

Memorandum

To: Jeff Owens, Interim General Manager

From: Ke'an Armstrong, Publicity/Promotions Specialist, WEIU FM & TV

Re: Methods of Determining Issues

Date: July 9, 2023

WEIU FM determined the issues/program list for the 2nd quarter of 2023 by the following methods:

1. Analysis of local news reports from newspapers, television & radio.
2. Feedback from community members via various staff members participating in community service groups in the listening area.
3. Discussion of issues with local and regional officials on a continuing basis.

Please advise if you have any further questions or require further information.

Memorandum

To: Jeff Owens, Interim General Manager

From: Ke'an Armstrong, Publicity/Promotions Specialist, WEIU FM & TV

Re: Issues/Programs for WEIU FM

Date: July 9, 2023

The following is the Issues List for the 2nd quarter of 2023 of programming on WEIU FM:

1. CHILDREN'S EDUCATION - How are the educational and informational needs of students being met?
2. MINORITY ISSUES - Are the needs of the minority population in east-central Illinois being met? If not, what can be done to improve the situation?
3. ECONOMIC AND AGRICULTURAL CLIMATE - What is the economic climate in our area? With agriculture being the largest industry, how are farmers dealing with the current economic times?
4. CRIME - Is it safe to live in east-central Illinois and what can be done to ensure the continued safety of our residents?
5. GOVERNMENT - What are the key issues in government, both state and federal, that are affecting east-central Illinois?
6. HEALTH – What are the health issues affecting those who live in east-central Illinois? What new medical advances are now available? Are there preventative health care issues that need to be examined?

1. Children's Education

Program Title	Time	Date	Source	Length	Description
News	6:10am; 7:10am; 8:10am	4/4/23	Live	10 seconds	The Mattoon High – 12 Club will be hosting a pulled pork luncheon from 11 a.m. to 2 p.m. Friday, April 7, at the Mattoon Masonic Lodge at 116 North First Street.
News	6:45am; 7:45am; 8:45am	4/4/23	Live	30 seconds	The Mattoon High – 12 Club will be hosting a pulled pork luncheon from 11 a.m. to 2 p.m. Friday, April 7, at the Mattoon Masonic Lodge at 116 North First Street.
News	6:10am; 7:10am; 8:10am	4/6/23	Live	10 seconds	Charleston High School administration has worked with the Charleston Police Department over a Snapchat threat and has been able to determine that it does not involve Charleston High School, but rather a school in Clinton, Oklahoma.
News	6:45am; 7:45am; 8:45am	4/6/23	Live	30 seconds	Charleston High School administration has worked with the Charleston Police Department over a Snapchat threat and has been able to determine that it does not involve Charleston High School, but rather a school in Clinton, Oklahoma.
News	6:10am; 7:10am; 8:10am	4/12/23	Live	10 seconds	Kansas Police Chief John Clough says a new officer will be assigned to patrol school buildings in the Kansas school district.
News	6:45am; 7:45am; 8:45am	4/12/23	Live	30 seconds	Kansas Police Chief John Clough says a new officer will be assigned to patrol school buildings in the Kansas school district.
News	6:10am; 7:10am; 8:10am	4/17/23	Live	10 seconds	Jefferson Elementary School has their very own Community Garden where students are planting and growing food.
News	6:45am; 7:45am; 8:45am	4/17/23	Live	30 seconds	Jefferson Elementary School has their very own Community Garden where students are planting and growing food.
News	6:10am; 7:10am; 8:10am	4/19/23	Live	10 seconds	Rodgers and Hammerstein's Broadway version of "Cinderella" will open Thursday night at seven in the newly remodeled Swickard Auditorium at Charleston High School.
News	6:45am; 7:45am; 8:45am	4/19/23	Live	30 seconds	Rodgers and Hammerstein's Broadway version of "Cinderella" will open Thursday night at seven in the newly remodeled Swickard Auditorium at Charleston High School.
News	6:10am; 7:10am; 8:10am	4/28/23	Live	10 seconds	Effingham City officials say there's opportunities in several areas of the police department including investigations ... school resource and narcotics.
News	6:45am; 7:45am; 8:45am	4/28/23	Live	30 seconds	Effingham City officials say there's opportunities in several areas of the police department including investigations ... school resource and narcotics.
News	6:10am; 7:10am; 8:10am	5/2/23	Live	10 seconds	A bill that would require districts notify parents of bullying within 24 hours of administrators learning of an incident is making its way through the General Assembly.
News	6:45am; 7:45am; 8:45am	5/2/23	Live	30 seconds	A bill that would require districts notify parents of bullying within 24 hours of administrators learning of an incident is making its way through the General Assembly.
News	6:10am; 7:10am; 8:10am	5/4/23	Live	10 seconds	Memorial elementary school in Paris was named one of the best in the state from Niche ... a ranking system that evaluates schools on various criteria including performance ... attendance ... and safety.
News	6:10am; 7:10am; 8:10am	5/9/23	Live	10 seconds	Teens in grades 7th-12th can create custom buttons to wear and share in the Zone at the Charleston Carnegie Public Library today from 4:00-5:00 pm.
News	6:45am; 7:45am; 8:45am	5/9/23	Live	30 seconds	Teens in grades 7th-12th can create custom buttons to wear and share in the Zone at the Charleston Carnegie Public Library today from 4:00-5:00 pm.
News	6:10am; 7:10am; 8:10am	5/17/23	Live	10 seconds	The Charleston School Board will meet tonight at 6:30 in the Administration Building.
News	6:45am; 7:45am; 8:45am	5/17/23	Live	30 seconds	The Charleston School Board will meet tonight at 6:30 in the Administration Building.
News	6:10am; 7:10am; 8:10am	5/23/23	Live	10 seconds	Charleston Carnegie Public is hosting "Campfire Stories" presented by Douglas-Hart Nature Center for children ages 3-12 in the Rotary Rooms on Monday, June 5, 10:30 am.
News	6:45am; 7:45am; 8:45am	5/23/23	Live	30 seconds	Charleston Carnegie Public is hosting "Campfire Stories" presented by Douglas-Hart Nature Center for children ages 3-12 in the Rotary Rooms on Monday, June 5, 10:30 am.

News	6:10am; 7:10am; 8:10am	5/31/23	Live	10 seconds	Charleston Carnegie Public is hosting "Campfire Stories" presented by Douglas-Hart Nature Center for children ages 3-12 in the Rotary Rooms on Monday, June 5 at 10:30 am..
News	6:45am; 7:45am; 8:45am	5/31/23	Live	30 seconds	Charleston Carnegie Public is hosting "Campfire Stories" presented by Douglas-Hart Nature Center for children ages 3-12 in the Rotary Rooms on Monday, June 5 at 10:30 am..
News	6:10am; 7:10am; 8:10am	6/2/23	Live	10 seconds	The Charleston Carnegie Public is hosting "Campfire Stories" presented by Douglas-Hart Nature Center for children ages 3-12 in the Rotary Rooms on Monday at 10:30 am
News	6:45am; 7:45am; 8:45am	6/2/23	Live	30 seconds	The Charleston Carnegie Public is hosting "Campfire Stories" presented by Douglas-Hart Nature Center for children ages 3-12 in the Rotary Rooms on Monday at 10:30 am.
News	6:10am; 7:10am; 8:10am	6/5/23	Live	10 seconds	Charleston Carnegie Public is hosting "Campfire Stories" presented by Douglas-Hart Nature Center for children ages 3-12 in the Rotary Rooms this morning at at 10:30 am
News	6:10am; 7:10am; 8:10am	6/6/23	Live	10 seconds	Charleston Carnegie Public will be hosting Douglas-Hart Nature Center's bird program, "Nature is Calling" for children ages 3-12 in the Rotary Rooms on Monday, June 12 at 10:30 am
News	6:45am; 7:45am; 8:45am	6/6/23	Live	30 seconds	Charleston Carnegie Public will be hosting Douglas-Hart Nature Center's bird program, "Nature is Calling" for children ages 3-12 in the Rotary Rooms on Monday, June 12 at 10:30 am
News	6:10am; 7:10am; 8:10am	6/7/23	Live	10 seconds	Teens in grades 7th-12 th create custom buttons to wear and share in the Zone at the Charleston Carnegie Public Library on Tuesday, June 13, from 4:00-5:00pm.
News	6:10am; 7:10am; 8:10am	6/9/23	Live	10 seconds	Changes are underway as the Neoga School District continues their 2-year construction plan
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News	6:10am; 7:10am; 8:10am	6/12/23	Live	10 seconds	Charleston Carnegie Public will be hosting Douglas-Hart Nature Center's bird program, "Nature is Calling" for children ages 3-12 in the Rotary Rooms on Monday, June 12, 10:30 am.
News	6:10am; 7:10am; 8:10am	6/12/23	Live	10 seconds	The Illinois State Board of Education is calling for applications for \$75 million in new preschool funding.
News	6:45am; 7:45am; 8:45am	6/12/23	Live	30 seconds	Charleston Carnegie Public will be hosting Douglas-Hart Nature Center's bird program, "Nature is Calling" for children ages 3-12 in the Rotary Rooms on Monday, June 12, 10:30 am.
News	6:45am; 7:45am; 8:45am	6/12/23	Live	30 seconds	The Illinois State Board of Education is calling for applications for \$75 million in new preschool funding.
News	6:10am; 7:10am; 8:10am	6/20/23	Live	10 seconds	The Illinois State Board of Education has extended the application deadline for \$75 million in new preschool funding to June 30th.
News	6:45am; 7:45am; 8:45am	6/20/23	Live	30 seconds	The Illinois State Board of Education has extended the application deadline for \$75 million in new preschool funding to June 30th.
News	6:10am; 7:10am; 8:10am	6/27/23	Live	10 seconds	The Illinois State Board of Education released the first draft of the Illinois Literacy Plan, which provides a comprehensive roadmap to improve literacy outcomes for all Illinois students.
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2. Minority Issues

Program Title	Time	Date	Source	Length	Description
News	6:10am; 7:10am; 8:10am	6/9/23	Live	10 seconds	Governors State University (GSU), a minority serving institution, receives one of the first ever National Science Foundation's Regional Innovation Engines (NSF Engines)awards to lead the Advancing Smart Logistics (ASL) team in an effort to lay the foundation to make Illinois one of the nation's most advanced transportation andlogistics hubs.
News	6:45am; 7:45am; 8:45am	6/9/23	Live	30 seconds	Governors State University (GSU), a minority serving institution, receives one of the first ever National Science Foundation's Regional Innovation Engines (NSF Engines)awards to lead the Advancing Smart Logistics (ASL) team in an effort to lay the foundation to make Illinois one of the nation's most advanced transportation andlogistics hubs.
News	6:10am; 7:10am; 8:10am	6/15/23	Live	10 seconds	A Freedom Day Jubilee commemorating the end of African-American Slavery in the U.S. in 1865 is at Peterson Park in Mattoon on June 17th from 11 until 2.
News	6:45am; 7:45am; 8:45am	6/15/23	Live	30 seconds	A Freedom Day Jubilee commemorating the end of African-American Slavery in the U.S. in 1865 is a Peterson Park in Mattoon on June 17th from 11 until 2.
News	6:10am; 7:10am; 8:10am	6/16/23	Live	10 seconds	A Freedom Day Jubilee commemorating the end of African-American Slavery in the U.S. in 1865 is at Peterson Park in Mattoon on June 17th from 11 until 2.
News	6:45am; 7:45am; 8:45am	6/16/23	Live	30 seconds	The U.S. in 1865 is a Peterson Park in Mattoon on June 17th from 11 until 2.
News	6:10am; 7:10am; 8:10am	6/23/23	Live	10 seconds	Race has become a central issue in the 2024 presidential contest as the GOP's primary field features six candidates of color.

