

ISSUES / PROGRAMS

July, August and September, 2005

1. I--Listeners wanted information about area job openings.
P--WCKB aired a 5 minute report of local job listings, provided by the Dunn office of the North Carolina Employment Security Commission, each Monday at 12:45pm.
2. I--Listeners needed information on Social Security benefits, services and requirements.
P--WCKB aired a 5 minute report, provided by the Fayetteville office of the Social Security Administration, each Tuesday at 12:45pm. A topic listing is attached.
3. I--Listeners wanted to know about problems and issues faced by senior citizens.
P--WCKB aired a 5 minute report, provided by the Johnston County Council on Aging, each Wednesday at 12:45pm. A topic listing is attached.
4. I--Listeners needed information about getting and staying healthy.
P--WCKB aired a 5 minute report, provided by the Harnett County Department of Public Health, each Thursday at 12:45pm. A topic listing is attached.
5. I--Listeners wanted to hear about programs and services offered by the Extension Service.
P--WCKB aired a 5 minute report, provided by the Harnett County Cooperative Extension Service, each Friday at 12:45pm. A topic listing is attached.
6. I--Listeners wanted information about credit, budgeting and finance.
P--WCKB aired "Money Help Minute," a 1 minute report provided by Myvesta.org (formerly Debt Counselors of America), each Sunday at 7:20am. A topic listing is attached.
7. I--Listeners wanted to know about recent health research.
P--WCKB aired "Duke MedMinute," a 2 minute report provided by the Duke University News Service, each Sunday at 7:22am. A topic listing is attached.
8. I--Listeners wanted information on issues faced by home schooling families.
P--WCKB aired "Home School Heartbeat," a 2 minute report provided by the Home School Legal Defense Fund, each Sunday at 7:24am. A topic listing is attached.
9. I--Listeners wanted advice on issues facing today's families.
P--WCKB aired "James Dobson Family Minute," a 1 minute report provided by Focus on the Family, Monday through Friday at 1:30pm. A topic listing is attached.
10. I--Listeners wanted current information on various health, financial, scientific, social, and general interest subjects.
P--WCKB aired an 8 to 10 minute interview, produced by station personnel, each Sunday at 10:50am. Information on interview topics and guests is attached.
11. I--Listeners expected station participation in local charities and events.
P--WCKB aired remote broadcasts and special interviews, and participated in several events. A list of these events and broadcasts is attached.

SOCIAL SECURITY REPORT (July - September, 2005)

7/05/05	Shiryl Evans	Brides: Let SS know if you change your name
7/12/05	*****	SSI: Let SS know of changes in your living arrangements
7/19/05	*****	Ticket to work program can help people with disabilities
7/26/05	*****	Q & A: Retirement / Survivors / Disability / SSI
8/02/05	*****	Q & A: Medicare prescription drug coverage
8/09/05	*****	You may qualify for extra help with prescription drug costs
8/16/05	*****	Who is eligible for extra help for Medicare presc.drug plan
8/23/05	*****	Women's equality day--check SS entitlements
8/30/05	*****	SS online services
9/06/05	*****	Q & A: Medicare / General
9/13/05	*****	SS payments for those affected by Hurricane Katrina
9/20/05	*****	Help family & friends save on Medicare prescription drug costs
9/27/05	*****	SS telephone speech recognition service; back-to-school lessons

COUNCIL ON AGING REPORT

(July - September, 2005)

7/06/05	Kimberly Tilghman	Senior Centers
7/13/05	Smoke detectors
7/20/05	Home safety
7/27/05	Elder abuse
8/03/05	Your rights when living in a long-term care facility
8/10/05	Help for allergy sufferers
8/17/05	Family caregiver support program
8/24/05	COA information
8/31/05	Where there's a will, there's a way
9/07/05	Health care power of attorney
9/14/05	What is long term care and do you need it
9/21/05	What does long term care insurance cover
9/28/05	When do LTC insurance benefits begin

HEALTH DEPARTMENT REPORT

(July - September, 2005)

7/07/05	Debra McAllister	Summer camping with no bites
7/14/05	Denise Newkirk	Healthy eating: watermelons
7/21/05	Eating smart & moving more
7/28/05	Excessive heat warning
8/04/05	Excessive heat warning
8/11/05	Excessive heat warning
8/18/05	Obesity & medical imaging
9/01/05	Obesity & medical imaging
9/08/05	Obesity & medical imaging
9/15/05	Obesity & medical imaging
9/29/05	Debra Hawkins	October is SIDS Awareness Month

EXTENSION SERVICE REPORT

(July - September, 2005)

7/01/05	Jennifer Walker	Feasibility study for value-added food processing center
7/15/05	Alice Thomas	Children & safety
7/22/05	Nancy Lee	Family child care homes
7/29/05	Lauren Blaylock	Immunization Awareness Month
8/05/05	Jennifer Walker	Feasibility study for value-added food processing center
8/12/05	Economic trends affecting home-based businesses, Part 1
8/19/05	Economic trends affecting home-based businesses, Part 2
8/26/05	Why invest?
9/02/05	Economic trends affecting home-based businesses, Part 1
9/09/05	Economic trends affecting home-based businesses, Part 2
9/16/05	Melanie Graham	Parent/child attachment
9/23/05	Harnett County Parents as Teachers
9/30/05	Melanie Graham	Parent/child attachment

HOME SCHOOL HEARTBEAT*(July - September, 2005)*

- 7/03/05 Homeschooling makes learning fun
- 7/10/05 Training your child to think
- 7/17/05 Freedom to explore
- 7/24/05 Homeschooling heroes
- 7/31/05 More than just a history education
- 8/07/05 Eta Sigma Alpha National Home School Honor Society
- 8/14/05 Tackling reading issues
- 8/21/05 Learning more about ancient Egypt
- 8/28/05 Back to school: a renewed perspective
- 9/04/05 Homeschool issues (Sen. Tom Coburn)
- 9/11/05 Preparing our children for life
- 9/18/05 Equal treatment for homeschool grads entering the military
- 9/25/05 Christians in politics

