

**Quarterly Issues Report For
WMKR (FM) Pana**

10/1/13 – 12/31/13

Quarterly Issues / Programs List

There follows a listing of significant issues responded to by station WMKR (FM) Pana, IL, along with the most significant programming treatment of those issues for the period of 10/1/13 to 12/31/13. The listing is by no means exhaustive. The order in which these stories appear does not reflect any priority of significance.

Description of Issue	Prog / Seg Date	Time	Duration	Description of Program Statement
Education	10/4/13	9:20am	1:30	CEFS Tutoring
Education	10/16/13	6:20am	1:00	Taylorville School Board
Education	11/11/13	9:21am	1:30	LLCC Classes
Education	11/22/13	11:20pm	1:30	LLCC Foundation
Education	12/10/13	1:22pm	1:00	Taylorville School Board

((((((((((((((10-4-13 5a mm))))))))))))))

CEFS Offers Tutoring in Taylorville

You may not know it but CEFS offers tutoring to adults in areas like literacy. CEFS Literacy Coordinator Susan Wilson says some volunteer retired teachers are enabling them to offer help in Taylorville:

[audio:wilsoncefs100213.mp3]comment here[/audio]

Call Susan Wilson at 217-347-7033 for more info.

((((((((((((((((10-16-13 5a mm))))))))))))))

Taylorville School Board Hears FY13 School District Audit

The Taylorville School Board was presented with the Fiscal Year 2013 School District Audit at their meeting Tuesday night. CPA Adam Mathias (Ma-thigh-us) from the Lively, Mathias, and Hooper firm pointed out some key financial figures for operating funds:

[audio:mathiasfy13.mp3]comment here[/audio]

Mathias said it was evident that the Taylorville School District watched their expenditures closely but there is still work to be done to achieve a balanced budget.

The Taylorville School Board approved the issuance of alternate revenue bonds up to 12-million dollars. David Pistorius (Pi-story-us) with First MidState told the Board that there are two more steps in this process:

[audio:pistoriussteps101613.mp3]comment here[/audio]

The bond will help building and equipping additions to, improving the sites of, and altering, repairing and equipping the existing school building and facilities of the Taylorville School District.

The Taylorville School Board approved the following overnight trip requests: the Taylorville High School FFA's request to attend the National FFA Convention on October 29th through November 2nd in Louisville, Kentucky, the Taylorville High School Science Club request to camp overnight at Shelbyville Lake on October 19th and 20th, and the Taylorville High School Wrestling Team's request to participate in the Mid-States Wrestling Tournament at the University of Wisconsin at Whitewater on December 27th and 28th. The Board also approved the District ISBE Rising Star school improvement plan.

The meeting adjourned at 8:12pm.

((((((((((((((((11-11-13 5a mm))))))))))))))

Time to Sign up for LLCC Spring Classes

If you plan to attend classes at Lincoln Land Community College during the upcoming semester, it's time to make your advising appointments. Scott Stallman of Lincoln Land says they are offering a great line up of classes:

[audio:stallmansignup111113.mp3]comment here[/audio]

The business classes are for those in business, as well as those thinking about going into business.

(((((((((((((((11-22-13 5a rjm))))))))))))))

LLCC's Foundation Looks to Raise Money for an Endowment Fund

Lincoln Land Community College's Foundation has embarked on a goal of raising 2-point-5 million dollars to be put in an endowment, by 2017 which is the college's 50th anniversary.

Foundation executive director Karen Sanders told Regional Radio News about the campaign and the 3 main goals they hope to accomplish:

[audio:Sanderscut1Nov1913.mp3]comment here[/audio]

Sanders explains what putting the money into the endowment fund means:

[audio:Sanderscut2Nov1913.mp3]comment here[/audio]

Sanders says the Lincoln Land Foundation is a relatively new organization:

[audio:Sanderscut3Nov1913.mp3]comment here[/audio]

Sanders added the Foundation has raised around 500-thousand dollars towards their 2-point-5 million dollar goal.

((((((((((((((((12-10-13 5a awm))))))))))))))

Taylorville School Board Hears Update on Ameresco Building Project and School Bonds

The Taylorville School Board heard about the final plan for the Ameresco Building Project at North Elementary. Superintendent Dr. Gregg Fuerstenau gave the Board an update on the latest plan:

[audio:feurstenauameresco121013.mp3]comment here[/audio]

Several members of the Ameresco team were on hand with several layouts to display the new plan to the Board. In the new plan, the multipurpose building/gym will be built on the back half of North Elementary. The Board unanimously approved the plan.