3. Economic and Agriculture Climate

Program Title	Time	Date	Source	Length	Description
News	6:10am; 7:10am; 8:10am	4/3/23	Live	10 seconds	The National Weather Service in Lincoln says strong winds recently damaged an antenna and cabling at the reporting station in Champaign, knocking it off the air.
News	6:10am; 7:10am; 8:10am	4/3/23	Live	10 seconds	Confirmed or suspected tornadoes struck 11 states and destroyed homes and businesses, splintered trees and lay waste to neighborhoods Friday and Saturday.
News	6:45am; 7:45am; 8:45am	4/3/23	Live	30 seconds	The National Weather Service in Lincoln says strong winds recently damaged an antenna and cabling at the reporting station in Champaign, knocking it off the air.
News	6:10am; 7:10am; 8:10am	4/4/23	Live	10 seconds	Governor JB Pritzker issues a disaster declaration for several counties impacted by last Friday's tornadoes and severe weather.
News	6:10am; 7:10am; 8:10am	4/4/23	Live	10 seconds	The National Weather Service is confirming multiple tornado touchdowns Friday evening.
News	6:10am; 7:10am; 8:10am	4/4/23	Live	10 seconds	Forecasters say more severe weather is forecast for Tuesday afternoon and evening across parts of northeastern Missouri into southeastern Iowa and west central Illinois.
News	6:10am; 7:10am; 8:10am	4/4/23	Live	10 seconds	Governor JB Pritzker issues a disaster declaration for several counties impacted by last Friday's tornadoes and severe weather.
News	6:45am; 7:45am; 8:45am	4/4/23	Live	30 seconds	The National Weather Service is confirming multiple tornado touchdowns Friday evening.
News	6:45am; 7:45am; 8:45am	4/4/23	Live	30 seconds	According to the Daily Eastern News, the EIU-UPI faculty union will strike starting Thursday morning after a year-long negotiation period.
News	6:45am; 7:45am; 8:45am	4/5/23	Live	30 seconds	According to the Daily Eastern News, the EIU-UPI faculty union will strike starting Thursday morning after a year-long negotiation period.
News	6:45am; 7:45am; 8:45am	4/5/23	Live	30 seconds	According to the Daily Eastern News, the EIU-UPI faculty union will strike starting Thursday morning after a year-long negotiation period.
News	6:10am; 7:10am; 8:10am	4/6/23	Live	10 seconds	Officials with the University Professionals union say members met Tuesday ... and voted 95 percent in favor of striking today.
News	6:45am; 7:45am; 8:45am	4/6/23	Live	30 seconds	Multiple organizations will join together this weekend to help Crawford County residents affected by last week's tornado.
News	6:10am; 7:10am; 8:10am	4/7/23	Live	10 seconds	After a year of failed contract talks between Eastern Illinois University faculty and administration ... the University Professionals of Illinois union members officially went on strike yesterday.
News	6:10am; 7:10am; 8:10am	4/7/23	Live	10 seconds	Lake Land College announces its purchasing a building in Effingham to house the Regional Career Academy.
News	6:45am; 7:45am; 8:45am	4/7/23	Live	30 seconds	Multiple organizations will join together this weekend to help Crawford County residents affected by last week's tornado.
News	6:10am; 7:10am; 8:10am	4/10/23	Live	10 seconds	Sallie Greenberg, a University of Illinois Scientist, has been selected as a member of a new government environmental task force.
News	6:10am; 7:10am; 8:10am	4/11/23	Live	10 seconds	The faculty strike at Eastern Illinois University continues as a settlement was not reached in negotiations that were held on Friday.
News	6:10am; 7:10am; 8:10am	4/11/23	Live	10 seconds	The National Weather Service says twelve tornadoes touched down in central Illinois on March 31st.
News	6:45am; 7:45am; 8:45am	4/11/23	Live	30 seconds	The faculty strike at Eastern Illinois University continues as a settlement was not reached in negotiations that were held on Friday.
News	6:45am; 7:45am; 8:45am	4/11/23	Live	30 seconds	The National Weather Service says twelve tornadoes touched down in central Illinois on March 31st.
News	6:10am; 7:10am; 8:10am	4/12/23	Live	10 seconds	A negotiating session last night between the Eastern Illinois University and the striking UPI Faculty Union did not result in an agreement.
News	6:10am; 7:10am; 8:10am	4/12/23	Live	10 seconds	Tornado clean-up efforts in Crawford County could cause some travel delays this week.
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News	6:10am; 7:10am; 8:10am	4/14/23	Live	10 seconds	Eastern Illinois University is pleased to inform all students, the campus, and the Charleston community that UPI members will return to their classrooms and offices today.
News	6:10am; 7:10am; 8:10am	4/14/23	Live	10 seconds	According to the Bureau of Labor Statistics grocery prices fell in March ... which is the first decline since September 20-20.
News	6:45am; 7:45am; 8:45am	4/14/23	Live	30 seconds	Eastern Illinois University is pleased to inform all students, the campus, and the Charleston community that UPI members will return to their classrooms and offices today.
News	6:10am; 7:10am; 8:10am	4/18/23	Live	10 seconds	Union faculty and staff at Eastern Illinois University are preparing to vote on a new contract ... following a strike that ended last week.
News	6:10am; 7:10am; 8:10am	4/18/23	Live	10 seconds	Triple A reports the national average for a gallon of regular is now three dollars and 67 cents.
News	6:45am; 7:45am; 8:45am	4/18/23	Live	30 seconds	Union faculty and staff at Eastern Illinois University are preparing to vote on a new contract ... following a strike that ended last week.
News	6:10am; 7:10am; 8:10am	4/19/23	Live	10 seconds	United Airlines has reported a loss for the first quarter. But it says travel demand is strong and that it expects much better results for the second quarter.
News	6:10am; 7:10am; 8:10am	4/20/23	Live	10 seconds	Faculty at Chicago State University voted to end their 10-day strike Sunday ... and Wednesday ... faculty at Governor's State University agreed to end their strike after five days.
News	6:10am; 7:10am; 8:10am	4/20/23	Live	10 seconds	Average gasoline prices in Illinois have fallen point five cents per gallon in the last week, averaging \$4.05 per gallon today, according to GasBuddy's survey of 4,378 stations in Illinois.
News	6:10am; 7:10am; 8:10am	4/24/23	Live	10 seconds	The Eastern Illinois University board of trustees approved a plan to raise in-state undergraduate tuition about 6 and a half dollars per credit hour ... to 3 hundred 30 dollars per hour.
News	6:10am; 7:10am; 8:10am	4/24/23	Live	10 seconds	Average gasoline prices in Illinois have fallen point five cents per gallon in the last week, averaging \$4.05 per gallon today, according to GasBuddy's survey of 4,378 stations in Illinois.
News	6:45am; 7:45am; 8:45am	4/24/23	Live	30 seconds	The Eastern Illinois University board of trustees approved a plan to raise in-state undergraduate tuition about 6 and a half dollars per credit hour ... to 3 hundred 30 dollars per hour.
News	6:10am; 7:10am; 8:10am	4/25/23	Live	10 seconds	Bed Bath and Beyond has filed for bankruptcy protection ... following years of dismal sales.
News	6:45am; 7:45am; 8:45am	4/25/23	Live	30 seconds	Union faculty and staff at Eastern Illinois University voted to ratify and approve a new contract. That contract gives workers a 15 percent raise over four years.
News	6:10am; 7:10am; 8:10am	5/1/23	Live	10 seconds	Average gasoline prices in Illinois have fallen 3.2 cents per gallon in the last week, averaging \$4.02/g today, according to GasBuddy's survey of 4,378 stations in Illinois.
News	6:45am; 7:45am; 8:45am	5/1/23	Live	30 seconds	A windstorm kicked up clouds of dust and caused numerous crashes involving 40 to 60 cars and multiple tractor-trailers on Interstate 55 in Montgomery County yesterday morning.
News	6:10am; 7:10am; 8:10am	5/2/23	Live	10 seconds	The Illinois Soybean Association kicked-off a project earlier this year to help four counties ... including Edgar County ... research and map key information about internet access.
News	6:10am; 7:10am; 8:10am	5/5/23	Live	10 seconds	The Illinois Soybean Association kicked-off a project earlier this year to help four counties ... including Edgar County ... research and map key information about internet access.
News	6:45am; 7:45am; 8:45am	5/5/23	Live	30 seconds	Average gasoline prices in Illinois have fallen 9.4 cents per gallon in the last week, averaging \$3.93/g today, according to GasBuddy's survey of 4,378 stations in Illinois.
News	6:10am; 7:10am; 8:10am	5/8/23	Live	10 seconds	Average gasoline prices in Illinois have fallen 9.4 cents per gallon in the last week, averaging \$3.93/g today, according to GasBuddy's survey of 4,378 stations in Illinois.
News	6:45am; 7:45am; 8:45am	5/8/23	Live	30 seconds	The NOAA Weather Radio site in Shelbyville that transmits at a frequency of 162.500 MHz is currently operating with a degraded signal.
News	6:10am; 7:10am; 8:10am	5/9/23	Live	10 seconds	The NOAA Weather Radio site in Shelbyville that transmits at a frequency of 162.500 MHz is currently operating with a degraded signal.
News	6:45am; 7:45am; 8:45am	5/9/23	Live	30 seconds	Average gasoline prices in Illinois have fallen 5.0 cents per gallon in the last week, averaging \$3.88 per gallon today, according to GasBuddy's survey of 4,378 stations in Illinois.
News	6:10am; 7:10am; 8:10am	5/15/23	Live	10 seconds	The Farm Progress Show brings more than \$31 million in economic activity annually to its host communities in Boone, Iowa, and Decatur, Illinois, according to a new study.
News	6:45am; 7:45am; 8:45am	5/15/23	Live	30 seconds	Average gasoline prices in Illinois have fallen 5.0 cents per gallon in the last week, averaging \$3.88 per gallon today, according to GasBuddy's survey of 4,378 stations in Illinois.
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News	6:10am; 7:10am; 8:10am	5/18/23	Live	10 seconds	U.S. metropolitan areas are increasing in population again, growing by almost half a percent last year.
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News	6:10am; 7:10am; 8:10am	5/22/23	Live	10 seconds	Healthy Cents, a program to learn to save money at the grocery store, make healthy food choices and more will be held at the Charleston Carnegie Public Library on May 31 st at 6:00.
News	6:10am; 7:10am; 8:10am	5/22/23	Live	10 seconds	Average gasoline prices in Illinois have risen 2.4 cents per gallon in the last week, averaging \$3.90 per gallon today, according to GasBuddy's survey of 4,378 stations in Illinois.
News	6:45am; 7:45am; 8:45am	5/22/23	Live	30 seconds	Healthy Cents, a program to learn to save money at the grocery store, make healthy food choices and more will be held at the Charleston Carnegie Public Library on May 31 st at 6:00.
News	6:45am; 7:45am; 8:45am	5/22/23	Live	30 seconds	Average gasoline prices in Illinois have risen 2.4 cents per gallon in the last week, averaging \$3.90 per gallon today, according to GasBuddy's survey of 4,378 stations in Illinois.
News	6:10am; 7:10am; 8:10am	5/23/23	Live	10 seconds	The 3 rd Annual Camp Start-up, an entrepreneurship day camp and business pitch competition, will be held June 5-8th from 9 am – 3 pm at The Effingham Public Library.
News	6:45am; 7:45am; 8:45am	5/23/23	Live	30 seconds	The 3 rd Annual Camp Start-up, an entrepreneurship day camp and business pitch competition, will be held June 5-8th from 9 am – 3 pm at The Effingham Public Library.
News	6:10am; 7:10am; 8:10am	5/30/23	Live	10 seconds	Average gasoline prices in Illinois have risen 0.5 cents per gallon in the last week, with the average price in Charleston at \$3.50 while in Mattoon it is \$3.58.
News	6:45am; 7:45am; 8:45am	5/30/23	Live	30 seconds	Average gasoline prices in Illinois have risen 0.5 cents per gallon in the last week, with the average price in Charleston at \$3.50 while in Mattoon it is \$3.58.
News	6:10am; 7:10am; 8:10am	5/30/23	Live	10 seconds	Healthy Cents, a program to learn to save money at the grocery store, make healthy food choices and more will be held at the Charleston Carnegie Public Library will be from 5 to 6 tomorrow in Rotary Room B in the library.
News	6:45am; 7:45am; 8:45am	5/30/23	Live	30 seconds	Average gasoline prices in Illinois have risen 0.5 cents per gallon in the last week, with the average price in Charleston at \$3.50 while in Mattoon it is \$3.58.
News	6:10am; 7:10am; 8:10am	5/31/23	Live	10 seconds	The 3rd Annual Camp Start-up, an entrepreneurship day camp and business pitch competition, will be held June 5-8th from 9 am – 3 pm at The Effingham Public Library.
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News	6:10am; 7:10am; 8:10am	6/5/23	Live	10 seconds	Average gasoline prices in Illinois have fallen 6.0 cents per gallon in the last week, averaging \$3.85 per gallon today, according to GasBuddy's survey of 4,378 stations in Illinois.
News	6:45am; 7:45am; 8:45am	6/5/23	Live	30 seconds	Average gasoline prices in Illinois have fallen 6.0 cents per gallon in the last week, averaging \$3.85 per gallon today, according to GasBuddy's survey of 4,378 stations in Illinois.
News	6:10am; 7:10am; 8:10am	6/20/23	Live	10 seconds	The U.S. Department of Agriculture is recognizing National Pollinator Week through the continued commitment and support for pollinator health and research
News	6:45am; 7:45am; 8:45am	6/20/23	Live	30 seconds	The U.S. Department of Agriculture is recognizing National Pollinator Week through the continued commitment and support for pollinator health and research
News	6:10am; 7:10am; 8:10am	6/21/23	Live	10 seconds	Average gasoline prices in Illinois have risen 5.7 cents per gallon in the last week, averaging \$4.02/g today, according to GasBuddy's survey of 4,378 stations in Illinois.
News	6:45am; 7:45am; 8:45am	6/21/23	Live	30 seconds	Average gasoline prices in Illinois have risen 5.7 cents per gallon in the last week, averaging \$4.02/g today, according to GasBuddy's survey of 4,378 stations in Illinois.
News	6:10am; 7:10am; 8:10am	6/22/23	Live	10 seconds	The USDA and NASA signed a memorandum of understanding strengthening the collaboration between the two agencies.
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News	6:10am; 7:10am; 8:10am	6/23/23	Live	10 seconds	The U.S. Department of Agriculture (USDA) today announced its selection of 50 projects for potential award, totaling approximately \$300 million.
News	6:45am; 7:45am; 8:45am	6/23/23	Live	30 seconds	The U.S. Department of Agriculture (USDA) today announced its selection of 50 projects for potential award, totaling approximately \$300 million.
News	6:10am; 7:10am; 8:10am	6/26/23	Live	10 seconds	Average gasoline prices in Illinois have fallen 4.5 cents per gallon in the last week, averaging \$3.96/g today, according to GasBuddy's survey of 4,378 stations in Illinois.

