

QUARTERLY ISSUES PROGRAM LIST FOR KIXI-AM
MERCER ISLAND/SEATTLE
July – September 30, 2022

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Section I. Issues

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

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

Section II. Responsive Programs

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

A. Environment

1. Sunday Morning Magazine: with Kate Daniels – September 18, 2022 25 minutes at 6:30am. Mike Dillon has edited a beautiful book about a northwest garden situated on Queen Anne in "Notes from the Garden". Madeleine Wilde wrote 'garden' columns for the Queen Anne-Magnolia paper for nearly 2 decades. She wrote of her garden but also the neighborhoods and we can learn so much about the natural flora of our northwest. These are beautifully written and enjoyable just as stories, but there's so much gardening information and guidance.
2. Sunday Morning Shout out With Cyan Fuher – September 11, 2022 2:10 minutes at 6:27am. Thrift stores aren't all they're cut out to be... If you REALLY want to reduce, reuse and recycle your clothes, check out Ridwell's services and/or listen to the clip below. You'll be glad you did!
3. Sunday Morning Shout out With Cyan Fuher – September 4, 2022 2:10 minutes at 6:27am. PAWS - aka Progressive Animal Welfare Society - is sheltering hundreds of animals every year to help them find their forever home. If you're looking for a pet to call your own, stop by their website to see the animals they have available

for you! If you're not looking to adopt, please consider donating to their cause so they can continue helping animals help people like you. For more info or to donate visit paws.org

4. Sunday Morning Magazine: with Kate Daniels – September 4, 2022 25 minutes at 6:30am. Beverly and Dereck Joubert have been a dynamic partnership in life and work. They are storytellers of the wildlife in Africa and advocates for the life and health of these animals as well as for all of nature everywhere. They are explorers working with National Geographic and have created 11 books with Nat Geo, the latest: The Ultimate Book of African Animals, which is a kind of photographic safari. And this is great as kids, all kids, can learn so much to enhance their education as school gets on track again. They can be reached at: [@natgeobooks](https://twitter.com/natgeobooks)
5. Sunday Morning Shout out With Cyan Fuher – August 28, 2022 2:10 minutes at 6:27am. The National Sustainable Agriculture Coalition (NSAC) is an alliance of grassroots organizations that advocates for federal policy reform to advance the sustainability of agriculture, food systems, natural resources, and rural communities. NSAC's vision of agriculture is one where a safe, nutritious, ample, and affordable food supply is produced by a legion of family farmers who make a decent living pursuing their trade, while protecting the environment, and contributing to the strength and stability of their communities.
6. Sunday Morning Shout out With Laurie Hardie – August 14, 2022 2:10 minutes at 6:27am. Saving Great Animals is a matchmaking rescue organization focused mainly on dogs in the Greater Seattle area. We work tirelessly to match the best pet to your family based on breed, lifestyle and other factors. With more than 8500 lovingly homed since 2007, we are proud of our dedicated team and foster homes for bringing new life to pets with loving homes to last their lifetime. We adopt out only after a dog has been spayed/neutered, updated on shots, has received proper medical care and chipped. We are dedicated to lowering the dog reproduction population, which leads to millions of lost lives.

B. Education

1. Spotlight with Laurie Hardie September 25, 2022 26 minutes at 6am. September is Opioid Awareness Month. April Provost with Ideal Option helps us understand what medically assisted treatment is and how it is helping addicts get off drugs. She says there are many pathways to recovery and medically assisted treatment is one of many wrap around services to support the people trying to get off drugs and get back into a productive life. <https://www.idealoption.com/>
April@idealoption.net
2. Spotlight with Laurie Hardie September 4, 2022 26 minutes at 6am. The first day of school jitters are here, impacting both parents and kids as the young minds return to in-person school in the weeks ahead. Co-author of Every Child A Super Reader: 7 Strengths for a Lifetime of Independence, Purpose, and Joy, Pam Allyn is a global literacy expert, educator, award-winning author, and innovator. She

