

### Issues/Programs List

Date Filed: January 8, 2016

Quarter Date: 4th Quarter, 2015

Title of Program: Info Track

Time of Airing: See Below

Duration Program: 25 minutes

Stations & Airtime: KGMO - 5:00A; KREZ - 5:00A; WKIB - 5:00A; KYRX - 5:20A; KJXX - 5:00A;  
KRHW - 5:30A; KBXB - 5:30A; KBHI - 5:30A

### Program Information

<b>Date</b>	<b>Guest/Topic</b>	<b>Issue</b>
10/4	John Baker, Lennard Davis, Michael Fischer	Citizenship; Civil Rights; Health
10/11	Michelle Garcia, John Izzo, Ron Shelvin	Crime; Community Involvement; Technology
10/18	Phil Gaddis, Lance LoRusso, Jonathan Jefferson	Employment; Violence; Education
10/25	Cary Funk Julie Lythcott-Haims, Karina Davidson	Science; Parenting; Mental Health
11/1	Denise Pope, Brooks Palmer, Kevin Haley	Education; Workplace Matters; Privacy
11/8	Barry Schwartz, William MacAskill, Katie Liljenquist	Mental Health; Career; Health
11/15	Dara Feldman, Sheldon Krantz, Brenda Shields	Parenting; Poverty; Children
11/22	Yasmin Hurd, Chris Malone, Janet Larson	Substance Abuse; Education; Consumer Issues
11/29	Karl Pillemer, Scott Bittle, John Haynes	Career; Economy; Personal Health
12/6	Lisa Servon, Dan McCue, Debbie Magids	Poverty; Affordable Housing; Women's Issues
12/13	Alvin Roth, Joel Kahn, Paul Tough	Education; Personal Health; Minority Concerns
12/20	Russell Johnson, Daniel Siegel, Kenneth Dautrich	Workplace Matters; Parenting; Citizenship
12/27	John Levanthal, Erin Botsford, Aaron Smith	Child Abuse; Retirement Planning; Economy

Filed by: \_\_\_\_\_

Date: \_\_\_\_\_

1/8/16

\* See attached for more information



**Weekly Public Affairs Program**

Call Letters: \_\_\_\_\_

**QUARTERLY ISSUES REPORT, OCTOBER-DECEMBER, 2015**

Show # 2015-27

Date aired: \_\_\_\_\_ Time Aired: \_\_\_\_\_

**John R. Baker, PhD**, Professor of Political Science at Wittenberg University, author of "*Government in the Twilight Zone: Volunteers to Small-City Boards and Commissions*"

97 percent of all American cities have a population fewer than 50,000 and Dr. Baker studies the workings of these smaller local governments. He discussed how local board systems operate, who the board members are and what motivates them to serve. He explained why it is important for citizens to understand how government functions, even in small towns.

**Issues covered:**

**Length: 6:54**

**Citizenship  
Government Policies**

**Lennard J. Davis, PhD**, Professor in the English Department in the School of Arts and Sciences at the University of Illinois at Chicago, Professor of Disability and Human Development in the School of Applied Health Sciences of the University of Illinois at Chicago, Professor of Medical Education in the College of Medicine, author of "*Enabling Acts: The Hidden Story of How the Americans with Disabilities Act Gave the Largest US Minority Its Rights*"

Disabled Americans are the largest minority group in the country. Dr. Davis believes the Americans with Disabilities Act (ADA) is the widest-ranging and most comprehensive piece of civil rights legislation in history. He explained the unusual path the law took to passage, some of the challenges in implementing it and the enormous impact of the ADA, 25 years after its adoption. He also outlined several potential reforms which he believes could improve it.

**Issues covered:**

**Length: 10:21**

**Disabilities  
Civil Rights  
Government Policies**

**Michael A. Fischer, MD, MS**, Instructor in Medicine at Harvard Medical School, Associate Physician at the Division of Pharmacoepidemiology and Pharmacoeconomics at Brigham and Women's Hospital in Boston

Dr. Fischer led a study that found that many people whose doctors start them on medications for conditions like diabetes and high blood pressure may never fill those prescriptions. He explained the reasons behind this problem and how doctors and patients can improve communication.

