

# QUARTERLY ISSUES PROGRAM REPORT KRWM RADIO - BREMERTON/SEATTLE

April 1 – June 30, 2023

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## Section I. Issues

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

- A. Health
- B. Education
- C. Women's Empowerment
- D. Youth
- E. Domestic Services
- F. Charity

## Section II. Responsive Programs

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

### A. HEALTH

1. Sunday Morning Magazine with Kate Daniels—April 2, 2023, 5:30am, 30-min. Phone interview with Barbara Woodworth, 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 persons 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](http://www.ableto.com)
2. Inspirational Women with Kate Daniels—May 14, 2023, 6am, 15-min. Phone interview with Shanisty Ireland, a mom of 5, who is a foodie and blogger and brings us some good ideas on salads, acknowledging May as national salad month. Salads are a great way to pack in lots of nutrition. She introduces us to Queen of Hearts salad dressings—all natural, founded by women, and located just across the border in Oregon.  
[www.shesbecomingdomestic.com](http://www.shesbecomingdomestic.com)
3. Sunday Morning Magazine with Kate Daniels—May 21, 2023, 5:30am, 30-min. Phone interview with 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, WA. The focus is mainly on trauma in our conversation, which Dr. Jantz tells us is a spectrum of levels, and that it's critically important to address and deal with it.

Insomnia, anxiety, depression can be some signs of unaddressed trauma. There are online tests that can provide insights.

[www.aplaceofhope.com](http://www.aplaceofhope.com)

4. Inspirational Women with Kate Daniels—June 4, 2023, 6am, 30-min. Phone interview with Angela D. Coleman, a holistic health expert with training in clinical psychology, trauma, and natural well-being, and founder of Sisterhood Agenda. Angela draws on wisdom and practices from around the world to present 101 tips women can use to release tension and chill out. It's the title of Angela's new book --The Art of Chilling Out for Women, 100+ Ways to Replace Worry and Stress with Spiritual Healing, Self-Care, and Self-Love.  
[www.angeladcoleman.com](http://www.angeladcoleman.com)
5. Sunday Morning Magazine with Kate Daniels—June 18, 2023, 5:30am, 30-min. Phone interview with Michael Garko PhD, 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, is a key focus for Michael. Some of these nutrients include--leafy green vegetables, green tea, turmeric, garlic, vitamins. Naturally it's important to work with your physician on determining what is best for you personally.  
<https://www.facebook.com/drmichael.garko/>

## **B. EDUCATION**

1. Inspirational Women with Kate Daniels – April 2, 2023, 6am, 30-min. Phone interview with Emily Fego, an assistant editor for the National Geographic Kids Books team. Emily brings the newest amazing book from Nat Geo Kids--That's Fact-tastic! Mind-blowing, Eye-popping, Jaw-dropping Stuff About Our World. While this is a book for kids, consider that kids of all ages. There are about 100 different topics with 10 items for each one. Consider: on the International Space Station astronauts season their food with liquid salt & pepper, grain might float away and clog the air vents! Or, when it comes to spicy, the extremely hot PepperX is more than 1200 times hotter than a jalapeno!  
<https://kids.nationalgeographic.com/>
2. Inspirational Women with Kate Daniels – April 16, 2023, 6am, 30-min. Phone interview with Gabby Salazar, a National Geographic Explorer, a nature and conservation photographer, and a social scientist. Gabby along with Clare Fieseler are the authors of a phenomenal new book from National Geographic--No Boundaries: 25 Women Explorers and Scientists Share Adventures, Inspiration, and Advice. While the book is written for middle school students, its appeal is really for all ages and we can all learn so much from it and support girls and women in the broad area of science.  
[www.gabbysalazar.com](http://www.gabbysalazar.com)
3. Sunday Morning Magazine with Kate Daniels—May 7, 2023, 5:30am, 30-min. In studio interview with Luke Minor, 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, for 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 with 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](http://www.wastate529.wa.gov) or call to speak with someone: 1.800.955.2318

4. Sunday Morning Magazine with Kate Daniels – June 4, 2023, 5:30am, 30-min. Phone interview with Jae Oh, 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 needs regular updating which Jae diligently works on because the Medicare landscape 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.maximizemyourmedicare.com](http://www.maximizemyourmedicare.com)
5. Inspirational Women with Kate Daniels—June 18, 2023, 6am, 30-min. Phone interview with Christina Sauer, an associate editor for national Geographic Kids Books. She joins us with a new book, something so great to begin the summer and use throughout because it's such great fun and informative. It's-- Why? The Human Body: 99+ Awesome Answers for Curious Kids. Christina shares some highlights with ideas on using it as a family, for fun and simple research.  
[www.natgeokids.com](http://www.natgeokids.com)

