

**QUARTERLY ISSUES AND PROGRAMS REPORT**

**FOR**

**KRLD-FM**

**3<sup>rd</sup> QUARTER, 2015**  
**(July 1 – September 30)**

Prepared by:

**Lauri Dodd**

**Public Affairs Director**

**Issues of Concern to Dallas / Fort Worth  
Addressed in Responsive Programming  
in the 3<sup>rd</sup> Quarter, 2015**

1. **Business Development Issues** Discussion about the challenges facing a society working hard to survive and thrive, including ways we can all work together to create new business opportunities
2. **Health and Wellness Issues** Covers mental as well as physical wellness issues, and the importance of prevention in healthcare, while also addressing the need to be vigilant and proactive to protect the health of society as a whole
3. **Focus on the Family** Covers topics related to the demise of the family structure and what it takes to strengthen those relationships once again
4. **Elderly and Aging Issues** Raising awareness about ways to reach out and aid our increasing elderly population, often an overlooked group for hunger and homelessness outreach
5. **At-Risk Kids and Teens Outreach** Covers issues regarding young people who need protection, including removal from abusive environments, as well as aid and role-modeling to overcome hardships to end the cycle of abuse
6. **Substance Abuse and Prevention Issues** Highlighting concerns over increasing dependence on alcohol and drugs (prescription and illicit) and ways to curb abuse, aid in prevention and recovery assistance
7. **Minority and Women's Issues** Discussion about the challenges facing women and minorities in trying to get a leg up in society, including services available to help these unique populations, and opportunities for volunteerism
8. **Philanthropic 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
9. **Education and Awareness 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
10. **Overcoming Adversity** Personal empowerment and improvement techniques for moving forward past adversity to achieve success, and thrive personally and professionally

**KRLD-FM Programs That Address Community Issues  
3<sup>rd</sup> Quarter, 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**  
**3<sup>rd</sup> Quarter, 2015**  
**(July 1 through September 30)**

**ISSUE: Business Development Issues**

Better Living  
July 5, 2015  
6:30-7am  
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: Health and Wellness Issues, Focus on the Family, Elderly and Aging Issues, At-Risk Kids and Teens Outreach, Substance Abuse and Prevention Issues, Minority and Women's Issues, Philanthropic Issues, Education and Awareness Issues, and Overcoming Adversity)

Better Living  
July 12, 2015  
6:30-7am  
30 minutes of a 60-minute program

Some say we are slaves to the material things we strive for, yearn for and work for, and probably no one realizes that more than Kurt Koontz. He had a successful career, and all the trappings of a semi-wealthy lifestyle, but still he was unhappy, or at least dissatisfied. He decided to shun all the "things" in his life, and set out on a journey of self-discovery. He took the pilgrimage in Spain, *Camino de Santiago*, that millions have travelled for centuries, and there he, too, found his peace. While his peace came from his trek, not all of us have to travel halfway across the world to find ourselves. In *A Million Steps*, Kurt details his experience in an effort to help others achieve peace in their own lives. (See also: Health and Wellness Issues, Focus on the Family, Elderly and Aging Issues, At-Risk Kids and Teens Outreach, Substance Abuse and Prevention Issues, Philanthropic Issues, Education and Awareness Issues, and Overcoming Adversity)

Better Living  
July 19, 2015  
6-6:30am  
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: Health and Wellness Issues, Focus on the Family, Elderly and Aging Issues, At-Risk Kids and Teens Outreach, Substance Abuse and Prevention Issues, Minority and Women's Issues, and Overcoming Adversity)

Better Living

August 2, 2015

6-6:30am

30 minutes of a 60-minute program

About five years ago, Rashawnda Fuller was at a turning point in her life. With a small son at home, the single mom was laid off from her cushy corporate job, and desperately needed to find work. What she did instead has changed her life and the lives of the countless people she helps on a daily basis. She reframed her way of thinking, and created a new company that provides well for her small family. She educates companies about marketing themselves and their businesses on the Internet. MySocialMedia Mentors.com provides a well-rounded informational source for companies both large and small that need advice on navigating the tricky social media marketing landscape. (See also: Focus on the Family, Minority and Women's Issues, Philanthropic Issues, Education and Awareness Issues, and Overcoming Adversity)

Better Living

August 16, 2015

6:30-7am

30 minutes of a 60-minute program

With the increasing usage of social media in every aspect of our business and personal lives, there are some ground rules that need to be set. In addition, many people don't realize the need to protect their personal brand when it comes to social media. Every post and every picture tells someone a story about you—for good or bad—and it lasts forever. April Gregory works to help people manage and maximize their personal brand, to help them get jobs, secure more business, or just simply retain better control of the image you portray to the world. (See also: Minority and Women's Issues, and Education and Awareness Issues)

