

**2018 FOURTH QUARTERLY REPORT
KHTP, 103.7 FM
KHTP-FM & KHTP HD CH-2
SEATTLE, WASHINGTON**

**QUARTERLY ISSUES/PROGRAMMING REPORT FOR THE FOURTH
QUARTER, OCTOBER 1 – DECEMBER 31, 2018:**

KHTP-HD-2 PUBLIC AFFAIRS PROGRAMMING:

"**CONVERSATIONS**" is a 30 minute interview show airing on Sundays between 10:00 – 11:00pm. It's hosted and produced by Entercom's Public Affairs hosts DeAnna Lee and Greg Shishman, which focuses on a wide variety of issues that affect people in the greater Puget Sound area. Their guests include individuals from business, medicine, government, environmental and education groups. Two 'Conversations' shows air back-to-back for a total of 60 minutes. Contact: Tanch, 206-577-8600.

KHTP-HD-2 PUBLIC AFFAIRS PROGRAMMING ALPHABETICALLY SORTED
BY ISSUE AS DETERMINED THROUGH INTERVIEWS DONE WITH
INDIVIDUALS AND LOCAL RESIDENTS ON A QUARTERLY BASIS.

ASCERTAINED COMMUNITY ISSUES:

1. BUSINESS/ECONOMY/LABOR/TECHNOLOGY
2. COMMUNITY ACTIVITIES/FAMILIES/YOUTH
3. CRIME/DRUG ABUSE/VIOLENCE
4. EDUCATION/CULTURE/COMMUNICATION
5. ENVIRONMENT/TRANSPORTATION
6. GOVERNMENT/TERRORISM
7. HEALTH
8. AGING/GENDER-SPECIFIC/MINORITIES/POVERTY

DESCRIPTION OF ASCERTAINED ISSUES:

1. BUSINESS/ECONOMY/LABOR/TECHNOLOGY – INCLUDING ISSUES AFFECTING THE ECONOMIC CONDITION OF THE PUGET SOUND REGION, THE OUTLOOK FOR EMPLOYMENT AND IT'S RAMIFICATIONS, INFLATION, JOB TRAINING, LABOR RELATIONS, FOREIGN TRADE, THE INTERNET AND INTERNET ISSUES, TECHNOLOGY, CONSUMER ISSUES AND ISSUES AFFECTING ENTREPRENEURS.

2. COMMUNITY ACTIVITIES/ FAMILIES/ YOUTH – INCLUDING ISSUES REGARDING NEIGHBORHOODS, FAMILIES, YOUNG PEOPLE, COMMUNITY

ORGANIZING, NEIGHBORHOOD ASSOCIATIONS, PARENTING SKILLS, CHILD SUPPORT, MARRIAGE, DIVORCE, ABUSE, NEGLECT, CHILD SUPPORT, AND OTHER ISSUES.

3. CRIME/DRUG ABUSE/VIOLENCE – INCLUDING POLICE/COMMUNITY RELATIONS, GANG ACTIVITIES, GUN CONTROL, LAW ENFORCEMENT, THE CRIMINAL JUSTICE SYSTEM, THE CORRECTIONAL SYSTEM, REHABILITATION, DRUNK DRIVING, RECOVERY, ILLEGAL DRUGS, SUBSTANCE ABUSE REHABILITATION, FIRE FIGHTING, AND OTHER ISSUES INVOLVING VIOLENCE.

4. EDUCATION/ARTS/CULTURE– INCLUDING CHILDHOOD EDUCATION, PUBLIC EDUCATION, REFORM EFFORTS, SCHOOL BUSING, SCHOOL VIOLENCE, HIGHER EDUCATION, THE ADULT ROLE IN CHILDREN'S EDUCATION, ADULT EDUCATION, THE IMPORTANCE OF CREATIVE ENDEAVORS INCLUDING THE ARTS, LITERATURE, POETRY, AND COMPUTER, INTERNET, AND RELATED ISSUES SUCH AS ACCESS, LIABILITY AND CENSORSHIP ISSUES, AND CULTURAL ISSUES.

