

QUARTERLY ISSUES AND PROGRAMS REPORT

FOR

KRLD-FM-HD3

4th QUARTER, 2015
(October 1 – December 31)

Prepared by:

Lauri Dodd

Public Affairs Director

**Issues of Concern to Dallas / Fort Worth
Addressed in Responsive Programming
in the 4th Quarter, 2015**

1. **Community Outreach Issues** Discussion of organizations needing donations of money and time to continue to support the philanthropic programs that help the increasing numbers of needy
2. **Small Business and Economic Issues** Raising awareness of small business and entrepreneurial issues and financial planning methods to help people better position themselves for the future
3. **Political Issues** Addresses issues related to bridging the great political divide in this country, with a focus on the issues at hand, but also expanding to learn ways both sides can come together to find common ground for the greater good
4. **Crime and Prevention Issues** Raising awareness of violence in our society and ways to break the cycle, including efforts to improve the lives of those who have been victimized
5. **Personal Empowerment Issues** Motivational, self-improvement techniques for becoming more self-reliant, moving forward past adversity to achieve success, and thrive personally and professionally
6. **Arts and Education Issues** Discussion of the vital role arts and education play in society, especially pertaining to raising bright, creative and productive children—raising awareness of efforts for improvement locally and nationally
7. **Mentoring and Positive Role Modeling** Opening the dialogue about how responsible adults can / should reach out to others in the community, especially at-risk youth to demonstrate good behavior by example
8. **Body, Mind and Spirit Issues** Discussion about mental as well as physical wellbeing topics, including the importance of being proactive to protect your overall health and wellness and that of your family
9. **Job Outlook** Covers techniques and personal development to cultivate effective leaders, including advice to hone career skills to compete more successfully in a tough job market
10. **Hunger and Homelessness Issues** Discussion about the challenges facing society in trying to meet the needs of a growing population of people who are hungry and / or homeless, including services available to help, and opportunities for volunteerism

**KRLD-FM-HD3 Programs That Address Community Issues
4th Quarter, 2015**

Public Affairs Program

Schedule and Description

Better Living

Sundays, 7:00-8:00 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
4th Quarter, 2015
(October 1 through December 31)

ISSUE: Community Outreach Issues

Better Living
October 4, 2015
7-7:30am
30 minutes of a 60-minute program

With all the changes in healthcare regulations these days, there has been a growing emphasis on preventive medicine as well as patient education. Dr. Elaine Ferguson, MD has seen many hundreds of patients in her two decades as a practitioner, and has even had to nurse herself back to health after a prolonged stress-related illness. Her primary message through all that experience is for people to slow down and take a more active role in the outcome of their own health. (See also: Small Business and Economic Issues, Political Issues, Personal Empowerment Issues, Mentoring and Positive Role Modeling, and Body, Mind, and Spirit Issues)

Better Living
October 4, 2015
7:30-8am
30 minutes of a 60-minute program

Contrary to popular belief, financial security is indeed still an attainable goal. It's just trickier than it has been in years past. Gene Natali, Jr. reaches out to young people to start the training at an earlier age, to help head off typical money mistakes. *The Missing Semester* is his book that details his guidebook for achieving personal financial freedom. (See also: Small Business and Economic Issues, Political Issues, Crime and Prevention Issues, Personal Empowerment Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, Job Outlook, and Hunger and Homelessness Issues)

Better Living
October 11, 2015
7-7:30am
30 minutes of a 60-minute program

Many events in our lives are connected with grief from a loss of some sort. Loss doesn't have to mean death, although it often does. We can also grieve the loss of a relationship, loss of a beloved pet, or even loss of a job. So it makes sense that we need to learn to come to terms with loss and grieving, and returning guest, Russell Friedman, has been on a mission for decades to help people in this area. His newest book, *The Grief Recovery Handbook for*

Pet Loss, reaches out to help people overcome and move on. (See also: Small Business and Economic Issues, Personal Empowerment Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, Job Outlook, and Hunger and Homelessness Issues)

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30 minutes of a 60-minute program

As the youngest of nine children, Steve McClatchy had to learn early to speak up for himself and make his voice heard. Now he reaches out to help others do the same. He is an expert at time management, stress reduction and job preparedness. He's written a book, *Decide: Work Smarter, Reduce Stress*, is a tool to help empower people in today's ultra-competitive workforce. He offers tips and guidance to reduce drama and become more successful at home and on the job. (See also: Small Business and Economic Issues, Political Issues, Crime and Prevention Issues, Personal Empowerment Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, Job Outlook, and Hunger and Homelessness Issues)

Better Living
October 18, 2015
7-7:30am
30 minutes of a 60-minute program

One of the biggest challenges people face that prevents them from accomplishing their goals is procrastination. Many people procrastinate, but it's interesting to understand the extremely different reasons that cause people to put off their goals. Dr. Renate Reimann, PhD is an expert at helping people overcome obstacles in their lives that prevent them achieving success, whether it's issues with fear, time management, or apathy. She helps them dig deeper to find the root cause of their internal stress, work through it logically—without emotion—and empower them to persevere. (See also: Small Business and Economic Issues, Political Issues, Crime and Prevention Issues, Personal Empowerment Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, Job Outlook, and Hunger and Homelessness Issues)

Better Living
October 25, 2015
7-7:30am
30 minutes of a 60-minute program

October has come to be known as breast cancer awareness month, and it's only fitting that we cover the topic. This campaign that largely started in Dallas nearly 30 years ago has helped to open the dialogue for many

“embarrassing” health issues. Women are recovering from breast cancer much more often than in years past, and early recognition has played a huge role in that success rate. The stories of survivors (and victims) are empowering, inspirational and sometimes sad—but always worth hearing. (See also: Political Issues, Personal Empowerment Issues, Mentoring and Positive Role Modeling, and Body, Mind, and Spirit Issues)

Better Living
October 25, 2015
7:30-8am
30 minutes of a 60-minute program

Resilience is a major factor in our success and overall happiness in life. Are some people more resilient than others? Yes. What is it that they know that others don't? Is resilience a quality that can be learned? Nina Payne says yes. About a decade ago, she was suffering greatly from the loss of her brother to cancer, when she also lost her father from a broken heart as well. When her world felt like it was crashing around her, she did some deep soul-searching and what she discovered, she uses now to help others. *A Moment in Time* is her account of pain and recovery, and offers a guidebook on how we can all train ourselves to become more resilient and achieve ultimate happiness in life. (See also: Small Business and Economic Issues, Political Issues, Crime and Prevention Issues, Personal Empowerment Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, Job Outlook, and Hunger and Homelessness Issues)

