

STEPPIN' OUT RADIO

2016 4TH QUARTERLY ASCERTAINMENT REPORT

Serves the local community by bringing a weekly 12 Step meeting to the airwaves, and other ways to heal from substance abuse and addiction and the community problems it causes offering solutions to the communities it affects.

Millions of people in America struggle with the disease of addiction. Millions more are affected by those struggling. The numbers are staggering, and affect every city in the nation. Most who recover do so through the use of a 12 Step Process. Steppin' Out Radio Show brings that 12 Step process and other ways to heal from addiction to the airwaves. Real people, share true stories of addiction and recovery and addressing the following issues and needs in the local community:

PUBLIC SERVICE CATEGORIES:

- . SUBSTANCE ABUSE/ADDICTION – Substance abuse and addiction affects every local community. 90 million of Americans are obese, 47 million smoke, 20 million have a sex addiction, 23 million abuse alcohol and drugs, etc. For each person affected by addiction, six to seven others are also affected. Steppin' Out Radio provides help, solutions, and free support for this ever-increasing epidemic.
- . HIGHWAY SAFETY / DRUNK DRIVING - Steppin' Out helps provide a solution to this huge safety problem. Drunk drivers make up a significant portion of the accidents on the roads. In addition to safety on the roads, costs to the community through soaring car insurance rates, hospital and rehabilitation care plus the destruction of lives and property.
- . PUBLIC SAFETY/CRIME PREVENTION-SAFER NEIGHBORHOODS - Cutting down on addiction cuts down on crime. Steppin' Out can be part of that solution. Helping addicts break the cycle of addiction with a 12 Step process. The result: less crime in neighborhoods due to addicts looking to break into homes, cars or attack people, looking to steal something to turn into that next "fix."
- . ADDICTION IS AN EQUAL OPPORTUNITY DISEASE affecting MINORITIES/WOMEN- Millions of Americans suffer from the disease of addiction. Addiction is a non-discriminatory disease affecting young, old, black, white, Hispanic, Asian, male, female etc. Most who do recover do so with the help of a 12 step process. By airing a 12 Step Meeting on the radio, we can reach hundreds of thousands of people in local communities. Every family in this country has been touched in some way by addiction.
- . THE AMERICAN ECONOMY - Addicts are a drain on the economy. The loss of productivity to corporations is staggering when you look at the numbers of those

affected in the workforce. The costs to a company are huge: missed work results in costly sick days; training costs of new people to replace or cover for the sick employee, or others taking time to cover for sloppy work. Addiction costs our nation over \$340 billion annually. Addiction is the largest health care problem in the nation. Most Americans have worked with or for someone struggling with addiction. Recovery is the solution. Steppin' Out lets listeners in their community know recovery is possible.

- CHILD ABUSE/DOMESTIC VIOLENCE - Child/Wife Abuse- statistics show most victims of abuse are victims of a person under the influence. The abusive behavior is less likely to continue once the person seeks help/treatment and becomes involved in a 12 Step process.
- GENERAL HEALTH ISSUES - Addiction brings with it a host of health problems: Obesity, disease caused by smoking, i.e. heart disease, lung problems, diabetes, cancer, and malnutrition are among the many diseases that are a direct result of abuse of substances. If you are dealing with addiction through a 12 Step process, you will cut medical costs and it will result in a more productive life with people enjoying better health
- MENTAL HEALTH - SUICIDE -Addiction destroys personal relationships and contributes to depression, anxiety, suicidal thoughts and actions. Steppin' Out offers a solution by introducing the 12 Step process on the air.
- EDUCATION – Steppin' Out Radio educates the public that there is a solution to the problem of substance abuse and addiction.
- ELDERLY – Addiction and substance abuse with older Americans is sharply on the rise. Steppin' Out brings a solution and support to those home-bound senior citizen who can no longer attend a 12 step meeting.
- YOUTH – Colleges across America are faced with a substance abuse crisis among their students. Young teens are experimenting with alcohol, drugs, gambling, etc. and are becoming dependent and addicted. Steppin' Out provides help and support to this unique group by sharing stories of inspiration and hope on how to live a substance free life.
- HOMELESSNESS – Homeowners are losing their homes because of an overload of debt. People are also losing their homes because of addiction. Steppin' Out brings speakers to the airwaves who have overcome their debting addiction and are remaining in their homes by learning how to get out of debt. And, those who are no longer actively addicted are able to work productively without losing their jobs, and eventually losing their cars, belongings, and finally their homes.

