

June 3rd, 1984

Left Kennett @ 7:45am Arrived  
Jefferson City @ 1:15pm.

Beautiful Day — Beautiful Drive  
Coming over the Hill just outside of  
Town, Saw the City in among the  
Rolling Hills — Beautiful.

Went to office and visited with Jeff Smith.  
I'm doing my best to keep a good  
Positive Attitude, But inside I'm  
scared shitless.

I honestly believe there's no-one they  
could have hired who would be any better  
at this job than me. Anyone would face  
the same problems I'll face, and I  
know I can handle them.

I know I'll be doing some playing  
with this job too. I'm gonna need  
the help.

The job will me a lot for me and  
for Barb & I.

\* A REAL CAREER OPPORTUNITY. A CHANCE  
TO LEARN SO MANY NEW THINGS.  
TO WORK WITH BRIGHT, TALENTED PEOPLE.



\* A CHANCE TO TRAVEL & MEET  
OTHER PEOPLE IN THE BUSINESS.

\* A CHANCE FOR B. and I to  
OWN A NICE HOME.

\* A CHANCE FOR Barb to work  
when and where she wants.

\* A CHANCE FOR ME TO GROW AS  
A POSITIVE SELF-LOVING, SELF-  
CONFIDENT PERSON.

EVERY INSTINCT TELLS ME THIS IS A  
GENUINE MILESTONE IN MY LIFE.  
THE OTHER PATH WAS DEFEATISM;  
A KIND OF GIVING UP & SETTLING FOR  
LESS. THIS IS THE TIME; THIS IS THE JOB;  
THIS... IS... IT.



CAREER GOALS:

June 4, 1984

THE GOOD LORD CONTINUES TO WATCH OVER ME. I SURVIVED MY 1ST DAY.

THE JOB SEEMS IMPOSSIBLY LARGE TO ME NOW, BUT WHEN ALL THINGS ARE TAKEN INTO ACCOUNT, I CANNOT IMAGINE ANY BEING BETTER SUITED TO THE TASK.

I MET SO MANY PEOPLE - WAS EXPOSED TO SO MUCH! BUT IF I CAN DO A YEAR BACK @ KBOA, I CAN DO A YEAR IN THIS ENVIRONMENT. I WON'T BE BORED. BUT I MUST BE ALERT FOR SIGNS OF STRESS. I MUST LISTEN TO MY AUTO-SUGG. TAPE DAILY AND PRACTICE RELAXATION TECHNIQUES.

THURS-FRI-SAT I'LL SPEND @ MBA MEETING @ LAKE OF THE OZARKS. A CHANCE TO MEET SOME AFFILIATES. SHOULD BE GREAT.

I'M GOING TO TRY TO REMEMBER THAT EACH PROBLEM EMPLOYEE, EACH OBSTACLE PRESENTS AN OPPORTUNITY. FOR IF 'ALL WENT PERFECTLY, THEY WOULDN'T NEED ME.

AND THIS NB IN THIS CITY WILL



ENABLE ME TO DO THINGS FOR BARB  
I COULD NEVER DO OTHERWISE.

I CANT BEGIN TO WRITE DOWN  
EVERYTHING THAT HAPPENED TODAY  
SO I WONT TRY. ALL IN ALL, I FELT  
IT WENT WELL.

and I will remember—

THE ME I SEE, IS THE ME I'LL BE.

O.E.O.

June 7, 1984

LFT. JC ABOUT 2:30 PM AND WAS  
AT LAKE OFC. 45 MIN. LATER.  
A Breeze. BARB WILL LOVE IT.

Old CHARLIE did me one great favor  
By BRINGING me to all those  
meetings. I KNOW A LOT OF THESE  
PEOPLE. I LIKE THEM & I THINK THEY  
LIKE ME.

I REALLY THINK I'LL BE A NATURAL AT  
THIS JOB.

MET A GUY NAMED DENNIS FROM N.Y.  
WHOSE WITH VIACOM. TV. SYNDICATORS/  
PRODUCERS. FASCINATING.

THE LAKE IS BEAUTIFUL & ITS ALMOST  
NOT WORK.

TOMORROW AFTERNOON I MUST STAND  
UP @ AFFILIATES MTG. & GIVE MY  
LITTLE SPEECH — I SEE MYSELF  
DOING VERY WELL.

THEN ITS ALL DONE DOWN HILL.  
MORE TOMORROW.

June 9 7am

BUSY DAY YESTERDAY.  
SURVIVED AFF. MTG. VERY IMPRESSED  
WITH CLYDE & STAFF. VERY SMOOTH.  
A REALLY GOOD ORG.

RESPONSE TO ME SEEMED POSITIVE  
IF I MUST DO IS PERSEVERE.

WENT WITH KENT MALANOWSKI &  
HIS WIFE LINDA & ANOTHER COUPLE



FOR DINNER. THEN TOURED A RADIO  
STATION ON LAKE & RAN INTO  
KEN BIRDSONG. "BABY JACK ALLEN" FROM  
EARLY DAYS @ KBXM.

LATER WE WENT GO CART RIDING;  
HIT SOME SOFT BALLS & SAW  
GREMLINS. A FULL DAY & A LOT OF  
FUN.

I REALLY THINK BARB WOULD LIKE  
THE LAKE & SOME OF THE PEOPLE I'VE  
MET.

EVERY DAY I'M MORE CERTAIN I'VE  
MADE THE CORRECT DECISION.

