

**2021 FIRST QUARTERLY REPORT  
KHTP HD-2  
KHTP HD CH-1  
SEATTLE, WASHINGTON**

**QUARTERLY ISSUES/PROGRAMMING REPORT FOR THE FIRST  
QUARTER, JANUARY 1 – MARCH 31, 2021:**

**KHTP HD-2 PUBLIC AFFAIRS PROGRAMMING:**

"**CONVERSATIONS**" is a 30 minute interview show airing on Sundays between 6:00 – 7:00am. It's hosted and produced by Entercom's Public Affairs hosts Emily Raines and Bre Ruiz, 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: Danny Vigil, 206-577-8600.

KHTP 99.9 FM PUBLIC AFFAIRS PROGRAMMING SORTED BY DATE  
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.

**KHTP HD-2 PUBLIC AFFAIRS PROGRAMMING FOR: JANUARY 1 – MARCH 31, 2021:**

**CONVERSATIONS:**

**2021-0103**

**Guest: Dr. Heather Moore - physical therapist and owner of Total Performance Physical Therapy**

Contact: Krista Wignall

813-395-9606

Link: [www.totalperformancept.com](http://www.totalperformancept.com)

Airdate: 01/03/21

Category: HEALTH/WELLNESS, SPIRITUALITY, AGING

Description: She will discuss how pain sources can be uncovered through physical therapy and how to avoid letting an aching back ruin your holidays.

LENGTH: 14:13

**Guest: Casey Roloff - founder of Seabrook WA**

Contact: Lisa Willis

617-968-2979

Link: <https://www.seabrookcf.org/>

Airdate: 01/03/21

Category: BUSINESS/ECONOMY/LABOR, COMMUNITY ACTIVITIES/FAMILIES/YOUTH, COMMUNICATION, HEALTH/WELLNESS

Description: Casey will discuss how Seabrook, a small seaside town, transitioned to keep the community afloat during the pandemic.

LENGTH: 12:27

**Guest: Daniel Hack**

Contact: Katherine Blaney

1.877.322.7263

Link: <https://gratitudemovement.co>

Airdate: 1/3/21

Category: HEALTH/WELLNESS

Description:

When Daniel Hack's father took his own life, Daniel was at a crossroads: He could let his sorrow consume him, or he could use the tragedy as a catalyst for leading a more gratifying, authentic life. He chose the latter, and he chose to share his vision with others. His movement brand, Gr@titude Lenses, pairs a quality product with a profound purpose: to encourage 1 billion people to join the fight against mental illness.

LENGTH: 12:41

**Guest: DR. JULIE GATZA Co-founder of the Florida Wellness Institute**

Contact: Kelly Fay <kelly.fay@thepgroup.com

727-495-8754

Link: <https://www.elliott.org/>

Airdate: 1/3/21

Category: HEALTH/WELLNESS

Description:

Food sensitivity or food allergy? Which one is ruining your digestive health, and what you can do to fix it. Dr. Julie joins us to answer all our questions about food allergies and sensitivities.

LENGTH: 12:04

**2021-0110**

**Guest: Ashra Bennett - Transformational Executive Coach & Mentor**

Contact: Stacy, Annie Jennings PR Publicity Firm

908-281-6201

Link: [www.AshraGlobal.org](http://www.AshraGlobal.org)

Airdate: 01/10/21

Category: HEALTH/WELLNESS, SPIRITUALITY, COMMUNITY  
ACTIVITIES/FAMILIES/YOUTH

Description: She will discuss how she has helped hundreds of thousands of individuals change their lives by separating themselves from the past to stop being defined by it.

