

ISSUES / PROGRAMS

*January, February and March, 2004*

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.

**SOCIAL SECURITY REPORT** (January - March, 2004)

1/06/04	Shiryl Evans	Social Security benefits for children
1/13/04	*****	Q & A: Retirement benefits/Dependents/Survivors
1/20/04	*****	Q & A: Disability/SSI
2/03/04	*****	Another chance to enroll in medicare
2/10/04	*****	A summary of 2004 SSA changes
2/17/04	*****	SS launches new program to help people with disabilities go to work
2/24/04	*****	Q & A: Retirement/Disability benefits
3/02/04	*****	Q & A: Dependents & Survivor benefits
3/09/04	*****	Q & A: Supplemental Security Income
3/16/04	*****	Retirement planning a priority for women
3/23/04	*****	Social Security financially critical for widows
3/30/04	*****	What "mom & pop" business owners should know

**COUNCIL ON AGING REPORT**

*(January - March, 2004)*

1/14/04	Walter Blackman	10 lifestyle habits for successful aging
1/21/04	.....	10 lifestyle habits for successful aging
2/04/04	.....	10 lifestyle habits for successful aging
2/11/04	.....	Managing the stress of caregiving
2/18/04	.....	Building your health care team during serious illness
2/25/04	.....	Managing the stress of caregiving
3/03/04	.....	Building your health care team during serious illness
3/10/04	.....	Managing the stress of caregiving
3/17/04	Linda Riesch	Preventing falls in the home
3/24/04	.....	The healing power of pets
3/31/04	.....	Gardening for seniors

**HEALTH DEPARTMENT REPORT**

*(January - March, 2004)*

1/01/04	Denise Newkirk	Small steps to healthier living
1/08/04	.....	Small steps to healthier living
1/15/04	.....	January is cervical health month
1/22/04	.....	January is cervical health month
1/29/04	Debra Hawkins	Protect your children from carbon monoxide poisoning
2/05/04	Debra Anderson	Nat'l Black HIV/Aids Awareness & Information Day
2/12/04	.....	Nat'l Black HIV/Aids Awareness & Information Day
2/19/04	Denise Newkirk	Show your heart some love in February
2/26/04	.....	Show your heart some love in February
3/04/04	Debra Anderson	Week of prayer for healing of AIDS
3/11/04	Denise Newkirk	Cholesterol & diabetes
3/18/04	.....	Managing diabetes
3/25/04	.....	Diabetes & dieticians

**EXTENSION SERVICE REPORT**

*(January - March, 2004)*

1/02/04	David Harston	4-H Recruiting
1/09/04	*****	4-H Recruiting
1/16/04	*****	4-H Cloverbud Clubs
1/23/04	*****	4-H Parenting
1/30/04	*****	4-H Recap
2/06/04	*****	4-H Recap
2/13/04	*****	4-H Recap
2/20/04	Wanda Hardison	How to talk with your child
2/27/04	*****	How to talk with your child
3/05/04	Tyrone Fisher	Planting spring forages
3/12/04	*****	NC horse industry
3/19/04	*****	Managing Bermuda grass
3/26/04	*****	Harnett County Animal Fair

**MONEY HELP MINUTE***(January - March, 2004)*

- 2/01/04      Borrowing from retirement
- 2/08/04      Store credit cards
- 2/15/04      Addicted to credit
- 2/22/04      Coping with medical bills
- 2/29/04      Vehicle repossession
- 3/07/04      Where is your money really going
- 3/14/04      Good debt vs. bad debt
- 3/21/04      Prioritizing debts
- 3/28/04      Credit scores aren't just for credit

**DUKE MEDMINUTE***(January - March, 2004)*

2/01/04	Prof. Evan Myers	Cervical cancer screenings--new guidelines & choices
2/08/04	Dr. Allison Toth	Athletic participation beneficial for girls in many ways
2/15/04	Prof. John Beyer	SAD season at its peak
2/22/04	Prof. Kathryn Pollack	Helping expectant moms quit smoking
3/07/04	Prof. Diana Dell	Midlife motherhood
3/14/04	Redford Williams	Hot-headed men headed for heart trouble
3/21/04	Dr. Eric Paulsen	Virtual colonoscopy could save lives
3/28/04	Prof. Richard Surwit	Stress management techniques help control diabetes