Books Read in 1984 (goal = 50  
1/2 self help)

- 4/2 A Practical Guide to Self Hypnosis - M. Powers (SH)
- 1/8 Long Lamehale Loop - J.D. McDonald
- 1/10 Silver Mind Control - Jose Silva (SH)
- 4/22 The Story of Henri Todd - W.F. Buckley
- 2/1 The Robots of Dawn - I. Asimov
- 2/15 Psycho-Cybernetics (Creative Living) Dr. M. Maltz (SH)
- 2/28 Clan of the Cave Bear - Jean Auel
- 3/14 Odd Facts - L.M. Boyel
- 3/19 A Cold Mind - M. Lindsay
- 4/2 Aquatic Progression - R. Ludlum
- 4/10 Valley of the Horses - Jean Auel
- 4/30 How to Make Tim Work for you - F. Factor - Mark Stein (SH)
- 5/16 Gifts from Eyrkis - W. Dyer (SH)
- 6/2 Freight Train Wreck Last - Tough People Do - R. Shuller (SH)
- 6/14 See you at the top - Z. Ziglar (SH)
- 6/16 Precious Present - Spencer Johnson, MD (SH)
- 6/17 Pale Gray for Guilt - J.D. McDonald
- 7/4 The Glass Key - Dashield Hornett
- 7/6 Fountains of Paradise - A. Clark
- 7/20 Dune - F. Herbert
- 7/15 Thoughts to Live By - M. Maltz (SH)
- 7/26 The Power of your Sub-conscious Mind - DR. Joseph Murphy (SH)
- 7/29 The Dossah Experiment - F. Herbert
- 8/3 The Last Supper - ?
- 8/11 Dune Messiah - F. Herbert
- 8/7 Scarlet Race - J.D. McDonald
- 9/7 Working Smart - M. LeBeau
- 9/22 Girls' Park - C. Smith
- 9/24 Real World 101 - Salyman/Calvino



10/28	Talisman - King Shauls	30
10/30	Life with Camille - D. Jenkins	31
11/1	Children of Dan - F. Herbert	32
11/8	Darkfall - Dean Kowitz	33
11/11	Fighting Dragon - Peter Straub	34
12/11	Managing Creativity - Ted Pollock	35
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OCT. 7, 1984

THINGS THAT I WILL DO DIFFERENTLY ON OCT. 8  
TO COMBAT STRESS:

- 1) BEGIN EXERCISE PROGRAM.
- 2) TAKE A GOOD, LIGHT LUNCH & EAT   
ALONE WITH A GOOD BOOK.
- 3) I WON'T CHK. CAROL'S WORK.
- 4) I WILL WORK ON THE STRESS  
MANAGEMENT GOALS I SET.
- 5) I WILL PLAN MY DAY @ THE   
START 7:30, AND NOT @ THE END.
- 6) I'LL LEAVE EARLY IF MY WORK IS  
DONE.
- 7) I'LL NOT ACCEPT RESP. FOR THE  
FEELINGS OR REACTIONS OF OTHERS.
- 8) I WILL WALK & TALK MORE SLOWLY.
- 9) I WILL LAUGH AND SMILE.



OCT 8, 1984

UP AT 5 A.M. MADE IT TO HIGH SCHOOL TRACK BY 5:30 A.M. JOHN CARSONS (?) WAS MY MOTIVATOR.

I THINK THIS MAY BE AN EXERCISE PROGRAM THAT WITH ORGANIZED, PROFESSIONAL, CONTROLLED.

NOT EXHAUSTED AT ALL - HAD A GOOD BREAKFAST.

STARTED THE DAY IN A POSITIVE WAY.

TODAY'S SUCCESSSES:

- Began exercise prog
- ATE good lunch
- ENJOYED the day.
- Good Staff Relations.

OCTOBER 9

A few quiet, comfortable minutes in the lobby of the Holiday Inn a warm, quiet place to think.

Last night we listened to the stereo and left Holiday Inn T.V. off.

Thought: If I accomplished nothing else; keeping a pleasant, positive mood for other staff would be preferable than a worried, hurried, hand wringing effectiveness not immediately tangible but important. That's what I'd need as an employee. No one wants to work for someone who looks confident or seems out of control. The best thing I can do for my company.

Alan.

5:24 pm.

SOME REAL TESTS TODAY. I REMAIN CONSCIOUS OF THE PASTAL POSSIBILITIES OF STRESS. TODAY WAS AN OPPORTUNITY TO MEET AND DEAL WITH STRESS.

Toured KIK - possible new affiliate. @ 7:00 PM



Performance Evaluation of Bob P.  
Very positive about that. I think  
I've done a good job with these  
and they'll bear long term fruit.

Over sold again. Expressed my fears  
and concerns to Clyde. He feels  
it will be a mistake to turn  
down business; I say there has to be  
a good "program" limit. I feel  
good about this. The newscasts  
just aren't good, quality program  
with 2 min. of spots.

also. More important than any of the  
decisions I made today or will  
make tomorrow - my health and  
how effectively I manage stress.

Oct. 10

7:45 a.m. Day 2 in the Runy Program.  
Next step is to have the stress test  
and blood work. It is going to reveal  
that I am in fine physical condition.

NOTE: got 50<sup>00</sup> from the money  
machine this morning.

I really feel this is a turning point in my  
life. After years of stress and worry -  
I'm now on a strong new course that  
will increase the length and quality of  
my life.

Today I will:

- Move & speak slowly
- Listen w/o interrupting
- Trust others.
- See my self as relaxed
- allow myself to be avg.
- laugh & smile
- work on breathing
- B



Oct. 11, 1984

At least one success yesterday -  
3 of the really - performance  
evaluations with Mike and  
Dan went very well. They were  
very open and honest about  
themselves (?). I believe I have  
their trust and respect. Would that?

Only do do in the stress management  
dept. Very concerned about the debates.  
Thought it will all be over, one way... etc.

I still think I'm doing a good job and  
learning more about myself and my  
abilities than possible at KBOA. Right.

A few beers with DM at the Melcom  
Bar. I like him more all the time.  
A real asset to the Company.

(See Oct 10 for some good objectives)

Oct 12

7:35a. It happened. The worst?  
Who knows. Our gubernatorial debate  
was a flop. After all the effort  
and WORRY and checks and double  
checks - some kind of "technical"  
problem screwed us. The first 20  
min. were of such poor quality, I would  
not have carried it. I'd like to think our enemies could have  
worked harder at seeing we pulled  
that off. I'll never know.

I have said I have never had a real  
failure. My fault? Probably not - but  
a complete failure. After all of my  
worry and effort, still a failure  
because someone else didn't worry.

This won't kill me. It could put me  
under a lot of stress and unless I manage  
that, it could kill me.

Had this gone up a bit - I would have  
looked good but learned nothing.  
If I can survive this with grace and  
poise, I will learn much about  
myself.



This weekend I face many of our affiliates at the Fall MBA meeting. It is very important to keep my sense of self-worth separate from my job.

