

Issues/Programs List

Date Filed: October 6, 2016

Quarter Date: 3rd Quarter 2016

Title of Program: SEMO Edition

Time of Airing: See Below

Duration Program: 28 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
07/03	David Cantrell-Ave of Flags Brian Schaffer-Firework Safety	Patriotic Public Safety
07/10	Kathryn Swan-Child Custody Rick Straight-Community Counseling	Child Safety Suicide
07/17	John Richburg-Utility Rate Mary Green-Quilts of Valor	Economy Tourism
07/24	Jennifer Behnken-MO Dept. Conservation Shawn Griggs-Highway Patrol	Conservation Theft-Rural
07/31	Elizabeth Selton-Stuff The Bus Vanessa Ray-Fan Donation	Education Public Health
08/07	Kim Burger-Prop. Kids Amber Conn-5k	Education Health
08/14	Jeff Long-Taxpayer Protection April Swafford-Autism	Election Health
08/21	Drehna Shrive-Benefit Auction Kim Voelker-Chamber Events	Health Tourism/Economy
08/28	Rebecca Clark-Fair Event Will Gorman-Rotary Fundraiser	Tourism Health
09/04	Elizabeth Shelton-Service Opportunities Pete Poe-Semo Fair	Community Service Tourism
09/11	Danny Essner-Car Show Greg Scuito-Alzheimer Walk	Tourism Health
09/18	Lynn Ware-Cape Police Sandra Taurone-MO Dot	Public Safety Child Safety
09/25	Shema Ruperto-For Kids Sake Brian Gerau-Leadership	Children's Benefit Economy

Filed by: _____

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Date: _____

10/6/16



Weekly Public Affairs Program

Call Letters: _____

QUARTERLY ISSUES REPORT, JULY-SEPTEMBER, 2016

Show # 2016-27

Date aired: 7/3 Time Aired: _____

Mike Gikas, Senior Electronics Editor at Consumer Reports

Smart phone theft is on the rise. A projected 3.1 million were stolen last year, according to a Consumer Reports survey. Mr. Gikas outlined the sensitive information that many phones contain, and he offered security tips to both prevent thefts and to minimize the loss of personal data if a phone is lost or stolen.

Issues covered:

Length: 8:56

Crime

Consumer Matters

Robert D. Morris, MD, PhD, environmental epidemiologist, drinking water research scientist, author of "*The Blue Death: Disease, Disaster & the Water We Drink*"

Dr. Morris believes that despite better overall health conditions, the nation's water supply remains a serious health risk. He talked about potential disease pathogens, toxic chemicals, decaying pipes and cancer risks. He discussed the growing body of research linking the chlorine relied on for water treatment with cancer and stillbirths. He also talked about the history of water-borne pathogens like cholera and typhoid.

Issues covered:

Length: 8:17

Community Health

Environment

Lynsey Romo, Assistant Professor of Communication, North Carolina State University

Prof. Romo led a study of school-aged kids and what their parents tell them about family finances. She found that parents often make gender-based distinctions in what they choose to talk about, and kids pick up on what they're *not* being told — sometimes drawing incorrect conclusions that can have repercussions for them in the future.

Issues covered:

Length: 4:59

Parenting

Personal Finance

Show # 2016-28

Date aired: 7/10 Time Aired: _____

Richard Bolles, career development expert, author of "*What Color Is Your Parachute? Guide to Rethinking Resumes*" and "*What Color Is Your Parachute? Guide to Rethinking Interviews*"
Mr. Bolles discussed the rapidly changing way companies locate and hire employees. He explained why the value of a resume has declined, and how job hunters can use more effective alternatives. He said prospective employees must be as up-to-the-minute in job hunting skills as they are in the work skills that they offer an employer.

Issues covered:

Length: 8:58

**Employment
Career**

Jean Illsley Clarke, PhD, internationally known parent educator, co-author of "*How Much Is Too Much?: Raising Likeable, Responsible, Respectful Children*"

Ms. Clarke believes that many of today's parents overindulge their children, often without even realizing it. She explained how to recognize overindulgence and why can be so damaging as kids grow into adulthood. She said assigning ongoing household chores to children is an excellent way to foster their responsibility and independence, and offered other tips for parents.

