

QUARTERLY ISSUES PROGRAM REPORT KRWM RADIO - BREMERTON/SEATTLE

July 1 – September 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. Youth
- C. Women's Empowerment
- D. Education
- 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—July 2, 2023, 5:30am, 30-min. Zoom interview with Duygu Balan LPCC, a psychotherapist specializing in intergenerational trauma and developed her expertise while working as a clinical counselor in New York City treating patients on society's margins. Dr. Yener Balan is a distinguished fellow of the American Psychiatric Association, and currently is the vice president of behavioral health and medical specialty services for a major health care organization. Yener has extensive years of experience working in high volume emergency departments and is the author of the 'Big Book of Emergency Department Psychiatry'. Together the Balans have coauthored an important book we can use independently or in conjunction with a therapist: Re-Write: A Trauma Workbook of Creative Writing and Recovery in Our New Normal.
www.duygubalan.com www.yenerbalan.com
2. Inspirational Women with Kate Daniels—July 16, 2023, 6am, 30-min. Phone interview with Dr Julie Gatza, one of the nation's top chiropractic physicians, with more than 30 years of clinical practice—so she has worked with thousands of people, helping them, and learning more from them. Dr. Gatza's mission is to enhance each person's body to heal itself, and she is so great at finding these different foci to help us find this for ourselves in our life. In the midst of the bbq-ing and picnicking season, Dr Julie has important information about summer food safety, and what we can do to prevent foodborne illness. Be sure to keep meats chilled and packed away from other foods.
<https://naturesources.com/dr-julie-gatza/>

3. Sunday Morning Magazine with Kate Daniels—July 30, 2023, 5:30am, 28-min. Phone interview with Kristina Marusic, an award-winning journalist covering environmental health and justice for Environmental Health News and who is the author of a new book: *A New war on Cancer: The Unlikely heroes Revolutionizing Prevention*. With all the research that has been done in the last 50 years, the statistics are that 1 in 5 men and 1 in 6 women in the U.S. lose their lives to cancer. Yet, up to two-thirds of all cancer cases are linked to preventable environmental causes, and this is Kristina's focus in her new book.
www.kristinamarusic.com
4. Inspirational Women with Kate Daniels—September 24, 2023, 6am, 30-min. Phone interview with Amy Wooten is a Program Director with Cancer Pathways in Seattle. Amy has an incredible story to tell of her breast cancer diagnosis, at just age 28! Yes, it's not a typical age we think of in terms of breast cancer and the reason it's important to listen to our bodies, follow our intuition, and be persistent in seeking treatment.
www.cancerpathways.org

B. YOUTH

1. Inspirational Women with Kate Daniels – July 2, 2023, 6am, 30-min. Phone interview with Michelle Massey the Camp Director for Camp Sparkle, one of the great support programs offered by Cancer Pathways for kids and teens touched directly by cancer. It's an incredible week of fun and growth that is so impactful on young lives. These fun and supportive camps happen in Washington in person and also with one virtual camp during July. Details can be found on the website. The camps are Free for participants. We get to share in their experience by supporting all the work that Cancer Pathways does. Donations can be made on the website.
www.cancerpathways.org
2. Sunday Morning Shoutout with Kate Daniels – July 9, 2023, 6:28am, 2-min. Promotion of Cancer Pathways' Camp Sparkle, a summer youth support program in Washington
3. Sunday Morning Shoutout with Ody Ortiz – July 30, 2023, 5:58am, 2-min. Promotion of Music Matters Foundation in Bellevue, providing used and fixed instruments for young musicians.
4. Inspirational Women with Kate Daniels – August 13, 2023, 6am, 30-min. Phone interview with Christina Sauer an associate editor for National Geographic Kids Books. An avid supporter of STEAM education, Christina has had the privilege of creating children's media for Disney Junior and NASA. She's edited numerous titles including the *Go Wild!* series and National Geographic Readers. Her current book, which is great fun for all ages and supports some healthy activity, is *"Can't Get Enough Horse Stuff"*. Families will find a lot of entertainment with this book.
www.kids.nationalgeographic.com
5. Inspirational Women with Kate Daniels—August 20, 2023, 6am, 30-min. Phone interview with Laura Haver a mom, a play advocate, life coach, speaker and the author of *"Play Together—Your Go To Guide for Family Fun"*. Laura and her family created the games and connections found within this really great book that features 60+ games that strengthen family connection, creativity, kindness, movement and mindfulness. All of this adds up to good physical, mental and emotional health for all.
www.laurahaver.com