### **C. WOMEN'S EMPOWERMENT**

1. Sunday Morning Magazine with Kate Daniels – April 9, 2023, 5:30am. 30-min. Phone interview with Steph Jagger, a Bainbridge Island-based author, coach and mentor, who 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](http://www.stephjagger.com)
2. Inspirational Women with Kate Daniels—April 23, 2023, 6am, 30-min. Phone interview with Andrea Dunlop, a local author who has an amazing new book, her 4th novel: Women Are the Fiercest Creatures, a hugely engaging novel based right here in the Puget Sound, incorporating the tech industry and drawing us into the lives of 3 women who have a strong connection and intertwined lives. We will find ourselves relating and having a range of strong feelings as we are drawn into family lives, women's challenges, and an authentic slice of life in the 2020s. Andrea is also the host and creator of the true crime podcast, Nobody Should Believe Me.  
[www.andreadunlop.net](http://www.andreadunlop.net)
3. Inspirational Women with Kate Daniels—May 7, 2023, 6am, 30-min. Phone interview with Diane Height, a retired teacher who asked herself what she would do in her retirement, and then signed onto an amazing adventure. Diane's is such a motivational story, a story that there is so much life to be lived, we just need to be open to it. Diane shares her next chapter, in her book: A Mongolian Memoir... Living and teaching in Mongolia. And Diane is planning a summer adventure, a reunion in Mongolia this summer and doesn't know where that just might lead her. Here's an inspiration for adding zest into life at any age!  
<http://dianeheight-thewanderingnomad.blogspot.com> , or on Instagram @mafdet12
4. Inspirational Women with Kate Daniels—May 21, 2023, 6am, 30-min. Phone interview with Nancy Davis, a Crusader and Warrior who has been fighting her MS battle for 31 years while the Foundation she created “Race to Erase MS” is celebrating its 30th year anniversary with a grand gala and fund raiser June 2. Nancy was instrumental in connecting some of the leading doctors and clinics in the country to find treatments for MS and when she was told at diagnosis to prepare for life in a wheelchair, and that is not her life today. It's important to note that of the 1 million persons diagnosed with MS each

year, 70% are women. Great strides have been made over the last couple of decades. More details can be found on her website.

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

5. Inspirational Women with Kate Daniels—June 11, 2023, 6am, 30-min. Phone interview with Gina Cloud, a mother, a devoted teacher, author, speaker and advocate of all things women. Gina's passion is to honor and celebrate the feminine power we possess, ALL the power, and truly embrace our authentic selves. Gina has a new book: W.O.M.A.N. A New Definition For Reclaiming the Feminine. Gina also has an interesting Tedx Talk about her experience with dancing the Tango.

[www.ginacloud.com](http://www.ginacloud.com)

6. Sunday Morning Magazine with Kate Daniels—June 25, 2023, 5:30am, 30-min. Phone interview with Jenn Drummond who 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, she summited 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.jennrummond.com](http://www.jennrummond.com)

#### D. YOUTH

1. Inspirational Women with Kate Daniels – April 9, 2023, 6am, 30-min. Phone interview with Blanca Villagomez, a student affairs' professional at a California university, and a higher education consultant at Intelligent. com, a great platform to support and guide students, and in particular, women students, through the winding paths of college entry and navigation. Blanca couldn't be a more perfect guide we discover as she shares how her life followed a similar path, having the opportunity of mentorship beginning in junior high. To achieve success for those who are first generation college students, mentorship guidance is key.

[www.intelligent.com](http://www.intelligent.com)

2. Sunday Morning Magazine with Kate Daniels – April 30, 2023, 5:30am, 26-min. Phone interview with Ruchira Gupta, 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 directly 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, and have our youth read the book. Being an international port, Washington state is a hub of human trafficking! the hotline is: 1-888-373-7888

[www.ruchiragupta.com](http://www.ruchiragupta.com)

3. Inspirational Women with Kate Daniels – May 14, 2023, 6:15am, 15-min. Phone interview with Lucy Chick, a Beat the Bridge Ambassador at just age 10! Lucy was diagnosed with Type 1 Diabetes at age 3. And for all the years since then she and a whole cavalry of family and friends join together to raise awareness and funds for a cure. You can join on May 21 at Husky Stadium, or easily donate online to support Lucy and other youth like her.

