

**ALPHA MEDIA LLC**  
**ISSUES AND PROGRAMMING REPORT**  
**FOR**  
**STATION KINK (FM)**  
**SPEAKING FREELY**  
*Second Quarter, 2023*  
**April 1st - June 30th (Sunday)**

**Prepared by:**  
**Tricia Myers - Alpha Media LLC**

KINK (FM)

PUBLIC AFFAIRS PROGRAMS THAT ADDRESS COMMUNITY ISSUES

KINK (FM) "PUBLIC AFFAIRS SHOW":

This locally produced program originates with interviews exploring general topics on a local and state level: from education and youth issues, to crime and political measures affecting our local community.

**SECOND QUARTER, 2023**  
**(April 1st – June 30th)**

**MOST SIGNIFICANT ISSUES - RESPONSIVE PROGRAMMING**

**ISSUE: CRIME**

**KINK (FM) PUBLIC AFFAIRS**

April 2nd, 2023

5 am to 5:30 am

28:50 minutes of a 30 minute show

Guest: Dr. Beverly Gage, Author, Historian and Yale Professor. As debates rage in Congress and across the country about how far is too far with accountability in law enforcement, an expert says we can learn about that from the history of the FBI. I joined in, as the Oregon Historical Society welcomed Dr. Beverly Gage for a conversation, about law enforcement, violence, activism and politics. Dr. Gage, a professor from Yale University answered my questions about how the FBI can be held accountable, and how it has been held accountable in the past. Gage is an author of a book about J. Edgar Hoover, so she knows quite a bit about this topic. She says Hoover himself railed against what he saw as an epidemic of crime. But he ruled over the FBI for decades with little accountability, and that led to changes in how the federal bureau operates today.

**ISSUE: DRUGS**

**KINK (FM) PUBLIC AFFAIRS**

April 9th, 2023

5 am to 5:30 am

12:20 minutes of a 30 minute show

Guest: Jill Kahnert, Certified Drug and Alcohol Counselor, Central City Concern, Portland. Jill Kahnert recently retired from serving as a certified alcohol and drug counselor, for Central City Concern in Portland, after decades of service. Kahnert describes her moment of terror: addicted to drugs, afraid of losing her children, living in her car. She describes how she recovered and has been sober for 30 years, and helping others at risk from drug addiction, alcoholism and homelessness. She says “Jail saves lives.” She says she’s seen a much higher level of damage and mental health trauma, yet the services are not available for treatment on the scale that is needed. She compares a previous heroin epidemic in 1999 to the current opioid epidemic.

## **ISSUE: MENTAL HEALTH**

### KINK (FM) PUBLIC AFFAIR

April 9th, 2023

5 am to 5:30 am

11:35 minutes of a 30 minute show

Guest: Jason Renauld, Secretary of Mental Health Association of Portland. Renauld works for the Mental Health Association of Portland, and says he himself is a recovering addict. He speaks about the connection and the cost of homelessness, addiction, trauma and mental illness. He says the situation is worse for women than men. He says the problems cost billions of dollars each year. He talks about the beginning, middle and end stages of the crisis during addiction which often leads to homelessness, and when investment would be most effective to stop the crisis.

## **ISSUE: ADDICTION / RECOVERY**

### KINK (FM) PUBLIC AFFAIR

April 9th, 2023

5 am to 5:30 am

8:02 minutes of a 30 minute show

Guest: Scott Kernan, Executive Director, Blanchet House. He works with people in recovery at the Blanchet House shelter and farm, sees people with mental illness and addiction every day. 71 years ago the house mainly helped men who were alcoholics. Now things have changed, they're experiencing an epidemic of fentanyl, people having to be rescued from overdoses right on the sidewalk outside the shelter, with 7 cases of overdoses just in a one week period. Tries to offer reason for people to hope.

## **ISSUE: HEALTH**

### KINK (FM) PUBLIC AFFAIR

April 16th, 2023

5 am to 5:30 am

17:35 minutes of a 30 minute show

Guest: Dr. Dennis Crawford, Oregon Health and Science University. An Oregon Health & Science University doctor is among those celebrating the Food and Drug Administration's approval this week, of the first new treatment for knee arthritis, in half a century, and he was involved with the research to get it approved. It's the new MISHA knee arthritis device, and there are estimates that it could help millions of people. Dr. Dennis Crawford tells us it's a shock absorber for the knee, and has worked for his patients who are too young for a knee replacement surgery, but still want to remain active while living with arthritis. He's a professor of orthopedics and rehabilitation in the OHSU School of Medicine.

## **ISSUE: HEALTH BILLS**

### KINK (FM) PUBLIC AFFAIR

April 16th, 2023

5 am to 5:30 am

7:45 minutes of a 30 minute show

Guest: Jamie Peng, Oregon Environmental Council. Peng is a lawyer and lobbyist working on “Toxic Free” legislation in the state capitol in Salem. She explains why she’s pushing for new laws that require more disclosure of toxic chemicals found in cosmetics, hair care products, and children’s items.

## **ISSUE: CRIME**

### KINK (FM) PUBLIC AFFAIR

April 23rd, 2023

5 am to 5:30 am

14:35 minutes of a 30 minute show

Guest: Ariel Hamby, step sister of murder victim Joanna Speaks. The family of a murdered mother of three from Clackamas County, doesn’t know who would have wanted to kill her. Joanna Speaks’ sisters say the good times with her, were unforgettable. There were bad times too, like her struggle with an addiction to meth. A medical examiner says the 32 year old mother of two boys and a girl, died from blunt force trauma to her head and neck. They found her body near an abandoned barn, in the Ridgefield area of Clark County, a long way from where she lived, in Clackamas County.

## **ISSUE: CRIME**

### KINK (FM) PUBLIC AFFAIR

April 23rd, 2023

5 am to 5:30 am

5:03 minutes of a 30 minute show

Guest: Robin Speaks, Joanna Speaks’ sister. Continuing my conversation with Joanna’s sisters, Robin Speaks talks about her sister, an Oregon woman whose body was found this month outside an abandoned barn in Washington state, and appears to have been moved there. Her death is being investigated as a homicide, authorities said. She discusses how at times she would have to stop communicating with Joanna due to her drug addiction, though she loved her sister.

