

FCC Issues and Programs Report
4th Quarter 2012
KXMB
Bismarck, ND

Story: Killdeer Roundabout

Issue: Community Project

Reporter: Amber Schatz

Air Date: 10/31/12

Air Time: 10pm

TRT: 1:37

Interviews: Kyle Niess/Public Information Coordinator/D.O.T.,

Summary: Killdeer has one of the busiest intersections in oil country: The junction of Highway 22 and 200.

But a newly finished construction project may pave the way for how drivers navigate through these busy crossings.

Amber Schatz drives through the state's first ever roundabout.

Story: Beulah Growth

Issue: Business

Reporter: Sarah Gustin

Air Date: 10/30/12

Air Time: 10pm

TRT: 1:27

Interviews: John Phillips / Beulah Economic Development Director, Kim Kessler / Bronson's SuperValu

Summary: Small towns across North Dakota are experiencing business and residential growth like never before.

Many of those towns lie on the outskirts of oil activity.

Reporter Sarah Gustin takes you to Beulah where new houses and apartments are popping up, while businesses are busy remodeling and reopening.

Story: Corps Ruling

Issue: Consumer/Business

Reporter: Tom Gerhardt

Air Date: 11/30/12

Air Time: 10pm

TRT: 1:47

Interviews: Michelle Klose/Asst. State Water Engineer

Summary: The fight over Missouri River water continues as downstream states battle drought conditions.

It's a fight that keeps North Dakota in the crosshairs.

Southern states want the corps to increase flows from the Missouri River to help barge traffic stay afloat on the Mississippi.

That river is nearing historic lows near St. Louis.

But yesterday a top Corps official said her agency will continue to decrease flows to help protect the Upper Missouri River Basin.

Story: Lottery Pool

Issue: Money Matters

Reporter: Jon Berg

Air Date: 11/28/12

Air Time: 10pm

TRT: 1:14

Interviews: Zach Brew, Jim Reuer, Trinity Unrath,

Summary: With tonight's Powerball at \$550 million --- many workplaces pooled their money together ---- hoping to strike it rich.

We caught up with a group of employees --- who spent hundreds of dollars on Powerball tickets.

Story: Failed Farm Bill

Issue: Consumer/Business/Money Matters

Reporter: Sarah Gustin

Air Date: 12/27/12

Air Time: 6pm

TRT: 2:08

Interviews: Dan Wogsland / ND Grain Growers, Kristi Schlosser-Carlson / Farmers Union, Doyle Johanness/ ND Farm Bureau,

Summary: After months of Congressional members writing and rewriting --- the hopes of passing a farm bill in 2012 are crushed.

Ag Reporter Sarah Gustin visits with agricultural organization leaders about their disappointments in the farm bill expiring --- and their hopes for 2013.

Story: Dickinson Growth

Issue: Business/Community/Money

Reporter: Jon Berg

Air Date: 12/21/12

Air Time: 10pm

TRT: 1:58

Interviews: Dickinson City Administrator/Shawn Kessel,

Summary: Yesterday we brought you the news that North Dakota's population has grown to nearly 700-thousand residents.

With the rise in people, comes the rise in new homes being built around the state --- but where those homes are being built might surprise you.

As Jon Berg reports tonight, the housing isn't necessarily where the oil is.

QUARTERLY ISSUES/PROGRAMS LIST

There follows a listing of some of the significant issues responded to by Station **KXMB-TV Bismarck**, North Dakota along with typical and illustrative programming for the period of **October 1, 2012 to December 31, 2012**. The listings are by no means exhaustive. The order in which the issues appear does not reflect any priority or significance.

Description of Issue: **FAMILY MATTERS**

Responsive Program:

Title: Noon Show

Date: October 2, 2012

Time: 12:00 Noon

Duration: 5 Minutes

Type: Live Interview

Description: Ruth Nicolaus/Minot Y's Men's Rodeo

701-852-5577 www.MinotYsMensRodeo.com

The contestant list for the 2012 Ram Badlands Circuit Finals Rodeo in Minot has been finalized, and 90 cowboys and cowgirls from across North and South Dakota are making travel plans to head to Minot for this year's Minot Y's Men's Rodeo. Champions in both the Badlands Circuit and the nation pepper the contestant list for the upcoming rodeo.

