

April 28, Sunday

Slept late. Took a nap. Finished The Hunt for Red October. A good Day.

April 29, Monday

Macron - "Lee" and Janoguel.
"Computer Radio"

See notes

Brookfield - "a new low!"
Carolyn was nice.
Ramblin Ray Schneid

Chillicothe - The love us!

April 30, Tuesday

Camron - Shelby Hendee. High Power.
Unique Radio.

Maryville - missed Steve Mickelson

Tarkio - Phil/Jacquil Cole.
2 1/2 years - no vacation.

May 1, Wednesday

Left KL during rush hour and rain. Ooee. I sure wouldn't want to fight that regularly.
Back in office around 10:30a

Lee Cooper - Sales; Tish Pitzer - Prod/mis and Mark Lucas - Eng. Three new hires!

M.K. is apparently "still looking". Bob has now started doing the same for his replacement.

One-day-at-a-time. Enjoy every moment as though your last.

Called The Unity Church and plan on doing some reading. May even attend a service.

Also made a dental appt. for May 8.

Barb is going to L.R. for Julie's wedding. John and Evelyn arrive Sunday.

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May 2, ~~the~~ Thursday

What a day. I may have started on a new level of my life. That's a little dramatic but one can never really say at the time.

More on that in a moment.

Dad called last night to say that the "Catscans" on mom showed some sort of mass that may be malignant. They'll do surgery in a week or so. Dad called so I would not "get upset" when mom told me. I fear I haven't done very well in this area.

But that was then and this is a new day.

Of course - frightened. And yet, somewhere within I know that God's will, will be done and there isn't much I can do about it except to love and support my family. I pray for strength.

And yet I believe in my heart that it's important to see mom surviving this and regaining her health. And she will, if it is God's will.

I stopped at The Unity Center yesterday. I won't try to describe Unity as a church or a religion because I don't know enough

about it yet. But so far, what I've read embodies so many of the ideas I've come to hold as true. I am excited about learning more. I may have been a very important day in my life.

Father, help me to be silent - to listen. Thank you.

Bought a new suit - 2nd & new shoes - \$132. Barb - that that was hilarious.

May 3, Friday

Spent the afternoon at "the farm" helping answer the phone. Good use of my time? Time will tell.

Learned G.T. has taken a jobbing teaching up a new ag net in Indiana. More money, less frustration, etc. Clyde didn't seem shocked. Cause, he'd never show it.

Ber and Burgess @ Kent's. Kevin, May, Clyde and his family. G.T. came off, and Cl said something about putting R.G. in charge of B.M. (Who would he take it?) What part did R.F. play in G.T.'s decision? Does Clyde know or care?

CL also due to getting some studio space, off prints

May 4, Saturday

RTNDA meeting in Columbia. Went with JP for the ride.

Hand-hud of ML and CMSU and the Broadcast Center talk about how they train; where their students are going, etc.
50-50 session.

House cleaning & reading Sat. night.
(The Story of Unity)

May 5, Sunday

Attended Unity Services for 1st time. Sunday School involved about 70-80 people. Very informal.

A Unity ministerial student from "Unity Village" Province from KC to teach. The Unity group doesn't have a full-time minister.

40-50 attendees @ the 11 AM service.

Takes place in a store-front building. Very nice. None of the usual church "trappings". 4 pretty, stained-glass windows. The sermon or message delivered from a podium. I didn't see any crosses but there is a strong belief in Christ. I won't try to explain what Unity means here because I don't know enough to do that. Later, maybe.

A lot of "hugging" before and after but it seemed very genuine. There was a wonderful period of meditation during the service and a piece by Bach was played as prelude.

"Would you rather be right or happy?"
I guess I like the idea of a very tolerant philosophy that gives some structure to a way of living. They describe Unity as a way of living rather than a religion. a nice distinction.

Yesterday I called SILENTUNITY, a 24hr prayer vigil and prayed with a woman for Mother's health. It felt good.

May 6, Monday

I opted for the extra hour of sleep instead of the ~~FEEL~~. I choose not to feel guilty about this. More on that.