## **ISSUE: PORTLAND POLICE**

### KINK (FM) PUBLIC AFFAIR

April 23rd, 2023

5 am to 5:30 am

8:10 minutes of a 30 minute show

Guest: Portland Police Association President Aaron Schmautz. After months of negotiating, and years of talks, the city of Portland and the police union have finally reached an agreement on body cams. My conversation with Portland Police Association President Aaron Schmautz included how he expected the unanimous vote in favor of the city council. The council vote sets up a two month long pilot program. More than 100 officers from Central Precinct and in the specialized gun violence Focused Intervention Team will be the first to wear the cameras. Then the plan is to roll the cameras out across the city's police force. It's taken almost a decade to settle on a plan with the police union.

## **ISSUE: STATE OF LOCAL CITY / TIGARD**

### KINK (FM) PUBLIC AFFAIR

April 30th, 2023

5 am to 5:30 am

3:33 minutes of a 30 minute show

Guest: Heidi Lueb, Tigard Mayor. Tigard's Mayor Heidi Lueb, spoke before a live audience at the Broadway Rose Theater Company. She makes history as the city's first female mayor. She talked about housing and homelessness, overcoming tough pandemic challenges, and what she's looking forward to as she plans the future.

## **ISSUE: STATE OF LOCAL CITY / TUALATIN**

### KINK (FM) PUBLIC AFFAIR

April 30th, 2023

5 am to 5:30 am

8:20minutes of a 30 minute show

Guest: Frank Bubenik, Tualatin Mayor. He explained how housing emerged as the most pressing issue, at a retreat with city councilors and leaders, and how Tualatin's first affordable housing project was brought to life.

**ISSUE: STATE OF LOCAL CITY / WILSONVILLE**

KINK (FM) PUBLIC AFFAIR

April 30th, 2023

5 am to 5:30 am

11:00 minutes of a 30 minute show

Guest: Julie Fitzgerald, Wilsonville Mayor. Wilsonville's Mayor Julie Fitzgerald's speech touched on goals including zero homelessness, creating more affordable homes, child care, economic development, and adding a behavioral health specialist to the city's police force.

**ISSUE: STATE OF LOCAL CITY / WASHINGTON COUNTY**

KINK (FM) PUBLIC AFFAIR

April 30th, 2023

5 am to 5:30 am

6:58 minutes of a 30 minute show

Guest: Kathryn Harrington, Washington County Chair. Chair Kathryn Harrington said her community's making great strides on goals like solving homelessness, and helping small businesses thrive with economic growth, in her state of Washington County address.

**ISSUE: CRIME STORIES**

KINK (FM) PUBLIC AFFAIR

May 5th, 2023

5 am to 5:30 am

6:50 minutes of a 30 minute show

Guest: Nancy Grace, Former Prosecutor and Host of Crime Stories. Grace is a former prosecutor of murder cases and the host of national shows and podcasts regarding unsolved murders. She found out about the unsolved murder of Joanna Speaks, a mother of 3 from Clackamas County and invited me to take part in a panel discussion about the case.

**ISSUE: CRIME**

KINK (FM) PUBLIC AFFAIR

May 5th, 2023

5 am to 5:30 am

3:10 minutes of a 30 minute show

Guest: Robin Speaks, sister of murder victim. Describes the shock of hearing her sister had died in a phone call while she was working, and the grief of knowing her sister's killer is out there. Describes Joanna's larger than life personality.

**ISSUE: CRIME**

KINK (FM) PUBLIC AFFAIR

May 5th, 2023

5 am to 5:30 am

3:25 minutes of a 30 minute show

Guest: Ariel Hamby, step sister of murder victim. Describes the impact of learning her step sister was murdered, on her own family. Explains why she misses Joanna so much, that they've set up a Go Fund Me account to help Joanna's children and the family with funeral expenses.

**ISSUE: CRIME**

KINK (FM) PUBLIC AFFAIR

May 5th, 2023

5 am to 5:30 am

4:50 minutes of a 30 minute show

Guest: Jarrett Ferentino, Homicide Prosecutor. Shock of seeing a dead body by witnesses, that's how the first part of the case, what was that person's connection to the location, the abandoned barn in Ridgefield Washington in Joanna's case. Why was the person in that location? How you can tell if a body was moved, disturbed dirt, tire tracks. There may be camera footage from nearby Dollar General that shows a vehicle coming and going.



**ISSUE: MENTAL HEALTH**

KINK (FM) PUBLIC AFFAIR

May 5th, 2023

5 am to 5:30 am

3:05 minutes of a 30 minute show

Guest: Dr. John Delatorre, Forensic Psychologist. How the impact of seeing a dead body affects psychology, especially one that has been brutally murdered. The state of decomposition is important, and can lead to flashbulb memory, triggering anxiety and nervousness.

**ISSUE: CRIME**

KINK (FM) PUBLIC AFFAIR

May 5th, 2023

5 am to 5:30 am

3:27 minutes of a 30 minute show

Guest: Irv Brandt, U.S. Marshals Senior Inspector. Run down barn on abandoned property is a clue, had to lead to who the perpetrator is, location like this rural area, wouldn't have as many doorbell cams or traffic cams. That was intentional, a place to dump a body in an abandoned area. How rushed the person(s) were who dumped the body, may have been agitated.

**ISSUE: CRIME**

KINK (FM) PUBLIC AFFAIR

May 5th, 2023

5 am to 5:30 am

2:30 minutes of a 30 minute show

Guest: Dr. Maneesha Pandey, Chief forensic pathologist. How you can look at a body and tell that the person died from a bludgeoning death. Most likely there was blood around the head, the scalp is very vascular. Can tell the difference between bludgeoning or fall. More trauma with bludgeoning and also because the body was found in an abandoned area which is linked to homicide. the type of wounds also are different from fall or accident, and homicide.

## **ISSUE: WILDFIRE**

### KINK (FM) PUBLIC AFFAIR

May 14th, 2023

5 am to 5:30 am

13:20 minutes of a 30 minute show

Guest: George Geissler, Washington State Forester. With record or near record high temperatures in those forecasts for the upcoming weekend, Washington State's Forester says fire crews are already at work. George Geissler, the Western Representative with the National Association of State Foresters, says crews from Oregon and Washington are already fighting fires, and talks about what we can all do to prevent more of them. He says Oregon and Washington have about a thousand fires apiece each year, and about 90% of them are human caused. They're mainly sparked by campfires, trucks, and even lawn equipment.

## **ISSUE: FORESTRY**

### KINK (FM) PUBLIC AFFAIR

May 14th, 2023

5 am to 5:30 am

14:25 minutes of a 30 minute show

Guest: Dr. Vivek Shandas, Portland State University. He is the director of the Sustaining Urban Places Research Lab at P.S.U. He talks about the effects of trees on urban heat and air pollution, what research has shown about how urban forestry affects human health, racial and income disparities between neighborhoods with more and fewer trees; and emerging state and local policies around urban tree planting. He also discusses the President's \$1.5 billion plan included in the Inflation Reduction Act to plant more urban trees and says millions of dollars of that money is coming to Oregon and Washington.

