

QUARTERLY ISSUES PROGRAM LIST FOR KIXI-AM
MERCER ISLAND/SEATTLE
April 1 - June 30, 2023

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Section I. Issues

KIXI has identified the following issues as significant issues facing our community in this quarter:

- A. Environment
- B. Domestic Service
- C. Mental Health
- D. Education
- E. Community Engagement
- F. Charities

A. Environment

1. **Spotlight** with Laurie Hardie - June 18, 2023, 26 minutes at 6am. Marine Biologist David Scheel is the author of *Many Things Under a Rock: The Mysteries of Octopuses*. He and his Laura were also in a PBS documentary called *Octopus: Making contact*. Masters of disguise and misdirection, octopuses have long been one of the most enigmatic animals on the planet, our understanding of them simultaneously shrouded and illuminated in mythology and legend. In truth, Octopuses lives are complex and often contradictory - notoriously solitary, they also have the potential for complex relationships. Octopuses are also powerful predators -their deceptively soft and boneless bodies can defeat even the most heavily armored animals in the sea. [Get Many Things Under a Rock: HERE](#)
2. **Spotlight** with Laurie Hardie – April 30, 2023 15 minutes at 6am. Give Big 2 We all get a good feeling when we show up for others – whether it’s a family member, neighbor, or community organization. Giving is supposed to feel good — and who couldn’t use more of that? On May 2 to 3, visit GiveBIGWa.org to discover and donate to nonprofits that are making good things happen in your community and around our state.

Heidi Wills is the Executive Director of PAWS. PAWS is people helping cats, dogs and wild animals go home and thrive - whether home is the family room or the forest. They do this by rehabilitating orphaned and injured wildlife, sheltering and adopting homeless cats and dogs, and educating the community to inspire compassionate action for animals. [PAWS](#)

3. **Sunday Morning Shout** (2nd ½ of **Spotlight**) out With Laurie Hardie – April 30, 2023, 15 minutes at 6:15am. Diana Goodrich is the Co-Director of Chimpanzee Sanctuary Northwest. CSNW is one of only a handful of sanctuaries in the country that cares for chimpanzees. CSNW was founded in 2003 to provide sanctuary for chimpanzees discarded from the entertainment and biomedical testing industries. The sanctuary also cares for three rescued cows and a steer who provide grazing services in exchange for our affection and occasional treats. All the chimpanzees at CSNW enjoy a rich social life in an exciting indoor and outdoor environment where they have choices to make every day. Each day brings new adventures, and we chronicle their transformations and experiences on our [blog](#). [Chimpanzee Sanctuary Northwest GIVE BIG](#)
4. **Sunday Morning Magazine**: with Kate Daniels – April 30, 2023, 25 minutes at 6:30am. Ruchira Gupta is a feminist campaigner, a professor at New York University and founder of an anti-sex trafficking organization 'Apne Aap Women Worldwide'. She is an author and has a new young adult novel: I Kick, and I Fly, which looks right into the harsh world of sex trafficking based on actual events that Ruchira witnessed in India. Harsh as it is, this is a story of hope. Ruchira asks us to take an action step, read the book, have our youth read the book. Being and international port, Washington state is a hub of human trafficking! the hotline is: 1-888-373-7888 www.ruchiragupta.com
5. **Sunday Morning Magazine**: with Kate Daniels – April 16, 2023, 25 minutes at 6:30am. Thomas Vozzo is a global business executive who left that world when he saw the injustices and is now the unpaid CEO of Homeboy. In his book "The Homeboy Way: A Radical Approach to Business and Life" Thomas relates his story and finding his way to volunteering at Homeboy Industries in LA. Founded 30 years ago, this very successful entity assists former gang members and those who have been in prison build a new and fulfilling life. Thousands of these former gang members have come through the doors to find counselling, education, housing and good employment. Thomas provides insights into the shattered lives these individuals have come from. www.HomeboyIndustries.org
6. **Sunday Morning Shout Out** with Laurie Hardie – April 9, 2023, 1:10 minutes at 6:27am. Forgotten Dogs Rescue is a volunteer and foster home-based rescue organization focused on saving Pit Bull type dogs. Located in Washington State, we are a 501c3 non-profit and have been saving animals since 2011. We are dedicated to rescuing homeless and abandoned dogs who are in Washington's shelters, surrendered by their owners due to difficult circumstances or are in danger of abuse or neglect. <https://www.forgottendogsrescue.com/>
7. **Sunday Morning Magazine**: with Kate Daniels – April 9, 2023, 25 minutes at 6:30am. Steph Jagger is a Bainbridge Island-based author, coach and mentor, and brings us her new book, a beautiful love story, Everything Left to Remember...My

