

Type	Narrative	Reporter/Interviewer	Significant Guest(s)	Guest Position	Story Location	Topic	Source	Airdate	Length	Program Title	Web	Air Time	Other Carriage
Two-Way	In early September, Southeast Missouri State University President Carlos Vargas notified the community of Cape Girardeau that due to a recent structural assessment, Houck Stadium would be closing to the public. Vargas explained that the structure's south grandstand had surpassed its original useful life and the rate of the concrete's deterioration had accelerated. The south grandstand notably seated the visitors' section of sports fans and families. On Friday, September 24th, reconstruction plans were officially approved by the Southeast Missouri State Board of Governors. The project will undergo three separate phases of construction. Southeast's Director of Athletics, Brady Barke explained that this was a major disappointment to the University and its athletes because it forced the stadium's capacity to be lowered for events. Barke mentioned that the approval of the rebuilding project's funding is a reflection of the University's history, and the legacy of the location. Alongside the rebuilding of the south grandstand, during the first phase of construction, the stadium will also undergo various other renovations including additional new restrooms and concessions areas. Barke expressed that despite the need for approval for the second and third phase's funding, he is hopeful when it comes to their approval.	Daria Lawson	Brady Barke	Southeast's Director of Athletics	Cape Girardeau	Education	Southeast Missouri State University/KRCU	10/1/2021	0:05:10	Going Public	Yes	7:45:35	
Modular Program	A primary reason for the Missouri crisis was Congress attempting to dictate prohibition of slavery. Most Missourians supported the institution, including many who owned no enslaved people. However, leaders and others in many northern states, while not committed to full equality, began to question slavery in view of the promises of the founding documents and growing uncertainty about the efficiency of slave labor.	Bill Eddleman	N/A	N/A	Cape Girardeau	Education	KRCU	10/1/2021	0:02:00	Missouri Bicentennial Minutes	Yes	6:42:30, 8:42:30	
Feature	At the end of the 2021 legislative session, Missouri lawmakers for the first time in over two decades voted to increase the gas tax effective Oct. 1. Gas buyers in Missouri used to pay 17 cents per gallon in taxes, one of lowest rates in the country. Now, the tax has increased to 19.5 cents per gallon. It will continue to rise by 2.5 cents each July until it reaches a final rate of 29.5 cents per gallon in 2025. The total increase is 12.5 cents. Rep. Becky Ruth, R-Festus, sponsored the bill in the House and defended the legislation during an hours-long debate on the floor, which included the defeat of an attempt that would have required the public to approve the increase in an election. Although the first step of the increase just went into effect, Missouri already has a published index of what new projects could be newly funded called the High Priority Unfunded Needs List. The list totals around \$2.5 billion with identified but unfunded transportation needs broken up into two tiers. The first includes projects likely to be on the short list for when the state begins to accumulate new funding.	Sarah Kellogg	Becky Ruth	MO Representative from Festus, MO	Jefferson City; Festus; Missouri		KWMU	10/4/2021	0:04:27	All Things Considered	Yes	16:44	KWMU
Feature	Last year voters approved Medicaid expansion to include people who make up to around \$17,800 and the Missouri Supreme Court upheld the measure earlier this summer. A Cole County judge ruled that people could start applying for Medicaid, but the Department of Social Services said it couldn't give applicants an answer on whether they were approved until Oct. 1. The acceptance of Medicaid applicants for now closes one of the longest and most-high stakes policy disagreements in modern Missouri history. Various guests discussed the impact of Medicaid expansion-- politically, economically and personally.	Jason Rosenbaum	In order of appearance: Amanda Reynolds; Rebecca Woelfel; Dave Dillon, Dan Haug	Missouri Hospital Association representative	Missouri	Health Care	KWMU	10/5/2021	0:05:00	Morning Edition	Yes	7:45:35	KWMU
