

**2020 FORTH QUARTERLY REPORT  
KHTP HD-2  
KHTP HD CH-1  
SEATTLE, WASHINGTON**

**QUARTERLY ISSUES/PROGRAMMING REPORT FOR THE FORTH  
QUARTER, OCTOBER 1 – DECEMBER 31, 2020:**

**KHTP HD-2 PUBLIC AFFAIRS PROGRAMMING:**

"**CONVERSATIONS**" is a 30 minute interview show airing on Sundays between 6:00 – 7:00am. It's hosted and produced by Entercom's Public Affairs hosts Emily Raines and Bre Ruiz, which focuses on a wide variety of issues that affect people in the greater Puget Sound area. Their guests include individuals from business, medicine, government, environmental and education groups. Two 'Conversations' shows air back-to-back for a total of 60 minutes. Contact: Danny Vigil, 206-577-8600.

KHTP 99.9 FM PUBLIC AFFAIRS PROGRAMMING SORTED BY DATE  
BY ISSUE AS DETERMINED THROUGH INTERVIEWS DONE WITH  
INDIVIDUALS AND LOCAL RESIDENTS ON A QUARTERLY BASIS.

ASCERTAINED COMMUNITY ISSUES:

1. BUSINESS/ECONOMY/LABOR/TECHNOLOGY
2. COMMUNITY ACTIVITIES/FAMILIES/YOUTH
3. CRIME/DRUG ABUSE/VIOLENCE
4. EDUCATION/CULTURE/COMMUNICATION
5. ENVIRONMENT/TRANSPORTATION
6. GOVERNMENT/TERRORISM
7. HEALTH
8. AGING/GENDER-SPECIFIC/MINORITIES/POVERTY

DESCRIPTION OF ASCERTAINED ISSUES:

1. BUSINESS/ECONOMY/LABOR/TECHNOLOGY – INCLUDING ISSUES AFFECTING THE ECONOMIC CONDITION OF THE PUGET SOUND REGION, THE OUTLOOK FOR EMPLOYMENT AND IT'S RAMIFICATIONS, INFLATION, JOB TRAINING, LABOR RELATIONS, FOREIGN TRADE, THE INTERNET AND INTERNET ISSUES, TECHNOLOGY, CONSUMER ISSUES AND ISSUES AFFECTING ENTREPRENEURS.

2. COMMUNITY ACTIVITIES/ FAMILIES/ YOUTH – INCLUDING ISSUES REGARDING NEIGHBORHOODS, FAMILIES, YOUNG PEOPLE, COMMUNITY

ORGANIZING, NEIGHBORHOOD ASSOCIATIONS, PARENTING SKILLS, CHILD SUPPORT, MARRIAGE, DIVORCE, ABUSE, NEGLECT, CHILD SUPPORT, AND OTHER ISSUES.

3. CRIME/DRUG ABUSE/VIOLENCE – INCLUDING POLICE/COMMUNITY RELATIONS, GANG ACTIVITIES, GUN CONTROL, LAW ENFORCEMENT, THE CRIMINAL JUSTICE SYSTEM, THE CORRECTIONAL SYSTEM, REHABILITATION, DRUNK DRIVING, RECOVERY, ILLEGAL DRUGS, SUBSTANCE ABUSE REHABILITATION, FIRE FIGHTING, AND OTHER ISSUES INVOLVING VIOLENCE.

4. EDUCATION/ARTS/CULTURE– INCLUDING CHILDHOOD EDUCATION, PUBLIC EDUCATION, REFORM EFFORTS, SCHOOL BUSING, SCHOOL VIOLENCE, HIGHER EDUCATION, THE ADULT ROLE IN CHILDREN'S EDUCATION, ADULT EDUCATION, THE IMPORTANCE OF CREATIVE ENDEAVORS INCLUDING THE ARTS, LITERATURE, POETRY, AND COMPUTER, INTERNET, AND RELATED ISSUES SUCH AS ACCESS, LIABILITY AND CENSORSHIP ISSUES, AND CULTURAL ISSUES.