And finally, somehow this will turn out to be a useful thing. Time will tell.

Oct 13 Saturday morning - MBA Meeting

Saw Chuck of the Breakfast. He didn't take the debate much better than I did. What can you say?

Last night's meeting went better than expected. Saw Buggie Natch of KWOS and Gene Tallant of KFEQ. Nobody said much about THE DEBATE.

Good talk with Bill Aune of KFRU. Showed some great programming idea. Some Random thoughts:

1. Market needs more 2-way involvement with affiliates. More sense of Partnership. Rather than us as a Vendor of services.
2. Market needs a flagship station on which to develop and air program. Plus our staff does have the troops or Bkg. to produce varied types of program.
3. Why wouldn't pay affiliates to do some of their better features



Programs and share it well  
not not. I.E. sort of a  
Missouri's Portfolios

4 or 5 of best pieces with  
Bob & Mike doing transitions;  
Plus loose ends feed.

4. Let Bob do a 3-5 min  
TC/Commentary on KFRU to  
see how it plays. Then go to  
full net. Widely Report

5. Need more soft news/features  
pieces from applicants. Put  
together in a magazine sort of  
format.

Oct 15

A rainy Monday morning; ran in the  
high school gym. Crashed and  
wound after returning from MBA.  
Talked briefly with Clyde about  
debate flap. He doesn't seem to  
stay pissed about such things.  
Even tho all full-out has not  
settled, I think it will survive.

Today I must go slowly and not  
"use my self up". Lunch at home might  
be a good idea.

Breathe deeply.

Oct. 16, TUESDAY

ANOTHER RAINY MORNING. DIDNT ACCOMPLISH A  
LOT YESTERDAY. Made one more run at completing  
clearance Declaration forms; worked on the  
idea of using ads system more; Moved  
the next poll one step closer; got a nice  
compliment from Clyde on News Room moral.  
all in all, a very good day.

Tonight I may make a basketball connection  
more on that tomorrow.



Oct. 17, Wed.

A beautiful morning. Played some 3-3 B'Ball last night or had a good time. Up and ran this a.m. Stress test tomorrow. Gulp. I guess I can say I have survived the debate flop. "I" have survived - the network may be damaged. Mayfield am on my way to realizing the "I" and the company are 2 diff. things, and "I" am far more important. Sigh.

Need to buy a card and get \$100 for Barb's anniversary. Write something nice in the card and maybe send flowers too.

1. My health
2. Barb (or love and her health)
3. My mind
4. My job
5. My body
6. My desire to grow.
7. and on and on!

Must write some letters.

Oct 19, FRIDAY

7:30am. Had a good run and a good breakfast. Yesterday's stress test was a breeze. I went early to level 4 and could have gone farther. Pulse @ rest before test was 50. BP 118/70. Lung capacity test 113%. How fortunate I am. So many people ignore their health (love it?) until it's too late and then would love to go back. Now, at 36, my heart and lungs are strong. I'm trying to eat better and exercise - if it takes years of the effects of stress to show on your health then surely I am investing in my future in the best way.

I must be careful not to push too hard - run too far, too fast. Caution - Listen to your body.

I wonder how I will resolve the emptiness I feel w/o an air shift. I feel I must keep reminding myself THINGS ARE NEVER AS THEY SEEM.

The facts are: I can't make this kind of money as a DJ. It's got to be managed. Cool I'm good at it! Sigh. If I really get serious about the air work, I can talk to Clyde about it. It being a stunt at a local store.



Oct 20 Saturday morning

More Rain. A nice Saturday morning. Somehow  
Dad is expected of us on a morning that  
has rain. Barb worked last night and  
we crossed paths @ 8:30 this morning.

I slept from about 7:30 pm Fri night  
till 8:30 this morning. 13 hours? Local.  
I don't like Barb having to drive to  
Columbia but she seems to like the chance  
to be a home for a while and I must  
confess I like having some time just  
to myself too.

The job. What to say? I still miss being  
on the air but can't imagine being back at  
KBBB. I believe (hope?) the absence of  
my future would make that hard  
to take. If I can't hack this job  
I now know some people (Aunt Brown  
Andy Fudler, Bill Weaver) who could  
give me a job.

However I still feel it's important to  
stick this out for a couple of yrs.  
I am learning things as well as  
the knowledge that will be valuable to me

for ~~my~~ work (like TRIG?)

- Personal
- Budget's
- organization

It comes down to confronting your fears  
and I am facing myself to do  
things that I don't feel confident  
about. I never would as a DJ. I really  
believe there is so much to be learned  
about myself in this job -

And it's vital to consider the future of the  
company I'm working for - will be  
moving into very exciting areas:

- satellites
- data transmission
- ?

And then... I miss the humor of creating  
outlet is greatly missed. Sigh. Well  
how about not talking whining, and feeling  
sorry for yourself. Think about others I  
hate, people who have no job; etc

Well, things are going well. I am in better health  
than ever. I had great luck up. And if I am ever



going to conquer anxiety/worry/stress,  
it's going to be ~~there~~ here and now?

On a scale of 1-10 I am at  
an 8. Not bad.

Oct 22, 1987

A beautiful Monday morning and time to get your  
mind right. Steve!

A fine breakfast after a good run. My cholesterol  
level is 216. 240 & 10 where the concern  
starts.

Slept most of the weekend and read a new  
book: Taliesman by King and P. S. Kraus. So So.

Barb Waked both nights and I ignored her  
after that. Somewhat sure so selfish —  
It got a phone call from a disgruntled  
employee I threw away — it still haunts  
for me to separate myself from my  
work. Can it be that being a DJ was  
really that satisfying or did I just remember  
it that way. — It goes back to my  
perception of myself. I am still trying to  
redefine "I describe myself in terms of  
what I do. I am a radio DJ." or I am

a general manager. (much less satisfying)  
Is it a question of being selfish? Should  
I indulge my self, and in so doing, deny Barb?  
Or could I get a local place DJ. (making 25% less?)

When would you be happy back at KBBN? Exactly  
Jeff left? And John? Terry & Mary? Would  
Ken still be near them. Or would you wind  
up like Charles Debell?

Remember that happiness is a process, not  
an end in itself.