- 2/01/04 Homeschooling Grows Up: The purpose of the study
- 2/08/04 The results of the study
- 2/15/04 The myth of socialization
- 2/22/04 Social success
- 2/29/04 The future of homeschooling
- 3/07/04 Is homeschooling a viable option for parents?
- 3/14/04 Will homeschoolers change the culture?
- 3/21/04 Teens & short-term mission trips
- 3/28/04 Are homeschoolers helping or rejecting society?



# TRACK SHEET



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



**JANUARY 2004**  
 Total Tracks: 74

## TRACK

### "Judicial Tyranny" Spot (:60)

1 Judicial Reality

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

2 Mom Was Right!



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

3	January 1	Jailee — Jailor	Roger Stull
4	January 2	Professor's Worldview	Dr. James Dobson
5	January 5	Kid Power	Sandra Felton
6	January 6	Communicating With Dad	Bobbie Wolgemuth
7	January 7	Waiting for Your Spouse to Change	Carl George
8	January 8	Old Haunts	Dr. James Dobson
9	January 9	Christians and Social Policy	Dr. James Dobson
10	January 12	Introduce Them to Jesus Christ	Dr. James Dobson
11	January 13	Seasons of a Woman's Life	Sally Conway
12	January 14	Should Everyone Home-School?	Michel Ferris
13	January 15	Turn It Around With Your Kids	Joe White
14	January 16	Complimenting Your Spouse	Dr. James Dobson
15	January 19	Women Seeking Godly Counsel	Patsy Clairmont
16	January 20	Teach Them Early	Sandy Sprott
17	January 21	Life Screams at You	Dr. James Dobson
18	January 22	Withdrawal Is Destructive	Dr. Scott Stanley
19	January 23	Parents Make Impressions	Dr. James Dobson
20	January 26	Resources for Christian College	Dr. James Dobson
21	January 27	Love Stay Alive	Gary Smalley
22	January 28	The Idea of Diversity	Dr. James Dobson
23	January 29	A.D.D. or Not A.D.D.	Cynthia Tobias
24	January 30	The Closing Door	Rob Parsons

### "FOCUS ON THE FAMILY" Generic Promos

25 That's My Phone (:60)  
 26 Cross-Promotion — "Reaching Hearts on Abortion" (:30) (AC)  
 27 Cross-Promotion — "Reaching Hearts on Abortion" (:30) (Inspo)

### "FOCUS ON THE FAMILY Weekend Magazine" Generic (:30)

28 There's Never Enough Time

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

29	January 1	Barclay Ski Vacation
30	January 2	Ice Fishing
31	January 5	Modesty Is the Best Policy
32	January 6	A Tongue of Fire
33	January 7	A License to Drive
34	January 8	Father's Day
35	January 9	Harlow Doyle, Private Eye
36	January 12	Treasure Hunt
37	January 13	The "No" Factor
38	January 14	Feud for Thought
39	January 15	Fair-Weather Fans
40	January 16	Timmy's Cabin