**Issues covered:**

**Length: 5:00**

**Personal Health  
Medical Issues**

Show # 2015-41

Date aired: \_\_\_\_\_ Time Aired: \_\_\_\_\_

**Michelle Garcia**, Director of the Stalking Resource Center at the National Center for Victims of Crime

Nearly 3.5 million people over the age of 18 are stalked each year in the United States. Ms. Garcia talked about the most common stalker scenarios, and why the crime is so difficult to define. She also explained why new developments such as GPS and social networking sites have made it much easier for stalkers to target their victims.

**Issues covered:**

**Length: 9:43**

Stalking

Crime

Women's Issues

**John Izzo, PhD**, business consultant, author of "*Stepping Up: How Taking Responsibility Changes Everything*"

Mr. Izzo said that almost every problem, from personal and business challenges to social issues, can be solved if Americans looked to themselves to create change rather than expecting others to do it. He offered advice to employees who are afraid to speak up at work and how to encourage children to step up and improve problems they see in their community.

**Issues covered:**

**Length: 7:33**

Workplace Matters

Community Involvement

Parenting

**Ron Shevlin**, Senior Analyst with Aite Group, an independent research and advisory firm serving the financial services industry

Social media sites like Twitter and Facebook have empowered consumers in many new ways. Mr. Shevlin explained how these new tools have made it much easier to complain about a problem or to influence corporate policies. He offered advice for the best ways for consumers to use social media to interact with companies.

**Issues covered:**

**Length: 4:55**

Consumer Matters

Technology

Show # 2015-42

Date aired: \_\_\_\_\_ Time Aired: \_\_\_\_\_

**Phil Gaddis**, President, Executive Search at the Addison Group, a Chicago-based provider of professional staffing and search services

Recent statistics show that the average American changes careers seven times. Mr. Gaddis explained why the turnover has increased so rapidly in recent decades, and offered advice for people who are considering a career change.

**Issues covered:**

**Length: 8:04**

Employment

**Lance LoRusso**, Atlanta-based attorney, former law enforcement officer, author of *"When Cops Kill: The Aftermath of a Critical Incident"*

Mr. LoRusso said police officers are well-trained on when and how to use their weapons, but are ill-prepared for what to do in the aftermath. He explained how the investigation of a police shooting differs significantly from one involving a civilian. He estimated that 75% of officers involved in a deadly force incident are the target of a civil lawsuit, whether the shooting was justified or not.

**Issues covered:**

**Length: 9:10**

**Police & Crime**  
**Violence**  
**Legal Matters**

**Jonathan T. Jefferson, PhD**, school administrator, author of *"Mugamore: Succeeding without Labels—Lessons for Educators"*

Dr. Jefferson said he believes that today's education system needs to change the way it handles problem students. He said zero tolerance policies and the application of labels to students who have behavioral or learning disorders causes many of them to be left behind. He believes that schools personnel need to exercise more patience with immature students to give them time to grow into productive students.

**Issues covered:**

**Length: 5:07**

**Education**  
**Youth at Risk**

Show # 2015-43

**Date aired:** \_\_\_\_\_ **Time Aired:** \_\_\_\_\_

**Cary Funk**, Associate Director of Research at Pew Research Center

A recent survey by the Pew Research Center found that Americans' grasp of common science topics could be better. She outlined the results of the survey, including differences between genders, ages and education levels. She explained why a basic understanding of scientific principles is important for Americans to understand many of today's civic issues.

**Issues covered:**

**Length: 7:07**

**Education**  
**Science**  
**Citizenship**

**Julie Lythcott-Haims**, former Dean of Freshmen and Undergraduate Advising at Stanford University, author of *"How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success"*

Ms. Lythcott-Haims believes that overparenting is out of control in America, and that it harms children, their stressed-out parents, and society at large. She explained how parents can allow children to make their own mistakes and develop the resilience, resourcefulness, and inner determination necessary for success.

