

**QUARTERLY ISSUES AND PROGRAMS REPORT**

**FOR**

**KRLD-FM**

**3<sup>rd</sup> QUARTER, 2013**  
**(July 1 – September 30)**

Prepared by:

**Lauri Dodd**

**Public Affairs Director**

**Issues of Concern to Dallas / Fort Worth  
Addressed in Responsive Programming in the  
3<sup>rd</sup> Quarter, 2013**

1. **Veterans' Issues**                      Highlighting the generous commitment made by the men and women in our armed forces and how we can help them transition back into life at home
  
2. **Business Development Issues**                      Discussion about the challenges facing a society working hard to survive and thrive, including ways we can all work together to create new business opportunities
  
3. **Health and Wellness Issues**                      Covers mental as well as physical wellness issues, and the importance of prevention in healthcare, also addresses need to be proactive to protect overall health of society
  
4. **Overcoming Adversity**                      Discussion about ways people can learn to become more self-reliant in a time when fewer resources are available for public assistance, including motivation and inspiration to help others by giving a hand up—not a hand out
  
5. **Financial Literacy Issues**                      Creative strategies for business success, financial advice and tips to become more attractive in a fast-changing economic market
  
6. **Philanthropic Issues**                      Addresses issues relating to volunteerism, activism, and groups that need a helping hand to provide services for others throughout the community
  
7. **Domestic Violence Issues**                      Raising awareness of violence in our society and ways to break the cycle, as well as efforts to improve the lives of those who abuse drugs and alcohol
  
8. **Positive Role Modeling**                      Meeting the needs of youth and fragile populations to help them overcome challenges such as societal adversity, abusive situations or poverty so that they can rise above, become productive and help others in turn
  
9. **Minority and Women's Issues**                      Discussion about the challenges facing women and minorities in trying to get a leg up in society, including services available to help these unique populations, and opportunities for volunteerism
  
10. **Personal Responsibility Issues**                      Personal empowerment and improvement techniques for moving forward past adversity to achieve success, and thrive personally and professionally

**KRLD-FM Programs That Address Community Issues  
3<sup>rd</sup> Quarter, 2013**

**Public Affairs Program**

**Schedule and Description**

**Better Living**

Sundays, 6:00-7:00 a.m. Produced by Lauri Dodd, this show addresses issues of local and national concern by speaking with authors, local leaders, activists and volunteers about thought-provoking ways to make life better for people everywhere.

**Most Significant Issue-Responsive Programming**  
**3<sup>rd</sup> Quarter, 2013**  
**(July 1 through September 30)**

**ISSUE: Veterans' Issues**

Better Living  
July 14, 2013  
6-6:30am  
30 minutes of a 60-minute program

There has been a lot of discussion about manifesting your own positive destiny, but author Marc Allen thinks that most advice in that area doesn't go far enough. Yes, financial and career success is important, but to be successful in life, you need to focus on what's truly important. Allen helps people reprioritize so they can live a life of fulfillment and inner peace. (See also: Business Development Issues, Health and Wellness Issues, and Personal Responsibility Issues)

Better Living  
July 14, 2013  
6:30-7am  
30 minutes of a 60-minute program

We talk so much these days about achieving balance in life that it has almost become cliché. Some say that it may even be an impossible task. And yet, still we strive to attain it. Dr. John Izzo has spent years interviewing people who profess to be truly happy, balanced and fulfilled. And he has asked them their secret to success in these areas. He compiled their answers in his new book, *The 5 Secrets You Must Know Before You Die*, so that we may share in their wisdom. These people have been able to tap into an inner peace with themselves that has emanated to others throughout the world through their works, deeds and dealings with their family and friends over time. (See also: Overcoming Adversity, Financial Literacy Issues, and Positive Role Modeling)

Better Living  
July 28, 2013  
6-6:30am  
30 minutes of a 60-minute program

Unfortunately, stress is a factor in all our lives. It affects our health and wealth, and Dr. Gregory Jantz, PhD is working to help people cope. He got tired of seeing people of all ages in his psychology practice that were stressed out, with no coping mechanisms to help them improve. His book *Overcoming Anxiety, Worry and Fear* has gone a long way to give people the tools they need to let go—and to experience greater happiness in their lives.