Issues covered:

Length: 8:13

Parenting Issues

Ron Montoya, Consumer Advice Editor at Edmunds.com

Mr. Montoya offered suggestions for shoppers who have poor credit to buy a new car. He said it is important for potential buyers to carefully check and clean up credit reports before applying for a car loan, and to try to get pre-approval before shopping. He also outlined other ways that buyers can demonstrate that they are a good credit risk.

Issues covered:

Length: 4:53

**Consumer Matters
Personal Finance**

Show # 2016-29

Date aired: 7/12 Time Aired: _____

Laura M. Bogart, PhD, Senior Behavioral Scientist at the RAND Corporation, a nonprofit research organization that develops solutions to public policy challenges

Dr. Bogart directed a five-week obesity prevention program for seventh grade students that helped obese students lose an average of nine pounds over the following two year period. She outlined the methods that were most effective, which included school-wide environmental changes and encouragement to eat healthy school cafeteria foods, along with a student-led education and marketing campaign.

Issues covered:

Length: 8:26

**Childhood Obesity
Education
Parenting**

Susan S. Silbey, PhD, Leon and Anne Goldberg Professor of Humanities, Professor of Sociology and Anthropology, Professor of Behavioral and Policy Sciences, Sloan School of Management at the Massachusetts Institute of Technology

The number of women enrolling in engineering school has increased steadily over the past four decades, but Dr. Silbey said one-third of women graduates soon leave the profession to pursue other careers. She said the reasons behind this problem are primarily related to the culture of engineering itself. She offered suggestions for women who are entering the profession, and explained why an engineering career should be such an attractive option for women.

Issues covered:

Length: 8:47

**Women's Issues
Discrimination
Career**

Dong Zhao, PhD, Assistant Professor of Construction Management, Michigan State University

Prof. Zhao led a study that found that more than 50 percent of potential energy savings from energy efficient homes can be lost if users don't know how to use the buildings properly. Dr. Zhao said this is a concern both for individual homeowners as well as for commercial property owners.

Issues covered:

Length: 4:57

**Energy
Consumer Matters**

Show # 2016-30

Date aired: 7/24 **Time Aired:** _____

Christopher Wildeman, PhD, Associate Professor of Sociology, faculty fellow at the Center for Research on Inequalities and the Life Course, faculty fellow at the Institution for Social and Policy Studies at Yale University

Dr. Wildeman recently conducted a study at Yale that found that approximately 12% of American children will suffer from neglect or physical, emotional, or sexual abuse before they turn 18 years old. He explained why his research yielded dramatically higher rates of maltreatment than official government figures. He offered suggestions for changes in public policy to deal with the problem.

Issues covered:

Length: 9:10

**Child Abuse & Neglect
Government Policies
Parenting**

Cash Nickerson, employment expert, attorney, author of "*BOOMERangs: Engaging the Aging Workforce in America*"

As nearly 80 million Baby Boomers approach the traditional age of retirement, Mr. Nickerson said many want to continue to work, and the economy needs them. He discussed the challenges that surround an aging working population and offered ideas on how older workers can make a gradual transition into retirement, rather than a sudden exit from the workforce.

Issues covered:

Length: 8:07

**Senior Citizens
Employment**

Jeff Haig, Chair of the UCLA Scholarship Admissions Committee, co-author of the book "*Unlock Your Educational Potential*"

Mr. Haig talked about the value of summertime activities as a strategic opportunity for students planning for college. He believes that many common summer activities can be used to broaden a student's horizons and get a leg up in the competitive college admittance process.