Tickets are available for the Ram Badlands Circuit Finals Rodeo, hosted by the Minot Y's Men's Rodeo. The rodeo, held October 4-7 at the State Fair Center in Minot, determines the year end champion for all pro rodeos in North and South Dakota. The rodeo will pay out approximately \$108,000 and will determine the year end and average winner in each event, who will represent the circuit at the Ram National Circuit Finals Rodeo next March. For more information on the rodeo, visit www.minotysmensrodeo.com or call 701-852-5577.

Responsive Program:

Title: Noon Show

Date: November 2, 2012

Time: 12:00 Noon

Duration: 5 Minutes

Type: Live Interview

Description: Cameo Skager, CDHS: The Central Dakota Humane Society (CDHS) will be holding its annual Santa Paws event on Saturday, November 10, from noon to 5:00 p.m. People can pose with or without pets, as an individual or as a group. This event is a great chance to get professional-quality photos of your pet, child, grandchild or the whole family with Santa and support a worthy cause at the same time. All proceeds from the event go to support the animals rescued by CDHS. No appointments are necessary. People can enjoy refreshments and browse through the holiday displays at Plant Perfect while they wait. There is a \$20 donation fee per pet or person for a Santa Paws sitting, with \$5 charged for each additional pet or person in the sitting (up to a maximum of \$40). This price includes one 4x6 print and all pictures copied to a CD for easy reproduction. The Central Dakota Humane Society does not receive any federal, state or local funding and relies completely on its members and fundraisers to raise enough money to care for the animals at the shelter. CDHS is a no-kill animal shelter that serves Bismarck-Mandan and the surrounding communities by housing and finding homes for lost, strayed or abandoned animals, promoting spaying and neutering and offering educational opportunities. The shelter is located three miles north of Mandan on Highway 1806 and is open Tuesday through Saturday from 1:00 p.m. to 6:00 p.m. For more information about our Santa Paws event, call the shelter at 667-2020.

Responsive Program:

Title: Noon Show

Date: December 31, 2012

Time: 12:00 Noon

Duration: 5 Minutes

Type: Taped Interview, on location

Description: Megan Myrdal, NDSU Extension Service, Burleigh County: Do You Have a Healthy Home Environment for 2013? There is something so refreshing about a New Year – a second chance, a fresh start, an opportunity to begin those “plans” that didn’t quite make their mark on 2012. Some of the most common New Year’s resolutions are related to losing weight and getting in shape and to achieve these goals, the first ideas to insure success are joining a weight loss program and getting a gym membership. However, one of the best places to start in making healthy goals a reality is to create a healthy home environment and instilling healthy habits with the entire household. Here are some steps to create Healthy Home Environment - Inventory your home “food environment.” Make a list of foods and beverages that add calories but little else Write down alternatives foods that could be substituted for these less healthy items Make healthy foods, drinks and snacks more easily accessible (i.e. prewashed/precut fruits and vegetables, homemade trail mix in ready to go snack bags, cold water in a pitcher) Inventory your family’s television, video and game viewing time. How much is your family watching right now? Research suggests that watching TV for more than 4 hours a day is linked to a higher body weight. Try to limit screen time to 2 hours a day. Develop a list of activities that increase physical activity for all members of the family! Find activities that work for all members of the family and make them family events – not family chores. Sledding, Ice skating, family walks, etc. The New Year gives is a great opportunity for parents to teach children.