C. WOMEN'S EMPOWERMENT

1. Inspirational Women with Kate Daniels – July 9, 2023, 6am. 28-min. Phone interview with Alaya Dawn Johnson, an award-winning short story writer and the author of 7 novels for adults and young adults who labels her work as far future-galaxy spanning, mind-bending science fiction novels. Alaya's latest novel, *The Library of Broken Worlds* reveals the power of stories and their power to heal. It's a tale displaying the power of the spirit, the power in this young woman. Storytelling has this power for all of us.
<https://alayadawnjohnson.com>
2. Inspirational Women with Kate Daniels—July 23, 2023, 6am, 30-min. Phone interview with Tonia Farman, the 'Queen of Hearts'. She is the CEO and co-founder of Queen of Hearts Superfoods and the label of her healthy and tasty salad dressings wears this stellar name. Tonia gives us the historical view of her development of this important food item, important to us because it is locally made, filled with nutrition, and is a sustainably sourced food product. And as July is national picnic month, Tonia has some tasty tips to share on this topic, providing some pasta salad recipes ideas. And she suggests we keep mint around, it helps with keeping mosquitoes at bay, or can soothe a mosquito bite.
<https://queenofhearts.com>
3. Inspirational Women with Kate Daniels—August 6, 2023, 6am, 30-min. Phone interview with Blanca Villagomez a university program manager and consultant for Intelligent.com. More specifically, Blanca is a strong woman, a first-generation Latina, one who has the lived experience of navigating the paths to higher education, with the benefit of good mentors. This life experience places Blanca in this perfect position of sharing her experience in guiding other young first-generation immigrant women to their dream vocations.
www.intelligent.com
4. Inspirational Women with Kate Daniels—August 27, 2023, 6am, 30-min. Phone interview with Shannon Eastin, the first woman to work as an NFL official and that was 2012. It was Shannon's passion from a young age and she shares this story in her new book: *Lady Ref—Making Calls in a Man's World*. Her story is eye-opening and inspiring. Shannon had natural athletic abilities early in her life and excelled in Judo, winning competitions against older and more experienced opponents. It was really an important foundation for her future life and refereeing basketball and football games in high school and college levels. The NFL was her dream and she did achieve it, but she reflects on the sacrifices it demanded and is philosophical about her life.
www.shannoneastin.com
5. Inspirational Women with Kate Daniels—September 10, 2023, 6am, 30-min. Phone interview with Sanoma Blakeley an amazing young woman who at just age 18 won the Tevis Cup, a 100 mile, 24-hour endurance horse race in California's Sierra High Country. Sanoma was the youngest woman to ever win this prestigious cup and she eloquently shares her story in her book: *Chasing Dreams, The True Story of the Youngest Female Tevis Cup Champion*. But Sanoma's story is so much more than a major horse race. This is an inspiring story of family, of bonds, connections, support, and community. And the fact that this young woman has achieved this and continues to grow and share this, is 'the stuff' we all should want and have in our lives.
<https://blakeleystables.web.com>