Issues covered:
Education
Children's Issues

Length: 5:02

Show # 2016-31

Date aired: 7/31 Time Aired: _____

David Casarett, MD, MA, Associate Professor of Medicine, University of Pennsylvania Perelman School of Medicine Director of Hospice and Palliative Care, University of Pennsylvania Health System, author of "*Shocked: Adventures in Bringing Back the Recently Dead*"

Most people don't survive cardiac arrest or significant trauma. Dr. Casarett discussed the latest developments in resuscitation and just how far science has come in the past few years. He talked about the ethical dilemma posed by reviving a person who may not have a good quality of life in the aftermath. He talked about the impressive survival rate of those who receive competent CPR treatment.

Issues covered:
Personal Health
Emergency Medicine

Length: 8:20

Greg McBride, Chief Financial Analyst for Bankrate.com

Mr. McBride's organization recently conducted a study that found that a third of all Americans have nothing saved for retirement. He said the one encouraging aspect of the survey is that more people in their 20s are saving for retirement than ever before. He explained why this issue should be such a serious concern and what someone can do if they believe they are starting to save too late in life.

Issues covered:
Retirement Planning
Senior Citizens
Personal Finance

Length: 9:00

Rick Maurer, author of "*Beyond The Wall Of Resistance: Why 70% of All Changes Still Fail – and What You Can Do About It*"

Seventy percent of all major changes in organizations fail - and that number hasn't changed since researchers started examining success and failure rates some fifteen years ago. Mr. Maurer talked about the most common reasons for failure and what leaders can do about it.

Issues covered:
Workplace Matters
Employment

Length: 5:03

Show # 2016-32

Date aired: 8/7 Time Aired: _____

Anthony G. Comuzzie, PhD, obesity researcher and scientist with the Department of Genetics at the Texas Biomedical Research Institute in San Antonio

Recent government data shows that since the late 1980s and early 1990s, the average American has put on 15 or more additional pounds without getting any taller. Dr. Comuzzie explained why this is such a grave health concern. He also discussed potential causes and solutions to the nation's epidemic of obesity.

Issues covered:
Obesity
Personal Health

Length: 8:34

Doug Lamov, literacy and education expert, Managing Director of Uncommon Schools' Teach Like a Champion team, co-author of "*Reading Reconsidered: A Practical Guide to Rigorous Literacy Instruction*"

Mr. Lamov discussed the importance of teaching students to read with precision, rigor, and insight. He explained how Common Core curriculums are affecting reading programs across the country. He believes that most students are not given challenging enough assignments. He also offered suggestions for parents who want to instill a love of reading in their children.

Issues covered:
Education
Literacy
Government Policies
Parenting

Length: 8:44

James Kingsland, Science Production Editor of the London newspaper "*The Guardian*," author of "*Siddhartha's Brain: Unlocking the Ancient Science of Enlightenment*"

Mr. Kingsland discussed the latest research by leading neuroscientists and clinical psychologists that suggests that mindfulness practice reconfigures the brains. He said meditation can make people healthier and happier, and that it can help treat stress, chronic pain, hypertension and substance abuse.

Issues covered:
Mental Health
Aging

Length: 4:56

Show # 2016-33

Date aired: 8/10 Time Aired: _____

Jennifer B. Johnston, PhD, Assistant Professor of Psychology at Western New Mexico University

Dr. Johnston recently led a study that examined the role that media coverage may play in fueling the increase of mass shootings in the U.S. Her study concluded that one of the most effective ways of curbing mass shooting incidents may be to drastically change how news organizations cover them. She is in favor of an organized campaign to convince media organizations to focus more on the victims, rather than the killer, his weapons and his motivations.

Issues covered:
Media
Mass Shootings

Length: 9:45

Brian Roe, PhD, McCormick Professor of Agricultural Marketing and Policy at Ohio State University

American consumers throw away about 80 billion pounds of food a year. Dr. Roe led a study that examined Americans' attitudes and misconceptions about food waste. He said many consumers think they have good reasons to throw food away, but those perceived benefits are often not real. He noted that food waste is the largest source of municipal solid waste in the U.S. and the most destructive type of household waste in terms of greenhouse gas emissions.

