

QUARTERLY ISSUES PROGRAM LIST FOR KQMV – FM
BELLEVUE/SEATTLE
January 1 – March 31, 2024

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Public Affairs Director
Placed in the Public File – April 8, 2024

Section I. Issues

KQMV has identified the following issues as significant issues facing our community in this quarter:

- A. Environment
- B. Volunteer
- C. Health
- D. Mental Health
- E. Education
- F. Community Engagement

A. Environment

1. Sunday Morning Shout Out with Ody Oriz – March 31, 2024, 6:23am for 2:10 minutes. Path with Art fosters the restoration of individuals, groups, and society from the effects of trauma through arts engagement and community building. <https://www.pathwithart.org/>
2. Sunday Morning Shout Out with Brendan Rexus – February 4, 2024, 6:37am for 2:10 minutes. Discovering Your Northwest promotes discovery of the northwest public lands, enriches the experience of visitors, and encourages stewardship of these special places today and for generations to come. <https://www.discovernw.org/>
3. Sunday Morning Shout Out with Ody Oriz – January 7, 2024, 6:37am for 2:10 minutes. Seattle Humane Society was founded in 1897, Seattle Humane proudly promotes the human-animal bond by saving and serving pets in need. We are one of the region’s leaders in animal adoption, education, and welfare. <https://www.seattlehumane.org/>
4. Sunday Morning Shout Out with Laurie Hardie – January 21, 2024, 6:37am for 2:10 minutes. Cure International Childrens Hospital is a global Christian nonprofit organization that owns and operates a network of eight charitable children’s hospitals in Africa and the Philippines. Our hospitals provide surgical care for children from 23 additional countries. With your help, we can ensure that every child has access to the life-changing healthcare they desperately need. <https://cure.org/>

B. Volunteer

1. Sunday Morning Shout Out with Nathan Miller – February 25, 2024, 6:37am for 2:10 minutes. Stand for the Silent began in 2010 following Kirk & Laura Smalley's 11-year-old son ending his own life due to bullying. They turned their pain and loss into a mission of helping others by traveling the country, giving presentations about bullying to schools, providing bullying prevention, giving out scholarships, offering intervention strategies, and more. With the rising prevalence and dangers of cyberbullying, Stand for the Silent developed the Social Bullets Program as a means to educate, intervene and prevent cyberbullying. There's also the Proactive Parent's Cyberbullying Handbook, which are both resources for use by parents, youth, other adults who are in the roles of safeguarding youth, and youths themselves.
2. Sunday Morning Shout Out with Nathan Miller – February 18, 2024, 6:37am for 2:10 minutes. **N W Harvest** Hunger often happens when people are forced to make choices between eating and other essential needs like rent or medicine. Our advocacy work eliminates those difficult choices by ensuring that public resources serve people who struggle with food insecurity. <https://www.northwestharvest.org/>
3. Sunday Morning Shout Out with Nate Miller – February 11, 2024, 6:37am for 2:10 minutes. Emerald City Music (ECM) is the Pacific Northwest home for eclectic, intimate, and vibrant classical chamber music experiences. Deemed "the beacon for the casual-classical movement" (CityArts), ECM hosts world-renowned musicians in unique concert experiences in our South Lake Union home venue, 415 Westlake. Founded in 2015, Emerald City Music produces and tours seven productions annually, with each tour visiting Seattle's South Lake Union (415 Westlake, a chic contemporary venue with an open bar), Olympia's Minnaert Center (a 495 seat modern concert hall), and an annual concert at the Bellingham Music Festival and New York City.
4. Spotlight with Laurie Hardie - January 14, 2024, 6:10am for 26 minutes. Volunteering is rewarding and not only supports families in crisis but improves your life too!! When you or a loved one has been injured, diagnosed with a serious illness, or given a terminal diagnosis, you may not know where to turn for help. Heather Peterson is the Volunteer Coordinator for Continuum and she loves to talk about making the best of now. Continuum is hospice care and there is lots of room for you to volunteer and make the end more peaceful and loving for someone. Continuum Hospice and Palliative Care serves patients with expert medical care with compassion and pain management. These services are designed to work with you and your family to provide the support and care needed during this difficult time. <https://continuumwa.com/>
5. Sunday Morning Shout Out with Nathan Miller – January 14, 2024, 6:37am for 2:10 minutes. Birthday Dreams at Birthday Dreams, we believe that every child deserves to feel special on their birthday. We work tirelessly to bring hope, joy, and a sense of self-worth to homeless children with the gift of a birthday party. We understand that a birthday party may seem like a small gesture, but to these children, it means the world. Our parties are more than just cake and presents. They are a celebration of life, of resilience, and of the human spirit. They are a reminder that no child is forgotten, and that every child deserves to be seen, heard, and loved. <https://birthdaydreams.org/>