- says “Families have a tremendous opportunity to create a warm and supportive culture that encourages students to take learning risks and to see themselves as having a valued voice in the home and in the world, confidence grows with perceived opportunities for success. The more kids feel that they are up for the challenge, the more confidence they will display.” In the book, Allyn provides five confidence-building questions parents should regularly ask, which sends the clear message to their children that their opinions matter.
3. Sunday Morning Magazine: with Kate Daniels – August 21, 2022 25 minutes at 6:30am. Dr. Julie Gatzka, a health educator is one of the nation's top chiropractic physicians with more than 30 years of clinical practice. Using her understanding of the nervous system, nutrition, and alternative therapies, Dr. Gatzka’s mission with each patient is to enhance their body's potential to heal itself. Today's focus is on 'sugar'. According to the American Heart Association, the average adult swallows 22 teaspoons of added sugar each day – mostly in the form of soft drinks, candy, cakes, cookies, and pies. Not to be outdone, America’s 14-to-18-year-olds consume an eye-popping 34 teaspoons of added sugar daily. Dr. Julie explains that Sugar provides our bodies with ZERO protein and fat and virtually no trace of vitamins or minerals. But what sugar does provide is a disrupted metabolism and an elevated risk of developing a degenerative disease and early mortality. <https://naturessources.com/dr-julie-gatzka/>
 4. Sunday Morning Magazine: with Kate Daniels – July 24, 2022 25 minutes at 6:30am. Susan McClelland is a journalist, and an author of some special books--ones that focus on the life of children, young people in war-torn lands. Her latest is Boy from Buchenwald--The True Story of a Holocaust Survivor. The young boy is Robbie Waisman who moved to Canada in 1948 following rescue from a concentration camp and some years of education in France. This is a very tough story, but one that needs to be read, for numerous reasons--among them to understand the horrors and atrocities of war and the resilience of human beings. www.smcclelland.com
 5. Spotlight with Laurie Hardie July 10, 2022 26 minutes at 6am. It was a day like any other, crystal blue sky and warm summer air, as young Nathan Spiteri walked into a change room at a familiar public swimming pool and experienced a turn of events that would alter his life forever. In his powerful and deeply vulnerable memoir, Toy Cars: One man's journey from trauma to triumph, Spiteri dives into the trauma of being brutally abused, groomed and manipulated by the actions of a vicious pedophile. It is a "coming-of-age" story, a tour-de-force that ushers the reader into the world of abuse, addiction, sex, drugs and violence.in words poetic, as well as raw and real, Spiteri paints a stunning masterpiece of triumph over tragedy; a powerful canvas of self-discovery, therapeutic growth and self-love. Spiteri offers a cautionary tale for all parents who are raising children; and an anthem of survival for anyone who has suffered the difficulties of youth. In our search for a better life, Toy Cars proves that love and healing are possible.

6. Sunday Morning Shout out With Cyan Fuher – July 10, 2022 2:10 minutes at 6:27am. With Equal Opportunity Schools, people who aren't able to afford higher education can take that leap in their life. Their mission is to ensure that students of color and low-income students have equitable access to America's most academically intense high school programs and succeed at the highest levels. All parents want for their kids and students is to lead a happy and successful life, which is what Equal Opportunity Schools does for families from all backgrounds, and it's located in Seattle, Washington

C. Community Engagement

1. Sunday Morning Shout out With Cyan Fuher – September 25, 2022 2:10 minutes at 6:27am. Female strong is a nonprofit organization that gives middle school and high school girls hands-on programs, mentorships, and memories to empower and bring out their potential every day for future generations. They're inclusive of all girls, Trans, gender-fluid, and non-binary youth.
2. Spotlight with Laurie Hardie July 31, 2022 26 minutes at 6am. Shannon Sessions is the executive director of Support7.org. Since 1981, Support 7 has consistently, purposely, and effectively served all our neighbors within our communities—without regard to social class, ethnic heritage or religious persuasion. Support 7 is a group of chaplains who assist first responders and they also have a mobile unit that can be sent out for situations that need more support. Support 7 is supported solely by the financial gifts and free will contributions of its friends and encouragers. <https://www.support7.org/>
3. Sunday Morning Shout out with Laurie Hardie - July 31, 2022 2:10 minutes at 6:27am. Imagine Children's Museum Everett. Free and guided play builds a child's social and academic development. Imagine Children's Museum promotes the power of play learning and growing by doing what every child loves to do best...play. The interactive exhibits and activities encourage children and their families to role play, experiment, splash, think, wander and create together in a place where they can feel physically and emotionally safe.
4. Sunday Morning Magazine: with Kate Daniels – July 31, 2022 25 minutes at 6:30am. Thomas Vozzo is a global business executive who left that world when he saw the injustices and is now the unpaid CEO of Homeboy. In his book "The Homeboy Way: A Radical Approach to Business and Life" Thomas relates his story and finding his way to volunteering at Homeboy Industries in LA. Founded 30 years ago this very successful entity assists former gang members and those who have been in prison build a new and fulfilling life. Thousands of these former gang members have come through the doors to find counselling, education, housing and good employment. Thomas provides insights into the shattered lives these individuals have come from. www.HomeboyIndustries.org