Steppin' Out Radio - Weekly Ascertainments

Sunday, October 2, 2016

6:00 AM - 7:00 AM

Couples in Recovery (30 Minutes)

Adam thinks he was born an alcoholic; even as a young child never felt comfortable with himself. And alcohol, he learned, could make those feelings go away. He would later learn his own father was stashing alcohol around the house, an despite promising to never end up like, he knew he was, at heart, an addict. His drinking lead to money problems, including divorce and jail for non-payment of debts. But in the midst of his initial attempt at sobriety, he by chance meets Susan on a business trip. And while they hit it off, he didn't keep contact with her. But perchance they met again, at a an AA meeting.

Father & Son in Recovery (30 Minutes)

Jeff is a recovering gambling addict, and his adult son Michael is a member of Gam-Anon which has helped him return his own life to his own control after growing up raised by an addict. Jeff's own parents were addicts; his father was not only an alcoholic but a gambler as well. His father was more interested in teaching Jeff how to read race tickets and then sports books. Jeff grew up thinking gambling was not only cool, but also necessary. He gambled at tracks, casinos and with bookies. He got in so deep he lost his marriage, and was so far in debt he decided to take his own life. When his suicide attempt failed, he called his son. Instead of asking for real help, Jeff asked Michael for money.

Steppin' Out Radio - Weekly Ascertainments

Sunday, October 9, 2016

6:00 AM - 7:00 AM

Lee McCormick - Dreaming Heaven (30 Minutes)

In the late 1970's and 1980's Lee McCormick hit the road as a singer songwriter. He plunged into the lifestyle head first and headstrong. His tipping point came in 1997 when he barely woke up one day, realized he had an out-of-control drug problem and checked himself into rehab. In rehab, he had a profound awakening and set out on a personal quest to find real truth and healing in his life. His inward journey took him to Native American and Mesoamerican shamans and healers who opened him up to a universal view of life and a new paradigm for addiction treatment.

Alcoholism (30 Minutes)

Michelle's first drink alone was at age 11. Her family home was complete with a bar that was never locked. She came home from school one day and found an open bottle of wine in the kitchen fridge, and so she tasted it. She felt guilty about taking the sip, but she kept repeating the drink each day when coming home from school.

Steppin' Out Radio - Weekly Ascertainments**Sunday, October 16, 2016**

6:00 AM - 7:00 AM

Family of Alcoholics / Al-Anon (30 Minutes)

Like many women, Petra thought love was “taking care of someone”. She always picked men who “needed rescuing”. Petra’s boyfriend was an alcoholic, and she thought he was the only man she could ever love. Yet she could not “fix” him. Hear Petra’s unbelievable story how her absorption with “care-taking” almost sent her over the edge, and how she found her way back.

Greg has been married three times, to two different women. He married his first wife twice. It seemed to him that all his relationships with women would end the same way; they would leave after he put his heart and soul into trying to make their lives better. He felt the only way he could earn love was to completely devote himself to taking care of “her” – whoever “her” happened to be. It lead to a life of isolation, and not until did he enter recovery could he see that his issues with women stemmed from his unhealthy relationship with his mother.

Compulsive Gambler (30 Minutes)

Howard is a compulsive gambler. He can remember the day he became sober from gambling. He was prolific sports gambler; Howard didn’t mind casinos, but ultimately he bet his money on baseball. He started as a young man making innocuous bets, but soon he lost his control. Tommy would bet more and more money. He’s not sure why it appealed to him, but he can remember his father bragging about gambling wins. He even had a secret bank account, hidden from his wife, in which he stashed his gambling money.

