS-WA-dot-org](http://Bike-MS-WA-dot-org).

Compliance issues covered: Community Activities

Program: 'Conversations' Part: 2  
Guest: Dr Gregory Jantz  
Airdate: 7/17/16  
Air Time: 10:30-10:45 pm

Description:

Quitting smoking is one of the hardest tasks charged to those that get caught up in nicotine addiction. Dr Gregory Jantz recognizes how so many people try to quit each year and how it doesn't always work. He has nearly three decades of experience in mental health counseling and is the founder of The Center A Place Of Hope near Seattle, Wash.

The Center provides comprehensive, coordinated care from a treatment team that addresses medical, physical, psychological, emotional, nutritional, fitness and spiritual factors involved in recovery

LENGTH 12:30

Compliance issues covered: Health/Wellness, Drug Abuse

Program: 'Conversations' Part: 1

Guest: Virginia Piper

Chairman EAS Steering Committee for the State of Washington

Air Date: 7/17/16

Air Time: 10:45-11:00 pm

LENGTH: 12:30

Category: Community Activities, Culture

I first encountered Frankie's Friends when my cat peanut ate a lily and we had to put him in the cat hospital for a weekend - an expensive weekend for a flower eating floof of a cat. So few of us have pet insurance and on occasion our furry friends need expensive vet visits for emergency or life saving treatment. What happens to people who aren't able to care for the family furball in those cases. Today, we'll find out from Virginia Piper of Frankie's Friends.

Compliance issues covered: Community Activities, Culture

Program: 'Conversations' Part: 2

Guest: Dr Chapek

Airdate: 7/24/16

Air Time: 10:00-10:15 pm

Subject: Technology, Health/Wellness, Youth

LENGTH 12:30

Description: The Pokémon GO craze that's sweeping the United States and Canada has turned millions of fans into "trendy zombies". Avoid Bellevue's Downtown Park at sundown! Between the hot app, the video games, tablets and computers, it's become tougher than ever for children, teenagers and adults to flip any switch from on to off. Dr. Kabran Chapek is a licensed naturopathic physician with primary experience in mental health care including depression, ADHD/ADD, eating disorders and other issues. Dr. Chapek guides patients toward effective natural solutions such as nutritional supplements, brain training and physical exercise.

Compliance issues covered: Technology, Health/Wellness, Youth

Program: 'Conversations' Part: 1

Subject: Spirituality

Guest: Jesse Kalsi

Airdate: 7/24/16

Air Time: 10:15-10:30 pm

LENGTH 12:30

Description: What if we had the ability to put the power of the universe on our side? Author Jesse Kalsi answers that question for us. A world-renowned numerologist, Kalsi specializes in residential and business numerology, providing valuable insight on the power of numbers and how they affect our lives. In *The Power of Home Numbers*, he combines his Eastern upbringing with his Western experience to bring awareness and understanding of this phenomenon.

Compliance issues covered: Spirituality

Program: 'Conversations' Part: 2

Guest: Eric Pokorny

Airdate: 7/24/16

Air Time: 10:30-10:45 pm

Subject: Community Activities

LENGTH 12:30

Description: Challenge yourself and ride toward a world free of multiple sclerosis at Bike MS: Deception Pass Classic – presented by Concur and the Singh Family Foundation, in Western Washington on September 10th and 11th. Cycle along unparalleled scenic routes, beginning in Skagit County. Go to [Bike-MS-WA-dot-org](http://Bike-MS-WA-dot-org) to register or start a team today and help people with MS live their best lives. That's [Bike-MS-WA-dot-org](http://Bike-MS-WA-dot-org).

Compliance issues covered: Community Activities

Program: 'Conversations' Part: 1

Guest: Joey Dweck

Subject: Culture

Airdate: 7/24/16

Air Time: 10:45-11:00 pm

Health/Wellness, Gender-specific

LENGTH 12:30

Description: We've been robbed this year so far of having swimming weather - perhaps we've just been spoiled for the last couple summers. Finally though, here we are ready to hit the lakes of Washington for some splashes. I get super self conscious about how I look and I imagine I'm not alone. The bigger issue may be less about superficial swimsuit

bodies and more about our greater health. Veteran weight loss coach helps break down the pounds!

