

## **QUARTERLY ISSUES PROGRAM LIST FOR KRWM**

July 1 – September 30, 2018

Kate Daniels

Public Affairs Director

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### **Section I. Public Service Announcements**

KRWM is committed to a regular broadcast of informational messages that cover issues that affect its listeners and the communities in which they live and work. 60 and 30 second recorded Public Service Announcements aired approximately 335 items of the following topics:

- Diabetes = 82
- Library = 21
- Backpacks (Backpack Brigade) = 20
- Barkfest = 3
- Battlefield Addiction 10/20 event = 12
- Cougar Mountain Zoo = 12
- Heart Health = 12
- Hunger = 23
- KOMEN – Race for the Cure = 13
- Lymphoma Leukemia = 82
- Light the Night = 13
- National Preparedness Month = 12
- Providence Hospice of Seattle = 3
- PAWS = 13
- Suicide Prevention Week = 4
- State Policy Makers = 10

“Community Events” WARM 106.9 supported. Each had a minimum of twenty (20) on air announcements.

#### **JULY**

- July 4<sup>th</sup> – Seattle Cancer Care Alliance Fourth of July at Gasworks Park
- July 7<sup>th</sup> – Seafair Pirates Landing
- July 14<sup>th</sup> – Milk Carton Boat Race
- July 14<sup>th</sup> – Doug Baldwin Family Combine – raised \$10,000 for the City of Renton and a new Family First Community Center
- July 21<sup>st</sup> - Pet Adoption event at Carpet Liquidators

#### **AUGUST**

- August 18<sup>th</sup> – Touch A Truck Family Event at Angel of the Winds Arena
- August 18<sup>th</sup> – Pet Adoption event at Carpet Liquidators
- August 19<sup>th</sup> – Pants Party clothing drive at Springfree Trampoline in Issaquah
- August 25<sup>th</sup> – Kidchella – a fun music festival for the whole family
- August 25<sup>th</sup> – Heather hosted Barkfest for Auburn Valley Humane Society

## **SEPTEMBER**

- September 8<sup>th</sup> -- Pet Adoption event at Carpet Liquidators
- September 15<sup>th</sup> – North Sound Alzheimer’s Walk
- September 16<sup>th</sup> – PAWS Walk
- September 18<sup>th</sup> – Providence Hospice Luncheon
- September 22<sup>nd</sup> – Shellie Hart hosted “Unmask The Night” Chad’s Legacy Project – putting a face to Mental Health
- September 23<sup>rd</sup> – Redmond Alzheimer’s Walk
- September 29<sup>th</sup> – Seattle Alzheimer’s Walk

## **On-Going**

- Wetnose Wednesday – Pet Adoption Facebook video, every Wednesday
- Teddy Bear Patrol – up to 56 deliveries of over 20,640 Teddy Bears to local hospitals and first responders

## **Section II. Issues**

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

- A. Health Education
- B. Crime
- C. Youth, Education
- D. Civic, Cultural History
- D. Life Education
- E. Civic, Cultural History
- F. Environment
- G. Education, Charity

## **Section III. Responsive Programs**

KRWM has broadcast programming dealing with each of the above-referenced issues.

### **A. HEALTH EDUCATION**

1. Sunday Morning Magazine with Kate Daniels – July 1, 2018, 5:30 a.m. 30 minutes.  
Phone interview with Dr. Scott Litin, Internist at the Mayo Clinic, Minnesota.

