

QUARTERLY ISSUES PROGRAM REPORT KRWM RADIO - BREMERTON/SEATTLE

January 1 – March 31, 2024

Kate Daniels
Public Affairs Director
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Section I. Issues

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

- A. Health
- B. Education
- C. Domestic Services
- D. Women's Empowerment
- E. Charity
- F. Youth

Section II. Responsive Programs

KRWM has broadcast programming dealing with each of the above-referenced issues.

A. HEALTH

1. Sunday Morning Magazine with Kate Daniels—January 7, 2024, 5:30am, 30-min. Phone interview with Dr. Julie Gatza, a health educator and co-founder of the Florida Wellness Institute. Dr. Julie is one of the nation's top chiropractic physicians with more than 30 years of clinical practice during which time she has assisted many thousands of patients to resolve a wide variety of physical ailments. Using her understanding of the nervous system, nutrition and alternative therapies, Dr. Gatza's mission with each patient is to enhance their body's potential to heal itself. The focus to begin a new year is on how we eat (be aware of not mixing food types!) and avoid overly cooked and overly processed foods.
www.floridawellnessinstitute.com
2. Sunday Morning Magazine with Kate Daniels—February 11, 2024, 5:30am, 16-min. Phone interview with Jia Wu, a woman in the prime of her career in the military as an Army Captain, under 30, when she received shocking news: she was experiencing mini-strokes, Transient Ischemic Attacks (TIA). She shared some of that journey with us, stressing self-advocacy. Jia also extends the invitation to attend the annual Go Red for Women Experience to hear more of the stories and have the opportunity to support research and education.
www.heart.org/pugetsoundgored
3. Inspirational Women with Kate Daniels—February 18, 2024, 6am, 30-min. Zoom interview with Kisha Stewart, a wife, mother of 3, a nurse, and this is the stunning thing....a heart attack survivor! Her story is so important--because Kisha is a black woman which marks her even more strongly as a target for heart disease, and then for getting the correct and good treatment. Kisha provides us with such a great gift in

writing her story: Sonata for a Damaged Heart—a Young Mother's Journey of Survival After a Near Fatal Heart Attack. Keisha was only 31 when this heart event happened. Now she is a strong advocate for women's heart health with the American Heart Association.

www.keishaandscad.com

4. Inspirational Women with Kate Daniels—March 17, 2024, 6am, 30-min. Zoom interview with Sandi Gold, a New England artist who was diagnosed with a brain tumor and given less than a year to live, and that was nearly 4 decades ago! Faced with recurring symptoms of radiation damage (including cancer) from her treatment, betrayal by a dysfunctional family, and myopic advice from the medical establishment, she taught herself to open her heart and trust her own body's voice. Sandi shares her story in her inspiring memoir with self-help journaling prompts at the end of each chapter. Her memoir is: I Chose Love: How to Survive a Life-threatening Illness Using Love to Guide You.

www.sandigold.com

B. EDUCATION

1. Inspirational Women with Kate Daniels – January 7, 2024, 6am, 30-min. Phone interview with Theo Boyd, a farmgirl at heart, living in Texas, where she taught high school English, raised her daughter, and was an active volunteer in various organizations, her community, and her church. After 30 years, she moved back to her hometown of Whitney, Texas, to come to terms with the death of her mother in a tragic farming accident, followed three years later by her father's suicide. She now devotes her time to writing and speaking about loss, grief, and faith with the mission of helping others find comfort and hope. Her insightful book "My Grief is Not Like Yours—Learning to Live after Unimaginable Loss" is a very useful guide.

www.thinktheo.com

2. Sunday Morning Magazine with Kate Daniels – January 14, 2024, 5:30am, 30-min. Phone interview with Mary Beth Stibbins, the Western Washington Alliance Co-chair for Braver Angels. The Braver Angels mission is of bridging the partisan divide and strengthening our democratic republic. For anyone who has felt frustrated or helpless about the divide we might feel in our country and our community, Braver Angels which came on the scene in 2016 had the vision of providing opportunities for persons on opposing sides and ideas, to come together to listen and have conversations. These are happening in our communities and schools with many events happening locally in person and online. Mary Beth also works nationally on an event development team, and a national gathering will take place in Wisconsin in June.

www.braverangelswa.org www.braverangels.org

3. Inspirational Women with Kate – March 10, 2024, 6am, 30-min. Phone interview with Award-winning chef Maria Liberati, the author of *The Basic Art of Italian Cooking: Holidays and Special Occasions*. Anytime is really the perfect time to either begin or delve deeper into cooking and exploring good, healthy recipes that we actually engage family members and friends with in the action in the kitchen. Maria shares some favorite recipes that have origins from Italy, where her family roots are established and where Maria spent some years of her life there, honing her kitchen skills. But they did begin with her grandmother and the family kitchen. Maria has also been a PBS TV host.

www.marialiberati.com

4. Inspirational Women with Kate Daniels – March 24, 2024, 6am, 16-min. Phone interview with Dr. Shelby Harris, a licensed clinical psychologist and Director of Sleep Health at Sleepopolis. She is one of only 160 licensed behavioral sleep medicine psychologists worldwide. We learn about the need for and how to ensure getting a good night's sleep.