So, you're here at your new job for 5 mo and  
your board! Let's talk about it in a year!  
If you don't don't look and state yourself now,  
you have well. And in the meantime be grateful for  
everything you have.

Oct 23 - Tuesday

You can't always get what you want. Last night. you could  
hardly call it a meeting of any kind, we really didn't  
talk business, but it felt it was somehow constructive.  
"good for moral." Bob, Mike, Dan, and Mary, Pace  
on the Coping. Just about the club. It believe  
it added to a growing sense of team work.  
There is much for me to unlearn about being  
a leader or manager. I guess I have  
thought a lot about whether it's possible  
to be liked and respected by those who



work for you. Am I getting too close to Him?  
If I have to be some kind of hard ass,  
I just don't intend to do that.

Anyway, everyone had a good time.  
I think it's worth doing again.

I listened to Moby's His money. God I can  
do better. Q: If it is meant for me to get back  
into radio, it will? A: ?

Mid letter from Mom. Must write her, very funny.

A little hung over from the beer. No fun at all.  
Need to start listening to my tapes again.

Oct 24, Wednesday

Q: #1 Why are we doing so well with our  
journal?

Q: #2 Why didn't you run today?

Q: #3 Is absence of ambition a good thing  
or a bad thing? Or is good/bad a  
meaningless dichotomy? More on that.

I know, I know! Quit feeling sorry for your-  
self. But I really miss being on the radio.  
So why do I feel the current job is the

right one for now? That somehow it will  
lead to the perfect job? Sigh.

Last 24 hours

- Visit with Canyon re Poll.
- good basketball game

Next 24 hours

- Card for Barb's Birthday/Althea
- Pick up Lincoln at library.
- Get new Sam Jenkins book @ Mall.
- Have car serviced.
- Money from Bank.
- Do dishes.

Things for which to be grateful: or Why My Life  
is pretty darn good.

1. My health has never been better; eating a  
little better; exercising. Scalp's clearing  
up.
2. Barb and I are both working @  
well paying jobs.
3. We live close to things Barb enjoys  
doing.
4. My job doesn't leave me so exhausted  
I can consider quitting.
5. I am learning to combat stress.

(more)



But what of Ambition? You don't really seem to have much. And when all those sages say "all that matters is you enjoy what you're doing" you really don't and believe that. And you can do it again if you need to. In two years if you're still feeling the same emptiness about your work, you can go to work as a job. Or -

you can do some weekend work @ a local station. Ask Clyde.

lots of options, Steve. Just don't lose heart!

Oct. 25th (Put insurance policies together)

Thursday morning. Rain again. For the record: reading Talesman by S. King and P. Stang. Will start Dan Jenkins new book (Life & his own self) soon.

Sigh. It's time to start listening to my auto suggestion tape daily. I honestly believe in the concept. It's easy to get out of the groove. Especially when things are going pretty well.

Today's goals:

- No alcohol at this evening's supper.
- Listen to auto sugg. tape
- Write letter to Mom.
- RUN on Friday morning.

There is something so safe and relaxing about ROUTINE. Is it simply a matter of no longer having to make decisions?

The me I see, is the me I'll be. Believe it.



Date 10-23-84  
 Car Model & Make 1974 Duster  
 Mileage 82360  
 Next Service Date

**Car Care Service by: (dealer's stamp)**  
**No. 407995**  
 License No.  
 New Car Warranty Plate No.

**Car Care Systems Inspection**  
 Brake  Visibility  Cooling & Filtering  Exhaust  Ignition  Riding & Steering

Customer Name Steve Mays  
 Address Wayne Mays

Time Wanted  Pick Up  Deliver   
 Credit Card No. and Type

Fan Belts  Wiper blades   
 Road Service

Total Parts  
 Total Labor  
 Total 450

Total Service & Products 1845  
 Enter Here 450  
 Sub Total 2295

**Emergency Road Call**  
 Location  
 T Contact: Air. Compl.

T Municipal \$ @ %  
 A Sales \$ @ %  
 X Other \$ @ %  
**Total Amount** \$ 2374

Payment Received  Cash  Credit Card  
 Serviceman

**Conditions of Repair & Parts Order**  
 I hereby order the above parts and service work and grant the above named service dealer and/or his employees the right to operate the vehicle described herein on streets, highways or elsewhere for the purpose of testing and/or inspection. I hereby release the above named dealer and/or his employees from any liability for loss, damage or disfigurement to the vehicle from any cause whatsoever during said testing and/or inspection or during the repair of the said vehicle, except such liability as arises from their negligence or willful or wanton act or omission. Until paid in full, the amount owing for parts and labor shall constitute a lien on the vehicle. If collection is made by suit or otherwise, I agree to interest and paid, also collection costs, including a reasonable attorney's fee.

Customer Signature X

CUSTOMER'S COPY

841-O (8-83)

Oct 27, 1984 Monday

Barb and I had what I felt was a very nice anniversary. I'm wearing a nice new jacket and she has a crisp new \$100 and a nice card.

Saturday night we drank some Heinek and ate Chinese.

We mostly read and talked this weekend. (Note: add to List: television & I feelts ownself) Barb and I talked about ~~our selves~~ a bit. I felt we were pretty open and honest and I should be grateful were able to do so. She feels she could & should be more ambitious and I confessed I am not. (I really must try the part time DJ idea)

Worked on Roll #7. 1985? We'll see. I ran this morning — must not push too hard. But lord it's good for me!

DAN JENKINS has the right slant — just lend us to him. Later.



Oct 30

Poll # 7 is nearly finished. Will be of some interest to see what happens with UNBL's Letter of Agreement in 1985.

Lord! The elections will surely make things easier.

I should use this place to write down my ~~own~~ success @ end of day.

Last night before leaving we watched a young couple "looking for love" in the front of a Pick-up in the parking lot. Pretty funny. Really too much glare to get a good view.

- Buy some new shirts and slacks
- Record list of books read.
- Read new Night Book.

Some time with these notes @ end of day might be very useful.

Oct 31

End of the month. End of fiscal year. Or, in a more positive light, the beginning of a new month and year.

I'm not sure any goals, or new goals, are needed. It seems to have plenty.