5. ENVIRONMENT/TRANSPORTATION – INCLUDING AIR AND WATER POLLUTION, FOREST ISSUES, SOLID WASTE DISPOSAL, RECYCLING, ALTERNATIVE ENERGY, ENDANGERED AND THREATENED SPECIES, ANIMAL RIGHTS, CONSERVATION, SCIENCE AND SCIENCE ISSUES, TRANSPORTATION, FOOD SYSTEM SUSTAINABILITY ISSUES, WEATHER PHENOMENON AND NATURAL DISASTERS.

6. GOVERNMENT/TERRORISM – INCLUDING GOVERNMENT SPENDING, GOVERNMENT SERVICES, GOVERNMENT ABUSES, TERRORISM AGAINST THE GOVERNMENT/OR COUNTRY, ANTI-TERRORISM MEASURES, PEOPLES' REACTIONS TO TERRORISM, TAXES, ELECTIONS, CAMPAIGN FINANCE REFORM AND OTHER REFORM EFFORTS, THIRD PARTY ACTIVITIES, AND GENERAL POLITICAL DEBATE.

7. HEALTH (WELLNESS) – INCLUDING NUTRITION, PHYSICAL FITNESS, MENTAL HEALTH, PREVENTIVE HEALTH CARE, GOVERNMENT HEALTH CARE POLICY, NATIONAL AND LOCAL REFORM EFFORTS AND ALTERNATIVE MEDICAL PRACTICES, AND TOTAL WELLNESS AMONG OTHER ISSUES.

8. AGING/GENDER-SPECIFIC/MINORITIES/POVERTY ISSUES – INCLUDING DISCRIMINATION AND OTHER PROBLEMS SPECIFIC TO RACIAL OR ETHNIC MINORITIES, IMMIGRATION ISSUES, PEOPLE WHO ARE DISABLED, WOMEN, MEN, SENIOR CITIZENS, GAYS AND LESBIANS, RELIGIOUS GROUPS, COVERAGE OF ISSUES REGARDING SPIRITUALITY, AND ISSUES AFFECTING PEOPLE WHO ARE HOMELESS, AND PEOPLE WHO GO WITHOUT REGULAR MEALS LOCALLY AND GLOBALLY.

**KHTP HD-2 PUBLIC AFFAIRS PROGRAMMING FOR: OCTOBER 1 – DECEMBER 31, 2020:**

**CONVERSATIONS:**

2020 Public Affairs Q4

**2020-1011**

Guest: Christina Kelly - Director of Communications for the American Cancer Society

Contact: Christina Kelly

(206) 674.4150

Link: [www.cancer.org](http://www.cancer.org)

Airdate: 10/11/20

Category: Health/Wellness, Minorities, Economy, Technology, Community

Description: The impact of COVID-19 will reduce the American Cancer Society's ability to fund cancer research by 50%. At risk are more and better treatments and discoveries that will improve and save lives. We get a look at how the American Cancer Society plans to fund for the future.

LENGTH: 12:11

Guest: Scott Cullather - President and CEO of INVNT Group

Contact: Krista Wignall

(813).395.9606

Link: [www.invntgroup.com](http://www.invntgroup.com)

Airdate: 10/11/20

Category: Education/Arts/Communication/Culture, Technology Community

Description: Scott Cullather discusses why it can be beneficial for companies to act boldly and expand their services or reinvent themselves during uncertain times like the pandemic, and how entrepreneurs can think creatively when tough economic times call for it.

LENGTH: 12:22

Guest: Andi Gray

Contact: Andi Gray

914-843-0454

Link: [www.strategyleaders.com](http://www.strategyleaders.com)

Airdate: 10/11/20

Category: Business/Labor, Government

Description: The pandemic forced many small businesses in the area to close their operations temporarily – or permanently – and the continued economic uncertainty threatens to kill the ambitions of entrepreneurs who planned to launch businesses but now must put their dreams on hold. Andi Gray has advice for those small business owners and also how the community can help out.