# TRACK SHEET



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



FEBRUARY 2004

Total Tracks: 69

## TRACK

### "Federal Marriage Amendment" Spot (:60)

1 Antiques on the Road Circa 2084

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

2 Marriage Hotline



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

3	February 2	Openness in Marriage	Dr. James Dobson
4	February 3	Self-Absorbed Parents	Ron Wilson
5	February 4	A Change in Standards	Dr. James Dobson
6	February 5	God's Will for Troubled Marriage	Laurie Hall
7	February 6	Comparing the Kids	Dr. James Dobson
8	February 9	Primary Interpreters	Robert Wolgemuth
9	February 10	Esteem-Building Vitamins	Dr. James Dobson
10	February 11	Finding the Right Person	Dr. Neil Clark Warren
11	February 12	Best of Associations	Dr. John Maxwell
12	February 13	Get Into the Word	Dr. James Dobson
13	February 16	Finding Areas of Strength	Dr. James Dobson
14	February 17	The Spiritual Work of Grieving	Verdell Davis
15	February 18	Two Things That Matter	Dr. James Dobson
16	February 19	Not Create a Crisis	Sandra Felton
17	February 20	Spiritual Agreement in Marriage	Patricia Ashley
18	February 23	Social Creatures	Dr. James Dobson
19	February 24	Getting to Know You	Dr. Neil Clark Warren
20	February 25	Making Your Child Feel Important	Dr. James Dobson
21	February 26	The Inevitability of Loss	Dr. James Dobson
22	February 27	No Guarantees	Rob Parsons

### "FOCUS ON THE FAMILY" Generic Promos

23 Soliloquy (:60)  
24 Cross-Promotion — "Meeting Your Wife's Desires" (:30)

### "FOCUS ON THE FAMILY Weekend Magazine" Generic (:30)

25 Love Is in the Air



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

26	February 2	Best Intentions
27	February 3	Like Father, Like Son
28	February 4	Rights, Wrongs and Reasons
29	February 5	A Class Act
30	February 6	Treasures of the Heart
31	February 9	This Is Chad Pearson?
32	February 10	It Is Well
33	February 11	The Jesus Cloth
34	February 12	Real Time
35	February 13	Greater Love
36	February 16	Count It All Joy
37	February 17/18	An Adventure in Bethany — I & II
38	February 19	A Game of Compassion
39	February 20	The Marriage Feast

# THE TRACK SHEET



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



MARCH 2004  
Total Tracks: 73

## TRACK

### JUDICIAL TYRANNY Spot (:60)

1 "A Guy Like Joe"

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

2 "Sixty-Second Seminar"



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

3	March 1	Why Families Fall Apart	Dr. Bruce Wilkenson
4	March 2	Tell Him He's Gonna Grow	Dr. James Dobson
5	March 3	Adolescent Pulling Away	Dr. James Dobson
6	March 4	Marriage Takes Learning and Teaching	Dr. Norm Wright
7	March 5	True Revival	Dr. Luis Palau
8	March 8	Self-Esteem and Marriage	Dr. Neal Clark Warren
9	March 9	What "Going All the Way" Really Means	Dr. Adrian Rogers
10	March 10	God Is Still There	Dr. James Dobson
11	March 11	Irrational Fears	Dr. James Dobson
12	March 12	Building Character in Kids	Dr. Thomas Lickona
13	March 15	Overcoming Grief	Barbara Johnson
14	March 16	Men and Marital Conflict	Dr. James Dobson and Dr. Scott Stanley
15	March 17	Single Parenting: It's Not Impossible	Tony Evans
16	March 18	Looking for God's Specific Will	Dr. James Dobson/Lee Ellis
17	March 19	Stay-at-Home Moms	Dr. James Dobson
18	March 22	A Father's Impact on His Daughter	Dr. Norm Wright
19	March 23	Effective Spiritual Training	Dr. James Dobson
20	March 24	Compliments Attract	Dr. Neal Clark Warren
21	March 25	Confidence	Dr. James Dobson
22	March 26	Kids and Sundays	Cynthia Tobias
23	March 29	Dating Conceals Information	Dr. James Dobson
24	March 30	Life Speeding Up	Elisa Morgan
25	March 31	Toddlers and Food	Dr. James Dobson