(See also: Health and Wellness Issues, Overcoming Adversity, Financial Literacy Issues, Philanthropic Issues, Domestic Violence issues, Positive Role Modeling, Minority and Women's Issues, and Personal Responsibility Issues)

Better Living

August 25, 2013

6-6:30am

30 minutes of a 60-minute program

Even though he had a happy childhood, in his early adulthood, Robert Mack was suicidal. He realized that depression can strike anyone at any time. Thankfully, he worked through his emotional troubles and gained a better understanding of what he wanted to accomplish in his life. He gained perspective and purpose and now reaches out to help others work to find true happiness for themselves. (See also: Health and Wellness Issues, Overcoming Adversity, Domestic Violence, and Minority and Women's Issues)

Better Living

September 8, 2013

6:30-7am

30 minutes of a 60-minute program

Discussion of anything mental illness-related is still taboo in today's society. That's surprising, taking into account the staggering numbers of people affected by mental illness. As someone who has survived depression and mental illness, Ann Kochenberger has an interesting story. She reaches out to others to offer guidance and hope to weather the storm. (See also: Health and Wellness Issues, and Overcoming Adversity)

**Most Significant Issue-Responsive Programming**  
**3<sup>rd</sup> Quarter, 2013**  
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**ISSUE: Business Development Issues**

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6-6:30am  
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Better Living  
July 21, 2013  
6:30-7am  
30 minutes of a 60 minute program

Our guest in this segment, Dawna Markova, PhD and author of *Spot of Grace*, discusses how we can make a big difference with the little things we do every day and it pays back big dividends. Contrary to popular belief, it doesn't take a huge effort to make an impact on a grand scale. You can significantly affect people's lives by being kind, giving freely of your time, and other little things that add up over time. (See also: Health and Wellness Issues, Overcoming Adversity, Domestic Violence, and Personal Responsibility Issues)

Better Living  
September 1, 2013  
6-6:30am  
30 minutes of a 60-minute program

In his former life, Mark Susnow was a successful attorney, until he realized that just wasn't cutting it for him anymore. He wanted a change and branched out and made it happen for himself. Now he works to help others find their true passion and achieve their goals, despite sometimes insurmountable odds. (See also: Financial Literacy Issues, Minority and Women's Issues, and Personal Responsibility Issues)

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**3<sup>rd</sup> Quarter, 2013**  
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**ISSUE: Health and Wellness Issues**

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Better Living

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Although we have made great strides in recent years to battle the obesity problem that has neared epidemic proportions in the U.S., we still have a way to go. As a trained cardiologist, Dr. Pamela Smith, MD was seeing hundreds of patients every year develop complications from their obesity, so she decided to do something about it. Through seminars and her book, *Why You Can't Lose Weight*, she now works with people across the nation to create healthier lives—by helping them learn what plagues them and getting to the root cause of each individual's overweight issue. (See also: Overcoming Adversity, Positive Role Modeling, and Personal Responsibility Issues)

Better Living  
August 4, 2013  
6-6:30am  
30 minutes of a 60-minute program

Dr. Bradley Nelson has been a doctor of chiropractic medicine for many years and has seen countless numbers of patients suffer from unexplained illness and conditions. Over time, he began to develop a theory that our external suffering was largely a symptom of unresolved internal issues, and he devised a method to help people heal. His book, *The Emotion Code*, details ways to overcome problems of the past and move forward to a brighter, healthier tomorrow. (See also: Overcoming Adversity, Financial Literacy Issues, and Positive Role Modeling)

Better Living  
August 25, 2013  
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Better Living  
September 1, 2013  
6:30-7am  
30 minutes of a 60-minute program

In today's unstable economy, job layoffs, mortgage foreclosures, and general



uncertainty are a way of life. Claudine Struck's book, *How to Stay Sane When Life Isn't*, reaches out to guide people down a different path. She has especially poignant advice on tackling and overcoming stress in our lives. If left unchecked, stress can cause emotional and even physical illness. Struck's body, mind, spirit approach has helped thousands achieve peace over the years. (See also: Overcoming Adversity)

Better Living  
September 8, 2013  
6:30-7am  
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Better Living  
September 22, 2013  
6-6:30am  
30 minutes of a 60-minute program