MONEY HELP MINUTE*(July - September, 2005)*

- 7/03/05 Establishing credit for the first time
- 7/10/05 Planning for a financial windfall
- 7/17/05 What's in a credit score?
- 7/24/05 What to do when you can't pay the mortgage
- 7/31/05 Money & marriage
- 8/07/05 Do you need cash in cash of a terrorist attack?
- 8/14/05 Can you afford that loan?
- 8/21/05 Do you know the interest rates on your credit cards?
- 8/28/05 Protect yourself from identity theft
- 9/04/05 Helping loved ones with money problems
- 9/11/05 Closing credit cards
- 9/18/05 Using a credit card overseas
- 9/25/05 Surviving a job loss

DUKE MEDMINUTE*(July - September, 2005)*

7/03/05	Dr. James Urbaniak	Don't rush into carpal tunnel surgery
7/10/05	Dr. Keyur Patel	"Safe" drugs may post liver risk to some
7/17/05	Dr. Ricki Goldstein	Improving post-discharge care for "preemies"
7/24/05	Dr. Bill Kraus	Walk your way to better health
7/31/05	Dr. Don Rockey	Which screening test for colon cancer
8/14/05	Gerald Endress	Note to parents--don't downplay childhood obesity
8/21/05	Martin Binks	"Tricking the brain" to lose weight
8/28/05	Marilyn Sparling	Pack nutrition in school lunch boxes
9/04/05	Dr. Debara Tucci	Which kids need ear tubes
9/11/05	Dr. Rex McCallum	Diet can help fight arthritis
9/18/05	Dr. Rex McCallum	Diet can help fight arthritis
9/25/05	Dr. Grace Couchman	Middle aged moms

SPECIAL BROADCASTS / COMMUNITY EVENTS

(July - September, 2005)

- August 2 WCKB broadcast live from the National Night Out event in Dunn, raising awareness of community efforts to prevent or reduce crime. (5:00pm - 8:00pm)
- September 2-7 WCKB served as a donation drop-off location to aid victims of Hurricane Katrina. Numerous announcements for this and other relief efforts were broadcast each day.
- September 23 WCKB broadcast live from the annual Shrine Club Fish Fry, raising awareness of and funds for services provided by the Shriners' Hospitals for Burned and Crippled Children. (11:00am - 1:00pm and 4:00pm - 6:00pm)

TRACK SHEET



P.O. Box 998
Colorado Springs, CO 80901
Phone: (719) 531-3300 Fax: (719) 531-3302



JULY 2005

Total Tracks: 69

TRACK

"JAMES DOBSON FAMILY MINUTE" Promo (:30 each)

- 1 Stay Ready
- 2 Every Word



"JAMES DOBSON FAMILY MINUTE" Features (:60 each)

- 3 July 1 Parents Make Impressions
- 4 July 4 Church and Working Together
- 5 July 5 Beginning Marriage on Good Footing
- 6 July 6 A Change in Standards
- 7 July 7 Fighting the Current
- 8 July 8 Comparing the Kids
- 9 July 11 Tell Her She's Gonna Grow
- 10 July 12 The Ship is Coming in
- 11 July 13 Resources for Christian College
- 12 July 14 Complimenting Your Spouse
- 13 July 15 No Two Alike
- 14 July 18 Need for Significance
- 15 July 19 Adolescent Pulling Away
- 16 July 20 Stop Whining in its Tracks
- 17 July 21 Get Into the Word
- 18 July 22 Stay-at-Home Moms
- 19 July 25 Finding Areas of Strength
- 20 July 26 Adolescent Sexuality: The Fundamental Battle
- 21 July 27 Making Your Child Feel Important During Divorce
- 22 July 28 Toddlers and Food
- 23 July 29 God's Calling

Dr. James Dobson/Dr. Bill Maier

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"FOCUS ON THE FAMILY" Generic (:60)

- 24 Silver Bullet

"FOCUS ON THE FAMILY WEEKEND MAGAZINE" Generic (:30)

- 25 It Renews us



"ADVENTURES IN ODYSSEY" Daily Promos (:30 each)

- 26 July 1 The Midnight Ride
- 27 July 4 By Dawns Early Light
- 28 July 5 The War Hero
- 29 July 6/7 Lincoln - I & II
- 30 July 8 Lost by a Nose
- 31 July 11 The Last "I Do"
- 32 July 12 Tuesday's with Wooten
- 33 July 13 A Most Intriguing Question
- 34 July 14 A Most Surprising Answer
- 35 July 15 A Most Extraordinary Conclusion
- 36 July 18 Two Friends and a Truck
- 37 July 19 The Power of One
- 38 July 20 The Invisible Dog
- 39 July 21 For Better or for Worse - I
- 40 July 22 For Better or for Worse - II
- 41 July 25 Whit's Flop
- 42 July 26 The Life of the Party
- 43 July 27 Connie Comes to Town
- 44 July 28 Promises, Promises
- 45 July 29 Nothing to Fear

"Adventures in Odyssey" Generic Promo (:30)

- 46 Car Pool Mom

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AUGUST 2005
Total Tracks: 74

TRACK

"JAMES DOBSON FAMILY MINUTE" Promo (:30 each)

- 1 Poor Harold
- 2 What Can You Do in a Minute?

"JAMES DOBSON FAMILY MINUTE" Features (:60 each)

- 3 August 1 Your Children Know
- 4 August 2 The Inevitability of Loss
- 5 August 3 Nursery School
- 6 August 4 Influence Lasts a Lifetime
- 7 August 5 The Church's Duty

- 8 August 8 The Family Haven
- 9 August 9 The Power of the Picture
- 10 August 10 Romance in the Kitchen
- 11 August 11 Talking Through Anger
- 12 August 12 Security in Boundaries

- 13 August 15 Hiring a Mom or Dad
- 14 August 16 The Essence of Home-Schooling
- 15 August 17 Social Creatures
- 16 August 18 The Art of Conversation
- 17 August 19 The Little Things in Marriage

- 18 August 22 Don't Change Your Child
- 19 August 23 Confidence
- 20 August 24 Sexual Abuse in the Family
- 21 August 25 Finding a Common Interest in Marriage
- 22 August 26 Children Should Waste Time

- 23 August 29 Water Your Love
- 24 August 30 Venting Anger
- 25 August 31 True Learning



Dr. James Dobson/Dr. Bill Maier
Dr. James Dobson/Dr. Bill Maier

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"FOCUS ON THE FAMILY" Generic (:30)

- 26 Strong Medicine

CROSS-PROMOTION Spots (:30 each)

- 27 Navigating our Teen's Emotional Storms Inspo version
- 28 Navigating our Teen's Emotional Storms AC version

"FOCUS ON THE FAMILY WEEKEND MAGAZINE" Generic (:60)

- 29 It Renews Us!



