

**QUARTERLY ISSUES/PROGRAMMING REPORT
OCTOBER - DECEMBER 2015
KRWM RADIO - BREMERTON/SEATTLE
ISSUE - RESPONSIVE PROGRAMMING**

KRWM is committed to a regular broadcast schedule of programs and informational messages that cover local issues that affect its listeners and the communities in which they live and work. The Public Affairs Show and Public Service Announcements concentrate on affairs, topics and issues as determined through ascertainment meetings and interviews. Fourth Quarter 2015 categories have been identified as **Education, Domestic Services, Youth, Charity, Health, Environment, and Crime.**

“Sunday Morning Magazine” and “Inspirational Women”: two half hour segments create one hour of Public Affairs Show that air weekly on Sunday at 5:30am. (Complete information attached).

Fourth Quarter 2015 shows:

Environment, Domestic Service, Charity
Health, Domestic Service, Youth
Health, Education, Domestic Service
Environment, Domestic Service, Health
Youth, Domestic Service, Health
Domestic Service, Health, Youth
Charity, Youth, Health
Charity, Domestic Services, Education
Crime, Domestic Service, Environment
Charity, Domestic Services, Education
Youth, Charity, Education
Crime, Youth, Education
Environment, Education, Domestic Service

Public Service Announcements: thirty and sixty seconds in length each, KRWM aired 418 readings of 14 topics. List attached.

PSA	
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AMERICA'S DIABETES :30
AMERICA'S DIABETES :60
CHILD WELFARE
CYCLE FOR SURVIVAL
DON'T WAIT
FRED HUTCH 30
LEUKEMIA & LYMPHOMA-COMING HOME
LEUKEMIA & LYMPHOMA-CURE-THE WORD
LEUKEMIA & LYMPHOMA-SOMEDAY IS TODAY
MEDICARE-DIABETES :30
MEDICARE-DIABETES :60
NATIONAL ADOPTION MONTH
PREVENTING VISION LOSS
RECREATIONAL BOATING & FISHING

Total Runs

418

**SUNDAY MORNING MAGAZINE
&
INSPIRATIONAL WOMEN
KRWM - BREMERTON / SEATTLE**

AIRDATE:

October 4, 2015

LENGTH:

63:10

SHOW TYPE :

Interview

ISSUES:

Environment, Domestic Service, Charity

GUEST:

1. Margaret Ullman-Hess
2. Barbara Demorest

SHOW DESCRIPTION:

1. Margaret Ullman-Hess, Communications Manager at 'Mountains to Sound Greenway' has information about big events this fall. It is a great time to get out and enjoy nature in the million acres from Puget Sound to Ellensburg. The interactive map on the website makes it simple, providing details about the areas, appropriate clothing to wear, any special items to take along. Fall is also tree planting time, and Saturday Oct 24 was one such event. Volunteers are needed, no experience needed, and it's great for a family activity.

www.mtsgreenway.org

2. Barbara Demorest is the founder of "Knitted Knockers". 4 years ago Barbara had a breast cancer diagnosis. She could have handled that, but the unexpected mastectomy threw her for a loop. Her very empathetic doctor asked her if she knit, and then gave her an article about 'knitted knockers'. Best friend to the rescue--she knit one of these incredible and soft and comfortable prosthesis for Barbara. The rest is now history. Every week a group gathers in Bellingham to knit and have fun together, and send out 'knitted knockers' to women who could use them, and they are FREE. They're sent across the country and groups are forming internationally.

www.knittedknockers.org

**SUNDAY MORNING MAGAZINE
&
INSPIRATIONAL WOMEN
KRWM - BREMERTON / SEATTLE**

AIRDATE: October 11, 2015

LENGTH: 63:45

SHOW TYPE : Interview

ISSUES: Health, Domestic Service, Youth

GUEST:
1. Dr. Joseph Burgo
2. Elaine Williams

SHOW DESCRIPTION:

1. Dr. Joseph Burgo is a clinical psychologist, and marriage and family therapist with 30 years' experience. This wealth of experience has great value and we find it in his book: *The Narcissist You Know: Defending Yourself Against Extreme Narcissists in an All About Me Age*". Fascinating and it brings us important awareness --about ourselves, about those in our inner circle, our outer circle, and getting good insights about people in general.
www.josephburgo.com

2. Elaine Williams is an award winning standup comedian who has appeared on Saturday Night Live, is a Life Coach, and author. Her really succinct book is *"Stop The Madness: How to Identify Addiction Warning Signs in your friends...and What to do About it."* It's a handbook and it presents ideas and stimulates thinking. Elaine is all about helping young women to become self-aware, to love and accept themselves, and to ultimately be safe as they navigate the road as they head off to college.
www.elainewilliamslive.com