C. Health

1. Spotlight with Laurie Hardie - March 31, 2024, 6:10am for 26 minutes. Dr. Ski Chilton is a distinguished innovator, academic and entrepreneur. With a prolific record of over 160 scientific publications and 15 patents, he has founded four companies and a nonprofit. He has been at the forefront of personalized nutrition and wellness, earning widespread recognition in both academia and industry for his trailblazing contributions. In his new, Amazon #1 Best Seller, *There is Another Way to Happiness: The Four Step CAST Process that Will Transform Your Life*, Chilton presents a rare blend of science, mindfulness and spirituality to walk readers through the four, overlapping steps that helped him overcome his own cycle of fear, anxiety and self-doubt, and led to his total transformation.
2. Spotlight with Laurie Hardie - February 25, 2024, 6:10am for 26 minutes. Kinder Smoots, the Executive Director of Eagle Wings Disability Ministries talks about all the fun events they have for people with disabilities. The events are 100% free to the clients. She shares her own story about being in a wheelchair briefly and how it brought it all home how some people with disabilities are treated. She is out to change the world and you can help out with donations or volunteering. [Eagle Wings DisAbility Ministries](#)
3. Spotlight with Laurie Hardie - February 11, 2024, 6:10am for 26 minutes. Drawing from a wealth of well-researched studies and years of personal experience, DR. NZINGA HARRISON uncovers the intricate factors that predict a person's risk of falling into addiction. From genetics and early experiences to the surroundings we grow up in, injuries, discrimination, and cultural influences, she delves deep into the roots of this widespread issue. Through personal stories and eye-opening data, UN-ADDICTION challenges our preconceived notions about substance use, breaks down the stigma surrounding addiction, and encourages vital conversations that have the power to combat this growing epidemic. [Un-Addicted](#)
4. Spotlight with Laurie Hardie - January 21, 2024, 6:10am for 26 minutes. Brant Hansen is a bestselling author, syndicated radio host and advocate for healing children with correctable disabilities through CURE International Children's Hospitals. His award-winning radio show, The Brant Hansen Show, airs on top stations in the U.S. and Canada. His podcast, The Brant and Sherri Oddcast, has been downloaded more than 15 million times. He has been named "Personality of the Year" multiple times by Christian Music Broadcasters and is called "Christian music's most beloved radio personality" by Christian Voice Magazine. Brant writes about varied topics related to faith, including masculinity in his book, *The Men We Need*, and forgiveness in *Unoffendable*, about which he was recently interviewed on ABC's *Good Morning America*. Brant speaks often about being diagnosed with autism spectrum disorder as an adult. Brant also proudly refers to himself as a "toast-obsessed nerd" who was no less than president of the Illinois Student Librarians Association in high school. He also plays the accordion, "in spite of popular demand.