The Taylorville School Board was presented with a resolution to provide for the issue of General Obligation School Bonds of the District for the purpose of improving existing school buildings and facilities. David Pistorius (Pi-story-us) with First MidState told the Board the two things they were doing by adopting the resolution:

[audio:pistoriusresolution121013.mp3]comment here[/audio]

The Board approved the \$9 million-450 thousand dollar amount in sold bonds which they will receive on December 20th.

The Board also approved a contract extension with Durham Bus Service and approved a bid of just under \$21,500 from Paper Corporation for paper for the 2013-14 school year. The Board approved for the 2013 Tax Levy to be filed.

The meeting adjourned at 8:47pm.

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Econ Development	10/8/13	6:22am	0:20	Business Change
Econ Development	10/15/13	9:21am	1:30	New Business
Econ Development	11/8/13	11:20am	1:00	Infrastructure Investment
Econ Development	11/19/13	1:22pm	1:00	College Renovations
Econ Development	12/8/13	3:21pm	1:45	Transportation System

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Mach 1 on Rt. 29 Changes Gas Companies

The Mach 1 Food Shop on Route 29 is switching gas companies from BP to Phillips 66. Crews have been busy today changing the signs and pumps. Mach 1 was closed for a short time this morning while the necessary changes were made to the gas pumps. The Mach 1 Food Shop chain is a known affiliate of Phillips 66.

((((((((((((((10-15-13 5a awm))))))))))))))

Doggy Day Care Opens in Taylorville

A new doggy day care has opened up in Taylorville. Ian Wilson, owner of Tail Command, tells Regional Radio News how he got the idea to open up the doggy day care:

[audio:wilsontailcommand101513.mp3]comment here[/audio]

Tail Command is located at 210 E Main Cross in Taylorville. For more information, you can call them at 824-8245.

((((((((((((11-8-13 5a awm))))))))))

Governor Quinn Announces \$691,000 Infrastructure Investments in Christian and Shelby County Communities

Governor Pat Quinn announced on Thursday a \$691,000 state investment in Christian and Shelby Counties to support critical public works improvements and home rehabilitations for low-income residents.

The investments were made under the Illinois Department of Commerce and Economic Opportunity (DCEO)'s Community Development Assistance Program, which targets areas with populations of less than 50,000 that are outside of urban counties. Larger towns and cities are eligible for similar funding by direct application to the federal government.

The awards include:

Christian County

Stonington: Replace a raw water line from well to treatment plant. \$450,000 grant, \$603,000 total project cost.

Shelby County

Findlay: New water main to connect with another water source. \$241,000 grant, \$321,490 total project cost.

Statewide, investments totaling \$8.83 million were made in 23 towns or townships for improvements to water and sewer systems, and with the required local matching funds the total investment will be \$13.94 million

((((((((((((11-19-13 5a awm))))))))))

LLCC Taylorville Renovations to Original Building Announced at Advisory Committee Meeting

Taylorville campus, president of the college Doctor Charlotte Warren announced that funding had been approved for some one-point-9 million dollars worth of renovations for the Taylorville campus original building.

Warren told Regional Radio News about what it will mean for the Taylorville campus.

[audio:Warrencut1Nov1913.mp3]comment here[/audio]

Warren said it will take about 2 years to complete the renovations.

[audio:Warrencut2Nov1913.mp3]comment here[/audio]

The Taylorville original building will be brought up to current life safety code, which is why the renovations were needed and approved.

((((((((((((((12-8-13 5a awm))))))))))))))

Rural Transportation System Implementation Continues to Progress

The Christian County Senior Citizens Center continues to work on a rural transportation system. Jerry Mahr of the Senior Center tells Regional Radio News the latest:

[audio:mahrruraltransport1120713.mp3]comment here[/audio]

Mahr says they are a behind in terms of offering this type of service:

[audio:mahrruraltransport2120713.mp3]comment here[/audio]

The Christian County Senior Citizens Center is located at the corner of Adams and Shumway in Taylorville.