Better Living  
August 23, 2015  
6-6:30am  
30 minutes of a 60-minute program

Vicky Oliver has spent her career working to help others with theirs. She is a workplace expert, and reaches out in these trying times to help people navigate the difficult waters of layoffs, cutbacks and corporate greed. For those that remain on the job, it can be difficult to do more with less, and retain employment with difficult bosses and various other elements of the workplace that are seemingly beyond our control. With Vicky's help, we can learn to persevere through these tough times and come out ahead of our peers. (See also: Health and Wellness Issues, Elderly and Aging Issues, Minority and Women's Issues, and Overcoming Adversity)

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

Unfortunately, we have a lot to worry about these days. From our interpersonal relationships, to our job security, and even our health and wellness—worry presents itself on a daily basis. However, Katherine Tristan realized long ago, that worry does not solve any issues. And many times, the thing we worry about never comes to pass, and it's simply wasted time. She spends her time counseling others, giving them tools to process the things in their lives, enabling them to avoid worry altogether. Her book, *Stop Worrying, Start Living*, is a practical guidebook to reach readers everywhere. (See also: Health and Wellness Issues, Focus on the Family, Elderly and Aging Issues, At-Risk Kids and Teens Outreach, and Overcoming Adversity)

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Over the past several decades, Russell Friedman has gained worldwide acclaim for counseling people through loss. His latest book, *Moving Beyond Loss*, was quite a personal journey for him. He realized that loss comes not only in the form of loss of a loved one, but can also be the loss of a marriage or relationship, a job loss, or even a friendship. His book outlines ways we can effectively overcome and recover from all types of loss in our lives. (See also: Health and Wellness Issues, Focus on the Family, and Philanthropic Issues)

Better Living  
September 6, 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: At-Risk Kids and Teens Outreach, Minority and Women's Issues, and Overcoming Adversity)

**Most Significant Issue-Responsive Programming**  
**3<sup>rd</sup> Quarter, 2015**  
**(July 1 through September 30)**

**ISSUE: Health and Wellness Issues**

Better Living  
July 5, 2015  
6-6:30am  
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: Focus on the Family, Elderly and Aging Issues, At-Risk Kids and Teens Outreach, Substance Abuse and Prevention Issues, Minority and Women's Issues, Philanthropic Issues, Education and Awareness Issues, and Overcoming Adversity)

Better Living  
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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: Business Development Issues, Focus on the Family, Elderly and Aging Issues, At-Risk Kids and Teens Outreach, Substance Abuse and Prevention Issues, Minority and Women's Issues, Philanthropic Issues, Education and Awareness Issues, and Overcoming Adversity)

Better Living  
July 12, 2015



6-6:30am

30 minutes of a 60-minute program

By many estimates, obesity and overweight have reached crisis proportions in this nation, and yet they are very complicated issues. Kate KcKay says she has the solution for many people. It starts with a body, mind, spirit overhaul to get the right mindset. Once you believe you can achieve something, especially something as challenging as weight loss, that is half the battle. And the primary secret, she says, is to just get going. She has written a book called, *Living Sexy Fit at Any Age*, that helps people with a step-by-step plan to accomplish their goals. According to McKay, even age is not a significant factor with her plan—and it's one that can help people become happier and healthier long into their retirement years. (See also: Focus on the Family, Elderly and Aging Issues, Minority and Women's Issues, Education and Awareness Issues, and Overcoming Adversity)

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Better Living

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30 minutes of a 60-minute program

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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: Business Development Issues, Focus on the Family, Elderly and Aging Issues, At-Risk Kids and Teens Outreach, Substance Abuse and Prevention Issues, Minority and Women's Issues, and Overcoming Adversity)

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

Cancer is a great equalizer in our society. It strikes people across all races, colors and socioeconomic levels, and it's an evil menace. But Dr. Mitchell Gaynor, MD says he has some fool-proof solutions that can help to prevent this horrible disease in many forms. After years of research, and a lifetime of combining Western Medicine with Eastern wellness methods, he has written a book, *The Gene Therapy Plan*, to help educate the masses about this infinitely important topic. (See also: Elderly and Aging Issues, Minority and Women's Issues, and Education and Awareness Issues)

Better Living  
August 2, 2015  
6:30-7am  
30 minutes of a 60-minute program

For months after he developed a painful disease, Andrew Botieri searched high and low, visiting numerous doctors to inquire about a cause and a resolution. He discovered he suffered from scleroderma, and then began the exhausting battle of fighting this debilitating syndrome. He created a wellness plan for himself that included physical, mental and spiritual training, and it worked wonders for his overall health. He now reaches out to others to help them achieve positive healthcare results of their own. (See also: Focus on the Family, Elderly and Aging Issues, Education and Awareness Issues, and Overcoming Adversity)