[www.jdrf.org](http://www.jdrf.org) , "Team Lucy".

4. Sunday Morning Magazine with Kate Daniels – June 11, 2023, 5:30am, 30-min. Phone interview with Pamela Gockley, 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 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 desperately need it.

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

5. Inspirational Women with Kate Daniels – June 25, 2023, 6am, 28-min. Phone interview with Susan Wiggs, a northwest NY Times best-selling author of 25 novels that transport us into great and wonderful places, meeting great characters. Susan has a new book, a great summer read: Welcome to Beach Town. While this is a novel, Susan's talent of weaving the many themes of life resonates within us...either from very personal experience or because of our connection with others in our communities, or simply living life and being aware of things going on in our world. This is a great story of family, of speaking the truth, of embracing uniqueness.

[www.susanwiggs.com](http://www.susanwiggs.com)

## **E. DOMESTIC SERVICE**

1. Sunday Morning Magazine with Kate Daniels – April 16, 2023, 5:30am, 30-min. Phone interview with Thomas Vozzo, 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](http://www.HomeboyIndustries.org)

2. Sunday Morning ShoutOut with Kate Daniels—April 30,2023, 5:56am, 3-min. Human Trafficking in the ports on the west coast and the support that exists.
3. Sunday Morning Magazine with Kate Daniels—May 14, 2023, 5:30am, 30-min. Phone interview with Emma Nadler, 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](http://www.emmanadler.com)

4. Sunday Morning Magazine with Kate Daniels –May 28, 2023, 5:30am, 30-min. Phone interview with Patrick Smithwick, 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](http://www.patricksmithwick.com)

5. Inspirational Women with Kate Daniels – May 28, 2023, 6am, 30-min. Phone interview with Sarika Jain, a love strategist and dating coach, and an author of: The 90-day Soulmate Plan: Get Out of Your Own Way and Attract the High Love You Deserve. Sarika also leads workshops and coaches individuals about self-love, mindful dating and

relationship skills. Sarika shares a quote from Rumi at the beginning of her book, and it tells us a great deal: You are searching the world for treasure, but the real treasure is yourself. And in this wisdom Sarika lives and works and shares with us.

[www.sarikajain.com](http://www.sarikajain.com)

## F. CHARITY

1. Sunday Morning Magazine with Kate Daniels – April 23, 2023, 5:30, 15-min. Phone interview with Nancy Long, the Executive Director of 501 Commons, the partner that brings together the many small and large organizations that need our financial support. Making the donations is made simple, very much like any shopping we might do online, and keeps a private record for us. Give Big 2023 is May 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.  
[www.givebigwa.org](http://www.givebigwa.org)
2. Sunday Morning Magazine with Kate Daniels – April 23, 2023, 5:45am, 15-min. Phone interview with Diana Goodrich, the Co-Director of Chimpanzee Sanctuary Northwest located in Cle Elum, home to 16 chimpanzees who formerly had been research animals. Now they have a home in nature, 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 Chimpanzee Sanctuary Northwest.  
[www.chimpsnw.org](http://www.chimpsnw.org) And also follow a blog of the chimps' daily life.
3. Inspirational Women with Kate Daniels—April 30, 2023, 5:59am, 16-min. Phone interview with Sage Fitzpatrick, Director of Engagement for Lifelong and while the name may not be familiar, you will be aware of some of the work they do in supporting people with chronic health issues, work that began 40 years ago during the AIDS epidemic. They are also very involved with a few Tiny House Villages, providing wraparound services to some residents. Lifelong is part of Give Big 2023.  
[www.lifelong.org](http://www.lifelong.org)
4. Inspirational Women with Kate Daniels – April 30, 2023, 6:15am, 15-min. Phone interview with Heidi Wills, CEO of PAWS in Lynnwood, where we know them as being great protectors of animal life, both our domesticated friends and our wildlife. Heidi updates us on the changes and growth that are happening, including a new aquatic center in Snohomish which will care for injured sea mammals. PAWS is part of Give Big 2023.  
[www.paws.org](http://www.paws.org)
5. Sunday Morning ShoutOut with Kate Daniels—June 25, 2023, 6:28am, 2-min. Cancer Pathways provides so much great support for persons touched by cancer. Camp Sparkle happens in July and supports children ages 5-18 who have or are experiencing cancer themselves, or have a family member that is dealing with the disease.  
[www.cancerpathways.org](http://www.cancerpathways.org)