Mom & Dad arrived last night and we had a nice visit. Mom is going to stay with Barb and me.

I am going to do my best to make this a pleasant visit and keep her mind off her coming trial.

I really enjoyed my 1st UNITY Service. At 1st glance it appears to have much of what I have been searching for in a spiritual way of life.

It meshes so well with many of the things we worked with and read. Wayne Peyer, self hypnosis, Maxwell Maltz, imaging.

I love the idea that UNITY encourages you to have other faiths and to use UNITY to strengthen those. So open, so tolerant. I feel UNITY will be a source of strength to me.

I must resist the temptation to talk about it (Preach?). Especially not

until I understand it. The real testimony will be my actions.

Etc. We will all die. Some of us today. Some tomorrow. We don't know. We should live our lives as tho this were the last day.

God is in each of us: Mike, Robert, etc. He is guiding each of us in our own way. Let go.

Can I do anything about those things that trouble me? If so, set about doing them. If not, don't think about them.

If something happens, then it couldn't have happened any other way.

What will happen can't be changed. Air for grace.

When we become angry or frustrated, it is usually because someone else is behaving in a way we don't like.

"Would you rather be right, or happy?"

May 7, Tuesday

Mark fixed dinner for the folks a little time but nothing unusual. Barb is great. Visited with Evelyn after Dad went back to his room to study. She talked about some of the healing gifts of Grandmother Perry and Marie. i.e. "Blow fire" and "stop blood". Sort of amazing when you consider the reading of Unity material.

I know that my interest in Unity goes deeper than a hope for healing of Mom. It's like so many different ideas are brought into a spiritual focus thru Unity.

Positive thinking goes back to Pyre and Maltz. Prayer doesn't change God, it changes us. And the examples go on. I am very excited. Again I must resist the temptation to talk about this.

How can I keep a positive slant on the concerns L.S. has shared. I feel some of them too. I must talk to R.F. today. Probably wouldn't hurt to get with Mike too.

4/26/14, 4:07 PM

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Arme Beate said: "What will happen can't be stopped. Am forgive."

May 8, Wednesday

A very foggy morning. I slept well and long. I lay down about 8pm and crashed. I am trying not to worry about Mum but suspect I am not quite getting it. But I will.

Yaching will Mum and Dad last night. Pop's so worried about his leg...

Mum, however, seems to be enjoying her stay. This morning she said a very painful "cyst" (?) near her ear, erupted during the night and she is in much less pain. Perhaps I am looking for signs but I must believe (won't believe) that is the result of prayer and hope. We'll see. I have finished the story of Unity and am looking forward to reading and learning more. I forgive everyone - I forgive me.

May 9, Thursday

Good check-up @ the Dentist. "I am a child of God and do not inherit sickness."

Misc supper @ Dav Steinhaus with parents

Mom seems to be enjoying her visit.
I pray for her health.

Rec'd letter from Joanne.

And I have started UNITY OF ALL LIFE by
Eric Butterworth. Wonderful reading.

New form broadcaster started yesterday.
Brent Thompson.

I am glad to be alive: God is within me
and I have no fear or worry.

May 10, Friday

Another beautiful day.

Staff meeting last night went very well.
Cooked a lot of material and laughed hard.
Had chicken and Janet & Mark Lucas
sat in.

Mom and Barb came by so Mom could see the
office - searched worked.

A quiet night last night. It's been a long
week but one I am glad I had.

Mom said this morning that she received
a "message" that everything was going

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to be alright. I believe that too.
I'll pick Dad up this afternoon and will drive at the
Holiday Inn tonight. Gonna sleep all day
Saturday and attend unity services Sunday
before heading for Kennett.

I feel very good about what I've read of
Unity. It meshes with so many things I've
read and believed. I am going to put away
worry and fear.

May 11, Saturday

Clyde & Co. headed for Slopes yesterday.
Picked off to FURY 500
Took Mom & Pop to Holiday Inn for supper.
Then home for a little Peach Schnapps.
A nice evening.

May 12, Saturday Cont.

Folks left in the kind of frenzy people
exhibit when they are really ready
to get away.

I did Dandy. Barb went to home show
Sat Evening: Party in Columbia - nurses.