Better Living  
August 16, 2015  
6-6:30am  
30 minutes of a 60-minute program

For many years, Dr. Pete Edelstein, MD cared for his patients with

cancer, and then he started noticing trends. He recognized that those among his patients that were better about self-care, and maintaining a better health overall, body mind and spirit, were the ones who could overcome and become survivors, rather than victims—in every aspect of their lives. He encourages patients and loved ones to be more proactive in today's overstressed healthcare system. His book, *Own Your Cancer*, is a testament to the strength that has, as well as a guideline for those who need it. (See also: Elderly and Aging Issues, Substance Abuse and Prevention Issues, and Education and Awareness Issues)

Better Living  
August 23, 2015  
6-6:30am  
30 minutes of a 60-minute program

Vicky Oliver has spent her career working to help others with theirs. She is a workplace expert, and reaches out in these trying times to help people navigate the difficult waters of layoffs, cutbacks and corporate greed. For those that remain on the job, it can be difficult to do more with less, and retain employment with difficult bosses and various other elements of the workplace that are seemingly beyond our control. With Vicky's help, we can learn to persevere through these tough times and come out ahead of our peers. (See also: Business Development Issues, Elderly and Aging Issues, Minority and Women's Issues, and Overcoming Adversity)

Better Living  
August 23, 2015  
6:30-7am  
30 minutes of a 60-minute program

With a healthcare system that needs an overhaul, according to many, it's difficult to know what information is reliable and that we can trust. Dr. Mel Borins, MD has spent his career blending Eastern techniques with his traditional Western medical training. And he has achieved extremely positive results. His book, *A Doctor's Guide to Alternative Medicine*, has already helped people the world over to achieve a higher level of health, both physically and mentally. (See also: Elderly and Aging Issues, Substance Abuse and Prevention Issues, Minority and Women's Issues, and Education and Awareness Issues)

Better Living  
August 30, 2015  
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Better Living

September 6, 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: Education and Awareness Issues, and Overcoming Adversity)

Better Living

September 20, 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: Education and Awareness Issues)

Better Living  
September 20, 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: Focus on the Family, Philanthropic Issues, and Overcoming Adversity)

**Most Significant Issue-Responsive Programming**  
**3<sup>rd</sup> Quarter, 2015**  
**(July 1 through September 30)**

**ISSUE: Focus on the Family**

Better Living  
July 5, 2015  
6-6:30am  
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: Health and Wellness Issues, Elderly and Aging Issues, At-Risk Kids and Teens Outreach, Substance Abuse and Prevention Issues, Minority and Women's Issues, Philanthropic Issues, Education and Awareness Issues, and Overcoming Adversity)

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Better Living  
July 12, 2015  
6-6:30am  
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By many estimates, obesity and overweight have reached crisis proportions in this nation, and yet they are very complicated issues. Kate McKay says she has the solution for many people. It starts with a body, mind, spirit overhaul to get the right mindset. Once you believe you can achieve something, especially something as challenging as weight loss, that is half the battle. And the primary secret, she says, is to just get going. She has written a book called, *Living Sexy Fit at Any Age*, that helps people with a step-by-step plan to accomplish their goals. According to McKay, even age is not a significant factor with her plan—and it's one that can help people become happier and healthier long into their retirement years. (See also: Health and Wellness Issues, Elderly and Aging Issues, Minority and Women's Issues, Education and Awareness Issues, and Overcoming Adversity)

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**Most Significant Issue-Responsive Programming**  
**3<sup>rd</sup> Quarter, 2015**  
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**ISSUE: Elderly and Aging Issues**

Better Living  
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6:30-7am

30 minutes of a 60-minute program

Some say we are slaves to the material things we strive for, yearn for and work for, and probably no one realizes that more than Kurt Koontz. He had a successful career, and all the trappings of a semi-wealthy lifestyle, but still he was unhappy, or at least dissatisfied. He decided to shun all the "things" in his life, and set out on a journey of self-discovery. He took the pilgrimage in Spain, *Camino de Santiago*, that millions have travelled for centuries, and there he, too, found his peace. While his peace came from his trek, not all of us have to travel halfway across the world to find ourselves. In *A Million Steps*, Kurt details his experience in an effort to help others achieve peace in their own lives. (See also: Business Development Issues, Health and Wellness Issues, Focus on the Family, At-Risk Kids and Teens Outreach, Substance Abuse and Prevention Issues, Philanthropic Issues, Education and Awareness Issues, and Overcoming Adversity)

Better Living

July 19, 2015

6-6:30am

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: Business Development Issues, Health and Wellness Issues, Focus on the Family, At-Risk Kids and Teens Outreach, Substance Abuse and Prevention Issues, Minority and Women's Issues, and Overcoming Adversity)

Better Living

July 19, 2015

6:30-7am

30 minutes of a 60-minute program

Cancer is a great equalizer in our society. It strikes people across all races, colors and socioeconomic levels, and it's an evil menace. But Dr. Mitchell Gaynor, MD says he has some fool-proof solutions that can help to prevent this horrible disease in many forms. After years of research, and a lifetime of combining Western Medicine with Eastern wellness methods, he has written a book, *The Gene Therapy Plan*, to help educate the masses about this infinitely important topic. (See also: Health and Wellness Issues, Minority and Women's Issues, and Education and Awareness Issues)