Two-Way	In the United States, family and domestic violence is a common problem, affecting an estimated 10 million people every year. Throughout the month of October, resources in Cape Girardeau will be offering aid and awareness opportunities to community members on the subject of domestic violence. On October 5th, The Safe House for Women, a non-profit agency that provides shelter and support services to adults and children who have experienced domestic violence, sexual violence, dating violence, or stalking held a 'lantern release' in partnership with the Cape County Sheriff's office in support of domestic violence victims. The Safe House is also hosting their annual 'Vintage Now' fashion show on October 9th. Domestic abuse survivor and Cape Girardeau community member Leslie Washington has been an active participant in the Vintage Now fashion shows, and also works actively to share her story in hopes to help others escape domestic abuse and support those who are survivors. Employment scams are on the rise in a turbulent job market created by the COVID-19 pandemic, according to a recent investigative study by BBB.	Daria Lawson	Leslie Washington	Domestic Violence Survivor, Volunteer with Safe House for Women Shelter, and Participant in Vintage Now Fundraising Show	Cape Girardeau, MO	Crime	KRCU	10/6/2021	0:05:10	Going Public	Yes	7:45:35	
Modular Program	Last year, BBB found job scams to be the riskiest of all the scams they tracked in 2018 and 2019. However, the new study finds that the problem worsened in 2020, as losses reported to the FBI's Internet Crime Complaint Center about employment scams were up 27%.	Whitney Quick	N/A	N/A	Cape Girardeau	Business	KRCU	10/7/2021	0:02:00	Consumer Handbook	Yes	6:42:30, 8:42:30	
Modular Program	October is National Breast Cancer Awareness Month. According to the U.S. Department of Health and Human Services, about 1 in 8 women born today in the United States will get breast cancer at some point. The good news is many women can survive breast cancer if it's found and treated early. A mammogram -- the screening test for breast cancer -- can help find the disease early when it's easier to treat.	Brooke Hildebrand Clubbs	N/A	N/A	Cape Girardeau	Health Care	KRCU	10/7/2021	0:02:00	To Your Health	Yes	7:42:30, 17:18	
Modular Program	Statements by various writers about treatment of the enslaved in Missouri vary from "...being considered almost as one of the...family..." to descriptions of deplorable punishments. One attitude amongst enslavers was that even though they wanted to treat the enslaved humanely, maintaining discipline was foremost. Otherwise, they asserted, the enslaved would escape or even organize and rebel. Even the roughest statements are questionable through the lens of enslavement. As one historian stated, "...mild or not. It was still slavery."	Bill Eddleman	N/A	N/A	Cape Girardeau	Education	KRCU	10/8/2021	0:02:00	Missouri Bicentennial Minutes	Yes	6:42:30, 8:42:30	
Two-Way	According to the U.S. National Library of Medicine, 1.6 million Americans are affected by tricuspid regurgitation of the heart. One current treatment for this, is the reinforcing or replacing of heart stem valves with artificial rings. However, according to Kate Appleman and Awab Assad, this specific treatment is severely under researched. At the beginning of October, Appleman had the opportunity to present their research for the Biomedical Engineering Society. Last year, Appleman was able to be published in the Journal of Biomechanics for her contributions to the research done on the heart stem valves. The abstract for their most recent study has been accepted to be published on the "Frontiers in Medical Technology" website under the topic of Cardiovascular Medtech.	Jonah McGuire	Kate Appleman; Awab Assad	Both: Southeast Missouri State University students and researchers	Cape Girardeau, MO; Southeast Missouri State University	Science	KRCU	10/12/2021	0:04:47	Going Public	Yes	7:45:35	
