

# QUARTERLY ISSUES PROGRAM REPORT KRWM RADIO - BREMERTON/SEATTLE

January 1 – March 31, 2023

Kate Daniels  
Public Affairs Director  
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## Section I. Issues

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

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

## Section II. Responsive Programs

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

### A. DOMESTIC SERVICE

1. Sunday Morning Magazine with Kate Daniels—January 1, 2023, 5:30am, 30-min. Phone interview with Ali Katz, a lawyer and the founder and CEO of Personal Family Law. Speaking from personal experience of philosophy put into action, Ali provides a fundamental look at life, and at death. She encourages us to see the opportunities in conflict, how these are lessons that guide us in living our best life, to be more of who we really are. She also suggests being aware there is an end time, so embrace it all. Ali offers some great guidance in creating our legacy with a series of podcasts, and her Legacy Master Class.  
[www.personalfamilylawyer.com/legacymasterclass](http://www.personalfamilylawyer.com/legacymasterclass)
2. Inspirational Women with Kate Daniels—January 29, 2023, 6am, 30-min. Phone interview with Linnea Star, a Psychic Medium who helps people understand their Angel Numbers, leading seminars and workshops, and connecting individually with people. Linnea shares that if we have ever noticed certain numbers appear with some regularity, the time of day happens to be the date of someone's birthday, a car license plate is a number that brings a memory or person to mind, Linnea calls these 'Angel Numbers', special communications, a godwink.  
[www.linneastar.com](http://www.linneastar.com)
3. Sunday Morning Magazine with Kate Daniels—February 26, 2023, 5:30am, 30-min. Phone interview with Shelly Tochluk, a Professor of Education at Mount Saint Mary's University-Los Angeles. For over 18 years, she has worked with AWARE-LA (Alliance of White Anti-Racists Everywhere-Los Angeles) to host dialogues and an annual 4-day

institute, Unmasking Whiteness, which leads White people into a deeper understanding of their personal relationship to race and systemic racism. Shelly is the author of "Witnessing Whiteness: The Journey into Racial Awareness and Antiracist Action, 3<sup>rd</sup> edition. Shelly provides workshop materials and also extends an invitation to AWARE-LA which can be connected to online.

<https://www.shellytochluk.com/>

4. Sunday Morning Magazine with Kate Daniels—March 19, 2023, 5:30am, 30-min. Zoom interview with Christina Foxwell, the Global CEO and founder of [Ignite Purpose](#) where, over the past decade, she has supported leaders in their navigation of their teams and helped people find their purpose and flow. This has led to her supporting them in their own life-changing journeys to follow their passions, transform their lives, and grow into the people they were always meant to be. Christina encourages us to pay attention to the fact that 'to be self-aware without self-love, is to self-harm".  
[www.ignitepurpose.com.au](http://www.ignitepurpose.com.au)

