

**2022 FIRST QUARTERLY REPORT  
KKWF, 100.7 FM  
KKWF-FM & KKWF HD CH-1  
SEATTLE, WASHINGTON**

**QUARTERLY ISSUES/PROGRAMMING REPORT FOR THE FIRST  
QUARTER, JANUARY 1 – MARCH 31, 2022:**

**KKWF 100.7 FM PUBLIC AFFAIRS PROGRAMMING:**

**"CONVERSATIONS"** is a 30 minute interview show airing on Sundays between 6:00 – 7:00am. It's hosted and produced by Entercom's Public Affairs hosts Emily Raines and Doug Duin, 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: Danny Vigil, 206-577-8600.

KKWF 100.7 FM PUBLIC AFFAIRS PROGRAMMING SORTED BY DATE  
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.

**KKWF 100.7 FM PUBLIC AFFAIRS PROGRAMMING FOR: JANUARY 1 – MARCH 31, 2022:**

**CONVERSATIONS:**

**2022-0102**

**Guest: Daniel Hack**

Contact: Katherine Blaney

1.877.322.7263

Link: <https://gratitudemovement.co>

Airdate: 1/2/22

Category: HEALTH/WELLNESS

Description:

When Daniel Hack's father took his own life, Daniel was at a crossroads: He could let his sorrow consume him, or he could use the tragedy as a catalyst for leading a more gratifying, authentic life. He chose the latter, and he chose to share his vision with others. His movement brand, Gr@titude Lenses, pairs a quality product with a profound purpose: to encourage 1 billion people to join the fight against mental illness.

LENGTH: 12:41

**Guest: Bonnie Hammond**

Contact: Bonnie Hammond

(206) 331-0006

[www.safehorses.org](http://www.safehorses.org)

Airdate: 1/2/22

Category: COMMUNITY ACTIVITIES

Description:

Since 2005, Save a Forgotten Equine (SAFE) has been rescuing and rehabilitating horses that have been starved, neglected, abused or are unwanted. We have formal agreements in place with Animal Control agencies in King, Pierce, and Snohomish counties to support their fight to protect horses in this region. SAFE also provides assistance to horse owners struggling to care for their animals in the current economy.

LENGTH: 12:58

2022-0109

**Guest: Dee Simon**

Contact: Dee Simon

206-582-3000

Link: [HolocaustCenterSeattle.org](http://HolocaustCenterSeattle.org)

Airdate: 1/9/22

Category: COMMUNITY ACTIVITIES

Description:

Since 1989, the Holocaust Center for Humanity has taught the history of the Holocaust so that our local survivors, their families, and millions of other victims will not be forgotten, and their stories would inspire positive action. Through education, events, field trips, museum visits, and community programs, the Holocaust Center for Humanity remains dedicated to its responsibility to fight hate by educating students, teachers, and the general public about the dangers of intolerance and the difference each one of us can make.

LENGTH: 12:06

**Guest: Dana Flightman**

Contact: Dana Flightman

(202) 558-0040

Link: [stalkingawareness.org](http://stalkingawareness.org)

Airdate: 1/9/22

Category: CRIME/DRUG ABUSE/VIOLENCE

Description:

The Stalking Prevention, Awareness, & Resource Center (SPARC) is a federally funded project providing education and resources about the crime of stalking. SPARC aims to enhance the response to stalking by educating the professionals tasked with keeping stalking victims safe and holding offenders accountable. SPARC ensures that allied professionals have the specialized knowledge to identify and respond to the crime of stalking.

LENGTH: 12:29

Guest: Jarl Jensen - ForbesBook author of *The Big Solution: Deactivating The Ticking Time Bomb Of Today's Economy*

Contact: Nick DiMeo

813-395-9329

Link: [www.jarljensen.com](http://www.jarljensen.com)

Airdate: 10/31/21

Category: BUSINESS/ECONOMY/LABOR/TECHNOLOGY

Description: He will discuss for your listeners why inequities are widening in the U.S. economy and how to fix them.

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LENGTH: 13:25

Guest: Eric Harkins - ForbesBooks author of *Great Leaders Make Sure Monday Morning Doesn't Suck: How To Get, Keep & Grow Talent*.