Finally had my visit with Clyde yesterday. He was very complimentary. I tried to be open and honest but have a feeling it was a little whiny. Sigh.

Finished LIFE ITSELF by Sam Jenkins. Fun book.

Barb and Jim go to KC for shopping trip tomorrow. I'm watching for a couple of days.

got to get back to Auto suggesting tape.

Yesterday Success: review by Clyde!



November 1

a new month. a new fiscal year. This is a "mornny after". too much beer last night. No big deal time but I am disappointed with myself for drinking. I am going to start using auto suggestion again to stop drink only in moderation and never when I must drive. Sigh. It always seem to get extra chances. I must use them.

Nice to get together with others @ work. Clyde does create a positive atmosphere for teamwork.

Dinner at a German place w. Sam and Chuck. All in all a good time. Ready for a quiet night @ home.

Nov. 2

a beautiful morning! Cool, crisp! Had a nice run and a hot shower. a good breakfast. Sigh. When you really stop and think about it, live-life is good. Fact is, when you have your health you have everything.

Eventually I must get license for my Duster. and a new muffler.

Weekend ahead: lot of R and R. Barb is working. May rent a VCR and Risky Business.

I must never forget how fortunate I am to have Barb. Whew.

Still haven't got back to my auto-suggestion tape. I'm still committed to moderating my drinking or stopping entirely for weeks at a time. I can do anything.



November 5

a beautiful Monday. Sunny. Crisp.  
And tomorrow is election day. A sort of  
mile-stone for me at leaffield. I guess  
I can survive a disaster Tuesday night  
but I don't believe I'll have to. I'll just  
watch the times and mechanics. We'll see.

Very relaxing weekend. Slept some. Picked  
up the apartment. Wrote a couple of letters.  
Looking forward to seeing friends and  
family again. Don't know when.

Still not back on my auto-suggestion tape.  
It won't give up!

Well, it's a beautiful day - I have so much  
for which to be grateful - and I am.

November 6

Election Day. Sunny and Cold. Will our lives  
become simpler after today?

Chili and Louie's last night @ Sam  
McMahon. Did no business but enjoyed  
ourselves. Again I drank more beer  
than I would have liked. It was LA

so it could have been worse. But it  
seems to me, old buddy it's time you  
took charge of your life. Or are you just  
going to keep on wringing your hands  
"waiting" to be rescued. Are you courting  
disaster?

easy, easy! Relax. Back to programming your  
sub-conscious. Be good to your body. Love.  
Forgive others and forgive yourself.

Nov. 6

Election Day. Nothing to say.

Nov. 7

Election night went well on our end. Bob and  
Mike did a swell job; as well as Sam and  
Kathy and May.

UPI was way behind AT and it was a  
big problem. Gabe said I could send in a  
precautionary cancellation and I'll write  
a stinging letter.

Today I'll try for a good debriefing.



Barb feeling a little "blah" and  
with a sore eye.  
got plenty of sleep last night and feel  
much better today.

I am thankful for:

- Barb
- Friends
- Heath
- Family
- Home
- Today
- Job
- Education
- Mind
- Talent
- Faith

Q: Why is a mo-ped like a fat lady?

A: Far to ride but you wouldn't  
want your friends to catch you  
on one.

Sierra Clubs latest list of Endangered  
Species:

- Eagle
- Condor
- any baboon with a good heart.

Nov. 9

- good nights sleep; run; listened to  
cute suggestion tape last 2 nights.  
Pack on back.
- Barb's got an eye infection but she is seeing  
a doctor.
- looks like will be able to go home for a  
few days @ Thanksgiving. Am ready for a  
visit.

Time. All things take time. How we all seem to  
underestimate the amount of time anything takes. I've been  
at the Mission for 5 months. A year. Give your  
self a year.

LV. 82510 <sup>various</sup>  
AR. 82559

Nov. 12 Monday

(Make a haircut appointment today.)

Can it be Monday again already? A very quiet  
weekend. I feel like Barb and I should  
force ourselves to get out and do something.  
— is there no limit to my guilt? —  
Visited California, Mo (KZMD) judge. Did  
enjoy that. Guess I did some good.



I feel such a strong sense of melancholy? Loss? Maybe its some kind of growing up. I now have a real, adult job. Future. Security. Etc.

I miss spring records. Or I think I do. I told Paul last night that I am being taught (learning?) patience. I did learn a lot in New Mexico. I don't know that I'll pick up any during my year back at KBOA.

But now I must be patient. One year at my new job for 5 mo. (almost exactly the time we spent in N.M.) I am not having much "fun" but I am learning things I would never have guessed myself to deal with at KBOA (Budget, sales, management).

I feel a strong sense of transition. What I am doing now is traveling from one point to the next. Where will I be?

As I approach 37 I am thinking about things like: saving my own time; children; security. I want things for Barb too. Not just things but experiences. The chance to do poetry. Swim. Shop. Work.

I guess I am proud to be man enough to sacrifice some of my own desires for

her. I am doing rather well on my stress inquit (I think). I am exercising. Eating better. Etc. Will see.

I still have trouble getting back into my tape. I'll keep working on it.

And I am glad to be alive. With health. A good job. Barb. Friends and family. God grant that we learn to appreciate what we have, while we still have it.

Q. As a competitor. A winner. — will you allow anyone, or anything — including your own self-doubt — to rob you of the only day you have to live & today? do you that week? Have you no more courage than that? Aren't you damn tired of "what if" and "should I"?

Aren't you ready to think of Steve and live for this moment?

A. YES. YES. YES. YES.

Detail vs. Direction

Detail is what you do today. Direction



is where you're going; where you'll  
be in a year.

Don't lose sight of direction.

Your #1 job is to be a good leader.

What you personally accomplish  
is less important than what you  
help others to accomplish.

NOV. 13

Beautiful crisp clear morning. Good nights  
sleep. Lets admit it. Monday was a really  
good day.

Paul has her health, a good job she enjoys  
and hobbies. Very satisfying.

Not much to note here in the old journal...

Visited with Mike yesterday about air  
checks. Very positive begining - so slow... but  
still progress. Many reacted in the  
expected way. Sam today.

