

**2016 FOURTH QUARTERLY REPORT
KHTP, 103.7 FM
KHTP-FM & KHTP HD CH-2
SEATTLE, WASHINGTON**

**QUARTERLY ISSUES/PROGRAMMING REPORT FOR THE FOURTH
QUARTER, OCTOBER 1 – DECEMBER 31, 2016:**

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: OCTOBER 1 – DECEMBER 31, 2016:**

CONVERSATIONS:

Program: 'Conversations' Part: 1

Guest: Kristine Rusch

Length: 12:30

Contact: Don Whitman

Radio Campaign Manager

Tel: 727-443-7115, Extension 203

don@newsandexperts.com

www.newsandexperts.com

Link: www.kriswrites.com

Airdate: 10/02/16

Time Aired: 10:00 – 10:15 p.m.

Description:

Many of us know some big science fiction names - some like Neal Stephenson even call Seattle home! But is there a bias towards males in that industry both on the page and in Hollywood? Kristine Kathryn Rusch, a USA Today bestselling writer and author of the book, "Women Of Future's Past", details how the long-standing discrimination and belief that men dominate the genre came about and the notion that a lot of young writers and science fiction fans don't want to hear about the women who came before them.

Compliance issues covered: Gender-Specific, Education/Arts/Communication/Culture

Program: 'Conversations' Part: 2

Guest: RMA Spears

Length: 12:30

Contact: Don Whitman

Radio Campaign Manager

Tel: 727-443-7115, Extension 203

don@newsandexperts.com

www.newsandexperts.com

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

Airdate: 10/02/16

Time Aired: 10:15 – 10:30 p.m.

Description:

I've spoken recently with other guests who have discussed culturally assigned gender roles. One that many of us grew up around and still propagate today is the difficulty of men sharing their feelings - a kryptonite for many. RMA Spears is a retired Marine turned author of the acclaimed book Armor of Glass - roughly based on his life detailing his experiences as a victim of child molestation, coping with expressing his feelings as a grown man and life after serving in the armed forces. He helps drive home the idea that veterans specifically will need different counseling due to their emotional toughening.

Compliance issues covered: Crime, Government, Youth, Culture

Program: 'Conversations' Part: 1

Guest: Brenda George

Length: 12:30

Contact: 937-594-0272

Link: www.rejoicingthrough.com

Airdate: 10/02/16

Time Aired: 10:30 – 10:45 p.m.

Description:

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.

Compliance issues covered: Health/Wellness

Program: 'Conversations' Part: 2

Guest: Lauren Grinell

Length: 12:30

Contact: 206-876-0640

Link: www.runwaytofreedom.org

Airdate: 10/02/16

Time Aired: 10:45 – 11:00 p.m.

Description:

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.

Compliance issues covered: Violence/Community

Program: 'Conversations' Part: 1

Guest: Brian Hastings

Length: 12:30

Contact: Peter Marchese

646-290-7523 (o)

peter@playbackproducers.com

www.playbackproducers.com

Link: <http://www.insomniacgames.com/games/song-of-the-deep/>

Airdate: 10/09/16

Time Aired: 10:00 – 10:15 p.m.

Description:

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. Compliancy issues covered: Gender-Specific, Arts/Culture, Technology

Program: 'Conversations' Part: 2

Guest: Phoenix Gilman

Length: 12:30

Contact: Kelly Fay

727-447-4992 x208

Kelly.fay@theprgroup.com

Link: www.bodybyphoenix.com

Airdate: 10/09/16

Time Aired: 10:15 – 10:30 p.m.

Description:

Try as we might to cut carbs, count calories, and avoid processed junk foods, statistics don't lie: 98% of the diets we embark on inevitably fail. Why? We know the answer all too well: Food cravings! SUGAR! Like i'm just going to walk by the scone stand at the Washington State Fair, right. No matter how many healthy restaurants pop in Madison Valley, without the proper control and understanding the struggle will be tough. Phoenix is here to help us better understand and control our cravings!

Compliancy issues covered: Education, Health/Wellness

Program: 'Conversations' Part: 1

Guest: Ruth Magnusson Davis

Length: 12:30

Contact: 250-386-8689

Link: www.octobertestament.com

Airdate: 10/09/16

Time Aired: 10:30 – 10:45 p.m.

