

**QUARTERLY ISSUES AND PROGRAMS REPORT**

**FOR**

**KRLD-FM**

**2<sup>nd</sup> QUARTER, 2015**

**(April 1 – June 30)**

Prepared by:

**Lauri Dodd**

**Public Affairs Director**

**Issues of Concern to Dallas / Fort Worth  
Addressed in Responsive Programming  
in the 2<sup>nd</sup> Quarter, 2015**

1.     **Vocational Training**             Preparing people to update career skills and trends to gain an edge on the competition, especially boosting self confidence in a tough, down employment market
  
2.     **Altruism Issues**                 Discussion of organizations needing donations of money and time to continue to support the community outreach programs that help the increasing numbers of needy
  
3.     **Entrepreneurism and Small Business Success**     Raising awareness of small business and entrepreneurial issues and financial planning methods to help people better position themselves for the future
  
4.     **Employment 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
  
5.     **Environmental and Conservation Issues**     Discussion of ways we can be better stewards of the environment, little things we can do every day to help make our community and our planet cleaner, and how we can benefit from doing so
  
6.     **Veterans' Issues**                 Highlighting the generous commitment made by the men and women in our armed forces, some of the critical issues they face, and how we can help them transition back into life at home
  
7.     **Personal Development Issues**             Personal empowerment and improvement techniques for moving forward past adversity to achieve success, and thrive personally and professionally
  
8.     **Overcoming Poverty**             Education about the increasing number of people facing the challenges of poverty and related issues, information about services available, and advice about how to break the cycle
  
9.     **Violence and Abuse Prevention**             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, and the best ways to reduce and eliminate dependence
  
10.    **Animal Issues**                     Explores topics relating to animals and their welfare, also as they are connected to the welfare of humans, especially when it comes to therapy of any kind

**KRLD-FM Programs That Address Community Issues  
2<sup>nd</sup> Quarter, 2015**

**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**  
**2<sup>nd</sup> Quarter, 2015**  
**(April 1 through June 30)**

**ISSUE: Vocational Training**

Better Living  
April 5, 2015  
6-6:30am  
30 minutes of a 60-minute program

Many things in life center on the health of the heart. This even includes the success we can experience in our careers and in life in general. Baptist de Pape was moments away from signing papers to enter law school, when he panicked—realizing that was not what he wanted in life. He has toured the world canvassing the best and brightest thinkers of our time, all in an effort to learn what made them successful. And now he dedicates his life to helping others realize their true potential. His book, *The Power of the Heart*, is a testament to the fact that we can all find our true calling with a little soul searching, and only then can we make a lasting impact on the world around us. (See also: Altruism Issues, Entrepreneurism and Business Success, Employment Outlook, and Personal Development Issues)

Better Living  
April 5, 2015  
6:30-7am  
30 minutes of a 60-minute program

There are many theories about what makes and keeps people in poverty. Is it a mindset, is it a way of life, is it possible to break free from the oppression of poverty? These are just a few of the questions that John Hope Bryant set out to answer in his book, *How the Poor Will Save Capitalism*. He is an Obama appointee, an entrepreneur, the founder of a non-profit organization aimed at helping others achieve financial freedom, and he believes that people are poor for many reasons, but first and foremost because of low self-esteem. And they don't have enough good role models in their communities that can teach them how to achieve goals of financial success. He is working to gain an army to help to turn the tide. (See also: Altruism Issues, Entrepreneurism and Small Business Success, Employment Outlook, Environmental and Conservation Issues, Veterans' Issues, Personal Development Issues, Overcoming Poverty, and Violence and Abuse Prevention)

Better Living  
April 12, 2015  
6-6:30am  
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: Altruism Issues, Environmental and Conservation Issues, Personal Development Issues, Overcoming Poverty, Violence and Abuse Prevention, and Animal Issues)

Better Living

April 19, 2015

6-6:30am

30 minutes of a 60-minute program

As the economy and job outlook continues to flail, depression is a growing concern. Eric Maisel, PhD has been a counselor for many years to help people overcome the stresses of everyday life and he is concerned about the growing numbers of people being diagnosed as depressed. In his opinion, he thinks there has been an abundance of clinically depressed people, simply because medical professionals are over-diagnosing the condition. This increase has also contributed to an alarming number of people who are medicated to cope. Maisel's book, *Rethinking Depression*, takes a long, hard look at some of the ways we can improve our mental health outlook and become happier as a society overall. (See also: Altruism Issues, Entrepreneurism and Small Business Success, Employment Outlook, Personal Development Issues, Overcoming Poverty, Violence and Abuse Prevention, and Animal Issues)

