

**2023 FOURTH QUARTERLY REPORT  
KNDD, 107.7 FM  
KNDD-FM & KNDD HD CH-1  
SEATTLE, WASHINGTON**

**QUARTERLY ISSUES/PROGRAMMING REPORT FOR THE FOURTH  
QUARTER, OCTOBER 1 – DECEMBER 31, 2023:**

**KNDD 107.7 FM PUBLIC AFFAIRS PROGRAMMING:**

"CONVERSATIONS" is comprised of 4, 12:30 minute interviews airing on Sundays between 6:00 – 7:00am. It's hosted and produced by AUDACY's Public Affairs hosts Greg Shishman, Ron Koons and Doug Duin, 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. Four 'Conversations' shows air over the course of an hour for a total of 60 minutes. Contact: Danny Vigil, 206-577-8600.

KNDD 107.7 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.

**KNDD 107.7 FM PUBLIC AFFAIRS PROGRAMMING FOR: OCTOBER 1 –  
DECEMBER 31, 2023:**

**CONVERSATIONS:**

Guest: Sean Dixon

Contact: sean@pugetsoundkeeper.com

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

Airdate: 10-01-23

Category: ENVIRONMENT/TRANSPORTATION

Description: Puget Soundkeepers are on a mission to stop the pollution. Their mission statement is “on the water every week, stopping pollution every day”

LENGTH: 13:30

Guest: Natalie Lente

Contact: natalie.lente@mockingbirdsociety.org

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

Airdate: 10-01-23

Category: COMMUNITY ACTIVITIES/FAMILIES/YOUTH

Description: The Mockingbird Society is connecting to our community and youth to transform the foster care system and end youth homelessness.

LENGTH: 12:14

Guest: Amy Kober, VP of Communications for American Rivers, a group dedicated to dam removal and a return to healthy, free flowing rivers

Contact: Javier Perez

[jperez@pageturnerpublicity.com](mailto:jperez@pageturnerpublicity.com)

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

Airdate: 10/01/23

Category: ENVIRONMENT/TRANSPORTATION

Description: She will discuss the need for dam removal, including outlining all of the challenges that come from planning to permits, as well as highlight 4 local dams that need to come down and what we can do to help support the effort.

LENGTH: 13:23

Guest: [Jme Thomas](#)

Contact: Jme Thomas

[jme@motleyzoo.org](mailto:jme@motleyzoo.org)

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

Airdate: 10/01/23

Category: Health / Wellness

Description: Jme discusses the difference between an animal rescue and a shelter as well as the many differences in the adoption process. She also talks about how to get involved in fostering animals as well as volunteerism.

LENGTH: 13:34

Guest: Michele Graves

Contact: Michele Graves

360-793-9393

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

Airdate: 10/1/23

Category: COMMUNITY ACTIVITIES/FAMILIES/YOUTH

Description: It seems rather obvious but animals can't speak up for themselves and need human counterparts to advocate for their safety. While Seattle is a technology driven urban center, we're surrounded by some of the most beautiful animal filled habitats - both domestic and wild, but when people aren't handling those responsibilities the team at Pasado's can be the ones to save the day. We'll find out how now.

LENGTH: 12:30

Guest: John Simpson

Contact: [johns@bethanycompassioncenter.com](mailto:johns@bethanycompassioncenter.com)

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

Airdate: 10-08-23

Category: AGING/GENDER-SPECIFIC/MINORITIES/SPIRITUALITY

Description: The Bethany Compassion Center was founded by The Bethany Church in Everett. Their goal is to help the community.

LENGTH: 12:35

Guest: Sally Lawrence

Contact: [exec@issaquahalps.org](mailto:exec@issaquahalps.org)

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

Airdate: 10-08-23

Category: ENVIRONMENT/TRANSPORTATION

Description: Issaquah Alps is an advocacy group for parks, trails, and nature in Washington. They are currently battling a developer and the City of Bellevue to stop the erection of homes near Coal Creek Park.

LENGTH: 13:56

Guest: Holly Tucci

Contact: Valeri Koch

Valerie.Koch@heart.org

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

Airdate: 10/08/23

Category: Health / Wellness

Description: Holly Tucci, a congenital heart defect survivor stops by to talk about the Puget Sound Heart and Stroke Walk events, as well as the work being done by the American Heart Association.