Anthony grew up in Pennsylvania in a gambling-free household. One day, while, in college, the family was invited to an Atlantic City casino hotel for a holiday getaway. While there, Anthony met up with other people who took him to the gambling floor. Anthony fronted this guys a small amount of cash, which by the end of the night, his friends cashed out and handed him close to \$2000. He would later return to the casinos in hopes of recreating that same effect; making a bee-line for the high-stakes games. Anthony’s luck was unreal; he made enough money in one summer to buy a house. But his luck ran out soon later, leaving him desperate.

Steppin' Out Radio - Weekly Ascertainments

Sunday, October 23, 2016

6:00 AM - 7:00 AM

Samuel Shem (30 Minutes)

Psychiatrist and activist Samuel Shem has now added “novelist” and “playwright” to his list of accomplishments. But the Rhodes Scholar and Harvard Medical School graduate is also an addict in recovery. Both he and his wife, Janet Surrey, were the writers and producers of the long running Off-Broadway sensation Bill W. And Dr. Bob, the story of two men who came to depend on each other for the strength to stay sober, and form the principles behind Alcoholics Anonymous and the concept of twelve-step recovery.

Alcohol Addiction (30 Minutes)

Rachel's first drink came at age eight, and she says that when the booze hit her stomach, it was the most amazing feeling she ever knew. She would sneak drinks, scared that if her parents would find out, they'd take the alcohol away from her. Looking back, Rachel can see she drank to make herself feel comfortable. Rachel's drinking grew out of hand very quickly. By the time she was in college, she was waking up in strange beds and got herself kicked out of drivers' education classes. She became a heavy drunk after college, living in different places overseas doing nothing but drinking. She found herself staying in bed for years, drinking her time away. But Rachel's lowest came when started wetting her bed out of laziness, not wanting to leave her bed.

Eric's first drink at 18 years of age ushered him into a world of alcohol and all the wonders he thought the drug could bring. He was on a family cruise, and once the ship entered international waters, Eric was able to buy booze unlike in the U.S. where the age is 21. He drank at first in order to irk his parents, who had organized a family trip on the cruise line and Eric had no desire to be there. But he spent the voyage carrying alcohol bottles the entire time and he learned how much more comfortable in his own skin he could feel while intoxicated. Returning from the trip, he spent all his efforts on getting "of age" people to buy him alcohol until he turned 21 and could do it himself. But drinking lead Eric to hard drugs, which eventually caused him to lose the ability to have friendships and relationships.

Steppin' Out Radio - Weekly Ascertainments

Sunday, October 31, 2016

6:00 AM - 7:00 AM

"Best of" Show (1 Hour)

Ever wonder what goes on inside those "12 Step" Meetings? While taking psychology courses in graduate school, broadcast executive Denise McIntee observed 12 Step Meetings as part of her coursework. She grew fascinated by these openly secretive gatherings; the stories told were far more compelling, scary, funny, and real than anything she ever heard on radio, television or anywhere else! She began to produce recorded and live programs featuring people in recovery willing to share not only the success of their sobriety, but the insanity and suffering that drove them to seek help in the first place.

Since 1999, the program has been distributed throughout the United States on terrestrial radio and elsewhere through digital means. A special version of the program is proudly produced exclusively for American Forces Radio and is heard on all U.S. military installations and ships at sea around the globe. It's grown beyond a simple radio program; it's become a recognized brand of entertaining information for those in recovery, seeking recovery, or merely desiring to be inspired and transformed by true stories of human beings overcoming adversity.

Steppin' Out Radio - Weekly Ascertainments

Sunday, November 6, 2016

6:00 AM - 7:00 AM

Father Roger (1 Hour)

Priest, Retreat Master, Author, Actor, Playwright and Sinner! Father Roger tells us his intriguing story of addiction and recovery. Roger says, "By the age of 3 years old I needed to go on the wagon. If they had Kiddie AA I would have qualified!" Roger's first real moment of clarity, after years of abusing alcohol, happens as he comes out of a blackout, standing on the ledge of the Brooklyn Bridge, ready to jump. After getting himself down off the cables, he ran looking for an AA meeting. From there all sorts of remarkable things have happened – most of which is being sober for 15 years and having the ability and the desire to help other people.