Better Living

August 2, 2015

6:30-7am

30 minutes of a 60-minute program

For months after he developed a painful disease, Andrew Botieri searched high and low, visiting numerous doctors to inquire about a cause and a resolution. He discovered he suffered from scleroderma, and then began the exhausting battle of fighting this debilitating syndrome. He created a wellness plan for himself that included physical, mental and spiritual training, and it worked wonders for his overall health. He now reaches out to others to help them achieve positive healthcare results of their own. (See also: Health and Wellness Issues, Focus on the Family, Education and Awareness Issues, and Overcoming Adversity)

Better Living

August 16, 2015

6-6:30am

30 minutes of a 60-minute program

For many years, Dr. Pete Edelstein, MD cared for his patients with cancer, and then he started noticing trends. He recognized that those among his patients that were better about self-care, and maintaining a better health overall, body mind and spirit, were the ones who could overcome and become survivors, rather than victims—in every aspect of their lives. He encourages patients and loved ones to be more proactive in today's overstressed healthcare system. His book, *Own Your Cancer*, is a testament

to the strength that has, as well as a guideline for those who need it. (See also: Health and Wellness Issues, Substance Abuse and Prevention Issues, and Education and Awareness Issues)

Better Living

August 23, 2015

6-6:30am

30 minutes of a 60-minute program

Vicky Oliver has spent her career working to help others with theirs. She is a workplace expert, and reaches out in these trying times to help people navigate the difficult waters of layoffs, cutbacks and corporate greed. For those that remain on the job, it can be difficult to do more with less, and retain employment with difficult bosses and various other elements of the workplace that are seemingly beyond our control. With Vicky's help, we can learn to persevere through these tough times and come out ahead of our peers. (See also: Business Development Issues, Health and Wellness Issues, Minority and Women's Issues, and Overcoming Adversity)

Better Living

August 23, 2015

6:30-7am

30 minutes of a 60-minute program

With a healthcare system that needs an overhaul, according to many, it's difficult to know what information is reliable and that we can trust. Dr. Mel Borins, MD has spent his career blending Eastern techniques with his traditional Western medical training. And he has achieved extremely positive results. His book, *A Doctor's Guide to Alternative Medicine*, has already helped people the world over to achieve a higher level of health, both physically and mentally. (See also: Health and Wellness Issues, Substance Abuse and Prevention Issues, Minority and Women's Issues, and Education and Awareness Issues)

Better Living

August 30, 2015

6-6:30am

30 minutes of a 60-minute program

Unfortunately, we have a lot to worry about these days. From our interpersonal relationships, to our job security, and even our health and wellness—worry presents itself on a daily basis. However, Katherine Tristan realized long ago, that worry does not solve any issues. And many times, the thing we worry about never comes to pass, and it's simply wasted time. She spends her time counseling others, giving them tools to process the things in their lives, enabling them to avoid worry altogether. Her book, *Stop Worrying, Start Living*, is a practical guidebook to reach

readers everywhere. (See also: Business Development Issues, Health and Wellness Issues, Focus on the Family, At-Risk Kids and Teens Outreach, and Overcoming Adversity)

**Most Significant Issue-Responsive Programming**  
**3<sup>rd</sup> Quarter, 2015**  
**(July 1 through September 30)**

**ISSUE:           At-Risk Kids and Teens Outreach**

Better Living  
July 5, 2015  
6-6:30am  
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: Health and Wellness Issues, Focus on the Family, Elderly and Aging Issues, Substance Abuse and Prevention Issues, Minority and Women's Issues, Philanthropic Issues, Education and Awareness Issues, and Overcoming Adversity)

Better Living  
July 5, 2015  
6:30-7am  
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: Business Development Issues, Health and Wellness Issues, Focus on the Family, Elderly and Aging Issues, Substance Abuse and Prevention Issues, Minority and Women's Issues, Philanthropic Issues, Education and Awareness Issues, and Overcoming Adversity)

Better Living  
July 12, 2015  
6:30-7am  
30 minutes of a 60-minute program

Some say we are slaves to the material things we strive for, yearn for and work for, and probably no one realizes that more than Kurt Koontz. He had a successful career, and all the trappings of a semi-wealthy lifestyle, but still he was unhappy, or at least dissatisfied. He decided to shun all the “things” in his life, and set out on a journey of self-discovery. He took the pilgrimage in Spain, *Camino de Santiago*, that millions have travelled for centuries, and there he, too, found his peace. While his peace came from his trek, not all of us have to travel halfway across the world to find ourselves. In *A Million Steps*, Kurt details his experience in an effort to help others achieve peace in their own lives. (See also: Business Development Issues, Health and Wellness Issues, Focus on the Family, Elderly and Aging Issues, Substance Abuse and Prevention Issues, Philanthropic Issues, Education and Awareness Issues, and Overcoming Adversity)

