

1985
JANUARY - JUNE

1985
January 1, 1984

Until now I hadn't given any thought to where I'd be or what I'd be doing on the first day of 1985. Oh, I've thought a lot about the 1st day: goal setting, "getting ready" and such. But I suppose I thought I'd be at home.

I am at a laundry mat in Jefferson City. Funny, I've said of this that I like laundromats. No one here but me. I just had a great breakfast at Honey's and now have a day for quiet introspection.

Snowed during the night and Barb had to drive to Columbia to work. Made it safely without incident and called to let me know. A good kid.

And... I am not hung over! I didn't have one beer to "celebrate" the passing of 1984. I just didn't want to face today hung over. Barb and I had dinner @ the Holiday Inn. Very crowded but we did talk a little and all in all it was a pleasant evening.

Still on the subject of drinking - on the way to work yesterday I was thinking about drinking and driving and marveling at the times I've done it.

I guess I've considered killing or crippling myself, or strangers, but somehow it never occurred to me (until yesterday) that I could put Barb in a wheel chair for the rest of her life. The thought of Barb never picking up pine cones, skiing, horseback riding — powerful! God grant me the courage to never drink and drive again. I even couldn't live with that.

So, here I am, sober and feeling great on January 1. I plan to write letters today and listen to favorite albums. I still need to lay my hands on some 5x7 cards for my goals. Grocery Store will be the only possibility today.

Think I might make a new tape for me. Wk real sfx.

Speaking of tapes, I made a new auto-sung tape to start the year and it should be fun to see how many days it goes before missing (~~FF~~ I miss).

A couple come into the laundromat. Married old say. They sure seem distant from each other. But: THINGS ARE NEVER as they seem.

4/23/74 4:35 PM

* Edgar Succus: no hangover!

Breakfast @ Shoney's:	4.50
Lamoranat	2.50
4x6 cards	.80

January 2, Wednesday

My first run of 1985. It is inspiring to look ahead and see a fresh, clean, totally unruined year stretching out before me. Can I run every time? Maybe not. How about 90% of them? Possible. I feel very good about '85. Barb seems to have given her life some serious thought too. I must never push or pressure her.

I am wondering on the two girls who work the desk at the Holiday Inn. Faceless, unknown people spilling their guts every morning. And then there the cleaning lady who never says much but is regular as clockwork. Will she and I do this little dance every day for 30-40 years?

Something safe, and comfortable about routine. Why else do I love it. It's going to take real strength and discipline to achieve my goals in 1985.

Breakfast:	4.50	"one on one"
Laundry:	3.16	
Lunch:	Free tickets from Holiday Inn (w. Mike)	

Supper: To Dinner
Peppercak

Call granules 681-2449
Door unlocked?

January 3

THURSDAY morning and cold. good breakfast and a pretty good sleep. Last night was my night to break some routines. Didn't break 'em all. Came home, showered and listened to my auto suggestion tape. Then proceeded to watch a mediocre movie I had already seen. Sigh. There was so much more I could have done. Tonight?

Maybe just :30 a day ~~for~~ reading.

Yesterday started off very up for me. Mike surprised me with a list of goals for 85. That leaves only Bob.

We marked the 10th anniversary of The Missourian yesterday with Champagne and CA and planets. Not too big - just about right. I am very proud to be GM here. I am qualified for the job but can't deny the part luck played in getting me here. And 7 months? How it been that long? June 4 (my 1st anniversary) will be here before I know it. My goals and tapes will be more updated than ever even in 1985.

got some good news from Brent. Dave, Patsy Boyfriend, does not have cancer. Just arthritis. I was very relieved to get the word. I liked the guy.

I also learned yesterday that I'll be attending a NASRN meeting in New Orleans Jan 29-Feb 1. (Natl. Assn. of State Radio Networks) Opportunities. Do I really miss being a DJ. What about weekends? What about the future.

Where can I? HERE
What time is it? NOW
Who am I with? ME

- getting muffle and inspection today, license tomorrow. For Duster.
- Check on B. Ball tickets.
- Call Tom Granle.
- Breakfast: \$ 4.50 ham and eggs
- Lunch: BB. Soup/salami sandwich, apple, coke
- Dinner: Chicken/doritos/salami sandwich. m.c.s.