Better Living
November 1, 2015
7-7:30am
30 minutes of a 60-minute program

Almost anyone you ask will tell you they have a problem with stress in their lives. We have come to a point where we tend to live in crisis-mode nearly all the time. It's very unhealthy for us mentally, physically and spiritually. A beneficial way that Tracy James has learned to relieve stress is to reconnect with nature. She takes drastic measures, by camping out and shucking all the materialistic things that seem to drive us, and in many ways hold us down. But she says others don't have to take such dramatic steps to see positive results in their own lives. As long as we remember to stop, breathe fresh air on a regular basis and take special moments to appreciate the beauty in nature around us on a daily basis, we, too, can become whole again. (See also: Small Business and Economic Issues, Personal Empowerment Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, and Job Outlook)

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When people are stressed they will do almost anything to alleviate the problem, and yet, most of us don't know where to begin. Our health suffers, mentally and physically, and it's a dangerous cycle. Matt Sison was in the same position nearly a decade ago, and he worked diligently to turn his life around. He now works to educate others through his book, *Life is a Perfect System*. It breaks down the steps needed to achieve personal peace, and provides a roadmap to an overall healthier way of life. (See also: Small Business and Economic Issues, Political Issues, Crime and Prevention Issues, Personal Empowerment Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, Job Outlook, and Hunger and Homelessness Issues)

Better Living
November 15, 2015
7-7:30am
30 minutes of a 60-minute program

Aging is a difficult part of growing older for many adults. In addition to physically, mentally, and spiritually, there are several other ways aging can take a toll on our lives. However, Elaine Ambrose has an interesting perspective on aging that can help people cope. It has been deemed the sandwich generation, because those approaching middle age often find themselves taking care of young adults as well as elderly parents, giving them a wide range of difficult issues to deal with on a daily basis. Elaine's book, *Midlife Cabernet* is a humorous, yet solutions-oriented look at ways to better face the coming storm. (See also: Crime and Prevention Issues, Personal Empowerment Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, and Body, Mind, and Spirit Issues)

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Bullying is a huge problem in today's society. Although it is as yet undetermined if children face bullying more than their parents did, there is no doubt that the stakes are higher and social media allows the opportunity for bullying on an international scale to exist. How do we equip our children with the tools to prepare to combat bullying, and at the same time ensure they do not shrink, and instead become empowered in the face of adversity? The first step, says Dr. Eileen Kennedy Moore, is to make sure they can properly identify bullying. We do them a disservice by readily labeling simple acts of meanness or aggression as bullying. Dr. Moore has a video series that helps parents and children identify and begin to stamp out true bullying, so we can

ultimately raise emotionally and socially healthy kids. (See also: Political Issues, Crime and Prevention Issues, Mentoring and Positive Role Modeling, and Body, Mind and Spirit Issues)

Better Living
December 13, 2015
7:30-8am
30 minutes of a 60-minute program

It just wouldn't be Christmas without speaking with Salvation Army of DFW. Of course their organization is highly visible during this time of year, but the money they raise now goes to fund projects and services they provide throughout the community for the remainder of the year as well. The Angel Tree Project, The Red Kettle Campaign, and the dinners for Thanksgiving and Christmas keep them top of mind. But the group also helps to feed children during the summer when school lunch programs are no longer in effect, provide childcare so parents can work, and offer services to help men and women with substance abuse problems just to name a few. (See also: Crime and Prevention Issues, Personal Empowerment Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, Job Outlook, and Hunger and Homelessness Issues)

Better Living
December 20, 2015
7:30-8am
30 minutes of a 60-minute program

There is an event that has long been associated with Christmas in the DFW area, and that is the Trains exhibit at NorthPark Mall. After nearly 30 years, the Trains continue to draw huge crowds of people young and old. It is entertaining and educational—and also for a good cause. The event is the biggest fundraiser for the Ronald McDonald House of Dallas. This group helps provide services for families with children who are hospitalized for long periods of time. RMH makes everything easier on the families by providing a place to stay and hot meals, allowing them to focus on the task of helping their children heal. (See also: Small Business and Economic Issues, Body, Mind, and Spirit Issues, and Hunger and Homelessness Issues)

Better Living
December 27, 2015
7-7:30am
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Suicide is a growing problem in our society, and we need to start talking about the problem before we can ever hope to see the numbers decline. The numbers are alarmingly high among returning veterans, as a startling 22 vets take their lives each day. This has to stop. There are many reasons that cause

people to take their own lives, and the only hope we can have for change is to open the dialogue, so that we can learn to recognize the signs and symptoms, and help a person in crisis before it's too late. Dr. Adele Ryan McDowell, PhD has made it her mission to help those in need, and she shares her wisdom on the sensitive topic. (See also: Political Issues, and Mentoring and Positive Role Modeling)

Most Significant Issue-Responsive Programming
4th Quarter, 2015
(October 1 through December 31)

ISSUE: Small Business and Economic Issues

Better Living
October 4, 2015
7-7:30am
30 minutes of a 60-minute program

With all the changes in healthcare regulations these days, there has been a growing emphasis on preventive medicine as well as patient education. Dr. Elaine Ferguson, MD has seen many hundreds of patients in her two decades as a practitioner, and has even had to nurse herself back to health after a prolonged stress-related illness. Her primary message through all that experience is for people to slow down and take a more active role in the outcome of their own health. (See also: Community Outreach Issues, Political Issues, Personal Empowerment Issues, Mentoring and Positive Role Modeling, and Body, Mind, and Spirit Issues)

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mission for decades to help people in this area. His newest book, *The Grief Recovery Handbook for Pet Loss*, reaches out to help people overcome and move on. (See also: Community Outreach Issues, Personal Empowerment Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, Job Outlook, and Hunger and Homelessness Issues)

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achieve personal peace, and provides a roadmap to an overall healthier way of life. (See also: Community Outreach Issues, Political Issues, Crime and Prevention Issues, Personal Empowerment Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, Job Outlook, and Hunger and Homelessness Issues)

Better Living

November 8, 2015

7-7:30am

30 minutes of a 60-minute program

Nowadays, people need a lot of advice and guidance in recreating themselves to be more attractive in the current workplace. This ever-changing landscape is something that Jude Bijou has become an expert at navigating. Through her book, *Attitude Reconstruction*, she offers some practical advice and tools to reconstruct the way they view themselves so that others may do the same. (See also: Crime and Prevention Issues, Personal Empowerment Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, Job Outlook, and Hunger and Homelessness Issues)

Better Living

November 29, 2015

7:30-8am

30 minutes of a 60-minute program

Much of what holds us back in our lives are things we create in our own minds. Dr. Judith Orloff, MD has spent decades as a psychiatrist, counseling patients who need to free themselves of their debilitating past limitations. Her newest book, *The Ecstasy of Surrender – 12 Empowering Ways Letting Go Can Improve Your Life*, outlines her personal struggle with letting go, and the subsequent freedom she gained in doing so. The book also gives us a detailed roadmap of how we can attain the same in our own lives. (See also: Personal Empowerment Issues, Arts and Education Issues, Body, Mind, and Spirit Issues, and Job Outlook)