Drug abuse is still a huge problem in our society, and it's only getting worse. Dr. Vincent Eletto, MD has been an ER doctor for the past three decades, and he has seen a difference in the types of drugs that young people abuse. These days, instead of typical street drugs, more and more young people are starting to abuse prescription drugs. They are easier to obtain, for the most part. A lot of times, unsuspecting parents are unwilling participants in these schemes. And it can have a deadly result. Dr. Eletto is working to raise awareness to help combat the problem. (See also: Philanthropic Issues)

**Most Significant Issue-Responsive Programming**  
**3<sup>rd</sup> Quarter, 2013**  
**(July 1 through September 30)**

**ISSUE:           Overcoming Adversity**

Better Living  
July 14, 2013  
6:30-7am  
30 minutes of a 60-minute program

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*Overcoming Anxiety, Worry and Fear* has gone a long way to give people the tools they need to let go—and to experience greater happiness in their lives. (See also: Health and Wellness Issues, Veterans' Issues, Financial Literacy Issues, Philanthropic Issues, Domestic Violence issues, Positive Role Modeling, Minority and Women's Issues, and Personal Responsibility Issues)

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Better Living

August 4, 2013

6-6:30am

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Veterans' Issues, Domestic Violence, and Minority and Women's Issues)

Better Living  
August 25, 2013  
6:30-7am  
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When Meryl Runion lost her husband to cancer, in part, because she was too timid to speak up and insist he go to the doctor against his wishes—she knew she needed to change. Now she works to help others find their voice and learn to use it in a non-confrontational, assertive way. It is an invaluable skill to have to ensure harmony in relationships at home or on the job. (See also: Minority and Women's Issues, Personal Responsibility Issues)

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Better Living  
September 22, 2013  
6-6:30am  
30 minutes of a 60-minute program

There has been a big push lately from personal development gurus to embrace the now and shun your past—only today matters. However, John

Schuster disagrees. His book, *The Power of Your Past*, encourages us to celebrate the people and events of yesterday, because those, combined with our journey forward, help to make us who we are—and are destined to become. (See also: Personal Responsibility Issues)

**Most Significant Issue-Responsive Programming**  
**3<sup>rd</sup> Quarter, 2013**  
**(July 1 through September 30)**

**ISSUE: Financial Literacy Issues**

Better Living  
July 14, 2013  
6:30-7am  
30 minutes of a 60-minute program

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Better Living

September 1, 2013

6-6:30am

30 minutes of a 60-minute program

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**ISSUE:           Philanthropic Issues**

Better Living  
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6-6:30am  
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Better Living  
August 18, 2013  
6-6:30am  
30 minutes of a 60-minute program

Bree Maresca Kramer is a counselor who helps families stay together in these tough economic times. Financial troubles undoubtedly put a strain on even the best of relationships and so communication is key to understanding how a spouse feels about a certain situation. As long as there is patience and a commitment to cooperation, Kramer says married couples can and should stay together. She wrote a book, *It's That Simple*, to help people understand how the opposite sex communicates—and couples have been using her methods with great success. (See also: Domestic Violence Issues, Positive Role Modeling, and Minority and Women's Issues)

Better Living  
September 8, 2013  
6-6:30am  
30 minutes of a 60-minute program

Dr. Joanne Stern, PhD is a psychologist who focuses on child welfare and helping people become better parents. She has written a book, *Parenting is a Contact Sport*, to outline her beliefs in a step by step, easy to understand guideline. The basic idea is that parents need to spend more quality time with their children and stop worrying about being a disciplinarian versus a friend



to them. Dr. Stern says that by maintaining a close relationship with our children throughout their adolescent and teenage years, we can nurture them, ensure that they will come to us when problems arise and solidify a treasured bond to last a lifetime. (See also: Domestic Violence Issues, and Positive Role Modeling)

Better Living

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30 minutes of a 60-minute program

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**ISSUE: Domestic Violence Issues**

Better Living  
July 21, 2013  
6:30-7am  
30 minutes of a 60 minute program

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Better Living  
September 29, 2013  
6:30-7am  
30 minutes of a 60-minute program

Guest Judy Winkler had a lot to overcome at a young age. She was physically and sexually abused by family members and when she could endure it no longer, she eventually ran away at age 16 to escape the torture. She grew up in the 1940s when there were no resources to help girls in her situation. After she got away, she took control of her own destiny and transformed her life for the better. She now reaches out to empower others to take charge of their own lives as well. Her story serves to motivate people in any number of situations—job crisis, relationship issues, or reaching personal development milestones. (See also: Minority and Women's Issues)