Issues covered:

Length: 7:28

**Environment
Consumer Matters
Food Safety**

Jan E. Stets, PhD, Professor of Sociology at the University of California, Riverside

Cheating to get ahead is likely to reduce your level of happiness, according to Dr. Stets' research. In her study, participants were given the opportunity to cheat to get ahead. The 30% who cheated were more likely to report a reduction in happiness, once they considered that others would not see them as moral persons.

Issues covered:

Length: 4:58

**Mental Health
Workplace Issues**

Show # 2016-34

Date aired: 8/21 **Time Aired:** _____

Lisa Gill, Prescription Drugs Editor at Consumer Reports

Prescriptions for opioids have climbed 300% in the past decade and more than 46 Americans die each day from legal pain pills, such as OxyContin, Percocet and Vicodin. Ms. Gill discussed the reasons behind this trend. She also talked about the little-known dangers posed by over-the-counter painkillers like acetaminophen. She offered advice to patients who are dealing with pain. She also explained how the federal government is trying to deal with the issue.

Issues covered:

Length: 10:07

**Drug Abuse
Personal Health
Government**

Tony Lee, Publisher of CareerCast.com and JobsRated.com

Mr. Lee outlined his organization's list of the most overrated and underrated jobs, based on factors such as pay, hiring outlook, work environment, stress and physical demands. He explained why certain jobs are not as attractive as they may seem, and why other great career choices are often overlooked. He also offered advice for those who are seeking to change careers or move up the ladder in their present industry.

Issues covered:

Length: 7:15

**Employment
Economy**

Pam Mueller, graduate student, Department of Psychology, Princeton University

Laptops, tablets and other electronic devices are commonplace in today's classrooms. But Ms. Mueller co-authored a study that found that taking notes by typing, rather than writing, interferes with students' ability to process and remember information. Her research indicated that students who take notes with pen and paper recall more material and perform significantly better in class.

Issues covered:
Education

Length: 4:51

Show # 2016-35

Date aired: 7/28 **Time Aired:** _____

Bob Rusbuldt, CEO of The Independent Insurance Agents & Brokers of America

A consumer survey commissioned by Mr. Rusbuldt's organization found that many homeowners lack adequate insurance coverage, do not fully understand their homeowners policies and do not have enough savings to support their households in the event of a disaster. He discussed the most common misconceptions consumers have regarding homeowners insurance and what to do about it.

Issues covered:
Disaster Preparedness
Consumer Matters

Length: 8:37

Tomas Hult, PhD, Byington Endowed Chair and Professor of Marketing in the Eli Broad College of Business, Director of the International Business Center at Michigan State University

From recycling to reusing hotel towels, consumers who participate in a company's "green" program are more satisfied with its service, according to Dr. Holt's research. He explained the reasons behind these feelings, and the surprising way consumer decisions are affected when companies offer additional participation incentives.

Issues covered:
Recycling
Environment
Consumer Matters

Length: 8:40

Rachel Arocho, PhD, Research Fellow in Human Development and Family Science at Ohio State University

Dr. Arocho led a study that found that teenagers and young adults who expected to get married within the next five years reported committing fewer delinquent acts in the next year than those who weren't thinking about wedding bells. She discussed the possible reasons behind this finding.

Issues covered:
Crime
Youth at Risk

Length: 4:45

Show # 2016-36

Date aired: 9/4 Time Aired: _____

Sally Satel, MD, Resident Scholar at the American Enterprise Institute, editor of "*When Altruism Isn't Enough: The Case for Compensating Kidney Donors*"

12 people die each day while waiting for a life-saving kidney transplant. Dr. Satel discussed the shortage of organ donations and shared her story of receiving a kidney donation in 2006. She believes that a program to compensate organ donors, through in-kind rewards, such as a contribution to a retirement fund, an income tax credit, or tuition vouchers for their children—rather than lump-sum cash payments—would eliminate the shortage of available organs.