5. Spotlight with Laurie Hardie July 24, 2022 26 minutes at 6am. Johnny Ray with 5 R Recovery talks about how we need to make changes in our community when it comes to helping addicts. The 5 R's are, When you begin with REMEMBER, choose to RECOVER, learn to REJOICE, then you can be REBORN and start to RELIVE. 5RRecovery.org
6. Sunday Morning Shout out With Cyan Fuher – July 24, 2022 2:10 minutes at 6:27am. #stop suicide an estimated 1 in 5 of us experiences suicidal thoughts in our lifetime. STOP Suicide is an award-winning suicide prevention campaign that seeks to empower communities and individuals across Cambridgeshire and Peterborough to help stop suicides by being alert to the warning signs, asking directly about suicide and helping those who are feeling suicidal to stay safe. It is led by the charity Cambridgeshire <https://stopsuicidepledge.org/>
7. Sunday Morning Shout out With Cyan Fuher – July 17, 2022 2:10 minutes at 6:27am. Little Bit Therapeutic Riding Center invites you to play in the 3rd Annual Links for Little Bit golf tournament on Monday, August 1 at The Plateau Club in Saffron Walden. All proceeds will support the Little Bit mission serving people with disabilities. Form a team of four, a team of two, or register individually. All playing abilities are welcome for a spectacular day on the green. Business teams are encouraged to wear their company logo. Learn more and register today at littlebit.org/events/golf.

D. Domestic Services

1. Spotlight with Laurie Hardie September 18, 2022 26 minutes at 6am. David Arms the author of Milestone to Manhood a book about a once-in-a-lifetime weekend that a man can organize for a boy on his thirteenth birthday. David says today more than ever, young men need their male role models to step up and help them understand what it means to be a man and bestow that mantle upon them. If a boy is never told what it means to be a man or that it's time to be one, he'll subconsciously extend his adolescent years far into his teens and twenties ... or beyond, designed to mark his entrance into manhood in a meaningful way. In addition to bestowing the title of "man" on him, the purpose of the weekend is also to impart life-changing, intergenerational wisdom to him. <https://www.milestonetomanhood.com/>
2. Spotlight with Laurie Hardie August 14, 2022 26 minutes at 6am. Dr. Doug Carpenter is the author of Secret Shame. Sexual abuse is the secret shame that lies deep within. Men hold on to this secret shame for an average of 25 years before they disclose the hurt and pain they have endured and carried from sexual abuse perpetrated by another male. As men disclose their abuse, it is important to examine how the abuse changed their thinking and behavior. A good majority of men were abused before puberty. The research shows that men, on average, are abused around the age of eight or nine, while in the latency stage of development.

The disruption of this phase creates a stirring of sexual curiosity and desire awakened before its time.