Can't really say it was a lot of fun
but not too bad. Dan & El had some
yaks. ✓
El didn't drink (cept perries). Home
around 12:30 AM.

Sunday, May 12

Slept till 8 or so. Then Barb and
El went to services at Unity.
Heard Weaver Hest speak. A
wiel morning.

Napped & NBA Sunday PM. Then
off to the golf lake for some
quail "hunting".

A Beautiful Day!

May 13, Monday

Arrived ST. shortly before noon. Scrambled
around till 2:30p and then down to Memphis.
Uneventful flight. Got to the hospital about 4:30pm.
Blane arrived about 8pm.

Mom and Dad were very nervous. Very tense.
We all were. Blane "sept" in Mom's room; Dad

and El went back to the hotel.

Mom and El "visualized" the new addition to
the house; we pictured her out in the yard,
"in the future". Don't know if it did her any good
but it felt very positive to me.

Before surgery

May 14, Tuesday

Up @ 6:00a and over to the hospital. Mom had
not slept much. Blane was a rock. Again we were
all very tense.

Last night before bed, El went out to the "Courtyard"
at the hotel, and prayed with a hope that was a
new understanding of prayer. El tried to get a strong sense
of the God within.

This morning before surgery, El read the 23rd Psalm
to Mom. El guess El thought El could get thru it and
it might comfort her. Again, El wound up in tears but
finished. El guess it was better than no feeling at all
but hard on Dad.

Mom asked that the 4 of us join hands and offer
a final word of prayer.
It was a unique moment in the history of our
family. A lot of prayer. Over some faith & hope.

It was both frightening and inspiring. We were very close at that moment. All of us reaching out (or in) to God in his own way.

Few things in life (I hope) will equal the sight of seeing a loved one scheduled off to surgery. Maybe a slow motion car wreck where you stand on the curb and watch for 2 or 3 hours to see the outcome.

I think I saw new aspects of Dad this weekend. He is strong in ways I may never be and he is loving and vulnerable as well. After Mom had been gone from her room an hour or so they called to say ~~she~~ she was still in surgery and we were still waiting for the results of the biopsy. We all hoped that was good sign. And we waited. God waited.

I went to the "prayer room" and again tried to get in touch with God. I attempted to find and focus a healing light on the tumor. I don't pretend to know what that or might have done. But I prayed as hard as I could.

We were back in the room when the call came - my mind seemed frozen. I can't believe it could have been such like prayer.

Then we heard Dad say in a breaking voice "Thank you... thank you God". I will never forget that moment nor do I want to.

I don't even remember Dad showing much tender emotion. I'm sure he cried when his father died and it wasn't there when his mother died. A mistake, but no regrets, please.

When the doctor told us Dad the tumor was not cancer, he put his head down on the bed when ~~his~~ mother had lain and sobbed. Only those who have known John Mear can appreciate this. His words should probably remain private but his love for mother and the relief at hearing she didn't have cancer were powerful.

I assume Blane was giving thanks - we both fell to our knees where we stood and gave thanks to God - more with our hearts than our words. Dad asked Blane to offer a more formal word of thanks and he did a great job.

Mom was back in a hour - heavily sedated - and Dad told her the good news and she also thanked God. He heard from us a lot in the last few days.

I called Silently with my thanks.

Blane says (and I must believe) that there is some

order or plan to all things. When we look back the last week or two and our fear for Mon, it wonder if I will see this trial as the one that guided me to unity for help.

Has this been a challenge that I have "grown" through? Am I stronger? I hope so. I believe so. Amen.

And so. Mon was awful most of the day. Slept a lot. I headed back around 5pm. On on the plane back to St. Louis now with the setting sun and mountains of clouds below. And you have to believe God is there; and it so hard to go from that to the idea that he is, in fact, in all of us, and all things. Always. We just have to open our eyes. Like Battlemouth song; walking into a dark room — turn on the lights and, although nothing has changed, everything is different.

The real test will be applying this "practical Christianity" to the rest of my life. And, of course, he knows what I need. And isn't that wonderful.