Mother, Our Memories, And a Journey Through the Rocky Mountains. This book is wisdom, comfort, coach, and love story. Whether our mothers are still here with us, or if, as for Steph and for me, our mothers have left this world, there's so much for us to learn and grow with and from. It's an inner journey, and yet it's also this outer journey...with our larger mother, our Mother Earth. www.stephjagger.com

B. Domestic Service

1. **Spotlight with Laurie Hardie - June 25, 2023 26 minutes at 6am.** Julie Whitehead is the author of *Shadowed: How I Became the Sex Trafficked Mother Next Door*. After a horrendous experience of being sex trafficked all while living another life of being a preschool teacher in an upscale community, she was brave enough to tell someone and get rescued. After years of therapy and de programming she is speaking up in her book to help others who may be in the same dangerous situation. She has shared her story in the ["I'm On Watch" Sex Trafficking awareness training](#).
2. **Sunday Morning Shout Out with Ody Ortiz – June 25, 2023, 2:10 minutes at 6:27am.** Entre Hermanos: To promote the health and well-being of the Latino Gay, Lesbian, Bisexual, Transgender, and questioning community in a culturally appropriate environment through disease prevention, education, support services, advocacy and community building. To promote the health and well-being of the Latino Gay, Lesbian, Bisexual, Transgender, and questioning community in a culturally appropriate environment through disease prevention, education, support services, advocacy and community building. <https://entrehermanos.org/> <https://entrehermanos.org/>
3. **Sunday Morning Magazine: with Kate Daniels – June 25, 2023, 25 minutes at 6:30am.** Jenn Drummond had a serious accident and realized you don't get to choose when you *leave* this life...but you sure can choose how you *live* it. She shares her experience of achieving a Guinness World Record for being the first woman to climb all 7 second summits on this planet, the last one Mount Logan in the Yukon, accomplished in early June. Jenn who was not even a camper, achieved this amazing feat in 2-1/2 years! Jenn is also the mom of 7 kiddos. And she now offers an opportunity to challenge ourselves by joining the Vertical 40 Challenge, climbing the height of Mt Everest from workouts at home. www.jenndrummond.com
4. **Spotlight with Laurie Hardie - June 11, 2023, 15 minutes at 6:15am.** Nadine Haruni is the author of *Freeda the Frog*. Freeda and her family are about to go through a difficult time. Follow along and learn how Freeda, Fred, Frannie, and Frank cope with the subject of divorce and learn that they are not alone. [Freeda the Frog](#)

5. **Sunday Morning Magazine:** with Kate Daniels – May 14, 2023, 25 minutes at 6:30am. Emma Nadler is an author, speaker, and psychotherapist based in Minnesota. Emma is also a wife and mother and shares her life with us in her memoir, *The Unlikely Village of Eden*. Eden is Emma's 2nd child, a daughter who is a magical child and who is neurodivergent. In bringing us into her family, Emma helps us to have a greater awareness of and compassion for families that quite suddenly become caregivers, what that means and how each of us can be a partner. It's such an important insight as we experience how all-consuming caregiving can be, and how rewarding it can be to be available and offer support. www.emmanadler.com

6. **Sunday Morning Magazine:** with Kate Daniels – April 23, 2023, 25 minutes at 6:45am. Diana Goodrich is the Co-Director of Chimpanzee Sanctuary Northwest located in Cle Elum and home to 16 chimpanzees who formerly had been research animals. Now they have a home in nature, with room to roam and trees to climb. One 50-year-old chimp finally was able to climb her first tree! They are vegetarians so require loads of produce! We can help make their life comfortable and keep them nourished by supporting www.chimpsnw.org And also follow a blog of the chimps' daily life.

7. **Sunday Morning Shout Out** with Cyan Fuher – April 2, 2023, 2:10 minutes at 6:27am. 2-1-1 connects callers, at no cost, to critical health and human services in their community.