LENGTH: 11:48

**Guest: David Dozier - retired professor at San Diego State and author of The California Killing Field**

Contact: Nick DiMeo

813-395-9329

Link: [www.DavidDozierBooks.com](http://www.DavidDozierBooks.com)

Airdate: 01/10/21

Category: GOVERNMENT/TERRORISM, BUSINESS/ECONOMY/LABOR/TECHNOLOGY,  
CRIME/DRUG ABUSE/VIOLENCE, ENVIRONMENT/TRANSPORTATION

Description: He will discuss for your listeners how fake news has become a phenomenon, how political campaigns use the tactic to influence voters, and why a conspiracy-based group such as QAnon has gained national attention..

LENGTH: 11:06

**Guest: Brian Brooks - executive director of the Idaho Wildlife Federation**

Contact: Steve Becker

617.903.7360

Link: <https://species.idaho.gov/wp-content/uploads/sites/82/2020/12/Idaho-Salmon-Workgroup-Report-December-2020.pdf>

Airdate: 1/10/21

Category: ENVIRONMENT, GOVERNMENT

Description:

Wild salmon and steelhead--from the Pacific Coast --are integral to the Pacific Northwest's Tribes, fishermen, Main Street businesses, identity, and way of life. These fish, however, are running out of time. Brian informs us on what we can do to help.

LENGTH:12:42

**Guest: Arcadia chief medical officer Dr. Rich Parker and Dr. Paul Sherman with the Community Health Plan of Washington**

Contact: GRACE VINTON

475.329.5373

Link: <https://www.chpw.org/>

Airdate: 01/10/20

Category: HEALTH/WELLNESS

Description: Dr. Rich and Dr. Sherman joins us to discuss the COVID 19 vaccine and the Community Health Plan of Washington.

LENGTH: 12:30

**2021-0117**

**Guest: Gene Jones - author of *Younger and Wiser: Peaceful Words For A Troubled World***

Contact: Stacy, Annie Jennings PR Publicity Firm

908-281-6201

Link: [www.DreamQuestPublishing.com](http://www.DreamQuestPublishing.com)

Airdate: 01/17/21

Category: HEALTH/WELLNESS, SPIRITUALITY, COMMUNITY ACTIVITIES

Description:He will discuss with the surging of Covid across the country, more lockdowns seem headed your way. So how can you get out of this rut and make 2021 an inspirational, creative year.

LENGTH: 11:48

**Guest:Shaude Moore & Bobby Alexander - Seattle MLK Coalition**

Contact: Shaude Moore

206-472-2712

Link: [seattlemlkcoalition.org](http://seattlemlkcoalition.org)

Airdate:01/17/21

Category: COMMUNITY ACTIVITIES/FAMILIES/YOUTH, CRIME/DRUG ABUSE/VIOLENCE, EDUCATION/ARTS/COMMUNICATION/CULTURE, MINORITIES

Description: They will discuss the annual MLK day celebration in Seattle and the social injustice that is affecting the community. People can learn how people can get involved.

LENGTH: 15:36

**Guest: David Israel, Co-CEO and Founder of GOOD PLANeT Foods**

Contact: Sarah Walters

614.794.2008

Link: <http://goodplanetfoods.com>

Airdate: 1/17/21

Category: HEALTH/WELLNESS

Description:

The Plant-Based Diet is a BIG food trend for 2021. What is plant-based and why give it a try? David Israell answers those questions and more.

LENGTH: 12:23

**Guest: Vince Thompson**

Contact: Krista Wignall

813.395.9606

Link: <https://meltatl.com/>

Airdate: 01/17/20

Category: LABOR

Description:

How can you boost your career in 2021? You need to build your brand. Vince Thompson tells us why and how to do that.

LENGTH: 12:58

**2021-0124**

**Guest: Dr. Catherine Athans - Marriage and Family Therapist**

Contact: Stacy, Annie Jennings PR Publicity Firm

908-281-6201

Link: [www.CatherineAthansPhD.com](http://www.CatherineAthansPhD.com)

Airdate: 01/24/21

Category: HEALTH/WELLNESS, SPIRITUALITY

Description: She will discuss how anger, anxiety and worry can put you at an increased risk for disease, and will offer solutions for a more peaceful mind and healthy body.

