

STEPPIN' OUT RADIO QUARTERLY ASCERTAINMENT REPORT

3RD Quarter 2015

Serves the local community by bringing a weekly meeting to the airwaves. Millions of people in America struggle with substance abuse. 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 - The 12 Step Radio Show, brings that 12 Step process to the airwaves. Real people share true stories of substance abuse and recovery.

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, hope, 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 substance abuse 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** - Substance abuse drains 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 stores 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 overcame 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.

June 4, 2015 6am – 7am

Crystal Meth Addiction (1 Hour)

Tim's life revolved around getting high using Crystal Meth. While he's sober now through a meth addiction fellowship, he remembers his early life now as chasing highs, no matter what. He sampled alcohol and loved it. He later tried narcotics and loved it more, but it also made him incredibly volatile and violent, even sending a girlfriend to the hospital because he threw her off high set of gym bleachers. He spent his twenties, however, not using drugs. But as he got older and had trouble finding success in his love life, he sampled meth. Soon, he was reveling in the extreme energy and sexual appetite meth provided at first.

June 11, 2015 6am – 7am

Alcohol and Family Issues (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.

June 18, 2015 6am –7am

Alcohol Addiction (1 Hour)

Born in Europe, Reva's childhood was an unhappy one, and depression set in so badly she tried taking her own life at age 13 by swallowing 100 aspirins. She survived her suicide attempt, but upon waking from a deep sleep she learned nobody in her family noticed she had tried to kill herself. But it wasn't until she turned 21 while in New York City for college that she started drinking. Instead of class, she was at a bar – any bar. The booze helped quell her anxiety. Sobriety came later, and only with the clarity that came from controlling her disease did she realize her own mother was also an alcoholic.

Raymond is an alcoholic and an addict. Growing up in with an alcoholic mother in Brooklyn, he now knows it was booze which killed his mom. As a child, he would sneak drinks but his true drinking began at age 14 when sneaking out with friends. His drinking persisted from that moment on. His drinking took over his life to the point he twice attempted suicide. Raymond would wind up in psychiatric care at New York's Bellvue Hospital, where a nurse told him that he wasn't mentally ill, but that he drank too much.

June 25, 2015 2015 6am –7am

Alcohol, Drugs (1 Hour)

Justin Daniels, founder and CEO of Clarity Way Rehabilitation Center, is also the author of the book *No More Vodka In My Orange Juice*. But like every story from every addicted person, Justin's disease began in childhood. He knows now he was raised by parents and a family wrought with mental disease. He also grew up in the horse spot industry, and while traveling the country and competing at the age of 10, he had his first drink compliments of the farmhands that worked each event. He found the alcohol provided a comfort and nurturing his parents failed to provide him. Justin thinks that feeling, along with having a "hijacked brain" – a mental disposition to addiction is what began his long life spent battling substance abuse. Alcohol lead to prescription pill abuse very quickly. Growing up, and getting married and having children didn't dissuade his drinking and drug use. His job kept him traveling and he found excuses to stay on the road so he could drink more and not have to be present for his kids and wife. But a moment of clarity came for him when he realized he had to bargain with his wife to have only two drinks at a party.

August 1, 2015 6am – 7am

Alcohol and Food Addiction (1 Hour)

Pat was a food addict in recovery when she began drinking. She spent most of her life overweight and having a severe addiction to food. She learned to use food to feel comfort whenever she felt rejected or guilty. Pat ate until she was sick for the better part of 20 years, withdrawing from the world and gaining well over a hundred pounds. After seeking bariatric surgery, Pat lost the weight but would later learn she never resolved the reasons why she ate. Through the course of normal celebrations, Pat would drink alcohol; but a post-gastric bypass patient, alcohol's affects would hit her much faster and harder than a normal person or even a regular alcoholic. The alcohol, at first, gave her the same comfort and high as the food did before.

August 8, 2015 6am – 7am

Alcohol Addiction (1 Hour)

Author and Public Speaker Allan McDougall takes you into the life of an alcoholic with unforgiving detail. It leads you down the tortured path that brought him to the brink of suicide by alcohol and back from that hell into the light of a productive life again. McDougall's book, *Breaking Through: Discovering the Riches Within*, is the memoir of a hard life, yet one that, more than 20 years after Allan's critical moment on the brink, continues to be fully redeemed. "My intention", says Allan "is never to see through people but to see people through. This book is a dream I have carried with me for twenty-four years." He lives these words daily as head of the United Steelworkers Union's Emergency Response Team, reaching out as a crisis counselor to the families of workers killed on the job. "Every day for 22 years I went thousands of feet under the ground and fought Mother Earth in sweltering heat for her mineral wealth. But, however far inside the earth I went, the riches I discovered when I went deep within myself, the 18 inches from my head to my heart, have proven much more valuable. Those 18 inches were the hardest distance I have ever travelled, yet, after more than twenty years, I am still mining that vein, and I am convinced that it is a bottomless source of personal riches." Many is the book we can't put down, but rare is the story we take with us. *Breaking Through* is such a story.

August 15, 2015 6am – 7am

:30 Minutes

Bill drank for thirty years, coming from a long line of dysfunctional alcoholics of a heritage Southern family. Often his family found themselves in precarious situations due to alcohol, including his grandfather being killed. In his teens, Bill's family encouraged him to drink. He liked beer, but loved bourbon. Bill was helped in his drinking by being the son of the local judge; his antics were easily dismissed and he was not held accountable for drunken driving. By age 25, he moved to New York with hopes of becoming an actor, but his drinking made it impossible.