Description of Issue: **EDUCATION**

Responsive Program:

Title: Noon Show
Date: October 8, 2012
Time: 12:00 Noon

Duration: 5 Minutes

Type: Live Interview, on location

Description: Merl Paaaverud, director & Claudia Berg/Expansion Coordinator/State Historical Society
The public is invited to attend the Last Hurrah Party at the State Museum's Main Gallery located in the ND Heritage Center on October 11-14, 2012. Museum hours will be extended on October 11 and 12 from 8 a.m. to 8 p.m. and October 13 and 14 from 10 a.m. to 5 p.m. This free event offers the public a last look at the State Museum's Main Gallery that has been open for 31 years. This gallery will close on October 15 for renovations and open as a new part of the expansion project in fall of 2014. Only the Main Gallery will close. The ND Heritage Center will remain open with access to additional exhibits, the State Archives, the Museum Store, State Historical Society of North Dakota offices, SHSND Foundation offices, and more. A special closing ceremony will take place on Sunday, Oct. 14, at 4:30 p.m. in the State Museum's Main Gallery at the Heritage Center. For more information and a complete schedule of events, contact the State Historical Society of North Dakota at 701.328.2666, e-mail histsoc@nd.gov, or visit [history.nd.gov](http://www.nd.gov/history). <http://www.nd.gov/history>.

Responsive Program:

Title: Noon Show
Date: October 15, 2012
Time: 12:00 Noon

Duration: 5 Minutes

Type: Live Interview

Description: Erik Holland, Curator of Education/State Historical of ND
The 24th Annual Governor's Conference on North Dakota History is coming up on October 26-27 at the Bismarck Civic Center. The theme of this year's conference is "Partners on the Prairie: Inventing Solutions for Agriculture." Erik Holland, conference coordinator and curator of education for the SHSND says the whole point of the conference is to provide North Dakotans with the historical context of how agriculture has developed due to innovative solutions to the unique challenges we face in our state. For information on the Governor's Conference on North Dakota History, email SHSND Administrative Assistant Kiri Stone at kstone@nd.gov or call at 701.328.2799. Registration is required, and fees include lunch. Register online at history.nd.gov/conference.

Responsive Program:

Title: Noon Show

Date: November 1, 2012

Time: 12:00 Noon

Duration: 5 Minutes

Type: Live Interview

Description: David Mau, Exec. Dir./The Arc of Bismarck & Antoine Hunter/Choreographer, Dancer, Actor: The Arts and Ability Conference is a one day conference that will bring together the disability, aging, youth, and arts communities into a collaborative dialogue. The goal of the conference is to empower self-advocates (individuals with disabilities) to pursue excellence and achievement in the arts, while showcasing their talent to the general public. The conference has two dimensions. The first is a 9am-5pm exposition into various arts groups. We are focusing on Video, Creative Writing, Painting, Community Theater, Acoustic Music, Dance, Poetry, Animation, and Booking. 9 speakers are representing their art and 5 of them are leading group activities that will get everyone involved! Our hope is that the speakers inspire our disability population to approach the arts with a new confidence and zeal! Finally, we are hoping to inspire the community at large through a Film Festival called Sprout. Developed in 2003, the Sprout Film Festival has inspired thousands through short films and documentaries that highlight disability related concerns. We have chosen 6 films from Sprout Flix, but are also having 2 of our conference speakers present their work in both commercial video and animation. The film festival is a chance to educate and inspire Bismarck and North Dakota at large towards artistic achievement and collaboration.

Responsive Program:

Title: Noon Show

Date: December 10, 2012

Time: 12:00 Noon

Duration: 5 Minutes

Type: Live Interview

Description: Tamara Uselman, Supt./Bismarck Public Schools

www.bismarckschools.org

an update on boundary process, transfer policy, new schools. She will talk about some of the things she will discuss at that same night's board meeting (Mon. 12/10), including the "roll up" plans for sixth grade and ninth grade students and the school calendar.

