



**QUARTERLY ISSUES AND PROGRAMS REPORT**

**FOR STATION KFNQ**

1st Quarter 2014: January 1 to March 31, 2014

Prepared by:

Lee Callahan, Public Affairs

**Issues of Concern to Seattle-Tacoma, WA  
Addressed in Responsive Programming  
1st Quarter 2014: January 1 to March 31, 2014**

<u><b>Subject</b></u>	<u><b>Description of Issue of Concern</b></u>
1. Arts & Culture	Assurance that the arts will be fostered in the greater Seattle area
2. Business and Economy	Concerns over the recent economic downside – and in contrast – new and innovative business practices
3. Community Outreach	Local fundraisers / How to help others in our Seattle community
4. Education	Concerns over quality and budget issues
5. Environment	How to become a more sustainable and eco-friendly/green community
6. Family	Concerns over parenting and other family issues
7. Health & Nutrition	Desire to stay or get healthy
8. Government and Politics	With the change in administrations, a desire to stay informed on policy changes
10. Minority Experiences - Homelessness – Multi-Cultural Awareness	A need to stay up to date on those financially less fortunate and those facing discrimination in our community. Exploring the issues facing different cultures both in and out of the US
11. International Affairs and/or the effects of the War in Iraq / 9-11	With military bases dotting our NW landscape, much concern for our veterans and returning soldiers.

**KPTK AM 1090  
Programs That Address Community Issues  
(Regularly Scheduled Public Affairs Programs)  
1st Quarter 2014: January 1 to March 31, 2014**

<u><b>Public Affairs Program</b></u>	<u><b>Schedule and Description</b></u>
1. Community Matters with Lee Callahan	Sundays, 6am to 7am. Produced and hosted by Lee Callahan, this show features talks with authors and local non-profit organizations.
2. Public Service Announcements	Public Service Announcements Daily, 1 minute in length – 8 to 10 per day

Most Significant Issue-Responsive Programming  
1st Quarter 2014: January 1 to March 31, 2014

**ISSUE: Arts & Culture**

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

1-5-14 Actress Lily Tomlin tells her life story (so far) to Lee Callahan, from her beginnings on Broadway to Laugh-in to her bold act of coming out as a gay woman. Ms. Tomlin is performing in Seattle at McCaw Hall.

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

1-5-14 American author Kathryn Stockett discusses her book, *The Help*: a 2009 novel about African-American maids working in white households in Jackson, Mississippi, during the early 1960s, amidst racial discrimination and anti-black violence. The novel is Stockett's first. It took her five years to complete and was rejected by 60 literary agents before being published. It's since been published in 35 countries and three languages.

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

2-2-14 Chris Ballew, frontman for The Presidents of The United States of America, has just released the band's forthcoming 6th album, is kicking off a tour in support of that in Seattle, and then heading off to tour many more cities in Northern Europe. If you have a kid, you also know Chris as Caspar Babypants, who also has a ton of albums out and a huge following among the toddler set. Chris is a great guy: very generous and real. He told great stories throughout our conversation, including one about almost signing with Madonna's label.

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

2-16-14 100 Books to Read in a Lifetime, a list from the Amazon Editors with Chief Editor at Amazon.com, Sara Nelson. Basically a bucket-list of book to read to create a well-read life, from *Catcher In The Rye* to *A Brief History of Time* to *Beloved* to *Charlotte's Web*.

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

3-9-14 The new film, *Better Living Thru Chemistry*, with Writers/Directors Geoff Moore and David Posamentier. The film stars Sam Rockwell, Olivia Wilde, Michelle Monaghan, Ray Liotta and Jane Fonda. Synopsis: A small town pharmacist's uneventful life is turned inside out when a chance encounter with a lonely trophy wife turns into a walk on the wild side in the murderously funny dark comedy, *Better Living Through Chemistry*. Geoff Moore and David Posamentier discuss their careers and the insider dealings of Hollywood in this interview. The dangers of drug abuse are addressed.

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

3-16-14 Mike Skills of *The Romantics*: These Motor City Boys are still going strong! Nearly 30 years since their initial debut as a band in 1977, The Romantics are still known for having created some of the most influential and beloved rock and roll of all time. Their music credo, then and now, was a simple, joyful affirmation, epitomized by the "Hey!...uh huh!" intro to "What I like About You," the unforgettable, high energy track that still bridges generations, times and musical genres. Now, for one night only, relive the yesteryear with a band that truly rocks the Club Galaxy stage--The Romantics! The Romantics performed in Seattle in March.

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

3-23-14 The Anita Hill Movie: An interview with Director Freida Mock. Against a backdrop of sex, politics, and race, Anita reveals the intimate story of a woman who spoke truth to power. Directed by Academy Award-winning filmmaker Freida Mock, the film is both a celebration of

Anita Hill's legacy and a rare glimpse into her private life with friends and family, many of whom were by her side that fateful day 22 years ago. Anita Hill courageously speaks openly and intimately for the first time about her experiences that led her to testify before the Senate and the obstacles she faced in simply telling the truth. She also candidly discusses what happened to her life and work in the 22 years since. Anita is directed, written, and produced by Academy Award winning Freida Mock (*Maya Lin: A Strong Vision*, *Wrestling With Angels*; Playwright Tony Kushner, *G-Dog*).

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

3-30 Mark Siano joined me for a chat about the musical *Seattle Vice*, playing at ACT Theatre in downtown Seattle. Inspired by the book, *Seattle Vice* by Rick Anderson, this sexy cabaret set in 1965 combines dancing, comedy, and original music created by Mark Siano and Opal Peachey. *Vice* is an immersive experience that takes the audience underground into one of alleged gangster Frank Colacurcio's notorious night clubs, where a corrupt city had an "anything goes" attitude as long as everyone, including the police and mayor's office, got a cut of the action. The musical is accompanied by the live band The Enablers and nightly guest burlesque and cabaret performers.

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

3-30 Seattle comedians Peggy Platt, Elliott Maxx and Travis Simmons are performing for April Fool's month at the Comedy Underground – each weekend a bunch of them take to the stage on Sunday nights.

Most Significant Issue-Responsive Programming  
1st Quarter 2014: January 1 to March 31, 2014

**ISSUE: Business and Economy**

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

1-19-14 *Freedom Through Frugality [spend less, have more]* by Jane Dwinell. Are you worried about money? Feel that you don't have enough, or don't know where it's going? Do you yearn to have the freedom to pursue your dreams, whatever they are? Then it's time to embrace frugality — the art of living the way you want, within your means. Frugality will bring you so much — peace of mind, time with your loved ones, a good night's sleep, and no bill collectors. But, most of all, it will bring you the precious gift of freedom. Author Jane Dwinell lives the frugal life. To keep life interesting, she has done many things over the years, both paid and volunteer.

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

2-16-14 Gavin Newsom, former mayor of San Francisco, current Lt. Governor of California and author of *Citizenville: How to Take the Town Square Digital and Reinvent Government*. Gavin Newsom cut his teeth in government as a two-term mayor of San Francisco, one of the most high-tech, experimental, and progressive cities in the nation. But when he took office in 2003, this paragon city of American entrepreneurship was decades behind many cities of the world in terms of digital governance. His quest to modernize one of America's most modern cities, and the amazing results he achieved, are the backbone of this book. The Lieutenant Governor of California, Newsom is a fierce advocate of technology's ability to revolutionize politics. In researching the book, he travelled the country, interviewing not only ordinary citizens making a difference, but the leading internet entrepreneurs, writers, thinkers, and activists who are right now transforming the way technology is put to work for the greater good. Across the country, he heard stories of ingenuity that combined the latest digital tools with a treasure trove of government data, improving not only day-to-day life in our cities, but the political process as a whole.

