

QUARTERLY ISSUES PROGRAM LIST FOR KQMV – FM
BELLEVUE/SEATTLE
April 1 - June 30, 2022

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Section I. Issues

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

- A. Environment
- B. Mental Health
- C. Charities
- D. Education
- E. Community Engagement
- F. Domestic Services

Section II. Responsive Programs

KQMV has broadcast programming dealing with each of the above-referenced issues:

A. Environment

1. Spotlight with Laurie Hardie May 15, 2022 25minutes at 6:10am. Rick Martin is the CEO of MicroGenDX, a diagnostic laboratory providing DNA sequencing and rapid PCR-based microbial testing for clinical applications. Martin says a new testing protocol for rapidly detecting and identifying infective microbes by their genetic sequence has recently been developed by his biotech laboratory MicroGenDX. The test can identify and list by prevalence more than 50,000 microbial species. Basically rather than growing a culture as labs have done in the past, MicroGenDX uses DNA sequencing to find these problems quicker and more efficiently.
<https://microgendx.com/>
2. Sunday Morning Shout out With Cyan Fuher - May 22, 2022 2:10 minutes at 6:37am. EDF began in 1967, as a scrappy group of scientists and a lawyer on Long Island, New York, fighting to save osprey from the toxic pesticide DDT. Using scientific evidence, our founders got DDT banned nationwide. Today, EDF is one of the world's leading environmental organizations. In the U.S., *Fortune* magazine called the board one of the country's most influential nonprofit boards. And science still guides everything we do.

3. Sunday Morning Shout out With Laurie Hardie – April 24, 2022 15 minutes at 6:35am. Our second guest for Give Big is Diana Goodrich the Co-Executive Director of Chimpanzee Sanctuary NW the only home for chimpanzees in the state of Washington! They've been expanding and now care for sixteen chimpanzees, all of whom were once used in biomedical testing. The sanctuary is working on building additional outdoor space for the new arrivals. diana@chimpsnw.org
4. Sunday Morning Shout out With Laurie Hardie - May 29, 2022 2:10 minutes at 6:37am. Annie Pantzke of Des Moines Washington rented out her pool on the swimplly app and has been so successful she wanted everyone with a pool to know they could make some extra money too. Also joining us is Sonny Mayugba, VP of Growth with Simply.

B. Mental Health

1. Spotlight with Laurie Hardie May 22, 2022 23 minutes at 6:10am. Joining me is LaVerne McGrath the founder of ThinkAboutThinking.com. It is a comprehensive website to help people discover ways to cope with life situations. This Month is Mental Health Awareness month so any First Responder can enter this code on the website and join for free for the month of May. Enter this Code when joining: FREE41STRESP-MAY TaT is a private, self-guided online service that provides hundreds of wisdom resources. Experience hundreds of videos, supplemental materials and attend Live Events to improve your world while preventing harmful acts to self and others.
2. Sunday Morning Shout out With Laurie Hardie - May 22, 2022 2:10 minutes at 6:35am. Suicide Prevention Website and hotline. 800-273-8255
<https://suicidepreventionlifeline.org/>
3. Sunday Morning Shout out With Cyan Fuher - May 8, 2022 2:10 minutes at 6:37am. Ever wondered how bringing purpose to someone's life can change the game? Self Help International knows how! Every year Self Help International dedicates their time and resources to people who need it most. People who have a dream, but don't have the tools necessary to make it a reality. You can help make people's dreams a reality by donating to this charity or volunteer for them to make a difference in less fortunate citizen's lives. <https://www.selfhelpinternational.org/>
4. Spotlight with Laurie Hardie April 17, 2022 25minutes at 6:10am Dr. Jean Holthaus author of "When Anxiety Roars". It's for parents, teachers, counselors, and youth leaders longing to understand and help the young people in their lives, this book unpacks the biological, psychological, social, and spiritual factors that influence anxiety in children and offers specific practical steps to take together to tame that anxiety. Integrating faith with best practices to reduce anxiety, it also teaches coping skills that will help children live more confidently today and into the future.
<https://www.amazon.com/Jean-Holthaus/>

5. Sunday Morning Shout out With Cyan Fuher - April 17, 2022 2:10 minutes at 6:37am. **The #ScreamItOut Challenge** A GM-branded TikTok challenge where parked drivers record themselves screaming the stress out of their system so they can drive with reduced distraction. GM is launching a Branded TikTok Challenge using the hashtag #ScreamItOut