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**ISSUE: Positive Role Modeling**

Better Living  
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6:30-7am  
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August 18, 2013

6:30-7am

30 minutes of a 60-minute program

We can all learn a lot from our dogs. Ginger Jenks learned that fact long ago. She is an active shelter pet proponent as well as a motivational coach who works with people to better their lives. Ginger wrote *Wag, Live, Love* to share with people the world over the different life lessons she learned by watching her four-legged companions. Over the years, her best friends have taught her about crucial relationship issues, such as unconditional love, forgiveness and curiosity, just to name a few. (See also: Personal Responsibility Issues)

Better Living

September 8, 2013  
6-6:30am  
30 minutes of a 60-minute program

Dr. Joanne Stern, PhD is a psychologist who focuses on child welfare and helping people become better parents. She has written a book, *Parenting is a Contact Sport*, to outline her beliefs in a step by step, easy to understand guideline. The basic idea is that parents need to spend more quality time with their children and stop worrying about being a disciplinarian versus a friend to them. Dr. Stern says that by maintaining a close relationship with our children throughout their adolescent and teenage years, we can nurture them, ensure that they will come to us when problems arise and solidify a treasured bond to last a lifetime. (See also: Domestic Violence Issues, and Philanthropic Issues)

Better Living  
September 29, 2013  
6-6:30am  
30 minutes of a 60-minute program

Many of the things we do and decisions we make are driven by fear. Charity Parrish is a psychologist who has worked for years to help people overcome their fears so that they can achieve an inner peace and develop into the people they were meant to be. Her book, *Your True Nature* aims to help people face their fears and begin living a life of ease. (See also: Minority and Women's Issues)

**Most Significant Issue-Responsive Programming**  
**3<sup>rd</sup> Quarter, 2013**  
**(July 1 through September 30)**

**ISSUE:           Minority and Women's Issues**

Better Living  
July 28, 2013  
6-6:30am  
30 minutes of a 60-minute program

Unfortunately, stress is a factor in all our lives. It affects our health and wealth, and Dr. Gregory Jantz, PhD is working to help people cope. He got tired of seeing people of all ages in his psychology practice that were stressed out, with no coping mechanisms to help them improve. His book *Overcoming Anxiety, Worry and Fear* has gone a long way to give people the tools they need to let go—and to experience greater happiness in their lives. (See also: Health and Wellness Issues, Overcoming Adversity, Financial Literacy Issues, Philanthropic Issues, Domestic Violence issues, Positive Role Modeling, Veterans' Issues, and Personal Responsibility Issues)

Better Living  
August 18, 2013  
6-6:30am  
30 minutes of a 60-minute program

Bree Maresca Kramer is a counselor who helps families stay together in these tough economic times. Financial troubles undoubtedly put a strain on even the best of relationships and so communication is key to understanding how a spouse feels about a certain situation. As long as there is patience and a commitment to cooperation, Kramer says married couples can and should stay together. She wrote a book, *It's That Simple*, to help people understand how the opposite sex communicates—and couples have been using her methods with great success. (See also: Domestic Violence Issues, Positive Role Modeling, and Philanthropic Issues)

Better Living  
August 25, 2013  
6-6:30am  
30 minutes of a 60-minute program

Even though he had a happy childhood, in his early adulthood, Robert Mack was suicidal. He realized that depression can strike anyone at any time. Thankfully, he worked through his emotional troubles and gained a better understanding of what he wanted to accomplish in his life. He gained perspective and purpose and now reaches out to help others work to find true happiness for themselves. (See also: Health and Wellness Issues, Overcoming Adversity, Domestic Violence, and

Veterans' Issues)

Better Living  
August 25, 2013  
6:30-7am  
30 minutes of a 60-minute program

When Meryl Runion lost her husband to cancer, in part, because she was too timid to speak up and insist he go to the doctor against his wishes—she knew she needed to change. Now she works to help others find their voice and learn to use it in a non-confrontational, assertive way. It is an invaluable skill to have to ensure harmony in relationships at home or on the job. (See also: Overcoming Adversity, Personal Responsibility Issues)