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

2-16-14 James O. Pyle, author of *Find Out Anything From Anyone, Anytime: Secrets of Calculated Questioning From a Veteran Interrogator*. What's so hard about asking a good question? You've been asking questions since you could talk. The problem is that the more knowledge you acquired and the more sophisticated your vocabulary became, the worse you probably got at asking questions. Human intelligence training instructor who has served the U.S. Army, James O. Pyle reveals how to reframe your questioning to discover more information while building long-term skills such as rapport-building, active listening, critical thinking, and numerous other competitive advantages. "The paradox of questioning is that simple questions can lead to detailed, on-target answers, but complicated questions get you single-word answers. There is a process of skillfully asking simple questions to extract the information you need," explains Pyle. Pyle's techniques will garner more information from job candidates, sources, witnesses, employees, suspects, coworkers, and friends.

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

2-23-14 The book, *Salt Sugar Fat, How The Food Giants Hooked Us*, by Pulitzer Prize-Winning New York Times Investigative Reporter Michael Moss. Every year, the average American eats 33 pounds of cheese (triple what we ate in 1970) and 70 pounds of sugar. Every day, we ingest 8500 milligrams of salt, double the daily recommended amount — almost none of which comes from the salt shakers on our tables, but instead comes from the processed foods that now dominate our diets. It's no wonder, then, that one in three adults, and one in five children, is clinically obese. It's no wonder that 26 million Americans have diabetes, that the processed food industry accounts for \$1 trillion a year in sales, and that the total economic cost of this health crisis is approaching \$300 billion a year. In the twelve months since this book was published, food giants have come under increasing pressure to

improve the health profile of their products. Case studies of some of the most iconic companies and brands of the last half-century -- including Kraft, Coca-Cola, Kellogg, Nestle, Lunchables, Jello-O Pudding and many more. The labs where food scientists use cutting-edge technology to calculate the “bliss point” of new, sugary soda or to enhance the “mouthfeel” of fat by manipulating its chemical structure and the enormity of the processed-food industry and the U.S. Government’s role in its growth.

Community Matters with Lee Callahan 6am Sundays

20 minutes of a 60 minute program

3-2-14 A chat with Lois P. Frankel, PhD, author of *Nice Girls Don't Get the Corner Office - Unconscious Mistakes Women Make That Sabotage Their Careers*. Although the last 10 years have seen enormous social movement and growing equality between men and women, Dr. Frankel has updated her advice for the next generation of women to enter the workforce. Now completely revised and updated to reflect all that has changed in the workplace over the last decade, *Nice Girls Don't Get The Corner Office* includes advice on the common mistakes women make when it comes to social networking, career reinvention in shifting economies, work-life integration, retirement, and how to make it to the “corner office” as an entrepreneur. The unique set of behaviors—more than 130 in all—that women learn in girlhood that sabotage them as adults The importance of being aware of your behaviors and attitudes towards your career Tips for overcoming “nice girl” mistakes that can become career pitfalls. Dr. Lois P. Frankel, President of Corporate Coaching International is a bestselling author, executive coach, and an internationally recognized expert in the field of leadership development for women.

Most Significant Issue-Responsive Programming  
1st Quarter 2014: January 1 to March 31, 2014

**ISSUE: Community Outreach**

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

1-26-14 A conversation with Kevin Mack, naturalist at PAWS (Progressive Animal Welfare Society) in Lynnwood, WA. A volunteer opportunity is available and many are needed to care for wildlife for the upcoming baby season. Soon to arrive en mass: baby birds, squirrels, raccoons, bears, you name it. These animals have lost their parents due to many reasons, hunting, cars, disease, and will need a commitment from volunteers to raise them at PAWS temporarily before they are released back into the wild. Training is provided.

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

3-16-14 I had the great pleasure of speaking with Amy Mack, the CEO of the local branch of Big Brothers/Big Sisters, (Puget Sound) about the huge need for adult volunteers, how much the kids thrive when they have a 'Big,' and how much fun both bigs and littles have together. Of course, I was concerned about making a big commitment like this, and found out there is a great program for folks like me who really want to hang with kids, but have limited time.

Most Significant Issue-Responsive Programming  
1st Quarter 2014: January 1 to March 31, 2014

**ISSUE: Education**

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

2-9-14 The book *My Princess Boy*, by author and mother Cheryl Kilodavis. This children's book addresses the subject of gender and explores its fluidity. Dyson loves pink, sparkly things. Sometimes he wears dresses. Sometimes he wears jeans. He likes to wear his princess tiara, even when climbing trees. He's a Princess Boy. Inspired by the author's son, and by her own initial struggles to understand, this is a heart-warming book about unconditional love and one remarkable family. It is also a call for tolerance and an end to bullying and judgments. The world is a brighter place when we accept everyone for who they are. This is a book about unconditional love, social acceptance, and a strong family. It is also a call for diversity, tolerance, and an end to bullying and judgments. It will be well placed in elementary school counseling offices as well as in school and public libraries.

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

2-16-14 100 Books to Read in a Lifetime, a list from the Amazon Editors with Chief Editor at Amazon.com, Sara Nelson. Basically a bucket-list of book to read to create a well-read life, from *Catcher In The Rye* to *A Brief History of Time* to *Beloved* to *Charlotte's Web*.

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

2-23-14 *Preventing Hazing: How Parents, Teachers and Coaches Can Stop the Violence, Harassment and Humiliation* by Dr. Susan Lipkins. Lipkins is one of the country's foremost hazing and bullying experts. A psychologist for over twenty five years, she specializes in conflict and violence in young adults, on teams and on campus. In her book, Lipkins provides a practical primer on the hazing epidemic that is sweeping our nation. She earned her B.A. from Fordham University, a M.S. in Early Childhood Education and Special Education from the Bank Street College of Education, a Ph.D. in School Psychology from Yeshiva University, and post-doctoral certification from Adelphi University's Derner Institute. She is also a member of the American Psychological Association.

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

3-2-14 *Sex, Drugs 'n Facebook: Tools For Parents Whose Kids Venture Into The Internet Jungle* with author Dr Megan Moreno, a preeminent researcher in the field of adolescent health and technology. She is an Associate Professor in the Divisions of Pediatrics and Adolescent Medicine at the University of Washington, and a researcher at Seattle Children's Research Institute. Parents have to deal with the dangers of a "virtual" world; a world of cyberbullying, cyberstalking, sexting, Internet addiction, exposure to porn and other inappropriate online content. In fact, wisely managing children's exposure to the Internet is the parenting and educational issue of our decade. *Sex, Drugs 'n Facebook* by Dr. Megan Moreno not only helps parents understand the problem, it provides solutions. It is an informative and resourceful guide to raising cybersensible kids by teaching them balance, and setting firm boundaries when it comes to Internet and social media use. Surveys show that about 50% of our nation's youth have experienced some form of cyber bullying, and 10 to 20% experience it regularly. *Sex, Drugs 'n Facebook* draws much-needed attention to cyber bullying and provides kids and adults with the tools necessary to fight the problem and adequately protect themselves online.

