

**FCC Issues and Programs Report
4th Quarter 2013
KXMB – Bismarck, North Dakota**

Story: Operation Guardian

Issue: Community Project

Reporter: Donnell Preskey

Air Date: 10/30/2013

Air Time: 10PM

TRT: 1:44

Interviews: Sgt. Kylan Klauzer, Dickinson Police Department

Summary: Teams of law officers are out in force--tracking down registered sex offenders in Stark County.

Story: Grain and Trains

Issue: Consumer/Business

Reporter: Sarah Gustin

Air Date: 10/28/2013

Air Time: 6PM

TRT: 1:42

Interviews: Josh Mardikian / South Central Grain Manager/Sterling, Chris Gratton/Garrison Elevator

Summary: Trains are moving up and down the tracks across North Dakota.

But many are days, even weeks late to pick up grain at local elevators.

Ag Reporter Sarah Gustin has more on what the hold up is in getting wheat trains down the tracks.

Story: Land Sales

Issue: Money/Business/

Reporter: Sarah Gustin

Air Date: 11/29/2013

Air Time: 6PM

TRT: 2:02

Interviews: Vince Bitz / Bitz Realty, Jim Farrell / Farmers National Co.

Summary: From Texas to North Dakota, land is selling for thousands of dollars an acre across the United States.

In fact, even many experts haven't seen prices this high.

Ag Reporter Sarah Gustin has more on if this land price bubble is about to burst.

Story: Dummy Deputy

Issue: Health & Safety

Reporter: Amber Schatz

Air Date: 11/26/2013

Air Time: 10PM

TRT: 1:44

Interviews: Howdy Klein, Amidon resident, Anna Allard, Amidon resident, , Sheriff Pat Lorge

Summary: Traffic and business is booming in the southwest corner of the state.

With that, of course, comes an increase in traffic accidents and crime.

In rural Slope County, an old crown victoria sits and waits to surprise speeders who may travel through the county seat of Amidon too fast.

Amber Schatz introduces you to the deputy who's been causing double takes--for more than 20 years.

Story: Record Cow Sale

Issue: Money Matters/Consumer

Reporter: Sarah Gustin

Air Date: 12/18/2013

Air Time: 6PM

TRT: 2:02

Interviews: Matt Lachenmeier / Kist Livestock

Summary: One sale barn is overloaded with cows.

Ag Reporter Sarah Gustin takes you to Kist Livestock where a record number of cattle are being sold in 24 hours.

Story: CO2 to Bowman

Issue: Business

Reporter: Donnell Preskey

Air Date: 12/19/2013

Air Time: 6PM

TRT: 1:55

Interviews: Lynn Helms/ND Oil & Gas Division

Summary: A company with expertise in secondary recovery has taken major steps to bring technology to the far southwest corner of North Dakota. Donnell Preskey reports on how Carbon Dioxide could bring new life to the old oil field.

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, 2013 to December 31, 2013**. The listings are by no means exhaustive. The order in which the issues appear does not reflect any priority or significance.

1. Description of Issue: **CONSUMER**

Responsive Program:

Title: Noon Show

Date: October 7, 2013

Time: 12:00 Noon

Duration: 5 Minutes

Type: Live Interview

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

852-5577 www.MinotYsMensRodeo

This is the 59th year of the Minot Y's Men's Rodeo in Minot, North Dakota.

The rodeo begins at 6:30 pm on Thursday, Oct. 10, Friday, Oct. 11, and Saturday, Oct. 12 and at 1:30 pm on Sunday, Oct. 13. The best 92 cowboys and cowgirls in North and South Dakota will compete here, at this regional championship, to earn the title of Badlands Circuit Champion. World champions and contenders for this year's National Finals Rodeo are on the contestant list. The Minot Y's Men's Rodeo hosts the Ram Badlands Circuit Finals Rodeo, which determines the champions for the Badlands Circuit in each of seven events: bareback riding, tie down roping, steer wrestling, saddle bronco riding, team roping, women's barrel racing, and bull riding. Tough Enough to Wear Pink night at the Minot Y's Men's Rodeo is Friday, October 11. Funds are raised for Trinity Health's Cancer Rehabilitation Program at the Minot Family YMCA. In the past 6 years, the rodeo has raised \$307,000 for the program! For the past 58 years, proceeds from the rodeo go to benefit Triangle Y Camp on the shores of Lake Sakakawea near Garrison, North Dakota.