Better Living  
September 1, 2013  
6-6:30am  
30 minutes of a 60-minute program

In his former life, Mark Susnow was a successful attorney, until he realized that just wasn't cutting it for him anymore. He wanted a change and branched out and made it happen for himself. Now he works to help others find their true passion and achieve their goals, despite sometimes insurmountable odds. (See also: Financial Literacy Issues, Business Development Issues, and Personal Responsibility Issues)

Better Living  
September 29, 2013  
6-6:30am  
30 minutes of a 60-minute program

Many of the things we do and decisions we make are driven by fear. Charity Parrish is a psychologist who has worked for years to help people overcome their fears so that they can achieve an inner peace and develop into the people they were meant to be. Her book, *Your True Nature* aims to help people face their fears and begin living a life of ease. (See also: Positive Role Modeling)

Better Living  
September 29, 2013  
6:30-7am  
30 minutes of a 60-minute program

Guest Judy Winkler had a lot to overcome at a young age. She was physically and sexually abused by family members and when she could endure it no longer, she eventually ran away at age 16 to escape the torture. She grew up in the 1940s when there were no resources to help girls in her situation. After she got away, she took control of her own destiny and transformed her life for the better. She



now reaches out to empower others to take charge of their own lives as well. Her story serves to motivate people in any number of situations—job crisis, relationship issues, or reaching personal development milestones. (See also: Domestic Violence Issues)

**Most Significant Issue-Responsive Programming**  
**3<sup>rd</sup> Quarter, 2013**  
**(July 1 through September 30)**

**ISSUE:           Personal Responsibility Issues**

Better Living  
July 14, 2013  
6-6:30am  
30 minutes of a 60-minute program

There has been a lot of discussion about manifesting your own positive destiny, but author Marc Allen thinks that most advice in that area doesn't go far enough. Yes, financial and career success is important, but to be successful in life, you need to focus on what's truly important. Allen helps people reprioritize so they can live a life of fulfillment and inner peace. (See also: Business Development Issues, Health and Wellness Issues, and Veterans' Issues)

Better Living  
July 21, 2013  
6:30-7am  
30 minutes of a 60 minute program

Our guest in this segment, Dawna Markova, PhD and author of *Spot of Grace*, discusses how we can make a big difference with the little things we do every day and it pays back big dividends. Contrary to popular belief, it doesn't take a huge effort to make an impact on a grand scale. You can significantly affect people's lives by being kind, giving freely of your time, and other little things that add up over time. (See also: Health and Wellness Issues, Overcoming Adversity, Domestic Violence, and Business Development Issues)

Better Living  
July 28, 2013  
6-6:30am  
30 minutes of a 60-minute program

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July 28, 2013  
6:30-7am  
30 minutes of a 60-minute program

Although we have made great strides in recent years to battle the obesity problem that has neared epidemic proportions in the U.S., we still have a way to go. As a trained cardiologist, Dr. Pamela Smith, MD was seeing hundreds of patients every year develop complications from their obesity, so she decided to do something about it. Through seminars and her book, *Why You Can't Lose Weight*, she now works with people across the nation to create healthier lives—by helping them learn what plagues them and getting to the root cause of each individual's overweight issue. (See also: Overcoming Adversity, Positive Role Modeling, and Health and Wellness Issues)

Better Living  
August 18, 2013  
6:30-7am  
30 minutes of a 60-minute program

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Better Living  
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6:30-7am  
30 minutes of a 60-minute program

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Better Living  
September 1, 2013  
6-6:30am  
30 minutes of a 60-minute program

In his former life, Mark Susnow was a successful attorney, until he realized that just wasn't cutting it for him anymore. He wanted a change and branched out and made it happen for himself. Now he works to help others find their

true passion and achieve their goals, despite sometimes insurmountable odds. (See also: Financial Literacy Issues, Minority and Women's Issues, and Business Development Issues)

Better Living

September 22, 2013

6-6:30am

30 minutes of a 60-minute program

There has been a big push lately from personal development gurus to embrace the now and shun your past—only today matters. However, John Schuster disagrees. His book, *The Power of Your Past*, encourages us to celebrate the people and events of yesterday, because those, combined with our journey forward, help to make us who we are—and are destined to become. (See also: Overcoming Adversity)