

**2013 FOURTH QUARTERLY REPORT  
KISW, 99.9 FM  
KISW-FM & KISW HD CH-1  
SEATTLE, WASHINGTON**

**QUARTERLY ISSUES/PROGRAMMING REPORT FOR THE FOURTH  
QUARTER, OCTOBER 1 - DECEMBER 31, 2013:**

**KISW 99.9 FM PUBLIC AFFAIRS PROGRAMMING:**

**'CONVERSATIONS'** IS AIRED EVERY SUNDAY MORNING AT 6:00 A.M. AND IS A THIRTY-MINUTE PROGRAM, HOSTED BY PUBLIC AFFAIRS DIRECTOR LIZZ SOMMARS, THAT FEATURES DISCUSSIONS OF A WIDE RANGE OF ISSUES AND PROBLEMS THAT AFFECT PEOPLE IN THE COMMUNITY INCLUDING BUSINESS, EDUCATION, GOVERNMENT, VIOLENCE PREVENTION, TERRORISM, AND THE ENVIRONMENT. \*Two 'Conversations' shows air back-to-back each Sunday morning at 6:00 a.m. and 6:30 a.m. for a total of 60-minutes.

**'THE 'B.J. SHEA EXPERIENCE'** AIRS FROM 6 A.M. TO 10 A.M. WEEKDAYS. THE LOCAL TALK SHOW DEALS WITH SIGNIFICANT SUBJECTS AS DEFINED BY THE STATION'S LOCAL AUDIENCE ON A DAILY BASIS.

KISW 99.9 FM 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 ITS 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.

**KISW 99.9 FM PUBLIC AFFAIRS PROGRAMMING SORTED BY PROGRAM  
IN ALPHABETICAL ORDER FOR: OCTOBER 1 – DECEMBER 31, 2013:**

**‘CONVERSATIONS’**

Program: ‘Conversations’ Part: 1

Subject: Secure Your ID Day

Guest: Bruce McClary

Length: 12:32

Date Aired: 10/6/13

Time Aired: 6:00 – 6:15 a.m.

Summary: Bruce McClary, Director of Media Relations, ClearPoint Credit Counseling Solutions talks about protecting yourself from identity theft and credit fraud and a free public event coming up at two locations in the Puget Sound area to raise awareness of self-protection as a way to guard against ID theft. [www.clearpointccs.org](http://www.clearpointccs.org).

Compliance issues covered: Crime/Technology/Community/Economy

Program: ‘Conversations’ Part: 2

Subject: Disease-Proof Your Life

Guest: Dr. David Katz

Length: 12:28

Date Aired: 10/6/13

Time Aired: 6:15 – 6:30 a.m.

Summary: Dr. David Katz, chronic disease prevention specialist, author, DISEASE-PROOF, talks about ways to ‘disease proof’ your life including nutrition, exercise, developing good sleep habits and ways to reduce stress. [www.davidkatzmd.com](http://www.davidkatzmd.com).  
Compliance issues covered: Health/Family/Culture/Aging Issues

Program: ‘Conversations’ Part: 1

Subject: The New World of Work

Guest: Terri Maxwell

Length: 12:31

Date Aired: 10/6/13

Time Aired: 6:30 – 6:45 a.m.

Summary: Terri Maxwell, business consultant, author, THE NEW WORLD OF WORK, talks about ‘the cloud’ and how it’s revolutionizing how work is sourced and performed. [www.NewWorldofWork.com](http://www.NewWorldofWork.com).

Compliance issues covered: Business/Jobs/Youth/Aging Issues

Program: ‘Conversations’ Part: 2

Subject: Slouching Toward Adulthood

Guest: Sally Koslow

Length: 12:29

Date Aired: 10/6/13

Time Aired: 6:45 – 7:00 a.m.

Summary: Sally Koslow, journalist, author, SLOUCHING TOWARD ADULTHOOD, talks about post-college age kids who ‘boomerang’ home again to life with mom and dad and the joys and challenges of this situation and how both are coping with this new ‘trend’ in our culture.

Compliance issues covered: Culture/Youth/Family/Jobs/Economy/Education

Program: ‘Conversations’ Part: 1

Subject: Is Marijuana Safer than Alcohol?

Guest: Paul Armentano

Length: 12:32

Date Aired: 10/13/13

Time Aired: 6:00 – 6:15 a.m.

Summary: Paul Armentano, deputy director, NORML (National Organization for the Reform of Marijuana Laws), talks about the debate over this question, ‘which is a safer recreational drug, marijuana or alcohol?’ Paul argues that marijuana is safer and of the need to reform marijuana laws following the lead of Washington state and Colorado in passing recreational use laws last year.

Compliance issues covered: Government/Health/Community/Crime

Program: ‘Conversations’ Part: 2

Subject: Personal Power in the Workplace

Guest: Kay Potetz, Ph.D.

Length: 12:28

Date Aired: 10/13/13

Time Aired: 6:15 – 6:30 a.m.

Summary: Kay Potetz, Ph.D., professor, Baldwin Wallace College, Ohio, author, TAKE IT BACK, talks about personal power in the workplace and how to use it to overcome stress and deal more effectively with people in the workplace. [www.drkkp.com](http://www.drkkp.com)

Compliance issues covered: Jobs/Community/Spirituality

Program: 'Conversations' Part: 1

Subject: The Bliss Experiment

Guest: Sean Meshorer

Length: 12:29

Date Aired: 10/13/13

Time Aired: 6:30 – 6:45 a.m.