LENGTH: 13:20

Guest: Johnna Long

Contact: [Johnna Long](#)

johnnalongm@gmail.com

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

Airdate: 10/08/23

Category: HEALTH/WELLNESS

Description: Johnna stops by to talk about the American Foundation for Suicide Prevention. She lets us know about resources available, including 988. She also talks about the upcoming 'Out of the Darkness Walk' and how you can get involved.

LENGTH: 13:21

Guest: Kaylee Jaech

Contact: [kaylee@issaquahteencafe.org](mailto:kaylee@issaquahteencafe.org)

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

Airdate: 10-13-23

Category: COMMUNITY ACTIVITIES/FAMILIES/YOUTH

Description: The Garage provides a safe, after-school drop-in place for teens where they can gather with their friends and access programming and services as needed.

LENGTH:13:23

Guest: Heather Snavelly

Contact: [jgairrett@feareygroup.com](mailto:jgairrett@feareygroup.com)

Link:aaa.com

Airdate: 10-13-23

Category: ENVIRONMENT/TRANSPORTATION

Description: AAA is on a mission to keep Washington green. They have had a big and growing focus on improving the electric vehicle infrastructure in Washington from putting in new charging stations, to hosting battery health & recycling events, to the region's first-of-its-kind mobile charging unit, and more.

LENGTH: 12:44

Guest: Kristina Goetz & Don Riling

Contact: Jenn Richards

jennifer.richards@audacy.com

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

Airdate: 10/13/23

Category: ARTS/CULTURE

Description: Don and Kristina stop by to discuss the partnership between Olympic Hot Tub and Artist Trust. We learn about the work being done at Artist Trust, which is a fundraising organization that has invested over \$15 million in individual artists of all disciplines in Washington State through grants and professional development programs.

LENGTH: 13:10

Guest: Kayte Olsufka

Contact: Kayte Olsufka

360-793-9393

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

Airdate: 10/13/23

Category: COMMUNITY ACTIVITIES/FAMILIES/YOUTH

Description: Pasado's is back to discuss their annual fundraiser the Celebration of Life raising money for abused animals, treatment, and rehabilitation.

LENGTH: 12:30

Guest: Rick Rizzes

Contact: rizzes@comcast.net

Link: <https://tfkseattle.org>

Airdate: 10-22-23

Category: COMMUNITY ACTIVITIES/FAMILIES/YOUTH

Description: Toys for Kids gives the gift of toys and more to homeless and disadvantaged children throughout the year.

LENGTH:14:08

Guest: Michele Graves

Contact: Michele Graves

360-793-9393

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

Airdate: 10/22/23

Category: COMMUNITY ACTIVITIES/FAMILIES/YOUTH

Description: It seems rather obvious but animals can't speak up for themselves and need human counterparts to advocate for their safety. While Seattle is a technology driven urban center, we're

surrounded by some of the most beautiful animal filled habitats - both domestic and wild, but when people aren't handling those responsibilities the team at Pasado's can be the ones to save the day. We'll find out how now.

LENGTH: 12:30

Guest: American Foundation for Suicide Prevention Contact: David O'Leary, Host Link: [Audacy podcast link coming soon]

Airdate: 10/22/23

Category: Children's Mental Health

Description: Representatives from the American Foundation for Suicide Prevention Dr. Christine Moutier and Victor Artmstrong join Audacy's David O'Leary to shine a light on Children's Mental Health during Children's Mental Health Month (October).

Length: 13:00

Guest: Sean McParland

Contact: smcparland@jdrf.org

Link: jdrf.org

Airdate: 10-29-23

Category: HEALTH/WELLNESS

Description: Through our advocacy and research leadership, JDRF PNW influences and attracts others to support funding for cures and improving lives of individuals with Type 1 Diabetes.

LENGTH: 13:56

Guest: Caleb Marshall

Contact: cmarshall@rtseattle.org

Link: rtseattle.org

Airdate: 10-29-23

Category: COMMUNITY ACTIVITIES/FAMILIES/YOUTH

Description: Rebuild Together Seattle serves low-income homeowners who are elderly, living with a disability, families with children, or veterans in need. We also serve nonprofit organizations in need of facility repairs.