D. Mental Health

1. Spotlight with Laurie Hardie - February 18, 2023, 6:10am for 26 minutes. Barbara Lane is the author of "Broken Water: An Extraordinary True Story," recounts the incredible journey of 11 sisters who navigated through a childhood filled with abuse, neglect, and separation in the foster care system. It is a raw and honest portrayal of their eventual reconnection and healing as they bravely share their individual tales of resilience and survival. Barbara shares her reunion story and how she found healing from all the trauma's of her childhood. [Barbara Lane](#)
2. Sunday Morning Shout Out with Laurie Hardie – January 28, 2024, 6:37am for 2:10 minutes. **#StopSuicide** Over 40,000 people die from suicide in America each year. Most of these individuals never received treatment. In fact, studies show most people with suicidal thoughts, plans and attempts neither seek nor receive treatment. One of the missions of this website is to reach this population and others who may be at risk for suicide by offering a free interactive suicide risk inventory and connecting them to crisis intervention or other professional help. Learn the facts and warning signs learn what you can do to help yourself and others. <https://stopasuicide.org/>
3. Spotlight with Laurie Hardie – January 7, 2024, 6:10am for 26 minutes. Geoffrey Godfrey is a former Army Medic now Nurse Practitioner. He has a mission to help people get off drugs using humor, giving people a place to belong. Geoff works with Conquer [Addiction Clinics](#). He was challenged to create a FB group to help those in recovery stay on track. It has turned into so much more. Geoff's sense of humor and great compassion helps people feel loved, seen and heard and in fact the group has been responsible for many foiled suicide attempts because of the commitment of the staff and members of the group. If you are in recovery and you are looking for a community, this just might be it.
4. Spotlight with Laurie Hardie - February 4, 2024, 6:10am for 26 minutes. Former Deputy Sheriff, Joy Farrow and Domestic Violence Survivor, Laura Frombach, Co-authors of *Street Smart Safety for Women: Your Guide to Defensive Living*. Joy and Laura draw on their experiences both personal and professional to provide those answers. Dedicated to educating women in personal safety and showing them a defensive living strategy and trusting in themselves can reduce their probability of becoming a victim of a crime. They talk about becoming persuasion proof, the importance of reporting crimes and how to check to see if you have been tagged. [Street Smart Safety for Women](#)

E. Education

1. Spotlight with Laurie Hardie - January 28, 2024, 6:10am for 26 minutes. Dr. Imelda Dacones, Chairperson of Go Red for Women Puget Sound and Market President, Optum Pacific Northwest and Susan Koeppen, heart attack survivor. Both women are Go Red for Women Ambassadors for 2024. Susan shares her heart attack story and how she had no idea what was happening. She went to the ER and her life was saved. Dr Dacones gives us the low down on what the risks are and how to lower the risks. **Heart Attack Warning Signs:** Heart attack symptoms can differ for men and

women, but the most common symptom for both is chest pain. Women might also have non-chest pain symptoms and less obvious warning signs. A heart attack is a life-or-death emergency, every second counts. If you think you or someone you're with has any symptoms of heart attack, call 911 and get to a hospital immediately. **Ways to participate on Wear Red Day:** Wear red and take a selfie. Post your photo on social media with #WearRedDay #goREDwa and tell your followers why it's important to wear red. Make heart health a priority. Commit to making one healthy change, no matter how small. Learn Hands Only CPR. Women are less likely to get bystander CPR than men. Become a lifesaver by watching a Hands-Only CPR demo on heart.org/nation. Hands-Only CPR is just two easy steps: call 911 if you see a teen or adult collapse and push hard and fast in the center of the chest until help arrives. Give to the American Heart Association. Support the fight against heart disease and stroke. Set up your fundraising page at WearRedDay.org. For 20 years, Go Red for Women by the American Heart Association has addressed the awareness and clinical care gaps for cardiovascular disease in women. Get resources and take action at GoRedforWomen.org.

