

QUARTERLY ISSUES PROGRAM REPORT KRWM RADIO - BREMERTON/SEATTLE

October 1 – December 31, 2023

Kate Daniels
Public Affairs Director
Placed in the Public File – January 9, 2024

Section I. Issues

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

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

Section II. Responsive Programs

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

A. YOUTH

1. Sunday Morning Magazine with Kate Daniels—October 1, 2023, 5:30am, 30-min. Phone interview with David Magee 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 change maker in student and family mental health and substance misuse, David is 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
2. Inspirational Women with Kate Daniels—November 5, 2023, 6am, 30-min. Phone interview with Elana K. Arnold a bestselling and award-winning author of many books for children and teens. Elana's latest book is 'The Blood Years' inspired by her grandmother's childhood experiences in Holocaust-era Romania. It's a tragic story as is any war or violent story, yet we see the resilience of the human spirit. She is a member of the faculty at Hamline University's MFA in writing for children and young adults program.
<https://elanakarnold.com>
3. Sunday Morning Magazine with Kate Daniels—December 10, 2023, 5:30am, 30-min. Zoom 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

practical and great options for families planning for their kids' 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 to 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. The holiday season is a great way for family and friends to make contributions to a young person's account.

www.wastate529.wa.gov or call to speak with someone: 1.800.955.2318

4. Inspirational Women with Kate Daniels—December 31, 2023, 6am, 30-min. Phone interview with Barbara Lane the author of a new book: Broken Water—An Extraordinary True Story. Barbara was born the 9th of 11 sisters who were separated when Barbara was only 3 years old. What followed was a life in an orphanage, foster care, a life with unspeakable abuse. Finally as an adult survivor Barbara sought counselling, becoming a ministerial counselor and then seeking to reunite with her sisters. Trauma was certainly in each of their lives and in her book, Barbara recounts their stories, providing us with insights for our own healing, and action to prevent abuse in our lives and in our world. Barbara donates 10% of the book profits to child abuse organizations.
www.barbaralane.info

B. CHARITY

1. Inspirational Women with Kate Daniels – October 1, 2023, 6am, 30-min. Phone interview with Aubrey Zoli the Senior Development Manager for the American Cancer Society and leading the challenge for the annual 'Making Strides Against Breast Cancer' walk. It takes place Saturday morning Oct 21 at Gas Works Park. October is breast cancer awareness month, and this is a great way to bring the spotlight to this major health issue. This is a non-competitive walk in a beautiful area of Seattle. There will be booths for education, and an opportunity to honor the Survivors. An important component is the fund-raising as the \$\$ raised support research, programs such as providing rides to appointments where women have challenges, and an important reminder to have the annual mammogram. And on Sunday October 1 is the Pink at the Park Mariner game.
www.makingstrideswalk.org/seattlewa
2. Inspirational Women with Kate Daniels – October 15, 2023, 6am, 30-min. Phone interview with Nadia Popovich an inspiring and compassionate young medical student at the University of Washington. There are some people who are in the right field of work and Nadia is such a person. Even before she has entered the medical profession...in her volunteer work, in her attitude toward and about life and people...Nadia is a natural healer, her heart is huge with the desire to help others live, and to live well. This past summer, Nadia donated her kidney to a complete stranger. She tells us that so many people die waiting for a kidney, that she felt being in good health, she could offer one of hers. We should feel inspired to at least be organ donors, have that on our driver's license.
3. Sunday Morning Magazine with Kate – November 26, 2023, 5:30am, 30-min. Phone interview with Kyla Cain the Education Curator of the Cougar Mountain Zoo who brings a sleigh-full of great information about the Issaquah Reindeer Festival that happens through December, and where the magic is in full force -- Santa and the reindeer, the elves, all 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

4. Inspirational Women with Kate Daniels – November 26, 2023, 6am, 30-min. Zoom interview with Jordana Halkett the Executive Director of Hand in Hand Kids in Snohomish County. This long-time community support organization has been helping families with support for basic needs, and embracing children to provide some of the extras parents may be challenged to cover. We're invited to be community, to be extended family particularly at this time of year. Monetary donations make a big difference, and there are many volunteer opportunities.
www.handinhandkids.org
5. Sunday Morning Magazine with Kate Daniels—December 3, 2023, 5:30am, 30-min. Zoom interview with 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 and 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/>

