

KOIT(FM) HD2 QUARTERLY ISSUES/PROGRAMS LIST

Issue	Title	Description	Date	Time	Duration
Children's Issues/Parenting	Positive Parenting: Armin Brott interviews Adam Price, author of <i>He's Not Lazy</i> .	Topic: Empowering your son to believe in himself. Issue: Why do boys spend so much time playing video games or glued to their phones? Is it laziness or something worse? The societal and other obstacles that keep boys from engaging; how to set expectations and empower your son to accept responsibility for his own future; become your son's ally as he discovers greater self-confidence and becomes more self-reliant.	Sunday 1/7/2018	6:00am- 6:30am	30 min
Education	Today's World: "Martin Luther King Celebration Train" with Tasha Bartholomew	The Celebration Train will provide free service for those in the Peninsula who wish to attend the annual celebration of the life and legacy of Dr. King in San Francisco.	Sunday 1/7/2018	6:30am- 6:45am	15 min
Education	Listen Up Bay Area: "MLK Foundation" Featuring Executive Director, Aaron Grizzell	The Northern California Dr. Martin Luther King, Jr. Community Foundation is a charitable organization dedicated to unlocking the promise in every person through targeted programs and initiatives in our region. And, we look to make this real by utilizing tenants that drove Dr. King's work: the innate dignity and worth of	Sunday 1/7/2018	6:45 am 7:00am	15 min

		every human being and the inalienable right to justice of love, and beloved community.			
Children's Issues/Parenting	Positive Parenting: Armin Brott interviews Thomas Armstrong, author of <i>The Myth of the ADHD Child</i> .	Topic: How to improve your child's behavior and attention span without drugs, labels, or coercion. Issue: Letting your child fidget or introducing wiggle furniture; teaching self-monitoring and self-regulation skills; reassessing diet to remove additives, allergens, and junk; alternative therapies such as music, aromas, and art; making time for play.	Sunday 1/14/2018	6:00am-6:30am	30 min
Education	Today's World: "Martin Luther King Celebration Train" with Tasha Bartholomew	The Celebration Train will provide free service for those in the Peninsula who wish to attend the annual celebration of the life and legacy of Dr. King in San Francisco.	Sunday 1/14/2018	6:30am-6:45am	15 min
Children's Issues/Parenting	Listen Up Bay Area: "Loaves and Fishes" Featuring Executive Director, Gisela Bushey	Loaves & Fishes Family Kitchen provides nutritious prepared meals that are delivered and served to disadvantaged individuals with a special concern for families, seniors and the homeless. The organization was founded more than 37 years ago.	Sunday 1/14/2018	6:45 am 7:00am	15 min
Education	Positive Parenting: Armin Brott interviews Ken Keis,	Topic: A self-discovery process to find and live your purpose.	Sunday 1/21/2018	6:00am-6:30am	30 min

	author of <i>Quest for Purpose</i> .	Issue: Why meaning comes before purpose; the mindset required to succeed; identifying what you really value; learning what excites and interests you; your core passions; and many more steps that will help you live your purpose.			
Environment	Today's World: "Marin Municipal Water District" with Author, Historian, and Board Member, Jack Gibson	Restoring the Phoenix Lake Cabin and other historic and environmental projects.	Sunday 1/21/2018	6:30am- 6:45am	15 min
Environment	Listen Up Bay Area: "Grassroots Ecology" Featuring Executive Director, Alexandra Von Feldt	Grassroots Ecology leverages the power of community volunteers to create healthy ecosystems across Silicon Valley, from the foothills to San Francisco Bay. We restore native plants to open spaces and neighborhoods, steward creeks and watersheds, and provide nature education in the classroom and in the field.	Sunday 1/21/2018	6:45 am 7:00am	15 min
Health	Positive Parenting: Armin Brott interviews Nadine Burke Harris, author of <i>The Deepest Well</i> .	Topic: Healing the long-term effects of childhood adversity. Issue: ACEs (adverse childhood experiences)—what they are and the profound effects they have on children's mental and physical health; the types of children that are at	Sunday 1/28/2018	6:00am- 6:30am	30 min

