

QUARTERLY ISSUES PROGRAM LIST FOR KQMV – FM
BELLEVUE/SEATTLE
July 01 – September 30, 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 Fuher – September 24, 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. 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. <https://www.paws.org/about/>
2. **Sunday Morning Shout Out** with Ody Oriz – July 2, 2023, 6:37am for 2:10 minutes. Northwest Immigrant Rights Project Keeping families together, protecting people from violence, and standing up to injustice. We believe access to justice shouldn't depend on where you are born or how much money you have. <https://www.nwirp.org/>
3. **Sunday Morning Shout Out** with Laurie Hardie – September 3, 2023, 6:37am for 2:10 minutes. Forgotten Dog Rescue, dogs have individual needs and personalities, and FDR takes the time to get to know each dog that comes into the rescue. Every dog is placed in a foster home where they learn how to be part of a family and we learn about their personalities. When it is time to find their forever family, we work hard to understand potential adopters' needs and match them with the dog that fits their lifestyle. Finding the right fit for our pups and adopters is one of our primary priorities and we emphasize compatibility and building forever families.

4. **Spotlight** with Laurie Hardie _ July 23, 2023, 6:10 am for 26 minutes. Ashley Carr, the Executive Director of Because we Matter is on a mission to save all the animals! Because We Matter is dedicated to helping all species of exotic animals who, for various reasons, find themselves without a place to live out their lives. Due to new circumstances beyond their control legal fees are eating up the funds and without the support of the community they won't be able to save the animals. You can help "Operation save the sanctuary." [Because We Matter.org](https://www.becausewematter.org)

B. Mental Health

1. **Spotlight** with Laurie Hardie _ September 24, 2023, 6:10 am 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. Suicide Hotline 988. [Theo's Book and Website](https://thinktheo.com/) <https://thinktheo.com/>
2. **Sunday Morning Shout Out** with Laurie Hardie – July 30, 2023, 6:37am for 2:10 minutes. Everett Clubhouse. A Clubhouse is organized to support people living with mental illness. During the course of their participation in a Clubhouse, members gain access to opportunities to rejoin the worlds of friendships, family, employment and education, and to the services and support they may individually need to continue their recovery. A Clubhouse provides a restorative environment for people whose lives have been disrupted because of their mental illness, and who need the support of others who are in recovery and who believe that people with mental illness can live fulfilling lives. No life goal is too small or too big. <https://www.everettclubhouse.org/>
3. **Spotlight** with Laurie Hardie _ July 16, 2023, 6:10 am for 26 minutes. Colleen Ryan Hensley #BingingSober talks about taking ownership of our healing starting with ourselves, then our family and community. She highlights the importance of focusing our energy on things we can control rather than numbing and escaping by focusing on things out of our control. Turning those unhealthy habits into healthy steps to healing, changing our self-talk one word at a time. Recognizing how we are feeling and what we can do about it rather than isolating and running from the feelings. There is hope, there is help colleen@colleenryanhensley.com Check out her insta as well [@Colleen Ryan-Hensley](https://www.instagram.com/colleenryanhensley)
4. **Spotlight** with Laurie Hardie _ July 2, 2023, 6:10 am for 26 minutes. Psychotherapist/marriage counselors Linda and Charlie Bloom will be available for interviews to discuss their new bestselling book *An End To Arguing: 101 Valuable*

Lessons for All Relationships. They talk about avoiding conflict, repairing relationships and how being in a relationship is the best way to enlightenment.
<https://www.youtube.com/@lindacharliebloom1009>

5. **Spotlight** with Laurie Hardie - September 17, 2023, 6:00 am for 26 minutes. Author and Bible teacher Kelly Needham reveals how we've been fooled into chasing meaning and purpose in all the wrong places, identifies the source of our hunger for the extraordinary and shows us the steps we can take today to build a purpose-filled reality without turning our lives upside-down. Her book is *Purposefooled: why chasing your dreams, finding your calling, and reaching for greatness will never be enough*. Her podcast is *Clearly*. JimmyandKelly.com

C. Health

1. **Spotlight** with Laurie Hardie - September 10, 2023, 6:10 am for 26 minutes Tyler Pagel with Susan G Komen joins us along with breast cancer survivor Rob Hedquist. They talk about male breast cancer awareness and Rob shares his story. The big fundraiser is coming up the first in person since Covid and they are so excited to be meeting at the Woodland Park Zoo for the More than Pink Walk. It is September 23rd. [Susan G Komen](#)
2. **Sunday Morning Shout Out** with Cyan Fuerer – July 23, 2023, 6:37am for 2:10 minutes. Fit Kids' mission is to provide structured physical activity programs for underserved children to build the foundation for a healthy, active life.
3. **Spotlight** with Laurie Hardie - August 20, 2023, 6:10 am for 26 minutes. Washington Music Therapy Task Force is working to allow insurance to pay for music therapy. It has been a long journey to get to where they are today, but they aren't done yet. Megumi Azekawa and Evelyn Stagnaro are co-chairs of the task force and along with Peter Diedrick a Lobbyist tell us what they have accomplished so far and what is in the future. The WA Music Therapy Task Force is a grassroots advocacy team lobbying for better policies for music therapists and Washington residents. Dedicated to gathering resources, sharing information, and standing up for the needs of community members, clients, and clinicians. Washington State Music Therapy Task Force musictherapy4all.com American Music Therapy Association musictherapy.org Life On Music lifeonmusictherapy.com
4. **Sunday Morning Shout Out** with Ody Oriz – July 9, 2023, 6:37am for 2:10 minutes. 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/>