We have several things going now -

1. Daily incident reports
2. Newsroom Contact Committee
3. Air Checks
4. Semi-regular meetings
- 5.

And let us remember everyday how all  
important good health is. Let it be noted  
on this day, that I have it and  
most of my friends and family have  
it, and I am grateful.

November 14

Basketball last night. Finally did it - broke down  
and popped for a \$68 pair of NB Basketball  
shoes. I confess to a total "rip-off" buy.  
Barb says that's the kind I usually make. I  
began thinking they might be the last pair I buy.  
I don't believe that, but it was an emotional  
hook I ego could hang on.

I haven't been keeping up but I have a sense  
that I am accomplishing many things in  
my job. And probably the most important  
ones are intangible. I don't want to wash my  
life away but it will be interesting after one  
year on the job, to look back and see what  
progress has been made.



I am very thankful for so much. But how easy to say that as a litany to avoid off responsibility. I worry so much. I hope I am making progress with this - that "minute hand" but that etc is difficult to see.

Swal of kum? It's there! I must re-describe it. I am looking forward to a visit with Jeff. A part of me hopes BSA KIME is not doing well yet so I'll feel better. Sigh.

I am on a journey. I am in route I can't go back and I can't stop, but it's hard when you can't see where you are headed. Answer. Believe in yourself and trust in God, whatever you perceive to be. Amen.

Nov. 15

Routine. I do find a comfort, or satisfaction in a routine. Can that be what I miss in my old DJ job? Routine. On air at 6a, off at 9, production fill room etc etc. Probably not that simple. I am establishing a routine now. Breakfast. 15 min. or so making journal entries. Watch for the rat. I still feel a bit underemployed. I haven't given

up the idea of doing some fill in work on weekends. Maybe KFAI? Should talk to Bill Weaver about it.

Yesterday I amplified another draft of the official survey. Survey. Don't know if that will fly or not. I still wonder if I have the right big picture or not. Will radios 5 or 10 yrs from now still need or want the Miniscript or it now exists?

I see us as providing a custom cast for key markets while placing reduced emphasis on smaller markets (?). But this isn't the place for playing.

Wrote job R. last night and stumbled on an idea that is intriguing. That final mental/emotional break w. the job. Go in, do your best, and then leave it. Time does (will) force you to develop some outside interests.

Well, I'm feel' feeling pretty good about things. I am grateful for my health and health; friends and family.

And for the last time in a while - the time (and proper frame of mind) to really think about things. (see note about getting out of a situation to see it vs. react to it.) Over and out.



\* (Note: begin keeping runny / expense log in this journal)

NOTE: take Barb off your insurance @  
Searfuld.

Nov. 19

We had our first snow of the year this weekend. Didn't stick.

Barb had the Toyota serviced (49000); now I need to get a new muffler for the dusts and some snow chains for tires. a shovel might be a good idea too.

Read the new Dean Koontz book this weekend  
Dark fall. Not bad.

Looks like we'll make it home for Thanksgiving and Christmas this year. Mom will be pleased and all enjoy seeing Blaine (et al).

I still can't completely shake the sense of melancholy at being "out of radio" I know that there were days when I sat there spinning the same records - cutting the same forecasts - for the same people - where it's a matter of head vs. heart. Time. Take your time.

Love many times blessed.

Nov. 20 Tuesday

A beautiful day. Good breakfast. Watched The Right Stuff last night. Pretty good flick. Better book.

Life is good.

November 21

Ran this a.m. skipped basketball last night. Preparing for a Thanksgiving holiday.

Still not doing all that well in keeping my mouth shut. Not thinking before I speak. I'd also like to feel level out my moods. Find a nice equilibrium.

Nov. 26

Nov. 27

Back from a long Thanksgiving holiday. This trip is about as long as necessary. I am resisting the temptation to grade myself on my visit. Tougher, somehow, to stay @ Johnson & Evelyn.

I confess to some relief @ Buy back in JFF  
(more thoughts on this tonight)



Nov. 28

No actual run this a.m. A fitness test.  
Body fat - flexibility... step test... etc. My results  
were excellent with the possible exception of  
trunk flexibility. My hint at future back problems.  
I intend to keep exercising and continue this.  
I can be very grateful for a strong healthy heart.

Jack Carney, KMOX, died last night. For details  
maybe the best radio announcer I ever heard.

I never did say much about the holidays.  
Dad of Grandpa at John and Evelyns. But I  
know it was great for Mom to have us stay  
with them. I am going to try even harder to make  
the Christmas visit nice for her.

Dad sounds so tired. He has made many  
sacrifices for Mom. I believe he loved radio  
as much as I do but left - due to some  
part to security for Mom. I guess he went into  
sales to provide more \$ for us. I am grateful  
for increased understanding when Dad is  
concerned.

Saw Ray, Nancy, John, P.P., etc. Charlie and Al.  
I somehow feel like many friends and I will  
all start moving into my past now. And that I am  
entering a new era of my life. I can swim  
back up stream or get out of the river here

but there is so much I'd never see or do.  
I must stay in the stream. Sigh.

My life is one endless string of analogies.  
I must struggle back to the Auto Suggestion  
tapes. There is so much potential there.

NOTE: I didn't run last Friday or Monday.

Nov. 29

Shortly before 7am. Going to Houston and Salm today  
with Jim Lipsey. To sign a contract with Houston and  
"show" up the new owner at Salm.

I am concerned about the rest of my time, drinking  
a couple of beers and watching 3 hrs of TV  
every night. I really want to break out of this  
habit and I feel the self hypnosis tapes all the  
time. Persistence.

Birthdays  
Had a Christmas present for Paul.



November 30, Fri

F.F.L. This morning felt good to run again. Had a good trip yesterday. Bill Alessi @ Houston and Stan Padavata @ Dallas. It learns a little more with each visit. There is still so much to get from Jim Frazier. I should try to remember by visits to PO in the cheap bus. Go into those PO's by myself. From that experience, I know I can handle even the toughest of jobs. Bill.

Harry! Finally listened to my tape again last night. This weekend I will write/prod a new script. Other items on the agenda:

- trip to library, Waldenbrook
- Shop for Books BD
- Vitamins/lypsin
- take car to San Clar station
- write letters
- Fin. with Creative Credit
- Pick up Fred @ Browns
- buy some winter hats
- Pay bills.