<https://www.amazon.com/Secret-Shame-Survivors-Understanding-Development>

3. Spotlight with Laurie Hardie August 7, 2022 26 minutes at 6am. Ivy Hendricks Outreach Coordinator and Jasmine Stilson Senior Child Care Professional at Hand in Hand join us to talk about their back to school program. School supplies are expensive and for families struggling to make ends meet getting supplies for their kids to start school can be a real challenge. You can help families in Snohomish County by donating to the back to school program at handinhandkids.org. They are giving out 500 back packs full of school supplies to kids in Snohomish County. <https://handinhandkids.org/>
4. Sunday Morning Shout out With Cyan Fuher – August 7, 2022 2:10 minutes at 6:27am. Court appointed special advocates CASA provides volunteers to children who have dealt with horrible environments at home. They stand side by side with the kids and help them with academic performance, finding safe and permanent homes, they are basically guardian angels. The Court appointed special advocates vision is to create a world where every child who has experienced abuse or neglect is given the opportunity to thrive in a safe and loving home
5. Sunday Morning Magazine: with Kate Daniels – July 17, 2022 25 minutes at 6:30am. Mitch Mitchell was an attorney in private practice, but now is Associate Counsel of Estate Planning at Trust & Will, an online platform that both educates in a broad spectrum of all things related to this aspect of life planning, and also offers the option to create a will or a trust. He's with us to provide some insights and details on wills primarily and all the reasons to have one, have it notarized, and let key people in your life know you have it and where it is. It is key to protecting your possessions and ensuring that they are passed on to the persons you want to have them. The website is a great learning space. www.trustandwill.com
6. Sunday Morning Magazine: with Kate Daniels – July 10, 2022 25 minutes at 6:30am. Jay McDonald is an executive Leadership Coach and the author of 'Strategic Jaywalking: The Secret Sauce to Life & Leadership Excellence'. While Jay has worked with many industries and coaching professionals, his insights and experiences apply to any of us in any situation--strategic thinking, or thinking outside the box. It's a great tool for parents, a great tool for youth moving onto college, or the recent college graduate. He suggests becoming aware of our purpose, being a prudent risk taker, and knowing that we learn both from fortune and adversity. www.JayMcDonald.com Twitter: @jaymcdonald
7. Sunday Morning Magazine: with Kate Daniels – July 3, 2022 25 minutes at 6:30am. On the first weekend of each month we meet Elaine Parke, the creator of the Habits of Unity, and this is an ideal weekend to consider this acknowledging that this weekend is more than simply partying. We can potentially take this day

to consider our role, what we can and need to do to be part of the solution for Unity. From her book 'The Habits of Unity' Elaine shares some actions and inspirational quotes that provide ideas for the focus of July: Become Involved! Reach out to a neighbor, offer some childcare time for a Mom who needs some 'me' time, and pick up some trash along the road. And for the 4th of July, Elaine includes a famous quote from John F Kennedy: Ask not what your country can do for you, ask what you can do for your country.

www.12habits4allofus.org

E. Empowerment

1. Spotlight with Laurie Hardie September 11, 2022 26 minutes at 6am. Pioneer Human Services is a nonprofit social enterprise serving justice-involved people across Washington State. One of their business's, Pioneer Industries, is an aerospace manufacturing division. Folks from Pioneer are joining me today to let you know about their counseling and treatment, affordable housing, job-readiness training and employment opportunities for anyone who wants to make a positive change in their lives. In 2021, 61% of Pioneer's enterprise workforce was justice-involved and/or in recovery. Pioneer believes in providing second chances to individuals with a past so they can live healthy and productive lives today.
2. Spotlight with Laurie Hardie August 28 2022 26 minutes at 6am. Molly DeFrank is the author of Digital Detox: The Two Week Tech Reset for Kids. As a mom of six kids, Molly found a simple solution to the negative impact of too much screen time. She wrote a practical guide for parents. Molly and her husband made the decision to detox their screen-obsessed kids—and the difference it made for my family was incredible. When the detox was over, her kids actually thanked her
3. Spotlight with Laurie Hardie August 21 2022 26 minutes at 6am. Kyle Duncan is the author of Hope for the Ukraine: Stories of Grit and Grace from the Front Lines of War, is part narrative, part wartime dispatch, Kyle is the father of an adopted Ukrainian son. The book transports you into the gritty reality of war-torn Ukraine and the frontlines of God's miraculous intervention. From the refugee camps and border crossings, to the homes of Ukrainian residents whose neighborhoods are being bombed, to the microvan full of orphans fleeing Russian tanks. These stories although tough show the power of hope and are a reminder that one person can make a difference, even in war.
4. Sunday Morning Magazine: with Kate Daniels August 14, 2022 25 minutes at 6:30am. Dr. Ronald Alexander is a psychotherapist who works with lots of creatives and shares these stories and all we can learn from them in his new book: Core Creativity: The Mindful way to unlock Your Creative Self. We are so much more than most of us realize and we need to become more aware of aspects of ourselves that can only make us better and greater. Dreams--these are an important element in creativity and health. www.ronaldalexander.com

