

QUARTERLY ISSUES PROGRAM LIST FOR KQMV – FM
BELLEVUE/SEATTLE
October 1 – December 31, 2023

Laurie Hardie
Public Affairs Director
Placed in the Public File – XXX

Section I. Issues

KQMV 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, 6:37am 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, 6:37am 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. Sunday Morning Shout Out with Laurie Hardie – November 19, 2023, 6:37am 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.
4. Spotlight with Laurie Hardie - October 29, 2023, 6:10am 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.

5. Sunday Morning Shout Out with Cyan Fueher – October 22, 2023, 6:37am 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/>

B. Mental Health

1. Spotlight with Laurie Hardie - December 17, 2023, 6:10am 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!**
2. Sunday Morning Shout Out with Ody Oriz – December 10, 2023, 6:37am 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.
3. Spotlight with Laurie Hardie - December 3, 2023, 6:10am 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
4. Spotlight with Laurie Hardie - October 22, 2023, 6:10am 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

5. Spotlight with Laurie Hardie October 1, 2023, 6:10am 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. It is ever mysteriously unfolding, just the way she likes it. Lisa McCourt.com

C. Health

1. Spotlight with Laurie Hardie - December 31, 2023, 6:10am 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. Spotlight with Laurie Hardie - October 15, 2023, 6:10am 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
3. Sunday Morning Shout Out with Cyan Feuher – October 15, 2023, 6:37am 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 can thrive.
4. Spotlight with Laurie Hardie - November 19, 2023, 6:10am 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

D. Education

1. Spotlight with Laurie Hardie - December 24, 2023, 6:10am 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
2. Spotlight with Laurie Hardie - December 10, 2023, 6:10am 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
3. Spotlight with Laurie Hardie - November 5, 2023, 6:10am 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/>
4. Spotlight with Laurie Hardie - October 8, 2023, 6:10am 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

E. Community Engagement

1. Sunday Morning Shout Out with Nathan Miller – December 17, 2023, 6:37am 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, 6:37am 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, 6:10am 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, 6:10am 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

F. Charities

1. Sunday Morning Shout Out with Cyan Fueher – November 26, 2023, 6:37am 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.
2. Sunday Morning Shout Out with Ody Oriz – November 12, 2023, 6:37am 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/>
3. Sunday Morning Shout Out with Laurie Hardie – November 5, 2023, 6:37am for 2:10 minutes. **Toy N Joy** Bartells annual toy and joy drive with the Salvation Army. Bartells collects the toys to donate.
4. Sunday Morning Shout Out with Ody Oriz – October 29, 2023, 6:37am m for 2:10 minutes. Music Matters Foundation is a registered 501(c)3 non-profit organization dedicated to using music 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/>
5. Sunday Morning Shout Out with Ody Oriz – October 1, 2023, 6:37am 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/>