

QUARTERLY ISSUES/PROGRAMS LIST

There follows a listing of significant issues responded to by station WTIM, Assumption, Illinois along with the most significant programming treatment of those issues for the period of April 1st, 2021 through June 30th, 2021. The listing is by no means exhaustive. The order in which these stories appear does not reflect any priority or significance.

<i>Description of issue</i>	<i>Program or segment date</i>	<i>Time aired</i>	<i>Duration</i>	<i>Description of program segment</i>
County Govt	4/13/21	6:32 AM	2:38	Independent Redistricting
County Govt	5/6/21	7:12 AM	1:03	Bridge phase coming
County Govt	5/11/21	8:32 AM	2:49	Budget issues
County Govt	5/13/21	9:32 AM	2:46	Route 48 increased safety
County Govt	6/7/21	11:32 AM	1:12	Guidelines for opening

RUN AS OF 4/13/21

AFTER 6AM

LK

Redistricting is something that is heavily talked about and with the census, redistricting will be done soon. State Representative Avery Bourne and other Republicans including US Representative Rodney Davis held a press conference urging Governor JB Pritzker to have a non political group do the redistricting.

BOURNE1

KEY:

LENGT: 49

Representative Bourne wants an independent group to set the redistricting. State Representative Tim Butler says that this is something the citizens of Illinois want.

BUTLER1

KEY:

LENGT: 52

Over 500,000 Illinoisans asked for the question to be put on the ballot, but it never happened. US Representative Rodney Davis says that his district that he's in was put together to elect a Democrat and Representative Davis had to work hard to overcome it.

DAVIS1

KEY:

LENGT: 49

Representative Bourne says that another good example of this is the Village of Stonington which has the line split down the middle.

BOURNE1

KEY:

LENGT: 26

To see the full press conference, visit this story at www.taylorvilledailynews.com.

RUN AS OF 5/6/21

AFTER 6AM

LK

If COVID-19 numbers continue to improve, Governor JB Pritzker says Illinois is on track to enter Phase 5 in July. Chicago itself is looking at reopening the city by the 4th of July and statewide Governor Pritzker says that that is a possibility as long as variants such as the UK variant don't cause increases in the numbers at the hospitals.

PRITZKER1

KEY:

LENGT: 17

The hope of course is to get fully into the bridge phase and than move into phase 5 which is completely opening up.

PRITZKER2

KEY:

LENGT: 19

Nearly 80% of seniors in Illinois and 55% of those 16 and up have been vaccinated. Illinois saw 2,410 new cases of COVID-19 in Illinois with 6 of those cases in Christian County.

Run as of 5/11/21

After 6AM

TH

The legislative session will be ending soon and that means it's time to talk about the budget. Representative Avery Bourne says that is starting to happen because of something called Appropriation Working Groups where representatives on both sides of the isle in Springfield come together talk about it. She just hopes it will be done in a partisan way.

BOURNE1 KEY: :55

Outside of both sides of the isle being involved, Representative Bourne wants to focus on transparency and balance in the budget.

BOURNE2 KEY: :59

When budget talks come around, the term 'balanced budget' will be used quite a bit. Representative Bourne explains what that means.

BOURNE3 KEY: :43

A potentially big elephant in the budget room is the voting down of Governor JB Pritzker's proposed tax plan. Representative Bourne says that hopefully will have sent a message.

BOURNE4 KEY: :47

Representative Bourne appeared as a guest on WTIM, Your Information Station.

RUN AS OF 5/13/21

Recently, Taylorville Mayor Bruce Barry held a meeting to see what can be done about increasing safety on Route 48. It was just a first step that brought community leaders together in the name of keeping travelers safe on that highway. It was a proactive move from Mayor Barry that was born from a couple of personal connections to one of the recent accidents on Route 48.

BARRY1 KEY: :41

Mayor Barry continued, saying he sent out a lot of invites and had quite the turnout.

BARRY2 KEY: :51

The representative from the Illinois Department of Transportation did share they were repaving part of Route 48 in Macon County, according to Mayor Barry.