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County Gov't	10/2/13	6:21am	1:30	Sheriff
County Gov't	10/18/13	10:22am	1:30	CCEDC
County Gov't	11/19/13	12:21pm	1:30	County Board
County Gov't	11/27/13	2:21pm	2:00	Sheriff
County Gov't	12/17/13	4:22pm	1:00	County Board

((((((((((((((10-2-13 5a mm))))))))))))))

Sheriff Kettelkamp: New Scam on Farm Ground Rent

Another new scam is on the rise in Christian County. Christian County Sheriff Bruce Kettelkamp tells Regional Radio News what people should be on the lookout for:

[audio:sheriffnewscam.mp3]comment here[/audio]

If you receive this call, you should hang up and notify police immediately.

((((((((((((((10-18-13 5a mm))))))))))))))

Christian County Economic Development Holds Annual Board Meeting

The Christian County Economic Development Corporation board of directors held their annual meeting and luncheon Friday morning at the Taylorville Memorial Hospital Auditorium, to review current economic development efforts in Christian County.

Economic Development executive director Mary Renner shared with Regional Radio News after the meeting, that Christian County is continuing to see increased interest from both retail and industrial business locators.

[audio:Rennercut1Oct1813.mp3]comment here[/audio]

Renner says continued interest from prospective retailers, is a good sign for continued economic development in Christian County.

[audio:Rennercut2Oct1813.mp3]comment here[/audio]

Some 30 board members attended the annual meeting, and almost 100 attended the luncheon afterwards that featured Jack Schultz and former Taylorville native Craig Lindvahl both talk about how to keep the Millennials as entrepreneurs in Christian County.

((((((((((((((((11-19-13 5a awm))))))))))))))

Christian County Board Hears About Possible Regional Office of Education Realignment

The Christian County Board heard about a possible Regional Office of Education realignment at their meeting Tuesday night. Christian/Montgomery Regional Office of Education Assistant Superintendent Greg Patrick tells Regional Radio News about the situation:

[audio:patrickrealignsituation111913.mp3]comment here[/audio]

Patrick explains what will happen if this realignment is approved:

[audio:patrickrealignoutcome111913.mp3]comment here[/audio]

Several local legislators including Rep. Wayne Rosenthal of Morrisonville, Rep. Rodney Davis of Taylorville, and State Senator Andy Manar are backing the Christian/Montgomery ROE to keep things the current alignment.

The Christian County Board heard an update about the replacement of the phone systems in County Buildings. Member Greg Hager told the Board what was discussed at Highway/Building/Grounds Committee meeting earlier this month:

[audio:hagerphone111913.mp3]comment here[/audio]

The Board approved the bid from Computer Techniques, Inc. to install the new phone system.

The County Board approved a resolution that the fee for drug and alcohol testing shall not exceed \$20 for each field test performed by the Probation Department and the fee for drug and alcohol testing shall not exceed \$75 for each laboratory test. The resolution also included that the fee for electronic monitoring shall not exceed \$12 a day.

The Board also approved a preliminary engineering agreement with WHKS and a soil boring agreement with Atlas Soils, Inc for the Rosamond Bridge #9 repairs. The Board approved the purchase of a snow blower and a spreader since the County no longer has a contract with someone to clear the walks and drives at the Courthouse and other buildings. The Board approved the budget for Fiscal Year 2014 and also the Christian County Tax Levy Ordinance.

The meeting adjourned at 7:10pm.

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Sheriff Kettelkamp Commends Harvel Resident for Catching Alleged Thief

Christian County Sheriff Bruce Kettelkamp would like to commend Mathew Meisner of Harvel for his help in apprehending an individual he observed committing a theft from his vehicle, which was parked inside his garage. As a result of Meisner's actions, Christian County Sheriff's Deputies arrested Cody Michael Caraker for residential burglary.

Meisner had suspected that someone had previously been entering his garage and taking items from his vehicle. As a result of this, Meisner placed a baby monitor in his garage to alert him if anyone entered his vehicle. On Monday around 2:08 A.M., Meisner was alerted, from the baby monitor, that someone had opened his car door. Meisner observed a male subject in his garage, later identified as Cody Michael Caraker, and detained him while Meisner's wife called the Christian County Sheriff's Office.

Meisner detained Caraker for approximately 14 minutes until the Deputies arrived on scene.

Caraker is suspected of entering into two other garages and taking items from their vehicles.

The action taken by Meisner is an excellent example of community policing where the citizens actions resulted in the arrest of a burglary suspect and the prevention of further crimes possibly being committed.