Summary: Sean Meshorer, journalist, author, THE BLISS EXPERIMENT, talks about the nature of happiness amidst the challenges of modern living, why happiness is not external, the differences between happiness and pleasure, and how to experience bliss even when confronted with physical injury and pain. [www.TheBlissExperiment.com](http://www.TheBlissExperiment.com).

Compliance issues covered: Health/Spirituality

Program: 'Conversations' Part: 2

Subject: International Adoption

Guest: John Simmons

Length: 12:31

Date Aired: 10/13/13

Time Aired: 6:45 – 7:00 a.m.

Summary: John Simmons, founder, nonprofit, 'Ele Lembra', author, TO SING FROGS, talks about the joys and challenges of international adoption and how his family adopted 6 children from Russian orphanages and his advice for other families looking to adopt internationally. [www.EleLembra.com](http://www.EleLembra.com).

Compliance issues covered: Youth/Family/Health/Government/Poverty

Program: 'Conversations' Part: 1

Subject: GMO Foods and their Labeling

Guest: Jayson Calton, Ph.D.

Length: 12:31

Date Aired: 10/20/13

Time Aired: 6:00 – 6:15 a.m.

Summary: Jayson Calton, Ph.D., nutrition expert, author, RICH FOOD, POOR FOOD, looks at the controversy surrounding GMO's, genetically-modified foods, where they most typically occur in our food supply, and how to avoid them at the grocery store if you wish to do so. [www.caltonnutrition.com](http://www.caltonnutrition.com).

Compliance issues covered: Health/Government/Business

Program: 'Conversations' Part: 2

Subject: Food Politics and Your Vote

Guest: Marion Nestle

Length: 12:29

Date Aired: 10/20/13

Time Aired: 6:15 – 6:30 a.m.

Summary: Marion Nestle, professor, Department of Nutrition, Food Studies and Public Health, New York University, author, EAT DRINK VOTE, talks about the nature of food politics in America and how consumers ultimately vote every time they go to the grocery store and every time they eat with their forks. [www.foodpolitics.com](http://www.foodpolitics.com).

Compliance issues covered: Health/Government/Business

Program: 'Conversations'

Part: 1

Subject: E-Coli Poisoning and the Way Americans Eat

Guest: Jeff Benedict

Length: 12:33

Date Aired: 10/20/13

Time Aired: 6:30 – 6:45 a.m.

Summary: Jeff Benedict, distinguished Professor of English, Southern Virginia University, author, POISONED, talks about the deadly 1993 Jack-in-the-Box e-coli outbreak and how it changed the food industry and the way we eat fast food in America. [www.jeffbenedict.com](http://www.jeffbenedict.com).

Compliance issues covered: Health/Business/Government/Youth/Family

Program: 'Conversations'

Part: 2

Subject: The Wonder of Aging

Guest: Michael Gurian

Length: 12:27

Date Aired: 10/20/13

Time Aired: 6:45 – 7:00 a.m.

Summary: Michael Gurian, marriage and family counselor, Founder, Gurian Institute, author, THE WONDER OF AGING, talks about our youth-obsessed culture and how the second half of life can actually be enormously fruitful, exciting and fulfilling. [www.michaelgurian.com](http://www.michaelgurian.com).

Compliance issues covered: Health/Family/Youth/Spirituality

Program: 'Conversations'

Part: 1

Subject: Mothers Who Can't Love

Guest: Susan Forward, Ph.D.

Length: 12:28

Date Aired: 10/27/13

Time Aired: 6:00 – 6:15 a.m.

Summary: Susan Forward, Ph.D., author, MOTHERS WHO CAN'T LOVE, talks about the mother-daughter relationship and what happens when 'mothers can't love' and the legacy of the 'mother wound' and how daughters can overcome it and improve their own lives and relationships. [www.susanforward.com](http://www.susanforward.com).

Compliance issues covered: Health/Gender Specific/Youth/Aging Issues

Program: 'Conversations'

Part: 2

Subject: Parenting Your Powerful Child

Guest: Dr. Kevin Leman

Length: 12:32

Date Aired: 10/27/13

Time Aired: 6:15 – 6:30 a.m.

Summary: Dr. Kevin Leman, psychologist, author, PARENTING YOUR POWERFUL CHILD, talks about parenting, and whether kids are loud and tempermental, quiet and sensitive, or stubborn and manipulative, how parents can deal diffuse power struggles with these types of kids. [www.birthorderguy.com](http://www.birthorderguy.com).

Compliance issues covered: Youth/Family/Culture

Program: 'Conversations'

Subject: The Symmetry of our Universe

Guest: Dave Goldberg, Ph.D.

Length: 25:00

Date Aired: 10/27/13

Time Aired: 6:30 – 7:00 a.m.

Summary: Dave Goldberg, Ph.D., professor, director, Undergraduate Studies, Dept. of Physics, Drexel University, author, THE UNIVERSE IN THE REAR VIEW MIRROR, talks about the world of science and physics and the role symmetry plays in how we understand our universe.

Compliance issues covered: Education/Technology/Spirituality

Program: 'Conversations'

Part: 1

Subject: The Art of Brain-Storming

Guest: Mitchell Rigie, Keith Harmeyer

Length: 12:28

Date Aired: 11/3/13

Time Aired: 6:00 – 6:15 a.m.