Right now I'm on the minute hand of a clock. It's difficult to see movement. Dec. 4 will be 6 months. After that I'll have made a lot of progress. And then on to my second year and beyond?

Nov. 3

A cool but beautiful morning. Fitness for Life run this morning and then a hot shower @ the Y.

Barb worked 12 hours overnight this weekend so it was pretty quiet and deserted. Reading Floating Dragon by Peter Straub.

Oh, by the way — I had listened to Auto suggestion tape (was in last 30') and I'm also showing some self discipline where time is concerned. Watch a movie of K. & L.'s Saturday night on a couple of glasses of 708. Ch. that's noted why I suppose Ch. is trouble, but I do feel good about it. I kept thinking of the telephone survey where my study patterns came up. Gulp.

Anyway... I believe Ch. is back on track.

- A. We need a clear India Command in Nov 2004.
- B. For Peter's business.
- C. Start last of program meeting.
- D. 10-15 min meeting each Mon. Morning - 10:00am?



Nov. 7

A small gap in the del journal. Yesterday was very cold. Attended a meeting on the Commemoration. KMOX-TV was the Daddy Rabbit as Clyde used to say. I may fool everyone by not carrying the to thing line. Clyde seems to leave all possibilities open.

Played a practical joke that backfired. Bob and Mike "dummed" up a news cast in which an atty. for the state tax comm. got after John May. Sent the cassette to Dad and thought it was real, played it for the tax comm. Got it all straightened out after T. Mel. Called to tip me off. Whew. My last practical joke. Good to hope I can laugh at myself when the time comes.

Heater and turn signal fixed at Hofmanns Service Stn. About \$600.  
Good to have a warm car. Now I need a new muffler and snow tires and a new inspection.

Visited with Lorie Karch at Holiday Inn Rest.  
He was in Jeff Co. Business.

Today is Barbs Birthday. Camera flash on the way. Need to get a card! KC tomorrow?

Nov. 10th

Had a great "touch" this morning in Lay King Column. When a person asks you if they're interrupting, they have a favor to ask. How true. I will cease this tube device.

Nice weekend. Barbs Birthday was Friday. I bought her a new flash for her camera.

That evening we had Patty and Dan over. Patty is co-writer of Barbs. Great laugh. I liked them both. We played T.P. and they had very low asshole factors.

Spent Saturday in KC shopping. I could have shown more enthusiasm by not being so nervous! I was intimidated by the crowds and traffic. I still guess its true - you should confront your fears.

Spent all day Sunday just lounging and reading. Nice, quiet, Sunday.

I miss being on the air, but I do enjoy a whole weekend off.

Exercised this morning & got the results of a fitness check-up...



Cardio score = 72 Excellent

Flexibility = 19" 22 standard

Trunk Flex = one side abnormal;  
indicates lower back  
problem. Will start  
extra exercise.

Body fat = 10.7% 15%? normal?

Pretty good really. Stress management?  
well, will see in 3 mo.

Goals for 85? need to work on  
those this week.

Possibilities:

1. Eat better; take your lunch.
2. Fix supper for Patrick -  
Do more of the housework
3. make daily log entries.

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December 11

I feel great. Slept well, just had a good  
breakfast and have lots of ideas for the job.  
I really think that I can hold on now. Time  
Time & Confidence. I really am right for this  
job.

I need to re-do my auto suggestion tape  
and target "drinking". I have done this  
successfully in the past, - I can do it again.

Didn't get around to goal setting for 85 -  
tonight. I have a feeling 85 will be  
my year.



## More Goals for 85

### \* EATING HABITS:

→ TAKE LUNCH

→ FIX MORE OF MY SHARE OF MEATS.

Nov. 12

Good run this morn. Very warm. Mom's going back into the hospital but should be out for Christmas. I don't really know how to fight the guilt I feel concerning Mums health. I feel like I should be more sympathetic or understanding. I do love my parents and want to be a good son, but at times I feel selfish. I really guess I am bothered by the notion I might be learning not to worry. I've thought enough about how to stop worrying. What ever happens to Mom, Dad, or any of us will happen. To worry is foolish. — See why I'm feeling guilty?!

Clay apparently fired Don O. earlier this week. On the phone. I'm hoping there is more to the story. That's hard for me to accept. I agree w. the decision, not the

Execution.

Margie Biles called last night to ask me to record some spots for Centure. I'm looking forward to it. Maybe just what I need.

Two weeks till Christmas. I still need to work on goals for 85. And my auto-suggestion tape. Resistance.

November 13

It just struck me that the end of the day would be a more logical time for these notes but "things" never seem right for that.

Saw Beverly Hills Cop last night. Eddie Murphy was funny.

Lot of "meetings" at work yesterday as Don Osborn was let go. If there is a lesson in every experience...

Bad mouthing people really diminishes the person making them. I must keep practicing just keeping my mouth shut. Don't be a pig. Just smile, listen, and think.



Some things that still need doing:

1. Auto sugar tape daily
2. Goals for 1985.

Nov. 14

3 Beers in 1 hour last night and I feel it this a.m. Sigh. I will get some self-discipline. A goal for 85 = NO MORE THAN 6 Beers in a week — no more than 3 EA'S in one evening.

Still got up @ 5 — ran — had a good breakfast and feel great.

Pizza and Programmy meeting with Newsweek last night. I can't tell you how good I feel about these — due to time constraints, there wasn't enough time to get some real discussion going. I'll schedule another one in a month.

Bob and I will put up a Christmas tree tonight — tradition. Christmas party (5) this weekend. Moderation.

To do: Check on Car, make mainen apt.

Talk to Clyde about Bob and Harbanel.

• Make a weekly and monthly check list (see 3x5 card)

- weekly briefing
- monthly Evening meeting
- move THE BOOK to more central location

Station/net log

December 17

I'm sitting in the train yard @ KC. waiting to Amtrak back to Jefferson City. It's nearly 3:30 p and Clyde just has dropped me off after spending several hours with Gene Muller and OKFED in St. Joseph. Clyde is staying in KC to do some Christmas shopping.