Better Living

April 26, 2015

6-6:30am

30 minutes of a 60-minute program

We are all inundated with technology, and overconnected these days. It does help us be more effective, efficient and connected with one another, but it also has a downside as well. We are losing the ability to connect with one another on a more personal one-on-one basis. Children, especially are prone to this. In many cases, they are not developing the tools necessary to survive in our culture, and social mores are in severe decline. Anne Katherine, PhD encourages us to set boundaries, and unplug for ourselves and as role models for our children, so that we can regain that connectedness that helps us develop and nurture our most important interpersonal relationships. (See also: Altruism Issues, Environmental and Conservation Issues, Veterans' Issues, and Personal Development Issues)

Better Living  
April 26, 2015  
6:30-7am  
30 minutes of a 60-minute program

So many of us are searching for things in our lives that we just can't pinpoint. There are many missed opportunities to tap into a more spiritual side of ourselves—that would enable us to feel like we were a part of something bigger than ourselves. Psychological and social expert, Rivvy Neshama has written a book, *Recipes for a Sacred Life*, to help us reconnect with that increasingly important part of our lives. (See also: Entrepreneurism and Small Business Issues, Employment Outlook, Environmental and Conservation Issues, Veterans' Issues, Personal Development Issues, and Animal Issues)

Better Living  
May 3, 2015  
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: Employment Outlook, Personal Development Issues, and Overcoming Poverty)

Better Living  
May 10, 2015  
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: Altruism Issues, Entrepreneurism and Small Business Success, Employment Outlook, Environmental and Conservation Issues, Veterans' Issues, Personal Development Issues, and Overcoming Poverty)

Better Living  
May 24, 2015  
6-7am

60 minutes of a 60-minute program

In an unprecedented move, this week we dedicated an entire hour to veterans and services that honor and help them succeed. In honor of Memorial Day, it seems fitting to devote an entire hour of the program to the heroes that have given so much of themselves, especially those who have paid the ultimate price for the freedoms we enjoy. Andy Nguyen founded Honor Courage Commitment (HCC) to help veterans transition back into civilian life after they leave the military. He also founded #22Kill to raise awareness for the 22 veterans who take their own lives each day. His efforts have already made a huge impact on the lives of veterans and their future success. (See also: Entrepreneurism and Small Business Success, Employment Outlook, Veterans' Issues, Personal Development Issues, Violence and Abuse Prevention, and Animal Issues)

Better Living

May 31, 2015

6-6:30am

30 minutes of a 60-minute program

Sometimes, it seems life throws crazy challenges at people, and the way they respond determines their ultimate success in life. Sean Meshorer is just one of those people. He had a point in his life where he had hit an all-time low, he overdosed on drugs and had to be brought back from the brink of death. But in doing so, he learned a lot about himself and life in the meantime. Now he reaches out to help others dealing with the stress of mental illness, job loss, and life transformation. His book, *The Bliss Experiment: 28 Days to Personal Transformation* is a testament to his perseverance, and is a guideline to others facing similar life altering issues. (See also: Altruism Issues, Employment Outlook, Environmental and Conservation Issues, Personal Development Issues, and Violence and Abuse Prevention)

Better Living

May 31, 2015

6:30-7am

30 minutes of a 60-minute program

Women, in particular, have a variety of issues they face on a daily basis that could hamper their success in business and in life. Maria Holmes has written, *Beyond the Myth, How to Live the Life You Desire*, as a guideline for people, and specifically women, to achieve success in relationships at work and at home. Holmes offers a wide range of advice on how to improve your career, your love life, your marriage, and relationships with your children of all ages. (See also: Altruism Issues, Entrepreneurism and Small Business Success, and Personal Development Issues)

Better Living

June 7, 2015  
6:30-7am  
30 minutes of a 60-minute program

Many more people are living paycheck to paycheck now than ever before, and that means retirement is a non-attainable dream for more and more people these days. Even achieving financial freedom or security seems too far off, and Douglas Ezay wants to change that. He's an immigrant from Africa, who came to America for the opportunity, and was determined to make his own way here. He now teaches others to develop the financial knowledge and skills that helped him make his dreams come true for themselves and generations to come. (See also: Entrepreneurism and Small Business Issues, Personal Development Issues, and Overcoming Poverty)

Better Living  
June 21, 2015  
6:30-7am  
30 minutes of a 60-minute program

A positive attitude is key to launching a successful career. Although it has always been important, now it is crucial to survival, as everything becomes more cutthroat in our workplace environment. In her book, *Emotional Freedom*, Judith Orloff, M.D., helps people discover ways to embrace more positivity in our lives and to shun that which is holding us back. (See also: Vocational Training, Entrepreneurism and Small Business Success, Environmental and Conservation Issues, Veterans' Issues, Personal Development Issues, and Violence and Abuse Prevention)