### "FOCUS ON THE FAMILY" Generic Promos (:30 each)

26 Cross-Promotion – "Enjoying the Single Life"  
27 One Credit Card, Medium Rare

### "FOCUS ON THE FAMILY Weekend Magazine" Generic (:30)

28 Bill Maier Weekend (March 2003)

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

29	March 1	Forgive Us, As We Forgive
30	March 2	Into Temptation
31	March 3	Deliver Us From Evil
32	March 4	For Thine Is the Kingdom
33	March 5	The Power
34	March 8	And the Glory
35	March 9	Forever ... Amen
36	March 10	Family Values
37	March 11	The Mysterious Stranger – I
38	March 12	The Mysterious Stranger – II
39	March 15	Hymn Writers
40	March 16	My Fair Bernard
41	March 17	Why Don't You Grow Up?
42	March 18	Terror From the Skies
43	March 19	The Case of the Delinquent Disciples



# The #1 Reason People Get Ripped Off by Salesmen



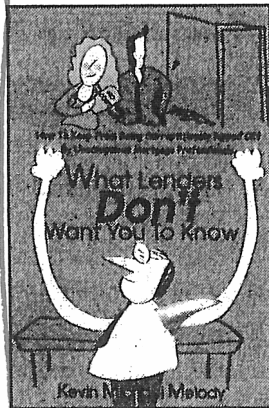
Your mechanic told you your car needs a new "chip", which will cost \$800 to replace. Your loan officer bumped the rate and fees on your refinance at the last minute and claims it's due to a previously undiscovered "derog" on your credit report. Your stockbroker is urging you to sell now because disaster looms. If you're not a mechanic, a loan officer, or a stockbroker, how do you know

if the "expert" you're dealing with on any complex, big-ticket transaction really knows what he's talking about? How can you know whom to trust and whom to avoid?

Sleazy salesmen beware: **Kevin Melody** is here with the best defense against getting ripped off. He'll share with your audience what you need to know before you buy anything and whom you should trust with your hard-earned money. Your listeners will thank you for the informative and revealing show.

They'll learn:

- Why a consumer's only choice is to work with an honest expert, or to become one himself.
- Why it's impossible to beat a dishonest salesperson, no matter how well you prepare.
- How to use a simple, four-step method for finding competent people who are also honest.



**CREDENTIALS:** Kevin Melody has over a decade of experience in the mortgage industry and regularly conducts workshops in consumer protection. He is the author of *WHAT LENDERS DON'T WANT YOU TO KNOW: How to Keep from Being Surreptitiously Ripped Off by Unscrupulous Mortgage Professionals.*

**AVAILABILITY:** Southern California and nationwide by arrangement and via telephone

**CONTACT:** Kevin Melody, (323) 666-1182 (CA)

# Most People Don't Keep Their New Year's Resolutions

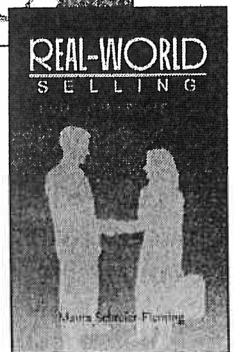
## This Guest Reveals How YOU Can

Almost everyone resolves to improve their lives each December as we move into a new year, and a new start. But by January, the diets are done, the exercise equipment is exhausted, and all those great organizational gadgets are collecting dust in a desk drawer. Will we ever stop stalling and get our acts together?

Let **Maura Schreier-Fleming** tell your audience how to set great goals and actually stick to them! Her proven techniques for business success can be applied to any area of your life, with the same spectacular results.

Interview Maura today as she explains how to:

- Tackle one thing at a time: Why setting too many goals at once puts you in place for immediate failure.
- Let time work for you: The best way to break up big goals and, with patience and self-permission, get the results you want.
- Put process before results: Learn to turn apparent setbacks into ample opportunities.
- Play "what's wrong with this picture": How to discover — and fix — the flaws in your plans, and keep from reverting to old habits.