Description:

After years of reading different bible versions, Ruth Magnusson Davis felt dissatisfied, like something was missing. That is, until she found William Tyndale, the primary author of The Matthew Bible. A strong calling compelled her to do something and she became the founder and editor of the New Matthew Bible Project – a herculean effort to update The Matthew Bible. The October Testament is the result of ten years of labor to complete the update in a way that's more understandable today while keeping the language of the original.

Compliancy issues covered: Spirituality/Culture

Program: 'Conversations' Part: 2

Guest: Kristin Jones

Length: 12:30

Contact: 714-270-7774

Link: <http://p-ink.org>

Airdate: 10/09/16

Time Aired: 10:45 – 11:00 p.m.

Description:

Krystin Jones is a tattoo artist and board member of P-Ink.org, a charity whose mission is to pair breast cancer survivors with the country's most talented tattoo artists to cover the devastating scars often left by mastectomies.

Every year on or around October 10th, tattoo studios across the country open their hearts and close their doors to focus only on survivors. Our volunteers work with regional shops to pair one survivor with one artist for a day of art and love. This year Washington is on that list with Seattle and Silverdale as participating cities!

Seattle's popular tattoo hotspots, Madame Lazonga Tattoo www.madamelazongastattoo.com and Under the Needle Tattoo www.undertheneedle.net , as well as Old town Silverdale's new shop Stronghold Tattoo <https://www.facebook.com/strongholdtattoos> will be joining forces to create masterpieces on nine regional survivors. This powerful form of art therapy, while appreciated for centuries by soldiers and seamen, has only recently become socially acceptable for women. The transformations we are seeing on these mothers, daughters, sisters and grandmothers' is jaw dropping!

Compliance issues covered: Community/Family/Health

Program: 'Conversations' Part: 1

Guest: Danny Smith

Length: 12:30

Contact: Don Whitman

Radio Campaign Manager

Tel: 727-443-7115, Extension 203

don@newsandexperts.com

www.newsandexperts.com

Link: www.rockinrollinretirement.com

Airdate: 10/16/16

Air Time: 10:00 – 10:15 p.m.

Description:

Baby Boomers are redefining retirement much like their music helped to define their generation. Boomers want their own unique plan – so they can rock into retirement with confidence. Especially in the Pacific Northwest, the best place on the earth to retire... well, except maybe the sandy beach of somewhere foreign. We're a community that already understands art and music at its core, and Danny can help us live like it!

Compliance issues covered: Business/Economy/Labor, Aging

Program: 'Conversations' Part: 2

Guest: Natasha Trenev

Length: 12:30

Contact: Ciara Sibbick

The PR Group, Inc.

727-447-4992 ext 210

ciara@thepgroup.com

Link: www.TryNatren.com

Airdate: 10/16/16

Time Aired: 10:15 – 10:30 p.m.

Description:

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

Compliance issues covered: Health/Wellness, Culture

Program: 'Conversations' Part: 1

Guest: Aja Estrada

Length: 12:30

Contact: 509-750-6318

Link: www.lightthenight.org

Airdate: 10/16/16

Time Aired: 10:30 – 10:45 p.m.

Description:

Aja Estrada is the Director of Marketing & Public Relations at The Leukemia & Lymphoma Society for the Washington chapter. Aja talks to us about their annual fundraising walk called Light The Night taking place on October 22nd.

Compliance issues covered: Community/Health

Program: 'Conversations' Part: 2

Guest: Jenna Pringle

Length: 12:30

Contact: 425-274-1500

Link: www.seattlehumane.org

Airdate: 10/16/16

Time Aired: 10:45 – 11:00 P.M.

Description:

Jenna Pringle is the Marketing Communications Manager at Seattle Humane. She talks to us about the Capital Campaign and their initiative to raise funds for a new animal shelter in Bellevue, WA. AnimalPeopleCan.org is the website where people can donate and also buy bricks in the new location. They are 3 million dollars away from reaching their goal of 30 million.

Compliance issues covered: Community/Families

Program: 'Conversations' Part: 1

Guest: Katherine Boury

Length: 12:30

Contact: 206-860-5733

Link: www.seattlegoodwill.org

Airdate: 10/23/16

Time Aired: 10:00 – 10:15 p.m.

