

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 July 1st, 2022 through September 30th, 2022. 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	7/11/22	6:32 AM	2:47	Shelby County Events
County Govt	7/12/22	7:12 AM	2:08	Government warnings
County Govt	7/22/22	8:32 AM	2:39	Christian County Jail Issue
County Govt	9/10/22	9:32 AM	1:41	Government Move over
County Govt	9/17/22	11:32 AM	1:39	New Snap Worker

RUN AS OF 7/11/22

AFTER 6AM

AC

When you visit Shelby County, you'll probably look for something to do.

Lake Shelbyville Office of Tourism director Freddie Fry says there's a ton of information at their office on 315 East Main.

Fry1 KEY: LENGT: 58

Fry says she's looking forward to great weather for the rest of the summer.

Fry2 KEY: LENGT: 37

Downton Abbey fans rejoice. Boarman's Roxy Theater is showing Downton Abbey: A New Age this week.

Fry3 KEY: LENGT: 20

Fry says the only way she can show publicity to your event is if you share that information with her office.

Fry4 KEY: LENGT: 37

Learn more at lakeshelbyville.com. Fry appeared as a guest on the WTIM Morning Show from studios in downtown Shelbyville.

Run As of 7/12/22

AFTER 6AM

LK

Law enforcement agencies in Christian County are encouraging residents to be extra aware and take the necessary precautions after a recent string of break ins and car burglaries outside of the Taylorville City Limits. The Taylorville Police Department says that with warmer weather, criminals are looking for easy scores. They offer some tips including making sure cameras are functioning and charged, parking your vehicle as close to your residence as possible and in a well lit area, or even having a motion activated light in the area you park your vehicle. Kia's and Hyundais seem to be the most targeted vehicles that are stolen.

According to studies, there are 810,400 reported car robberies each year with 21,098 cars stolen in Illinois alone every year. This means that every 43 seconds in the United States, a car is stolen. To deter car thefts, use audible and visual deterrent methods such as car alarms, steering locks, and brake locks. Do not leave vehicles unlocked and make sure valuables are kept out of sight.

The Christian County Sheriff's Office encourages you to get into a "9PM Routine" where you go through a checklist at 9 pm every night making sure you remove valuables, lock your door, close the garage door, lock the inner garage door, close and lock all exterior doors, shut and lock all exterior windows, and turn on exterior lights.

If you see anything suspicious please call either the Taylorville Police Department non emergency number at 217-824-2211 or the Christian County Sheriff's Office at 217-824-4961.

RUN AS OF 7/22/22

AFTER NOON

LK

A situation at the Christian County Jail on Sunday evening led to a misdemeanor arrest and the Christian County Sheriff's Office looking at new procedures for safety. Sunday night, a man posed as an attorney and tried to make his way into the facility. Sheriff Bruce Kettelkamp sat down with Regional Radio News to explain what happened.

KETTELKAMP1

KEY:

LENGT: 67

Sheriff Kettelkamp than explained what happened next saying that his dispatchers are some of the busiest people at the jail and that a lot of things happened at once. Shortly after 44 year old Kristina Lindsey was arrested, confusion happened when a man was allowed in through a sallie port door.

KETTELKAMP2

KEY:

LENGT: 65

Sheriff Kettelkamp says the man claimed to be an attorney for her, but officers quickly realized that wasn't the case.

KETTELKAMP3

KEY:

LENGT: 65

After investigation, officers were able to determine that it was 46 year old James Lindsey of Taylorville and that he was under the influence.

KETTELKAMP4

KEY:

LENGT: 60

Sheriff Kettelkamp says that the jail is safe, and there was no chance for prisoners to escape.

KETTELKAMP5

KEY:

LENGT: 54

Lindsey was charged with criminal trespass to state property in connection with the incident, a misdemeanor. Sheriff Kettelkamp says that there will be some changes made to security including better lighting to prevent a situation like this from happening again. Visit this story at taylorvilledailynews.com to hear the full interview with Sheriff Bruce Kettelkamp concerning this story.