LENGTH: 13:54

Guest: Aubrey Zoli & Anisa Ishida

Contact: [Gretchen Groves](mailto:gretchen.groves@cancer.org)

gretchen.groves@cancer.org

Link: cancer.org

Airdate: 10/29/2022

Category: HEALTH/GENDER-SPECIFIC

Description: Aubrey talks about breast cancer and the risks associated with it. Anisa provides insight into her own cancer diagnosis and treatment. They also talk about the making strides walk.

LENGTH: 13:55

Guest: Avgi Saketopoulou

Contact: Javier Perez  
pgturnerpub@aol.com

Link:

Airdate: 10/29/2023

Category: HEALTH/GENDER SPECIFIC/MINORITIES/CULTURE

Description: Avgi, co-author of the book 'Gender without Identity' joins me to discuss her findings that gender identity is fluid, and how we should approach the subject. She also talks about the impact of attacks on the trans and queer communities, especially when it comes to gender affirming healthcare.

LENGTH: 12:24

Seattle Audubon Society

Guest: Claire Catania

Contact: Wendy Walker

Community Engagement Manager

wendyw@seattleaudubon.org

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

Airdate: 10/29/23

Category: Environment, Community Activities

Description:

Seattle Audubon have dropped their long standing name and rebranded to Seattle Birds Connect a program to better understand the avian population both scientifically and as a community with activities and opportunities to enrich our natural environment before we strip it of its beauty and diversity.

LENGTH: 12:30

Guest: Nancy Howard

Contact: [feralcare@gmail.com](mailto:feralcare@gmail.com)

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

Airdate: 11-05-23

Category: ENVIRONMENT/TRANSPORTATION

Description: Feral Care's mission is to actively care for and educate people about feral cats in the Puget Sound area.

LENGTH: 13:03

Guest: Rachel Meyers

Contact: [robh@wliha.org](mailto:robh@wliha.org)

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

Airdate: 11-05-23

Category: COMMUNITY ACTIVITIES/FAMILIES/YOUTH

Description: We change public policy so that people in Washington of all races, ethnicities, abilities, genders, and identities can live in safe, healthy homes they can afford.

LENGTH: 13:20

Guest: Avgi Saketopoulou

Contact: Javier Perez

[pjturnerpub@aol.com](mailto:pjturnerpub@aol.com)

Link:

Airdate: 11/05/2023

Category: HEALTH/GENDER SPECIFIC/MINORITIES/CULTURE

Description: Avgi, co-author of the book 'Gender without Identity' joins me to discuss her findings that gender identity is fluid, and how we should approach the subject. She also talks about the impact of attacks on the trans and queer communities, especially when it comes to gender affirming healthcare.

LENGTH: 12:24

Guest: Aubrey Zoli & Anisa Ishida

Contact: [Gretchen Groves](mailto:gretchen.groves@cancer.org)

[gretchen.groves@cancer.org](mailto:gretchen.groves@cancer.org)

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

Airdate: 11/05/2022

Category: HEALTH/GENDER-SPECIFIC

Description: PT. 2 Aubrey talks about breast cancer and the risks associated with it. Anisa provides insight into her own cancer diagnosis and treatment. They also talk about the making strides walk.

LENGTH: 10:06

11/5 WDFW Chase Gunnell

Guest: Chase Gunnell

Puget Sound Region Communications Manager

Washington Department of Fish and Wildlife

Contact: [Chase.Gunnell@dfw.wa.gov](mailto:Chase.Gunnell@dfw.wa.gov)

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

Airdate: 11/5/23

Category: Environment, Government, Community Activities, Labor, Minorities

Description:

The department of fish and wildlife serves so many purposes and covers so much area in a big western state like Washington. Today we'll find out some of those specifics, what critters are impacted - presumably fish and other wildlife - and how it impacts the humans around the animals. Plus, we'll find out more about how the WA Department of Fish and Wildlife works with tribal communities to manage wildlife populations.

LENGTH: 12:30

Guest: Shannon Walker

Contact: ceo@nwbb.org

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

Airdate: 11-12-23

Category: COMMUNITY/ACTIVITIES/FAMILIES/YOUTH

Description: Shannon is the CEO and founder of NWBB. She is dedicated to training service dogs for local veterans suffering from PTSD.

LENGTH: 13:08

Guest: Joseph Alonzo

Contact: joseph.alonzo@cocoonhouse.org

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

Airdate: 11-12-23

Category: COMMUNITY ACTIVITIES/FAMILIES/YOUTH

Description: Cocoon House is strongly committed to removing barriers and supporting inclusion and diversity in all its forms. We strive to create a safe and open atmosphere for young people, families, staff, board members, community partners and funders.