LENGTH: 12:38

Guest: Galen Driver

Contact: Galen Driver

206-356-3675

Link: [www.StayInsideTheLines.co](http://www.StayInsideTheLines.co)

Airdate: 10/11/20

Category: COMMUNITY ACTIVITIES/FAMILIES/YOUTH, CULTURE

Description: Local Seattle artists are collaborating on Stay Inside the Lines, which raises money for art supplies for students in remote learning, especially those most at need. Galen Driver discusses how we can help the cause. He also offers free resources to those with kids at home needed something to do.

LENGTH: 12:22

**2020-1018**

Guest: Alissa Leinonen - Founder & CEO of Gourmondo Co.

Contact: Lisa Willis

617-968-2979

Link: [www.gourmondoco.com](http://www.gourmondoco.com)

Airdate: 10/18/20

Category: COMMUNITY ACTIVITIES/FAMILIES/YOUTH, HEALTH/WELLNESS

Description: The Seattle company known for its event catering, cafes, and gourmet boxed lunch business came to a grinding halt as COVID-19 took hold. With schools and offices closed and communities under quarantine, the vast majority of Gourmondo's large orders and contracts for box lunches and catering were canceled. At the same time, healthy meals for Seattle and King County's most vulnerable residents became a clear need, so corporate client Amazon, quickly enlisted the catering experts to support a meal preparation and delivery program. Leinonen discusses how she made the pivot with her company to help those in the community during this difficult time.

LENGTH: 13:09

Guest: Shelby Scarbrough - author of Civility Rules

Contact: Krista Wignall

813-395-9606

Link: [www.shelbyscarbrough.com](http://www.shelbyscarbrough.com)

Airdate: 10/18/20

Category: BUSINESS/ECONOMY, GOVERNMENT, COMMUNICATION

Description: Heading into the 2020 election one thing most Americans can agree on is how divided we are as a nation. Scarbrough discusses how we can practice civility in our own lives and make positive change, one interaction at a time.

LENGTH: 12:15

Guest: Joyce Walters

Contact: Joyce Walters - Executive Director Invest Ed

206.352.1199, ext. 1

Link: [www.InvestED.org](http://www.InvestED.org)

Airdate: 10/18/20

Category: COMMUNITY ACTIVITIES/FAMILIES/YOUTH,  
EDUCATION/ARTS/COMMUNICATION/CULTURE

Description:

InvestEd is a Washington organization that helps eliminate the red tape in getting students what they need. They provide funds to schools to provide them with the ability to get students everything from coats to wifi. Executive director Joyce Walters joins us to tell us more about InvestEd and how we as a community can help.

LENGTH: 13:10

Guest: Sharon St. John - author

Contact: Krista Wignall

813.395.9606

Link: [www.sharonstjohnauthor.com](http://www.sharonstjohnauthor.com)

Airdate: 10/18/20

Category: COMMUNITY ACTIVITIES/FAMILIES/YOUTH, HEALTH/WELLNESS

Description:

With high unemployment rates, social media use, and the stress of Covid people's self-esteems are taking a hit. Sharon St. John helps us deal with a partner with self-esteem issues. She also addresses how to raise a child with good self-esteem.

LENGTH: 12:36

## **2020-1025**

Guest: Jack Kerfoot - scientist, energy executive and author of FUELING AMERICA: An Insider's Journey

Contact: Nick DiMeo

813-395-9329

Link: [www.jackkerfoot.com](http://www.jackkerfoot.com)

Airdate: 10/25/20

Category: BUSINESS/ECONOMY/LABOR/TECHNOLOGY, ENVIRONMENT, GOVERNMENT

Description: In an extreme season of wildfires and hurricanes, he will discuss with your listeners that addressing climate change requires removing government roadblocks to the development of new renewable energy projects, and providing incentives to attract the people and resources necessary.