RUN AS OF 9/10/22

AFTER 6AM

LK

Illinois Secretary of State Jesse White is once again calling on drivers to “move over” when approaching a stopped emergency vehicle or any stopped vehicle displaying flashing lights. The Move Over Law, also known as Scott’s Law, is designed to protect law enforcement, emergency responders, and other drivers who are stopped on the side of roadways. White’s office added a reminder about this important law on all driver’s license renewal notices in 2019.

WHITE1

KEY:

LENGT: 15

Motorists convicted of violating the Move Over Law face a minimum fine of \$100 up to \$10,000 and the offense goes on the motorist’s driving record.

WHITE2

KEY:

LENGT: 14

A violator’s driver’s license is suspended for 24 months in the event of a fatality and six months in the event of personal injury.

RUN AS OF 9/17/22

AFTER 6AM

LK

The University of Illinois Extension Office is welcoming a new Community Outreach Worker. Taylor Pope, has joined the U of I Extension Office for the SNAP-Ed or Supplemental Nutrition Assistance Program Education. This program helps coordinate with schools and community organizations to identify audiences for SNAP-Ed programming to provide basic nutrition, food safety, physical activity, and food budgeting education.

Pope is from Raymond and was actively involved in 4-H and FFA growing up. She was a 10 year 4-H member of the Raymond Buckeyes 4-H Club and attended Lincoln Land Community College receiving her associates degree. Pope currently attends the University of Illinois Springfield, working on her bachelor's degree in business administration with a minor in marketing. Pope has served as a teacher and aide at Lily Pad Learning Center in Litchfield and says she has had many great experiences through the Extension Office and is honored to part of the U of I Extension Office. Anyone interested in contacting Pope may do so by calling 217-287-7246 or emailing tpope4@illinois.edu.

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City Govt	7/23/22	6:32 AM	:58	YMCA Fraud
City Govt	8/2/22	7:12 AM	1:08	National Night out
City Govt	9/12/22	8:32 AM	:41	Water Dept Work
City Govt	9/19/22	9:32 AM	1:41	City Council Prestory
City Govt	9/20/22	11:32 AM	2:29	City Council Full

RUN AS OF 7/23/22

AFTER 6AM

LK

A Taylorville woman has been indicted by the United States Attorney's Office, Springfield Office for five counts of wire fraud involving the Taylorville YMCA. 63 year old Lori J. Zeitler of Taylorville was charged with five counts of wire fraud. The indictment alleges that on or about January of 2005, and continuing for several years that Zeitler was part of a scheme to defraud and to obtain money from the YMCA using her position as a bookkeeper. This was an ongoing investigation and the Taylorville Police met often with the Federal Bureau of Investigation to work on the charges.

The YMCA thanked the Taylorville Police Department, Illinois State Police and the FBI for their dedication on the case, and the City of Taylorville is happy to put some closure on it. Stay tuned to Regional Radio News for more on this story as it becomes available.

RUN AS OF 8/2/22

AFTER 6AM

LK

The Taylorville Police Department, Fire Department, and other Christian County Agencies will be holding a National Night Out on Tuesday, August 2nd, at the Christian County Fairgrounds. The event will take place from 5 to 8.

There will be plenty of events available that evening including an obstacle course & other inflatables, DJ performance, free food & drinks, dunk tank, potato sack race, a chance to look inside Taylorville Fire Trucks, ambulances & squad cars, raffles, and face painting. Raffles will benefit the Illinois Law Enforcement Torch Run for Special Olympics.

Christian County Sheriff's Office, Assumption, Stonington, Kincaid, Edinburg, and Morrisonville PD will also help with the festivities. For more information, contact the Taylorville Police Department at 824-2211.