BARRY3 KEY: :27

Mayor Barry, along with the other attendees, were just happy a conversation got started.

BARRY4 KEY: :41

Mayor Barry appeared as a guest on the WTIM Morning Show.

1 Minute: Recently, Taylorville Mayor Bruce Barry held a meeting to see what can be done about increasing safety on Route 48. It was just a first step that brought community leaders together in the name of keeping travelers safe on that highway. It was a proactive move from Mayor Barry that was born from a couple of personal connections to one of the recent accidents on Route 48.

New guidelines for the State to reopen completely are set to go into effect on June 11th. This comes on the heels of weeks of steady declines in cases and over 67% of all adults having received at least their first COVID-19 vaccine. The test positivity rate in Illinois has been less than 2 percent. Key hospital metrics have declined since early May.

People who are fully vaccinated in Illinois can resume activities without wearing a mask except where required by law. The state will continue to recommend masking for those who are unvaccinated and for those who are traveling on public transportation, congregate settings, health care settings, and those who are in school, day care, and educational institutions. Businesses themselves can implement mitigations as they see fit.

Also under this new phase 5, all sectors of the economy can resume at regular capacity meaning the return of traditional conventions, festivals, and large events without restrictions on numbers. Large gatherings can resume and mandatory social distancing at seated venues have been lifted. Guidance for schools is updated to align with CDC guidelines including lifting the requirement for people to mask outdoors.

Under the new budget, \$1.5 billion has been set aside to support business grants, tourism recovery, workforce recovery, affordable housing, violence prevention, capital projects, and other investments throughout the state.

You can find out more by clicking on the IDPH link at www.taylorvilledailynews.com.

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City Govt	4/16/21	6:32 AM	2:56	Barry on Election
City Govt	4/19/21	7:12 AM	1:02	City Council Prestory april
City Govt	5/3/21	8:32 AM	:58	Cit Council prestory May
City Govt	5/19/21	9:32 AM	2:41	City Treasurer
City Govt	6/7/21	11:32 AM	2:50	City Council meeting June

RUN AS OF 4/16/21

Following the elections, Taylorville Mayor Bruce Barry is not going anywhere. He gets four more years in office, and for that he has a message of thanks for the people of Taylorville.

BARRY1 KEY: LENGT: 22

With four more years to continue the work he's started, Mayor Barry explains some of the projects he is hoping to work on over his next term.

BARRY2 KEY: LENGT: 61

Mayor Barry wants to extend a warm welcome to those new Alderman joining the City Council.

BARRY3 KEY: LENGT: 14

He also wants to wish the best to the two retiring Alderman.

BARRY4 KEY: LENGT: 52

Mayor Barry appeared as a guest on the Newstalk WTIM Morning Show.

RUN AS OF 4/19/21

AFTER 6AM

LK

The Taylorville City Council is set to meet on Monday evening, April 19th at 7PM. After the approval of minutes the board will resolve a few issues that were table from the last meeting including the Tyler Technologies Software Service Agreement. The board will also look at a Christian County Multi-Jurisdictional All Hazards Mitigation Plan.

Under motions, the board will either table, approve, or deny the following: a special events permit for the PowWow to be held at the Lake Taylorville Marina from June 4-6; a new Cure Lamp II Launch System, an Intergovernmental Grant Agreement, a Class O Liquor License for Cardinal Restaurant Group which owns Debbies Video Gaming Cafe located at 100 South Main Street; a Class O Liquor License for Annie's Taylorville located at 117 West Park Street; and a motion to prepare an ordinance to decrease the Liquor License Fees by 50%.

Under Committee Reports, the board will look into purchasing new Playground Equipment and the acceptance of a bid on the 1997 pickup truck from lake/airport. Under Water/Environmental, there is a motion to discuss changing the term reconnection fee to processing fee and some changes to the water collection office city code.

Under finance, the board will look at some business development district agreements, and accept the treasurer's report along with pay bills. The board will also have an update from City Attorney Rocki Romano, and Taylorville Mayor Bruce Barry.