Issues covered:

Length: 8:28

- Organ Donation**
- Government Policies**
- Personal Health**

James Betts, PhD, Senior Lecturer in Nutrition, Metabolism & Statistics at the University of Bath, England

Conventional wisdom has always maintained that breakfast is the most important meal of the day. Dr. Betts led a study that examined whether people who eat breakfast are healthier or lose weight more effectively than those who skip it. He said his research found that breakfast eaters consumed more calories each day and were more physically active overall, but there was no difference in weight. He believes that while breakfast doesn't matter for adults, it still is important for children from a nutrition and learning standpoint.

Issues covered:

Length: 8:47

- Nutrition**
- Personal Health**

Monica Betson Montgomery, author of "*The Keys to College: A Roadmap for Parents to Guide Their Children*"

Ms. Betson-Montgomery read and scored over 20,000 freshman college applications throughout her career. She believes the process of preparing for college should begin in grade school or even earlier. She outlined possible strategies for parents navigate their way through their child's educational career.

Issues covered:

Length: 4:57

- Education**
- Parenting**

Show # 2016-37

Date aired: 9/11 Time Aired: _____

Michelle Mazurek, PhD, Assistant Professor, Computer Science, University of Maryland College Park

Nearly everyone today struggles with a myriad of passwords for their online activities. Professor Mazurek was involved in research at Carnegie Mellon University that found that long passphrases are more effective and easier to remember than an incomprehensible string of letters, numbers and special characters.

Issues covered:

Length: 8:52

- Online Security**
- Crime**
- Consumer Matters**

Chris Voss, former FBI's lead international kidnapping negotiator, founder and principal of The Black Swan Group, author of "*Never Split the Difference: Negotiating As If Your Life Depended On It*"

Mr. Voss discussed the skills that helped him and his colleagues succeed where it mattered most: saving lives. He explained how of those same negotiating tactics and principles are critical in everyday life, in areas such as buying a car, negotiating a salary, buying a home, or parenting.

Issues covered:

Length: 8:25

**Career
Parenting**

Christine Fahlund, Senior Financial Planner and Vice President of Investment Services at T. Rowe Price Investment Services

Ms. Fahlund discussed the effect that today's economy has on retirement planning. She believes that many Baby Boomers have been naive when it comes to planning for retirement. She also explained why some employers are becoming more proactive in helping their workers save for their senior years.

Issues covered:

Length: 5:04

**Personal Finance
Retirement Planning
Senior Citizens**

Show # 2016-38

Date aired: 9/18 **Time Aired:** _____

Erica Reischer, PhD, psychologist, parent educator, author of "*What Great Parents Do: 75 Simple Strategies for Raising Kids Who Thrive*"

Children don't come with an owner's manual, but many parents wish they did. Dr. Reischer offered simple, action-oriented steps anyone can take to improve their parenting skills. She discussed the importance of empathy, how to distinguish between goals and methods, and why it's helpful for parents to view their kids as little explorers and scientists.

Issues covered:

Length: 7:51

Parenting

Andrew Scott, Professor of Economics at the London Business School, Fellow at All Souls College, Oxford University and the Centre for Economic Policy Research, co-author of "*The 100-Year Life: Living and Working in an Age of Longevity*"

Many Americans have been raised on the traditional notion of a three-stage approach to life: education, followed by work and then retirement. However, Prof. Scott said this well-established pathway is already beginning to collapse: life expectancy is rising, pensions are vanishing, and increasing numbers of people are juggling multiple careers. He offered suggestions for how to better plan for a productive, longer life and retirement in today's rapidly-evolving economy.

Issues covered:

Length: 9:23

**Retirement Planning
Senior Citizens**

Brian Fligor, Chief Audiology Officer at Lantos Technologies, Inc., former Director of Diagnostic Audiology and Children's Hospital in Boston

An estimated 2 million students in the US play in middle- and high-school marching bands. Dr. Fligor believes that parents should be concerned protecting their kids' hearing when they are exposed to loud sounds for long periods. He talked about the warning signs of hearing damage and explained the ways to prevent it.