**Issues covered:**

**Length: 10:11**

**Parenting**

**Karina Davidson, PhD**, researcher and clinical psychologist at Columbia University Medical Center in New York

Dr. Davidson recently led a 10-year study that found that happiness may prevent a heart attack. She explained the science behind this finding and suggested ways that people can improve their outlook to improve their health.

Issues covered:  
Personal Health  
Mental Health

Length: 4:30

Show # 2015-44

Date aired: \_\_\_\_\_ Time Aired: \_\_\_\_\_

**Denise Pope**, Senior Lecturer, Co-Founder, Challenge Success at Stanford University Graduate, co-author of "Overloaded and Underprepared"

Dr. Pope explained why parents and teachers should be concerned that many America's students are stressed out or have given up. She outlined steps that schools can take to provide kids with academic, social and emotional skills needed to succeed in school now and as adults later. She talked about the Challenge Success program at Stanford and how the program is customized for each school in which it is applied.

Issues covered:  
Education  
Parenting

Length: 9:53

**Brooks Palmer**, professional organizer, author of "*Clutter Busting: Letting Go of What's Holding You Back*" and "*Clutter Busting Your Life: Clearing Physical and Emotional Clutter to Reconnect with Yourself and Others*"

Most Americans struggle with clutter and disorganization. Mr. Palmer talked about the emotionally suffocating effects of clutter and why people have problems letting go of items they no longer need or use. He offered suggestions for how to get started and how to look at items in a different way to assess whether they are worth keeping.

Issues covered:  
Personal Productivity  
Workplace Matters  
Mental Health

Length: 7:27

**Kevin Haley**, Director of Product Management for Symantec Security Response

Today's smartphones hold a wealth of personal, financial and work-related data that thieves would love to get their hands on. So what happens when a phone is lost or stolen? Mr. Haley led a research project that intentionally lost 50 phones to see what data was accessed by the finder and whether the phones would be returned to their owners. The results were Showoncerting. Mr. Haley offered advice for phone owners to protect their data.

Issues covered:  
Crime  
Privacy  
Workplace Matters

Length: 5:04

Show # 2015-45

Date aired: \_\_\_\_\_ Time Aired: \_\_\_\_\_

**Barry Schwartz, PhD**, Professor of Psychology at Swarthmore College, author of "*Why We Work*"

Dr. Schwartz discussed his research that examined why Americans work. He said the reasons are surprising and complex, but that the need for a paycheck is not the primary factor. He discussed the most common trends and patterns that lead to happiness in the workplace, and how employers can try to improve productivity and employee satisfaction.

Issues covered:  
**Workplace Matters**  
**Mental Health**

Length: 9:27

**William MacAskill, PhD**, Associate Professor in Philosophy at Oxford University, cofounder of the nonprofit organizations Giving What We Can and 80,000 Hours, author of "*Doing Good Better: How Effective Altruism Can Help You Make a Difference*"

Dr. MacAskill said Americans often base their decisions on where to donate money and what career to pursue on emotions and false assumptions. He outlined five key questions that may help consumers make wiser altruistic decisions. He explained how to use evidence and careful reasoning to chart the best course to help others.

Issues covered:  
**Charitable Giving**  
**Consumer Matters**  
**Career**

Length: 7:58

**Katie Liljenquist**, Assistant Professor of Organizational Leadership and Strategy at Brigham Young University's Marriott School of Management, expert in behavior and decision making

Prof. Liljenquist led a study that found that the smell of cleaning products can make people act more virtuous. She explained the reasons behind the behavioral changes. She also talked about potential ways to smells could be used to reduce societal problems such as crime or vandalism.

Issues covered:  
**Health**  
**Parenting Issues**

Length: 4:57

Show # 2015-46

Date aired: \_\_\_\_\_ Time Aired: \_\_\_\_\_

**Dara Feldman**, award-winning teacher, Director of Educational Initiatives for The Virtues Project, author of "*The Heart of Education*"

Ms. Feldman noted that 50 percent of new teachers get burned out in their first five years on the job and end up leaving the profession. She explained why this is such a costly problem and how it damages our nation's education system. She offered suggestions for concerned parents who would like to help and encourage stressed-out teachers.