LENGTH: 14:23

Guest: Jennifer Mackin - author of Leaders Deserve Better: A Leadership Development Revolution

Contact: Krista Wignall

813-395-9606

Link: [jennifermackin.com](http://jennifermackin.com)

Airdate: 10/25/20

Category: BUSINESS, EDUCATION/COMMUNICATION

Description: Mackin will discuss how the current leadership training practices are critically outdated and ineffective. Plus, the number of potential leaders in the workforce is dwindling now that more and more baby boomers are retiring and the effects of the COVID-19 pandemic.

LENGTH: 14:31

Guest: Dr. Len Friedland - practicing physician, vaccine researcher and Vice President and Director, Scientific Affairs and Public Health, Vaccines, GSK

Contact: Lu Ann Sodano - luann@firstlinemedia.com

770-356-5030

Link: [CDC.gov/hepatitis/hav](https://www.cdc.gov/hepatitis/hav)

Airdate: 10/25/20

Category: HEALTH/WELLNESS

Description:

October is National Liver Awareness Month, an important time to learn about vaccine-preventable forms of viral hepatitis, including Hepatitis A, a highly-infectious virus that affects the liver and can lead to sickness, hospitalization and even death, in some cases. Dr. Len Friedland joins to educate us on what we can do to prevent this and educate others.

LENGTH: 12:22

Guest: Harry C Forsberg VP Sales and Marketing Conifer Specialties, Inc.

Contact: Harry Forsberg <hforsberg@conifer-inc.com>

425-527-0400

Link: [www.conifer-inc.com](http://www.conifer-inc.com)

Airdate: 10/25/20

Category: BUSINESS/ECONOMY, COMMUNITY ACTIVITIES

Description:

Fisher Fair Scones have been a beloved local company since the early 1900's. They are hosting pop up events with 10% proceeds going to Seattle Children's hospital cancer immunotherapy research. We will discuss how this idea came about and more about the events. We will also discuss how covid has affected business.

LENGTH: 12:49

**2020-1101**

Guest:Dr. Cathay Hung - oral surgeon and author

Contact: Nick DiMeo

813-395-9329

Link:<https://www.drcathyhung.com/>

Airdate:11/01/20

Category: FAMILIES/YOUTH, COMMUNICATION, HEALTH/WELLNESS

Description: Dr. Hung discusses what the national shortage of healthcare professionals, from doctors to dental hygienists, means to them.

LENGTH: 12:25

Guest:Joel Patterson - founder of The Vested Group and author

Contact: Nick DiMeo

813-395-9329

Link:<https://joelpatterson.com/>

Airdate:11/01/20

Category: BUSINESS/ECONOMY/TECHNOLOGY

Description:Joel will discuss how enterprise resource planning (ERP) factors into major changes companies are making in the wake of the pandemic, and how to avoid common problems in implementing systems in the workplace.

LENGTH: 13:04

Guest: Christopher Elliott

Contact: Christopher Elliott

(202) 370-7934

Link: <https://www.elliott.org/>

Airdate: 11/01/20

Category: BUSINESS/ECONOMY, TRANSPORTATION

Description:

The risks of travel will be higher than ever this holiday season. Christopher will help us decide whether a holiday trip is worth it. He also offers tips if you do decide to travel.

LENGTH: 12:40

Guest: DR. JULIE GATZA Co-founder of the Florida Wellness Institute

Contact: Kelly Fay <kelly.fay@theprgroup.com

727-495-8754

Link: <https://www.elliott.org/>

Airdate: 11/01/20

Category: HEALTH/WELLNESS

Description:

Food sensitivity or food allergy? Which one is ruining your digestive health, and what you can do to fix it. Dr. Julie joins us to answer all our questions about food allergies and sensitivities.

LENGTH: 12:04

**2020-1108**

Guest: Casey Roloff - founder of Seabrook WA

Contact: Lisa Willis

617-968-2979

Link: <https://www.seabrookcf.org/>

Airdate: 11/08/20

Category: BUSINESS/ECONOMY/LABOR, COMMUNITY  
ACTIVITIES/FAMILIES/YOUTH, COMMUNICATION, HEALTH/WELLNESS

Description: Casey will discuss how Seabrook, a small seaside town, transitioned to keep the community afloat during the pandemic.