It's more than a rodeo; it's a full weekend of western experiences! There's a Badlands gift show, ranch rodeo, Kiwanis pancake feed, cowboy church and a Wild West Rodeo for special kids. Tickets are on sale online at www.MinotYsMensRodeo.com and at the Dakota Square Mall, beginning September 28 through October 10. Tickets range in price from \$25 (for gold level) to \$20 (for silver level and \$10 for children in the silver level.

Responsive Program:

Title: Noon Show

Date: October 18, 2013

Time: 12:00 Noon

Duration: 5 Minutes

Type: Live Interview

Description: Kim Khulman & June Remmich-Wilen/Bucks for Bras Co-Chairs

The third annual Bucks For Bras Charity event will be October 23 at Borrowed Bucks Roadhouse. Last year the event raised over \$14,000 for the American Cancer Society and Bismarck Cancer Center to benefit cancer patients. The third annual Bucks For Bras event will feature a glamorized bra and art auction with one of a kind pieces designed by individuals and groups from the community. These pieces can be wearable or non-wearable glamorized brassieres or related pieces of art. The pieces will be on display and participants can purchase them by live bidding. A silent auction will include items from area businesses for participants to bid on. Appetizers and drinks will be provided by Bucks and area distributors. All cancer survivors in attendance will receive a gift and Bucks will be giving away a trip at the event. Anyone who purchases a ticket will be registered for the drawing must you must be present to win. Bucks For Bras will begin at 5:30 PM on October 23. A ticket to the event will be required to get into Bucks that night. You can purchase tickets in advance for \$10 each or purchase a reserved table for 4 people for \$100. Tickets at the door will be \$15. Purchase your tickets from Borrowed Bucks Roadhouse, the American Cancer Society, or the Bismarck Cancer Center. As part of breast cancer awareness month in October, Bucks will also be hanging a bra garland from the building. If you would like to donate to the bra garland, drop your bras off in the boxes located at Bucks, the American Cancer Society, the Bismarck Cancer Center, Advanced Surgical Art Center and Lifeways Clinic. Visit www.BucksForBras.com for additional information. If you have questions or would like more information contact Kim Kuhlmann at 701-250-1022 or email Kimberly.Kuhlmann@cancer.org.

Responsive Program:

Title: Noon Show

Date: November 1, 2013

Time: 12:00 Noon

Duration: 5 Minutes

Type: Live Interview

Description: CAMEO SKAGER/CDHS

Santa Paws Photos with Santa

Saturday, November 2 - Sunday, November 3 The Central Dakota Humane Society (CDHS) will be holding its annual Santa Paws event on Saturday and Sunday, November 2 and 3, from 1:00 p.m. to 4:00 p.m. Thanks to Plant Perfect for hosting us again this year.

Everyone is encouraged to bring their pets and families to pose for a picture with Santa Claus. 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 Santa Paws event is sponsored by In-Dog-Neat-O dog grooming of Bismarck. 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: November 12, 2013

Time: 12:00 Noon

Duration: 5 Minutes

Type: Live Interview

Description: Patti Regan, Executive Director of AID, Inc & member of Missouri Valley Homeless Coalition Missouri Valley Coalition for Homeless People (MCVHP), in partnership with Missouri Slope Areawide (MSA) United Way, will host their first annual Empty Bowl and Bag Auction event. The event will take place on Sunday, November 17 from noon to 4 p.m. at the Century Baptist Church, Bismarck. Empty Bowl is an international grassroots effort to fight hunger. The basic premise is simple. Individuals work with the community to create handcrafted bowls. Guests are invited to a simple meal of soup and bread. In exchange for a cash donation, guests are asked to keep a bowl as a reminder of all the empty bowls in the world. Tickets are 15 dollars for a keepsake bowl, which also includes a meal of soup and bread. Tickets are available at the door or by calling. Ages 5 and under are free and ages 6 to twelve are 5 dollars, which doesn't include a keepsake bowl. The bowls for the event were handcrafted by Clay Your Way in Fargo and students and professors at Bismarck State College. Proceeds from the event will benefit MCVHP member agencies that help with hunger in our community. Donations of canned goods are welcome. Please find the time, make the commitment, and get involved. Your single effort can have a profound impact.

