

**KVRI 4th QUARTER 2022
PUBLIC AFFAIRS RECORD**

DATE	TIME	PROGRAM NAME	DESCRIPTION	
10/2/22	7:00AM	THIS WEEK IN AMERICA	<p>Segment #1- Leadership/Motivation</p> <p>Summary: Our guest discusses how to apply the risk-taker's mindset for extreme adventurers to real life business situations for ultimate success.</p> <p>Guest: Amy Posey is a leadership facilitator, keynote speaker and founder of Super Mega Boss. She's the author of "Wild Success: 7 Lessons Business Leaders Can Learn From Extreme Adventurers".</p> <p>Issues Covered: passion, purpose, neuroscience</p>	
10/2/22	7:15AM	THIS WEEK IN AMERICA	<p>Segment #2- Same as Segment #1</p> <p>Summary: Same as Segment #1</p> <p>Guest: Same as Segment #1</p> <p>Issues Covered: innovation, resilience, sustainability</p>	
10/2/22	7:30AM	COMMONWEALTH CLUB	<p>Iuliia Mendel: President Zelenskyy, Ukraine's Battle for Democracy, and What It Means for the Rest of the World</p> <p>When Iuliia Mendel got the call telling her she had been hired to work for Ukrainian President Volodymyr Zelenskyy, she had no idea what was to come.</p> <p>Mendel had a front row seat to many of the key events and meetings between President Zelenskyy, Vladimir Putin, and other European leaders preceding the 2022 Russian invasion of Ukraine. She saw firsthand President Zelenskyy's efforts to transform Ukraine into a vibrant and prosperous European democracy.</p> <p>As the war in Ukraine continues, Mendel shares what's at stake not only for her homeland but the rest of the world.</p>	

*****To move between cells hit the TAB key, NOT the enter key*****

**KVRI 4th QUARTER 2022
PUBLIC AFFAIRS RECORD**

DATE	TIME	PROGRAM NAME	DESCRIPTION
10/9/22	7:00AM	THIS WEEK IN AMERICA	<p>Segment #1 – Abuse/Addiction</p> <p>Summary: Our guest discusses her struggles as a young girl and how she managed to survive them all.</p> <p>Guest: Nicole Binder is the author of “I Am Somebody” her true story of becoming an empowered survivor.</p> <p>Issues Covered: molestation, rape, addictions</p>
10/9/22	7:15AM	THIS WEEK IN AMERICA	<p>Segment #2- Same as Segment #1</p> <p>Summary: Same as Segment #1</p> <p>Guest: Same as Segment #1</p> <p>Issues Covered: seeking help, healing, victimization</p>
10/9/22	7:30AM	COMMONWEALTH CLUB	<p>Valerie Biden Owens: Family, Faith and Responsibility</p> <p>Join us for a conversation about family, faith and responsibility, with Valerie Biden Owens and Dr. Gloria Duffy. Valerie Biden Owens is Biden Institute chair at the University of Delaware, campaign manager, political strategist, and <i>New York Times</i> best-selling author of <i>Growing Up Biden</i>.</p> <p>Welcome remarks will be delivered by Paul J. Fitzgerald, S. J., president of the University of San Francisco, with introductions by Charles M. Collins, president emeritus of YMCA of San Francisco.</p>
10/16/22	7:00AM	THIS WEEK IN AMERICA	<p>Segment #1 – Wellness/Self-Help</p> <p>Summary: Our guest discusses the importance of fiber in your body and health.</p> <p>Guest: Dr Susan Smith Jones is a leader in the fields of holistic health, anti-aging, optimum nutrition and balanced living. She’s the author of 30 wellness related books.</p> <p>www.SusanSmithJones.com</p> <p>Issues Covered: longevity, salt, diet, fiber-rich foods</p>