LENGTH: 11:48

**Guest: Juan Riboldi - president of Ascent Advisor**

Contact: Nick DiMeo

813-395-9329

Link: [www.ascent-advisor.com](http://www.ascent-advisor.com)

Airdate: 01/24/21

Category: BUSINESS/ECONOMY/LABOR/TECHNOLOGY,  
EDUCATION/ARTS/COMMUNICATION/CULTURE, GOVERNMENT/TERRORISM

Description: He will discuss for your listeners what a Biden administration might mean for immigrants arriving in the country today.

LENGTH: 11:56

**Guest: Dr. Timothy Jennings**

Contact: Helen Cook

903-654-0938

Link: [www.comeandreason.com](http://www.comeandreason.com)

Airdate: 1/24/21

Category: HEALTH/WELLNESS/ SPIRITUALITY

Description:

Board-certified psychiatrist, international speaker and founder of Come and Reason Ministries Timothy R. Jennings, M.D., is going to address the mental health challenges that millions of Americans are facing. Dr. Jennings uses a multi-pronged approach that weaves brain science with spirituality, and he has successfully treated thousands of patients.

LENGTH: 12:25

**Guest: Linda Nageotte CEO Food Lifeline - REPLAY**

Contact: Mark Coleman

(206) 853-3409

Link: <https://foodlifeline.org/>

Airdate: 1/24/21

Category: COMMUNITY ACTIVITIES

Description:

Food Lifeline is on a mission to end hunger in Western Washington. They distribute this food through a partnership with 300 food banks, shelters, and meal programs, enabling us to provide the equivalent of 134,000 meals every single day. CEO Linda Nageotte tells us more about Food Lifeline and how the community can get involved.

LENGTH: 12:21

### **2021-0131**

**Guest: Jonda S. Beattie - Professional Organizer**

Contact: Stacy, Annie Jennings PR Publicity Firm  
908-281-6201

Link: [www.ReleaseRepurpose.com](http://www.ReleaseRepurpose.com)

Airdate: 01/31/21

Category: HEALTH/WELLNESS, EDUCATION/ARTS/COMMUNICATION/CULTURE,  
COMMUNITY ACTIVITIES/FAMILIES/YOUTH

Description: She will discuss how organizing your space in a way that supports your goal for any resolution you can think of.

LENGTH: 11:47

**Guest: Matthew Ferry - author of *Quiet Mind Epic Life***

Contact: Stacy, Annie Jennings PR Publicity Firm  
908-281-6201

Link: [www.MatthewFerry.com](http://www.MatthewFerry.com)

Airdate: 01/31/21

Category: HEALTH/WELLNESS, EDUCATION

Description: He will discuss how the “30 Day Opinion Diet” will help your own thoughts get out of the negativity mind set. Having opinions over things we can't control wastes time and energy and steals our happiness and peace.

LENGTH: 12:25

**Guest: Katherine Kehrl**

Contact: Katherine Kehrl  
katherine@communityloaves.org

Link: [communityloaves.org](http://communityloaves.org)

Airdate: 1/31/21

Category: COMMUNITY ACTIVITIES

Description:



Katherine Kehrli founded Community Loaves. In 2020, just under 500 volunteer bakers, drivers, flour packers and baking coaches helped deliver 8,344 loaves to local food pantries. She will tell us more about the amazing charity and how we can get involved.

LENGTH: 12:39

**Guest: Dr. Daniel Laroche, Director of Glaucoma Services and President of Advanced Eyecare of New York**

Contact: Alvina Alston

201.903.6599

Link: [www.advancedeyecareny.com](http://www.advancedeyecareny.com)

Airdate: 1/31/21

Category: HEALTH/WELLNESS

Description:

January is Glaucoma Awareness Month. Dr. Laroche will explain what glaucoma is and what we can do to prevent it.