5. Sunday Morning Magazine: with Kate Daniels – August 7, 2022 25 minutes at 6:30am. Elaine Parke is our beginning of the month guest as we make the month by month journey through her book 'The Habits of Unity--12 Months to a Stronger America'. The theme for August is: Know Who You Are! It's an ideal focus on self-awareness with the resulting awareness that each of us can and do make a difference. We need to focus on the constructive, the uplifting, the good energy that we can spread to each and every one we meet. And don't we know that the world is in great need of us doing this. www.112habits4allofus.org
6. Spotlight with Laurie Hardie July 17, 2022 26 minutes at 6am. Why do we stay with someone who is bad for us? Is it laziness or are we just complacent? Dr. Monica Vermani, Clinical Psychologist and author of A Deeper Wellness: Conquering Stress, Mood, Anxiety, and Traumas, tells us that it's easier to stay with a beast we understand than one we don't. For understanding when it's time to let go, cut your losses, and start anew, Dr. Monica Vermani who has provided her expertise to Fast Company, Business Insider, Glamour, Parade, The Toronto Sun, and more, understands why we keep holding onto toxic relationships that can be prevalent in not only your personal life but your professional life too. <https://www.drmonicavermani.com/>

E. Health

1. Sunday Morning Magazine: with Kate Daniels – September 25, 2022 25 minutes at 6:30am. Lisa Forbes is a national speaker and author of 'I Can Take it From Here: A Memoir of Trauma, Prison and Self-Empowerment'. Lisa shares her tough story and her success to a fulfilled life which is a formula that is something any person dealing with trauma can incorporate personally. www.lisaforbesspeaks.com
2. Sunday Morning Shout out With Cyan Fuher – September 18, 2022 2:10 minutes at 6:27am. Fit Kids fixes a fitness opportunity gap by providing structured fitness programs for youth, primarily in underserved communities, at no cost to the host schools and community organizations or their participating families. Fit Kids programs—which flex for in-person or distance learning—combine warm-ups, fitness moves, games, and yoga/mindfulness practice that make fitness fun for kids of all ages. <https://fitkids.org/>
3. Sunday Morning Magazine: with Kate Daniels – August 28, 2022 25 minutes at 6:30am. Dr. David Bissonette is an Associate Professor of Nutritional Science at Minnesota State University and the author of an important new book: Insatiable: A Nation's Unappeasable Hunger. New research published in the journal Public Health Nutrition found that readily available packaged foods and beverages have a TON, that's 2000 pounds more added sugar today than they did 15 years ago. Drinks are 36% sweeter. Sugar content in packaged foods shot up by 9 percent. So we have some of the reason for the obesity epidemic evident today. Dr. Bissonette points out that we used to have special foods for special occasions,

holidays, but today we have them all of the time. It's time to think of the damage we're doing to ourselves and make good choices. <https://www.insatiableone.com/>

4. Sunday Morning Magazine: with Kate Daniels – September 11, 2022 25 minutes at 6:30am. Anna Gottlieb is the Executive Director of Cancer Pathways a non-profit that does incredible work in our communities for persons touched by cancer. In an overview of these past few months Anna touches on the summer camps for kids, there were 5 and these camps make such a difference for the kids that many come back as counsellors when they are teens. A teen writing contest has now reached youth in all 50 states giving them an important opportunity to voice their experiences. Cancer Happens is a high school education program that has teachers requesting regular return visits to talk about cancer. The annual fashion show and Gala happens on October 22 in Seattle with 25 models celebrating the 25th event, with models ages 3-80! Information is available on the website as well as an opportunity to donate and support all this important work as no doubt each of us has been touched by cancer.
5. Spotlight with Laurie Hardie July 3, 2022 26 minutes at 6am. People of color are especially prone to the stigmas associated with seeking mental health care. Mental health advocate Achea Redd is here to create safe spaces for women and girls of color to ask for and receive the help they need to live their best lives—the help she wished she'd had when she was struggling. In her third book, ***The Precipice of Mental Health: Becoming Your Own Safe Space*** Achea, wife of NBA icon Michael Redd, shares her personal battle with depression, generalized anxiety disorder, atypical anorexia, and her estranged relationship with her father. Achea's honesty is key to helping readers understand that there is a path to healing for those who are struggling. It's also an eye-opening look at how spouses and family members can help someone during a mental health crisis.
6. Sunday Morning Shout out With Cyan Fuher – July, 3, 2022 2:10 minutes at 6:27am. The National Association of Social Workers Foundation is to serve the social work profession, and the public. The NASW Foundation is an important organization in terms of the ongoing historical aspects of NASW. It also helps to set in motion plans for the future growth and development of social work NASW works to enhance the professional growth and development of its members, to create and maintain professional standards, and to advance sound social policies.