C. Mental Health

1. **Sunday Morning Magazine:** with Kate Daniels – May 28, 2023, 25 minutes at 6:30am. Patrick Smithwick is a husband, dad, teacher, and a writer whose most recent book is: *War's Over, Come Home--A Father's Search for His Son*, Two-Tour Marine Veteran of the Iraq War. Patrick we'll find takes his role as 'Dad' to heart and we'll hear of his family's years of searching for his son Andrew. In this story I hope we'll think about honoring all our veterans this Memorial Day weekend, but also gain an awareness of the trauma so many, too many live with when they return from wars. www.patricksmithwick.com

2. **Spotlight** with Laurie Hardie - May 14, 2023, 26 minutes at 6am. It is the 41st annual Beat the Bridge. Hannah Jileck is the Development Coordinator and Ava Miller is the Ambassador for Beat the Bridge. We will also be chatting with Ava's dad Dan Miller. The event is Sunday 5/14/23 at Husky Stadium to raise money for research. Beat the Bridge is your chance to show the world that together, we can conquer type 1 diabetes (T1D). You will power more research, enable more advocacy and fund more support for the 1.45 million Americans living with T1D. [Beat the Bridge](#)

3. **Spotlight** with Laurie Hardie - May 7, 2023, 26 minutes at 6am. #BingingSober is a practice Colleen Ryan-Hensly used to manage mental

health challenges for two decades. It focuses on the value of taking time away from intoxication via mind-numbing, unhealthy escapism in all its forms - including alcohol, social media, processed food, and more - rather than permanently abstaining from any single habit. The practice emphasizes the replacement of toxic escapisms, or the overuse of potentially toxic escapisms, with natural escapes to support lifelong change and improvements in quality of life. [#BingingSober](#)

4. **Spotlight** with Laurie Hardie - April 16, 2023, 26 minutes at 6am. Sharon McNeil Art Soiree is an online drawing class for absolute beginners. Sharon is reaching out to boomers and beyond to give them a tool that will ignite their brain to learn and connect them with others on the same path. <https://sharonmneilfineart.com/>
5. **Spotlight** with Laurie Hardie - April 9, 2023, 27 minutes at 6am. Jim Marggraff is a serial inventor, entrepreneur, philanthropist, author, speaker, and an energized dad and husband. Jim founded and co-founded six Silicon Valley technology companies, and has now founded his seventh, Kinoo.com. His goal is to help grandparents connect with their grandkids even if there are many miles between them. KINOO.COM
6. **Spotlight** with Laurie Hardie - April 2, 2023, 26 minutes at 6am. In his first book, pastor David Peterson looks beyond the simple and surface-level understanding of why we need to forgive and instead helps us understand how. He also introduces us to God's complex design and the biochemical workings of our brains that explain why it's so difficult to do. David was sexually abused as a child. So, very few possess a better understanding of the process of forgiveness ... and the profound transformation that can take place when we're able to forgive. [.Journey to Forgiveness: 21 Milestones to Freedom](#)
7. **Sunday Morning Magazine:** with Kate Daniels – April 2, 2023, 25 minutes at 6:30am. Barbara Woodworth is a licensed clinical social worker in Seattle and a contract counselor with Able To, a pioneer in virtual behavioral health care, committed to delivering the highest quality mental health support. This is an invaluable resource for anyone, and particularly for people living in more remote locations, or people with any kind of challenges of making an office visit. Able To is contracted through a variety of insurance plans. www.ableto.com

D. Education

1. **Sunday Morning Magazine:** with Kate Daniels – June 18, 2023, 25 minutes at 6:30am. Michael Garko PhD is a practicing nutritionist who believes nutrition is a driving force in our life by which health is created, sustained, and reclaimed. Nutrition and incorporating foods and nutrients to counteract blood clots which can lead to major health issues. Some of these nutrients

include leafy green vegetables, green tea, turmeric, garlic, vitamin. Of course, work with your physician on determining what is best for you personally. <https://www.facebook.com/drmichael.garko/>