News	6:10am; 7:10am; 8:10am	6/26/23	Live	10 seconds	The total nonfarm jobs increased in all fourteen metropolitan areas for the year ending May 2023, according to data released today by the U.S. Bureau of Labor Statistics and the Illinois Department of Employment Security.
News	6:45am; 7:45am; 8:45am	6/26/23	Live	30 seconds	The total nonfarm jobs increased in all fourteen metropolitan areas for the year ending May 2023, according to data released today by the U.S. Bureau of Labor Statistics and the Illinois Department of Employment Security.
News	6:45am; 7:45am; 8:45am	6/26/23	Live	30 seconds	Average gasoline prices in Illinois have fallen 4.5 cents per gallon in the last week, averaging \$3.96/g today, according to GasBuddy's survey of 4,378 stations in Illinois.
News	6:10am; 7:10am; 8:10am	6/27/23	Live	10 seconds	The USDA plans to invest up to \$500 million from President Biden's Inflation Reduction Act to increase the availability of domestic biofuels and give Americans additional cleaner fuel options at the pump.
News	6:10am; 7:10am; 8:10am	6/28/23	Live	10 seconds	Independence Day weekend this year will be much more affordable when it comes to fueling up, according to GasBuddy.
News	6:10am; 7:10am; 8:10am	6/28/23	Live	10 seconds	The haze of unhealthy air that settled over the Great Lakes region Tuesday reminded U.S. residents from the Midwest to the Northeast and as far south as Kentucky to brace for more depending on which way the wind blows as Canadian wildfires rage on.
News	6:45am; 7:45am; 8:45am	6/28/23	Live	30 seconds	Independence Day weekend this year will be much more affordable when it comes to fueling up, according to GasBuddy.
Climate Connections	12:50pm	4/3/23	Recorded	2 Minutes	Free employee parking is costing the climate and commuters. But parking cash-out laws can help more workers use climate-friendly transit instead of cars.
Climate Connections	12:50pm	4/4/23	Recorded	2 Minutes	Free home repairs help low-income homeowners save money on energy bills. Revitalize Milwaukee, a nonprofit, provides free weatherization services and furnace upgrades to seniors, veterans, and people with disabilities.
Climate Connections	12:50pm	4/5/23	Recorded	2 Minutes	Low-interest loan program helps homeowners finance clean energy upgrades: The Smart-E loan program makes it easier and more affordable for homeowners to go solar, install a heat pump, and more.
Climate Connections	12:50pm	4/6/23	Recorded	2 Minutes	Special pavement coating helps Los Angeles neighborhood stay cool: A coating applied in summer 2022 is designed to reflect the sun's infrared rays, reducing heat in urban areas.
Climate Connections	12:50pm	4/7/23	Recorded	2 Minutes	Picture book helps kids learn about the downsides of gasoline: "Sparky's Electrifying Tale" explains the benefits of clean, climate-friendly transportation.
Climate Connections	12:50pm	4/10/23	Recorded	2 Minutes	Why Chaisea, Massachusetts, is installing a microgrid system: For one thing, it will help the city keep essential services running during power outages.
Climate Connections	12:50pm	4/11/23	Recorded	2 Minutes	Data from whole-home energy monitors can help homeowners reduce carbon pollution: By identifying which appliances and devices are using the most energy at different times of day, people can cut their carbon footprints.
Climate Connections	12:50pm	4/12/23	Recorded	2 Minutes	Student recommendations incorporated into flood-prevention project: For a class project, Old Dominion and Hampton university students made recommendations for alleviating flooding in a Norfolk, Virginia, neighborhood. Many of their ideas will soon become reality.
Climate Connections	12:50pm	4/13/23	Recorded	2 Minutes	More clean transportation options are coming to South Los Angeles: An \$18 million pilot project will focus on low-polluting, climate-friendly transit solutions, like an electric bike lending library.
Climate Connections	12:50pm	4/14/23	Recorded	2 Minutes	Phoenix residents learn how to fight back against urban heat: About 100 residents have participated in the online Urban Heat Leadership Academy, where they get information about how to protect their communities.
Climate Connections	12:50pm	4/17/23	Recorded	2 Minutes	Lower-cost ways to keep your home cool: Learn how Fresno residents protect themselves from the heat using blackout curtains and fans.
Climate Connections	12:50pm	4/18/23	Recorded	2 Minutes	Solar-powered factory produces food for malnourished Haitian kids: The factory used to rely on diesel generators for power, and production had to slow or stop when fuel ran short.

Climate Connections	12:50pm	4/19/23	Recorded	2 Minutes	U.S. cities like Buffalo and Cincinnati could benefit from climate migration: These inland cities may be less vulnerable to severe climate impacts.
Climate Connections	12:50pm	4/20/23	Recorded	2 Minutes	NOAA system helps weathercasters predict and monitor deadly flash floods: NOAA's National Severe Storms Laboratory developed a system that combines hyperlocal radar measurements, elevation, hydrology, and soil moisture data to predict and monitor flash floods.
Climate Connections	12:50pm	4/21/23	Recorded	2 Minutes	'Zone captains' help people get help after wildfires: How one Oregon-based organization is helping wildfire survivors access food, shelter, and other support.
Climate Connections	12:50pm	4/24/23	Recorded	2 Minutes	Hoopa Tribal member fights to save the Trinity River and its salmon: Climate change and water diversions have put the river's salmon in jeopardy.
Climate Connections	12:50pm	4/25/23	Recorded	2 Minutes	Role-playing game helps students plan for climate change hazards: The game is part of a new curriculum that teachers in rural Colorado are using to educate students about the causes and impacts of wildfires, droughts, and floods
Climate Connections	12:50pm	4/26/23	Recorded	2 Minutes	SolarShare Wisconsin Cooperative aims to make investing in clean energy accessible to all: Cooperative members can invest in local solar projects for as little as \$1,000
Climate Connections	12:50pm	4/27/23	Recorded	2 Minutes	Philadelphians planted more than 1,000 trees in eight years in Hunting Park neighborhood: The new trees will help keep the neighborhood cool as the climate warms
Climate Connections	12:50pm	4/28/23	Recorded	2 Minutes	Tool helps communities identify areas lacking trees: American Forests' free online tool assigns "tree equity scores" to neighborhoods across the U.S., allowing cities and residents to advocate for tree-planting projects where they're needed most
Climate Connections	12:50pm	5/1/23	Recorded	2 Minutes	15 million people at risk globally from glacial lake dam bursts, study finds: As the world warms, water from melting glaciers is filling glacial lakes more rapidly, increasing the danger from dam bursts that can cause devastation downstream.
Climate Connections	12:50pm	5/2/23	Recorded	2 Minutes	Clean energy technology can reduce energy costs for low-income people: In a pilot project, nonprofit Couleecap installed solar panels and heat pumps at an apartment building in Wisconsin.
Climate Connections	12:50pm	5/3/23	Recorded	2 Minutes	New Mexico school helps students recover from wildfire trauma: Mora Holman Elementary School uses outdoor education to help students heal after major fires and floods.
Climate Connections	12:50pm	5/4/23	Recorded	2 Minutes	Students push for climate education at med schools: A group called Medical Students for a Sustainable Future developed a guide that shows how climate change content can be integrated into medical school curricula.
Climate Connections	12:50pm	5/5/23	Recorded	2 Minutes	Middle schoolers learn how city design influences extreme heat: A Virginia Tech summer program arms middle school students with temperature sensors to use in their schoolyard.
Climate Connections	12:50pm	5/8/23	Recorded	2 Minutes	California's forests are packed with dead trees. Harvesting them could cut wildfire risk: Researcher Sandra Lupien of Michigan State wants to create a market incentive for removing low-value wood from forests
Climate Connections	12:50pm	5/9/23	Recorded	2 Minutes	New video game immerses players in a world ravaged by climate change: Created by Demagog Studios, Highwater takes players on a sometimes-satirical journey filled with moral questions.
Climate Connections	12:50pm	5/10/23	Recorded	2 Minutes	How faith-based groups are helping Arizonans survive brutal heat waves: For those that don't have air conditioning, a faith center can become a lifeline.
Climate Connections	12:50pm	5/11/23	Recorded	2 Minutes	How one strawberry farmer is coping with erratic weather in California: Farmers are seeing more heat waves, drought, and floods that can wipe out harvests
Climate Connections	12:50pm	5/12/23	Recorded	2 Minutes	DOE wants to help 5 million homes connect to community solar by 2025: Community solar programs can help people access clean energy even when their own roofs aren't suitable for solar panels.

Climate Connections	12:50pm	5/15/23	Recorded	2 Minutes	Electric school buses are healthier for kids, but there could be a downside for workers: One advocacy group wants to ensure that as bus fleets go electric, bus manufacturing jobs stay in the U.S. and school district mechanics get the training they need.
Climate Connections	12:50pm	5/16/23	Recorded	2 Minutes	Louisiana teacher and students examine environmental injustices: Many of her students are affected by flooding and pollution, but some of their parents work in the fossil fuel industry
Climate Connections	12:50pm	5/17/23	Recorded	2 Minutes	Nonprofit wants Wisconsin to electrify buildings and transportation: Doing so would be a boon to the state's economy, recent research finds.
Climate Connections	12:50pm	5/18/23	Recorded	2 Minutes	Most teachers support teaching students about climate change: But many feel unprepared to teach the topic, and they worry about pushback from parents.
Climate Connections	12:50pm	5/19/23	Recorded	2 Minutes	Racehorses may need more protection from heat illness in a warming climate: Rising temperatures mean that thoroughbreds are at growing risk, especially if they are not accustomed to warmer, humid temperatures.
Climate Connections	12:50pm	5/22/23	Recorded	2 Minutes	Museum tries to keep history above water in Portsmouth, New Hampshire: Rising seas and extreme storms are putting centuries-old buildings at risk at the Strawberry Bank Museum.
Climate Connections	12:50pm	5/23/23	Recorded	2 Minutes	Baltimore residents get career training in urban forestry: The Baltimore Tree Trust provides professional training for neighborhood forestry technicians in how to plant and care for trees
Climate Connections	12:50pm	5/24/23	Recorded	2 Minutes	Fossil fuel industry donates hundreds of millions to university climate and energy research: Activists express alarm about the potential impact on research topics and framing
Climate Connections	12:50pm	5/25/23	Recorded	2 Minutes	New way to test for contaminated water takes hours: Heavy rain can wash sewage into bodies of water where people swim.
Climate Connections	12:50pm	5/26/23	Recorded	2 Minutes	Boston-area man finds his calling in the weatherization industry: Energy efficiency jobs are growing rapidly in Massachusetts.
Climate Connections	12:50pm	5/29/23	Recorded	2 Minutes	One pastor's mission to prepare his community for climate change: Hurricanes have caused destructive flooding at Rev. Gerald Godette's North Carolina churches.
Climate Connections	12:50pm	5/30/23	Recorded	2 Minutes	How EV incentives for gasoline superusers could help the planet: Only about 10% of drivers are responsible for a third of all gasoline consumption in the U.S.
Climate Connections	12:50pm	5/31/23	Recorded	2 Minutes	Wisconsin company uses cow waste to produce energy: Entech Solutions is breaking down waste from 4,000 cows to create renewable energy and reduce methane emissions
Climate Connections	12:50pm	6/1/23	Recorded	2 Minutes	Winter storms caused losses in western monarch population: This vulnerable butterfly population has seen a drastic decline since the 1980s
Climate Connections	12:50pm	6/2/23	Recorded	2 Minutes	Community-wide geothermal system provides heating and cooling in new Texas development: The shared system provides clean heating and cooling to hundreds of homes at once
Climate Connections	12:50pm	6/5/23	Recorded	2 Minutes	Former refugee brings solar to the camp where he once lived: Yves Urnuhoza created Assorted Energies International, a refugee-led solar energy program.
Climate Connections	12:50pm	6/6/23	Recorded	2 Minutes	Solar-powered resiliency hubs to be installed in the Bronx: In a neighborhood where it can take days to restore power, one nonprofit hopes that these military-tent-like shelters will provide communities with access to electricity during power outages.
Climate Connections	12:50pm	6/7/23	Recorded	2 Minutes	Cajun Navy Ground Force connects volunteers to communities affected by natural disasters: They're using social media to help survivors of weather disasters get the assistance they need