Summary: Mitchell Rigie, Keith Harmeyer, business consultants, co-authors, SMART-STORMING, talk about the brainstorming process at work and how to best use it to create bigger, better ideas. [www.SmartStorming.com](http://www.SmartStorming.com).

Compliance issues covered: Business/Jobs/Culture

Program: 'Conversations'

Part: 2

Subject: Kindred Beings

Guest: Sheri Speede

Length: 12:32

Date Aired: 11/3/13

Time Aired: 6:15 – 6:30 a.m.

Summary: Sheri Speede, veterinarian, author, KINDRED BEINGS, talks about her work with chimpanzees in Cameroon, Africa and the challenges the chimps face from loss of habitat to deforestation practices and the illegal 'bush meat' trade and how working with them has taught her much about their complex emotional lives. [www.ida-africa.org](http://www.ida-africa.org).

Compliance issues covered: Environment/Government/Crime/Spirituality

Program: 'Conversations'

Part: 1

Subject: Building Leadership Skills in Business

Guest: Tish Squillaro

Length: 12:30

Date Aired: 11/3/13

Time Aired: 6:30 – 6:45 a.m.

Summary: Tish Squillaro, CEO, Candor Consulting, author, HEADTRASH, talks about leadership skills in business and how to get a handle on unproductive motions and fears that might be undermining your effectiveness. [www.headtrash911.com](http://www.headtrash911.com).

Compliance issues covered: Business/Technology/Jobs/Economy

Program: 'Conversations' Part: 2

Subject: Finding Home after Displacement

Guest: Sally Ooms

Length: 12:30

Date Aired: 11/3/13

Time Aired: 6:45 – 7:00 a.m.

Summary: Sally Ooms, journalist, author, FINDING HOME, talks about 'home' and a sense of 'belonging' that people associate with their homes and how Americans prevail once they've been displaced to recreate their sense of home.

Compliance issues covered: Environment/Family/Poverty/Discrimination

Program: 'Conversations' Part: 1

Subject: Global Population Growth and Sustainability

Guest: Alan Weisman

Length: 12:30

Date Aired: 11/10/13

Time Aired: 6:00 – 6:15 a.m.

Summary: Alan Weisman, journalist, author, COUNTDOWN, talks about global population growth and its impact on creating a sustainable future. [www.countdownbyalanweisman.com](http://www.countdownbyalanweisman.com).

Compliance issues covered: Environment/Government/Business/Family/Poverty

Program: 'Conversations' Part: 2

Subject: The New World of Boys

Guest: Rosalind Wiseman

Length: 12:30

Date Aired: 11/10/13

Time Aired: 6:15 – 6:30 a.m.

Summary: Rosalind Wiseman, parenting expert, author, MASTERMINDS & WINGMEN, talks about parenting boys and how to help them cope with school yard power struggles, locker room tests, bullying, girlfriends, and the 'new rules of Boy World'.

Compliance issues covered: Youth/Education/Crime/Gender Specific

Program: 'Conversations' Part: 1

Subject: The Rise and Fall of Washington Mutual



Guest: Kirsten Grind

Length: 12:33

Date Aired: 11/10/13

Time Aired: 6:30 – 6:45 a.m.

Summary: Kirsten Grind, reporter, Wall Street Journal, author, THE LOST BANK, talks about the rise and fall of 'WaMu', Washington Mutual, the biggest bank failure in American history, how and why it happened, and whether anything has fundamentally changed to prevent this type of thing from happening again. [www.kirstengrind.com](http://www.kirstengrind.com).

Compliance issues covered: Economy/Jobs/Crime/Culture

Program: 'Conversations' Part: 2

Subject: Living and Traveling in the South Pacific Islands

Guest: J. Maarten Troost

Length: 12:27

Date Aired: 11/10/13

Time Aired: 6:45 – 7:00 a.m.

Summary: J. Maarten Troost, travel writer, author, HEADHUNTERS ON MY DOORSTEP, talks about living and traveling in the South Pacific, island life, how climate change has affected the atoll islands, and why he decided to retrace the path of the author Robert Louis Stevenson.

Program: 'Conversations' Part: 1

Subject: Boundaries in an Over-Connected World

Guest: Anne Katherine

Length: 12:28

Date Aired: 11/17/13

Time Aired: 6:00 – 6:15 a.m.

Summary: Anne Katherine, psychologist, author, BOUNDARIES IN AN OVER-CONNECTED WORLD, talks about how to set healthy boundaries with technology, including Smartphones, Facebook and Twitter, and how to keep your cute little gadgets from becoming the 'enemy invaders' in your private life. [www.lannekatherine.com](http://www.lannekatherine.com).

Compliance issues covered: Technology/Culture/Business/Jobs

Program: 'Conversations' Part: 2

Subject: Getting to 50/50

Guest: Joanna Strober

Length: 12:32

Date Aired: 11/17/13

Time Aired: 6:15 – 6:30 a.m.

Summary: Joanna Strober, online business CEO, author, GETTING TO 50/50, talks about whether working families, mothers and fathers, really can 'have it all' in business and family life, and how this impacts their children. [www.gettingto5050.com](http://www.gettingto5050.com)

Compliance issues covered:

Program: 'Conversations' Part: 1

Subject: Jump-Starting Boys

Guest: Pam Withers

Length: 12:33

Date Aired: 11/17/13

Time Aired: 6:30 - 6:45 a.m.