## **B. CHARITY**

1. Inspirational Women with Kate Daniels – January 1, 2023, 6am, 30-min. Phone interview with Elaine Parke, creator of The Habits of Unity: 12 months to a stronger America...one person at a time. Elaine wraps up our year long journey with a review and a look to the future embracing gratitude and patience. She shares/reminds us of the Cherokee Tale of Two Wolves, a grandfather telling his grandson of the 2 wolves battling inside each of us, the one of evil and the one of good. The grandson then asks 'which one wins' to which his grandfather replies: The one that you feed. These simple yet profound stories can be our guide through a day, through a year.  
[www.12habits4allofus.org](http://www.12habits4allofus.org)
2. Sunday Morning Magazine with Kate Daniels – January 8, 2023, 5:30am, 30-min. Phone interview with Matt Miller, the CEO and Executive Director of Firland Workshop located in Shoreline. Matt gives an historical overview--70 years ago Firland housed persons with TB. It evolved and has become a great place for persons with disabilities, in particular those who have challenges finding work in the general public, find a great place to get training and work at a good job. For many decades Firland has produced parts for Boeing. Matt extends a welcome to visit and tour the Firland location.  
[www.firland.org](http://www.firland.org)
3. Sunday Morning Magazine with Kate Daniels—January 29, 2023, 5:30am, 30-min. Phone interview with Kyra Smithlin who has a huge "heart story" that both directs us to learning CPR and highlighting National Wear Red Day on Friday February 3 to focus attention on women and heart health. 11 years ago Kyra's heart stopped. Her 9 year old son found her in her bed, called his dad. They called 911 but also began CPR. It was the difference in Kyra living another hour, being here today and a strong advocate for Women's Heart Health. Be sure to learn CPR and to wear Red on Friday.  
[www.goredforwomen.org](http://www.goredforwomen.org)
4. Sunday Morning Magazine with Kate Daniels – March 5, 2023, 5:30am, 30-min. Phone interview with Pamela Gockley, a certified bullying prevention specialist and founder of The Camel Project. We know bullying is a serious problem in our world, and it feels as though it's getting worse. Pamela believes in there being a solution and she shares the way that we go through and heal ourselves and the world. Her personal story is found in the book--Not All Camels Are in the Desert: An Amazing Personal Story of a Life Turned Around. Pamela and her team have a school curriculum which works with all the school staff and the parents to establish the foundation, all communicating on the same page, and then having the students involved. Honest conversations are critical.  
[www.thecamelpoint.org](http://www.thecamelpoint.org)

### C. HEALTH

1. Inspirational Women with Kate Daniels – January 8, 2023, 6am. 30-min. Phone interview with Penny Mishkin, a retired occupational therapist, who has a new career as a writer. She has a new book 'How I see it: A personal and Historical View of Disability'. Now in her 70s Penny has a wealth of experiences and reflections to share which help us think about disabilities or challenges in our own life. Penny had been diagnosed with an eye/vision condition as a child.  
[www.hpennymishkin.com](http://www.hpennymishkin.com)
2. Sunday Morning Magazine with Kate Daniels—February 12, 2023, 5:30am, 30-min. Phone interview with Jae Oh, MBA, a Medicare Expert & Certified Financial Planner, and the author of 'Maximize Your Medicare: Qualify For Benefits, Protect Your Health, and Minimize Your Costs'. As aspects of Medicare continue to change, Jae is the dedicated expert at interpreting what we need to know and the timing for it. Jae guides us through the specifics of Parts A-D, and reminds that the ACA is still available, but it's important to know there is a 30-day waiting period. His website provides podcasts and he also has YouTube videos that are educational. Persons can also sign up for Jae's newsletter, a valuable resource at <https://jaeoh.substack.com/>  
[www.gh2benefits.com](http://www.gh2benefits.com)
3. Inspirational Women with Kate Daniels—March 19, 2023, 6am, 30-min. Phone interview with Christina Maria Martinez, author of "Shattered Pieces Everywhere--How I Found True Joy in My Most Broken Moments". Christina's memoir will resonate with many if not all women. In sharing the struggles of childhood and youth touched by domestic violence, substance abuse, foster care and much moving across the country, many will identify with Christina. When she met the love of her life and was planning her wedding, she was involved in a serious car crash and faced a major crisis. Her face was badly scarred, and she felt life was not worth living. But Tomas stayed by her side, and she began her healing journey, one that she shares honestly and in so doing provides a path for healing for any of us.  
[www.christinamartinez.co](http://www.christinamartinez.co)
4. Sunday Morning Magazine with Kate Daniels—March 26, 2023, 5:30am, 30-min. Phone interview with Dr. Holly Geyer, an Addiction Medicine Specialist at Mayo Clinic in Scottsdale, AZ and who is passionate about education--providing knowledge and building awareness about the things we can do to help ourselves and those we know who are struggling with drug issues. A key part of her work focuses on quality of life and the best use of nondrug interventions for diseases such as cancer. However, OPIOID OVERDOSE is now the leading cause of death in persons 18-45, so Dr. Geyer includes stories of individuals and families dealing with drug addiction in her book: ENDING THE CRISIS --The Mayo Clinic's Guide to Opioid Addiction and Safe Opioid Use. It's an important guide for all of us.  
<https://mcpress.mayoclinic.org/authors/holly-l-geyer-m-d/>