The challenge will follow a simple and easy-to-do message structure:

1. Driving while stressed can be distracting and dangerous
2. Screaming can be one way to relieve stress
3. Scream it out!
4. Challenge followers to do the same

C. Charities

1. Sunday Morning Shout out With Cyan Fuher – June 26, 2022 2:10 minutes at 6:37am. Salvation Army helps out with a long list of things; like disaster relief, LGBTQ support, commitment to diversity, homeless shelters, food pantries, rehabilitation, job training, domestic abuse, and the one we know most; holiday giving. Earlier this year, Salvation Army hosted a food drive in March. Last year they brought in a 200,000 lbs of food/ cash, this year they brought in 2.2 million lbs. of food/cash for people in need. Salvation Army USA.org
2. Spotlight with Laurie Hardie June 19, 2022 26 minutes at 6:10am. Lilliya Kovalenko joins me to talk about Warm 106.9 and the Ukraine Association of Washington State, or UAWS. They have teamed up for Operation Teddy Bear Lift, a campaign to send over 10,000 teddy bears to children affected by the war in Ukraine. Warm 106.9 and its promotional partners will be raising monetary donations for UAWS. Donations will be directed to www.uaws.org and will go toward purchasing neonatal incubators to replace those from destroyed medical facilities. UAWS.ORG
3. Sunday Morning Shout out With Cyan Fuher - June 5, 2022 2:10 minutes at 6:37am. Friends of Youth is a nonprofit supporting behavioral health to employment services. They support people through transitional living, foster care, shelter/housing, medical services. They're dedicated to serving youth and young families facing homelessness foster care and behavioral health. <https://www.friendsofyouth.org/>
4. Sunday Morning Shout out With Laurie Hardie - May 15, 2022 2:10 minutes at 6:37am. Cocoon House. The comprehensive approach of Cocoon House ensures that each young person is met where they are, physically and emotionally, to ensure the best possible outcomes for their future. Young people connect with Cocoon House staff when in our programs, in their schools, or out on the street. Parents are provided with services to help keep their teen in the home, or provide the smoothest transition possible if the teen is returning home from homelessness. This scope of service allows Cocoon House to ensure they are reaching young people and families in all possible ways to ensure that every child has a home and a future. <http://www.cocoonhouse.org/approach>

5. Sunday Morning Shout out With Laurie Hardie - May 1, 2022 2:10 minutes at 6:35am. Jayme Hommer talks with us about the Boys and Girls Club of King County and when Covid hit, they opened their doors all day rather than just before and after school. They have some new programs in place to help kids deal with all they have been through with the pandemic. <https://www.wagives.org/giving-events/givebig22>

D. Education

1. Spotlight with Laurie Hardie June 26, 2022 26 minutes at 6:10am Krystal Marx is the Executive Director of Seattle Pride. We talk about the upcoming parade Sunday June 26th in Seattle. She also touches on the other services Seattle Pride provides throughout the rest of the year.
2. Spotlight with Laurie Hardie June 12, 2022 26 minutes at 6:10am. Chief Editor of *Chicken Soup for the Soul* Amy Newmark, joins us to share her latest book of 101 stories reflecting the 10 Keys to Happiness. Amy says this is a heart project after reading thousands of stories and the lessons learned from them she realized there are 10 keys to happiness and each key has 10 stories to reinforce the ideas. [Chicken Soup for the Soul: Your 10 Keys to Happiness](#)
3. Spotlight with Laurie Hardie June 5, 2022 25 minutes at 6:10am. Halisi Ali Elis shares how she came to write the story of Nature ella and how she hopes an ethnic fairy tale will resonate with children of color. The story of Naturella is an ethnic Cinderella tale that encourages self-love. <https://www.amazon.com/Story-Naturella-Halisi-Ali-Eli/>
4. Spotlight with Laurie Hardie May 8, 2022 25minutes at 6:10am. Joining me is Hayley Satema Donor Development Manager and Amy Thorne the Parent Ambassador for March for Babies. March of Dimes leads the fight for the health of all moms and babies. March of Dimes supports research led programs, education and advocacy so that every family can have the best possible start. Building on a successful 80-year legacy, they support every pregnant person and every family. Visit marchofdimes.org or nacersano.org for more information. Find us on Facebook and follow us with #marchofdimes and @marchofdimes. March for Babies big event is LIVE this year at the Woodland Park Zoo on May 14th. marchforbabies.org/event/westernwashington
5. Sunday Morning Shout out With Cyan Fuher – April 3, 2022 2:10 minutes at 6:37am. We've all been very worried, anxious, heartbroken, and jostled about the recent Russian violence on Ukraine. With everything going on, it's time we stand up instead of watching this all happen. With a donation to the International Rescue Committee, you can make a positive impact for the Ukrainians. It helps more than you know.