Modular Program	Identity theft is stressful, and it can do tremendous damage to your finances. It's important to recognize the signs early. The earlier you notice something is amiss, the faster you can take action to minimize the damage.	Whitney Quick	N/A	N/A	Cape Girardeau	Business	KRCU	10/14/2021	0:02:00	Consumer Handbook	Yes	6:42:30, 8:42:30	
Modular Program	There are three types of COVID tests. The first one, the PCR test, identifies whether the actual COVID virus genetic material exists by taking a sample via a nasal pharyngeal swab. The second one, the antigen test, also known as the rapid test, is also done by nasal swab. It detects the outer protein of the virus. The third type, an antibody test, is a blood test that looks for whether the individual has mounted an immune response.	Brooke Hildebrand Clubbs	N/A	N/A	Cape Girardeau	Health Care	KRCU	10/14/2021	0:02:00	To Your Health	Yes	7:42:30, 17:18	
Modular Program	Corn and pork dominated Missourians' diet in 1821. For example, the Moses Austin household required 900 pounds of pork monthly. Hogs were easier to feed because they could forage in fields and woodlands and fatten on nuts in fall. Families often had one or more milk cows. Most kept a few chickens, which were susceptible to predators, and many kept sheep, but mostly for wool.	Bill Eddleman	N/A	N/A	Cape Girardeau	Education	KRCU	10/15/2021	0:02:00	Missouri Bicentennial Minutes	Yes	6:42:30, 8:42:30	
Spot	The City of Cape Girardeau has announced specific dates and locations for the region's fall deer hunting season. The City of Cape decided on managed deer hunting designations to support healthy wildlife population control and prevent starvation, as well as reducing the spread of diseases.	Daria Lawson	N/A	N/A	Cape Girardeau	Environment	KRCU	10/20/2021	0:01:00	All Things Considered	Yes	16:48	
Two-Way	Catapult Creative House, along with Southeast Missouri State University, is holding a Halloween Mask Workshop for the public and designed for children and adults to learn more about the history of masks in different cultures, and provide a learning opportunity for participants to learn more about the printing press and it's influence in this area. The host interviewed Blake Sander, Catapult Press coordinator, and spoke to him about the process of mask making with a press, and various experiential entrepreneurial opportunities available at Catapult Creative House for Southeast Missouri Students, and learning opportunities within the creative arts for the public.	Candy Nadimpally	Blake Sander	Catapult Press coordinator	Cape Girardeau, Missouri	Art	KRCU	10/20/2021	0:05:00	Exposition: An Arts + Culture Podcast	Yes	16:44	
Modular Program	It's always a good idea to get your holiday shopping done early, but this year it's more important than ever. The COVID-19 pandemic has caused a microchip shortage and supply chain issues. This means electronics, toys, and other products will be (or already are) in short supply. Supply shortages, in turn, result in fewer holiday bargains and higher than normal prices. Heart-healthy people can suffer heart attacks due to a condition known as SCAD: spontaneous coronary artery dissection.	Whitney Quick	N/A	N/A	Cape Girardeau	Economic	KRCU	10/21/2021	0:02:00	Consumer Handbook	Yes	6:42:30, 8:42:30	
Modular Program	The Mayo Clinic explains SCAD occurs in the absence of any other heart disease and is caused by a small tear in the wall of the artery that causes blood to accumulate there. As it grows, the space for blood flow narrows, which can cause a heart attack. Missouri residents of 200 years ago brought local food ways with them, mostly from the mid-South. The typical meal usually included a stew of meat, vegetables, and corn meal. Corn bread was part of nearly every meal, but unlike our modern version. Baking powder used for leavening appeared in the 1840s, so the bread would have been a baked, dense flat loaf, or smaller, thinner, fried bread known as a "journey" or "johnny" cake. The latter also could be cooked and dried for trail food. One for All Missouri states that traditional Halloween activities like trick or treating or going to parties can increase your chances of catching and spreading COVID-19. However, celebrating holidays can be important during challenging times.	Brooke Hildebrand Clubbs	N/A	N/A	Cape Girardeau	Health Care	KRCU	10/21/2021	0:02:00	To Your Health	Yes	7:42:30, 17:18	