:30 Minutes

Don was raised in the south, in an alcohol-free family. He thinks now his inexperience with alcohol caused it to have an allure, and so he sought the experiences as often as he could. He would make up alternate personalities for himself while he was drunk so he can experience different lives. But his drinking worsened, as he chased the feelings he felt. He soon ended any drinking for socialization, just only to get drunk. He would drive drunk, singing and talking to himself circling freeways.

August 22, 2015 6am – 7am

Overeating (1 Hour)

Paul was the “fat boy” in the military. He had hoped that by joining the service he would be battling America’s foes, but as he had been doing his whole life, he was battling the extra pounds; the extraneous weight he gained out of his insecurity. He was the soldier who stuffed lunch meat in his pockets. The shame would lead him to try wiring his jaw shut to hopefully stop eating.

Always referred to as “large”, Carol knew she had an eating disorder at a very young age. When she lived on her own, she would go shopping on Friday night and buy huge gallons of ice cream, cookies, sandwiches, soda, and chips. She would “gorge” on all of the food, and then take laxatives all weekend long. On Monday, she would go back to eating lettuce and tuna. She knew she had to stop, but how could she? Food was her lover and best friend, and it meant everything to her.

September 5, 2015 6am – 7am

Food Addiction, Overeating (1 Hour)

Lindsey is a compulsive overeater, but he never knew it. Looking back, he can honestly say he's been a compulsive overeater his whole life. Lindsey remembers, as a child, being sent to the grocery store to fetch food for family brunches and snacking while at the store before coming back home and eating a full meal. By age thirteen, Lindsey weighed 200lbs. His size resulted in him being bullied by other kids. Depression followed, which lead to more eating and more weight gain.

Before Raquel entered a twelve-step fellowship for compulsive eaters, she'd eat anything. Upon entering her fellowship, she weighed in excess of 200 lbs and on her small frame. She knows now she abused certain foods; like dairy, flour and sugar. If she were to eat cheese, she could polish off pounds of cheese on her own. As a child, her sisters remained thin while she would wear a size 15 dress even at ten or eleven.

September 12, 2015 6am – 7am

Addiction Advocacy (1 Hour)

Filmmaker Greg Williams returns to discuss a planned rally in Washington, D.C., called *Unite to Face Addiction* which aims to gather people in recovery and their supporters in mass numbers, in hopes of putting a real face on the global issue of addiction and the stigma attached to it which often prevents people from seeking help or helping others. Greg recounts his own story, abusing alcohol and drugs as a teenager. In retrospect, he knows now he drank and used drugs in order to feel better about himself, whereas he often felt outcast and isolated. He wouldn't seek true sobriety until later in his teen years when crashed his car into a tree, escaping within an inch of his life. As a young adult, Greg produced an independent documentary aimed at highlighting the people who go through life in recovery, who too often are resigned to anonymity.

Jim Jensen began his career as a salesman with *Encyclopaedia Britannica* in his senior year of college. Within seven years he had become International Sales Manager in charge of worldwide sales. At the age of 28, he became Senior Vice President and CEO of Great Books of the Western World, a division of *Encyclopaedia Britannica*. In this same year (1969) Jim and his wife, Jeri, attended a 4 day seminar that would have an incredible impact on his life forever. As is written in the Introduction, Jim became both a voracious student and, ultimately, teacher of many of the principles written in his book, *7 KEYS To Unlock Your Full Potential*.

September 19, 2015 6am –76am

Nicotine Addiction (1 Hour)

Laurie, by any other name, would be considered a “smoker” but she is, in fact, a “nicotine addict.” She began “smoking” or using cigarettes late in her teens, thinking it was a sign of her maturity and independence, and believe she could stop using cigarettes whenever she chose. And so she chose to stop smoking when she became pregnant with her first child. But to Laurie's surprise, she could not any real length of time without smoking a cigarette. She attempted to find help “quitting” but found she couldn't and kept smoking through her pregnancy. Over the years, she would find gumption enough to try and stop, at times lasting six months or more. But only did her last “quit” come with the air of a twelve-step program.

Vic's first cigarette was smoked at age ten. He and his friend Billy snatched two Camels from his mom's purse. He remembers simply liking it; he knew nothing of inhaling, it didn't make him sick, but there was something exciting about it. Soon, Vic and his friends were bumming and even stealing cigarettes, one at a time, to share and smoke. And he never got caught. Growing up, like other kids, he got a job and he would spend his money, behind his parents back, on cigarettes. At this point, in the 1940's, smoking was glorified; between advertising and movies, smoking cigarettes was considered a mark of adulthood and social acceptance. While nobody made fun of him for smoking, he was scared people would poke fun at him if he did not smoke.

September 26, 2015 6am – 7am

Nicotine Addiction (1 Hour)

Bill is a nicotine addict, a former smoker who has quit. He didn't grow up in a smoking family, but ever since he was young, Bill always felt like an outsider, awkward and different from the other kids. He was elated the day the “cool kids” in school invited him to have a cigarette with them. He now knows that nicotine provided him with a false feeling of fixing all his problems. From that young moment, he was a smoker. By the time he quit for good, much later in life, he was smoking four packs a day.

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