* Today's Success: Mike's list of goals.

Took Duster to Midus for insp. and muffle. They wanted to do \$150 worth of repairs. Took it to Sinclair instead. Sigh.

January 4

Friday. I started by missing FFL. Failed to set my alarm. On the positive side, I did sleep well. and longer.

Another cold one. Kenneth has ± 10 in. of snow and did be lying if I said I don't miss being sign-on @ KBOA this am. Ziff. Early clam forgetting what it was like.

Paul says anxiously awaits such a snow. I don't.

Yesterday: took my car to Midas. Wasn't satisfied with my muffler Pms. He wanted to put new breaks on. 150⁰⁰! It was assertive enough to say no and go to Sinclair. Don't need breaks. Do need some tail pipe work. I will get my car licensed!

I can report I haven't set my goals too low. I have listened to my legs and cut back on beer — but it's just Jan 4! I really need to get the old Mousourinel goals out and take another look at 85.

November 85 appears to be the most profitable month in our history! Double-spotting didn't hurt. Or did it?

The weekend is upon us and I just can't seem to get psyched to do something. For Bob, I must try. A movie? no. Basketball game?

The main challenge will be the beer and 20 hrs of TV. Maybe bowling?
I'll just let it come.

Breakfast: \$4.00 one-on-one
Lunch: 2.25 Tramschwizer, chips, milk, pudding
Dinner:
Duster: 6.00 (1-3-85)

YESTERDAY'S SUCCESS: A good financial statement and words of praise from Clyde.

January 5 Saturday

Just after two and Paul, Jon, Wes and Megan are ice skating. I stayed home to make these notes and read a chapter of The Magic of Getting What You Want. I think this is the first weekend entry in a journal. It doesn't hurt to dream about 365 daily entries. All it takes is a word.

Yesterday Success: I stopped napping out and stood up to Bob and Don. I felt good! I invited Don to our home last night. Kent M. and Linda came by too. Kent helped set up the VCR.

we watched Splash. My goal movie. Not a day
social wing, cin grand. Goals, Goals Goals!

U drank 4 beers last night bringing my
weekly total to 5. Better. U did not -
however - listen to my tape. U'll do that today.

Its a beautiful sunny day and I'm glad to be
alive. Toast and Eggs for Brunch, Salami, Coke
and chips for snack. Am I here now for Supper?

I thought some yesterday about how creepy,
mousy people seem to me. I don't want to be
that kind of person. I want to be strong and
assertive. And I will be! So the more I see out
shy, and timid and overly polite, I'm firm
and direct and confident. That's the me I
see.

Barb's/Steve's Home

- | | |
|-------------------------------------|-------------------|
| 1. 3 or 4 Bedrooms | 1. No split foyer |
| * 2. Fireplace | 2. |
| * 3. lots of natural light | 3. |
| 4. modern design | |
| 5. 2 car garage | |
| 6. Trees (if possible) | |
| 7. large family room | |
| 8. 2 Baths (1 3/4) | |
| 9. Medium size yard | |
| 10. Storage space | |
| 11. laundry laundry room | |
| 12. Basement? | |
| * 13. Energy Efficient | |

Combined income:

By April: \$ 50,000

Savings: \$ 13,000

Current Rent: \$ 375

Payments:

NONE

Six good examples that get Positive Results 1/5/85

1. Support and speak positively of higher level people and the company you work for.
2. Do your personal business on your own time.
3. Speak optimistically about everything, all the time.
4. Take sick leave only when you really sick
5. Build up your support personnel in front of others.
6. Treat customers as though they were special guests in your home.

from The Magic of Getting What You Want
Dwight J. Schwartz

January 6 Sunday.

Upson. Slept till 10:30. Got home from Columbia around midnight. Went to a movie with Barb and Jan. Saw 2010. It was pleasantly surprising. A really good movie. Went back a basket ball game and met us @ Harpos. I didn't have a beer. A real sense of discipline. If you can spend 3 hours in a crowd

Car and drink look, you're on your way.
Didn't do much on Saturday either. Watched
Melin and Howard. Paul and Jan took the kids
ice skating. I read a bit.