Modular Program	Baking powder used for leavening appeared in the 1840s, so the bread would have been a baked, dense flat loaf, or smaller, thinner, fried bread known as a "journey" or "johnny" cake. The latter also could be cooked and dried for trail food. One for All Missouri states that traditional Halloween activities like trick or treating or going to parties can increase your chances of catching and spreading COVID-19. However, celebrating holidays can be important during challenging times.	Bill Eddleman	N/A	N/A	Cape Girardeau	Education	KRCU	10/22/2021	0:02:00	Missouri Bicentennial Minutes	Yes	6:42:30, 8:42:30	
Modular Program	There are ways to safely keep some Halloween traditions, or you could get creative and wind up with a new tradition that lasts long after the pandemic is over!	Brooke Hildebrand Clubbs	N/A	N/A	Cape Girardeau	Health Care	KRCU	10/28/2021	0:02:00	To Your Health	Yes	7:42:30, 17:18	

Type	Narrative	Reporter/Interviewer	Significant Guest(s)	Guest Position	Story Location	Topic	Source	Airdate	Length	Program Title	Web	Air Time	Other Carriage
Modular Program	If you want to make a change in your professional life, hiring a career coach can help you clarify your goals and identify any obstacles in the way. They can also give you valuable insights and specific steps to help you get where you want to be. But, finding the ideal career coach in a sea of more and less qualified ones can be challenging.	Whitney Quick	N/A	N/A	Cape Girardeau	Business	KRCU	10/28/2021	0:02:00	Consumer Handbook	Yes	6:42:30, 8:42:30	
Modular Program	Most farms were subsistence-level at statehood. Larger farms were possible with either a large family or with the labor of the enslaved. Settlement followed valleys at first, or clustered in level or open uplands. Later settlers adapted to hill country by using small corn plots and open-range grazing.	Bill Eddleman	N/A	N/A	Cape Girardeau	Education	KRCU	10/29/2021	0:02:00	Missouri Bicentennial Minutes	Yes	6:42:30, 8:42:30	
Modular Program	Research shows that gratitude should be something we cultivate all year long rather than a quality we only celebrate on the fourth Thursday of November. People feel and express gratitude in multiple ways. Regardless of the inherent or current level of someone's gratitude, it's a quality that individuals can successfully cultivate further.	Brooke Hildebrand Clubs	N/A	N/A	Cape Girardeau	Health Care	KRCU	11/4/2021	0:02:00	To Your Health	Yes	7:42:30, 17:18	
Modular Program	Are you using a dating app? According to the Better Business Bureau, some con artists are taking a sinister approach to romance scams by blackmailing their victims.	Whitney Quick	N/A	N/A	Cape Girardeau	Crime	KRCU	11/4/2021	0:02:00	Consumer Handbook	Yes	6:42:30, 8:42:30	
Modular Program	Livestock are valuable for food, fiber, and economic security—even more so in 1821. For example, a milk cow provided a crucial part of a settler's family diet that might be life or death. Nonetheless, husbandry practices for many might be an open shed as shelter for livestock and rail or pole fences.	Bill Eddleman	N/A	N/A	Cape Girardeau	Education	KRCU	11/5/2021	0:02:00	Missouri Bicentennial Minutes	Yes	6:42:30, 8:42:30	
Modular Program	Social support has been divided into four broad components: appraisal (helping friends to evaluate their circumstances), emotional (providing encouragement or being a listening ear), instrumental (providing tangible resources, such as a meal), and informational (providing friends with information enabling them to deal with their problems).	Brooke Hildebrand Clubs	N/A	N/A	Cape Girardeau	Health Care	KRCU	11/11/2021	0:02:00	To Your Health	Yes	7:42:30, 17:18	
Modular Program	Many homeowners are going solar to save money, to go "off the grid," or to make a positive impact on the environment. No matter the reason, installing a solar system is a big purchase with many aspects to consider. If you're thinking about adding solar panels to your roof or property, BBB recommends the following tips to help you get the best deal on quality equipment that will save you money long-term.	Whitney Quick	N/A	N/A	Cape Girardeau	Economic	KRCU	11/11/2021	0:02:00	Consumer Handbook	Yes	6:42:30, 8:42:30	