LENGTH: 12:27

Guest: Chip Merlin

Contact: Nick DiMeo

813-395-9329

Link: [www.merlinlawgroup.com](http://www.merlinlawgroup.com)

Airdate: 11/08/20

Category: BUSINESS/ECONOMY

Description: Chip Merlin will discuss with listeners how to spot costly loopholes or limitations in their home or business insurance policies, and how to be prepared in 2021.

LENGTH: 14:33

Guest: Mark Tucker

Contact: Courtney Link [courtney.link@smithpublicity.com](mailto:courtney.link@smithpublicity.com)

856-489-8654 x331

Link: <https://marktucker.us/>

Airdate: 11/08/20

Category: HEALTH/WELLNESS /DRUG ABUSE

Description:

Seattle local expert, speaker and author of the new book *Take a Pause*, Mark Tucker is offering key tips on how to take a step back, assess our state of mind, and mindfully care for our mental and physical self.

LENGTH: 12:29

Guest: Dr Chris Dale

Contact: Tiffany Moss

208.351.2573

Link: <https://www.swedish.org/>

Airdate: 11/08/20

Category: HEALTH/WELLNESS

Description:

How bad will the flu season be this year? Why is it more important than ever to get your flu shot? How will Coronavirus affect flu season? Dr. Dale answered all these questions for us plus more.

LENGTH: 12:21

**2020-1115**

Guest: Victor Tolbert - athletic trainer, Renton Directing Coordinator for the National African American Male Wellness Agency

Contact: Victor Tolbert

937-838-4570

Link: <http://www.nxtlevel-fitness.com/>

Airdate: 11/15/20

Category: COMMUNITY ACTIVITIES/FAMILIES/YOUTH, HEALTH/WELLNESS

Description: Victor Tolbert will discuss with listeners about bringing awareness of inequalities of access to healthcare in the African American community.

LENGTH: 12:22

Guest: Luke Minor

Contact: Luke Minor

Link: <https://wastate529.wa.gov/>

Airdate: 11/15/20

Category: EDUCATION, GOVERNMENT, FAMILIES/YOUTH

Description: During a time of such uncertainty, it's interesting to see how people act in the moment and plan for the future. Some might have the money to squirrel away until the pandemic

resides and a bit more stability returns to our lives, others might not have the money facing job losses or unexpected expenses. Today we'll find out how we can be saving, how we can be planning, and what academic opportunities lie ahead.

LENGTH: 12:30

Guest: Laurel Kennedy-Media

Contact: Justine McClure

206-459-7617

Link: [AFSP.Org](http://AFSP.Org)

Airdate: 11/15/20

Category: HEALTH/WELLNESS/COMMUNITY ACTIVITIES/

Description:

The American Foundation for Suicide Prevention Washington chapter is hosting an event to support survivors of suicide. We got all the details about the event. We also discuss why the AFSP is such a great resource for anyone suffering from the loss of a loved one of suicidal thoughts themselves.

LENGTH: 12:59

Guest: Brian Walsh, Manager of Financial Planning with SoFi

Contact: [Zach Seidenberg](#)

202-527-7284

Link: [Sofi.com](http://Sofi.com)

Airdate: 11/15/20

Category: BUSINESS/ECONOMY, CRIME

Description:

With more people shopping online because of Covid 19 there is a greater chance for fraud and overspending. Brian Walsh gives us tips on safe spending and budgeting this Holiday Season.

LENGTH: 12:11

**2020-1122**

Guest:John Smallwood - president of Smallwood Wealth Management

Contact: Nick DiMeo

813-395-9329

Link:<https://johnsmallwood.com/>

Airdate:11/22/20

Category: BUSINESS/ECONOMY/LABOR/FAMILIES/YOUTH/EDUCATION

Description: He will discuss for your listeners how family squabbles can destroy wealth, but how with good communication and education, the legacy can be grown and shared for generations.