"ADVENTURES IN ODYSSEY" Daily Promos (:30 each)

- 30 August 1 The Tangled Web
- 31 August 2 Recollections
- 32 August 3 Mike Makes Right
- 33 August 4 A Change of Hart
- 34 August 5 Rumor Has it

- 35 August 8 Honor Thy Parents
- 36 August 9 Family Vacation - I
- 37 August 10 Family Vacation - II
- 38 August 11 Stormy Weather
- 39 August 12 VBS Blues

- 40 August 15 KYDS Radio
- 41 August 16 Camp What-a-Nut - I
- 42 August 17 Camp What-a-Nut - II
- 43 August 18 The Case of the Secret Room - I
- 44 August 18 The Case of the Secret Room - II

TRACK SHEET



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SEPTEMBER 2005
 Total Tracks: 72

TRACK

"JAMES DOBSON FAMILY MINUTE" Promo (:30 each)

- 1 Absolute Quality
- 2 Worth Every Second

"JAMES DOBSON FAMILY MINUTE" Features (:60 each)

3	September 1	Hormones May be Behind Conflict	Dr. James Dobson/Dr. Bill Maier
4	September 2	Tough Love in Marriage	Dr. James Dobson/Dr. Bill Maier
5	September 5	You Can't Seclude Your Children	Dr. James Dobson/Dr. Bill Maier
6	September 6	Premenstrual Tension and the Husband	Dr. James Dobson/Dr. Bill Maier
7	September 7	Mom Coming Home	Dr. James Dobson/Dr. Bill Maier
8	September 8	Stopping Fighting Children	Dr. James Dobson/Dr. Bill Maier
9	September 9	Influence of Grandparents	Dr. James Dobson/Dr. Bill Maier
10	September 12	Romance is Important	Dr. James Dobson/Dr. Bill Maier
11	September 13	The Biology of Anger	Dr. James Dobson/Dr. Bill Maier
12	September 14	Teaching Kids to Pray	Dr. James Dobson/Dr. Bill Maier
13	September 15	Out of the Womb of Childhood	Dr. James Dobson/Dr. Bill Maier
14	September 16	Parents Influence Romantic Relationships	Dr. James Dobson/Dr. Bill Maier
15	September 19	Where Women Find Security	Dr. James Dobson/Dr. Bill Maier
16	September 20	Keep Kids Talking in Tough Times	Dr. James Dobson/Dr. Bill Maier
17	September 21	Taking the Good with the Bad	Dr. James Dobson/Dr. Bill Maier
18	September 22	Who's in Charge?	Dr. James Dobson/Dr. Bill Maier
19	September 23	When to Discipline	Dr. James Dobson/Dr. Bill Maier
20	September 26	Tickets for TV	Dr. James Dobson/Dr. Bill Maier
21	September 27	Men Need Respect	Dr. James Dobson/Dr. Bill Maier
22	September 28	Respect Your Parents Today	Dr. James Dobson/Dr. Bill Maier
23	September 29	Divorce Isn't Good	Dr. James Dobson/Dr. Bill Maier
24	September 30	Esteem: What Others Think	Dr. James Dobson/Dr. Bill Maier



"FOCUS ON THE FAMILY" Generic (:30)

- 25 Little Challenges

CROSS-PROMOTION Spots (:30)

- 26 My Journey to Salvation Inspo version
- 27 My Journey to Salvation AC version

"FOCUS ON THE FAMILY WEEKEND MAGAZINE" Generic (:60)

- 28 It Still Renews Us - I



"ADVENTURES IN ODYSSEY" Daily Promos (:30 each)

- 29 September 1/2 Passages - I & II
- 30 September 5 Connie - I
- 31 September 6 Connie - II
- 32 September 7 The Sacred Trust
- 33 September 8 By Faith, Noah
- 34 September 9 The Prodigal, Jimmy
- 35 September 12 A Matter of Obedience
- 36 September 13 A Worker Approved
- 37 September 14 And When You Pray ...
- 38 September 15 The Boy Who Didn't Go to Church
- 39 September 16 Let This Mind Be in You
- 40 September 19 A Good and Faithful Servant
- 41 September 20 The Greatest of These
- 42 September 21 Bad Company
- 43 September 22 The Imagination Station - I
- 44 September 23 The Imagination Station - II





NATIONAL SLEEP FOUNDATION

Waking America to the Importance of Sleep

February 7, 2002

Lottie:

Thanks for your interest in doing an interview regarding our new PSA campaign. I'm enclosing the radio packet, along with sleep centers in your area that are currently participating in our Community Sleep Awareness Partners program. Any of them should be able to make a spokesperson available for an interview on the importance of sleep and the dangers associated with sleep deprivation. However, if they are new to this program, they may not be familiar with the PSA campaign itself. Please tell whomever you call that we referred you.

I hope this works and again, we appreciate your help in waking America to the importance of sleep

Cordially,

Marcia Stein
Marcia Stein
Public Relations Director

for interview, referred to

() Dr. A. Thomas Perkins
Medical Director of Sleep
Medicine Psm @ Raleigh
Neurology 919-788-9071*

*Best Sun. 7-3-05
10502*



Sarah Donaldson, ext. 334
(800) 432-7444
fax (630) 961-2168
sarah.donaldson@sourcebooks
www.sourcebooks.com

Join the Financial Stress Reduction Movement!