D. EDUCATION

1. Sunday Morning Magazine with Kate Daniels – July 16, 2023, 5:30am, 30-min. Phone interview with Ed Hajim, a man who had a rough childhood, kidnapped by his father, moving between numerous foster homes, and he shared that story in his book 'On the Road Less Travelled'. Even the childhood was rough, it was a teacher on his way to success, and he had mentors along the way. Ed has a new book: The Island of the Four Ps--A Modern Fable About Preparing for Your Future. Ed's desire is to share his experience and be a mentor for our living our best life. This is a great book for students, a good summer read, great support and encouragement.
www.edhajim.com
2. Inspirational Women with Kate Daniels – July 30, 2023, 6am, 30-min. Phone interview with Dr. Fayne Frey, a board-certified dermatologist, practicing in New York, but providing us with important and necessary information with her new book--The Skincare Hoax: How You're Being Tricked into Buying Lotions, Potions & Wrinkle Cream. Dr. Frey promotes dermatology education to help consumers choose the safest and most affordable products. And she is very determined to educate us on caring for this largest of our organs, our skin...using sunscreen to provide the best protection, with the actual goal of preventing skin cancer.
<https://www.fryface.com>
3. Sunday Morning Magazine with Kate Daniels – August 27, 2023, 5:30am, 30min. Phone interview with Jae Oh is a certified financial planner and chartered financial consultant. He's the author of a top-rated, top-selling book, Medicare: Maximize Your Medicare. Jae takes us on a tour of planning for retirement, some of the questions to ask ourselves—including our life expectancy and what we want our financial picture to be. As the saying goes, failing to plan is planning to fail. It's important to get started and become informed.
www.gh2benefits.com <http://www.protectedincome.org/retirement-income-institute>
4. Inspirational Women with Kate Daniels – September 3, 2023, 6am, 30-min. Phone interview with Kathryn Williams the Editor of the Weird But True! series for National Geographic. There are annual volumes as well as some special books focusing on animals or the environment. Kathryn shares some details about Weird But True 2024, giving insights from each of the continents as well as 'weird' things from the ocean and from space. Interestingly there's a huge 80-foot steel "Kracken" sculpture atop a sunken WWII Navy ship in the British Virgin Island waters. There's volcano surfing in Nicaragua, and rainbow-colored mountains in China. The 300-page book also included quizzes, colorful maps, and wacky news. It's simply interesting for all ages, while geared for middle schoolers, and encourages reading. This is also a great gift idea!
<https://kids.nationalgeographic.com/books>
5. Sunday Morning Magazine with Kate Daniels – September 10, 2023, 5:30am, 30-min. Phone interview with Jeff Arnold a leadership expert having bought and sold more than 40 different companies in several industries and has extensive experience leading and motivating teams made up of all different age groups and backgrounds. Jeff is a best-selling author whose newest book is 'Leading Across Generations--A Guide to Managing and Motivating a Multi-Generational Workforce. Jeff is skilled at understanding and describing the various generations in the workforce, as in life, and providing insights on our different strengths, and how we can create a culture of respect and collaboration.
<https://jeffarnold.com>
6. Inspirational Women with Kate Daniels – September 17, 2023, 6am, 30-min. Phone interview with Roshani Chokshi who is just in her early 30s and is already an award-winning author with over a dozen books written for young adult and middle school

readers. Her inspiration comes from her rich culture both Indian and Filipino. Her novels have been translated into more than two dozen languages and often draw upon world mythology and folklore. She shares insights into her latest book "The Spirit Glass" which takes us on an engaging magical journey that touches on family and loss wrapped with deep feeling and humor. It's not just for middle schoolers!

www.roshanichokshi.com

E. DOMESTIC SERVICE

1. Sunday Morning Magazine with Kate Daniels – July 9, 2023, 5:30am, 30-min. Phone interview with Christina Gerhardt an environmental journalist and a professor of journalism. Using her skill and awareness from this work and teaching, she has created a beautiful book with a unique approach in having us look at our environment, at our earth, in a format of what is really a coffee table book: *Sea Change: An Atlas of Islands in a Rising Ocean*. Christina weaves together her essays with poetry and prose from these islands, along with maps. She's outlining the crisis that exists for islands and is true for all coastal areas, providing the methods being incorporated to protect people and cities.
2. Sunday Morning Magazine with Kate Daniels—July 23, 2023, 5:30am, 30-min. Phone interview with Alicia Dunams a Communications Expert, Mediator, and Peacemaker. Alicia has written a book to help each of us use her coaching in our own lives. The book: *How to Talk to Your Enemies: 101 + Ways to Turn Hostility into Peace*, is a tool that has a big role in our world today where we see so much turmoil and upheaval. Alicia quotes Archbishop Desmond Tutu in her book, 'If you want Peace, you don't talk to your Friends, you talk to your Enemies'.
www.aliciadunams.com
3. Sunday Morning Magazine with Kate Daniels –August 6, 2023, 5:30am, 30-min. Zoom interview with Joy Farrow, a former Deputy Sheriff and Laura Frombach, a technologist and engineer, along with being a domestic violence survivor. Together they've authored the book--*Street Smart Safety for Women: Your Guide to Defensive Living*. They speak from experience and with authority, to teach us, to guide us to know what to look for, and what to do to be safe. They do so because there is a crisis of violence which leans more towards women, with the statistics showing that 1 in 3 women is a victim of violence. The book launches early October, but the information is needed now.
www.streetSMARTsafety.org
4. Sunday Morning Magazine with Kate Daniels – August 13, 2023, 5:30am, 30-min. Phone interview with Dr. Robyne Hanley-Dafoe a multi-award-winning education and psychology instructor, author, and resiliency expert. And considering the highly stressful age in which we are living, she provides us with the tools that will help us navigate accessible and relatable materials while offering practical strategies that are realistic and sustainable. She specializes in resiliency, navigating stress and change, personal wellness in the workplace, and optimal performance - both personal and organizational. Dr. Robyne has over 20 years of university teaching and research experience and is a two-time TEDx Talk speaker. Dr. Robyne is the author of a new book: *Stress Wisely—How to Be Well in an Unwell World*.
www.robynehd.ca
5. Sunday Morning Magazine with Kate Daniels – August 20, 2023, 5:30am, 30-min. Zoom interview with Peggy Cleveland who has chosen the Tacoma Area as her forever home. After moving around the US and abroad over 33 times, which had included the Tacoma area, Peggy now calls the area home. Her travels and the adventures she encountered have led to this career as a travel writer, an inspiring story in itself. Peggy has written a