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Most Significant Issue-Responsive Programming
4th Quarter, 2015
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ISSUE: Political Issues

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7-7:30am
30 minutes of a 60-minute program

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30 minutes of a 60-minute program

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When people are stressed they will do almost anything to alleviate the problem, and yet, most of us don't know where to begin. Our health suffers, mentally and physically, and it's a dangerous cycle. Matt Sison was in the same position nearly a decade ago, and he worked diligently to turn his life around. He now works to educate others through his book, *Life is a Perfect System*. It breaks down the steps needed to achieve personal peace, and provides a roadmap to an overall healthier way of life. (See also: Community Outreach Issues, Small Business and Economic Issues, Political Issues, Personal Empowerment Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, Job Outlook, and Hunger and Homelessness Issues)

Better Living

November 8, 2015
7-7:30am
30 minutes of a 60-minute program

Nowadays, people need a lot of advice and guidance in recreating themselves to be more attractive in the current workplace. This ever-changing landscape is something that Jude Bijou has become an expert at navigating. Through her book, *Attitude Reconstruction*, she offers some practical advice and tools to reconstruct the way they view themselves so that others may do the same. (See also: Small Business and Economic Issues, Personal Empowerment Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, Job Outlook, and Hunger and Homelessness Issues)

Better Living
November 15, 2015
7-7:30am
30 minutes of a 60-minute program

Aging is a difficult part of growing older for many adults. In addition to physically, mentally, and spiritually, there are several other ways aging can take a toll on our lives. However, Elaine Ambrose has an interesting perspective on aging that can help people cope. It has been deemed the sandwich generation, because those approaching middle age often find themselves taking care of young adults as well as elderly parents, giving them a wide range of difficult issues to deal with on a daily basis. Elaine's book, *Midlife Cabernet* is a humorous, yet solutions-oriented look at ways to better face the coming storm. (See also: Community Outreach Issues, Personal Empowerment Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, and Body, Mind, and Spirit Issues)

Better Living
November 15, 2015
7:30-8am
30 minutes of a 60-minute program

Bullying is a huge problem in today's society. Although it is as yet undetermined if children face bullying more than their parents did, there is no doubt that the stakes are higher and social media allows the opportunity for bullying on an international scale to exist. How do we equip our children with the tools to prepare to combat bullying, and at the same time ensure they do not shrink, and instead become empowered in the face of adversity? The first step, says Dr. Eileen Kennedy Moore, is to make sure they can properly identify bullying. We do them a disservice by readily labeling simple acts of meanness or aggression as bullying. Dr. Moore has a video series that helps parents and children identify and begin to stamp out true bullying, so we can ultimately raise emotionally and socially

healthy kids. (See also: Community Outreach Issues, Political Issues, Mentoring and Positive Role Modeling, and Body, Mind and Spirit Issues)

Better Living

December 13, 2015

7:30-8am

30 minutes of a 60-minute program

It just wouldn't be Christmas without speaking with Salvation Army of DFW. Of course their organization is highly visible during this time of year, but the money they raise now goes to fund projects and services they provide throughout the community for the remainder of the year as well. The Angel Tree Project, The Red Kettle Campaign, and the dinners for Thanksgiving and Christmas keep them top of mind. But the group also helps to feed children during the summer when school lunch programs are no longer in effect, provide childcare so parents can work, and offer services to help men and women with substance abuse problems just to name a few. (See also: Community Outreach Issues, Personal Empowerment Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, Job Outlook, and Hunger and Homelessness Issues)

Most Significant Issue-Responsive Programming
4th Quarter, 2015
(October 1 through December 31)

ISSUE: Personal Empowerment Issues

Better Living
October 4, 2015
7-7:30am
30 minutes of a 60-minute program

With all the changes in healthcare regulations these days, there has been a growing emphasis on preventive medicine as well as patient education. Dr. Elaine Ferguson, MD has seen many hundreds of patients in her two decades as a practitioner, and has even had to nurse herself back to health after a prolonged stress-related illness. Her primary message through all that experience is for people to slow down and take a more active role in the outcome of their own health. (See also: Community Outreach Issues, Small Business and Economic Issues, Political Issues, Mentoring and Positive Role Modeling, and Body, Mind, and Spirit Issues)

Better Living
October 4, 2015
7:30-8am
30 minutes of a 60-minute program

Contrary to popular belief, financial security is indeed still an attainable goal. It's just trickier than it has been in years past. Gene Natali, Jr. reaches out to young people to start the training at an earlier age, to help head off typical money mistakes. *The Missing Semester* is his book that details his guidebook for achieving personal financial freedom. (See also: Community Outreach Issues, Small Business and Economic Issues, Political Issues, Crime and Prevention Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, Job Outlook, and Hunger and Homelessness Issues)

Better Living
October 11, 2015
7-7:30am
30 minutes of a 60-minute program

Many events in our lives are connected with grief from a loss of some sort. Loss doesn't have to mean death, although it often does. We can also grieve the loss of a relationship, loss of a beloved pet, or even loss of a job. So it makes sense that we need to learn to come to terms with loss and grieving, and returning guest, Russell Friedman, has been on a mission for decades to help people in this area. His newest book, *The*

Grief Recovery Handbook for Pet Loss, reaches out to help people overcome and move on. (See also: Community Outreach Issues, Small Business and Economic Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, Job Outlook, and Hunger and Homelessness Issues)

Better Living
October 11, 2015
7:30-8am
30 minutes of a 60-minute program

As the youngest of nine children, Steve McClatchy had to learn early to speak up for himself and make his voice heard. Now he reaches out to help others do the same. He is an expert at time management, stress reduction and job preparedness. He's written a book, *Decide: Work Smarter, Reduce Stress*, is a tool to help empower people in today's ultra-competitive workforce. He offers tips and guidance to reduce drama and become more successful at home and on the job. (See also: Community Outreach Issues, Small Business and Economic Issues, Political Issues, Crime and Prevention Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, Job Outlook, and Hunger and Homelessness Issues)

Better Living
October 18, 2015
7-7:30am
30 minutes of a 60-minute program

One of the biggest challenges people face that prevents them from accomplishing their goals is procrastination. Many people procrastinate, but it's interesting to understand the extremely different reasons that cause people to put off their goals. Dr. Renate Reimann, PhD is an expert at helping people overcome obstacles in their lives that prevent them achieving success, whether it's issues with fear, time management, or apathy. She helps them dig deeper to find the root cause of their internal stress, work through it logically—without emotion—and empower them to persevere. (See also: Community Outreach Issues, Small Business and Economic Issues, Political Issues, Crime and Prevention Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, Job Outlook, and Hunger and Homelessness Issues)