There's a mountain of information, and we can learn more from Dr. Harris's podcasts: Sleep Talking with Dr. Shelby.

www.drshelbyharris.com www.sleepopolis.com

5. Sunday Morning Magazine with Kate Daniels—March 31, 2024, 5:30am, 30-min. Zoom interview with Dr. Emi Hosoda MD with specialized training in holistic and functional medicine. Dr. Emi is the originator of the Vibrant Body System, a scientific, lifestyle-based solution that empowers women 35+ to live their best, most energetic, most vibrant life, while aging backward from the inside out. Dr. Emi discovered this for herself, losing 100 pounds and 15% body fat, reversing a state of prediabetes. The Vibrant Wellness Clinic is located in Enumclaw, WA.
www.doctoremi.com

C. DOMESTIC SERVICES

1. Inspirational Women with Kate Daniels – January 14, 2024, 6am. 30-min. Phone interview with Barbara Feigin, an amazing woman who has written about her life so her children would know their history decided to do so when she found she didn't know much about her parents' history. Barbara's story is encouraging about life, but also about sharing our own stories with our family. Barbara's story is the immigration story and the invaluable contribution of immigrants to the country. Her parents escaped Germany in WWII, making a 17 day train journey through Eastern Europe to Yokohama to board a ship that brought them to Seattle. Barbara was 2 years old and the family moved to Chehalis, WA. Barbara graduated from Whitman College, then went to Harvard Business School. Barbara shares her story in "My American Dream—A Journey from Fascism to Freedom".
www.barbarafeigin.com
2. Sunday Morning Magazine with Kate Daniels—February 4, 2024, 5:30am, 30-min. Zoom interview with ValLimar Jansen and Betsey Beckman. ValLimar is the writer, director, and actor in an amazing musical coming to Seattle the first weekend of March, "I Will Live Until I Die". Filled with resounding gospel sounds the musical honors the life of Sister Thea Bowman, the first American Black Woman on the path to sainthood. Local gospel choirs and actors are performing March 1 & 2 at St. Patrick Church. Betsey Beckman is the producer, a dancer in this musical. www.thedancingword.com and directs movement ministry. More information about ValLimar's passion, talent, work can be found at www.vallimar.com
3. Sunday Morning Magazine with Kate Daniels—March 10, 2024, 5:30am, 30-min. Phone interview with Maisha Houston, the Director of Human Resources for the Urban League of Metropolitan Seattle. Maisha provides details of the growth of this invaluable non-profit in our Puget Sound area in staffing, which is a result of the greater numbers of supportive, and relevant programs in Education, Public Health, Housing, Advocacy & Civic Engagement, Workforce Development. Some of these programs have a critical focus on young people. These important programs can use both volunteer and financial support.
www.urbanleague.org
4. Sunday Morning Magazine with Kate Daniels—March 17, 2024, 5:30am, 30-min. Phone interview with Dr. Linnea Axman, the Associate Dean for all the Master of Science Nursing Programs at the College of Nursing University of Phoenix, who shares about the state of nursing, some of the specialized trainings that exist, and the educational opportunities that abound. While every day is a good day to show appreciation for our nurses, March 19 is Certified Nursing Day, a time to recognize the contributions of this very important profession in our world, and the people dedicated to the work. It's a huge field and can even take one on a journey round the globe, which is what Dr. Axman experienced as a Nurse in the Navy. It's a rewarding career for young persons ready to

graduate high school, as well as a potential new career for someone looking to make a change—people who care about people.

www.phoenix.edu www.aacnnursing.org

5. Inspirational Women with Kate Daniels—March 24, 2024, 6:18am, 12-min. Phone interview with Shanisty Ireland, a food and lifestyle influencer who shared some helpful tips for spring cleaning our pantry and shares some simple healthy recipes that are sure to please the kids and the adults.
@shanistyireland