Contact: Nick DiMeo

813-395-9329

Link: [www.ericharkins.com](http://www.ericharkins.com)

Airdate: 10/17/21

Category: LABOR, COMMUNICATION

Description: He'll discuss for your listeners what leaders must do to create a workplace where the top producers want to stay.

LENGTH: 11:35

Guest: Luke Minor - Director of Washington College Savings Plan

Contact: Rodger O'Connor

360-280-6739

Link: <https://wastate529.wa.gov/>

Airdate: 11/14/21

Category: ECONOMY/EDUCATION/ARTS/COMMUNICATION/CULTURE

Description: He will discuss the annual GET enrollment period and their DreamAhead program.

LENGTH: 11:58

Guest: Mark Jennison, Founder of [IAMACOMEBACK.com](https://iamacomeback.com/), where he helps people gain control of their drinking by being in control of themselves. Author of *It's Not A Disease, It's A Choice*.

Contact: Annie Jennings, Stacy

412-213-3070

Link: <https://iamacomeback.com/>

Airdate: 11/14/21

Category: HEALTH/WELLNESS, COMMUNICATION, CRIME/DRUG ABUSE/VIOLENCE

Description: He will discuss how to stay sober on one of the biggest drinking days of the year.

LENGTH: 13:40

2022-0116

**Guest: Scarlett Aldebot-Green**

Contact: Marcia Jacobs

206.260.1718

Link: <https://amarafamily.org/>

Airdate: 1/16/22

Category: COMMUNITY ACTIVITIES/FAMILIES/YOUTH

Description:

Amara has a bold vision to change the world when it comes to how we support and care for children, adults, and families experiencing foster care and considering adoption, in our communities. We believe all people, regardless of circumstance, deserve the opportunity to thrive. As a nonprofit 501(c)3, we partner with people and communities most impacted by our child welfare system, to address trauma, build connections, and ultimately ensure all children, adults and families feel safe and supported, with a commitment to equity every step of the way.

LENGTH: 12:54

**Guest: Pamela Gail Johnson**

Contact: Lindsey Mach

954-794-7004

Link: [www.hcibooks.com](http://www.hcibooks.com)

Airdate: 1/16/22

Category: HEALTH/WELLNESS

Description:

Negative social media posts. Frightening headlines. Workplace challenges. These are all things that Pamela Gail Johnson, the founder of the Society of Happy People, would label "Happiness Zappers," and they are a fact of life. The good news is these Happiness Zappers don't have to put a lid on our smiles.

LENGTH: 12:00

Guest: Christy Kane - Psychologist and author of *Fractured Souls and Splintered Memories: Unlocking the "Boxes" of Trauma*

Contact: Annie Jennings, Stacy

412-213-3070

Link: <https://www.drchristykane.com/>

Airdate: 10/24/21

Category: HEALTH/WELLNESS, TECHNOLOGY, COMMUNICATION/CULTURE

Description: She will discuss how frequent exposure to tragedy can dig up your own buried trauma and what you can do about it.

LENGTH: 11:12

Guest: Mark Jennison, Founder of [IAMACOMEBACK.com](http://IAMACOMEBACK.com), where he helps people gain control of their drinking by being in control of themselves. Author of *It's Not A Disease, It's A Choice*.

Contact: Annie Jennings, Stacy

412-213-3070

Link: <https://iamacomeback.com/>

Airdate: 11/14/21

Category: HEALTH/WELLNESS, COMMUNICATION, CRIME/DRUG ABUSE/VIOLENCE

Description: He will discuss how to stay sober on one of the biggest drinking days of the year.

LENGTH: 13:40

## 2022-0123

**Guest: Dr. David Wilcox**

Contact: Alex Spencer

281.333.3507

Link: [drdavidwilcox.com](http://drdavidwilcox.com)

Airdate: 1/23/22

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

Description:



For far too many Americans, the past two years have been an eye-opening, crash course in the complexities of our healthcare system. Where can patients turn to get the answers they need? How should they handle insurance claim denials? And are there more affordable alternatives to overpriced prescriptions? Here to answer these questions and many Dr. David Wilcox.