2. **Spotlight** with Laurie Hardie - June 11, 2023, 15 minutes at 6am. Zakiya Nicole is the founder of the Chayah Movement. They are a 501c3, non-profit focused on equipping the next generation of fashion professionals in ethical and sustainable practices through workforce and leadership development. [The Chayah Movement](#)
3. **Sunday Morning Magazine:** with Kate Daniels – June 11, 2023, 25 minutes at 6:30am. Pamela Gockley is a Certified Bullying Prevention Specialist, reminding us of the important program she and the Camel Project offer to schools at no cost, yes, Free! This is instruction and support for everyone involved in the school, beginning with all the staff, including any and all the support staff, parents, and ultimately presenting it to the students, so that everyone is on the same page. The kids are ready for this, and our communities need it. www.thecamelpoint.org
4. **Sunday Morning Magazine:** with Kate Daniels – June 4, 2023, 25 minutes at 6:30am. Jae Oh is a certified financial planner and chartered financial consultant. He's the author of a top-rate, top-selling book on Medicare: Maximize Your Medicare. It keeps needing to be updated which Jae diligently works on because the Medicare landscape just keeps on shifting. Jae supports women to take time to consider the planning we need to do, and largely because we may be the ones taking these steps for our senior family members. www.maximizeyourmedicare.com
5. **Sunday Morning Shout Out** with Ody Oriz – May 28, 2023, 2:10 minutes at 6:27am. Treehouse provides academic and other essential support for more than 6,000 youth in foster care in Washington state. <https://www.treehouseforkids.org/our-services/>
6. **Sunday Morning Magazine:** with Kate Daniels – May 21, 2023 25 minutes at 6:30am. Dr. Greg Jantz is a psychologist, an author with a new book: "*Triumph Over Trauma*" and he's the Founder of The Center: A Place of Hope, an award-winning inpatient and outpatient facility that treats addictions and mental health disorders in Edmonds. The focus is mainly on trauma in our conversation, which Dr. Jantz tells us is a spectrum of levels and the critical importance of addressing and dealing with it. Insomnia, anxiety, depression can be some signs of unaddressed trauma. There are online tests that can provide insights. www.aplaceofhope.com

7. **Sunday Morning Magazine:** with Kate Daniels – May 7, 2023, 25 minutes at 6:30am. Luke Minor is the Director of WA529, Washington State's College Savings plans. The 2 programs: GET and the Dream Ahead college investment plan are amazing options for families in planning for future education, as these funds can be used anywhere in the country, at most educational institutions, including technical/trade schools, special instruments for the trade, and even now pay off student loans in some cases. It's important to plan and share this with the student/s and family and friends who can all partner in supporting a young person into a great future. Best to start early and young, but it's just important to get started. Saving just \$5/day = \$18,000 in 10 years. www.wastate529.wa.gov

E. Community Engagement

1. **Sunday Morning Shout Out** with Ody Ortiz – June 18, 2023, 2:10 minutes at 6:27am. Pride Foundation is building a better, safer, and more equitable world for LGBTQ+ people and our families in the Northwest. Our work is guided by the fundamental belief that every person should be able to live safely, openly, and genuinely in all of the communities we call home. <https://pridefoundation.org/>
2. **Sunday Morning Shout Out** with Ody Ortiz – June 11, 2023, 2:10 minutes at 6:27am. Rainbow Music Band They are not just here to make amazing music in a supportive environment for all people, They are here to uplift and reflect our diverse community! We have the most inclusive ensembles in Seattle for musicians to learn and exhibit themselves through their art and to make the world a better place. <https://www.rainbowcityband.com/>
3. **Spotlight** with Laurie Hardie - June 4, 2023, 22 minutes at 6am. Ashley Scrapps and Ashley Turner both Real Estate Agents in Everett get you all the details about the first Everett Pride. The event is Saturday June 17th. It is the first annual block party and they are still looking for volunteers. The event promises to be fun for everyone, with food trucks, booths and entertainment. [Everett Pride](#)
4. **Sunday Morning Shout Out** with Cyan Fuher – June 4, 2023, 2:10 minutes at 6:24. The National CASA/GAL Association for Children supports and promotes court-appointed volunteer advocacy for children and youth who have experienced abuse or neglect. We believe that every child should be given the opportunity to thrive in a safe and loving home. <https://nationalcasagal.org/>
5. **Spotlight** with Laurie Hardie - May 21, 2023, 26 minutes at 6am. WA 529 College Saving Plan Enrollment Ends May 31st. Luke Minor with WA 529 talks about the collage saving plan and how it can set students up for success.

College is one of the biggest expenses people face in their lifetime. 529 plans were created to help parents, future students, friends, and family save money tax-free for eligible expenses, like tuition, fees, room & board, books, and supplies. There are two kinds of 529 plans, Savings and Prepaid. Families can choose to save in one type of plan or the other, or both to diversify their college savings:**529 Savings Plans**, like the DreamAhead College Investment Plan, allow you to pick an investment option and save money based on the market's performance. [WA 529](#)

6. **Sunday Morning Shout Out** with Cyan Fuher – May 21, 2023, 2:10 minutes at 6:27am. HopeWorks operates Social Enterprises that are mission-driven, revenue-generating businesses that provide on-the-job training and support to people with diverse skills who are striving to overcome experiences and institutional failures that have left them out of the workforce. <https://hopewrks.org/>
7. **Sunday Morning Shout Out** with Ody Ortiz – May 14, 2023, 2:10 minutes at 6:27am. Uplift Northwest is a registered 501(c)3 non-profit organization that works to improve the lives of individuals and communities in the Pacific Northwest. They provide a wide range of services and programs to help those that are facing poverty and homelessness. Overall, Uplift Northwest plays an important role in creating a stronger community. to learn more or read about success stories, visit their website here: [Uplift Northwest](#).