D. WOMEN'S EMPOWERMENT

1. Sunday Morning Magazine with Kate Daniels – January 21, 2024, 5:30am, 30-min. Zoom interview with Laura Frombach, Technologist and Domestic Violence Survivor, a knowledgeable person/voice who can speak clearly about the power of Artificial Intelligence (AI) which is already transforming the way we address gender-based violence and personal security. There is technology already being implemented to provide tangible insights and solutions, with domestic violence cases as well as with trafficking. Laura, along with Joy Farrow, a former Deputy Sheriff, are co-authors of "Steet Smart Safety for Women".
www.streetsmartsafety.org
2. Inspirational Women with Kate Daniels – February 4, 2024, 6am, 30-min. Phone interview with Regina Lawless, a woman who has been the DEI--diversity, equity and inclusion Head at a number of tech companies, and lastly at Instagram (now Meta). Regina is the author of a new important book: Do You--A Journey of Success, Loss and Learning to Live a More MeaningFULL Life. The title captures the essence of this ultra important story that provides important insights for all of us both in self-understanding, and in gaining understanding of our communities and culture. The first chapter of Regina's book can be downloaded at her website. Also found on her website is Bossy & Blissful, a supportive sister circle.
www.reginalawless.com
3. Inspirational Women with Kate Daniels – February 11, 2024, 6am, 30-min. Phone interview with Carol Carpenter, a Stuntwoman, Motorcycle Racer & Entrepreneur, and the author of *The Elegant Disruptor: Breaking Through Barriers & Limiting Beliefs to Success*. Carol was told she was crazy for pursuing her racing dreams, and as she worked through her own self-doubt, she built a life she loves and now helps others do the same! As an entrepreneur and consultant, Carol helps other women reignite their passions, break through self-imposed barriers, and develop an action plan for success. She is the Founder of MotoVixens.
www.carolcarpentermedia.com
4. Sunday Morning Magazine with Kate Daniels—March 3, 2024, 5:30am, 30-min. Phone interview with Barbara Sommer Feigin, the author of "My American Dream --A Journey from Fascism to Freedom". As a toddler Barbara and her parents escaped Nazi Germany by way of Russian and Japan, to land in Seattle. Barbara joined us in January to share about her youth in Seattle and Chehalis, then at college at Whitman. In this visit Barbara tells of her dreams to attend Harvard, but it was a time when this was very limited to women. Barbara attended Radcliff Graduate receiving a one-year certification and a dream to work in advertising. Hers is a story of setting out what she wanted, which included being the first woman to get maternity leave and return to her work. Her dreams did take her to executive heights in the Advertising Business beginning in the 1960s and evolved over 3 decades.
www.barbarafeigin.com

5. Inspirational Women with Kate Daniels – March 3, 2024, 6am, 30-min. Zoom interview with Jane Lee Rankin shares insights from her memoir *Farm Family—A Solo Mom's Memoir of Finding Home, Happiness, and Alpacas*. As Lee shares her experiences, her dreams, trusting her intuition, choosing to be a single mom, choosing to create a farm that has been fulfilling for her, her son, for members of her community and beyond. Apple Hill Farm is an award-winning first-generation farm in the Appalachian Mountains of North Carolina, and it's an agritourism destination for people from across the country and beyond. Lee points out, it's never too late to pursue a dream, as she was 40 when she started her farm.
www.janeleerankin.com

