

QUARTERLY ISSUES PROGRAM LIST FOR KIXI-AM
MERCER ISLAND/SEATTLE

October 1 – December 31, 2023

Laurie Hardie
Public Affairs Director
Placed in the Public File – January, 9 2024

Section I. Issues

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

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

A. Environment

1. Sunday Morning Shout Out with Cyan Fueher – December 31, 2023, 6:27am for 2:10 minutes. Ridwell gives you bags to store your regular categories like plastic film, batteries, light bulbs, threads and more! These are things we dispose of every day without a good recycling or reuse solution.
2. Sunday Morning Shout Out with Laurie Hardie – December 24, 2023, 6:27am for 2:10 minutes. Saving Great Animals Saving Great Animals is a matchmaking rescue organization focused mainly on dogs in the Greater Seattle area. We work tirelessly to match the best pet to your family based on breed, lifestyle, and other factors. With more than 8500 lovingly homed since 2007, we are proud of our dedicated team and foster homes for bringing new life to pets with loving homes to last their lifetime. We adopt out only after a dog has been spayed/neutered, updated on shots, has received proper medical care and chipped. We are dedicated to lowering the dog reproduction population, which leads to millions of lost lives.
3. Spotlight with Laurie Hardie - November 19, 2023, 6:00am for 27 minutes. Former Deputy Sheriff, Joy Farrow and Domestic Violence Survivor, Laura Frombach are the co-authors of *Street-Smart Safety for Women: Your Guide to Defensive Living*. Joy and Laura talk dating, dating apps, college, and airport safety. They give tips on how to help someone involved in domestic violence

and encourage friends and family to help in ways that will not only keep them safe but the victim as well. [Street Smart Safety](#)

4. Sunday Morning Shout Out with Laurie Hardie – November 19, 2023, 6:27am for 1:10 minutes. Forgotten Dogs Rescue saves and advocates for homeless and medical needs dogs of Washington State, by placing them in safe and loving foster homes, and ultimately matching them with the perfect forever family.
5. Spotlight with Laurie Hardie - October 29, 2023, 6:00am for 26 minutes. It's Not Your Fault: The Subconscious Reasons We Self-Sabotage and How to Stop. Author Laura K. Connell talks about the root cause of self-sabotage and how we can overcome it. She also talks about dealing with toxic people and ways self-sabotage tries to keep us safe. Good news, there is an antidote and once you recognize self-sabotage you can kick it to the curb and live your best life.
6. Sunday Morning Shout Out with Cyan Fueher – October 22, 2023, 6:27am for 2:10 minutes. PAWS is people helping cats, dogs and wild animals go home and thrive – whether home is the family room or the forest. We 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. Since 1967 PAWS has united more than 130,000 cats and dogs with loving families, cared for more than 140,000 sick injured and orphaned wild animals and made the world a better place for countless others through outreach education and advocacy. <https://www.paws.org/>
7. Sunday Morning Magazine: with Kate Daniels – October 22, 2023, for 25 minutes at 6:30am. Eddie Chuculate is a multi-award-winning author. He Creek and Cherokee Indian who grew up in Muskogee, Oklahoma and now lives in Minneapolis. **This Indian Kid: A Native American Memoir** is Eddie sharing his experiences from boyhood to young manhood with unflinching prose. Scholastic Focus, the publisher has the goal of bringing thoughtful works of narrative nonfiction to middle-grade and young adult readers. [facebook.com/eddiechook](https://www.facebook.com/eddiechook)

B. Mental Health

1. Sunday Morning Magazine: with Kate Daniels – December 31, 2023, 6:30am for 25 minutes. Darla Gale is a licensed marriage and family therapist, who in 2018 worked with many survivors of the California Camp Fire. The experiences are the essence of her new book: *Sifting Through the Ashes: Finding Beauty, Peace, Love, and Strength Through Trauma*. The stories can help us find healing and growth in our own life. And all profits from the sale of the book go into the Heartstrings Counseling Program which provides free

counseling sessions to trauma survivors and first responders. www.HeartstringsCounseling.org

