

# KZOK-FM

Seattle, WA  
Quarterly Issues/Programs List

**Q3 2023**  
**July 1 - September 30, 2023**

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**KZOK-FM** provides its listeners with programming and public service announcements that address issues of concern to our local community. Among the issues determined to be of most concern to the community during the preceding calendar quarter were:

9/11 Remembrance  
Artificial Intelligence Concerns  
BIPOC Awareness (Black, Indigenous, And People of Color)  
Business  
Children's Issues  
Drug & Alcohol Issues And Recovery  
Economy  
Education  
Environment-Animal Welfare-Global Warming  
Financial Literacy  
Gun Safety Issues  
Homelessness  
Incarceration  
Mental Health  
Minority Issues  
Public Safety & Health  
Social Media Cyber-bullying  
Veteran's Issues & Support  
Women's Rights

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## **Section I** **LOCAL PROGRAMMING**

Section I lists regularly scheduled and special programs that represent the station's issue-responsive programming providing the most significant treatment of the issues listed above for the calendar quarter.

Local Programming

**The Sunday Times** – The Regularly Scheduled Weekly Public Affairs Show  
Produced and Hosted by Lee Callahan in Seattle

National Programming

**iHeartRadio Communities** -- iHeart's National Public Affairs Show, hosted by Ryan Gorman

ISSUE(S)	DATE/DESCRIPTION	GUEST(S)	Time & Length
Children's Issues Gun Safety Issues	7/2/2023 Local Programming  John Woodrow Cox is an enterprise reporter at The Washington Post and the author of Children Under Fire: An American Crisis, about the impact of gun violence on children in America.	John Woodrow Cox, author of Children Under Fire: An American Crisis.	7:00am 17:00 minutes
Public Safety & Health	7/2/2023 Local Programming  4 <sup>th</sup> of July Fireworks Safety How to keep all your fingers and not catch your house on fire in Washington State.	Washington State Patrol's Public Information & Community Risk Reduction Officer Deputy State Fire Marshal, Robert Wittenberg	7:17am 13:00 minutes
Children's Issues Public Safety & Health Social Media Cyber-bullying	7/9/23 National Programming  Maurine Molak discusses the loss of her 16-year-old son David to suicide following a continual cyber-bullying attack against him by fellow high school students. She also discusses efforts underway to curtail cyberbullying in schools nationwide, including federal legislation based on actions taken in her home state of Texas.	Maurine Molak, Co-Founder of the David's Legacy Foundation.	7:00am 30:00 minutes
Business Financial Literacy	7/16/23 Local Programming  Beth Anstandig is changing the way organizations, leaders, and individuals use their power. As a life-long cowgirl, writer, university faculty member, and licensed psychotherapist, Beth has 25 years of experience developing and training people in Natural Leadership—a model she pioneered.	Beth Anstandig, author, "The Human Herd: Awakening Our Natural Leadership"	7:00am 16:00 minutes
Environment Financial Literacy Economy	7/16/23 Local Programming  The battle against climate change is no longer just an environmental or social issue. As shareholders demand corporations protect assets against climate change and the economic impact of environmental disasters suck billions of dollars out of the economy, capitalism itself has become an ally. The economic impact of climate change is rattling the foundation of our economy at its very core.	Bob Keefe, author  Climateconomics: Washington, Wall Street, and the Economic Battle to Save Our Planet.	7:16am 14:00 minutes
Minority Issues Politics Women's Rights Incarceration	7/23/23 Local Programming  The IF Project is a collaboration of currently- and formerly-incarcerated adults, community partners, and law enforcement focused on holistic intervention and the reduction and prevention of incarceration and recidivism. Our work is inspired by and built upon	Dr. Felisa Bryant CEO The If Project Seattle	7:00am 20:00 minutes