Climate Connections	12:50pm	6/8/23	Recorded	2 Minutes	Former NHL goalie helps community ice rinks reduce energy use: Brightcore Energy, led by former New York Rangers goalie Mike Richter, is making rinks across the country more energy-efficient with LED lighting
Climate Connections	12:50pm	6/9/23	Recorded	2 Minutes	The sun powers a Syracuse community farm in more ways than one: Refugees from places like Somalia and Bhutan have the opportunity to grow food for themselves and their communities at Salt City Harvest Farm.
Climate Connections	12:50pm	6/12/23	Recorded	2 Minutes	Vienna museum uses tiled paintings to spark climate conversations: The 'A Few Degrees More' exhibition at the Leopold Museum shows how disruptive a few degrees can be.
Climate Connections	12:50pm	6/13/23	Recorded	2 Minutes	Ann Arbor community aims to become one of the first carbon-neutral neighborhoods in the U.S.: Grant funding will help pay for updates, weatherization, and electrification of homes in the Bryant neighborhood
Climate Connections	12:50pm	6/14/23	Recorded	2 Minutes	Fire survivors in Oregon community find hope in resident-owned cooperative: The approach is helping to ensure their housing remains affordable.
Climate Connections	12:50pm	6/15/23	Recorded	2 Minutes	New book celebrates women driving climate action: 'Love Your Mother' profiles 50 climate champions, one in each U.S. state.
Climate Connections	12:50pm	6/16/23	Recorded	2 Minutes	A father and son take a bike trip inspired by climate change: A weeklong trek from the Outer Banks of North Carolina to Richmond, Virginia, raised \$9,000 for the Triangle Land Conservancy
Climate Connections	12:50pm	6/19/23	Recorded	2 Minutes	Solar trade group helps minority- and women-owned firms grow in the solar industry: The Solar Energy Industries Association created a database of companies owned by minorities, veterans, and women
Climate Connections	12:50pm	6/20/23	Recorded	2 Minutes	Brooklyn-based company helps buildings become cleaner and greener: To make electric and energy-efficient installations more accessible, BlocPower provides them at little to no upfront cost.
Climate Connections	12:50pm	6/21/23	Recorded	2 Minutes	Most Americans underestimate the popularity of policies to protect the climate: In reality, about two-thirds of Americans support transformative climate policies, like a carbon tax or Green New Deal.
Climate Connections	12:50pm	6/22/23	Recorded	2 Minutes	Conservative nonprofit promotes renewable energy: The Conservative Energy Network supports more diversified and cleaner energy sources — and they say it will be good for the economy and national security.
Climate Connections	12:50pm	6/23/23	Recorded	2 Minutes	Corn-based ethanol is not as good for the climate as once thought: The environmental repercussions of plowing grasslands and using fertilizer can outweigh the benefits to the climate.
Climate Connections	12:50pm	6/26/23	Recorded	2 Minutes	Many consumers find food labels confusing, contributing to food waste: "Use by," "Best before," "Sell by," "What does it all mean, anyway?"
Climate Connections	12:50pm	6/27/23	Recorded	2 Minutes	Fort Liberty installs floating solar panels: The Army installation formerly known as Fort Bragg is going solar, enabling it to power essential services during power outages
Climate Connections	12:50pm	6/28/23	Recorded	2 Minutes	Mosquito that can carry viral infections spreads northward in U.S.: Aedes aegypti mosquitoes, which can transmit dengue and Zika after biting an infected person, have been documented recently in Nevada, Utah, and Nebraska.
Climate Connections	12:50pm	6/29/23	Recorded	2 Minutes	American Samoa's coastal communities face worsened sea-level rise: Encroaching seas and land subsidence are reshaping ways of life in the U.S. territory in the South Pacific
Climate Connections	12:50pm	6/30/23	Recorded	2 Minutes	Online marketplace helps companies buy solar energy from underinvested communities: On the Solar Stewards marketplace, companies can purchase solar power generated by community centers, schools, and places of worship

4. Crime

Program Title	Time	Date	Source	Length	Description
News	6:10am; 7:10am; 8:10am	4/3/23	Live	10 seconds	Police say two students at the University of Illinois reported being scammed out of money.
News	6:10am; 7:10am; 8:10am	4/3/23	Live	10 seconds	Prosecutors are accusing a Chicago Public Schools teacher of stalking Mayor Lori Lightfoot.
News	6:45am; 7:45am; 8:45am	4/3/23	Live	30 seconds	Police say two students at the University of Illinois reported being scammed out of money.
News	6:10am; 7:10am; 8:10am	4/4/23	Live	10 seconds	Police make an arrest after a series of apartment burglaries near the University of Illinois
News	6:45am; 7:45am; 8:45am	4/4/23	Live	30 seconds	Police make an arrest after a series of apartment burglaries near the University of Illinois
News	6:10am; 7:10am; 8:10am	4/5/23	Live	10 seconds	Coles County court records show Kiley Willison and Jerry Willison entered those not guilty pleas to official misconduct charges after an investigation into the Oakland Fire Protection District.
News	6:10am; 7:10am; 8:10am	4/5/23	Live	10 seconds	Coles County court records show Kiley Willison and Jerry Willison entered those not guilty pleas to official misconduct charges after an investigation into the Oakland Fire Protection District.
News	6:45am; 7:45am; 8:45am	4/5/23	Live	30 seconds	Charleston police say an incident with shots fired happened early Monday in the 14-hundred block of Monroe resulting in the arrest of Deandre McGee. Dushawn Powell and a juvenile.
News	6:10am; 7:10am; 8:10am	4/6/23	Live	10 seconds	Charleston High School administration has worked with the Charleston Police Department over a Snapchat threat and has been able to determine that it does not involve Charleston High School, but rather a school in Clinton, Oklahoma.
News	6:10am; 7:10am; 8:10am	4/6/23	Live	10 seconds	Chicago Police say SWAT officers took one person to a hospital after responding to a domestic incident at the Trump International Hotel and Tower, located in the city's central Loop near the Chicago River.
News	6:10am; 7:10am; 8:10am	4/6/23	Live	10 seconds	Charleston police say an incident with shots fired happened early Monday in the 14-hundred block of Monroe resulting in the arrest of Deandre McGee, Dushawn Powell and a juvenile.
News	6:45am; 7:45am; 8:45am	4/6/23	Live	30 seconds	Charleston High School administration has worked with the Charleston Police Department over a Snapchat threat and has been able to determine that it does not involve Charleston High School, but rather a school in Clinton, Oklahoma.
News	6:45am; 7:45am; 8:45am	4/6/23	Live	30 seconds	The F-B-I is warning Travelers not to use those free airport charging stations ... and says scammers have found a way to use the ports for transmitting malware and monitoring software on phones and other devices.
News	6:10am; 7:10am; 8:10am	4/12/23	Live	10 seconds	Barry McGee is accused of intentionally setting a fire in Effingham as is in jail on a 50-thousand dollar bond.
News	6:10am; 7:10am; 8:10am	4/14/23	Live	10 seconds	Barry McGee is accused of intentionally setting a fire in Effingham as is in jail on a 50-thousand dollar bond.
News	6:45am; 7:45am; 8:45am	4/14/23	Live	30 seconds	Barry McGee is accused of intentionally setting a fire in Effingham as is in jail on a 50-thousand dollar bond.
News	6:10am; 7:10am; 8:10am	4/18/23	Live	10 seconds	An Effingham man, Dylan Rensner, is in jail ... accused of robbing a bank in Springfield last week.

News	6:45am; 7:45am; 8:45am	4/18/23	Live	30 seconds	An Effingham man, Dylan Rensner, is in jail ... accused of robbing a bank in Springfield last week.
News	6:10am; 7:10am; 8:10am	4/20/23	Live	10 seconds	Douglas and Kelly Nichols of Decatur face a series of child pornography charges ... and Douglas Nichols faces additional charges of sex abuse and assault.
News	6:10am; 7:10am; 8:10am	4/24/23	Live	10 seconds	University of Illinois Police warn of another scam targeting students and an apartment leasing agent.
News	6:10am; 7:10am; 8:10am	4/25/23	Live	10 seconds	Police are still looking for 51-year-old James Walthers of Neoga, who wanted for questioning in a domestic incident last Friday.
News	6:10am; 7:10am; 8:10am	4/25/23	Live	10 seconds	Decatur Police Chief Shane Brandel says the officers involved in the March 30th shooting of Steven Hirstein were justified in their use of force ... and both officers involved will immediately return to duty.
News	6:45am; 7:45am; 8:45am	4/25/23	Live	30 seconds	University of Illinois Police warn of another scam targeting students and an apartment leasing agent.
News	6:45am; 7:45am; 8:45am	4/25/23	Live	30 seconds	Police are still looking for 51-year-old James Walthers of Neoga, who wanted for questioning in a domestic incident last Friday.
News	6:10am; 7:10am; 8:10am	4/26/23	Live	10 seconds	Corey Jay Andrews of Joliet pleads guilty to burglary and property damage after he was arrested in January for breaking into an Ashmore business.
News	6:10am; 7:10am; 8:10am	4/26/23	Live	10 seconds	The Crawford County Sheriff's Department says 51-year-old John Hightshoe and 60-year-old Lynn Odle are facing charges of theft from the airport.
News	6:45am; 7:45am; 8:45am	4/27/23	Live	30 seconds	Federal prosecutors say 53-year-old Jay Fisher committed the fraud as owner of Financial Logic insurance company in Mattoon and will spend six months in prison.
News	6:10am; 7:10am; 8:10am	5/2/23	Live	10 seconds	Police say 31 year old Troy Kirk is facing charges of stealing two vehicles and is expected in court on Thursday.
News	6:45am; 7:45am; 8:45am	5/2/23	Live	30 seconds	Police say 31 year old Troy Kirk is facing charges of stealing two vehicles and is expected in court on Thursday.
News	6:10am; 7:10am; 8:10am	5/8/23	Live	10 seconds	An off-duty Chicago police officer, Areamah Preston, was shot and killed as she headed home on the city's Southside after her shift on Saturday.
News	6:10am; 7:10am; 8:10am	5/10/23	Live	10 seconds	Charleston Police arrested Jared Carter for Aggravated Battery on a Peace Officer.
News	6:10am; 7:10am; 8:10am	5/10/23	Live	10 seconds	Marty Webster was arrested by Charleston Police for Possession of Another's Debit Card.
News	6:10am; 7:10am; 8:10am	5/10/23	Live	10 seconds	Police say a state trooper was wounded in southern Illinois during an exchange of gunfire that left a New Mexico motorist dead.
News	6:45am; 7:45am; 8:45am	5/10/23	Live	30 seconds	Charleston Police arrested Jared Carter for Aggravated Battery on a Peace Officer.
News	6:45am; 7:45am; 8:45am	5/10/23	Live	30 seconds	Marty Webster was arrested by Charleston Police for Possession of Another's Debit Card.
News	6:10am; 7:10am; 8:10am	5/11/23	Live	10 seconds	The Internet Crime Complaint Center's 2022 Elder Fraud Report reveals a staggering 84% increase in total losses to seniors from the previous year's report.
News	6:10am; 7:10am; 8:10am	5/11/23	Live	10 seconds	Authorities say four teenagers have been charged in the fatal shooting of a Chicago police officer who was killed last weekend as she headed home from work.
News	6:10am; 7:10am; 8:10am	5/12/23	Live	10 seconds	Authorities say two men have been killed and three other people injured in a shooting on Chicago's South Side.