Issues covered:

Length: 4:58

Hearing Loss
Parenting Concerns
Senior Citizens

Show # 2016-39

Date aired: 9/25 Time Aired: _____

Anna S. Mueller, PhD, Sociologist and Assistant Professor in Comparative Human Development, Research Associate at the Population Research Center at the University of Chicago

Teen suicide clusters are a recent discovery, and little is understood about their causes and how to prevent them. Prof. Mueller studied of the phenomenon in a small town. She found that intense pressure to succeed academically and athletically, plus the ease with which private information became public, due to social connectedness, left teens and their parents unwilling to seek help for mental health problems. She said suicide prevention strategies need to be tailored to fit the unique dynamics of individual communities.

Issues covered:

Length: 7:57

Teen Suicide
Mental Health
Parenting

Shola Richards, author of "*Making Work Work: The Positivity Solution for Any Work Environment*"

A surprising number of Americans have experienced bullying on the job. Mr. Richards discussed the reasons that some people become bullies, and offered suggestions for how to deal with bullying in an effective and positive way. He said documenting dates, times and details of incivility are crucial, and that approaching the HR department with an issue is the best place to start.

Issues covered:

Length: 9:21

Bullying
Workplace Matters

Rodger Alan Friedman, chartered retirement planning counselor and financial advisor with more than 30 years' experience, author of "*Fire Your Retirement Planner: You! Concise Advice on How to Join the \$100,000 Retirement Club*"

More than half of all Americans are not confident or just slightly confident when it comes to making the right retirement investment decisions. Mr. Friedman believes retirement planning is not a do-it-yourself exercise, but that professional help is vital. He explained how to find a competent financial advisor.

Issues covered:

Length: 5:04

Retirement Planning
Senior Citizens

Issues/Programs List

Date Filed: October 6, 2016

Quarter Date: 3rd Quarter 2016

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

Date	Guest/Topic	Issue
07/03	Mike Gikas-Theft; Robert Morris-Water Supply; Lynsey Romo-Family Finances	Crime; Environment; Parenting
07/10	Richard Bolles-Careers; Jean Clark-Overindulge; Ron Montoya-Consumer Matters	Employment; Parenting; Personal Finance
07/17	Laura Bogart-Childhood Obesity; Susan Silbey-Opportunities; Dong Zhao-Energy Savings	Childhood Obesity; Discrimination; Energy
07/24	Christopher Wildeman-Public Policy; Cash Nickerson-Aging Workforce; Jeff Haig-Summer Activities	Government Policy; Senior Citizen; Education
07/31	David Casarett-Trauma; Greg McBride-Retirement Savings; Rick Maurer-Changes	Personal Health; Personal Finance; Employment
08/07	Anthony Comuzzie-Weight; Doug Lamov-Reading; James Kingsland-Healthy	Obesity; Literacy; Aging
08/14	Jennifer Johnston-Media Coverage; Brian Roe-Food Waste; Jan Stets-Cheating	Media; Food Safety; Work Place issues
08/21	Lisa Gill-Prescription Drugs; Tony Lee-Rating Jobs; Pam Mueller-Written Notes	Drug Abuse; Economy; Education
08/28	Bob Rusbuldt-Ins Coverage; Tomas Hult-Green Program; Rachel Arocho-Delinquent Acts	Disaster; Recycling; Crime
09/04	Sally Satel-Kidney Trasnplant; James Betts-Breakfast; Monica Betson-Guide to Children	Organ Donation; Nutrition; Parenting
09/11	Michelle Mazurek-Password; Chris Voss-Negotiating; Christine Fahlund-Investing	Online Security; Parenting; Retirement Planning
09/18	Erica Reischer-Raising Children; Andrew Scot-100 Yr Life; Brian Fligor-Audiology	Parenting; Senior Citizen; Hearing Loss
09/25	Anna Mueller-Suicide Increase; Shola Richards-Bullying on Job; Rodger Friedman-Retirement Club	Teen Suicide; Bullying; Senior Citizen

Filed by: 

