

KOIT(FM) HD2 QUARTERLY ISSUES/PROGRAMS LIST

Issue	Title	Description	Date	Time	Duration
Children's Issues/Parenting	Positive Parenting: Armin Brott interviews Tim Jones, author of <i>You're Grounded for Life</i> .	Topic: Misguided parenting strategies that sounded good at the time. Issues: The trials and tribulations of parents with kids of all ages; the daunting task of starting, raising, and surviving a family; innovative parenting strategies that have produced hilariously disastrous results.	Sunday 4/1/2018	6:00am-6:30am	30 min
Health	Today's World: "Hearts for Veterans" with Claudio Calvo (Veterans Consultant Advocate)	North Bay Programs available for veterans.	Sunday 4/1/2018	6:30am-6:45am	15 min
Economy	Listen Up Bay Area: "Madam C.J Walker Community Luncheon" Featuring Cathy Adams, Founding President, Lucretia Cotton, 1st Vice President, NCBW	The National Coalition of 100 Black Women, Inc., Oakland – Bay Area Chapter's (NCBW-OBAC) mission is committed to providing programs that increase the participation of African American women in economic, civic, entrepreneurial, and human service arenas of their respective communities through education, scholarship, and collaboration.	Sunday 4/1/2018	6:45am-7:00am	15 min
Children's Issues/Parenting	Positive Parenting: Armin Brott interviews Rupert Isaacson, author of <i>The Long Ride Home</i> .	Topic: The extraordinary journey of healing that changed a child's life. Issues: The remarkable story of a boy, a horse, overcoming autism, and a revolutionary approach that has changed the life of thousands of children and their family.	Sunday 4/8/2018	6:00am-6:30am	30 min

Education	Today's World: "Marin Open Studios" with Kay Carlson and Kathleen Lipinski	Benefit for Art Education. Partnering youth, businesses, and developmentally disabled	Sunday 4/8/2018	6:30a m- 6:45a m	15 min
Health	Listen Up Bay Area: "WORLD (Women Organized to Respond to Life Threatening Diseases)" Featuring Ms. Cynthia Carey Grant, Executive Director; Dr. Denisha Burns Policy and Advocacy Manager	WORLD improves the lives and health of women, girls, families and communities affected by HIV/ AIDS and STI's through peer-based education, wellness services, advocacy, and leadership development.	Sunday 4/8/2018	6:45 am 7:00a m	15 min
Health	Positive Parenting: Armin Brott interviews Michelle Maidenberg, author of <i>Free Your Child from Overeating</i> .	Topic: Mind-body strategies for lifelong health. Issues: Identify triggers, cravings, and self-sabotaging patterns; defining your child's values and using them to find the motivation to change; setting realistic food and exercise goals; the role of thinking in nutrition; using mindfulness to help your child achieve his or her goals.	Sunday 4/15/2018	6:00a m- 6:30a m	30 min
Health	Today's World: "HERS Breast Cancer Foundation" with Kirsten, Litz, and Tina	People with purpose Gala Event. Breast Cancer Awareness.	Sunday 4/15/2018	6:30a m- 6:45a m	15 min
Education	Listen Up Bay Area: "	Martin Luther King Jr. Freedom Center prepares individuals for self-change	Sunday 4/15/2018	6:45 am	15 min