News	6:10am; 7:10am; 8:10am	5/17/23	Live	10 seconds	Police say a girl who was allegedly abducted by her mother in suburban Chicago nearly six years ago has been found safe hundreds of miles away in North Carolina after she was spotted at a business.
News	6:10am; 7:10am; 8:10am	5/22/23	Live	10 seconds	A sharp uptick in thefts of Hyundais and Kias over the past two years has been linked to viral videos posted to TikTok and other social media platforms that teach people how to exploit a security vulnerability to steal the cars.
News	6:10am; 7:10am; 8:10am	5/24/23	Live	10 seconds	Charleston Police arrested Derrall Enlow for Possession of Metamphetamine.
News	6:10am; 7:10am; 8:10am	5/24/23	Live	10 seconds	Alfredo Ramos was arrested by Charleston Police and charged with Vehicular Hijacking, Aggravated Battery, and Resisting Arrest.
News	6:10am; 7:10am; 8:10am	5/24/23	Live	10 seconds	Authorities say a southern Illinois man has been charged with theft for allegedly stealing a backhoe to drive about 10 miles to an airport to catch a flight.
News	6:10am; 7:10am; 8:10am	5/24/23	Live	10 seconds	The Illinois attorney general has released the results of a sweeping investigation into allegations of sexual abuse by Catholic clergy, saying investigators found that 451 clergy sexually abused nearly 2,000 children since 1950.
News	6:45am; 7:45am; 8:45am	5/24/23	Live	30 seconds	Charleston Police arrested Derrall Enlow for Possession of Metamphetamine.
News	6:45am; 7:45am; 8:45am	5/24/23	Live	30 seconds	Alfredo Ramos was arrested by Charleston Police and charged with Vehicular Hijacking, Aggravated Battery, and Resisting Arrest.
News	6:10am; 7:10am; 8:10am	5/25/23	Live	10 seconds	Authorities say a carjacking suspect and a police dog have both died after a pursuit ended with a crash and a shootout in Batavia.
News	6:45am; 7:45am; 8:45am	5/25/23	Live	30 seconds	The Illinois attorney general ended a five-year investigation into sexual abuse of children by Catholic clergy in the state Tuesday.
News	6:10am; 7:10am; 8:10am	5/30/23	Live	10 seconds	Police investigators in Fox Lake say police officers shot and killed a man Sunday night after he lunged at them with a knife.
News	6:10am; 7:10am; 8:10am	6/1/23	Live	10 seconds	Police say a child has died after accidentally being shot by another child in a suburban Chicago household.
News	6:10am; 7:10am; 8:10am	6/1/23	Live	10 seconds	A jury has convicted Timothy Blierfrick, a former contestant on the television game show "Family Feud", of first-degree murder and home invasion in the shooting death of his estranged wife in western Illinois.
News	6:10am; 7:10am; 8:10am	6/2/23	Live	10 seconds	Police say a suburban Chicago police officer fatally shot a motorist after being called to the scene to investigate a suspicious vehicle.
News	6:10am; 7:10am; 8:10am	6/2/23	Live	10 seconds	An attorney for Heather Mack of Chicago, who is facing federal conspiracy charges in the 2014 killing of her mother during a luxury vacation in Bali, says she plans to plead guilty.
News	6:10am; 7:10am; 8:10am	6/2/23	Live	10 seconds	Northern Illinois police say an officer fatally shot a man overnight after he refused to drop a knife during a domestic violence disturbance in which a woman was stabbed to death.
News	6:10am; 7:10am; 8:10am	6/6/23	Live	10 seconds	A sheriff says a man walked into a northwestern Indiana jail, poured an accelerant on the floor and lit it, starting a small fire that was quickly put out.
News	6:10am; 7:10am; 8:10am	6/7/23	Live	10 seconds	Champaign Police say a robbery happened Monday at 1:46pm when a suspect walked into the bank, displayed a handgun and demanded money.
News	6:10am; 7:10am; 8:10am	6/7/23	Live	10 seconds	Former Southwest Airlines customer-service agent Dauan Martin is being charged with fraud.

News	6:10am; 7:10am; 8:10am	6/7/23	Live	10 seconds	An attorney for Barry Whelpley, who was charged in the stabbing death of a 15-year-old suburban Chicago girl more than half a century ago, wants statements he made at a police station suppressed.
News	6:45am; 7:45am; 8:45am	6/7/23	Live	30 seconds	Champaign Police say a robbery happened Monday at 1:46pm when a suspect walked into the bank, displayed a handgun and demanded money.
News	6:45am; 7:45am; 8:45am	6/7/23	Live	30 seconds	Former Southwest Airlines customer-service agent Dajuan Martin is being charged with fraud.
News	6:10am; 7:10am; 8:10am	6/9/23	Live	10 seconds	Decatur Police said they were called to a home on Dwight Drive around 4:10am Thursday where Gary S. Russell told dispatch he killed his 64-year-old wife, said police.
News	6:45am; 7:45am; 8:45am	6/9/23	Live	30 seconds	Decatur Police said they were called to a home on Dwight Drive around 4:10am Thursday where Gary S. Russell told dispatch he killed his 64-year-old wife, said police.
News	6:10am; 7:10am; 8:10am	6/20/23	Live	10 seconds	Authorities say one person is dead and at least 22 are wounded in Willowbrook after a shooting early Sunday during a large gathering in a strip mall parking lot.
News	6:10am; 7:10am; 8:10am	6/20/23	Live	10 seconds	Mass shootings and violence killed and wounded people across the U.S. over the weekend, including 60 in the Chicago area alone.
News	6:10am; 7:10am; 8:10am	6/22/23	Live	10 seconds	Champaign Police will be giving out free steering wheel locks with the program helping residents secure their vehicles against an ongoing social media trend.
News	6:10am; 7:10am; 8:10am	6/22/23	Live	10 seconds	Chicago police say Condearious Garcia is facing multiple charges in connection with a hit-and-run collision that injured four pedestrians, two critically, outside Guaranteed Rate Field, the home of the Chicago White Sox.
News	6:45am; 7:45am; 8:45am	6/22/23	Live	30 seconds	Champaign Police will be giving out free steering wheel locks with the program helping residents secure their vehicles against an ongoing social media trend.
News	6:10am; 7:10am; 8:10am	6/23/23	Live	10 seconds	Ashantae Corruthers pled guilty Thursday to a charge of conspiracy to defraud the government in connection with the shooting death of Champaign police officer Chris Oberheim.
News	6:45am; 7:45am; 8:45am	6/23/23	Live	30 seconds	Ashantae Corruthers pled guilty Thursday to a charge of conspiracy to defraud the government in connection with the shooting death of Champaign police officer Chris Oberheim.

5. Government

Program Title	Time	Date	Source	Length	Description
News	6:10am: 7:10am: 8:10am	4/3/23	Live	10 seconds	Governor JB Pritzker visited Decatur recently ... announcing the final 10 million dollars to fund a new overpass project on Brush College Road.
News	6:45am: 7:45am: 8:45am	4/3/23	Live	30 seconds	Governor JB Pritzker visited Decatur recently ... announcing the final 10 million dollars to fund a new overpass project on Brush College Road.
News	6:10am: 7:10am: 8:10am	4/4/23	Live	10 seconds	Governor JB Pritzker issues a disaster declaration for several counties impacted by last Friday's tornadoes and severe weather.
News	6:10am: 7:10am: 8:10am	4/4/23	Live	10 seconds	Today's Chicago Mayor ran off pits former Chicago schools CEO Paul Vallas against progressive Brandon Johnson.
News	6:45am: 7:45am: 8:45am	4/4/23	Live	30 seconds	Governor JB Pritzker issues a disaster declaration for several counties impacted by last Friday's tornadoes and severe weather.
News	6:10am: 7:10am: 8:10am	4/5/23	Live	10 seconds	The Illinois Senate is taking steps to keep students safer while they're boarding school busses.
News	6:10am: 7:10am: 8:10am	4/5/23	Live	10 seconds	Attorney General Kwame Raoul says residents need to be on alert for scammers looking to exploit homeowners and business owners who may need help with cleanup and repairs after Friday's tornadoes.
News	6:10am: 7:10am: 8:10am	4/5/23	Live	10 seconds	The Illinois Department of Transportation is asking you to think ... before you know with an ongoing initiative to reduce litter along roads.
News	6:10am: 7:10am: 8:10am	4/5/23	Live	30 seconds	The Illinois Senate is taking steps to keep students safer while they're boarding school busses.
News	6:45am: 7:45am: 8:45am	4/5/23	Live	30 seconds	The Mattoon City Council accepted a 415-thousand dollar bid from Fuller Wentle Incorporated to expand the Lincoln Prairie Grass trail from 10th to 16th Street.
News	6:10am: 7:10am: 8:10am	4/6/23	Live	10 seconds	The Mattoon City Council accepted a 415-thousand dollar bid from Fuller Wentle Incorporated to expand the Lincoln Prairie Grass trail from 10th to 16th Street.
News	6:10am: 7:10am: 8:10am	4/6/23	Live	10 seconds	The Mattoon City Council accepted a 415-thousand dollar bid from Fuller Wentle Incorporated to expand the Lincoln Prairie Grass trail from 10th to 16th Street.
News	6:45am: 7:45am: 8:45am	4/6/23	Live	30 seconds	The Mattoon public works department has begun to flush the city's fire hydrants this morning ... and will continue until all lines in the city are flushed.
News	6:10am: 7:10am: 8:10am	4/10/23	Live	10 seconds	The Mattoon public works department has begun to flush the city's fire hydrants this morning ... and will continue until all lines in the city are flushed.
News	6:10am: 7:10am: 8:10am	4/10/23	Live	10 seconds	The Mattoon public works department has begun to flush the city's fire hydrants this morning ... and will continue until all lines in the city are flushed.
News	6:45am: 7:45am: 8:45am	4/10/23	Live	30 seconds	Tax season is here ... and the deadline to file federal income taxes is April 18th.
News	6:10am: 7:10am: 8:10am	4/11/23	Live	10 seconds	The Mackinac Center for Public Policy is filing the lawsuit demanding for an immediate end to the repayment-moratorium for student loans.
News	6:10am: 7:10am: 8:10am	4/11/23	Live	10 seconds	President Joe Biden signed a bipartisan congressional resolution on Monday to bring the national COVID-19 emergency to a close after three years ... weeks before it was set to expire alongside a separate public health emergency.
News	6:10am: 7:10am: 8:10am	4/12/23	Live	10 seconds	The Illinois Senate passed two bills that would prevent individuals over the age of 21 from having their vehicles searched based on the smell of marijuana ... while another would allow some people on probation to consume cannabis or alcohol.
News	6:10am: 7:10am: 8:10am	4/14/23	Live	10 seconds	The City of Charleston having a city-wide spring clean-up event next month with dumpsters provided free for city residents on Saturday May 13th from 8 to 2 at the city's limb leaf drop-off site.
News	6:45am: 7:45am: 8:45am	4/17/23	Live	30 seconds	The City of Charleston having a city-wide spring clean-up event next month with dumpsters provided free for city residents on Saturday May 13th from 8 to 2 at the city's limb leaf drop-off site.
News	6:10am: 7:10am: 8:10am	4/18/23	Live	10 seconds	Charleston attorney Chris Weitzel has been selected as an associate judge in the county, starting May 1st.
News	6:45am: 7:45am: 8:45am	4/18/23	Live	30 seconds	Charleston attorney Chris Weitzel has been selected as an associate judge in the county, starting May 1st.
News	6:10am: 7:10am: 8:10am	4/19/23	Live	10 seconds	City officials say a May 2 nd hearing will be open for residents to discuss Mattoon's grant application for the creation of a kayak launch at Lake Mattoon.
News	6:45am: 7:45am: 8:45am	4/19/23	Live	30 seconds	City officials say a May 2 nd hearing will be open for residents to discuss Mattoon's grant application for the creation of a kayak launch at Lake Mattoon.
News	6:10am: 7:10am: 8:10am	4/20/23	Live	10 seconds	The Illinois Supreme Court announces State's Attorney Katherine Watson as a new judge in the sixth judicial circuit.
News	6:10am: 7:10am: 8:10am	4/20/23	Live	10 seconds	The City of Mattoon is hosting a massive clean up day on June 3rd.
News	6:45am: 7:45am: 8:45am	4/20/23	Live	30 seconds	The Illinois Supreme Court announces State's Attorney Katherine Watson as a new judge in the sixth judicial circuit.
News	6:45am: 7:45am: 8:45am	4/20/23	Live	30 seconds	The City of Mattoon is hosting a massive clean up day on June 3rd.
News	6:10am: 7:10am: 8:10am	4/24/23	Live	10 seconds	The state estimates an expansion of state-sponsored health care to individuals who are ineligible for Medicaid based on their citizenship status is expected to cost \$990 million in the upcoming fiscal year, far outpacing the original price tag cited when the measures became law.
News	6:10am: 7:10am: 8:10am	4/24/23	Live	10 seconds	The 38th governor of Illinois, ... Jim Edgar will headline a leadership event at the Doudna Fine Arts Center on Friday at 3:30.
News	6:10am: 7:10am: 8:10am	4/25/23	Live	10 seconds	The 38th governor of Illinois, ... Jim Edgar will headline a leadership event at the Doudna Fine Arts Center on Friday at 3:30.