May 15, Wednesday

Breakfast @ H.I. A beautiful, sunny morning. Later today I'll talk to Dad for a report on Mon.

I had a nice ride from STL to JC last night. Listened to "Ed and Alice Rock and Roll Oldies Show". Alice "the Transistor Sister" was on the air. No commercials, just non-stop gold. From some little station in Ill. 104 on the Dial.

Got home and gave Bank some shit about nurses. Why? I don't know. You have a long way to go Steve. But you'll get there.

- I am not anxious. I let go, and let God work his miracle thru me.
- I am a child of God, and I do not inherit sickness.

May 16, Thursday

I am a child of God and I do not inherit sickness. Every cell in my body remembers how to be whole and well. I am not anxious — I do not worry. I let go. And let God work his miracle in me.

Yesterday was last day back. Learned that lightning had zapped automation. And it was handled quite well all me. Had I been here, would I have been concerned w. worry. This is what is meant by the difference

between "challenge" and "problem": When something like this happens again, I have the opportunity to "see it and meet it as a challenge I choose to grow."

Paul and I looked at another house with D.P. last night. we both hated it. We will find the house we're looking for.

Called Blaine in Memphis @ 9pm. Mom was asleep and progressing well. Should come home Friday. The idea of one unified "life" w/ us all seems to open the possibility of me "helping others". A nice idea that will harm no one if wrong.

It is good to be alive.

I hope to check out the yoga classes tonight.

yesterday success: positive reinforcement on daily reinforcement. "Conty the Day"

May 17, Friday

yesterday success: a new experience - Yoga. Very interesting. A lot of stretching, breathing and meditation. Boy, it will take a long time I will master this technique thru patience.

Mick Aldrich led the session. Pir lighted candles - soft music. Real nice.

Paul and Margaret are coming up today, for the weekend. I am looking forward to this visit. Will call home tonight for a report on Mom.

Am going down to Lebanon today. (See trip notes.)

May 18, Saturday

Margaret & Paul came in last night. Went to Yen Cheng. Had a nice evening.

Coffee & cake sat. A.M. - Bank @ work. P.M. went to Columbia & I went shopping. Fall in love w. a new Cannon, etc. typewriter. Gotta have it!

Watched the best 76ers.

Burgers at Kent & Jans & Bed early.

Started a new book: The Greatest Management Principle In the World.

May 19, Sunday

Carol Lund was the visiting minister @ Unity. She talked about divine guidance and was quite good. We learned at the end of the service that we had lost the lease on our lovely building and would have to move by June 1st.

Carol handled it well. At anyone to feeling a sense of loss (even after only 3 Sundays) I really enjoy going to Unity and find great truths.

The right place will come along @ the right time. If you believe in the Unity teaching, you believe that.

Now beat the Celtics. A good game. A beautiful day. Went with Paul and Margaret to Tonawanda. Ate too much.

That is, I have been eating too much and drinking more than I'd like. But I deny this does any control over me now!

Today I am going to buy the typewriter!

Am a child of God & I do not intend sickness. I am not anxious. I let go and let God work His miracle thru me.

May 20, Monday

It was a good day. Nice talk w. Clyde. He assured me my lot year had accomplished all he had hoped for. We agreed I was probably unchallenged. He hinted that in 10 mos. He'd want me to get more involved on the Hz side (in programming & assume). Am guessing that would be after Perry got tired of it.

He also mentioned some long-form programs with Perry and a "post". Less of a 5 min. market report and more like a magazine show with guests, reporter, and even a country band. (!) Clyde does go off in some original directions!

Nike came to talk later in the day. He has put himself under tremendous pressure, but very real none-the-less. Are things hum as they seem? Doesn't know if he'd take the CCC job should they offer — or the Ashcroft job — or stay w. Confid. I think his friends and family are here in Jff and it would be hard to leave.

I encouraged him to get help again. Will see. I think his taking a few days off.

Bought a new toy ("tool?") - a Canon typewriter.
6. An electric typewriter. Review to follow.

Yoga class last night. Just 5 of us. Very
relaxing. I am going to drop the FFL program
for a while (?). It feels like the right decision.
Want to play more basketball.