Better Living  
July 19, 2015  
6-6:30am  
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: Business Development Issues, Health and Wellness Issues, Focus on the Family, Elderly and Aging Issues, Substance Abuse and Prevention Issues, Minority and Women's Issues, and Overcoming Adversity)

Better Living  
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Better Living

September 6, 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: Business Development Issues, Minority and Women's Issues, and Overcoming Adversity)

**Most Significant Issue-Responsive Programming**  
**3<sup>rd</sup> Quarter, 2015**  
**(July 1 through September 30)**

**ISSUE: Substance Abuse and Prevention Issues**

Better Living  
July 5, 2015  
6-6:30am  
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: Health and Wellness Issues, Focus on the Family, Elderly and Aging Issues, At-Risk Kids and Teens Outreach, Minority and Women's Issues, Philanthropic Issues, Education and Awareness Issues, and Overcoming Adversity)

Better Living  
July 5, 2015  
6:30-7am  
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: Business Development Issues, Health and Wellness Issues, Focus on the Family, Elderly and Aging Issues, At-Risk Kids and Teens Outreach, Minority and Women's Issues, Philanthropic Issues, Education and Awareness Issues, and Overcoming Adversity)

Better Living  
July 12, 2015  
6:30-7am

30 minutes of a 60-minute program

Some say we are slaves to the material things we strive for, yearn for and work for, and probably no one realizes that more than Kurt Koontz. He had a successful career, and all the trappings of a semi-wealthy lifestyle, but still he was unhappy, or at least dissatisfied. He decided to shun all the “things” in his life, and set out on a journey of self-discovery. He took the pilgrimage in Spain, *Camino de Santiago*, that millions have travelled for centuries, and there he, too, found his peace. While his peace came from his trek, not all of us have to travel halfway across the world to find ourselves. In *A Million Steps*, Kurt details his experience in an effort to help others achieve peace in their own lives. (See also: Business Development Issues, Health and Wellness Issues, Focus on the Family, Elderly and Aging Issues, At-Risk Kids and Teens Outreach, Philanthropic Issues, Education and Awareness Issues, and Overcoming Adversity)

Better Living

July 19, 2015

6-6:30am

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: Business Development Issues, Health and Wellness Issues, Focus on the Family, Elderly and Aging Issues, At-Risk Kids and Teens Outreach, Minority and Women's Issues, and Overcoming Adversity)

Better Living

August 16, 2015

6-6:30am

30 minutes of a 60-minute program

For many years, Dr. Pete Edelstein, MD cared for his patients with cancer, and then he started noticing trends. He recognized that those among his patients that were better about self-care, and maintaining a better health overall, body mind and spirit, were the ones who could overcome and become survivors, rather than victims—in every aspect of their lives. He encourages patients and loved ones to be more proactive in today's overstressed healthcare system. His book, *Own Your Cancer*, is a testament to the strength that has, as well as a guideline for those who need it. (See also:

Health and Wellness Issues, Elderly and Aging Issues, and Education and Awareness Issues)

Better Living

August 23, 2015

6:30-7am

30 minutes of a 60-minute program

With a healthcare system that needs an overhaul, according to many, it's difficult to know what information is reliable and that we can trust. Dr. Mel Borins, MD has spent his career blending Eastern techniques with his traditional Western medical training. And he has achieved extremely positive results. His book, *A Doctor's Guide to Alternative Medicine*, has already helped people the world over to achieve a higher level of health, both physically and mentally. (See also: Health and Wellness Issues, Elderly and Aging Issues, Minority and Women's Issues, and Education and Awareness Issues)

**Most Significant Issue-Responsive Programming**  
**3<sup>rd</sup> Quarter, 2015**  
**(July 1 through September 30)**

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

Better Living  
July 5, 2015  
6-6:30am  
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: Health and Wellness Issues, Focus on the Family, Elderly and Aging Issues, At-Risk Kids and Teens Outreach, Substance Abuse and Prevention Issues, Philanthropic Issues, Education and Awareness Issues, and Overcoming Adversity)

Better Living  
July 5, 2015  
6:30-7am  
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: Business Development Issues, Health and Wellness Issues, Focus on the Family, Elderly and Aging Issues, At-Risk Kids and Teens Outreach, Substance Abuse and Prevention Issues, Philanthropic Issues, Education and Awareness Issues, and Overcoming Adversity)