Description:

Every year Halloween can easily suck your wallet empty in a hunt for the most fun for you or your family. Katherine joins us to talk about how you can find/create awesome costumes at Seattle Goodwill while your investment gives back to the very community that supplies the goodies. The money Goodwill raises can be used to train people applicable job skills in an evolving modern business world.

Compliance issues covered: Business/Labor, Community Activities, Education/Arts, Government

Program: 'Conversations' Part: 2

Guest: Michael Behe

Length: 12:30

Contact: Don Whitman

Radio Campaign Manager

Tel: 727-443-7115, Extension 203

don@newsandexperts.com

www.newsandexperts.com

Link: www.revolutionarybehe.com

Airdate: 10/23/16

Time Aired: 10:15 – 10:30 p.m.

Description:

The scientific method takes an idea about something we witness in life and tests it for its validity. Using observations and measurement, science usually doesn't tend to leave room for matters of faith. Is that a byproduct of the process or of politics in science being unbendable around an idea? We likely all have our own strong thoughts on this, but Mr Behe will help us dig a little deeper!

Compliance issues covered: Technology, Spirituality, Education/Communication

Program: 'Conversations' Part: 1

Guest: Felicia Johnson

Length: 12:30

Contact: 404-573-8054

Link: www.herthebook.com

Airdate: 10/23/16

Time Aired: 10:30 – 10:45 p.m.

Description:

Felicia Johnson talks to us about her recent book, "Her" and how it can help people and family members coping with mental illness and personality disorders. Drawing from her own personal experiences, "Her" is a survivor's tale of endurance that illustrates the complex illness of Borderline Personality Disorder.

Compliance issues covered: Health/Wellness

Program: 'Conversations' Part: 2

Guest: Ralph Masengill

Length: 12:30

Contact: 425-585-0106

Link: www.conquerchangeandwin.com

Airdate: 10/23/16

Time Aired: 10:45 – 11:00 p.m.

Description:

Huge change is on the way. No matter who wins the national election in November, we are all going to experience great change over the next two years. How many times has change disrupted your life, left you feeling off-kilter, caused you to miss opportunities or react without thinking? Ralph Masengill author of the book, Conquer Change and Win, breaks down change and how change is actually a positive thing.

Compliance issues covered: Business/Education

Program: 'Conversations' Part: 1

Guest: Travis Perry

Length: 12:30

Contact: Don Whitman

Radio Campaign Manager

Tel: 727-443-7115, Extension 203

don@newsandexperts.com

www.newsandexperts.com

Link: www.chordbuddy.com

Airdate: 10/30/16

Time Aired: 10:00 – 10:15 p.m.

Description:

Music plays a significant role in nearly everyone's life, but for some people it represents much more than an invitation to dance or a soundtrack for the morning commute. Researchers have found that music therapy provides a diversion from negative feelings and helps manage the pain of not only adults, but of children with developmental, physical, behavioral, and neurological disabilities

Category: Education/Arts/Communication/Culture, Business, Youth, Government

Program: 'Conversations' Part: 2

Guest: Greg Kozera

Length: 12:30

Contact: Don Whitman

Radio Campaign Manager

Tel: 727-443-7115, Extension 203

don@newsandexperts.com

www.newsandexperts.com

Link: <http://www.vaoilandgas.info/>

Airdate: 10/30/16

Time Aired: 10:15 – 10:30 p.m.

Description:

Something we've seen surprisingly little discussed in the heated discussions this year about our government officials, energy. 2016 will go down on the books as having been one of the biggest elections, but the candidates at almost no point talked about how their administration would steer

us in the next four years. Greg today will help us understand the concept of fracking and let you decide if it's something you'd like your government to pursue.

Compliancy issues covered: Environment, Government, Health, Business/Technology

Program: 'Conversations' Part: 1

Guest: Lauren Grinell

Length: 12:30

Contact: 206-876-0640

Link: www.runwaytofreedom.org

Airdate: 10/30/16

Time Aired: 10:30 – 10:45 p.m.

Description:

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. This is the final push for ticket sales at the event is on November 4th.

Compliancy issues covered: Violence/Community

Program: 'Conversations' Part: 2

Guest: Nikki Gane

Length: 12:30

Contact: 425-499-8253

Link: www.dignityfordivas.com

Airdate: 10/30/16

Time Aired: 10:45 – 11:00 p.m.