LENGTH: 13:00

Guest: **Andrea Axel**

Contact: Daniel Poppe

(206) 267-2216

Link: <https://sparknorthwest.org/>

Airdate: 1/23/22

Category: ENVIRONMENT

Description:

Spark Northwest accelerates the shift to clean energy one community at a time. Since 2001, our on-the-ground projects and progressive advocacy have led the charge toward a renewable energy future.

LENGTH: 12:01

Guest: Masao Yamada, Founder of GZ Radio, a youth run entertainment and arts program focused on creation and multimedia broadcasting

Contact: Masao Yamada

253.224.6965

Link: <https://theveraproject.org>

Airdate: 01/30/22

Category: EDUCATION/ARTS/COMMUNICATION/CULTURE

Description: He will discuss how Vera is creating a place for youth to congregate safely and be exposed to a professional atmosphere of multimedia production and broadcast as well as community driven activities. PART 1

LENGTH: 12:09

Guest: Russ Williams, SVP and COO Seattle Children's Hospital, a hospital dedicated to providing world class health and medical care for children

Contact: Madison Joseph

Madison.Joseph@seattlechildrens.org

Link: [www.seattlechildrens.org](http://www.seattlechildrens.org)

Airdate: 01/30/22

Category: HEALTH/WELLNESS

Description: He will discuss how Seattle Children's Hospital is building a large community footprint to provide care for families with children who need medical care, as well as providing services to lessen or eliminate their financial burden for such care

<https://www.seattlechildrens.org/>

2022-0130

**Guest: Dr. Tiffanie Moore**

Contact: Haley Winters

281.333.3507

Link: <https://m.facebook.com/DrTiffanieTateMoore/>.

Airdate: 1/30/22

Category: BUSINESS/ECONOMY/LABOR/TECHNOLOGY

Description:

2019, she had to medically retire from her beloved job as a physician and faced an existential crisis. She wondered, Who am I without my profession? Many in our audience have likely faced health setbacks and employment uncertainty in the past couple of years. Dr. Moore's powerful message of perseverance is one that is well worth sharing.

LENGTH: 12:42

**Guest: Dr. Daniel Laroche, Director of Glaucoma Services and President of Advanced Eyecare of New York**

Contact: Alvina Alston

201.903.6599

Link: [www.advancedeyecareny.com](http://www.advancedeyecareny.com)

Airdate: 1/30/22

Category: HEALTH/WELLNESS

Description:

January is Glaucoma Awareness Month. Dr. Laroche will explain what glaucoma is and what we can do to prevent it.

LENGTH:  
12:32

**2022-0206**

**Guest: Kristina Munger**

Contact: Kristina Munger

360.405.0488

Link: <https://abrahamshouse.net/>

Airdate: 2/6/22

Category: COMMUNITY ACTIVITIES

Description:

Abraham's House is a unique charity. 85-90% of their donations are given away free of charge. Their mission is to take in good, clean, usable items from the local community and make those items available to those in need FREE of charge.

LENGTH: 13:00

Guest: **Laura Berg**

Contact: Lindsey Mach

954-794-7004

Link: <https://www.mysmarthands.com>

Airdate: 2/6/22

Category: HEALTH/WELLNESS

Description:

Have you been struggling to take control of your future or build the life of your dreams? In Thriving Life: How to Live Your Best Life No Matter the Cards You're Dealt, professor and trained therapist Laura Berg shows you how to take charge of your own life and transform the way you view yourself, your relationships and your experiences.

LENGTH: 12:32

Guest: Masao Yamada, Founder of GZ Radio, a youth run entertainment and arts program focused on creation and multimedia broadcasting

Contact: Masao Yamada

253.224.6965

Link: <https://theveraproject.org>

Airdate: 02/06/22

Category: EDUCATION/ARTS/COMMUNICATION/CULTURE

Description: He will discuss how Vera is creating a place for youth to congregate safely and be exposed to a professional atmosphere of multimedia production and broadcast as well as community driven activities. PART 2

LENGTH: 12:48

Guest: Masao Yamada, Board Member for Melodic Caring, an organization that brings live concerts to children with health issues who can't be at the show in person

Contact: Masao Yamada

253.224.6965

Link: <https://melodiccaring.org/>

Airdate: 02/06/22

Category: COMMUNITY ACTIVITIES/FAMILY/YOUTH

Description: He will discuss how Melodic Caring brings hope and community to children facing health issues by making them part of a live concert experience.