Paul and I took advice yesterday PM and looked at
houses. I guess we're on that path now. I can't
see why we should have any real trouble. We have
no bills, some money saved and the 2 best
jobs we've ever likely to have. Stay tuned.

Later today, I'm going to do some Dennis Wheatly tapes
and recharge my cassette battery. I plan to listen
to some tapes on the way to St. Louis. All right.
I proclaim the end of the trip.

Hard to say about yesterday's expense. \$20 would
be a safe guess. Sigh.

Saw Don at Harper's. He looked so alone. I
said something to Paul et al about "willing" by skill
with women to Dan now that I no longer need it.
I confess I wasn't good at being an total stranger
but once a conversation was underway, I was
good. Don't rescue people.

Rules for Becoming a more effective leader

1. Take good care of your personnel.
2. Build pride in other people.
3. Show courage all the time.
4. When you're wrong, admit it.
5. Seek the advice of your support personnel.
6. Act, think, and talk like a professional.
7. Set the example you want followed.

(Note: copy pp. 85-86 of GETTING WHAT YOU WANT)

"It's amazing how soon people will stop
bothering you with bad news if they discover
it doesn't worry you."

- just sit there, ask no questions, make no
comments.

- suggest that he find another job
if this place is so bad.

Losers want to see you lose, winners want to see
you win.

When handling information to be passed along
to others, emphasize the positive and ignore
the negative.

Copy page 117 for Jeff 5.

A sign of great people is their ability to refrain from a lot of talk, and when they do talk, they say a lot in few words.

Let other people talk about themselves, their problems, their families, their goals, and don't talk about yours.

"TO ESCAPE CRITICISM - DO NOTHING, SAY NOTHING, BE NOTHING"
- Elbert Hubbard.

"THE MILLS OF THE GODS GRIND SLOWLY"

January 7 Monday

A fresh new week, a new morning, and a new page. Sat by ten at the Hobdayden. Waiting for breakfast.

Back to F. F. L. this morning. Felt great. Nancy gave me the extra exercises for the back and all by 'em this way. Also bought a FFL tee shirt. Can say proud of this because she stuck w. FFL for 3 months now and its gotten to be a habit.

Kind of blue off the weekend. Sat by. Slept some - dubbed a series of Dennis Waitley self-improvement tapes. And I read a very good book entitled THE MAGIC OF GETTING WHAT YOU WANT by David Schwartz. One of the best of its kind. I will buy a copy and reread. reread. Very motivating.

I really need to get another book under way soon. Get to cut into that TV time somehow.

Off to St. Louis today to visit Al Keith about poll #1. I expect to see arrows. But as the book said, Do the thing you fear and the fear will disappear.
will to follow tonight after St. Louis.

Breakfast: cereal - \$4.50
Lunch: Postcard office \$2.00 + taxi (est) - \$4.00

8:30 pm

T.V. of. Barb Reading. My Landy is in the Dye. El just spoke to Mom. She is in the Hospital in Memphis. Trying to decide on whether to let them remove a cyst. Would require some kind of anesthesia and she's allergic to it. So. She seemed in good spirits

Drove to St. Louis today for a meeting with El Keith @ Centre. 3 hours each way for a 16 minute meeting. But El felt it went well. El just breezed into Downtown St. Louis and right into the wrong parking garage. El have to confess El was more nervous about getting in and out of downtown than the meeting with al. El still did more talking than El would have liked. El am going to work hard on saying nothing and listening. Tough but important.

Left my car at Hoffmanns Sinclair for some tail pipe work. (See log at back of journal) About 37 bucks but now El know, see it going to pass - El then get my license and put the matter behind me.

El have misplaced my checkbook. Should be interesting to see where it will turn up. Sigh.

On the trip to St. L. El listened to 3 hours worth of Dennis Waitley motivation tapes. Very good. El have to say El enjoyed them more than most radio El listen to.

There are some other tapes however and El will copy those.

Coming back to Jeff City, listening to Radio - Elt hit me that most stations would use some programming help more than they could use a state news service. Hmm. Something to keep in mind.