Description: Nikki Gane is the President and Founder of Dignity For Divas. Their team of divas distributes survival kits containing personal care items geared toward women's needs.

DIGNITY FOR DIVAS IS HOSTING ITS FIRST EVER "10 FOR 10 SOCK DRIVE" ON NOVEMBER 18 – 19 AT MONICA'S VILLAGE PLACE, 140 23RD AVENUE IN SEATTLE. STOP BY FROM 8AM – 8PM WITH NEW, UNWORN SOCKS TO DONATE FOR THE HOMELESS BEFORE THE COLD WEATHER HITS.

Compliancy issues covered: Community/Health/Wellness

Program: 'Conversations' Part: 1

Guest: Natasha Trenev

Length: 12:30

Contact: Kelly Fay

727-447-4992 x208

Kelly.fay@thepgroup.com

Link: www.natashatrenev.com

Airdate: 11/06/16

Time Aired: 10:00 – 10:15 p.m.

Description:

A headline this week stated that our health advances would be greater in the next ten years than over the last 100 - a big factor is that is the medical industry as a whole starting to research

microbial life in our bodies - we have ten times more bacteria than we do human cells. No matter how healthy we think we are in the PNW, it's exciting to know we could be changing so much more. Natasha Trenev has been studying bacteria in our systems for decades and sometimes referred to as the Mother of Probiotics. She'll help us understand how the government regulation, or lack thereof, has affected the products that end up on shelves in America.
Compliance issues covered: Government, Health/Wellness, Business

Program: 'Conversations' Part: 2

Guest: Peter Pitts

Length: 12:30

Contact: Maria Sliwa

Director of Broadcast

Keybridge Communications

202-750-1684

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

Airdate: 11/06/16

Time Aired: 10:15 – 10:30 p.m.

Description:

We've all heard the campaigns to sign up with Washington Healthplanfinder, but whether because of faulty design or a design to fail, The Affordable Care act - ObamaCare in many of the headlines suggest millions of Americans are paying higher premiums for sub-optimal care. One side argues this is why we need more government intervention in the form of a single payer system. Another side suggest more government is actually the problem. It's the root of an argument being had on political floors for forever in America. But what is the solution? Peter Pitts, former Associate FDA Commissioner, gives us his perspective.

Compliance issues covered: Government, Health/Wellness, Business, Families, Culture

Program: 'Conversations' Part: 1

Guest: David Radley

Length: 12:30

Contact: 202-216-8968

Link: www.thecommonwealthfund.org

Airdate: 11/06/16

Time Aired: 10:30 – 10:45 p.m.

Description: David Radley from The Commonwealth Fund talks to us about some new findings on Health Insurance Trends. He breaks down the impact of rising health care costs on workers and families, statistics in Washington state, the Affordable Care Act and recommendations on how to lessen health care costs for Americans.

Compliance issues covered: Health/Wellness

Program: 'Conversations' Part: 2

Guest: Ralph Masengill

Length: 12:30

Contact: 425-585-0106

Link: www.conquerchangeandwin.com

Airdate: 11/06/16

Time Aired: 10:45 – 11:00 p.m.

Description:

Huge change is on the way. No matter who wins the national election in November, we are all going to experience great change over the next two years. How many times has change disrupted your life, left you feeling off-kilter, caused you to miss opportunities or react without thinking? Ralph Masengill author of the book, Conquer Change and Win, breaks down change and how change is actually a positive thing. No matter who wins.

Compliance issues covered: Business/Education

Program: 'Conversations' Part: 1

Guest: Dr Greg Tefft

Length: 12:30

Contact: Jackie Lapin

818-707 1473

jackie@consciousmediarelations.com

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

Airdate: 11/13/16

Time Aired: 10:00 – 10:15 p.m.

Description:

Our healthiness, in the darkness of the PNW, can easily be neglected. It's difficult to get out and exercise, fix meals, shop for food when it's so grey all the time. Today Dr Tefft will help us understand how just putting in that extra effort to get the right nutrition can turn our lives around but it might not necessarily be what you're thinking!

Compliance issues covered: Health/Wellness

Program: 'Conversations' Part: 2

Guest: Dr Pawan Grover

Length: 12:30

Contact: Don Whitman

Radio Campaign Manager

Tel: 727-443-7115, Extension 203

don@newsandexperts.com

www.newsandexperts.com

Link: <http://inovospine.net/>

Airdate: 11/13/16

Time Aired: 10:15 – 10:30 p.m.