**CREDENTIALS:** Maura Schreier-Fleming is founder and president of Best@Selling, a performance consulting firm in Dallas, Texas. She has helped thousands of business professionals and managers improve their people skills and obtain better results. Her columns on selling and business appear in several publications, and she is the author of *REAL-WORLD SELLING FOR OUT-OF-THIS-WORLD RESULTS.*

**AVAILABILITY:** TX, nationwide by arrangement and via telephone; available as a last-minute guest

**CONTACT:** Maura Schreier-Fleming, (972) 380-0200 (TX); e-mail maura@bestatselling.com

Best Jan 11-4-04  
10502



**Edward B. Fiske**

Edward B. Fiske served for 17 years as education editor of the *New York Times*. He has edited *The Fiske Guide to Colleges* for over twenty years.



**Bruce Hammond**

Bruce Hammond was editor-in-chief of *The Insider's Guide to Colleges*. He is the author of *Discounts and Deals at the Nation's 360 Best Colleges*, and is the school and college expert at *Parent Soup*. He lives in Albuquerque, New Mexico.

interview: Bruce Hammond

## Find the College That's Right for You!

**THE FISKE  
GUIDE TO  
Getting into  
the Right  
College**

- ✓ How to choose the right college for you
- ✓ Secrets from admissions officers
- ✓ Financial aid information and timelines
- ✓ How to use the Internet to get into college
- ✓ Successful strategies for applying and interviewing

Use the One-Hour College Finder to help find the right school for you.

**EDWARD B. FISKE & BRUCE G. HAMMOND**

There are more than 20 million parents of high-school students in the country who are thinking about the college application process. How will their kids ever get accepted into their No. 1 choice?

B'z 2<sup>nd</sup> Sun 11/11/04  
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'cuz Jim, 1-18-04  
1050

**NEWS  
RELEASE**

**Myvesta**  
The Financial Health Center™

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?

3:24 PM 1-25-04  
10502

### Myvesta's Money Abusers Survey:3

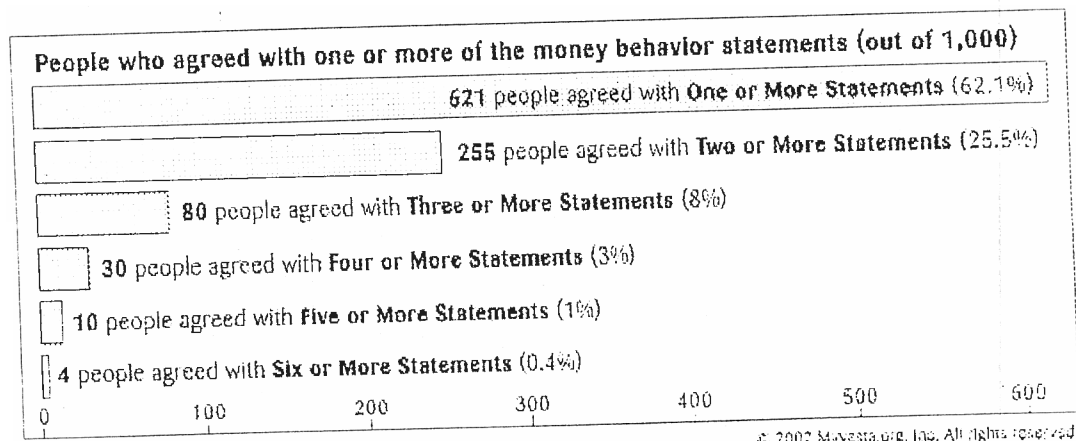
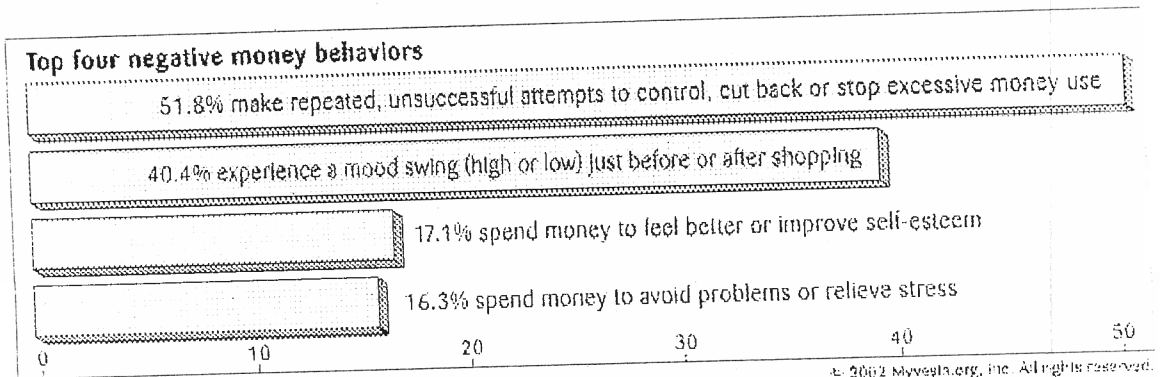
"Continuing to bail out a friend or family member who has money problems is the same as giving an alcoholic another drink," Rhode stated. "Don't be an enabler by ignoring destructive behavior. You'll be hurting, not helping that person."