Responsive Program:

Title: Noon Show

Date: December 26, 2012

Time: 12:00 Noon

Duration: 5 Minutes

Type: Taped Interview

Description: Jackson Bird and Anita Casey-Reed/Dakota Digital Film Festival
www.freetv.org 258-8767

Dakota Digital Film Festival (DDFF), the region's newest venue for short films, is now accepting submissions for the evening screenings portion of the 2013 festival. Film selections will be made from eligible entries received by the January 4, 2013 deadline. The festival's mission is to support the work of emerging and talented filmmakers and video artists in the region. While all are encouraged to submit, films with content relevant to our geographic region or made by people with some connection to our region are preferred; all genres of film are welcome. The 2nd Annual Dakota Digital Film Festival will take place Friday, April 5th, 2013 in the historic Belle Mehus Auditorium in downtown Bismarck, North Dakota. In addition to evening screenings, the festival will include filmmaking workshops and student film screenings, free for high school and college students and teachers registered through their schools. DDFF is administered by Dakota Media Access (DMA) and managed by a volunteer committee. DMA is a non-profit, non-commercial community media organization serving the cities of Bismarck and Mandan by managing the production facilities, equipment, programming and distribution systems for the area's public, educational and governmental media needs. Watch a glimpse of the first Dakota Digital Film Festival. www.freetv.org or find us Facebook

Description of Issue: **HEALTH & MEDICAL**

Responsive Program:

Title: Noon Show

Date: October 26, 2012

Time: 12:00 Noon

Duration: 5 Minutes

Type: Live Interview

Description:

NOON SHOW 10-26-12

Dr. Brent Hella

Dr. Hella is an Internal Medicine physician and has been practicing since 2000. He struggled with his own weight issues and has lost 80 pounds and has maintained that weight loss for almost 8 years when we started Valley Bariatric in Fargo. He has since been certified as a Bariatric Physician in 2005. Bariatric being the study of obesity, many people associate bariatric with surgery, however, we do nothing surgical at Valley Bariatric & Wellness Clinic we do work very closely with some Bariatric Surgeons in Fargo handling a lot of their pre and post gastric patients. We are a medically monitored weight loss clinic, handling all the aspects of weight loss including dietary counseling, behavior modification, exercise physiology, nutritional services and weight loss medications. Some of the many benefits of medically monitored weight loss are that several people that we see are suffering from other comorbidities due to their weight and on several medications, these medications need to be monitored and tweaked as the weight decreases. Also offering the dietary component that offers our patients several avenues for what would work best in their lifestyles and with their personalities. Dr. Hella does do some medications but is a true believer that there is NO magic pill, medications is prescribed in our clinic along with a combination of other services that we offer at the clinic. Requesting a 2 year commitment from the patient, keeping involved in a maintenance class or stopping by and getting weighed every 4 to 6 weeks once your goal weight has been met, so that if we notice you gaining a few pounds we bring you in and get you back on track. We are running at about 85% after 5 years with our patients maintaining their weight loss.

Responsive Program:

Title: Noon Show

Date: November 20, 2012

Time: 12:00 Noon

Duration: 5 Minutes

Type: Live Interview

Description: Michelle Tincher, MD, family medicine/Sanford

Many people choose not to have the influenza vaccine because of myths they believe about the disease or the vaccine.

Myth: Influenza is a minor illness.

Truth: Influenza and its complications cause about 20,000 deaths in the United States each year.

Myth: The vaccine causes the flu.

Truth: You can't get the flu by having a flu shot. The flu shot is made of killed virus and therefore cannot cause the flu. And the weakened viruses in the flu nasal spray vaccine can cause symptoms similar to a cold, but they can't cause the flu.

Myth: The vaccine causes unpleasant side effects.

Truth: The vaccine causes no side effects in most people. Earlier vaccines (1940s to 1960s) did have more unpleasant side effects, but this is rare now.

Myth: The vaccine is ineffective because some people had a flu-like illness after getting a flu vaccine.

Truth: Although getting the vaccine prevents most people from becoming ill with the flu, some people still become infected. This may occur because a person is exposed to the virus before getting a vaccination or before it has taken effect, or because the vaccine does not match the circulating virus closely enough. A mild illness similar to a cold also can be caused by the live, weakened viruses in the influenza nasal spray vaccine. But any illness is usually milder than it would be without having had the vaccine.

