

## KOIT(FM) HD2 QUARTERLY ISSUES/PROGRAMS LIST

Issue	Title	Description	Date	Time	Duration
Children's Issues/Parenting	Positive Parenting: Armin Brott interviews Jason Freedman, coauthor of <i>The Dream Feed Method</i>	<b>Topic:</b> Getting babies to sleep through the night by month 4, without crying it out. <b>Issues:</b> How to get your baby to sleep from dusk 'til dawn by four months by using top-up bottles (or feedings) and dream feedings (feedings given while the baby is mostly asleep).	Sunday 1/6/2019	6:00am-6:30am	30 min
Education	Today's World: "Muttville SFSPCA" Featuring Sherry Franklin	MuttVille SFSPCA Founder Sherry Franklin talks about the senior dog adoption programs.	Sunday 1/6/2019	6:30am-6:45am	15 min
Health	Positive Parenting: Armin Brott interviews Scilla Andreen, producer of <i>Angst</i> documentary and Steve, Mannie, and Samantha Nimmo who host screenings of the film in the SF Bay Area.	<b>Topic:</b> The making of a documentary about anxiety, depression, and suicide. <b>Issues:</b> Recognizing symptoms of anxiety in children and adults; how one family member's anxiety affects the rest of the family. Find a screening of the film in your area.	Sunday 1/13/2019	6:00am-6:30am	30 min
Education	Today's World: "MLK Day" Featuring Executive	MLK Celebrations Aaron Grizzell, Nor Cal MLK Foundation, MLK observance. "We are in this together."	Sunday 1/13/2019	6:30am-6:45am	15 min

	Director, Dan Lieberman				
Health	Positive Parenting: Armin Brott interviews Kurt Newman, author of <i>Healing Children</i>	<b>Topic:</b> Stories from the frontiers of pediatric medicine. <b>Issues:</b> A longtime pediatric surgeon talks about the story of his career and some of the hundreds of children he's treated; the triumphs and tragedies he's seen; the revolution taking place in children's medicine; what children need to thrive in today's world.	Sunday 1/20/2019	6:00am-6:30am	30 min
Education	Today's World: "MLK Day" Featuring Executive Director, Dan Lieberman	MLK Celebrations Aaron Grizzell, Nor Cal MLK Foundation, MLK observance. "We are in this together."	Sunday 1/20/2019	6:30am-6:45am	15 min
Children's Issues/Parenting	Positive Parenting: Armin Brott interviews Carl Pickhardt, author of <i>Who Stole My Child?</i>	<b>Topic:</b> Parenting through the four stages of adolescence. <b>Issues:</b> What is an adolescent? Early adolescence (ages 9-13), which is marked by resistance and conflict, disorganization, and distractibility; Mid-adolescence (13-15), marked by puberty, vulnerability, peers, intense friendships, and social life; Late adolescence (15-18), marked by risk-taking, dating and romance, substance abuse, and the Internet; and Trial independence (18-23), marked by graduation, separation, stress, self-	Sunday 1/27/2019	6:00am-6:30am	30 min

		discipline, and independence.			
Economy	Today's World: "Salvation Army" Featuring Jennifer Byrd	Salvation Army 2019. The greatest need right now is non-perishable food items. Let's give thanks by giving back.	Sunday 1/27/2019	6:30am-6:45am	15 min
Economy	Positive Parenting: Armin Brott interviews Emily Guy Birken, author of <i>End Financial Stress Now</i>	<b>Topic:</b> Immediate steps you can take to improve your financial outlook. <b>Issues:</b> Redefining money; economic reasons why we struggle with money; psychological reasons we struggle with money; the difference between reducing financial stress and reducing financial problems; achieving a stress-free financial life.	Sunday 2/3/2019	6:00am-6:30am	30 min
Economy	Today's World: "Salvation Army" Featuring Jennifer Byrd	Salvation Army 2019. The greatest need right now is non-perishable food items. Let's give thanks by giving back.	Sunday 2/3/2019	6:30am-6:45am	15 min
Children's Issues/Parenting	Positive Parenting: Armin Brott interviews Diana Graber, author of <i>Raising Humans in a Digital World</i>	<b>Topic:</b> Helping kids build a healthy relationship with technology. <b>Issues:</b> What happens when kids are left to their own devices; what it means to be human; offline skills and online life; screen time; relationships; privacy; thinking critically; digital leadership.	Sunday 2/10/2019	6:00am-6:30am	30 min
Health	Today's World: "Oh Lok." Featuring Dr. Jay Luxemburg Chief Medical Officer	On Lok. Dr. Jay Luxemburg Chief Medical Officer talks about providing senior support and Services.	Sunday 2/10/2019	6:30am-6:45am	15 min