RUN AS OF 9/12/22

AFTER 6AM

LK

The City of Taylorville Water Department will be doing water work Monday and Tuesday. The Water Department announced they will have Vine Street closed at the Main Street Intersection Monday morning through Tuesday for water main replacement. The department says you can still go to city hall and the police station by using Washington Street and Vine. You can also use the Main Street parking area. All library parking areas will be accessible as well.

For more information contact the Taylorville Water Department.

RUN AS OF 9/19/22

AFTER 6AM

LK

The Taylorville City Council is set to meet this evening for their bimonthly city council meeting. After presenting the FFA Livestock Judging Team with the Youth of the Month, the board will review minutes and discuss the salaries for the Aldermen for the City of Taylorville and discuss a business district agreement development.

The board will review an intergovernmental agreement with Pana for the bike trail project and the downtown grant. The board plans to approve the police department transitioning from Verizon to First Net with AT&T. The board will look to approve a new vehicle for the cemetery board. Chillifest and the Car Show will be approved and the board will discuss Family Dollar getting a Class B Liquor License including extended Sunday sales.

Under committee reports, the board will look into an IDNR 50/50 grant, approve a actuator for the water treatment plant and a excavator, and the board will look at a motion to allow any and all classifications of liquor license holders to be eligible to opt-in for extended Sunday Sales from 6 AM until Noon and pay an additional liquor license fee of \$100 for extended Sunday Sales, or \$300 in total for any establishment adding regular plus extended Sunday sales.

The board will hear from the City Attorney and Taylorville Mayor Bruce Barry, along with any members of the public who wish to speak. Stay tuned to Regional Radio News at the conclusion of the meeting for more on what took place.

RUN AS OF 9/20/22

AFTER 6AM

LK

Taylorville City Council met Monday evening for their second monthly meeting of September. The board along with Taylorville Mayor Bruce Barry would recognize the FFA Livestock Judging Team for their hard work. The group made a trip the United Kingdom to which Mayor Barry called, "the trip of a lifetime." September 19th was named "FFA Livestock Judging Team day" in Taylorville.

The board voted that Aldermen salaries would stay the same for the next year. The board approved the execution of a second amendment for Taylorville and the Business District Agreement. The board voted to approve the resolution between the City of Pana and Taylorville for the bike trail project. City Attorney Rocci Romano explained the details.

ROMANO1

KEY:

LENGT: 75

The board approved Chillifest downtown along with a block party on October 7th. The board also approved the Class B Liquor License Application for Family Dollar. Mayor Barry spoke about some of the great things going on in Taylorville.

BARRY1

KEY:

LENGT: 60

All committee motions were approved including a 50/50 IDNR grant, extended Sunday liquor sales, water treatment plant purchases, and the treasurers report. The next city council meeting is set for October 3rd.

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Economic Development	8/10/22	6:32 AM	1:08	Corporate Kroger
Economic Development	8/13/22	7:12 AM	:54	Cti Joink
Economic Development	8/15/22	8:32 AM	1:34	Kroger Lawsuit
Economic Development	8/26/22	9:32 AM	2:41	Kroger Rally
Economic Development	9/9/22	11:32 AM	:41	EPA Update

RUN AS OF 8/10/22

AFTER 6AM

LK

The corporate office of a local grocery store that has been shut out, is speaking out. Kroger Company has sent a statement to Regional Radio News concerning the Taylorville Kroger that had been shut down recently due to asbestos. Eric Halvorson, Manager of Corporate Affairs with Kroger released the following statement.

"The company is diligently working with the EPA and expert remediation partners to analyze and address the issue. With safety as one of our core values, we will reopen as soon as the EPA rescinds the order and we are able to do so safely. We apologize for any inconvenience to our customers and community and plan to reopen as quickly as possible."

Halvorson continued by stressing that all 90 associates in Taylorville were offered several options moving forward including working in Decatur. He says some have chosen to leave and some are taking a vacation. Halvorson continued by thanking the many associates of Kroger and the patience of their customers.