**ISSUE: BUSINESS**

KINK (FM) PUBLIC AFFAIR

May 21st, 2023

5 am to 5:30 am

11:52 minutes of a 30 minute show

Guest: U.S. Senator Jeff Merkley, Oregon. He's explaining his support for bipartisan legislation that would ensure legally operating cannabis businesses can access banking and financial services. He says forcing legal businesses to operate in an entirely cash economy is terrible for accountability yet great for crime, as it has left these businesses and all those connected to them open to violent crime, money laundering, theft, and tax fraud. He says in Oregon, we've seen this reality with dangerous and frightening thefts and assaults targeting our businesses and their workers. He says the bipartisan SAFE Banking Act would ensure that these legitimate businesses will have the opportunity to access the same financial services as every other business, ending the cash economy.

**ISSUE: SAFE BANKING ACT OF 2023**

KINK (FM) PUBLIC AFFAIR

May 21st, 2023

5 am to 5:30 am

8:44 minutes of a 30 minute show

Guest: U.S. Representative Earl Blumenauer, Oregon. For 40 years he's led the fight for legalizing cannabis across the country and in Oregon. In Oregon, Washington and California, cannabis is legal. He answers my question, is the rest of the country ready for that? He thinks the country is heading in that direction. But in the meantime, he says forcing the business to operate in a cash economy is awful for accountability but great for crime. He talks about the next steps for the Secure and Fair Enforcement, or SAFE Banking ACT of 2023.

**ISSUE: ECONOMY**

KINK (FM) PUBLIC AFFAIR

May 21st, 2023

5 am to 5:30 am

3:55 minutes of a 30 minute show

Guest: Craig Prins, Oregon Liquor and Cannabis Commission Director. Oregon, one of the impacts of the cash economy for cannabis also took center stage. And that's cannabis companies, not paying their state taxes at a rate three times higher than other businesses, which is also linked to their not having the same access to banking services as other types of businesses. So Oregon Governor Tina Kotek has announced a new effort to make sure cannabis businesses pay their state taxes. She's ordering the Oregon Liquor and Cannabis Commission to start requiring cannabis businesses to show they've paid their taxes before they can get new or renewed licenses to continue to operate in the state.

**ISSUE: TAXES**

KINK (FM) PUBLIC AFFAIR

May 21st, 2023

5 am to 5:30 am

2:23 minutes of a 30 minute show

Guest: Betsy Imholt, Oregon Revenue Director. She answers my questions about how many businesses will be impacted by the Governor's order to link proof of tax payment to recertification of licenses for cannabis businesses, and how much money this could bring to the state.

**ISSUE: BUSINESS**

KINK (FM) PUBLIC AFFAIR

May 28th, 2023

5 am to 5:30 am

11:52 minutes of a 30 minute show

Guest: U.S. Senator Jeff Merkley, Oregon. He's explaining his support for bipartisan legislation that would ensure legally operating cannabis businesses can access banking and financial services. He says forcing legal businesses to operate in an entirely cash economy is terrible for accountability yet great for crime, as it has left these businesses and all those connected to them open to violent crime, money laundering, theft, and tax fraud. He says in Oregon, we've seen this reality with dangerous and frightening thefts and assaults targeting our businesses and their workers. He says the bipartisan SAFE Banking Act would ensure that these legitimate businesses will have the opportunity to access the same financial services as every other business, ending the cash economy.

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KINK (FM) PUBLIC AFFAIR

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**ISSUE: EDUCATION / HISTORY**

KINK (FM) PUBLIC AFFAIR

June 4th, 2023

5 am to 5:30 am

7:42 minutes of a 30 minute show

Guest: Doris Kearns Goodwin, Presidential Historian and Author. She talks about how we can learn from Franklin Delano Roosevelt about leadership in turbulent times, how he was able to rally the nation during the Great Depression and win allies. She also talks about what a great ally he had in his wife Eleanor, and how she fought in subtle ways for rights for women and African Americans. She also talks about her latest project on the History Channel, about Theodore Roosevelt and why he is one of the most interesting Presidents as a conservationist and reformer.

**ISSUE: TRANSPORTATION**

KINK (FM) PUBLIC AFFAIR

June 4th, 2023

5 am to 5:30 am

11:51 minutes of a 30 minute show

Guest: Dr. Jennifer Dill, Portland State University. She is the director of the transportation research center at Portland State University, and talks about her research on e-bikes; how they are growing in popularity and beneficial for both people and the planet. She cites statistics about how using e-bikes for transportation can help improve air quality around the world, and that they are good for exercise as well. She also has found that more communities are investing in e-bike incentives including tax credits to get more people to buy and use them.

**ISSUE: WILDFIRES**

KINK (FM) PUBLIC AFFAIR

June 4th, 2023

5 am to 5:30 am

9:58 minutes of a 30 minute show

Guest: Larry O'Neill, Oregon State Climatologist. He is both a professor at Oregon State University, and Oregon's State Climatologist. He explains that even though Oregon and the Pacific Northwest in general have had generous rainfall this spring, the state is still in a drought overall, and predicts that with a lot of vegetation growing and then drying out, we are in for hotter and more combustible conditions by late summer and into fall. He predicts that we could have a destructive wildfire season within a few months.

**ISSUE: ENVIRONMENT**

KINK (FM) PUBLIC AFFAIR

June 11th, 2023

5 am to 5:30 am

5:10 minutes of a 30 minute show

Guest: Lori Chavez DeRemer, Oregon Congresswoman. This week: brought an attack on the G.O.P. leadership in the House, by about a dozen members of their own party, paralyzing their own bill on gas stoves... and focusing on a battling taking shape after the debt limit crisis ended. As that group of republicans continue to mutiny against their own House Speaker Kevin McCarthy, Oregon's members of congress explain their votes on the compromise with President Biden to suspend the debt limit. She's one of the newest members of Congress and a republican. Lori Chavez Deremer defends her vote in favor of the compromise to lift the debt ceiling. This week on a call with some of her constituents, she answered their questions about her vote, saying it was a necessary compromise.

**ISSUE: NATIONAL DEBT**

KINK (FM) PUBLIC AFFAIR

June 11th, 2023

5 am to 5:30 am

3:10 minutes of a 30 minute show

Guest: Suzanne Bonamici, Oregon Congresswoman. In Oregon's congressional delegation, is long time representative Democrat Suzanne Bonamici. She voted no on the deal brokered by her own party's president. She said she could not support a deal with cuts that hurt seniors, children, low-income families, and the environment. In Congress, she urged others to do the same.