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

3-9-14 John Thavis, author of *The Vatican Diaries*. For close to 30 years, prize-winning journalist John Thavis worked for the Catholic News Service Rome bureau covering the Vatican and religious affairs. Now, he pulls back the curtain on one of the world's most powerful and enigmatic institutions in his national bestseller, *The Vatican Diaries*. Thavis, who



served as a special correspondent for ABC during the conclave, takes us through election of Pope Francis. He reveals little-known characters who are a crucial part of the daily Vatican drama, and examines the motives and maneuvers of those at the top of the hierarchy. He also describes journalists' frustrating and failed attempts to pin a personality on the enigmatic German Pope Benedict XVI. Topics also include: The publication of the Vatican bank's first annual report, after fresh accusations of financial impropriety regarding APSA, the Vatican's investment agency, and the steps towards greater transparency within the church

Most Significant Issue-Responsive Programming  
1st Quarter 2014: January 1 to March 31, 2014

**ISSUE: Environment**

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

1-19-14 The book, *Tropic of Chaos: Climate Change and the New Geography of Violence* is discussed with author Christian Parenti. From Africa to Asia and Latin America, the era of climate wars has begun. Extreme weather is breeding banditry, humanitarian crisis, and state failure. In *Tropic of Chaos*, investigative journalist Christian Parenti travels along the front lines of this gathering catastrophe--the belt of economically and politically battered postcolonial nations and war zones girding the planet's midlatitudes. Here he finds failed states amid climatic disasters. But he also reveals the unsettling presence of Western military forces and explains how they see an opportunity in the crisis to prepare for open-ended global counterinsurgency. Parenti argues that this incipient "climate fascism"--a political hardening of wealthy states-- is bound to fail. The struggling states of the developing world cannot be allowed to collapse, as they will take other nations down as well. Instead, we must work to meet the challenge of climate-driven violence with a very different set of sustainable economic and development paths.

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

1-26-14 A conversation with Kevin Mack, naturalist at PAWS (Progressive Animal Welfare Society) in Lynnwood, WA. A volunteer opportunity is available and many are needed to care for wildlife for the upcoming baby season. Soon to arrive en mass: baby birds, squirrels, raccoons, bears, you name it. These animals have lost their parents due to many reasons, hunting, cars, disease, and will need a commitment from volunteers to raise them at PAWS temporarily before they are released back into the wild. Training is provided.

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

1-26-14 *No Way Home: The Decline of the World's Great Animal Migrations* by David Wilcove. Animal migration is a magnificent sight: a mile-long blanket of cranes rising from a Nebraska river and filling the sky; hundreds of thousands of wildebeests marching across the Serengeti; a blaze of orange as millions of monarch butterflies spread their wings to take flight. Nature's great migrations have captivated countless spectators, none more so than premier ecologist David S. Wilcove. In *No Way Home*, his awe is palpable—as are the growing threats to migratory animals. We may be witnessing a dying phenomenon among many species. Migration has always been arduous, but today's travelers face unprecedented dangers. Skyscrapers and cell towers lure birds and bats to untimely deaths, fences and farms block herds of antelope, salmon are caught en route between ocean and river, breeding and wintering grounds are paved over or plowed, and global warming disrupts the synchronized schedules of predators and prey. The result is a dramatic decline in the number of migrants.

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

2-2-14 Vicki Robin, author of *Blessing The Hands That Feed Us*. Vicki shares her great adventures in eating, including: Some surprising side-benefits of local eating – a stronger social safety net, safer food on the table and a sense of belonging. How to turn locally-grown fruits, vegetables, meats, cheeses and herbs into delicious meals. How "local food" isn't a just niche market for hippies and yuppies; time- and money-strapped people can include more local food in their diet. How we can reconnect with ourselves, our vitality and our place on earth by the simple act of eating closer to home, that eating can become an "act of belonging." That 10 corporations own most of our food brands, including "natural" and "organic", that 5 corporations own most of our seeds and four corporations produce 60% of our chickens. How we have become over-reliant on supermarkets, whose shelves carry only 3 days' worth of food – and that there is another way. How "we the eaters" can reclaim our right to produce and eat at least 50% of our food locally, legally and economically.

Community Matters with Lee Callahan 6am Sundays

20 minutes of a 60 minute program

2-9-14 The book: *The State Of The World 2013: Is Sustainability Still Possible?* by Erik Assadourian, book editor with The Worldwatch Institute. Every day, we are presented with a range of sustainable products and activities from green cleaning supplies to carbon offsets?. But with so much labeled as sustainable, the term has become essentially sustainababble, at best indicating a practice or product slightly less damaging than the conventional alternative. Is it time to abandon the concept altogether, or can we find an accurate way to measure sustainability? If so, how can we achieve it? And if not, how can we best prepare for the coming ecological decline?|In the latest edition of Worldwatch Institute's State of the World series, scientists, policy experts, and thought leaders tackle these questions, attempting to restore meaning to sustainability as more than just a marketing tool.

Community Matters with Lee Callahan 6am Sundays

20 minutes of a 60 minute program

3-9-14 Dan Riskin, Ph.D., biologist and TV host of on his book, *Mother Nature Is Trying To Kill You: A Lively Tour Through the Dark Side of the Natural World*. It is also a dangerous and disgusting, yet endlessly fascinating, one. At every turn, living things are trying to eat us, poison us, make our bodies their homes, or use us as unwitting couriers of their DNA—and that's nothing compared to what they are doing to other animals! Nature is full of morally questionable behaviors that humans think of as "sinful"—yet these transgressions are precisely what allow plants and animals to survive and thrive. Using the Seven Deadly Sins as a raucous roadmap, Riskin brings his expertise and enthusiasm to dozens of jaw-dropping tales about Mother Nature's not-so-gentle true colors.

Community Matters with Lee Callahan 6am Sundays

20 minutes of a 60 minute program

3-23-14 *The Italian Vegetable Cookbook: 200 Favorite Recipes for Antipasti, Soups, Pasta, Main Dishes, and Desserts*. Michele Scicolone is the most sought after expert on Italian food today. She is the bestselling author of several books including *The Soprano Family* and this book contains a stunning collection of vegetable-focused Italian recipes. The joyful culmination of a lifetime spent cooking and eating Italian food, this book offers 200 vegetarian and nearly vegetarian recipes from rustic to refined. This warm, personal collection spans recipes that Michele learned to cook at her grandmother's side, regional specialties that she discovered on her extensive travels through Italy and restaurant-worthy fare inspired by chef friends.

Community Matters with Lee Callahan 6am Sundays

20 minutes of a 60 minute program

3-30 Michelle Nijhuis, writer for National Geographic magazine on her article, *Can Coal Ever Be Clean?* American cities, over the years, have endured traumas of their own. Michelle Nijhuis is a writer on science and the environment, a two-time winner of the AAAS/Kavli Science Journalism Award, a contributing writer for Smithsonian, National Geographic, and many other publications. Michelle Nijhuis writes that "During the next two decades several hundred million people worldwide will get electricity for the first time, and if current trends continue, most will use power produced by coal." She adds, "Coal, to use the economists' euphemism, is fraught with "externalities"—the heavy costs it imposes on society. It's the dirtiest, most lethal energy source we have. But by most measures it's also the cheapest, and we depend on it. So the big question today isn't whether coal can ever be "clean." It can't. It's whether coal can ever be clean enough—to prevent not only local disasters but also a radical change in global climate."