LENGTH: 12:32

Guest: Terry Lott

Contact: Terry Lott

TLott@sno-isle.org

Link: [sno-isle.org](http://sno-isle.org)

Airdate: 11/12/2023

Category: Community Activities/Families/Youth

Description: Terry talks about the Mariner Community Campus project. He also talks about numerous free community events to build resiliency in a neighborhood that has experienced numerous challenges to family success.

LENGTH: 13:52

Bloodworks NW

Guest: Kyle Boynton

Contact: Kyle Boynton

KBoynton@bloodworksnw.org

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

Airdate: 11/12/23

Category: HEALTH/WELLNESS

Description:

While uncertain of the timing, it seems like every few months we come across headlines that blood supplies are critically low - why is that? We'll find out today. Plus there have been some odd restrictions in the past that in recent years have dropped off making it easy for more of us to donate. Plus, did you know there's an entire research arm of blood donation allowing people who otherwise might not be able to donate to help humanity move forward?!

LENGTH: 12:30

Guest: Terrance and Tenoa Spencer

Contact: [aziah.thompson@gmail.com](mailto:aziah.thompson@gmail.com)

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

Airdate: 11-19-23

Category: HEALTH/WELLNESS

Description: Through our advocacy and research leadership, JDRF influences and attracts others to support funding for cures and improving lives of individuals with Type 1 Diabetes.

LENGTH:13:40

Guest: Kathryn Mueller

Contact: [Kathryn Mueller](mailto:kmueller@akwa.wish.org)

[kmueller@akwa.wish.org](mailto:kmueller@akwa.wish.org)

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

Airdate: 11/19/23

Category: HEALTH/WELLNESS

Description: Kathryn stops by to talk all things Make a Wish. From Giving Tree's, to wish granters, to the impact a wish has on a family, Kathryn let's us know how we can help this holiday season.

LENGTH: 13:09

Guests: Wounded Warrior Project / Home Base Contact: David O'Leary, Host

Links: <https://www.audacy.com/national/music/spotlighting-mental-health-for-our-nations-veterans>  
<https://www.audacy.com/podcast/im-listening-8e3e3/episodes/im-listening-brigadier-general-ret-jack-hammond-c197d> <https://www.audacy.com/podcast/im-listening-8e3e3/episodes/im-listening-wounded-warrior-project-bd338>

Airdate: 11/19/23

Category: Veterans' Mental Health

Description: HOME BASE: Jack Hammond is a retired U.S. Army Brigadier General with multiple combat commands, and currently serves as the Chief Executive for the Home Base National Center of Excellence for Mental Health and Brain Injuries. He is a decorated combat leader and private sector innovator who has served on advisory groups for presidents, governors and businesses. Home Base is a national nonprofit dedicated to healing the invisible wounds of war for Veterans of all eras, Service Members,

Military Families and Families of the Fallen through world-class, direct clinical care, wellness, education and research – all at no cost to them – regardless of era of service, discharge status or geographical location. The program was founded by Massachusetts General Hospital and the Boston Red Sox. Since 2009, Home Base has served more than 30,000 Veterans and their Family Members and trained over 85,000 clinicians across the nation, and we remain at the forefront of discovering new treatments to ensure a brighter future for Warriors and their Families. WOUNDED WARRIOR PROJECT: Dr. Erin Fletcher has a decade of experience in veteran mental health care at Wounded Warrior Project. She currently serves as director of Warrior Care Network, a partnership between Wounded Warrior Project and four world-famous treatment facilities helping advance treatment and research for invisible wounds of war. Tonya Oxendine served 30 years in the U.S. Army, reaching the high rank of Command Sergeant Major. After service, she struggled with depression, isolation, and PTSD. It led her to nearly drive off a bridge in an attempted suicide. Tonya used her last ounce of strength to seek help and is now thriving. She credits the care and support she received from Wounded Warrior Project programs for her recovery; she's taken part in Warrior Care Network, Project Odyssey, and WWP Talk. Wounded Warrior Project began in 2003 as a grassroots effort by a group of veterans and friends who wanted to give back to the first wounded warriors returning from the wars in Iraq and Afghanistan. The group provided backpacks filled with comfort items to those recovering in the hospital. That simple act of kindness evolved into a national non-profit whose mission for the past 20 years has been to honor and empower post-9/11 wounded warriors.