Steppin' Out Radio - Weekly Ascertainments**Sunday, November 12, 2016**

6:00 AM - 7:00 AM

Actor Lou Gossett, Jr. (30 Minutes)

In his work as well as his life, acclaimed actor and activist Lou Gossett, Jr. has labored to bring people of all races together. Roots, of course was one of America's great history lessons, informing the civil rights struggle with the profound sense of the inequality that was being corrected. In 1971, he and James Garner teamed in one of the first buddy films bridging the racial divide. As two con men gaming the practice of slaveholding before Emancipation, they created a comedy which deeply underlined common humanity. His teaming with Dennis Quaid in the remarkable Enemy Mine was a two performer drama exploring racial distrust in the metaphor of creatures from two different species trapped together on a dangerous planet.

Dr Gerald Fishkin (15 Minutes)

Years of clinical practice and extensive research provided the background for The Science of Shame. Dr. Gerald Fishkin earned his Ph.D. in clinical psychology, and has been in private practice since 1970. He has authored three other books including American Dream, American Burnout: How to Cope When It All Gets to Be Too Much, Police Burnout, and Firefighter and Paramedic Burnout. An expert in clinical and forensic hypnosis, Dr. Fishkin has worked with witnesses of violent crimes in scene reconstruction as well as aided in suspect identification. Fishkin has appeared on hundreds of nationally syndicated radio and television shows.

Greg Fitzsimmons (15 Minutes)

Greg Fitzsimmons is a stand-up comedian and television writer/producer. A regular guest on The Howard Stern Show, Chelsea Lately, The Adam Carolla Show, and The Joe Rogan Experience. His 2011 book, Dear Mrs. Fitzsimmons received critical praise from NPR and Vanity Fair. But Greg is also an addict who had found recovery early on in life. He discusses his addiction and recovery in his book.

Steppin' Out Radio - Weekly Ascertainments
Sunday, November 20, 2016

Sexual Recovery Anonymous (30 Minutes)

Tim is recovering from addiction to sex. He can look back at his family and see the genesis of his addiction, noticing his father (who had alcohol and rage issues) was notorious for having extra-marital affairs. Tim's mother had "poor boundaries" with regard to how she dressed around him as a young child. Following his parents' divorce, his mother would insist on being sexually explicit with him while he was a teenager. Tim would find his hormones in overdrive, even leaving high school classes to self-please himself in the high school boy's room.

Dan begins by admitting to be a sex addict. He would seek sex from prostitutes in New York City four nights a week. He never had to worry about money, as Dan could hold down a job and keep enough money to spend on sex workers. Looking back, he could see he existed mostly in an altered state; Dan got a high from seeking out a prostitute that would fit his fancy. And he was married. One day he wondered if he could go without buying sex, and though he tried, he could not.

Alcohol Addiction (30 Minutes)

Like many who now identify as an alcoholic, Dean insists he grew up in a "normal" family in the New Jersey suburbs. His first drinks came in his early teens, sneaking drinks from the parents liquor cabinet. But one day, while working as a dishwasher in a local restaurant, Dean stole a case of wine which he kept hidden in his bedroom closet. He would sneak out and hike far into the woods in order to drink. By 19, Dean became a daily drinker and by 21 Dean drank himself into a two-and-a-half month-long blackout.

LaRoco is celebrating four years sobriety at the age of 31. She recalls a great childhood, growing up in Brooklyn, N.Y., and can't remember ever being a "problem child." But in college, LaRoco says she began to get "loopy." She rarely ever drank as a teenager and a true fear of drugs. But after graduating college, life for her started to become difficult both in trying to find work and attempting to find love. A weird expedition around the world exposed LaRoco to drugs, alcohol and the escape it appears to provide. While she could agree it was a poor decision, she also felt she was willing to be destroyed by the substance abuse.