Most Significant Issue-Responsive Programming  
1st Quarter 2014: January 1 to March 31, 2014

**ISSUE: Family**

Community Matters with Lee Callahan 6am Sundays

20 minutes of a 60 minute program

1-12-14 Scott Simon, author of *Baby, We Were Meant for Each Other: In Praise of Adoption*. In this warm, funny, and wise new book, NPR's award-winning and beloved Scott Simon tells the story of how he and his wife found true love with two tiny strangers from the other side of the world. It's a book of unforgettable moments: when Scott and Caroline get their first thumb-size pictures of their daughters, when the small girls are placed in their arms, and all the laughs and tumbles along the road as they become a real family. Woven into the tale of Scott, Caroline, and the two little girls who changed their lives are the stories of other adoptive families. Some are famous and some are not, but each family's saga captures facets of the miracle of adoption. *Baby, We Were Meant for Each Other* is a love story that doesn't gloss over the rough spots. There are anxieties and tears along with hugs and smiles and the unparalleled joy of this blessed and special way of making a family. Here is a book that families who have adopted—or are considering adoption—will want to read for inspiration. But everyone can enjoy this story because, as Scott Simon writes, adoption can also help us understand what really makes families, and how and why we fall in love.

Community Matters with Lee Callahan 6am Sundays

20 minutes of a 60 minute program

2-9-14 The book *My Princess Boy*, by author and mother Cheryl Kilodavis. This children's book addresses the subject of gender and explores its fluidity. Dyson loves pink, sparkly things. Sometimes he wears dresses. Sometimes he wears jeans. He likes to wear his princess tiara, even when climbing trees. He's a Princess Boy. Inspired by the author's son, and by her own initial struggles to understand, this is a heart-warming book about unconditional love and one remarkable family. It is also a call for tolerance and an end to bullying and judgments. The world is a brighter place when we accept everyone for who they are. This is a book about unconditional love, social acceptance, and a strong family. It is also a call for diversity, tolerance, and an end to bullying and judgments. It will be well placed in elementary school counseling offices as well as in school and public libraries.

Community Matters with Lee Callahan 6am Sundays

20 minutes of a 60 minute program

3-2-14 *Sex, Drugs 'n Facebook: Tools For Parents Whose Kids Venture Into The Internet Jungle* with author Dr Megan Moreno, a preeminent researcher in the field of adolescent health and technology. She is an Associate Professor in the Divisions of Pediatrics and Adolescent Medicine at the University of Washington, and a researcher at Seattle Children's Research Institute. Parents have to deal with the dangers of a "virtual" world; a world of cyberbullying, cyberstalking, sexting, Internet addiction, exposure to porn and other inappropriate online content. In fact, wisely managing children's exposure to the Internet is the parenting and educational issue of our decade. *Sex, Drugs 'n Facebook* by Dr. Megan Moreno not only helps parents understand the problem, it provides solutions. It is an informative and resourceful guide to raising cybersensible kids by teaching them balance, and setting firm boundaries when it comes to Internet and social media use. Surveys show that about 50% of our nation's youth have experienced some form of cyber bullying, and 10 to 20% experience it regularly. *Sex, Drugs 'n Facebook* draws much-needed attention to cyber bullying and provides kids and adults with the tools necessary to fight the problem and adequately protect themselves online.

Community Matters with Lee Callahan 6am Sundays

20 minutes of a 60 minute program

3-16-14 I had the great pleasure of speaking with Amy Mack, the CEO of the local branch of Big Brothers/Big Sisters, (Puget Sound) about the huge need for adult volunteers, how much the kids thrive when they have a 'Big,' and how much fun both bigs and littles have together. Of course, I was concerned about making a big commitment like this, and found out there is a great

program for folks like me who really want to hang with kids, but have limited time.

Most Significant Issue-Responsive Programming  
1st Quarter 2014: January 1 to March 31, 2014

**ISSUE: Government and Politics**

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

1-19-14 *A Big Fat Crisis*, Dr. Deborah A. Cohen. Obesity is the public health crisis of the twenty-first century. Over 150 million Americans are overweight or obese, and across the globe an estimated 1.5 billion are affected. In *A Big Fat Crisis*, Dr. Deborah A. Cohen has created a major new work that will transform the conversation surrounding the modern weight crisis. Based on her own extensive research, as well as the latest insights from behavioral economics and cognitive science, Cohen reveals what drives the obesity epidemic and how we, as a nation, can overcome it. Cohen argues that the massive increase in obesity is the product of two forces. One is the immutable aspect of human nature, namely the fundamental limits of self-control and the unconscious ways we are hard-wired to eat. And second is the completely transformed modern food environment, including lower prices, larger portion sizes, and the outsized influence of food advertising. We live in a food swamp, where food is cheap, ubiquitous, and insidiously marketed. This, rather than the much-discussed “food deserts,” is the source of the epidemic.

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

1-19-14 The book, *Tropic of Chaos: Climate Change and the New Geography of Violence* is discussed with author Christian Parenti. From Africa to Asia and Latin America, the era of climate wars has begun. Extreme weather is breeding banditry, humanitarian crisis, and state failure. In *Tropic of Chaos*, investigative journalist Christian Parenti travels along the front lines of this gathering catastrophe--the belt of economically and politically battered postcolonial nations and war zones girding the planet's midlatitudes. Here he finds failed states amid climatic disasters. But he also reveals the unsettling presence of Western military forces and explains how they see an opportunity in the crisis to prepare for open-ended global counterinsurgency. Parenti argues that this incipient “climate fascism”--a political hardening of wealthy states-- is bound to fail. The struggling states of the developing world cannot be allowed to collapse, as they will take other nations down as well. Instead, we must work to meet the challenge of climate-driven violence with a very different set of sustainable economic and development paths.

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

2-2-14 Vicki Robin, author of *Blessing The Hands That Feed Us*. Vicki shares her great adventures in eating, including: Some surprising side-benefits of local eating – a stronger social safety net, safer food on the table and a sense of belonging. How to turn locally-grown fruits, vegetables, meats, cheeses and herbs into delicious meals. How “local food” isn’t a just niche market for hippies and yuppies; time- and money-strapped people can include more local food in their diet. How we can reconnect with ourselves, our vitality and our place on earth by the simple act of eating closer to home, that eating can become an “act of belonging.” That 10 corporations own most of our food brands, including “natural” and “organic”, that 5 corporations own most of our seeds and four corporations produce 60% of our chickens. How we have become over-reliant on supermarkets, whose shelves carry only 3 days’ worth of food – and that there is another way. How “we the eaters” can reclaim our right to produce and eat at least 50% of our food locally, legally and economically.