**Most Significant Issue-Responsive Programming**  
**2<sup>nd</sup> Quarter, 2015**  
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**ISSUE:       Altruism Issues**

Better Living  
April 5, 2015  
6-6:30am  
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

There are many theories about what makes and keeps people in poverty. Is it a mindset, is it a way of life, is it possible to break free from the oppression of poverty? These are just a few of the questions that John Hope Bryant set out to answer in his book, *How the Poor Will Save Capitalism*. He is an Obama appointee, an entrepreneur, the founder of a non-profit organization aimed at helping others achieve financial freedom, and he believes that people are poor for many reasons, but first and foremost because of low self-esteem. And they don't have enough good role models in their communities that can teach them how to achieve goals of financial success. He is working to gain an army to help to turn the tide. (See also: Vocational Training, Entrepreneurism and Small Business Success, Employment Outlook, Environmental and Conservation Issues, Veterans' Issues, Personal Development Issues, Overcoming Poverty, and Violence and Abuse Prevention)

Better Living  
April 12, 2015

6-6:30am

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: Vocational Training, Environmental and Conservation Issues, Personal Development Issues, Overcoming Poverty, Violence and Abuse Prevention, and Animal Issues)

Better Living

April 12, 2015

6:30-7am

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: Personal Development Issues, Violence and Abuse Prevention, and Animal Issues)

Better Living

April 19, 2015

6-6:30am

30 minutes of a 60-minute program

As the economy and job outlook continues to flail, depression is a growing concern. Eric Maisel, PhD has been a counselor for many years to help people overcome the stresses of everyday life and he is concerned about the growing numbers of people being diagnosed as depressed. In his opinion, he thinks there has been an abundance of clinically depressed people, simply because medical professionals are

over-diagnosing the condition. This increase has also contributed to an alarming number of people who are medicated to cope. Maisel's book, *Rethinking Depression*, takes a long, hard look at some of the ways we can improve our mental health outlook and become happier as a society overall. (See also: Vocational Training, Entrepreneurism and Small Business Success, Employment Outlook, Personal Development Issues, Overcoming Poverty, Violence and Abuse Prevention, and Animal Issues)

Better Living  
April 19, 2015  
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Children are being diagnosed with ADD at an alarming rate these days. It is still unclear what is contributing to the rise. But Rhonda Martin, LPC has been working with these troubled children for years and offers some hope and suggestions to make life easier. She talks about how these young people are often stuck between different wanting to do the right things behaviorally and not having the capacity to control their actions. Medication is, or at least should be, a last resort, but it's also a good alternative to help the most troubled of these children. (See also: Environmental and Conservation Issues, Veterans' Issues, Violence and Abuse Prevention, and Animal Issues)

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May 10, 2015  
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Better Living

June 7, 2015  
6-6:30am  
30 minutes of a 60-minute program

Stephanie Collins is on a mission to educate parents of special needs children about how to properly care for them while still maintaining a balance within the family. She has three children who are special needs, and one who is not. She spends a great deal of her time juggling other people's needs and often neglects her own. Caring for the caregiver is one of the most important aspects of her situation, so that she may better provide a source of love and stability for her family. (See also: Employment Outlook, Environmental and Conservation Issues, and Violence and Abuse Prevention)

Better Living  
June 21, 2015  
6-6:30am  
30 minutes of a 60-minute program

Childhood obesity has become an epidemic, and adults are not doing any better. We are poor role models for our children when it comes to taking care of our own health. Leslie Bonci wants to help change that. She has written a book called, *Run Your Butt Off*. The aim is to inspire people to do a little each day to reform their couch potato ways and get moving. Whether it's walking to the mailbox or running a marathon, it's never too late to start. Every little bit makes a difference, and it all goes a long way to helping us live longer, healthier lives. (See also: Environmental and Conservation Issues, and Personal Development Issues)

**Most Significant Issue-Responsive Programming**  
**2<sup>nd</sup> Quarter, 2015**  
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**ISSUE: Entrepreneurism and Small Business Success**

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Better Living

May 24, 2015

6-7am

60 minutes of a 60-minute program

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**ISSUE:           Employment Outlook**

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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: Vocational Training, Altruism Issues, Entrepreneurism and Small Business Success, Environmental and Conservation Issues, Veterans' Issues, Personal Development Issues, and Overcoming Poverty)