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®.*





*pr/pr* PUBLIC RELATIONS

PO Box 617553 / Orlando, FL 32881  
ph. 407-299-6128 / fax 407-299-2166  
email: Mail@PRPR.net

## 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?

D'cast Sun, 2-1-04  
10502

## 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.

Brozdez Jan,  
2/8/04 + 2/15/04  
10:50z

## Summary Book Description

### *Up and Down the Worry Hill:*

#### *A Children's Book about Obsessive-Compulsive Disorder and its Treatment*

Author: Aureen P. Wagner, Ph.D.    ISBN: 0-9677347-0-3    Publisher: Lighthouse Press

Over one million children and adolescents in the US suffer from Obsessive-Compulsive Disorder (OCD), a baffling and debilitating illness that can cause severe difficulties for the child in school, with friends and family. Recently developed treatments for OCD are highly successful and offer great hope for these children and their families. However, many youngsters are ashamed to disclose their symptoms and therefore suffer in silence. In addition, many parents and professionals are not aware of the highly effective treatments that are now available.

*Up and Down the Worry Hill*, described by international experts as “a masterpiece” and “the best book available for children with OCD” helps parents and professionals talk about OCD with children. It describes OCD from a child’s perspective. When children experience obsessions and compulsions, they are often confused, ashamed and defensive, as they cannot explain what is happening to them. *Up and Down the Worry Hill* was written to address the needs and questions of these children. Children need to know that they are not the only ones with OCD and that neither they nor their parents are to blame for it. They need to know that help is available and that they can have a significant impact on their own treatment and recovery. Children and teenagers will identify with the principal character Casey’s initial struggle with OCD, his sense of hope when he learns about treatment, his relief that neither he nor his parents are to blame, and eventually, his victory over OCD.

*Up and Down the Worry Hill* attempts to give children with OCD a sense of control and helps them prepare to engage in treatment. Most importantly, it conveys hope and optimism to children, as these are the building blocks to mastery of OCD. It is designed for parents or professionals to read with children, to facilitate discussion of this disorder and to remove blame, shame and misconceptions that prevent children from getting well.

Dr. Wagner is a recognized expert in the treatment of childhood OCD and author of three books in the field. She developed the unique metaphor of the “*Worry Hill*” that makes OCD and its treatment easy to understand for children and adolescents. Metaphors simplify abstract concepts for children. Children and teenagers respond very favorably to the metaphor of the *Worry Hill*.

Dr. Wagner has also written a companion guide to *Up and Down the Worry Hill* for parents and professionals. *What to do when your Child has Obsessive-Compulsive Disorder: Strategies and Solutions* helps parents, school personnel and health care professionals guide children and adolescents on the road to recovery from OCD. These two resources when used together help establish and form the child-adult team, which experts agree is a critical factor in treatment success.