- Dr. Litin discusses a few of the topics in the updated volume of the [Mayo Clinic Family Health Book](#). This is a terrific resource that covers some of the basic questions we might have about flu and fever. It helps to get us organized for a doctor visit. Dr. Litin suggests having questions written down to make the best use of the limited time of a doctor visit. With summer and camping coming up, it even covers creating a good emergency kit--specifically mentions having a pair of tweezers, which are particularly important to extract a 'tick'...a transmitter of Lyme disease.
2. Inspirational Women with Kate Daniels –July 22, 2018, 6 a.m. 30 minutes.  
Phone interview with Jo Ann Simon, author.  
Jo Ann Simon is a corporate executive, a lifelong nutmegger--living in various locations in the nutmeg state of Connecticut. Jo Ann is also an author, and her new book--Rose Colored Glasses: A Memoir of Love, Loss, and Hope reveals her life as a wife, a partner, and caregiver. Jo Ann's husband Tom suffered a tick bite, was alternately diagnosed with Lyme disease and ALS--they have similar symptoms, and Jo Ann's experiences offer good suggestions on what we might do in similar circumstances. A note--tick bites have occurred in all 50 states.  
[www.joann-simon.com](http://www.joann-simon.com)
  3. Sunday Morning Magazine with Kate Daniels – August 5, 2018, 5:30 a.m. 30 minutes.  
Phone interview with Dr. Rosemary Peterson, and In-studio with Joe Farrington. Nearly 1 in 3 adults has high cholesterol. That should certainly grab our attention. To get a clearer understanding, cardiologist Dr. Rosemary Peterson who works with this on a daily basis, explained the reason high cholesterol is often called 'the silent heart attack'. And we met Joe Farrington, a man who less than 2 years ago experienced 'the silent heart attack'. Doctors told him he should not be alive when he finally got to an appointment. Joe's mission now is to live a healthy life and to educate others.  
[www.heart.org](http://www.heart.org)
  4. Inspirational Women with Kate Daniels – August 12, 2018, 6a.m. 30 minutes.  
Phone interview with Jill Weisenberger, RDN, educator.  
Jill Weisenberger is a registered dietitian nutritionist, certified diabetes educator and a Wellcoach®-certified health and wellness coach. These credentials indicate the passion Jill has to help us get well, be well, stay well. Jill is an author and shares the details for this life style in her important book. Prediabetes: A Complete Guide: Your Lifestyle Reset to Stop Prediabetes and Other Chronic Illnesses.  
[www.jillweisenberger.com](http://www.jillweisenberger.com) or [www.diabetes.org](http://www.diabetes.org)
  5. Sunday Morning Magazine with Kate Daniels – September 16, 2018 5:30a.m. 30 minutes. Phone interview with Dr. Victor Romano, orthopedic surgeon, author. Dr. Victor Romano is an orthopedic surgeon in Oak Park, IL, and the author of "Finding The Source: Maximizing Your Results – With and Without Orthopedic Surgery". He's board-certified in orthopedics and sports medicine with over 25 years of experience in the field. He loves his work, loves to help people, and aims to do so in the least invasive ways. Because pain is too often present in our lives, much of it stemming from our back, he has some good, helpful insights.  
[www.drvectorromano.com](http://www.drvectorromano.com)

## B. CRIME

1. Inspirational Women with Kate Daniels – July 1, 2018, 6 a.m. 30 minutes. Phone Interview with Bonnie Jane Hall, author, justice system activist.
2. Bonnie Jane's book: Reaching the Shore--A Story of survival, Courage and Endurance, is written with contributions from her son Devon Jake Douma. This is one story of the juvenile justice system, a story of family, of the typical challenges, and a stark view into prison walls. Devon's experiences told directly give us insights into some of the challenges that prison inmates' experience. As a result of Devon's incarceration Bonnie founded Mothers for Prison Reform. As of 2013 the US had the highest incarceration rate in the world.  
[www.bonniejanehall.com](http://www.bonniejanehall.com)