Steppin' Out Radio - Weekly Ascertainments**Sunday, November 27, 2016**

6:00 AM - 7:00 AM

Crystal Meth Addiction (30 Minutes)

Guy is a Crystal Meth addict who began his addiction while in recovery from alcoholism. He says the two are completely different. He had been close to eleven years sober from alcohol, but he first thought of meth as an innocuous substance, not realizing how dangerous and devastating meth could be. Like many, he took meth as a club drug and he found it made him incredibly hypersexual. But it also made him detached from people even himself, forgetting about hygiene and employment.

John worked as a senior editor in New York City, but Crystal Meth forced him to walk away from his well-paying job only to wind up on public assistance. Going to work took a back seat to securing money and a drug deal for the day. John's drug use began later in life, almost as if a mid-life crisis, feeling he never tried things he should have done in his youth. And so his life became focused on getting high and engaging drug-fueled dangerous sex. He burned through his cash, his savings and his retirement funds.

Debt Addiction (30 Minutes)

Wendy woke up one day to find herself in more than \$19,000 in debt, months behind in rent, and reliable on her parents generosity to pay for her most basic needs. She began her adulthood in New York, surrounded by a city which he feels promised affluence and success, but she often sought jobs which paid little and credit cards which loaned too much too easily. Her life was unbearable come the first of each month, but she felt entitled to buy things she couldn't afford on credit. Wendy's eye-opening moment came when asking her parents again for money, and they told her she was draining their retirement assets.

Roy is a compulsive debtor and under-earner. His first debts were incurred during his childhood, as he would borrow a couple of dollars from his parents who never required him to repay these "loans" to their child. And he now thinks that's how his bad relationship with money began. But things got worse after the terrorist attacks of September 11, 2001. He worked freelance, for the most part, and after 9/11, in New York City, many of his accounts payable that he neglected collecting form went bankrupt and he soon found himself without income and behind on the rent.

Steppin' Out Radio - Weekly Ascertainments

Sunday, December 04, 2016

6:00 AM - 7:00 AM

Alcohol Addiction & Family of Alcoholics (1 Hour)

Andrew is another member of the “Double Winners” – people who achieved sobriety through both Alcoholics Anonymous and Al-Anon. He comes from a divorce family, and was shuffled between both parents who made their dislike for one another very apparent to the children. Andrew notes his father is a psychiatrist. He blames that for his inability to feel comfortable among peers, unless he was drinking. By his own account, he was a “buzzing, emotional mess.” At age 15, Andrew’s drinking had lead drug use, dropping out of school, getting kicked out the house and getting in trouble with the law.

John is part of a special group of folks in recovery who like to refer to themselves as “Double Winners.” The title acknowledges that no only are they addicts, but their addictions were affected by the addictions of others. John is both a recovering alcoholic, and seeks support from Al-Anon, the fellowship aimed at helping family members of alcoholics. His family suffered divorce when he was young, and growing up John never felt a part of any group. But alcohol made him feel connected to peers. But even in his younger years, he began having late-stage alcoholism symptoms; liver failure, limb numbness, etc.

Steppin' Out Radio - Weekly Ascertainments**Sunday, December 11, 2016**

6:00 AM - 7:00 AM

Crystal Meth Addiction (30 Minutes)

Mike is a recovering alcoholic who while enjoying sobriety tried crystal meth for the first time at a party. At the very beginning, Mike loved meth; it allowed him to stay up longer, have more fun, push his creative output more, etc. But in six months, it all turned horrible for Mike; he tried smoking the eth instead of snorting it. He says the drug's potency increased in multiples; and soon he found himself forgoing work and every other responsibility. He would combine his meth use with marijuana and club/sex drugs like ecstasy. Within two years, he was unemployed and unemployable.