5. ENVIRONMENT/TRANSPORTATION – INCLUDING AIR AND WATER POLLUTION, FOREST ISSUES, SOLID WASTE DISPOSAL, RECYCLING, ALTERNATIVE ENERGY, ENDANGERED AND THREATENED SPECIES, ANIMAL RIGHTS, CONSERVATION, SCIENCE AND SCIENCE ISSUES, TRANSPORTATION, FOOD SYSTEM SUSTAINABILITY ISSUES, WEATHER PHENOMENON AND NATURAL DISASTERS.

6. GOVERNMENT/TERRORISM – INCLUDING GOVERNMENT SPENDING, GOVERNMENT SERVICES, GOVERNMENT ABUSES, TERRORISM AGAINST THE GOVERNMENT/OR COUNTRY, ANTI-TERRORISM MEASURES, PEOPLES' REACTIONS TO TERRORISM, TAXES, ELECTIONS, CAMPAIGN FINANCE REFORM AND OTHER REFORM EFFORTS, THIRD PARTY ACTIVITIES, AND GENERAL POLITICAL DEBATE.

7. HEALTH (WELLNESS) – INCLUDING NUTRITION, PHYSICAL FITNESS, MENTAL HEALTH, PREVENTIVE HEALTH CARE, GOVERNMENT HEALTH CARE POLICY, NATIONAL AND LOCAL REFORM EFFORTS AND ALTERNATIVE MEDICAL PRACTICES, AND TOTAL WELLNESS AMONG OTHER ISSUES.

8. AGING/GENDER-SPECIFIC/MINORITIES/POVERTY ISSUES – INCLUDING DISCRIMINATION AND OTHER PROBLEMS SPECIFIC TO RACIAL OR ETHNIC MINORITIES, IMMIGRATION ISSUES, PEOPLE WHO ARE DISABLED, WOMEN, MEN, SENIOR CITIZENS, GAYS AND LESBIANS, RELIGIOUS GROUPS, COVERAGE OF ISSUES REGARDING SPIRITUALITY, AND ISSUES AFFECTING PEOPLE WHO ARE HOMELESS, AND PEOPLE WHO GO WITHOUT REGULAR MEALS LOCALLY AND GLOBALLY.

**KHTP-HD-2 PUBLIC AFFAIRS PROGRAMMING SORTED BY PROGRAM
FOR: OCTOBER 1 – DECEMBER 31, 2018:**

CONVERSATIONS:

10/7

Guest: Jillian Kelley + Karina Cisneros of FIRST Washington

Contact: Peggy Gray

Director of Development and Community Engagement

peggyg@firstwa.org

Link: firstwa.org

Category: TECHNOLOGY, EDUCATION/ARTS/COMMUNICATION, COMMUNITY
ACTIVITIES/FAMILIES/YOUTH

Description:

The future of humans curing vicious disease, keeping the planet Earth suitable for humans to live upon, and making the next big breakthroughs we haven't even considered can be fueled like winds hitting sails on earth or in solar space when we invest our time and energy into children participating in STEM fields - science technology engineering and math. One of the coolest ways to get kids involved is a program called FIRST - For Inspiration and Recognition of Science and Technology and it's all about problem solving with robot building. Today we're talking to two former FIRST students who now give their time to mentor!

Guest: Gene Boes of Northwest Center

Contact: Tod Steward

Communications Specialist

Northwest Center

Cell 206.619.0236 | F 206.764.8963

Link: nwcenter.org

Category: BUSINESS/ECONOMY/LABOR/TECHNOLOGY, MINORITIES,
GOVERNMENT, HEALTH/WELLNESS

Description:

As a culture we've made incredible strides helping raise the quality of life and care and specifically inclusion for people with disabilities. Northwest Center are at the forefront of that societal change and today we'll learn about a variety of the services they offer and opportunities they create. Gene joins to talk about the organization and their Golden Hearts Luncheon.

Guest: Dalmation Rescue of Puget Sound

Contact: Jodie Kelly

(360) 568-9504

LINK: SaveARescue.org

Category: Non-profit

Description:

Help homeless Dalmatian dogs find forever homes.

