



Public File 2nd quarter 2016

KZST 100.1 FM

Issues Program Listing

The Kenwood Education Foundation
Santa Rosa Junior College Career Expo
Montgomery High School Athletic Programs
Child-Parent Institute; Mental health interns
The Leukemia Lymphoma Society; Afterlife counseling
Hospice by the Bay; volunteer program
Boys and Girls Clubs mentor programs
Santa Rosa Children's Chorus
Santa Rosa Police Department 'Coffee with a Cop' program
Senior Advocacy Program
US Postal Service 'Stamp Out Hunger' program
Santa Rosa Chamber of Commerce program for homeless shelters
Forgotten Felines spay and neuter clinic
Chops Teen Center computer lounge program
SMART train public education programs

Sonoma County's Talking this week – 4/9&10

An interview with Sonoma County DA Jill Ravitch and Executive Director of the Family Justice Center Wes Winter talking about National Crime Victims Rights Week

An interview with Robyroy Mcleod with Man Evolving Non-violently

Mon 4/11
Wed 4/18
Thu 4/19
Fri 4/20
Sat 4/21

BECOMING INDEPENDENT'S "BLACK AND WHITE GALA" IS HAPPENING SATURDAY, APRIL 23RD FROM 5-11 AT VINTNERS INN IN SANTA ROSA... WITH AN INCREDIBLE LIVE AUCTION. FOR MORE INFORMATION, GO TO KZST.COM

Tue 4/12
Wed 4/18
Thu 4/19
Fri 4/20
Sat 4/21

THE KENWOOD EDUCATION FOUNDATION IS HOSTING A GRAND OLE OPRY... SATURDAY, APRIL 23RD FROM 4:30 TO 10 PM AT KENWOOD FARMS AND GARDENS. FOR MORE INFORMATION, GO TO KZST.COM

Mon 4/11
Tue 4/12
Wed 4/18

SANTA ROSA JUNIOR COLLEGE IS HOSTING ITS SPRING CAREER EXPO; WEDNESDAY, APRIL 20TH, 10-1:30... IN THE STUDENT CENTER... WITH DOZENS OF PARTICIPATING BUSINESSES AND ORGANIZATIONS. FOR MORE INFORMATION, GO TO KZST.COM

A BENEFIT CONCERT IS HAPPENING SUNDAY, APRIL 24TH STARTING AT 7 PM AT THE MYSTIC THEATER IN PETALUMA. THEY'RE CALLING IT "ROCK THE CRABS-BAH!" A FUNDRAISER FOR THE BODEGA BAY CRAB FISHERMAN. FOR MORE INFORMATION, GO TO KZST.COM

Tues 4/15
Wed 4/16
Mon 4/18

A SEAFOOD DINNER AND SILENT AUCTION, TAKING PLACE SATURDAY, ~~APRIL 16TH~~ AT 6 PM, IN GUERNEVILLE...IT'S A BENEFIT FOR THE BODEGA BAY CRAB FISHERMAN. FOR MORE INFORMATION, GO TO KZST.COM

Mon 4/14
Tues 4/15
Fri 4/18

FROM THE KZST COMMUNITY CALENDAR...

THE FABULOUS WOMEN OF SC, IS HOSTING A CARE-GIVING WORKSHOP, ^{THIS} SUNDAY ~~MAY 4TH~~ FROM 1-4 AT THE ROOSTER RUN EVENT CENTER IN PETALUMA. RAISING MONEY FOR PEP HOUSING. FOR MORE INFORMATION, GO TO KZST.COM

FROM THE KZST COMMUNITY CALENDAR...

"PICK OF THE VINE" IS HAPPENING SATURDAY, APRIL 30TH FROM 6-9 PM AT THE LUTHER BURBANK CENTER FOR THE ARTS. IT'S A FOOD AND WINE EVENT THAT RAISES MONEY FOR SENIOR ADVOCACY SERVICES. FOR MORE INFORMATION, GO TO KZST.COM

thurs 3/31
mess 4/27

THE H-TOWN YOUTH THEATER IS HOSTING A
SPRING GALA FUNDRAISER APRIL 29TH FROM 5:30
TO 7 AT HEALDSBURG PARKPOINT...WITH A
PERFORMANCE AT 8...AT THE RAVEN PERFORMING
ARTS CENTER. FOR MORE INFORMATION, GO TO
KZST.COM

3/14/18

3/14/15

THE FABULOUS WOMEN OF S-C IS HOSTING A CARE GIVING WORK-SHOP ON SUNDAY, MAY 1ST FROM 1-4 AT THE ROOSTER RUN ~~GOLF CLUB AND EVENT CENTER~~ IN PETALUMA. THE MONEY RAISED BENEFIT PEP HOUSING. FOR MORE INFORMATION, GO TO KZST.COM

ves 1/12

A POP UP PARTY IS HAPPENING THIS THURSDAY FROM 6-9 PM AT LA DOLCE VITA WINE LOUNGE ~~IN~~ ~~PETALUMA~~. IT'S A FUNDRAISER FOR THE PETALUMA EDUCATIONAL FOUNDATION. FOR MORE INFORMATION, GO TO KZST.COM

ves 1/12

ves 1/26

Mon 3/14

THE CHILD-PARENT INSTITUTE IS LOOKING FOR MENTAL HEALTH INTERNS AND CLINICAL SUPERVISORS... TO HELP PROVIDE SERVICES TO ~~CHILDREN, FAMILIES AND ADULTS~~ IN SANTA ROSA AND ROHNERT PARK. FOR MORE INFORMATION, GO TO KZST.COM