Summary: Pam Withers, author, JUMP-STARTING BOYS, talks about how to help pre-teen and teen boys who are underperforming in school and in life, how to work with teachers and schools and inspire them to want to learn. [www.pamwithers.com](http://www.pamwithers.com).

Compliance issues covered: Education/Youth/Family/Culture

Program: 'Conversations' Part: 2

Subject: Pilgrim's Wilderness

Guest: Tom Kizzia

Length: 12:27

Date Aired: 11/17/13

Time Aired: 6:45 – 7:00 a.m.

Summary: Tom Kizzia, reporter, Anchorage Daily News, author, PILGRIM'S WILDERNESS, talks about a story he covered as a reporter in Alaska about a family cult that was headed by a man who was abusing his family, the disputes the family engaged in with local residents and the Alaska Park Service, and how finally the embittered family members were emboldened to leave their bondage after years of abuse.

[www.tomkizzia.com](http://www.tomkizzia.com).

Compliance issues covered: Crime/Family/Government/Discrimination/Spirituality

Program: 'Conversations'

Subject: The Bonds of Family

Guest: David Laskin

Length: 25:00

Date Aired: 11/24/13

Time Aired: 6:00 – 6:30 a.m.

Summary: David Laskin, author, THE FAMILY, talks about the 3 branches of his family tree which he studied and found separate but remarkable journeys of the 20<sup>th</sup> century including relatives who settled in Palestine, relatives who were lost in the Holocaust and another relative who became a business tycoon in America and the impact this has had on him. This, as America celebrates Thanksgiving and the first day of Hanukkah on the same date, which won't occur again for another 79,000 years. [www.davidlaskin.com](http://www.davidlaskin.com).

Compliance issues covered: Family/Culture/Crime/Business

Program: 'Conversations' Part: 1

Subject: Survival Instincts and Modern Life

Guest: Marc Schoen, Ph.D.

Length: 12:28

Date Aired: 11/24/13

Time Aired: 6:30 – 6:45 a.m.

Summary: Marc Schoen, Ph.D., specialist, mind-body medicine, author, YOUR SURVIVAL INSTINCT IS KILLING YOU, talks about a possible down side to our technology-infused modern lifestyles which is a survival instinct that's run amok and

how we need to become more comfortable with 'agitation' as a part of daily life.  
[www.marcschoen.com](http://www.marcschoen.com).

Compliance issues covered: Health/Technology/Jobs/Culture

Program: 'Conversations' Part: 2  
Subject: The hijacking of America's Middle Class  
Guest: George Tyler  
Length: 12:32

Date Aired: 11/24/13

Time Aired: 6:45 – 7:00 a.m.

Summary: George Tyler, counselor, World Bank, Deputy Assistant Treasury Secretary, Clinton administration, author, WHAT WENT WRONG, talks about America's economic experience over the last 30 years and what's happened to the 'middle class' and how we can make it strong again.

Compliance issues covered: Government/Economy/Jobs/Culture

Program: 'Conversations' Part: 1  
Subject: The Life of a Writer  
Guest: Theo Pauline Nestor  
Length: 12:26

Date Aired: 12/1/13

Time Aired: 6:00 – 6:15 a.m.

Summary: Theo Pauline Nestor, professor, University of Washington, author, WRITING IS MY DRINK, talks about the life of a writer, the demands and challenges of finding time to write in a busy world, and ultimately how you 'find your voice' and use your life experiences to connect with your readers. [www.writingismydrink.com](http://www.writingismydrink.com).

Compliance issues covered: Family/Culture/Education/Youth

Program: 'Conversations' Part: 2  
Subject: The People Factor  
Guest: Van Moody  
Length: 12:34

Date Aired: 12/1/13

Time Aired: 6:15 – 6:30 a.m.

Summary: Van Moody, motivational speaker, author, THE PEOPLE FACTOR, talks about workplace relationships and how to build great ones and resolve difficult ones. [www.vanmoody.com](http://www.vanmoody.com).

Compliance issues covered: Business/Jobs/Culture

Program: 'Conversations' Part: 1  
Subject: Pongo Teen Poetry Writing Project  
Guest: Richard Gold  
Length: 12:31

Date Aired: 12/1/13

Time Aired: 6:30 – 6:45 a.m.

Summary: Richard Gold, founder, Pongo Teen Poetry Writing Project, talks about how writing poetry is helping distressed or incarcerated youths in the Puget Sound area deal with the trauma in their lives including drug and sexual abuse and homelessness, and how teachers and counselors can use poetry in their dealings with youth as well as an positive adjunct to therapy.

Compliance issues covered: Crime/Youth/Poverty/Community

Program: 'Conversations' Part: 2  
Subject: The Dyslexia Empowerment Plan

Guest: Ben Foss

Length: 12:29

Date Aired: 12/1/13

Time Aired: 6:45 – 7:00 a.m.

Summary: Ben Foss, entrepreneur, founder, Headstrong Nation, author, THE DYSLEXIA EMPOWERMENT PLAN, talks about dyslexia and how to help dyslexic children thrive in school and in life in part by helping them find and focus on their strengths. [www.benfoss.com](http://www.benfoss.com).