Title: Noon Show
Date: December 2, 2013
Time: 12:00 Noon
Duration: 5 Minutes
Type: Taped Interview
Description: Peggy Netzer/Burleigh County Extension Service
221-6865 peggy.netzer@ndsu.edu
beth.beckers@ndsu.edu Have you ever watched a couponing show on TV and wondered how they can save so much money or where they find the time to clip the coupons? Coupon Clip-It will introduce you to many resources and help you navigate the complicated language of couponing! NDSU Extension Service-Burleigh County is offering two classes to show you the benefits of couponing and simple tools to help you get started. Participants will learn how to identify sources of coupons, simple organization techniques, and be introduced to a variety of helpful websites and apps. This course will discuss coupon policies at a variety of locations in our area and teach you how to save money on food, but also on a variety of common household items.
In addition to these many resources and meeting a network of money-savers, each participant will be registered into a drawing for a gift card to a local grocery store to help the winner get started and use their new knowledge (one card per class).
Coupon Clip-It class will be offered November 4, 2013 at the NDSU Extension Service-Burleigh County Office, 3715 E Bismarck Expressway at 12:00 p.m. and 6:00 p.m.
To sign up for the class, please call the office at 701-221-6865 or email peggy.netzer@ndsu.edu or beth.beckers@ndsu.edu.

Responsive Program:

Title: Noon Show

Date: December 20, 2013

Time: 12:00 Noon

Duration: 5 Minutes

Type: Live Interview

Description: James Beck/Technology Consultant
426-2192 EPICTECHND.COM

Top 5 Apps for your new Ipad or Tablet. 1. Amazon Kindle - Free App (books vary in price) If you are using your iPad for eBook reading this is a great app. You can also get books from the iBook Store app but the Amazon Kindle books selections is the best available. Also recommended if you have an iPhone Android Tablet or Android Phone.

2. Epicurious - Free App If you plan to use your iPad to help with cooking Epicurious serves up more than 30,000 recipes from magazines, chefs and cookbooks. The big screen makes it easy to follow recipes step-by-step in the kitchen. Also recommended if you have an Android Tablet or Android Phone.

3. Draw Something - Free App Many people know about the popular games such as Angry Birds, Candy Crush and Words With Friends. But if you've got an iPad now you might as well take advantage of the big screen and try Draw Something. It is a Pictionary type game that you connect with friends to play. Also

recommended if you have an iPhone Android Tablet or Android Phone. 4. Netflix - Free App (monthly service required) Many people already stream Netflix to their Smart TV or Game console, but don't forget you can stream right to your iPad, iPhone or Android device. 5. Drop box - Free App (up to 2 GB) While iCloud can also be used to save your pictures and other data, many reviews online have cited it to be slow, problematic and hard to use. Dropbox having been around much longer has been able to fine tune their backup and file access service and offers a better experience with more features. When in doubt use both of them, if one service fails you will still have the option to get your data back from the working service. Key features of Dropbox include instant picture upload to the cloud for remote backup. And allowing you to access any files on your computer that are stored in your Dropbox folder directly from your iPad. Also recommended if you have an iPhone Android Tablet or Android Phone.

2. Description of Issue: **SOCIAL PROGRAMS**

Responsive Program:

Title: Noon Show
Date: October 9, 2013
Time: 12:00 Noon
Duration: 5 Minutes
Type: Live Interview
Description: Amber Rae Bernhardt/Exec. Director, Dakota Stage, Ltd. & Tom Chase, Dakota Stage
258-4998 www.dakotastageltd.com Dakota Stage Ltd. is proud to present Who's on First, the hilarious "nightmare" comedy, as the first show of its thrilling 35th season. Starring familiar DSL faces including Austin Flemmer, Moira McNichols, John Clemo and Kaydee Baker, and directed by veteran Dennis Haney, Who's on First will surprise and delight audiences with its zaniness and antics! Take a husband, wife, lover and friend, add a strange lamp, a gun and a rubber chicken plus a party that begins at 8 p.m., then again at 8 p.m. and then again at 8 p.m. and you have a crazy comedy. Four people find themselves doomed to reliving one horrible hour over and over until they get it right. Is it all an accident? Or is their dilemma part of someone's fiendish plan? A labyrinth of hilarity ensues to a shocker of an ending.