Better Living
October 25, 2015
7-7:30am
30 minutes of a 60-minute program

October has come to be known as breast cancer awareness month, and

it's only fitting that we cover the topic. This campaign that largely started in Dallas nearly 30 years ago has helped to open the dialogue for many "embarrassing" health issues. Women are recovering from breast cancer much more often than in years past, and early recognition has played a huge role in that success rate. The stories of survivors (and victims) are empowering, inspirational and sometimes sad—but always worth hearing. (See also: Community Outreach Issues, Political Issues, Mentoring and Positive Role Modeling, and Body, Mind, and Spirit Issues)

Better Living

October 25, 2015

7:30-8am

30 minutes of a 60-minute program

Resilience is a major factor in our success and overall happiness in life. Are some people more resilient than others? Yes. What is it that they know that others don't? Is resilience a quality that can be learned? Nina Payne says yes. About a decade ago, she was suffering greatly from the loss of her brother to cancer, when she also lost her father from a broken heart as well. When her world felt like it was crashing around her, she did some deep soul-searching and what she discovered, she uses now to help others. *A Moment in Time* is her account of pain and recovery, and offers a guidebook on how we can all train ourselves to become more resilient and achieve ultimate happiness in life. (See also: Community Outreach Issues, Small Business and Economic Issues, Political Issues, Crime and Prevention Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, Job Outlook, and Hunger and Homelessness Issues)

Better Living

November 1, 2015

7-7:30am

30 minutes of a 60-minute program

Almost anyone you ask will tell you they have a problem with stress in their lives. We have come to a point where we tend to live in crisis-mode nearly all the time. It's very unhealthy for us mentally, physically and spiritually. A beneficial way that Tracy James has learned to relieve stress is to reconnect with nature. She takes drastic measures, by camping out and shucking all the materialistic things that seem to drive us, and in many ways hold us down. But she says others don't have to take such dramatic steps to see positive results in their own lives. As long as we remember to stop, breathe fresh air on a regular basis and take special moments to appreciate the beauty in nature around us on a daily basis, we, too, can become whole again. (See also: Community Outreach Issues, Small Business and Economic Issues, Arts and Education Issues,

Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, and Job Outlook)

Better Living

November 1, 2015

7:30-8am

30 minutes of a 60-minute program

When people are stressed they will do almost anything to alleviate the problem, and yet, most of us don't know where to begin. Our health suffers, mentally and physically, and it's a dangerous cycle. Matt Sison was in the same position nearly a decade ago, and he worked diligently to turn his life around. He now works to educate others through his book, *Life is a Perfect System*. It breaks down the steps needed to achieve personal peace, and provides a roadmap to an overall healthier way of life. (See also: Community Outreach Issues, Small Business and Economic Issues, Political Issues, Crime and Prevention Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, Job Outlook, and Hunger and Homelessness Issues)

Better Living

November 8, 2015

7-7:30am

30 minutes of a 60-minute program

Nowadays, people need a lot of advice and guidance in recreating themselves to be more attractive in the current workplace. This ever-changing landscape is something that Jude Bijou has become an expert at navigating. Through her book, *Attitude Reconstruction*, she offers some practical advice and tools to reconstruct the way they view themselves so that others may do the same. (See also: Small Business and Economic Issues, Crime and Prevention Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, Job Outlook, and Hunger and Homelessness Issues)

Better Living

November 15, 2015

7-7:30am

30 minutes of a 60-minute program

Aging is a difficult part of growing older for many adults. In addition to physically, mentally, and spiritually, there are several other ways aging can take a toll on our lives. However, Elaine Ambrose has an interesting perspective on aging that can help people cope. It has been deemed the sandwich generation, because those approaching middle age often find themselves taking care of young adults as well as elderly parents, giving them a wide range of difficult issues to deal with on a daily basis.

Elaine's book, *Midlife Cabernet* is a humorous, yet solutions-oriented look at ways to better face the coming storm. (See also: Community Outreach Issues, Crime and Prevention Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, and Body, Mind, and Spirit Issues)

Better Living
November 29, 2015
7-7:30am
30 minutes of a 60-minute program

Marriages are in severe need of help. Instead of a declining divorce rate, events of recent years have only served to lead to an increase in divorces. Marcia Naomi Berger has written a book entitled, *Marriage Meetings for Lasting Love*, that outlines her unique and simple plan for improving marriages, no matter what their current state. By conducting a brief meeting weekly with your spouse, she contends, you can vastly improve your marriage. It encourages couples to discuss problems openly and honestly, as well as create action items for improvement. (See also: Body, Mind, and Spirit Issues)

Better Living
November 29, 2015
7:30-8am
30 minutes of a 60-minute program

Much of what holds us back in our lives are things we create in our own minds. Dr. Judith Orloff, MD has spent decades as a psychiatrist, counseling patients who need to free themselves of their debilitating past limitations. Her newest book, *The Ecstasy of Surrender – 12 Empowering Ways Letting Go Can Improve Your Life*, outlines her personal struggle with letting go, and the subsequent freedom she gained in doing so. The book also gives us a detailed roadmap of how we can attain the same in our own lives. (See also: Small Business and Economic Issues, Arts and Education Issues, Body, Mind, and Spirit Issues, and Job Outlook)

Better Living
December 6, 2015
7:30-8am
30 minutes of a 60-minute program

Christmastime can be stressful on families—to say the least. Getting together with loved ones can sometimes be a dreaded event that threatens to spoil the holidays. But it doesn't have to be that way. Author of *The Secret Code to Success*, Noah St. John, PhD, says that we are going about it the wrong way. If we can learn to look at family events with a different

eye, and slightly modify our expectations, we can once again have fun during the holidays. His methods have been helping people nationwide for nearly a decade. (See also: Mentoring and Positive Role Modeling, and Body, Mind, and Spirit Issues)

Better Living

December 13, 2015

7:30-8am

30 minutes of a 60-minute program

It just wouldn't be Christmas without speaking with Salvation Army of DFW. Of course their organization is highly visible during this time of year, but the money they raise now goes to fund projects and services they provide throughout the community for the remainder of the year as well. The Angel Tree Project, The Red Kettle Campaign, and the dinners for Thanksgiving and Christmas keep them top of mind. But the group also helps to feed children during the summer when school lunch programs are no longer in effect, provide childcare so parents can work, and offer services to help men and women with substance abuse problems just to name a few. (See also: Community Outreach Issues, Crime and Prevention Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, Job Outlook, and Hunger and Homelessness Issues)

Most Significant Issue-Responsive Programming
4th Quarter, 2015
(October 1 through December 31)

