

Gold Coast Broadcasting LLC Public Affairs Programming Log

Station Call Letters: KVTA

1st Quarter January 2019

Prepared By: Tom Spence

Program Name/Segment - Viewpoints	Date: 03022019	<p>Program Format/Content Description:These days, there is data on just about everything. Our social media presence, our careers, our web search history- it's all crunched into data points. And author Seth Stephens-Davidowitz says all that data can shed plenty of light on the truth about who we really are underneath all of our social formalities. Guests: Seth Stephens-Davidowitz, author of <i>Everybody Lies: Big data, new data, and what the internet can tell us about who we really are</i>. Reshma Saujani is a lawyer, a former political candidate, an author and the founder of Girls Who Code. She says our society puts too much pressure on women to be perfect, which means girls are afraid to explore their true passions for fear of failure. She's hoping to change that, and to teach girls that it's okay to try something that you might not succeed at. Guest: Reshma Saujani, author, <i>Brave, Not Perfect</i></p>
Issue Addressed: Data, Science, Sociology, Technology Feminism, Business, Sociology	Time: 6:30a Duration: 30 min	

Program Name/Segment - Viewpoints	Date 03092019	<p>Program Format/Content Description:Spring is almost here! That means it's time to start thinking about gardens and landscaping. Expert Benjamin Vogt has a new way to garden, so that your property can be a place that looks nice, and also contributes to a healthy ecosystem that helps animal species and our planet thrive. Guests: Benjamin Vogt, Garden Designer with Monarch Gardens and author, <i>A New Garden Ethic: Cultivating Defiant Compassion for an Uncertain Future</i>We grow up hearing nursery rhymes and fairy tales that deal with good and evil. All of us fondly remember the cartoons of our youth and the stories we grew up with. We talk to Soman Chainani about authoring a new entry into the catalogue of mythology and his attempt to course-correct the lessons more modern stories have been teaching our children.Guest: Soman Chainani, author of <i>The School for Good and Evil</i></p>
Issue Addressed: Science, Gardening, Environmental issues, Ethics Television, Culture	Time: 6:30a Duration: 30 min	

Program Name/Segment - Viewpoints	Date: 03162019	Program Format/Content Description: The hustle and bustle of the world can overwhelm us all from time to time. Expert Marc Lesser talks about how we can embrace mindfulness to relieve anxiety, enhance our empathy and become better collaborators and leaders in our lives.
Issue Addressed: Self help, Personal issues, Business, Interpersonal issues	Time: 6:30a Duration: 30 min	Guests: Marc Lesser, author, <i>Seven Practices of a Mindful Leader: Lessons from Google and a Zen Monastery kitchen</i> The Harry Potter series is full of creatures and storylines that parallel real-life adversities like depression, PTSD and grief in a heightened reality. Dr. Janina Scarlet says these stories are so powerful that she uses them to help people cope in real-life therapy sessions. Guest: Dr. Janina Scarlet, a clinical therapist and author of <i>Superhero Therapy: A hero's journey through acceptance and commitment therapy</i>

Program Name/Segment - Viewpoints	Date: 03232019	Program Format/Content Description: On April 20, 1999, Sue Klebold's son and his friend went into Columbine High School and committed one of the largest mass shootings in US history. Over the last 18 years, Klebold has been forced to cope with this horrible tragedy while managing anxiety attacks and being blamed by so many. Klebold talks about her story and the mental health messages she wants every American to know. Guests: Sue Klebold, author of the book <i>A Mother's Reckoning</i> All parents want their kids to succeed and live good lives, and part of accomplishing that is raising them to understand the value of a dollar. We talk to Beth Kobliner, a financial expert and author of the book <i>Make Your Kid A Money Genius (Even if you're not)</i> about tips and tricks to help our kids, from toddlers to post-grads, handle money responsibly. Guest: Beth Kobliner, financial expert and author of <i>Make Your Kid A Money Genius (Even if you're not)</i>
Issue Addressed: Mental Health, Domestic issues, American history, Gun violence Finance, Parenting, Economic issues	Time: 6:30a Duration: 30 min	

Program Name/Segment - Viewpoints	Date:	Program Format/Content Description: For a few decades now, teens have flocked to YA novels like <i>The Hunger Games</i> or <i>The Fault in Our Stars</i> . Why are they so popular? We talk to two novelists who say
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<p>Issue Addressed – Literature, Culture, Young people, Family issues, Education, Ethics Psychology, Science, Self-help, Personal issues</p>	<p>03302019 Time: 6:30a Duration: 30 min</p>	<p>young adult fiction can help teens consider big issues and life and ‘practice’ their responses to real-world problems like violence and drugs. Guests: Marie Lu, author <i>Wildcard</i>; Ellen Hopkins, author, <i>People Kill People</i> Hearing voices in your head comes with an unfortunate stereotype that you must be mentally ill. However, experts tell us the “voices in your head” can be used to talk to, and about, yourself in a healthy, productive way. In fact, most people hear voices in their head and already use inner speech on a daily basis. We discuss tips and techniques to use “self-talk” as a way to get yourself through tough decisions and lower stress. Guest: Dr. Charles Fernyhough, author, <i>The Voice s Within: The history and science of how we talk to ourselves</i>; Dr. Ethan Kross, Professor of Pyschology at the University of Michigan</p>
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