Length 12:40

Guest: Fia Taito

Contact: [lendahandpnw@gmail.com](mailto:lendahandpnw@gmail.com)

Link: <https://www.facebook.com/lendahandcommunityoutreach/>

Airdate: 11-26-23

Category: COMMUNITY ACTIVITIES/FAMILIES/YOUTH

Description: Lend a Hand is a local nonprofit fighting food insecurity in our area.

LENGTH: 12:41

Guest: Kelly Brown

Contact: [kellybrown@northhelpline.org](mailto:kellybrown@northhelpline.org)

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

Airdate: 11-26-23

Category: COMMUNITY ACTIVITIES/FAMILIES/YOUTH

Description: North Helpline is a North Seattle nonprofit and food bank. Determined to feed and rally around the neighbors struggling in our community.

LENGTH: 13:00

Guest: Glen Turner

Contact: [Belynda Dunbar](mailto:Belynda Dunbar)

[bdunbar@emergencyfeeding.org](mailto:bdunbar@emergencyfeeding.org)

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

Airdate: 11/26/2023

Category: HEALTH/WELLNESS

Description: Glen talks about the challenges of food banks and how food insecurity affects households. They talk about how the solution to all food insecurity / housing issues comes down to stagnated wages and how without increased salaries the situation will continue to get worse.

LENGTH: 13:17

Guests: Wounded Warrior Project / Home Base Contact: David O'Leary, Host

Links: <https://www.audacy.com/national/music/spotlighting-mental-health-for-our-nations-veterans>  
<https://www.audacy.com/podcast/im-listening-8e3e3/episodes/im-listening-brigadier-general-ret-jack-hammond-c197d> <https://www.audacy.com/podcast/im-listening-8e3e3/episodes/im-listening-wounded-warrior-project-bd338>

Airdate: 11/26/23

Category: Veterans' Mental Health

Description: HOME BASE: Jack Hammond is a retired U.S. Army Brigadier General with multiple combat commands, and currently serves as the Chief Executive for the Home Base National Center of Excellence for Mental Health and Brain Injuries. He is a decorated combat leader and private sector innovator who has served on advisory groups for presidents, governors and businesses. Home Base is a national nonprofit dedicated to healing the invisible wounds of war for Veterans of all eras, Service Members, Military Families and Families of the Fallen through world-class, direct clinical care, wellness, education and research – all at no cost to them – regardless of era of service, discharge status or geographical location. The program was founded by Massachusetts General Hospital and the Boston Red Sox. Since 2009, Home Base has served more than 30,000 Veterans and their Family Members and trained over 85,000 clinicians across the nation, and we remain at the forefront of discovering new treatments to ensure a brighter future for Warriors and their Families. WOUNDED WARRIOR PROJECT: Dr. Erin Fletcher has a decade of experience in veteran mental health care at Wounded Warrior Project. She currently serves as director of Warrior Care Network, a partnership between Wounded Warrior Project and four world-famous treatment facilities helping advance treatment and research for invisible wounds of war. Tonya Oxendine served 30 years in the U.S. Army, reaching the high rank of Command Sergeant Major. After service, she struggled with depression, isolation, and PTSD. It led her to nearly drive off a bridge in an attempted suicide. Tonya used her last ounce of strength to seek help and is now thriving. She credits the care and support she received from Wounded Warrior Project programs for her recovery; she's taken part in Warrior Care Network, Project Odyssey, and WWP Talk. Wounded Warrior Project began in 2003 as a grassroots effort by a group of veterans and friends who wanted to give back to the first wounded warriors returning from the wars in Iraq and Afghanistan. The group provided backpacks filled with comfort items to those recovering in the hospital. That simple act of kindness evolved into a national non-profit whose mission for the past 20 years has been to honor and empower post-9/11 wounded warriors.

Length 12:45

Guest: Leon Richardson

Contact: [Carley.Thompson@kingcounty.gov](mailto:Carley.Thompson@kingcounty.gov)

Link: <https://kingcounty.gov/en/legacy/depts/community-human-services/initiatives/levy.aspx>

Airdate: 12-03-23

Category: GOVERNMENT/TERRORISM

Description: Leon discusses the services offered to the at risk members of our community.