		high risk of suffering from ACEs; how doctors, caregivers, and others can mitigate the impact of ACEs and give kids a better chance to grow into healthy adults.			
Environment	Today's World: "Marin Municipal Water District" with Author, Historian, and Board Member, Jack Gibson	Restoring the Phoenix Lake Cabin and other historic and environmental projects.	Sunday 1/28/2018	6:30am- 6:45am	15 min
Education	Listen Up Bay Area: "LunaFest" Featuring Lynda Sereno	It's a great evening of film, food, and fun that promotes women film makers and women's issues and raises money for Breast Cancer Prevention Partners and local charities.	Sunday 1/28/2018	6:45 am 7:00am	15 min
Children's Issues/Parenting	Positive Parenting: Armin Brott interviews Laurie Wolk, author of <i>Girls Just Want to Have Fun</i> .	Topic: How to raise confident girls in the face of social media madness. Issue: Social media basics; the importance of boundaries; creating family connections; building leadership skills; healing and role modeling; four styles of communication; embracing a growth mindset; making space for change; understanding what your daughter isn't saying.	Sunday 2/4/2018	6:00am- 6:30am	30 min
Economy	Today's World: "Downtown Streets Team" with	Ending Homelessness, and getting people back into housing and jobs.	Sunday 2/4/2018	6:30am- 6:45am	15 min

	Brandon Davis				
Education	Listen Up Bay Area: "Yes Conference" Featuring Peyton Brooks Siville (Student Board member for the Youth for the Environment and Sustainability)	A part of the Metropolitan Transportation Commission (MTC)'s Climate Initiatives Program, completed in partnership with the Bay Area Air Quality Management District, Spare the Air Youth seeks to educate, inspire, and empower Bay Area youth and their families to change transportation habits to reduce greenhouse gas emissions and vehicle miles traveled, while also providing a regional resource for students, parents, teachers and program providers.	Sunday 2/4/2018	6:45 am 7:00am	15 min
Education	Positive Parenting: Armin Brott interviews Terri Apter, author of <i>Passing Judgement</i> .	Topic: Praise and blame in everyday life. Issue: The important role that praise and blame play in relationships (whether between adults or between parents and children); the "magic ratio" or praise to blame and how it correlates to a couple's probability of staying together; the damage done by insincere praise; how social media has made it easier to gossip and blame others.	Sunday 2/11/2018	6:00am- 6:30am	30 min
Health	Today's World: "American Heart Association" with Gianna	They about National Heart month and "Go Red" for women.	Sunday 2/11/2018	6:30am- 6:45am	15 min

	Villanueva and Matiana Barrera				
Environment	Listen Up Bay Area: "One Reef" Featuring Christopher LaFranchi (pronounced "LahFranki"), Founder & CEO, One Reef Worldwide Stewardship	A 501 (c) (3) organization based in California and focused on sustainable solutions for the ocean.	Sunday 2/11/2018	6:45 am 7:00am	15 min
Children's Issues/Parenting	Positive Parenting: Armin Brott interviews Joshua Straub, author of <i>Safe House</i> .	Topic: How emotional safety is the key to raising kids who live, love, and lead well. Issue: Why emotional safety matters; understanding your parenting "story" and how it affects you and your child; building a safe house with four walls: explore, protect, grace, and truth; the science of emotional safety.	Sunday 2/18/2018	6:00am- 6:30am	30 min
Health	Today's World: "American Heart Association" with Gianna Villanueva and Matiana Barrera	They about National Heart month and "Go Red" for women.	Sunday 2/18/2018	6:30am- 6:45am	15 min
Education	Listen Up Bay Area: "iMentor" Featuring Director of Corporate and Community Engagement: Lynn Fine	iMentor builds high-impact mentoring relationships that ensure more students from low-income communities succeed in college. By partnering with public high schools and matching every	Sunday 2/18/2018	6:45 am 7:00am	15 min

		student in the school with a mentor, iMentor leverages the community to reimagine the counseling function in schools.			
Misc.	Positive Parenting: Armin Brott interviews Barb DePree, author of <i>Yes You Can</i> .	Topic: A recipe for lifelong intimacy. Issue: How sex life changes over time; myths and realities about sex after menopause; components of great sex; how men and women can talk to each other about their changing libido and performance issues; and more.	Sunday 2/25/2018	6:00am- 6:30am	30 min
Economy	Today's World: "Project We Hope-Downtown Streets Team" with Pastor Paul Bains and Kalie Standish	They talk about the program of getting homeless off the streets and the new Mobile Dignity on Wheels.	Sunday 2/25/2018	6:30am- 6:45am	15 min
Education	Listen Up Bay Area: "Merritt College" Featuring President of Merritt College, Dr. Marie-Elaine Burns	The mission of Merritt College is to enhance the quality of life in the communities we serve by helping students to attain knowledge, master skills, and develop the appreciation, attitudes and values needed to succeed and participate responsibly in a democratic society and a global economy.	Sunday 2/25/2018	6:45 am 7:00am	15 min
Health	Positive Parenting: Armin Brott interviews	Topic: Overcoming metabolic syndrome. Issue: How to lose the belly fat, end sugar	Sunday 3/4/2018	6:00am- 6:30am	30 min