Modular Program	Examining lists of property of deceased people provides windows to the past. The next two Bicentennial Minutes will examine the estate inventory of John Whittenburgh of Cape Girardeau County. Whittenburgh was a wealthy man who died in August 1821. He was involved in land speculation and farming, owning 15 enslaved people at his death. Household items and tools suggest some he enslaved were craftsmen or laborers.	Bill Eddleman	N/A	N/A	Cape Girardeau	Education	KRCU	11/12/2021	0:02:00	Missouri Bicentennial Minutes	Yes	6:42:30, 8:42:30	
Two-Way	Southeast Missouri State University's Professional Pilot Program has its first group of students this fall. The program has partnered with US Aviation Group and the Cape Girardeau Regional Airport to create unique opportunities for Southeast students.	Dan Woods	Miranda Sullivan and Jack Gavin	Instructor: a student in the pilot program	Cape Girardeau	Education	KRCU	11/14/2021	0:12:42	Going Public	Yes	15:00	
Two-Way	There is a wealth of historic buildings and resources in Southeast Missouri and our next quest is on the front lines when it comes to helping preserve the rich history of the region. Dr. Steven Hoffman is a Professor of History and is coordinator of the Historic Preservation program at Southeast Missouri State University. He was recently named the Director of the university's Bollinger Center for Regional History.	Dan Woods	Dr. Steven Hoffman	Professor of History and is coordinator of the Historic Preservation program	Cape Girardeau	Education	KRCU	11/14/2021	0:11:37	Going Public	Yes	15:00	
Modular Program	Scammers have been using employment scams to trick people out of their personal information and money for years. These scams often target students or others looking for part-time jobs. Recently, BBB Scam Tracker has seen reports of a temping scam that appears to be a friendly family looking for a pet sitter.	Whitney Quick	N/A	N/A	Cape Girardeau	Business	KRCU	11/18/2021	0:02:00	Consumer Handbook	Yes	6:42:30, 8:42:30	
Modular Program	Recent studies published in the journal Circulation: Cardiovascular Quality and Outcomes, suggest that dog ownership is linked to a 21% reduction in the risk of death for people with heart disease. Those studies complement a body of literature linking dogs to good health, which is something all pet owners can be thankful for.	Brooke Hildebrand Clubs	N/A	N/A	Cape Girardeau	Health Care	KRCU	11/18/2021	0:02:00	To Your Health	Yes	7:42:30, 17:18	
Modular Program	We continue our look at unfamiliar items in the estate of John Whittenburgh. An enslaved man probably made barrels at the farm, because a barrel auger, or drill, drawing knife, and cooper's adz were in the estate. The latter was a short-handled tool with a sharply curved back and with a cutting blade and rectangular front. It was used to cut a bevel, called the chime, on the inside top of the assembled barrel staves.	Bill Eddleman	N/A	N/A	Cape Girardeau	Education	KRCU	11/19/2021	0:02:00	Missouri Bicentennial Minutes	Yes	6:42:30, 8:42:30	
Modular Program	The holidays are all about celebrating what's good, but that doesn't mean scammers are taking a vacation. The Better Business Bureau reminds consumers that con artists see busy, over-burdened shoppers as likely targets for their schemes.	Whitney Quick	N/A	N/A	Cape Girardeau	Crime	KRCU	11/25/2021	0:02:00	Consumer Handbook	Yes	6:42:30, 8:42:30	
Modular Program	A study published in The Journal of Positive Psychology found that individuals who engaged in a creative hobby had an increase in well being that continued into the next day, contributing to an overall upward spiral of increased well being and creativity. Another study found that playing team sports can contribute greatly to mental, as well as physical health.	Brooke Hildebrand Clubs	N/A	N/A	Cape Girardeau	Health Care	KRCU	11/25/2021	0:02:00	To Your Health	Yes	7:42:30, 17:18	