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

B'c 28th  
Sun. 2-22-04  
10:50

CHOOSE WITH

# CONFIDENCE

FROM OUR  
FULL CIRCLE  
OF BOOKS

**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*.

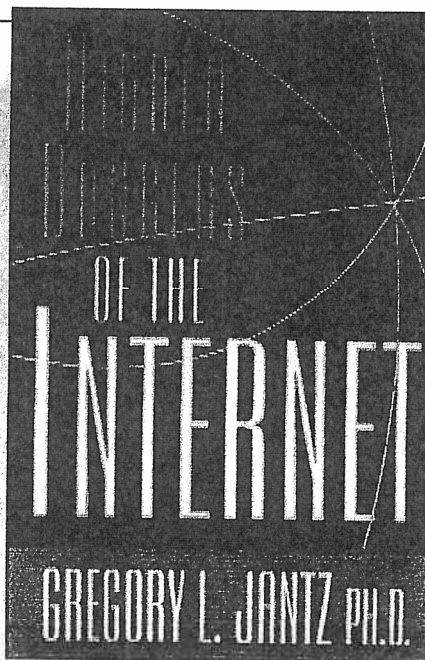
**MARKETING**

**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

**CHAROLD SHAW PUBLISHERS**



Available at bookstores everywhere or by calling

800-742-9782

*Beausten, 2-29-04, 10502*

**EVERETT CHAPEL FREE WILL BAPTIST CHURCH**

307 EVERETT AVENUE  
Clayton, NC 27520

Phone (919) 553-5236

March 1, 2004

Please make the following announcement for us on your radio station until March 10<sup>th</sup>.

“Escape School” Instructor at Everett Chapel

Everett Chapel Original Free Will Baptist Church, 307 Everett Avenue, Clayton, NC will have a local ex-law enforcement officer, Mr. Mark Blake teach children methods of escape and how to react in similar type situations should they be approached as Carlie Brucia was in Florida recently. The program will be held on Wednesday evening, March 10, 2004 from 7:00 pm- 8:30 pm in the Spiritual Life Building. The class is targeted toward children age 4-12 but all ages and their parents are invited to attend. According to the North Carolina Sex Offender & Public Protection Registry Website there are 1080 sex offenders in Johnston County and its bordering counties. According to statistics child molesters who abused girls averaged 52 victims each and boys 150 victims each. Let's educate our children that they may escape and not be a victim of this crime. For more information, you may contact Marty Sinner at 919/989-7012.

919-517-0921 work

Mark 919-787-3537

Blake

Any questions, please call Joyce Hill at 550-7534.

We wish to “Thank you” for assisting us in spreading the word by printing this of us.

Sincerely,

*Joyce U. Hill*  
Joyce U. Hill

*send tape to Mark  
300 St Mary's St  
Raleigh 27605*

*B'cast Sun, 3/17/04  
1050z*

*204: 100  
155: 55  
-9: 45  
40*

Michael F. Easley  
Governor



*Dr. Ken Taylor*  
*Dir. of Div. of Emerg. Mgmt*

State of North Carolina  
Office of the Governor

For Release: **IMMEDIATE**  
Date: March 10, 2004

Contact: Ernie Seneca  
Phone: 919/733-5612

**GOV. EASLEY DECLARES SEVERE WEATHER AWARENESS WEEK MARCH 14-20**  
*Tornado drills in schools and government buildings to be held March 17*

**RALEIGH** – Gov. Mike Easley has declared March 14-20 as Severe Weather Awareness Week in North Carolina, with Wednesday, March 17, as the designated day for statewide tornado drills in government buildings and schools.

Easley asks residents to take a few minutes during the observance to review the N.C. Department of Crime Control and Public Safety's recommendations on protective actions on tornadoes and other damaging storms.

"Tornadoes can occur with little or no warning, and you may have only a short time to make life-or-death decisions," Easley said. "North Carolina was fortunate last year in that no fatalities occurred from the 31 tornadoes that touched down, but there were two known injuries and \$2.9 million in damage from these twisters."

Last year in North Carolina, the National Weather Service issued 86 tornado warnings, 823 severe thunderstorm warnings and 343 flash flood warnings. There were 397 incidents of severe thunderstorm winds of 60 miles per hour or greater with 11 injuries, and 411 severe hail incidents. The state also had one major hurricane, six severe winter storms including an ice storm, five fatal lightning strikes and seven flood-related fatalities in North Carolina.