**ISSUE: NATIONAL DEBT**

KINK (FM) PUBLIC AFFAIR

June 11th, 2023

5 am to 5:30 am

2:23 minutes of a 30 minute show

Guest: Andrea Salinas, Oregon Congresswoman. Salinas also voted against the debt ceiling deal though it came from her own party's president.

**ISSUE: NATIONAL DEBT**

KINK (FM) PUBLIC AFFAIR

June 11th, 2023

5 am to 5:30 am

2:05 minutes of a 30 minute show

Guest: Val Hoyle, Oregon Congresswoman. She voted no, releasing a written statement, “We got a messy bill that guts environmental protections, greenlights a fossil fuel pipeline, strips essential government programs, and takes food from the mouths of the most vulnerable members of our society. I refuse to support a precedent of letting congressional Republicans threaten to tank the U.S. economy by failing to support a clean bill.”

**ISSUE: NATIONAL DEBT**

KINK (FM) PUBLIC AFFAIR

June 11th, 2023

5 am to 5:30 am

6:02 minutes of a 30 minute show

Guest: Earl Blumenauer, Oregon Congressman. Democratic Oregon congressman earl blumenauer voted in favor of the compromise, and here, in an appearance on c span, he reveals a lot about the negotiations happening between President Biden, house speaker Kevin McCarthy, and House democratic leader Hakeem Jeffries.

**ISSUE: NATIONAL DEBT**

KINK (FM) PUBLIC AFFAIR

June 11th, 2023

5 am to 5:30 am

1:26 minutes of a 30 minute show

Republican Oregon Congressman Bentz joined Blumenauer in voting for the debt ceiling increase, but his reasons sounded quite different. He said, quote, the “Fiscal Responsibility Act,” is the result of Speaker McCarthy forcing President Biden to the bargaining table, where our team was able to negotiate a truly meaningful deal, giving me – and the entire House of Representatives – the opportunity to vote for the largest spending cut in U.S. history.



**ISSUE: NATIONAL DEBT**

KINK (FM) PUBLIC AFFAIR

June 11th, 2023

5 am to 5:30 am

8:04 minutes of a 30 minute show

Guest: Dr. Chris Nichols, Political Historian. The New York Times published an article stating how unusual it is for Oregon politicians, to not be able to find common ground, and have the state senate in a standoff. Nichols offers his commentary on why the parties have become more polarized and explains why the debt ceiling crisis would not have happened in other times in history.

**ISSUE: WILDFIRE / SMOKE**

KINK (FM) PUBLIC AFFAIR

June 18th, 2023

5 am to 5:30 am

14:17 minutes of a 30 minute show

Guest: Alice Busch, Senior Emergency Analyst, Multnomah County Emergency Management. In this episode we are diving into what Oregon's evacuation levels actually mean, and why some sheriffs who are in charge of them, want them changed. Several wildfires have prompted evacuation orders in Oregon. Busch explains Oregon has a three tiered evacuation system, 1 means get ready, two get set and three go now. But she points out that some people, like those with disabilities, may need to leave sooner. She says people in rural and wooded areas are at special risk during evacuation orders. She's especially worried about the hazards of wildfire smoke this summer and fall.

**ISSUE: INSECTS**

KINK (FM) PUBLIC AFFAIR

June 18th, 2023

5 am to 5:30 am

6:40 minutes of a 30 minute show

Guest: Levi Zahn, Multnomah County Vector Control Supervisor. There's another threat to worry about this summer: the menace of mosquitoes. They're significantly worse this year. Zahn, the Multnomah County Vector control supervisor, explains why this is happening, including weather that encourages mosquitoes and a problem with the company that typically sprays the bogs that mosquitoes hatch their eggs in. He details ways we can all fight the bite, including wearing long sleeved clothing and pants, using repellent, and taking care to get rid of any standing water on our property.

**ISSUE: HEART HEALTH**

KINK (FM) PUBLIC AFFAIR

June 18th, 2023

5 am to 5:30 am

6:54 minutes of a 30 minute show

Guest: Nick Broadnicki, American Heart Association. When you talk to people about threats that we face: one that they bring up more than any other is typically heart disease. It takes more lives, both in Oregon and across the country, than anything else. So I talked to Nick Broadnicki, the executive director of the American Heart Association in Oregon and Southwest Washington, to find out more about their two recent heart and stroke walks in Portland and Vancouver recently, which raised about a million dollars toward the cause of fighting heart disease. He also explains how the money will help with local research at O.H.S.U. on heart disease in pregnant women.

**ISSUE: EQUALITY ACT**

KINK (FM) PUBLIC AFFAIR

June 25th, 2023

5 am to 5:30 am

4:40 minutes of a 30 minute show

Guest: U.S. Senator Jeff Merkley, Oregon. June is traditionally Pride Month, for the LGBTQ plus community. An Oregon U.S. Senator used that framework, to announce with other lawmakers, legislation that they say would mark a significant step in ending discrimination. The act would change federal anti discrimination laws, adding sexual orientation and gender identity to longstanding bans on discrimination in work, housing, jury service, access to credit and more. Merkley argues it's time to add these protections.

**ISSUE: EQUALITY ACT**

KINK (FM) PUBLIC AFFAIR

June 25th, 2023

5 am to 5:30 am

6:04 minutes of a 30 minute show

Guest: Congressman Mark Takano. Takano, the Co-Chair of the Congressional Equality Caucus. Takano described his personal connection to the issues raised in the Equality Act, as one of the first openly gay members of Congress, and talks about others who came before him. He describes confronting discrimination and anti-gay campaigning while he was running for congress.

**ISSUE: EQUALITY ACT**

KINK (FM) PUBLIC AFFAIR

June 25th, 2023

5 am to 5:30 am

2:37 minutes of a 30 minute show

Guest: U.S. Senator Tammy Baldwin, Wisconsin. Baldwin describes her many years of fighting for equal rights and discrimination protection for the L.G.B.T.Q. community. She says violence is increasing against them, and that hundreds of pieces of legislation are taking away their rights across the country in state legislatures. She says the Equality Act would ban discrimination and usher in true equality. She says Republicans and Democrats came together to pass the Respect for Marriage Act.