*****To move between cells hit the TAB key, NOT the enter key*****

**KVRI 4th QUARTER 2022
PUBLIC AFFAIRS RECORD**

DATE	TIME	PROGRAM NAME	DESCRIPTION
10/16/22	7:15AM	THIS WEEK IN AMERICA	<p>Segment #2- Same as Segment #1</p> <p style="text-align: center;">Summary: Same as Segment #1</p> <p style="text-align: center;">Guest: Same as Segment #1</p> <p>Issues Covered: heart disease, probiotics, inflammation</p>
10/16/22	7:30AM	COMMONWEALTH CLUB	<p>Jann Wenner: The Rolling Stone Generation</p> <p>Jann Wenner has had an outsized impact on Bay Area history, music, popular culture and the world of magazines.</p> <p>In 1967, with the founding of <i>Rolling Stone</i> magazine in San Francisco, Wenner not only created the "bible of the counterculture," he helped catalyze a generation of young people into a force that would go on to transform the politics and lifestyles of much of the country. In his deeply personal new memoir, <i>Like a Rolling Stone</i>, Wenner vividly describes an epoch of cultural change that swept America and beyond, and the role his magazine played in it. His book goes on to explore not only his own work, but the lives of Bob Dylan, John Lennon, Mick Jagger, Bono and Bruce Springsteen. He also discusses the role he played in the careers of Hunter S. Thompson, Tom Wolfe and Annie Leibovitz.</p> <p>After leaving San Francisco for New York, Wenner's journey took him to the Oval Office with groundbreaking interviews with Bill Clinton and Barak Obama, leaders to whom Wenner's publication gave its historic, full-throated backing. Wenner also had his magazine focus on the Dalai Lama, Greta Thunberg, and others he felt should be seen and heard in the pages of <i>Rolling Stone</i>, because of their potential impact on American culture. It is not surprising that many have called him "the greatest magazine editor of his generation."</p> <p>Please join us as Wenner makes a rare visit to The Commonwealth Club to discuss his life and the impact he has made on America.</p>

*****To move between cells hit the TAB key, NOT the enter key*****

**KVRI 4th QUARTER 2022
PUBLIC AFFAIRS RECORD**

DATE	TIME	PROGRAM NAME	DESCRIPTION
10/23/22	7:00AM	THIS WEEK IN AMERICA	<p>Segment #1 – Recycling</p> <p>Summary: Our guest discusses her book that answers the age-old question “Can I Recycle This?”</p> <p>Guest: Jennie Romer is a writer, lawyer and sustainability expert who has worked with numerous cities and states to process their waste. She's the author of “Can I Recycle This? A Guide to Better Recycling and How to Reduce Single Use Plastic”.</p> <p>Issues Covered: wishcycling, misconceptions, sorting</p>
10/23/22	7:15AM	THIS WEEK IN AMERICA	<p>Segment #2- Same as Segment #1</p> <p>Summary: Same as Segment #1</p> <p>Guest: Same as Segment #1</p> <p>Issues Covered: plastic bans, reduce, reuse, how works</p>
10/23/22	7:30AM	COMMONWEALTH CLUB	<p>Bridging the Great American Divide</p> <p>Most Americans say they support climate action, but you wouldn't know it from Congress or the courts—or from most of the media. People on both the left and the right experience the same devastating floods, the same life-threatening heatwaves and the same catastrophic wildfires. Climate change knows no borders. Yet individuals tend to socialize within insulated political tribes, operate in completely different information bubbles and see the problems and solutions through different lenses.</p> <p>Joan Blades, co-founder of LivingRoomConversations.org (and before that, MoveOn.org) and John Gable, founder of AllSides.com, have been working to burst those bubbles and bridge the divides. Together, they model an all-too-rare friendship, with deep respect for each other's views. How can the rest of us learn to bridge ideological divides, develop trust, and find the common ground needed to rebuild respectful civil discourse?</p>