Mon 3/28
Mon 4/4
Fri 4/8

THE FORESTVILLE TEEN CLINIC IS HOSTING A YOUTH AIDS DAY TO RAISE AWARENESS. "GET TALKING, GET TESTED" IS ~~HAPPENING FRIDAY,~~ ~~APRIL 8~~ FROM 4-8 PM) AT THE ~~TEEN CLINIC~~ FOR MORE INFORMATION, GO TO KZST.COM

Thurs aft
today

Wed 3-30

THE LEUKEMIA LYMPHOMA SOCIETY AND LOCAL AFTERLIFE COUNSELOR KAREN PETERSON ARE HOSTING 3 FUNDRAISERS. 2 IN APRIL, ONE IN MAY...FOR MORE INFORMATION, GO TO KZST.COM

th vs 4/17
fr 4/15

THE MONTGOMERY HIGH SCHOOL BOOSTERS,
HOSTING FAN FEST ~~2016~~...ON SATURDAY, APRIL
16TH STARTING AT 5:30 AT THE FRIEDMAN CENTER
IN SANTA ROSA...A FUNDRAISER FOR
MONTGOMERY'S ATHLETICS PROGRAM. FOR
MORE INFORMTION, GO TO KZST.COM

530 FROM THE KZST COMMUNITY CALENDAR...

TRIPLE A AND THE CLOVERDALE POLICE DEPARTMENT ARE TEAMING UP FOR A CAR SEAT DONATION EVENT THIS SATURDAY FROM 10-2 AT THE TRAIN DEPOT PARKING LOT. FOR MORE INFORMATION, GO TO KZST.COM

6
830 FROM THE KZST COMMUNITY CALENDAR...

THE H-TOWN YOUTH THEATER IS HOSTING A SPRING GALA FUNDRAISER, APRIL 29TH FROM 5:30 TO 7 AT HEALDSBURG PARKPOINT,) WITH A PERFORMANCE AT 8...AT THE RAVEN PERFORMING ARTS CENTER. (FOR MORE INFORMATION, GO TO KZST.COM

Fri 3/11
Wed 3/16

A DEDICATION CEREMONY FOR THE NEWEST HABITAT FOR HUMANITY HOME, IS SET FOR THURSDAY, MARCH 24TH, 1 PM, IN COTATI. FOR MORE INFORMATION, GO TO KZST.COM

Nov 3/17
Wed 3/30
Wed 4/5
Fri 4/15
Fri 4/26

IT'S A DAY ON THE GREEN AT MONTGOMERY VILLAGE...WITH ART, MUSIC AND FAMILY FUN. HAPPENING SATURDAY, APRIL 30TH FROM 11-4. IT'S A BENEFIT FOR FOOD FOR THOUGHT. FOR MORE INFORMATION, GO TO KZST.COM

FROM THE KZST COMMUNITY CALENDAR...

THE WINDSOR LIONS CLUB AND FIREFIGHTERS ASSOCIATION HOSTING A CORNED BEEF AND CABBAGE DINNER THIS SATURDAY AT THE COMMUNITY CENTER...FOR ST PATTY'S DAY. FOR MORE INFORMATION, GO TO KZST.COM

FROM THE KZST COMMUNITY CALENDAR...

THE CHILD-PARENT INSTITUTE IS LOOKING FOR MENTAL HEALTH INTERNS AND CLINICAL SUPERVISORS TO HELP PROVIDE SERVICES IN SANTA ROSA AND ROHNERT PARK. FOR MORE INFORMATION, GO TO KZST.COM

wed 11/27

Mon
2/29

THE SONOMA VALLEY HISTORICAL SOCIETY IS
LOOKING FOR DOCENTS FOR THE DEPOT PARK
MUSEUM. VOLUNTEERS SHOULD BE ABLE TO
COMMIT TO THREE HOURS A MONTH. FOR MORE
INFORMATION, GO TO KZST.COM

Mon
2/29

VOLUNTEERS ARE NEEDED AT "HOSPICE BY THE
BAY"... TRAINING WILL BE HELD ^{full month} ~~IN FEBRUARY AND~~
MARCH. FOR DETAILS ON THE APPLICATION
PROCESS AND TRAINING SCHEDULE, GO TO
KZST.COM

FR 4/22
MON 4/25

A CHARITY AUCTION CALLED "THE RUBY AFFAIR" IS TAKING PLACE SATURDAY, MAY 14TH AT SODA ROCK WINERY IN HEALDSBURG. IT'S A BENEFIT FOR THE UNITED WAY OF WINE COUNTRY AND WORTH OUR WEIGHT. FOR MORE INFORMATION, GO TO KZST.COM