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

2-16-14 Gavin Newsom, former mayor of San Francisco, current Lt. Governor of California and author of *Citizenville: How to Take the Town Square Digital and Reinvent Government*. Gavin Newsom cut his teeth in government as a two-term mayor of San Francisco, one of the most high-tech, experimental, and progressive cities in the nation. But when he took office in 2003, this paragon city of American entrepreneurship was decades behind many cities of the world in terms of digital governance. His quest to modernize one of America’s most modern cities, and the amazing results he achieved, are the backbone of this book. The Lieutenant Governor of California, Newsom is a fierce advocate of technology’s ability to revolutionize politics. In researching the book, he travelled the country, interviewing not only ordinary citizens making a difference, but the leading internet

entrepreneurs, writers, thinkers, and activists who are right now transforming the way technology is put to work for the greater good. Across the country, he heard stories of ingenuity that combined the latest digital tools with a treasure trove of government data, improving not only day-to-day life in our cities, but the political process as a whole.

Community Matters with Lee Callahan 6am Sundays

20 minutes of a 60 minute program

2-16-14 James O. Pyle, author of *Find Out Anything From Anyone, Anytime: Secrets of Calculated Questioning From a Veteran Interrogator*. What's so hard about asking a good question? You've been asking questions since you could talk. The problem is that the more knowledge you acquired and the more sophisticated your vocabulary became, the worse you probably got at asking questions. Human intelligence training instructor who has served the U.S. Army, James O. Pyle reveals how to reframe your questioning to discover more information while building long-term skills such as rapport-building, active listening, critical thinking, and numerous other competitive advantages. "The paradox of questioning is that simple questions can lead to detailed, on-target answers, but complicated questions get you single-word answers. There is a process of skillfully asking simple questions to extract the information you need," explains Pyle. Pyle's techniques will garner more information from job candidates, sources, witnesses, employees, suspects, coworkers, and friends.

Community Matters with Lee Callahan 6am Sundays

20 minutes of a 60 minute program

2-23-14 The book, *Salt Sugar Fat, How The Food Giants Hooked Us*, by Pulitzer Prize-Winning New York Times Investigative Reporter Michael Moss. Every year, the average American eats 33 pounds of cheese (triple what we ate in 1970) and 70 pounds of sugar. Every day, we ingest 8500 milligrams of salt, double the daily recommended amount – almost none of which comes from the salt shakers on our tables, but instead comes from the processed foods that now dominate our diets. It's no wonder, then, that one in three adults, and one in five children, is clinically obese. It's no wonder that 26 million Americans have diabetes, that the processed food industry accounts for \$1 trillion a year in sales, and that the total economic cost of this health crisis is approaching \$300 billion a year. In the twelve months since this book was published, food giants have come under increasing pressure to improve the health profile of their products. Case studies of some of the most iconic companies and brands of the last half-century -- including Kraft, Coca-Cola, Kellogg, Nestle, Lunchables, Jello-O Pudding and many more. The labs where food scientists use cutting-edge technology to calculate the "bliss point" of new, sugary soda or to enhance the "mouthfeel" of fat by manipulating its chemical structure and the enormity of the processed-food industry and the U.S. Government's role in its growth.

Community Matters with Lee Callahan 6am Sundays

20 minutes of a 60 minute program

3-23-14 The Anita Hill Movie: An interview with Director Freida Mock. Against a backdrop of sex, politics, and race, Anita reveals the intimate story of a woman who spoke truth to power. Directed by Academy Award-winning filmmaker Freida Mock, the film is both a celebration of Anita Hill's legacy and a rare glimpse into her private life with friends and family, many of whom were by her side that fateful day 22 years ago. Anita Hill courageously speaks openly and intimately for the first time about her experiences that led her to testify before the Senate and the obstacles she faced in simply telling the truth. She also candidly discusses what happened to her life and work in the 22 years since. Anita is directed, written, and produced by Academy Award winning Freida Mock (Maya Lin: A Strong Vision, Wrestling With Angels: Playwright Tony Kushner, G-Dog).

Community Matters with Lee Callahan 6am Sundays

20 minutes of a 60 minute program

3-30 *The Girls of Atomic City: The Untold Story of the Women Who Helped Win World War II*, with author Denise Kiernan. This is the incredible story of the women of Oak Ridge, Tennessee, who unwittingly played a crucial role in one of the most significant moments in U.S. history, the atomic bomb. The Tennessee town of Oak Ridge was created from scratch in 1942. One of the Manhattan Project's secret cities, it didn't appear on any maps until 1949, and yet at the height of World War II it was using more electricity than New York City and was home to more than 75,000 people, many of them young women recruited from small towns across the South. Their jobs were shrouded in mystery, but against this vibrant wartime backdrop, a darker story was unfolding. The penalty for talking about their work--even the most innocuous details--was job loss and eviction. One woman was recruited to spy on her coworkers. They all knew *something* big was happening at Oak Ridge, but few could piece

together the true nature of their work until the bomb "Little Boy" was dropped over Hiroshima, Japan, and the secret was out. The shocking revelation: the residents of Oak Ridge were enriching uranium for the atomic bomb.

Community Matters with Lee Callahan 6am Sundays

20 minutes of a 60 minute program

3-30 Michelle Nijhuis, writer for National Geographic magazine on her article, *Can Coal Ever Be Clean?* American cities, over the years, have endured traumas of their own. Michelle Nijhuis is a writer on science and the environment, a two-time winner of the AAAS/Kavli Science Journalism Award, a contributing writer for Smithsonian, National Geographic, and many other publications. Michelle Nijhuis writes that "During the next two decades several hundred million people worldwide will get electricity for the first time, and if current trends continue, most will use power produced by coal." She adds, "Coal, to use the economists' euphemism, is fraught with "externalities"—the heavy costs it imposes on society. It's the dirtiest, most lethal energy source we have. But by most measures it's also the cheapest, and we depend on it. So the big question today isn't whether coal can ever be "clean." It can't. It's whether coal can ever be clean enough—to prevent not only local disasters but also a radical change in global climate."



Most Significant Issue-Responsive Programming  
1st Quarter 2014: January 1 to March 31, 2014

**ISSUE: Health and Nutrition**

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

1-5-14 Author Paul Hujlich. *Stress Pandemic* draws upon organic food pioneer Paul Hujlich's experience with stress-related illness, outlining a practical and effective approach to beating stress and achieving complete wellness. Hujlich's strategies address the underlying habits and tendencies that cause stress, and he offers a comprehensive lifestyle solution designed to promote both physiological and psychological strength and balance. By learning and following Hujlich's uniquely powerful and integrated approach to wellness, readers can live stress-free in a natural and holistic way.

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

1-12-14 Photographer and author Mary McCartney, on her book, *Food*. The daughter of Sir Paul McCartney and the late Linda McCartney quietly welcomes readers into the world of vegetarian cooking without limiting herself within strict parameters. Her more than 60 recipes combine traditional food items with contemporary ingredients, all accomplished with a lack of pretension. "Easy-Peasy" soup, for one, relies on frozen peas and already prepared crème fraîche. "Asparagus Summer Target" combines those green stalks and onions with spices and store-bought, ready-to-use piecrust dough. "My Brownies" calls for chocolate, eggs, flour, flavorings—and no other additives. What make McCartney's simple items so pleasurable are the chatty family-memory prefaces for each dish and the simply breathtaking color collages of food and people and places.