Lee can never remember a time in which he felt as if he fit in. Growing up a gay male in a Southern Baptist family & town, he could not be comfortable. But one day at age 17, he had his first drink. And Lee thinks that first drink, which lead to an increased comfort and confidence, would lead to his use of Crystal Meth. His regular dealer would teach him to smoke the drug, which turned his world upside down and into hell. From that point on, he became the typical junkie; Lee couldn't hold a job.

Family of Alcoholics (30 Minutes)

John is an Al-Anon member, who found he could not be stable in relationships. After time spent in therapy, his counselor suggested he seek solace in the fellowship, considering both his parents were alcoholics who themselves were undiagnosed but who were also abusive towards him; John's father physically abused him, but his own mother sexually abused him. From this, he adopted a mantra that all people were not to be trusted.

Alex is a returnee, who has come to discuss his experience with yet another 12-step fellowship of which he is a part. Among the others, Alex is a member of Al-Anon, which has helped explore his troubles with relationships due to family issues which he feels jumpstarted his addictive behaviors. Growing up a gay male in the Midwest was difficult, but a preteen, however, he was incestuously raped by a male cousin. Alex would spend much of his early adulthood seeking acceptance in relationships that often were unhealthy.

Steppin' Out Radio - Weekly Ascertainments
Sunday, December 18, 2016

Sex Addiction (1 Hour)

Barbara is addicted to sex and love, and she shares her story in hopes others can begin to understand the difference between normal sex, love and romance, and those who use them as a “drug of no choice.” Barbara asserts that much of this stems from a need to be approved and accepted. Her own issues began in childhood, with a mother preoccupied with sex. Barbara was encouraged by her mother to have sex often as a teenager, under the guise that unless she was having sex, people wouldn’t like her. But when her mother passed away, she would engage in sex with numerous men, often strangers, in hopes of filling voids.

Dave is a sex and love addict. He spent most of his life wondering how he became this way, in fact he still isn’t sure. He grew up in an upper-middle class home in a family of high achievers. His parents and siblings were very loving. There was no outright abuse. But Dave’s father was very success-oriented, and there was a lot of pressure to perform to high expectations both in school and life. And because of that, he found father was putting himself in control of Dave’s life. He’s not sure why or how that might have translated to his adult dating life, but Dave says he has problems finding partners with whom he feels he could have loving relationships.

Steppin' Out Radio - Weekly Ascertainments

Sunday, December 25, 2016

6:00 AM - 7:00 AM

Young People in Recovery (1 Hour)

Pete is an alcoholic who had his first drink at age 13. Despite being a child of alcoholics in recovery, who grew up surrounded by the precepts of the “the program” he still became one himself. His drinking was relentless, to the point he viewed it as a spiritual experience. He couldn’t identify with other kids in school, and was increasingly alone and self-conscious. On an overseas trip with older students, he got drunk in order to please everyone with him. He would find himself kicked out of school and unwilling to stop drinking.

Jennifer didn’t begin drinking until 18 years of age. She comes from a family drinkers, and while she never drank, she now knows she was a “dry drunk” – an alcoholic who wasn’t drinking, even though she had never tasted alcohol. Her high school years were spent in depressive hazes and so therapists, which sent her brain into a tizzy, medicated her. Her first drinking experiences, however, came while Jennifer was in college.

Josh ended his drinking at age 15. But his first drink was at age 8 or 9, when he and other kids discovered a stash of alcohol in their church basement. He loved it from the very first taste. He was able to acquire alcohol, despite being so young, and because of his drinking, his life began to disappear. Josh couldn’t be sober for piano lessons or little league. Heading into middle school, he was known as the kid who was constantly intoxicated. His parents, while aware, were powerless.

Growing up in South America, Anna was often offered tastes of alcohol at family gatherings when she was a small child, but even then she knew she wanted to drink. At age 13, she was able to buy a bottle of something and she drank to the point she was drunk, much to her friends’ amusement. Her father, an admitted alcoholic, noticed the same in his young daughter. Anna spent her high school years fighting with her parents, who tried their best to stop her from drinking.