Stay tuned to Regional Radio News for more on this story after the meeting is concluded.

RUN AS OF 5/3/21

AFTER 6AM

LK

The Taylorville City Council will meet on Monday evening at 7 PM for their regular city council meeting. The board will appoint the new City Treasurer, Superintendents, City Attorney, City Engineer, and committee assignments. Judge Brad Paisley will be on hand for the oath of office. The board will also present awards to Alderman Ernie Dorchinecz, Shawn Burtle, Lee Lanzotti, and City Treasurer Jacque Nation.

Under ordinances, business development district redevelopment agreements will be signed and there will be a look at a few ordinances amending Taylorville City Code. Under committee reports, the board will look at the annual maintenance agreement, approve a fuel bid, and look at some reimbursements over the drainage district.

The board will also receive city attorney updates and Mayoral updates from Mayor Bruce Barry. Stay tuned to Regional Radio News for complete coverage on this event Monday evening.

RUN AS OF 5/19/21

AFTER 6AM

LK

Kellie Hamell is excited to be the new City Treasurer, but it wasn't something she ever thought or expected she would be doing. Hamell said she had some ideas for how she wanted to help elected Scott Alberssen with making the office a little easier, but he had to step down due to health concerns.

HAMELL1

KEY:

LENGT: 60

Hamell is proud of all of the accomplishments during her time running the water department. She will still be running it but knows that it's going to be a little different.

HAMELL2

KEY:

LENGT: 46

Hamell says during her time in the water department that they expedited the process to help catch leaks and keep bills down.

HAMELL3

KEY:

LENGT: 53

Hamell is looking forward to bringing the automation from the water department over to the Treasurer's Office.

HAMELL4

KEY:

LENGT: 48

Hamell is still getting acclimated to her new role and new office and she has already started working.

RUN AS OF 6/7/21

AFTER 8PM

LK

The Taylorville City Council met on Monday evening, Larry Budd and Steve Dorchinecz were absent. While there was a lot on the agenda, the Aldermen were able to move the meeting quite quickly. One of the first big topics of discussion was restructuring some of the city bonds. Taylorville Mayor Bruce Barry says that this is a win/win for the city as far as lowering payments.

BARRY1

KEY:

LENGT: 26

Mayor Barry says that while it's still early in the post COVID world, he says the city is sitting OK cash wise.

BARRY2

KEY:

LENGT: 20

The city had cut off hiring during the pandemic, but that is back on as the Street Department is looking for two new employees. The city is continuing to prosper as there is talk about a new truck stop that will be built by the Steak and Shake near Walmart.

BARRY3

KEY:

LENGT: 39

Mayor Barry also said the Taylorville Pow Wow was a success and thanked Kellie Hamell for her work in getting payroll taken care of.

BARRY4

KEY:

LENGT: 55

In other news from the City Council meeting, the board approved a tax increase of .02% for the library purchase of sites and buildings and for maintenance. Everyone that was present at the meeting voted yes except for Aldermen Kathy Driskell who told Regional Radio News that she would not vote for any tax increase. The board also approved an ordinance amending the city code to allow for liquor sales through a designated drive-thru window. Jim Olive was the lone "No" vote. The board also recommended the reimbursement for gaming parlor establishments who had no other source of revenue for a total of 50% of the 2021 Liquor License Fees. Aldermen Chris Skultetty and Aldermen Doug Brown voted no.

To watch the meeting in it's entirety, visit this story at www.taylorvilledailynews.com.

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Economic Development	4/8/21	6:32 AM	:42	IDOT Road grants
Economic Development	4/9/21	7:12 AM	2:46	Infrastructure help
Economic Development	4/13/21	8:32 AM	2:51	Christian county coal mine museum opening
Economic Development	4/20/21	9:32 AM	2:41	TCCU New members
Economic Development	4/23/21	11:32 AM	:58	CTI Helping

RUN AS OF 4/8/21

AFTER 6AM

LK

The Illinois Department of Transportation announced on Monday that \$7 million in local infrastructure funding will be distributed locally as part of the Rebuild Illinois program. State Senator Doris Turner announced on Wednesday morning that Montgomery and Macoupin Counties will receive a portion of those funds. Turner recognized that truck drivers have much to consider and creating a designated truck route in these communities would help manage traffic and provide safer driving experiences for everyone.