ISSUE(S)	DATE/DESCRIPTION	GUEST(S)	Time & Length
	people sharing their personal life experiences around incarceration.		
Mental Health Public Safety & Health	7/23/23 National Programming  Meredith Grau-Porter shares insight into America's mental health crisis, with advice on when and how to seek help, how to manage mental health on a daily basis, and what to watch for in others who may be dealing with mental health issues.	Meredith Grau-Porter, LMHC & Senior Director of Client Services at the Crisis Center of Tampa Bay.	7:20am 10:00 minutes
Artificial Intelligence Concerns	7/30/23 National Programming  Dr. Kosko discusses his 1993 international best-seller Fuzzy Thinking: How AI Thinks in Shades of Gray and breaks down some key questions on current issues involving the rapid expansion of AI.	Dr. Bart Kosko, best-selling author, world-renowned scientist, and expert on AI.	7:00am 15:00 minutes
Environment	7/30/23 National Programming  Dr. Skomal discusses his life working with sharks, correcting public perceptions about the species, and continued global conservation efforts.	Dr. Greg Skomal, Shark Week Expert & Author of CHASING SHADOWS: My Life Tracking the Great White Shark.	7:15am 15:00 minutes
Education	8/6/23 Local Programming  Tacoma Arts Live is recognized for both leadership in presenting world-class artists and for access and education through the arts programs that serve 40,000+ students, teachers, and parents annually in the South Sound.	CEO David Fischer Tacoma Arts Live	7:00am 20:00 minutes
Mental Health Public Safety & Health Veteran's Issues & Support	8/6/23 National Programming  Kelsi Sheren describes her experience serving as the only woman in her specific unit in Afghanistan, along with the trauma she's dealt with and her battle with PTSD. She also discusses her work helping other veterans dealing with the same issues.	Kelsi Sheren, Former combat veteran and artillery gunner and Author of Brass & Unity: One Woman's Journey Through the Hell of Afghanistan and Back.	7:20am 10:00 minutes
Education	8/13/23 Local Programming  Amidst a transformative era in education, the Why Not You Academy (WNYA) has emerged as a pioneering force, equipping students for the challenges of the real world. Residing in South King County, students enjoy a safe campus to explore a variety of project-based, hands-on learning.	Abi O'neal Chief Executive Officer Why Not You Academy	7:00am 15:00 minutes

ISSUE(S)	DATE/DESCRIPTION	GUEST(S)	Time & Length
Drug & Alcohol Issues And Recovery	8/13/23 Local Programming Seattle's Kelly Farnsworth has over 40 years in recovery from alcoholism and drug addiction and tells his story of resilience.	Kelly Farnsworth Seattle Recovery Advocate	7:15am 15:00 minutes
Public Safety & Health	8/20/23 Local Programming  Shane told us about recovery efforts and the best way to help in the aftermath of wildfires in Lahaina.	Shane "Hawaiian Home Boy" Kahalehau Program Director and Morning show Host KPOA, Maui	7:00am 19:00 minutes
Environment Global Warming	8/20/23 National Programming Ray Stagich breaks down the record heat much of the country has been dealing with, from why it's happening to what to expect for the remainder of 2023.	Ray Stagich, Weather Channel Meteorologist	7:18am 11:00 minutes
BIPOC Awareness (Black, Indigenous, And People of Color)	8/27/23 Local Programming 60 <sup>th</sup> Anniversary of the I have a dream Speech from Martin Luther King, Jr, at the March on Washington for Freedom and Jobs	LeNesha DeBardelaben Director Northwest African America Museum	7:00am 30:00 minutes
BIPOC Awareness (Black, Indigenous, And People of Color) Public Safety & Health	9/3/23 Local Programming Sickle Cell Blood Drive The KD Hall Foundation teamed up with the American Red Cross Northwest Region to host their first-ever blood drive. The event focused on awareness and support for those with Sickle Cell disease across Seattle. Sickle Cell Anemia affects over 41 million people and is more likely to appear in Black patients.	KD Hall Founder, KD Hall Foundation	7:00am 15:00 minutes
Social Media Cyber-bullying	9/3/23 National Programming Dr. Jean Twenge, Author of Generations: The Real Differences Between Gen Z, Millennials, Gen X, Boomers, and Silents.	Dr. Twenge explains the differences between current generations, including the role technology has played in generational differences, and what we should all keep in mind to help bridge those divides.	7:15am 15:00 minutes
9/11 Remembrance	9/10/23 National Programming David Paine discusses his experience on September 11, 2001, along with his efforts to create a day of service out of that horrific tragedy, and the work to get 9/11 Day recognized as a federal holiday.	David Paine, President & Co-Founder of 9/11 Day.	7:00am 14:00 minutes
9/11 Remembrance	9/10/23 National Programming John Feal describes his experience on 9/11, along with his organization's work ensuring no responder gets left behind, and his battles with Congress to get health care legislation passed for emergency responders suffering from the toxic aftermath of the September 11th attacks.	John Feal, Founder of the Feal Good Foundation.	7:14am 16:00 minutes