LENGTH: 14:15

**2022-0213**

**Guest: Suzanne Gwynn**

Contact: Suzanne Gwynn

206-293-0146

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

Airdate: 2/13/22

Category: HEALTH/WELLNESS

Description:

Ladybug house is trying build the Pacific Northwest's first family-centered respite care home for children, adolescents, and young adults with life-threatening illnesses.

LENGTH: 12:39

**Guest: Brenna Ramos and I am the Director of Children and Family Services with Hand in Hand**

Contact: Brenna Ramos

425-374-2461 ext. 0104

Link: [www.handinhandkids.org](http://www.handinhandkids.org)

Airdate: 2/13/22

Category: HEALTH/WELLNESS

Description:

At Hand in Hand, we know that families step out of crisis when they are given support, hope and opportunity. It is our purpose to provide all three for the many children who cross our threshold. For ten

years, we have lived and breathed this purpose – working in tandem with exceptional community partners, donors and volunteers. As Hand in Hand grows and evolves, our purpose will always remain the core of our organization.

LENGTH: 12:00

Guest: Kari Whitacre Executive Director of Jubilee Women's Center

Contact: [Irina Bobrik](#)

[Irina@jwcenter.org](mailto:Irina@jwcenter.org)

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

Airdate: 02/13/22

Category: AGING/GENDER-SPECIFIC/MINORITIES/SPIRITUALITY

Description: She will talk about the services offered to women who are facing crisis stemming from domestic abuse, mental health, financial hardships and chronic homelessness, as well as how we can help with challenges facing Jubilee.

LENGTH: 12:53

Guest: [Marquise Dixon](#) CPO Degrees of Change

Contact: [Marquise Dixon](#)

[marquise.dixon@degreesofchange.org](mailto:marquise.dixon@degreesofchange.org)

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

Airdate: 02/13/22

Category: EDUCATION/ARTS/COMMUNICATION/CULTURE

Description: He will talk about the challenges facing higher education for underserved communities and what students should be doing to prepare themselves for college and beyond. He will provide knowledge of resources available to such students to make achieving a degree beyond high school more attainable.

LENGTH: 14:08

2022-0220

**Guest: Cella Hyde**

Contact: Cella Hyde

360-456-8176

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

Airdate: 2/20/22

Category: HEALTH/WELLNESS

Description:

Concern For Animals wants to assist those struggling financially with pets in need of food, medical care, and spay/neuter procedures, and to promote the welfare of all animals.

LENGTH: 12:00

**Guest: Peggy Sullivan**

Contact: Heather DeSantis

1 828-332-5307

Link: <https://www.amazon.com/Happiness-Your-Responsibility-Playbook-Motivational-ebook/dp/B09L7LZ66J>

Airdate: 2/20/22

Category: GENDER-SPECIFIC

Description:

Peggy is the CEO of a national women's nonprofit that empowers women to grow personally and professionally. With a strong and supportive community, SheCAN! provides continuous learning and support to help women step into their power and shine brighter than ever.

LENGTH: 12:02

Guest: Dr. Susan Woo

Contact: [Valerie Koch](#)

Valerie.Koch@heart.org

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

Airdate: 02/20/22

Category: HEALTH/WELLNESS

Description: Dr. Woo will talk about cardiovascular disease in women, including the warning signs, dangers, and preventative measures.

LENGTH: 12:57

Guest: Masao Yamada, Adult advisor for Youth Activists for Systemic Change

Contact: Masao Yamada

253.224.6965

Link: <https://www.yascyouthactivistsforsystemicchange.com/>

Airdate: 02/20/22

Category: COMMUNITY ACTIVITIES/FAMILY/YOUTH

Description: He will talk about how the youth organized against systemic racism and violence following the deaths of Breonna Taylor and George Floyd and how they channeled that pain and anger into an advocacy for policy change and public awareness.