**ISSUE: EQUALITY ACT**

KINK (FM) PUBLIC AFFAIR

June 25th, 2023

5 am to 5:30 am

2:20 minutes of a 30 minute show

Guest: U.S. House Speaker Hakeem Jeffries. Jeffries speaks in favor of passing a federal Equality Act, says it is time for this legislation to cross the finish line and that Americans now back these protections.

**ISSUE: EQUALITY ACT**

KINK (FM) PUBLIC AFFAIR

June 25th, 2023

5 am to 5:30 am

3:10 minutes of a 30 minute show

Guest: Senate Majority Leader Chuck Schumer. He praises Oregon Senator Merkley and others for supporting the Equality Act. He describes how the Respect for Marriage Act led the way for the Equality Act. He says it's incredible that in this day and age, discrimination is still not allowed in employment and housing, describing it as "Just awful." Describes having father's day with his daughter, her wife and their child, not wanting them to live in fear that their rights could be stripped away.

**ISSUE: EQUALITY ACT**

KINK (FM) PUBLIC AFFAIR

June 25th, 2023

5 am to 5:30 am

2:45 minutes of a 30 minute show

Guest: Congresswoman Nancy Pelosi, California. Says it's a joy to hear about Schumer's family and young baby. She describes working with Senator Merkley on legislation that fights for equality and against discrimination, and how Congressman John Lewis still inspires the drive for civil rights.

**ISSUE: EQUALITY ACT**

KINK (FM) PUBLIC AFFAIR

June 25th, 2023

5 am to 5:30 am

3:10 minutes of a 30 minute show

Guest: U.S. Senator Cory Booker. Describes civil rights songs, speaking to the truth of the anguish and agony of bullying; we who believe in freedom cannot rest until it's won.

**ISSUE: EQUALITY ACT**

KINK (FM) PUBLIC AFFAIR

June 25th, 2023

5 am to 5:30 am

3:00 minutes of a 30 minute show

Guest: Congresswoman Terese Davids, Kansas. Says Happy Pride Month, says she represents 3rd District of Kansas, one of first two Native women elected to Congress, and is the first LGBTQ+ person elected to Congress from her state. She says she can still be turned away from hotels, or dentists' offices, because the Equality Act has not been passed. This type of discrimination is still allowed, should not be acceptable.

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**BEYOND THE HEADLINES**  
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**Prepared by:**  
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**(April 1st – June 30th)**

**MOST SIGNIFICANT ISSUES - RESPONSIVE PROGRAMMING**

**ISSUE: SAFETY / DELIVERIES**

**KINK (FM) PUBLIC AFFAIRS**

April 2nd, 2023

5:30 am to 6 am

14:42 minutes of a 30 minute show

Guest: Eric Connelly / SAIF Safety Management Consultant. KINK's Brett Reckamp talks with Eric about all things deliveries. It turns out there are a lot of new local companies and employees who end up filling a void in this industry by being the actual delivery drivers who make the final push by getting the package from a distribution center to your front door. The pandemic increased home deliveries by record amounts and that means more people out there. Eric goes over a lot of ways not only drivers can be safe and do a better job, but also how those of us actually getting them can help them out by giving delivery experts a nice, clean and safe path to where the package gets delivered.

**ISSUE: BUSINESS / QR CODES**

**KINK (FM) PUBLIC AFFAIRS**

April 2nd, 2023

5:30 am to 6 am

7:37 minutes of a 30 minute show

Guest: Brian Duncan / Me and U. KINK's Zachary Barnes hears from Brian about the exploding industry of using QR codes at restaurant tables - either in addition to or instead of a human server. Obviously, eventually someone has to bring food out, and Brian says there is no substitute for quality service. But, there is a real market and use for these machines that can speed things up at a restaurant. He says they became necessary during the pandemic and have not gone away.

## **ISSUE: TRAVEL**

### KINK (FM) PUBLIC AFFAIRS

April 2nd, 2023

5:30 am to 6 am

3:18 minutes of a 30 minute show

Guest: Nancy Fowler / GM Willamette International Travel in Portland. KINK's Brett Reckamp talks with Nancy about when to go ahead and pay for and use TSA Pre-Check. She says it costs \$78 for the application and you have to submit to a background check and then go down to an office for fingerprinting. But, it lasts for 5 years and basically, if you fly at least 3 times in one calendar year, she recommends it. For safety reasons, you may sometimes have to get into the larger lines, but usually you don't and you don't have to take off your shoes and stuff like that.

## **ISSUE: HEALTH / WALKING**

### KINK (FM) PUBLIC AFFAIRS

April 2nd, 2023

5:30 am to 6 am

2:44 minutes of a 30 minute show

Guest: Vancouver walkers. KINK's Veronica Carter goes on a walk with a new group of people she met on Facebook to walk around town. That's about it! They're just meeting to enjoy walking and visiting with new people in the town where they live. It's about meeting new people and staying healthy.

## **ISSUE: TECHNOLOGY / ROBOTS**

### KINK (FM) PUBLIC AFFAIRS

April 9th, 2023

5:30 am to 6 am

27:49 minutes of a 30 minute show

Guest: Dr. Subodha Kumar / A/I Expert with Fox School of Business at Temple University. KINK's Brett Reckamp has a special show with Dr. Kumar all about A/I and robots and how they are continuing to dominate the business world. He says he views this as a good thing and believes they will mostly just make things more streamlined and better and take away mundane jobs. But, he does say people need to be aware that it is more important than ever to be as trained up as possible. There are some positions a robot could never fill like doctor, lawyer and the list goes on. But, if you feel robots are intruding on your job it's time to get to work with some training.



## **ISSUE: ENTERTAINMENT / BOOK**

### KINK (FM) PUBLIC AFFAIRS

April 16th, 2023

5:30 am to 6 am

minutes of a 30 minute show

Guest: Dana Haynes / Author & Editor in Chief of Pamplin Media Group. KINK's Brett Reckamp focuses on Dana for the entire show with the release of the third installment of his trilogy featuring Finnigan and Fiero - his 2 main characters from the St. Nicholas Salvage & Wrecking series. Dana now has 11 published novels and seems to be on a roll. By the way, he's also the Editor in Chief of The Pamplin Media Group. Dana describes his process of writing. How he does research and figures out details and then plows through his story while also being accurate. Dana writes in the morning long hand using a pencil and yellow pad, then transcribes on his computer in the evening. He also touches on how his pseudonym came to be "James Byrne" - why he uses it and how he is doing well on a different front with mystery and thriller novels under that author name. Dana lives in downtown Portland and frequents local bookstores like Powell's and Judy Bloom's.