WED 4/20
THU 4/20
Mon 5/2
Mon 5/9
Tues 5/10

THE BOYS AND GIRLS CLUBS OF CENTRAL SONOMA COUNTY, HOLDING "YOUTH OF THE YEAR" EVENTS TO CELEBRATE ACHEIVEMENTS...HAPPENING MAY 16TH THROUGH THE 19TH IN VARIOUS CITIES. FOR MORE INFORMATION, GO TO KZST.COM

Wed 4/20
Tues 4/20

THE JAPANESE ARTS AND CULTURAL FESTIVAL CALLED MATSURI IS TAKING PLACE SATURDAY, MAY 7TH, 11-5 AT JULLIARD PARK IN SANTA ROSA...FOR MORE INFORMATION, GO TO KZST.COM

WED 4/20
TUE 4/20
Mon 5/2
Mon 5/9
Tues 5/10

THE SANTA ROSA CHILDREN'S CHORUS WILL PERFORM ^{THIS} SUNDAY, ~~MAY 15TH~~, 2 PM AT THE PRESBYTERIAN CHURCH OF THE ROSES...THE CONCERT IS FREE, BUT DONATIONS ARE WELCOMED. FOR MORE INFORMATION, GO TO KZST.COM

Rev 5/12

CHECK OUT THE FREE CHILDREN'S CONCERT THIS SATURDAY, 11 AM, AT THE HEALDSBURG COMMUNITY CENTER...STARRING LOCAL KIDS' MUSICIAN STAR TOM. FOR MORE INFORMATION, GO TO KZST.COM

THURS

FROM THE KZST COMMUNITY CALENDAR...

5/10 TVE THE NEXT "COFFEE WITH A COP" EVENT IS GOING ON THURSDAY MORNING, MAY 12TH FROM 8:30 TO 10:30 AT THE MCDONALD'S ON MENDOCINO AVENUE IN SANTA ROSA. FOR MORE INFORMATION, GO TO KZST.COM

FROM THE KZST COMMUNITY CALENDAR...

TVE 5/10 A CHARITY AUCTION, THE RUBY AFFAIR, IS TAKING PLACE SATURDAY, MAY 14TH AT SODA ROCK WINERY IN HEALDSBURG. A BENEFIT FOR THE UNITED WAY OF WINE COUNTRY AND WORTH OUR WEIGHT. FOR MORE INFORMATION, GO TO KZST.COM

CERES-FEST 2016 IS HAPPENING MONDAY, MAY 2ND
5:30-8:30 PM AT LAGUNITAS IN PETALUMA....WITH
DINNER, MUSIC AND A RAFFLE. THEY'RE RAISING
MONEY FOR THE CERES COMMUNITY
PROJECT...FOR MORE INFORMATION, GO TO
KZST.COM

ton 5/9
Fri 5/13 THE 4TH ANNUAL "TASTE" IS GOING ON ~~SATURDAY~~, *Sat*
MAY 21ST, 4-8 PM AT SOVA GARDENS IN
SEBASTOPOL...WITH FOOD, BEER AND WINE, LIVE
MUSIC. A BENEFIT FOR THE ACTIVE 20-30 CLUB
WHICH SUPPORTS CHILDREN IN NEED FROM WEST
COUNTY. FOR MORE INFORMATION, GO TO
KZST.COM

"PICK OF THE VINE", IS HAPPENING SATURDAY,
APRIL 30TH FROM 6-9 AT THE LUTHER BURBANK
CENTER FOR THE ARTS. A BIG FOOD AND WINE
EVENT THAT RAISES MONEY FOR SENIOR
ADVOCACY SERVICES. FOR MORE INFORMATION,
GO TO KZST.COM

WED 5/11
Fri 5/13

A LOBSTER FEED BENEFIT IS HAPPENING ~~THIS~~
~~SATURDAY NIGHT~~ AT THE WINDSOR GOLF COURSE,
WITH WINE, LOBSTER AND A BIG AUCTION. IT'S A
FUNDRAISER FOR THE COMMUNITY AND LCOAL
STUDENTS. FOR MORE INFORMATION, GO TO
KZST.COM

WED 5/11
thurs 5/12
Fri 5/13

THE 24TH ANNUAL LETTER CARRIER'S STAMP OUT
HUNGER FOOD DRIVE IS GOING ON THIS SATURDAY
AROUND SONOMA COUNTY, THE LARGEST 1 DAY
FOOD DRIVE IN THE COUNTRY. AS EASY AS A WALK
TO YOUR MAILBOX. FOR MORE INFORMATION, GO
TO KZST.COM

thurs 5/12
Fri 5/13

THE 2ND ANNUAL HOME ON THE RANGE
FUNDRAISER IS TAKING PLACE ~~THIS SATURDAY~~
FROM 11 TO 3 AT TOMROSE RANCH IN SANTA ROSA.
IT IS A BENEFIT FOR OUR COMMUNITY'S SENIORS.
FOR MORE INFORMATION, GO TO KZST.COM

news 3/15

* to m

THE EARLY LITERACY FAIR IS GOING ~~ON WED,~~
~~MARCH 30~~TH FROM 4 TO 6:30 AT FORESTVILLE
SCHOOL. FOR MORE INFORMATION, GO TO
KZST.COM