LENGTH: 13:00

**2022-0227**

**Guest: Heather Vasquez**

Contact: Heather Vasquez

(425) 329-4569

Link: <https://nextstepnw.com/>

Airdate: 2/27/22

Category: HEALTH/WELLNESS, GENDER-SPECIFIC

Description:



At Next Step, we help women and men who are facing an unplanned pregnancy. We offer free pregnancy testing, diagnostic ultrasounds and information on your different options.

LENGTH:12:17

**Guest: Doug Abrams**

Contact: Terry Cater

917-723-7596

<https://www.douglascarltonabrams.com/books>

Airdate: 2/27/22

Category: SPIRITUALITY, HEALTH/WELLNESS

Description:

Through intimate and thought-provoking dialogue - the new book: THE BOOK OF HOPE: A Survival Guide for Trying Times - explores one of the most sought after and least understood elements of human nature: HOPE.

LENGTH: 12:29

Guest: Masao Yamada, Board Member for Wheel Lab, a bicycle workshop that teaches kids to build and maintain bikes and then donates the built bicycles to them

Contact: Masao Yamada

253.224.6965

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

Airdate: 02/27/22

Category: COMMUNITY ACTIVITIES/FAMILY/YOUTH

Description: He will discuss how Wheel Lab helps teach kids how to be self sufficient and learn motor skills and maintenance.

LENGTH: 12:47

2022-0306

**Guest: Leslie McPherson**

Contact: Leslie McPherson

425.382.2825

Link: [www.victimsupportservices.org](http://www.victimsupportservices.org)

Airdate: 3/6/22

Category: CRIME/DRUG ABUSE/VIOLENCE

Description: When A Crime Happens To You Or A Loved One, Victim Support Services Is Here To Provide Free & Confidential Services

LENGTH: 12:56

Guest: Amy Kober, VP of Communications for American Rivers, a group dedicated to dam removal and a return to healthy, free flowing rivers

Contact: Javier Perez

[jperez@pageturnerpublicity.com](mailto:jperez@pageturnerpublicity.com)

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

Airdate: 03/06/22

Category: ENVIRONMENT/TRANSPORTATION

Description: She will discuss the need for dam removal, including outlining all of the challenges that come from planning to permits, as well as highlight 4 local dams that need to come down and what we can do to help support the effort.

LENGTH: 13:23

**2022-0313**

**Guest: Paula J. Del Giudice**

Contact: Paula J. Del Giudice

425-882-1554 ext. 103

Link: [www.littlebit.org](http://www.littlebit.org)

Airdate: 3/13/22

Category: HEALTH/WELLNESS

Description:

Little Bit Therapeutic Riding Center is a community where horses transform the bodies, minds, and spirits of people with disabilities.

LENGTH: 12:32

**Guest: Dr Nadine Garcia**

Contact: Whitney Bright

202.216.8889

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

Airdate: 3/13/22

Category: ENVIRONMENT, GOVERNMENT

Description:

Trust for America's Health (TFAH) is a non-profit, non-partisan health policy advocacy organization. We focus on addressing the social determinants of health and correcting health inequities.

LENGTH: 12:24

Guest: Libby Jones, COO Seattle Humane Society

Contact: [Brandon Macz](#)

[Brandon@seattlehumane.org](mailto:Brandon@seattlehumane.org)

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

Airdate: 03/13/22

Category: Health / Wellness

Description: As the COO of Seattle Humane Society, Libby will talk about what to watch for in your pets health as well as some of the services you can take advantage of at SHS including Vet services and adoption events.

LENGTH: 12:54

**2022-0320**

**Guest: Scott Slater**

Contact: Scott Slater

206-467-4804

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

Airdate: 3/20/22

Category: HEALTH/WELLNESS

Description:

The Brain Injury Alliance of Washington (BIAWA) is a nonprofit organization dedicated to increasing public awareness, support, and providing hope for those affected by brain injury.

LENGTH: 12:13

**Guest: Stacy Dym**

Contact: Stacy Dym

206-235-0297

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

Airdate: 3/20/22

Category: HEALTH/WELLNESS

Description:

Since 1936, The Arc of Washington State has been a leader in the development of services and programs for people with intellectual and developmental disabilities of all ages and providing support to their families.