Once you know how to make (or grow) a fortune, you'll soon find that investing money—and potentially losing some along the way—can become quite stressful.

Chellie Campbell was working as a bookkeeper and musical comedy actress before she came into her own as a successful professional speaker and leader of the Financial Stress Reduction workshops. Combining her exuberant personality and money-smarts, Campbell will give your listeners daily affirmations for making a real difference in their financial outlook. She'll teach you to think positively, count your money, know your competition, do your research and become a survivor.

B'cuzt Jun 7-10-05
10502

lottie

From: <Gregg@eGregg.com>
To: <lotties@wckb780.com>
Sent: Tuesday, July 12, 2005 4:50 AM
Subject: Interview editor: Getting MAD...a SMART thing to do???

Marianne McGinnis
"Prevention" magazine editor

Hi, Lottie --

Are you feeling a little ANGRY right now?

At your boss, at your spouse or significant other, or at your kids??

Or do you EVER feel ANGRY, even if you're not feeling ANGRY right now???

Here at PREVENTION magazine, we've been known to get pretty #\$\$%^* ANGRY ourselves...

...but even when we're caught in a fit of RAGE, we sometimes find ourselves wondering:

"Is getting MAD a smart thing to do?"

"Or when I LOSE IT BIG TIME, am I actually harming my health??"

These are extremely important questions for your listeners to ask themselves...

...because as we report in a story **"GO AHEAD...GET MAD!!!!"** that begins on page 154 of the latest issue of PREVENTION magazine...

...recent research suggests that **holding anger in (vs. letting your temper blow)** can cause serious health problems like **depression, heart disease** or even **cancer**.

So if you (or your listeners) have ever wondered about the wisdom of losing your cool...

...then it's time to book an interview with an editor from PREVENTION magazine to talk about how to manage your anger, as a way to manage your health!

Does this sound like a story that would interest your listeners?

If so, please see below for details...

...or you can just hit "reply" or call me at (800) 347-6134 to book an interview.

Here's the story:

Although most of us were taught to never get mad, to never get angry, and to always suck it in....

...new research shows that learning how to express rage is a lot better for your health than keeping it bottled inside.

But there's a catch, which is...

...there's a right way AND a wrong way to let that anger out.

Best on 7-17-05
1050

Meanwhile, if you're expressing your anger and rage the **WRONG** way...

...this same research suggests the end result may be as serious as **depression, heart disease** or even **cancer**.

So what's the right way to get that anger out?

Here are some tips from this story in the latest issue of PREVENTION magazine:

ANGER-MANAGEMENT TIP #1:

GET TO THE ROOT OF YOUR ANGER "STYLE"

You can't learn to express your anger in a healthy way until you figure out how you experience it now...

...and where your particular "style" of anger comes from.

So ask yourself how your parents got angry...

...and were you allowed to lose your temper, or were you punished for it?

Once you understand your own "style" of anger...

...it will be easier for you to change that "style," if necessary.

ANGER-MANAGEMENT TIP #2:

PRACTICE GETTING "BETTER" AT GETTING ANGRY

Are you someone who suppresses your anger?

If so, then try practicing getting angry with friends...

...before you get angry "for real" with the person you're really mad at.

By doing this, you can try out different "styles" of anger...

...with the goal of finding a different "style" that works better for you.

ANGER-MANAGEMENT TIP #3:

"SHARE" YOUR ANGER WITH SOMEONE CLOSE TO YOU

Losing your cool with the goal of getting even or getting revenge...

...is a lot different than losing your cool with the goal of solving a specific problem.

So if you're angry with your spouse or someone close to you...

...try talking calmly with that person about your pattern of anger, with the goal of identifying (and then eliminating!) things you each do that cause your anger to escalate.

ANGER-MANAGEMENT TIP #4:

LEARN TO STICK TO SPECIFICS...

Instead of hurling accusations and cries of "You always do THIS" and "You always do THAT"...

...force yourself to only talk about the specific incident that has angered you.

So if your spouse or significant other or one of your kids is 45 minutes late to meet you...

...begin by saying, "We were supposed to meet at 7 and you came at 7:45. I'm really angry and I want to talk to you about this."

Then state the consequence if this type of behavior should ever happen again, as in:

"Next time...I won't wait."

By stating the anger clearly, and then making sure you follow through on the consequences should this ever happen again...

...you put yourself in control, instead of feeling like you are at the will of the person making you angry.

ANGER-MANAGEMENT TIP #5:

TRAIN YOURSELF TO LISTEN...

Part of processing anger is being able to listen to another person's feelings as well as expressing your own...

...so train yourself to listen, and then acknowledge the anger of others (without necessarily agreeing) by saying something like:

"I know you have a different point of view from mine, but this is my point of view and this is why I feel angry."

One of the greatest benefits of acknowledging someone else's anger...

...is that it makes it much more likely they'll accept yours, too.

ANGER-MANAGEMENT TIP #6:

...AND FORCE YOURSELF TO TAKE "ANGER BREAKS"

When all else fails, or you feel you are at an impasse with yourself or someone else...

...it's time to get up and walk away for a 20-minute "anger break" walk.

By taking an "anger break," you just might be surprised by how productive it can be to politely excuse yourself from a volatile situation...

...because you will not only be giving yourself a chance to cool down, but you'll be giving the other person a chance to cool down, too.

Does this sound like a story that would interest your listeners?

If so, just hit "reply" or call me at (800) 347-6134 to book an interview.

This story is called **"GO AHEAD...GET MAD!!!"**...and it begins on page 154 of the latest issue of PREVENTION

magazine.

As you may know, PREVENTION magazine is the largest health magazine in the country and it reaches more than 11 million readers every month.

For more information on PREVENTION magazine, go to www.PREVENTION.com.

I hope you will call me at (800) 347-6134 or hit "reply" to book an interview. I look forward to talking with you soon.