Guest: Puget Sound Honor Flight

Contact: Denise Rouleou

206.390.5830.

Link: PugetSoundHonorFlight.org

Category: Non-profit

Description:

Transport our heroes on “One Last Mission” – a trip to Washington, D.C. to visit and reflect at the memorials built in their honor. This trip is free to the veteran, and made possible solely through individual donations and corporate support – NO Federal funds are allocated to this program. With the hard work and dedication of Honor Flight hubs throughout the U.S., and their communities, over 180,000 veterans have made this cathartic journey.

10/14

Guest: Dr Kenny Fine

Contact: Mildred Mattos

Radio and TV Campaign Manager

Tel: 727-443-7115 Ext. 206

mmattos@newsandexperts.com

www.newsandexperts.com

Link: finerhealth.com

Category: Health/Wellness, Government

Description:

Dietary trends largely driven by marketing are difficult to navigate and companies will dance around language to make you think you’re doing something healthy as part of a larger trend. How about when it comes to gut health - today we’ll ask Dr Fine about the gluten sensitivity train that left the station in the last few years.

Guest: Kyle Boynton of Bloodworks Northwest

Contact: Kyle Boynton, O+

Program Manager, Community Engagement

Bloodworks Northwest

Desk: (206) 689-6651

Link: <http://www.bloodworksnw.org>

Category: HEALTH/Wellness, TECHNOLOGY, CULTURE, GOVERNMENT

Description:

We might not always agree about matters of policy, favorite restaurant or which Seattle sports team is the greatest - based on Championships, it’s the Storm - but something that every single one of us has in common - we’re all filled with blood. Assuming everything is functioning

correctly, you might forget that little fact, but when something goes wrong, it quickly becomes apparent the importance of our vascular systems.

Guest: American Cancer Society

Contact: Meghan Means

253.223.8705

Link: Cancer.org

Category: Non-profit

Description:

American Cancer Society knows a cancer diagnosis can be scary – and overwhelming. Whether you need emotional support, the latest cancer information, a ride to chemo, or a place to stay when treatment is far away, they're here to help – 24 hours a day, 7 days a week.

Guest: Johnson Cancer Foundation

Contact: Neil Johnson

253-261-5181

LINK: JohnsonCancerFoundation.org

Category: Non-profit

Description:

Helping kids affected by cancer to be able to apply for and receive scholarships for their secondary education.

10/21

Guest: Jen Mueller and Elyse Ping Medvigy for Seattle Sports Commission Women's Leadership Breakfast

Contact: Mara Mote

Sports Marketing Manager

Seattle Sports Commission

206.461.5803

Link: <https://www.visitseattle.org/seattle-sports-commission/>

Category: GENDER-SPECIFIC, BUSINESS, EDUCATION, HEALTH/WELLNESS

Description:

Seattle Sports Commission Women's Leadership Breakfast takes place this week and features a wonderful panel of sporting women who have taken their abilities into other accomplishments. The show again is hosted by the wonderfully recognizable voice of Mariners baseball and Seahawks football, Jen Mueller.

Guest: Susan Lubetkin of Terra Nostra

Contact: Susan Lubetkin

Link: <https://www.terranostra.org/#landing>

Category: ENVIRONMENT, GOVERNMENT, COMMUNITY ACTIVITIES,
EDUCATION/ARTS/COMMUNICATION

Description:

Susan Lubetkin commissioned a multimedia symphony about climate change, called Terra Nostra ("Our Earth"). She has a PhD in environmental statistics from UW, but realized music moves people more than data. Terra Nostra inspires by making the effects of climate change visible and emotional in our communities now. They need your support raising the money for the community orchestra to take the project to the next level.

Guest: Behind the Badge

Contact: Brian Johnston

425-747-7523

Link: BehindTheBadgeFoundation.org

Category: Non-profit

Description:

Behind the Badge Foundation is a trusted resource providing comprehensive support to Washington State's law enforcement agencies, families and communities after an officer has died or suffered serious injury in the line of duty. Because we have walked in their shoes, we bring compassion and understanding to those rocked by tragedy. Our experience allows us to respond to with insight, information and practical support during times of great need.

