

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

**QUARTERLY ISSUES/PROGRAMMING REPORT FOR THE THIRD
QUARTER, JULY 1 – SEPTEMBER 30, 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: JULY 1 – SEPTEMBER 30, 2021:

CONVERSATIONS:

2021-0704

Guest: Dr. John Shufeldt - an emergency physician and the ForbesBooks author of *Entrepreneur Rx: The Physician's Guide To Starting A Business*.

Contact: Nick DeMio

813-395-9329

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

Airdate: 07/04/21

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

Description: He will discuss for your listeners how, in a time when physician burnout is a true problem, having a side gig can be good for doctors – and perhaps result in better care for the patients they serve.

LENGTH: 10:43

Guest: Mark Jennison, Founder of [IAMACOMEBACK.com](https://iamacomeback.com/), where he helps people gain control of their drinking by being in control of themselves. Author of *It's Not A Disease, It's A Choice*.

Contact: Annie Jennings, Stacy

412-213-3070

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

Airdate: 07/04/21

Category: HEALTH/WELLNESS, COMMUNICATION, CRIME/DRUG ABUSE/VIOLENCE

Description: He will discuss how to stay sober on one of the biggest drinking days of the year.

LENGTH: 13:40

2021-0711

Guest: Christy Kane - Psychologist and author of *Fractured Souls and Splintered Memories: Unlocking the "Boxes" of Trauma*

Contact: Annie Jennings, Stacy

412-213-3070

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

Airdate: 07/11/21

Category: HEALTH/WELLNESS, TECHNOLOGY, COMMUNICATION/CULTURE

Description: She will discuss how frequent exposure to tragedy can dig up your own buried trauma and what you can do about it.

LENGTH: 11:12

Guest: Len Garza - Corporate Attorney

Contact: Stacy, Annie Jennings PR Publicity Firm

908-281-6201

Link: www.lgarzalaw.com

Airdate: 07/11/21

Category: BUSINESS/ECONOMY/LABOR/TECHNOLOGY

Description: He will discuss starting a business at this stage of the pandemic - brilliant or crazy?

LENGTH: 14:50

2021-0704

Guest: **Warren Rustand author of The Leader Within Us: Mindset, Principles, and Tools for a LIFE BY DESIGN.**

Contact: Krista Wignall

813.395.9606

Link: www.warrenrustand.com

Airdate: 7/4/21

Category: FAMILIES

Description:

As American society approaches a return to normalcy, this important family matter isn't going away, and knowing how to find balance and family intimacy is crucial to having healthy relationships and successful lives, says Warren Rustand, a longtime corporate leader and the ForbesBooks author of The Leader Within Us: Mindset, Principles, and Tools for a LIFE BY DESIGN.

LENGTH: 13:00

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

Contact: Michael Ninburg

(206) 732-0311

Link: www.hepeducation.org

Airdate: 7/4/21

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

2021-0711

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

Contact: Sarah Walters

614.794.2008

Link:

Airdate: 7/11/21

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

Guest: **Sarah Zabel**

Contact: Kim Hornyak
231.933.4954 Ext: 1013
Link: <https://www.sarahzabel.com>.
Airdate: 7/11/21

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

2021-0718

Guest: Denise Lizette - Dating Expert

Contact: Annie Jennings, Stacy
412-213-3070

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

Airdate: 07/18/21

Category: HEALTH/WELLNESS, COMMUNICATION/CULTURE, AGING/GENDER-SPECIFIC

Description: She will discuss what "honesty bombing" is and why singles are not playing games anymore.

LENGTH: 14:59

Guest: Dr. Ruth Miller - futurist and consults, writes and speaks about the nature of society and culture.

Contact: Annie Jennings, Stacy
412-213-3070

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

Airdate: 07/18/21

Category: EDUCATION/ARTS/COMMUNICATION/CULTURE, HEALTH/WELLNESS

Description: She will discuss how research has shown that people who absorb negative energy experience more stress, sickness and less opportunity than those who avoid it.