Best regards,

Gregg

Gregg Stebben,
for PREVENTION magazine

Gregg@eGregg.com
(800) 347-6134

PS: Just so you know, I got your email address from Bacon's Information, Inc, MediaMap or Burrelle's/Luce - all three are media contact services and at least one has you listed as an appropriate contact for media advisories like this one. If you're not the right person to be receiving media advisories, please contact them to change your contact info. If you don't want to receive any more messages like this from me, please hit reply and let me know and I won't send you any more in the future. You can also contact me by mail at 1000 Johnnie Dodds Blvd, Suite 103-345, Mount Pleasant SC, 29464.

This message was sent to lotties@wckb780.com
To manage your preferences, please [click here](#).

Forward this message to a friend.



Free Family & Community Workshop

Sponsored by:

**Sampson County Department on Aging
&**

Alzheimer's Association – Eastern North Carolina Chapter

- *Does someone in your life have memory, language, thinking, behavior, or processing PROBLEMS?*
- *Are you concerned and not sure how to help?*
- *Are you feeling frustrated? Alone? Overwhelmed? Frightened?*

Come to this workshop...

It will provide you with

- Information
- Knowledge
- Resources
- Connections
- Skills
- Hope
- Understanding
- & Power



Reaching Out & Helping Someone with Memory Problems: What's Important!

Date: August 8, 2005
Time: 6-8:30 pm
Location: **1st Baptist Church**
408 College St., Clinton, NC 28328

Please pre-register by August 1st - Call Leisa Henderson 910-592-4653
(light refreshments will be served)

Lesia Henderson
Sampson County Department of Aging

1. Lesia what is your position with the Sampson County Department of Aging and where
Are you located?

2. How long have you been working with the Department of Aging?

3. What does the Sampson County Department of Aging offer the Senior Citizens?

4. The Sampson County Department of Aging is sponsoring an up coming event. Would *you*
tell us about this event?

5. Why is there a need for this type of workshop?

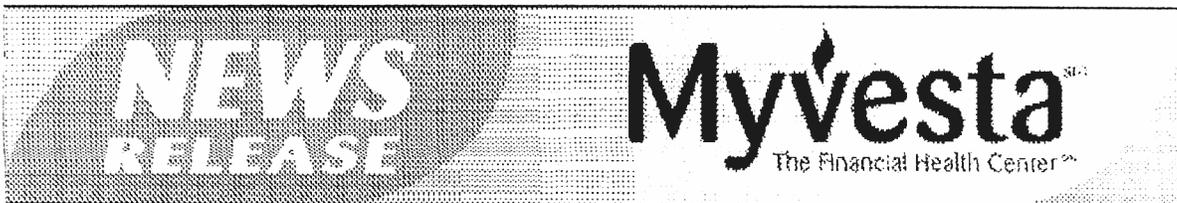
6. What is the difference between Alzheimer's and Dementia?

7. What are some warning signs of Dementia related disorders?

8. Who should attend?

9. What will be covered at this workshop?

10. How can you be reached if more information is needed?



For Immediate Release
 March 21, 2002

Contact: Nancy Ness Judy
 301-762-5270, ext. 124
 Jim Tehan, ext. 123

Half of Americans Repeatedly Struggle with Debt *One in Four Shows Signs of Money Abuse*

ROCKVILLE, Md. – “Half of American adults are struggling to control excessive spending and debt, and are failing,” said Steve Rhode, president of Myvesta, the nonprofit financial health center. That information is part of Myvesta’s Money Abusers Survey, which found that 51.8 percent of Americans have tried repeatedly to control or stop excessive money abuse.

Repeated, unsuccessful attempts to control; cut back or stop excessive money use is the most common of the nine statements that Myvesta uses to determine a person’s true money behavior. According to Myvesta, people who agree with two or more of the money behavior statements are likely to be a money abuser. “Based on the survey, 25.5 percent of respondents agreed with two or more of the statements, which means that one in four Americans are potential money abusers,” Rhode said.

“Many people assume that it’s normal to be unable to control their money,” Rhode added. “It’s not. Money abuse is the inability to control excessive debt or spending. It is a recurrent, often unconscious, use of money to overcome underlying issues. Our society recognizes that people abuse alcohol, drugs, and food and that they need help to overcome those issues, but what about people who abuse money? There is little specialized help available for money abusers and yet it is a chronic problem that robs people of happy lives.”

The nine negative money behaviors that define money abuse are:

1. Repeated, unsuccessful attempts to control, cut back or stop excessive money use;
2. Experiencing a mood change (high or low) just before or after a shopping event;
3. Feeling alone and spending money to feel better or improve self-esteem;
4. Spending money as a way to escape problems or relieve stress;
5. Lying, minimizing or rationalizing to conceal spending;
6. Carrying excessive debt as the result of the inability to stop spending money;
7. Losing out on opportunities such as a significant relationship, job promotion, or educational or career opportunities because of money consumption;
8. Spending money on or with others in order to maintain relationships; and
9. Buying things to impress or influence others.