The Illinois Attorney General's Office has also reached out to give their statement.

"The attorney general is committed to protecting the health and safety of residents, as well as the environment. Our office has received a referral from the IEPA and will work closely with the agency to ensure that alleged violations of the state's environmental protection law are addressed."

Regional Radio News has reached out but has not been able to get in contact with the IEPA.

RUN AS OF 8/13/22

AFTER 6AM

LK

CTI is excited about being able to expand faster and easier and they are going to do so with the help of Joink. An agreement is in place for Terre Haute internet company Joink to purchase CTI. CEO of CTI, Bobbie Dean says they are looking forward to being able to serve their customers even better in the near future.

DEAN1

KEY:

LENGT: 28

CTI was founded in 1998 by Adam Vocks and Billy Williams. Over the years, CTI has expanded to provide fiber internet to over 12,000 homes in Christian and Montgomery County with it's offices in Taylorville and Hillsboro. The agreement is in place but still has some regulatory approval to go through. No details of the cost of the deal have been made public.

A lawsuit has been filed against Taylorville Kroger by the State of Illinois and the Attorney General. Attorney General Kwame Raoul announced a lawsuit against Kroger and SSI Services in relation to alleged improper handling and removal of materials containing asbestos from Kroger.

The lawsuit maintains that Kroger and SSI conducted unsafe renovations by leaving chipped floor tiles that contained asbestos in areas accessible to the public while the store was open. This created a substantial danger to the health of customers and the employees. There is no known safe exposure level to asbestos and inhalation can cause serious and fatal illnesses including malignant lung cancer, mesothelioma, and asbestosis.

Attorney General Kwame Roul blasted both Kroger and SSI in a statement where he said, "Kroger and SSI Services have jeopardized the public's health by exposing shoppers and employees to dangerous materials containing asbestos. The asbestos must be remediated before members of the public are allowed back into this store. I am committed to ensuring that Kroger and SSI Services are held accountable for creating this hazard and for preventing any further harm to the pbulic's health and the environment."

The Attorney General says that the defendants failed to remove tiles and an adhesive known as mastic which both contain asbestos before doing work that would break up or dislodge the materials. Additionally, the complaint says the defendants failed to ensure that all materials containing asbestos remained wet until collected and contained or treated in preparation for disposal. Kroger and SSI also failed to dispose of all material that contained asbestos.

The Illinois Environmental Protection Agency issued a seal order on July 29th to protect public health and Attorney General Raoul says that remediation must be met before the store is reopened. IEPA Director John J. Kim says, " The Illinois EPA referred this case to the Attorney General's Office to ensure Kroger and SSI are held responsible for the improper removal of asbestos in the store, resulting in an unacceptable risk to the store's customers and employees. We are committed to ensuring thestore is properly remediated prior to reopening for the safety of the employees and customers."

Assistant Attorneys General Christina L. Nannini and Bridget I Flynn are handlin the case for Raoul's Environmental Bureau.

RUN AS OF 8/26/22

AFTER 6AM

LK

Over 100 people showed up to a rally to reopen the Taylorville Kroger Thursday evening. Many members of the public spoke out in support of Kroger reopening and for the EPA to lift the seal that is keeping the grocery store closed. Kroger has been shut down in Taylorville for nearly a month due to an asbestos contamination leak.

Christian County Clerk, Jacque Willison spoke at the rally saying that the community needs Kroger.

WILLISON1 KEY: LENGT: 54

Cindy Richards spoke on behalf of Amy Hagen with the Taylorville Food Pantry letting the public know how much Kroger does for the food pantry.

RICHARDS1 KEY: LENGT: 64

Taylorville Mayor Bruce Barry thanked the many employees for their sacrifices and says he wants Kroger back. He says he's been contacting legislators.