LENGTH: 12:32

**2021-0207**

**Guest: Jeff Arnold - author and founder of Rightsure insurance technology firm**

Contact: Stacy, Annie Jennings PR Publicity Firm

908-281-6201

Link: [www.JeffArnold.com](http://www.JeffArnold.com)

Airdate: 02/07/21

Category: BUSINESS/ECONOMY/LABOR/TECHNOLOGY,  
ENVIRONMENT/TRANSPORTATION, HEALTH/WELLNESS

Description: He will offer his insider tips to get the best deal for what you want to pay for your insurance company.

LENGTH: 13:41

**Guest: Lauren Rigert - Senior Director of Development and Community Relations for Crisis Connections**

Contact: Lauren Rigert

206-333-8702

Link: [www.crisisconnections.org](http://www.crisisconnections.org)

Airdate: 02/07/21

Category: COMMUNICATION, HEALTH/WELLNESS, TECHNOLOGY

Description: She will inform listeners that they are not alone dealing with the stress of the pandemic, mental health issues, food insecurity and income loss by using this hotline and people are also calling the hotline about the vaccine.

LENGTH: 14:47

**Guest: Dr. Randall Bell**

Contact: Teresa Hinojosa

832.569.5773

Link: [www.coreiq.com](http://www.coreiq.com)

Airdate: 2/7/21

Category: HEALTH/WELLNESS

Description:

Trauma can happen to anyone at any time, and ultimately, how we process trauma impacts the overall quality of our lives. Dr. Bell shares a clear, practical course for healing by expertly weaving science and research with stories of real people who have not just survived, but have used their trauma as their fuel to thrive.

LENGTH: 12:55

**Guest: Andrew Hershey**

Contact: Andrew Hershey

717-873-4651

Link: <https://svdpseattle.org/get-help/food-bank/>

Airdate: 2/7/21

Category: HEALTH/WELLNESS

Description:

The SVDP foodbank has been helping those in need in Seattle for the past 100 years. Andrew joins us to tell share how they help those in need and how we can help SVDP.

LENGTH: 12:17

**2021-0214**

**Guest: Ravi Hutheesing - International Education Speaker and author**

Contact: Stacy, Annie Jennings PR Publicity Firm

908-281-6201

Link: [www.RaviUnites.com](http://www.RaviUnites.com)

Airdate: 02/14/21

Category: BUSINESS/ECONOMY/LABOR/TECHNOLOGY,  
EDUCATION/ARTS/COMMUNICATION/CULTURE

Description: He will discuss how students need critical skills in order to succeed in this new world after COVID-19

LENGTH: 13:41

**Guest: Ashra Bennett - Transformational Executive Coach & Mentor**

Contact: Stacy, Annie Jennings PR Publicity Firm  
908-281-6201

Link: [www.AshraGlobal.org](http://www.AshraGlobal.org)

Airdate: 02/14/21

Category: HEALTH/WELLNESS, SPIRITUALITY, COMMUNITY  
ACTIVITIES/FAMILIES/YOUTH

Description: She will discuss how she has helped hundreds of thousands of individuals change their lives by separating themselves from the past to stop being defined by it.

LENGTH: 11:48

**Guest: Michael Ninburg Executive Director Hepatitis Education Project**

Contact: Michael Ninburg

(206) 732-0311

Link: [www.hepeducation.org](http://www.hepeducation.org)

Airdate: 2/14/21

Category: HEALTH/WELLNESS

Description:

Hepatitis Education Project, a Seattle-based non-profit organization that has been providing support to people affected by hepatitis C for over 25 years. Since 1993, Hepatitis Education Project has provided support, education, advocacy and direct services for people affected by hepatitis and has helped raise hepatitis awareness among patients, medical providers and the general public. Michael Ninburg joins us to tell us more and how we can help.

LENGTH: 12:48

**Guest: Sue Johonnesson REPLAY**

Contact: Kelly Fay

727-495-8754

Link: [www.Qgenics.com](http://www.Qgenics.com)

Airdate: 02/14/21

Category: HEALTH/WELLNESS

Description: Got stress? Who doesn't? According to the American Institute of Stress, 77% of people have stress that affects their physical health. Sue Johonnesson joins us to help listeners reduce stress and build their immune systems.