Compliance issues covered: Health/Wellness, Gender-specific

Program: 'Conversations' Part: 1

Guest: Stacy Oster

Subject: Community Activities/Families

Airdate: 7/31/16

Air Time: 10:00-10:15 pm

LENGTH: 12:30

Description: Stacy Oster is the organizer of 'Light the Night Walk' Benefit Concert taking place October 8 in hopes to raise money for PNW Bands for LLS. The Leukemia & Lymphoma Society provides families and patients with guidance and financial support during their difficult time as well as fund the research of future treatments by those affected by these cancers.

Compliance issues covered: Business, Health/Wellness, Spirituality

Program: 'Conversations' Part: 2

Guest: Rex Miller

Subject: Cancer

Airdate: 7/31/16

Air Time: 10:15-10:30 pm

LENGTH: 12:30

Description: You can bike all year, but only one weekend a year is it surrounded with the best food, fun, and feeling that is Obliteride. Mark your calendar, and start getting excited for a new annual tradition.

This weekend brings together a community whose collective spirit of relentlessness will create the world we all want to live in. A world where cancer is behind us. As we train and fundraise throughout the year and ride across the finish line on Sunday, Aug. 14, we remember who we're riding for; the loved ones who lost their battle, those currently battling, for kids who will be impacted by this disease and all those survivors who are still with us today because of research happening at Fred Hutch. This bike ride is a journey where everyone is riding for the same thing - better treatments, better outcomes and better lives.

Together, they've raised over \$6.8 million to date; every dollar raised went toward lifesaving cancer research at Fred Hutch.

Compliance issues covered: Community Activities/Health

Program: 'Conversations' Part: 1

Guest: Guest: Megan Dishneau, Rachel Amos

Subject: Community Events/Families

Airdate: 7/31/16

LENGTH: 12:30

Air Time: 10:30-10:45 pm

Description: Every year we get pretty excited about music festivals and fun outside in the sunshine, but every summer we also look forward a different kind of fest - this one features cats and kittens and so much purring, little wispy meows, and so much love, I'm talking about Catapalooza at Seattle Humane.

Compliance issues covered: Community Events/Families

Program: 'Conversations' Part: 2

Guest: Kerry Ward

Subject: Government, Community Activities

Airdate: 7/31/16

Air Time: 10:45-11:00 pm

LENGTH 12:30

Description: We're just a week away from Seafair festivities culminating in Seattle, an amazing weekend of events and fun that has everyone looking to the sky to watch jets fly over. There's way more to it than that, but those blue angels certainly are a highlight. This year, joining the festivities is the DAV Veterans Flight Team. we a coddled society? Are we willing to forego liberties to ease our minds with safety?"

Compliance issues covered: Government, Community Activities

Program: 'Conversations' Part: 1

Guest: Dr Cass Ingram

Subject: Health/Wellness, Government

Airdate: 8/7/16

Air Time: 10:00-10:15 pm

Description: There's a tiny, would-be assassin hiding in North America's fields and woodlands that goes by the name of Ixodes scapularis, but is more commonly known as the black-legged deer tick. A single bite from this creature can destroy your life - and if untreated, may even kill you. Dr Ingram talks about the rebound he personally took via natural remedies when facing Lyme disease.

LENGTH: 12:30

Compliance issues covered: Health/Wellness, Government

Program: 'Conversations' Part: 2

Guest: Dr Nathalie Le Du

Subject: Education/Communication/Culture

Airdate: 8/7/16

Air Time: 10:15-10:30 pm

LENGTH: 12:30

Description: Getting kids attention for 8 hours of day at school is a challenge that even the best teachers struggle to tackle. As the son of a former middle school teacher, I've learned that those kids have so much on their plate it can seem impossible to cut through. Introducing a new a series of books called Big Fat Notebook to help get the attention and keep it that could otherwise be diverted into daydreaming about the Seahawks...

Compliance issues covered: Education/Communication/Culture

Program: 'Conversations' Part: 2

Guest: Eugene Monroe

Subject: Health, Wellness

Airdate: 8/7/16

Air Time: 10:30-10:45 am

Description:

TIME: 12:30 Eugene Monroe is a pro-athlete and author of "Youth Sport: Starts Here". He talks to us about the importance of nutrition and concerns with injuries to young athletes.