D. Education

1. **Spotlight** with Laurie Hardie - August 27, 2023, 6:10 am 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. [Laura K Connell](#)
2. **Spotlight** with Laurie Hardie - August 13, 2023, 6:10 am for 26 minutes. Geoff Bellville is a top earner globally in a network marketing company. He is here to bust some myths about network marketing and social selling. With the possibility of a recession on the horizon people are looking for answers and ways to create more income for their families. [Contact Geoff Belleville](#)
3. **Spotlight** with Laurie Hardie - July 30, 2023, 6:10 am for 26 minutes. Dr. Jessica Peck Author of "Behind Closed Doors: a Guide to help parents and teens navigate through life's toughest issues" talks about sex trafficking. She says it has moved from the streets to smart phones and parents need to know how to protect their children. She is also the host of the popular podcast DrNurseMama. [Dr Jessica Peck](#)
4. **Spotlight** with Laurie Hardie - July 9, 2023, 6:10 am for 26 minutes. 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](#).

E. Community Engagement

1. **Sunday Morning Shout Out** with Laurie Hardie – September 10, 2023, 6:37am for 2:10 minutes. Crisis Text Line provides free, 24/7, high-quality text-based mental health support and crisis intervention by empowering a community of trained volunteers to support people in their moments of need.
2. **Spotlight** with Laurie Hardie - September 3, 2023, 6:10 am for 26 minutes. Orion is a non-profit 501(c)(3). They define themselves as a social enterprise. Orion combines their successful aerospace manufacturing business with the social impact objectives of a traditional non-profit. The two sides of the organization are inseparable. They operate out of two locations – Auburn and Mukilteo where they offer an array of services. They know that jobs provide more than just a paycheck, and that people with employment barriers just want what we all want - to be self-sufficient contributors to society. [Orion Industries](#) Our guests: Kathy Powers is Orion's Vice President of Services. Kathy has been with Orion for over 20 years. She has supported the program growth including designing the current program, building funding and service structure to achieve their mission. Stephanie Maxwell

is Orion's Sales and Estimating Manager. She has been with Orion for 5 years. Janet Zello – Janet joined Orion as a staff in 2022. She had previously gone through the program and returned as she connected with their mission. Diane Lyons Director of Development

3. **Spotlight** with Laurie Hardie - August 6, 2023, 6:10 am for 26 minutes. Sharon McNeil talks about the mental and physical benefits of art for baby boomers. When people retire, they often need something to challenge them to keep learning and continue or even begin being creative. Her art soiree is for beginners/novice artists who are open to giving it a try and learning something new. This is an incredible way to keep your mind engaged as you age. <https://sharonmcneilfineart.com/>
4. **Sunday Morning Shout Out** with Laurie Hardie – August 6, 2023, 6:37am for 2:10 minutes. 211 is a free confidential community service and your one-stop connection to the local services you need, from utility assistance, food, housing, health, childcare, after school programs, elder care, crisis intervention and much more. 211 is always ready to assist you in finding the help you need. Dial the three-digit number 211 on your phone or [find Help here](#). If you are outside of Washington or have a problem dialing the number 211, please dial <1-877-211-9274>.

F. Charities

1. **Sunday Morning Shout Out** with Ody Oriz – August 27, 2023, 6:37am 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 MMT's belief that music is an integral part of society and that everyone should have an opportunity in life to learn, play and create music. MMT 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 a positive music learning environment and let audiences experience the happiness and beauty of music through free public performances. <https://www.musicmatterstoday.org/>
2. **Sunday Morning Shout Out** with Laurie Hardie – August 20, 2023, 6:37am for 2:10 minutes. Ted Brown Music Outreach With all the proven benefits that music involvement has to offer, it's amazing to still see school districts cutting out the arts from their schools. We see this as only hurting our children. This organization is taking on the task of raising awareness to these problems and implementing some programs to keep kids involved with making music. <https://www.tbmoutreach.org/>
3. **Sunday Morning Shout Out** with Cyan Fuher August 13, 2023, 2:10 minutes at 6:37am. At Hand in Hand, we know that families step out of crisis when they are given support, hope, and opportunity. It is our purpose to provide all three for the

many children who cross our threshold. Since 2010, we have lived and breathed this purpose – working in tandem with exceptional community partners, donors, and volunteers. As Hand in Hand grows and evolves, our purpose will always remain the core of our organization.

4. **Sunday Morning Shout Out** with Ody Oriz – July 16, 2023, 6:37am 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. MM organizes events and offers 0music programs that can support and promote the joy of learning and performing music. Our programs and activities are to cultivate a positive music learning environment and let audiences experience the happiness and beauty of music through free public performances. <https://www.musicmatterstoday.org/>

5. **Sunday Morning Shout Out** with Ody Oriz – September 17, 2023, 6:37am for 2:10 minutes Artsfund supports the arts through leadership, advocacy and grantmaking in order to build a healthy, equitable, and creative Washington. <https://www.artsfund.org/>