Yesterday success: my talks with Cheryl
Mike and Bob.

May 21, Tuesday

a very interesting day. A number of very good
examples of "solutions before you ask".

1. KMDL - tent put Monel on Cardinal Channel
2. Bob signed up for Nutri-synth
3. Mike takes a couple of the days off to think
things over
4. House committee will provide us with LOA
for next poll.
5. Curt Brown will take custom cost! ☹
6. Mom's doing great.

The temptation is very strong to attribute good things that
happen to Unity. Of course I have believed
for some time that we get what we expect.

4/26/14, 4:09 PM

I am very happy for Bob in his new project.
I really do believe still make it this time.
I am equally convinced that Mom is on a
run. That she is starting a new period of improved
health.
Mom was so grateful that I was with her for the
operation.

KBOA got their 10,000 Watt Constr. permit. If I
ever go back... sigh.

Took a nice walk with Barbara yesterday. No beer.

"I am not anxious. I let God and let God work his
miracle thru me."

"I am a child of God and I do not in heart, sickness"
"God has a solution to my problem even before
I know I have a problem."

May 22, Wednesday

got a haircut. Bought new book @ Unity
"Lessons in Truth". I plan to talk to Mr.
Keypeler Saturday P.M. Time to ask some Unity
Questions.

Not a monumental day - but lets move on...

May 23, Thursday

Some days its hard to find any real events or deep thoughts for this record. But it has become a habit.

Had a nice lunch on the front porch with Gale and Kent. Very pretty.

Finished The last sheet for KRS customers and straighten up my work area.

Met with Jim Aldrich and his colleague from AT. Looks far more affordable than we thought. Will know more today.

I really don't think I am challenged enough now but really hate getting more administrative bull shit.

What I'd really like, is sort of what I had - a good 6-w sign or shift... a two hour or two of production - and the rest for 10 kinds of duties.

Did I really enjoy working at the radio station that much? Just not.

Look at the things you'd give up; if you lived in a small town like Kuntz.

1. Nutri system
2. Bediful scenery
3. a nice decent living.

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4. opportunities for Bush

5. a chance for any kind of nice home.

6. unity.

But stop -

God has the solution... be still. Open your heart and mind to that solution.

May 24, Friday

It was a beautiful day - and maybe its kind of a "self fulfilling prophecy" but I'd rather think not...

More and more things seem to be working out well! Mike returned from his absence much more in control. Said he was told by someone he trusted to "Love more fun".

Tim will tell, but it could only be viewed as positive. Bush, Mom...

I guess a "word" or two in Plasus Behalf is in order. Nip and I took a salesman (Dan Brown) from KPRK, Knoxville to lunch.

Paul & I watched Repo Man on VCR last night. An uneventful day.

When I went to the G looking for a game - no luck!

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May 25, Saturday

Breakfast @ Shrimp - joined. Girls state track meet.

Slept for a couple of hours and then read. Started the new spy book by William F. Buckley.

Took my book out on the "porch". It was a gorgeous day and very pleasant reading. Tried to call Mr. Keppler, the Unity minister in town for the weekend. Tried several times and then gave up.

Decided I had to have some exercise so I went thru my FFL warmups and ran for 20 mi. Seemed much shorter than the track or gym runs.

I couldn't take my pulse because it was too fast. - so I know I reached my THR. Barb also took a bike ride - she is going to succeed with the N.S. program - I can see it. I got a call last night from Chuck Keppler - the Unity minister. He had heard from Clarence that I "had some questions". I let Barb go and I went onto Columbia to visit with Lew et al and I met Chuck @ The Rodway Inn.

We talked for 2 1/2 hours straight and it was wonderful. He was very easy to talk to & I am more convinced than ever that Unity thought will help me meet my spiritual needs.

I asked several questions about traditional religious concepts: The Holy Trinity, Scriptures as literal truth, etc. And some Unity beliefs: reincarnation, prosperity, etc.

I feel so comfortable with everything I have heard or read. It is a good feeling.