Compliance issues covered: Health/Wellness

Program: 'Conversations' Part: 2

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Subject: Health, Wellness

Airdate: 8/7/16

Air Time: 10:45-11:00 pm

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Compliance issues covered: Health/Wellness

Program: 'Conversations' Part: 2

Subject: Spirituality, Education, Technology

Guest: Douglas Axe

Length: 12:30

Date Aired: 8/14/2016

Time Aired: 10:00-10:15 pm

Summary: imagine on a Sunday morning across America, many are busy celebrating their faith while other maybe just dream of sunshine. Every attempt to explain life and evolution comes down to one fundamental question: Is there a divine design? One author and scientist explains how you don't have to be a scientist to see why blind evolution can't explain life. Engineer-turned-molecular-biologist Douglas Axe is the director of

Biologic Institute in Seattle. His research uses experiments and computer simulations to examine the functional and structural constraints on the evolution of proteins and protein systems.

Compliance issues covered: Spirituality, Education, Technology

Program: 'Conversations' Part: 1  
Subject: Community Activities/Families/Youth  
Guest: Pele Bennett  
Length: 12:30

Date Aired: 8/14/16

Time Aired: 10:15-10:30 pm

Summary: Pele Bennett is the co-founder of the Bennett Foundation and wife of Seahawks Defensive End, Michael Bennett. Together they formed the Bennett Foundation whose mission is to fight obesity thru community education, activity, and nutrition. The Lady 12's Fashion Show taking place on August 23rd will be supporting the Bennett Foundation.

Compliance issues covered: Community Activities/Families/Youth

Program: 'Conversations' Part: 2

Guest: Rick Jones

Subject: Economy/Labor, Families

Airdate: 8/14/16

Air Time: 10:30-10:45 pm

LENGTH 12:30

Description:

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

Compliance issues covered: Culture, Families

Program: 'Conversations' Part: 1

Guest: Rick Jones

Subject: Economy/Labor, Families

Airdate: 8/14/16

Air Time: 10:45-11:00 pm

LENGTH 12:30

Description:

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Compliance issues covered: Culture, Families

Program: 'Conversations' Part: 2

Subject: Community/Health

Guest: Cathy Schrock

Airdate: 8/21/16

Air Time: 10:00-10:15 pm

LENGTH: 12:30

Description: Hundreds of local residents are joining forces to fight lung cancer, united in the belief that surviving lung cancer should be the expectation, not the exception. These everyday superheroes will be meeting at the Puget Sound Free to Breathe 5K Run/Walk and 1-Mile Walk presented by the Korum for Kids Foundation on Saturday, September 17 at Wright Park. All proceeds from the event support Free to Breathe, a lung cancer research and advocacy organization dedicated to doubling lung cancer survival by 2022.

Compliance issues covered: Community/Health

Program: 'Conversations' Part: 1

Subject: Senior Care

Guest: Chris Orestis

Length: 12:30

Date Aired: 8/21/16

Time Aired: 10:15-10:30 pm

Summary: Founded in 2007, Life Care Funding (LCF) specializes in converting the death benefit of an in-force life insurance policy into a Long Term Care Benefit Plan to cover the costs of Homecare, Assisted Living, Memory Care, Skilled Nursing, and Hospice. LCF is the originator and market leader of this innovative approach to funding Senior Living and Long Term Care. Thousands of Senior Care providers and advisors offer the LCF program to families' across the United States.

Compliance issues covered: Health/ Wellness, Finance

Program: 'Conversations' Part: 2

Guest: Mac Bogert

Subject: Education, Government

Airdate: 8/21/16

Air Time: 10:30-10:45 pm

LENGTH: 12:30

Description:

Imagine eliminating teachers' traditional role in schools, and having the students be responsible for their own learning? According to a lifelong teacher, that's just one step toward a better education for your child. Educator, trainer, coach and author of the book, "Learning Chaos: How Disorder Can Save Education", Mac Bogert challenges the status quo of education with a revolutionary approach to learning founded in research as well as experience.