Responsive Program:

Title: Noon Show
Date: October 11, 2013
Time: 12:00 Noon
Duration: 5 Minutes
Type: Live Interview
Description: Dan Rogers & Erin Weichel
Bismarck State College turns to one of Broadway's most highly awarded plays with "Proof," a drama of mystery and exceptional storytelling that received the 2001 Pulitzer Prize for drama and Tony Award for best play. Performances are Oct. 16-20 with shows starting at 7:30 p.m. Wednesday through Saturday and 2:30 p.m. Sunday in Sidney J. Lee Auditorium. Written by David Auburn, the play concerns Catherine, the daughter and caregiver of Robert, a college professor and math genius, as she struggles to learn how much of her unstable father's genius or madness she has inherited. The answer may lie in 103 notebooks of scribbled calculations the professor left behind. While handling her volatile emotions and insecurities, Catherine must deal with the arrival of her estranged sister Claire and the attentions of Hal, Robert's graduate student, who hopes to discover a paradigm-shifting proof about prime numbers in the notebooks. BSC Theatre Director Dan Rogers said this well-made play has nearly perfect dramatic structure that keeps the audience engaged. This play carries a PG-13 rating for adult language. Children under age 5 are not allowed in the theater. Tickets are \$10. To reserve seats, call the box office at 224-5511.

Responsive Program:

Title: Noon Show
Date: November 15, 2013
Time: 12:00 Noon
Duration: 5 Minutes
Type: Live Interview
Description: Keri Hess-Bolte/Mandan High School
The Mandan High School Choirs are holding their annual Victorian Tea event on Sunday, Nov. 24 at the Seven Seas in Mandan. Four high school choirs will be dressed in Victorian attire and will sing holiday songs while those attending enjoy homemade treats, tea, coffee and hot chocolate. Two Victorian Tea sessions will be held; one from 1 p.m. to 2:30 p.m. and one from 3 p.m. to 4:30 p.m. Tickets are \$7 and are available by calling the Mandan High School music department at 701-751-6501 or emailing Angela.Kutzer@msd1.org. Money raised at this year's event will be used to help send Concert Choir students on a trip to Denver in the spring. They will be singing the National Anthem at a Colorado Rockies baseball game. Money also is used to provide scholarships for students to attend International Music Camp and offset the costs of uniforms and competitions.

Responsive Program:

Title: Noon Show
Date: November 21, 2013
Time: 12:00 Noon
Duration: 5 Minutes
Type: Live Interview
Description: Beverly Everett/BMSO Conductor & Aaron Meyer/Guest artist & Tim Ellis/Guest artist
bismarckmandansymphony.org 258-8345 The Bismarck-Mandan Symphony Orchestra (BMSO) and Dr. Beverly Everett are excited to kick off this festive season with its "Holiday Pops" concert featuring 2012 Fourth of July guest artists, Aaron Meyer and Tim Ellis on Nov. 22 and 23 at 7:30 p.m. at the Belle Mehus Auditorium.
Concert Rock Violinist Aaron Meyer performs cutting edge original music and arrangements with virtuosity and passion. Aaron brings his fresh and invigorating instrumental style to the stage and genuinely connects with audiences of all ages. Aaron, with guitarist Tim Ellis, will join the BMSO for a holiday concert that will surely get you and your family ready for the holiday spirit. The concert will include holiday classics such as Sleigh Ride, Nutcracker, O Holy Night, White Christmas and many more.
Tickets may be purchased by calling the BMSO office at 701-258-8345, going online to www.BismarckMandanSymphony.org or visiting the BMSO office at 215 North Sixth Street in Bismarck. Ticket prices range from \$19-31 for adults, \$14-31 for seniors and \$9 for students.

Responsive Program:

Title: Noon Show

Date: December 13, 2013

Time: 12:00 Noon

Duration: 5 Minutes

Type: Live Interview

Description: Tom Porter/Director, Bismarck-Mandan Symphony Orchestra
Dawn Haggerott, Tanya Spilavoy, Clyde BaumanThe Bismarck-Mandan Civic Chorus will present, *Home for the Holidays*, this year's Christmas spectacular, Saturday, Dec. 14 at 7:30 p.m., and Sunday, Dec. 15 at 4 p.m., at the Cathedral of the Holy Spirit in Bismarck. *Home for the Holidays* features a wide variety of holiday music from familiar carols to choral classics, and the variety of sounds including children's choir, brass, organ, piano, and a cappella choir. Simle Middle School 6th Grade Choir, under the direction of Jim McMahon and Al Kary, is the featured guest at this year's concert. This year's Christmas concert is a gift to the community, and tickets will be free of charge. This year marks the 37th anniversary of the Bismarck-Mandan Civic Chorus. Since its inception, the Chorus has expanded from a single concert, to a season with a number of concert events, including An Evening on Stage, a Christmas concert, and a spring concert. In addition, the Chorus regularly performs major works with the Bismarck-Mandan Symphony Orchestra and the Missouri Valley Chamber Orchestra.