Chuck told me I already ~~for~~ have the peace and calm and confidence I seek... within me. Right now. I must keep working. I need to clean up my thinking and what I say. But to know that God is really in control - all I have to do is let Him work thru me.

I guess that Idea always worried me before - "letting God run the show. Always as tho he might make me do something I didn't want to do!"

Another item came up that might be worth recording - That I am in my current job as a "growth phase". I am here to learn self-confidence and to meet my fears and doubts about myself, head-on. And when I have met these challenges, I can move on. "Can" or "will"?

I feel very good about our talk and honestly believe I have started a new phase of my life. I can't remember the exact date, but 5 or 6 yrs. ago I started searching. The time management course?, books by Wayne Dyer, self-hypnosis, reiki,

albuquerque, etc. All of it looking for inner peace & way
to calm down... to stop, and enjoy life.

A long search that did, in some way, lead me to
Jeff City. Where I encountered Unity. A framework that
put so many thoughts in order. If all of the things
above led only to this new understanding - that
would be worth while.

May 26, Sunday

Was sitting on a bench down the street from The Unity Center.
To say that this is a perfect morning would not do justice
to this beautiful day. Warm, not hot. Gentle breeze.

God.

Also the last Sunday will meet in the High Street
building. I guess you could reach for some
meaning in the move by saying it will remind
us that Unity is not a room or building, or
lovely stained glass windows. It gains. It might
be a fair test of several unity principles.
But it will work out for the best!

Took a nice "run" out toward across hills. Seemed
much starker than the leg runs and much more
physically taxing! Told great after!

Tracy and Nancy came over for burgers - also
Jan and Carl and Carl Sue and his new honey,
Taryn. She is in Vet schools. Wants to go to

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Fla and put braces on the deep of kids' people.
Had a nice visit.

May 27, Sunday Monday

Ran and it slept late. I then proceeded to take a nap.
Ran off and on - Learned Truth. Watched the
Althea clothes the ladies. Went to a movie:

Albert Brooks' LOST IN AMERICA. Not bad.

I ran for the 2nd day on my own. Sat & Monday.
Couple of loads of laundry and then to bed.
Barb seems to be doing ok on her nutri-system
program.

It came to me in the shower last night - I was
wondering about goals. What is my goal in terms
of the work I'd like to be doing? Is my goal
goal to be GM of The Missouriist? For ever?
Is my goal to be PD at a Radio Station like
KFRN or KJZZ? Do I want to spin records,
cover shifts and record commercials?

Would it become quickly bored with this?

Remember old friend, things are never as they seem.
What do I really want to do?? That is the 1st
step.

If all I really want to do is be on the air,
why not put my own studios together, and
produce my own program. It could be Talk,

comedy, oldies, whatever. Produce it and syndicate it to little stations, charging just enough to cover costs.

Hell, Clyde might even let me put it up. But, do I want to be so tried down down?

So you see... whatever I want to do, Learfield may be the best place to do it. Use your imagination, Steve! Focus on what you really want to do... then outline a plan...

or Let go, let god.

May 28, Tuesday

1st day back. Fuck ups w. OGO & CC.
Had long talk with MK. About his attitude. I was angry and let him know how tired I was of hearing his complaining. I just let it hang out a little and sort of felt better.
If the quints fix. If not, fine.

Onward and upward.

Meeting most of the day. Don't know what I really accomplished. I survived.
And I am glad to be alive.

Yesterday success: talk w. Mike; call from KTEL re my capsule idea.

May 29, Wednesday

My typewriter quit but the woman at Bellini said they'd replace it.
I had another talk with Mike. Probably won't text book management but it was from the heart and that may have been enough. Either way, that situation will resolve itself correctly. (see May 28)

I don't remember what I did on Wednesday.

May 30, Thursday

Festus, Potosi, Farmington, Frelucktown.
Big storm caused all kinds of program interruptions last thing! Thursday evening at the St. Mary's in Cape.
Lakes beat the Celtics.

May 31, Friday

Jackson, Sikeston, Poplar Bluff, Douglas. I have now been in all of the Missouri and stations that we hook on when I started a year ago. An accomplishment. see tip notes for more.
Supper with Mom and Dad in Summit. Nice visit.