3RD OUARTER 2014

"ONE ON ONE PROGRAM"

10 MINUTES, AIRS SATURDAYS AT 7:40AM.

JULY 5, 2014 HIGHWAY SAFETY
SGT. JESSE GRABOW, MINNESOTA STATE PATROL, SAYS THE HEAVY RAINS HAVE
CAUSED SEVERAL ACCIDENTS DUE TO HYDROPLANING. GRABOW SAID MAKE SUR
EYOUR TIRES HAVE ENOUGH TREAD AND THAT YOU SLOW DOWN WHEN ROADS ARE
COVERED WITH WATER DURING HEAVY DOWNPOURS. DISTRACTIVE DRIVING
CONTINUES TO BE A PROBLEM WITH DRIVERS TEXTING WHEN THEY ARE ON THE
ROAD. SEAT BELT USAGE IS UP TO 93% WITH MINNESOTA DRIVERS. HIGHWAY
SPEEDS ALWAYS INCREASE DURING THE SUMMER MONTHS SO GRABOW URGED THE
DRIVING PUBLIC TO SLOW DOWN.

JULY 12, 2014 DENTAL CARE FOR THE UNDERPRIVILEGED AL OLSON AND DR. RICH MOEN WITH CARING HANDS DENTAL CARE CLINIC EXPLAINED HOW THEY SERVE THE UNDERPRIVILEGED WITH THEIR DENTAL NEEDS. OLSON SAYS LAST YEAR THEY SERVED OVER 385 FAMILIES WITH THEIR DENTAL NEEDS. 962 SENIORS WERE ALSO SERVED PROVIDING DENTURES AND EMERGENCY CARE. DR. MOEN SAYS THE CLINIC NOW HAS FIVE FULL TIME DENTISTS, ALONG WITH 14 LOCAL DENTISTS AND DENTAL HYGIENISTS. OLSON SAYS THEY TREAT PATIENTS FROM ALL OVER MINNESOTA THAT QUALIFY FOR MEDICAL ASSITANCE. THE CLINIC WORKS WITH PRIME WEST AND ALTHOUGH THEY RECEIVE REIMBURSEMENT FROM THE STATE LOCAL DONATIONS ARE ALSO WELCOME.

JULY 19, 2014 DISTRICT 206
SUPERINTENDENT RICK LAHN OF SCHOOL DISTRICT 206 SAYS A LOT OF LOCAL
COMMUNITY INPUT WAS SOUGHT FOR THE DESIGN OF THE NEW ALEXANDRIA AREA
HIGH SCHOOL. SUPT. LAHN ADDRESSED THE SECURITY MEASURES THAT HAVE
BEEN DESIGNED INTO THE NEW FACILIATY. LAHN SAYS THE SCHOOL CAN BE
LOCKED DOWN IN LESS THAN 10 SECONDS IF AN INTRUDER CAME INTO THE
BUILDING. THE NEW HIGH SCHOOL WILL BE ENVIRONMENTALLY FRIENDLY WITH
PASSIVE SOLAR HEAT AND A HEATIANG SYSTEM THAT USES CIRCULATING WATER
FROM GROUND WATER. MANY RECYCLED MATERIALS WERE USED IN
CONSTRUCTING THE HIGH SCHOOL.

JULY 26, 2014 RECREATION OPPORTUNITIES
FRITZ BUKOWSKI, DIRECTOR WITH LAKES AREA RECREATION, TALKED ABOUT HIS
ORGANIZATION. LAKES AREA RECREATION SERVES THE CITY OF ALEXANDRIA AND
DISTRICT 206 IN PROVIDING PROGRAMS TO THE PUBLIC. FUNDING IS PROVIDED BY

3RD OUARTER 2014

"ONE ON ONE PROGRAM"

10 MINUTES, AIRS SATURDAYS AT 7:40AM.

THE CITY OF ALEXANDRIA AND THROUGH ACTIVITY FEES. BUKOWSKI SAYS VOLUNTEERS HELP COACH THE MANY SPORT LEAGUES. DURING THE SUMMER THAT INCLUDE AGES FIVE YEARS TO ADULT. HE TALKED ABOUT THE MANY PROGRAMS AVAILABLE TO SENIORS THAT INCLUDE WELLNESS AND EXERCISE PROGRAMS.

AUGUST 2. 2014 TRAFFIC SAFETY
MINNESOTA STATE PATROLMAN JESSE GRABOW EXPLAINED THE NEW WORK ZONE
LAWS THAT TOOK EFFECT AUGUST 1ST REGARDING SPEEDING IN A WORK ZONE.
THE NEW LAW WILL COST THE TRAFFIC OFFENDER A MINIMUM OF \$300 IF
TICKETED. IF A DRIVER IS UNDER 17 YEARS OF AGE IT'S ILLEGAL TO USE YOUR
CELL PHONE WHEN DRIVING. JUST ABOUT EVERY MAJOR HIGHWAY HAS ROAD
WORK UNDERWAY THIS SUMMER SO GRABOW URGES DRIVERS TO SLOW DOWN AND
BE PATIENT.

AUGUST 9, 2014 HIGH SCHOOL SPORTS
ALEXANDRIA CARDINAL HEAD FOOTBALL COACH MIKE EMPTING TALKED ABOUT
THE UPCOMING SEASON. EMPTING THANKED THE COMMUNITY AND LOCAL
BUSINESSES FOR PROVIDING A STATE OF THE ART SPORTS FACILITY FOR THE
STUDENTS. EMPTING SAYS HIS COACHING STAFF HAS BEEN TRAINED TO
RECOGNIZE CONCUSSION SYMPTOMS AND THERE IS A MANDATORY PROTOCAL TO
FOLLOW IF SYMPTOMS ARE FOUND IN A PLAYER. BOOSTER CLUBS AND THE
CARDINAL GRID CLUB ARE THE PRIMARY FUNDRAISERS FOR THE FOOTBALL TEAM
TO HELP PARENTS WITH THE EXPENSE OF PURCHASING FOOTBALL EQUIPMENT.