## **ISSUE: SAFETY**

### KINK (FM) PUBLIC AFFAIRS

April 23rd, 2023

5:30 am to 6 am

4:40 minutes of a 30 minute show

Guest: Jeff Gilbert / Oregon Department of Resources. KINK's Jim Ferretti hears from Jeff about 2 box cars that have been dropped at the Tillamook Airport. They're called Conex boxes and will hold emergency supplies for that area if a major catastrophe were to happen. They are reusable and could be moved to another location if necessary. Jeff says that area could be cut off for weeks if an earthquake were to happen.

## **ISSUE: BONDS**

### KINK (FM) PUBLIC AFFAIRS

April 23rd, 2023

5:30 am to 6 am

6:24 minutes of a 30 minute show

Guest: Henry Bell /Ecology. KINK's Zachary Barnes talks with Henry about the federal money coming to the state of Washington. Henry believes the money will be used to help not only humans but also wildlife and plant life. They'll restore coastal habitats and improve marshlands, dunes and floodplains. Henry thinks the growing human population is playing a role in damaging our coasts.

## **ISSUE: SEAFOOD FESTIVAL**

### KINK (FM) PUBLIC AFFAIRS

April 23rd, 2023

5:30 am to 6 am

2:53 minutes of a 30 minute show

Guest: Regina Wilke / Astoria Chamber of Commerce. KINK's Veronica Carter fills up our So Much to See segment by talking about seafood in Astoria. Regina says it's the 41st year to celebrate this event. It's the largest festival in town of the year. They time it to get everyone ready for the summer season. The food is fresh and delicious.

## **ISSUE: SPORTS**

### KINK (FM) PUBLIC AFFAIRS

April 23rd, 2023

5:30 am to 6 am

4:11 minutes of a 30 minute show

Guest: Scott Laycum / VP for Athletics at University of Portland. KINK's Grant McHill gets some thoughts on the day the Portland Trail Blazers announced they were landing a G League franchise. They'll play at the Chiles Center at the University of Portland. Scott says it's very exciting because the students on campus will assist in the operations and get real world experience. And it's good for the Blazers to have a G League team - they're the second to last team in the NBA to get one.

**ISSUE: ENTERTAINMENT**

KINK (FM) PUBLIC AFFAIRS

April 23rd, 2023

5:30 am to 6 am

4:34 minutes of a 30 minute show

Guest: Art Lawrence / Oregon BrewFest organizer. KINK's Jim Ferretti hears from Art how they are able to put on the festival after all. They announced in January that the Brew Fest wasn't going to happen, but now they have the support of The Rose Festival. They're going to move the event down to Tom McCall Waterfront Park and the amount of beers on tap will be smaller, but Art says that is fine with him and their group. They're going to have professional pourers available and lots of craft brews.

**ISSUE: HEALTH**

KINK (FM) PUBLIC AFFAIRS

April 23rd, 2023

5:30 am to 6 am

2:59 minutes of a 30 minute show

Guest: Nate / Youth basketball coach for PDX Ballers. KINK's Veronica Carter talks with Nate's wife about her husband's health concerns. Nate has come down with cancer and is struggling to keep up. He is now in a wheelchair and is fighting for his freedom and life. Nate's wife says he has 8 teams and has coached at all levels for years, trying to give the kids a shot at organized sports. Veronica made Nate her KINK everyday hero for the day.

## **ISSUE: EROGONMICS**

### KINK (FM) PUBLIC AFFAIRS

April 30th, 2023

5:30 am to 6 am

21:20 minutes of a: 30 minute show

Guest: Tony Brace / Orgonomist with SAIF. KINK's Brett Reckamp gets an in-depth look at all things ergonomics in the workplace. Tony has an advanced degree in this field and has been working for SAIF for over 20 years. He says he has seen it all when it comes to comfort level for workers in all types of work environments. Most of what he sees are soft tissue injuries. This is a result of having things at the wrong level over time. The majority of ergonomic issues for work happen in industrial settings - not as much in cubicles. But, Tony gives us a number of tips to double check your "comfort position" - to make sure their bodies and limbs are in a good position.

## **ISSUE: TECHONOLOGY**

### KINK (FM) PUBLIC AFFAIRS

April 30th, 2023

5:30 am to 6 am

3:25 minutes of a: 30 minute show

Guest: Brian Westbrook / Tech Expert. KINK's Brett Reckamp hears from Brian about the world renowned computer scientist Geoffrey Hinton. He left Google this week and is speaking out about the dangers of artificial intelligence. Brian says Hinton got his PhD in A/I 45 years ago and is a true pioneer of deep thought computers. He says Hinton has been sounding the alarm about how he believes this technology is advancing too fast.

## **ISSUE: CELEBRATION**

### KINK (FM) PUBLIC AFFAIRS

April 30th, 2023

5:30 am to 6 am

3:32 minutes of a: 30 minute show

Guest: Freddy Ruiz Jr. / Organizer of Salem Taco Crawl. KINK's Veronica Carter gets the update on Cinco de Mayo weekend plans in Salem. Organizer Freddy says he has been doing it for years with restaurants in the Salem area, but had to take a pause because of the pandemic. Thankfully - it's back on! Participants will go to any one of 10 local Mexican restaurants and enjoy a little taste of a taco while celebrating the Mexican heritage. He says it's great for everyone involved including the local business owners.

## **ISSUE: BUSINESS / CONFLICT**

### KINK (FM) PUBLIC AFFAIRS

May 7th, 2023

5:30 am to 6 am

3:54 minutes of a: 30 minute show

Guest: Suzanne Stevens/ Editor Portland Business Journal. KINK's Brett Reckamp and Veronica Carter hear from Suzanne about even more conflicts of interest coming from the scandal involving former Secretary of State Shamia Fagan and her side job with cannabis company La Mota. Suzanne says one of the owners had deep relationships and involvement in the OLCC audit that came out favorable for them. The founder of a major group also worked with the and has since stepped down.

## **ISSUE: POLITICS**

### KINK (FM) PUBLIC AFFAIRS

May 7th, 2023

5:30 am to 6 am

4:50 minutes of a: 30 minute show

Guest: Dr. Jim Moore/ Political Analyst Pacific University. KINK's Brett Reckamp gets some perspective on how political school board positions have become. They are partisan these days and Dr. Moore says they are now often stepping stone positions. He says people feel like they can run for and actually win a race for school board, then help make policy and influence their community directly. From there they may be able to run for the statehouse.