Date: 10/8/16

WITHERS BROADCASTING: Issues/Programs

Q#3: Y:2016; WEEKEND EDITION

-Date: 7/03/16; Time: 5:00am; Length: 28:29 min

-Description: We spoke with David Cantrell with the VFW Post 383 about the Avenue of Flags and its origin in Cape Girardeau; Brian Schaffer, the Cape Girardeau Fire Marshall about fireworks safety; we talked with Kim Voelker with the Cape Girardeau Chamber of Commerce; Brian Gerau with the Jackson Chamber; Shane Anderson with the Jackson Parks and Recreation Department about the 4th of July Celebration and the East Missouri Action Agency about the air conditioner assistance program.

-Date: 7/10/16; Time: 5:00am; Length: 28:29 min

-Description: We spoke with Rep. Kathryn Swan about a new bill regarding child custody provisions for fathers; we spoke with Rick Straight with the Community Counseling Center about the upcoming Suicide Prevention and Awareness Conference. We also talked with Kim Voelker with the Cape Girardeau Chamber of Commerce, Brian Gerau with the Jackson Chamber of Commerce; and we also spoke with Colby Willaims with Historic Downtown Sikeston, about the Tributary Film Fest.

-Date: 7/17/16; Time: 5:00am; Length: 28:28 min

-Description: We spoke with John Richburg, Finance Director with the City of Cape Girardeau, about the new utilities rate increase and what it means for customers; we spoke with Jennifer Behnken, Urban Forester with the Missouri Dept. of Conservation, about the spread of the emerald ash borer; We also talked with Kim Voelker with the Cape Girardeau Chamber of Commerce, Brian Gerau with the Jackson Chamber; we also spoke with Mary Green from the River Heritage Quilt Guild about the "Quilts of Valor" program, which honors veterans and active military service members.

Date: 7/24/16; Time: 5:00am; Length: 28:28 min

-Description: We spoke with John Mehner, the president and CEO with the Cape Girardeau Chamber of Commerce, about the new location move to downtown and the establishment of the Tech District in the old Marquette Tower; Jennifer Behnken with the Missouri Department of Conservation talked about various programs offered at the Cape Conservation Nature Center; We spoke with Kim Voelker with the Cape Chamber

of Commerce about the Leadership Cape Program, and the Chamber Young Professionals program; We talked with Brian Gerou, with the Jackson Chamber of Commerce about the activities offered at the annual Homecomers Celebration; Sergeant Shawn Griggs with the Missouri State Highway Patrol's Division of Drug and Crime Control, spoke with us about the issues with rural theft and how to report suspicious activity; We also talked with Vanessa Landers with the Cape Public Health Center, about the Zika virus and ways to guard from infection

Date: 7/31/16; Time: 5:00am; Length: 28:29 min

-Description: We spoke with Elizabeth Selton, with the United Way, about Stuff The Bus, a program that collects school supplies for area school children in need. We also discussed United Days of Caring; We talked with Vanessa Ray, with the Salvation Army and the fan donation program for those in need and discussed the need for donations; We also spoke with Coach George Foster, head of the Mean Machine Youth Football camp, about his program and the mentoring opportunities available for college athletes and the athletic skills that are offered for young athletes in the community.

Date: 8/07/16; Time: 5:00am; Length: 28:29 min

-Description: We spoke with Kelso School District Superintendent Kim Burger, about the recent bond issue, "Prop. Kids" which will help provide additional funds for school renovations; We talked with Amber Conn about an upcoming 5K fundraiser for her child who is fighting a rare medical condition; we spoke with Kim Voelker with the Cape Girardeau Area Chamber of Commerce and Brian Gerou with the Jackson Chamber; We also spoke Katy Amrhein with the Cape Convention and Visitors Bureau and with Michelle Randecker with the MO Conservation Dept.