*****To move between cells hit the TAB key, NOT the enter key*****

**KVRI 4th QUARTER 2022
PUBLIC AFFAIRS RECORD**

DATE	TIME	PROGRAM NAME	DESCRIPTION
10/30/22	7:00AM	THIS WEEK IN AMERICA	<p>Segment #1 – Caregivers</p> <p>Summary: Our guest discusses her book which is a compelling and deeply personal recounting of her own life detailing the tragedy that paralyzed her son, leaving her as his caretaker, her own battle with mental illness and the loss of her husband.</p> <p>Guest: Diane Abernathy's memoir "Present Suffering, Future Glory" is a candid reflection of the traumas of her life and how her faith was shaken but never abandoned.</p> <p>Issues Covered: faith, perseverance, mental illness</p>
10/30/22	7:15AM	THIS WEEK IN AMERICA	<p>Segment #2- Same as Segment #1</p> <p>Summary: Same as Segment #1</p> <p>Guest: Same as Segment #1</p> <p>Issues Covered: health care, rehabilitation, grief</p>
10/30/22	7:30AM	COMMONWEALTH CLUB	<p>Radio Program: Peter Baker, Susan Glasser and Maggie Haberman</p> <p>Veteran journalists Peter Baker and Susan Glasser chart the ambitious and lasting history of the Trump presidency, drawing on unprecedented access to key players from President Trump himself to cabinet officers, military generals, and more. Based on these exclusive interviews, Baker and Glasser reveal moments both tense and comical, from how close the United States got to nuclear war with North Korea to whether Trump asked Japan's prime minister to nominate him for a Nobel Prize. They also explore the moral choices confronting those around Trump—how they justified working for him and where they drew their lines. Who is Donald Trump? Pulitzer Prize-winning <i>New York Times</i> reporter Maggie Haberman chronicles his life from his rise in New York City to the White House. Haberman discusses what she learned during interviews with hundreds of sources as well as numerous interviews over the years with Donald Trump himself, a man she says is both a complicated and often contradictory historical figure who pushed American democracy to the brink.</p>

*****To move between cells hit the TAB key, NOT the enter key*****

KVRI 4th QUARTER 2022 PUBLIC AFFAIRS RECORD

DATE	TIME	PROGRAM NAME	DESCRIPTION
11/6/22	7:00AM	THIS WEEK IN AMERICA	<p>Segment #1 – History/Holocaust</p> <p>Summary: Our guest discusses her book on the history of Stotley Rough, a school in Surrey, England, founded in 1934 to provide a refuge – and education – for Jewish children fortunate enough to escape from Mainland Europe on the eve of war and Nazi persecution.</p> <p>Guest: Barbara Wolfenden is an author, teacher, manager. She is the author of “The Holocaust and the English School: The Refuge That Saved Young Lives”.</p> <p>Issues Covered: refugees, equality, tolerance, trust</p>
11/6/22	7:15AM	THIS WEEK IN AMERICA	<p>Segment #2- Same as Segment #1</p> <p>Summary: Same as Segment #1</p> <p>Guest: Same as Segment #1</p> <p>Issues Covered: Nazi Germany, loneliness, dealing with loss</p>
11/6/22	7:30AM	COMMONWEALTH CLUB	<p>Chris Miller: Chip War and the Battle Between the United States and China</p> <p>From microwaves to missiles, smartphones to the stock market, our world is increasingly dependent on microchip technology. According to Chris Miller, microchips are the new oil, a critical resource that defines the current state of military, economic and geopolitical power. At the heart of the decades-long battle over control of this technology are the United States and China, two superpowers engaging in a war that puts America’s economic prosperity at risk.</p> <p>In <i>Chip War</i>, Miller provides a comprehensive analysis of the semiconductor chip and its impact on national security and international economics. Tracing the global history of microchips, he recounts the fascinating events that enabled the United States to perfect the chip design, and the role that faster chips played in America’s Cold War victory over the Soviet Union. As Miller reveals, the United States once dominated</p>

*****To move between cells hit the TAB key, NOT the enter key*****

**KVRI 4th QUARTER 2022
PUBLIC AFFAIRS RECORD**

DATE	TIME	PROGRAM NAME	DESCRIPTION
			<p>advancements in microchips, but now, China is investing billions into a chip-building initiative to bridge the gap, leading to a power competition that will define the world's geopolitical future.</p> <p>Join us as Miller explains the high stakes history of the computer chip and ongoing battle between the United States and China that is shaping the modern world.</p>
11/6/22	7:00AM	THIS WEEK IN AMERICA	<p>Segment #1- Success/Motivation</p> <p>Summary: Our guest discusses how to achieve more success with zero stress.</p> <p>Guest: Janet McKee is a speaker, bestselling author, wellness expert, high performance consultant and CEO of SanaView. She is the author of "Stressless Success: The Surprising Secrets to a Life of Passion, Purpose and Prosperity".</p> <p>Issues Covered: stress, negativity, pandemic</p>
11/13/22	7:15AM	THIS WEEK IN AMERICA	<p>Segment #2- Same as Segment #1</p> <p>Summary: Same as Segment #1</p> <p>Guest: Same as Segment #1</p> <p>Issues Covered: goals, beliefs, wellness</p>
11/13/22	7:30AM	COMMONWEALTH CLUB	<p>Anand Giridharadas: Persuaders in a Hot and Polarized World</p> <p>In a democracy, meaningful change often requires a certain level of public consensus. Some believe finding common ground and building rapport is the best way to change minds. Others believe activism and protests are key to bringing awareness to an issue. Increasingly, however, the act of persuasion is left out, as each side is convinced that the other is unmovable.</p>