ISSUE(S)	DATE/DESCRIPTION	GUEST(S)	Time & Length
Homelessness and Housing Mental Health Minority Issues Public Safety & Health	9/17/23 Local Programming Plymouth Housing is preparing to open another new (and beautiful) Affordable Housing Building in Seattle for the chronically Un-housed. Plymouth Housing's mission is to eliminate homelessness and address its causes by preserving, developing, and operating safe, quality, supportive housing and by providing adults experiencing homelessness with opportunities to stabilize and improve their lives.	Karen Lee, CEO Plymouth Housing, Seattle	7:00am 15:00 minutes
Mental Health Public Safety & Health Veteran's Issues & Support	9/17/23 National Programming Jim Lorraine breaks down the work AWP does to combat veteran suicide, along with their Operation Deep Dive initiative designed to find answers to the issues driving veteran suicide and help save lives.	Jim Lorraine, President of America's Warrior Partnership.	7:15am 15:00 minutes
Mental Health Public Safety & Health Veteran's Issues & Support	9/24/23 National Programming Dr. Miller joins the show for Suicide Prevention Month to discuss the VA's partnership with the Ad Council on their "Don't Wait. Reach Out." campaign, along with resources available for veterans.	Dr. Matthew Miller, Department of Veterans Affairs Executive Director for VA Suicide Prevention	7:00am 12:00 minutes
Mental Health Public Safety & Health Veteran's Issues & Support	9/24/23 National Programming Phil Krabbe shares his personal experience with PTSD and suicidal thoughts, while Dr. Fletcher explains the Wounded Warrior Project's work tied to suicide prevention.	Phil Krabbe, Marine Veteran & Dr. Erin Fletcher, Clinical Psychologist and Wounded Warrior Project Warrior Care Network Director.	7:12am 18:00 minutes

## PUBLIC SERVICE ANNOUNCEMENTS

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Public service announcements that address community issues aired by this station during this calendar quarter totaling 25 minutes.