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News	6:10am: 7:10am: 8:10am	4/26/23	Live	10 seconds	The City of Mattoon is hosting a massive clean up day on June 3rd.
News	6:45am: 7:45am: 8:45am	4/26/23	Live	30 seconds	The City of Mattoon is hosting a massive clean up day on June 3rd.
News	6:10am: 7:10am: 8:10am	4/27/23	Live	10 seconds	Effingham's text-my-gov system will alert citizens of emergencies such as boil orders ... traffic updates ... and significant weather events.
News	6:45am: 7:45am: 8:45am	4/26/23	Live	30 seconds	Effingham's text-my-gov system will alert citizens of emergencies such as boil orders ... traffic updates ... and significant weather events.
News	6:10am: 7:10am: 8:10am	4/28/23	Live	10 seconds	Effingham City officials say there's opportunities in several areas of the police department including investigations ... school resource and narcotics.
News	6:45am: 7:45am: 8:45am	4/28/23	Live	30 seconds	Effingham City officials say there's opportunities in several areas of the police department including investigations ... school resource and narcotics.
News	6:10am: 7:10am: 8:10am	5/1/23	Live	10 seconds	The City of Charleston having a city-wide spring clean-up event next month on Saturday May 13th from 8 to 2 at the city's limb leaf drop-off site.
News	6:10am: 7:10am: 8:10am	5/1/23	Live	10 seconds	The City of Charleston having a city-wide spring clean-up event next month on Saturday May 13th from 8 to 2 at the city's limb leaf drop-off site.
News	6:45am: 7:45am: 8:45am	5/1/23	Live	30 seconds	The City of Charleston having a city-wide spring clean-up event next month on Saturday May 13th from 8 to 2 at the city's limb leaf drop-off site.
News	6:45am: 7:45am: 8:45am	5/1/23	Live	30 seconds	The City of Charleston having a city-wide spring clean-up event next month on Saturday May 13th from 8 to 2 at the city's limb leaf drop-off site.
News	6:10am: 7:10am: 8:10am	5/2/23	Live	10 seconds	Attorney General Kwame Raoul says Illinois residents should look for environmentally-friendly recycling programs when discarding smart devices.
News	6:10am: 7:10am: 8:10am	5/2/23	Live	10 seconds	Attorney General Kwame Raoul says Illinois residents should look for environmentally-friendly recycling programs when discarding smart devices.
News	6:45am: 7:45am: 8:45am	5/2/23	Live	30 seconds	A bill that would require districts notify parents of bullying within 24 hours of administrators learning of an incident is making its way through the General Assembly.
News	6:10am: 7:10am: 8:10am	5/3/23	Live	10 seconds	The city of Effingham is opening a new dog park ... called Evergreen Bark Park.
News	6:10am: 7:10am: 8:10am	5/3/23	Live	10 seconds	The Supreme Court will soon be deciding on an emergency application to HALE various assault weapon bans in Illinois.
News	6:10am: 7:10am: 8:10am	5/3/23	Live	10 seconds	Crossings along the U.S. Mexico border are expected to increase later this month after the end of pandemic-era asylum restrictions.
News	6:10am: 7:10am: 8:10am	5/4/23	Live	10 seconds	The city of Effingham is opening a new dog park ... called Evergreen Bark Park.
News	6:10am: 7:10am: 8:10am	5/4/23	Live	10 seconds	The Supreme Court will soon be deciding on an emergency application to HALE various assault weapon bans in Illinois.
News	6:10am: 7:10am: 8:10am	5/4/23	Live	10 seconds	Illinois lawmakers approved a measure requiring libraries to adopt an anti-book banning policy in order to receive state funding. In a Wednesday vote.
News	6:10am: 7:10am: 8:10am	5/5/23	Live	10 seconds	Illinois firefighters will get a raise under a new contract approved by the city council.
News	6:10am: 7:10am: 8:10am	5/5/23	Live	10 seconds	A state senator has unveiled a 2.8 Billion dollar plan to widen Interstate 70 to at least three lanes across the state.
News	6:10am: 7:10am: 8:10am	5/5/23	Live	10 seconds	Decatur city leaders unveiled this monument near Lake Decatur ... featuring the city's name and an outline of Illinois.
News	6:10am: 7:10am: 8:10am	5/5/23	Live	10 seconds	The Illinois Department of Aging is encouraging people to nominate someone for a Senior Illinoisan Hall of Fame award.
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News	6:45am: 7:45am: 8:45am	5/5/23	Live	30 seconds	Decatur city leaders unveiled this monument near Lake Decatur ... featuring the city's name and an outline of Illinois.
News	6:10am: 7:10am: 8:10am	5/8/23	Live	30 seconds	The Illinois assault weapons ban is back on the books after a ruling by the seventh circuit court last week.
News	6:10am: 7:10am: 8:10am	5/9/23	Live	10 seconds	The City of Charleston having a city-wide spring clean-up event next month on Saturday May 13th from 8 to 2 at the city's limb leaf drop-off site.
News	6:10am: 7:10am: 8:10am	5/9/23	Live	10 seconds	The NOAA Weather Radio site in Shelbyville that transmits at a frequency of 162.500 MHz is currently operating with a degraded signal.
News	6:10am: 7:10am: 8:10am	5/9/23	Live	10 seconds	Illinois lawmakers passed a trio of bills that would update existing laws to be more gender inclusive and add protections for LGBTQ marriages.
News	6:10am: 7:10am: 8:10am	5/9/23	Live	10 seconds	The Illinois Department of Insurance announced a new ad campaign highlighting mental health parity that will kick off during Mental Health Awareness Month.
News	6:45am: 7:45am: 8:45am	5/9/23	Live	30 seconds	The City of Charleston having a city-wide spring clean-up event next month on Saturday May 13th from 8 to 2 at the city's limb leaf drop-off site.
News	6:45am: 7:45am: 8:45am	5/9/23	Live	30 seconds	The NOAA Weather Radio site in Shelbyville that transmits at a frequency of 162.500 MHz is currently operating with a degraded signal.

News	6:10am, 7:10am, 8:10am	5/11/23	Live	10 seconds	The Illinois House of Representatives passed legislation to hold crisis pregnancy centers that engage in deceptive practices accountable.
News	6:10am, 7:10am, 8:10am	5/11/23	Live	10 seconds	The Firearms Industry Responsibility Act, designed to hold the gun industry accountable for unlawful sales and marketing tactics, has passed the Illinois House.
News	6:10am, 7:10am, 8:10am	5/11/23	Live	10 seconds	Governor JB Pritzker announced that the U.S. Small Business Administration has approved disaster declarations for the severe weather that occurred on March 31st and April 4th.
News	6:45am, 7:45am, 8:45am	5/11/23	Live	30 seconds	The Illinois House of Representatives passed legislation to hold crisis pregnancy centers that engage in deceptive practices accountable.
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News	6:10am, 7:10am, 8:10am	5/12/23	Live	10 seconds	The City of Charleston having a city-wide spring clean-up event tomorrow from 8 to 2 at the city's limb leaf drop-off site.
News	6:45am, 7:45am, 8:45am	5/12/23	Live	30 seconds	The City of Charleston having a city-wide spring clean-up event tomorrow from 8 to 2 at the city's limb leaf drop-off site.
News	6:10am, 7:10am, 8:10am	5/15/23	Live	10 seconds	Chicago Mayor-elect Brandon Johnson is taking office today, with Public safety, economic growth across the city and housing affordability topping his list of priorities.
News	6:10am, 7:10am, 8:10am	5/15/23	Live	10 seconds	The Illinois Department of Aging is encouraging people to nominate someone for a Senior Illinoisan Hall of Fame award.
News	6:10am, 7:10am, 8:10am	5/16/23	Live	10 seconds	Tax revenue to the state of Illinois dropped a whopping \$1.84 billion in April from the year before.
News	6:10am, 7:10am, 8:10am	5/16/23	Live	10 seconds	The City of Mattton is hosting a massive clean up day on June 3rd.
News	6:10am, 7:10am, 8:10am	5/16/23	Live	10 seconds	Chicago Mayor Brandon Johnson has begun his first term leading the nation's third-largest city and struck a positive tone in his inaugural address after being sworn in Monday.
News	6:10am, 7:10am, 8:10am	5/16/23	Live	10 seconds	Illinois lawmakers aim to make their state what they say will be the first in the country to create protections for child social media influencers.
News	6:10am, 7:10am, 8:10am	5/16/23	Live	30 seconds	Tax revenue to the state of Illinois dropped a whopping \$1.84 billion in April from the year before.
News	6:45am, 7:45am, 8:45am	5/16/23	Live	30 seconds	The City of Mattton is hosting a massive clean up day on June 3rd.
News	6:10am, 7:10am, 8:10am	5/17/23	Live	10 seconds	The Illinois state house passed legislation allowing school buses in the state to install additional stop arm extensions.
News	6:45am, 7:45am, 8:45am	5/17/23	Live	30 seconds	The Illinois state house passed legislation allowing school buses in the state to install additional stop arm extensions.
News	6:10am, 7:10am, 8:10am	5/18/23	Live	10 seconds	The Illinois General Assembly has adopted proposals to require insurers in Illinois to cover medication to end pregnancies and for hormonal therapy, require universities to provide emergency contraception on campus and to prohibit crisis pregnancy centers from distributing false information.
News	6:10am, 7:10am, 8:10am	5/19/23	Live	10 seconds	The Illinois General Assembly passed legislation to increase oversight of health care transactions.
News	6:10am, 7:10am, 8:10am	5/19/23	Live	10 seconds	The Illinois Senate passed the Firearm Industry Responsibility Act to hold the gun industry accountable for unlawful sales and marketing tactics.
News	6:10am, 7:10am, 8:10am	5/19/23	Live	10 seconds	Illinois' three-decade-old ban on the construction of new nuclear power plants is one step closer to being lifted.
News	6:10am, 7:10am, 8:10am	5/19/23	Live	10 seconds	Five major U.S. cities, including Chicago, and the state of California will receive federal help to get unsheltered residents into permanent housing.
News	6:10am, 7:10am, 8:10am	5/19/23	Live	10 seconds	The Illinois Department of Aging is encouraging people to nominate someone for a Senior Illinoisan Hall of Fame award.
News	6:10am, 7:10am, 8:10am	5/19/23	Live	10 seconds	The Illinois General Assembly passed legislation to increase oversight of health care transactions.
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News	6:10am, 7:10am, 8:10am	5/22/23	Live	10 seconds	The City of Mattton is hosting a massive clean up day on June 3rd.
News	6:10am, 7:10am, 8:10am	5/22/23	Live	10 seconds	The Illinois Department of Transportation announced that the first phase of the \$21.8 million Fayette Avenue reconstruction and widening will begin May 30th.
News	6:45am, 7:45am, 8:45am	5/22/23	Live	30 seconds	The City of Mattton is hosting a massive clean up day on June 3rd.
News	6:45am, 7:45am, 8:45am	5/22/23	Live	30 seconds	The City of Mattton is hosting a massive clean up day on June 3rd.
News	6:10am, 7:10am, 8:10am	5/23/23	Live	10 seconds	Attorney General Kwame Raoul will provide a significant update on his office's investigation into Catholic Clergy Child Sex Abuse in Illinois.
News	6:10am, 7:10am, 8:10am	5/23/23	Live	10 seconds	Attorney General Kwame Raoul will provide a significant update on his office's investigation into Catholic Clergy Child Sex Abuse in Illinois.
News	6:10am, 7:10am, 8:10am	5/24/23	Live	10 seconds	The Illinois attorney general has released the results of a sweeping investigation into allegations of sexual abuse by Catholic clergy, saying investigators found that 451 clergy sexually abused nearly 2,000 children since 1950.
News	6:10am, 7:10am, 8:10am	5/25/23	Live	10 seconds	Illinois Gov. JB Pritzker, along with House and Senate Democrat leaders, announced details on a more than \$50 billion budget agreement reached on Wednesday.