LENGTH: 14:05

Guest:Sharon St. John - author of the memoir Me, Myself and Men

Contact: Krista Wignall

813-395-9606

Link: <https://sharonstjohnauthor.com/>

Airdate:11/22/20

Category: COMMUNITY ACTIVITIES/FAMILIES/YOUTH,  
COMMUNICATION/CULTURE, HEALTH/WELLNESS

Description:She will discuss for your listeners about her own experiences to help people navigate their low self-esteem during the holiday season.

LENGTH: 12:21

Guest: Caitlin Koch - Executive Director, Our TreeHouse

Contact: Caitlin Koch

360-223-6681

Link: [www.our-treehouse.org](http://www.our-treehouse.org)

Airdate: 11/22/20

Category: FAMILIES/YOUTH, HEALTH/WELLNESS

Description:

November is Children's Grief Awareness Month. Our TreeHouse is dedicated to helping grieving children who have lost a parent, sibling, or other loved one to heal and thrive. Caitlin shares how Our TreeHouse is able to help grieving children and how you can help Our TreeHouse.

LENGTH: 12:36

Guest: Matt Peale- Certified Corrective Exercise Specialist

Contact: Krista Wignall

813-395-9606

Link: [www.mattpeale.com](http://www.mattpeale.com)

Airdate: 11/22/20

Category: HEALTH/WELLNESS, BUSINESS

Description:

There is a lot of talk on employee productivity and mental health effects from working at home, little attention is being paid to the damaging physical effects. Matt addresses those aches and pains and tells us what we can do to alleviate them.

LENGTH: 12:17

**2020-1129**

Guest: Alissa Leinonen - Founder & CEO of Gourmondo Co.

Contact: Lisa Willis

617-968-2979

Link: [www.gourmondoco.com](http://www.gourmondoco.com)

Airdate: 11/29/20

Category: COMMUNITY ACTIVITIES/FAMILIES/YOUTH, HEALTH/WELLNESS

Description: The Seattle company known for its event catering, cafes, and gourmet boxed lunch business came to a grinding halt as COVID-19 took hold. With schools and offices closed and communities under quarantine, the vast majority of Gourmondo's large orders and contracts for box lunches and catering were canceled. At the same time, healthy meals for Seattle and King County's most vulnerable residents became a clear need, so corporate client Amazon, quickly enlisted the catering experts to support a meal preparation and delivery program. Leinonen discusses how she made the pivot with her company to help those in the community during this difficult time.

LENGTH: 13:09

Guest: Scott Cullather - President and CEO of INVNT Group

Contact: Krista Wignall

(813).395.9606

Link: [www.invntgroup.com](http://www.invntgroup.com)

Airdate: 11/29/20

Category: Education/Arts/Communication/Culture, Technology Community

Description: Scott Cullather discusses why it can be beneficial for companies to act boldly and expand their services or reinvent themselves during uncertain times like the pandemic, and how entrepreneurs can think creatively when tough economic times call for it.

LENGTH: 12:22

Guest: Karen Schrantz - Executive Director, Safe Crossings Foundation

Contact: Karen Schrantz

206-650-9368

Link: [safecrossingsfoundation.org](http://safecrossingsfoundation.org)

Airdate: 11/29/20

Category: FAMILIES/YOUTH, HEALTH/WELLNESS

Description:

November is Children's Grief Awareness Month. Safe Crossings Foundation (SCF) is dedicated to helping grieving children who have lost a parent, sibling, or other loved one to heal and thrive. Karen shares how SCF is able to help grieving children and how you can help SCF.

LENGTH: 12:14

Guest: Andi Gray

Contact: Andi Gray

914-843-0454

Link: [www.strategyleaders.com](http://www.strategyleaders.com)

Airdate: 11/29/20

Category: Business/Labor, Government

Description: The pandemic forced many small businesses in the area to close their operations temporarily – or permanently – and the continued economic uncertainty threatens to kill the ambitions of entrepreneurs who planned to launch businesses but now must put their dreams on hold. Andi Gray has advice for those small business owners and also how the community can help out.