E. CHARITY

1. Inspirational Women with Kate Daniels – January 21, 2024, 6am, 30-min. Zoom interview. Looking ahead and preparing for Heart Health month with 2 women, Go Red for Women Ambassadors, who have overcome major heart health challenges: Jessica Rogers Morton—who had a heart transplant before age 30! and Shana Penington-Baird who underwent emergency heart surgery while on vacation in Ireland. They are alive to speak of their incredible experiences because of the advances in treatment but also because of good awareness which is what Go Red for Women is concentrating on. Please wear RED on Friday, February 2 and be informed. Plan for The Go Red Experience on March 7 at Victory Hall in Seattle.
www.heart.org/pugetsoundgored
www.goredforwomen.org part of the American Heart Association
2. Sunday Morning Magazine with Kate Daniels—February 11, 2024, 5:46am, 14-min. Zoom interview with Lee Crain, a Go Red for Women volunteer and chairperson for Circle of Red. Circle of Red is the giving society of Go Red for Women, in support of the American Heart Association. And she extends a big invite to attend the March 7th event, the Go Red for Women Experience. The event features inspirational speakers, live auction, and networking. The 2024 event is: Thursday, March 7 at Victory Hall in Seattle. For event info, visit www.heart.org/pugetsoundgored
3. Sunday Morning Magazine with Kate Daniels—February 18, 2024, 5:30am, 30-min. Phone interview with Barb Oliver, the Operations Manager and volunteer coordinator for Sound Foundations NW. The goal of Sound Foundations NW is to be part of the solution for ending homelessness—by building transitional tiny homes, which happens at The Hope Factory located in the Sodo area. Barb works with crews of volunteers building the 8 x 12 tiny homes that become a temporary, safe, warm residence for persons who for various reasons do not have a safe secure residence. The tiny homes are delivered to Tiny Home Villages where wraparound services are provided based on the needs. Volunteers and donations are welcomed and appreciated.
www.soundfoundationsnw.org
4. Sunday Morning Magazine with Kate Daniels –February 25, 2024, 5:30am, 30-min. Phone interview with Howie Cohen an Associate Category manager for Bartell Drugs, and the go-to guy for information on all things 'pets' in the stores. Howie discusses the Bark-tell Pet Supply Drive taking place through March at all Bartell Drug locations. We have the opportunity to make donations at the cash registers and all the funds will be donated to 3 shelters & rescues in our community, PAWSITIVE Alliance, Auburn Valley Humane Society, and Seattle Humane. These shelters care for dogs and cats, and also have them available for adoption. There's always a need at the shelters for more provisions, food and even some toys to comfort these animals while they wait to move to their forever home.
5. Sunday Morning Magazine with Kate Daniels – March 24, 2024, 5:30am, 30-min. Zoom interview with Katie Fath, Director of Community Giving at Seattle Children's Hospital.

Katie shares some stories of the great care that infants, children, and teens receive at this outstanding hospital center. This is a result of the funding that exists for research, and there's always a need for funding. Katie invites us to participate in the support of this work by getting a great meal ourselves at Jersey Mike's. On Wednesday, March 27, 100% of sales from the day from all Western WA locations will be donated to cancer research at Seattle Children's Hospital. It's a huge win-win.

www.seattlechildrens.org www.jerseymikes.com

F. YOUTH

1. Sunday Morning Magazine with Kate Daniels – January 28, 2024, 5:30, 30-min. Phone interview with Dean Regas, the astronomer for the Cincinnati Observatory since 2000. He's a renowned educator, author, and a national popularizer of astronomy. Space and space travel is something we're hearing about a lot more in a variety of ways and Dean comments on this. And while that is still the area of a select few, Dean's new book in collaboration with National Geographic "1000 Facts About Space" is a way we all can experience this vicariously.
<https://www.cincinnatiobservatory.org/dean-regas>
2. Inspirational Women with Kate Daniels – January 28, 2024, 6am, 30-min. Zoom interview with Joanna Ho and Liz Kleinrock, coauthors of 'Eyes That Weave the World's Wonders' a marvelous children's book about transracial adoption. Joanna is a *New York Times* bestselling author of *Eyes that Kiss in the Corners*. Her passion for equity in books and education is matched only by her love of homemade chocolate chip cookies, outdoor adventures, and dance parties with her kids.
www.joannahowrites.com.
Liz is an author, antibias antiracist educator, consultant, and facilitator for schools, organizations, and companies across the country. A transracial adoptee, Liz was born in South Korea and grew up in Washington, DC. We can learn more about her work at www.lizkleinrock.com.
3. Inspirational Women with Kate Daniels—February 25, 2024, 6am, 30-min. Zoom interview with Ruth Chamblee a publishing and marketing professional who leads the Content Marketing Strategy & Promotion team for National Geographic Kids Books. For more than three decades she has designed and carried out multifaceted strategic marketing initiatives for countless National Geographic books, and her guidance has helped bring new voices to and fill key niches in the children's book market. Her vision for "I Am, I Can, I Will" arose from her realization that knowing and honoring our ancestors can contribute to self-awareness, self-empowerment, and self-love for her, her daughter, and all little Black girls. This book is offered as a guided journal of self-discovery for Black Girls. This book is a priceless gift for a young girl, a powerful educational tool, a great vehicle for self-awareness and growth.
4. Inspirational Women with Kate Daniels – March 31, 2024, 6am, 30-min. Phone interview with Sanoma Blakeley, an admirable and genuine young woman who is living her dreams and is a great inspiration and model -of what truly is possible. Sanoma is an author, her book is *Chasing Dreams—The True Story of the Youngest Female Tevis Cup Champion*. She is an equine enthusiast and, as we learn from her book, has a special bond with her horses. Sanoma continues to compete, as well as train young riders in endurance racing. She also accomplished another dream early this year, travelling to New Zealand and competing in a long-distance race there. Her life is always an adventure which she shares in getting to Portland Airport during a major ice storm in January.
www.blakeleystables.com