Issues covered:  
**Education**  
**Parenting**

Length: 8:57

**Sheldon Krantz**, Distinguished Visiting Professor of Law at the University of Maryland Carey School of Law, former dean of the University of San Diego Law School, former law professor at the Boston University Law School, former federal prosecutor, author of "*The Legal Profession: What Is Wrong and How to Fix It*"

Mr. Krantz said legal services should be available to every American, whether they can afford it or not. He said attorneys do not provide nearly enough pro bono services. He said many of today's law students would be willing to work in the public interest, but are often mired down in student debt. He would like to see loan forgiveness programs or other new initiatives that would enable young lawyers to help lower-income litigants.

**Issues covered:**  
**Legal Matters**  
**Poverty**  
**Government Policies**

**Length: 8:09**

**Brenda Shields, M.S.**, research coordinator, Center for Injury Research and Policy, Columbus Children's Hospital in Ohio

Ms. Shields discussed a recent study into the increasing dangers for young people involved in cheerleading. Her research found that emergency room visits are becoming much more common as cheerleading routines have added complex gymnastic moves. She outlined the questions that parents should ask, to be sure coaches are properly qualified.

**Issues covered:**  
**Personal Health**  
**Children**  
**Parenting**

**Length: 4:45**

Show # 2015-47

**Date aired:** \_\_\_\_\_ **Time Aired:** \_\_\_\_\_

**Yasmin Hurd, PhD**, Professor of Psychiatry and Neuroscience at the Icahn School of Medicine at Mount Sinai Hospital in New York

Dr. Hurd's research found that teenagers who smoke marijuana may make their future offspring more vulnerable to substance abuse problems. She believes that marijuana use causes structural changes in DNA that may last for generations. Dr. Hurd said much more research into the health effects of marijuana is needed. She also explained how parents can deal with the mixed messages society is conveying to young people about marijuana.

**Issues covered:**  
**Substance Abuse**  
**Government Regulations**  
**Parenting**

**Length: 9:22**

**Chris Malone**, Managing Partner of Fidelum Partners, a research-based consulting and professional services firm, author of "*THE HUMAN BRAND: How We Relate to People, Products and Companies*"

Mr. Malone explained why upstart businesses have surged in popularity while many traditionally dominant companies and brands have been falling behind. He outlined the reasons that social media has become such a valuable tool for both consumers and the companies they do business with. He said business schools fail to teach students how to nurture relationships with customers, causing much less loyalty to brands and products.

**Issues covered:**  
Consumer Issues  
Education

**Length: 7:52**

**Janet Larson**, Director of Research, the Earth Policy Institute

The US is the world's largest consumer of bottled water. Ms. Larson talked about the huge environmental impact of bottled water, both in its manufacture and disposal. She also explained how consumers can wisely decide whether to use bottled water.

**Issues covered:**  
Environmental Issues  
Consumer Issues

**Length: 4:54**

Show # 2015-48

**Date aired:** \_\_\_\_\_ **Time Aired:** \_\_\_\_\_

**Karl Pillemer, PhD**, Hazel E. Reed Professor in the Department of Human Development and Professor of Gerontology in Medicine at the Weill Cornell Medical College, Founder and Director of the Cornell Institute for Translational Research on Aging, author of *"30 Lessons On Living: Tried and True Advice from the Wisest Americans"*

Dr. Pillemer interviewed more than 1,000 Americans over the age of 65 to seek their counsel on all of life's big issues: children, marriage, money, career and aging. He explained why younger people should take advantage of this rich resource of older Americans' wisdom. He recommends that young people talk to older members of their own family before it is too late.

**Issues covered:**  
Senior Citizens  
Personal Health  
Career

**Length: 9:17**

**Scott Bittle**, policy analyst, Senior Fellow and Founding Editor of PublicAgenda.org, a non-partisan public opinion research organization, author of *"Where Did the Jobs Go And How Do We Get Them Back?"*

The subject of unemployment remains the public's top concern in polls and is continually marked as the most damaging result of the Great Recession. Mr. Bittle explained why the issue is so complex and why the nation needs to take a long-term approach to resolving it. He also analyzed various solutions proposed by each side of the political spectrum.