LENGTH: 12:06

**2021-0221**

**Guest: Warren Rustand - ForbesBooks author and longtime corporate leader**

Contact: Krista Wignall

813-395-9606

Link: [www.warrenrustand.com](http://www.warrenrustand.com)

Airdate: 02/21/21

Category: BUSINESS/ECONOMY/LABOR/TECHNOLOGY,  
EDUCATION/ARTS/COMMUNICATION/CULTURE

Description: Rustand will discuss for your listeners how humility works in effective leadership.

LENGTH: 11:52

**Guest:Olivia Odileke - Education Technology Trainer and author**

Contact: Stacy, Annie Jennings PR Publicity Firm

908-281-6201

Link: [www.OliviaOdileke.com](http://www.OliviaOdileke.com)

Airdate:02/14/21

Category: COMMUNITY ACTIVITIES/FAMILIES/YOUTH,  
EDUCATION/ARTS/COMMUNICATION/CULTURE, BUSINESS/LABOR/TECHNOLOGY

Description: She will discuss how parents can continue to adjust juggling remote learning with work, home and everything else.

LENGTH: 12:33

**Guest: Clint Padgett is the president and CEO of Project Success Inc. and the ForbesBooks author of How Teams Triumph: Managing By Commitment.**

Contact: Nick DiMeo

813-395-9329

Link: [www.clintonmpadgett.com](http://www.clintonmpadgett.com)

Airdate: 2/21/21

Category: BUSINESS/ECONOMY/LABOR/

Description:

For many companies, remote work initially was a temporary solution to the pandemic. As we move into 2021, though, it's a solution that continues to shift from temporary to permanent. Clint tells us the best way to handle remote working.

LENGTH: 12:52

**Guest: Miriam Laundry co-author of I CAN Believe in Myself**

Contact: Allison Janse <allison.janse@hcibooks.com>

954.439.1901

Link: <https://miriamlaundry.com/>

Airdate: 2/21/21

Category: YOUTH

Description:

When children turn the words "I can't" into "I can," wonderful changes take place! From the creative minds of Jack Canfield, international expert on self-esteem, goal setting, success and life

improvement, and children's book author Miriam Laundry, comes the delightful but powerful story, I CAN Believe in Myself.

LENGTH: 12:16

## **2021-0228**

**Guest: Lindsay Hanna, Senior Director of Policies and Communications and Joanna Nelson De Flores, Managing Director of Restoration & Stewardship for Forterra**

Contact: Sarah Sanborn

206-930-1963

Link: [forterra.org](http://forterra.org)

Airdate: 02/28/21

Category: ENVIRONMENT/TRANSPORTATION, COMMUNITY ACTIVITIES/FAMILIES/YOUTH

Description: Rustand will discuss for your listeners how humility works in effective leadership.

LENGTH: 11:33

**Guest: Steve Melink - founder/CEO of Melink Corporation and author**

Contact: Krista Wignall

813-395-9606

Link: [www.melinkcorp.com](http://www.melinkcorp.com)

Airdate: 02/28/21

Category: BUSINESS/ECONOMY/LABOR/TECHNOLOGY, ENVIRONMENT/TRANSPORTATION

Description: He will discuss for your listeners how small and medium-sized businesses can convert to renewable energy and the benefits they can enjoy.

LENGTH: 11:29

**Guest: Jack Kerfoot is a scientist, energy executive and author of FUELING AMERICA: An Insider's Journey**

Contact: Nick DiMeo

813-395-9329

Link: [www.jackkerfoot.com](http://www.jackkerfoot.com)

Airdate: 2/28/21

Category: ENVIRONMENT, GOVERNMENT

Description:

In an extreme season of wildfires and hurricanes, he will discuss with your listeners that addressing climate change requires removing government roadblocks to the development of new renewable energy projects, and providing incentives to attract the people and resources necessary.