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

1-12-14 Rich Johnson, author of *The Outdoor Life Disaster Survival Guide* is just what it sounds like. When disaster strikes, will you be ready? For most people, the answer is "no"... no matter how well prepared they think they are. This book breaks down how to stay safe and protect your family and property in a wide range of natural and man-made disasters. Hands-on hints, easy-to-use checklists, and engaging first-person stories demystify the crucial do's and don'ts, and help to ensure that you ride out whatever Mother Nature throws at you. Check Lists. The Author - Rich Johnson was a paratrooper and demolition sergeant for the US Army Special Forces. In civilian life, he served as a Coast Guard Auxiliary instructor, and was an EMT and a fire fighter for a volunteer fire and ambulance department. In his off hours, he has excelled as an advanced SCUBA diver, a sailor, and a backcountry skier. He specializes in urban survival, emergency preparedness, and primitive living techniques, and spent a year surviving in the desert wilderness with his wife and small children, part of which involved living in a cave and eating bugs (or anything else that moved).

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

1-19-14 *A Big Fat Crisis*, Dr. Deborah A. Cohen. Obesity is the public health crisis of the twenty-first century. Over 150 million Americans are overweight or obese, and across the globe an estimated 1.5 billion are affected. In *A Big Fat Crisis*, Dr. Deborah A. Cohen has created a major new work that will transform the conversation surrounding the modern weight crisis. Based on her own extensive research, as well as the latest insights from behavioral economics and cognitive science, Cohen reveals what drives the obesity epidemic and how we, as a nation, can overcome it. Cohen argues that the massive increase in obesity is the product of two forces. One is the immutable aspect of human nature, namely the fundamental limits of self-control and the unconscious ways we are hard-wired to eat. And second is the completely transformed modern food environment, including lower prices, larger portion sizes, and the outsized influence of food advertising. We live in a food swamp, where food is cheap, ubiquitous, and insidiously marketed. This, rather than the much-discussed "food deserts," is the source of the epidemic.

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

2-2-14 Vicki Robin, author of *Blessing The Hands That Feed Us*. Vicki shares her great adventures in eating, including: Some surprising side-benefits of local eating – a stronger social safety net, safer

food on the table and a sense of belonging. How to turn locally-grown fruits, vegetables, meats, cheeses and herbs into delicious meals. How “local food” isn’t a just niche market for hippies and yuppies; time- and money-strapped people can include more local food in their diet. How we can reconnect with ourselves, our vitality and our place on earth by the simple act of eating closer to home, that eating can become an “act of belonging.” That 10 corporations own most of our food brands, including “natural” and “organic”, that 5 corporations own most of our seeds and four corporations produce 60% of our chickens. How we have become over-reliant on supermarkets, whose shelves carry only 3 days’ worth of food – and that there is another way. How “we the eaters” can reclaim our right to produce and eat at least 50% of our food locally, legally and economically.

Community Matters with Lee Callahan 6am Sundays

20 minutes of a 60 minute program

2-23-14 The book, *Salt Sugar Fat, How The Food Giants Hooked Us*, by Pulitzer Prize-Winning New York Times Investigative Reporter Michael Moss. Every year, the average American eats 33 pounds of cheese (triple what we ate in 1970) and 70 pounds of sugar. Every day, we ingest 8500 milligrams of salt, double the daily recommended amount – almost none of which comes from the salt shakers on our tables, but instead comes from the processed foods that now dominate our diets. It’s no wonder, then, that one in three adults, and one in five children, is clinically obese. It’s no wonder that 26 million Americans have diabetes, that the processed food industry accounts for \$1 trillion a year in sales, and that the total economic cost of this health crisis is approaching \$300 billion a year. In the twelve months since this book was published, food giants have come under increasing pressure to improve the health profile of their products. Case studies of some of the most iconic companies and brands of the last half-century -- including Kraft, Coca-Cola, Kellogg, Nestle, Lunchables, Jello-O Pudding and many more. The labs where food scientists use cutting-edge technology to calculate the “bliss point” of new, sugary soda or to enhance the “mouthfeel” of fat by manipulating its chemical structure and the enormity of the processed-food industry and the U.S. Government’s role in its growth.

Community Matters with Lee Callahan 6am Sundays

20 minutes of a 60 minute program

1-26-14 *Running on Empty: An Ultramarathoner's Story of Love, Loss, and a Record-Setting Run Across America* by Marshall Ulrich. At the age of 57, Marshall ran 3,063.2 miles across the United States, from San Francisco to New York City, in 52.5 days. The ultimate endurance athlete, Marshall Ulrich has run more than one hundred foot races averaging over one hundred miles each, completed twelve expedition-length adventure races, and ascended the seven summits— including Mount Everest. Yet his run from California to New York—the equivalent of running two marathons and a 10k every day for nearly two months straight—proved to be his most challenging effort yet. In *Running on Empty* he shares the gritty backstory of his run and the excruciating punishments he endured on the road. Ulrich also reaches back nearly thirty years to when the death of his first wife drove him to run from his pain. Ulrich’s memoir imbues an incredible read with a universal message for athletes and nonathletes alike: face the toughest challenges and overcome debilitating setbacks.

Community Matters with Lee Callahan 6am Sundays

20 minutes of a 60 minute program

3-2-14 *Sex, Drugs 'n Facebook: Tools For Parents Whose Kids Venture Into The Internet Jungle* with author Dr Megan Moreno, a preeminent researcher in the field of adolescent health and technology. She is an Associate Professor in the Divisions of Pediatrics and Adolescent Medicine at the University of Washington, and a researcher at Seattle Children’s Research Institute. Parents have to deal with the dangers of a “virtual” world; a world of cyberbullying, cyberstalking, sexting, Internet addiction, exposure to porn and other inappropriate online content. In fact, wisely managing children’s exposure to the Internet is the parenting and educational issue of our decade. *Sex, Drugs 'n Facebook* by Dr. Megan Moreno not only helps parents understand the problem, it provides solutions. It is an informative and resourceful guide to raising cybersensible kids by teaching them balance, and setting firm boundaries when it comes to Internet and social media use. Surveys show that about 50% of our nation’s youth have experienced some form of cyber bullying, and 10 to 20% experience it regularly. *Sex, Drugs 'n Facebook* draws much-needed attention to cyber bullying and provides kids and adults with the tools necessary to fight the problem and adequately protect themselves online.

Community Matters with Lee Callahan 6am Sundays

20 minutes of a 60 minute program

3-9-14 The new film, *Better Living Thru Chemistry*, with Writers/Directors Geoff Moore and David

Posamentier. The film stars Sam Rockwell, Olivia Wilde, Michelle Monaghan, Ray Liotta and Jane Fonda. Synopsis: A small town pharmacist's uneventful life is turned inside out when a chance encounter with a lonely trophy wife turns into a walk on the wild side in the murderously funny dark comedy, *Better Living Through Chemistry*. Geoff Moore and David Posamentier discuss their careers and the insider dealings of Hollywood in this interview. The dangers of drug abuse are addressed.

Community Matters with Lee Callahan 6am Sundays

20 minutes of a 60 minute program

3-9-14 Dan Riskin, Ph.D., biologist and TV host of on his book, *Mother Nature Is Trying To Kill You: A Lively Tour Through the Dark Side of the Natural World*. It is also a dangerous and disgusting, yet endlessly fascinating, one. At every turn, living things are trying to eat us, poison us, make our bodies their homes, or use us as unwitting couriers of their DNA—and that's nothing compared to what they are doing to other animals! Nature is full of morally questionable behaviors that humans think of as "sinful"—yet these transgressions are precisely what allow plants and animals to survive and thrive. Using the Seven Deadly Sins as a raucous roadmap, Riskin brings his expertise and enthusiasm to dozens of jaw-dropping tales about Mother Nature's not-so-gentle true colors.