2. Spotlight with Laurie Hardie - December 17, 2023, 6:00am for 26 minutes. Colleen Ryan Hensley talks with us about her movement #BingingSober. Are you an escapist? The truth is, most people unconsciously turn to mind-numbing habits such as binge eating, binge drinking, binge-watching shows, and binging social media to escape from their reality. It's simply a fact of American life in the 21st century, and these unhealthy habits are eating away at our mental and physical health and overall well-being. If you're ready for a change and ready to embrace a natural zest and energy for life, be part of the #BingingSober movement!
3. Sunday Morning Shout Out with Ody Oriz – December 10, 2023, 6:27am for 2:10 minutes. Crisis Text line Text **HOME** to **741741** from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.
4. Spotlight with Laurie Hardie - December 3, 2023, 6:00am for 26 minutes. Dr. Edith Shiro's connection with trauma began in her childhood and is deeply personal. As the granddaughter of Holocaust survivors and Syrian refugees, she grew up as a Jewish woman in Venezuela and lived as a Latina immigrant studying and working in the United States. These life experiences along with her deep research and practice with survivors of torture, school shootings, domestic violence, and discrimination, with a particular focus on work with immigrants, has led to her understanding of trauma in many ways: individual, intergenerational, cultural, and systemic. It's from these experiences that another foundational question arose: *How is it possible that in the face of adversity, some people stay stuck while others thrive and grow?* [The Unexpected Gift of Trauma](#)
5. Sunday Morning Magazine: with Kate Daniels – November 5, 2023, for 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. With Veteran's Day on November 11, Patrick's story of his son, Andrew, who is one of too many vets suffering PTSD and searching to find a way to live in their country after facing the atrocities of war. Patrick and his family continue to look for Andrew who they last knew was in Arizona, living day to day. In this story I hope we'll think about our veterans who have lived through nightmares and need support that isn't readily available to them. Patrick talks of seeing that one person on the street and seeing them as a struggling human being. www.patricksmithwick.com

6. Spotlight with Laurie Hardie - October 22, 2023, 6:00am for 26 minutes. With the help of her "Fairy Blonde Mother's" she was able to walk through the grief and use her story to help others. Writer, Speaker, Teacher, and Farmgirl Theo Boyd shares the Story of Her Parents—Their Inspiring Lives and Their Tragic Deaths—and Her Difficult Path to Acceptance, Purpose, Comfort, and Hope in Her New Book. My Grief is not Like Yours: Learning to Live After Unimaginable Loss, A Daughter's Journey. Theo talks about a domino of losses in a very short amount of time that caused her to lose her faith for a while. With the help of her "Fairy Blonde Mother's" she was able to walk through the grief and use her story to help others. [Theo's Book and Website](#)
7. Spotlight with Laurie Hardie October 1, 2023, 6:00am for 26 minutes. Learning about joy is one thing, but it's the doing that shifts your energy. Joy is not an elusive fantasy to be chased; it is simply a skill to be learned, practiced, and mastered. In her new book, Free Your Joy: The 12 Keys to Sustainable Happiness, Lisa McCourt, host of the Do Joy! podcast and founder of Joy School, offers a unique approach to joy and emotional wellness. McCourt takes readers, month by month, through the life-altering principles of vibration elevation that she has taught for 20 years through her Joy School.is ever mysteriously unfolding, just the way she likes it. [Lisa McCourt.com](#)

C. Health

1. Spotlight with Laurie Hardie - December 31, 2023, 6:00am for 26 minutes. It's a love story and a mission! Ginine Emily and Mr. Tracy Lee Smith talk about Hearts in Sync, their music, and their mission to help others be seen and heard. With their combined experience in music and corporate world they are creating an "Off Broadway" production to help corporations and their employees to find their passion and to feel valued. Ginine and Tracy are singer song writers' authors and so much more. [Christmas Wish Hearts in Sync](#)
Heartsinsync@gmail.com
2. Sunday Morning Magazine: with Kate Daniels – December 17, 2023, 6:30am for 25 minutes. Allison Breininger is a mom, a teacher, and the primary caregiver for her husband who is living with a genetic disorder. In caring for her husband, Allison has discovered the spectrum of needs there are for caregivers, and it's quite likely any of us will find ourselves in this role in our lifetime. So it's important to understand how others in our community can provide support. Do not ask 'how can I help?'. This adds one more task. Offer to bring a meal and offer a day to do so. If there are kids, offer to take them to practices. Offer time to provide respite to the caregiver. This is such a huge and important topic, at all times of the year, and during the holiday season, an opportunity for us to consider how we might give some loving and priceless gifts. www.embracingcarers.com www.thenegativespace.life