Responsive Program:

Title: Noon Show

Date: December 18, 2013

Time: 12:00 Noon

Duration: 5 Minutes

Type: Live Interview

Description: Karen Traeholt/Executive Director, CDCC & Dawn Hagerott/Jubilate Conductor 258-6516 www.aboutcdcc.org Central Dakota Children's Choir (CDCC) presents "Angels Sing" its 16th annual Christmas concert on Friday, December, 20 and Saturday, December, 21 at 7:30 p.m. at the Belle Mehus Auditorium. The concert is sponsored by Basin Electric Power Cooperative. Admission is \$13 for adults, \$10 for senior citizens and students, and free for children age 5 and younger. Tickets are available on the CDCC website at www.aboutcdcc.org, at the CDCC choir office at 1810 Schafer Street, Eckroth Music, and at the door the day of the event. For more information, please call the CDCC office at 258-6516. The concert will feature each of CDCC's five choirs. Audience members will hear a mix of traditional Christmas music as well as some lesser known Christmas tunes that will be sure to entertain. The concert finale will be "A Holiday Sing-Along" featuring the combined CDCC choirs.

3. Description of Issue: **EDUCATION**

Responsive Program:

Title: Noon Show

Date: October 10, 2013

Time: 12:00 Noon

Duration: 5 Minutes

Type: Live Interview

Description: Frank Koch, Flickertail WoodcarversThe Bismarck-Mandan Flickertail Woodcarvers will be hosting their 44th Annual Woodcarving Show in Bismarck, ND, on October 12 & 13, 2013 at the Bismarck Career Academy. About 35 carvers from the area, surrounding states and Canada will display their carvings and demonstrate the carving techniques used. The show is FREE and open to the public from 12:15 pm to 4:30 pm each day. The theme for the 2013 woodcarving show is totem poles. Carvings will be available for purchase, vendors will be available for woodcarving tools and carving wood will be for sale. Our featured carver is Ian Norbury, England, a professional woodcarver.

Recognized as one of world's leading wood sculptors, Ian Norbury is in demand as a teacher worldwide. His work is astonishing in its virtuosity of execution, enigmatic mystery and beauty. Larry Brewster, Hot Springs Village, Ark, will conduct a (two morning) mini session on carving a Spiral Stylized Christmas tree out of basswood on Saturday and Sunday morning (8:00 – 11:15 am). Cost of the Sat. and Sun. morning (Oct. 13 & 14) class is \$20. Students will be responsible for bringing their own carving tools (a knife, V gouge, shallow gouge—5 or 7 sweep, a ruler pencil, and paint brush. People interested in learning to carve can sign up for the six week class that will begin on Tuesday evening, October 21. The Flickertail Woodcarvers Club is a nonprofit organization dedicated to promoting the interest of woodcarving. This year's show and classes are partially funded by grants from the Dakota West Arts Council and North Dakota Council on Arts. For more information about the woodcarving show or classes contact Frank Koch, 315 Saturn Drive, Bismarck, ND 58503 or Frank.Koch@bis.midco.net or 701-255-0280 or check the club website at: Flickertail.org.

