

KUFX(FM) HD2 QUARTERLY ISSUES/PROGRAMS LIST

Issue	Title	Description	Date	Time	Duration
Health	Today's World: "COVID-19 Pandemic", Featuring Brook Walker	Peace of Mind during the Corona Virus. Our SLC Colleague Brook Walker talks with Dr. Matt Townsend about the stresses during the COVID Pandemic.	Sunday 4/5/2020	6:00am-6:15am	15 min
Parenting/Children's Issues	Stronger Families: "Family Disagreements Over Coronavirus" Featuring Jay Harnden, Family Coach	Family members disagree about dealing with Coronavirus. The disagreements should be handled carefully in family meetings. Doing this as soon as possible will make them seem so much smaller. In this episode, you'll learn how to plan and hold family meetings from my guest, Jay Harnden.	Sunday 4/5/2020	6:15am-6:30am	15 min
Health	Today's World: "COVID-19 Pandemic", Featuring Brook Walker	Peace of Mind during the Corona Virus. Our SLC Colleague Brook Walker talks with Dr. Matt Townsend about the stresses during the COVID Pandemic.	Sunday 4/12/2020	6:00am-6:15am	15 min
Education	Stronger Families: "Communicating with Family about Coronavirus" Featuring Jay Harnden, Family Coach	Our family can be overwhelmed with discussing Covid-19, so a little goes a long way. But zero communication is a recipe for disaster. In this episode, you'll learn how to easily communicate feelings of concern about family health, and how to make plans for Coronavirus regulations from my guest, Jay Harnden.	Sunday 4/12/2020	6:15am-6:30am	15 min

Health	Today's World: "COVID-19 Pandemic", Featuring Brook Walker	Peace of Mind during the Corona Virus. Our SLC Colleague Brook Walker talks with Dr. Matt Townsend about the stresses during the COVID Pandemic.	Sunday 4/19/2020	6:00am- 6:15am	15 min
Parenting/Children's Issues	Stronger Families: "Avoiding Stimulus Check Awkwardness" Featuring Jay Harnden, Family Coach	At some point, you will be asked whether or not you got your COVID-19 economic stimulus check (relief check) yet. Someone might even ask you how much you got. Upon hearing that information, the person will know a lot more about your income. Imagine that being a family member, friend or coworker. Normally, we know not to make income public knowledge. But this one will be difficult to work around without causing envy or worse among friends, family and coworkers.	Sunday 4/19/2020	6:15am- 6:30am	15 min
Health	Today's World: "COVID-19 Pandemic", Featuring Brook Walker	Peace of Mind during the Corona Virus. Our SLC Colleague Brook Walker talks with Dr. Matt Townsend about the stresses during the COVID Pandemic.	Sunday 4/26/2020	6:00am- 6:15am	15 min
Economy	Stronger Families: "Keeping Financial Health Private during COVID-19" Featuring Jay Harnden, Family Coach	Covid-19 has brought financial struggles to many. Others continue with financial security amidst challenging economic developments. In this episode, my guest, Jay Harnden, family coach and counselor in Campbell, CA, helps you maintain privacy about your family's	Sunday 4/26/2020	6:15am- 6:30am	15 min

		financial condition, despite all the questions and sharing among friends and family.			
Economy	Today's World: "Second Harvest Food Bank", Featuring Cat Cvengros VP of Marketing and Development	Second Harvest Food Bank feeding the S. Bay. Cat Cvengros VP of Marketing and Development talks about the increased demand for food during the COVID pandemic.	Sunday 5/3/2020	6:00am-6:15am	15 min
Economy	Stronger Families: "Using COVID-19 Food Banks Made Easy" Featuring Leslie Bacho, CEO of Second Harvest of Silicon Valley	Food banks are helping many people through COVID-19 struggles. Second Harvest of Silicon Valley helps families with food assistance. Leslie shares with us how easy it is to get free food for your family with no proof of income, I.D., or guilt—not just over the holidays, but all year. The money you save could be used to pay utilities, rent, medical bills and more.	Sunday 5/3/2020	6:15am-6:30am	15 min
Economy	Today's World: "Alameda County Food Bank", Featuring Michael Alfest	Michael Alfest handling Community Engagement & Marketing at the Alameda County Community Food Bank. He discussed the significant demand for food in the Oakland area, plus shared some inspiring stories of residents who have had to use the local food pantries. In the second half of the interview we spoke with California Senator Kamala Harris who shared her recent bill "The FEED Act" and how it assists Bay	Sunday 5/10/2020	6:00am-6:15am	15 min