Compliance issues covered: Youth/Education/Family

Program: 'Conversations' Part: 1  
Subject: The New American Food Culture

Guest: Dana Goodyear

Length: 12:30

Date Aired: 12/8/13

Time Aired: 6:00 – 6:15 a.m.

Summary: Dana Goodyear, staff writer, The New Yorker, author, ANYTHING THAT MOVES, talks about contemporary food culture in our country and its roots, and what makes up the 'new American cuisine'. [www.danagoodyear.com](http://www.danagoodyear.com).

Compliance issues covered: Culture/Environment/Health/Business/Jobs

Program: 'Conversations' Part: 2  
Subject: Bringing 'Happy' Back to the Workplace

Guest: Dr. Bud Bilanich

Length: 12:30

Date Aired: 12/8/13

Time Aired: 6:15 – 6:30 a.m.

Summary: Dr. Bud Bilanich, leadership & career consultant, author, CLIMBING THE CORPORATE LADDER, blogs, [www.successtweets.com](http://www.successtweets.com), talks about the growing rate of job dissatisfaction in America, the changing nature of the workplace from Monday-Friday to 24/7 and how workers can increase their job satisfaction. [www.BudBilanich.com](http://www.BudBilanich.com).

Compliance issues covered: Business/Jobs/Culture/Technology

Program: 'Conversations' Part: 1  
Subject: Parenting Without Power Struggles

Guest: Susan Stiffleman

Length: 12:35

Date Aired: 12/8/13

Time Aired: 6:30 – 6:45 a.m.

Summary: Susan Stiffleman, licensed psychotherapist, teacher, parenting coach, Malibu, California, author, PARENTING WITHOUT POWER STRUGGLES, says ‘power struggles’ are one of the most common challenges facing parents and gives advice on how to address them, keep them from escalating, and how parents can ‘keep their cool’ in the midst of inevitable ‘meltdowns’ by their kids. [www.passionateparenting.net](http://www.passionateparenting.net).

Compliance issues covered: Family/Youth/Education

Program: ‘Conversations’ Part: 2

Subject: Fracking and Our Energy Future

Guest: Richard Heinberg

Length: 12:25

Date Aired: 12/8/13

Time Aired: 6:45 – 7:00 a.m.

Summary: Richard Heinberg, senior fellow, Post Carbon Institute, author, SNAKE OIL, talks about hydraulic fracturing or ‘fracking’ and its implications for our energy future as well as environmental risks to local communities where ‘fracking’ occurs.

Compliance issues covered: Environment/Government/Jobs/Community/Economy

Program: ‘Conversations’ Part: 1

Subject: The Grateful Table

Guest: Brenda Knight

Length: 12:31

Date Aired: 12/15/13

Time Aired: 6:00 – 6:15 a.m.

Summary: Brenda Knight, publisher & editor, author, THE GRATEFUL TABLE, talks about the ‘power of gratitude’ in our lives, not only during the holidays but throughout the year. [www.vivaeditions.com](http://www.vivaeditions.com).

Compliance issues covered: Spirituality/Family/Culture

Program: ‘Conversations’ Part: 2

Subject: Helping the People of Rwanda

Guest: Josh Ruxin

Length: 12:29

Date Aired: 12/15/13

Time Aired: 6:15 – 6:30 a.m.

Summary: Josh Ruxin, director, Health Builders, faculty member, Columbia University, author, A THOUSAND HILLS TO HEAVEN, talks about he and his wife’s 10 years living in Rwanda, helping the people there after the 1994 genocide ravaged the country and killed over 1-million people, and about their starting a gourmet restaurant ‘Heaven’ in Kigali and employing local Rwandans to help create jobs there. [www.globalhealthbuilders.org](http://www.globalhealthbuilders.org).

Compliance issues covered: Poverty/Health/Business/Discrimination

Program: 'Conversations'

Subject: Bullying in Young Girls                      Part: 1

Guest: Patrice Gendelman

Length: 12:12

Date Aired: 12/15/13

Time Aired: 6:30 – 6:45 a.m.

Summary: Patrice Gendelman, parenting expert, author, HANNAH ROSE KNOWS series of books, talks about bullying in young children, especially girls, and how to build secure, confident children as young as kindergarten, and how her series of books is written specifically to encourage, enlighten and empower children.

[www.hannahroseknows.com](http://www.hannahroseknows.com).

Compliance issues covered: Youth/Crime/Education/Family/Gender Specific

Program: 'Conversations'                      Part: 2

Subject: Everyday Trauma

Guest: Mark Epstein, M.D.

Length: 12:34

Date Aired: 12/15/13

Time Aired: 6:45 – 7:00 a.m.

Summary: Mark Epstein, M.D., psychiatrist, author, THE TRAUMA OF EVERYDAY LIFE, talks about the nature of 'trauma', even everyday trauma such as loneliness and sickness, its effect on us as well as its transformational potential if we're willing to work through it. [www.MarkEpsteinMD.com](http://www.MarkEpsteinMD.com).

Compliance issues covered: Health/Crime/Youth/Family/Spirituality

Program: 'Conversations'                      Part: 1

Subject: Escape from Communist Heaven

Guest: Dennis W. Dunivan

Length: 12:25

Date Aired: 12/22/13

Time Aired: 6:00 – 6:15 a.m.