El thought some today about do the thing you fear and it will disappear. So what does El fear?

A - confronting powerful affiliates
KWS, KFDQ, KIMBZ and KMOX

So my next step is to meet and get to know as many problem affiliates as possible. And it will disappear.

El must also remember to A.S.K.

- ask for the raise in WOV.
- ask for the Co. Car.
- ask for the things you want.

Tomorrow (1/8/85) El must begin some back strengthening exercises. Another good goal!

Book exercises

- 1/8
- 1/9
- 1/10
- 1/11
- 1/12
- 1/13
- 1/14

see special 4x6 card in front of this book for notes exercise -

Monday Success: Meeting with al both.

Test

January 8 Tues

Changes. Changes. Last night I made some notes at the end of the day and it was much easier to recall my feelings and admissions. Might be worth trying. Review goals in the morning and make journal entries in the evening (following exercise?) Gulp. I feel very good and have a lot of positive expectancy. I believe listening to notes. Logs will make a big difference.

Concentrate on the rewards of success not on the penalty of failure.

Breakfast: \$4.50

Lunch: Pack Lunch

(January 8 Cont.)

Whew! A full day. Home now with Barb. Turkey and dressing for Suzanne. Did my extra book exercises, a hot shower and listened to my A.S. tape. A nice break from the old Routine of Gerard TV. How long will it last? Ugh, yawns.

The day started with a call from James Mugg at KTEZ. They're interested in becoming part of MissouriNet. This would be a real coup! Good old James Mugg. Stay tuned. Looks like Cameron is closer to coming along. Concentrate on the rewards of success, not the penalty of failure.

Nike was unhappy about several things. I really believe he was worried that he's not being taken seriously as a newsman. I spoke as straight as I could with him and I'd say that and KTEZ would be for success of the day.

One failed inspection for 3rd time. I'm getting to be funny. Tomorrow I pass at Probs Stand and then it's on to the insp. place and done!

Legislature starts tomorrow. I really need to learn more about all of that part of my job. A nice thing to look forward to.

All in all, a good day. A very full day.

The rewards for success on Monday precedent -
removed Confidence in the Mansmount. Renewed
Self Confidence!

January 9 (Wed)

FEL (still an 10⁰⁰) (a little snow) but no problem
yet. One more try on Dusty ingestion this
morning. U see it passed and behind me.

Make down yesterday and bought a new top-
hat scarf and gloves. Made me feel great.
Clottes Make the Man? or THE M&I SEE IS
HUSME ELL BE. (FBC)

ITinerary for NO. TRIP.

1/29	Col. to STL	7a	OZ	#754
	STL to NO	9a	OZ	#721
1/31	NO to STL	4:45p	OZ	#724
	STL to Col	7:30-8:05p	Britt	#163

8:00pm. About a day. Holiday was crawling
with Agastatos in for the new session.
The end of peaceful breakfasts? Lets hope
hope not. My dust passed inspection and
words on to License Bureau. 7 months

late. Barb pointed out that it will be time to
do this again in 5 months. Sigh.

Forgot lunch with May at Wendy's where we
ran into Tom Crank. May got a little dose of
Southeast Missouri Color.

U learned today that Mike and Dan are
going to a Basketball game together.
Don't know what what - if anything - that
means but it can only be a positive sign.
For the most part, Moral seems high
in the newsroom.

Today's success. U called Kent. at
Chillicothe for clearance declaration.
Got Car inspected.

Barb looked at house. 1st Day. Lots of
99,000 homes. But she didn't see her
dream home. Thank the lord. U feel this
will be a long process.

Snowing steadily. Barb and U went out
to eat and had trouble getting up our hill
empty home. Hope we didn't burn up the
motor doing it. Sigh. U suppose
U are depressed because U am letting
this depress me! How far have we come?

Worst Case: we've burned up the motor and
have to pay 300-400 dollar
repair bill...? So what.
Compare to health.

January 10

Thursday morning at the Holiday Inn. 6:54a.

I had a little mental setback yesterday. The
snow and the car and Barb's eye... those
things did not affect me. I let those things
affect me. I chose my responses.