Modular Program	The role of women in 1821 varied with ethnic and economic status. Women in French settlements held a dominant role in the family. The matriarch often ruled the household. French wives had the primary role in training and discipline of children, often because of long absences by fathers who were fur traders, miners, or merchants.	Bill Eddleman	N/A	N/A	Cape Girardeau	Education	KRCU	11/26/2021	0:02:00	Missouri Bicentennial Minutes	Yes	6:42:30, 8:42:30	
Modular Program	Every year, there's always a few "must-have" toys on most kids' holiday wish lists. The toy sells out fast and becomes expensive and hard to find. On top of that, the microchip shortage has parents worried about getting their deliveries on time.	Whitney Quick	N/A	N/A	Cape Girardeau	Crime	KRCU	12/2/2021	0:02:00	Consumer Handbook	Yes	6:42:30, 8:42:30	
Modular Program	You might remember the classic "Saturday Night Live" sketch in which Dan Ackroyd portrays Irwin Mainway, a toy company president being questioned about his holiday product line which includes "Bag O' Glass." While that toy was fictional, in recent years, the U.S. Consumer Product Safety Commission has really created a robust toy safety system, by requiring testing by independent, third party laboratories around the world. However, as gift giving time nears, there are still risks that adults should be aware of when children tear into the wrapping paper.	Brooke Hildebrand Clubs	N/A	N/A	Cape Girardeau	Health Care	KRCU	12/2/2021	0:02:00	To Your Health	Yes	7:42:30, 17:18	
Modular Program	Among the other events occurring in 1821 was the election of John Hardeman Walker as Sheriff of New Madrid County. Walker had come to Missouri territory from Tennessee in 1810, settling in Little Prairie, which was near present-day Caruthersville. When the earthquakes hit in 1811-12, he was one of the few stalwart residents who remained. He saw opportunity, and bought up land and cattle, gaining the nickname of "czar of the boathole."	Bill Eddleman	N/A	N/A	Cape Girardeau	Education	KRCU	12/3/2021	0:02:00	Missouri Bicentennial Minutes	Yes	6:42:30, 8:42:30	
Modular Program	The COVID-19 pandemic made us all more acutely aware of the need to wash our hands. However, washing our hands doesn't only protect us from COVID, but many other types of respiratory and gastro-intestinal infections that are transmitted through our "t-zone", eyes, nose, and mouth.	Brooke Hildebrand Clubs	N/A	N/A	Cape Girardeau	Health Care	KRCU	12/9/2021	0:02:00	To Your Health	Yes	7:42:30, 17:18	
Modular Program	Social media advertising is an effective way for small businesses to get the word out about their products. Unfortunately, the same goes for scams. BBB Scam Tracker has received thousands of complaints about misleading Facebook and Instagram ads. In fact, the 2020 BBB Scam Tracker Risk Report found that online purchase scams were the most common cons reported to Scam Tracker, and the category with the most victims.	Whitney Quick	N/A	N/A	Cape Girardeau	Crime	KRCU	12/9/2021	0:02:00	Consumer Handbook	Yes	6:42:30, 8:42:30	
Modular Program	The year 1821 was also an eventful year in world history. In the U. S., James Monroe began his second term as President. Spain sold and formally transferred Florida to the U. S. Russia proclaimed sovereignty over the northwestern part of North America, an area we know as Alaska. Finally, James Boyd of Boston received a patent for a workable fire engine hose, made of cotton web lined with rubber.	Bill Eddleman	N/A	N/A	Cape Girardeau	Education	KRCU	12/10/2021	0:02:00	Missouri Bicentennial Minutes	Yes	6:42:30, 8:42:30	
Modular Program	Often times we think of the havoc our pets wreak on our holiday decorations. However, we also need to consider the health risks decking the halls can cause for our pets.	Brooke Hildebrand Clubs	N/A	N/A	Cape Girardeau	Health Care	KRCU	12/16/2021	0:02:00	To Your Health	Yes	7:42:30, 17:18	
Modular Program	We hear about poinsettias being poisonous, but mistletoe and holly are even more toxic for pets. They can cause gastrointestinal illness, as well as cardiovascular problems, according to the ASPCA. If you have a live tree, make sure your pet can't access the water, as it is a breeding ground for bacteria.	Brooke Hildebrand Clubs	N/A	N/A	Cape Girardeau	Health Care	KRCU	12/16/2021	0:02:00	To Your Health	Yes	7:42:30, 17:18	