-more-

*college age students?
 Difference between men & women?*

*Buzst 8/7-31-05
 10502*

Myvesta's Money Abusers Survey:3

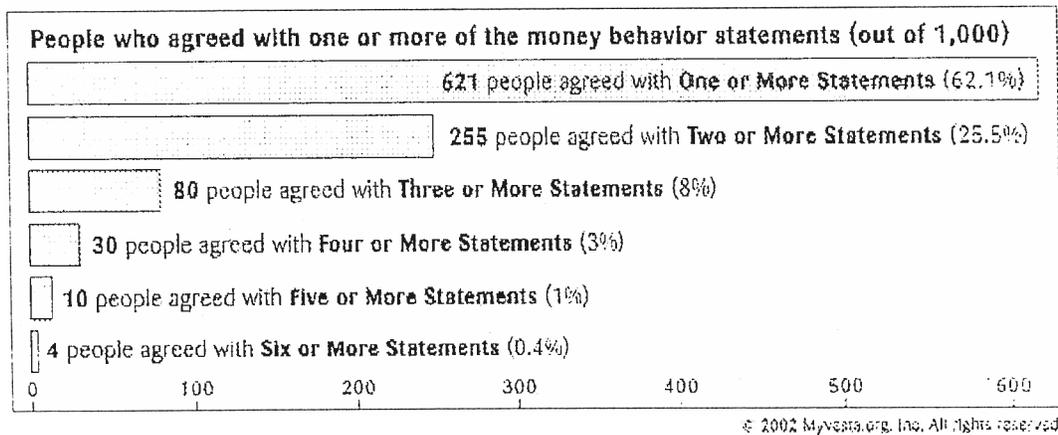
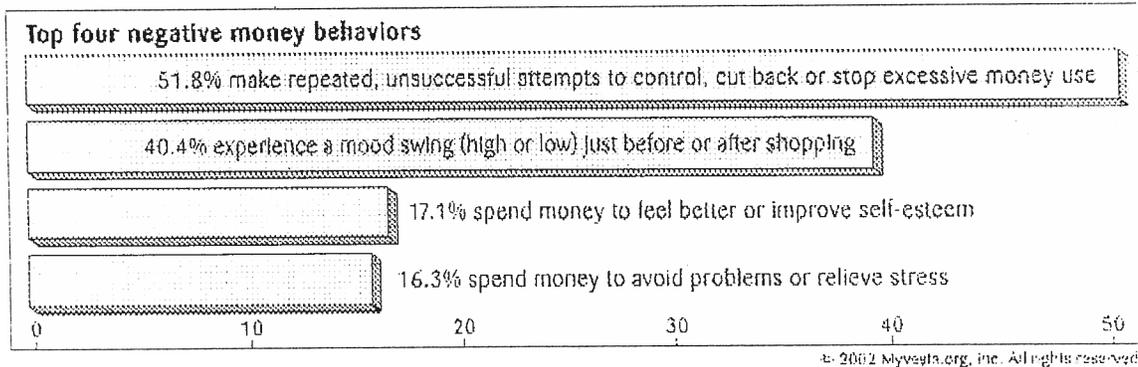
"Continuing to bail out a friend or family member who has money problems is the same as giving an alcoholic another drink," Rhode stated. "Don't be an enabler by ignoring destructive behavior. You'll be hurting, not helping that person."

Rhode added, "One of the biggest hurdles in helping money abusers is denial. People get stuck because they deny that a problem exists. Denial holds them back from finding a path to peace of mind and conquering their money issues."

Myvesta conducted the survey using a random sample of 1,000 people from Feb. 1 through Feb. 13, 2002 to understand Americans' money behaviors and raise awareness of money abuse.

###

Myvesta™ is the nation's only comprehensive financial health center. Founded in 1994, Myvesta guides people to peace of mind through its comprehensive and holistic programs. The nonprofit organization gives people practical, emotional and introspective guidance to improve their financial situations and their overall lives. Its programs and services include a residential treatment program, support groups, crisis resolution, online bill management, bankruptcy alternatives, creditor problem resolution, debt management and financial coaching. Prior to April 2000, Myvesta was known as Debt Counselors of America®.





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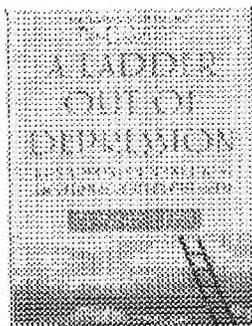
Questions for Larry Julian

Author of *God Is My CEO*

1. Why did you write *God Is My CEO*?
2. What is the book about?
3. How does your book help the readers solve their business problems?
4. Your book openly shares Biblical principles as the source for leadership success. How do you address the diversity of other faiths or even atheists?
5. What is the greatest misconception you see regarding dilemmas?
6. Tell us about you and your passion for this topic.
7. How do you share your faith in a business setting?
8. How is your book different from other leadership books?

B'cast Sun 8-7-05
1050

~~1048 edit!!~~



Can Christians get depressed? The answer is "Yes," and from someone who understands it first-hand.

Singer/songwriter/author **Bonnie Keen** saw her world crumbling several years ago. A painful divorce, a near-date rape, and the dissolution of her vocal group First Call, sent Bonnie spiraling into clinical depression. With courage and honesty, she tells her story in ***A LADDER OUT OF DEPRESSION: God's Healing Grace For The Emotionally Overwhelmed.***

Bonnie shares:

- 1) How to identify the signs and types of depression
- 2) How the church at large can help people battling depression
- 3) The controversy over prescriptions: Bonnie gives her insights
- 4) How anger and unforgiveness become the silent culprits in depression

Talk with Bonnie about her new book. You'll receive giveaway copies of her new book ***PLUS*** copies of her CD "God Of Many Chances."

BONUS!!!! For the first time in over 10 years, "An Evening In December Volumes I & II" will be re-released at Christmas in CD format. These acclaimed recordings marked the beginning of the successful career of the original First Call back in 1985 and 1987. You will receive giveaway copies of these CDs, being re-released by Discovery House Music this October.

Yes! I would like to interview Bonnie! My date preference would be:

DAY: Wed. DATE: Aug 10
 At TIME: 3:00 (please circle) a.m./p.m. PST MST CST EST
 or (optional dates available) M-F, 3p-530p E.
 Radio contact name: Lottie Squires
 Radio Call Letters: WCKB Format: Southern Gospel
 Mailing Address for Giveaways: PO Box 789
 City: Dunn State: NC Zip: 28335
 Phone: 910-892-3133
 Email: lotties@wckb780.com

Please send me the following quantities for on-air giveaways:

- 6 (#) LADDER OUT OF DEPRESSION Books
- 6 (#) GOD OF MANY CHANCES CD
- 6 (#) EVENING IN DECEMBER CDS

Fax This Request Sheet to: 888-253-3622 or Email: GAdamsGroup@AOL.com

If you have responded to this already, we apologize for sending it twice!

*B'cuz Sun, 8-14-05
10502*

lottie

From: "Gregg Stebben" <Gregg@eGregg.com>
To: <lotties@wckb780.com>
Sent: Wednesday, August 10, 2005 3:38 PM
Subject: Lung cancer: Need health expert to comment???