Missed on my exercises (extra) and my
auto suggestion tape. Temporary setback. I am
back on target today.

Lordy but the highway crews did a fine job on
the roads. Really. Kenneth would be
really bogged down by a 2 in snow.

And we will find a house we can afford
and that are like.

1 Beer last night

7:15 pm Today's events: got my Duster licensed
Actually, per Barb's picked it up. On my way from
work to home I was pulled over by a high-
way Patrol trooper... for having outdated
plates I was nervous as hell - could barely
find my license. He asked about my
plates. I said my wife had picked them
up just today. And I live just around
the corner... and we can go get 'em.

Trooper kept my license and said: "lets
go see if that's the case". And he did.
Fortunately Barb had the tickets.

I mean, I drove with expired plates
for 2 months. And then today, ~~one~~ on
the day I got the car licensed - I got
stopped. Lord, Lord!

got a nice compliment from Jay T. on the promo's
I did for him. Nice feeling.

January 11

Friday morning. Snow Flurries - Good run at FFL.
Forgot my socks but will buy some later.

Breakfast: bagels, gravy, and egg.

January 12

Saturday morning at Shoreup. Bank worked last night and is now at home sleeping peacefully.

My mom is home from the hospital in Memphis and sound in good spirits. I am going to do a better job of writing friends and family.

Spent a quiet evening. Watched two L.A.'s. Watched Children of the Corn. Terrible adaptation of S. King's short story. Spent Wed.

Learned that our pipes freeze w. garage door open. Don't think they burst.

Bank is trying to find a house she really likes one particular house she has seen. I pray for guidance in such a big decision. It now appears interest rates will go up by summer. This may be the time to buy.

But why do these people want to sell.

Some things ~~to~~ to do before buying:

1. Talk to Clyde
2. Talk to local Bank
3. Talk to Terry Berry
4. Have house inspected (RP? other?)
5. Talk to neighbors
6. Pray.

Yesterday's Success: Checked out the loop for Monday's broadcast. It was booked up anyway. Charlie found it.

Bob called R. Fowler to thank him for offer of a Missouri net loan.
It was good day. To Be Cont.

12:30p.

Spent more on roads than was prudent but it's as though I'm investing in my future. I couldn't resist. Remember: 840 Books in 1985

Breakfast at Sho

(Sunday) January 13

Good night's sleep and up @ 7a for
Breakfast at Sherm's.

Yesterday Success: Cleaned up kitchen
and started a new book that is great:
The Organized Executive by Winston.

Brought a new self-tape on building
self confidence. This morning to go to
check the broadcast set-up @ Capital.
More to come —

3:00pm we are as ready as humanly possible
for tomorrow's broadcast. Charlie has given
100%. Bob has done his job. Phone line is in and
checked. All we need is a little help from the
Lord and we've got it.

Need to get our timing down and then... it's
hillbilly time.

January 14, Monday

Monday Monday, can't trust that day. Good run
at FPL. New target heart rate = 85% of 27.
Clyde and Jeff back. Must remember to talk
to Clyde re my future. Out hunt.

THE ORGANIZED EXECUTIVE is great. My next
entry will be to note how well the
inauguration broadcast went.

January 15 Tuesday

We did it. A good broadcast of the inauguration.
Tom was bingo! Clean clear signal. Only flaw
was missing the singers. Most of that was lost.
But all in all a BT broadcast. nothing
for the file.

- get an extra phone line for
communications and back up
- have headphones for announcer.

Ken S., Dan M., Barb and I celebrated @
the Welcome show with some balls last
night. Barb drove home. I don't feel too
bad but am glad I don't have to party
every night. I feel very good about the
project and am grateful.

Jan 15 (cont)

Sending a copy of Bob Kidding Book to Bob & Blane Mays, Head Resident, Scott Hall, Stillwater, OK 74074.

Today Success: KMBZ missed broadcast, of inauguration.

Visited with Cyclobout home buying and he urged I consider location; and shop around for the best mortgage rate. (Go slow.)