AUGUST 16, 2014 COMPUTER TECHNOLOGY
XS CONSULTING COMPUTER TECHS TOM FISHER AND AARON DISCUSSED COMPUTER
VIRUSES AND WHAT SECURE FILTERS ARE AVAILABLE TO BUSINESS AND PERSONAL
HOME COMPUTERS. IF YOU UPGRADE TO A BETTER ANTI-VIRUS SOFTWARE THERE
MAY BE AN ANNUAL FEE AND DEPENDING UPON YOUR NEEDS AND THE AMOUNT OF
PROTECTION REQUIRED IT MAY BE A GOOD INVESTMENT. FISHER SAYS MAKE
SURE YOUR COMPUTER IS PROTECTED WITH A SURGE PROTECTOR AND TAKE THE
TIME TO CLEAN YOUR COMPUTERS OF DUST.

3RD OUARTER 2014

"ONE ON ONE PROGRAM"

10 MINUTES, AIRS SATURDAYS AT 7:40AM.

AUGUST 23, 2014 DISTRICT 206 UPDATE
SUPERINTENDENT OF SCHOOLS RICK LAHN ALONG WITH CARDINAL ATHLETES
FROM THE TENNIS, SOCCER, SWIMMING AND CROSS COUNTRY TEAMS TALKED
ABOUT THE UPCOMING SEASON. LANE SAYS ONLY 5% OF THE SCHOOL BUDGET GOES
TO SPORTS PROGRAMS AND OTHER EXTRACURRICULAR PROGRAMS; BUT STUDENTS
WHO PARTICIPATE DO WELL ACADEMICALLY.

AUGUST 30, 2014 PUBLIC HEALTH REGISTERED NURSE CONNIE FIELDS FROM THE DOUGLAS COUNTY PUBLIC HEALTH DEPARTMENT DISCUSSED THE IMPORTANCE OF MAINTAINING GOOD MENTAL HEALTH FOR STUDENTS AS THEY HEAD BACK TO SCHOOL AND WHAT PARENTS CAN DO TO HELP.

SEPTEMBER 6, 2014 MIDDLE EAST ISSUES
CONGRESSMAN JOHN FLEMMING OF LOUISIANA, WHO SERVES ON THE HOUSE
ARMED SERVICES COMMITTEE0 AND THE HUMAN SERVICES COMMITTEE. FLEMING
WHO HAS TRAVELED TO THE MIDDLE EAST NUMEROUS TIMES DISCUSSED THE
CHALLENGES RACING OUR COUNTRY FROM TERRORISTS. FLEMING SAYS WHAT
HAPPENED IN IRAQ IN HIS OPINION WAS A POLITICAL TRAVESTY BECAUSE THE IRAQ
GOVERNMENT AFTER HUSSAIN WAS CORRUPT. ISIS AND OTHER TERRORIST
ENTITIES CANNOT BE DEFEATED WITHOUT BOOTS ON THE GROUND WITH
AMERICAN TROOPS LEADING THE WAY AT THIS TIME. PUBLIC OPINION OPPOSES
THAT OPTION.

SEPTEMBER 13 LAKE WATER CONSERVATION DOUGLAS COUNTY LAKES ASSOCIATION MEMBER HARRY MAY AND DNR CONSERVATION OFFICER MITCH LAWLER TALKED ABOUT THE FIGHT AGAINST AQUATIC INVASIVE SPECIES INCLUDING ZEBRA MUSSELS AND EURASIAN WATER MILFOIL. MAY SAYS DOUGLAS COUNTY HAD ALL PUBLIC ACCESSES MONITORED AS BOATERS WENT IN AND OUT OF THE WATER. LAWLER SAYS SEVERAL CITATIONS WERE WRITTEN THIS SUMMER FOR NOT REMOVING THE BOAT PLUG AND HAVING MILFOIL ON THE TRAILER. LAWLER DISCUSSED THE NEW CHANGES IN THE FISHING AND HUNTING LAWS.

SEPTEMBER 20, 2014 ADOPTION
ALEXIS JOHNSON AND HEIDI LARSON FROM LUTHERAN SOCIAL SERVICES

3RD QUARTER 2014

"ONE ON ONE PROGRAM"

10 MINUTES, AIRS SATURDAYS AT 7:40AM.

DISCUSSED ADOPTION AND THE PROCEDURES REQUIRED FOR FAMILIES TO ADOPT. CURRENTLY IN MINNESOTA THERE ARE 888 CHILDREN ELIGIBLE FOR ADOPTION. INDIVIDUALS INTERESTED SHOULD CONTACT THEIR LOCAL LUTHERAN SOCIAL SERVICE OFFICE AND COMPLETE AN APPLICATION FORM. THE PROCESS CAN TAKE UP TO 12 MONTHS.

SEPTEMBER 27, 2014 WINTER DRIVING SAFETY STATE PATROLMAN JESSE GRABOW TALKED ABOUT PREPARING FOR FALL AND WINTER DRIIVNG. MOTORISTS ARE ADVISED TO CHECK TIRE TREAD AND AIR PRESSURE, TUNE UP THEIR ENGINE AND PUT A SURVIVAL KIT IN THEIR VEHICLE. HE ALSO REMINDED LISTENERS TO USE THEIR SEATBELTS.