	Mike Beland, author of <i>Become a Fat-Burning Machine</i> .	cravings, and gain energy; identifying foods that store fat vs. those that burn it; a new workout strategy that burns fat more effectively than whatever you're doing right now; diet and fitness myths that are sabotaging your success; implementing fat burning and fitness strategies with your family.			
Economy	Today's World: "Project We Hope-Downtown Streets Team" with Pastor Paul Bains and Kalie Standish	They talk about the program of getting homeless off the streets and the new Mobile Dignity on Wheels.	Sunday 3/4/2018	6:30am-6:45am	15 min
Education	Listen Up Bay Area: "SF National Coalition of 100 Black Women" Featuring	The San Francisco Chapter of the National Coalition Of 100 Black Women, Inc. (NCBWSF) is a non-profit 501 (c)(3) organization dedicated to community service, leadership development, education, health, political action and economic empowerment of women and girls of African descent.	Sunday 3/4/2018	6:45 am 7:00am	15 min
Children's Issues/Parenting	Positive Parenting: Armin Brott interviews Stephen Segal and Valya Dudycz Lupescu, co-	Topic: What Joffrey, Jor-EI, Maleficent, and the McFlays teach us about raising a family. Issues: Lessons from (mostly fictional) pop culture icons about creating a positive	Sunday 3/11/2018	6:00am-6:30am	30 min

	authors of <i>Geek Parenting</i> .	parenting environment, keeping communications channels open, keeping kids safe, helping kids grow and evolve into advanced beings, and preparing them for a life of adventures.			
Children's Issues/Parenting	Today's World: "Scholastic News for Kids by Kids" with Manat Kaur	Manat Kaur from Menlo Park is one of 44 kid reporters in the Scholastic News Kids Press Corps reaches more than 25 Million students nationwide on local and current topics	Sunday 3/11/2018	6:30am-6:45am	15 min
Environment	Listen Up Bay Area: "Pets in Need" Featuring Attorney Karen Gilbert, President of SF NCBW and Sherri Young, Executive Director of African American Shakespeare Company	To advance the no-kill movement, reduce pet homelessness, and find every dog and cat a loving home.	Sunday 3/11/2018	6:45 am 7:00am	15 min
Children's Issues/Parenting	Positive Parenting: Armin Brott interviews Amy Tuteur, author of <i>Push Back</i> .	Topic: Guilt in the age of natural parenting. Issues: Why there's no reason to feel guilty about childbirth interventions (epidurals, fetal monitoring, C-sections, etc.)—in fact, childbirth is now safer for mothers and babies because of those interventions; why there's no reason to feel guilty about epidurals (there's no	Sunday 3/18/2018	6:00am-6:30am	30 min

		such thing as “good pain”); the truth about breastfeeding and the benefits.			
Children’s Issues/Parenting	Today’s World: “Scholastic News for Kids by Kids” with Manat Kaur	Manat Kaur from Menlo Park is one of 44 kid reporters in the Scholastic News Kids Press Corps reaches more than 25 Million students nationwide on local and current topics	Sunday 3/18/2018	6:30am-6:45am	15 min
Children’s Issues/Parenting	Listen Up Bay Area: “Darryl Reed” Featuring Darryl Reed, Founder and Nicole Lee, Board member	The mission of The Darryl Reed Foundation is to impact young people throughout the nation at-risk of experiencing community violence in the inner-cities.	Sunday 3/18/2018	6:45 am 7:00am	15 min
Children’s Issues/Parenting	Positive Parenting: Armin Brott interviews Ned Johnson, co-author of <i>The Self-Driven Child</i> .	Topic: The science and sense of giving your kids more control over their lives. Issue: Why a sense of control is such a big deal; parents as consultants; kids as decision makers; how to help kids find a sense of control by finding your own; help kids develop inner motivation; the importance of downtime (including sleep); taming technology; exercising brain and body; taking the sense of control to school.	Sunday 3/25/2018	6:00am-6:30am	30 min
Health	Today’s World: “Veterans’ Consultant and Advocate” with Claudio Calvo.	Helping Veterans with health care, housing and jobs.	Sunday 3/25/2018	6:30am-6:45am	15 min

Education	Listen Up Bay Area: "Delta Sigma Theta Incorporated" Featuring Danielle Fluker, President; Barbara Scotlan, Co-Chair; Marsha Lee-Harrison, Chapter Member	Delta Sigma Theta Sorority, Incorporated is an organization of college educated women committed to the constructive development of its members and to public service with a primary focus on the Black community.	Sunday 3/25/2018	6:45 am 7:00am	15 min
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