Responsive Program:

Title: Noon Show

Date: November 5, 2012

Time: 12:00 Noon

Duration: 5 Minutes

Type: Live Interview

Description: Kelly Fisher, LRD/Sanford Health:

Focus on Sodium: How much salt are you eating? On National Eating Healthy Day, learn simple steps you can take to eat less sodium. Wednesday, November 7 - National Eating Healthy Day the American Heart Association/American Stroke Association is increasing awareness of sodium. Eating too many salty (high sodium) foods can create all sorts of health problems, including high blood pressure. High blood pressure is a major risk factor for heart disease, stroke and kidney disease. The average American consumes about 3,400 milligrams of sodium a day – more than twice the 1,500 milligrams recommended by the American Heart Association/American Stroke Association. That's in large part because of our food supply; more than 75 percent of our sodium consumption comes from processed and restaurant foods. There are many simple ways to improve sodium intake. Think fresh: fresh foods are naturally lower in sodium than processed foods. Skip the salt when cooking and use spices, herbs, garlic, vinegar or lemon juice for seasonings. Vinegar and lemon juice are acidity and help the taste buds adjust to the lower sodium levels in food. Fresh onion or onion powder in place of onion salt. Same for garlic. Many salt free seasonings available – Italian seasoning, basil, seasoning blends, etc. National Eating Healthy Day, Nov. 7, is devoted to encouraging everyone to make small changes to incorporate healthier food choices and increase awareness of the importance of good nutrition. Celebrate National Eating Healthy Day by making a conscious effort to eat less sodium. It's worth it. For more information on sodium visit www.heart.org/sodium

Responsive Program:

Title: Noon Show

Date: December 6, 2012

Time: 12:00 Noon

Duration: 5 Minutes

Type: Taped Interview, on location

Description: Megan Myrdal, Burleigh County Extension

Watch Out for Tiny Tastes This Holiday Season – Try this Creamy Spinach Feta Dip for a delicious, satisfying alternative to higher calorie choices.

Holiday parties – lots of appetizers, drinks and sweets which can add lots of calories, fat, sugar. Little bites and tiny tastes throughout the season can add up to hundreds of extra calories and likely, some unwanted pounds. Simple modifications to a recipe can lower the fat, sugar, calories and sodium and provide an opportunity to add whole grains, fruits and vegetables. Vegetable dips can sound healthy but they are often loaded with fat and calories. This version, Creamy Spinach Feta Dip is healthy but still very tasty

Make spinach dip. Special notes – Feta cheese is a Greek cheese which adds a lot of tang and flavor while saving calories. We are using plain fat free yogurt and reduced-fat sour cream to save some fat and calories. Once finished, wrap with plastic wrap and let sit in the refrigerator for an hour to allow the flavors to meld. Serve it with whole wheat pita wedges or a raw vegetable tray. Visit heart.org/simplesimplecooking for this recipe and more!

Description of Issue: **SOCIAL PROGRAMS**

Responsive Program:

Title: Noon Show

Date: October 16, 2012

Time: 12:00 Noon

Duration: 5 Minutes

Type: Live Interview

Description: Matt Schanandore/Haunted Attraction Consultant:

Haunted Fort is ready to open its doors for another season this Thursday, Oct. 11. Once again, the historic buildings at Fort Abraham Lincoln State Park have been transformed into nightmarish scene-scapes that challenge the bravery of anyone who passes through their gates. Now in its eleventh year, Haunted Fort is one of the largest haunted attractions in North Dakota. Haunted Fort is an annual fundraiser for the Fort Abraham Lincoln Foundation. Revenue from Haunted Fort helps maintain the buildings and the Foundation's interpretive program. The event was started in 2002 when Foundation staff decided to take advantage of the haunted lore surrounding Fort Lincoln. People brave enough to face the attraction will get their chance starting this Thursday, Oct. 11, and continuing every Thursday, Friday and Saturday for the rest of October. In addition, Haunted Fort will offer special nights Sunday, Oct. 28– Wednesday, Oct. 31. Haunted Fort runs from 7:30 p.m. to 10 p.m. on Thursday, then 7:30 p.m. to 11:30 p.m. on Friday and Saturday. It will also run from 7:30 p.m. to 10 p.m. October 28 – October 31.