Guest: The Burn Zone

Contact: Renee Linnell

970-429-4933

Link: Amazon/Theburnzone.com

Category: Public Awareness

Description:

After seven years of faithfully following her spiritual teacher, Renee Linnell realized she was in a Buddhist cult and had been severely brainwashed. She had graduated magna cum laude with a double degree. She had traveled to nearly fifty countries alone before she turned thirty-five. She was a surf model and a professional tango dancer. She had started five different companies and was getting an MBA from NYU. How does someone like her end up brainwashed in a cult?

Renee Linnell's *The Burn Zone* (She Writes Press, 2018) is an exploration of how we give away our power to others when we feel alone, lost, seeking, or doubtful of our self-worth—and a guide on how we can ultimately emerge from intense trauma stronger than ever. Part inspirational story, part cautionary tale, this is a memoir for spiritual seekers and those who feel lost in a world that makes them feel like they don't belong. Readers will learn to spot the red flags that signal dangerous self-empowerment groups, charismatic leaders, or even toxic friends/partners/lovers; how to embrace the value in being different and the fact that "your difference is your destiny;" and how to love your whole self (contradictions, flaws and all).

10/28

Guest: Kyle Boynton

Contact: Kyle Boynton

Program Manager, Community Engagement

Bloodworks Northwest

Desk: (206) 689-6651

Link: <http://www.bloodworksnw.org>

Category: HEALTH/WELLNESS, TECHNOLOGY, CULTURE, GOVERNMENT

Description:

Kyle joins us to show us just how easy it is to find out your blood type. With a simple finger prick and few minutes of waiting we can find out just what type of donor we are - I'm B- - in the spirit of getting people excited to donate.

Guest: Pacific Bonsai Museum

Contact: Katherine Wimble Fox

Link: pacificbonsaimuseum.org

Category: Arts, Community Activities

Description:

Aarin joins us again to talk about the quick travel up or down I-5 depending on where you are landing you in Federal Way, where tucked in amongst the giant conifers of the Pacific Northwest you'll find a home to a traditional tree trimming and design art tucked away in an outdoor museum - the pacific Bonsai Museum.

Guest: Girls on the Run

Contact: Becky Walliman

206.528.2118

Link: GirlsOnTheRun.org

Category: Non-profit

Description:

Inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.

Guest: Puyallup Food Bank

Contact: Jim Beaudoin

253-273-8607

Link: PuyallupFoodBank.org

Category: Non-profit

Description:

Provide food for food insecure families in Pierce County Washington.

11/4

Guest: Emily Grason and Sean McDonald from University of Washington Crab Team

Contact: MaryAnn Wagner

Assistant Director for Communications

Washington Sea Grant

College of the Environment | University of Washington

T 206.616.6353

Link: <https://wsg.washington.edu/>

Category: ENVIRONMENT, GOVERNMENT, TECHNOLOGY, EDUCATION

Description:

The European green crab (*Carcinus maenas*) is a small shore crab whose native distribution is in the northeast Atlantic Ocean and Baltic Sea, ranging along coasts from northern Africa to Norway and Iceland. The crab is an effective predator, adept at opening bivalve shells, and has been blamed for harming the soft shell clam industry on the U.S. East Coast. It preys on numerous other organisms, making these crabs potential competitors for the food sources of native fish and bird species.

Guest: Chris Wilke

Contact: Alyssa Barton

Policy Analyst & Executive Coordinator

Puget Soundkeeper Alliance

(206) 297-7002 x114

Link: pugetsoundkeeper.org

Category: Environment/Transportation, Community Activities, Education, Government

Description:

The beautiful waters that surround our gorgeous cities in the pacific northwest are constantly under threat of the humans who enjoy both. Luckily a team of concerned citizens and an army of volunteers are keeping an eye on the puget sound to help keep it clean and healthy for everyone. Today we'll find out about their work!