LENGTH: 12:26

2021-0725

Guest: Eric Persson - Owner of Maverick Gaming, Maverick Cares

Contact: Japan Singh-Kurtz
253-444-8913

Link: <https://www.maverickgaming.com/maverick-gaming-cares>

Airdate: 07/25/21

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

Description: Maverick Cares is the philanthropic arm of Maverick Gaming and they will be discussing how their event will be focused on providing school kids with backpacks and other school supplies for the school year.

LENGTH: 10:47

Guest: Stephen Leeb - editor of *The Complete Investor* and author of *China's Rise and the New Age of Gold*.

Contact: Krista Wignall
813-395-9606

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

Airdate: 07/25/21

Category: BUSINESS/ECONOMY/LABOR/TECHNOLOGY

Description: He will discuss for your listeners the risks of investing in Bitcoin, Wall Street's role, and the assets and stock types that he thinks investors should focus on instead.

LENGTH: 15:16

2021-0718

Guest: Lisa Grant

Contact: Nicholas DiMeo
813.395.9329

Link: www.lisamariagrant.com

Airdate: 7/18/21

Category: BUSINESS/ECONOMY

Description:

Lisa Grant is a real estate agent with experience buying, selling, renting, repairing and renovating homes. She will discuss for your listeners the reasons behind the current hyper-competitive real estate market and steps buyers can take to improve their odds of landing their dream home.

LENGTH: 12:02

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: 7/18/21

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

2021-0725

Guest: Jilyne Jarvis ZGiRLS Co-Founder & Executive Director

Contact: Jilyne Jarvis
206.819.3317

Link: ZGiRLS.ORG

Airdate: 7/25/21

Category: GENDER-SPECIFIC, COMMUNITY ACTIVITIES

Description:

Most girls struggle with self-doubt, insecurity, and constantly beat themselves up. They start to wonder if there's something wrong with them. But please hear us...there is nothing wrong with them! The problem is they don't know where to start when it comes to building confidence, which can be frustrating. ZGirls believes no girl should ever be held back by her own self-doubt. They understand how easy it is to mentally beat yourself up. That's why they make it easy and fun to learn confidence-building mental skills. Yes, kick self-doubt to the curb and start celebrating her success!

LENGTH:13:00

Guest: Maureen Kennedy - Assistant professor, School of Interdisciplinary Arts and Sciences, Division of Sciences and Mathematics at UW Tacoma

Contact: **Maureen Kennedy (mkenn@uw.edu)**

253-692-4981

Link: http://faculty.washington.edu/mkenn/?_ga=2.113100096.578612631.1626881590-1938463088.1626881590

Airdate: 7/25/21

Category: ENVIRONMENT

Description:

It's Wild fire season. What causes these fires? What can be done to stop them? Are they ever a good thing? Maureen answers all our questions.

LENGTH: 12:08

2021-0801

Guest: John Smallwood - president of Smallwood Wealth Management and author of *It's Your Wealth – Keep It: The Definitive Guide to Growing, Protecting, Enjoying, and Passing On Your Wealth*

Contact: Nick DiMeo

813-395-9329

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

Airdate: 08/01/21

Category: BUSINESS/ECONOMY/LABOR/TECHNOLOGY

Description: He will discuss for your listeners how to develop good strategies that lessen tax exposure.

LENGTH: 14:06

Guest: Bob Krulish, National Speaker for NAMI (National Alliance on Mental Illness)

Contact: Annie Jennings, Stacy

412-213-3070

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

Airdate: 08/01/21

Category: HEALTH/WELLNESS

Description: He will discuss the many stressors out in the world right now and what you can do for someone struggling with mentally.

LENGTH: 11:38

2021-0808

Guest: Dr. Robert J. Flower - author of *Decoding the Holy Grail and the Discovery of the Potential Molecule*

Contact: Nick DiMeo
813-395-9329

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

Airdate: 08/08/21

Category: EDUCATION/ARTS/COMMUNICATION/CULTURE

Description: He will discuss what the potential theory is.

