

CITY OF SIOUX CENTER
City Council Meeting
January 2, 2020
4:00 PM
City Office
AGENDA

1. Public Input/Communication
2. Consent Agenda
 - Minutes of December 18, 2019
 - Bills
 - Finance Reports
 - Approve Official Newspaper Publications
3. Consider Appointment of Administrative Officers & Oath of Office
4. Resolution of Appreciation (SC-R-01-20)
5. Consider Sale of Property - Public Hearing (SC-R-02-20)
6. Consider Fiber Project - Premier Communications Service Contract
7. Appointment/reappointment to City Boards
8. Other Business
9. Adjourn

FUTURE MEETINGS

Council Meetings

January 30, 4:00pm
February 19, 4:00pm
March 16, 4:00pm

*MISSION: Providing Excellent Quality of Life and Municipal Services for our
Growing Community through a Spirit of Progressive Cooperation*

OATH OF OFFICE GIVEN IN FIRST CITY COUNCIL MEETING OF 2020

SIoux CENTER, IA - - The Sioux Center City Council held their first meeting of the new year Thursday. The oath of office was given to several individuals including Eric Moerman who was re-elected as city councilman; new councilman Dale Vander Berg who replaced retired councilmember Verlyn Rozeboom; Dave Krahling who finished the term of former Mayor Dennis Walstra who passed away suddenly in 2019. Also sworn in were Mayor Pro-Tem Randy Vreugdenhil, City Attorney Brian Van Engen, City Manager/City Clerk Scott Wynja, Utilities Manager Murray Hulstein, Treasurer Darryl Ten Pas, Police Chief Mike Halma, and Fire Chief Dave Van Holland.

Other business included a resolution of appreciation for the service of Verlyn Rozeboom, who retired as city councilman last year.

The council also adopted a resolution to sell property to Agri-Vision Equipment. They plan to build their new facility on 15 acres of land located in the Urban Renewal Area in northern Sioux Center, purchase price of the land will be \$495,000.

Council also authorized a 10-year service contract with Premiere Communications to construct a new communication network to certain city properties. Cost to replace the current outdated network is \$36,000/year. The contract includes all construction, location service, equipment, backup power, maintenance and future upgrades. The system should be operational by this summer.

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• **City Office**
AGENDA

1. Public Input/Communication
2. Consent Agenda
 - Minutes of January 2, 2020
 - Bills
 - Finance Reports
 - Appointment to Library Board
3. Fiscal 2019 – Audit Report and Acceptance
4. Highway 75 Streetscaping Presentation
5. Consider Site Planning Agreement & Grant
6. 2020 Steel Natural Gas Line Project – Public Hearing and Award Contract
7. Siouxland Energy Natural Gas Service Agreement
8. Engagement Letter – Piper/Sandler
9. Set Public Hearing – Taxable Gas Revenue Loan Notes, Series 2020 (SC-R-03-20)
10. Trencher Purchase Recommendation
11. Snowplow/Sander Truck Purchase Recommendation
12. Consider Design Services for Fire Station #2
13. Review Capital Requirement Forecast
14. 2020-2021 General Fund Budget Review – Set Date and Time for Public Hearing
15. Other Business
16. Adjourn

FUTURE MEETINGS

Council Meetings

- February 19, 4:00pm
- March 17, 4:00pm

MISSION: Providing Excellent Quality of Life and Municipal Services for our Growing Community through a Spirit of Progressive Cooperation

MASTER PLANNING TO HELP SHAPE HIGHWAY 75 DESIGN

SIOUX CENTER, IA - - As engineers begin to sketch out Highway 75 improvements, Sioux Center is going to take a careful look to ensure the design fits the community's needs and identity.

At last week's City Council meeting, Sioux Center Mayor David Krahling says "This is a once-in-a-generation investment in the community, once in multi generations."

Landscape architecture and planning firm Confluence representative Jon Jacobson told the ^{city} council Highway 75 in Sioux Center is a community gateway, a major corridor, and everybody who lives here is going to use it. How it looks and works sends a message. He says these types of improvements can have a big impact on what people perceive the community can do as far as its growth.

Confluence will work with DGR, lead engineering firm on this project, and the community to generate ideas and create a master plan to carry Sioux Center's identity through Highway 75 improvements.

Jacobson says they specialize in engaging the community throughout the process.

Master planning will take a careful look at how each part of the highway is used and how to reflect Sioux Center better. Jacobson gave the example of downtown Sioux Center where there are opportunities to make the area a more positive experience for pedestrians and to improve the storefront spaces.