Community Matters with Lee Callahan 6am Sundays

20 minutes of a 60 minute program

3-16-14 Bob Arnot on *The Aztec Diet and Chia Power: The Superfood that Gets You Skinny and Keeps You Healthy* - Aztec foods fueled one of the most powerful empires in history. They include beans, corn, turkey, fish, vegetables, fruits and super grains such as amaranth, quinoa and chia. These remarkable little seeds are packed with eight times the omega-3's of salmon, six times more calcium than milk, three times more iron than spinach, 15 times more magnesium than broccoli, four times more selenium than flax, and five grams of fiber in just 70 calories, making them nutritional dynamite. Dr. Bob Arnot, physician and avid chia advocate, is the host of the Dr. Danger reality TV series as well as the author of 14 previous books on nutrition and health topics.

Community Matters with Lee Callahan 6am Sundays

20 minutes of a 60 minute program

3-16-14 Quadriplegic, Veteran and Triathlete, Mike Savicki on the topic of Living with the Challenges of Disabilities. National Mobility Awareness Month is dedicated to showing the world how people with disabilities can live active, mobile lifestyles. May is National Mobility Awareness Month and the Local Heroes Campaign is now in full swing to support NMAM. Mike Savicki discussed how to nominate and vote for someone in your life who triumphs over adversity, giving them the chance to be named a local hero - and win a wheelchair accessible van. Mike also shared their personal stories and how finding the right resources have allowed them to live active, mobile lifestyles, including automotive mobility solutions that most people don't know exist. Mike is a 46-year old, C6, 7 quadriplegic, who is a Navy veteran, multi-sport athlete, passionate advocate and small business entrepreneur. He is a 5-time Quad Division champion (and 18 time finisher) of the BAA Boston Marathon and, in 22 years of competition, has earned 79 gold medals in the National Wheelchair Veterans Games where is also the 2013 Spirit of the Games award winner.

Community Matters with Lee Callahan 6am Sundays

20 minutes of a 60 minute program

3-23-14 Annabelle Gurwitch, author of *I See You Made An Effort*. While some people like to say that "50 is the new 40," actress/comedienne/writer Gurwitch believes "50 is still F-ing 50." In her wickedly funny new collection of essays, Gurwitch explores the hazards of reaching the half century mark. Why 50 is the new Everybody: My age group is poised to become the largest demographic in the U.S. for the first time in history. Influential Americans including Michelle Obama, Stephen Colbert, Senator Rand Paul, and Sandra Bullock are turning 50 in 2014 but neither we, nor the culture, are prepared. We grew up watching commercials that told us, "You're not getting older, you're getting better," but it's no wonder that middle aged suicide rates are up by 30%: less than 1/2 of us have saved for retirement and there are at least 24 million of us caring for both kids at home and have parents in declining health. We're overworked, underemployed, stressed out, and if nothing else, deserve some humor therapy if not advocacy and Advil.

Community Matters with Lee Callahan 6am Sundays

20 minutes of a 60 minute program

3-23-14 *The Italian Vegetable Cookbook: 200 Favorite Recipes for Antipasti, Soups, Pasta, Main*

*Dishes, and Desserts.* Michele Scicolone is the most sought after expert on Italian food today. She is the bestselling author of several books including *The Soprano Family* and this book contains a stunning collection of vegetable-focused Italian recipes. The joyful culmination of a lifetime spent cooking and eating Italian food, this book offers 200 vegetarian and nearly vegetarian recipes from rustic to refined. This warm, personal collection spans recipes that Michele learned to cook at her grandmother's side, regional specialties that she discovered on her extensive travels through Italy and restaurant-worthy fare inspired by chef friends.

Most Significant Issue-Responsive Programming  
1st Quarter 2014: January 1 to March 31, 2014

**ISSUE: Minority Experiences/ Homelessness/ Multi-Cultural Awareness**

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

1-5-14 Actress Lily Tomlin tells her life story (so far) to Lee Callahan, from her beginnings on Broadway to Laugh-in to her bold act of coming out as a gay woman. Ms. Tomlin is performing in Seattle at McCaw Hall.

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

1-5-14 American author Kathryn Stockett discusses her book, *The Help*: a 2009 novel about African-American maids working in white households in Jackson, Mississippi, during the early 1960s, amidst racial discrimination and anti-black violence. The novel is Stockett's first. It took her five years to complete and was rejected by 60 literary agents before being published. It's since been published in 35 countries and three languages.

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

1-26-14 *Searching for Whitopia: An Improbable Journey to the Heart of White America* by Rich Benjamin. Between 2007 and 2009, Rich Benjamin, a journalist-adventurer, packed his bags and embarked on a 26,909-mile journey throughout the heart of white America, to some of the fastest-growing and whitest locales in our nation. By 2042, whites will no longer be the American majority. As immigrant populations--largely people of color--increase in cities and suburbs, more and more whites are moving to small towns and exurban areas that are predominately, even extremely, white. Rich Benjamin calls these enclaves "Whitopias." His journey to unlock the mysteries of Whitopias took him from a three-day white separatist retreat with links to Aryan Nations in North Idaho to the inner sanctum of George W. Bush's White House--and many points in between. And to learn what makes Whitopias tick, and why and how they are growing, he lived in three of them (in Georgia, Idaho, and Utah) for several months apiece. A compelling raconteur, bon vivant, and scholar, Benjamin reveals what Whitopias are like and explores the urgent social and political implications of this startling phenomenon. The glow of Barack Obama's historic election cannot obscure the racial and economic segregation still vexing America. Obama's presidency has actually raised the stakes in a battle royale between two versions of America: one that is broadly comfortable with diversity yet residentially segregated (ObamaNation) and one that does not mind a little ethnic food or a few mariachi dancers--as long as these trends do not overwhelm a white dominant culture (Whitopia).

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

2-9-14 The book *My Princess Boy*, by author and mother Cheryl Kilodavis. This children's book addresses the subject of gender and explores its fluidity. Dyson loves pink, sparkly things. Sometimes he wears dresses. Sometimes he wears jeans. He likes to wear his princess tiara, even when climbing trees. He's a Princess Boy. Inspired by the author's son, and by her own initial struggles to understand, this is a heart-warming book about unconditional love and one remarkable family. It is also a call for tolerance and an end to bullying and judgments. The world is a brighter place when we accept everyone for who they are. This is a book about unconditional love, social acceptance, and a strong family. It is also a call for diversity, tolerance, and an end to bullying and judgments. It will be well placed in elementary school counseling offices as well as in school and public libraries.

Community Matters with Lee Callahan 6am Sundays  
20 minutes of a 60 minute program

2-23-14 *Preventing Hazing: How Parents, Teachers and Coaches Can Stop the Violence, Harassment and Humiliation* by Dr. Susan Lipkins. Lipkins is one of the country's foremost hazing and bullying experts. A psychologist for over twenty five years, she specializes in conflict and violence in young adults, on teams and on campus. In her book, Lipkins provides a practical primer on the hazing epidemic that is sweeping our nation. She earned her B.A. from Fordham University, a M.S. in Early

Childhood Education and Special Education from the Bank Street College of Education, a Ph.D. in School Psychology from Yeshiva University, and post-doctoral certification from Adelphi University's Derner Institute. She is also a member of the American Psychological Association.