LENGTH: 12:12

**Guest: Tom Corner**

Contact: Nick DiMeo

813-395-9329

Link: [www.tomcorner.net](http://www.tomcorner.net)

Airdate: 2/28/21

Category: BUSINESS

Description:

Tom Corner is a motivational speaker, mentor, and the author of several books, including an upcoming book about the disconnect in the corporate world. He discusses why workers often look unfavorably at executives and how company leaders can lead the way in fixing those relationships.

LENGTH: 12:42

**2021-0307**

**Guest: Jeff Margolis - chairman of Welltok and ForbesBook author**

Contact: Nick DiMeo

813-3959329

Link: <https://welltok.com>

Airdate: 03/07/21

Category: HEALTH/WELLNESS

Description: He will discuss for your listeners how the U.S. healthcare system is really a “sickcare” system that is better at fixing health problems than preventing them.

LENGTH: 15:25

**Guest: Willie Cho - Western WA McDonald's Owner Operator**

Contact: Derek Morrison

503-341-0468

Link: <https://www.rmhseattle.org/>

Airdate: 03/07/21

Category: COMMUNITY ACTIVITIES/FAMILIES/YOUTH, HEALTH/WELLNESS

Description: He will talk about how we can help raise funds for the children and families that rely on the Ronald McDonald House Charities (RMHC) of Western Washington.

LENGTH: 12:06

**Guest: Kevin Chang MD**

Contact: Rob Dalton

800-937-8671

Link:

Airdate: 3/07/21

Category: HEALTH/WELLNESS

Description:

Colorectal cancer is the third leading cause of cancer death in men and women — expected to kill more than 52,000 Americans in 2021. Fortunately, virtual colonoscopy (CT colonography) provides a highly accurate, safe, and minimally invasive test that is preferred by many who can't or won't get a colonoscopy. Virtual colonoscopy attracts more people to be screened, which saves more lives. Dr. Chang joins us to tell us more.

LENGTH: 12:22

**Guest: Jennefer Boyer**

Contact: [Jennefer Boyer](#)

917-673-9712

Link: [www.teamsurvivornw.org](http://www.teamsurvivornw.org)

Airdate: 3/07/21

Category: HEALTH/WELLNESS, GENDER-SPECIFIC

Description:

The mission at Team Survivor Northwest is to provide a broad range of fitness and health education programs to enable women cancer survivors, in any stage of treatment or recovery and at any fitness level, to take an active role in their ongoing physical and emotional healing. We take to Executive Director Jennefer Boyer to find out more about this amazing organization.

LENGTH: 12:10

**2021-0314**

**Guest: Dr. Ruth Miller - Futurist and author**

Contact: Stacy, Annie Jennings PR Publicity Firm

908-281-6201

Link: [www.RuthLMillerPhD.com](http://www.RuthLMillerPhD.com)

Airdate: 03/14/21

Category: HEALTH/WELLNESS, COMMUNITY ACTIVITIES/FAMILIES/YOUTH

Description: She will discuss how we can lift ourselves out of the world's distress to create a new kind of life.

LENGTH: 12:25

**Guest: Greg Kozera - director of marketing for Shale Crescent USA**

Contact: Nick DiMeo

813-395-9329

Link: [www.shalecrescentusa.com](http://www.shalecrescentusa.com)

Airdate: 03/14/21

Category: COMMUNITY ACTIVITIES/FAMILIES/YOUTH, HEALTH/WELLNESS

Description: He will discuss for your listeners one solution to our problems – creating more manufacturing jobs in the U.S., which he says would restore hope, reduce the rancor, and revive our economy.