BARRY1 KEY: LENGT: 64

To see the rally in its entirety, visit this story on the Taylorville Daily News Facebook page.

RUN AS OF 9/9/22

AFTER 6AM

LK

The Illinois EPA is announcing the issuance of over 250 million dollars in water infrastructure loans to local governments and sanitary districts for the fourth quarter of the 2022 Fiscal Year. The Illinois EPA State Revolving Fund Program provides low-interest loans which fund wastewater, stormwater, and drinking water projects. In total for the entire year, the Illinois EPA issued over 557 million dollars in wastewater, stormwater, and drinking water loans.

The City of Pana received a loan to upgrade the existing water treatment plant with a new Powdered Activated Carbon feed system and a new building to house the system. The EPA says the current building is past its useful life. The project will relocate the PAC feed system and storage to a dedicated building designed to meet current standards for hazardous environments.

The Village of Butler in Montgomery County will construct a 73,000 gallon water standpipe, install a watermain, demolish the existing standpipe, and install other related equipment. These projects the EPA says, will improve the Village's water distribution system infrastructure. Butler also received a \$550,000 DCEO construction grant.

Schram City also in Montgomery County will install watermain, water meter reconnections, storm sewers, water services reconnections, sidewalk replacement, and other equipment.

For more information check out the Illinois EPA website.

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Education	8/12/22	6:32 AM	2:41	LLCC Classes
Education	8/20/22	7:12 AM	1:03	Safe school opening
Education	9/1/22	8:32 AM	2:34	Nokomis update
Education	9/17/22	9:32 AM	1:36	IDOA farm safety week
Education	9/22/22	11:32 AM	1:17	Rail Safety week

RUN AS OF 8/12/22

AFTER 6AM

AC

Though the first day of the new semester is August 22nd, there's still plenty of time to apply for classes and financial aid at Lincoln Land Community College.

LLCC Taylorville Director Dee Krueger says to apply and take care of that financial aid as soon as possible. Thursday, August 18, LLCC will offer a resource night to help you.

Krueger1

KEY:

LENGT: 56

If you're going to apply and need financial assistance, do that first at FAFSA.gov

Krueger2

KEY:

LENGT: 30

If you've already taken care of that, you should think about purchasing your books now at llcc.edu.

Krueger3

KEY:

LENGT: 47

You don't have to be of college age to attend classes at LLCC, either. High school upperclassmen can take classes to move them closer to a college degree upon graduation from high school with "College Now."

Krueger4

KEY:

LENGT: 33

Learn more at llcc.edu. Krueger appeared as a guest on the WTIM Morning Show.

RUN AS OF 8/20/22

AFTER 6AM

LK

With school picking up, Taylorville School District along with the Taylorville Police Department and the Student Resource Officers are reminding the public about being safe during pick up and drop off. The use of crosswalks is encouraged as this will allow both pedestrians to safely cross the street and for motorists to navigate the road safely. Cutting between vehicles or crossing the street during peak pick up/drop off time can cause traffic issues.

At North Elementary, there is a parent zone for those who walk to pick up students. The school asks that you wait in that zone until all classes have been dismissed. When you cross between classes, students can get confused and wander away from their line. Once all classes are out, you can walk to the line and pick up your student.

For those who may not know there is a YouTube video that you can watch to learn more about pick up and drop off routines. You can find that video by visiting this story at www.taylorvilledailynews.com.

RUN AS OF 9/1/22

AFTER 6AM

AC

Expanding learning outside of school is important for many school administrators.

Superintendent of Nokomis School District Dr. Scott Doer is excited to offer his students career preparation options that do not involve going to college.

Doer1 KEY: LENGT: 16

Nokomis partners with other school districts to expand that trade experience. He also wants to influence kids who want to be educators.

Doer2 KEY: LENGT: 87

Dr. Doer is looking forward to seeing how the Montgomery County CEO students perform this year.