## **ISSUE: IMMIGRATION**

### KINK (FM) PUBLIC AFFAIRS

May 7th, 2023

5:30 am to 6 am

4:55 minutes of a: 30 minute show

Guest: Christie Hutcherson / Women Fighting for America. KINK's Tim Lantz hears from Christie about what's happening on the southern border with the U.S. & Mexico. It's a real problem after the expiration of Title 42. The immigration policy has expired and now there is a flood of immigrants who wanted to get in before the rules changed. It's a humanitarian issue but also political.

## **ISSUE: WILDLIFE**

### KINK (FM) PUBLIC AFFAIRS

May 7th, 2023

5:30 am to 6 am

6:48 minutes of a: 30 minute show

Guest: Ben Anderson / Washington Department of Fish and Wildlife. KINK's Veronica Carter has a 2 part series about how sea lions are eating salmon and department of wildlife officials don't know what to do. Ben says the salmon are precious but the sea lions have their place in the ecosystem as well. They're trying to find non-lethal solutions to keeping salmon protected so they can spawn and grow to adulthood and keep their numbers up.

## **ISSUE: WILDLIFE**

### KINK (FM) PUBLIC AFFAIRS

May 7th, 2023

5:30 am to 6 am

3:55 minutes of a: 30 minute show

Guest: Lynn Mattes / Oregon Department of Fish & Wildlife. KINK's Veronica Carter talks with Lynn about all these prehistoric looking creatures that are being spotted along Oregon beaches. They have huge fangs and are bizarre looking. Lynn wants people to take pictures of the animals and send them along so they can try and learn more about where the deep sea fish are coming from and what's making them wash along shore.

## **ISSUE: TRAVEL**

### KINK (FM) PUBLIC AFFAIRS

May 7th, 2023

5:30 am to 6 am

3:31 minutes of a: 30 minute show

Guest: Todd Davis / Travel Oregon CEO. KINK's Jon Eric Smith hears from Todd about how there is 27% more travel to Oregon this year compared to last year. He credits part of the success to the end of the pandemic, but also says some investments into our state's tourist destination has also helped. Each year people from out of state visiting Oregon spend about \$8 billion dollars.

## **ISSUE: FIRE**

### KINK (FM) PUBLIC AFFAIRS

May 14th, 2023

5:30 am to 6 am

9:56 minutes of a 30 minute show

Guest: Rick Graves / Portland Fire and Rescue. KINK microphones are rolling as Graves talks with reporters in front of the totaled Goose Hollow Apartments at SW 14th & Taylor. They caught fire Tuesday morning and sparked a 4 alarm fire. The building was a total loss and all 4 of its floors were destroyed. He talks about how dangerous the current state of the over century old building is. It's leaning and still threatening nearby buildings. Thankfully, Graves says they were able to get all the residents out safely. 2 firefighters are hurt but going to be OK.

## **ISSUE: TECHNOLOGY**

### KINK (FM) PUBLIC AFFAIRS

May 14th, 2023

5:30 am to 6 am

4:07 minutes of a 30 minute show

Guest: Chris Moschovitis / Cyber Security Expert. KINK's Brett Reckamp and Veronica Carter hear about some basic password information from Chris when it comes to passwords for routers and wifi at home. Chris says too many people just go with the password their router came with and call it good which means it's technically public and potentially dangerous. He looks at those 2 things like 2 different locks on your front door - they need to be shut.

## **ISSUE: HISTORY / MT. ST. HELENS**

### KINK (FM) PUBLIC AFFAIRS

May 14th, 2023

5:30 am to 6 am

10:22 minutes of a 30 minute show

Guest: Duncan Foley / Retired geology professor from Pacific Lutheran University in Tacoma. KINK's Veronica Carter first heard about what led to the eruption back in 1980. But, Foley also addresses Mt Hood and Mt Tabor - both much closer to Portland compared to St. Helen's. He says both of these mountains are in fact ripe for movement - especially Mt Hood. He says the results now that we have much more population could be catastrophic.

**ISSUE: ENTERTAINMENT**

KINK (FM) PUBLIC AFFAIRS

May 14th, 2023

5:30 am to 6 am

3:51 minutes of a: 30 minute show

Guest: Rene Rank-Ignassio - McMinnville UFO festival. KINK's Zachary Barnes gets a close up and personal look at the out of this world festival going down in McMinnville this weekend. A parade is the highlight - the whole town pretty much shuts down. Rene says one of the clearest pictures of a UFO was taken in McMinnville and it's famous for its paranormal activity.

**ISSUE: BUSINESS**

KINK (FM) PUBLIC AFFAIRS

May 21st, 2023

5:30 am to 6 am

16:21 minutes of a: 30 minute show

Guest: Dava Mandapat / Comcast Business. KINK's Brett Reckamp talks with Dave about their latest community outreach project called Comcast RISE. They plan on giving out 100 each of these awards to worthy small businesses in select cities around the country including Portland. It will consist of \$30,000 - \$40,000 worth of goods and services. Dave says they will come to where the businesses are and work directly with them to create a marketing plan including a fully produced :30 television commercial. They'll also give them free airtime plus cash and let them keep all the hardware. Dave says Comcast business simply wants to give back to small businesses who may be hurting from the pandemic or simply need a leg up.



## **ISSUE: HEALTH**

### KINK (FM) PUBLIC AFFAIRS

May 21st, 2023

5:30 am to 6 am

11:52 minutes of a: 30 minute show

Guest: Jake Thomas / Reporter for The Lund Report. KINK's Zachary Barnes goes in-depth on the continuing saga of the opening, closing and eventual reopening of the birthing center at Legacy Mt Hood in Gresham. The facility was shut down by the operators earlier this year. But it was done without the blessing of the Oregon Health Authority. They brought down sanctions on the hospital so now they're trying to get it back open to the public. Jake says the facility serves people on the east side of town who now have to drive to NE Portland to have their babies or get prenatal care.

## **ISSUE: SAFETY**

### KINK (FM) PUBLIC AFFAIRS

May 28th, 2023

5:30 am to 6 am

28:30 minutes of a: 30 minute show

Guest: Corey Jenkins - Creative Services Supervisor at SAIF, Michael Price - Senior Safety Management Consultant for SAIF. KINK's Brett Reckamp spends the whole show talking with Corey & Michael about their series of videos designed to entertain and inform people all across the state of Oregon. Oregon Odd Jobs features Corey as he participates in different jobs - behind the scenes at different locations. From the Oregon State Aquarium to Oaks Park to sheep farms and glass shops, Corey is there - talking with the workers and helping viewers get a sense of what these people have to work with on a daily basis. And most importantly, how they don't end up getting hurt. The brainchild from SAIF is part of an evolution of boring safety videos that so many employees have to watch. They thought it would be better to expand the message and take the show on the road. At last check they had 11 fully produced approximate 12 minute videos with plans to travel to other locations across the state.