	MLK Freedom Center” Featuring Maira Perez, Director of Educational Services; Roy Wilson, Executive Director	based on transforming America to become a more perfect Union. This is done through classes and direct involvement in relevant civic engagement activity.		7:00a m	
Children’s Issues/Parenting	Positive Parenting: Armin Brott interviews Stephen Hecht, coauthor of <i>Nonflict</i> .	Topic: The art of everyday peacemaking. Issues: Accepting and understanding conflict as a natural part of life and opportunity; how to use the <i>Nonflict</i> model for internal conflicts, two-person conflicts, and conflicts on a larger scale; developing a win-win mindset.	Sunday 4/22/2018	6:00a m-6:30a m	30 min
Health	Today’s World: “Santa Clara Valley Medical Center” with Dr. James	Dr. James Crew talks about the new facilities and programs offered at the Santa Clara Valley Medical Center.	Sunday 4/22/2018	6:30a m-6:45a m	15 min
Children’s Issues/Parenting	Listen Up Bay Area: “Bay Area BMXers” Featuring Howard Cato president of Bay Area BMXers and Jern Eye, Team Rider	To help support healthy family bonding and kid BMX rides with parents Bay Area BMXers has a new campaign called Flood the Streets with Bikes to get bikes for kids and go into places no one will go.	Sunday 4/22/2018	6:45 am 7:00a m	15 min
Children’s Issues/Parenting	Positive Parenting: Armin Brott interviews Stuart Shanker,	Topic: How to help your child (and you) break the stress cycle and successfully engage with life. Issues: Why our ability to thrive depends on being able to self-regulate; the difference	Sunday 4/29/2018	6:00a m-6:30a m	30 min

	author of <i>Self-Reg.</i>	between misbehavior and stress behavior; why or emphasis on will power and self-control is not only misguided, but counter-productive; how kids feed off our stress and we feed off theirs; the link between behavior and energy.			
Education	Today's World: "Ability Revolution" Dr. Jennifer Camota Luebke Educator, Coach Advisor CEO	Documentary "You Can Be Brave" Advancing Education for ALL Abilities	Sunday 4/29/20 18	6:30a m- 6:45a m	15 min
Education	Listen Up Bay Area: "Success Center SF" Featuring Liz Jackson-Simpson, Executive Director Adrian Owens, Community Relations Director	Working in collaboration with the SF Office of Economic and Workforce Development the SCSF operates the Western Addition Neighborhood Access Point to provide job development and employment placement services to over 500 youth, adults and seniors annually	Sunday 4/29/20 18	6:45 am 7:00a m	15 min
Health	Positive Parenting: Armin Brott interviews Marcia Morris, author of <i>The Campus Cure.</i>	Topic: A parent's guide to mental health and wellness for college students. Issues: Major sources of mental health problems among college students (anxiety, depression, substance abuse, and academic failure to thrive); other contributing factors (loneliness, perfectionism, campus culture, financial stress); how parents can keep tabs on their children's mental health; how to respond to	Sunday 5/6/201 8	6:00a m- 6:30a m	30 min

		crises (such as hospitalization or a suicide attempt).			
Health	Today's World: "NAMI Santa Clara" with Ex Director Kathy Forward and Jemerson Diaz Community Program Coordinator	May is National Mental Awareness Month.	Sunday 5/6/2018	6:30a m-6:45a m	15 min
Education	Listen Up Bay Area: "SF Living Wage" Featuring Karl Kramer, Campaign Co-director	We are actively campaigning to reverse income inequality and wage disparity. We are advancing local campaigns and projects that can be models for policies to address the fundamental causes of income inequality.	Sunday 5/6/2018	6:45 am 7:00a m	15 min
Children's Issues/Parenting	Positive Parenting: Armin Brott interviews Katie Hurley, author of <i>No More Mean Girls</i> .	Topic: The secret to raising strong, confident, and compassionate girls. Issues: What's in a friend? Like vs. likeable; the pursuit of popularity; perfect girl syndrome; sporty girls, artsy girls, bossy girls, and girly girls; building an authentic self; finding your voice; expressing yourself; learning to fail—and recover; raising socially responsible girls.	Sunday 5/13/2018	6:00a m-6:30a m	30 min
Children's Issues/Parenting	Positive Parenting: Armin Brott interviews Katie Hurley, author of <i>No More Mean Girls</i> .	Topic: The secret to raising strong, confident, and compassionate girls. Issues: What's in a friend? Like vs. likeable; the pursuit of popularity; perfect girl syndrome; sporty girls, artsy girls, bossy girls, and girly girls; building an authentic self; finding your voice; expressing yourself; learning to fail—and recover; raising socially responsible girls.	Sunday 5/13/2018	6:00a m-6:30a m	30 min