Children's Issues/Parenting	Positive Parenting: Armin Brott interviews David Henderson, author of <i>My Teenage Zombie</i>	<b>Topic:</b> Resurrecting the undead adolescent. <b>Issues:</b> Understanding the nature of a teenage zombie; facing our fears of zombies; face the anxiety of confronting; resurrect your teenage zombie to a life worth living.	Sunday 2/17/2019	6:00am-6:30am	30 min
Health	Today's World: "Oh Lok." Featuring Dr. Jay Luxemberg Chief Medical Officer	On Lok. Dr. Jay Luxemberg Chief Medical Officer talks about providing senior support and Services.	Sunday 2/17/2019	6:30am-6:45am	15 min
Children's Issues/Parenting	Positive Parenting: Armin Brott interviews Allen Klein, author of <i>Secrets Kids Know</i>	<b>Topic:</b> Enriching your life by viewing it through the eyes of a child. <b>Issues:</b> 18 ways to think like a child, including: be amazed, be bold, be curious, be joyful, be optimistic, be a napper, be a risk taker, be wise, and more.	Sunday 2/24/2019	6:00am-6:30am	30 min
Health	Today's World: "Mental Health" Featuring Peter Murphy, Imade Borha	Mental Health. Peter Murphy Outreach Coordinator and Imade Borha Communication Coordinator. Talk about programs and services to promote social justice for mental health issues in San Francisco.	Sunday 2/24/2018	6:30am-6:45am	15 min
Children's Issues/Parenting	Positive Parenting: Armin Brott interviews Andrew Smiler, author of <i>Dating and Sex</i>	<b>Topic:</b> A guide for the 21st-century teen boy (and his parents). <b>Issues:</b> Dating and hookups; receiving—and giving—consent; differences in teen sexual behavior between the 20th and 21st	Sunday 3/3/2019	6:00am-6:30am	30 min

		centuries; role of the media in shaping expectations about sex.			
Health	Today's World: "Mental Health" Featuring Peter Murphy, Imade Borha	Mental Health. Peter Murphy Outreach Coordinator and Imade Borha Communication Coordinator. Talk about programs and services to promote social justice for mental health issues in San Francisco.	Sunday 3/3/2019	6:30am-6:45am	15 min
Children's Issues/Parenting	Positive Parenting: Armin Brott interviews Hillary Frank, author of <i>Weird Parenting Skills</i>	<b>Topic:</b> Hacks from the parenting trenches. <b>Issues:</b> soothing a screaming child; getting your child to eat stuff; getting yo8ur kid to act like a person; making monsters less scary; tricking your child into self-babysitting; making the world less scary; getting your kids to tell you things; much more.	Sunday 3/10/2019	6:00am-6:30am	30 min
Health	Today's World: "Lazarax" Featuring Vera Packer & Karen Ambrosi	Vera Packer, Executive Director, and Karen Ambrosi, Communications Manager of Lazarax Cancer Foundation-Based out of Danville, CA, but it is a Nation-Wide Organization. It improves patient assess to cancer clinical trials, with your support, every day at Lazarex is the equivalent of 14-months of life for the patients.	Sunday 3/10/2019	6:30am-6:45am	15 min
Children's Issues/Parenting	Positive Parenting: Armin Brott interviews Lisa Damour,	<b>Topic:</b> Confronting the epidemic of stress and anxiety in girls. <b>Issues:</b> Coming to terms with stress and anxiety;	Sunday 3/17/2019	6:00am-6:30am	30 min

	author of <i>Under Pressure</i>	girls at home; girls among girls; girls among boys; girls at school, girls in the culture			
Health	Today's World: "Lazarax" Featuring Vera Packer & Karen Ambrosi	Vera Packer, Executive Director, and Karen Ambrosi, Communications Manager of Lazarax Cancer Foundation-Based out of Danville, CA, but it is a Nation-Wide Organization. It improves patient assess to cancer clinical trials, with your support, every day at Lazarex is the equivalent of 14-months of life for the patients.	Sunday 3/17/2019	6:30am-6:45am	15 min
Children's Issues/Parenting	Positive Parenting: Armin Brott interviews Meghan Cox Gurdon, author of <i>The Enchanted Hour</i>	<b>Topic:</b> The miraculous power of reading aloud in the age of distraction. <b>Issues:</b> What reading to children does to their brains; reading together strengthens the bonds of love; turbocharging child development with picture books; rich rewards of a vast vocabulary; the power of paying attention; why reading aloud never gets old.	Sunday 3/24/2019	6:00am-6:30am	30 min
Health	Today's World: "Richmond Area Multi Service Inc" Featuring Dr. Jorge Wong	Richmond Area Multi-Services is a private, non-profit mental health agency that is committed to advocating for and providing community based, culturally-competent, and consumer-guided comprehensive services, with an emphasis on serving Asian & Pacific Islander Americans.	Sunday 3/24/2019	6:30am-6:45am	15 min

Health	Positive Parenting: Armin Brott interviews Darria Long Gillespie, author of <i>Mom Hacks</i>	<b>Topic:</b> Science-based shortcuts to reclaim your body, raise awesome kids and be unstoppable. <b>Issues:</b> Building blocks of a healthy diet; what not to eat; making good nutrition easier; the basics of exercise; finding the time for exercise; making it fun; getting motivated and building the habit; sleep; sleep environment; resilience; overcoming guilt and self-doubt.	Sunday 3/31/2019	6:00am- 6:30am	30 min
Economy	Today's World: "Salvation Army" Featuring Major David Pierce	Major David Pierce gives us an update and talks about the Harbor Light Center and the big Gala on April 11, 2019	Sunday 3/31/2019	6:30am- 6:45am	15 min