

**QUARTERLY ISSUES AND PROGRAMS REPORT**

**FOR**

**KRLD-FM**

**1<sup>st</sup> QUARTER, 2014**  
**(January 1 – March 31)**

Prepared by:

**Lauri Dodd**

**Public Affairs Director**

**Issues of Concern to Dallas / Fort Worth  
Addressed in Responsive Programming in the  
1<sup>st</sup> Quarter, 2014**

1. **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
2. **Environmental Issues** Covers topics regarding eco-friendly products and methods to help prevent and improve pollution, as well as ways to raise awareness of the highly politicized issues
3. **Financial Issues** Raising awareness of small business issues and financial planning methods to help people better position themselves for the future
4. **Political Issues** Addresses issues related to bridging the great political divide in this country, with a focus on the issues at hand, but also expanding to learn ways both sides can come together to find common ground for the greater good
5. **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
6. **Personal Responsibility Issues** Discussion about ways to become more self-reliant in a time when fewer resources are available for public assistance, including motivation and inspiration to help others by giving a hand up—not a hand out
7. **Career Planning** Creative strategies for business success, financial advice and tips to become more attractive in a fast-changing economic market
8. **Domestic Violence 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've been victimized
9. **Positive Role Modeling** Meeting the needs of youth and fragile populations to help them overcome challenges such as societal adversity, abusive situations or poverty so that they can rise above, become productive and help others in turn
10. **Arts and Education** Discussion of the vital role arts and education play in society, especially pertaining to raising bright, creative and productive children

**KRLD-FM Programs That Address Community Issues  
1<sup>st</sup> Quarter, 2014**

**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**  
**1<sup>st</sup> Quarter, 2014**  
**(January 1 through March 31)**

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

Better Living  
January 5, 2014  
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: Environmental Issues, Financial Issues, Political Issues, Health and Wellness Issues, Personal Responsibility Issues, Career Planning, Domestic Violence Prevention, Positive Role Modeling, and Arts and Education)

Better Living  
January 12, 2014  
6-6:30am  
30 minutes of a 60 minute program

There was a time when Mary Shurtleff suffered from physical ailments for which doctors could find no cause. She eventually discerned that her symptoms were related to her messy, cluttered surroundings. Once she began to clear out the clutter, her mental and physical symptoms subsided. Now she works to help people live clutter-free and live happier and healthier lives as a result. (See also: Environmental Issues, Financial Issues, Health and Wellness Issues, Personal Responsibility Issues, Career Planning, Positive Role Modeling, and Arts and Education)

Better Living  
January 12, 2014  
6:30-7am  
30 minutes of a 60 minute program

Women still have a more difficult time in the workplace competing with their male counterparts and Michael Johnson thinks he has the answer that will make life better for all involved. His book, *Cracking the Boys' Club Code*, details the differences in the way men and women relate to one another in their personal lives and on the job. He has seen great improvements in work environments where they have implemented his methods for bridging the gender gap on the job. (See also: Financial Issues, Political Issues, Personal

Responsibility Issues, Career Planning, and Positive Role Modeling)

Better Living  
January 19, 2014  
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: Financial Issues, Health and Wellness Issues, Career Planning, Domestic Violence Prevention, Positive Role Modeling)

Better Living  
January 19, 2014  
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: Health and Wellness Issues, Personal Responsibility Issues, and Positive Role Modeling)

February 2, 2014  
6-6:30am  
30 minutes of a 60-minute program

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

Better Living  
March 2, 2014

6-6:30am

30 minutes of a 60-minute program

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

**Most Significant Issue-Responsive Programming**  
**1<sup>st</sup> Quarter, 2014**  
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**ISSUE: Environmental Issues**

Better Living  
January 5, 2014  
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: Financial Issues, Health and Wellness Issues, Personal Responsibility Issues, Positive Role Modeling, and Arts and Education)

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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: Health and Wellness Issues, and Arts and Education Issues)

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**Most Significant Issue-Responsive Programming**  
**1<sup>st</sup> Quarter, 2014**  
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**ISSUE: Financial Issues**