### D. EDUCATION

1. Sunday Morning Magazine with Kate Daniels – January 15, 2023, 5:30am, 30-min. Zoom interview with Amri Johnson, the CEO/founder of Inclusion Wins. Amri and a virtual collective of partners work to create global impact with a lens of inclusion. Amri is the author of 'Reconstructing Inclusion: Making DEI Accessible, Actionable and Sustainable'. Diversity, Equity and Inclusion are vitally important to our success as individuals and as humanity. It's up to each of us, and as Amri states: It's a 'we' thing.  
[www.inclusionwins.com](http://www.inclusionwins.com)

1. Sunday Morning Magazine with Kate Daniels – January 22, 2023, 5:30am, 30-min. Phone interview with Dean Regas who has been the astronomer for the Cincinnati Observatory since 2000. He's a renowned educator, author, and a national popularizer of astronomy. Space and space travel are subjects we're hearing about a lot more in a variety of ways and Dean comments on this. And while that is still the area of a select few, Dean's new book in collaboration with National Geographic "1000 Facts About Space" is a way we all can experience this vicariously.  
<https://www.cincinnatiobservatory.org/dean-regas>
2. Inspirational Women with Kate Daniels – February 19, 2023, 6am, 30-min. Phone interview with Dr. Holly Geyer, an Addiction Medicine Specialist at Mayo Clinic in Scottsdale, AZ who is passionate about educating everyone about what we can do help those we know struggling with drug issues. A key part of her work focuses on quality of life and the best use of nondrug interventions for diseases such as cancer. However, OPIOID OVERDOSE IS NOW THE LEADING CAUSE OF DEATH IN ADULTS 18-45, so Dr. Geyer includes stories of individuals and families dealing with drug addiction in her book: ENDING THE CRISIS --The Mayo Clinic's Guide to Opioid Addiction and Safe Opioid Use. It's an important guide, very readable, and important for everyone.
3. Inspirational Women with Kate Daniels – February 26, 2023, 6am, 30-min. Phone interview with Brianna Labuskes, the *Washington Post* bestselling author of five thrillers, who now has a new book, *The Librarian of Burned Books*, a WWII-era novel about the intertwined fates of three women. This is historical fiction at its finest taking us into life in Berlin, Paris and New York via these 3 characters. While we experience the era, we might also find ourselves drawing parallels to our present time.  
[www.briannalabuskes.com](http://www.briannalabuskes.com)
4. Sunday Morning Magazine with Kate Daniels – March 12, 2023, 5:30am, 30-min. Phone interview with Jane Healey, author of historical fiction who brings us her newest book: *Goodnight From Paris*, which introduces us to Drue Leyton an American actress who was living in Paris at the outbreak of WWII. Married to a French man, Drue embraced France as her home and was immersed in the Resistance. This is a captivating story which reveals the strength and courage of a people under attack and standing up to tyranny.  
[www.janehealey.com](http://www.janehealey.com)

## **E. WOMEN'S EMPOWERMENT**

1. Inspirational Women with Kate Daniels – January 15, 2023, 6am, 30-min. Phone interview with Mekdela, the author of *Plus Size: A Memoir of Pop Culture, Fatphobia and Social Change*. Mekdela addresses the body and size-shaming that is too present in our world and uses her book and her website ([plussizebook.com](http://plussizebook.com)) to engage readers to see themselves in whatever role they play and look toward making constructive changes to language and comments. She discusses this in context of being similar to other issues in society that cause othering. It's important to see that we and others are more than just our body.  
<https://plussizebook.com>
2. Inspirational Women with Kate Daniels—February 12, 2023, 6am, 30-min. Phone interview with Rasheda Hatchett, a Registered Nurse, Coach, entrepreneur and author. Rasheda is the CEO of Rasheda Hatchett Media where she coaches and leads women, in particular Women of Color in leadership and resilience. As a nursing professional Rasheda also spotlights the health care issues for Women of Color, and in particular heart health.  
[www.rashedahatchettmedia.com](http://www.rashedahatchettmedia.com)