Guest: Freedom Education Project Puget Sound

Contact: Tanya Urzen

253.879.3577

Link: fepps.org

Category: Non-profit

Description:

Providing college classes to incarcerated women in Washington helping them work towards earning a degree before being released.

Guest: Valley Girls & Guys!

Contact: Tina McDonough

206-793-3175

Link: ValleyGirlsAndGuys.org

Category: Non-profit

Description:

Valley Girls & Guys has officially committed to raising \$500,000 over the next 5 years to help build the new Cancer Center at Valley Medical Center in Renton. The goal may be very ambitious, but the impact of this center is huge. With this new center will come ground breaking new screening, diagnosis, and treatments for all types of cancers. THIS WILL SAVE LIVES. We will also be helping to create a “Patients Assistance Fund” to assist the most vulnerable cancer patients in their time of need.

11/11

Guest: Sanyin Siang

Contact: Maureen Famiano

Tel: 727-443-7115

Mfamiano@newsandexperts.com

www.newsandexperts.com

Link: https://centers.fuqua.duke.edu/cole/team_profiles/sanyin-siang/

Category: GENDER-SPECIFIC, BUSINESS/ECONOMY

Description:

The number of women-owned businesses in the U.S. has been progressing rapidly for over a decade. Four out of 10 American businesses are now owned by women, according to the American Express 2018 State of Women-Owned Businesses report. The survey says the total number of women-owned businesses in the U.S. (12.3 million) has increased 58 percent since 2007, and that the total revenue jumped 46 percent during that 11-year span.

Guest: Kathleen Fraser

Contact: Maureen Famiano

Tel: 727-443-7115

Mfamiano@newsandexperts.com

www.newsandexperts.com

Link: www.mourningandmilestones.com

Category: Families, Communication, Health/Wellness

Description:

Kathleen Fraser is a bereavement group facilitator and holds a bachelor’s degree in psychology and an MBA and PhD in operations management and will help us understand navigating the holidays while processing grief.

Guest: Wreaths Across America

Contact: Jeffry Garnett

253-312-9079

Link: wreathsacrossamerica.org/wa0123

Category: Non-profit

Description:

To ensure that every fallen Veteran at Mt. Tahoma National Cemetery has a wreath on each grave marker

Guest: Puget Sound Honor Flight

Contact: Denise Rouleau

206.390.5830.

Link: PugetSoundHonorFlight.org

Category: Non-profit

Description:

Transport our heroes on “One Last Mission” – a trip to Washington, D.C. to visit and reflect at the memorials built in their honor. This trip is free to the veteran, and made possible solely through individual donations and corporate support – NO Federal funds are allocated to this program. With the hard work and dedication of Honor Flight hubs throughout the U.S., and their communities, over 180,000 veterans have made this cathartic journey.

11/18

Guest: Dr Dennis Schimpf

Contact: Dave Purdy

Tel: 727-443-7115 Ext. 209

DPurdy@newsandexperts.com

www.newsandexperts.com

Link: www.sweetgrassplasticsurgery.com

Category: HEALTH/WELLNESS

Description:

We see stories all the time of people whose lives are changed by tragedy only to be given the threads of a normal-ish life again via plastic surgery. Thanks to the same media we see horror stories or people become the butt of jokes when they over do it. A study conducted at Chapman University and published in the journal *Body Image* found that about half of women and men were not satisfied with their appearance. Furthermore, overall life satisfaction was strongly linked to the level of confidence one has in their looks. Dr Schimpf highlights the trends and psychological flags he sees in people looking to make changes with a scalpel.

Guest: Paul Hughes

Contact: Dave Purdy

Radio and TV Campaign Manager

Tel: 727-443-7115 Ext. 209

DPurdy@newsandexperts.com

www.newsandexperts.com

Link: www.changeyourgrades.com

Category: EDUCATION/ARTS/COMMUNICATION, FAMILIES/YOUTH

Description:

With kids in school the pressures build both in and out of class for performance, socialization, mental health. There are so many aspects to growing as a kid into an adult and the hurdles can be massive. One area that we're learning more and more about - test anxiety. Previous generations may have dismissed it with a "work harder" but we're coming around on the size of the problem.