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

By many estimates, obesity and overweight have reached crisis proportions in this nation, and yet they are very complicated issues. Kate KcKay says she has the solution

for many people. It starts with a body, mind, spirit overhaul to get the right mindset. Once you believe you can achieve something, especially something as challenging as weight loss, that is half the battle. And the primary secret, she says, is to just get going. She has written a book called, *Living Sexy Fit at Any Age*, that helps people with a step-by-step plan to accomplish their goals. According to McKay, even age is not a significant factor with her plan—and it's one that can help people become happier and healthier long into their retirement years. (See also: Health and Wellness Issues, Focus on the Family, Elderly and Aging Issues, Education and Awareness Issues, and Overcoming Adversity)

Better Living

July 19, 2015

6-6:30am

30 minutes of a 60-minute program

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Better Living

July 19, 2015

6:30-7am

30 minutes of a 60-minute program

Cancer is a great equalizer in our society. It strikes people across all races, colors and socioeconomic levels, and it's an evil menace. But Dr. Mitchell Gaynor, MD says he has some fool-proof solutions that can help to prevent this horrible disease in many forms. After years of research, and a lifetime of combining Western Medicine with Eastern wellness methods, he has written a book, *The Gene Therapy Plan*, to help educate the masses about this infinitely important topic. (See also: Health and Wellness Issues, Elderly and Aging Issues, and Education and Awareness Issues)

Better Living

August 2, 2015

6-6:30am

30 minutes of a 60-minute program

About five years ago, Rashawnda Fuller was at a turning point in her life. With a small son at home, the single mom was laid off from her cushy corporate job, and desperately

needed to find work. What she did instead has changed her life and the lives of the countless people she helps on a daily basis. She reframed her way of thinking, and created a new company that provides well for her small family. She educates companies about marketing themselves and their businesses on the Internet. MySocialMedia Mentors.com provides a well-rounded informational source for companies both large and small that need advice on navigating the tricky social media marketing landscape. (See also: Business Development Issues, Focus on the Family, Philanthropic Issues, Education and Awareness Issues, and Overcoming Adversity)

Better Living

August 16, 2015

6:30-7am

30 minutes of a 60-minute program

With the increasing usage of social media in every aspect of our business and personal lives, there are some ground rules that need to be set. In addition, many people don't realize the need to protect their personal brand when it comes to social media. Every post and every picture tells someone a story about you—for good or bad—and it lasts forever. April Gregory works to help people manage and maximize their personal brand, to help them get jobs, secure more business, or just simply retain better control of the image you portray to the world. (See also: Business Development Issues, and Education and Awareness Issues)

Better Living

August 23, 2015

6-6:30am

30 minutes of a 60-minute program

Vicky Oliver has spent her career working to help others with theirs. She is a workplace expert, and reaches out in these trying times to help people navigate the difficult waters of layoffs, cutbacks and corporate greed. For those that remain on the job, it can be difficult to do more with less, and retain employment with difficult bosses and various other elements of the workplace that are seemingly beyond our control. With Vicky's help, we can learn to persevere through these tough times and come out ahead of our peers. (See also: Business Development Issues, Health and Wellness Issues, Elderly and Aging Issues, and Overcoming Adversity)

Better Living

August 23, 2015

6:30-7am

30 minutes of a 60-minute program

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Better Living

September 6, 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: Business Development Issues, At-Risk Kids and Teens Outreach, and Overcoming Adversity)



**Most Significant Issue-Responsive Programming**  
**3<sup>rd</sup> Quarter, 2015**  
**(July 1 through September 30)**

**ISSUE: Philanthropic Issues**

Better Living  
July 5, 2015  
6-6:30am  
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: Health and Wellness Issues, Focus on the Family, Elderly and Aging Issues, At-Risk Kids and Teens Outreach, Substance Abuse and Prevention Issues, Minority and Women's Issues, Education and Awareness Issues, and Overcoming Adversity)

Better Living  
July 5, 2015  
6:30-7am  
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: Business Development Issues, Health and Wellness Issues, Focus on the Family, Elderly and Aging Issues, At-Risk Kids and Teens Outreach, Substance Abuse and Prevention Issues, Minority and Women's Issues, Education and Awareness Issues, and Overcoming Adversity)

Better Living  
July 12, 2015  
6:30-7am  
30 minutes of a 60-minute program

Some say we are slaves to the material things we strive for, yearn for and work for, and probably no one realizes that more than Kurt Koontz. He had a successful career, and all the trappings of a semi-wealthy lifestyle, but still he was unhappy, or at least dissatisfied. He decided to shun all the “things” in his life, and set out on a journey of self-discovery. He took the pilgrimage in Spain, *Camino de Santiago*, that millions have travelled for centuries, and there he, too, found his peace. While his peace came from his trek, not all of us have to travel halfway across the world to find ourselves. In *A Million Steps*, Kurt details his experience in an effort to help others achieve peace in their own lives. (See also: Business Development Issues, Health and Wellness Issues, Focus on the Family, Elderly and Aging Issues, At-Risk Kids and Teens Outreach, Substance Abuse and Prevention Issues, Education and Awareness Issues, and Overcoming Adversity)