Compliance issues covered: Education, Government

Program: 'Conversations' Part: 1

Guest: Jill Reynolds and Kevin Peterson

Subject: Community/Culture

Airdate: 8/21/2016

Air Time: 10:45-11:00 pm

LENGTH: 12:30

Category: Technology, Government, Environment, Culture

Description:

As the world continues to become more aware of how our energy use affects the resources around us, how will our lifestyle change? Regardless of our awareness, we as creatures will continue to ponder, tinker with and implement new idea and technologies in our lives. How will those changes affect the world around us? The Northwest Energy Efficiency Alliance looks to help the region advance.

Compliance issues covered: Community/Culture

Program: 'Conversations' Part: 2

Subject: ~~Community/Health~~ ~~Video games and reading~~

Guest: ~~Cathy Schrock~~ ~~Mark Cheverton~~

Length: 12:30

Date Aired: 8/28/16

Time Aired: 10:00-10:15 pm

Summary: Hundreds of local residents are joining forces to fight lung cancer, united in the belief that surviving lung cancer should be the expectation, not the exception. These everyday superheroes will be meeting at the Puget Sound Free to Breathe 5K Run/Walk and 1-Mile Walk presented by the Korum for Kids Foundation on Saturday, September 17 at Wright Park. All proceeds from the event support Free to Breathe, a lung cancer

research and advocacy organization dedicated to doubling lung cancer survival by 2022. :  
Community/Health

Program: 'Conversations' Part: 1

Subject: Families/Youth

Guest: Dr. Mark Banschick

Length: 12:30

Airdate: 8/28/16

Air Time: 10:15-10:30 pm.

Summary: Mark R. Banschick, M.D. is a child psychiatrist and a retired expert witness in custody disputes. Dr. Banschick's been quoted in The New York Times, Politico.com, CNN.com, Greatist.com, and featured on The Early Show and The Huffington Post. His articles are read by over 30,000 people a week on Psychology Today. Dr. Banschick is available for print, radio and television interviews, to talk about marriage, divorce or parenting.

Compliance issues covered: Families/Youth

Program: 'Conversations' Part: 2

Guest: Greg Kozera

Subject: Environment, Government, Business/Labor/Technology, Health/Wellness

Airdate: 8/28/16

Air Time: 10:30-10:45 pm

Category: Description:

It's always a hot button issue - the cost of energy, specifically the cost of gasoline as we head into summer. Why is gasoline more expensive during the highest travel season outside of the holidays? Let's talk to an expert about what to expect this summer and long term. How will Washington's wind energy potentially compete with fracking technology in the USA's future.?

Compliance issues covered: Environment, Government, Business/Labor/Technology, Health/Wellness

Program: 'Conversations' Part: 1

Guest: Karen Moore

Subject: Business/Economy, Communication/Culture

Airdate: 8/28/16

Air Time: 10:45-11:00 pm

Description: Whether you're selling coho salmon, organizing charity coat drives in tukwila, or hoping to be the next big PNW start-up success, your team - in order to be great - needs to be activated. You need an army of people talking about your company

that engages, connects and strengthens your brand to potential customers. We'll hear a style for getting just that for your team with Karen Moore.

Compliance issues covered: Business/Economy, Communication/Culture

Program: 'Conversations' Part: 2

Subject: Business/Transportation

Guest: Ed Gilman

Length: 12:30

Date Aired: 9/04/16

Time Aired: 10:00–10:15 p.m.

Summary: With Labor Day vacation and family trips on the horizon, bus travel remains one of the most popular and least expensive ways to travel. However, cost and convenience shouldn't be the only factor considered when planning a bus trip. Consumers should make safety their highest priority when booking travel.

The U.S. DOT's Federal Motor Carrier Safety Administration (FMCSA) Look Before You Book campaign educates and encourages travelers to consider safety as a key factor when planning and booking bus trips.

Compliance issues covered: Business/Transportation

Program: 'Conversations' Part: 1

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

Guest: Chris Adams

Length: 12:30

Date Aired: 9/04/16

Time Aired: 10:15–10:30 p.m.

Summary: Several months ago we heard from Chris about starting a flag football team and getting on the field at CenturyLink Field - to run around on the same turf as the Seahawks! Since then a bunch of people formed teams and fundraised money to help support research for Crohn's disease and Ulcerative Colitis. Chris is here to tell about what those diseases are and how you can not only donate for the day, but also how you can still participate!