LENGTH: 13:12

Guest: Kelly Smith - Certified Relationship Coach & Dating Expert

Contact: Annie Jennings, Stacy
412-213-3070

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

Airdate: 08/08/21

Category: COMMUNICATION/CULTURE, AGING

Description: She will examine dating after a toxic relationship.

LENGTH: 12:22

2021-0801

Guest: Tonya Sandis co-founder

Contact: Lilly Harper
info@free2luv.org

Link: <https://free2luv.org/>

Airdate: 8/1/21

Category: YOUTH/ COMMUNITY ACTIVITIES

Description:

Free2Luv is a nonprofit organization dedicated to empowering, uplifting, and saving the lives of youth through the arts. Tonya tells us all about Free2Luv and what we can do to help.

LENGTH: 12:14

Guest: Pastor Lawrence Willis

Contact: Pastor Lawrence Willis
(206)854-1574

Link: Love-To.org

Airdate: 8/1/21

Category: YOUTH/ COMMUNITY ACTIVITIES/ MINORITIES

Description:

Lending Our Voluntary Efforts To Others Career Access designed to prepare disadvantaged students for entry into construction careers. Our focus delivers quality learning opportunities that include Construction Readiness, Fitness & Nutrition, Math, Tool Safety, Resume & Soft Skill Building, Material ID & Handling and Tape Measure Reading as starting points to career readiness. Lawrence tells us all about Love To and what we can do to help.

LENGTH: 12:30

2021-0808

Guest: Dr. Sibel Blau, a COA practice member at Northwest Medical Specialties

Contact: Meghan Baumler

920.659.1929

Link: www.TimeToScreen.org.

Airdate: 8/8/21

Category: HEALTH/WELLNESS

Description:

Getting annual cancer screening is super important. Dr. Blau tells us how important they are and which ones we should be doing.

LENGTH: 12:56

Guest: Justin Baldoni author of Man Enough: Undefining My masculinity

Contact: Terry Cater

917-723-7596

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

Airdate: 8/8/21

Category: GENDER-SPECIFIC

Description:

What if we undefined the traditional roles and traits of masculinity and men could realize their potential without any constraints? The new book - MAN ENOUGH - aims to do this by arming readers with new tools and the ability to have understanding and empathy for men, and a provocative reimagining of what it means to be both "man" and "enough."

LENGTH: 12:54

2021-0815

Guest: Arnie Whitkin - is a speechwriter, public speaking coach, mentor, executive coach, and author of *It's Not A Big Thing In Life: Strategies for Coping, Considerations for My Adult Grandchildren*

Contact: Krista Wignall

813-395-9606

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

Airdate: 08/15/21

Category: EDUCATION/COMMUNICATION/CULTURE, HEALTH/WELLNESS, DRUG ABUSE

Description: He will discuss how you can cope in today's world.

LENGTH: 13:32

Guest: Robert Kahn - retired deputy sheriff who has authored five children's books about safety in an increasingly dangerous world.

Contact: Nick DiMeo

813-395-9329

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

Airdate: 08/15/21

Category: FAMILIES/YOUTH, CRIME

Description: He will discuss for your listeners how parents can protect their kids and teach them how to stay safe.

LENGTH: 11:45

2021-0822

Guest: Greg Tucker, Army Veteran, Former Police Officer and Private Investigator

Contact: Annie Jennings, Stacy

412-213-3070

Link: www.thedeplorablepoet.com

Airdate: 08/22/21

Category: COMMUNICATION/CULTURE, GOVERNMENT/TERRORISM

Description: He will discuss how you can have different opinions and still stay friends.

LENGTH: 12:43

Guest: Vivian Schapera - author of Everyday Magic

Contact: Nick DiMeo

813-395-9329

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

Airdate: 08/22/21

Category: HEALTH/WELLNESS, EDUCATION

Description: She will discuss the life changing power of the word "yes."