C. WOMEN'S EMPOWERMENT

1. Sunday Morning Magazine with Kate Daniels – October 8, 2023, 5:30am. 30-min. Zoom interview with Antonia Bowring a top New York City Executive Coach. She's on the other side of 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 bringing these gifts to the world.
www.ab-strategies.com
2. Inspirational Women with Kate Daniels—October 8, 2023, 6am, 30-min. In studio interview with Noelle Salazar a local author and wonderful storyteller with a great love for historical fiction. This love presents itself in her latest book 'The Roaring Days of Zora Lily' set right here in our own Puget Sound area, quite specifically in Ballard and Seattle--one hundred years ago! The story is so rich with local flavor of that bygone era--the fashion, the culture, the people...friendships and family. You just really want to journey back in time and join in the life! which we actually do vicariously.
www.noellesalazar.com
3. Inspirational Women with Kate Daniels—October 22, 2023, 6am, 30-min. Phone interview with Diane Height, a retired teacher who asked herself what she would do in her retirement, and then went on an amazing adventure--to teach in Mongolia! Diane's is a motivational story about all that we can do and be in our life if we are simply open to it. Diane shares her next chapter, in her book: A Mongolian Memoir...Living and teaching in Mongolia which Diane shared in the spring '23, then returned to Mongolia in July. She returns to relate that the visiting again just reinforced the bonds she had created and that there are more adventures to be had, and to not let numbers/age limit that.
<http://dianeheight-thewanderingnomad.blogspot.com> , or on Instagram @mafdet12
4. Inspirational Women with Kate Daniels—November 19, 2023, 6am, 20-min. Zoom interview with Suzanne Heywood who was born in the UK but for most of her childhood sailed around the world with her family, following her father's dream, and with limited access to formal education. At 17 she essentially escaped from her parents, returning to the UK and 'quite amazingly' won a place to study at Oxford University. After her PhD she worked as a civil servant and went on to become a business executive. She is the mother of 3 young adults. The ocean and travels and the passion and strength she

acquired is stunning and which she shares in her book "WaveWalker—A Memoir of Breaking Free". Excellent reading for all ages.

<https://wavewalker.co.uk/>

5. Inspirational Women with Kate Daniels—December 17, 2023, 6am, 30-min. Phone interview with Sharon Cameron a multi-talented and inspiring author, who has this as her second creative career and that in itself is an amazing story. Sharon loves to write, and in particular loves to write young adult historical fiction which means it's great reading for ALL ages. Allison brings us her 8th, her latest book: Artifice, which transports us to Amsterdam in WWII during the Nazi occupation. It's an amazing story, and being historical fiction is based on actual historical events.
www.sharoncameronbooks.com

D. HEALTH

1. Sunday Morning Magazine with Kate Daniels – October 15, 2023, 5:30am, 30-min. Phone interview with Dr. Elizabeth Klodas, a preventative cardiologist in Minnesota. She admits 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
2. Inspirational Women with Kate Daniels – October 29, 2023, 6am, 30-min. Phone interview with Dr. Catherine Athans, a certified trauma therapist, and a marriage and family therapist. As we see a troubled, angry world around us, Dr. Athans helps to determine some causes, and more importantly what we as individuals can do. It's simple, not to say it's easy, but Dr. Athans shares that we do need, and that is to take care of our own health, eat nutritionally, get sufficient rest. We are bombarded by so much media and much negativity and it's important to balance that, what we take into our body and mind, and support our friends and family in balancing this as well.
www.catherineathansphd.com
3. Sunday Morning Magazine with Kate Daniels – November 19, 2023, 5:30am, 30-min. Phone interview with Sandy Robertson, RN, MSN, PH-CNS, 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. Inspirational Women with Kate Daniels—December 10, 2023, 6am, 30-min. Phone interview with Mimi Prunella Hernandez M.S., R.H. a clinical herbalist and ethnobotanist with a Master of Science in herbal medicine. She is a Registered Herbalist with the American Herbalists Guild and has served as its executive director for 10 years. Now National Geographic has published Mimi's informative and beautiful art book "Herbal—100 Herbs From the World's Healing Traditions". The book is filled with relevant information for our health, exploring indigenous wisdom blended with science, offering a unique holistic look at the herbal world. Turmeric is a great anti-inflammatory. Mix a teaspoon with a pinch of black pepper, mix with your favorite nut butter and use on fruit or bread for a healthy snack.
www.mimiprunellahernandez.com