Guest: Beautiful Soles

Contact: Kori Blevins

425-772-7927

Link: BeautifulSoles.org

Category: Non-profit

Description:

Provide new tennis shoes for homeless and low income children in South Snohomish County through the school system.

Guest: Foster Champs of Maple Valley

Contact: Kim Emmons

206-459-3821

Link: MapleValleyFosterChamps.com

Category: Non-profit

Description:

Foster Champs helps fill the gap between what the state provides for foster children and what they don't. They help children with basic needs like shoes, diapers, and backpacks.

11/25

Guest: Virginia Piper

Contact: Virginia Piper

virginia_piper@mac.com

Link: <https://www.eventbrite.com/e/tats-for-cats-tickets-52760044714>

Category: COMMUNITY ACTIVITIES, ARTS, ENVIRONMENT

Description:

Having animal pals is the best. Having an animal in peril is heartbreaking and we keep seeing footage of the California wildfires. A group of local tattoo artists got together to raise money for the efforts of UC Davis to treat and home animals hurt in Paradise. Virginia Helped organize what sounds like a fun (and probably painful) day in Seattle.

Guest: Steve Peer of WSDOT

Contact: Steve Peer

Media & Construction Communications Manager

Washington State Department of Transportation

206-770-3531 office

Link: 99stepforward.com

Category: BUSINESS/LABOR/TECHNOLOGY, COMMUNITY

ACTIVITIES/FAMILIES/YOUTH, TRANSPORTATION, GOVERNMENT,
HEALTH/WELLNESS

Description:

Slated for Feb 2 and 3, the Washington State Department of Transportation and city of Seattle will host a grand opening celebration to mark the completion of the new State Route 99 tunnel, the final days of the viaduct, and an improved and reconnected waterfront. We talk to Steve about the efforts surrounding a big, fun launch for this massive change to Seattle.

Guest: Miss Seattle Outstanding Teen

Contact: Mikayla Hawk

(360) 593-8288

Link: MissSeattle.org

Category: Non-profit

Description:

The Miss Seattle Pageant provides local women with scholarships and opportunities to further their education, careers, and social platforms. Our titleholders serve as local ambassadors, representing the Emerald City through speaking and performing engagements, youth mentorship, and community service. Our organization relies on countless volunteer hours accompanied by generous financial and service contributions which provide all of its members the opportunity to be a part of what we believe is one of the best local organizations in the state.

Guest: Pain Relief Project

Contact: Ellie Heintze

520-975-7323

Category: Public Awareness

Description:

Pain Relief Project is a non-profit organization striving to increase access to integrative healthcare. We believe that everybody deserves a starting point on their path to optimal health and wellness. As such, it is our mission to expand access to affordable, preventative, and corrective healthcare services like acupuncture and naturopathic medicine.

12/2

Guest: Daniel Ameduri

Contact: Dave Purdy

Tel: 727-443-7115 Ext. 209

DPurdy@newsandexperts.com

www.newsandexperts.com

Link: www.futuremoneytrends.com

Category: BUSINESS/ECONOMY/TECHNOLOGY, CRIME/DRUG ABUSE,
GOVERNMENT

Description:

The marijuana business in states that have legalized, for instance here in Washington, isn't just a booming business, but it also spells large sums of tax taken by the government and many challenges in regulation. How is it affecting states like WA and how will it grow for our nation? Daniel Ameduri (www.FutureMoneyTrends.com) is co-founder of the Future Money Trends newsletter, an authority for financial freedom and economic research in commodities, cryptocurrencies, personal finance and income ideas.

Guest: Nancy Woodland

Contact: Toni Sarge, MPH

Public Affairs Manager

WestSide Baby

toni@westsidebaby.org

Link: www.westsidebaby.org

Category: Families, Government, Health/Wellness, Minorities

Description:

As babies rapidly grow into toddlers and beyond, diaper sizes change and we're left with extra highly specific parenting tools and nowhere to use them. Our friends at WestSide Baby are the link between our surplus and the community of underserved parents that desperately need the donations.