Compliance Community Activities/Families/Youth, Health/Wellness

Program: 'Conversations' Part: 2

Subject: Arts/Culture, Community Activities/Families/Youth

Guest: Mike Klay

Length: 12:30

Date Aired: 9/04/16

Time Aired: 10:30–10:45 p.m.

Summary: Every year at Bumbershoot, Seattle Center's biggest festival full of music, art and numerous types of entertainment takes over our eyes, ears, and minds. One of the must see staples of the lineup every year: a collection of artists making poster art for live

music. All part of the not for profit American Poster Institute. Compliancy issues covered: Arts/Culture, Community Activities/Families/Youth

Program: 'Conversations' Part: 1

Subject: Overcoming Codependency

Guest: Lesley Deveraux

Length: 12:30

Date Aired: 9/04/16

Time Aired: 10:45–10:00 p.m.

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

Compliancy issues covered: Education/Spirituality

Program: 'Conversations' Part: 1

Guest: Ed Pulido

Subject: Health/Wellness

Airdate: 9/11/16

LENGTH: 12:30

Air Time: 10:00-10:15 pm

Description:

Retired Army Maj. Ed Pulido talked to us about Suicide Prevention Awareness Month for veterans and service members. September is Suicide Prevention Awareness Month, and the Real Warriors Campaign is asking Americans to honor the sacrifices of America's warriors. Suicide affects family and friends, a service member's unit and the overall community. According to a recent Department of Veterans Affairs study, 20 veterans a day died by Suicide in 2014. Experiencing psychological stress as part of military life can be common, but the Real Warriors Campaign has resources that can help.

Compliancy issues covered: Health/Wellness

Program: 'Conversations' Part: 2

Guest: Marlena Glymph

Subject: Community Activities/Families

Airdate: 9/11/16

Air Time: 10:15-10:30 pm

LENGTH: 12:30

Description: The Face of 12 is an elite troupe/ambassadors representative of the 12 nation and the diverse lifestyles in the community as well as the greatest football fans in the world. 12-Star Lifestyles has merged the two loves together of being a committed 12 fan and those of our 12 nation family committed to caring for loved ones. The FACE OF 12 is a spokes model competition for males and females over 21 years old, who are talented, confident, reliable, good value system, possess social consciousness, good looking,

educated, communicates well, fitness conscious, enjoys fashion/sports (especially our Seahawks) and entertaining lifestyles and more.

Compliance issues covered: Community Activities/Families

Program: 'Conversations' Part: 2

Guest: Derek Black

Subject: Education/Culture, Minorities, Government

Airdate: 9/11/16

Air Time: 10:30-10:45 pm

LENGTH: 12:30

Description: Derek W. Black, an expert on education and the law, clearly shows how the common practice of removing kids from school is counterproductive not only to their own academic, psychological, and career outcomes, but also to their peers' educational outcomes. The solution? Along with advocating more tolerance, more flexibility, and more emphasis on fostering and rewarding positive student behavior, Black calls for courts to re-engage in school discipline, enforce students' rights, and support broader reforms.

Compliance issues covered: Education/Culture, Minorities, Government

Program: 'Conversations' Part: 1

Guest: Danny Smith

Subject: Health/Wellness, Culture, Technology

Airdate: 9/11/16

Air Time: 10:45-11:00 pm

LENGTH: 12:30

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

Compliance issues covered: Health/Wellness, Culture, Technology

Program: 'Conversations' Part: 2

Subject: Substance Abuse

Guest: Jim Vollendroff

Length: 12:30

Date Aired: 9/18/16

Time Aired: 10:00-10:15 pm

Summary: Jim Vollendroff is the Director of King County's Behavioral Health and Recovery Division. September is National Recovery Month. Vollendroff talked to us

about destigmatizing mental health and substance use issues around Washington. He also let us know the events that are happening throughout the month to help spread awareness about the issue.

