

KOIT(FM) QUARTERLY ISSUES/PROGRAMS LIST

Issue	Title	Description	Date	Time	Duration
Economy	Positive Parenting: Armin Brott interviews Lisa Hanks, author of <i>Every Californian's Guide to Estate Planning</i> .	Topic: What you need to know about wills, trusts, and everything else—regardless of where you live. Issues: What's in an estate plan and why you need one; wills; living trusts; choosing a guardian for minor children; leaving money to children; estate planning for blended families; death and taxes; naming beneficiaries for retirement accounts and life insurance; finding a lawyer; keeping your plan up to date.	Sunday 7/1/2018	6:00am - 6:30am	30 min
Education	Today's World: "USS Hornet Museum 4 th of July Festivities" with Director of Events Marie Riccobene	Celebrate the 4 th of July aboard this historic aircraft carrier.	Sunday 7/1/2018	6:30am - 6:45am	15 min
Environmental	Listen Up Bay Area: "Pets in Need" Featuring Al Mollica, Executive Director and Jacqueline Stewart, Development Assistant.	To advance the no-kill movement, reduce pet homelessness, and find every dog and cat a loving home.	Sunday 7/1/2018	6:45 am 7:00am	15 min
Health	Positive Parenting: Armin Brott interviews Rebecca Fox Starr, author of <i>Beyond the Baby Blues</i> .	Topic: Anxiety and depression during and after pregnancy. Issues: Recognizing prenatal depression and anxiety (called "prenatal distress");	Sunday 7/8/2018	6:00am - 6:30am	30 min

		why prenatal distress is so rarely diagnosed; what women suffering from prenatal distress need to do; what dads and others can do to help; the connection between prenatal distress and postpartum depression.			
Economy	Today's World: "Home Aid nor Cal" with Executive Director, Cheryl O'Conner	Largest developer of housing for the suddenly homeless in the US. Affiliate of the National Associate of Home Builders	Sunday 7/8/2018	6:30am - 6:45am	15 min
Environmental	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 7/8/2018	6:45 am 7:00am	15 min
Health	Positive Parenting: Armin Brott interviews Sue Matthews, coauthor of <i>Paint Your Hair Blue</i>	Topic: Celebrating life and hope in the face of pediatric cancer. Issues: An empowering memoir by a mother who lost her 16-year-old daughter to cancer. The book includes support and specific advice for other parents confronting cancer as well as anyone going through cancer diagnosis or caring for someone who is.	Sunday 7/15/2018	6:00am - 6:30am	30 min

Education	Today's World: "Guide Dogs for the Blind" with CEO, Christine Benniger	Travel with Emotional Support Animals and service dogs and the new Documentary "Pick of The Litter"	Sunday 7/15/2018	6:30am - 6:45am	15 min
Education	Listen Up Bay Area: "Dreamers4Change" Featuring Derrika Hunt, Doctoral Candidate at UC Berkeley and Founder of Dreamers4Change Foundation	We ground our program in the ethics and responsibility of engaging in eco-tourism that centers local communities. D4C is a learning experience that utilizes travel and responsible cultural immersion to explore the intersections of race, class, gender, citizenship, and other intersecting oppressions.	Sunday 7/15/2018	6:45 am - 7:00am	15 min
Health	Positive Parenting: Armin Brott interviews Rachel Simmons, author of <i>Enough as She Is</i> .	Topic: Helping girls move beyond impossible standards to live healthy, happy, fulfilling lives. Issues: Stop overthinking, which is linked to depression, motivation loss, and binge eating; practice three steps of self-compassion; navigate new rules of stress culture—and self-care; stop catastrophizing ("my life is over if I fail this test"); what parents need to do to manage their own anxiety	Sunday 7/22/2018	6:00am - 6:30am	30 min
Education	Today's World: "Guide Dogs for the Blind" with CEO, Christine Benniger	Travel with Emotional Support Animals and service dogs and the new Documentary "Pick of The Litter"	Sunday 7/22/2018	6:30am - 6:45am	15 min
Education	Listen Up Bay Area: "	The mission of the Live the Dream Network is to help	Sunday 7/22/2018	6:45 am - 7:00am	15 min