## C. YOUTH, EDUCATION

1. Sunday Morning Magazine with Kate Daniels – July 8, 2018, 5:30 a.m. 30 minutes. Phone interview with Christal Glangchai, PhD. Christal Glangchai PhD is a scientist, entrepreneur and mentor whose big passion is to inspire and help girls in all of these areas. In a family of girls, her father engaged them in all kinds of activities around home, even repairing the car. She is dedicated to helping girls really fulfill their potential. Much of her work can be found in her new book: Venture Girls: Raising Girls to Be Tomorrow's Leaders. A great resource for parents and teachers.  
[www.venturegirls.org](http://www.venturegirls.org)
2. Inspirational Women with Kate Daniels – July 8, 2018, 6 a.m. 30 minutes. Phone interview with Susan Wiggs, Northwest Author. Susan Wiggs is a popular and prolific NW author. Along with bringing us a great summer read, Susan's newest book "Between You and Me" brings us an opportunity to think about and discuss issues that are relatable to life. The story line takes us into Amish country as well as a big city medical center in Philadelphia, to a clash of cultures, family issues, among them parental expectations.  
[www.susanwiggs.com](http://www.susanwiggs.com)
3. Inspirational Women with Kate Daniels – July 29, 2018, 6 a.m. 30 minutes. Phone interview with Marie Unanue, author. Marie Unanue is a writer who has now turned her talent to writing children's literature. Her focus is on bullying, and she uses a menagerie of pets and animals to demonstrate the character traits of kindness, gratitude, cooperation, empathy, self-control. The book: The Adventures of Phatty & Payaso is a chapter book, great for summer reading, great for parents reading with kids. It's also fun that there is a Seattle connection--Payaso, the worldly cat, is from Seattle!  
[www.letsallbekind.com](http://www.letsallbekind.com)

4. Sunday Morning Magazine with Kate Daniels – September 2, 2018, 5:30a.m. 30 minutes. Phone interview with Debbie Reber, author, Home School teacher. Debbie Reber is a NY Times best-selling author and with her new book : "Differently Wired--Raising an Exceptional Child in a Conventional World" brings key information for parents of kids who are 'differently wired' as well as information for teachers, and anyone working with these kids. As school begins, this really is an important foundation to help everyone be/feel successful. Debbie's son had been diagnosed with ADHD and Asperger's, but the family didn't receive much direction following the diagnosis. Debbie writes from personal experience and is encouraging.  
[www.debbiereber.com](http://www.debbiereber.com)

#### D. LIFE EDUCATION

1. Sunday Morning Magazine with Kate Daniels – July 15, 2018, 5:30 a.m. 30 minutes. Phone interview with Dr. Julie Lamb, endocrinologist. Dr. Julie Lamb is an endocrinologist and infertility specialist at Pacific NW Fertility in Seattle. Dr. Lamb provides important information about our body and the biology of pregnancy. It's possible to take the matter of getting pregnant as something that will be easy. Some of today's trends, women postponing pregnancy for various reasons, including their career, finances, being with the right partner. But time doesn't really work in a woman's favor. Having a conversation with a fertility specialist will help in making knowledgeable decisions for a family in the future. A newer technique: Vitrification, allows women to freeze their own eggs for future use. Some powerful education!  
[www.pnwfertility.com](http://www.pnwfertility.com)
2. Inspirational Women with Kate Daniels – July 15, 2018, 6 a.m. 30 minutes. Phone interview with Maia Duerr, writer, organizational consultant. Maia Duerr is also a coach for people going through life and career transitions. It's more typical for people to have several career changes in their life time. Maia conducts workshops, retreats, and online programs, drawing on her years of Zen meditation practice and training to help people discern their ideal work for a particular time. Maia shares this in a wonderful book, akin to having our own personal coach, in "Work That Matters--Create Liveliness that Reflects your Core Intention".  
[www.maiaduerr.com](http://www.maiaduerr.com)
3. Sunday Morning Magazine with Kate Daniels – August 19, 2018, 5:30 a.m. 30 minutes. Phone interview with Thomas Moore, NY Times best-selling author, Professor. Thomas Moore is a renowned author, a university professor and a psychotherapist. Thomas is really a philosopher who shares his internal thoughts and journeys to help us consider our own life and purpose. In his new book: Ageless Soul--The Lifelong Journey Toward Meaning and Joy, Thomas invites us to reflect on the meaning of age and aging. Consider that aging happens from the moment we are born. And consider that it differs from growing old. There is life and wisdom in aging. It takes conscious awareness to make the distinction and to move forward purposefully.  
[www.thomasmooresoul.com](http://www.thomasmooresoul.com)