**SUNDAY MORNING MAGAZINE
&
INSPIRATIONAL WOMEN
KRWM - BREMERTON / SEATTLE**

AIRDATE: October 18, 2015

LENGTH: 63:25

SHOW TYPE : Interview

ISSUES: Health, Education, Domestic Service

GUEST:
1. Dr. Henry Emmons and Dr. David Alter
2. Mary Phlum Peterson

SHOW DESCRIPTION:

1. Dr. Henry Emmons and Dr. David Alter are here to talk about having and maintaining a youthful and resilient brain. They provide all the ways in their very readable new book: *Staying Sharp: 9 Keys for a Youthful Brain through Modern Science and Ageless Wisdom*. Really, it's a handbook, with great tips. A few are to be active, flexible, and empathetic.
www.stayingsharp.org

2. Mary Phlum Peterson is a journalist and Emmy-award winning producer for Good Morning America. She's also the author of a captivating new book: *White Dresses--A memoir of Love and Secrets, Mothers and Daughters*. Her mother had been a nun for a decade--and in a writing class this spurred interest in wanting to know more of the story, and thus Mary began the writing of this memoir.
www.facebook.com/MaryPhlumPeterson

**SUNDAY MORNING MAGAZINE
&
INSPIRATIONAL WOMEN
KRWM - BREMERTON / SEATTLE**

AIRDATE: October 25, 2015

LENGTH: 62:50

SHOW TYPE: Interview

ISSUES: Environment, Domestic Service, Health

GUEST:
1. Andy Moore
2. Maya Mowilos

SHOW DESCRIPTION:

1. Andy Moore is a writer and gardener and these 2 talents combine for his very new book "Paw Paw: In Search of America's Forgotten Fruit". Delicious--tastes like a combo of mango and papaya, the large leafed tree is concentrated more in the southeast and Midwest--in fact boasting a big fall festival in Ohio. But it's being found in nurseries elsewhere, and even available in Oregon. For anyone looking to expanding their gardens or looking for new fruit, this might be it. The tree also has excellent cancer fighting/medicinal properties.

www.thepawpawbook.wordpress.com

2. Maya, WARM's weekend personality, is a breast cancer survivor. As October and breast cancer awareness month wind up, Maya shares her story of overcoming the disease and how it was the impetus to ramp up the changes she had already started making in her and her family's life. Maya was ridding toxins in household products, using natural products, and eating simply and organically.

**SUNDAY MORNING MAGAZINE
&
INSPIRATIONAL WOMEN
KRWM - BREMERTON / SEATTLE**

AIRDATE: November 1, 2015

LENGTH: 63:00

SHOW TYPE : Interview

ISSUES: Youth, Domestic Service, Health

GUEST:
1. Mark Bott
2. JJ Virgin

SHOW DESCRIPTION:

1. Mark Bott is the founder of Operation Kidsafe, a national and international non-profit that offers a free service to parents that provides digital fingerprints of children from 2 years to 18, and also persons with special needs. The prints are created on a 8 x 12 page that parents take home to complete with a picture and information about each child, and is kept in a safe place, used should there be any emergency. Operation Kidsafe was at the SkiDazzle Event in the Carter Subaru booth at Century Link Field Event Center Nov 6-9, then at the Carter Subaru Shoreline location Nov 9-12.

www.operationkidsafe.org

2. JJ Virgin is a prominent fitness and nutrition expert, really committed to finding the answers to why we encounter problems with losing weight when we are doing all the right things. Her research has led to her latest book to give us the most up to date solutions to our struggles. We discuss "The Sugar Impact Diet-- Drop 7 hidden sugars, Lose up to 10 pounds in just 2 weeks". With the holidays and parties lining up, this is good awareness to help us.

www.jjvirgin.com

**SUNDAY MORNING MAGAZINE
&
INSPIRATIONAL WOMEN
KRWM - BREMERTON / SEATTLE**

AIRDATE: November 8, 2015

LENGTH: 62:30

SHOW TYPE : Interview

ISSUES: Domestic Service, Health, Youth

GUEST:
1. Paulette Caswell, PhD
2. Dr. Sally Loughridge

SHOW DESCRIPTION:

1. November is Adoption Awareness month. Paulette Caswell PhD is the Director of Bethany Christian Services, which provides excellent support and education to/for families in foster care, adoption, women facing unwanted pregnancies. Emotional and financial support is available. The overarching goal is to keep siblings together in adoptions, because the family bond is so critical. Washington state adoption day was November 20 in Olympia. www.bethany.org, www.courts.wa.gov/newsinfo/AdoptionDay