3. Sunday Morning Magazine: with Kate Daniels – November 19, 2023, for 25 minutes at 6:30am. Sandy Robertson, RN, MSN, PH-CNS, is an author and Board-Certified Holistic Nurse (HN-BC). For the past 25 years, she has been a notable corporate and healthcare systems manager/leader/educator of wellness and obesity programs. Sandy has a new book: Why Am I Eating This? an empowering book which provides us with 7 Simple Steps for Transforming our relationship with food, the first step being mindfulness. Sandy shares her personal experience with food and eating along with some client cases and gives us a good foundation for making a last change in our own life—especially as this big eating holiday season is upon us.
www.energyworkwisdom.com
4. Sunday Morning Magazine: with Kate Daniels – November 12, 2023, 6:30 am for 25 minutes. Dr. Jonathan Howard is a neurologist and psychiatrist in NY City who worked throughout the pandemic at Bellevue Hospital and who has a unique perspective about this time in our mutual history. As a result of the experiences he's written the book: We Want Them Infected: How the failed quest for herd immunity led doctors to embrace the anti-vaccine movement and blinded Americans to the threat of COVID www.jonathanhowardmmd.com
5. Sunday Morning Magazine: with Kate Daniels – October 29, 2023, for 25 minutes at 6:30am. Jae Oh is an ideal guest to have to discuss some of the finer points of Medicare enrollment as well as the ACA, the Affordable Care Act. Jae is a certified financial planner and author of a top-rated, top-selling book 'Maximize Your Medicare' providing details for various circumstances. Medicare Open enrollment has begun and continues through Dec.7. For persons younger than 65, ACA, the Affordable Care Act enrollment opens November 1-January 15. The dates are critical in helping to avoid any penalties or miss enrollment for a year. Jae has a newsletter: jaeoh.substack.com
www.gh2benefits.com
6. Spotlight with Laurie Hardie - October 15, 2023, 6:00m for 26 minutes. Everybody has trauma, we can heal together. Carin Weier Regional Operations and Trauma Programs Coordinator of Reboot Recovery, talks about her own experience of recovering from Trauma after her son was present at a school shooting. At REBOOT Recovery, they help people overcome trauma. Their faith-based trauma healing courses, training, and online community are open to anyone looking to move forward from trauma and tragedy into a better future. If the same old therapies or medications have left you feeling hopeless, you've come to the right place. Here are three easy ways to get involved right now.
[Reboot Recovery](#)
7. Sunday Morning Shout Out with Cyan Feuher – October 15, 2023, 6:27am for 2:10 minutes. Child Strive ChildStrive builds on the relationships, strengths, and unique abilities of young children and their families by fostering social,

emotional, and physical well-being so all children can flourish. Our vision is that ChildStrive is an inclusive and affirming community where ALL children and families have the opportunity to thrive.

8. Sunday Morning Magazine: with Kate Daniels – October 15, 2023, for 25 minutes at 6:30am. Dr. Elizabeth Klodas is a preventative cardiologist in Minnesota. and she admits right up front that her desire is to put herself out of that business, to help us achieve good heart health naturally...to which end she found she needed to create a food company, Step One Foods, to provide the correct balance of nutrients to manage cholesterol. Dr. Klodas shares her story as well as the insights on how to improve not just our health, but that of our entire family, because good health begins at birth. www.steponefoods.com