4. Inspirational Women with Kate Daniels – September 9, 2018, 6a.m. 30 minutes. Phone interview with Lisa Luckett, author, founder of a Nonprofit. Lisa joins us in a commemoration of the 17th Anniversary of 9/11. Lisa's is a personal story, as she lost her husband in the collapse of the towers that fateful day. It's a personal story because she shares in her memoir-- The Light in 9-11: Shocked by Kindness, Healed by Love, the way the tragedy brought renewed life and spirit to her and her young children, the youngest just a few months old at the time.  
[www.lisaluckett.com](http://www.lisaluckett.com) , [www.cozmeena.com](http://www.cozmeena.com)
5. Inspirational Women with Kate Daniels – September 16, 2018, 6a.m. 30 minutes. Phone interview with Kasey Mathews, author, Motivational Speaker. Kasey Mathews is also a Transformational Life Coach. Her life experiences have brought Kasey to the work she does today. In sharing this she inspires us to look at our life and find the magical to celebrate each day and our whole life. Kasey's new book "A Mom's Guide to Creating a Magical Life: 8 Steps to Feel Happier, Inspired and More Relaxed" can be considered a companion on our journey to this vibrant creation.  
[www.kaseymathews.com](http://www.kaseymathews.com)
6. Inspirational Women with Kate Daniels – September 23, 2018, 6a.m. 30 minutes. Phone interview with Patt Lind-Kyle, teacher, therapist, consultant. Patt Lind-Kyle is also an author, whose newest book is: Embracing the End of Life: A journey into Dying & Awakening. End of life is a topic most want to ignore, yet it's part of life, and as Patt guides us to understand in this new book, by embracing this we can live life more fully.  
[www.pattlindkyle.com](http://www.pattlindkyle.com)

#### E. CIVIC, CULTURAL HISTORY

1. Sunday Morning Magazine with Kate Daniels – July 22, 2018, 5:30 a.m. 30 minutes. Phone Interview with Martha S. Jones, Presidential Professor at Johns Hopkins University. July 28th, marks the 150th anniversary of the adoption of the 14th Amendment of our Constitution, which defined American citizenship. Martha S. Jones is the Society of Black Alumni Presidential Professor at Johns Hopkins University. She was formerly a founding director of the Michigan Law School Program in Race, Law & History. She is an author and joined us to discuss aspects of her new book, directly related to the 14th Amendment--Birthright Citizens: A History of Race and Rights in Antebellum America.  
[www.marthasjones.com](http://www.marthasjones.com)
2. Sunday Morning Magazine with Kate Daniels – July 29, 2018, 5:30 a.m. 30 minutes. In studio interview with David Williams, Executive Director of the Hydroplane and Raceboat Museum in Kent, WA. David is also an author with a new book: A Race to Freedom--The Mira Slovak Story. It's an important slice of history WW II era, the Cold War, early Boeing creation, and the tie-in of the hydroplanes. The Museum is a place where the

classic hydros are restored. And they are used in performance races during the year, including at Seafair, that took place August 3-5.