Master planning will look at where medians and crosswalks can be and what they look like, how to prepare for natural plantings like trees and flowers so they thrive, and how to design signs and lights. This master plan may also offer ways to carry that identity beyond just the highway, offering ideas that can be used in future years.

Currently, Highway 75 improvements are in the design phase. Last year, the Iowa DOT committed more than \$20 million to improve the local corridor, replacing aging pavement and changing it to an enhanced 4-lane roadway from 20th Street South to 12th Street North. The project is being designed to improve the functionality, safety, and appeal of Sioux Center's main corridor. Construction is slated for 2023-24.

CITY OF SIOUX CENTER

City Council Meeting

January 30, 2020

4:00 PM

City Office

AGENDA

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 - Bills
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 - Appointment to Library Board
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11. Snowplow/Sander Truck Purchase Recommendation
12. Consider Design Services for Fire Station #2
13. Review Capital Requirement Forecast
14. 2020-2021 General Fund Budget Review – Set Date and Time for Public Hearing
15. Other Business
16. Adjourn

FUTURE MEETINGS

Council Meetings

February 19, 4:00pm

March 17, 4:00pm

*MISSION: Providing Excellent Quality of Life and Municipal Services for our
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GRANT WILL BOOST LOCAL GROWTH PLANNING

SIOUX CENTER, IA -- Sioux Center is receiving a \$10,000 grant through a partnership between Premier Communications, Aureon, and the Iowa Area Development Group to help create a big-picture vision for three significant city-owned properties.

Assistant City Administrator, Dennis Dokter says working through master planning, the city hopes to create a vision for the properties to continue creative development in Sioux Center and draw new businesses in. He says they will use "out of the box" thinking and planning for these properties, to create hubs of activity that will provide benefits for Sioux Center and the region.

The three city-owned properties include a 53-acre parcel near Wal-Mart and the commercial area there, the former hospital site along Highway 75 in the heart of Sioux Center, and a 10-acre parcel in northern Sioux Center on prime property adjacent to Highway 75.

Dokter says properties like these are hard to acquire in Sioux Center, and the city needs to create a vision to maximize the use of the areas and tie it into a thriving community.

Along with the \$5,000 grant from Premier Communications, in Sioux Center, and the \$5,000 Ripple Effect grant from the Iowa Area Development Group and Aureon, the City of Sioux Center will also provide a \$5,000 match for this project.

CITY OF SIOUX CENTER
City Council Meeting
March 17, 2020
3:30 PM
City Office
AGENDA

1. Staff Department Reports – 3:30-4:00 PM
2. Public Input/Communication
3. Consent Agenda
 - Minutes of February 19 & March 4, 2020
 - Bills
 - Finance Reports
 - Liquor License Renewal – Shell SiouxPer Center
4. SC Hockey Association Mini-Grant Application (**SC-R-08-20**)
5. Ridge Golf Course Update - Matt Nice
6. Joint Use Committee Update
7. 2020-21 Budget Approval – Public Hearing (**SC-R-09-20**)
8. Consider Municipal Airport Closure and Re-Investment Plan
9. Vacate Easement in Industrial Park C – Set Public Hearing
10. FAST Act Street Resurfacing Funding Application
11. Employee Review
12. Employee Ratification
13. Other Business
14. Adjourn

FUTURE MEETINGS

Council Meetings

April 6, 3:30pm

April 28, 3:30pm

*MISSION: Providing Excellent Quality of Life and Municipal Services for our
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CITY COUNCIL MEETS IN REGULAR SESSION

SIoux CENTER, IA - - The Sioux Center City Council met in a regularly scheduled meeting, with a noticeable difference. The partition was removed enlarging the council chambers to allow social separation for those in attendance. Mayor David Krahlung opened the meeting with a COVID-19 review from the Iowa Governor's Mayors call, saying there is nothing new to report, the Mayor did note the closest positive cases of Coronavirus include one in Harrison County and one in Carroll county.

Council got down to business and approved a resolution to allow the Sioux Center Hockey Association to apply for a \$2,000 grant to purchase Squirt goalie gear and jerseys.

Matt Nice from the Ridge Golf Course gave a report on the activities and plans of the golf course.