Guest: Hand in Hand

Contact: Amber Lindamood

(206) 789-1985

Link: Gohandinhand.org

Category: Non-profit

Description:

Hand In Hand Montessori located at 7038 Cleopatra Plain, North-West Seattle, Washington, offers childcare and learning services. It offers programs for infants, toddlers, early preschool and kindergarten prep. It provides before- and after- school programs, including summer camps and winter breaks. The school operates from eight-thirty AM to three-thirty PM, Mondays through Fridays.

Guest: Residence 12

Contact: Roberto Romero

425-823-08844

Link: residencexii.org

Category: Non-profit

Description:

Because alcoholism and drug addiction are diseases that do not discriminate by race, culture, age or sexual orientation, the women at Residence XII are diverse. They range in age from 18 up. Their primary drugs are alcohol; opiates including heroin; cocaine; and stimulants like methamphetamine. Many suffer from multiple drug use. We see women come to Residence XII from all over the Pacific Northwest, the nation, and Canada. What all these women have in common is the desire to live a positive and meaningful life in recovery.

12/9

Guest: Chadd Larson

Contact: Meagan Lewellyn

Jackson Spalding for Mattress Firm

214-295-9933

Link: <https://www.mattressfirmfosterkids.org/>

Category: COMMUNITY ACTIVITIES/FAMILIES/YOUTH

Description:

It's the time of year where Americans spend a zillion dollars on gifts - we're bombarded with advertisements, sales, online savings - it's an onslaught. Before we get caught up in the season and it goes rushing by, it's important to take a second and think about the people who may get left out of the fun. In this case it's foster kids - here's one way we can help.

Guest: Frank Fargo of Shower To The People

Contact: Frank Fargo

ffargo@aol.com

Link: <http://showertothepeople.webstarts.com/>

Category: HEALTH/WELLNESS, COMMUNITY ACTIVITIES, AGING

Description:

There are any number of problems that coincide with homelessness and while we read so much about the troubles, not many of us are taking action. That's where Frank and Louise Fargo come into play. They've identified the need for people to get clean. We'll learn today about how you can get a free shower in the Everett area and the path that led to operation.

Guest: Puyallup Food Bank

Contact: Jim Beaudoin

253-273-8607

Link: PuyallupFoodBank.org

Category: Non-profit

Description:

Provide food for food insecure families in Pierce County Washington.

Guest: Harvest House Food Pantry

Contact: Tom Maus

253-677-0490

Link: HarvestFoodNW.org

Category: Non-profit

Description:

Provide food for food insecure families in Graham, Washington

12/16

Guest: Zach Stratton of QFC

Contact: Jaie Jordan

Director, Promotions

O: 212.220.1842

www.evergreentrading.com

Link: <https://www.qfc.com/f/zero-hunger-zero-waste>

Category: BUSINESS/ECONOMY, FAMILIES, HEALTH/WELLNESS

Description:

A sad fact of the booming grocery system that keeps food on the tables of so many americans is the large amount of waste generated when that food spoils having gone unconsumed. The parent company of local QFC stores, Kroger, last year committed to ending that wastefulness and the Zero Hunger Zero Waste Program is what we're talking about this morning.

Guest: Jeremy James

Contact: Terry Cater

917-723-7596

terry@playbackproducers.com

www.playbackproducers.com

Link: BackForever.com

Category: HEALTH/WELLNESS, DRUG ABUSE

Description:

The posture and stance of bipedal animals puts a strain onto the backs of humans and without proper care can turn into life long problems. These problems are oft chased by scalpels and pain medications to treat, but Mr. James says we're handling our lives all wrong and can help to alleviate the back problems holding us back.

Guest: Mt Si Food Bank

Contact: Jon Wren

480-298-3960

Link: MtSiFoodBank.com

Category: Non-profit

Description:

Distributing food and other necessities to the Snoqualmie Valley food insecure since 1975.

Guest: Hope Creek Charitable Foundation

Contact: Jennifer Boyington

425-345-2345

Link: HopeCreekCF.org

Category: Non-profit

Description:

Help neighbors with their basics needs of food and water.