*****To move between cells hit the TAB key, NOT the enter key*****

KVRI 4th QUARTER 2022 PUBLIC AFFAIRS RECORD

DATE	TIME	PROGRAM NAME	DESCRIPTION
			Anand Giridharadas, author of the new book <i>The Persuaders: At the Front Lines of the Fight for Hearts, Minds, and Democracy</i> , believes that understanding the art of persuasion is critical to strengthening democracy and fostering positive societal change.
11/20/22	7:00AM	THIS WEEK IN AMERICA	<p>Segment #1- Self Help/Empowerment</p> <p>Summary: Our guest discusses how introverts can turn their quiet strengths into limitless superpowers.</p> <p>Guest: Karen Caito, CPC, ELI-MP, is a confidence and career coach and is known as the "Confidence Coach For Introverts". She's the author of "The Superpowers of Introverts: How To Live Your Life Your Way-Without Guilt".</p> <p>Issues Covered: self-sufficiency, creativity, humility</p>
11/20/22	7:15AM	THIS WEEK IN AMERICA	<p>Segment #2- Same as Segment #1</p> <p>Summary: Same as Segment #1</p> <p>Guest: Same as Segment #1</p> <p>Issues Covered: listening, confidence, leadership</p>
11/20/22	7:30AM	COMMONWEALTH CLUB	<p>Radio Program: Rana Foroohar and Nouriel Roubini on Post-Globalization Challenges</p> <p>First, <i>Financial Times</i> columnist and CNN global economic analyst Rana Foroohar offers a deep look at the vulnerabilities of globalization. She makes the case that the reign of globalization as we've known it is over and the rise of local, regional and homegrown business is now at hand. She says that for decades, the neoliberal economic philosophy of prioritizing efficiency over resilience and profits over local prosperity has produced massive inequality, persistent economic insecurity, and distrust in our institutions. Place-based economics and a wave of technological innovations now make it possible to keep operations, investment and wealth closer to home, wherever that may be.</p>

*****To move between cells hit the TAB key, NOT the enter key*****

KVRI 4th QUARTER 2022 PUBLIC AFFAIRS RECORD

DATE	TIME	PROGRAM NAME	DESCRIPTION
			<p>Next, in the 1970s, the United States faced stagflation: high rates of inflation combined with stagnant employment and growth. Global economist Nouriel Roubini predicts we are heading toward another Great Stagflation that will be difficult to recover from. Is it too late to avoid this economic catastrophe? Financial and geopolitical certainties that we once took for granted have disappeared, and Roubini says we are now facing a period of severe instability, conflict and chaos. He offers a sobering analysis of 10 "megathreats" that are interconnected, immense in scale, and bearing down on us.</p>
11/27/22	7:00AM	THIS WEEK IN AMERICA	<p>Segment #1 – Life Lessons/Personal Growth</p> <p>Summary: Our guest discusses his book that shows the connection between sports and getting more out of everyday living. How living well and playing well go hand in hand.</p> <p>Guest: Mike Branon is an entrepreneur, philanthropist, coach and avid pickleball player. He's the author of "Pickleball and the Art of Living: The Power of Positive Dinking"</p> <p>Issues Covered: competition, friendship, passion</p>
11/27/22	7:15AM	THIS WEEK IN AMERICA	<p>Segment #2- Same as Segment #1</p> <p>Summary: Same as Segment #1</p> <p>Guest: Same as Segment #1</p> <p>Issues Covered: connection, balance, mindset</p>