	Live the Dream Network” Featuring Shelley Chaney Floyd, Jr., President	disenfranchised young adults "get a leg up" through the assistance of grants and scholarships aimed toward advanced education in non-traditional or non-academic environments, such as community colleges, vocational training, and trade schools.			
Economy	Positive Parenting: Armin Brott interviews Jeanette Mack, Assistant Vice President of Corporate Communications at Navy Federal Credit Union	Topic: Financial issues for families. Issues: Ways to start saving small now for your kids’ futures, small behavior changes that can make a big difference in your finances; financial literacy tools for families; tips to building/maintaining your credit; car buying tips; budgeting tips for parents and kids; how military families can make the most of their paycheck.	Sunday 7/29/2018	6:00am - 6:30am	30 min
Education	Today’s World: “Guide Dogs for the Blind” with CEO, Christine Benniger”	Travel with Emotional Support Animals and service dogs and the new Documentary "Pick of The Litter"	Sunday 7/29/2018	6:30am - 6:45am	15 min
Health	Listen Up Bay Area: “Donor Network West” Featuring Ayanna Anderson, Senior Community Education Liaison and Exhibition Director	Donor Network West is a federally designated nonprofit, 501 (c) (3), organ procurement and tissue recovery organization. Established in 1987, we serve more than 13 million people and connect a donor’s gift to those in need in	Sunday 7/29/2018	6:45 am 7:00am	15 min

		our service area of 40 counties in northern California and Nevada.			
Children's Issues/Parenting	Positive Parenting: Armin Brott interviews Warren Farrell, coauthor of <i>The Boy Crisis</i>	Topic: Why our boys are struggling and what we can do about it. Issues: Is there really a boy crisis? (hint: yes, there is) What are the elements of the boy crisis; why the boy crisis isn't your fault; raising balanced sons in an out-of-balance world; dad-deprived boys vs. dad-enriched boys; why dads are so important; what dads do differently; four must-dos in case of divorce; ADHD and other physical- and mental-health issues.	Sunday 8/5/2018	6:00am - 6:30am	30 min
Children's Issues/Parenting	Today's World: "Taylor Family Foundation Day in The Park" with Angie Carmignani and Elaine Taylor	Giving children with life threatening illness a chance to go to summer camp at NO charge.	Sunday 8/5/2018	6:30am - 6:45am	15 min
Children's Issues/Parenting	Listen Up Bay Area: "The Village Project SF" Featuring Adrian Williams, Executive Director	To bring together resources and programs to enhance the economic, educational, social and cultural wellbeing of children. We promote community unity, cultural awareness, connectedness, and engagement amongst diverse populations. Our target demographic resides in underserved communities such as	Sunday 8/5/2018	6:45 am - 7:00am	15 min

		public and subsidized housing developments.			
Children's Issues/Parenting	Positive Parenting: Armin Brott interviews Janet Golden, author of <i>Babies Made Us Modern</i> .	Topic: How infants brought America into the 20th century. Issues: Economics, social welfare, and progressives; the US Children's Bureau and how it improved infant health; traditional healers, patented medicines, and local cultures; the inner lives of babies; how American parents are different from parents in other countries.	Sunday 8/12/2018	6:00am - 6:30am	30 min
Children's Issues/Parenting	Today's World: "Taylor Family Foundation Day in The Park" with Angie Carmignani and Elaine Taylor	Giving children with life threatening illness a chance to go to summer camp at NO charge.	Sunday 8/12/2018	6:30am - 6:45am	15 min
Children's Issues/Parenting	Listen Up Bay Area: "Bay Area Crisis Nursery" Featuring Sister Ann Weltz, Founder & Executive Director of Bay Area Crisis Nursery	Our mission is to prevent the abuse and neglect of young children by providing support to families.	Sunday 8/12/2018	6:45 am - 7:00am	15 min
Children's Issues/Parenting	Positive Parenting: Armin Brott interviews Jena Pincott, author of <i>Wits, Buts, Grit</i>	Topic: All-natural bio hacks for raising smart, resilient kids. Issues: What if we could identify microbes in our gut that correlate with stress resilience? What if memory and learning and overall	Sunday 8/19/2018	6:00am - 6:30am	30 min