ISSUE: Arts and Education Issues

Better Living
October 4, 2015
7:30-8am
30 minutes of a 60-minute program

Contrary to popular belief, financial security is indeed still an attainable goal. It's just trickier than it has been in years past. Gene Natali, Jr. reaches out to young people to start the training at an earlier age, to help head off typical money mistakes. *The Missing Semester* is his book that details his guidebook for achieving personal financial freedom. (See also: Community Outreach Issues, Small Business and Economic Issues, Political Issues, Crime and Prevention Issues, Personal Empowerment Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, Job Outlook, and Hunger and Homelessness Issues)

Better Living
October 11, 2015
7-7:30am
30 minutes of a 60-minute program

Many events in our lives are connected with grief from a loss of some sort. Loss doesn't have to mean death, although it often does. We can also grieve the loss of a relationship, loss of a beloved pet, or even loss of a job. So it makes sense that we need to learn to come to terms with loss and grieving, and returning guest, Russell Friedman, has been on a mission for decades to help people in this area. His newest book, *The Grief Recovery Handbook for Pet Loss*, reaches out to help people overcome and move on. (See also: Community Outreach Issues, Small Business and Economic Issues, Personal Empowerment Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, Job Outlook, and Hunger and Homelessness Issues)

Better Living
October 11, 2015
7:30-8am
30 minutes of a 60-minute program

As the youngest of nine children, Steve McClatchy had to learn early to speak up for himself and make his voice heard. Now he reaches out to help others do the same. He is an expert at time management, stress reduction and job preparedness. He's written a book, *Decide: Work Smarter, Reduce Stress*, is a

tool to help empower people in today's ultra-competitive workforce. He offers tips and guidance to reduce drama and become more successful at home and on the job. (See also: Community Outreach Issues, Small Business and Economic Issues, Political Issues, Crime and Prevention Issues, Personal Empowerment Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, Job Outlook, and Hunger and Homelessness Issues)

Better Living
October 18, 2015
7-7:30am
30 minutes of a 60-minute program

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Better Living
October 25, 2015
7:30-8am
30 minutes of a 60-minute program

Resilience is a major factor in our success and overall happiness in life. Are some people more resilient than others? Yes. What is it that they know that others don't? Is resilience a quality that can be learned? Nina Payne says yes. About a decade ago, she was suffering greatly from the loss of her brother to cancer, when she also lost her father from a broken heart as well. When her world felt like it was crashing around her, she did some deep soul-searching and what she discovered, she uses now to help others. *A Moment in Time* is her account of pain and recovery, and offers a guidebook on how we can all train ourselves to become more resilient and achieve ultimate happiness in life. (See also: Community Outreach Issues, Small Business and Economic Issues, Political Issues, Crime and Prevention Issues, Personal Empowerment Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, Job Outlook, and Hunger and Homelessness Issues)

Better Living
November 1, 2015
7-7:30am

30 minutes of a 60-minute program

Almost anyone you ask will tell you they have a problem with stress in their lives. We have come to a point where we tend to live in crisis-mode nearly all the time. It's very unhealthy for us mentally, physically and spiritually. A beneficial way that Tracy James has learned to relieve stress is to reconnect with nature. She takes drastic measures, by camping out and shucking all the materialistic things that seem to drive us, and in many ways hold us down. But she says others don't have to take such dramatic steps to see positive results in their own lives. As long as we remember to stop, breathe fresh air on a regular basis and take special moments to appreciate the beauty in nature around us on a daily basis, we, too, can become whole again. (See also: Community Outreach Issues, Small Business and Economic Issues, Personal Empowerment Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, and Job Outlook)

Better Living

November 1, 2015

7:30-8am

30 minutes of a 60-minute program

When people are stressed they will do almost anything to alleviate the problem, and yet, most of us don't know where to begin. Our health suffers, mentally and physically, and it's a dangerous cycle. Matt Sison was in the same position nearly a decade ago, and he worked diligently to turn his life around. He now works to educate others through his book, *Life is a Perfect System*. It breaks down the steps needed to achieve personal peace, and provides a roadmap to an overall healthier way of life. (See also: Community Outreach Issues, Small Business and Economic Issues, Political Issues, Crime and Prevention Issues, Personal Empowerment Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, Job Outlook, and Hunger and Homelessness Issues)

Better Living

November 15, 2015

7-7:30am

30 minutes of a 60-minute program

Aging is a difficult part of growing older for many adults. In addition to physically, mentally, and spiritually, there are several other ways aging can take a toll on our lives. However, Elaine Ambrose has an interesting perspective on aging that can help people cope. It has been deemed the sandwich generation, because those approaching middle age often find themselves taking care of young adults as well as elderly parents, giving them a wide range of difficult issues to deal with on a daily basis. Elaine's book, *Midlife Cabernet* is a humorous, yet solutions-oriented look at ways to better face the coming storm. (See also: Community Outreach Issues, Crime and

Prevention Issues, Personal Empowerment Issues, Mentoring and Positive Role Modeling, and Body, Mind, and Spirit Issues)

Better Living

November 29, 2015

7:30-8am

30 minutes of a 60-minute program

Much of what holds us back in our lives are things we create in our own minds. Dr. Judith Orloff, MD has spent decades as a psychiatrist, counseling patients who need to free themselves of their debilitating past limitations. Her newest book, *The Ecstasy of Surrender – 12 Empowering Ways Letting Go Can Improve Your Life*, outlines her personal struggle with letting go, and the subsequent freedom she gained in doing so. The book also gives us a detailed roadmap of how we can attain the same in our own lives. (See also: Small Business and Economic Issues, Personal Empowerment Issues, Body, Mind, and Spirit Issues, and Job Outlook)

Better Living

December 13, 2015

7:30-8am

30 minutes of a 60-minute program

It just wouldn't be Christmas without speaking with Salvation Army of DFW. Of course their organization is highly visible during this time of year, but the money they raise now goes to fund projects and services they provide throughout the community for the remainder of the year as well. The Angel Tree Project, The Red Kettle Campaign, and the dinners for Thanksgiving and Christmas keep them top of mind. But the group also helps to feed children during the summer when school lunch programs are no longer in effect, provide childcare so parents can work, and offer services to help men and women with substance abuse problems just to name a few. (See also: Community Outreach Issues, Crime and Prevention Issues, Personal Empowerment Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, Job Outlook, and Hunger and Homelessness Issues)

Most Significant Issue-Responsive Programming
4th Quarter, 2015
(October 1 through December 31)