I have been thinking about (reading? or worrying about?) this trip for months. We went to convince Gene to carry Market programing and to end affiliate payments. I had prepared a presentation but had not rehearsed it. THAT is something I'll do differently next time. I didn't do so badly although I'm not sure I accomplished what we went for. That, however, could be official



by many things. Ex. poor performance on a weather  
wire - late of affiliate payments.

I didn't embarrass myself and gained  
some degree of self confidence. Clyde  
didn't seem overly disappointed.

I'll be coming back to St. Joe after the 1st  
and trying to get better acquainted with  
Robert O'J and Billy Binn. Maybe  
Bob.

Nothing major but another step in my progress.  
Another notch of confidence.

Rolling thru KC. Lots of trash. And a crowd of  
Jewish Cemetery. SC losses better all  
the time.

December 19 (Wed)

An early start today. The Duster is undergoing  
repairs & I rode in w. Barb. Nice leisurely  
breakfast. Christmas is coming fast and I have  
somewhat to be grateful. Barb  
and I both get off and will be home w.  
friends and family. Planning to leave Fri.  
night or Sat. morning I hope (and pray) Mom  
will feel well enough to enjoy our visit.

Chuck Brown submitted his resignation  
yesterday. He is taking over as GM of  
the Ark. Radio network. Good luck Chuck.

I still haven't gotten grooved on my self-hyp  
tape but I will. Esp where beer is concerned.  
How are we doing re WOPPEY, and Steve?  
Better? I think so. I missed F.F.L. today  
in part because of car, and in part because  
of legions. Sigh.

I think I'll wait till 12/26-12/31 for my  
'85 goal setting session. Haven't received any  
goals from news room. Well? Doubtful.

Have a good day Steve. "THE MORE I SEE, THE MORE I SEE"

December 20

A good day yesterday: Got my follow-up letters  
off to KTRD & may have signed up KTRM  
in Nevada. With help from all we got the live  
press conf. (New Missions F.B. Coach) on the air.  
John Roney gave us a perfect join and a nearly  
perfect broadcast. They lost power @ the press  
conf. so we lost our feed near the end.  
But other than that —

Let's talk about some commitments for '86



- Read Alan Jenkins HOW TO GET CONTROL OF YOUR TIME & LIFE. On Goals.

- READ Waitley's 10 SEEDS OF GREATNESS

Random affirmations

CENTERING

A. Eating better

- less cholesterol (check it during 85)
- take your lunch 4 days per wk.
- log what you eat

B. Monitor Expenses

- keep daily \$ note
- some kind of Automatic Saving plan?

C. ~~exercise~~ Health (Phys)

- Fitness for life
- extra flex. exercises
- Floss daily
- limit beer consumption.
- dental check up.

D. Mental

- self of auto-suggestion tape daily
- stress seminar @ Church
- motivational tapes!

E. Misc

- reading list
- letter writing
- daily prayer/meditation
- NEW AFTER WORK FOOTING
- Project Confidence

F. Work

- weekly meetings
- air checks
- one-on-one time with each
- sales meeting
- visit affiliates



December 21

Friday. Good removal a good breakfast.  
Christmas music on the Lord Supper.

Holiday Club presented me (a regular)  
with dinner for two.

got to do something about Mary's phone  
problems. Calm. Think.

Christmas party this afternoon. Melvater.

December 26

Back in Jefferson City. The lobby of the Holiday Club.  
Breakfast and fitness for life run. It's good to be  
back.

Four deep in tent. I had a nice visit with family.  
Met Blaine's girlfriend (Tonya). I liked her a  
lot. Seems perfect for Blaine. (They are never as  
thick as they are). No wedding plans but they sound very  
serious.

Mom's health held up reasonably well. I confess  
to some guilt when this occurred. We can only do our  
best at any given moment.

Glen had his new car. Mom & Dad bought an '84.

Didn't get to see as much of our friends as we'd  
have liked but...

It was a long drive back. It knows it's going to  
get more and more difficult to make the trip  
home. It would be tough to do in just a weekend.  
Time will tell.

'84 is nearly there and I haven't done much about  
goals for '85. I'd like to get some things down on writing.  
A good self improvement book wouldn't hurt. Maybe  
the new one by Denis Waitley.

Take time to think, read and review.

(NOTE: add to "goals" DEC. 20)

- HOT SHOWER AFTER WORK
- BUY BOOKS 4-5 @ TIME
- DAILY STRETCHING EXERCISES
- CHK. ON AUTO REPAIR COURSE?
- DUSTER LICENSE.

December 27

1984 draws to a close. I set goals and made some  
of them. I read 35 books. I started a new job. I  
moved. I started a fitness program. I'd like to sit down  
this weekend and do a thorough summary. I feel good  
about 1984. (over)



It was satisfying to be back @ work yesterday.  
I feel very positive about 1985. I see  
good things on the horizon.

December 31, 1984

Things for which I can be grateful on this  
final day of 1984—

1. Barb: her health, happiness and love for me.
2. Friends and family: Mom, Dad, Klaus, Paula  
Family; John, Terry, Nancy, Jeff etc.
3. Our health: physical and emotional
4. Our jobs: Barb loves her and mine will get  
better.
5. Our apt—Our home.
6. Our future.
7. Our education
8. Our minds
9. Our hearts
10. Our faith
11. Our love: for each other and for life.
12. Our attitudes.
13. Our talent
14. For today.

I had been looking forward to this weekend  
for some time. Barb worked and I had time  
to think—or not to think.

84,360 oil change etc?

We bought our collective Christmas present—  
a VCR. About \$300. I hope we make good use of it.  
I guess I worry about money too much. I  
don't worry about things as much as I used to.  
I am doing better.

I didn't run on this final day of 84. I wanted this  
time to think a bit and look back. I can't  
remember much about Jan-May. Before Clyde's call.  
I do remember Barb having to drive to Memphis. I  
have helped out that some.

But in looking ahead: I want to read more, watch  
less TV, drink less beer, exercise more. And  
spend more time in meditation. Thinking less of  
myself and more of others. Always remembering

THE ME I SEE IS THE ME I'LL BE

I am retiring this journal and beginning a fresh one.  
My only objective is honest consistency.

Where am I? Right here  
What time is it? Now  
Who am I with? me