LENGTH: 12:57

2021-0815

Guest: Jennifer Holocker

Contact: Jennifer Holocker

360.629.7055

Link: www.thenoahcenter.org

Airdate: 8/15/21

Category: COMMUNITY ACTIVITIES

Description:

Northwest Organization for Animal Help (**NOAH**) in **Stanwood** is an animal adoption and spay and neuter **center** dedicated to stopping the euthanasia of healthy, adoptable and treatable homeless dogs and cats in Washington State

LENGTH: 12:25

Guest: JOCELYN C. ZUCKERMAN author of Planet Palm

Contact: Terry Cater

917-723-7596

Link: <https://thenewpress.com/books/planet-palm>

Airdate: 8/15/21

Category: ENVIRONMENT

Description:

Why is palm oil everywhere? In the last 15 years alone, author Jocelyn Zuckerman reveals in her new book: PLANET PALM - imports of palm oil to the United States have risen a whopping 263%, thanks in

part to the Food and Drug Administration's ban on trans fats - for which palm oil has emerged as a convenient swap-in. Jocelyn is going to answer all of our questions and tell us about her book Planet Palm.

LENGTH: 12:25

2021-0822

Guest: Jon Hoekstra with Mountains to Sound Greenway Trust

Contact: Katie Egresi

katie.egresi@mtsgreenway.org

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

Airdate: 8/22/21

Category: COMMUNITY ACTIVITIES, ENVIRONMENT

Description:

The Mountains to Sound Greenway Trust leads and inspires action to conserve and enhance the landscape from Seattle across the Cascade Mountains to Central Washington, ensuring a long-term balance between people and nature.

LENGTH: 12:53

Guest: Andy Chan with Books to Prisoners

Contact: Andy Chan

(206) 484-1413

www.bookstoprisoners.net

Airdate: 8/22/21

Category: COMMUNITY ACTIVITIES

Description:

Books To Prisoners is a Seattle-based nonprofit organization whose mission is to foster a love of reading behind bars, encourage the pursuit of knowledge and self-empowerment, and break the cycle of recidivism. We believe that books are tools for learning and for opening minds to new ideas and possibilities, and engage incarcerated individuals with the benefits of reading by mailing tens of thousands of free books to inmates across the country each year. In 2015, the City of Seattle recognized Books to Prisoners as a Human Rights Leader.

LENGTH:12:41

2021-0829

Guest: Laura Knight - Parenting Expert

Contact: Annie Jennings, Stacy

412-213-3070

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

Airdate: 08/29/21

Category: COMMUNICATION, FAMILIES/YOUTH, EDUCATION

Description: She will discuss how to help parents, teachers and children create more calm at home and in the classroom.

LENGTH: 12:36

Guest: Stepp Sydnor - Business Leadership Consultant

Contact: Annie Jennings, Stacy
412-213-3070
Link: www.SteppUpNow.com
Airdate: 08/29/21
Category: BUSINESS/ECONOMY/LABOR
Description: He will discuss the four keys to stop living paycheck to paycheck.

LENGTH: 12:22

2021-0905

Guest: Catherine Athans - Licensed Marriage and Family Therapist
Contact: Annie Jennings, Stacy
412-213-3070
Link: <https://www.catherineathansphd.com/>
Airdate: 09/05/21
Category: EDUCATION/COMMUNICATION
Description: She will discuss how parents can mentally prepare for a school year that won't be as "normal" as everyone thought it would be.

LENGTH: 11:30

Guest: Linda Ugelow - Speaking Confidence Coach
Contact: Annie Jennings, Stacy
412-213-3070
Link: <https://www.lindaugelow.com/>
Airdate: 09/05/21
Category: EDUCATION/ARTS/COMMUNICATION/CULTURE
Description: She will discuss how people can gain more confidence with watching themselves on zoom calls, going to interviews and even interviewing.