Marianne McGinnis

"Prevention" editor

Hi Lottie --

I'm writing from PREVENTION magazine to let you know our editors are available immediately for interviews about lung cancer.

Obviously this is a topic of great concern to your listeners right now, in light of:

- **The death of Peter Jennings on Sunday** from lung cancer at age 67;
- ^{*This week's*} **Yesterday's breaking news about Dana Reeve**, "Superman" star Christopher Reeve's widow, being diagnosed with lung cancer at age 44;
- **Statistically, lung cancer kills more people** than any other cancer;
- And as is now being reported, **lung cancer is on the rise amongst non-smokers.**

As a result of all this breaking news about lung cancer, your listeners are sure to have a lot of questions they'd like to have answered and concerns they'd like to have addressed.

Here are some of the questions we can answer in an interview:

- 1. I always thought lung cancer was something that killed only smokers...
 ...so how do you explain that Peter Jennings QUIT smoking and Dana Reeve NEVER smoked at all?
- 2. One of the stories I read about Dana Reeve said that more and more lung cancer is being diagnosed in non-smokers, particularly younger women...can you tell us anything about that?
3. How much greater are the odds that a smoker will get lung cancer over a non-smoker?
4. If I was a smoker, but I've quit...am I still at risk of getting lung cancer?
- 5. Overall statistically, who runs the greatest risk of getting lung cancer?
- 6. What signs or symptoms of lung cancer should I be watching for?
7. How many people die of lung cancer every year?
8. Can you tell us how they treat lung cancer?
- 9. Are there things we can do today to minimize our risk of getting lung cancer?

If you would like to talk with an editor from PREVENTION magazine about lung cancer...

...just hit reply or call me at (800)347-6134 to book an interview.

*B'cast Sun,
8-21-05
1050z*

8/11/2005

CONTACT: Sara Eisenman
Phone: 727-447-4992 x 205
email: sara@theprgroup.com

Which foods calm us? Which sharpen our minds?
Which boost sexual drive?

FIX YOUR MOOD WITH FOOD

Dietary Advice for Optimum Emotional & Mental Health
From Psychologist and Nutrition Expert Dr. Udo Erasmus

For years we've known proper nutrition improves our physical health. Now, new studies show certain foods play a major role in improving and maintaining our emotional and mental health as well.

"Foods containing specific nutrients can boost our IQ's, calm our nerves, elevate our moods, improve our concentration - even alleviate symptoms associated with hyperactivity and learning disorders," says Dr. Udo Erasmus, one of the leading authorities on the role nutrition plays in mental and physical health.

For those experiencing unwanted moods or attitudes, Dr. Erasmus says the first step is to add appropriate foods or nutrients to the diet to remedy deficiencies.

"These are not instant fixes," says Dr. Erasmus. "But do expect to see a gradual lessening of your symptoms over a period of several months."

Which foods calm us? Which sharpen our minds? Which boost sex drive? Which foods lift depression and increase our confidence? Dr. Erasmus offers these suggestions:

Depression:

Foods containing the essential fatty acids Omega 3 & Omega 6, like cold water tuna, salmon, trout, and mackerel, have been found to elevate mood. Flax, sunflower, and sesame seeds or their blended oils are rich vegetable sources of these two depression-lifting essential fatty acids.

Apathy and Mental Fatigue:

Women often find eating liver remedies oxygen and iodine levels throughout the body which, combined with consumption of "good" fats, helps to create an energetic attitude toward life.

Anger and Stress:

Turkey, chicken, and bananas contain tryptophan, a building block of serotonin, which produces a mellowing effect. Fish and seeds containing Omega 3 assist brain function, reduce stress, and promote calmness.

*Best Jun 8-28-05
10/02*

lottie

From: "Cheong, Yen" <Yen.Cheong@us.penguin.com>
To: <lotties@wckb780.com>
Sent: Tuesday, August 16, 2005 11:58 AM
Subject: possible Labor Day guest (Mike Rose, author of "The Mind at Work")

As Labor Day approaches, we are reminded how testimonials to physical work have always celebrated the dignity, economic value, even the nobility of blue-collar labor. Few, however, have discussed the intellect required to get the job done right. In *THE MIND AT WORK: Valuing the Intelligence of the American Worker* (Penguin) award-winning author Mike Rose sets the record straight by taking a long, hard look at the mental demands of everyday work, paying a unique tribute to the American worker.

Ever wonder how a waitress recalls multiple orders at numerous tables? Or how an electrician navigates his way through a circuit map to pluck just the right strand from a jumble of wires? In *THE MIND AT WORK*, Rose analyzes various professions: waitressing, hair dressing, plumbing, carpentry, wiring and welding, exploring not simply the physicality of these jobs-think of a waitress juggling plates on her way to and from the kitchen-but also the thought required to perform these jobs correctly.

As a teacher for more than 30 years in a wide range of settings from kindergarten to adult literacy programs, Rose has had much experience working with those considered to be educationally at risk, many of whom were shunted into vocational programs where questions about intellectual capacity were ever present. In *THE MIND AT WORK*, Rose combines the voices of a series of workers with current research in social science and cognitive psychology to refute the idea of "mindless labor." In an interview, Rose can discuss, among other issues:

- how our assumptions about intelligence affect the way we treat people in the classroom, the workplace and the public sphere

- what we lose as a nation by underestimating the intelligence needed for common work
- the numerous skills honed and utilized in various blue-collar professions
- the arguments for and against vocational education
 - his own experiences growing up in a working class family, watching his mother, a waitress, deftly managing multiple orders, or his uncle laboring on the railroad

- the social implications of the fact that many of our families have bridged the gap between blue collar labor and white collar work only one or two generations ago

Mike Rose, a recipient of a Guggenheim Fellowship, is a member of the faculty of the UCLA Graduate School of Education and Information Studies and has written a number of books and articles on thinking, learning and literacy, including *Lives on the Boundary: The Struggles and Achievements of America's Underprepared*. In 1997 his book *Possible Lives* won the prestigious Grawemeyer Award in Education and the Commonwealth Club of California Award for Literary Excellence in Nonfiction. He is available for in-studio interviews in the Los Angeles area and via phone and remote studio for all other interviews. Please let me know if you would be interested in seeing a copy of the book or speaking with him.