Summary: Dennis Dunivan, journalist, author, ESCAPE FROM COMMUNIST HEAVEN, talks about life in South Vietnam after the war ended and the plight of refugees who managed to escape Communist oppression there including a friend of his Viet Nguyen, who he met in London after his escape, and his decision to tell Viet's story. [www.comunistheaven.com](http://www.comunistheaven.com).

Compliance issues covered: Discrimination/Government /Poverty/Health/Family

Program: 'Conversations'                      Part: 2

Subject: Healing with the Arts

Guest: Mary Rockwood Lane, R.N., Ph.D.

Length: 12:35

Date Aired: 12/22/13

Time Aired: 6:15 – 6:30 a.m.

Summary: Mary Rockwood Lane, R.N., Ph.D., co-director emerita, Shands Arts in Medicine, University of Florida, Gainesville, author, HEALING WITH THE ARTS, talks

about her research work into the healing aspects of the arts and how medical facilities now are employing art programs to help people heal from a variety of illnesses both physical and mental.

Compliance issues covered: Health/Spirituality/Business

Program: 'Conversations'

Subject: Inside Rehab in America

Guest: Anne Fletcher

Length: 25:00

Date Aired: 12/22/13

Time Aired: 6:30 – 7:00 a.m.

Summary: Anne Fletcher, health journalist, author, INSIDE REHAB, talks about the current state of the addiction treatment industry in the U.S. and how to find help that works. [www.annemfletcher.com](http://www.annemfletcher.com).

Compliance issues covered: Health/Business/Economy/Community/Family

Program: 'Conversations'

Part: 1

Subject: Follow Your Heart

Guest: Philip Devitte

Length: 12:24

Date Aired: 12/29/13

Time Aired: 6:00 – 6:15 a.m.

Summary: Philip Devitte, former director, Think First, Palm Springs, author, FOLLOW YOUR HEART, talks about overcoming huge challenges in life which for him meant learning how to walk again after suffering severe injuries in an automobile accident, and his work advocating driver safety to young people in Washington state and California. [www.follow-your-heart.us](http://www.follow-your-heart.us).

Compliance issues covered: Spirituality/Health/Youth/Transportation

Program: 'Conversations'

Part: 2

Subject: Understanding the Inner World of Black Bears

Guest: Benjamin Kilham

Length: 12:36

Date Aired: 12/29/13

Time Aired: 6:15 – 6:30 a.m.

Summary: Benjamin Kilham, black bear expert, author, OUT ON A LIMB, talks about his work with black bears in New Hampshire, rehabilitating orphaned and injured bears and reintroducing them back into the wild, and what humans can learn from understanding bear behavior. [www.benkilham.com](http://www.benkilham.com).

Compliance issues covered: Environment/Health/Family/Culture

Program: 'Conversations'

Part: 1

Subject: Beyond the Checklist

Guest: Suzanne Gordon

Length: 12:32

Date Aired: 12/29/13

Time Aired: 6:30 – 6:45 a.m.

Summary: Suzanne Gordon, health and medical writer, author, BEYOND THE CHECKLIST, talks about what healthcare can learn about teamwork and patient safety from the aviation industry. [www.beyondthechecklist.com](http://www.beyondthechecklist.com)

Compliance issues covered: Health/Business/Jobs/Technology

Program: 'Conversations'

Part: 2

Subject: How to Navigate Around Emotional Roadblocks

Guest: Jude Bijou

Length: 12:28

Date Aired: 12/29/13

Time Aired: 6:45 – 7:00 a.m.

Summary: Jude Bijou, psychotherapist, author, ATTITUDE RECONSTRUCTION, talks about how to navigate around emotional roadblocks to create a better life.

[www.AttitudeReconstruction.com](http://www.AttitudeReconstruction.com).

Compliance issues covered: Health/Family/Youth/Spirituality

### **'THE BJ SHEA EXPERIENCE'**

Program: The BJ Shea Experience

Date Aired: 10/1/13

Time Aired: 8:47 a.m.

Length: 10:00

Topic: BJ talks with listeners about a new survey that has come out saying that 63% of people who borrow a car go through all the compartments snooping. When do you snoop? Is everything fair game?

Compliance issues covered: Crime/Culture

Program: The BJ Shea Experience

Date Aired: 10/4/13

Time Aired: 7:17 a.m.

Length: 10:00

Topic: BJ talks with listeners about the government shutdown? What's the worst and best thing about this shutdown?

Compliance issues covered: Government/Economy/Culture

Program: The BJ Shea Experience

Date Aired: 10/8/13

Time Aired: 7:17 a.m.

Length: 10:00

Topic: A new survey has come out with the three biggest things that make men nervous when approaching women. BJ wants to know, 'what makes you the most nervous and why'?



Compliance issues covered: Gender Specific/Culture

Program: The BJ Shea Experience

Date Aired: 10/10/13

Time Aired: 8:17 a.m.

Length: 10:00

Topic: BJ talks with listeners about a news story where a man checked out his girlfriend's history and found out that she is a live cam nude model. What would you do?

Compliance issues covered: Gender Specific/Culture

Program: The BJ Shea Experience

Date Aired: 10/14/13

Time Aired: 7:17 a.m.

Length: 10:00

Topic: BJ talks with listeners about a new survey that has come out with a list of things women can but men can't get away with. What is something that the opposite sex can do but you can't?

Compliance issues covered: Culture/Gender Specific/Aging Issues

Program: The BJ Shea Experience

Date Aired: 10/18/13

Time Aired: 7:17 a.m.