The grant was made possible through the IDOT Truck Access Route Program which allows counties municipalities and townships to receive assistance for upgrading roads to accommodate trucks. Both Litchfield and Carlinville will receive funding with Old Route 66 located at Illinois 16 County Road 170 E receiving \$76,500 and Shipman Road located at Illinois 108 Loveless Parkway receiving \$94,000.

Senator Turner also praised the funding as boosting jobs and providing resources to local communities to continue to grow and keep the roads safe for everyone.

RUN AS OF 4/9/21

AFTER 6AM

LK

Infrastructure is a huge part of politics and for House Representative Rodney Davis, there just isn't enough of the new 3 trillion dollar bill that will actually go to the infrastructure. Representative Davis says that that if our taxes are to go up because of that, than more needs to be done with bipartisanship.

DAVIS1

KEY:

LENGT: 45

Representative Davis says that the bill is camouflaging it's real purpose and that is hurting people that live in rural areas.

DAVIS2

KEY:

LENGT: 56

Representative Davis also believes that the democrats are desperate to try to get everything passed as quickly as possible because of midterms.

DAVIS3

KEY:

LENGT: 42

Representative Davis is very concerned that there isn't a plan moving forward and Democrats haven't been accountable from previous bills when it comes to COVID relief.

DAVIS4

KEY:

LENGT: 58

Representative Rodney Davis appeared as a guest on the Newstalk WTIM Morning Show.

RUN AS OF 4/13/21

AFTER 6AM

TH

A small gem in Christian County is getting a new home. The Christian County Coal Mine Museum is moving to a permanent location with more space. An anonymous donor allowed them to get a 7,000 square foot building, and Executive Director Chuck Martin is looking forward to what this new location can do for the museum.

MARTIN1

KEY:

LENGT: 58

The remodel is moving along, and Martin says there will be a lot of features that celebrate and preserve the history of coal mines in Christian County.

MARTIN2

KEY:

LENGT: 55

Not all of the history is pretty. Martin explains there was something called Mine Wars, which they will have plenty of information on as well.

MARTIN3

KEY:

LENGT: 59

Mining was a dangerous job and there were disasters that occurred. That topic will be covered. Martin is very excited about a simulated underground coal mine that he is building.

MARTIN4

KEY:

LENGT: 40

Martin appeared as a guest on the NewsTalk WTIM Morning Show.

RUN AS OF 4/20/21

AFTER 6AM

LK

The Taylorville Community Credit Union recently elected its new slate of Board of Directors. The 2021 Board of Directors include Vance Fraley, Chairman; Kim Sparks, Vice Chairman; Tom Bellegante, Secretary; Will Perkins, Treasurer; and Directors Jim Dowdy, Jim Harrison, Doug Ruddock, Paul Schmitz, and Duane Stock.

President Will Perkins says that the board of Directors is all volunteers and put in a lot of their own time to make the Credit Union better.

PERKINS1

KEY:

LENGT: 55

Perkins says they have navigated COVID successfully and still have policies in place to make everyone feel safer but you can do a lot of your banking online if need be.

PERKINS2

KEY:

LENGT: 55

If online banking isn't your thing, Perkins says that you can still come in and know that you will be safe coming inside.

PERKINS3

KEY:

LENGT: 32

TCCU serves more than 6,000 members, and has grown to \$75.8 million in assets. Membership is open to anyone who lives or works within the tri-county area of Christian, Shelby, and Montgomery Counties. For more information, visit www.taylorvillecommunitycreditunion.com.

RUN AS OF 4/23/21

AFTER 6AM

LK

CTI will be taking part in a program that will help low-income households. The FCC's Emergency Broadband Benefit program provides support for broadband services to help low income households stay connected during the COVID-19 pandemic.