James Bragg, KJEZ, says he's looking for a good morning man. Smack. Mool. O'baee. Oh I thought there was any future in such a job... Sigh.

Problem Stations.

Barber. Bill Thornton says he's out 2/28/85
Bolivar. Gone. M. Pally was head bug.

Nevada. Thought we had Em. Bob Delano was interim mgr. but is now just op. mgr. Could still happen tho.

Starting trial some stations. Seblavia, Marshall on Jan. 24. KMBZ and KFEZ on Jan 21. Really looking forward to this part of the job.

January 16

Blowoff FFL this morning. Some guilt. I just wanted that extra hour.

Have not been doing any extra rock mixes.
Have not been flossing.
Have not been taking my lunch.

I have plenty to work on!

I have recovered from too much beer Monday night. Sigh.

7:45p

Went to a movie right after work. Barb's idea. Just a handful of folks. Missed to see a flick. Tried to snow today. And it did. Hand for a while.

I have missed FFL. Just wanted the extra hour. Then decided to ride it with Barb cause the radio said sleep. Urantay.

Had lunch with Dave Miller, KXOS. Sure enough. He wanted a job. Really didn't ask for it tho. He has a hard time looking people in the eye. That's going to be hard on him. He kept saying he was 28 and had to do something with his life. Hmm. I had lots of advice but I don't know if he wanted any.

P.O. Box 500
So. EASTON, MO.
62375 15

Excellent Tape

Just watched Our Search of Excellence on PBS.
Very good program. Got most of it on tape.
Will write for the entire program tomorrow.

• Finally got some promos written today and
will finish recording them tomorrow.

• Today's success: Finish Promos
Shaw Brenda Conf. Call.

January 17

Another good nights sleep. Play on looking at
a couple of hours today. Stayed in.
Programming meeting at 6:30p this evening.

January 18

Busy day yesterday. 7:30a, Friday morn. Back on track
with P.T. A good breakfast and good nights sleep.

Talked to Al Smith about Feb #1. Looking good.
going to send some help although I think I
do the best job. Him.

More praise for the Chaug. Broadcast:
KFSI, Tomorrow. Had the Sheppard hook-up
and over. Send over was better. Also another

KWSZ anchor offend on-air again. Sigh!

Good programming meeting last night. Moral
is high!

Lots of trips planned during next two weeks.
Starting to stay busy!

Yesterday Success: Prog. meeting!

January 19 Saturday

Yesterday success: completed promos and made
some new friends. Met Barb in Columbia after
work and went out with both couples. I
had a good time. I only had 2 beers
so I showed a little restraint. I mbed
bed by 5:00. Long day.

Big snow last night and it's been a cozy, indoor
kind of day. Great day for a fireplace if we
had one. Called my brother last night - one day
after his birthday. Good visit. I guess his
life and sight are gifts from God for which we
are forever grateful.

Q: Do my early (surprised) ministry Blames
illness and suffering have anything to

do with my reluctance to have children?

A. Only a shrink ~~no~~ knows sure.

or

Does it relate to a basic financial insecurity?

On none of this about above.

Jeff Smith and Denny Long over this way. More tomorrow...

Hold it!

Today's Goal Success: Cleaned bathrooms & vacuumed with bare chaus.

Sunday January 21

Cold! Ooeee! Nice visit with Jeff and Denny last night. Ed drank too much, but it didn't drive. Talked to Mom and Dad last night too. all somewhat well. A pleasant evening.

Fuckin' off today. Layed around and read Brotherhood of the Rose by David Woodell (1st blood) and looked at some houses. Amen.

January 21, Monday

Fitness to ~~Life~~ Life. Good breakfast and it's off to St. Joe and KC. A travel week. I'm really looking forward to it. Every problem is an opportunity. Look for it.

January 22 Tuesday

Great trip! First to KFBQ at St. Joseph. Charlie P. went along. Lunch @ Arlys with Bob Ouf (PD) and Barry Brin (ND). Just a get acquainted visit. Got to know the a Phil. They got to know me.

Bob's from Texas originally - at KFBQ for 8-wrs. Nice guy. Could go for some Unsource'd proposals; Barry secur the Starnels old news traditional. A problem. Big fan of J. Angletis @ KMBZ.