Description:

Anytime we have policies that affect the country as a whole, a huge sea of bureaucratic procedure, layers of government, and countless pages of information stand between us understanding a complex system and making effective decisions on what's best for us. Even when something like the Affordable Care Act is effected at the state level, our own Washington healthcare seems impossible to swallow. Dr Grover can help us understand a side of the battle to understand!

Compliance issues covered: Health/Wellness, Government

Program: 'Conversations' Part: 1

Guest: Joan E. Childs

Length: 12:30

Contact: 954-568-1004

Link: www.joanechilds.com

Airdate: 11/13/16

Time Aired: 10:30 – 10:45 p.m.

Description: A lot of us believe that psychotherapists and psychiatrists have all the answers and probably never have to deal with family or relationship issues like the rest of us - right? Not necessarily so, says Joan Childs, a remarkable 77-year-old psychotherapist who's been in private practice for nearly forty years; she knows first-hand the agony of losing a loved one to mental illness. But today, as both a psychotherapist and mother who lost a child, Joan has become an inspiration for others dealing with grief and loss; offering hope for the future. This story is covered in Joan's new book, *Why Did She Jump?*

Compliancy issues covered: Spirituality/Health

Program: 'Conversations' Part: 2

Guest: Paul Swegle and Keith Jefferson

Length: 12:30

Contact: 206-300-7165

Link: www.cff.org

Airdate: 11/13/16

Time Aired: 10:45 – 11:00 p.m.

Description:

The Cystic Fibrosis Foundation StairClimb event is on December 1st. Paul Swegle and Keith Jefferson are both CF Foundation volunteers.

Paul Swegle – CF StairClimb Event Chair. Paul has been a leader for the CF StairClimb event for years. He helps to recruit many corporate teams, climbers, and sponsors to the event each year. Paul is a wonderful spokesperson for the event.

Keith Jefferson – CF Foundation Ambassador. Keith has also been involved with our CF StairClimb event for years. He leads a family team for the event and has a direct connection to the CF cause. Keith can help answer questions about cystic fibrosis. Keith is a wonderful spokesperson for the CF Foundation and cause.

Compliancy issues covered: Community Activities/Families/Youth

Program: 'Conversations' Part: 1

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: 11/20/16

Time Aired: 10:00 – 10:15 p.m.

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!

Compliance issues covered: Environment, Culture, Technology, Government

Program: 'Conversations' Part: 2

Guest: Luvvie Ajayi

Length: 12:30

Contact: Peter Marchese

646-290-7523 (o)

peter@playbackproducers.com

www.playbackproducers.com

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

Airdate: 11/20/16

Times Aired: 10:15 – 10:30 p.m.

Description:

The internet, you power us with overshared stories, your ability to spread things that aren't true, and all that info from our parents, friends, in laws that no one needed to see. We live in a time where the process for sharing information has radically changed at an alarming rate... and not necessarily for the better. Our own city is home to the technology that is making the internet boom!

Compliance issues covered: Communication/Culture

Program: 'Conversations' Part: 1

Guest: Marie Sutro

Length: 12:30

Contact: 530-809-4372

Link: www.mariesutro.com

Airdate: 11/20/16

Time Aired: 10:30 – 10:45 p.m.

Description:

Marie Sutro is the author of a compelling creation Dark Associations. Her crime stories will pull readers of all avenues and will leave you wondering what is real and what is fake. Marie is a native of San Francisco Bay Area and a member of Sisters In Crime. A proponent of adult literacy, she volunteers with California Library Literacy Services, helping adults improve their reading and writing skills.

Compliance issues covered: Education/Arts/Culture

Program: 'Conversations' Part: 2

Guest: Sgt. Simon Sandoval

Length: 12:30

Contact: 202-216-8968

Link: www.realwarriors.net

Airdate: 11/20/16

Time Aired: 10:45 – 11:00 p.m.