Thanks.

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GUEST PROFILE

AUREEN PINTO WAGNER, Ph.D.

Dr. Aureen Pinto Wagner is Clinical Associate Professor of Neurology at the University of Rochester School of Medicine and Dentistry and Director of *The OCD and Anxiety Consultancy* in Rochester, NY. She is a Clinical Child Psychologist who specializes in the treatment of anxiety disorders in children and adolescents. Dr. Wagner is internationally recognized for her unique approach of the *Worry Hill* that makes treatment user-friendly and appealing for youngsters. She is the author of four highly acclaimed books, *Worried No More: Help and Hope for Anxious Children*, *Up and Down the Worry Hill: A Children's Book about Obsessive-Compulsive Disorder and its Treatment*, *What to do when your Child has Obsessive-Compulsive Disorder: Strategies and Solutions*, and *Treatment of OCD in Children and Adolescents: A Cognitive-Behavioral Therapy Manual*. The last three books are the only integrated set of resources for children with OCD, their parents and their therapists.

Dr. Wagner received her education at the University of Iowa, Yale University Child Study Center and Brown University. She is a sought-after speaker and provides seminars nationally. She also contributes regularly to the media as an expert on anxiety-related topics. Dr. Wagner lives in Rochester, NY with her husband and two children.

PART I

Recognizing + treating anxiety disorders
in children
31st Sun, 9-11-05
10502

PART II

Obsessive-Compulsive Disorder in children
+ adults
31st Sun, 9-18-05
10502

Summary Book Description

What to do when your Child has Obsessive-Compulsive Disorder: Strategies and Solutions

Author: Aureen P. Wagner, Ph.D. ISBN: 0-9677347-1-1 Publisher: Lighthouse Press

Over one million children in this country suffer from Obsessive-Compulsive Disorder (OCD), a debilitating illness that can severely impair a child's ability to function at home, in school and with peers. In *What to do when your Child has Obsessive-Compulsive Disorder*, Dr. Wagner, an expert in childhood OCD and the author of three acclaimed books, brings parents, school personnel and health care professionals the latest scientific advances in understanding and treating OCD. Using the metaphor of the *Worry Hill*, which has brought her international recognition, she presents a powerful step-by-step approach that countless children have used successfully to gain mastery over OCD. Packed with effective practical strategies, this easy-to-read and expertly organized book will be "must reading" for parents of children with Obsessive-Compulsive Disorder (OCD) as well as professionals.

What to do when your Child has Obsessive-Compulsive Disorder is an invaluable resource in and of itself. However, the real power of the book lies in the fact that it is a companion guide to *Up and Down the Worry Hill*, Dr. Wagner's highly acclaimed OCD book for children and adolescents. Dr. Wagner's unique approach of offering integrated companion resources for children and adults helps create and ultimately unlock the power of the child-adult team. Experts agree that this powerful team approach is one of the most important factors in maximizing the likelihood of treatment success.

What to do when your Child has Obsessive Compulsive Disorder has received resounding endorsements by leading international experts. "Every parent who has a child with OCD should read this book," says Michael Jenike, M.D., Professor of Psychiatry, Harvard Medical School and Chairman of the Scientific Advisory Board, Obsessive-Compulsive Foundation. Judith Rapoport, M.D. of the National Institute of Mental Health and author of the NY Times bestseller *The Boy who Couldn't Stop Washing*, calls it, "Must reading for parents of children with OCD." John Piacentini, Ph.D., Director, UCLA Child OCD, Anxiety and Tic Disorders Program says it is a "truly remarkable guide for parents, clinicians and school personnel."

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DESCRIPTION

What do these people have in common?

- the college student who stays up late surfing the web the night before a big exam
- the businessman who unwinds at home by exploring for hours the news items on the internet and peeking at porno sites
- the isolated mother of young children who has found a new male friend in a chat room

All these people have entered the danger zones of internet use. They've stopped controlling their computers and started being controlled by them. Counselor Gregg Jantz describes the problems of internet abuse and addiction, providing a framework for readers to assess themselves or a loved one. He offers common sense solutions to bring the problem under control.

AUTHOR

Gregg Jantz, Ph.D., is executive director of The Center for Counseling and Health Resources, Inc. in the Seattle area and the author of *Hope, Help, and Healing for Eating Disorders* and *Losing Weight Permanently: Secrets of the 2% Who Succeed*.

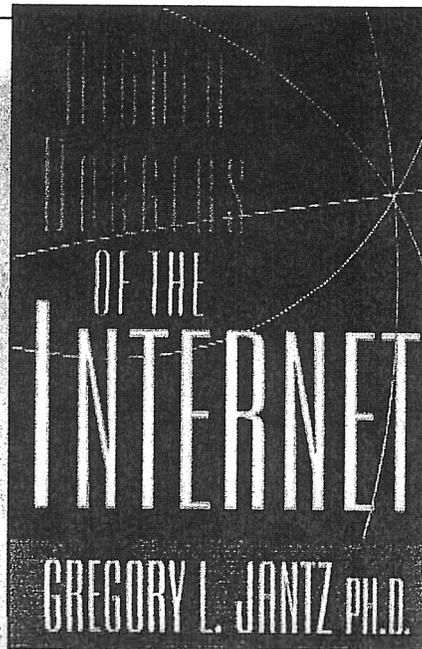
MARKETING

Audience

- Parents of families using or considering the Internet
- Anyone using the Internet
- Counselors looking for guidance in this new area of addictive behavior

Strategy

- P.O.P. Display
- Media advertising & consumer catalogs
- Author tour & interviews
- Key review mailing to 300 reviewers and publications



NEW TITLE

Hidden Dangers of the Internet

Breaking the Hold of Internet Use and Abuse

Gregory Jantz

Trade Paper

0-87788-149-9

Pages 180

\$11.99

September 1998

Category

Self-Help/Addictions

For interviews & scheduling contact:

Laura Momary

Publicist

800-742-9782, x221

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