2. Sunday Morning Shout Out with Ody Oriz – March 3, 2024, 6:37am for 2:10 minutes. **Browns Music Outreach** Music is the best tool we can give our children to help them learn and grow. With that in mind, we founded Ted Brown Music Outreach in 2007 in order to help bring the joy of music to those who otherwise couldn't afford it. <https://www.tedbrownmusic.com/>
3. Spotlight with Laurie Hardie – March 3, 2024, 6:10am for 26 minutes. Caregivers are so necessary and often feel invisible. Meet Allison Breininger. She is the founder of The Negative Space. Allison has a MA in Education and spent twenty years teaching, training, directing, coaching, and creating content in the realm of education. A caregiver for her husband since 2010, she experienced firsthand that caregivers are in the negative space: vital yet overlooked and unsupported. Fueled by what she saw, Allison created The Negative Space as a way to use her experience and skills to change the way caregivers are seen and supported. Through The Negative Space, she shines light on the realities of caregiving, provides direct services to caregivers and educates and equips those who support them with concrete tools and strategies. [The Negative Space In Sickness Podcast](#)
4. Spotlight with Laurie Hardie - March 17, 2023, 6:10am for 26 minutes Jodi Rubin is the Marketing Director for Reading is Fundamental. Their Rally to Read program is wrapping up in March and it has been very successful. You still have plenty of time to get in on all the read alouds and fun activities. Jodi gets us geared up for the summer reading program that will follow Rally to Read. Reading Is Fundamental (RIF) connects children with the joy of reading to spark imaginations and possibilities, putting kids on a path of reading proficiency. Because every child deserves the chance to succeed. [RIF Rally to Read](#)

F. Community Engagement

1. Spotlight with Laurie Hardie - March 24, 2024, 6:10am for 26 minutes Kevin Dixon is the Assistant Director for [Working Families Tax Credit \(WFTC\)](#). WFTC is a program administered by the Washington State Department of Revenue that helps low-to-moderate income workers and their families receive money back on sales taxes already paid. Those eligible may be able to get free help filing their taxes with the help various programs with trained volunteers to assist in completing and filing a basic Federal Income Tax as well as claiming the Working Families Tax Credit. Community-based organizations have partnered with the Department of Revenue and the Department of Commerce to provide local assistance and raise awareness about the Working Families Tax Credit. They can provide education and help with filling out applications. [Find an organization near you](#). The Department of Revenue is working on other resources to help applicants. This includes software vendors and Volunteer Income Tax Assistance (VITA) sites. You may also search www.wa211.org or call 2-1-1 to find a free resource near you to help with your taxes.
2. Sunday Morning Shout Out with Ody Oriz – March 17, 2024, 6:37am for 2:10 minutes. Music Matters Foundation is a registered 501(c)3 non-profit organization dedicated to using music as a way to bring joy into people's lives. Music has been part of human existence over centuries and is a universal language that can be understood by all. It has the power to inspire, heal and to bring people together to support great causes. It is our strong belief that music is an integral part of society and that everyone should have an opportunity in life to learn, play and create music.
3. Spotlight with Laurie Hardie - March 10, 2023, 6:10am for 26 minutes for nearly sixty years, Skills Inc. has been a leading aerospace supplier with a mission to expand employment opportunities for people with disabilities. Originally located in the Seattle neighborhood of Ballard, they now operate out of three facilities in Auburn, WA. Every day, their 300-person team proves that “an inclusive workforce is a strong workforce” by producing quality components for commercial aviation, military, and space—with deep expertise in machining, sheet metal fabrication, assembly, titanium hot forming, chemical processing, paint application, shot peening, and non-destructive testing. Skills Inc. hires outstanding people who are valued for their abilities. The organization has a structured onboarding process to identify potential accommodations, fostering an environment where individuals with and without disabilities successfully work side by side across all departments. Setting employees up for success and making sure no one is left behind is just good business. In addition to being a highly respected aerospace supplier, they also provide vocational programs for adults and youth with disabilities.

As they continue to inspire change and lead by example, Skills Inc. stands as a role model for a more inclusive and innovative future in the Pacific Northwest.

- Trisha Bustos – Vocational Program Manager, 9 years at Skills Inc.
- Shane Hassman - OPS and mentoring – X Years at Skills Inc.
- Jae’Don Parnell -Employee – Finish Inspector, 8 months at Skills Inc. (student program graduate) [Skills inc.](#)

4. Sunday Morning Shout Out with Cyan Fueher – March 10, 2024, 6:37am for 2:10 minutes Kandelia is a community organization addressing systemic inequities so immigrant and refugee families and communities can thrive without having to compromise values heritage or ethnicity.
<https://www.kandelia.org/>