Description:

Retired Marine Corps 1st Sgt. Simon Sandoval discusses the Real Warriors Campaign and the challenges returning warriors face after deployments and reintegrating to civilian life. He gets into the importance of reaching out for care and support - early and often - for warriors and their families coping with invisible wounds. He finally gives us the tools and resources available for service members, veterans and military families, including the Real Warriors Campaign website, www.realwarriors.net, and the DCoE Outreach Center, which provides people with access to trained health resource consultants 24 hours a day, 7 days a week, 365 days a year.

Compliance issues: Health/Wellness

Program: 'Conversations' Part: 1

Guest: Dr Greg Tefft

Length: 12:30

Contact: Jackie Lapin

818-707-1473

jackie@consciousmediarelations.com

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

Airdate: 11/27/16

Time Aired: 10:00 – 10:15 p.m.

Description:

Our lives, in the darkness of the PNW, can easily be neglected. It's difficult to get out and exercise, fix meals, shop for food when it's so grey all the time. Today Dr Tefft will help us understand how just putting in that extra effort to get the right nutrition can turn our lives around but it might not necessarily be what you're thinking!

Compliance issues covered: Health/Wellness

Program: 'Conversations' Part: 2

Guest: Scott MacDonald

Length: 12:30

Contact: Don Whitman

Radio Campaign Manager

Tel: 727-443-7115, Extension 203

don@newsandexperts.com

www.newsandexperts.com

Link: www.macdonaldscholars.com

Airdate: 11/27/16

Time Aired: 10:15 – 10:30 p.m.

Description:

The discussion of rising student debt is consistently a hot topic with the average cost of a Bachelor's Degree around \$30,000, and nearly 70% of graduates leave school with debt. We're talking in state tuition when you factor in the cost of living at places like UW, and Washington State University. Scott MacDonald has a creative way to alleviate the debt that many students face today.

Compliance issues covered: Education/Culture, Economy, Government

Program: 'Conversations' Part: 1

Guest: Archie Magulas

Length: 12:30

Contact: 202-544-4705

Link: www.foodsafety.gov

Airdate: 11/27/16

Time Aired: 10:30 – 10:45 p.m.

Description:

Archie Magulas is a Food Safety Expert who shares tips for not only preparing the turkey for this holiday season but also storing leftovers. With more than 46 million turkeys cooked this holiday season, there's no better time to encourage families to safely prepare their meal and storing it. An estimated 1 in 6 Americans (48 million) get sick from foodborne illness each year, resulting in roughly 128,000 hospitalizations and 3,000 deaths, according to the Centers for Disease Control and Prevention.

Compliance issues covered: Education/Health

Program: 'Conversations' Part: 2

Guest: Molly Vandenberg

Length: 12:30

Contact: 202-544-4705

Link: www.maps.google.com

Airdate: 11/27/16

Time Aired: 10:45 – 11:00 p.m.

Description:

T'is the season for holiday craziness, from electronics to the must-have toys to transportation, Molly Vandenberg breaks down what is trending and how to avoid holiday crowdedness. Google Search and Maps has launched a real-time look at how crowded nearby shops, grocery stores and restaurants are at the current time, so you can make the best decision on where and when to go.

Compliance issues covered: Environmental/Transportation

Program: 'Conversations' Part: 1

Guest: Dr Greg Tefft

Length: 12:30

Contact: Jackie Lapin

818-707-1473

jackie@consciousmediarelations.com

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

Airdate: 12/04/16

Time Aired: 10:00 – 10:15 p.m.

Description:

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Compliance issues covered: Health/Wellness

Program: 'Conversations' Part: 2

Guest: Scott MacDonald

Length: 12:30

Contact: Don Whitman

Radio Campaign Manager

Tel: 727-443-7115, Extension 203

don@newsandexperts.com

www.newsandexperts.com

Link: www.macdonaldscholars.com

Airdate: 12/04/16

Time Aired: 10:15 – 10:30 p.m.

Description:

The discussion of rising student debt is consistently a hot topic with the average cost of a Bachelor's Degree around \$30,000, and nearly 70% of graduates leave school with debt. We're talking in state tuition when you factor in the cost of living at places like UW, and Washington State University. Scott MacDonald has a creative way to alleviate the debt that many students face today.

Compliance issues covered: Education/Culture, Economy, Government

Program: 'Conversations' Part: 1

Guest: Chip Lyons

Length: 12:30

Contact: 202-216-8890

Link: www.pedaids.org

Airdate: 12/04/16

Time Aired: 10:30 – 10:45 p.m.