Length: 10:00

Topic: BJ talks with listeners about Washington drivers, how good or bad are they compared to drivers in other parts of the country? Are our drivers here more courteous than in other large, metropolitan cities?

Compliance issues covered: Transportation/Community

Program: The BJ Shea Experience

Date Aired: 10/22/13

Time Aired: 7:17 a.m.

Length: 10:00

Topic: BJ talks with listeners about marijuana in Washington state and a farmers market that's opened for cannabis. What do you think?

Compliance issues covered: Business/Health/Government/Culture

Program: The BJ Shea Experience

Date Aired: 10/25/13

Time Aired: 7:17 a.m.

Length: 10:00

Topic: BJ talks with listeners about a new survey that has come out with the top 50 things that couples fight about. What is something you and your significant other always fight about?

Compliance issues covered: Family/Youth/Jobs/Economy/Aging Issues

Program: The BJ Shea Experience

Date Aired: 10/28/13

Time Aired: 7:17 a.m.

Length: 10:00

Topic: A new list has come out with the top 100 inventions that have changed our lives.

BJ wants to know, 'what is the one invention that has changed your life'?

Compliance issues covered: Economy/Jobs/Technology/Culture

Program: The BJ Shea Experience

Date Aired: 11/1/13

Time Aired: 8:17 a.m.

Length: 10:00

Topic: BJ talks with listeners about this scenario, 'if you found out that your step son was looking at porn, would you tell your ex-spouse'?

Compliance issues covered: Youth/Family/Technology/Culture

Program: The BJ Shea Experience

Date Aired: 11/5/13

Time Aired: 7:17 a.m.

Length: 10:00

Topic: BJ talks with listeners about a news story. A woman on a flight screams for twenty straight minutes. BJ wants to know, 'what is the craziest thing you have seen on a flight'?

Compliance issues covered: Culture/Business/Jobs

Program: The BJ Shea Experience

Date Aired: 11/8/13

Time Aired: 7:47 a.m.

Length: 10:00

Topic: Todd Pietzsch from BECU talks with listeners about their money issues, including how to deal with debt, 401K's and IRA's.

Compliance issues covered: Government/Jobs/Family

Program: The BJ Shea Experience

Date Aired: 11/11/13

Time Aired: 7:17 a.m.

Length: 10:00

Topic: BJ talks with listeners about a new list that has come out with the 40 things every man should own after turning 30. What would you put on this list?

Compliance issues covered: Culture/Gender Specific/Aging Issues

Program: The BJ Shea Experience

Date Aired: 11/18/13

Time Aired: 7:17 a.m.

Length: 10:00

Topic: BJ talks with listeners about a new survey that lists the top things that make parents uncool. BJ wants to know, 'when did you realize your parent was uncool or what was the coolest thing your parent did'?

Compliance issues covered: Family/Youth/Culture

Program: The BJ Shea Experience

Date Aired: 11/22/13

Time Aired: 8:17 a.m.

Length: 10:00

Topic: BJ talks with listeners about aging issues and our youth-obsessed culture, 'if your parents dressed too young and inappropriate, how would you handle it'?

Compliance issues covered: Youth/Family/Aging Issues/Culture

Program: The BJ Shea Experience

Date Aired: 11/25/13

Time Aired: 7:17 a.m.

Length: 10:00

Topic: BJ talks with listeners about a new survey that has come out with the strangest things hotel managers have been requested to do. BJ wants to know, 'on the job, what was the strangest thing asked of you'?

Compliance issues covered: Jobs/Business/Culture

Program: The BJ Shea Experience

Date Aired: 11/27/13

Time Aired: 8:17 a.m.

Length: 10:00

Topic: BJ talks with listeners about this issue, 'if you snooped and found out your significant other is still having conversations with people on a dating site, what would you do'?

Compliance issues covered: Family/Culture/Technology

Program: The BJ Shea Experience

Date Aired: 12/2/13

Time Aired: 7:17 a.m.

Length: 10:00

Topic: BJ talks with listeners about a news story where some parents came home early to find their daughters partying so they call the cops on them. Was that the appropriate thing to do, over not? Does that make them bad parents, or good parents?

Compliance issues covered: Youth/Family/Crime/Culture

Program: The BJ Shea Experience

Date Aired: 12/5/13

Time Aired: 7:17 a.m.

Length: 10:00

Topic: BJ talks with listeners about a news story where a teacher's assistant at the University of Iowa accidentally sent a homemade porn video to her students. When did you do something by accident that you will never live down?

Compliance issues covered: Youth/Culture/Crime

Program: The BJ Shea Experience

Date Aired: 12/10/13

Time Aired: 8:47 a.m.

Length: 10:00

Topic: BJ talks with listeners about a recent survey which is a new list of the 'best reasons people have used to get out of going to work'. What's yours?

Compliance issues covered: Business/Jobs/Culture

Program: The BJ Shea Experience

Date Aired: 12/12/13

Time Aired: 8:17 a.m.

Length: 10:00

Topic: BJ talks with listeners about relationship issues, 'if you started a bonding activity with your spouse but they embarrassed you, what would you do'?

Compliance issues covered: Health/Family/Culture

Program: The BJ Shea Experience

Date Aired: 12/16/13

Time Aired: 8:47 a.m.