Better Living

May 31, 2015

6-6:30am

30 minutes of a 60-minute program

Sometimes, it seems life throws crazy challenges at people, and the way they respond determines their ultimate success in life. Sean Meshorer is just one of those people. He had a point in his life where he had hit an all-time low, he overdosed on drugs and had to be brought back from the brink of death. But in doing so, he learned a lot about himself and life in the meantime. Now he reaches out to help others dealing with the stress of mental illness, job loss, and life transformation. His book, *The Bliss Experiment: 28 Days to Personal Transformation* is a testament to his perseverance, and is a guideline to others facing similar life altering issues. (See also: Vocational Training, Altruism Issues, Environmental and Conservation Issues, Personal Development Issues, and Violence and Abuse Prevention)

Better Living

June 7, 2015

6-6:30am

30 minutes of a 60-minute program

Stephanie Collins is on a mission to educate parents of special needs children about how to properly care for them while still maintaining a balance within the family. She has three children who are special needs, and one who is not. She spends a great deal of her time juggling other people's needs and often neglects her own. Caring for the caregiver is one of the most important aspects of her situation, so that she may better provide a source of love and stability for her family. (See also: Altruism Issues, Environmental and Conservation Issues, and Violence and Abuse Prevention)

Better Living

May 24, 2015

6-7am

60 minutes of a 60-minute program

In an unprecedented move, this week we dedicated an entire hour to veterans and services that honor and help them succeed. In honor of Memorial Day, it seems fitting to devote an entire hour of the program to the heroes that have given so much of themselves, especially those who have paid the ultimate price for the freedoms we enjoy. Andy Nguyen founded Honor Courage Commitment (HCC) to help veterans transition back into civilian life after they leave the military. He also founded #22Kill to raise awareness for the 22 veterans who take their own lives each day. His efforts have already made a huge impact on the lives of veterans and their future success. (See also: Vocational Training, Entrepreneurism and Small Business Success, Veterans' Issues, Personal Development Issues, Violence and Abuse Prevention, and Animal Issues)

**Most Significant Issue-Responsive Programming**  
**2<sup>nd</sup> Quarter, 2015**  
**(April 1 through June 30)**

**ISSUE:            Environmental and Conservation Issues**

Better Living  
April 5, 2015  
6:30-7am  
30 minutes of a 60-minute program

There are many theories about what makes and keeps people in poverty. Is it a mindset, is it a way of life, is it possible to break free from the oppression of poverty? These are just a few of the questions that John Hope Bryant set out to answer in his book, *How the Poor Will Save Capitalism*. He is an Obama appointee, an entrepreneur, the founder of a non-profit organization aimed at helping others achieve financial freedom, and he believes that people are poor for many reasons, but first and foremost because of low self-esteem. And they don't have enough good role models in their communities that can teach them how to achieve goals of financial success. He is working to gain an army to help to turn the tide. (See also: Vocational Training, Altruism Issues, Entrepreneurism and Small Business Success, Employment Outlook, Veterans' Issues, Personal Development Issues, Overcoming Poverty, and Violence and Abuse Prevention)

Better Living  
April 12, 2015  
6-6:30am  
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: Vocational Training, Altruism Issues, Personal Development Issues, Overcoming Poverty, Violence and Abuse Prevention, and Animal Issues)

Better Living  
April 19, 2015  
6:30-7am  
30 minutes of a 60-minute program

Children are being diagnosed with ADD at an alarming rate these days. It is still unclear what is contributing to the rise. But Rhonda Martin, LPC has been working with these troubled children for years and offers some hope and suggestions to make life easier. She talks about how these young people are often stuck between different wanting to do the right things behaviorally and not having the capacity to control their actions. Medication is, or at least should be, a last resort, but it's also a good alternative to help the most troubled of these children. (See also: Altruism Issues, Veterans' Issues, Violence and Abuse Prevention, and Animal Issues)

Better Living  
April 26, 2015  
6-6:30am  
30 minutes of a 60-minute program

We are all inundated with technology, and overconnected these days. It does help us be more effective, efficient and connected with one another, but it also has a downside as well. We are losing the ability to connect with one another on a more personal one-on-one basis. Children, especially are prone to this. In many cases, they are not developing the tools necessary to survive in our culture, and social mores are in severe decline. Anne Katherine, PhD encourages us to set boundaries, and unplug for ourselves and as role models for our children, so that we can regain that connectedness that helps us develop and nurture our most important interpersonal relationships. (See also: Vocational Training, Altruism Issues, Veterans' Issues, and Personal Development Issues)

Better Living  
April 26, 2015  
6:30-7am  
30 minutes of a 60-minute program

So many of us are searching for things in our lives that we just can't pinpoint. There are many missed opportunities to tap into a more spiritual side of ourselves—that would enable us to feel like we were a part of something bigger than ourselves. Psychological and social expert, Rivvy Neshama has written a book, *Recipes for a Sacred Life*, to help us reconnect with that increasingly important part of our lives. (See also: Vocational Training, Entrepreneurism and Small Business Issues, Employment Outlook, Veterans' Issues, Personal Development Issues, and Animal Issues)