News	6:10am: 7:10am: 8:10am	5/25/23	Live	10 seconds	The Illinois attorney general ended a five-year investigation into sexual abuse of children by Catholic clergy in the state Tuesday.
News	6:45am: 7:45am: 8:45am	5/25/23	Live	30 seconds	Illinois Gov. JB Pritzker, along with House and Senate Democrat leaders, announced details on a more than \$50 billion budget agreement reached on Wednesday.
News	6:45am: 7:45am: 8:45am	5/25/23	Live	30 seconds	The Illinois attorney general ended a five-year investigation into sexual abuse of children by Catholic clergy in the state Tuesday.
News	6:10am: 7:10am: 8:10am	5/30/23	Live	10 seconds	The Illinois Department of Transportation announced that the first phase of the \$21.8 million Fayette Avenue reconstruction and widening in Effingham will begin today.
News	6:45am: 7:45am: 8:45am	5/30/23	Live	30 seconds	The Illinois Department of Transportation announced that reconstruction of the bridge over Flat Branch just south of Humboldt begins Friday, June 9.
News	6:10am: 7:10am: 8:10am	5/31/23	Live	10 seconds	The City of Mattton will be conducting a Cleanup Day from 8 A.M. to 11 A.M. on Saturday.
News	6:10am: 7:10am: 8:10am	5/31/23	Live	10 seconds	Illinois lawmakers have finally approved a new state budget, sending it to Democratic Gov. JB Pritzker for his signature with just over a month to spare before it takes effect with the new state fiscal year July 1.
News	6:45am: 7:45am: 8:45am	5/31/23	Live	30 seconds	The City of Mattton will be conducting a Cleanup Day from 8 A.M. to 11 A.M. on Saturday.
News	6:10am: 7:10am: 8:10am	6/1/23	Live	10 seconds	Illinois lawmakers have finally approved a new state budget, sending it to Democratic Gov. JB Pritzker for his signature with just over a month to spare before it takes effect with the new state fiscal year July 1.
News	6:10am: 7:10am: 8:10am	6/1/23	Live	10 seconds	Attorney General Kwame Raoul is encouraging service members, veterans and their families to participate in a free webinar series to learn about the rights and benefits earned through military service.
News	6:45am: 7:45am: 8:45am	6/1/23	Live	30 seconds	Coles County leaders gathered yesterday to witness the groundbreaking of the Emerald Acres Sports Connection in Mattton.
News	6:10am: 7:10am: 8:10am	6/1/23	Live	10 seconds	Attorney General Kwame Raoul is encouraging service members, veterans and their families to participate in a free webinar series to learn about the rights and benefits earned through military service.
News	6:45am: 7:45am: 8:45am	6/1/23	Live	30 seconds	Coles County leaders gathered yesterday to witness the groundbreaking of the Emerald Acres Sports Connection in Mattton.
News	6:10am: 7:10am: 8:10am	6/2/23	Live	10 seconds	The City of Mattton will be conducting a Cleanup Day from 8 A.M. to 11 A.M. on tomorrow.
News	6:45am: 7:45am: 8:45am	6/2/23	Live	30 seconds	The City of Mattton will be conducting a Cleanup Day from 8 A.M. to 11 A.M. on tomorrow.
News	6:10am: 7:10am: 8:10am	6/2/23	Live	30 seconds	Attorney General Kwame Raoul announced Illinois and 41 other states negotiated a bipartisan nationwide \$102.5 million settlement with Indivior Incorporated, a global pharmaceutical company and the maker of a prescription drug used to treat opioid addiction.
News	6:10am: 7:10am: 8:10am	6/5/23	Live	10 seconds	The Illinois Department of Transportation announced that replacement of the bridge over Flat Branch just south of Humboldt begins Friday, June 9th.
News	6:10am: 7:10am: 8:10am	6/5/23	Live	10 seconds	The Illinois Department of Transportation announced that replacement of the bridge over Flat Branch just south of Humboldt begins Friday, June 9th.
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News	6:10am: 7:10am: 8:10am	6/6/23	Live	10 seconds	The Illinois Department of Transportation announced that replacement of the bridge over Flat Branch just south of Humboldt begins Friday, June 9th.
News	6:10am: 7:10am: 8:10am	6/7/23	Live	10 seconds	The Illinois Department of Transportation says a construction project on U.S. Route 45 will include replacing a bridge over the Flat Branch stream just south of Humboldt starting June 9th, said officials.
News	6:45am: 7:45am: 8:45am	6/7/23	Live	30 seconds	The Illinois Department of Transportation says a construction project on U.S. Route 45 will include replacing a bridge over the Flat Branch stream just south of Humboldt starting June 9th, said officials.
News	6:10am: 7:10am: 8:10am	6/8/23	Live	10 seconds	Illinois Governor JB Pritzker has signed the state's \$50.4 billion fiscal year 2024 budget into law, halting it for being balanced and its "transformative investments" in early childhood, K-12 schools and higher education.
News	6:10am: 7:10am: 8:10am	6/8/23	Live	10 seconds	Illinois Governor JB Pritzker has signed the state's \$50.4 billion fiscal year 2024 budget into law, halting it for being balanced and its "transformative investments" in early childhood, K-12 schools and higher education.
News	6:45am: 7:45am: 8:45am	6/12/23	Live	10 seconds	The Illinois State Board of Education is calling for applications for \$75 million in new preschool funding.
News	6:45am: 7:45am: 8:45am	6/12/23	Live	30 seconds	The Illinois State Board of Education is calling for applications for \$75 million in new preschool funding.
News	6:10am: 7:10am: 8:10am	6/15/23	Live	10 seconds	The Leaf and Limb Drop-Off Site is open for the season until October. Hours will be daily from 7:00 a.m. until 3:30 p.m.
News	6:45am: 7:45am: 8:45am	6/15/23	Live	30 seconds	The Leaf and Limb Drop-Off Site is open for the season until October. Hours will be daily from 7:00 a.m. until 3:30 p.m.
News	6:10am: 7:10am: 8:10am	6/20/23	Live	10 seconds	The Illinois State Board of Education has extended the application deadline for \$75 million in new preschool funding to June 30th.
News	6:10am: 7:10am: 8:10am	6/20/23	Live	10 seconds	The Illinois State Board of Education has extended the application deadline for \$75 million in new preschool funding to June 30th.
News	6:45am: 7:45am: 8:45am	6/20/23	Live	30 seconds	The Illinois State Board of Education has extended the application deadline for \$75 million in new preschool funding to June 30th.
News	6:45am: 7:45am: 8:45am	6/20/23	Live	30 seconds	Coles County has hired 3 full time staff to do mosquito abatement on 2023.

News	6:10am, 7:10am, 8:10am	6/21/23	Live	10 seconds	Illinois Attorney General Kwame Raoul, along with 14 state attorneys general, is today calling on Target to support inclusivity and to reject anti-LGBTQ+ hate, intimidation and discrimination.
News	6:10am, 7:10am, 8:10am	6/21/23	Live	10 seconds	The Leaf and Limb Drop-Off Site in Charleston is open for the season until October. Hours will be daily from 7:00 a.m. until 3:30 p.m.
News	6:45am, 7:45am, 8:45am	6/21/23	Live	30 seconds	Illinois Attorney General Kwame Raoul, along with 14 state attorneys general, is today calling on Target to support inclusivity and to reject anti-LGBTQ+ hate, intimidation and discrimination.
News	6:10am, 7:10am, 8:10am	6/22/23	Live	10 seconds	The USDA and NASA signed a memorandum of understanding strengthening the collaboration between the two agencies.
News	6:45am, 7:45am, 8:45am	6/22/23	Live	30 seconds	The USDA and NASA signed a memorandum of understanding strengthening the collaboration between the two agencies.
News	6:10am, 7:10am, 8:10am	6/23/23	Live	10 seconds	The U.S. Department of Agriculture (USDA) today announced its selection of 50 projects for potential award, totaling approximately \$300 million.
News	6:45am, 7:45am, 8:45am	6/23/23	Live	30 seconds	The U.S. Department of Agriculture (USDA) today announced its selection of 50 projects for potential award, totaling approximately \$300 million.
News	6:10am, 7:10am, 8:10am	6/26/23	Live	10 seconds	The total nonfarm jobs increased in all fourteen metropolitan areas for the year ending May 2023, according to data released today by the U.S. Bureau of Labor Statistics and the Illinois Department of Employment Security.
News	6:10am, 7:10am, 8:10am	6/26/23	Live	10 seconds	The Illinois Department of Veterans' Affairs announced the third quarter Fiscal Year 23 Veterans' Cash Grant Recipients.
News	6:45am, 7:45am, 8:45am	6/26/23	Live	30 seconds	The total nonfarm jobs increased in all fourteen metropolitan areas for the year ending May 2023, according to data released today by the U.S. Bureau of Labor Statistics and the Illinois Department of Employment Security.
News	6:45am, 7:45am, 8:45am	6/26/23	Live	30 seconds	The Illinois Department of Veterans' Affairs announced the third quarter Fiscal Year 23 Veterans' Cash Grant Recipients.
News	6:10am, 7:10am, 8:10am	6/27/23	Live	10 seconds	Attorney General Kwame Raoul, as part of a coalition of 26 attorneys general, issued a letter on Monday supporting the Federal Trade Commission's recent notice of increased consumer protections included in proposed amendments to its Negative Option Rule.
News	6:10am, 7:10am, 8:10am	6/27/23	Live	10 seconds	The Illinois State Board of Education released the first draft of the Illinois Literacy Plan, which provides a comprehensive roadmap to improve literacy outcomes for all Illinois students.
News	6:10am, 7:10am, 8:10am	6/27/23	Live	10 seconds	The USDA plans to invest up to \$500 million from President Biden's Inflation Reduction Act to increase the availability of domestic biofuels and give Americans additional cleaner fuel options at the pump.
News	6:10am, 7:10am, 8:10am	6/27/23	Live	10 seconds	Attorney General Kwame Raoul, as part of a coalition of 26 attorneys general, issued a letter on Monday supporting the Federal Trade Commission's recent notice of increased consumer protections included in proposed amendments to its Negative Option Rule.
News	6:45am, 7:45am, 8:45am	6/27/23	Live	30 seconds	Attorney General Kwame Raoul today led a coalition of 24 attorneys general in filing a brief to protect a key provision of the Patient Protection and Affordable Care Act (ACA) that guarantees access to critical preventive care for millions of Americans.
News	6:10am, 7:10am, 8:10am	6/28/23	Live	10 seconds	Governor JB Pritzker signed legislation authorizing a new state-based marketplace for Illinois, which gives state agencies additional tools to create a more consumer-focused health insurance exchange and better identify traditionally uninsured communities.
News	6:10am, 7:10am, 8:10am	6/28/23	Live	10 seconds	Attorney General Kwame Raoul today led a coalition of 24 attorneys general in filing a brief to protect a key provision of the Patient Protection and Affordable Care Act (ACA) that guarantees access to critical preventive care for millions of Americans.
News	6:45am, 7:45am, 8:45am	6/28/23	Live	30 seconds	Attorney General Kwame Raoul today led a coalition of 24 attorneys general in filing a brief to protect a key provision of the Patient Protection and Affordable Care Act (ACA) that guarantees access to critical preventive care for millions of Americans.

6. Health

Program Title	Time	Date	Source	Length	Description
News	6:10am: 7:10am: 8:10am	4/5/23	Live	10 seconds	The American Red Cross Disaster Van is in Robinson at the community center handing out supplies like water ... tarps ... rakes ... among other items after Friday's deadly tornadoes.
News	6:45am: 7:45am: 8:45am	4/5/23	Live	30 seconds	The American Red Cross Disaster Van is in Robinson at the community center handing out supplies like water ... tarps ... rakes ... among other items after Friday's deadly tornadoes.
News	6:10am: 7:10am: 8:10am	4/5/23	Live	10 seconds	A Drug Enforcement Agency's "TAKE BACK" Day is at the Marshall Fire Station on Saturday, April 22nd starting at ten.
News	6:10am: 7:10am: 8:10am	4/5/23	Live	10 seconds	Pfizer is asking for approval from the the Food and Drug Administration for the first ever R-S-V vaccine for adults.
News	6:10am: 7:10am: 8:10am	4/10/23	Live	10 seconds	April is National Donate Life Month ... a time when people across the U.S. celebrate the generosity of those who've saved lives by becoming organ ... eye ... tissue and blood donors.
News	6:45am: 7:45am: 8:45am	4/10/23	Live	30 seconds	Illinois' new secretary of state and Democrats in the General Assembly are pushing back against a rise in challenges to books shelved in libraries.
News	6:10am: 7:10am: 8:10am	4/12/23	Live	10 seconds	Sarah Bush Lincoln has lifted the requirement to wear a mask in the Health Center and its extended campus location with a few exceptions.
News	6:10am: 7:10am: 8:10am	4/12/23	Live	10 seconds	President Joe Biden signed a bipartisan congressional resolution on Monday to bring the national COVID-19 emergency to a close after three years ... weeks before it was set to expire alongside a separate public health emergency
News	6:10am: 7:10am: 8:10am	4/12/23	Live	10 seconds	Sarah Bush Lincoln has lifted the requirement to wear a mask in the Health Center and its extended campus location with a few exceptions.
News	6:10am: 7:10am: 8:10am	4/17/23	Live	10 seconds	Horizon Health is inviting the public to a twilight walk in recognition of national nurses week on Wednesday May 10th ... on the Edgar County Courthouse lawn.
News	6:10am: 7:10am: 8:10am	4/17/23	Live	10 seconds	The Charleston Community Blood Drive will be held today, from 1:00 to 5:00 p.m. at Home Church located at 2350 East Madison Avenue.
News	6:45am: 7:45am: 8:45am	4/17/23	Live	30 seconds	Horizon Health is inviting the public to a twilight walk in recognition of national nurses week on Wednesday May 10th ... on the Edgar County Courthouse lawn.
News	6:10am: 7:10am: 8:10am	4/24/23	Live	10 seconds	The state estimates an expansion of state-sponsored health care to individuals who are ineligible for Medicaid based on their citizenship status is expected to cost \$990 million in the upcoming fiscal year, far outpacing the original price tag cited when the measures became law.
News	6:10am: 7:10am: 8:10am	4/28/23	Live	10 seconds	Horizon Health in Paris is giving out automated external defibrillators or A-E-Ds to organizations in need.
News	6:45am: 7:45am: 8:45am	4/28/23	Live	30 seconds	Horizon Health in Paris is giving out automated external defibrillators or A-E-Ds to organizations in need.
News	6:10am: 7:10am: 8:10am	5/1/23	Live	10 seconds	Cigarette smoking rates for adults in the U.S. have fallen to a historic low, according to new data from the U.S. Centers for Disease Control and Prevention.
News	6:10am: 7:10am: 8:10am	5/1/23	Live	10 seconds	A new blanket warmer is available to patients at the Horizon Health Dialysis Center, thanks to a \$5,000 donation by the Paris Community Hospital Volunteers.
News	6:10am: 7:10am: 8:10am	5/1/23	Live	10 seconds	The Illinois Department of Public Health announced that the CDC is reporting four counties, Jefferson, Macoupin, Montgomery, and Wayne are at a Medium Community Level for COVID-19 this week, compared to two a week ago.
News	6:45am: 7:45am: 8:45am	5/1/23	Live	30 seconds	Cigarette smoking rates for adults in the U.S. have fallen to a historic low, according to new data from the U.S. Centers for Disease Control and Prevention.
News	6:10am: 7:10am: 8:10am	5/2/23	Live	10 seconds	General Mills says it's recalling four varieties of Gold Medal flour because of potential Salmonella exposure.
News	6:10am: 7:10am: 8:10am	5/3/23	Live	10 seconds	Izabella Welis has been named as a 20-23 Woman of Distinction Rising Star in nursing.
News	6:45am: 7:45am: 8:45am	5/3/23	Live	30 seconds	Izabella Welis has been named as a 20-23 Woman of Distinction Rising Star in nursing.
News	6:10am: 7:10am: 8:10am	5/18/23	Live	10 seconds	Sarah Bush Lincoln will assume the operations of the EIU Student Medical Clinic in the EIU Human Services Building on its campus effective May 22nd.