E. Community Engagement

1. Sunday Morning Shout out With Garret Britton - June 19, 2022 2:10 minutes at 6:37am. Mary's Place ensures that no child sleeps outside by centering equity and opportunity for women and children. Since 1999, Mary's Place has helped thousands of women and families move out of homelessness into more stable situations. Across five emergency family shelters in King County, we keep families together, inside, and safe when they have no place else to go, providing resources, housing and employment services, community, and hope.
2. Sunday Morning Shout out With Cyan Fuher – June 12, 2022 2:10 minutes at 6:37am. The Trevor Project provides information & support to LGBTQ young people 24/7, all year round. <https://www.thetrevorproject.org/>
3. Spotlight with Laurie Hardie May 29, 2022 25 minutes at 6:10am. Cindy and Merle Meyers are grief and trauma chaplains. Going through grief, trauma, and loss is never easy, and no one need experience it alone. At Grief and Trauma Chaplaincy, we are qualified and experienced in companioning, and here to come alongside you to offer you information and encouragement. <https://www.griefandtraumachaplaincy.com/>
4. Spotlight with Laurie Hardie May 1, 2022 15 minutes at 6:10am. Give Big 2022 is already underway. It's a great annual fund-raising event for our community to come together and support many of the non-profits in the Puget Sound area. And to underscore the need is greater than ever this year! We hear from leaders in just 2 of the nonprofits we can choose to support: First is Bekka Austin with Homage Senior Services. She shares how something as simple as changing a lightbulb can change a person's life. <https://www.wagives.org/giving-events/givebig22>

F. Domestic Services

1. Spotlight with Laurie Hardie April 10, 2022 25minutes at 6:10am. Joining me today is Frank Holloman, Director of the Division of Transplantation (DoT) at HRSA (Health Resources and Services Administration) Frank comes to this work after trying to be a donor for his own sister. Over 106,000 People on the National Organ Transplant Waiting List, Including 1,884 Children under 18; Every 9 Minutes a New Person is added. HRSA Raises Awareness for National Donate Life Month and National Pediatric Transplant Week. NDLM is an opportunity to inform listeners about how they can give hope to more than 106,000 people, including almost 2,000 children under the age of 18, on the national transplant waiting list. <https://www.organdonor.gov/>
2. Sunday Morning Shout out With Laurie Hardie – April 10, 2022 2:10 minutes at 6:37am. 5R Recovery, Johnny Ray knows what it means to walk out of addiction and he is committed to the 5 R's of recovery Remember, Recover, Rejoice, Reborn, and Relive. Once people tell their story they begin the recovery process, they learn

about gratitude and are reborn or transformed out of the addict mindset and then they serve others and create a new life. <https://5rrecovery.org/>

3. Spotlight with Laurie Hardie - April 3, 2022 25minutes at 6:10am. Molly is the founder of the online Digital Detox, where she helps free families from their addictions to devices. She has a degree in international relations and worked as a press aide for former California governor Arnold Schwarzenegger. These days, she is a stay-at-home mom and foster mom to six kid's ages twelve and under. Her book is called Digital Detox and she says "I promise, if you do this with your kids you will reap amazing benefits. <https://mollydefrank.com/>
4. Spotlight with Laurie Hardie April 24, 2022 15 minutes at 6:10am Give Big 2022 Give Big 2022 is already underway. It's a great annual fund-raising event for our community to come together and support many of the non-profits in the Puget Sound area. And to underscore the need is greater than ever this year! We hear from leaders in just 2 of the nonprofits we can choose to support: Our first guest is Nancy Long the executive director of 501 Commons, the nonprofit producing GiveBIG. Helping nonprofits succeed. <https://www.501commons.org/>