		wellbeing could improve after eating more of certain foods or minerals? What if merely smelling sweat before completing an anxiety-inducing task could improve your performance? Meet a woman who tested these and other hypotheses on her own children.			
Children's Issues/Parenting	Today's World: "Taylor Family Foundation Day in The Park" with Angie Carmignani and Elaine Taylor	Giving children with life threatening illness a chance to go to summer camp at NO charge.	Sunday 8/19/2018	6:30am - 6:45am	15 min
Environmental	Listen Up Bay Area: "Second Harvest Food Bank" Featuring Leslie Bacho, CEO of Second Harvest Food Bank of Santa Clara and San Mateo Counties.	Second Harvest's mission is to lead our community to ensure that anyone who needs a healthy meal can get one	Sunday 8/19/2018	6:45 am - 7:00am	15 min
Health	Positive Parenting: Armin Brott interviews Jamie Koufman, coauthor of <i>Acid Reflux in Children</i>	Topic: A parent's guide to reflux in infants, children, and teens. Issues: Understanding the symptoms of acid reflux and why they overlap with many common conditions, such as asthma, allergies, obesity, nasal congestion, cough, and croup; how to tell whether your child has reflux; important dietary changes that can fix those	Sunday 8/26/2018	6:00am - 6:30am	30 min

		problems; the importance of drinking water instead of most other drinks; reducing processed meats and other common trigger foods.			
Children's Issues/Parenting	Today's World: "Taylor Family Foundation Day in The Park" with Angie Carmignani and Elaine Taylor	Giving children with life threatening illness a chance to go to summer camp at NO charge.	Sunday 8/26/2018	6:30am - 6:45am	15 min
Education	Listen Up Bay Area: "Barbershop Forum (Alameda County Sheriffs Offices)" Featuring Captain Michael Carroll of the Alameda County Sheriff's Office	mission to continuously seek opportunities to bridge the communication gap between law enforcement and the community by having solution-based conversations that build wholesome community partnerships and strengthening sustainable bonds all while restoring public TRUST and encouraging community engagement through civic engagement.	Sunday 8/26/2018	6:45 am - 7:00am	15 min
Children's Issues/Parenting	Positive Parenting: Armin Brott interviews Carole Brody Fleet, author of <i>Loss is a Four-Letter Word</i> .	Topic: Bereavement for the widowed. Issues: Understand what grief and loss are and how they're different for each person; finding your own path through loss; coping with grief-shaming and other insensitivities from others; much more.	Sunday 9/2/2018	6:00am - 6:30am	30 min

Education	Today's World: "Ability Revolution: You Can Be Brave" with Dr. Jennifer Camota Luebke (educator, coach, adviser, and CEO)	Documentary about inclusion for all in faith-based schools.	Sunday 9/2/2018	6:30am - 6:45am	15 min
Education	Listen Up Bay Area: "Onyx Scholars" Featuring Maiya Edgerly and Gayla Newsome, Organizers	To build a robust pipeline of under-represented students and navigate them through the admission process of the HBCU network of colleges and universities.	Sunday 9/2/2018	6:45 am - 7:00am	15 min
Children's Issues/Parenting	Positive Parenting: Armin Brott interviews Heather Miller, author of <i>Prime-Time Parenting</i>	Topic: The two-hour-a-day secret to raising great kids. Issues: The importance of reducing screen time—for kids and adults; setting up your two hours of focused parenting; homework, dinner, more homework, and off to bed; how prime time parenting will give you more "me" time; other benefits (physical, mental, and emotional).	Sunday 9/9/2018	6:00am - 6:30am	30 min
Health	Today's World: "American Cancer Society Relay for Life" with Ed and Karen Santos	Upcoming Bay Area Events to raise awareness and funds for the Am Cancer Society	Sunday 9/9/2018	6:30am - 6:45am	15 min
Health	Listen Up Bay Area: "WORLD (Women Organized to Respond to Life Threatening Diseases)" Featuring Ms. Cynthia Carey, Grant, Executive	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	Sunday 9/9/2018	6:45 am - 7:00am	15 min