**Issues covered:**  
Unemployment  
Government Policies  
Economy

**Length: 7:57**

**John Hayes, PhD**, Assistant Professor of Food Science and Director of the Sensory Evaluation Center at Penn State University

Nine out of 10 Americans get too much sodium in their diets. Dr. Hayes discussed a recent government report that found that just 10 foods are responsible for 44 percent of the sodium in the average diet. He outlined steps to cut sodium intake and the reasons why everyone should do it.

**Issues covered:**  
Personal Health

**Length: 4:54**



Show # 2015-49

Date aired: \_\_\_\_\_ Time Aired: \_\_\_\_\_

**Lisa J. Servon, PhD**, Professor and former dean at the Milano School of International Affairs, Management, and Urban Policy at The New School in New York

Alternative financial providers such as check cashers and payday lenders are often accused of preying on the poor, with high fees and interest rates. Dr. Servon conducted a study that examined why many lower income residents make the conscious decision to use these services, rather than traditional banks. She was surprised to find that the choice actually makes sense for many people who live paycheck to paycheck.

**Issues covered:**

**Length: 11:05**

**Poverty**  
**Government Regulations**  
**Personal Finance**

**Dan McCue**, Research Manager, Joint Center for Housing Studies of Harvard University

The cost of renting an apartment or house has jumped in the past decade, according to a study led by Mr. McCue. A rise in prices, combined with the drop in renter incomes, has made affordability a major concern. Much of the jump in prices is because of increased demand for rental homes as a result of the mortgage crisis. He said a quarter of all U.S. households are paying more than half of their income for housing, which is dangerously high.

**Issues covered:**

**Length: 6:07**

**Affordable Housing**  
**Poverty**  
**Consumer Issues**

**Debbie Magids, PhD**, psychologist, author of "*All the Good Ones Aren't Taken*"

Dr. Magids discussed the trend of serial dating and why dating is so difficult for women in particular. She explained the most common dating errors and suggested ways that a person can analyze their own patterns of behavior, to clear the way for more fulfilling relationships.

**Issues covered:**

**Length: 4:48**

**Mental Health**  
**Women's Issues**

Show # 2015-50

Date aired: \_\_\_\_\_ Time Aired: \_\_\_\_\_

**Alvin E. Roth, PhD**, Craig and Susan McCaw Professor of Economics at Stanford University, Gund Professor of Economics and Business Administration Emeritus at Harvard University, author of "*Who Gets What — and Why: The New Economics of Matchmaking and Market Design*"

Dr. Roth is one of the world's leading experts on matching markets, where "sellers" and "buyers" must choose each other, and price isn't the only factor that determines who gets what. He explained how market designs affect many less obvious aspects of life, such as the chances of getting a job or whether a university accepts a prospective student.

**Issues covered:**

**Length: 9:17**

**Economics**  
**Career**  
**Education**

**Joel Kahn, MD**, Clinical Professor of Medicine at Wayne State University School of Medicine and Director of Cardiac Wellness, Michigan Healthcare Professionals PC, author of "The Whole Heart Solution"

According to Dr. Kahn, more than 75 percent of cases of heart attacks, strokes and other cardiovascular disease events are preventable. He explained how lifestyle choices can make a huge difference in the development of heart disease and he said changes in diet and exercise can often reverse the disease.

**Issues covered:**  
Personal Health

**Length: 8:01**

**Paul Tough**, former editor at the New York Times Magazine, nationally recognized writer on poverty, education and the achievement gap

Mr. Tough discussed a groundbreaking anti-poverty initiative called the Harlem Children's Zone. The creator of the program theorized that in order for poor kids to compete with their middle-class peers, everything in their lives—their schools, neighborhoods, parenting practices—all must be changed at once.