Gene Millard - GM - seemed chilly. Says we owe megabucks - unhappy about weather service, etc. Not a good time to give Gene an ethics or. I say let's shore up our image with KFBQ and take another run.

On to KMBZ in KC. Spent 2 great hours with Andy L. of KMBZ (ND/PD). Charlie thinks he found the problem with the

satellite signal. Hope so. It was good P.L.
trip. Another comes up tomorrow to Jackson
and Sikeston. Then on Thursday it's Marshall
and Sidalia.

Hope to have Andy visit and share some
personality/news (?) ideas. Not really a
good description.

An exciting time - risks. Challenges.
Opportunities to take the network in exciting
directions.

Looked a 3 more buses tonight. Not very
turned on by any. Worrying some about trying
to spend \$90,000 some. Orbus.
Patience is what's needed here. Patience.

Taxes will become a big problem. We need
the internet break. Get good advice
and then trust your instincts.

Goals.

January 24, Thursday

Uhuu. Up and at 'em. I think yesterday
was the 1st day I failed to make an
entry in the log! Long travel day.

KJAS, Jackson, Mo. The home of Ken Voss
and R.J. MacCallister. Curmby letter did
cement block building. R.J. never let us get
past the "lobby" Ken almost there.

Changey from AC to "memory" mouse on this
AM. Automating. "Hil" on FM.

Amey only 3 or 4 capsules total. Didn't
look good. Had already dropped Brownfield
some time ago also my word! Time to look
for a new affiliate in Cape.

On to KMPL, Sikeston. John David. Home
of Scott Reuss. KMPL makes good use
of both news and fun. JD will clear
up our clearance problem.

Scott is a good old boy. And they sound good.
Need to find some "radio out week" for
KMPL's well. Good visit. Got some good
ideas.

St. Genevieve had a woman on that sound
good and did the only local news I heard
all day.

So it was a "500" day. Found a big problem (opportunity).

Have convinced them ever that these visits are important. Two were today.

January 25 - Friday

7:00a. Breakfast. Another interesting day yesterday. Charlie P. and I went to Marshall and Sedalia. Dale Duncan was GM at Marshall. Met a happy station.

Technical problems @ Sedalia. I did some pretty good history. And maybe that's 90% of it.

Yesterday success: the visit to Sedalia. A step in my growth process.

Run this a.m. in fitness for life.

Harry Otto offered to do our taxes and advise. Don't forget to check the prices.

And I have more to do than I can get done. A good feeling. I think I'm starting to like this job.

January 26, Saturday

What's that I hear...? The sound of my life pace quicken. A full day yesterday. And now I'm in for my 1st Saturday morning session. Feel good to have so much to do.

Yesterday success: convincing Allyn et al to not stop paying for tags.

Bobby Fox in for a meeting. Couple of beers, chimise and then home where I kept falling asleep. Couldn't keep my eyes open.

A good week and next week will be even better!

January 27, Sunday

Another good night's sleep. Fixed some breakfast. Wash clothes and cleaned up kitchen. Bath washed today. I took a nap and fasted off.

Worked up a final C-7 Summary of the affiliate survey.

Yesterday was a good day! Went to work about 9am. Left around 3:30pm. Woke up "trip notes" on last week's station visits. wrote follow-up letters to all of them. put together an improved

affiliate map. went thru material that had
stacked upon desk. and prepared for the
New Orleans NASRN trip.

Have fallen off noticeably in the areas of
auto-suggestion tape, exercise, etc. It seems
harder to work these things in when my
days are full and life is busy. I still
feel self-hyp. is a valuable tool.
I must redouble my efforts.

Another note from yesterday: Mike said he'd
had a talk with Don M. re Denis perceived
attitude in the newsroom. Sigh. Maybe that's
one problem that will take care of itself.

It was a good week. I must remember to take
both notebooks to N.O.

January 28, Monday

The me I see is the me I'll be. I really am pleased
with the new auto-hyp tape. I must make a
duplicate.

Am this morning and I pushed it a bit. Felt good.
A full day planned. More thoughts later.