Health	Today's World: "NAMI Santa Clara" with Ex Director Kathy Forward and Jemerson Diaz Community Program Coordinator	May is National Mental Awareness Month.	Sunday 5/13/20 18	6:30a m- 6:45a m	15 min
Education	Listen Up Bay Area: "Young Men of Color Symposium" Featuring Reginald Figgs, Community Schools Site Director	The Young Men of Color Symposium will provide young men of color from three Title IX high schools in Richmond with the skills, knowledge, and support to navigate a successful pathway through high school, further learning, and employment.	Sunday 5/13/20 18	6:45 am 7:00a m	15 min
Children's Issues/Parenting	Positive Parenting: Armin Brott interviews Scott Steinberg, co-author of <i>Parenting High-Tech Kids</i> .	Topic: A guide to internet, web, and online safety Issues: What does it mean to go online? Understanding common problems, threats, and concerns; how to protect computers, phones, and other devices against malware, viruses, and phishing; preparing yourself and your children for the world online; much more.	Sunday 5/20/20 18	6:00a m- 6:30a m	30 min
Children's Issues/Parenting	Today's World: "Second Harvest Food Bank" with CEO Leslie Bocho	Stand Up for Kids to make sure kids have access to healthy foods they need to succeed in school.	Sunday 5/20/20 18	6:30a m- 6:45a m	15 min
Children's Issues/Parenting	Listen Up Bay Area: "A Sista's Touch" Featuring Dr. Shelitha Campbell,	A Sista's Touch is an organization designed to cultivate and develop the advancement of young African American girls through education, community, and health.	Sunday 5/20/20 18	6:45 am 7:00a m	15 min

	CEO; Jaliza Johnson, Co-Founder				
Health	Positive Parenting: Armin Brott interviews Suhas Kshirsager, author of <i>Change Your Schedule, Change Your Life.</i>	Topic: How to harness the power of clock genes. Issues: Optimal times to eat, sleep, exercise, and more to lose weight, optimize your workouts, get more rest, and improve performance at home and at work.	Sunday 5/27/2018	6:00a m-6:30a m	30 min
Children's Issues/Parenting	Today's World: "Second Harvest Food Bank" with CEO Leslie Bocho	Stand Up for Kids to make sure kids have access to healthy foods they need to succeed in school.	Sunday 5/27/2018	6:30a m-6:45a m	15 min
Children's Issues/Parenting	Listen Up Bay Area: "East Oakland Collective" Featuring Candice Elder, CEO/ED; Marquita Price, Urban and Regional Planning Officer	The East Oakland Collective (EOC) is a member-based community organizing group invested in serving the communities of deep East Oakland by working towards racial and economic equity. With programming in economic development, civic engagement and leadership, we help amplify underserved communities from the ground up. We are committed to driving impact in the landscape, politics and economic climate of deep East Oakland.	Sunday 5/27/2018	6:45 am 7:00a m	15 min
Children's Issues/Parenting	Positive Parenting: Armin Brott interviews Laruen Smith Brody, author of <i>The fifth Trimester.</i>	Topic: The working mom's guide to style, sanity, and success after baby. Issues: Who's taking care of your little person? Getting through "I have to quit." Looking human again (on beauty and style); feeling human again; keeping your expectations (of yourself and	Sunday 6/3/2018	6:00a m-6:30a m	30 min