LENGTH: 14:43

**Guest: Judson Brewer MD, PhD**

Contact: Terry Cater

917-723-7596

Link: [www.drjud.com](http://www.drjud.com)

Airdate: 3/14/21

Category: HEALTH/WELLNESS

Description:

Judson Brewer MD, PhD is a renowned psychiatrist and neuroscientist and Associate Professor at the Brown University School of Public Health. His extensive research into anxiety and the addictive behaviors it drives spans two decades. Dr. Jud teaches readers how to deal with anxieties head on.

LENGTH: 12:02

**Guest: Major Richard Smith, with the Army Nurse Corps**

Contact: Major Richard Smith

702-351-5790

Link: [armymedicalcareers.today](http://armymedicalcareers.today)

Airdate: 3/14/21

Category: HEALTH/WELLNESS, GOVERNMENT

Description:

Major Richard Smith is with the US Army Medical Department (AMEDD). He discusses what the army has been doing to help with Covid 19. And how they are looking for new recruits in the health field.

LENGTH: 12:13

**2021-0321**

**Guest: Holly Parker - Luxury Real Estate Broker and author**



Contact: Stacy, Annie Jennings PR Publicity Firm  
908-281-6201

Link: [www.HollyParker.com](http://www.HollyParker.com)

Airdate: 03/21/21

Category: HEALTH/WELLNESS, COMMUNITY ACTIVITIES/FAMILIES/YOUTH,  
BUSINESS/ECONOMY/LABOR

Description: She will discuss the pitfalls, and ultimately the joys, of dating the second (or third, or fourth!) time around.

LENGTH: 13:04

**Guest: Michele Bailey - president and CEO of the Blazing Group and author**

Contact: Nick DiMeo

813-395-9329

Link: [www.blazing.agency](http://www.blazing.agency)

Airdate:03/21/21

Category: HEALTH/WELLNESS, BUSINESS/ECONOMY/LABOR,  
COMMUNICATION/CULTURE

Description: She will discuss for your listeners the concept of “branding from within,” how the simple act of showing gratitude can create high-performing employees and loyal customers, driving business success.

LENGTH: 12:34

**Guest: Daniel Hack**

Contact: Katherine Blaney

1.877.322.7263

Link: <https://gratitudemovement.co>

Airdate: 3/21/21

Category: HEALTH/WELLNESS

Description:

When Daniel Hack’s father took his own life, Daniel was at a crossroads: He could let his sorrow consume him, or he could use the tragedy as a catalyst for leading a more gratifying, authentic life. He chose the latter, and he chose to share his vision with others. His movement brand, Gr@titude Lenses, pairs a quality product with a profound purpose: to encourage 1 billion people to join the fight against mental illness.

LENGTH: 12:41

**Guest: Louise Howe, Food Enthusiast and At-Home Chef**

Contact: Sarah Walters

614.794.2008

Link:

Airdate: 3/21/21

Category: HEALTH/WELLNESS

Description:

Many are watching their carbs, including those trying the Keto diet for the first time. What is the Keto diet? Louise answers that question and more!

LENGTH: 12:59

**2021-0328**

**Guest: Sarah Zabel**

Contact: Kim Hornyak

231.933.4954 Ext: 1013

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

Airdate: 3/28/21

Category: HEALTH/WELLNESS

Description:

Sarah Zabel adeptly explores topics ranging from the neurobiology of depression to antidepressant medications; stress and inflammation; genetics; suicide; traditional and alternative therapies and treatments; and even gives a nod to Big Data's efforts to clarify depression's causes and cures.

LENGTH: 12:04

**Guest: Donna Francart (Part 1)**

Contact: Gary Revel

[gary@garyrevel.com](mailto:gary@garyrevel.com)

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

Airdate: 3/28/21

Category: HEALTH/WELLNESS, AGING, SPIRITUALITY

Description:

She's a voice for the voiceless. An essence of calm amid turbulence. And often, a shepherd for lost souls. She's Donna Francart, a former deputy coroner whose new book, *I've Seen Dead People*, lays bare the finality of death in all its forms and gives readers a rare look inside the complex emotional, physical and mental ups and downs of a job often cloaked in darkness.

LENGTH: 12:04