12/23

Guest: Dr Victor Romano

Contact: Dave Purdy

Tel: 727-443-7115 Ext. 209

DPurdy@newsandexperts.com

www.newsandexperts.com

Link: www.romanomd.com

Category: HEALTH/WELLNESS, DRUG ABUSE

Description:

We live in a pretty rainy part of the world with slick slide-walks and grating - mosses cover surfaces like the gentle growth of a beard on an unshaven face - those very conditions are a nightmare for anyone concerned about their balance. I think we all know someone who's aging and worries about such things, but also, anyone whose body isn't in alignment could feel at risk. Dr Romano will explain.

Guest: Kathleen Fraser

Contact: Maureen Famiano

Tel: 727-443-7115

Mfamiano@newsandexperts.com

www.newsandexperts.com

Link: www.mourningandmilestones.com

Category: Families, Communication, Health/Wellness

Description:

Kathleen Fraser is a bereavement group facilitator and holds a bachelor's degree in psychology and an MBA and PhD in operations management and will help us understand navigating the holidays while processing grief.

Guest: Puget Sound Goat Rescue

Contact: Barbara Jamison

425-444-6591

Category: Non-profit

Link: PugetSoundGoatRescue.org

Description:

Puget Sound Goat Rescue is a 100% volunteer run, 501 (c)(3) registered charity. Each year, we rescue goats from a variety of situations where they are unwanted, mistreated, neglected or abused.

Guest: Victim Support Services

Contact: Leslie McPhearson

425-252-6081

Category: Non-profit

Description:

Victim Support Services has been providing peer support and advocacy for victims of crime since 1975. We are the oldest victim advocacy agency in Washington state and one of the oldest in the nation, and continue to provide services free of charge to victims of crime.

12/30

Guest: Steve Peer of WSDOT

Contact: Steve Peer

Media & Construction Communications Manager

Washington State Department of Transportation

206-770-3531 office

Link: 99stepforward.com

Category: BUSINESS/LABOR/TECHNOLOGY, COMMUNITY
ACTIVITIES/FAMILIES/YOUTH, TRANSPORTATION, GOVERNMENT,
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Slated for Feb 2 and 3, the Washington State Department of Transportation and city of Seattle will host a grand opening celebration to mark the completion of the new State Route 99 tunnel, the final days of the viaduct, and an improved and reconnected waterfront. We talk to Steve about the efforts surrounding a big, fun launch for this massive change to Seattle.

Guest: Paula Moreschi of Old Dog Haven

Contact: Paula Moreschi

Development Director

development@olddoghaven.org

Link: www.olddoghaven.org

Category: FAMILIES, CULTURE, HEALTH/WELLNESS

Description:

When we get our furry friends and they're young and spry, it's hard to imagine a time where they become financial challenge or need the care we aren't ready to give. Sadly, lots of these older dogs find themselves homeless in their final stages of life. Old Dog Haven is a group helping hundreds of these dogs find homes or finances necessary to help them be comfy in their old age.

Guest: Pain Relief Project

Contact: Ellie Heintze

520-975-7323

Category: Public Awareness

Description:

Pain Relief Project is a non-profit organization striving to increase access to integrative healthcare. We believe that everybody deserves a starting point on their path to optimal health and wellness. As such, it is our mission to expand access to affordable, preventative, and corrective healthcare services like acupuncture and naturopathic medicine.

Guest: Valley Girls & Guys!

Contact: Tina McDonough

206-793-3175

Link: ValleyGirlsAndGuys.org

Category: Non-profit

Description:

Valley Girls & Guys has officially committed to raising \$500,000 over the next 5 years to help build the new Cancer Center at Valley Medical Center in Renton. The goal may be very ambitious, but the impact of this center is huge. With this new center will come ground breaking new screening, diagnosis, and treatments for all types of cancers. **THIS WILL SAVE LIVES.** We will also be helping to create a "Patients Assistance Fund" to assist the most vulnerable cancer patients in their time of need.