ISSUE: Mentoring and Positive Role Modeling

Better Living
October 4, 2015
7-7:30am
30 minutes of a 60-minute program

With all the changes in healthcare regulations these days, there has been a growing emphasis on preventive medicine as well as patient education. Dr. Elaine Ferguson, MD has seen many hundreds of patients in her two decades as a practitioner, and has even had to nurse herself back to health after a prolonged stress-related illness. Her primary message through all that experience is for people to slow down and take a more active role in the outcome of their own health. (See also: Community Outreach Issues, Small Business and Economic Issues, Political Issues, Personal Empowerment Issues, and Body, Mind, and Spirit Issues)

Better Living
October 4, 2015
7:30-8am
30 minutes of a 60-minute program

Contrary to popular belief, financial security is indeed still an attainable goal. It's just trickier than it has been in years past. Gene Natali, Jr. reaches out to young people to start the training at an earlier age, to help head off typical money mistakes. *The Missing Semester* is his book that details his guidebook for achieving personal financial freedom. (See also: Community Outreach Issues, Small Business and Economic Issues, Political Issues, Crime and Prevention Issues, Personal Empowerment Issues, Arts and Education Issues, Body, Mind, and Spirit Issues, Job Outlook, and Hunger and Homelessness Issues)

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

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Issues, Job Outlook, and Hunger and Homelessness Issues)

Better Living

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7:30-8am

30 minutes of a 60-minute program

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Better Living

October 18, 2015

7-7:30am

30 minutes of a 60-minute program

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Better Living

October 25, 2015

7-7:30am

30 minutes of a 60-minute program

October has come to be known as breast cancer awareness month, and it's only fitting that we cover the topic. This campaign that largely started in Dallas nearly 30 years ago has helped to open the dialogue for many "embarrassing" health issues. Women are recovering from breast cancer much more often than in years past, and early recognition has played a huge role in that success rate. The stories of survivors (and victims) are empowering, inspirational and sometimes sad—but always worth hearing. (See also: Community Outreach Issues, Political Issues, Personal Empowerment Issues, and Body, Mind, and Spirit Issues)

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7:30-8am
30 minutes of a 60-minute program

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Better Living
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30 minutes of a 60-minute program

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Better Living

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7-7:30am

30 minutes of a 60-minute program

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7-7:30am

30 minutes of a 60-minute program

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7:30-8am

30 minutes of a 60-minute program

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Better Living
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7:30-8am
30 minutes of a 60-minute program

Christmastime can be stressful on families—to say the least. Getting together with loved ones can sometimes be a dreaded event that threatens to spoil the holidays. But it doesn't have to be that way. Author of *The Secret Code to Success*, Noah St. John, PhD, says that we are going about it the wrong way. If we can learn to look at family events with a different eye, and slightly modify our expectations, we can once again have fun during the holidays. His methods have been helping people nationwide for nearly a decade. (See also: Personal Empowerment Issues, and Body, Mind, and Spirit Issues)

Better Living
December 13, 2015
7:30-8am
30 minutes of a 60-minute program

It just wouldn't be Christmas without speaking with Salvation Army of DFW. Of course their organization is highly visible during this time of year, but the money they raise now goes to fund projects and services they provide throughout the community for the remainder of the year as well. The Angel Tree Project, The Red Kettle Campaign, and the dinners for Thanksgiving and Christmas keep them top of mind. But the group also helps to feed children during the summer when school lunch programs are no longer in effect, provide childcare so parents can work, and offer services to help men and women with substance abuse problems just to name a few. (See also: Community Outreach Issues, Crime and Prevention Issues, Personal Empowerment Issues, Arts and Education Issues, Body, Mind, and Spirit Issues, Job Outlook, and Hunger and Homelessness Issues)

Better Living
December 27, 2015
7-7:30am
30 minutes of a 60-minute program

Suicide is a growing problem in our society, and we need to start talking about the problem before we can ever hope to see the numbers decline. The numbers are alarmingly high among returning veterans, as a startling 22 vets take their lives each day. This has to stop. There are many reasons that cause people to take their own lives, and the only hope we can have for change is to open the dialogue, so that we can learn to recognize the signs and symptoms, and help a person in crisis before it's too late. Dr.

Adele Ryan McDowell, PhD has made it her mission to help those in need, and she shares her wisdom on the sensitive topic. (See also: Community Outreach Issues, and Political Issues)

Most Significant Issue-Responsive Programming
4th Quarter, 2015
(October 1 through December 31)

ISSUE: Body, Mind and Spirit Issues

Better Living
October 4, 2015
7-7:30am
30 minutes of a 60-minute program

With all the changes in healthcare regulations these days, there has been a growing emphasis on preventive medicine as well as patient education. Dr. Elaine Ferguson, MD has seen many hundreds of patients in her two decades as a practitioner, and has even had to nurse herself back to health after a prolonged stress-related illness. Her primary message through all that experience is for people to slow down and take a more active role in the outcome of their own health. (See also: Community Outreach Issues, Small Business and Economic Issues, Political Issues, Personal Empowerment Issues, and Mentoring and Positive Role Modeling)

Better Living
October 4, 2015
7:30-8am
30 minutes of a 60-minute program

Contrary to popular belief, financial security is indeed still an attainable goal. It's just trickier than it has been in years past. Gene Natali, Jr. reaches out to young people to start the training at an earlier age, to help head off typical money mistakes. *The Missing Semester* is his book that details his guidebook for achieving personal financial freedom. (See also: Community Outreach Issues, Small Business and Economic Issues, Political Issues, Crime and Prevention Issues, Personal Empowerment Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, Job Outlook, and Hunger and Homelessness Issues)

Better Living
October 11, 2015
7-7:30am
30 minutes of a 60-minute program

Many events in our lives are connected with grief from a loss of some sort. Loss doesn't have to mean death, although it often does. We can also grieve the loss of a relationship, loss of a beloved pet, or even loss of a job. So it makes sense that we need to learn to come to terms with loss and grieving, and returning guest, Russell Friedman, has been on a mission for decades to help people in this area. His newest book, *The Grief Recovery Handbook for*

Pet Loss, reaches out to help people overcome and move on. (See also: Community Outreach Issues, Small Business and Economic Issues, Personal Empowerment Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, Job Outlook, and Hunger and Homelessness Issues)

Better Living

October 11, 2015

7:30-8am

30 minutes of a 60-minute program

As the youngest of nine children, Steve McClatchy had to learn early to speak up for himself and make his voice heard. Now he reaches out to help others do the same. He is an expert at time management, stress reduction and job preparedness. He's written a book, *Decide: Work Smarter, Reduce Stress*, is a tool to help empower people in today's ultra-competitive workforce. He offers tips and guidance to reduce drama and become more successful at home and on the job. (See also: Community Outreach Issues, Small Business and Economic Issues, Political Issues, Crime and Prevention Issues, Personal Empowerment Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, Job Outlook, and Hunger and Homelessness Issues)