Better Living  
May 3, 2015  
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: Personal Development Issues, and Violence and Abuse Prevention)

Better Living

May 10, 2015

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: Vocational Training, Altruism Issues, Entrepreneurism and Small Business Success, Employment Outlook, Veterans' Issues, Personal Development Issues, and Overcoming Poverty)

Better Living

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6-6:30am

30 minutes of a 60-minute program

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Better Living



June 7, 2015  
6-6:30am  
30 minutes of a 60-minute program

Stephanie Collins is on a mission to educate parents of special needs children about how to properly care for them while still maintaining a balance within the family. She has three children who are special needs, and one who is not. She spends a great deal of her time juggling other people's needs and often neglects her own. Caring for the caregiver is one of the most important aspects of her situation, so that she may better provide a source of love and stability for her family. (See also: Altruism Issues, Employment Outlook, and Violence and Abuse Prevention)

Better Living  
June 21, 2015  
6-6:30am  
30 minutes of a 60-minute program

Childhood obesity has become an epidemic, and adults are not doing any better. We are poor role models for our children when it comes to taking care of our own health. Leslie Bonci wants to help change that. She has written a book called, *Run Your Butt Off*. The aim is to inspire people to do a little each day to reform their couch potato ways and get moving. Whether it's walking to the mailbox or running a marathon, it's never too late to start. Every little bit makes a difference, and it all goes a long way to helping us live longer, healthier lives. (See also: Altruism Issues, Environmental and Conservation Issues, and Personal Development Issues)

Better Living  
June 21, 2015  
6:30-7am  
30 minutes of a 60-minute program

A positive attitude is key to launching a successful career. Although it has always been important, now it is crucial to survival, as everything becomes more cutthroat in our workplace environment. In her book, *Emotional Freedom*, Judith Orloff, M.D., helps people discover ways to embrace more positivity in our lives and to shun that which is holding us back. (See also: Vocational Training, Entrepreneurism and Small Business Success, Veterans' Issues, Personal Development Issues, and Violence and Abuse Prevention)

**Most Significant Issue-Responsive Programming**  
**2<sup>nd</sup> Quarter, 2015**  
**(April 1 through June 30)**

**ISSUE:           Veterans' Issues**

Better Living  
April 5, 2015  
6:30-7am  
30 minutes of a 60-minute program

There are many theories about what makes and keeps people in poverty. Is it a mindset, is it a way of life, is it possible to break free from the oppression of poverty? These are just a few of the questions that John Hope Bryant set out to answer in his book, *How the Poor Will Save Capitalism*. He is an Obama appointee, an entrepreneur, the founder of a non-profit organization aimed at helping others achieve financial freedom, and he believes that people are poor for many reasons, but first and foremost because of low self-esteem. And they don't have enough good role models in their communities that can teach them how to achieve goals of financial success. He is working to gain an army to help to turn the tide. (See also: Vocational Training, Altruism Issues, Entrepreneurism and Small Business Success, Employment Outlook, Environmental and Conservation Issues, Personal Development Issues, Overcoming Poverty, and Violence and Abuse Prevention)

Better Living  
April 19, 2015  
6:30-7am  
30 minutes of a 60-minute program

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Better Living  
April 26, 2015  
6-6:30am  
30 minutes of a 60-minute program

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help us be more effective, efficient and connected with one another, but it also has a downside as well. We are losing the ability to connect with one another on a more personal one-on-one basis. Children, especially are prone to this. In many cases, they are not developing the tools necessary to survive in our culture, and social mores are in severe decline. Anne Katherine, PhD encourages us to set boundaries, and unplug for ourselves and as role models for our children, so that we can regain that connectedness that helps us develop and nurture our most important interpersonal relationships. (See also: Vocational Training, Altruism Issues, Environmental and Conservation Issues, and Personal Development Issues)

Better Living

April 26, 2015

6:30-7am

30 minutes of a 60-minute program

So many of us are searching for things in our lives that we just can't pinpoint. There are many missed opportunities to tap into a more spiritual side of ourselves—that would enable us to feel like we were a part of something bigger than ourselves. Psychological and social expert, Rivvy Neshama has written a book, *Recipes for a Sacred Life*, to help us reconnect with that increasingly important part of our lives. (See also: Vocational Training, Entrepreneurism and Small Business Issues, Employment Outlook, Environmental and Conservation Issues, Personal Development Issues, and Animal Issues)