Doer3 KEY: LENGT: 48

He's also excited about the future possibilities for the district.

Doer4 KEY: LENGT: 76

Dr. Doer appeared as a guest on the WTIM Morning Show.

RUN AS OF 9/17/22

AFTER 6AM

LK

The Illinois Department of Agriculture and Labor remind all farm workers to stay safe, especially during the busy harvest season. Governor JB Pritzker has declared the week of September 18-24th as National Farm Safety and Health Week in Illinois. The theme will be “Protecting Agriculture’s Future.”

The latest data from the US Bureau of Labor Statistics shows the ag sector is one of the most dangerous in America with over 500 fatalities nationwide every year. Jerry Costello, Director of the Illinois Department of Agriculture says that it is important to bring awareness to physical dangers of farming but also the emotional toll it takes as well. Most farmworker injuries and deaths are caused by tractor overturns according to the Occupational Safety and Health Administration. These incidences result in about 130 deaths each year nationwide.

Each day during National Farm Safety and Health Week, the IDOA will highlight emerging issues and important topics on Facebook and Twitter. On Monday, September 20th will be Tractor Safety and Rural Roadway Safety. On Tuesday, September 21st, will be Overall Farmer Health. Wednesday, September 22nd, will highlight Safety & Health for Youth in Agriculture. Thursday, September 23rd is Confined Spaces Day. The week will wrap up with Friday, September 24th, Safety & Health for Women in Agriculture.

Each year since 1944, the third week of September has been recognized as National Farm Safety and Health Week. Follow the Illinois Department of Agriculture on social media for these important updates throughout Farm Safety and Health Week.

RUN AS OF 9/22/22

AFTER 6AM

AC

This week marks Rail Safety Week in Illinois.

Governor JB Pritzker proclaims the week ending September 25th Rail Safety Week.

The Illinois Commerce Commission, in conjunction with Operation Lifesaver, says 101 vehicle crashes occurred at public highway-rail grader crossings, which resulted in 24 fatalities and 25 personal injuries in the state.

In addition, passing trains struck 38 pedestrians who trespassed on railroad property, which resulted in 20 deaths.

ICC Commissioner Michael Carrigan says Operation Lifesaver is sharing rail safety tips across its social media platforms. He encourages all motorists and pedestrians to follow those tips to stay safe around trains and railroad crossings.

He adds that most of the accidents were preventable. You can view the tips on Facebook, Twitter, or Instagram @ILCommerceComm. You can view more rail safety stats, tips, or educational materials at oli.org.

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Healthcare	8/10/22	6:32 AM	2:06	Pediatric immunizations
Healthcare	8/18/22	7:12 AM	1:39	EMA update
Healthcare	8/31/22	8:32 AM	:49	TMH EOM
Healthcare	9/5/22	9:32 AM	2:41	Food Safety month
Healthcare	9/20/22	11:32 AM	1:56	Flu Shot update

RUN AS OF 8/10/22

AFTER 6AM

LK

Doctors are concerned over a recent decline in pediatric immunizations. According to studies from the CDC, national vaccine coverage among kindergarten children during the 2020-2021 school year dropped from 95% to lower than 94%. While that might not seem like much, that means 35,000 children more were not vaccinated this year. Dr. Rebecca Sierra is an OSF HealthCare pediatrician in Bloomington, Illinois. She says the downward trend is most likely a side effect of the pandemic.

SIERRA1 KEY: LENGT: 21

Dr. Sierra says while her office has not seen a decline in the demand for routine vaccinations. A decrease in vaccination rates could result in fewer communities maintaining herd immunity for preventable diseases like measles mumps and whooping coughs.

SIERRA2 KEY: LENGT: 21

Dr. Sierra says the key to bucking this trend is for parents to keep up with yearly visits. These visits are important for keeping up with immunizations. This allows pediatricians to remind parents about vaccines and schedules and to address any concerns that parents have.