((((((((((((((12-17-13 5a awm))))))))))))))

Christian County Board Honors Art Students; Hears Update on Treasurer Resigning

The Christian County Board met Tuesday night and started the meeting by honoring Taylorville High School senior art students Camille Beyers and Matthew Campbell for their map design that will be on mugs and postcards celebrating Taylorville's upcoming 175th anniversary. Carol Alexander of the Taylorville Tourism Council tells the Board about the process:

[audio:alexandermapdesign121813.mp3]comment here[/audio]

Chairman Paul Schmitz presented both Beyers and Campbell with a certificate of appreciation. The mugs are available for purchase now at Cottage Rose and PS Printing. Alexander says a portion of the proceeds will go to the Art Department at the Taylorville High School.

The Christian County Board was updated on the Treasurer situation after current Treasurer Mike Drea announced he will be resigning. Chairman Paul Schmitz read the resignation letter to the Board and then told them the latest on the situation:

[audio:schmitztreasurerresign121813.mp3]comment here[/audio]

In his resignation letter, Drea cited unforeseen circumstances as the reason for stepping down.

The Christian County Board heard from Christian/Montgomery Counties Regional Superintendent Marchelle Kassebaum about the Regional Office of Education consolidation. Kassebaum tells the Board about the next step:

[audio:kassebaumroenext121813.mp3]comment here[/audio]

Kassebaum says her term will end June 30, 2015 and adds that they hope to maintain the office in Tayloville.

The Christian County Board was also informed that the Raymond-Morrisonville school consolidation will be on the upcoming ballot. The Board approved the reappointment of James Hafliger as a trustee to the Taylorville Sanitary District. The Board approved the request to hire in preparation for retirement for the Circuit Clerk Office.

The meeting adjourned at 7:15pm.

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City Government	10/8/13	9:20am	3:00	City Council
City Government	10/22/13	10:21am	2:30	City Council
City Government	11/4/13	11:20am	2:30	City Council
City Government	11/25/13	1:22pm	1:30	City Park Board
City Government	12/26/13	2:20pm	2:00	City Mayor

((((((((((((10-8-13 5a awm))))))))))))))

Taylorville City Council Swears in New Officer; Tables Several Issues

The Taylorville City Council was presented with a motion that there would be no charge for any area currently in the City or annexed into the City for fire hydrant installation. City Attorney Rocci Romano voiced concern over the wording of the motion:

[audio:romanoconcern.mp3]comment here[/audio]

Alderman Bruce Jones also voiced concerned saying that if the motion passed, new subdivisions could view it as not having to pay to install fire hydrants before dedicating that property to the City. Romano says that is something they would need to add to the possible ordinance:

[audio:romanosubdivisions.mp3]comment here[/audio]

The Council voted to table the matter and discuss the recommended ordinance at the next committee meeting.

The Taylorville City Council was presented with a motion to waive the water costs for a period of two years to Gowin Parc. City Attorney Rocci Romano suggested they table this matter as it could be a violation of a contract in its current proposed state:

[audio:romanocontract.mp3]comment here[/audio]

Romano suggested re-working the contract with Christian County to add a clause that would allow each side to make changes to the benefits for enterprise zones. Alderman Shawn Burtle suggested that instead of re-working the whole contract, write a letter to the County Board to get their approval for this one proposal. Romano said that would work as well. The Council agreed to do so and voted to table the topic.

At the last Taylorville City Council meeting, City Attorney Rocci Romano told the Council that Spreser was never annexed into the City after a jurisdictional transfer. Romano updated the Council at their meeting Monday about similar situations after more research was done by City Clerk Pam Peabody:

[audio:romanoproperties.mp3]comment here[/audio]

Romano also told the Council that all the title issues of the East Park property have been worked out and the City will soon have control of it.

The Christian County Economic Development Corporation meeting is coming up next week where they will have several speakers talking about growing business in small towns. Mayor Greg Brotherton urged all the Aldermen at the Taylorville City Council meeting Monday night to attend the meeting if possible:

[audio:mayorccedc.mp3]comment here[/audio]

The Council also approved a motion to contribute \$5,000 to CCEDC.

