

STEPPIN' OUT RADIO

2018 2nd QUARTER ASCERTAINMENT REPORT

Serves the local community by bringing stories of substance abuse and recovery to the airwaves. 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 a support group process 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** - People with addiction issues 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 citizens 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 debt 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

April 1, 2018

7am-7am

National Association of Children of Alcoholics

The people hurt most by alcohol and drugs don't even use them; they are the children of addicted parents. NACoA believes that none of these vulnerable children should grow up in isolation and without support and works to bring hope and help to them. NACoA is the national nonprofit membership and affiliate organization working on behalf of children of alcohol and drug dependent parents. Its mission is to eliminate the adverse impact of alcohol and drug use on children and families. In a word, NACoA helps kids that are hurt by parental alcohol and drug use. NACoA Program Director Mary Beth Collins discusses why this group plays such a vital mission in the fight against addiction.

April 8, 2018

6am-7am

Ruth Pointer

Few musical acts have seen the extreme highs and lows of the Pointer Sisters. From their humble beginnings in West Oakland to the center of the pop music scene, they've endured more than 40 years under the harsh heat of the media spotlight. Their music entertained and brought joy to millions of fans around the world, but for Ruth Pointer, the journey wasn't always a happy one. In *Still So Excited!: My Life as a Pointer Sister* Ruth opens up for the first time about the troubling stories behind the music, the cocaine-dusted road of fame, and how she finally reached sobriety through a near-death experience.

John Incledon

John is a high-level strategist with tremendous passion for the business and an instinct to minimize the investment necessary to gain essential knowledge for evaluating future opportunities. His broad background in marketing, new product development, P&L management, team building, global commercialization, sales, in-licensing, and acquisitions/divestitures has enabled him to proactively run complex business models. His latest company is dedicated to finding people remedies for pain without the need for addictive opioid painkillers

April 15, 2018

6am-7am

Brian Bailys - Ascent.org

“My name is Brian Bailys and I am a person in recovery. My last experience in treatment had a dramatic impact on my life. By way of background I started my career in public accounting and for the last 20 years have focused on consulting for high net worth individuals and early stage private equity. I was diagnosed with severe depression and alcoholism and was placed in a co-occurring disorder partial hospitalization program with 7 other people. I was in pretty bad shape but those 7 people helped breathe life back into me. Those people were socio-economically different than me but we were very much the same. Unfortunately, 6 of the 7 relapsed within 90 days.”

April 22, 2018

6am-7am

Nicotine Addiction

Laurie is what most people would call a smoker, but in reality she is a Nicotine Addict. She first started smoking as a teenager, feeling that she was enjoying the taste and how it approved her social appearance. She first tried to stop smoking when she became pregnant with her first child, and was amazed at how difficult it was to stop using cigarettes. Throughout her adult life, she has quit cigarettes four times, meaning she stopped smoking for at least six months. But each time she would try to have “just one” cigarettes, she found she would resume her regular use.

Vic admits to being a Nicotine Addict. His use of cigarettes started at ten years of age, when he and a friend took his friend’s mother’s Camels she left in her pocketbook. Throughout his childhood, he and friends would often meet in the woods, away from parents, and share whatever cigarettes they could find. His desire to smoke a cigarette took him to taking used cigarettes off the street, and even to stealing them from the store, all because he was underage and had no money.

April 29, 2018

5am-6am

Dr. Peter Grinspoon

On a frigid February afternoon in 2005, Dr. Peter Grinspoon — a Harvard-trained medical doctor with a thriving practice — walked into his office to find a DEA agent and a Massachusetts state police officer waiting for him. Thanks to a tip from a sharp-eyed pharmacist, the officers had evidence Grinspoon had been writing Vicodin prescriptions for his own use in the name of a former nanny who had long since returned to New Zealand. They informed Grinspoon he would be charged with three felony counts of fraudulently obtaining a controlled substance. After years of writing bad prescriptions, sharing pills with patients, and raiding supply closets, Grinspoon had been caught, and his addiction exposed. The following morning, Grinspoon drove to police headquarters where he was booked and fingerprinted. How did a respected doctor who seemed to have it all — a successful practice, adoring patients, top academic credentials, two great children and a lovely wife — end up here?

May 6, 2018

5am-6am

Bobby Rydell

More than a half century since his reign as the Justin Bieber of the “Camelot” era, reviewers unanimously agree that multi-talented entertainer Bobby Rydell has told one hell of a story with today’s release of his compelling new autobiography, *Teen Idol on the Rocks: A Tale of Second Chances*. From his vivid childhood on the fabled mid-20th-century streets of South Philadelphia through his more recent battles with alcoholism, and his lifesaving double-transplant surgery (he shares a liver with an eight-year-old girl), Rydell “has unbelievable stories to tell, and he’s sharing the good, the bad, and the fascinating,” says *Parade* magazine. The *Huffington Post* adds: *Teen Idol on the Rocks* is “pure rock n’ roll nostalgia with a big dose of personal memories that will tear your heart out. . . . another reason to embrace him even more!”

Weight Loss

Thin From Within delves into the root causes of temptation and reveals why diets, alone, don’t work. To lose weight and keep it off, you’ve got to retrain your brain. The book, packed full of great information, also provides advice, exercises and questions to help the reader self-coach to control cravings and break the cycle of self-sabotage. *Thin From Within* includes innovative Self-Coaching tips, fresh ideas, informative and fun quizzes, along with a no-nonsense premise that not only makes sense, but gets to the nuts and bolts of lifelong weight mastery. Dr. Joe Luciani has been a practicing clinical psychologist for more than 35 years. He’s the internationally best-selling author of the “Self-Coaching” series of books, published in ten languages.

May 13, 2018

5am-6am

Jeff Wincott

Actor Jeff Wincott has appeared in 30 movies, 150 appearances on television and the lead in the award winning TV series *Night Heat*. Currently, Jeff can be seen in the Netflix series *The Lizzie Borden Chronicles* and this summer as Detective Lucas in the HBO miniseries *The Night Of* starring John Turturro. He just made his directorial debut with the short film *Behind Bars*. It’s a dramatic look at the pitfalls of addiction and has been officially selected for 3 film festivals. Up next, he is directing the indie feature film *Changing Charlie* which is currently on IndieGoGo.

Dr. Gerald Fishkin

Years of clinical practice and extensive research provided the background for *The Science of Shame*. Dr. 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.

May 20, 2018

5am-6am

Overeating/Food Addiction

Jill's life focused daily on how much she felt she should or should not be eating, and how her diet would affect her body size. She would worry constantly that if she ate just a bit too much at one meal, she would get fat; she would refrain from eating for the rest of the day. Jill thinks it started in childhood, when her very trim grandmother would make comments to her about her weight. Because of that Jill, would sneak junk food out of shame. As she grew into her teens, she would eat secretly, praying nobody would see her.

May 27, 2018

5am-6am

Stacy McKinney & Dr. Timothy Huckaby

Dr. Huckaby has spent his career helping people in times of crisis, providing both expert care and compassion. He is passionate in his belief that addictions are treatable diseases and that addiction experts must carry this message to all patients and physicians, and lead the way with continued innovations that make real differences in patients' lives. Stacy McKinney is a commercial lines marketing executive at a large insurance agency in Dallas, TX. She is a wife, mother, motivator, owner of 7 amazing dogs and 4-time Ironman. She has been sober since May 17, 2015.