3. Inspirational Women with Kate Daniels –March 5, 2023, 6am, 30-min. Phone interview with Sharon Price John, President and CEO of Build-A-Bear Workshop and the author of a great new book, *Stories & Heart--Unlock the Power of Personal Stories to Create a Life You Love*. Sharon shares her journey, which gives us the opportunity to gain awareness that life is a series of experiences, the ones we need, perfect for us to create the life we came here to live. The book is a self-paced workbook of self-discovery.  
<https://storiesandheart.com>
4. Inspirational Women with Kate Daniels – March 12, 2023, 6am, 30-min. Phone interview with Christina Maria Martinez who shares her personal riveting and inspirational story. It's how she recovered emotionally and physically from a car accident that left her face scarred. Her story is the book "Shattered Pieces Everywhere--How I Found True Joy in My Most Broken Moments". This happened just prior to her wedding which did eventually happen, a story of loving commitment. And this is a timely important story of hope and resilience.  
[www.christinamariamartinez.co](http://www.christinamariamartinez.co)
5. Inspirational Women with Kate Daniels – March 26, 2023, 6am, 30-min. Phone interview with Laura Black, a retired attorney and award-winning businesswoman turned author and speaker. She conceived and co-founded one of the first temporary legal staffing companies in the US, moving on to become its CEO when it was acquired by a public company. The company emerged as the largest of its kind in the nation. Laura sits on numerous boards including The Associated Jewish Community Federation of Baltimore and was a past president of Network 2000 (now called Executive Alliance). She helps later life women embrace their 2nd (3rd or 4th) acts through her speaking and writings. Laura validates challenges of women with humor and affirmation. Laura's new book is 'Climbing Down the Ladder—a Journey to a Different Kind of Happy'.  
<https://laurablack.net/>

## F. YOUTH

1. Inspirational Women with Kate Daniels – January 22, 2023, 6am, 30-min. Phone interview with Sarah Moore, the founder of Dandelion Seeds Positive Parenting where the focus is on connection and mutual respect between adult and child. Rooted in her life and a desire to bring peace and joy to all of us beginning with the family, Sarah has created a series of blogs and online trainings, and now has a new book which is an invaluable resource: *Peaceful Discipline: Story Teaching, Brain Science, & Better Behavior*.  
<https://dandelion-seeds.com>
2. Sunday Morning Magazine with Kate Daniels – February 5, 2023, 5:30am, 30-min. Phone interview with Dr. Ronald Crutcher an inspiring man and leader. In his life's work he is a world-class classical cellist, an educator--a Professor of Music at a number of universities, and currently is President of Richmond University, in Virginia. He believes strongly in mentorship and relates the various mentors who have played significantly in his life beginning in his early school years. His memoir: *I Had No Idea You were Black-Navigating Race on the Road to Leadership* is important reading and insights.
3. Inspirational Women with Kate Daniels—February 5, 2023, 6am, 30-min. Phone interview with Katherine Goble Moore, the daughter of Katherine Johnson--the American mathematician whose calculations of orbital mechanics as a NASA employee were critical to the success of the first and subsequent US crewed spaceflights. Katherine along with her sister Joylette Goble Hylick and their mother, collaborated on a very important book: *One Step Further, My Story of Math, the Moon, and a Lifelong*

Mission, published by National Geographic Kids. (Katherine Johnson died February 24, 2020 at age 102.)

4. Sunday Morning Magazine with Kate Daniels – February 19, 2023, 5:30am, 30 min. Phone interview with Joe Yogerst, a National Geographic writer, photographer, speaker, and an avid hiker all over this country and around the world! He shares how this was a pipe dream as a kid, working for National Geographic. He has a new book with NatGeo that brings us inspiration for all levels of hikes in an amazing new book: 100 Trails, 5000 Ideas: Where to Go, When to Go, What to See, What to Do. Joe includes an abundance of extra tips to make the hike work out the best! It's a great guide for us and also an excellent gift idea! Seattle is featured with the Elliot Bay Trail and the Burke Gilman Trail.  
[www.joeyogerst.com](http://www.joeyogerst.com) [nationalgeographic.com](http://nationalgeographic.com)