[www.thunderboats.org](http://www.thunderboats.org)

3. Inspirational Women with Kate Daniels – August 5, 2018, 6 a.m. 30 minutes.  
Phone interview with Deborah Santana, author, activist.  
Deborah Santana is an author, seeker and activist for peace and social justice. She is founder of 'Do A Little', a nonprofit that serves women and girls in the areas of health, education and happiness. She's penned a memoir--Space Between the Stars, and now is the editor of a magnificent collection of stories in the anthology: All the Women in My Family Sing. 69 Women of color share experiences, thoughts, actions in gripping essays that are a powerful education for each for each of us.  
[www.allthewomeninmyfamilysing.com](http://www.allthewomeninmyfamilysing.com)
4. Sunday Morning Magazine with Kate Daniels – August 12, 2018, 5:30a.m. 30 minutes.  
Phone interview with Dr. Dirk van Leenen, author, teacher.  
Dr. Dirk van Leenen was a child in Holland during WWII, but old enough to understand the experience. His father was a leader of the Resistance, many Jewish citizens were housed and moved through their home, countless lives were saved. Near the end of the war he and his parents were transported to a concentration camp and only endured one day there. He has been writing about the war time experiences, and speaking where he can, to enlighten, inform, and inspire us to be ever aware in our life, to do what needs to be done, to protect our liberty. He is the author of a series of 3 books about those years, the 3rd book is: *The Last Train to the Concentration Camp*.  
[www.DirkVanLeenen.com](http://www.DirkVanLeenen.com)
5. Inspirational Women with Kate Daniels – September 30, 2018, 6a.m. 30 minutes.  
Phone interview with Dr. Melba Patillo-Beals, Professor, author.  
Dr. Melba Pattillo Beals is an important and historical woman in the US. She is one of the high school students who became known as the Little Rock 9, and who played a significant role in desegregation. The Federal Court had ruled on integration in all schools in the years prior, and some leaders in Little Rock, Arkansas determined to make it reality in their city. In her memoir "March Forward, Girl" Melba tells of her youth, and life in the south in the 1940s and 1950s, with stunning insight into the time she attended Capital High School. September 25 was the 61st Anniversary of that first day of school.  
[www.melbapattilobeals.com](http://www.melbapattilobeals.com)

## F. ENVIRONMENT

1. Inspirational Women with Kate Daniels – August 19, 2018, 6a.m. 30 minutes.  
Phone interview with Ronnie McGlenn, founder, Jen Syrowitz Executive Director of Washington Outdoor Women (WOW).  
Ronnie and Jen have a wealth of information about this 21 year old non-profit. WOW offers hands-on workshops from basic fishing to water-fowling, and survival skills, from archery to medicinal plants for trailside use, to snowshoeing, plus much more. Throughout the year various day workshops are

offered. September 14-16 is the 2018 fall weekend workshop in North Bend. It's very much about community and empowerment, and also learning to be good stewards of the lands and resources where we live.

[www.washingtonoutdoorwomen.org](http://www.washingtonoutdoorwomen.org)

3. Sunday Morning Magazine with Kate Daniels – September 23, 2018, 5:30a.m. 30 minutes. Phone interview with Maya van Rossum, attorney, environmentalist. Maya van Rossum is a veteran environmentalist, and the leader of the Delaware Riverkeeper Network. Maya's new book-- The Green Amendment: Securing Our Right to a Healthy Environment is critical reading for anyone interested in protecting the environment in their own area/state. Maya's goal is to awaken and empower us to take action for our environment rights by pioneering the 'Green Amendment Movement' to secure our own constitutional right to a healthy environment.

[www.mayavanrossum.green/](http://www.mayavanrossum.green/)

#### G. EDUCATION, CHARITY

1. Sunday Morning Magazine with Kate Daniels—August 26, 2018, 5:30a.m. 30 minutes. In studio interview with Carrie McBride, Director of Marketing & Communication, Alzheimer's Association, Seattle, WA. Carrie McBride brings along some shocking statistics about Alzheimer's and dementia. Alzheimer's is the 3rd leading cause of death in our state, and very often the caregivers are family members and friends, receiving no compensation, and are being worn down. The Walk to End Alzheimer's is a major fund raiser, and the funds are used for research, for community support and education. People need to know they are not alone. Connecting and sharing stories and information makes a world of difference. There are numerous walks in Western Washington: Bremerton--Sept 8, Tacoma--Sept 16, Redmond--Sept 23, Seattle--Sept 29, Everett Oct 6. It's effective to get a group of friends together and make it a fun outing, pulling together for a cure.