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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: Minority and Women's Issues, Health and Wellness Issues, Career Planning, Domestic Violence Prevention, Positive Role Modeling)

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Better Living  
February 2, 2014  
6:30-7am  
30 minutes of a 60-minute program

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

Better Living  
March 2, 2014  
6-6:30am  
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Bree Maresca Kramer is a counselor who helps families stay together in these tough economic times. Financial troubles undoubtedly put a strain on even the best of relationships and so communication is key to understanding how a spouse feels about a certain situation. As long as there is patience and a commitment to cooperation, Kramer says married couples can and should stay together. She wrote a book, *It's That Simple*, to help people understand how the opposite sex communicates—and couples have been using her methods with great success. (See also: Minority and Women's Issues, Health and Wellness Issues, Domestic Violence Prevention, and Positive Role Modeling)

Better Living  
March 9, 2014  
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: Political Issues, and Personal Responsibility Issues)

Better Living  
March 16, 2014  
6-6:30am  
30 minutes of a 60 minute program

Nowadays, people need a lot of advice and guidance in recreating themselves to be more attractive in the current workplace. This ever-changing landscape is something that Jude Bijou has become an expert at navigating. Through her book, *Attitude Reconstruction*, she offers some practical advice and tools to reconstruct the way they view themselves so that others may do the same. (See also: Career Planning, and Domestic Violence Prevention)

Better Living

March 23, 2014

6-6:30am

30 minutes of a 60 minute program

There are a good number of things to be stressed about in today's chaotic society. In addition to employment issues, people are concerned about financial problems, relationship issues and health matters just to name a few. Tim Shurr can help people to not just deal properly with the stress in their lives, but to actually overcome it. His book, *Get Out of Your Way*, is a good resource that guides people in the right direction. Much of his advice comes from his own lessons learned the hard way, and now others can benefit from his sage wisdom. Shurr rose above depression, joblessness, poverty and even homelessness to become the success he is today, and he derives much satisfaction in helping others do the same in their own lives. (See also: Political Issues, and Personal Responsibility Issues)

**Most Significant Issue-Responsive Programming**  
**1<sup>st</sup> Quarter, 2014**  
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**ISSUE: Political Issues**

Better Living  
January 5, 2014  
6:30-7am  
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participants in these schemes. And it can have a deadly result. Dr. Eletto is working to raise awareness to help combat the problem. (See also: Minority and Women's Issues, Health and Wellness Issues, and Domestic Violence Prevention)

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Better Living  
February 23, 2014  
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 a last resort, but it's also a good alternative to help the most troubled of these children. (See also: Health and Wellness Issues)

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**Most Significant Issue-Responsive Programming**  
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**ISSUE:      **Health and Wellness Issues****

Better Living  
January 5, 2014  
6-6:30am  
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Better Living  
January 5, 2014  
6:30-7am  
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Better Living

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Better Living  
February 9, 2014  
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: Personal Responsibility Issues, Positive Role Modeling, and Arts and Education)

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6-6:30am  
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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: Environmental Issues, and Arts and Education Issues)

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Better Living

March 9, 2014

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: Personal Responsibility Issues, Career Planning, Positive Role Modeling, and Arts and Education)

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**1<sup>st</sup> Quarter, 2014**  
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**ISSUE:           Personal Responsibility Issues**

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Better Living

January 12, 2014

6:30-7am

30 minutes of a 60 minute program

Women still have a more difficult time in the workplace competing with their male counterparts and Michael Johnson thinks he has the answer that will make life better for all involved. His book, *Cracking the Boys' Club Code*, details the differences in the way men and women relate to one another in their personal lives and on the job. He has seen great improvements in work environments where they have implemented his methods for bridging the gender gap on the job. (See also: Minority and Women's Issues, Financial Issues, Political Issues, Career Planning, and Positive Role Modeling)

Better Living

January 19, 2014

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: Minority and Women's Issues, Health and Wellness Issues, and Positive Role Modeling)