Better Living

October 18, 2015

7-7:30am

30 minutes of a 60-minute program

One of the biggest challenges people face that prevents them from accomplishing their goals is procrastination. Many people procrastinate, but it's interesting to understand the extremely different reasons that cause people to put off their goals. Dr. Renate Reimann, PhD is an expert at helping people overcome obstacles in their lives that prevent them achieving success, whether it's issues with fear, time management, or apathy. She helps them dig deeper to find the root cause of their internal stress, work through it logically—without emotion—and empower them to persevere. (See also: Community Outreach Issues, Small Business and Economic Issues, Political Issues, Crime and Prevention Issues, Personal Empowerment Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, Job Outlook, and Hunger and Homelessness Issues)

Better Living

October 25, 2015

7-7:30am

30 minutes of a 60-minute program

October has come to be known as breast cancer awareness month, and it's only fitting that we cover the topic. This campaign that largely started in Dallas nearly 30 years ago has helped to open the dialogue for many

“embarrassing” health issues. Women are recovering from breast cancer much more often than in years past, and early recognition has played a huge role in that success rate. The stories of survivors (and victims) are empowering, inspirational and sometimes sad—but always worth hearing. (See also: Community Outreach Issues, Political Issues, Personal Empowerment Issues, and Mentoring and Positive Role Modeling)

Better Living

October 25, 2015

7:30-8am

30 minutes of a 60-minute program

Resilience is a major factor in our success and overall happiness in life. Are some people more resilient than others? Yes. What is it that they know that others don't? Is resilience a quality that can be learned? Nina Payne says yes. About a decade ago, she was suffering greatly from the loss of her brother to cancer, when she also lost her father from a broken heart as well. When her world felt like it was crashing around her, she did some deep soul-searching and what she discovered, she uses now to help others. *A Moment in Time* is her account of pain and recovery, and offers a guidebook on how we can all train ourselves to become more resilient and achieve ultimate happiness in life. (See also: Community Outreach Issues, Small Business and Economic Issues, Political Issues, Crime and Prevention Issues, Personal Empowerment Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, Job Outlook, and Hunger and Homelessness Issues)

Better Living

November 1, 2015

7-7:30am

30 minutes of a 60-minute program

Almost anyone you ask will tell you they have a problem with stress in their lives. We have come to a point where we tend to live in crisis-mode nearly all the time. It's very unhealthy for us mentally, physically and spiritually. A beneficial way that Tracy James has learned to relieve stress is to reconnect with nature. She takes drastic measures, by camping out and shucking all the materialistic things that seem to drive us, and in many ways hold us down. But she says others don't have to take such dramatic steps to see positive results in their own lives. As long as we remember to stop, breathe fresh air on a regular basis and take special moments to appreciate the beauty in nature around us on a daily basis, we, too, can become whole again. (See also: Community Outreach Issues, Small Business and Economic Issues, Personal Empowerment Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, and Job Outlook)

Better Living

November 1, 2015

7:30-8am

30 minutes of a 60-minute program

When people are stressed they will do almost anything to alleviate the problem, and yet, most of us don't know where to begin. Our health suffers, mentally and physically, and it's a dangerous cycle. Matt Sison was in the same position nearly a decade ago, and he worked diligently to turn his life around. He now works to educate others through his book, *Life is a Perfect System*. It breaks down the steps needed to achieve personal peace, and provides a roadmap to an overall healthier way of life. (See also: Community Outreach Issues, Small Business and Economic Issues, Political Issues, Crime and Prevention Issues, Personal Empowerment Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, Job Outlook, and Hunger and Homelessness Issues)

Better Living

November 8, 2015

7-7:30am

30 minutes of a 60-minute program

Nowadays, people need a lot of advice and guidance in recreating themselves to be more attractive in the current workplace. This ever-changing landscape is something that Jude Bijou has become an expert at navigating. Through her book, *Attitude Reconstruction*, she offers some practical advice and tools to reconstruct the way they view themselves so that others may do the same. (See also: Small Business and Economic Issues, Crime and Prevention Issues, Personal Empowerment Issues, Mentoring and Positive Role Modeling, Job Outlook, and Hunger and Homelessness Issues)

Better Living

November 15, 2015

7-7:30am

30 minutes of a 60-minute program

Aging is a difficult part of growing older for many adults. In addition to physically, mentally, and spiritually, there are several other ways aging can take a toll on our lives. However, Elaine Ambrose has an interesting perspective on aging that can help people cope. It has been deemed the sandwich generation, because those approaching middle age often find themselves taking care of young adults as well as elderly parents, giving them a wide range of difficult issues to deal with on a daily basis. Elaine's book, *Midlife Cabernet* is a humorous, yet solutions-oriented look at ways to better face the coming storm. (See also: Community Outreach Issues, Crime and Prevention Issues, Personal Empowerment Issues, Arts and Education Issues, and Mentoring and Positive Role Modeling)

Better Living

November 15, 2015

7:30-8am

30 minutes of a 60-minute program

Bullying is a huge problem in today's society. Although it is as yet undetermined if children face bullying more than their parents did, there is no doubt that the stakes are higher and social media allows the opportunity for bullying on an international scale to exist. How do we equip our children with the tools to prepare to combat bullying, and at the same time ensure they do not shrink, and instead become empowered in the face of adversity? The first step, says Dr. Eileen Kennedy Moore, is to make sure they can properly identify bullying. We do them a disservice by readily labeling simple acts of meanness or aggression as bullying. Dr. Moore has a video series that helps parents and children identify and begin to stamp out true bullying, so we can ultimately raise emotionally and socially healthy kids. (See also: Community Outreach Issues, Political Issues, Crime and Prevention Issues, and Mentoring and Positive Role Modeling)

Better Living

November 29, 2015

7-7:30am

30 minutes of a 60-minute program

Marriages are in severe need of help. Instead of a declining divorce rate, events of recent years have only served to lead to an increase in divorces. Marcia Naomi Berger has written a book entitled, *Marriage Meetings for Lasting Love*, that outlines her unique and simple plan for improving marriages, no matter what their current state. By conducting a brief meeting weekly with your spouse, she contends, you can vastly improve your marriage. It encourages couples to discuss problems openly and honestly, as well as create action items for improvement. (See also: Personal Empowerment Issues)

Better Living

November 29, 2015

7:30-8am

30 minutes of a 60-minute program

Much of what holds us back in our lives are things we create in our own minds. Dr. Judith Orloff, MD has spent decades as a psychiatrist, counseling patients who need to free themselves of their debilitating past limitations. Her newest book, *The Ecstasy of Surrender – 12 Empowering Ways Letting Go Can Improve Your Life*, outlines her personal struggle with letting go, and the subsequent freedom she gained in doing so. The book also gives us a detailed roadmap of how we can attain the same in our own lives. (See also: Small Business and Economic Issues, Personal Empowerment Issues, Arts and Education Issues, and Job Outlook)