Responsive Program:

Title: Noon Show

Date: October 17, 2013

Time: 12:00 Noon

Duration: 5 Minutes

Type: Live Interview

Description: Larry Skogen/BSC President & Clay Jenkinson/Humanities Scholar
kennedylegacy.org. Washburn native Clint Hill will be the keynote speaker at The Kennedy Legacy: 50 Years Later, a three day event Nov. 5-7, 2013, hosted by The Dakota Institute of the Lewis & Clark Fort Mandan Foundation, Bismarck State College and the State Historical Society of North Dakota on the BSC campus. The symposium explores the life, career, politics, vision, character, and legacy of John F. Kennedy 50 years after his death. Hill, the Secret Service Agent who leapt onto the back of the presidential limousine in the midst of the assassination of President John F. Kennedy, will be joined by a line-up of nationally known Kennedy scholars and historians including retired NASA astronaut and U.S. senator Harrison Hagan "Jack" Schmitt, author and Pulitzer Prize-finalist H.W. Brands, and Cold War expert Lawrence Freedman, among others. Leading up to the event, a free JFK Friday Film Festival will be held at the newly renovated Russell Reid Auditorium located in the State Museum of the North Dakota Heritage Center. The film series brings five classic films to the big screen over five Fridays, beginning with a 15-minute talk exploring the movie topic and relating it to Kennedy and North Dakota. The Kennedy Legacy: 50 Years Later is the third symposium presented by BSC and its humanities partners in a shared desire to bring history alive, make historical moments relevant to this generation, and to help our community gain a greater understanding of our common humanity. Registration for the full three-day event, all activities and meals is \$135. For a full agenda and to register, visit kennedylegacy.org.

Responsive Program:

Title: Noon Show

Date: November 7, 2013

Time: 12:00 Noon

Duration: 5 Minutes

Type: Live Interview

Description: Brandon Beise/NDDOT Maintenance Division

New technology can help motorists check road conditions through a new app for smartphones and tablets called NDRoads. The app was recently launched by the North Dakota Department of Transportation (NDDOT) and keeps users up to date on road condition information on state highways across North Dakota. The NDDOT presented the app at a press conference today with the North Dakota Highway Patrol, National Weather Service and the Department of Emergency Services as part of Winter Weather Awareness Week. NDRoads is available in the iTunes store and Google Play store for free and enables users to access road condition information on state highways across North Dakota. Users can see road conditions just as they would on the desktop Travel Information Map but in a custom-designed way for smartphones. The app allows users to add and remove map layers such as weather radar and wind speeds, view actual conditions from cameras located throughout the state and save frequently traveled routes. This new service is simply an addition to the tools that already exist for motorists including the desktop Travel Information Map at www.dot.nd.gov and the 511 call system. To learn more about winter driving safety or NDRoads, please visit www.dot.nd.gov.

Responsive Program:

Title: Noon Show

Date: December 6, 2013

Time: 12:00 Noon

Duration: 5 Minutes

Type: Live Interview on location

Description: Matt Schanandore/Fort Abraham Lincoln State Park & Steve Alexander/"Custer"
667-6340 www.parkrec.nd.gov Join General Custer in welcoming *Angelica*, one of many choirs of the Central Dakota Children's Choir, as they perform a holiday concert in the Commissary Great Room. The Custer Christmas event at Fort Abraham Lincoln State Park will feature a holiday performance by *Angelica*, Saturday, Dec. 7 at 5 p.m.
Under the direction of Teri Fay *Angelica* is one of five choirs in the Bismarck area Central Dakota Children's Choir. This high school women's choir features 24 singers from seven area schools. *Angelica* focuses on continued development of choral vocal skills and enjoys performing throughout the community. Hearty holiday chili will be available during the day on Saturday and on Saturday night before the concert for \$5. You can also treat yourself to a gourmet holiday coffee beverage from the Fort Lincoln Coffee Shop throughout the event. The Custer Christmas is open on Saturday Dec. 7 from 10 a.m. to 5 p.m. with the holiday concert starting at 5 p.m. and Sunday, Dec. 8, 10 a.m. to 4 p.m. A variety of activities and amusements for kids and adults are planned for each day. Admission to the event is \$6 per adult and \$4 per student. The North Dakota Parks and Recreation Department has waived the vehicle entrance fee in honor of Fort Abraham Lincoln State Park's Visitor Appreciation Weekend. For more information about Custer Christmas and Fort Abraham Lincoln State Park, visit www.parkrec.nd.gov or call 701-667-6340.