Better Living

August 2, 2015

6-6:30am

30 minutes of a 60-minute program

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Better Living

August 30, 2015

6:30-7am

30 minutes of a 60-minute program

Over the past several decades, Russell Friedman has gained worldwide acclaim for counseling people through loss. His latest book, *Moving Beyond Loss*, was quite a personal journey for him. He realized that loss comes not only in the form of loss of a loved one, but can also be the loss of a marriage or relationship, a job loss, or even a friendship. His book outlines ways we can effectively overcome and recover from all types of loss in our lives. (See also: Business Development Issues, Health and Wellness Issues, and Focus on the Family)

Better Living  
September 20, 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: Health and Wellness Issues, Focus on the Family, and Overcoming Adversity)

**Most Significant Issue-Responsive Programming**  
**3<sup>rd</sup> Quarter, 2015**  
**(July 1 through September 30)**

**ISSUE:            Education and Awareness Issues**

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

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

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

By many estimates, obesity and overweight have reached crisis proportions in this

nation, and yet they are very complicated issues. Kate McKay says she has the solution for many people. It starts with a body, mind, spirit overhaul to get the right mindset. Once you believe you can achieve something, especially something as challenging as weight loss, that is half the battle. And the primary secret, she says, is to just get going. She has written a book called, *Living Sexy Fit at Any Age*, that helps people with a step-by-step plan to accomplish their goals. According to McKay, even age is not a significant factor with her plan—and it's one that can help people become happier and healthier long into their retirement years. (See also: Health and Wellness Issues, Focus on the Family, Elderly and Aging Issues, Minority and Women's Issues, and Overcoming Adversity)

Better Living

July 12, 2015

6:30-7am

30 minutes of a 60-minute program

Some say we are slaves to the material things we strive for, yearn for and work for, and probably no one realizes that more than Kurt Koontz. He had a successful career, and all the trappings of a semi-wealthy lifestyle, but still he was unhappy, or at least dissatisfied. He decided to shun all the "things" in his life, and set out on a journey of self-discovery. He took the pilgrimage in Spain, *Camino de Santiago*, that millions have travelled for centuries, and there he, too, found his peace. While his peace came from his trek, not all of us have to travel halfway across the world to find ourselves. In *A Million Steps*, Kurt details his experience in an effort to help others achieve peace in their own lives. (See also: Business Development Issues, Health and Wellness Issues, Focus on the Family, Elderly and Aging Issues, At-Risk Kids and Teens Outreach, Substance Abuse and Prevention Issues, Philanthropic Issues, and Overcoming Adversity)

Better Living

July 19, 2015

6:30-7am

30 minutes of a 60-minute program

Cancer is a great equalizer in our society. It strikes people across all races, colors and socioeconomic levels, and it's an evil menace. But Dr. Mitchell Gaynor, MD says he has some fool-proof solutions that can help to prevent this horrible disease in many forms. After years of research, and a lifetime of combining Western Medicine with Eastern wellness methods, he has written a book, *The Gene Therapy Plan*, to help educate the masses about this infinitely important topic. (See also: Health and Wellness Issues, Elderly and Aging Issues, and Minority and Women's Issues)

Better Living

August 2, 2015

6-6:30am

30 minutes of a 60-minute program

About five years ago, Rashawnda Fuller was at a turning point in her life. With a small son at home, the single mom was laid off from her cushy corporate job, and desperately needed to find work. What she did instead has changed her life and the lives of the countless people she helps on a daily basis. She reframed her way of thinking, and created a new company that provides well for her small family. She educates companies about marketing themselves and their businesses on the Internet. MySocialMedia Mentors.com provides a well-rounded informational source for companies both large and small that need advice on navigating the tricky social media marketing landscape. (See also: Business Development Issues, Focus on the Family, Minority and Women's Issues, Philanthropic Issues, and Overcoming Adversity)

Better Living

August 2, 2015

6:30-7am

30 minutes of a 60-minute program

For months after he developed a painful disease, Andrew Botieri searched high and low, visiting numerous doctors to inquire about a cause and a resolution. He discovered he suffered from scleroderma, and then began the exhausting battle of fighting this debilitating syndrome. He created a wellness plan for himself that included physical, mental and spiritual training, and it worked wonders for his overall health. He now reaches out to others to help them achieve positive healthcare results of their own. (See also: Health and Wellness Issues, Focus on the Family, Elderly and Aging Issues, and Overcoming Adversity)

Better Living

August 16, 2015

6-6:30am

30 minutes of a 60-minute program

For many years, Dr. Pete Edelstein, MD cared for his patients with cancer, and then he started noticing trends. He recognized that those among his patients that were better about self-care, and maintaining a better health overall, body mind and spirit, were the ones who could overcome and become survivors, rather than victims—in every aspect of their lives. He encourages patients and loved ones to be more proactive in today's overstressed healthcare system. His book, *Own Your Cancer*, is a testament to the strength that has, as well as a guideline for those who need it. (See also: Health and Wellness Issues, Elderly and Aging Issues, and Substance Abuse and Prevention Issues)