LENGTH: 13:00

Guest: [Jme Thomas](#)

Contact: Jme Thomas

[jme@motleyzoo.org](mailto:jme@motleyzoo.org)

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

Airdate: 03/20/22

Category: Health / Wellness

Description: Jme discusses the difference between an animal rescue and a shelter as well as the many differences in the adoption process. She also talks about how to get involved in fostering animals as well as volunteerism.

LENGTH: 13:34

Guest: Mahnaz Javid

Contact: [Laura Baerwolf](#)

Laura@monafoundation.org

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

Airdate: 03/20/22

Category: EDUCATION/ARTS/COMMUNICATION/CULTURE

Description: Mahnaz talks about the issues those with barriers to education face, especially in conditions of abject poverty. She talks about how mona foundation helps people with those barriers achieve an education and how that affects their lives as well as their communities.

LENGTH: 13:35

## 2022-0327

**Guest: David Richart**

Contact: David Richart

david.richart@fulllifecare.org

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

Airdate: 3/27/22

Category: HEALTH/WELLNESS

Description:

Full Life is dedicated to enhancing the quality of life for frail elders and people with chronic or terminal illnesses and disabilities. We respect the dignity of our participants and provide for them with care and compassion.

LENGTH: 12:25

**Guest: Harmony Hill Executive Director, Cheryl Sesnon**

Contact: Tracy Stirrett

360.898.2363 ext.11

Link: [harmonyhill.org](http://harmonyhill.org)

Airdate: 3/27/22

Category: HEALTH/WELLNESS

Description:

Harmony Hill began with Gretchen Schodde's dream to create a retreat center where people could experience renewal and deep well-being. In 1986, Harmony Hill opened its doors as a nonprofit retreat facility focusing on wellness. In 1994, we added our Cancer Program, the heart of our mission, to support those affected by cancer, including caregivers and health professionals. In 2004, we began offering our cancer-related programs at no charge. In 2020 Harmony Hill decided to make a fundamental shift to increase our commitment to inspire healthy living for all, recognizing that many of the programs and resources developed over the decades to support those on a cancer journey could equally benefit those who had other health and well-being concerns.

LENGTH: 12:57

Guest: Carla Carrell

Contact: Carla Carrell

[carla\\_carrell@cable.comcast.com](mailto:carla_carrell@cable.comcast.com)

Link: <https://washington.comcast.com/2022/03/09/helping-washington-residents-connect-to-the-transformative-power-of-the-internet-both-at-home-and-on-the-go/>

Airdate: 03/27/22

Category: BUSINESS/ECONOMY/LABOR/TECHNOLOGY

Description: Carla talks about the digital divide people who don't have access to the internet face, as well as the technological literacy barriers that can prevent societal advancement. She talks about how comcast's affordable connectivity program helps eliminate those barriers and helps teach people how to use these tools.

LENGTH: 11:35

Guest: Kristina Ver Foley

Contact: Kimberly Willis Green

kimberlywg@nationalcasagal.org

Link: <https://nationalcasagal.org/>

Airdate: 03/27/22

Category: COMMUNITY/ACTIVITIES/FAMILY/YOUTH

Description: Kristina will talk about what child advocacy looks like through the lens of protecting a child from a harmful environment (abuse / neglect) and how CASA/GAL uses paid and volunteer advocates to stand up for a child's right in court, home and foster care.

LENGTH: 11:35

**KKWF, 100.7 FM COMMUNITY ACTIVITIES FOR THE FIRST QUARTER, 2022:**

- Audacy 1Thing PSAs: 535x promos
- Audacy Black History Month Capsules:
- ChannelQ PSAs: 2x promos
- Audacy Children's Miracle Network Hospitals PSAs: 71x promos
- Audacy I'm Listening Capsules: 68x promos
- Audacy PIV Sound It Out PSAs: 3x promos
- Audacy Black History Month Capsules: 83x promos
- Audacy Vax Confusion PSAs: 3x promos
- Audacy Vape PSAs: 3x promos