		Area residents. Mrs. Harris also explained the importance of support Bay Area food banks.			
Parenting/Children's Issues	Stronger Families: "When Families Disagree about Masks and Disinfecting Pt. 1" Featuring Jay Harnden, Family Coach	One family member feels another is going overboard with COVID-19 precautions, while THAT family member feels the other is not cautious enough. Sound familiar? in this episode, you will learn from Jay Harnden, how to address it and how it plays out.	Sunday 5/10/2020	6:15am-6:30am	15 min
Economy	Today's World: "Marin County", Featuring Dr. Matt Willis	Dr. Matt Willis, MD, MPH who is the Marin County Public Health Officer joined us to discuss how Marin County is handling the Covid-19 pandemic. Dr. Willis was diagnosed with the virus in March and shared his experiences. He also shared current stats and how things may look after the pandemic.	Sunday 5/17/2020	6:00am-6:15am	15 min
Parenting/Children's Issues	Stronger Families: "When Families Disagree about Masks and Disinfecting Pt. 2" Featuring Jay Harnden, Family Coach	One family member feels another is going overboard with COVID-19 precautions, while THAT family member feels the other is not cautious enough. Sound familiar? in this episode, you will learn from Jay Harnden, how to address it and how it plays out.	Sunday 5/17/2020	6:15am-6:30am	15 min
Economy	Today's World: "Marin County", Featuring Dr. Matt Willis	Dr. Matt Willis, Marin County Health Director talks about his experience with COVID-19 and how Marin County is doing.	Sunday 5/24/2020	6:00am-6:15am	15 min

Parenting/Children's Issues	Stronger Families: "When Families Disagree about Masks and Disinfecting Pt. 3" Featuring Jay Harnden, Family Coach	One family member feels another is going overboard with COVID-19 precautions, while THAT family member feels the other is not cautious enough. Sound familiar? In this episode, you will learn from Jay Harnden, how to address it and how it plays out.	Sunday 5/24/2020	6:15am-6:30am	15 min
Economy	Today's World: "Helping Hands", Featuring Jeff Miller	We spoke with Jeff Miller, CEO of Helping Hands. Jeff and former big tech company employees wanted to make a difference in Bay Area communities by creating a volunteer online platform to assist people who have needs.	Sunday 5/31/2020	6:00am-6:15am	15 min
Parenting/Children's Issues	Stronger Families: "How to Laugh Your Way Back To A Health Marriage" Featuring Jay Harnden, Family Coach	In this episode, you will learn from Jay Harnden, how to bring back the laughter in your relationship before it's too late.	Sunday 5/31/2020	6:15am-6:30am	15 min
Health	Today's World: "Bucklelew Programs", Featuring Chris Kughn	We interviewed Chis Kughn, CEO of Buckelew Programs, a private nonprofit behavioral health care system. Buckelew Programs helps Northern California residents with behavioral health challenges lead healthier, more independent lives, strengthening families and	Sunday 6/7/2020	6:00am-6:15am	15 min

		communities in the process.			
Parenting/Children's Issues	Stronger Families: "Divorce-Proofing Your Marriage Through Laughing" Featuring Jay Harnden, Family Coach	In this episode, you'll learn more about how to use laughter to strengthen your relationship, and you'll hear ideas you can use to make someone laugh, no matter how long it's been since the fun went away.	Sunday 6/7/2020	6:15am-6:30am	15 min
Children's Issues	Today's World: "Friends of the Children Bay Area", Featuring Michael Rugen	Michael Rugen co-founded the Sf branch that places professional mentors with kids who face the biggest challenges for 12 1/2 years. 100 kids at Bay View/Hunters point are given emotional and academic support K - high School.	Sunday 6/14/2020	6:00am-6:15am	15 min
Parenting/Children's Issues	Stronger Families: "Father's Day Dad Tip: Learn Post Discipline Recovery" Featuring Jay Harnden, Family Coach	After children have been disciplined for misbehavior, how long does it take you to move past it and "recover?" Can you do it on the same day? Same hour? You recover when you can enjoy each other's company again, and even continue and activity you'd started before the misbehavior happened. Jay Harnden teaches us how to do it, and why it is so important.	Sunday 6/14/2020	6:15am-6:30am	15 min
Children's Issues	Today's World: "Friends of the Children Bay	Michael Rugen co-founded the Sf branch that places	Sunday 6/21/2020	6:00am-6:15am	15 min

	Area”, Featuring Michael Rugen	professional mentors with kids who face the biggest challenges for 12 1/2 years. 100 kids at Bay View/Hunters point are given emotional and academic support K - high School.			
Parenting/Children’s Issues	Stronger Families: “Father’s Day Is Great for This” Featuring Jay Harnden, Family Coach and Counselor	It is the best day of the year for dads and kids to reconnect. In this episode, you will learn from Jay Harnden, IF it is the right time, and HOW to do it.	Sunday 6/21/2020	6:15am-6:30am	15 min
Health	Today’s World: “Telehealth Access for Seniors”	Telehealth Access for Seniors, is a nonprofit organization and is composed of 120 high-school and college students in 26 states, and the mission is to collect used camera-enabled devices like iPhones, iPads, Androids, etc. to donate to senior citizens who now need to have doctor’s appointments over video-call due to COVID-19.	Sunday 6/28/2020	6:00am-6:15am	15 min
Parenting/Children’s Issues	Stronger Families: “How COVID-19 Online School Is Better Than In-Person” Featuring Cyndi MacDonald, veteran	Many teachers, students and parents are struggling with distance learning. in this episode, you will learn from Cyndi MacDonald, how it can end up being better than in-person traditional learning for both students and teachers, and	Sunday 6/28/2020	6:15am-6:30am	15 min

	elementary school teacher	how parents can best help the process by doing just one easy thing.			
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