3/2^a

~~8/18~~

news 3/17

at Fri
April

wed 4/6

th 4/26

June 12

THE 3RD ANNUAL CRAFT BEER FEST IS TAKING
PLACE ~~SAT, APRIL 30~~TH FROM NOON TO 4 AT SALLY
TOMOTOS EVENT CENTER. IT'S A FUNDRAISER FOR
THE ROTARY CLUB OF ROHNERT PARK AND COTATI.
FOR MORE INFORMATION, GO TO KZST.COM

11 4/24
10:2 5/16

A RIBBON CUTTING CEREMONY IS TAKING PLACE ^{this}
WEDNESDAY, ~~MAY 13TH~~...AT THE NEW FACILITY FOR
THE LIVING ROOM...SPONSORED BY THE SANTA
ROSA CHAMBER OF COMMERCE. FOR MORE
INFORMTION, GO TO KZST.COM

was 4/17
was 4/18
was 4/19

HEALDSBURG HIGH SCHOOL IS HOSTING A
CARNIVAL AND STREET FAIR... SATURDAY, APRIL
23RD FROM 10-2... FEATURING ^{VARIOUS} STUDENT PROJECTS
IN CULINARY ARTS TO AGRICULTURAL SCIENCE
AND MORE. (FOR MORE INFORMATION, GO TO
KZST.COM

was 4/18
was 4/19
was 4/20
was 4/21
was 4/22
was 4/23
was 4/24
was 4/25

THE FORGOTTEN FELINES GALA EVENT IS TAKING
PLACE ^{THIS} SATURDAY, ~~MAY 21ST~~ ... THEY'RE
CELEBRATING 25 YEARS OF SERVICE. THE
PROCEEDS WILL FUND THE WEEKLY SPAY AND
NEUTER CLINICS. FOR MORE INFORMATION, GO TO
KZST.COM

21 4/22
Mon 4/25
S/3
Mon 5/16
Thu 5/19

"FOR THE LOVE OF CATS"... GALA FUNDRAISER, IS
TAKING PLACE SATURDAY, MAY 21ST, 2-6 PM AT THE
FRIEDMAN CENTER IN SANTA ROSA; IT'S A BENEFIT
FOR FORGOTTEN FELINES. FOR MORE
INFORMATION, GO TO KZST.COM

Fri 4/22
Mon 4/25
Mon 5/16
Mon 5/16
Mon 5/16
Mon 5/23

THE 21ST ANNUAL WESTERN SONOMA COUNTY
SPRING HOME AND GARDEN TOUR IS HAPPENING
SUNDAY, MAY 29TH FROM 10-5 IN WEST
COUNTY...ALL THE MONEY RAISED WILL GO TO
FOOD FOR THOUGHT...FOR MORE INFORMATION,
GO TO KZST.COM

WED 5/25
FRI 5/27
MON 5/30
THU 6/1
FRI 6/2
TUE 6/7
WED 6/4
THU 6/3

THE 36TH ANNUAL COTATI JAZZ FESTIVAL IS HAPPENING SUNDAY, JUNE 19TH FROM NOON TO 5 AT LA PLAZA PARK. FOR MORE INFORMATION, GO TO KZST.COM

Community Calendar

Items

WED 5/25
FRI 5/27
MON 5/30
TUE 6/1
WED 6/1
FRI 6/3
TUE 6/7
WED 6/3
THU 6/4

THE MAF JUNETEE JUNE 18^T ROSA... 1 FOR MOI

COMPLETE

-file away-

VAL AND NG ON SATURDAY, NG PARK IN SANTA KIDS ACTIVITIES.) KZST.COM

THU 5/6 THE 2ND ANNUAL S-C HOME BREWERS COMPETITION
WED 5/11 IS HAPPENING SATURDAY, MAY 28TH FROM NOON TO
FRI 5/11 6, AT THE FAIRGROUNDS IN PETALUMA. IT'S
THU 5/11 SPONSORED BY THE DOWNTOWN ASSOCIATION.
TUE 5/23 FOR MORE INFORMATION, GO TO KZST.COM

THU 5/6 THE JUNIOR LEAGUE IS HOSTING AN OUTREACH
WED 5/11 PROJECT CALLED NIGHT AT THE FOOD BANK.
~~WED 5/11~~ THAT'S THE REDWOOD EMPIRE FOOD BANK. IT'S
TAKING PLACE WEDNESDAY, MAY 11TH FROM 5:30
TO 7 AT THEIR WAREHOUSE IN SANTA ROSA. FOR
MORE INFORMATION, GO TO KZST.COM

wed 5/18
wed 5/25
th
wed 6/11
thu 6/12
fri 6/13
sat 6/14

THE REDWOOD EMPIRE FOOD BANK IS LOOKING FOR VOLUNTEERS FOR THEIR SUMMER LUNCH PROGRAM...FOOD SERVERS AND DELIVERY DRIVERS FROM JUNE THROUGH AUGUST. FOR MORE INFORMATION, GO TO KZST.COM

Fri 5/20

A RIBBON CUTTING CEREMONY WILL TAKE PLACE AT CHOPS TEEN CLUB IN SANTA ROSA, WEDNESDAY, MAY 25TH, AT 4:30, WHEN THE ACTIVE 20-30 CLUB #50 MEMBERS, WILL PRESENT A CHECK FOR ALL NEW COMPUTERS FOR THE CLUB'S TECHNOLOGY LOUNGE. FOR MORE INFORMATION, GO TO KZST.COM