Discussion with members of the Joint Use Committee commenced regarding an indoor turf facility. Dordt University President Dr. Erik Hoekstra was present via telephone; other Dordt representatives present at the meeting include Howard Wilson and Ross Douma; Sioux Center Schools Superintendent Gary MacEldowney was also present, as were Scott Wynja and Lee Van Meeteren representing the city of Sioux Center. After viewing other like facilities, discussion revolved around the typical which is 450 x 250 feet, with a height of around 75 feet. The committee sought the recommendation to continue researching the possibility of construction from the council. The committee reported construction takes just 4 to 6 months, and they hope if all is approved, beginning construction on or around 2021. Council agrees in continuing the research. A location for the facility was not discussed.

In other action, council adopts the annual budget for the fiscal year ending June 30, 2021; approved the closure and reinvestment plan for the former Sioux Center Municipal Airport; set a public hearing at the next regularly scheduled council meeting to vacate an easement for property to be developed into multi-family housing along 12th St. NE south of Link Manufacturing.

Discussion occurred regarding accessibility of future meetings while remaining compliant with current local, state, and federal meeting requirements/restrictions.



Date aired: 01/04/20 Time Aired: _____

Weekly Public Affairs Program

Show # 2020-01

Total running time: 29:30 (with optional exit at 24:00)

1. **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:

Online Security

Crime

Consumer Matters

Length: 8:52

2. **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:

Career

Parenting

Length: 8:25

3. **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:

Personal Finance

Retirement Planning

Senior Citizens

Length: 5:04



Date aired: 01/11/20 Time Aired: _____

Weekly Public Affairs Program

Show # 2020-02

Total running time: 29:30 (with optional exit at 24:00)

1. **Jordan W. Smoller, PhD**, psychiatric geneticist, Professor of Psychiatry at Harvard Medical School, Professor in the Department of Epidemiology at the Harvard School of Public Health

Depression is one of the world's most common mental disorders, affecting more than 300 million people globally. Prof. Smoller led a study that found that walking, jogging, yoga or any type of exercise may help to ward off depression, even in those with a genetic susceptibility to it. He also talked about the importance of social engagement and relationships in preventing depression.

Issues covered:
Mental Health
Physical Fitness

Length: 8:41

2. **Wendy Wood, PhD**, Provost Professor of Psychology and Business at the University of Southern California, author of "*Good Habits, Bad Habits: The Science of Making Positive Changes That Stick*"

This is about the time in the calendar that New Year's resolutions fail. Prof. Wood explained how people form habits, and what can be done with this knowledge to make positive change. She said willpower is usually not enough when someone is striving make a change in behavior. She also outlined the differences between habits, self-control and addictions.

Issues covered:
Personal Growth
Addictions

Length: 8:35

3. **Sherry Pagoto, PhD**, Professor in the Department of Allied Health Sciences, Director of the University of Connecticut Center for mHealth and Social Media

Prof. Pagoto led a study that found that 78 percent of major fitness chains offer tanning beds to their customers. She said that while the public health community has been trying to communicate the message to the public that tanning beds are not safe or healthy, gyms are essentially putting a 'health halo' on them because people associate gyms with health. She explained why tanning beds create serious risks for the development of skin cancer.

Issues covered:
Personal Health
Consumer Matters
Government Regulations

Length: 4:51



Date aired: 01/18/20 Time Aired: _____

Weekly Public Affairs Program

Show # 2020-03

Total running time: 29:30 (with optional exit at 24:00)

1. **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:
Parenting

Length: 7:51

2. **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:
Retirement Planning
Senior Citizens

Length: 9:23

3. **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:
Hearing Loss
Health Issues
Parenting Concerns
Senior Citizens

Length: 4:58



Weekly Public Affairs Program

Date aired: 1/25/20 Time Aired: _____

Show # 2020-04

Total running time: 29:30 (with optional exit at 24:00)

1. **Donna Thomson**, author of *"The Unexpected Journey of Caring: The Transformation from Loved One to Caregiver"*

It's estimated that 45 million Americans are currently providing unpaid care for a loved one. Ms. Thomson shared her own story as a longtime caregiver, and talked about the unexpected rewards and challenges that caregivers often find. She also explained why being part of a community of caregivers is vital to navigate the unpredictable terrain of care.

Issues covered:

Caregiving
Mental Health

Length: 9:20

2. **Molly Carmel**, licensed clinical social worker with a background in addiction and nutrition, Founder of The Beacon Program in New York City, co-author of *"Breaking Up with Sugar."*

Most health experts agree that sugar is bad for you. Ms. Carmel discussed the mental and physical dangers that come from an unhealthy relationship with sugar and flour, and why we can easily get hooked on them. She explained how processed food manufacturers design foods to be addictive.