**ISSUE: FIRE**

KINK (FM) PUBLIC AFFAIRS

June 4th, 2023

5:30 am to 6 am

6:30 minutes of a: 30 minute show

Guest: Dave Schmitke / Clark County Fire District 6 PIO. KINK's Brett Reckamp & Veronica Carter talk with Dave live on Portland's Morning News after a major commercial fire in Vancouver. It started late Tuesday night and burned into the morning Wednesday. Dave says it was a fast moving, hot blaze and a dangerous one as well. He says there was a propane tank that exploded that came within a few feet of one of the firefighters.

**ISSUE: EMPLOYMENT**

KINK (FM) PUBLIC AFFAIRS

June 4th, 2023

5:30 am to 6 am

13:59 minutes of a: 30 minute show

Guest: David Joe / Chairman Elite Business Solutions. KINK's Brett Reckamp talks with David Joe about ways employees can become as layoff proof as possible. He says while that is usually not totally possible for most people, there are things people can watch for. Like, is your company shutting down hiring or already announcing other layoffs. David says education is something that all employees need to be thinking about. How can you make yourself more valuable?

**ISSUE: EMPLOYMENT**

KINK (FM) PUBLIC AFFAIRS

June 4th, 2023

5:30 am to 6 am

4:51 minutes of a: 30 minute show

Guest: Jill Schlesinger / CBS News Business Analyst. KINK's Brett Reckamp and Veronica Carter talk with Jill about the current, and frankly muddy US jobs situation. She says the unemployment rate is down but there are other factors that have some concerned about the summer. However, she thinks that it's a great outlook for the types of part time jobs a student might be looking for. And she believes it can have all kinds of benefits for teenagers.

**ISSUE: SECURITY**

KINK (FM) PUBLIC AFFAIRS

June 11th, 2023

5:30 am to 6 am

14:16 minutes of a: 30 minute show

Guest: Chris Moschovitis/ Cyber Security Expert, Michelle Godfrey with the Oregon DMV, Thomas Amado, Chief information officer for ODOT, DMV Administrator Amy Joyce. First on Portland's Morning News, KINK's Brett Reckamp and Veronica Carter hear from Chris Moschovitis about what happened not only in Oregon but around the world. A group called "Clop" is reportedly responsible for hacking the DMV and putting some 3 ½ million people's identity at risk. 90% of anyone with a driver's license or ID card could be at risk. The same goes for people in Louisiana. The U.S. Department of Energy also got hacked, so did global companies like the BBC & British Airways.

**ISSUE: ENVIRONMENT**

KINK (FM) PUBLIC AFFAIRS

June 11th, 2023

5:30 am to 6 am

3:06 minutes of a: 30 minute show

Guest: Andy Keyman / Portland Bureau of Environmental Services. For the second time, this month there's a warning that the water could have elevated levels of bacteria near Foothills Park. Andy Keyman is with Portland's bureau of environmental services. He spoke with KINK's Zachary Barnes about 30 thousand gallons of this slightly treated sewage water getting dumped into the river this week. They talk about the state of the sewage plant that needs updating.

## **ISSUE: COMMUNITY / GIVEAWAY**

### KINK (FM) PUBLIC AFFAIRS

June 11th, 2023

5:30 am to 6 am

10:58 minutes of a: 30 minute show

Guest: Tom Killgannon / Freedom Alliance, Ernie Henry / Army Veteran (both live in North Portland). KINK's Veronica Carter talks with both veterans about a car being given to Ernie and his family with the help of US Bank. Both men are Army veterans and Ernie's wife is also a combat vet. Tom says their organization looks for deserving veterans to do good things for and Ernie fits the bill. The work with sponsors like US Bank to raise money and donate larger prizes - especially something like a car which will help provide transportation to and from things like doctor appointments. They are highlighted as KINK Everyday Heroes.

## **ISSUE: RELATIONSHIP**

### KINK (FM) PUBLIC AFFAIRS

June 18th, 2023

5:30 am to 6 am

23:20 minutes of a: 30 minute show

Guest: Sarika Jain / Author & relationship expert. KINK's Brett Reckamp gets an in-depth interview with Sarika about how to attract and find the right life-long soulmate. She gives advice on ways to sift through bad candidates and settle on the right one. Sarika says there's nothing wrong with taking a shotgun approach to cast a wide net of potential dates. She talks about ways you can put the good vibes out that will help attract the right kind of person who could become a good soul mate. She gives our ladies all kinds of tips.

## **ISSUE: OREGON LEGISLATION**

### KINK (FM) PUBLIC AFFAIRS

June 18th, 2023

5:30 am to 6 am

3:12 minutes of a: 30 minute show

Guest: Dr. Jim Moore / Pacific University. KINK's Brett Reckamp hears from Dr. Moore as the session wraps up in Salem. Oregon Republican Senators walked out for 6 weeks, denying a quorum, but came back in time to get to work and to pass hundreds of bills under the wire. Jim talks about how the average citizen in Oregon might be reacting to everything.

**ISSUE: SPORTS**

KINK (FM) PUBLIC AFFAIRS

June 18th, 2023

5:30 am to 6 am

1:19 minutes of a 30 minute show

Guest: Scoot Henderson / New Blazer. KINK's Grant McHill grabs some sound of Scoot talking about being a Blazer. He was selected 3rd overall by Portland in the 1st round of the 2023 NBA draft. Scoot says he is ready to come to Rip City and get to work and hopes to play next to All Star Damien Lillard.

**ISSUE: SLEEP / HEALTH**

KINK (FM) PUBLIC AFFAIRS

June 25th, 2023

5:30 am to 6 am

27:57 minutes of a 30 minute show

Guest: Robert W. Schmidt / psychotherapist & sleep specialist. KINK's Brett Reckamp goes in-depth with Robert on the act of trying to get to sleep. He says some 58 million Americans struggle with falling asleep regularly. Robert has all kinds of great tips for people. Everything from preparing to go to bed correctly to actually using a tapping technique that tells your brain it's time to shut down. He says overstimulation with screens at least a half an hour before bedtime is bad. Robert also suggests people eat just a little something like either a glass of milk or a tablespoon of peanut butter before bed. This helps give your stomach something to do. It's all about controlling the mind and allowing the body to rest. Sleep is a precious commodity, so making sure you get quality sleep and enough of it is critical to functioning. And actually getting to sleep in the first place is where that starts.