		others) reasonable; the whole 50/50 partnership thing; mastering your new time “off.” More info and resources at http://www.thefifthtrimester.com/			
Children’s Issues/Parenting	Positive Parenting: Armin Brott interviews Sheryl Ziegler, author of <i>Mommy Burnout</i> .	Topic: How to reclaim your life and raise healthier children in the process. Issues: What mommy burnout looks (and feels) like; the connection between mommy burnout and isolation; the social media mommy trap; the connection between burnout and the need to achieve perfection; how burnout puts marriages at risk; the working mom’s dilemma; much more.	Sunday 6/3/2018	6:00a m- 6:30a m	30 min
Education	Today’s World: “SCORES” with Executive Director Colin Schmidt	After school soccer and scholastic programs Exec Dir Colin Schmidt and students are Oscar and Xitlaly Martinez participants.	Sunday 6/3/2018	6:30a m- 6:45a m	15 min
Economy	Listen Up Bay Area: “Rebecca Kaplan” Featuring Rebecca Kaplan, Oakland Councilmember	Oakland Councilmember came in to talk about the programs and mission she has for the people of Oakland.	Sunday 6/3/2018	6:45 am 7:00a m	15 min
Children’s Issues/Parenting	Positive Parenting: Armin Brott interviews Susan Wise Bauer, author of <i>Rethinking School</i> .	Topic: How to take charge of your child’s education. Issues: Understanding why traditional graduation requirements and standardized testing may not be necessary for a child’s future success; how to negotiate the 12-grade school system in a way that nurtures and protects your child’s mind, emotions, and spirit.	Sunday 6/10/2018	6:00a m- 6:30a m	30 min

Education	Today's World: "Marin Scapes Benefit for Buckelew foundation" with Director of Program Development Katrin Ciaffa	Katrin Ciaffa and her Marin Scapes feature artist, Davis Perkins. Mr. Perkins has an amazing history as a fire jumper and paramedic who has traveled the world saving lives.	Sunday 6/10/20 18	6:30a m- 6:45a m	15 min
Education	Listen Up Bay Area: "Taste of Oakland" Featuring Dwayne Wiggins, ED	Dwayne Wiggins came in to talk about the Taste of Oakland, a project of his non-profit Youth Aid to provide educational and health services for the Oakland community.	Sunday 6/10/20 18	6:45 am 7:00a m	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. Issues: 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 6/17/20 18	6:00a m- 6:30a m	30 min
Education	Today's World: "Marin Scapes Benefit for Buckelew foundation" with Director of Program Development Katrin Ciaffa	Katrin Ciaffa and her Marin Scapes feature artist, Davis Perkins. Mr. Perkins has an amazing history as a fire jumper and paramedic who has traveled the world saving lives.	Sunday 6/17/20 18	6:30a m- 6:45a m	15 min
Economy	Listen Up Bay Area: "SPEEDCO" Featuring Joseph Simmons,	SPEEDCO's programs and initiatives can address many of the needs in our community by providing food, clothing, financial literacy classes, employment	Sunday 6/17/20 18	6:45 am 7:00a m	15 min

	Founding CEO	development, personal empowerment, and other services to its residents.			
Children's Issues/Parenting	Positive Parenting: Armin Brott interviews Gail Gross, author of <i>The Only Way Out Is Through</i> .	Topic: The journey from grief to wholeness. Issues: Grief as a path to healing; courage and choices; the mourning process; the meaning and role of guilt; surrendering to the grieving process; reviewing your personal life and the patterns you've created; relationships—marriage, family, siblings, and others; back to life.	Sunday 6/24/2018	6:00am-6:30am	30 min
Education	Today's World: "Guide Dogs for the Blind" with CEO Chris Benninger	"Guide Dogs for the Blind", CEO Chris Benninger talks about service animals and emotional support animals give during the busy summer travel months. Plus, a behind the scenes look at the upcoming documentary, "Pick Of The Litter."	Sunday 6/24/2018	6:30am-6:45am	15 min
Children's Issues/Parenting	Listen Up Bay Area: "Bayview Hunters Point YMCA C.A.R.E Program" Featuring Eason Ramson, Director of YMCA CARE Program	The CARE program will serve as a model on how a community based organization can assist the public-school system to re-engage youth in their education process.	Sunday 6/24/2018	6:45am-7:00am	15 min