LENGTH: 12:38

**2020-1206**

Guest: Adam Witty - founder and CEO of Advantage Forbes Books

Contact: Nick DiMeo

813-395-9329

Link: <https://advantagefamily.com/>

Airdate: 12/06/20

Category: BUSINESS/ECONOMY/LABOR/TECHNOLOGY

Description: He will discuss with our listeners what businesses can do to make sure they are prepared for the challenges 2021 may bring their way.

LENGTH: 14:20

Guest: Rod Robertson - international entrepreneur and co-author of the book The Human Vector

Contact: Krista Wignall

813-395-9606

Link: <http://www.briggscapital.com/>

Airdate: 12/06/20

Category: BUSINESS/ECONOMY/LABOR/TECHNOLOGY

Description: He will discuss with our listeners how companies can change their hiring and evaluations processes in order to maximize employee and company performance.

LENGTH: 12:15

Guest: Lisa Chin – CEO Treehouse

Contact: Desiree Lindsay

206.267.5101

Link: <https://www.treehouseforkids.org/>

Airdate: 12/06/20

Category: FAMILIES/YOUTH, HEALTH/WELLNESS, EDUCATION

Description:

Treehouse is a local organization that strives to create a world where every child that has experienced foster care has the opportunities and support they need to pursue their dreams and launch successfully into adulthood. Lisa tells us about Treehouse and how our listeners can help.

LENGTH: 12:42

Guest: Bill Higgs - author of *Culture Code Champions: 7 Steps to Scale & Succeed in Your Business*

Contact: Nick DiMeo

813-395-9329

Link: [www.culturecodechampions.com](http://www.culturecodechampions.com)

Airdate: 12/06/20

Category: BUSINESS/ECONOMY

Description:

How can employees feel more engaged with, appreciated and respected during the holidays, especially while working from home and possibly alone? The holidays are always tough every year, but this year is exceptionally challenging for many. Bill Higgs answers all these questions and more.

LENGTH: 12:08

**2020-1213**

Guest:BJ Shea - Morning show host of BJ & Migs on 99.9 KISW Seattle

Contact: BJ Shea

206-577-8680

Link: <https://www.radio.com/kisw/hosts/bj-migs>

Airdate: 12/13/20

Category: COMMUNITY ACTIVITIES/FAMILIES/YOUTH, HEALTH/WELLNESS

Description: BJ will discuss with our listeners about the annual Coats For Kids event for kids all around Washington State. How people can get involved and help out the community.

LENGTH: 12:16

Guest: L.J. Jackson - school counselor, and author of Sleeping With My Shoes On

Contact: Annie Jenings

908-281-6201

Link: <https://www.personalpowerwithin.com/home>

Airdate: 12/13/20

Category: COMMUNITY ACTIVITIES/FAMILIES/YOUTH,  
EDUCATION/ARTS/COMMUNICATION/CULTURE, HEALTH/WELLNESS

Description: Jackson will discuss how parents can help their kids manage stress, anxiety and depression during this pandemic.

LENGTH: 14:56

Guest: Stuart Tomc

Contact: [Crystal Gorges](#)

727-447-4992 ext. 210

Link: \_

Airdate: 12/13/20

Category: HEALTH/WELLNESS, EDUCATION

Description:

Could catching COVID-19 affect your mental health? According to new research, the answer is “yes”. Stuart Tomc reviews study findings and discusses options for pre-and post-COVID-19 self-care

LENGTH: 12:48

Guest: Jennefer Boyer

Contact: [Jennefer Boyer](#)

917-673-9712

Link: [www.teamsurvivornw.org](http://www.teamsurvivornw.org)

Airdate: 12/13/20

Category: HEALTH/WELLNESS

Description:

The mission at Team Survivor Northwest is to provide a broad range of fitness and health education programs to enable women cancer survivors, in any stage of treatment or recovery and at any fitness level, to take an active role in their ongoing physical and emotional healing. We take to Executive Director Jennefer Boyer to find out more about this amazing organization.