D. Education

1. Spotlight with Laurie Hardie - December 24, 2023, 6:00am for 26 minutes. David Trader is the CEO along with Laura Matthiesen, operations lead and Andrew Vuong, Director of Business Development with Pathfinder Manufacturing talk with us about their mission. **Pathfinder Manufacturing** is a leader in the precision machining, fabrication, and assembly of high-quality parts and equipment for a range of industries, including aerospace, space, automotive, defense, marine, agriculture, energy, and medical. Their full-service machine shop provides cost-effective, custom manufacturing solutions to our business partners around the world, with a strong focus on exceptional quality assurance, on-time delivery, and 24/7 customer service. [Pathfinder Manufacturing](http://PathfinderManufacturing)
2. Sunday Morning Magazine: with Kate Daniels – December 24, 2023, 6:30am for 25 minutes. Peter Matthies joins us to talk about living our authentic life as we discuss his new book: Plan BE: A Professionals' Guide to Authentic Success. Peter is the founder of the Conscious Business Institute, a globally leading institute dedicated to creating more life-giving, inspiring and human-centric ways to work, lead and conduct business. For anyone who has felt a hollowness from our work, from what we do with our earnings, and it absolutely relates to our personal life as well. www.plan-be.us
3. Spotlight with Laurie Hardie - December 10, 2023, 6:00am for 26 minutes. There are many facets to personal development, yet most of what's talked about is a broad brush and generalized to the point of being tired. In their book, Clinical Psychologist Gary Jordan and Coach Lynda-Ross Vega home in on a key ingredient that a lot of people gloss over in this fast-paced and get-it-done-yesterday world. They are coauthors of Unlock the Power of Your Perception: Claim Your Natural Strengths, Reframe Your Weaknesses, Reshape Your Most Important Relationships. What if the key to having the life you want was as easy as understanding how perception works and there was a simple way to recognize their natural strengths? What if there was an easy hack to create the

relationships you want with the people who matter most to you? **Would you be interested?** [Power of Your Perception](#)

4. Sunday Morning Magazine: with Kate Daniels – December 10, 2023, 6:30am for 25 minutes. 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 practical and great 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. Research indicates that kids who know that there's this plan for their future do better academically, seeing good options for their future. It's best to start early and young, but it's just important to get started. And the holiday season is a great way for family and friends to make contributions to a young person's account. www.wastate529.wa.gov
5. Sunday Morning Magazine: with Kate Daniels – November 26, 2023, 6:30am for 25 minutes. Kyla Cain is the Education Curator of the Cougar Mountain Zoo and she brings a sleigh-full of great information about the Issaquah Reindeer Festival that happens all of December, and where the magic is in full force -- Santa and the reindeer, the elves, make it a memorable event, and a great gift. And a zoo membership can be a gift that can bring great fun all year long. www.cougarmountainzoo.org
6. Spotlight with Laurie Hardie - November 5, 2023, 6:00am for 26 minutes. Jake Neeley, Executive Director of Malouf Foundation and Julie Whitehead, Survivor Leader and Advisory Board Member of the Malouf Foundation join us to talk about the I'm On Watch Training. Sex trafficking is happening right under our noses and if we know what to look for, we might be able to save a life. The National Sex Trafficking Hotline is 1 888 373 7888 <https://www.iamonwatch.org/>
7. Spotlight with Laurie Hardie - October 8, 2023, 6:00 am for 26 minutes. 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
8. Sunday Morning Magazine: with Kate Daniels – October 1, 2023, for 25 minutes at 6:30am. David Magee is the best-selling author of *Things Have Changed: What Every Parent (and Educator) Should Know About the Student Mental Health and Substance Misuse Crisis*, and *Dear William: A Father's Memoir of Addiction, Recovery, Love, and Loss*—a heart-wrenching story of a father making sense of his son's fatal overdose. A changemaker in student and family mental health and substance misuse, he's a creator of the

William Magee Institute for Student Wellbeing at the University of Mississippi and a frequent K–12 and university educational and motivational speaker, helping students and parents find and keep their joy. www.daviddmagee.com.