Issues covered:

Nutrition
Addiction
Consumer Matters

Length: 7:48

3. **Greg Masson**, Chief of the Branch of Environmental Contaminants at the U.S. Fish & Wildlife Service

Prescription drugs are now being detected in many US rivers, lakes and streams. Mr. Masson expressed concern about the disposal of prescription medications and their impact on wildlife and the environment. He explained how these products affect the health of animals and fish. He also outlined guidelines issued by his agency on how to properly dispose of unused drugs.

Issues covered:

Environment
Personal Health

Length: 4:53



Weekly Public Affairs Program

Date aired: 02/01/20 Time Aired: _____

Show # 2020-05

Total running time: 29:30 (with optional exit at 24:00)

1. **Rachel Alinsky, MD., MPH**, Pediatrician and Adolescent Medicine Fellow at the Johns Hopkins Children's Center

Dr. Alinsky led a recent study that found that that less than a third of adolescents and young adults who experienced a nonfatal opioid overdose received appropriate follow-up addiction treatment to reduce the risk of a second overdose. She said youth are at a very high risk of another overdose in the first few months after the first one.

Issues covered:
Drug Addiction
Public Health

Length: 9:20

2. **Monique Morrissey**, Economist, Economic Policy Institute

Ms. Morrissey's organization is highly critical of the nation's policies for funding retirement. She led a study that found that only about 54% of Americans are saving for retirement. She explained why she believes that the shift from traditional pensions to 401(k)s has increased retirement inequality for U.S. families, based on their income, race, ethnicity, education, and marital status.

Issues covered:
Retirement Planning
Minority Concerns
Government Policies

Length: 7:48

3. **Octavia H. Zahrt**, doctoral candidate in health psychology at the Stanford University Graduate School of Business

Physical inactivity is estimated to account for 1 in 10 deaths worldwide, and 79% of U.S. adults do not meet recommended exercise guidelines. Ms. Zahrt co-authored a study that found that people who think they are less active than others in a similar age bracket die younger than those who believe they are more active – even if their actual activity levels are similar. She talked about the possible reasons behind this finding, and how a person's mindset affects their overall health.

Issues covered:
Physical Fitness
Mental Health

Length: 6:56



Date aired: 2/8/20 Time Aired: _____

Weekly Public Affairs Program

Show # 2020-06

Total running time: 29:30 (with optional exit at 24:00)

1. **Anthony O'Neal**, author of "*Debt-Free Degree: The Step-by-Step Guide to Getting Your Kid Through College Without Student Loans*"

Mr. O'Neal discussed the huge negative impact that student debt has on today's college graduates. He outlined three main ways to graduate debt free: saving money, finding money via grants and scholarships, and working for money. He recommended that students apply for lesser-known small-dollar scholarships, before going after the large ones.

Issues covered:
Education
Personal Finance

Length: 9:02

2. **Ada Calhoun**, author of "*Why We Can't Sleep: Women's New Midlife Crisis*"

Ms. Calhoun talked about the new midlife crisis facing Gen X women, and how they arrived there. She said most women in their 40s and early 50s are exhausted, terrified about money, under-employed, and overwhelmed. She believes that instead of being heard, they have been told to lean in, take "me-time," or make a chore chart to get their lives and homes in order. She talked about some of the possible societal changes that may address the problem.

Issues covered:
Women's Issues
Mental Health
Gen X Concerns

Length: 8:03

3. **Michael Englesbe, MD, FACS**, Cyrenus G. Darling Sr., MD and Cyrenus G. Darling Jr., MD Professor of Surgery at the University of Michigan in the Section of Transplantation Surgery

Dr. Englesbe led a study that examined inexpensive ways for surgery patients to get physically and mentally ready for their upcoming operation. He said the program may help reduce overall costs and get patients home faster. He said "prehabilitation," uses the weeks before surgery to encourage patients to move more, eat healthier, cut back on tobacco, breathe deeper, reduce their stress and focus on their post-operative goals.

Issues covered:
Personal Health
Healthcare Costs

Length: 5:07



Weekly Public Affairs Program

Date aired: 2/15/2020 Time Aired: _____

Show # 2020-07

Total running time: 29:30 (with optional exit at 24:00)

1. **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:

**Teen Suicide
Mental Health
Parenting**

Length: 7:57

2. **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:

**Bullying
Workplace Matters**

Length: 9:21

3. **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. it.