Length: 10:00

Topic: BJ talks with listeners about a new survey which reveals that the average man doesn't think he's an adult till he's 54. What are the most common insecurities men have to deal with about aging?

Compliance issues covered: Culture/Health/Gender Specific/Aging Issues

Program: The BJ Shea Experience

Date Aired: 12/20/13

Time Aired: 8:17 a.m.

Length: 10:00

Topic: BJ talks with listeners about a female caller, 'Kim' who needs help because her married boss keeps hitting on her and she doesn't know what to do. What advice do you have for her?

Compliance issues covered: Gender Specific/Jobs/Culture

Program: The BJ Shea Experience

Date Aired: 12/23/13

Time Aired: 8:47 a.m.

Length: 10:00

Topic: BJ talks with listeners about a new poll says that says 60% of people at work have seen a coworker get drunk and do something stupid at a holiday party. What have you seen?

Compliancy issues covered: Business/Jobs/Culture

Program: The BJ Shea Experience

Date Aired: 12/26/13

Time Aired: 8:17 a.m.

Length: 10:00

Topic: BJ talks with listeners about a news story where a couple are friends with another couple who let their dogs eat off their plates, and they find it disgusting. Should they tell the couple how they feel about it?

Compliancy issues covered: Culture/Health/Family

Program: The BJ Shea Experience

Date Aired: 12/31/13

Time Aired: 7:17 a.m.

Length: 10:00

Topic: BJ talks with listeners about a man who has no issue if his son gets a tattoo even though he's only 16, but his wife thinks it a bad idea. Who do you think is right?

Compliancy issues covered: Family/Youth/Culture

## **KISW, 99.9 FM COMMUNITY ACTIVITIES FOR THE FOURTH QUARTER, 2013:**

### **SPECIAL PSA's:**

\*Anti-Bullying campaign: 'Bullies Suck', 10/1 – 12/31/13

-130 spots on-air, 152 streaming spots

KISW BJ Sit-In Certificate Donations:

-Wounded Warrior/Northwest Raiders Booster Club, 10/27/13

-United Way of Pierce County, 11/2/13

-Wishlist Foundation.org, 12/6/13

### **EVENTS:**

Charity: Washington State Council of Firefighters – Benevolent Fund

Event: Workers No. 9 Vodka

Date: 10/7 – 12/31/13

How promoted: 245 30-second Street Sheet mentions promoting Workers No. 9 Vodka

Charity: Washington State Council of Firefighters

Event: KISW Workers No. 9

Date: 10/1 – 12/31/13

How promoted: 254 on-air spots and 531 streaming spots to promote the vodka, [www.workersvodka.com](http://www.workersvodka.com).

Charity: KISW Jimmy Hendrix Park Foundation

Event: T-Shirt sale

Date: 11/11 – 12/31/13

How promoted: 105 30-second street sheets promoting sale of special edition T-shirts, and 100 recorded promos.

Charity: Washington Council of Firefighters

Event: Coast for Kids

Date: 11/25 – 12/8/13

How promoted: KISW is partnering with the Washington Council of Firefighters to raise awareness of their 'Operation Warm' Firefighters Coats for Kids Program. The BJ Shea Morning Experience, weekday mornings 6 – 10 a.m. is asking listeners to help donate money to put 1,000 brand-new, American-made coats on children in need this holiday season. Donations are accepted at **[www.OperationWarm.com/KISW](http://www.OperationWarm.com/KISW)**. 150 recorded mentions, 50 live mentions, Flipper inclusion, Website inclusion, press release, Tribal email blast.

Charity: Fisher House

Event: Men's Room Black Launch Event

Date: 11/14/13

Time: 8 p.m.

Location: Elysian Fields, 542 1<sup>st</sup> Ave South, Seattle, WA. 98104

How promoted: Launch of Men's Room Black. A portion of the sales go to the Fisher House. Fisher House reps were on-site to receive recognition.

Charity: VA Fisher House, Fort Lewis Fisher House

Event: Men's Room Original Red Ale

Date: 10/1 – 12/31/13

Summary: The KISW Men's Room Original Red Ale raises money for the VA Fisher House and the Fort Lewis Fisher House in Washington state. These charities provide services for members of our Armed Forces both at home and abroad. 356 on-air spots and 460 streaming spots were aired.

KISW Charity Promos

Dates: 12/23 – 12/31/13

How promoted: 60 promos on [www.kisw.com](http://www.kisw.com) website

Charities: Fisher House, Music Aid NW, Breast Cancer Awareness, WSCFF Workers and Coats for Kids, Cystic Fibrosis Foundation, Jimi Hendrix Foundation, 'Movember', Ronald McDonald House.

**STREAMED PSA's:**

- Bullying Prevention :60/:30
- Child Passenger Safety :30/:15
- Radiological Society :30/:60
- Mammography Saves Lives :30
- Recycle Me :60/:30
- Financial Literacy :30/:60
- Community Engagement/Volunteer :60/:30
- Autism Awareness :60/:30
- Supporting Minority Education :60/:30
- Child Obesity Awareness :30/:60
- Fatherhood Involvement :30
- Saving Lives by Saving Lands :60/:30
- Youth Volunteerism :60
- Prostate Cancer Awareness :60/:30
- Tips from Former Smokers :60/:30
- Fair Housing Alliance :60/:30
- Paralyzed Veterans of America :60/:30