The Taylorville City Council was presented with a proposal to preplan each Spring the Ward projects and preapprove the projects by the Street and Sewer Committee and to have projects over \$1,000 approved by the Street and Sewer Committee from time to time effective January 1st. Alderman Rob Heberling says he does not support this idea:

[audio:heberlingopposed.mp3]comment here[/audio]

Alderman Bruce Jones explains what brought about this motion:

[audio:jonesreason.mp3]comment here[/audio]

The motion failed on a 5 to 2 vote.

The Taylorville City Council officially swore in Kyle Mense as a Taylorville Police Officer now that he has completed his mandatory training. The Council also tabled a subordination agreement with RECC concerning the city's storm sewer easement due to wanting to negotiate attorney and city engineering fees to be paid by RECC. The Council also approved the concept of a "shared sewer" with the property owner being responsible for up to \$2,500 and/or \$3,000 for sewer installation, maintenance and repair of the sewer lines and to direct the City Attorney to research legality of such a program.

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Promoted Taylorville Fireman Take Oath; City Council Approves Annexations

13 ordinances to approve the annexations of properties were brought before the Taylorville City Council at their meeting Monday night. Alderman Martin Vota voiced concern over the funding for these annexations especially with having to come up with funding for the new water treatment facility. Alderman Ernie Dorchinecz explained why these are being brought up now:

[audio:dorchineczreason102213.mp3]comment here[/audio]

Alderman Ray Koonce also voiced concern saying that it would cause extra strain on fire and police personnel and also citizens but Alderman Shawn Burtle says these properties are already being serviced by the city. The following properties were approved on a 7 to 2 vote: the Mid America Sport Parachute Property, Garren Property, People's Bank & Trust, Evergeen Aviation Property all located on South Spresser, the Bangert Property located on Northern Avenue, the Vangeison Property and Stillwell Property on South Houston, and the Reber Property on North Snodgrass. The Klinghammer Property and Dennis Property on South Shumway were approved on a 5 to 4 vote. The Phillips Property on North Snodgrass was approved on a 6 to 2 vote with Alderman Bruce Jones abstaining.

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The Taylorville City Council was presented with an ordinance to amend portions of the City Code in regards to rules of order in Committee meetings. Alderman Martin Vota told the Council he was not in favor of this:

[audio:votarules102213.mp3]comment here[/audio]

Alderman Rob Heberling says it helps provide clarification:

[audio:heberlingclarity102213.mp3]comment here[/audio]

The ordinance passed on a 7-1 vote.

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Taylorville Fire Chief Mike Crews, Assistant Fire Chief Andy Goodall, and Captain Matt Adermann were all present at the Taylorville City Council meeting to take their oath of office for their recent promotions. The Board approved a resolution for a real estate lease with Clint Barlow. Mayor Greg Brotherton reminded people in his update that Cheney will be closed this week as work on the sewer continues and also the railroad crossing at Cherokee and Adams will be closed for several days for maintenance. Mayor Brotherton also proclaimed October 22nd-25th as Illinois Federation of Business Women Week.

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Taylorville City Council Discusses Municipal Audit Program; Airport Underground Storage Tanks Project

The Taylorville City Council was presented with a motion at their meeting Monday night to have Mayor Greg Brotherton sign an agreement between the City of Taylorville and Azavar Audit Solutions, Inc. regarding a Municipal Audit Program on Uncollected Municipal Utility Taxes. Mayor Brotherton explains what the company will be able to do:

[audio:mayoraudit110513.mp3]comment here[/audio]

Alderman Martin Vota voiced concerned over the billing aspect:

[audio:votabillconcern110513.mp3]comment here[/audio]

Questions were also brought up about some aspects of the contract with Azavar. The Council decided to table the topic until the Finance Committee meeting later this month so that City Attorney Rocci Romano could fine tune that contract.

The Taylorville City Council held a lengthy discussion over the payment requests of KAM Solutions and Laker Petroleum concerning the IEPA Reimbursements for the Airport Underground Storage Tanks Project at their meeting Monday night. City Attorney Rocci Romano suggested the Council approve the motions he had written up:

[audio:romanomotions110513.mp3]comment here[/audio]

The first motion was quickly amended to include authorization for Mayor Brotherton to sign all necessary technical reports as well. The Council approved both motions.

Mayor Greg Brotherton provided the City Council with an update on the Route 29 project at their meeting Monday night:

[audio:mayorroute29110513.mp3]comment here[/audio]

Mayor Brotherton also informed the Council that he has sent an invitation to the 175th Anniversary Celebration of Taylorville and Christian County to Governor Pat Quinn.