The Emergency Broadband Connectivity Fund of \$3.2 billion dollars was set up on December 27th, 2020 in an effort to help Americans afford internet service during the pandemic. It will conclude when either the fund's run out or at the end of the public health emergency. This will help those who are stuck at home due to unemployment or other financial hardships. It also provides \$50 per month towards an individual's bill so if someone qualifies they can get quite the benefit. You don't have to be a new member, existing members qualify as well.

To find out more about the EBB program, CTI will be hosting a free consumer focused webinar hosted by the FCC on Tuesday, April 27th at 2 PM. The webinar will provide consumers with an overview of the EBB, how you can be eligible, and what you need to do to apply. Registration for the webinar is not necessary. The event will be streamed live at www.fcc.gov/live.

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Education	4/28/21	6:32 AM	1:49	New board members
Education	5/4/21	7:12 AM	1:46	Take advantage of college
Education	5/27/21	8:32 AM	1:17	New scams
Education	6/14/21	9:32 AM	1:13	Taylorville School Board prestory
Education	6/15/21	11:32 AM	2:21	Taylorville School Board June mtng

RUN AS OF 4/28/21

AFTER 8PM

LK

The Taylorville School Board met and swore in new board members at a special board meeting that was held Wednesday evening at 5 PM. Board member Dave Driskell was voted in as School Board President and Trisha Marburger was sworn in as Vice President. The board thanked Dr. George Freese for his many years of dedication towards the board and his time spent.

Committee assignments were handed out and personnel assignments were reviewed. New School Board member Brenda Patrick says she is looking forward to serving the people.

PATRICK1

KEY:

LENGT: 17

New board member Jennifer Norris says she doesn't have any specific goals in mind but she does want to work for everyone in the district.

NORRIS1

KEY:

LENGT: 20

New board member Carla Mickey says she is looking forward to working with other board members for the best in the district.

MICKEY1

KEY:

LENGT: 36

The next regular school board meeting is set for May 10th.

Run as of 5/4/21

After 6AM

TH

Being in high school and knocking out college credits can happen simultaneously. It might not seem right, but Lincoln Land Community College offers a program called College Now. Director Dee Krueger says it allows high school students to earn college credits.

KRUEGER1

KEY:

:35

As of right now he remains nameless, but in two weeks Krueger says she'll have a student graduate college before high school.

KRUEGER2

KEY:

:44

Taking advantage of programs like College Now can help make sure students start their college career on the right track. LLCC also offers success coaches that meet with them to make sure things are heading in the right direction. As one of those success coaches, Krueger is excited to see students face to face again.

KRUEGER3

KEY:

:30

Krueger shares there are lots of ways to get more information about LLCC.

KRUEGER4

KEY:

:22

Krueger appeared as a guest on WTIM, Your Information Station.

RUN AS OF 5/27/21

AFTER 6AM

LK

Every day it seems there are new scams to be worried about and to be on the guard against. Secretary of State for Illinois, Jesse White, is warning of yet another one; this one involving texting and emailing scams claiming to be from the Secretary of State's Office seeking personal information. Secretary of the State Spokesperson Beth Kaufman says that they will never send a text message.

KAUFMAN1

KEY:

LENGT: 25

White encourages people to take the following steps to protect their personal information. Delete emails and texts that promise or offer access to driver's licenses or state ID cards, and do not click on any links contained in such emails or text messages. You should also hang up on any calls including robocalls that ask individuals to take immediate action or provide personal identifiable information. You should ask to use other types of identifiers besides your SSN. Keep your antivirus software up to date.

If you have questions concerning text message scams or identity theft, please call the Illinois Attorney General's Consumer Fraud Hotline at 1-800-243-0618.

RUN AS OF 6/14/21

AFTER 6AM

LK

The Taylorville School Board will meet on Monday evening at 6 PM at the Taylorville High School Cafeteria for their regular monthly board meeting. After approval of minutes, claims, and a treasurer's report, the board will review personnel changes and go over a COVID-19 return to learn update.