Tues 5/20
Tues 5/24

THE FIRST-EVER SUMMER THEATER CAMP IS HAPPENING JUNE 13TH THROUGH THE 24TH...AT THE CAVANAUGH CENTER IN PETALUMA. IT'S A COLLABORATION OF CINNEBAR THEATER AND MENTOR ME. FOR MORE INFORMATION, GO TO KZST.COM

Fri 5/27
Fri 6/3
Tue 6/7
Wed 6/8
Thu 6/9
Fri 6/10

THE BARLOW STREET FAIR IS PRESENTING A SPECIAL EVENT WITH KOSTA BROWN WINERY ON SATURDAY, MAY 28TH FROM 3 TO 6:30 AT THE BARLOW WITH EXCLUSIVE BARRELTASTING. THE MONEY RAISED FROM THIS WILL TO GO THE REDWOOD EMPIRE FOOD BANK. FOR MORE INFORMATION, GO TO KZST.COM

Fri 5/20
Thurs 5/25

Wed 5/19
Thurs 5/19
Mon 5/20
Tues 5/31
Wed 6/6
Wed 6/8
Thu 6/9

THE 15TH ANNUAL CHARITY GOLF TOURNAMENT...IS HAPPENING FRIDAY, JUNE 10TH AT THE WINDSOR GOLF COURSE...STARTS UP AT 11:30. RAISING MONEY FOR LOCAL AG EDUCATION. FOR MORE INFORMATION, GO TO KZST.COM

Wed 5/19
Thurs 5/19
Tues 5/24
Mon 5/20
Tues 5/31
Wed 6/2
Wed 6/6
Wed 6/8
Thu 6/9
Fri 6/10

BEER FEST, SANTA ROSA IS BACK, SATURDAY, JUNE 11TH, FROM 1-5 AT THE LUTHER BURBANK CENTER FOR THE ARTS. IT'S A FUNDRAISER FOR FACE TO FACE. FOR MORE INFORMATION, GO TO KZST.COM

Wed 5/25
Thurs 5/26
Fri 5/30
Fri 6/3
Mon 6/6
Tue 6/7
Wed 6/8

SANTA ROSA JUNIOR COLLEGE IS HOSTING THE 5TH ANNUAL "BUILDING COMMUNITY BREAKFAST", ON THURSDAY, JUNE 9TH FROM 7:30 TO 9 ON THE PETALUMA CAMPUS. FOR MORE INFORMATION, GO TO KZST.COM

Wed 5/25
Thu 5/26
Fri 6/3
Mon 6/6
Tue 6/7
Wed 6/8
Thu 6/9
Fri 6/10

SOLAR SONOMA COUNTY HELPS HOMEOWNERS AND BUSINESSES NAVIGATE ALL THE ELECTRICITY OPTIONS . VISIT SOLAR SONOMA COUNTY .ORG TO LEARN MORE. SOLAR SONOMA COUNTY IS A PROGRAM OF THE CENTER FOR CLIMATE PROTECTION. FORE MORE INFORMATION, YOU CAN ALSO GO TO KZST.COM

wed 6/15

SMART AND SONOMA COUNTY TRANSIT WILL BE HOLDING PUBLIC MEETINGS TOMORROW (THURSDAY), 5:30 TO 8 PM, AT THE TOWN HALL COUNCIL CHAMBERS IN WINDSOR. FOR MORE INFORMATION, GO TO KZST.COM.

wed 6/15

DRESSAGE IN THE WINE COUNTRY IS HAPPENING THIS SATURDAY, GATES OPEN AT 1 PM, AT THE SONOMA COUNTY FAIRGROUNDS IN SANTA ROSA...BENEFITING MANY LOCAL CHARITIES. FOR MORE INFORMATION, GO TO KZST.COM

thurs 6/16
fri 6/24

~~THE AMERICAN RADIO RELAY LEAGUE HAM RADIO FIELD DAY EVENT GOING ON JUNE 25TH AND 26TH IN PETALUMA. TO LEARN MORE ABOUT HOW HAM RADIO HELPS OUR COMMUNITIES, GO TO KZST.COM.~~

There are

~~thurs 6/16~~ ~~frid 6/24~~ ~~sat 6/25~~ ~~sun 6/26~~

5/31 TUE
TH 6/2
FRI 6/10
MON 6/13
TUE 6/14
W 6/16

CANINE COMPANIONS HOSTING A FUNDRAISER CALLED SIT, STAY, SPARKLE...ON SATURDAY, JUNE 18TH IN SANTA ROSA. FOR MORE INFORMATION, GO TO KZST.COM

TUE 5/31
TH 6/2
FRI 6/10
MON 6/13
TUE 6/14
W 6/16

THE 17TH ANNUAL CHARITY GOLF TOURNAMENT HAPPENING FRIDAY, JUNE 24TH ...STARTING UP AT 11:30, IN WINDSOR. THEY'RE RAISING MONEY FOR HABITAT FOR HUMANITY SONOMA COUNTY. FOR MORE INFORMATION, GO TO KZST.COM