LENGTH: 12:08

Guest: Brian Spracklen

Contact: [bspracklen@bluebridgealliance.org](mailto:bspracklen@bluebridgealliance.org)

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

Airdate: 12-03-23

Category: CRIME/DRUG ABUSE/VIOLENCE

Description: The Blue Bridge Alliance's mission is to bridge the gap between law enforcement and the community they serve.

LENGTH:12:50

Guest: Tonya Guinn

Contact: [Tonya Guinn](mailto:tonya@thetrailyouth.com)

[tonya@thetrailyouth.com](mailto:tonya@thetrailyouth.com)

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

Airdate: 12/03/23

Category: YOUTH/HEALTH/WELLNESS/COMMUNITY

Description: Tonya talks about creating a space for teens to come and learn valuable job skills as well as belong to a community. She will explain how trail youth helps reduce homelessness and drug and alcohol abuse.

LENGTH: 12:46

Treehouse

Guest: Uchenna Nwosu

Contact: Wade White Jr.

Chief Executive Officer

ELITE 300 Sports & Entertainment

[www.elite300se.com](http://www.elite300se.com)

Link: <http://treehouseforkids.org/seahawkscoatdrive>

Airdate: 12/3/23

Category: COMMUNITY ACTIVITIES/FAMILIES/YOUTH

Description: It's that time of year where Treehouse needs our help collecting coats to help keep foster kids warm and safe. This time around we have the help of two special athletes from the Seattle Seahawks, Uchenna Nwosu and DeeJay Dallas..

LENGTH: 12:30

Guest: Maria Kolby-Wolfe

Contact:maria@wawomensfdn.org

Link: wawomensfdn.org

Airdate: 12-10-23

Category: AGING/GENDER-SPECIFIC/MINORITIES/SPIRITUALITY

Description: WA Women's Foundation is focused on building a strong foundation through strong and collective women. Together, impacting our community for the better

LENGTH: 12:59

Guest: Kaylee Jaech

Contact: kaylee@issaquahteencafe.org

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

Airdate: 12-10-23

Category: COMMUNITY ACTIVITIES/FAMILIES/YOUTH

Description: The Garage provides a safe, after-school drop-in place for teens where they can gather with their friends and access programming and services as needed.

LENGTH:13:23

Guest: Jilyne Jarvis

Contact: [Jilyne Jarvis](#)

jilyne@zgirls.org

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

Airdate: 12/10/23

Category: COMMUNITY/YOUTH/WELLNESS/GENDER-SPECIFIC

Description: Jilyne talks about the mental development of young girls, including how courage is so important in healthy development. She talks about showing young girls what it takes to be a good leader, person and advocate for your community

LENGTH: 13:21

WA 529

Guest: Luke Minor

Contact: Luke Minor

lucasm@wsac.wa.gov

Link: <https://529.wa.gov/>

Airdate: 12/10/23

Category: FAMILIES/YOUTH, GOVERNMENT, EDUCATION/ARTS/COMMUNICATION/CULTURE

Description: Today we're all about helping you save and plan to send kids to college with programs offered by Washington state.

LENGTH: 13:55

Guest: Heather Snavelly

Contact: [jgairrett@feareygroup.com](mailto:jgairrett@feareygroup.com)

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

Airdate: 12-17-23

Category: ENVIRONMENT/TRANSPORTATION

Description: AAA is on a mission to keep Washington green. They have had a big and growing focus on improving the electric vehicle infrastructure in Washington from putting in new charging stations, to hosting battery health & recycling events, to the region's first-of-its-kind mobile charging unit, and more.

LENGTH: 12:44

Guest: Brittany Blue

Contact: [brittanybl@soundgenerations.org](mailto:brittanybl@soundgenerations.org)

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

Airdate: 12-17-23

Category: AGING/GENDER-SPECIFIC/MINORITIES/SPIRITUALITY

Description: Sound Generations partners with older adults to remove inequities that impact aging by providing essential and inclusive services.

LENGTH: 12:48

Guest: Devard Darling

Contact: Devard Darling

[devardvaughn@asonefoundation.org](mailto:devardvaughn@asonefoundation.org)

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

Airdate: 12/17/23

Category: COMMUNITY/YOUTH/WELLNESS/

Description: Before becoming a WSU Cougars legend, Devard lost his twin brother Devaughn while playing together at Florida State to Sickle Cell Trait. He has since founded the As One Foundation in honor of his brother, and shares his knowledge of Sickle Cells with us, as well as the work being done by As One.