fun and informative book: 100 Things to Do in Tacoma Before You Die. It's a great way to spend a day exploring or taking visitors to somewhere new. There's something for every taste, of course including the Brown and Haley store for almond roca or some other surprise sweet. Or you can start with a trip to the mountain—Rainier, and wrap up the day kayaking in Commencement Bay. Follow her on Instagram @PeggyWhereShouldIGo and share your Tacoma experiences using #100ThingsTacoma.
www.peggywhereshouldigo.com

F. CHARITY

1. Sunday Morning Magazine with Kate Daniels – September 3, 2023, 5:30, 30-min. Phone interview with Tyler Pagel, the Development Director for Susan G. Komen in Washington, Oregon, and Northern California. Tyler brings us the details for the first Breast Cancer Walk in a few years. It's a great celebration being held at the Woodland Park Zoo on Saturday, September 23, with speakers, and honors being paid to the Survivors and Thrivers, and those who are no longer here. Following this, participants can enjoy the zoo through the afternoon. Pre-registration is requested for the Walk to make the process of entering the zoo more streamlined. This is a fundraiser where monies are used for research, along with education and community support for those going through the breast cancer challenge, as well as for Advocacy! Volunteers are always welcome, as the opportunities are bountiful.
www.komen.org/seattlewalk
2. Sunday Morning Magazine with Kate Daniels – September 17, 2023, 5:30am, 30-min. Phone interview with David Coffey, Executive Director of The Recovery Cafe in Seattle and David extends an invitation to the fundraising luncheon on Thursday, September 21 at the Seattle Center. 'Standing in the Gap' is an excellent opportunity to support persons in our community who are living with substance abuse, mental health issues, and other life challenges, and Recovery Cafe is an empowering place for each person to access resources and find support to make life changes, day by day. For over 2 decades Recovery Cafe has been walking alongside each person, and we can participate by supporting this work. Either attend the luncheon, or simply donate.
www.recoverycafe.org
3. Sunday Morning Magazine with Kate Daniels—September 24, 2023, 5:30am, 15-min. Phone interview with Anna Gottlieb, Executive Director of Cancer Pathways, who highlights some key programs anyone touched by cancer can participate in for free, getting great support. Anna invites us to the major fundraiser, the Surviving with Style Fashion Show & Gala on October 21 at the Westin in Seattle. The 25 models are all survivors of a confrontation with cancer, and we see that cancer does not discriminate!
www.cancerpathways.org
4. Sunday Morning Magazine with Kate Daniels – September 24, 2023, 5:45am, 15-min. Phone interview with Darlin Gray one of the models from the 2022 Gala, who joins us to give a personal insight into what it meant to her-- a major healing experience, and a special bonding with the other models/people walking that runway. We all have a connection to the disease, so supporting the work and programs of Cancer Pathways supports us all because Free is expensive.
www.cancerpathways.org