LENGTH: 12:31

2021-0829

Guest: Lisa Yamasaki Director of Development

Contact: Lisa Yamasaki
425.292.5526
Link: encompassnw.org
Airdate: 8/29/21
Category: YOUTH
Description:
Encompass is a nonprofit that partners with families in the Snoqualmie Valley, Issaquah, and Eastside communities to build healthy foundations for children of all abilities.
LENGTH: 12:15

Guest: Michael Brette, J.D., founder, president and CEO of Small Cap Equity Advisors

Contact: Krista Wignall

813.395.9606

Link:

Airdate: 8/29/21

Category: BUSINESS/ECONOMY

Description:

Many businesses are in need of additional capital to bolster their balance sheets. Startups trying to get off the ground in the post-pandemic world need the same thing. The good news for business owners and entrepreneurs is that money is available – but it's not just sitting there waiting for them to come take it.

LENGTH: 12:58

2021-0905

Guest: ROBYN LUCAS author of Paper Doll

Contact: Terry Cater

917-723-7596

Link: www.robynlucas.com

Airdate: 9/5/21

Category: VIOLENCE

Description:

It's a devastating, but common issue - domestic abuse. In the U.S. - over 10 million adults experience domestic violence annually. 1 in 4 women and 1 and 10 men will experience it in their lifetime. On a typical day, domestic violence hotlines nationwide receive almost 20,000 calls. And Covid-19 has only exacerbated the problem.

In the new book - Paper Doll Lina - author ROBYN LUCAS - delivers an honest and deeply moving portrait of life as the victim of domestic abuse - something she experienced first-hand during her 19-year marriage. The book debuts on September 1 - in advance of Domestic Violence Awareness Month in October.

LENGTH: 12:15

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: 9/5/21

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

2021-0912

Guest: Fred Colby - Author of *Widower To Widower: Surviving The End Of Your Most Important Relationship*.

Contact: Annie Jennings, Stacy

412-213-3070

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

Airdate: 09/12/21

Category: AGING/SPIRITUALITY, HEALTH/WELLNESS, COMMUNICATION

Description: He will discuss how to help someone dealing with the loss of a loved one or even a spouse.

LENGTH: 11:10

Guest: Veta Richardson - Forbesbooks author of *Take Six: Essential Habits to Own Your Destiny, Overcome Challenges, and Unlock Opportunities*.

Contact: Krista Wignall
813-395-9606

Link: <https://vetatr Richardson.com/>

Airdate: 09/12/21

Category: BUSINESS/ECONOMY/LABOR/TECHNOLOGY

Description: She will discuss how you can turn your dream of a career change into reality.

LENGTH: 12:42

2021-0919

Guest: Mark Jennison, Founder of IAMACOMEBACK.com, where he helps people gain control of their drinking by being in control of themselves. Author of *It's Not A Disease, It's A Choice*.

Contact: Annie Jennings, Stacy
412-213-3070

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

Airdate: 09/19/21

Category: HEALTH/WELLNESS, COMMUNICATION, CRIME/DRUG ABUSE/VIOLENCE

Description: He will discuss how to stay sober on one of the biggest drinking days of the year.

LENGTH: 13:40

Guest: Christy Kane - Psychologist and author of *Fractured Souls and Splintered Memories: Unlocking the "Boxes" of Trauma*

Contact: Annie Jennings, Stacy
412-213-3070

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

Airdate: 09/19/21

Category: HEALTH/WELLNESS, TECHNOLOGY, COMMUNICATION/CULTURE

Description: She will discuss how frequent exposure to tragedy can dig up your own buried trauma and what you can do about it.