MON 6/20
TUE 6/22

TH 6/12
FRI 6/10
MON 6/13
TUE 6/14
FRI 6/17
MON 6/20
TUE 6/22

THE GLEN ELLEN FIREHOUSE IS HOSTING ITS ANNUAL DINNER AND DANCE, ~~SATURDAY, JUNE 25TH~~ ^{TOWNTOWN} WITH FOOD AND AUCTIONS AND BEER AND WINE. FOR MORE INFORMATION, GO TO KZST.COM



Weekly Public Affairs Program

Date aired: 4/16/16 OR 4/17/16 Time Aired: 6 AM OR 6:30 AM

Show # 2016-16

Total running time: 29:30 (with optional exit at 24:00)

1. **Robert Sholly**, domestic counterterrorism expert, retired army colonel who is experienced in both counter-terrorism and performing international security assessments, a member of the United Nations international peace keeping forces that won the Nobel Peace Prize in 1988

Col. Sholly said while we cannot live in fear, it is wise to live with caution and prudence. He discussed which public places are the most dangerous. He explained why it is important to have a security plan before entering a mall, what to do if shots are fired in a crowded movie theater and the physical signs to watch for that could identify a potential shooter or bomber.

Issues covered:
Terrorism
Personal Protection
Emergency Preparedness

Length: 9:07

2. **Shaka Senghor**, author of "Writing My Wrongs: Life, Death, and Redemption in an American Prison"

In 1991, Shaka Senghor was sent to prison for second-degree murder. Today, he lectures at many universities and is a leading voice on criminal justice reform. He shared his inspirational story: growing up with an abusive parent, which started a downward spiral that saw him run away from home, turn to drug dealing to survive, and end up in prison for murder at the age of 19, fuming with anger and despair. He explained what caused him to turn his life around, now mentoring youth at risk.

Issues covered:
Youth at Risk
Crime
Prison Reforms
Minority Concerns

Length: 7:59

3. **Monica Deza, PhD**, Assistant Professor of Economics in the School of Economic, Political and Policy Science at the University of Texas, Dallas

Dr. Deza led a study that found that teen driving curfews might do more than reduce car accidents. They also may prevent teens from committing crimes or becoming pregnant. She talked about the most common crimes committed by teens and why driving restrictions may make a difference.

Issues covered:
Youth at Risk
Crime

Length: 4:58



Weekly Public Affairs Program

Date aired: ^{4/23/16}
^{10R}
4/24/16 Time Aired: 6 AM
6:30 AM

Show # 2016-17

Total running time: 29:30 (with optional exit at 24:00)

1. **Steve Case**, entrepreneur, investor, and businessman best known as the co-founder and former Chief Executive Officer and Chairman of America Online, author of "*The Third Wave: An Entrepreneur's Vision of the Future*"

Mr. Case discussed the rapidly changing nature of the Internet. He believes we are entering a dynamic new period of online development, where every part of our lives will rely on Internet connectivity. He sees this new wave defined not by hardware or software but by partnerships—especially between business and government. He predicted that entrepreneurs will dramatically change the way institutions like healthcare, education, and agriculture integrate the Internet into our lives.

Issues covered:

Length: 8:24

Internet
Employment
Government Regulations

2. **Ellen Smit, PhD**, Nutritional Epidemiologist, Associate Professor at Oregon State University College of Public Health and Human Sciences

Dr. Smit led a study that examined four barometers of whether someone's behavior could be considered healthy, and the results were dismal. She found that fewer than 3% of all Americans have a genuinely healthy lifestyle. She explained the importance of the four criteria and the health impacts of each. She also offered suggestions for those who would like to make changes to their own lifestyle.

Issues covered:

Length: 8:39

Personal Health
Obesity

3. **Matt Schulz**, Senior Industry Analyst at CreditCards.com

Mr. Schulz said 30 million Americans received a new chip-enabled credit card over the past six months. Mr. Schulz explained the benefits of the new cards. He also talked about the most common complaints by consumers who use them.

Issues covered:

Length: 5:06

Personal Finance
Consumer Matters



Weekly Public Affairs Program

Show # 2016-18

Date aired: 5/1/16 Time Aired: 6 AM OR 6:30 AM

Total running time: 29:30 (with optional exit at 24:00)

1. **Steven Roberts**, college-funding expert, author of *"Winning the Money Game in College: Any Major and Any GPA Can Finish College Debt-Free or Better"*

Families at every income level struggle with the question of how to pay for a college education. Mr. Roberts explained how students can save on application fees and locate lesser-known resources to pay for college. He also suggested where to find scholarship money and why a student's GPA isn't everything. He also discussed the less obvious reasons why it is useful for students to earn money while in school.

Issues covered:

Education
Consumer Matters
Parenting

Length: 8:38

2. **Laura Adams**, Senior Insurance Analyst at insuranceQuotes.com

A traffic ticket can cause a driver's auto insurance rates to skyrocket. Ms. Adams outlined a report from insuranceQuotes.com that found motorists who are slapped with a serious moving violation can see their auto insurance premiums jump by an average of 94 percent. She discussed 17 different moving violations, how each causes car insurance rates to spike, and why rate increases can vary drastically from state to state.