The City Council also approved the motion to have Mayor Greg Brotherton sign an agreement with CGI Communications, Inc. to create a new marketing video highlighting Taylorville that will be linked to the City's website. The Council also approved the hiring of Morrison Electric to do the lighting repairs for the Municipal Building at an amount not to exceed \$2,000 unless additional work is approved by the Mayor. Mayor Brotherton also made a proclamation declaring December as Drunk and Drugged Driving Prevention Month.

The meeting adjourned at 8:07pm.

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Taylorville Park District Board Hears Update on Lakeshore Golf Course

The Taylorville Park District Board heard an update on the Lakeshore Golf Course at their meeting Monday night. Jeff Boldig of J&D Golf Management says they saw an increase in rounds played this year:

[audio:boldiggroundsplayed112613.mp3]comment here[/audio]

Boldig also updated the Board on several projects:

[audio:boldigprojects112613.mp3]comment here[/audio]

Boldig says the wet spring hurt them and they ended up being down in total revenue compared to last year.

The Board also approved a motion to bond funds for the new irrigation system at the Lakeshore Golf Course. They also approved to change the December scheduled Board meeting to December 23 at 3pm and approved the 2014 Board of Trustees meeting dates.

The meeting adjourned at 8:10pm.

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Ahlstrom Still Working on Noise Problem

Several people turned out for a Taylorville City Ordinance Committee meeting last week, to tell committee members about the mysterious noise coming from the Ahlstrom plant on the city's northeast side. Representatives from Ahlstrom's were on hand as well, and Mayor Greg Brotherton says they are still trying to address the problem:

[audio:mayornoisyahlstrom122613.mp3]comment here[/audio]

The problems began when Ahlstrom's recently installed new equipment mandated by the Environmental Protection Agency.

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Health	10/10/13	6:20am	1:30	St. Louis Dairy Council
Health	10/31/13	8:20am	1:00	American Diabetes Association
Health	11/14/13	9:21pm	1:30	American Cancer Society
Health	11/20/13	11:22pm	1:00	PCH
Health	12/12/13	2:21pm	1:30	St. Louis Dairy Council

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Fikri: Dairy Products Benefit Dental Health

Parents who want to keep their kids' teeth in good shape have a tough job of it. Joyce Fikri of the St. Louis Dairy Council says milk is always a good choice because it's better for kids than even most so-called health drinks:

[audio:fikrimilkdentalhealth100713.mp3]comment here[/audio]

Fikri says cheese is also beneficial for dental health because it stimulates saliva, which helps clear the mouth of bacteria. You can find out more about the role of dairy products in dental health by going to stldairyCouncil.org.

((((((((((((((10-31-13 5a mm))))))))))))))

November is Diabetes Awareness Month

A condition which affects millions of Americans will be in the spotlight next month. Vanessa Wiseman of the American Diabetes Association says it's a very important time of year for the organization:

[audio:wiseman102913.mp3]comment here[/audio]

Check out the American Diabetes Association's Facebook page.

((((((((((((((((11-14-13 5a mm))))))))))))))))))

Turner: Quit Tobacco use in November

Each November, the American Cancer Society sponsors the Great American Smokeout, to encourage smokers to quit. But Steve Turner of the American Cancer Society says it isn't just about smoking:

[audio:turneracssmokeout111313.mp3]comment here[/audio]

The Great American Smokeout this year takes place on Thursday November 21.

((((((((((((((((11-20-13 5a mm))))))))))))))

Pana Community Hospital Bazaar this Weekend

If you're looking to get a head start on the holidays, the Pana Community Hospital Auxiliary is sponsoring a holiday bazaar this weekend. Melissa Rybolt , Marketing Director for Pana Community Hospital, says it takes place Saturday:

[audio:ryboltbazaar111913.mp3]comment here[/audio]

The Bazaar is the Auxilliary's biggest fundraiser of the year.

((((((((((((((12-12-13 5a mm))))))))))))))

Fikri: Set Realistic Weight Loss Goals for Holidays

For those concerned about their weight, temptations abound during the holiday season. Joyce Fikri with the St. Louis Dairy Council says it's best to be realistic:

[audio:fikriholidayexercise121213.mp3]comment here[/audio]

Fikri says having a healthier snack before the party can take the edge off your appetite and make it easier to eat in moderation.