Better Living

August 16, 2015

6:30-7am

30 minutes of a 60-minute program

With the increasing usage of social media in every aspect of our business and personal lives, there are some ground rules that need to be set. In addition, many people don't realize the need to protect their personal brand when it comes to social media. Every post and every picture tells someone a story about you—for good or bad—and it lasts forever. April Gregory works to help people manage and maximize their personal brand, to help them get jobs, secure more business, or just simply retain better control of the image you portray to the world. (See also: Business Development Issues, and Minority and Women's Issues)

Better Living  
August 23, 2015  
6:30-7am  
30 minutes of a 60-minute program

With a healthcare system that needs an overhaul, according to many, it's difficult to know what information is reliable and that we can trust. Dr. Mel Borins, MD has spent his career blending Eastern techniques with his traditional Western medical training. And he has achieved extremely positive results. His book, *A Doctor's Guide to Alternative Medicine*, has already helped people the world over to achieve a higher level of health, both physically and mentally. (See also: Health and Wellness Issues, Elderly and Aging Issues, Substance Abuse and Prevention Issues, and Minority and Women's Issues)

Better Living  
September 6, 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: Health and Wellness Issues, and Overcoming Adversity)

Better Living  
September 20, 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: Health and Wellness Issues)



**Most Significant Issue-Responsive Programming**  
**3<sup>rd</sup> Quarter, 2015**  
**(July 1 through September 30)**

**ISSUE:           Overcoming Adversity**

Better Living  
July 5, 2015  
6-6:30am  
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: Health and Wellness Issues, Focus on the Family, Elderly and Aging Issues, At-Risk Kids and Teens Outreach, Substance Abuse and Prevention Issues, Minority and Women's Issues, Philanthropic Issues, and Education and Awareness Issues)

Better Living  
July 5, 2015  
6:30-7am  
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: Business Development Issues, Health and Wellness Issues, Focus on the Family, Elderly and Aging Issues, At-Risk Kids and Teens Outreach, Substance Abuse and Prevention Issues, Minority and Women's Issues, Philanthropic Issues, and Education and Awareness Issues)

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

By many estimates, obesity and overweight have reached crisis proportions in this nation, and yet they are very complicated issues. Kate McKay says she has the solution for many people. It starts with a body, mind, spirit overhaul to get the right mindset. Once you believe you can achieve something, especially something as challenging as weight loss, that is half the battle. And the primary secret, she says, is to just get going. She has written a book called, *Living Sexy Fit at Any Age*, that helps people with a step-by-step plan to accomplish their goals. According to McKay, even age is not a significant factor with her plan—and it's one that can help people become happier and healthier long into their retirement years. (See also: Health and Wellness Issues, Focus on the Family, Elderly and Aging Issues, Minority and Women's Issues, and Education and Awareness Issues)

Better Living

July 12, 2015

6:30-7am

30 minutes of a 60-minute program

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Better Living

July 19, 2015

6-6:30am

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: Business Development Issues, Health and Wellness Issues, Focus on the Family, Elderly and Aging Issues, At-Risk Kids and Teens Outreach, Substance Abuse and Prevention Issues, and Minority and Women's Issues)

Better Living

August 2, 2015

6-6:30am

30 minutes of a 60-minute program

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Better Living

August 23, 2015

6-6:30am

30 minutes of a 60-minute program

Vicky Oliver has spent her career working to help others with theirs. She is a workplace expert, and reaches out in these trying times to help people navigate the difficult waters of layoffs, cutbacks and corporate greed. For those that remain on the job, it can be difficult to do more with less, and retain

employment with difficult bosses and various other elements of the workplace that are seemingly beyond our control. With Vicky's help, we can learn to persevere through these tough times and come out ahead of our peers. (See also: Business Development Issues, Health and Wellness Issues, Elderly and Aging Issues, and Minority and Women's Issues)

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

Unfortunately, we have a lot to worry about these days. From our interpersonal relationships, to our job security, and even our health and wellness—worry presents itself on a daily basis. However, Katherine Tristan realized long ago, that worry does not solve any issues. And many times, the thing we worry about never comes to pass, and it's simply wasted time. She spends her time counseling others, giving them tools to process the things in their lives, enabling them to avoid worry altogether. Her book, *Stop Worrying, Start Living*, is a practical guidebook to reach readers everywhere. (See also: Business Development Issues, Health and Wellness Issues, Focus on the Family, Elderly and Aging Issues, and At-Risk Kids and Teens Outreach)

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

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Better Living  
September 6, 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: Business Development Issues, At-Risk Kids and Teens Outreach, and Minority and Women's Issues)

Better Living

September 20, 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: Health and Wellness Issues, Focus on the Family, and Philanthropic Issues)