E. Community Engagement

1. Sunday Morning Shout Out with Nathan Miller – December 17, 2023, 6:27am for 2:10 minutes. Dream Big Wellness is an Art Therapy Collective composed of nationally registered art therapists, working collaboratively with community partnership to provide holistic, and equitable, wellness to the community through retreats, coaching, group therapy, education, and art therapy. With a special emphasis in care for caregivers and mental health services related to cancer care and medical illness.
2. Sunday Morning Shout Out with Nathan Miller – December 3, 2023, 6:27am for 2:10 minutes. Stand for the Silent began in 2010 following Kirk & Laura Smalley’s 11-year-old son ending his own life due to bullying. They turned their pain and loss into a mission of helping others by traveling the country, giving presentations about bullying to schools, providing bullying prevention, giving out scholarships, offering intervention strategies, and more. With the rising prevalence and dangers of cyberbullying, stand for the Silent developed the Social Bullets Program to educate, intervene and prevent cyberbullying. There’s also the Proactive Parent’s Cyberbullying Handbook, which are both resources for use by parents, youth, other adults who are in the roles of safeguarding youth, and youths themselves.
3. Spotlight with Laurie Hardie - November 26, 2023, 6:00 am for 26 minutes. Luke Minor with WA 529 College Savings plan is here to help families get set for when their kids are ready for college. There are two plans for saving and you can go to [WA529](#) get all the details on how to enroll and get your child's college tuition locked in. GET and DreamAhead are administered by the Washington Student Achievement Council with oversight from the Committee on Advanced Tuition Payment and College Savings (WA529 Committee), which meets quarterly to review policies, pricing and investments. The Washington Student Achievement Council supports both programs, based on the Committee’s direction. The [Washington State Investment Board](#) manages the GET fund, which is currently valued at \$1.4 billion. GET is a self-sustaining program which has become one of the fastest growing prepaid tuition plans in the country. [WA529 College Savings Plan](#)
4. Spotlight with Laurie Hardie - November 12, 2023, 6:00 am for 26 minutes. Jodi Rubin is the Senior Vice President, Marketing & Partnerships for Reading Is Fundamental. She tells us how to join Reading Is Fundamental (RIF) for its third year of Rally to Read 100 to foster a joy of reading among children across the country. With six months of exciting themes, read-alouds from your favorite authors and illustrators, and lots of engaging reading activities, together we can inspire a love of reading. Be sure to take the pledge to read

100 books (a class, family, student, or anyone can take the pledge) and then enter the book giveaway sweepstakes for a chance to win 100 books for your school or organization. There is no better time to rally to read! [Download](#) your classroom poster and bookmarks to start tracking your reading to 100 books today. [.Reading is Fundamental Rally to Read](#)

5. Sunday Morning Magazine: with Kate Daniels – October 8, 2023, for 25 minutes at 6:30am. Antonia Bowring is a top New York City Executive Coach. She's across the country, but we can benefit from her experience and work through her new book: Coach Yourself! Become the Best Version of Yourself Using Practical Frameworks. This book is the ideal roadmap, guiding us on our own personal journey, getting insights into our own true self and bring these gifts to the world. www.ab-strategies.com

F. Charities

1. Sunday Morning Magazine: with Kate Daniels – December 3, 2023, 6:30 am for 25 minutes. Susan Noella and Rena Marken with Santa for Seniors, a program created by Lutheran Community Services NW and which has grown to 16 counties in 2 states. Because so many seniors, at least 1 in 5, live alone, or are housebound, on a fixed income, and go unrecognized, this program was created to bring about change during the holidays but also throughout the year. There are many ways to be involved—by volunteering, hosting a drive, making a donation. <https://lcsnw.org/program/santa-for-seniors/>
2. Sunday Morning Shout Out with Cyan Fueher – November 26, 2023, 6:27am for 2:10 minutes. Childs play is a game industry charity dedicated to bringing positivity to children's lives using toys and games since 2003. They have a network of over 185 hospitals worldwide and help domestic violence shelters too.
3. Sunday Morning Shout Out with Ody Oriz – November 12, 2023, 6:27am for 2:10 minutes. 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/>
4. Sunday Morning Shout Out with Laurie Hardie – November 5, 2023, 6:27am for 2:10 minutes. **Toy N Joy** Bartells annual toy and joy drive with the Salvation Army. Bartells collects the toys to donate.
5. Sunday Morning Shout Out with Ody Oriz – October 29, 2023, 6:27am for 2:10 minutes. Music Matters Foundation is a registered 501(c)3 non-profit organization dedicated to using music as a way to bring joy into people's lives. Music has been part of human existence over centuries and is a universal

language that can be understood by all. It has the power to inspire, heal and to bring people together to support great causes. It is our strong belief that music is an integral part of society and that everyone should have an opportunity in life to learn, play and create Music. <https://www.musicmatterstoday.org/>

6. Sunday Morning Shout Out with Ody Oriz –_October 1, 2023, 6:27am for 2:10 minutes. Path with Art Since 2008, Path with Art has been at the forefront of a growing international movement that utilizes the power of art to bring dignity, awareness, and healing to the complexities of the issues surrounding homelessness, and recovery from trauma. As a long-time leader in this field, the Path with Art model is currently being sought out and recognized by communities both nationally and internationally. <https://www.pathwithart.org/>