Yesterday Success: Affiliate Survey Report.

January 29, Tuesday

Yesterday Success: Reversed the decision to
stop tag payments. All bureaus seemed to
agree. Albeit. I followed my instincts rather
than go with the group and status quo.

Almost 12:20p and I'm sitting in one of the
many fine restaurants of the New Orleans
Hotel. This is living! My travels with and
on behalf of Charlie Carl prepared me to
some extent to this kind of dock/travel.

I can't count the number of NABA, NABO etc
meetings due here. Still not completely
comfortable but just a little more so with
each one.

This is a meeting of NASRN (National Assn of
State Radio Networks) Approximately 20
States represented. Agell helped found with
ARK, OK, TN? He is much respected & gather.
Jeff is also a moon and shaker in this group.

Everyday convinces me more that I have made
the right decision. I must remember that the
manner in which I handle myself tells
Jeff (and Abel), much about me. A chance
for me to meet some good people etc.

Expenses:

Limo from MO airport to Hilton
Tip for bellhop at the door
" " " " at room
Lunch at Hilton Rest.
+ tip

\$ 7.00 TOR
1.00 NR
1.00 NR
5.72 R
1.00 UR

Breakfast + tip

7.09 R
1.00 NR

Assorted drinks?

Breakfast (thurs)

4.91 R
Tip .50 NR

Taxi fr. Hilton to AP

6.00
~~6.00~~

January 30, Wednesday

Yesterday success, just meeting and listening to NASRN members; showing some moderation in drinking; walked around the french Ste for an hour or so soaking up color, sounds, and smells. Jeff & I had a drink @ Hilton bar over looking the river. very nice.

Schnozzel with Mark Palmer @ Fina reception & met his boss, For Bill Cahill.

Spent a few minutes with Sales mgrs of Minn. Nat; Bus. Mgr. of Louisiana & Miss Nat; also their head of News division. so many to meet, so much to absorb.

Dinner at Arnauds one of only 2 4-star restaurants in N.O. very nice. On to Pat O'Brien's for a few beers and home about 12:00.

Miss work if you can get it.

January 31, THURSDAY

7:59 am. Breakfast @ the Hilton again. Really don't know a bit to say about yesterday's meetings.

Business meeting was uneventful. Start about the time I'd get smug about my job and how well I was doing, I'd loop across the way and see Chuck Corso

and remember he and I were equals. Sigh.
Humbly.

Saw a presentation for the consultant
sell tech. Don Wolonhouse from MNN.
I learned he got most of it from
J. Sheppard in Oct. Sigh. It was very good
and the NASRN members were impressed.
I must get back to Mobily.

Learned a bit more from talking to
NASRN members but really liked what
Bob Lee had to say.

This morning's pitch on arbitration may be a bore. If
I can say half of this trip has been useful then.

February 1, Friday

7:00a. Breakfast back @ the Holiday Inn in SE.
Good to be home. Glad. They had some nasty
snow and ice while we were in N.O. Finished
up the meeting of NASRN with a presentation
by Arbitration & Election of Officers. Chuck
Cassano is now Sec. of NASRN. Sigh.

Yesterday's success: Concluded the meeting,
having met everyone; kept reasonably quiet &
learned a bit about most of the ads.
Good to see Jeff Smith. A good trip.

Friday continued.

Proudly Clydes trip. He was very supportive of
my idea to work the affiliates.
Made appointment to visit KSTV, Springfield and KNEW in
Nevada.

Checked on KMBZ and KSTV. Okay on the last.
Note: Kevin Meyer heard a rumor that new ownership
might be in the offing & new format. Gulp.

Asked Jim to call Herb Prandis at KORO in Sedalia.
May be able to move Monet across town. We'll see.

Quiet night Friday evening.

Friday success: Advertisements started with KORO.

February 2, Saturday

Met with Don, Linda, Belores P. and Mike
Brasler. Mike's a home builder. We talked
about construction. Will need to do some thinking.
Might be a way to get a design we really
like.

Just told me that we could let Joe take a
look at the plans.
Updated Moscow on the Hudson with Robin W.
Pretty good. Also saw 3 Day of the Condor again.