**Issues covered:**  
Poverty  
Education  
Minority Concerns  
Parenting

**Length: 5:00**

Show # 2015-51

**Date aired:** \_\_\_\_\_ **Time Aired:** \_\_\_\_\_

**Russell E. Johnson, PhD**, Assistant Professor of Management in the Eli Broad College of Business at Michigan State University.

Dr. Johnson's research has found that that people who check their work emails on smartphones at night could end up hurting their ability to work the following day. He found that smartphones appeared to have a greater effect on people's energy levels and sleeping abilities in comparison to other electronic screens. He offered several suggestions on how to control smartphone use at night.

**Issues covered:**  
Personal Health  
Workplace Matters  
Career

**Length: 7:24**

**Daniel J. Siegel, MD**, neuropsychiatrist, Clinical Professor of Psychiatry at the UCLA School of Medicine, Executive Director of the Mindsight Institute, author of "*Brainstorm: The Power and Purpose of the Teenage Brain*"

Dr. Siegel said that between the ages of 12 and 24, the brain changes in dramatic and important ways. He believes this brain development is the explanation for sometimes erratic, unusual and creative behavior in teens. He said that if parents understand the science behind these changes, they can better help their teenagers navigate this challenging phase of life.

**Issues covered:**  
Parenting  
Personal Health

**Length: 9:36**

**Kenneth Dautrich, PhD**, Associate Professor of Public Policy, University of Connecticut

Dr. Dautrich recently conducted a survey of students to learn their attitudes toward the First Amendment. He found that schools are spending more class time on the First Amendment, but a sizeable number of students either do not view the First Amendment favorably or take its protections for granted.

**Issues covered:**

**Citizenship  
Education**

**Length: 4:52**

Show # 2015-52

**Date aired:** \_\_\_\_\_ **Time Aired:** \_\_\_\_\_

**John M. Leventhal, MD**, Professor of Pediatrics and Medical Director of the Child Abuse and Child Abuse Prevention Program at Yale Medical School, expert in child abuse prevention

Dr. Leventhal has dedicated his career to the prevention of child abuse. He recently conducted a study that found that the first year of life is the most dangerous for children. He said that parents from any income, educational or social level can be the perpetrators of abuse, largely because they are unprepared to deal with infants' crying. He believes that educational programs for new parents could help reverse the trend.

**Issues covered:**

**Child Abuse  
Parenting**

**Length: 8:31**

**Erin Botsford**, financial planning expert, author of "*The Big Retirement Risk: Running out of Money Before You Run Out of Time*"

For many baby boomers, the recession didn't wipe out their nests egg completely, but it did shrink it considerably. Ms. Botsford discussed the turbulence in today's economy and how it has changed retirement planning. She explained how people approaching their golden years can assess their financial needs and take steps to ensure a sound retirement.

**Issues covered:**

**Retirement Planning  
Senior Citizens  
Personal Finance**

**Length: 8:41**

**Aaron W. Smith**, Senior Research Specialist with Pew Research Center's Internet & American Life Project

Mr. Smith surveyed 1,000 US adults and found that more half of consumers used cell phones in stores during the holidays. He outlined the most common ways that consumers use their phones as shopping tools. He also explained how brick-and-mortar stores may react to the trend by changing policies, products and prices.

**Issues covered:**

**Economy  
Consumer Matters**

**Length: 5:01**

### Issues/Programs List

Date Filed: January 8, 2016  
 Quarter Date: 4th Quarter, 2015  
 Title of Program: SEMO Edition  
 Time of Airing: See Below  
 Duration Program: 7 minutes  
 Stations & Airtimes: KGMO-05:20a, KREZ-05:20a, WKIB-05:20a, KYRX-05:20a,  
 KJXX-05:40a, KAPE-05:30a, KBHI-05:30a, KRHW-05:30a, KBXB-05:30a

### Program Information

Date	Guest/Topic	Issue
11/8	Stacey Dohogne-Events; Joe Wosley-Vets	Tourism/Veterans
11/15	Melody Anderson-Services; Tara-Holiday Cooking	Health/Health
11/22	Travis McLain-Share the Harvest; Carol Miller-Cooking	Hunger/Health
11/29	Brian Sander-Holiday Lights	Tourism
12/6	Shane Anderson-Projects	Tourism
12/13	Brian Finch-Cardinals History	History
12/20	Sgt. Amick-Red Kettle; Gabe Kelley-Cardinals	Charity/Tourism
12/27	Christine Page-Health Expo; Misty Rice-Food Bank	Health/Hunger