Description:

Chip Lyons, president and CEO of the Elizabeth Glaser Pediatric AIDS Foundation, talks to us about why the fight against pediatric AIDS isn't over, the progress the Elizabeth Glaser Pediatric AIDS Foundation has made in addressing pediatric AIDS and details on the Start Free, Stay Free, AIDS Free initiative. December 1st marks World AIDS Day.

Compliance issues covered: Health/Wellness

Program: 'Conversations' Part: 2

Guest: Joan E. Childs

Length: 12:30

Contact: 954-568-1004

Link: www.joanechilds.com

Airdate: 12/04/16

Time Aired: 10:45 – 11:00 p.m.

Description: A lot of us believe that psychotherapists and psychiatrists have all the answers and probably never have to deal with family or relationship issues like the rest of us - right? Not necessarily so, says Joan Childs, a remarkable 77-year-old psychotherapist who's been in private practice for nearly forty years; she knows first-hand the agony of losing a loved one to mental illness. But today, as both a psychotherapist and mother who lost a child, Joan has become an inspiration for others dealing with grief and loss; offering hope for the future. This story is covered in Joan's new book, *Why Did She Jump?*

Compliancy issues covered: Spirituality/Health

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: 12/11/16

Time Aired: 10:00 – 10:15 p.m.

Description:

A growing body of medical research suggests that a healthy mouth can reduce the risk of infection and inflammation in your body; may lower your chance of heart disease; preserves your memory, and improves self-esteem among many other things. During the holiday season, we double and sometimes triple our intake of seasonal sweets and foods that we generally avoid or eat in moderation at other times of the year. However, these foods are loaded with offensive bacteria forming ingredients that can lead to bad breath and overall poor oral hygiene.

Compliancy issues covered: Health/Wellness

Program: 'Conversations' Part: 2

Guest: Margaret Moore

Length: 12:30

Contact: Peter Marchese

646-290-7523 (o)

peter@playbackproducers.com

www.playbackproducers.com

Link: <http://organizeyouremotions.com/>

Airdate: 12/11/16

Time Aired: 10:15 – 10:30 p.m.

Description:

Margaret Moore, aka Coach Meg, a top executive coach and founder of Wellcoaches, has just co-written ORGANIZE YOUR EMOTIONS, OPTIMIZE YOUR LIFE and can help you navigate the holidays by showing how to decode your emotional DNA to be happier, less stressed and more appreciative so that you can fully engage in the joys of the holiday season. It's the holidays and we've gotta try and get our emotions set up to win!

Compliance issues covered: Families, Communication/Culture, Health/Wellness

Program: 'Conversations' Part: 1

Guest: Justine McDonald

Length: 12:30

Contact: 202-544-8400

Link: www.cheaptickets.com

Airdate: 12/11/16

Time Aired: 10:30 – 10:45 p.m.

Description:

Justine McDonald, Travel Expert for reveals the top tips for finding deals on flights, hotels, and car rentals this holiday season. What are the best days to flight, when to avoid travelling, and what are the busiest airports this season. Seattle's SEA-Tac tops one of the busiest airports in the nation. What can you do to save time?

Compliance issues covered: Business/Economy

Program: 'Conversations' Part: 2

Guest: Justine McDonald

Length: 12:30

Contact: 202-544-8400

Link: www.cheaptickets.com

Airdate: 12/11/16

Time Aired: 10:45 – 11:00 p.m.

Description:

Justine McDonald, Travel Expert for reveals the top tips for finding deals on flights, hotels, and car rentals this holiday season. What are the best days to flight, when to avoid travelling, and what are the busiest airports this season. Seattle's SEA-Tac tops one of the busiest airports in the nation. What can you do to save time?

Compliance issues covered: Business/Economy

Program: 'Conversations' Part: 1

Guest: Abby Hart

Length: 12:30

Contact: Tracy Skenandore

Manager, Communications

e tskenandore@republicservices.com

o 702-599-5502

Link: www.RepublicServices.com

Airdate: 12/18/16

Time Aired: 10:00 – 10:15 p.m.

Description:

Not only does our eating and spending go out of control this time of year, but with those things our waste increases - both waistline in my case and stuff we throw out. Joining us this segment with tips to curb our holiday wastefulness, Abby Hart, the Recycling Coordinator for Republic Services.