Issues covered:

Traffic Safety
Consumer Matters

Length: 8:35

3. **Julia Cameron**, author of *"It's Never Too Late to Begin Again: Discovering Creativity and Meaning at Midlife and Beyond"*

When someone retires, the newfound freedom can be quite exciting, but also daunting. Ms. Cameron explained how cultivating their creative selves can help seniors navigate this new terrain. She said that retirement can be the most rich, fulfilling and creative time of life. She outlined several tools to get there.

Issues covered:

Senior Citizens
Retirement Planning

Length: 4:57



Weekly Public Affairs Program

Date aired: ^{5/7/16} ~~5/8/16~~ ^{OR} ~~5/8/16~~ Time Aired: ^{6 AM} ~~6:30 AM~~ ^{OR} ~~6:30 AM~~

Show # 2016-19

Total running time: 29:30 (with optional exit at 24:00)

1. **Ric Edelman**, nationally-recognized financial advisor, syndicated columnist, author of *"The Truth About Retirement Plans and IRAs"*

Only half of all eligible Americans contribute to a retirement plan. Mr. Edelman explained how the average person can save for a comfortable retirement. He talked about the importance of 401(k)s, and IRAs. He also explained how to determine how much money a person may need in retirement, and the dangers of borrowing money from retirement funds.

Issues covered:

**Personal Finance
Retirement
Senior Issues**

Length: 8:31

2. **James Hubbard, MD**, family physician, author of *"Living Ready Pocket Manual - First Aid: Fundamentals for Survival"*

Dr. Hubbard discussed basic skills that everyone should know in the event of a medical emergency, and basic first aid supplies that every home should have on hand. He outlined steps to stop serious bleeding and what to do in the event someone simply collapses. He also talked about the lifesaving value of automated external defibrillators, which are found in many public places.

Issues covered:

**Emergency Preparedness
Personal Health**

Length: 8:44

3. **Simon Davidoff**, Water Expert and Director, Food & Beverage Industry for Siemens Water Technologies

Mr. Davidoff talked about little-known ways that water is wasted by consumers each year, both directly and indirectly. He explained how businesses are changing their practices to reduce water consumption and what the average person can do to determine and reduce their personal "water footprint."

Issues covered:

**Environment
Consumer Matters**

Length: 4:58



Weekly Public Affairs Program

Date aired: ^{5/14/16}~~5/15/16~~ OR ^{6 AM}~~6:30 AM~~ Time Aired: ^{OR}~~6:30 AM~~

Show # 2016-20

Total running time: 29:30 (with optional exit at 24:00)

1. **Martin Gibala, PhD**, Professor and Chair of the Department of Kinesiology, McMaster University in Ontario

Dr. Gibala led a study that found that a single minute of very intense exercise produces health benefits similar to longer, traditional endurance training. He recommends the plan for occasionally busy days, not as a permanent substitute for longer and more moderate workouts. He said the findings put to rest the common excuse for not getting in shape: there is not enough time.

Issues covered:
Personal Health

Length: 8:52

2. **Chris Melde, PhD**, Associate Professor and Director of Graduate Studies, School of Criminal Justice at Michigan State University

Dr. Melde was the co-author of a study of street gang membership. He found that depression and suicidal thoughts or attempts are common among youth who join gangs. He outlined the reasons that many troubled teens join gangs and why gang life causes already significant problems in their lives to become even worse.

Issues covered:
Youth at Risk
Mental Health
Crime

Length: 8:24

3. **Matthias Hollwich**, internationally-recognized architect, author of "New Aging: Live Smarter Now to Live Better Forever"

Mr. Hollwich discussed ways that homes and communities can be redesigned to make aging a graceful and fulfilling aspect of life. He discussed changes to specific rooms, to help seniors stay safely in their homes for as long as possible.

Issues covered:
Home Safety
Retirement Planning
Senior Citizens

Length: 4:55



Weekly Public Affairs Program

Date aired: 5/22/16 ^{5/21/16} _{PR} Time Aired: 6:30AM ^{6AM} _{on}

Show # 2016-21

Total running time: 29:30 (with optional exit at 24:00)

1. **Bart de Langhe, PhD**, Assistant Professor of Marketing, Leeds School of Business at the University of Colorado, Boulder

Many consumers pour through online product reviews before making a purchase. But Dr. de Langhe led a study that found that there is little correlation between better online user ratings and the quality of a product. He explained why consumer opinions often fail to agree with objective product research by consumer organizations.

Issues covered:
Consumer Matters

Length: 8:06

2. **W. David Brown, PhD, DABSM, CBSM**, Sleep Psychologist at Children's Medical Center, Dallas, co-author of "Sleeping Your Way to the Top: How to Get the Sleep You Need to Succeed"

Many Americans believe that less sleep equals more productivity. But Dr. Brown said that sufficient sleep and success go hand in hand. He discussed the latest clinically proven techniques for getting quality rest, achieving maximum productivity, and overcoming common sleep impediments to enhance workplace performance.

Issues covered:
Personal Health
Career

Length: 9:01

3. **Judith Prochaska, PhD, MPH**, Associate Professor of Medicine, Stanford University School of Medicine

Dr. Prochaska was the lead author of a study comparing employment in smokers and nonsmokers. She found that after 12 months, smokers were less likely to have found a job than nonsmokers, and those who did earned less than nonsmokers. She explained the reasons that employers may be wary of hiring smokers and how they sometimes screen them out in the hiring process.