Secretary Bryan Beatty of CCPS said the safest place during a tornado is underground in a basement or storm cellar.

"If there is no basement, go to an inner hallway or smaller inner room without windows such as a bathroom or closet," Beatty said. "Try to find something sturdy you can get under to protect yourself from flying debris or a collapsed roof."

If a tornado is outside and no shelter is available, lie on the ground, in a ditch or depression if possible. "Use your arms to protect your head and neck," Beatty said.

Residents are encouraged to listen to local radio, television, a weather channel or a NOAA (National Oceanic and Atmospheric Administration) radio for information on severe weather.

*(more)*

Governor's Press Office  
State Capitol, Raleigh, NC 27603-8001  
(919) 733-5612 - Toll Free 1-800-662-7005  
FAX (919) 733-5166

*B'cust Jun 3-14-04  
10502*



FOR IMMEDIATE RELEASE UNTIL JUNE 15, 2002  
FOR ON-THE-AIR OR TAPED ACTUALITIES, CALL JOHN DOTY, 1-888-PIE-USA1

743-8021

:30 PSA

*ex. dir.*

4\*\*14\*\*\*\*\*MIXED AADC 901  
Ms. Lottie Squires, Public Service Director  
Wckb-am  
PO Box 789  
Dunn NC 28335-0789



## Dunn Area Host Families Urgently Needed For Foreign Students

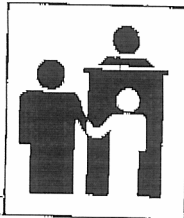
LEARN FIRSTHAND ABOUT ANOTHER CULTURE WITHOUT LEAVING THE UNITED STATES AND ESTABLISH A FRIENDSHIP THAT WILL LAST A LIFETIME. P.I.E. HAS INTERNATIONAL STUDENTS FROM MORE THAN 40 COUNTRIES ARRIVING INTO THE AREA AND SURROUNDING COMMUNITIES FOR HOMESTAY PROGRAMS. THEY NEED YOUR HELP. THE NON-PROFIT ORGANIZATION IS LOOKING FOR A FEW MORE CARING HOST FAMILIES TO SHARE THE AMERICAN WAY OF LIFE. IF YOU THINK YOU MAY BE INTERESTED IN HOSTING A FOREIGN TEEN -- OR WOULD LIKE MORE INFORMATION ABOUT THE PROGRAM -- PLEASE CALL P.I.E. IMMEDIATELY AT 1-800-828-9001.

###

(OVER, PLEASE)

*Jun. 3-21-04  
1050*





GUARDIAN AD LITEM PROGRAM  
Harnett County Courthouse  
301 W. Cornelius Harnett Blvd.  
LILLINGTON, NC 27546

NANCY CASHION-CAMERON  
District Administrator \*  
910-814-4690 Office  
910-814-2675 FAX

*of Eddie Winsted's Attorney Advocate*

**PUBLIC SERVICE ANNOUNCEMENT**

CONTACT: Nancy Cashion-Cameron

PHONE NUMBER: 910-814-4690

DATE: March 2, 2004

**APRIL IS NATIONAL CHILD ABUSE AWARENESS AND PREVENTION MONTH.**

**HERE IS YOUR OPPORTUNITY TO ADVOCATE FOR ABUSED AND NEGLECTED CHILDREN IN HARNETT COUNTY**

**Guardian ad Litem Volunteer Orientation**

**THURSDAY, APRIL 1, 2004  
12 Noon - 1:00 PM**

**HARNETT COUNTY LIBRARY  
601 N. Main Street  
Lillington, NC**

The Guardian ad Litem Program is a statewide program administered by the Administrative Office of the Court. Please contact the Guardian ad Litem Program for more information at 910-814-4690

*B'c 2st Jun 3-28-04  
10502*