SIERRA3 KEY: LENGT: 30

Find out more by talking to your pediatrician or visiting [osfhealthcare.org](https://www.osfhealthcare.org).

RUN AS OF 8/18/22

AFTER 6AM

LK

With almost all Illinoisan students head back to school this week and college students going back this month, the Illinois Emergency Management Agency is reminding all families to review their own emergency preparedness plans and school safety plans. Whether your children are in school, on a bus, at music practice, or with their youth sports teams, planning and sharing information with each other can be critical.

IEMA Deputy Director Scott Swinford says that severe weather and other emergencies can strike at any time. Knowing where to go and what to do for both you and your children can go a long way towards keeping them alive.

With the upcoming school year, IEMA has some tips for your family. Teach children with cell phones about “text first, talk later.” Sending a “Im OK” text message gets through way easier than a phone call. Explain the basics of weather preparedness for tornadoes, thunderstorms, fire, flood, and other disasters. Make a family communications plan. Update your emergency contact info at school. Consider adding a relative to the school’s information file for picking up your kids in case of an emergency.

Other tips include filling out a backpack emergency card. Learn more about school plans for disaster reunification. Encourage young students to take drills seriously. Encourage college students to make disaster preparedness kits. Speak to college students about signing up for weather alerts. There is a free Safe2Help Illinois helpline and app which you can find through the Illinois Emergency Management Agency at www.ready.illinois.gov.

RUN AS OF 8/31/22

AFTER 6AM

LK

A nursing tech in the acute care unit at Taylorville Memorial Hospital has been named the Colleague of the Month. Deborah Rae Balke has been named the nonprofit hospital's Colleague of the Month for July. Gina Watson, Balke's co-worker nominated her for the award and says that she embodies Memorial Health values of safety and integrity.

She also gives special attention to the details involved in her patient care. She says that Balke always makes sure the patient knows where the call light is and is willing to assist colleagues even outside of her own department. Balke is from Kincaid and has worked at TMH since 2009.

Outside of work Balke enjoys shopping for antiques and spending time with family including four children, seven grandchildren, and her husband of 44 years. Regional Radio News congratulates Deborah Rae Balke!

RUN AS OF 9/5/22

AFTER 6AM

AC

It's Food Safety Education Month.

That's something University of Illinois Extension Nutrition and Wellness Educator Lisa Peterson knows all about. She is using this month as an opportunity to dispel food myths.

So, about that chicken breast – don't rinse it off before you cook it. That's one of the most important myths Peterson is trying to bust.

Peterson1 KEY: LENGT: 56

When you are taking that chicken breast out of the freezer, you should allow enough time for it to thaw. You can't just cook frozen chicken.

Peterson2 KEY: LENGT: 32

This one isn't a myth that Peterson needs to bust, but you should wash your hands before and after handling raw foods. This includes eggs.

Peterson3 KEY: LENGT: 56

One myth that Peterson does want to dispel, however, is that you can't get a food-borne illness if you are on a plant-based diet.

Peterson4 KEY: LENGT: 45

Learn more at extension.illinois.edu/food.

Peterson appeared as a guest on the WTIM Morning Show.

RUN AS OF 9/20/22

AFTER 6AM

AC

Now is the best time to get your flu shot.

Springfield Clinic Taylorville Nurse Practitioner Kate Cervi (sir-VY) says flu season runs from Fall through Winter.

Cervi1 KEY: LENGT: 33

Cervi says that there are a couple Springfield Clinic flu shot days next month.

Cervi2 KEY: LENGT: 17

The flu shot is important because it protects you and those around you from serious illness.

Cervi3 KEY: LENGT: 09

Most insurances cover the flu vaccine clinics or vaccines in general. Make sure you bring your insurance information just in case.

Cervi4 KEY: LENGT: 11

You can learn more when you go to springfieldclinic.com. Cervi appeared as a guest on the WTIM Morning Show.