Compliance issues covered: Health/Wellness

Program: 'Conversations' Part: 1

Subject: Car Safty

Guest: Corazon Ochanda & Jennifer Pelky

Length: 12:30

Date Aired: 9/18/16

Time Aired: 10:15-10:30 pm

Summary: Whether you're a first-time parent, doting grandparent or seasoned baby sitter, car seats are not always the easiest things to figure out. In fact, 75 percent of seats in the U.S. are not used correctly. Research shows motor vehicle crashes are one of the leading causes of death among children. A properly installed car seat can dramatically reduce injury and prevent death for children in crash. Crazon, Ochanda, Injury Prevention Coordinator at Cincinnati Children's and Jennifer Pelky, Vehicle Safety Engineer at Toyota Motor Engineering and Manufacturing North America talk to us about location in WA that provide a free car seat safety test and proper installation.

Compliance issues covered: Psychology/Community

Program: 'Conversations' Part: 2

Guest: Virginia Piper

Subject: Community Activities, Culture

Airdate: 9/18/16

Air Time: 10:30-10:45 pm

LENGTH: 12:30

Description: Mutt Ado About Nothing will raise money to support the families of animals that can't make ends meet when critical care is the only option for a pet. A gala raising money for the charity that despite it's national status, raises all of it's money for Washington in Washington. Virginia Piper runs the local chapter and will tell us about some of the fun goodies up for auction, too!

Compliance issues covered: Community Activities, Culture

Program: 'Conversations' Part: 1

Guest: Sabrina Register

Subject: Volunteer Day In WA

Airdate: 9/18/16

Air Time: 10:45-11:00pm

LENGTH: 12:30

Description: Day of Caring is the biggest volunteer event in the state. With 13,000+ volunteers, it is THE day to give your time and energy to our area's nonprofits. Sabrina joins us to talk about how some money will be matched, the work done, and how

businesses can benefit from sending their staffs! Compliancy issues covered: Community Activities, Government, Business,

Program: 'Conversations' Part: 2

Subject: Violence/Community

Guest: Lauren Grinell

Length: 12:30

Date Aired: 9/25/16

Time Aired: 10:00-10:15 pm

Summary: Lauren Grinell is the organizer of Runway To Freedom. For 6 years she has organized this fashion show to empower survivors of domestic violence in Washington. This year will be the 7th consecutive year where proceeds from the fashion show will benefit Mary's Place, a local shelter that empowers homeless women and children to reclaim their lives.

Compliancy issues covered: Violence/Community

Program: 'Conversations' Part: 1

Subject: Health/Wellness

Guest: Brenda George

Length: 12:30

Date Aired: 9/25/16

Time Aired: 10:15-10:30 pm

Summary: Brenda George is an author, a thyroid cancer survivor, and a speaker for The American Cancer Society as a "Voice of Hope." She has also spoken at other events, including Aglow International. She is passionate about raising awareness and reaching out to others to inspire people from all walks of life to never give up hope! She is enthusiastic about life and teaches others that they can not only survive, but thrive. Whatever challenges they may be facing, they will learn to embrace the hand of a loving God — He will turn their mourning into dancing. Brenda resides in Marysville, Ohio, with her husband Mark, and their adorable Old English Sheepdog named Maggie. Brenda is the mother of three grown children and grandmother to seven.

Compliancy issues covered: Health/Wellness

Program: 'Conversations' Part: 2

Guest: Megan Dishneau

Subject: Animal Awareness

Airdate: 9/25/16

Air Time: 10:30-10:45 pm

Category: Education, Government, Technology

Description: Seattle Humane throws several awesome fundraisers to help bolster their efforts in helping find homes and help for animals around Washington. Sunday, October

2nd, Seattle Humane throws their annual Walk for the Animals - a furry, fun event taking animals around Green Lake. Megan joins us to tell us what all is happening! LENGTH:  
Compliance issues covered: Community Events/Families

Program: 'Conversations' Part: 1

Guest: Dr David Magnano

Subject: Health/Wellness

Airdate: 9/25/16

Air Time: 10:45-11:00 pm

LENGTH: 12:30

Description: Heartburn isn't just a painful annoyance for millions of Americans – it's a potential killer. A three year study conducted by doctors at the Karolinska Institute in Stockholm, Sweden found individuals who experience heartburn once a week or more are eight times more likely to develop a deadly form of cancer called adenocarcinoma which starts in the lower esophagus. Yikes! It always makes me wish for summer time with the crisp light salads to help - is it even that though? We'll ask Dr. David Magnano!

Compliance issues covered: Health/Wellness