[www.alz.org/walk](http://www.alz.org/walk)

2. Inspirational Women with Kate Daniels – August 26, 2018, 6a.m. 30 minutes. In studio interview with Christina Kelly, Emily Vega, and Christine Olson. The Making Strides Against Breast Cancer Walk is a successful fundraising event, attested to by results--the numbers of women diagnosed early, the decreasing numbers of persons who die from breast cancer. But we are not yet in the clear. We get the stats and details for the Walk from Emily and Christina from The American Cancer Society. Christine Olson courageously shares her story, just hearing the dreaded diagnosis less than 2 years ago. And she is alive due to the newest technology, the 3D imaging equipment that detected a microscopic BRCA cell during a routine mammogram appointment. More Funds = more research and interventions. The Seattle area Walk is October 20 at Gas Works Park.

[www.cancer.org](http://www.cancer.org)

3. Inspirational Women with Kate Daniels – September 2, 2018, 6a.m. 30 minutes. Phone interview with Eve Firestone, PAWS Events Manager, Kara Gearhart, Volunteer.

Dedicated members of the PAWS group from our Puget Sound area share insights. Eve as the Events Manager gives a current overview of all the work being done at PAWS both with domestic animals, and those from the Wild. Eve gives the first invite to the big event coming up, the PawsWalk! Dedicated volunteer and fund-raiser for the Paws Walk is Kara Gearhart, cofounder of the Cat City Bobcats team. When Kara moved to the area she found PAWS a great way to connect to the community, and get her pet 'fix' when she couldn't have on at her apartment. PAWSwalk 2018 is Sunday September 16 at Warren Magnuson Park on beautiful Lake Washington! A very important fundraiser!  
[www.paws.org](http://www.paws.org)

4. Sunday Morning Magazine with Kate Daniels – September 9, 2018, 5:30a.m. 30 minutes. In studio interview with Steve Kipp, survivor.  
Steve Kipp came to tell a critical story of life, of surviving a stroke. Steve is a young, healthy, active guy, yet a stroke occurred. Steve's story is important insight and information for each of us as stroke and heart disease are the leading causes of death. Someone in the US has a **stroke** about once every 40 seconds. To be more informed, to support the work of the Heart Association to advance research with fund raising, Steve extends the invite to the Heart and Stroke Walk. In Seattle it happens Saturday, October 13 at Seattle Center, and Saturday, September 22 at Cheney Stadium in Tacoma.  
[www.heart.org](http://www.heart.org) , [www.heartwalk.org](http://www.heartwalk.org)
  
5. Sunday Morning Magazine with Kate Daniels – September 30, 2018, 5:30a.m. 30 minutes. In studio interview with Emily Vega and Kim Arent work with the American Cancer Society. Genie is a Survivor.  
Making Strides for Breast Cancer is on the calendar for Saturday, October 20 at Gas Works Park. Emily is coordinating the event and encourages us to come out as team, or individually, but come out to support and learn more about the Research happening in the Puget Sound area. Genie is a breast cancer Survivor and expresses her gratitude for the Research that made it possible to detect the breast cancer she had and provide Genetic Counseling. In addition, the funds provide various kinds of education, support groups, rides to appointments, plus. Kim Arent has coordinated the Cancer vs. Construction event (which happened Sunday September 30 in Maple Valley). It supports things associated with childhood cancers, and the event gives kids a chance to come out and play on those big Cats and earth movers, etc. used in construction. Cost is \$15/child, but adults get in Free! The fundraising has had a major impact for Research locally and across the country!  
[www.cancer.org](http://www.cancer.org)