Issues covered:
Unemployment
Personal Health

Length: 5:03



Weekly Public Affairs Program

Date aired: 5/28/16 OR 5/29/16 Time Aired: 6AM OR 1030AM

Show # 2016-23

Total running time: 29:30 (with optional exit at 24:00)

1. **Tyler J. VanderWeele, PhD**, Professor of Epidemiology, T.H. Chan School of Public Health, Harvard University

Those who attend church services on a regular basis may receive more than just spiritual benefits—they may live longer. Dr. VanderWeele led a study that found that women who went to church more than once a week had a 33% lower risk of dying, compared to those who never went. He talked about the potential reasons behind the finding. He said it is conceivable in the future that doctors routinely ask about church attendance during medical checkups.

Issues covered:
Personal Health
Religion

Length: 8:48

2. **Kostadin Kushlev, PhD**, psychology research scientist, University of Virginia

Smartphones have become part of everyday life. Dr. Kushlev led a study that found that the increasingly pervasive use of digital technology may be causing ADHD-like symptoms even among the general population. He explained why being separated from a smartphone may cause people to experience distraction, difficulty focusing and getting bored easily when trying to focus.

Issues covered:
Mental Health
Consumer Matters

Length: 8:27

3. **Carl Cotman, PhD**, Professor of Neurology and Neurobiology, Director of the Institute for Brain Aging and Dementia, University of California, Irvine

Dr. Cotman explained the results of new research into brain health for seniors. The study found that eating almonds, engaging in exercise and participating in brain-stimulating activities can keep aging brain cells in shape. This may delay or prevent Alzheimer's Disease.

Issues covered:
Alzheimer's' Disease
Health Issues
Senior Issues

Length: 4:56



Date aired: 6/4/16
OR
6/5/16 Time Aired: 6 AM
OR
6:30 AM

Weekly Public Affairs Program

Show # 2016-25

Total running time: 29:30 (with optional exit at 24:00)

1. **Leslie Stahl**, longtime reporter for 60 Minutes, author of "*Becoming Grandma: The Joys and Science of the New Grandparenting*"

Ms. Stahl discussed the profound changes and emotions experienced when someone becomes a grandparent. She talked about the physiological changes that occur in women when they have grandchildren, and the therapeutic effects of grandchildren on both grandmothers and grandfathers. She also explained how heartbreakingly common it is for grandparents to be denied access to their grandchildren.

Issues covered:
Family Matters
Senior Citizens

Length: 9:15

2. **Kevin Kelly**, co-founder and former executive editor of Wired magazine, author of "*The Inevitable: Understanding the 12 Technological Forces That Will Shape Our Future*"

Mr. Kelly discussed twelve technological imperatives that he believes will shape the next thirty years and transform our lives. He is optimistic about innovations, from virtual reality in the home to an on-demand economy to artificial intelligence embedded in everything we manufacture. He offered advice to young people who are plotting educational and career paths in a rapidly-changing tech environment.

Issues covered:
Technology
Education
Privacy
Career

Length: 7:55

3. **Edward G. Brown**, author of "*The Time Bandit Solution: Recovering Stolen Time You Never Knew You Had*"

According to Mr. Brown, 40 to 60% of time at work is squandered by time bandits—co-workers who demand precious time without thinking. He offered suggestions on how to negotiate with time bandits to prevent unwanted, unnecessary and unproductive interruptions.

Issues covered:
Workplace Matters
Productivity

Length: 5:04



Weekly Public Affairs Program

Date aired: 6/18/16 OR 6/19/16 Time Aired: 6 AM OR 6:30 AM

Show # 2016-27

Total running time: 29:30 (with optional exit at 24:00)

1. **Mike Gikas**, Senior Electronics Editor at Consumer Reports

Smart phone theft is on the rise. A projected 3.1 million were stolen last year, according to a Consumer Reports survey. Mr. Gikas outlined the sensitive information that many phones contain, and he offered security tips to both prevent thefts and to minimize the loss of personal data if a phone is lost or stolen.

Issues covered:

Length: 8:56

Crime
Consumer Matters

2. **Robert D. Morris, MD, PhD**, environmental epidemiologist, drinking water research scientist, author of *"The Blue Death: Disease, Disaster & the Water We Drink"*

Dr. Morris believes that despite better overall health conditions, the nation's water supply remains a serious health risk. He talked about potential disease pathogens, toxic chemicals, decaying pipes and cancer risks. He discussed the growing body of research linking the chlorine relied on for water treatment with cancer and stillbirths. He also talked about the history of water-borne pathogens like cholera and typhoid.

Issues covered:

Length: 8:17

Community Health
Environment

2. **Lynsey Romo**, Assistant Professor of Communication, North Carolina State University

Prof. Romo led a study of school-aged kids and what their parents tell them about family finances. She found that parents often make gender-based distinctions in what they choose to talk about, and kids pick up on what they're *not* being told — sometimes drawing incorrect conclusions that can have repercussions for them in the future.

Issues covered:

Length: 4:59

Parenting
Personal Finance