2. Dr. Sally Loughridge is a professional artist and author. Her earlier career was as a clinical child psychologist. Earlier, Sally had a run in with cancer, so all of these experiences combined have produced a lovely and really touching story and book: Daniel and His Starry Night Blanket. This is a wonderful tool for families, teachers, and medical professionals to use in helping children understand a serious illness affecting one of their siblings. www.sallyloughridge.com

**SUNDAY MORNING MAGAZINE
&
INSPIRATIONAL WOMEN
KRWM - BREMERTON / SEATTLE**

AIRDATE: November 15, 2015

LENGTH: 64:15

SHOW TYPE: Interview

ISSUES: Charity, Youth, Health

GUEST:
1. Lauren Little, Tammy Sandahl, Tracy Radford
2. Kathryn Kemp Guylay

SHOW DESCRIPTION:

1. The Jingle Bell Run & Walk 2015 happens Sunday December 13th at Westlake Mall. It's the biggest one in the country, and a great way to celebrate the holiday season! It's also an important way to support needed research and support for arthritis. Lauren Little, the Youth Honoree (Lauren's Little Snowflakes), and Tammy Sandahl, the Adult Honoree (Twelves 'n Bells), share their personal story of dealing with this condition--and they're inspiring! This year's goal is \$755,000, and support is a great way to give a special gift this year.

www.seattlejinglebell.org

2. Kathryn Kemp Guylay has a wealth of talents and all manifest in her new book "Mountain Mantras: Wellness and Life Lessons from the Slopes". It uses the metaphor of skiing (Kathryn was learning to ski), but the lessons apply to any situation in our life. Kathryn also has a foundation in, and passion for, health and nutrition and weaves healthy nutrition ideas and support throughout this special book. It's a gift to us, and a great gift idea.

www.healthykidsideas.com

**SUNDAY MORNING MAGAZINE
&
INSPIRATIONAL WOMEN
KRWM - BREMERTON / SEATTLE**

AIRDATE: November 22, 2015

LENGTH: 63:05

SHOW TYPE : Interview

ISSUES: Charity, Domestic Services, Education

GUEST:
1. Mark Johnson
2. Laurie McNamara

SHOW DESCRIPTION:

1. Mark Johnson is Vice President of Development & Communications for Volunteers of America Western Washington and brought important news and ways we can all pitch in to make 2015 a great holiday season for everyone in our area. By giving we feel good about contributing, and those who receive have the feeling of care in their holidays. Need is greatest for children and seniors. 3 weekends of "Stuff a Bus" (donations of toys, food, clothing) took place beginning with Thanksgiving weekend.

www.voaww.org

2. Laurie McNamara's journey to the publication of her new book: "Simply Scratch--120 Wholesome Homemade recipes Made Easy" is inspiring. As a young mom she was motivated to recreate part of her childhood, home-cooked meals, helping her mom in the kitchen, learning to garden with her dad. First a popular blog, it's now a great book with lots of ideas and details. It is a great step to begin to cook from scratch meals in our own kitchens.

www.simplyscratch.com

**SUNDAY MORNING MAGAZINE
&
INSPIRATIONAL WOMEN
KRWM - BREMERTON / SEATTLE**

AIRDATE:

November 29, 2015

LENGTH:

62:55

SHOW TYPE:

Interview

ISSUES:

Crime, Domestic Service, Environment

GUEST:

1. James Kilgore
2. Cari McKinstry

SHOW DESCRIPTION:

1. James Kilgore is a writer, researcher and educator at the university level, and a man who spent some years locked in a high security prison. He joined us to discuss his latest book: "Understanding Mass Incarceration--A People's Guide to the Key Civil Rights Struggle of Our Time". Since 2002, the US has had the highest incarceration rate in the world, with 500 prisoners per 100,000 residents, or about 1.6 million prisoners in 2010, about 5 times higher than other countries with high incarceration rates.

2. Cari McKinstry works for Cougar Mountain Zoo and extended a big invite to the annual Issaquah Reindeer Festival! It's a perfect family activity for the holidays where the kids get to meet Santa's reindeer, feed them, watch them train. They can even sit in Santa's sleigh, and until December 23 Santa was around most of the time for photo ops. There are many educational stories to add to the fun. It has become a tradition for many families.

www.cougarmountainzoo.org

**SUNDAY MORNING MAGAZINE
&
INSPIRATIONAL WOMEN
KRWM - BREMERTON / SEATTLE**

AIRDATE: December 6, 2015

LENGTH: 63:05

SHOW TYPE: Interview

ISSUES: Charity, Domestic Services, Education

GUEST:
1. Cori Walters
2. Dr. Thelma Reese

SHOW DESCRIPTION:

1. Cori Walters, Executive Director of the Issaquah Food & Clothing Bank pointed the spotlight on a couple of great events that helped families make their holidays brighter. The 'Holiday Gift Barn Program' collected gifts for kids 18 and younger. Parents of these kids shopped the Pickering Barn to find their perfect gift. And the "Lunch for the Break" provided breakfast and lunches for kids during the winter break when they didn't have their school food programs. Great programs that included everyone in the 'joy of giving'.

www.issaquahfoodbank.org

2. Dr. Thelma Reese is an Elder Chick! who, along with her friend Dr. Barbara Fleisher, has written a great book: The New Senior Woman: Reinventing the Years Beyond Mid-Life. They talked with over 200 women, most of them featured in the book. They discovered that 'retirement' is a term that needs to be changed, because in these 'senior' years the women were finding new landscapes because the increasing numbers of senior women are making an impact in their communities, knowing there is more life to be lived. The duo is now working on a book about senior men.

www.elderchicks.com

**SUNDAY MORNING MAGAZINE
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KRWM - BREMERTON / SEATTLE**

AIRDATE: December 13, 2015

LENGTH: 63:25

SHOW TYPE : Interview

ISSUES: Youth, Charity, Education,

GUEST:
1. Tony Bolen
2. Donna Skeels Cygan

SHOW DESCRIPTION:

1. Tony Bollen, Leadership Development Officer for Seattle Urban Academy, shared insights on the incredible work of this small but powerful alternative high school. The youth are excited, sharing how they were failing in school, moving aimlessly in their lives. Now they are graduating with honors, going to college on scholarships, or into the workforce. They are breaking cycles. They have hope and dreams. All donations during December are doubled with a donor matching grant.

www.sua.org

2. Donna Skeels Cygan is a certified financial planner is passionate about helping all of us be more aware of our spending. And the holiday season can be a reason for overspending and debt. Donna suggested gifts of experience, limiting to one gift that has meaning, and charitable giving. Research shows that charitable giving positively affects the pleasure center of the brain. Donna is the author of a multi award winning book, The Joy of Financial Security. Reconsider the whole idea around spending. Donna helps us to be intentional, think, rethink, and plan.

www.joyoffinancialsecurity.com

**SUNDAY MORNING MAGAZINE
&
INSPIRATIONAL WOMEN
KRWM - BREMERTON / SEATTLE**

AIRDATE: December 20, 2015

LENGTH: 63:15

SHOW TYPE : Interview

ISSUES: Crime, Youth, Education

GUEST:
1. Angie Ward
2. Kelly Reid

SHOW DESCRIPTION:

1. Angie Ward, with the Washington Traffic Safety Commission provided information about extra patrols on the roads this holiday season, through New Year's Day. The message is to drive sober, or have a designated driver. Uber has stepped in to offer a \$20 credit for the first trip, to help people make wise choices. Target Zero has the goal of zero deaths on the roads by 2030. Those numbers were decreasing, but in 2015 there are already 125 more persons who have died this year over last, over 525 people.
www.wtsc.wa.gov www.targetzero.com

2. Kelly Reid is the Executive Director of Friends of the Children Seattle Chapter. This unique nonprofit has a team of paid mentors who are matched with children and youth from 1st through 12th grade; they meet at least weekly, or more. They work in conjunction with parents and teachers, and help children at high risk learn both academically and socially. Results are great. Kids stick with the program and are graduating high school, going to college or into the work force. Individual donations make a huge difference.
www.friendsseattle.org

**SUNDAY MORNING MAGAZINE
&
INSPIRATIONAL WOMEN
KRWM - BREMERTON / SEATTLE**

AIRDATE:

December 27, 2015

LENGTH:

63:45

SHOW TYPE :

Interview

ISSUES:

Environment, Education, Domestic Service

GUEST:

1. Courtney White
2. Dr. Susan Allison

SHOW DESCRIPTION:

1. Courtney White is founder of a nonprofit environmental group, Quivera, that builds bridges between citizens, scientists, and government groups, to benefit all, the whole planet. Courtney is also a writer, and his new book "Two Percent Solutions for the Planet" has 50 short stories from across the country of environmental projects, inspiring us to act in our own home and community.
<http://www.resilience.org/author-detail/1449628-courtney-white#>

2. Dr. Susan Allison is a trans-personal psychologist who uses shamanic journeying in her private practice. In her new book: "You Don't Have to Die to Go to Heaven", Susan shares her personal journey and other stories so we can individually use this practice for our own awareness and growth.
www.drsusanallison.com