Better Living
December 6, 2015
7:30-8am
30 minutes of a 60-minute program

Christmastime can be stressful on families—to say the least. Getting together with loved ones can sometimes be a dreaded event that threatens to spoil the holidays. But it doesn't have to be that way. Author of *The Secret Code to Success*, Noah St. John, PhD, says that we are going about it the wrong way. If we can learn to look at family events with a different eye, and slightly modify our expectations, we can once again have fun during the holidays. His methods have been helping people nationwide for nearly a decade. (See also: Personal Empowerment Issues, and Mentoring and Positive Role Modeling)

Better Living
December 13, 2015
7:30-8am
30 minutes of a 60-minute program

It just wouldn't be Christmas without speaking with Salvation Army of DFW. Of course their organization is highly visible during this time of year, but the money they raise now goes to fund projects and services they provide throughout the community for the remainder of the year as well. The Angel Tree Project, The Red Kettle Campaign, and the dinners for Thanksgiving and Christmas keep them top of mind. But the group also helps to feed children during the summer when school lunch programs are no longer in effect, provide childcare so parents can work, and offer services to help men and women with substance abuse problems just to name a few. (See also: Community Outreach Issues, Crime and Prevention Issues, Personal Empowerment Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, Job Outlook, and Hunger and Homelessness Issues)

Better Living
December 20, 2015
7:30-8am
30 minutes of a 60-minute program

There is an event that has long been associated with Christmas in the DFW area, and that is the Trains exhibit at NorthPark Mall. After nearly 30 years, the Trains continue to draw huge crowds of people young and old. It is entertaining and educational—and also for a good cause. The event is the biggest fundraiser for the Ronald McDonald House of Dallas. This group helps provide services for families with children who are hospitalized for long periods of time. RMH makes everything easier on the families by providing a place to stay and hot meals, allowing them to focus on the task of helping their children heal. (See also: Community Outreach Issues, Small

Business and Economic Issues, and Hunger and Homelessness Issues)

Most Significant Issue-Responsive Programming
4th Quarter, 2015
(October 1 through December 31)

ISSUE: Job Outlook

Better Living
October 4, 2015
7:30-8am
30 minutes of a 60-minute program

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Better Living
October 11, 2015
7-7:30am
30 minutes of a 60-minute program

Many events in our lives are connected with grief from a loss of some sort. Loss doesn't have to mean death, although it often does. We can also grieve the loss of a relationship, loss of a beloved pet, or even loss of a job. So it makes sense that we need to learn to come to terms with loss and grieving, and returning guest, Russell Friedman, has been on a mission for decades to help people in this area. His newest book, *The Grief Recovery Handbook for Pet Loss*, reaches out to help people overcome and move on. (See also: Community Outreach Issues, Small Business and Economic Issues, Personal Empowerment Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, and Hunger and Homelessness Issues)

Better Living
October 11, 2015
7:30-8am
30 minutes of a 60-minute program

As the youngest of nine children, Steve McClatchy had to learn early to speak up for himself and make his voice heard. Now he reaches out to help others do the same. He is an expert at time management, stress reduction and job preparedness. He's written a book, *Decide: Work Smarter, Reduce Stress*, is a tool to help empower people in today's ultra-competitive workforce. He offers tips and

guidance to reduce drama and become more successful at home and on the job. (See also: Community Outreach Issues, Small Business and Economic Issues, Political Issues, Crime and Prevention Issues, Personal Empowerment Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, and Hunger and Homelessness Issues)

Better Living
October 18, 2015
7-7:30am
30 minutes of a 60-minute program

One of the biggest challenges people face that prevents them from accomplishing their goals is procrastination. Many people procrastinate, but it's interesting to understand the extremely different reasons that cause people to put off their goals. Dr. Renate Reimann, PhD is an expert at helping people overcome obstacles in their lives that prevent them achieving success, whether it's issues with fear, time management, or apathy. She helps them dig deeper to find the root cause of their internal stress, work through it logically—without emotion—and empower them to persevere. (See also: Community Outreach Issues, Small Business and Economic Issues, Political Issues, Crime and Prevention Issues, Personal Empowerment Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, and Hunger and Homelessness Issues)

Better Living
October 25, 2015
7:30-8am
30 minutes of a 60-minute program

Resilience is a major factor in our success and overall happiness in life. Are some people more resilient than others? Yes. What is it that they know that others don't? Is resilience a quality that can be learned? Nina Payne says yes. About a decade ago, she was suffering greatly from the loss of her brother to cancer, when she also lost her father from a broken heart as well. When her world felt like it was crashing around her, she did some deep soul-searching and what she discovered, she uses now to help others. *A Moment in Time* is her account of pain and recovery, and offers a guidebook on how we can all train ourselves to become more resilient and achieve ultimate happiness in life. (See also: Community Outreach Issues, Small Business and Economic Issues, Political Issues, Crime and Prevention Issues, Personal Empowerment Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, and Hunger and Homelessness Issues)

Better Living
November 1, 2015
7-7:30am
30 minutes of a 60-minute program

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Better Living

November 1, 2015

7:30-8am

30 minutes of a 60-minute program

When people are stressed they will do almost anything to alleviate the problem, and yet, most of us don't know where to begin. Our health suffers, mentally and physically, and it's a dangerous cycle. Matt Sison was in the same position nearly a decade ago, and he worked diligently to turn his life around. He now works to educate others through his book, *Life is a Perfect System*. It breaks down the steps needed to achieve personal peace, and provides a roadmap to an overall healthier way of life. (See also: Community Outreach Issues, Small Business and Economic Issues, Political Issues, Crime and Prevention Issues, Personal Empowerment Issues, Arts and Education Issues, Mentoring and Positive Role Modeling, Body, Mind, and Spirit Issues, and Hunger and Homelessness Issues)

Better Living

November 8, 2015

7-7:30am

30 minutes of a 60-minute program

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Better Living

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7:30-8am

30 minutes of a 60-minute program

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Better Living

December 13, 2015

7:30-8am

30 minutes of a 60-minute program

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Most Significant Issue-Responsive Programming
4th Quarter, 2015
(October 1 through December 31)

ISSUE: Hunger and Homelessness Issues

Better Living
October 4, 2015
7:30-8am
30 minutes of a 60-minute program

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7-7:30am
30 minutes of a 60-minute program

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7:30-8am
30 minutes of a 60-minute program

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7-7:30am
30 minutes of a 60-minute program

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7:30-8am
30 minutes of a 60-minute program

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30 minutes of a 60-minute program

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7:30-8am

30 minutes of a 60-minute program

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