Better Living

February 2, 2014

6:30-7am

30 minutes of a 60-minute program

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

Better Living

February 9, 2014  
6:30-7am  
30 minutes of a 60 minute program

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

Better Living  
March 9, 2014  
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: Financial Issues, and Political Issues)

Better Living  
March 9, 2014  
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: Health and Wellness Issues, Career Planning, Positive Role Modeling, and Arts and Education)

Better Living  
March 23, 2014  
6-6:30am  
30 minutes of a 60 minute program

There are a good number of things to be stressed about in today's chaotic

society. In addition to employment issues, people are concerned about financial problems, relationship issues and health matters just to name a few. Tim Shurr can help people to not just deal properly with the stress in their lives, but to actually overcome it. His book, *Get Out of Your Way*, is a good resource that guides people in the right direction. Much of his advice comes from his own lessons learned the hard way, and now others can benefit from his sage wisdom. Shurr rose above depression, joblessness, poverty and even homelessness to become the success he is today, and he derives much satisfaction in helping others do the same in their own lives. (See also: Financial Issues, and Political Issues)



**Most Significant Issue-Responsive Programming**  
**1<sup>st</sup> Quarter, 2014**  
**(January 1 through March 31)**

**ISSUE: Career Planning**

Better Living  
January 5, 2014  
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: Minority and Women's Issues, Environmental Issues, Financial Issues, Political Issues, Health and Wellness Issues, Personal Responsibility Issues, Domestic Violence Prevention, Positive Role Modeling, and Arts and Education)

Better Living  
January 12, 2014  
6-6:30am  
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Better Living  
January 12, 2014  
6:30-7am  
30 minutes of a 60 minute program

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Issues, Political Issues, Personal Responsibility Issues, and Positive Role Modeling)

Better Living  
January 19, 2014  
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: Minority and Women's Issues, Financial Issues, Health and Wellness Issues, Domestic Violence Prevention, Positive Role Modeling)

Better Living  
March 9, 2014  
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Better Living  
March 16, 2014  
6-6:30am  
30 minutes of a 60 minute program

Nowadays, people need a lot of advice and guidance in recreating themselves to be more attractive in the current workplace. This ever-changing landscape is something that Jude Bijou has become an expert at navigating. Through her book, *Attitude Reconstruction*, she offers some practical advice and tools to reconstruct the way they view themselves so that others may do the same. (See also: Financial Issues, and Domestic Violence Prevention)

**Most Significant Issue-Responsive Programming**  
**1<sup>st</sup> Quarter, 2014**  
**(January 1 through March 31)**

**ISSUE:            Domestic Violence Prevention**

Better Living  
January 5, 2014  
6:30-7am  
30 minutes of a 60 minute program

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February 2, 2014  
6-6:30am  
30 minutes of a 60-minute program

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

and Health and Wellness Issues)

Better Living

March 2, 2014

6-6:30am

30 minutes of a 60-minute program

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

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**Most Significant Issue-Responsive Programming**  
**1<sup>st</sup> Quarter, 2014**  
**(January 1 through March 31)**

**ISSUE: Positive Role Modeling**

Better Living  
January 5, 2014  
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: Environmental Issues, Financial Issues, Health and Wellness Issues, Personal Responsibility Issues, and Arts and Education)

Better Living  
January 5, 2014  
6:30-7am  
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Better Living  
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6-6:30am  
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January 12, 2014  
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Better Living  
February 9, 2014  
6:30-7am  
30 minutes of a 60 minute program

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

Better Living  
March 2, 2014  
6-6:30am  
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Better Living  
March 2, 2014  
6:30-7am  
30 minutes of a 60-minute program

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

Better Living  
March 9, 2014  
6:30-7am  
30 minutes of a 60 minute program

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**Most Significant Issue-Responsive Programming**  
**1<sup>st</sup> Quarter, 2014**  
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**ISSUE:           Arts and Education**

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

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Better Living

February 23, 2014

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: Environmental Issues, and Health and Wellness Issues)

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