*****To move between cells hit the TAB key, NOT the enter key*****

**KVRI 4th QUARTER 2022
PUBLIC AFFAIRS RECORD**

DATE	TIME	PROGRAM NAME	DESCRIPTION
11/27/22	7:30AM	COMMONWEALTH CLUB	<p>April Ryan: The Resilience and Power of Black Women</p> <p>From the beginning of the nation to today, Black women have transformed their pain into progress and have been at the frontlines of many of the nation’s political, social and economic struggles.</p> <p>In her new book <i>Black Women Will Save the World</i>, April Ryan celebrates the tenacity, power and impact that Black women have had across America. She highlights trailblazing “sheroes” ranging from political leaders like Vice President Kamala Harris and Rep. Maxine Waters, activists like Brittany Packnett Cunningham, and artists like Regina King who fight for fairness and justice.</p> <p>Ryan also chronicles her own journey from working-class Baltimore to the elite echelons of journalism and speaks candidly about the hurdles she faced in becoming one of the most well-connected members of the Washington press corps.</p> <p>Ryan notes we are at a moment unlike any other in our nation’s history where we need to acknowledge the presence and unrivaled contributions of Black women. Hear more about how they continue to lead and drive change in our country.</p>
12/4/22	7:00AM	THIS WEEK IN AMERICA	<p>Segment #1 – Business/Careers</p> <p>Summary: Our guest discusses how you can demonstrate the value of your work or projects when there isn’t an obvious measure.</p> <p>Guest: Jack Phillips is chair of ROI Institute Inc. and a world-renowned expert on accountability, measurement, and evaluation. The author of over 100 books including “Show The Value of What You Do: Measuring and Achieving Success in Any Endeavor”.</p> <p>Issues Covered: impact, soft programs, your value, outcome</p>

*****To move between cells hit the TAB key, NOT the enter key*****

KVRI 4th QUARTER 2022 PUBLIC AFFAIRS RECORD

DATE	TIME	PROGRAM NAME	DESCRIPTION
12/4/22	7:15AM	THIS WEEK IN AMERICA	<p>Segment #2- Same as Segment #1</p> <p>Summary: Same as Segment #1</p> <p>Guest: Same as Segment #1</p> <p>Issues Covered: progress, success, objectives</p>
12/4/22	7:30AM	COMMONWEALTH CLUB	<p>Joan Donovan and Emily Dreyfuss: Meme Wars</p> <p>Just how dangerous are memes? The power of memes has grown and is now a weapon used to push disinformation, spread ideologies, and deepen partisanship. They are fueling a cultural war that continues to accelerate and intensify.</p> <p>Joan Donovan and Emily Dreyfuss recount how “Stop the Steal” went from online to real life. They reveal startling secrets from the digital war rooms and the troubling developments led by conspiracists and extremists to upend our country’s democracy.</p> <p>As the battle continues, learn more about what could be at stake for the future of our country.</p>
12/11/22	7:00AM	THIS WEEK IN AMERICA	<p>Segment #1 – Jobs/Careers</p> <p>Summary: Our guest discusses how to successfully navigate a job interview with a positive and constructive mindset.</p> <p>Guest: Mark James is an executive recruiter and career management and transition coach. He's the Founder and CEO of Hire Consulting Services and author of “The Interview Mindset: The Ultimate Guide To Mastering Your Career”.</p> <p>Issues Covered: LinkedIn, Hidden jobs, Plan B, outlook</p>