News	6:45am: 7:45am: 8:45am	5/18/23	Live	30 seconds	Sarah Bush Lincoln will assume the operations of the ELU Student Medical Clinic in the ELU Human Services Building on its campus effective May 22nd.
News	6:10am: 7:10am: 8:10am	5/23/23	Live	10 seconds	The American Red Cross is hosting a blood drive today from 12:15 to 6:15 at the Platelet and Plasma Donation Center in Effingham and at the Effingham Event Center from 1 to 5.
News	6:45am: 7:45am: 8:45am	5/23/23	Live	30 seconds	The American Red Cross is hosting a blood drive today from 12:15 to 6:15 at the Platelet and Plasma Donation Center in Effingham and at the Effingham Event Center from 1 to 5.
News	6:10am: 7:10am: 8:10am	5/30/23	Live	10 seconds	A new study suggests dozens of U.S. cities are at risk for mpox outbreaks this summer.
News	6:10am: 7:10am: 8:10am	6/5/23	Live	10 seconds	Attorney General Kwame Raoul announced Illinois and 41 other states negotiated a bipartisan nationwide \$102.5 million settlement with Indivior Incorporated, a global pharmaceutical company and the maker of a prescription drug used to treat opioid addiction.
News	6:45am: 7:45am: 8:45am	6/5/23	Live	30 seconds	Attorney General Kwame Raoul announced Illinois and 41 other states negotiated a bipartisan nationwide \$102.5 million settlement with Indivior Incorporated, a global pharmaceutical company and the maker of a prescription drug used to treat opioid addiction.
News	6:10am: 7:10am: 8:10am	6/7/23	Live	10 seconds	Employees at AeroGen-TEK in Paris, presented a \$300 gift to the Horizon Health Foundation that will be used to purchase "care bags" to comfort cancer patients during chemotherapy treatments.
News	6:45am: 7:45am: 8:45am	6/7/23	Live	30 seconds	Employees at AeroGen-TEK in Paris, presented a \$300 gift to the Horizon Health Foundation that will be used to purchase "care bags" to comfort cancer patients during chemotherapy treatments.
News	6:10am: 7:10am: 8:10am	6/8/23	Live	10 seconds	Taylor Shores, BSN, RN, was recently honored with the DAISY Award for Extraordinary Nurses at Sarah Bush Lincoln.
News	6:45am: 7:45am: 8:45am	6/8/23	Live	30 seconds	Taylor Shores, BSN, RN, was recently honored with the DAISY Award for Extraordinary Nurses at Sarah Bush Lincoln.
News	6:10am: 7:10am: 8:10am	6/12/23	Live	10 seconds	Sarah Bush Lincoln provided gallons of sunscreen to local pools and recreation areas to offer easy access to people who may need sun protection during the hot summer season.
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News	6:45am: 7:45am: 8:45am	6/15/23	Live	30 seconds	Sarah Bush Lincoln provided gallons of sunscreen to local pools and recreation areas to offer easy access to people who may need sun protection during the hot summer season.
News	6:10am: 7:10am: 8:10am	6/22/23	Live	10 seconds	Lake Land College recognized EMS program graduates at an annual pinning ceremony in May.
News	6:10am: 7:10am: 8:10am	6/22/23	Live	10 seconds	Sarah Bush Lincoln provided gallons of sunscreen to local pools and recreation areas to offer easy access to people who may need sun protection during the hot summer season.
News	6:45am: 7:45am: 8:45am	6/22/23	Live	30 seconds	Lake Land College recognized EMS program graduates at an annual pinning ceremony in May.
Health In A Heartbeat	11:50am	4/3/23	Recorded	2 Minutes	The potential medical benefits of algae.
Health In A Heartbeat	11:50am	4/4/23	Recorded	2 Minutes	Early breakfast can reduce Type 2 diabetes risk
Health In A Heartbeat	11:50am	4/5/23	Recorded	2 Minutes	Calorie-restriction slows aging on par with smoking cessation
Health In A Heartbeat	11:50am	4/6/23	Recorded	2 Minutes	Long-term cannabis use brings lung damage risk
Health In A Heartbeat	11:50am	4/7/23	Recorded	2 Minutes	Study bolsters CTE ties to head injuries
Health In A Heartbeat	11:50am	4/10/23	Recorded	2 Minutes	For better health and sense of purpose, try trees
Health In A Heartbeat	11:50am	4/11/23	Recorded	2 Minutes	Exercise junkies might be getting too much of a good thing
Health In A Heartbeat	11:50am	4/12/23	Recorded	2 Minutes	Mole findings may pave way for early detection, reduction
Health In A Heartbeat	11:50am	4/13/23	Recorded	2 Minutes	Olive oil study suggests 'great healer' reputation is apt
Health In A Heartbeat	11:50am	4/14/23	Recorded	2 Minutes	Mouth bacteria may influence heart health
Health In A Heartbeat	11:50am	4/17/23	Recorded	2 Minutes	More bang for buck with simpler cavity preventative, study finds
Health In A Heartbeat	11:50am	4/19/23	Recorded	2 Minutes	Study: Lower your risk of death with a short walk
Health In A Heartbeat	11:50am	4/20/23	Recorded	2 Minutes	Sitting on duff can lead to anxiety and depression
Health In A Heartbeat	11:50am	4/21/23	Recorded	2 Minutes	Heart health tied to sleep, study shows
Health In A Heartbeat	11:50am	4/21/23	Recorded	2 Minutes	Sleep medications can increase dementia risk
Health In A Heartbeat	11:50am	4/24/23	Recorded	2 Minutes	Marriage might help lower your blood sugar

Health In A Heartbeat	11:50am	4/25/23	Recorded	2 Minutes	For healthier baking, consider sweet potato flour
Health In A Heartbeat	11:50am	4/26/23	Recorded	2 Minutes	Traffic noise may be linked to tinnitus
Health In A Heartbeat	11:50am	4/27/23	Recorded	2 Minutes	High-fat diet helps body rid itself of parasitic invader
Health In A Heartbeat	11:50am	4/28/23	Recorded	2 Minutes	Spring cleaning is great, but don't hurt yourself
Health In A Heartbeat	11:50am	5/1/23	Recorded	2 Minutes	Charcoal filters can boost air quality in cars
Health In A Heartbeat	11:50am	5/2/23	Recorded	2 Minutes	For many diseases, antibiotics are a silver bullet
Health In A Heartbeat	11:50am	5/3/23	Recorded	2 Minutes	A new blood test for anxiety
Health In A Heartbeat	11:50am	5/4/23	Recorded	2 Minutes	As little as half a beer daily associated with shrinking brain, scientists say
Health In A Heartbeat	11:50am	5/5/23	Recorded	2 Minutes	Health benefit-gap shrinking between urban and rural areas, study shows
Health In A Heartbeat	11:50am	5/8/23	Recorded	2 Minutes	Sharp decision making skills don't decline substantially with age
Health In A Heartbeat	11:50am	5/9/23	Recorded	2 Minutes	Short, brisk daily walk cuts risk of early death
Health In A Heartbeat	11:50am	5/10/23	Recorded	2 Minutes	Excess body fat can diminish thinking about ability, memory
Health In A Heartbeat	11:50am	5/11/23	Recorded	2 Minutes	Exposure therapy may help adolescents in eating disorder recovery
Health In A Heartbeat	11:50am	5/12/23	Recorded	2 Minutes	Falls among elderly on the rise
Health In A Heartbeat	11:50am	5/15/23	Recorded	2 Minutes	Demanding work improves male fertility
Health In A Heartbeat	11:50am	5/16/23	Recorded	2 Minutes	Have a mild fever? Hold off on medication
Health In A Heartbeat	11:50am	5/17/23	Recorded	2 Minutes	Patient influencers now part of drug advertising
Health In A Heartbeat	11:50am	5/18/23	Recorded	2 Minutes	Crossing legs while sitting might pose health risk
Health In A Heartbeat	11:50am	5/19/23	Recorded	2 Minutes	Mediterranean and MIND diet followers show fewer signs of Alzheimers
Health In A Heartbeat	11:50am	5/22/23	Recorded	2 Minutes	Sorry, but Mozart can't cure epilepsy
Health In A Heartbeat	11:50am	5/23/23	Recorded	2 Minutes	In search of the healthiest muffin
Health In A Heartbeat	11:50am	5/24/23	Recorded	2 Minutes	Peanuts might be key to good vascular health
Health In A Heartbeat	11:50am	5/25/23	Recorded	2 Minutes	Kids, teens have little independence-and it's harming their mental health
Health In A Heartbeat	11:50am	5/26/23	Recorded	2 Minutes	Push needed to reduce salt intake and protect lives
Health In A Heartbeat	11:50am	5/29/23	Recorded	2 Minutes	Former smokers benefit from fresh tomato and other fruit
Health In A Heartbeat	11:50am	5/30/23	Recorded	2 Minutes	Artificial sweeteners linked to increased cancer risk, study reports
Health In A Heartbeat	11:50am	5/31/23	Recorded	2 Minutes	Water consumption good for your body and heart
Health In A Heartbeat	11:50am	6/1/23	Recorded	2 Minutes	Keeping the blues at bay
Health In A Heartbeat	11:50am	6/2/23	Recorded	2 Minutes	High blood pressure early in life tied to future brain health
Health In A Heartbeat	11:50am	6/5/23	Recorded	2 Minutes	Cranberry prevents UTIs, systematic review shows
Health In A Heartbeat	11:50am	6/6/23	Recorded	2 Minutes	Babies' diapers full—of more than you might guess
Health In A Heartbeat	11:50am	6/7/23	Recorded	2 Minutes	Migraines, cluster headaches tied to body's internal clock
Health In A Heartbeat	11:50am	6/8/23	Recorded	2 Minutes	Added sugar warning labels work, but only if seen
Health In A Heartbeat	11:50am	6/9/23	Recorded	2 Minutes	Light pollution may prolong mosquitoes biting season
Health In A Heartbeat	11:50am	6/12/23	Recorded	2 Minutes	Men: Tips for staying healthy
Health In A Heartbeat	11:50am	6/13/23	Recorded	2 Minutes	Men get more sun, but have less understanding of the risk
Health In A Heartbeat	11:50am	6/14/23	Recorded	2 Minutes	Fruits and vegetables may lower miscarriage risk
Health In A Heartbeat	11:50am	6/15/23	Recorded	2 Minutes	Scientists make progress on norovirus vaccine
Health In A Heartbeat	11:50am	6/16/23	Recorded	2 Minutes	Scream interpretations can be misleading
Health In A Heartbeat	11:50am	6/19/23	Recorded	2 Minutes	Exercise might negate effects of sleeplessness
Health In A Heartbeat	11:50am	6/20/23	Recorded	2 Minutes	Tip to improve wellbeing—slow the smartphone
Health In A Heartbeat	11:50am	6/21/23	Recorded	2 Minutes	Smoking damages the bank account
Health In A Heartbeat	11:50am	6/22/23	Recorded	2 Minutes	Kitchen sponge gross? Here's why
Health In A Heartbeat	11:50am	6/23/23	Recorded	2 Minutes	Stress increases biological age, study suggests
Health In A Heartbeat	11:50am	6/26/23	Recorded	2 Minutes	Excess sugar can be a health wrecker
Health In A Heartbeat	11:50am	6/27/23	Recorded	2 Minutes	Pets might transfer dangerous microbes to their owners
Health In A Heartbeat	11:50am	6/28/23	Recorded	2 Minutes	Avoiding work might be a boost to health
Health In A Heartbeat	11:50am	6/29/23	Recorded	2 Minutes	This summer, U-pick some fun
Health In A Heartbeat	11:50am	6/30/23	Recorded	2 Minutes	Worms exposed to cannabinoids get 'munchies,' study finds