LENGTH: 13:51

WA 529

Guest: Luke Minor

Contact: Luke Minor

[lucasm@wsac.wa.gov](mailto:lucasm@wsac.wa.gov)

Link: <https://529.wa.gov/>

Airdate: 12/17/23

Category: FAMILIES/YOUTH, GOVERNMENT, EDUCATION/ARTS/COMMUNICATION/CULTURE

Description: Today we're all about helping you save and plan to send kids to college with programs offered by Washington state.

LENGTH: 13:55

Guest:Chris Brandt

Contact: chrisb@atworkwa.org

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

Airdate: 12-24-23

Category: COMMUNITY ACTIVITIES/FAMILIES/YOUTH

Description: AtWork! has advocated for and created integrated employment opportunities for people with developmental disabilities for 60 years. It is their mission to empower people to get good jobs, increase community connection, and successfully transition to life after high school.

LENGTH: 13:22

Guest: Frank DiGirolamo

Contact:frank@seattlenightwatch.org

Link:seattlenightwatch.org

Airdate: 12-24-23

Category: AGING/GENDER-SPECIFIC/MINORITIES/SPIRITUALITY

Description: Operation Nightwatch reduces the impact of poverty and homelessness, in keeping with Jesus' teaching to love our neighbors.

LENGTH: 14:22

Guest: Samuel Browd

Contact:Samuel.browd@seattlechildrens.org

Link:<https://www.seattlechildrens.org/clinics/cerebral-palsy-program/>

Airdate: 12/24/23

Category:HEALTH/WELLNESS

Description: Dr. Browd is a neurosurgeon with Seattle Children's. We discuss CP and how it affects local children.

LENGTH:13:11

Seattle Union Gospel Mission

Guest: Scott Cleveland, VP of Program Ministries

Contact: Ashley Carver

Marketing Manager

Seattle's Union Gospel Mission

3800 S Othello St, Seattle WA 98118

206-723-0767 ext 427 | acarver@ugm.org

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

Airdate: 12/24/23

Category: SPIRITUALITY, CRIME/DRUG ABUSE/VIOLENCE, GOVERNMENT

Description: The hard work that Union Gospel Mission does to lookout for people on the streets, our homeless population in Seattle. It's more than just shelter we're talking about today.

LENGTH: 13:11

Guest: Rob Jeske, Regional Vice President

Contact:

rjeske68@icloud.com

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

Airdate: 12-31-23

Category: COMMUNITY ACTIVITIES/FAMILIES/YOUTH

Description: Rob comes on to discuss the difficulties and obstacles for individuals with down syndrome. The DSC is working to empower these individuals and create a more equal life and world for them.

LENGTH: 12:30

Guest: Megan Hannah, Vice President

Contact: [megan@jamiesheart.org](mailto:megan@jamiesheart.org)

Link: <http://jamiesheart.org/>

Airdate: 12-31-23

Category: COMMUNITY ACTIVITIES/FAMILIES/YOUTH

Description: Jamie's Heart is a nonprofit in Puyallup. They provide emotional and financial support to families who have children receiving care for congenital heart disease.

LENGTH: 12:46

Guest: Joe Sambatero

Contact: Heidi Taffera

[htaffera@forterra.org](mailto:htaffera@forterra.org)

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

Airdate: 12/31/23

Category: ENVIRONMENT

Description: Joe talks about how Forterra is involved in conservation efforts both in forest lands and within urban development. He explains what we need to do and how we can help out in an individual way.

LENGTH: 12:55

Guest: Dhaarmika Coelho

Contact: dhaarmika coelho

[info@campkindnesscounts.org](mailto:info@campkindnesscounts.org)

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

Airdate: 12/31/23

Category: YOUTH/EDUCATION/CULTURE

Description: Dhaarmika talks about the inspiration to make kindness a centerpiece for a youth camp. How kindness can impact many other factors in development including the ability to become a strong leader

LENGTH: 13:24

**KNDD, 107.7 FM COMMUNITY ACTIVITIES FOR THE FOURTH QUARTER, 2023:**

Making Strides Against Breast Cancer: 112 Promos Ran +224

AUDACY PSA:

729

AUDACY SEATTLE:

147

KROGER:

30

PUGET LAW:

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