Better Living

May 10, 2015

6:30-7am

30 minutes of a 60-minute program

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Better Living

May 24, 2015

6-7am

60 minutes of a 60-minute program

In an unprecedented move, this week we dedicated an entire hour to veterans

and services that honor and help them succeed. In honor of Memorial Day, it seems fitting to devote an entire hour of the program to the heroes that have given so much of themselves, especially those who have paid the ultimate price for the freedoms we enjoy. Andy Nguyen founded Honor Courage Commitment (HCC) to help veterans transition back into civilian life after they leave the military. He also founded #22Kill to raise awareness for the 22 veterans who take their own lives each day. His efforts have already made a huge impact on the lives of veterans and their future success. (See also: Vocational Training, Entrepreneurism and Small Business Success, Employment Outlook, Personal Development Issues, Violence and Abuse Prevention, and Animal Issues)

Better Living

June 21, 2015

6:30-7am

30 minutes of a 60-minute program

A positive attitude is key to launching a successful career. Although it has always been important, now it is crucial to survival, as everything becomes more cutthroat in our workplace environment. In her book, *Emotional Freedom*, Judith Orloff, M.D., helps people discover ways to embrace more positivity in our lives and to shun that which is holding us back. (See also: Vocational Training, Entrepreneurism and Small Business Success, Environmental and Conservation Issues, Personal Development Issues, and Violence and Abuse Prevention)

**Most Significant Issue-Responsive Programming**  
**2<sup>nd</sup> Quarter, 2015**  
**(April 1 through June 30)**

**ISSUE: Personal Development Issues**

Better Living  
April 5, 2015  
6-6:30am  
30 minutes of a 60-minute program

Many things in life center on the health of the heart. This even includes the success we can experience in our careers and in life in general. Baptist de Pape was moments away from signing papers to enter law school, when he panicked—realizing that was not what he wanted in life. He has toured the world canvassing the best and brightest thinkers of our time, all in an effort to learn what made them successful. And now he dedicates his life to helping others realize their true potential. His book, *The Power of the Heart*, is a testament to the fact that we can all find our true calling with a little soul searching, and only then can we make a lasting impact on the world around us. (See also: Vocational Training, Altruism Issues, Entrepreneurism and Business Success, and Employment Outlook)

Better Living  
April 5, 2015  
6:30-7am  
30 minutes of a 60-minute program

There are many theories about what makes and keeps people in poverty. Is it a mindset, is it a way of life, is it possible to break free from the oppression of poverty? These are just a few of the questions that John Hope Bryant set out to answer in his book, *How the Poor Will Save Capitalism*. He is an Obama appointee, an entrepreneur, the founder of a non-profit organization aimed at helping others achieve financial freedom, and he believes that people are poor for many reasons, but first and foremost because of low self-esteem. And they don't have enough good role models in their communities that can teach them how to achieve goals of financial success. He is working to gain an army to help to turn the tide. (See also: Vocational Training, Altruism Issues, Entrepreneurism and Small Business Success, Employment Outlook, Environmental and Conservation Issues, Veterans' Issues, Overcoming Poverty, and Violence and Abuse Prevention)

Better Living  
April 12, 2015  
6-6:30am  
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: Vocational Training, Altruism Issues, Environmental and Conservation Issues, Overcoming Poverty, Violence and Abuse Prevention, and Animal Issues)

Better Living  
April 12, 2015  
6:30-7am  
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: Altruism Issues, Violence and Abuse Prevention, and Animal Issues)

Better Living  
April 19, 2015  
6-6:30am  
30 minutes of a 60-minute program

As the economy and job outlook continues to flail, depression is a growing concern. Eric Maisel, PhD has been a counselor for many years to help people overcome the stresses of everyday life and he is concerned about the growing numbers of people being diagnosed as depressed. In his opinion, he thinks there has been an abundance of clinically depressed people, simply because medical professionals are over-diagnosing the condition. This increase has also contributed to an alarming number of people who are medicated to cope. Maisel's book, *Rethinking Depression*, takes a long, hard look at some of the ways we can improve our mental health outlook and become happier as a society overall. (See also: Vocational Training, Altruism Issues, Entrepreneurism and Small Business Success, Employment Outlook, Overcoming Poverty, Violence and Abuse Prevention, and Animal Issues)

Better Living  
April 26, 2015  
6-6:30am  
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Better Living

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Better Living

May 3, 2015

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: Vocational Training, Employment Outlook, and Overcoming Poverty)

Better Living

May 3, 2015

6:30-7am

30 minutes of a 60-minute program

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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: Environmental and Conservation Issues, and Violence and Abuse Prevention)