Issues covered:

**Retirement Planning
Senior Citizens**

Length: 5:04



Date aired: 02/22/20 Time Aired: _____

Weekly Public Affairs Program

Show # 2020-08

Total running time: 29:30 (with optional exit at 24:00)

1. **Jillian Peterson, PhD**, Assistant Professor of Criminology and Criminal Justice at Hamline University, Director of the Hamline Center for Justice and Law, co-founder of the Violence Project, a nonpartisan think tank dedicated to reducing violence in society

Prof. Peterson is the co-developer of a database that contains information about every mass shooter in the US since 1966. She said the database is the most comprehensive ever developed, designed to answer the "how" and "why" of mass shootings using data-driven research. She discussed the four most common characteristics of mass shooters. She also outlined the steps that she believes would be most effective to prevent mass shootings.

Issues covered:
Mass Shootings
Criminal Justice
Mental Health

Length: 9:02

2. **Peter H. Diamandis**, founder of more than 20 high-tech companies, Founder and Executive Chairman of the XPRIZE and Executive Founder of Singularity University, Co-Founder of Human Longevity, Inc, co-author of "*The Future Is Faster Than You Think: How Converging Technologies Are Transforming Business, Industries, and Our Lives*"

Technology is accelerating far more quickly than anyone could have imagined. Mr. Diamandis believes that over the next decade, the world will experience more upheaval and create more wealth than in the past hundred years. He cited examples of converging technologies which he expects to transform entertainment, education, healthcare, longevity, business and food.

Issues covered:
Consumer Matters
Technology

Length: 8:03

3. **Atara Twersky**, attorney, author of the *Curlee Girlee* book series

Amid today's pressures of the #MeToo movement, gender discrimination and the peer pressures of social media, Ms. Twersky explained why it is crucial for parents to encourage young girls to celebrate their differences and lift each other up. She offered suggestions to empower young girls and to teach them that it's okay to be different.

Issues covered:
Women's Issues
Children's Issues

Length: 5:07



Date aired: 02/29/20 Time Aired: _____

Weekly Public Affairs Program

Show # 2020-09

Total running time: 29:30 (with optional exit at 24:00)

1. **Sameer Hinduja, Ph.D.**, Professor in the School of Criminology and Criminal Justice within Florida Atlantic University's College for Design and Social Inquiry, Co-Director of the Cyberbullying Research Center

Teenagers in dating relationships today are constantly in touch via texting, social media and video chat. Prof. Hinduja led a study that examined "digital dating abuse," in which technology is used to repetitively harass, control or threaten a romantic partner. He found that more than 28% of teens who had been in a romantic relationship at some point in the previous year said they had been the victim of at least one form of digital dating abuse, and surprisingly, boys were more likely to experience it than girls.

Issues covered:

Dating Violence and Abuse
Teenager Concerns
Technology

Length: 9:02

2. **Michael J. Tews, PhD**, Associate Professor of Hospitality Management at Penn State University

Prof. Tews led a study that analyzed how a job candidate's social media posts affect decisions made by hiring managers. He said that 70% of employers reported looking at social media sites to help them evaluate potential employees, and 60% eliminated candidates on the basis of negative content. He found that posts that indicated self-absorption were the most damaging to a job hunter's prospects.

Issues covered:

Employment
Career

Length: 8:03

3. **Greg Keoleian**, Director of the Center for Sustainable Systems at the University of Michigan School for Environment and Sustainability

Environmentally-conscious consumers have probably heard that today's highly efficient dishwashers use less energy and water than traditional hand-washing techniques. However, Prof. Keoleian led a study that found that one manual washing technique--the two-basin method, in which dishes are soaked and scrubbed in hot water and then rinsed in cold water--that is associated with fewer greenhouse gas emissions than machine dishwashing. He offered numerous energy-saving tips related to the task of washing dishes.

Issues covered:

Environment
Energy
Consumer Matters

Length: 5:07



Date aired: 03/07/20 Time Aired: _____

Weekly Public Affairs Program

Show # 2020-10

Total running time: 29:30 (with optional exit at 24:00)

1. **Kelly McGonigal, PhD**, health psychologist, lecturer at Stanford University, author of *"The Joy of Movement: How Exercise Helps Us Find Happiness, Hope, Connection, And Courage"*

People who are regularly active have a stronger sense of purpose, and they experience more gratitude, love, and hope. Dr. McGonigal shared stories of people who have found fulfillment and belonging through running, walking, dancing, swimming, weightlifting, and more. She said a gym workout or other intense exercise isn't necessary—it's just important to find an activity that is enjoyable.