F. Charities

1. **Sunday Morning Shout Out** with Cyan Fuher – June 4, 2023, 2:10 minutes at 6:26 Friends of Youth their vision, mission, and values power our work together. Their vision looks to the future they want to help create. Their mission, why they exist and what they do. Their values are what they stand for and aim to see expressed in everything they say or do. <https://www.friendsofyouth.org/>
2. **Sunday Morning Shout Out** with Ody Ortiz – May 7, 2023, 2:10 minutes at 6:27am. Music Matters Foundation is a registered 501(c)3 non-profit organization dedicated to using music to bring joy into people's lives.MT organizes events and offers music programs that can support and promote the joy of learning and performing music. The programs and activities are to cultivate positive music learning environment and let audiences experience the happiness and beauty of music through free public performances. <https://www.musicmatterstoday.org/>
3. **Spotlight** with Laurie Hardie - April 23, 2023, 15 minutes at 6am. GiveBIG is an annual online fundraising event for more than 1400 nonprofits serving Washington. Joey Cohn is the General Manager of KNKX a public station

in Seattle that plays Jazz. They depend on the donations of their listeners to operate.6: 13am Nancy Long is the Executive Director of the 501 commons the governing nonprofit putting on "Give Big WA". On May 2-3. Visit GiveBIGWA.org to discover and donate to nonprofits that are making good things happen. The platform is open for Early Giving now. Go to GiveBIGWa.org. You can discover nonprofits by searching for the name, mission, population focus, or community they serve. Every donation makes good things happen. Get that giving feeling. Give Big

4. **Sunday Morning Shout Out** with Laurie Hardie – April 16, 2023, 2:10 minutes at 6:27am. Clothes for Kids, a local non-profit that offers free school wardrobes to low-income students in Snohomish County, is hosting its annual fundraiser, the Starry Night Auction on May 6th at Embassy Suites in Lynnwood. When children have access to high-quality school clothes and shoes, they can attend their classes feeling warm, well-dressed, and ready to succeed in school. Events like the Starry Nights Auction helps Clothes For Kids continue its much-needed services for Snohomish County. Other ways to help include volunteering at Clothes For Kids, donations of new and gently used clothing, and monetary contributions. Go to www.clothesforkids.org for more information.
5. **Spotlight** with Laurie Hardie - May 28, 2023 26 minutes at 6am Bennett Walkes Harvest and Fruit Tree Stewardship Program Coordinator and Tiare Gill Education and Volunteer Programs Manager share with us what City Fruit is up to this time of year. City Fruit prioritizes the distribution of fruit to food banks and meal programs in order to support equitable access to healthy, local foods! City Fruit strives to share fruit **with** community partners **located** within 2-miles of where the fruit was harvested. [City Fruit](#)
6. **Sunday Morning Shout Out** with Cyan Fuher – June 4, 2023, 2:10 minutes at 6:22am. **Trevor project** Celebrates how the community shows up for each other, providing support, affirmations, and inspirations to help each other be the best they can be. Showing up for each other can help create change – whether that means organizing against harmful policies, changing hearts and minds through storytelling or just providing a listening ear. Allies’ supporters and adults make a difference for LGBTQ young people because when we’re connected, we’re stronger. That’s the power of us. <https://www.thetrevorproject.org/>
7. **Sunday Morning Magazine:** with Kate Daniels – April 23, 2023, 25 minutes at 6:30am. ive Big 2023 is just around the conner, Mary 2 & 3. It's an important time for over 1400 nonprofit organizations in our state. This year the goal is \$15 million dollars, and it can be reached when each of us looks at the parts of our life that make our life a good life. [Nancy Long](#) is the Executive Director of 501 Commons, the partner that brings together the

many small and large organizations that need our support. And making the donations is made simple, very much like any shopping we might do online, and keeps a private record for us. www.givebigwa.org