Filed by: 

Date: 1/8/16

\*See attached for more information

## Public Issues/Programs: Q4 Y2015

**Weekend Edition- 11/08/15: Part-1:** Spoke with Stacey Dohogne-Lane from the Cape Convention and Visitors Bureau about the various year end events throughout the City of Cape Girardeau and new events that were brought to the city. We also discussed upcoming events and attractions in 2016 for the city of Cape Girardeau. **Part-2:** Spoke with Joe Wolsey, commander at VFW Post 3838 in Cape Girardeau about the various services they offer, their outreach to Veterans in Cape County and surrounding region, and participation in Veteran's Day events.

**Weekend Edition- 11/15/15: Part-1:** Spoke with Melody Anderson from Lutheran Family and Children's Services about the upcoming major fundraiser, "Holiday Home Tour" which supports various outreaches to seniors and crisis pregnancy services. We also discussed the various services that LFCS offers. **Part-2:** Spoke with Tara from Butterball about turkey cooking and fire safety, and various methods of preparation.

**Weekend Edition- 11/22/15: Part-1:** Spoke with Travis McLain, program specialist with the Missouri Department of Conservation for "Share the Harvest". We discussed the various parts of the program, how the program works, the benefits and how people may donate their hunting bounty to help those in need. **Part-2:** Spoke with Carol Miller from Butterball about food safety around the holidays and safe cooking temperatures, preparation for turkey, and safe storage of leftovers.

**Weekend Edition- 11/29/15: Part-1:** Talked with Brian Sander from the Cape Girardeau Parks Department about various programs and activities they offer through the year with the parks system. We spoke about the annual "Holiday of Lights" display at Cape County Park-North and community involvement in the annual display. **Part-2:** Spoke with Christa Zigfield from Old Town Cape (the downtown Cape organization) about the annual "Parade of Lights" downtown Christmas/Holiday parade and various downtown Christmas/Holidays offerings during the season and after the parade. We also discussed various programs that Old Town Cape hosts through the year and upcoming events.

**Weekend Edition- 12/06/15:** Spoke with Shane Anderson from the Jackson Parks and Recreation Department about the annual holiday lights display within the main city park.

We also spoke about various city projects and the new Civic Center which is slated for construction and completion in 2016 and various purposes it will serve, such as a storm shelter/safe room and community events venue.

**Weekend Edition- 12/13/15:** Spoke with Brian Finch, the manager of stadium tours and Cardinals museum outreach coordinator about the new museum, exhibits and the release of new historical book on the St. Louis Cardinals baseball team, "Redbird Relics", which gives a thorough history of the organization and its players.

**Weekend Edition- 12/20/15: Part-1:** Spoke with Sgt. Amick from the Salvation Army about the annual "Red Kettle" campaign and how it impacts the Southeast Missouri Region. We also discussed the various programs the organization offers through the Holidays such as food baskets for those in need and how the money from the Red Kettle Campaign benefits local outreach programs. **Part-2:** Talked with Gabe Kelley from St. Louis Cardinals Publications about the new Official 2016 Cardinals Calendar and some of the moments and history behind the New Busch Stadium in St. Louis.

**Weekend Edition- 12/27/15: Part-1:** Spoke with Christine Page, the Health and Wellness Coordinator with the Cape Parks and Recreation Department about the upcoming "2016 Health and Wellness Expo" and various screenings and offerings at event, including healthy cooking demonstrations and exercise classes. **Part-2:** Spoke with Misty Rice, Programs and Partners Director with the Southeast Missouri Food Bank about the various programs that are offered throughout the year such as "Backpacks for Friday" and other outreaches to the region. We also discussed the increased need for assistance during the Holidays and especially after a recent round of severe storms and displaced families in need.