LENGTH: 12:15

**2020-1220**

Guest: Vince Thompson - founder and CEO of MELT

Contact: Krista Wignall

813.395.9606

Link: <https://meltatl.com/>

Airdate: 12/20/20

Category: BUSINESS/ECONOMY, COMMUNITY ACTIVITIES/FAMILIES/YOUTH, EDUCATION/ARTS/COMMUNICATION/CULTURE

Description: He will discuss with our listeners how companies can give back to the community and still make a profit.

LENGTH: 14:21

Guest: Jack Kerfoot - scientist, energy executive and author of FUELING AMERICA: An Insider's Journey

Contact: Nick DiMeo

813-395-9329

Link: [www.jackkerfoot.com](http://www.jackkerfoot.com)

Airdate: 12/20/20

Category: BUSINESS/ECONOMY/LABOR/TECHNOLOGY, ENVIRONMENT, GOVERNMENT

Description: In an extreme season of wildfires and hurricanes, he will discuss with your listeners that addressing climate change requires removing government roadblocks to the development of new renewable energy projects, and providing incentives to attract the people and resources necessary.

LENGTH: 14:23

Guest: Susan Barrows

Contact: Krista Wignall

813-395-9606

Link: [www.susanburrowes.com](http://www.susanburrowes.com)

Airdate: 12/20/20

Category: HEALTH/WELLNESS, DRUG ABUSE, YOUTH

Description:

The holidays are tough for drug addicts. Add being a teenager into it and it's a dangerous combination. Susan Barrows is going to help parents with what to look for in their teen.

LENGTH: 12:59

Guest: Brittany Blue

Contact: Brittany Blue

206.551.0395

Link: <https://soundgenerations.org/>

Airdate: 12/20/20

Category: AGING

Description:

Sound Generations is a comprehensive non-profit organization that serves older adults and adults with disabilities in King County. Brittany tells us how they help those individuals and what the community can do to help.

LENGTH: 12:38

**2020-1227**

Guest: Dr. Cathay Hung - oral surgeon and author

Contact: Nick DiMeo

813-395-9329

Link: <https://www.drathyhung.com/>

Airdate: 12/27/20

Category: FAMILIES/YOUTH, COMMUNICATION, HEALTH/WELLNESS

Description: Dr. Hung discusses what the national shortage of healthcare professionals, from doctors to dental hygienists, means to them.

LENGTH: 12:25

Guest: Jennifer Mackin - author of Leaders Deserve Better: A Leadership Development Revolution

Contact: Krista Wignall

813-395-9606

Link:[jennifermackin.com](http://jennifermackin.com)

Airdate:12/27/20

Category: BUSINESS, EDUCATION/COMMUNICATION

Description: Mackin will discuss how the current leadership training practices are critically outdated and ineffective. Plus, the number of potential leaders in the workforce is dwindling now that more and more baby boomers are retiring and the effects of the COVID-19 pandemic.

LENGTH: 14:31

**Guest: Linda Nageotte CEO Food Lifeline**

Contact: Mark Coleman

(206) 853-3409

Link: <https://foodlifeline.org/>

Airdate: 12/27/20

Category: COMMUNITY ACTIVITIES

Description:

Food Lifeline is on a mission to end hunger in Western Washington. They distribute this food through a partnership with 300 food banks, shelters, and meal programs, enabling us to provide the equivalent of 134,000 meals every single day. CEO Linda Nageotte tells us more about Food Lifeline and how the community can get involved.

LENGTH: 12:21

**Guest: Sue Johonnesson**

Contact: Kelly Fay

727-495-8754

Link: [www.Qgenics.com](http://www.Qgenics.com)

Airdate: 12/27/20

Category: HEALTH/WELLNESS

Description: Got stress? Who doesn't? According to the American Institute of Stress, 77% of people have stress that affects their physical health. Sue Johonnesson joins us to help listeners reduce stress and build their immune systems.

LENGTH: 12:06