Compliance issues covered: Environment/Transportation, Business/Economy/Labor/Technology

Program: 'Conversations' Part: 2

Guest: Paul Ratoff

Length: 12:30

Contact: Don Whitman

Radio Campaign Manager

Tel: 727-443-7115, Extension 203

don@newsandexperts.com

www.newsandexperts.com

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

Airdate: 12/18/16

Time Aired: 10:15 – 10:30 p.m.

Description:

Businesses and other organizations with a collection of workers or group members are like a team sport, if just one teammate is disengaged, the play can go awry and the team fall short of accomplishing its purpose. Businesses have something in common with that team. The group needs a purpose and each participant needs to be inspired by and contributing to that purpose. Paul Ratoff, who recently launched the nonprofit Foundation for Purposeful Organizations, is a Certified Management Consultant.

Compliance issues covered: Business/Labor, Culture

Program: 'Conversations' Part: 1

Guest: John Schachter and Jada Rasulallah

Length: 12:30

Contact: 202-216-8968

Link: www.tobaccofreekids.org

Airdate: 12/18/16

Time Aired: 10:30 – 10:45 p.m.

Description:

John Schachter is the Director of Communications for Campaigning for Tobacco Free Kids and Jada Rasulallah is an anti-tobacco youth advocate who discuss with us the key finds from the Tobacco Settlement Annual Report specifically Washington state. They discuss the efforts to increase tobacco taxes, pass smoke-free policies and raise the tobacco age to 21 while giving local statistics on teen tobacco use, smoking-caused deaths and health care costs in our area. What can we do as a stat to eliminate smoking in the U.S. by 2035?

Compliancy issues covered: Health/Wellness

Program: 'Conversations' Part: 2

Guest: Robin Koval

Length: 12:30

Contact: 202-216-8968

Link: www.truthinitiative.org

Airdate: 12/18/16

Time Aired: 10:45 – 11:00 p.m.

Description:

Robin Koval is the President and CEO of Truth Initiative. Truth Initiative is a national public health organization that is inspiring tobacco-free lives and building a culture where all youth and young adults reject tobacco. Robin discusses how smoking is prevalent in video games played by youth and often glamorized, according to a new report released in December. The report found that 56% of teenagers under the age of 18 play video games every day and playing video and computer games outranks their social media use. What can we do about it?

Compliancy issues covered: Health/Wellness

Program: 'Conversations' Part: 1

Guest: Jane Zarse

Length: 12:30

Contact: Don Whitman

Radio Campaign Manager

Tel: 727-443-7115, Extension 203

don@newsandexperts.com

www.newsandexperts.com

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

Airdate: 12/25/16

Time Aired: 10:00 – 10:15 p.m.

Description:

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

Compliancy issues covered: Gender, Culture, Drug Abuse

Program: 'Conversations' Part: 2

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: 12/25/16

Time Aired: 10:15 – 10:30 p.m.

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's 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!

Compliance issues covered: Business, Aging, Violence

Program: 'Conversations' Part: 1

Guest: May McCarthy

Length: 12:30

Contact: 206-850-5880

Link: www.maymccarthy.com

Airdate: 12/25/16

Time Aired: 10:30 – 10:45 p.m.

Description:

May McCarthy, CEO of Bizzultz, is a 34+ year serial entrepreneur, angel investor, author, and philanthropist. Since 1982, May McCarthy has helped to start and grow six successful companies as large as \$100 million in annual revenues. She is a best-selling author, speaker, university lecturer and angel investor. She serves on business, philanthropic, arts and university boards. May has become successful by implementing spiritual principles into her ventures, and it is her passion to pass her knowledge on to others. She is the author of the best-selling book *The Path to Wealth: Seven Spiritual Steps for Financial Abundance*.

Compliance issues covered: Wellness/Spirituality

Program: 'Conversations' Part: 2

Guest: Richard Hamburg

Length: 12:30

Contact: 443-275-8254

Link: www.healthymericans.org

Airdate: 12/25/16

Time Aired: 10:45 – 11:00 p.m.

Description:

Richard Hamburg is the Interim President and CEO at Trust for America's Health (TFAH). He talks to us about Ready Or Not?? Which evaluates states on 10 key indicators for health preparedness including emergency response readiness, vaccination rates, infection control, extreme weather events and others.