According to the ISBE, the school must resume fully in-person learning for all student attendance days, provided that remote instruction is available for students who are not eligible for a COVID-19 vaccine and are under a quarantine order by a local public health department or the IDPH. Regional Radio News will inquire about what that all entails at the Monday meeting.

There will be an approval of the 2020-2021 final public school calendar along with an adoption of the new fiscal year 2021 amended budget. Under new business, the board will review general supply bids, the casualty insurance renewal and a consideration of the FY22 Foodservice Management Contract Renewal. The board will review a letter from Lincoln High School announcing their departure from the Apollo Conference to return to the Central State 8 Conference.

The meeting will end with a superintendent report from Dr. Chris Dougherty. Stay tuned to Regional Radio News for a complete review of the board meeting on Monday evening after the conclusion of the meeting.

####

1 minute newscast: The Taylorville School Board will meet on Monday evening at 6 PM at the Taylorville High School Cafeteria for their regular monthly board meeting. After approval of minutes, claims, and a treasurer's report, the board will review personnel changes and go over a COVID-19 return to learn update. There will be a consideration of some of the renewals for the school as well as the final public school calendar for 2021-2022. Stay tuned to Regional Radio News for a complete review of the board meeting on Monday evening after the conclusion of the meeting.

RUN AS OF 6/15/21

AFTER 6AM

LK

The Taylorville School Board met on Monday evening for their regular board meeting. After roll call, approval of minutes, and hearing from some visitors, the board approved the treasurer's report, claims, and personnel movement. Taylorville Superintendent, Dr. Chris Dougherty says everyone will be returning back to School next year unless they are on quarantine. There will not be any remote learning this year.

DOUGHERTY1

KEY:

LENGT: 30

Dr. Dougherty says there are a lot of educational laws that will be coming out on July 1st that will change things next year and in the near future.

DOUGHERTY2

KEY:

LENGT: 54

Dr. Dougherty recognizes that there is a teacher shortage and the School is working on addressing that.

DOUGHERTY3

KEY:

LENGT: 37

The amended budget was approved for FY21 and Wendy Dulakis, Board Treasurer says things are looking good.

DULAKIS1

KEY:

LENGT: 16

Taylorville High School Principal Matt Hutchison announced that Lincoln would be leaving the Apollo Conference for the Central State 8. The move would not take place for another couple years. The Conference is looking through all their options for other teams to join in the near future. There will be no School Board meeting in July, the next one will take place on August 9th.

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Healthcare	4/19/21	6:32 AM	2:39	Alcohol Awareness Month
Healthcare	4/30/21	7:12 AM	2:48	COVID vaccination immunity
Healthcare	5/4/21	8:32 AM	:39	TMH Employee of the month
Healthcare	5/5/21	9:32 AM	1:52	Cholesterol affects
Healthcare	5/7/21	11:32 AM	1:19	Thank you nurses

RUN AS OF 4/19/21

AFTER 6AM

LK

April is Alcohol Awareness Month, and while alcohol doesn't get the focus that a lot of other drugs do, it is still something that can destroy lives and wreak havoc on families. Mindy Melton, development coordinator with Gateway Foundation says that a lot of people don't realize the danger that alcohol presents.

MELTON1

KEY:

LENGT: 39

Melton sees alcohol use on the increase especially with isolation due to COVID-19.

MELTON2

KEY:

LENGT: 30

If you feel like you have a problem or know someone that does have a problem with alcohol, Melton encourages you to call Gateway who can talk to you and point you in the right direction towards getting help.

MELTON3

KEY:

LENGT: 48

While Gateway does focus heavily on rehab for alcohol, they also focus on other addictions as well.

MELTON4

KEY:

LENGT: 48

There will be an alcoholic awareness stream taking place on Thursday April 22nd at 3:30 PM. For more information, contact Gateway at www.gatewayfoundation.com. To reach the 24 hour hotline call 877-381-6538.

Run as of 4/30/21

After 6AM

TH

The COVID vaccination world has been a little weird lately. Between the questions surrounding the Johnson and Johnson shot and the rest of the ever changing coronavirus landscape, it's been tough to follow. Kim Bourne, President and CEO of Taylorville Memorial Hospital knows the changes all too well. Through it all she believes it's important to receive the vaccine.