Responsive Program:

Title: Noon Show
Date: October 17, 2012
Time: 12:00 Noon
Duration: 5 Minutes
Type: Live Interview

Description: Stacy Sturm, Organizer/Edible Style Show: From the runways of the big cities to the stage of our small town, Bismarck is about to see the 2nd Annual edible style show on Sunday, October 21st at the Amvets in Bismarck. "Playing With Food" will feature edible outfits from local restaurants, businesses, and organizations. This is a style show like no other. Many local businesses and individuals have agreed to put together outfits made almost entirely of food. Contestants don't have to work in the food industry to try their hand at this contest, they just have to be creative and willing to have some fun! One team will take home \$500 as the "People's Choice Award Winner"! There will also be an edible art contest anyone can enter. Construct cakes, gingerbread houses, chocolate houses, edible pictures, fruit sculptures, etc. for a chance to win a \$100 People's Choice Award!! All the pieces will be auctioned off in a silent auction with the proceeds benefitting charity. A cash bar will available and local vendors will have plenty for people to see and do. Organizers are still looking for individuals to put together outfits or edible art pieces for the show. If you are interested contact Stacy at 751-0838 or email stacy@urlradio.net.

Responsive Program:

Title: Noon Show
Date: November 9, 2012
Time: 12:00 Noon
Duration: 5 Minutes
Type: Live Interview

Description: Dr. Jamieson Ridenhour/University of Mary&Sami Halland/actress
There will be an extra chill in the air, Nov. 15-18, as the University of Mary debuts "Grave Lullaby, A Ghost Story," a spine-tingling original play, in Arno Gustin Hall on the Bismarck campus. Written and directed by Mary professor Jamieson Ridenhour and brought to the stage by a cast and crew of U-Mary students, alumni and faculty, this year's fall theater production promises a riveting journey into the macabre. "Grave Lullaby" is Ridenhour's first venture as a playwright. Performances are Thursday, Nov. 15-Saturday, Nov. 17 at 7:30 p.m. and Sunday, Nov. 18 at 2:30 p.m. Tickets are \$8 for adults, \$4 for seniors and non-Mary students, free to Mary students with Mcard. To reserve, call 355-8262. Due to content, this play is recommended for ages 13 and up.

Responsive Program:

Title: Noon Show

Date: December 28, 2012

Time: 12:00 Noon

Duration: 5 Minutes

Type: Taped Interview

Description: STEPHANIE DELMORE/SLEEPY HOLLOW THEATRE & ARTS PARK

“New Year’s at the Belle will be Dec. 31st at the Belle Mehus City Auditorium in Bismarck—following a very successful event premiere started in 2011. The 1914 Belle is our Metropolitan Opera” says Sleepy Hollow Theatre & Arts Park Executive Director, Susan Lundberg. This is New Year’s with all the trimmings including entertainment, dinner, dessert, luxury auction, dance, champagne and party favors. The evening begins with the social at 6:30 followed by dinner at 7 and dancing from about 9 pm-12:30 am. Music is by the Scott Prebys Orchestra with Dennis Connelly on saxophone. People will move to several Belle locations for some of the courses and may sit in the auditorium seats in between times and observe the festivities.. Single people as well as couples will enjoy the evening. The event benefits the educational programming of Sleepy Hollow Theatre & Arts Park. Reservations may be made by calling 319-0894 or sending check/credit card number to PO Box 675, Bismarck, 58502. The cost is \$75 per person or \$600 for a table of 8. Seating is limited. Black tie optional.