Community Matters with Lee Callahan 6am Sundays

20 minutes of a 60 minute program

2-23-14 Debby Irving, author of *Waking Up White*. On the heels of a year when films such *Django Unchained*, *The Butler*, and *12 Years a Slave* have made real the lived experience of black Americans, a new book, *Waking Up White*, exposes critical aspects of the white experience: white people thirsting for clarity on racial issues and the confidence to engage in conversation about them. Debby Irving, a white, Boston-based racial justice educator, has written the book she wishes someone had handed her years ago: a story-based Racism 101 for white people. Its narrative memoir format provides a mainstream read that gives white readers the basics needed to access complex understandings about racism. Similarly, many people of color yearn for authentic, informed dialogue about racism with white friends, family, and colleagues. Irving's willingness to share her often cringe-worthy struggle to understand racial tensions offers an unexpected perspective on bias, stereotypes, manners, and tolerance. What is unintentional racism and how does it work. How her long-held beliefs about colorblindness and wanting to help people of color actually perpetuated her ill-conceived ideas about racism. How racism is unintentionally passed from one generation to the next.

Community Matters with Lee Callahan 6am Sundays

20 minutes of a 60 minute program

3-2-14 Sportswriter John Rosengren, author of *The Fight of Their Lives: How Juan Marichal and John Roseboro Turned Baseball's Ugliest Brawl Into a Story of Forgiveness and Redemption*. A wonderful blend of culture, history, sport and storytelling, *The Fight of Their Lives* brings the backstory and postscript of one of baseball's most infamous 15 minutes into sharp and compelling relief, just in time for spring training. In case the book has yet to land on your desk, here's a bit more about it: Some sports diehards and baseball aficionados can still recall the national pastime's ugliest moment: when Giants' star pitcher Juan Marichal clubbed Dodgers' catcher John Roseboro during a late season game in 1965. Marichal opened a two-inch gash in the Roseboro's forehead, set off a fourteen-minute bench-clearing brawl and forever tarnished the national game. Had it ended that afternoon, history would have sealed those two men within that ugly moment, but their story evolved into an unlikely friendship that rescued one man's glory and erased the other's guilt. In *The Fight of Their Lives*, Rosengren retells a tale largely lost to our children's generation and illuminates its compelling and previously untold backstory.

Community Matters with Lee Callahan 6am Sundays

20 minutes of a 60 minute program

3-2-14 A chat with Lois P. Frankel, PhD, author of *Nice Girls Don't Get the Corner Office - Unconscious Mistakes Women Make That Sabotage Their Careers*. Although the last 10 years have seen enormous social movement and growing equality between men and women, Dr. Frankel has updated her advice for the next generation of women to enter the workforce. Now completely revised and updated to reflect all that has changed in the workplace over the last decade, *Nice Girls Don't Get The Corner Office* includes advice on the common mistakes women make when it comes to social networking, career reinvention in shifting economies, work-life integration, retirement, and how to make it to the "corner office" as an entrepreneur. The unique set of behaviors—more than 130 in all—that women learn in girlhood that sabotage them as adults The importance of being aware of your behaviors and attitudes towards your career Tips for overcoming "nice girl" mistakes that can become career pitfalls. Dr. Lois P. Frankel, President of Corporate Coaching International is a bestselling author, executive coach, and an internationally recognized expert in the field of leadership development for women.

Community Matters with Lee Callahan 6am Sundays

20 minutes of a 60 minute program

3-16-14 I had the great pleasure of speaking with Amy Mack, the CEO of the local branch of Big Brothers/Big Sisters, (Puget Sound) about the huge need for adult volunteers, how much the kids

thrive when they have a 'Big,' and how much fun both bigs and littles have together. Of course, I was concerned about making a big commitment like this, and found out there is a great program for folks like me who really want to hang with kids, but have limited time.

Most Significant Issue-Responsive Programming  
1st Quarter 2014: January 1 to March 31, 2014

**ISSUE: International Affairs**

Community Matters with Lee Callahan 6am Sundays

20 minutes of a 60 minute program

1-19-14 The book, *Tropic of Chaos: Climate Change and the New Geography of Violence* is discussed with author Christian Parenti. From Africa to Asia and Latin America, the era of climate wars has begun. Extreme weather is breeding banditry, humanitarian crisis, and state failure. In *Tropic of Chaos*, investigative journalist Christian Parenti travels along the front lines of this gathering catastrophe--the belt of economically and politically battered postcolonial nations and war zones girding the planet's midlatitudes. Here he finds failed states amid climatic disasters. But he also reveals the unsettling presence of Western military forces and explains how they see an opportunity in the crisis to prepare for open-ended global counterinsurgency. Parenti argues that this incipient "climate fascism"--a political hardening of wealthy states-- is bound to fail. The struggling states of the developing world cannot be allowed to collapse, as they will take other nations down as well. Instead, we must work to meet the challenge of climate-driven violence with a very different set of sustainable economic and development paths.

Community Matters with Lee Callahan 6am Sundays

20 minutes of a 60 minute program

2-16-14 James O. Pyle, author of *Find Out Anything From Anyone, Anytime: Secrets of Calculated Questioning From a Veteran Interrogator*. What's so hard about asking a good question? You've been asking questions since you could talk. The problem is that the more knowledge you acquired and the more sophisticated your vocabulary became, the worse you probably got at asking questions. Human intelligence training instructor who has served the U.S. Army, James O. Pyle reveals how to reframe your questioning to discover more information while building long-term skills such as rapport-building, active listening, critical thinking, and numerous other competitive advantages. "The paradox of questioning is that simple questions can lead to detailed, on-target answers, but complicated questions get you single-word answers. There is a process of skillfully asking simple questions to extract the information you need," explains Pyle. Pyle's techniques will garner more information from job candidates, sources, witnesses, employees, suspects, coworkers, and friends.



**Public Service  
Announcements**

**Jan 1 to March 31, 2014**

Red Cross – Oso, Washington Mudslide  
Victims  
National Park Service  
Autism Speaks of Seattle  
American Heart Association  
Seattle Burn Foundation  
Red Cross of America – donations request for  
survivors of this years flooding and hurricanes  
Alliance for Education  
Take Action (against teen suicide)  
National Drug Awareness Campaign  
The American Stroke Association  
Susan G Komen Foundation - Fighting Breast  
Cancer  
CASA of King County - Family Law  
Foreclosure Prevention  
Teen Driving - Prevent Deaths  
Chrohns Colitis Foundation  
American Heart Association – heart health  
awareness  
Vets - Mental Illness – where to get help  
TRXA chronic disease – testing and treatment

Environmental Protection Agency - Radon  
Detection  
Community Volunteerism  
Stop Steroid Use don't be an asterisk.com  
Social security admin - retiring Online  
Financial literacy with WA State location  
mention  
Prevent high school dropout  
Prevent child abuse and neglect – The humane  
society  
Peace Corp Enrollment  
Employment opportunities- Support Guard and  
Reserve/Military  
American Red cross – Emergency  
preparedness  
Page Ahead program – Seattle – reading  
encouragement  
Lifelong AIDS Foundation – Seattle  
Hunger Prevention\_ How to help