BOURNE1

KEY:

:34

At the end of the day, it's not a secret that vaccines don't make you completely immune to anything. Bourne says what they do is lower the risk for severe cases.

BOURNE2

KEY:

:52

The recent pause on administering the Johnson and Johnson shot might have scared some people off, but Bourne hopes it didn't. To her the pause means safety is being ensured more than anything.

BOURNE3

KEY:

:33

The one shot option is back, and Bourne says it should become more available for those who want it. And the risk is not what it seems.

KRUEGER4

KEY:

:48

Bourne appeared as a guest on WTIM, Your Information Station.

RUN AS OF 5/4/21

AFTER 6AM

LK

Taylorville Memorial Hospital has named the hospital's Colleague of the Month for March. Barbara Galloway, a central scheduler for TMH has been instrumental in mass vaccination efforts at the hospital. One of the nominators for Galloway says that she makes everyone laugh and that if you listened to her, you'd think she knew each person personally. Galloway herself says everyday is rewarding and that she feels blessed to help with all of the vaccination work.

Galloway lives in Edinburg with her husband and has three adult children and enjoys camping, crafting, and Jeep rides. We here at Regional Radio News salutes you, Barbara Galloway.

RUN AS OF 5/5/21

AFTER 6AM

LK

For a long time not much was known about cholesterol and the effects on diet, heart disease, and stroke. Much more is known now about high cholesterol and what you can do to prevent issues. Dr. Mirza Ali Khan, a Family Physician with OSF Healthcare says that cholesterol has many different types of uses.

KHAN1

KEY:

LENGT: 20

Cholesterol in your blood comes from two sources: the food you eat and the liver. There is good cholesterol and bad cholesterol and the bad cholesterol is made up of what are called low density lipoproteins. Khan says that bad cholesterol can lead to heart attacks.

KHAN2

KEY:

LENGT: 25

Among the risk factors that can lead to high cholesterol is obesity, poor diet, smoking, lack of exercise, diabetes, and age. The best way to treat high cholesterol is by changing risk factors and incorporating more exercise. Dr. Khan says to eat more fruits and vegetables and less red meat and processed foods.

KHAN3

KEY:

LENGT: 26

High cholesterol has no symptoms. The best way to determine if you are suffering or at risk is to consult your doctor. They will be able to tell you the best way to address the problem if there is an issue.

KHAN4

KEY:

LENGT: 20

For more information on cholesterol, visit this story at www.taylorvilledailynews.com.

RUN AS OF 5/7/21

AFTER 6AM

LK

The Illinois Department of Public Health (IDPH) along with the Illinois Department of Financial and Professional Regulation (IDFPR) and the Illinois Emergency Management Agency (IEMA) are working with the Illinois Department of Healthcare and Family Services (HFS) to wish a thank you to Nurses in recognition of the start of National Nurses Week. There are currently more than 230,000 nurses who hold Illinois Licenses.

Nurses have been fighting at the front lines of COVID-19 and have worked tirelessly throughout the pandemic and Dr. Ngozi Ezike, Director of the IDPH says that the pandemic would have been very different without the hard work put forth by nurses all over the state. Illinois has taken proactive steps to increase the number of health care professionals in the workforce. In March IDFPR issued a variance allowing Illinois nurses whose licenses were inactive or expired to meet a set of criteria to restore their licenses temporarily during the pandemic.

IDFPR also allowed out of state nurses to provide care to Illinois residents affected by the pandemic and almost 9,500 additional nurses are now allowed to provide care in Illinois. National Nurses Week was first observed in 1954 and the week continues in 2021 with celebrating our nurses. You can help nurses in the battle against COVID by taking preventative steps like washing your hands and staying home when you're sick, following state guidance regarding COVID-19 including face coverings, and schedule and receive your vaccine.

For more information on COVID-19 visit <https://coronavirus.illinois.gov/s/>. The Vaccine Appointment Call Center phone number is 1-833-621-1284.