Issues covered:
Mental Health
Physical Fitness
Aging

Length: 7:54

2. **Mark McConville, PhD**, family clinical psychologist in private practice in Cleveland, author of *"Failure to Launch: Why Your Twentysomething Hasn't Grown Up...and What to Do About It"*

A recent study shows that a third of today's 25 to 29 year-olds live with their parents—three times as many as in 1970. Dr. McConville said that many are struggling with three critical skills that are necessary to make the transition from childhood to adulthood: finding a sense of purpose, developing administrative responsibility, and cultivating interdependence. He explained why things have changed for this generation, and how parents can help.

Issues covered:
Parenting

Length: 9:22

3. **Souvik Sen, MD, MS, MPH**, Chair of Neurology at Palmetto Health-USC Medical Group, Professor of Neurology at the University of South Carolina School of Medicine

Dr. Sen led a study that found that gum disease may be linked to higher rates of stroke caused by hardened and severely blocked arteries. He discussed the connection between gum disease and blood inflammation. He found that patients with gum disease had twice as many strokes and were twice as likely to have moderately severe narrowing of brain arteries.

Issues covered:
Stroke Prevention
Personal Health

Length: 4:56



Date aired: 03/14/20 Time Aired: _____

Weekly Public Affairs Program

Show # 2020-11

Total running time: 29:30 (with optional exit at 24:00)

1. **Dan Heath**, Senior Fellow at the Center for the Advancement of Social Entrepreneurship at Duke University, author of *"Upstream: The Quest to Solve Problems Before They Happen"*

Mr. Heath said far too many people stay "downstream," handling one problem after another, but they never make their way "upstream" to fix the systems that caused the problems. He cited several examples to illustrate why he believes that many crimes, chronic illnesses and customer complaints are often preventable.

Issues covered:
Workplace Matters
Education
Government

Length: 9:35

2. **Hessam Sadatsafavi, PhD**, Data Action Team Leader in the Department of Emergency Medicine at the University of Virginia Health System

Dr. Sadatsafavi led a recent study that found that properly designed and maintained outdoor green space has the potential to reduce violent crime and gun violence. He discussed the possible reasons that a community garden or small community park may keep people safe, decrease crime and promote better quality of life. He said the green space improvements are fairly inexpensive, particularly when done in the large scale of a major city.

Issues covered:
Crime
City Planning
Environment

Length: 7:39

3. **Nancy Lan Guo, PhD**, Associate Professor of Community Medicine and Cancer Center at West Virginia University, Program Assistant Director of West Virginia Clinical and Translational Science Institute for Biomedical Informatics

Dr. Gou led a study that found that microscopic toner nanoparticles that waft from laser printers may change our genetic and metabolic profiles in ways that make disease more likely. She said the primary concerns are for workers who work near printers that are in frequent use, those who are pregnant, and those who work in print shops. She said the study discovered dramatic genetic changes linked to cardiovascular, neurological and metabolic disorders.

Issues covered:
Personal Health
Workplace Matters

Length: 4:55



Weekly Public Affairs Program

Date aired: **3/21/20** Time Aired: _____

Show # 2020-12

Total running time: 29:30 (with optional exit at 24:00)

1. **Susan Tillery, CPA/PFS**, Chair of the American Institute of CPA's Personal Financial Planning Executive Committee

A recent survey from the American Institute of CPAs found that, for older Americans, falling victim to fraud is more devastating emotionally than financially. Ms. Tillery discussed the most common forms of fraud targeting the elderly, and how friends and family members can help to protect them.

Issues covered:

Crime
Elder Abuse
Retirement Planning
Aging

Length: 9:27

2. **Kasey Wallis**, personal coach, co-author of "*Who You Are Being*"

A recent poll found that 22 percent of Americans feel angry a lot, up from 17 percent the previous year. Ms. Wallis talked about the reasons behind this trend, and why different people react differently to anger. She outlined several ways to diffuse the problem, including focused breathing. She also discussed ways that parents can teach their children how to deal with anger in a healthy way.

Issues covered:

Mental Health
Media
Parenting

Length: 7:48

3. **Justin D. Kreuter, MD**, Instructor of Laboratory Medicine and Pathology, Transfusion Medicine Specialist with the Mayo Clinic Blood Donor Center

With recommendations to stay home during the COVID-19 pandemic, the U.S. now has a critical blood shortage. Dr. Keuter said nearly half of US blood collectors are reporting that they only have a two-day supply or less of blood products. He outlined the reasons that collections have plummeted and explained why potential donors should not be fearful to go to donation centers.