4. Description of Issue: **HEALTH & SAFETY**

Responsive Program:

Title: Noon Show

Date:

Time: 12:00 Noon

Duration: 5 Minutes

Type: Live Interview

Description: NOON SHOW 11-14-13

Shirley and Rod Jonas/Support GroupI was diagnosed in September 2009 with Multiple Myeloma, had chemo for 4 months and then a stem cell transplant in February 2010. I relapsed 1 year later, I was put back on chemo and have been on that ever since to keep the numbers down. I was interested in attending a support group and figured out that there was not a group specifically for Multiple Myeloma in Bismarck or in North Dakota at all. We wanted to start a support group but did not know where to start. We attended a patient family seminar sponsored by the International Myeloma Foundation which was very educational and interesting. But what we got from that seminar was how they could help with the planning and steps to getting a support group started. That was what I needed to take the first steps to getting the group going. Our first meeting was this past summer and we have had one every month since. We have had guest speakers and webinars from the IMF. This next Tuesday we will have Dr Chaudhary from Sanford. Date: Third Tuesday of each monthTime: 6:30-8:30 pmPlace: Bismarck Public Library515 North 5th StreetLower Level Meeting Room C

5. Description of Issue: **Health**

Responsive Program:

Title: Noon Show

Date: November 20, 2013

Time: 12:00 Noon

Duration: 5 Minutes

Type: Live Interview

Description: Krista Fremming/Tobacco Prevention & Control Program
ndhealth.gov/ndquits 1-800-quitnow (1-800-784-8669)

North Dakota's NDQuits tobacco cessation program recently celebrated its ninth anniversary and continues to be a successful service – helping the state's tobacco users quit smoking and using smokeless tobacco, according to Krista Fremming, director of the North Dakota Department of Health's Tobacco Prevention and Control Program. NDQuits, which is funded through the North Dakota Department of Health, offers free, individualized coaching to smokers or smokeless tobacco users who contact the service. The service can be accessed by calling 1.800.QUIT.NOW (1.800.784.8669), logging on to www.ndhealth.gov/ndquits online, or logging on via mobile device.

According to Fremming, there are several reasons for the success of NDQuits. The variety of program options available to users (phone, online, mobile), continued educational and marketing campaigns about quitting and the services of NDQuits, and more health-care providers referring their patients all contributed to the steady rate of NDQuits users.

NDQuits boasts a seven-month quit rate of more than 31 percent, meaning that after seven months, 31 percent of the people who received coaching and support are still not using tobacco. This quit rate ranks very high when compared to quit rates from other tobacco quit line services. NDQuits users can use one of the available services (phone, online or mobile), or all three of them in combination. Those who prefer to talk to someone can visit with quit coaches through the phone service. Those who are comfortable logging in can chat with coaches online and also chat with other quitters and find out what works for them. Qualified NDQuits enrollees also are able to receive free nicotine patches, gum or lozenges to help them quit. For more information about NDQuits, call Krista Fremming at 701.328.2315. For more information about quitting tobacco, contact NDQuits toll-free at 1.800.QUIT.NOW (1.800.784.8669) or log on to www.ndhealth.gov/ndquits.

Responsive Program:

Title: Noon Show

Date: November 20, 2013

Time: 12:00 Noon

Duration: 5 Minutes

Type: Live Interview

Description: Crystalynn Kuntz/Emergency Preparedness Coordinator, Bismarck Burleigh Public Health www.bismarck.org/publichealth 355-1540 With the holiday season upon us it is always a good time to take some emergency preparedness steps. Some of us will be traveling to see loved ones and when we get out on the ND roads we should have travel emergency kit with us. Some thing to remember to put in your kit are warm clothing, shovel , flash light, batteries, weather radio, food and water. You should also remember to pack your medication and any type of medical equipment you might need. For example if you are diabetic and need insulin you will also need the supplies to give it and if you are staying a couple days did remember to pack your CPAP machine or your cane. Once you have your travel kit together you have a start on making your emergency preparedness kit for your home. You take the same basic supplies in have in your travel kit and expand on it. You want supplies to last for at least 72 hours. You will want a gallon of water per person per day. You will also want to refill your medication a week in advance of it running out so you don't have to worry about not having enough meds. You may not be able to run to the pharmacy with 3 feet on snow on the ground. Another thing to think about is power. We have a good chance of losing power here in one of our great blizzards. Do you have oxygen or use a CPAP machine that uses electricity. What will you do if you don't have power? Do you have an alternative way of meeting your medical needs without power or do you perhaps have a generator as a backup power source. Remember--- taking sometime today to prepare could be a life saver for you and your family during a true emergency. For additional information please visit our web site at either the City of Bismarck or Burleigh county web page.