LENGTH: 11:12

2021-0912

Guest: Nikki Lloyd Executive Director Snoqualmie Valley Food Bank

Contact: Nikki Lloyd
425.888.7832

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

Airdate: 9/12/21

Category: COMMUNITY ACTIVITIES

Description:

The founding members of the SVFB are first and foremost dedicated residents of the Snoqualmie Valley community. Collectively they bring a wealth of experience in running food banks, bring years of non-profit expertise and have dedicated many hours over their lifetime to serving others within their community. This group of individuals felt there was an opportunity to create an inclusive, community-based food bank in the valley, that was solely focused on helping our neighbors thrive.

LENGTH: 12:43

Guest: Thomas Moore author of Soul Therapy: The Art & Craft of Caring Conversations

Contact: Terry Cater

917-723-7596

Link: <https://harperone.com/9780063071452/soul-therapy/>

Airdate: 9/12/21

Category: HEALTH/WELLNESS, COMMUNICATION

Description:

New York Times bestselling author - THOMAS MOORE - helps guide us in providing care to others in his new book: SOUL THERAPY: The Art & Craft of Caring Conversations. Moore explains what the work entails, what is required of the helper, and how best to incorporate soulful elements in our efforts

LENGTH: 12:42

2021-0919

Guest: Rhonda V. Magee author of THE INNER WORK OF RACIAL JUSTICE

Contact: Terry Cater

917-723-7596

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

Airdate: 9/19/21

Category: MINORITIES

Description:

THE INNER WORK OF RACIAL JUSTICE is an essential guide to advancing racial justice through mindfulness and compassion. Author, law professor and mindfulness teacher RHONDA MAGEE will give your listener tips on how to incorporate and practice of mindfulness to address racial injustice including through ColorInsight (an innovative approach to engage with diverse groups of people) and how to develop the will and skills to connect despite racism.

LENGTH: 12:59

Guest: Shannon Walker NW Battle Buddies

Contact: Shannon Walker

360-606-9943

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

Airdate: 9/19/21

Category: HEALTH/WELLNESS

Description:

Northwest Battle Buddies empowers combat Veterans with post-traumatic stress disorder (PTSD) by partnering them with professionally-trained, specifically matched service dogs.

LENGTH: 12:25

2021-0926

Guest: David Friedman - author of *Culture by Design: How to Build a High-Performing Culture Even in the New Remote Work Environment*.

Contact: Nick DiMeo

813-395-9329

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

Airdate: 09/26/21

Category: BUSINESS/ECONOMY/LABOR/TECHNOLOGY

Description: He will discuss why companies need a systematic approach to the issue, and how CEOs can create and drive a company culture that's successful and sustainable.

LENGTH: 14:54

Guest: Dr. Steven Mintz - author of *Beyond Happiness and Meaning: Transforming Your Life Through Ethical Behavior*

Contact: Nick DiMeo

813-395-9329

Link: www.stevenmintzethics.com

Airdate: 09/26/21

Category: EDUCATION/COMMUNICATION/CULTURE

Description: He will discuss 'wokeness', political correctness, the cancel culture craze and how it measures up against accountability.

LENGTH: 10:48

2021-0926

Guest: **Dr. Paul Christo**

Contact: Alvina Alston

201.903.6599

Link: www.paulchristomd.com

Airdate: 9/26/21

Category: HEALTH/WELLNESS

Description:

Tens of thousands of American lives end prematurely every year due to opioid overdoses, leaving families shattered. Dr. Paul Christo, an Associate Professor in the Division of Pain Medicine at the Johns Hopkins University School of Medicine, wants to remind those battling addiction to make use of telemedicine and tele-mental health services that emerged as valuable resources in 2020, and he adds, clinicians need to advocate to their patients that online treatment options are available.

LENGTH: 12:00

Guest: **McKenzie Johnson, Executive Director of Soulumination**

Contact: McKenzie Johnson

(206)297-0885

Link: Soulumination.org

Airdate: 9/26/21

Category: FAMILIES/YOUTH

Description:

Solumination celebrates the lives of children and parents facing life-threatening conditions by providing professional photographs of these special individuals and their families, free of charge.

LENGTH: 12:04