Better Living

May 10, 2015

6:30-7am

30 minutes of a 60-minute program

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Better Living

May 31, 2015

6-6:30am

30 minutes of a 60-minute program

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Better Living

May 31, 2015

6:30-7am

30 minutes of a 60-minute program

Women, in particular, have a variety of issues they face on a daily basis that could hamper their success in business and in life. Maria Holmes has written, *Beyond the Myth, How to Live the Life You Desire*, as a guideline for people, and specifically women, to achieve success in relationships at work and at home. Holmes offers a wide range of advice on how to improve your career, your love life, your marriage, and relationships with your children of all ages. (See also: Vocational Training, Altruism Issues, and Entrepreneurism and Small Business Success)



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

Many more people are living paycheck to paycheck now than ever before, and that means retirement is a non-attainable dream for more and more people these days. Even achieving financial freedom or security seems too far off, and Douglas Ezay wants to change that. He's an immigrant from Africa, who came to America for the opportunity, and was determined to make his own way here. He now teaches others to develop the financial knowledge and skills that helped him make his dreams come true for themselves and generations to come. (See also: Vocational Training, Entrepreneurism and Small Business Issues, and Overcoming Poverty)

Better Living  
May 24, 2015  
6-7am  
60 minutes of a 60-minute program

In an unprecedented move, this week we dedicated an entire hour to veterans and services that honor and help them succeed. In honor of Memorial Day, it seems fitting to devote an entire hour of the program to the heroes that have given so much of themselves, especially those who have paid the ultimate price for the freedoms we enjoy. Andy Nguyen founded Honor Courage Commitment (HCC) to help veterans transition back into civilian life after they leave the military. He also founded #22Kill to raise awareness for the 22 veterans who take their own lives each day. His efforts have already made a huge impact on the lives of veterans and their future success. (See also: Vocational Training, Entrepreneurism and Small Business Success, Employment Outlook, Veterans' Issues, Violence and Abuse Prevention, and Animal Issues)

Better Living  
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30 minutes of a 60-minute program

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Better Living  
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**Most Significant Issue-Responsive Programming**  
**2<sup>nd</sup> Quarter, 2015**  
**(April 1 through June 30)**

**ISSUE: Overcoming Poverty**

Better Living  
April 5, 2015  
6:30-7am  
30 minutes of a 60-minute program

There are many theories about what makes and keeps people in poverty. Is it a mindset, is it a way of life, is it possible to break free from the oppression of poverty? These are just a few of the questions that John Hope Bryant set out to answer in his book, *How the Poor Will Save Capitalism*. He is an Obama appointee, an entrepreneur, the founder of a non-profit organization aimed at helping others achieve financial freedom, and he believes that people are poor for many reasons, but first and foremost because of low self-esteem. And they don't have enough good role models in their communities that can teach them how to achieve goals of financial success. He is working to gain an army to help to turn the tide. (See also: Vocational Training, Altruism Issues, Entrepreneurism and Small Business Success, Employment Outlook, Environmental and Conservation Issues, Veterans' Issues, Personal Development Issues, and Violence and Abuse Prevention)

Better Living  
April 12, 2015  
6-6:30am  
30 minutes of a 60-minute program

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April 19, 2015  
6-6:30am  
30 minutes of a 60-minute program

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Better Living

May 3, 2015

6-6:30am

30 minutes of a 60-minute program

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6:30-7am

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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**Most Significant Issue-Responsive Programming**  
**2<sup>nd</sup> Quarter, 2015**  
**(April 1 through June 30)**

**ISSUE:           Violence and Abuse Prevention**

Better Living  
April 5, 2015  
6:30-7am  
30 minutes of a 60-minute program

There are many theories about what makes and keeps people in poverty. Is it a mindset, is it a way of life, is it possible to break free from the oppression of poverty? These are just a few of the questions that John Hope Bryant set out to answer in his book, *How the Poor Will Save Capitalism*. He is an Obama appointee, an entrepreneur, the founder of a non-profit organization aimed at helping others achieve financial freedom, and he believes that people are poor for many reasons, but first and foremost because of low self-esteem. And they don't have enough good role models in their communities that can teach them how to achieve goals of financial success. He is working to gain an army to help to turn the tide. (See also: Vocational Training, Altruism Issues, Entrepreneurism and Small Business Success, Employment Outlook, Environmental and Conservation Issues, Veterans' Issues, Personal Development Issues, and Overcoming Poverty)

Better Living  
April 12, 2015  
6-6:30am  
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: Vocational Training, Altruism Issues, Environmental and Conservation Issues, Personal Development Issues, Overcoming Poverty, and Animal Issues)

Better Living  
April 12, 2015  
6:30-7am  
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: Altruism Issues, Personal Development Issues, and Animal Issues)