Modular Program	Online pet scams – in which an online search ends with a would-be pet owner paying hundreds of dollars or more to adopt a pet that ultimately doesn't exist – are especially pervasive during the holiday season, when families may be looking to add a furry family member as a gift.	Whitney Quick	N/A	N/A	Cape Girardeau	Crime	KRCU	12/16/2021	0:02:00	Consumer Handbook	Yes	6:42:30, 8:42:30	
Modular Program	The General Assembly formed a number of counties in the year of statehood. Among these were two designated in December 1821 in southeast Missouri: St. Francois and Scott.	Bill Eddleman	N/A	N/A	Cape Girardeau	Education	KRCU	12/17/2021	0:02:00	Missouri Bicentennial Minutes	Yes	6:42:30, 8:42:30	
Spot	On Monday, Dec. 20, Cape Girardeau's City Council held their final meeting in the former City Council chambers. The Council, headed by Mayor Bob Fox, discussed and voted on many key issues for the City of Cape Girardeau, as well as recognized two civil servants for their contributions to the city.	Jonah McGuire	Bob Fox	Mayor of Cape Girardeau	Cape Girardeau	Politics & Government	KRCU	12/21/2021	0:01:14	All Things Considered	Yes	17:48	
Modular Program	For many Americans, giving to charities is almost as important during the holidays as celebrating with family. As a result, mailboxes often are stuffed with charitable solicitations as well as catalogs and shopping circulars this time of year. Whether you celebrate or not, giving before Jan. 1 means your gifts can be deductible on your 2021 tax return.	Whitney Quick	N/A	N/A	Cape Girardeau	Crime	KRCU	12/23/2021	0:02:00	Consumer Handbook	Yes	6:42:30, 8:42:30	
Modular Program	The New England Journal of Medicine published a study in September that found Americans aren't the only ones who put on weight during celebratory times. But, a report in Nutrition Review suggests that pounds Americans gain can have long lasting effects: weight gain during the holiday season may be an important contributor to the rising prevalence of obesity.	Brooke Hildebrand Clubs	N/A	N/A	Cape Girardeau	Health Care	KRCU	12/23/2021	0:02:00	To Your Health	Yes	7:42:30, 17:18	

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Modular Program	Imagine a Christmas with no Christmas tree, no Santa Claus, no Christmas stockings, no holiday cards, no gift exchanges, no poinsettias, and in some communities, little recognition of the day at all. This was the case in Missouri and most of the U. S. in 1621. Part of the reason for this is the suppression of celebrations by the early settlers of the English colonies, especially in New England.	Bill Eddleman	N/A	N/A	Cape Girardeau	Education	KRCU	12/24/2021	0:02:00	Missouri Bicentennial Minutes	Yes	6:42:30, 8:42:30	
Spot	After a year of temporarily overseeing the Department of Mental Health, Valerie Huhn, will now serve officially in her role as the new director. Gov. Parson made the announcement on Wed. Dec. 29th, in a press conference.	Daria Lawson	Valerie Huhn	Director of MO Department of Mental Health	Jefferson City	Politics & Government	KRCU	12/29/2021	0:01:15	All Things Considered	Yes	17:48	
Modular Program	Stores are not legally required to accept exchanges or give refunds, unless the merchandise was defective or misrepresented. While most retailers do offer refund and exchange programs, policies vary greatly from one store to another. Fortunately for shoppers, one positive outcome of the COVID-19 pandemic is that many retailers have become more lenient in their return policies.	Whitney Quick	N/A	N/A	Cape Girardeau	Business	KRCU	12/30/2021	0:02:00	Consumer Handbook	Yes	6:42:30, 8:42:30	
Modular Program	Perhaps with more people staying home from parties this year, drunk driving will be less of a problem on new year's eve. However, the risk of overdose can be reduced on the 31st, and year round through expanded access to overdose education and naloxone, public awareness, assessment, and referral to treatment according to The Missouri Opioid-Heroin Overdose Prevention and Education (MO-HOPE) Project.	Brooke Hildebrand Clubbs	N/A	N/A	Cape Girardeau	Health Care	KRCU	12/30/2021	0:02:00	To Your Health	Yes	7:42:30, 17:18	