	Director; Dr. Demisha Burns, Policy and Advocacy Manager	leadership development.			
Children's Issues/Parenting	Positive Parenting: Armin Brott interviews Sharon Saline, author of <i>What Your ADHD Child Wishes You Knew</i>	Topic: Working together to empower kids for success in school and life. Issues: The words and inner struggles of children and teens living with ADHD; how to work together with your child to achieve success; setting mutual goals that foster cooperation; easing academic struggles; tackling everyday challenges, from tantrums to backtalk to staying organized, building friendships, and more; practical strategies that really work.	Sunday 9/16/2018	6:00am - 6:30am	30 min
Health	Today's World: "American Cancer Society Relay for Life" with Ed and Karen Santos	Upcoming Bay Area Events to raise awareness and funds for the Am Cancer Society	Sunday 9/16/2018	6:30am - 6:45am	15 min
Education	Listen Up Bay Area: "Life Goes on Foundation" Featuring Arthur Renowitzky, Founder	LGO teaches wellness and recovery one may face from any hardships and challenges in life through positivity, knowledge and sport focusing on spinal-cord injuries, uplifting underserved youth and senseless gun-violence prevention.	Sunday 9/16/2018	6:45 am - 7:00am	15 min
Children's Issues/Parenting	Positive Parenting: Armin Brott interviews KJ	Topic: Raising a family, having a life, and loving almost	Sunday 9/23/2018	6:00am - 6:30am	30 min

	Del'Antonia, author of <i>How to Be a Happier Parent</i>	every minute. Issues: Why you child should do chores; siblings—bringing fun and taking it away; sports and activities—fun except when they're not; homework; screens are fun but limiting them isn't; discipline and why it sometimes hurts parents more than the kids; finding time for food, fun, and family time.			
Education	Today's World: "Bay.org" with Program Director Mark Holms	Talks about the various programs and institutions he runs to protect the SF bay.	Sunday 6/23/201 8	6:30am - 6:45am	15 min
Education	Listen Up Bay Area: "ACE Kids" Featuring Preston Pinkney, Program Director City of Oakland Ace Kids Golf Program	to create positive and productive citizens in the community through youth development, life skills and educational opportunities using the game of golf	Sunday 9/23/201 8	6:45 am 7:00am	15 min
Children's Issues/Parenting	Positive Parenting: Armin Brott interviews Barbara Oakley, author of <i>Learning How to Learn</i>	Topic: How to succeed in school without spending all your time studying. Issues: The problem with passion; why trying too hard can make things worse; using a tomato to beat procrastination; learning while you sleep and how to wake up smarter; school bags, lockers, and attention; tricks to build memory; learning alone vs in groups; should you listen to music while you're studying? how	Sunday 9/30/201 8	6:00am - 6:30am	30 min

		your worst traits can be your best.			
Education	Today's World: "Save The Bay" with Director Davide Lewis	Talks about the progress and programs in the works to Save The Bay and the upcoming Save the Bay Day Oct 6 th .	Sunday 9/30/201 8	6:30am - 6:45am	15 min
Education	Listen Up Bay Area: "Black Enterprises" Featuring Sequoia Blodgett, Tech Reporter, Black Enterprise	Conference to empower African Americans in Tech and to discuss the future of Tech within different industries.	Sunday 9/30/201 8	6:45 am 7:00am	15 min