Better Living

April 19, 2015

6-6:30am

30 minutes of a 60-minute program

As the economy and job outlook continues to flail, depression is a growing concern. Eric Maisel, PhD has been a counselor for many years to help people overcome the stresses of everyday life and he is concerned about the growing numbers of people being diagnosed as depressed. In his opinion, he thinks there has been an abundance of clinically depressed people, simply because medical professionals are over-diagnosing the condition. This increase has also contributed to an alarming number of people who are medicated to cope. Maisel's book, *Rethinking Depression*, takes a long, hard look at some of the ways we can improve our mental health outlook and become happier as a society overall. (See also: Vocational Training, Altruism Issues, Entrepreneurism and Small Business Success, Employment Outlook, Personal Development Issues, Overcoming Poverty, and Animal Issues)

Better Living

April 19, 2015

6:30-7am

30 minutes of a 60-minute program

Children are being diagnosed with ADD at an alarming rate these days. It is still unclear what is contributing to the rise. But Rhonda Martin, LPC has been working with these troubled children for years and offers some hope and suggestions to make life easier. She talks about how these young people are often stuck between different wanting to do the right things behaviorally and not having the capacity to control their actions. Medication is, or at least should be, a last resort, but it's also a good alternative to help the most troubled of these children. (See also: Altruism Issues, Environmental and Conservation Issues, Veterans' Issues, and Animal Issues)

Better Living

May 3, 2015

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: Environmental and Conservation Issues, and Personal Development Issues)

Better Living

May 31, 2015

6-6:30am

30 minutes of a 60-minute program

Sometimes, it seems life throws crazy challenges at people, and the way they respond determines their ultimate success in life. Sean Meshorer is just one of those people. He had a point in his life where he had hit an all-time low, he overdosed on drugs and had to be brought back from the brink of death. But in doing so, he learned a lot about himself and life in the meantime. Now he reaches out to help others dealing with the stress of mental illness, job loss, and life transformation. His book, *The Bliss Experiment: 28 Days to Personal Transformation* is a testament to his perseverance, and is a guideline to others facing similar life altering issues. (See also: Vocational Training, Altruism Issues, Employment Outlook, Environmental and Conservation Issues, and Personal Development Issues)

Better Living

June 7, 2015

6-6:30am

30 minutes of a 60-minute program

Stephanie Collins is on a mission to educate parents of special needs children about how to properly care for them while still maintaining a balance within the family. She has three children who are special needs, and one who is not. She spends a great deal of her time juggling other people's needs and often neglects her own. Caring for the caregiver is one of the most important aspects of her situation, so that she may better provide a source of love and stability for her family. (See also: Altruism Issues, Employment Outlook, and Environmental and Conservation Issues)

Better Living

May 24, 2015

6-7am

60 minutes of a 60-minute program



In an unprecedented move, this week we dedicated an entire hour to veterans and services that honor and help them succeed. In honor of Memorial Day, it seems fitting to devote an entire hour of the program to the heroes that have given so much of themselves, especially those who have paid the ultimate price for the freedoms we enjoy. Andy Nguyen founded Honor Courage Commitment (HCC) to help veterans transition back into civilian life after they leave the military. He also founded #22Kill to raise awareness for the 22 veterans who take their own lives each day. His efforts have already made a huge impact on the lives of veterans and their future success. (See also: Vocational Training, Entrepreneurism and Small Business Success, Employment Outlook, Veterans' Issues, Personal Development Issues, and Animal Issues)

Better Living

June 21, 2015

6:30-7am

30 minutes of a 60-minute program

A positive attitude is key to launching a successful career. Although it has always been important, now it is crucial to survival, as everything becomes more cutthroat in our workplace environment. In her book, *Emotional Freedom*, Judith Orloff, M.D., helps people discover ways to embrace more positivity in our lives and to shun that which is holding us back. (See also: Vocational Training, Entrepreneurism and Small Business Success, Environmental and Conservation Issues, Veterans' Issues, and Personal Development Issues)

**Most Significant Issue-Responsive Programming**  
**2<sup>nd</sup> Quarter, 2015**  
**(April 1 through June 30)**

**ISSUE:           Animal Issues**

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

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Better Living

April 26, 2015

6:30-7am

30 minutes of a 60-minute program

So many of us are searching for things in our lives that we just can't pinpoint. There are many missed opportunities to tap into a more spiritual side of ourselves—that would enable us to feel like we were a part of something bigger than ourselves. Psychological and social expert, Rivvy Neshama has written a book, *Recipes for a Sacred Life*, to help us reconnect with that increasingly important part of our lives. (See also: Vocational Training, Entrepreneurism and Small Business Issues, Employment Outlook, Environmental and Conservation Issues, Veterans' Issues, and Personal Development Issues)

Better Living

May 24, 2015

6-7am

60 minutes of a 60-minute program

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