Issues covered:

Blood Donation
Coronavirus

Length: 5:09



Date aired: 03/28/20 Time Aired: _____

Weekly Public Affairs Program

Show # 2020-13

Total running time: 29:30 (with optional exit at 24:00)

1. **Dani Babb, PhD, MBA**, online education expert, founder and CEO of the Babb Group, which specializes in curriculum development and faculty training and services

Ms. Babb discussed what is working well for schools, what is not working, and how education delivery will be forever changed by Covid-19. She talked about the specific technical issues and other unexpected changes facing many schools that have had to scramble to move classes online. She said the graduating class of 2020 will likely end up having "virtual" graduation ceremonies.

Issues covered:

Education
Coronavirus
Technology

Length: 9:18

2. **Gail Heyman, PhD**, Professor of Psychology, University of California, San Diego

Dr. Heyman led a study that sought to find ways to reduce racial bias in children. She noted that racial bias can be measured in children as young as age 3. She said the key to her research was in repetitively teaching kids to identify people of another race as individuals. She hopes to develop a consumer-friendly version of her findings for eventual use in schools and at home.

Issues covered:

Racial Bias
Diversity
Parenting

Length: 7:48

3. **Beth K. Rush, PhD**, Neuropsychologist from the Dept. of Psychiatry and Psychology at the Mayo Clinic

Stay at home orders and non-stop news coverage about the Coronavirus pandemic is creating worry and anxiety for people across the globe. Dr. Rush suggested ways to cope with the crisis. She said it is important to establish daily routines. She also said limiting exposure to the constant media reports and Facebook comments can also help.

Issues covered:

Mental Health
Coronavirus
Media

Length: 4:56

JANUARY

Daily Grind

JANUARY EVENTS

CFE Celebration Dinner 722-3527 Trisha Driessen Ex Dir

Wed	1/1/20	NEW YEAR'S DAY		
Thur	1/2/20	DeeAnn Den Herder		SC Health Cert Foot Care Sp
Fri	1/3/20	Sunday Ford		SCCB Winter Act. Nature Ctr
Mon	1/6/20	Caleb Haverdink	463-3241	Dad Tired Conference
Tues	1/7/20	Heather Rozeboom Chamber		Bridal Showcase Spalding Gala
Wed	1/8/20	"Deacon" Dan Goebel	756-4528	Auction/Dinnr
Thur	1/9/20	Stan Speer	722-4846	Am St. Bank
Fri	1/10/20	Onsby Rose Ex Dir & GM		NISO
Mon	1/13/20	Howard Wilson - DU Chief Adm. Off		Buidling Project
Tues	1/14/20	Lee Stover		Music Trends
Wed	1/15/20	Janna De Jong Claryce Schuiteman		CFE Dinner
Thur	1/16/20	Jordan Helming Doornink Brunsting Post 199 Chili Cookoff		
Fri	1/17/20	Dave Van Holland	441-2078	SC Fire Annual Report
Mon	1/20/20	Linda Holub sxind coal against hum traff		Nat. Hum Traff Aware Mo
Tues	1/21/20	Pr. Clevey Ragsdale	441-4397	Fam. Sc. Exper. Amzng chem
Wed	1/22/20	Rob Roozeboom		Rise Fest
Thur	1/23/20	Wayne Dykstra UCHS Mike Mulder MOC-FV		Reach Out Bio-Security Prep
Fri	1/24/20	Fred Hall ISU Ext. Dairy Spec		Workshop
Mon	1/27/20	S. VRuler, Kelly Reyes, Ashley Anderson		Engaging w/Latino Pop.
Tues	1/28/20	Marge Wagner	439-1103	Rolling Hills Golf Theatre
Wed	1/29/20	Doug Maury Rick Loutsch		NWC Grad Lvl Program Journy thru Parkinsons Dis.
Thur	1/30/20	Susan Boettcher ISU Ext.	336-3488	Sx Co Comm Global Prayer
Fri	1/31/20	Donna Mills Justin Schuiteman		

FEBRUARY

Daily Grind

FEBRUARY EVENTS		
NW SCHOLARSHIP AUCTN	707-7134	Duane & Aletha Beeson
SPRING FLING	546-2125	Darcy Athens
Stem Fest, ISU Extension & DC	957-5042	ISU Ext. Kiley Kauffman
Comedy Night	786-3420	Mid-Sioux
To Be Told Simulcast		Bethesda