Date: 8/14/16; Time: 5:00am; Length: 28:29 min

-Description: We spoke with Jeff Long about the newly drafted Taxpayer Protection Amendment on the MO Nov. Ballot, which will prohibit taxes on services provided; we talked with the director of Autism Awareness in Southeast Missouri, April Swafford, about an upcoming silent auction benefit; We talked with founder of the religious-based charity Watch Christ Work, about their back to school event—collecting schools supplies for those in need and bringing together the Cape Girardeau community; We spoke with Jordi Prostauski, with the Cape Conservation Nature Center, about upcoming events; We also talked with Kim Voelker with the Cape Girardeau Chamber and Brian Gerou with the Jackson Chamber about various upcoming events in the region.

Date: 8/21/16; Time: 5:00am; Length: 28:29 min

-Description: We spoke with Drehna Shrive about the upcoming Michael Browne cancer benefit auction; we talked with Stacey Dohogne-Lane with the Cape Convention and Visitors Bureau, about upcoming events in the city; we talked with Les Tainter, about the event, Senior Matters- which addresses the needs of high school seniors and senior citizens; we also talked with Kim Voelker with the Cape Girardeau Chamber and Brian Gerau with the Jackson Chamber about their upcoming events and professional networking opportunities.

Date: 8/28/16; Time: 5:00am; Length: 28:29 min

-Description: We spoke with DuQuion State Fair spokeswoman Rebecca Clark, about this year's fair and activities; we talked with Will Gorman, committee member with the Cape West Rotary Club Regatta about their fundraising event; we spoke with Linda Loos, from the Sikeston Convention and Visitors Bureau, about several upcoming events; and we talked with Kim Voelker from the Cape Chamber about the new overtime exemption law and a workshop they hosted for local businesses; and we spoke with Brian Gerau, with the Jackson Chamber, about the growth of the Chamber and the addition of new staff.

Date: 9/04/16; Time: 5:00am; Length: 28:29 min

-Description: We spoke with Elizabeth Shelton, with the UnitedWay of Southeast Missouri, about the United Days of Caring and various community service opportunities; we talked with Pete Poe with the SEMO District Fair, about the various events at the this year's fair; and we spoke with Kim Voelker with the Cape Girardeau Area Chamber of Commerce about upcoming events, and with Brian Gerau about the Jackson Chamber's upcoming activities.

Date: 9/11/16; Time: 5:00am; Length: 28:29 min

-Description: We spoke with Michelle Irby, with Southeast Missouri State University, about the upcoming Family Weekend and events planned during that time; we talked with Danny Essner, Board member with the Cape Chamber, about two downtown Cape events, the River Tales Classic and the Race of the Century and it's stop through the Heartland; we spoke with Greg Sciuto, with the Walk to End Alzheimer's event in Cape Girardeau and talked about the funding of Alzheimer's research and statistics; and we

spoke with Kim Voelker with the Cape Area Chamber, about the addition of staff members and new location move; and we talked with Brian Gerau with the Jackson Chamber about the upcoming Octoberfest event in Uptown Jackson.

Date: 9/18/16; Time: 5:00am; Length: 28:29 min

-Description: We spoke with Lynn Ware, the Safe Communities Coordinator with the Cape Girardeau Police Dept. and Sandra Taurone contact with the Southeast Region of MoDOT, about Child Passenger Safety Week and traffic safety for young drivers; we discussed the Nolan Weber 5K and the treatment of a rare condition with Rachelle Weber with Believing Beyond - The Nolan Weber Foundation; and with Kim Voelker with the Cape Chamber about a new program called "LaunchCode", and we spoke with Brian Gerau with the Jackson Chamber about upcoming events and their Business Breakfast.

Date: 9/25/16; Time: 5:00am; Length: 28:29 min

-Description: We spoke with Shema Ruperto, with "For Kids Sake", and the upcoming 5K and Walk-a-Thon benefitting children in Bangladesh; we talked with Stacey Dohogne-Lane with the Cape Girardeau Convention and Visitors Bureau, about Cape Heritage Days; and we talked with Kim Voelker and Dana Debrock, the new Membership and Events Specialist, about the growth of the area Chamber and planned events; and we discussed the "Leadership Jackson" program with Jackson Chamber Director, Brian Gerau.