5. Sunday Morning Magazine with Kate Daniels – December 31, 2023, 5:30am, 30-min. Phone interview with Darla Gale 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

6. DOMESTIC SERVICE

1. Sunday Morning Magazine with Kate Daniels – October 22, 2023, 5:30am, 30-min. Phone interview with Eddie Chuculate a multi-award-winning author. He is 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.
www.facebook.com/eddiechook
2. Sunday Morning Magazine with Kate Daniels—November 5, 2023, 5:30am, 30-min. Zoom 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*. 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, is one experienced by too many families. 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 are in need of 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
3. Inspirational Women with Kate Daniels –December 3, 2023, 6am, 30-min. Phone interview with Linda Broenniman who was raised a church-going Catholic only to uncover a long-hidden family secret that her father was Jewish. And thus began a years' long journey of discovery and research, tracing the family back 8 generations to Budapest, Hungary with an amazing "cast of characters," including Adam Politzer, the father of Otology. Linda chronicles this epic journey in her book 'The Pulitzer Saga' and provides a wealth of historic photos. This book is timely and important in terms of much historical perspective. With the holiday season, this is a great gift idea, and considering that Hanukkah begins December 7, is once again timely.
www.politzersaga.com
4. Sunday Morning Magazine with Kate Daniels – December 17, 2023, 5:30am, 30-min. Phone interview with Allison Breininger 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. Thus 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

5. Inspirational Women with Kate Daniels – December 24, 2023, 6am, 30-min. Zoom interview with Angie Elita Newell the indigenous author of a new book 'All See is Violence'. Based on true stories but is literary fiction, Angie weaves three historical stories of a professor, a soldier and a female warrior from different periods in time. This lets us look through a different lens for an important view of our life, our country, the origins, and have us question what transpired, where we are and what we'll do about it. www.angieelitanewell.com

F. EDUCATION

1. Sunday Morning Magazine with Kate Daniels – October 29, 2023, 5:30, 30-min. Phone interview with Jae Oh is a natural 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 the details for various circumstances. Medicare Open enrollment has begun and continues through December 7. For persons younger than 65, ACA, the Affordable Care Act enrollment opens November 1 and lasts until January 15. Jae has a newsletter: jaeoh.substack.com
www.gh2benefits.com
2. Sunday Morning Magazine with Kate Daniels – November 12, 2023, 5:30am, 30-min. Phone interview with Dr. Jonathan Howard, a neurologist and psychiatrist in NY City, worked throughout the pandemic at Bellevue Hospital and 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.jonathanhowardmd.com
3. Inspirational Women with Kate Daniels—November 12, 2023, 6am, 30-min. Phone interview with Susan Wiggs a #1 NY Times best-selling author from our own Puget Sound area. Susan is the author of over 70 books! and she continues to follow her passion and provides us with wonderful stories and great escapes. Susan joins us to share some insights into her newest novel: The 12 Dogs of Christmas... a perfect book for the season, a perfect escape on a gray autumn day. Susan shares that the inspiration was adopting her dog, Dug, from a group of dogs that arrived from Texas.
www.susanwiggs.com
4. Inspirational Women with Kate Daniels – November 19, 2023, 6:20am, 10-min. Phone interview with Shannisty Ireland a mom of 5! and a foodie and blogger who brings us some good ideas on saving \$\$ and still making good meals at a time when food costs are soaring and there are holidays to plan for. Simplicity and turning to the crock pot are a couple of ideas.
www.shesbecomingdomestic.com
5. Sunday Morning Magazine with Kate Daniels—December 24, 2023, 5:30am, 30-min. Phone interview with Peter Matthies joined 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. This is for anyone who has felt a hollowness from their work, from how they manage their finances, and it absolutely relates to their personal life as well.
www.plan-be.us