Mon	2/3/20	Russ Adams MOCFV Super		School Bond Referendum
Tues	2/4/20	Jassiel Garcia		New Horizons
Wed	2/5/20	Tom Tapper		Mwst Honor Flt benefit Involve Conf. NEXT Pgm
Thur	2/6/20	John Menning Smntha Martin	707-7406	nwc
Fri	2/7/20	Jill Van Soelen & Kris Gesink	441-0479	SCCS PCHC Book Drive
Mon	2/10/20	Murray Hulstein. Zeke Ellis		Waste Water Treat Facility
Tues	2/11/20	Dan Bonnema		Retirement
Wed	2/12/20	Marlene Heerde	324-4297	Touch of Hope Digital Citizenship 3192698493
Thur	2/13/20	Pete Komendowski - Pres. Part. For Healthy IA		C.N.A. Interview Event
Fri	2/14/20	Karen Bentsen SC Health		
Mon	2/17/20	Donna Mills Scott & Gina Vreeman ISU Ext	737-7295 707-7422	St Fam Pgm + Haw stuff
Tues	2/18/20	Maggie Hulstein Korky K	m	NWC AllN Day of Giving SC Lib Bookin' It 5K Fun Run
Wed	2/19/20	Emily Van Weerdhuizen		NCC Free Certifications
Thur	2/20/20	Kristin Kollbaum Norma Azpeitia		Rise Fest
Fri	2/21/20	Rob Roozeboom		
Mon	2/24/20	Dennis Hoksbergen	470-3147	SC Sportmen's Banquet
Tues	2/25/20	Dr. Wrede Vogel Daniel Breen	574-2085	Luke Society
Wed	2/26/20	Bowar A.VBerg, Emily Kramer	441-7539	SCCS update & events
Thur	2/27/20	Kari Beadner Doug Anderson		Guiding Star
Fri	2/28/20	Gary McEldowny		New HS Update

MARCH

Daily Grind

MARCH EVENTS

3/20 – 21	OC CHAMBER EXPO	707-4510	Mike Hoffman
3/10/20	Sx Co. Sportsman's Banqt	470-3147	Dennis Hoksbergen
3/20/20	Ag Breakfast	722-3457	Barb Den Herder
3/16/20	FCC Wine Gala & Auction	722-4404	Sharie Kastein
3/17/20	Ireton Bluegrass Festival	539-8614	Lisa

Mon	3/2/20	Kurt Franje		Sxland Habitat for Humanity
Tues	3/3/20	Amy Keahi Mel Pottebaum		ATLAS 20 yr. Anniversary
Wed	3/4/20	Henry Byl & Julie Arends		Marathon - Relay
Thur	3/5/20	Cathy Feenstra Maggie Landegent		2020 Census
Fri	3/6/20	Tara R Courtney C Tammy Lief		FCC Wine Gala
Mon	3/9/20	Katie Vdr Zwaag Erica Wassenaar		CLC Play Therapy
Tues	3/10/20	Kelly Nieuwenhuis		Ethanol Ind update
Wed	3/11/20	Mark Klompjen		Ireton Bluegrass Gospel Concert
Thur	3/12/20	Michael Lewis		CF Digital
Fri	3/13/20	Tony Jelsma		Coronavirus
Mon	3/16/20	Sheila De Jong Mark Vermeer		Kaitlyns Fund
Tues	3/17/20	Ryan De Groot		small bus. Reaction to CV19
Wed	3/18/20	Emma Bouza		World Down Syndrome Day
Thur	3/19/20	Shawn Scholten		CLC - Anxiety
Fri	3/20/20	Aaron Van Beek. Chris VB.		Midwest Honor Flight
Mon	3/23/20	Josh McDowell		Culvers day
Tues	3/24/20	Nathan Nykamp	722-7433	Porn Epidemic Conference
Wed	3/25/20	Ben Van Der Brink NO SHOW		Ragbrai & Iowa Tour
Thur	3/26/20	Jim Meade Dana Van Ostrand	476-9970	B&K Landsc 25 yr Ann.
Fri	3/27/20	Teri Bos	540-7857	Living Your Faith Camp
Mon	3/30/20	Ken Smit	360-1064	Sx Co CHP - COVID-19
Tues	3/31/20	Jessie Huitink	540-9560	Bethany Chr Svcs
			476-2628	Foster Grandparents Pgm