*****To move between cells hit the TAB key, NOT the enter key*****

**KVRI 4th QUARTER 2022
PUBLIC AFFAIRS RECORD**

DATE	TIME	PROGRAM NAME	DESCRIPTION
12/11/22	7:15AM	THIS WEEK IN AMERICA	<p>Segment #2- Same as Segment #1</p> <p style="text-align: center;">Summary: Same as Segment #1</p> <p style="text-align: center;">Guest: Same as Segment #1</p> <p>Issues Covered: Salary negotiation, time frames, communication</p>
12/11/22	7:30AM	COMMONWEALTH CLUB	<p>Misty Copeland: What I've Learned from My Mentor Raven Wilkinson</p> <p>In 2015, Misty Copeland made history and changed the dance world forever when she became the first African-American female principal dancer at the American Ballet Theatre. But as she will tell you, achievements like this never happen in a void. Behind her and supporting her rise was her mentor, Raven Wilkinson.</p> <p>A trailblazer in the world of ballet, Wilkinson fought to be taken seriously as a Black ballerina in the 1950s and '60s. During this time Wilkinson faced overt and casual racism, hostile crowds, and death threats for having the audacity to dance ballet.</p> <p>Copeland honors the unheralded contributions made by women like Wilkinson who helped pave the way so she could pursue her dream career.</p> <p>She will also share more about her own journey, struggles with racism and exclusion, and intergenerational friendship and mentorship with Wilkinson.</p>
12/18/22	7:00AM	THIS WEEK IN AMERICA	<p>Segment #1 – Diet/Health</p> <p style="text-align: center;">Summary: Our guest discusses how to teach your children valuable eating lessons that will last a lifetime.</p> <p style="text-align: center;">Guest: Dr Linda W. Craighead is a professor of psychology at Emory University and director of the Graduate Training Program in Clinical Psychology. A leading authority on eating disorders. Author of "Training Your Inner Pup To Eat Well: Let Your Stomach Be Your Guide".</p> <p>Issues Covered: appetite clues, eating choices, mindful eating</p>

*****To move between cells hit the TAB key, NOT the enter key*****

**KVRI 4th QUARTER 2022
PUBLIC AFFAIRS RECORD**

DATE	TIME	PROGRAM NAME	DESCRIPTION
12/18/22	7:15AM	THIS WEEK IN AMERICA	<p>Segment #2- Same as Segment #1</p> <p style="text-align: center;">Summary: Same as Segment #1</p> <p style="text-align: center;">Guest: Same as Segment #1</p> <p style="text-align: center;">Issues Covered: hunger meter, grazing, self-monitoring</p>
12/18/22	7:30AM	COMMONWEALTH CLUB	<p>Yvon Chouinard: Giving It All Away</p> <p>Patagonia founder Yvon Chouinard made headlines recently when he announced that he and his family had transferred their \$3 billion stake in the storied outdoor gear company to a special purpose trust and nonprofit that would give away \$100 million a year, specifically to environmental causes. Patagonia has a long history of donating at least one percent of its profits—and 100 percent of profits made on Black Friday—to grassroots environmental nonprofits. Yet even with this massive gift, and Laurene Powell Jobs’ own recent \$3.5 billion pledge, climate philanthropy still only accounts for a small fraction of all charitable giving.</p> <p>This week, we look back to our 2016 interview with Yvon Chouinard and bring the story up to date with Inside Philanthropy’s Michael Kavate.</p>
12/25/22	7:00AM	THIS WEEK IN AMERICA	<p>Segment #1- Success/Motivation</p> <p style="text-align: center;">Summary: Our guest discusses his book of profiles of 32 people from around the world who share how they overcame insurmountable obstacles to achieve success.</p> <p style="text-align: center;">Guest: Peter Jennings is a best selling author, singer, public speaker and master storyteller. His latest book is “Pushing Boundaries: How To Get More Out of Life”.</p> <p style="text-align: center;">Issues Covered: passion, purpose, life choices, goals</p>

*****To move between cells hit the TAB key, NOT the enter key*****

KVRI 4th QUARTER 2022 PUBLIC AFFAIRS RECORD

DATE	TIME	PROGRAM NAME	DESCRIPTION
12/25/22	7:15AM	THIS WEEK IN AMERICA	<p>Segment #2- Same as Segment #1</p> <p style="text-align: center;">Summary: Same as Segment #1</p> <p style="text-align: center;">Guest: Same as Segment #1</p> <p>Issues Covered: determination, courage, risk taking</p>
12/25/22	7:30AM	COMMONWEALTH CLUB	<p>Aric Prather: How to Get a Good Night's Sleep</p> <p>We all need sleep to survive. It is essential to our physical and mental wellbeing and just as important as food, water and oxygen. So why do so many of us struggle to get a good night's rest?</p> <p>Dr. Aric Prather runs one of the world's most successful sleep clinics and shares effective techniques that he uses to help his own patients achieve healing and restorative sleep.</p> <p>Hear more about this powerful plan to improve your quality of sleep in just seven days.</p>

*****To move between cells hit the TAB key, NOT the enter key*****