KZOK AM

From: 07/01/2023 To: 09/30/2023

Log Date	Audio Leng	Audio Title
1. 07/02/2023	00:30.350	PSA/GLOBAL CITIZEN POWER OUR PLANET
2. 07/04/2023	00:30.350	PSA/GLOBAL CITIZEN POWER OUR PLANET
3. 07/07/2023	00:29.410	PSA/NO KID HUNGRY-SUMMER 22 V1 JS 30
4. 07/08/2023	00:29.410	PSA/NO KID HUNGRY-SUMMER 22 V1 JS 30
5. 07/09/2023	00:29.410	PSA/NO KID HUNGRY-SUMMER 22 V1 JS 30
6. 07/10/2023	00:29.410	PSA/NO KID HUNGRY-SUMMER 22 V1 JS 30
7. 07/11/2023	00:29.960	PSA/NHTSA
8. 07/14/2023	00:29.960	PSA/NHTSA
9. 07/15/2023	00:29.960	PSA/NHTSA
10. 07/19/2023	00:29.960	PSA/NHTSA
11. 07/21/2023	00:29.960	PSA/NHTSA
12. 07/22/2023	00:29.960	PSA/NHTSA
13. 07/23/2023	00:29.960	PSA/NHTSA
14. 07/24/2023	00:29.960	PSA/NHTSA
15. 07/25/2023	00:29.960	PSA/NHTSA
16. 07/29/2023	00:29.590	PSA/NO KID HUNGRY
17. 07/30/2023	00:29.590	PSA/NO KID HUNGRY
18. 08/02/2023	00:30.450	PSA/NO MORE.ORG
19. 08/03/2023	00:30.450	PSA/NO MORE.ORG
20. 08/04/2023	00:30.450	PSA/NO MORE.ORG
21. 08/05/2023	00:30.450	PSA/NO MORE.ORG
22. 08/06/2023	00:30.450	PSA/NO MORE.ORG
23. 08/08/2023	00:30.450	PSA/NO MORE.ORG
24. 08/09/2023	00:30.450	PSA/NO MORE.ORG
25. 08/10/2023	00:30.450	PSA/NO MORE.ORG
26. 08/14/2023	00:30.450	PSA/NO MORE.ORG
27. 08/15/2023	00:30.450	PSA/NO MORE.ORG
28. 08/16/2023	00:30.450	PSA/NO MORE.ORG
29. 08/17/2023	00:30.450	PSA/NO MORE.ORG
30. 08/17/2023	00:30.740	PSA/GLOBAL CITIZEN
31. 08/21/2023	00:30.740	PSA/GLOBAL CITIZEN
32. 08/22/2023	00:30.740	PSA/GLOBAL CITIZEN
33. 08/23/2023	00:30.740	PSA/GLOBAL CITIZEN
34. 08/28/2023	00:30.740	PSA/GLOBAL CITIZEN
35. 08/29/2023	00:29.660	PSA/9/11 DAY OF SERVICE
36. 08/30/2023	00:29.830	PSA/9/11 DAY OF SERVICE
37. 09/01/2023	00:29.660	PSA/9/11 DAY OF SERVICE
38. 09/08/2023	00:29.660	PSA/9/11 DAY OF SERVICE
39. 09/11/2023	00:29.830	PSA/9/11 DAY OF SERVICE
40. 09/11/2023	00:30.110	PSA/NATIONAL RECOVERY MONTH - GENERIC
41. 09/14/2023	00:30.110	PSA/NATIONAL RECOVERY MONTH - GENERIC
42. 09/15/2023	00:30.110	PSA/NATIONAL RECOVERY MONTH - GENERIC
43. 09/17/2023	00:30.110	PSA/NATIONAL RECOVERY MONTH - GENERIC
44. 09/24/2023	00:30.450	PSA/BIG BROTHERS BIG SISTERS
45. 09/25/2023	00:30.450	PSA/BIG BROTHERS BIG SISTERS
46. 09/26/2023	00:30.450	PSA/BIG BROTHERS BIG SISTERS
47. 09/27/2023	00:30.450	PSA/BIG BROTHERS BIG SISTERS
48. 09/28/2023	00:30.450	PSA/BIG BROTHERS BIG SISTERS
49. 09/29/2023	00:30.450	PSA/BIG BROTHERS BIG SISTERS
50. 09/30/2023	00:30.450	PSA/BIG BROTHERS BIG SISTERS

In addition, **KZOK-FM** aired the following:

Locally Produced Weather Reports: 1,351 runs – 10 sec long reports

Weather aired Monday through Sunday from 5:00 AM to 8:00 PM PT

Locally Produced Traffic Reports: 1,313 runs – 10 sec long reports

Traffic reports aired Monday through Friday from 6:00 AM to 7:00 PM PT