



Around the Ozarks

DATE: 10/7/2012 (30 minutes) - Sunday morning 6AM

ORGANIZATION/GUEST: Dr. Scott & Rose Schmidly with Lifestyle Dental

TOPICS OF DISCUSSION:

- The Theme for National Dental Hygiene Month is “Keep them healthy. Keep them clean.”
- The Theme stresses easy ways that our patients can incorporate a simple oral health regiment into an active and busy life in order to maintain optimal oral health. Brush-Floss-Rinse-chew.
- Brush 2X's a day—Floss once a day—Rinse with an antimicrobial mouthwash each day—and chew sugar free gum after eating.
- Proper brushing is essential for cleaning teeth and gums effectively.
- Flossing or interdental cleaning—the use of toothpicks, flossing aids, etc. These are the only things that can remove the plaque from in between the teeth. If the plaque is disrupted at least 1x day, the chance of advancing from gingivitis to periodontal disease lessens greatly!
- What is the difference between gingivitis and perio disease?
- What is the difference between calculus and plaque?
- Why is it so important to have regular cleanings and checkups?
- Why is it so important to floss?
- Your mouth is the window to your health----Lots of bacteria! Lower the bacteria, lower your chance for cavities, periodontal disease and other diseases such as diabetes, heart attack and stroke.
- One thing that people don't think about is how important it is to take care of their teeth—keeping your gums healthy is essential if you want to stay healthy yourselves!
- Rinsing with and antimicrobial mouthwash daily will also help lower bacterial levels. Chewing sugar free gum after meals helps increase saliva and neutralizes plaque acids, it washes away food particles and it can re-mineralize enamel to strengthen teeth.



Around the Ozarks

DATE: 10/14/2012 (30 minutes) - Sunday morning 6AM

ORGANIZATION/GUEST: Ryan Nicholls (Director) & Dale Moore (Public Info Officer) for the Springfield Greene County Office on Emergency Managememnt

TOPICS OF DISCUSSION:

Being ready for emergencies ... ozarksready.com

-What does a plan look like?

- Where do you go during a sudden emergency like a fire or tornado?
- Have a plan as to how you will contact each other during an emergency.
- Program "ICE" In-Case-of-Emergency in each family members cell phone.
- Have a contact person family members can call to notify they are safe.
- Teach family members to use text messaging.
- Duplicate and stored pertinent medical and other vital family information for easy retrieval.
- Know the emergency plan and safe location at your kids school.
- Have local meeting points other than home for family.

-Get community prepared

The campaign will address the four themes professionals think are most important advice to citizens to help get them prepared:

1. Make a Plan
2. Build a Kit
3. Stay Informed
4. Get Involved



Around the Ozarks

DATE: 10/21/2012 (30 minutes) - Sunday morning 6AM

ORGANIZATION/GUEST: American Heart Association's Stephen Hall, Communications Director & Tami Sandefer, Social Events Director

TOPICS OF DISCUSSION:

- AHA support of Prop B to increase the taxes on tobacco products
- Recap of 2012 GO RED for Women Luncheon
- Preview of 2013's Heart Ball
- Call for volunteers, sponsors
- More info at www.showmeabrightfuture.com
- More AHA info at 417-881-1121 & www.heart.org/springfieldmo



Around the Ozarks

DATE: 10/28/2012 (30 minutes) - Sunday morning 6AM

ORGANIZATION/GUEST: Jeanna Callahan, Killuminati Foundation

TOPICS OF DISCUSSION:

- 4th Annual Project Puppy Gala 11/3/12 – Puppy fashion show (MSU designed fashions), dinner, DJ, silent auction ... projectpuppy.org #417-830-1855
- SAAF has done over 10,000 spay/neuters in 2 years
- No euthanizations over the past year for Animal Control
- Republic Paw & Pantry & MercE Pantry
- Board applications for Killuminati Foundation for 2013
- New shirts
- BARC Program



Around the Ozarks

DATE: 11/4/2012 (30 minutes) - Sunday morning 6AM

ORGANIZATION/GUEST: Cara Rostelli-Erwin, Fire & Safety Education & Fire Marshall Bill Spence

TOPICS OF DISCUSSION:

- Fire Safety
- Smoke Detectors ... check them with daylight savings time, have them installed if you do not have one
- Fireplace Safety
- Careless smoking safety ... "watch your butts"
- Electrical safety
- www.springfieldmo.gov
- http://www.usfa.fema.gov/citizens/home_fire_prev/heating/fireplace.shtm
- http://www.usfa.fema.gov/citizens/home_fire_prev/smoking.shtm
- <http://www.usfa.fema.gov/campaigns/smokealarms/>
- <http://www.iafc.org/Media/PressReleaseDetail.cfm?ItemNumber=6269>
- http://www.iafc.org/files/1ASSOC/IAFCposition_UseOfResidentialSmokeAlarms.pdf



Around the Ozarks

DATE: 11/11/2012 (30 minutes) - Sunday morning 6AM

ORGANIZATION/GUEST: Sarah Hough, Events-Urban Districts Alliance & Cora Scott, Public Information Officer for The City of Springfield

TOPICS OF DISCUSSION:

- Festival of Lights 6-week celebration
- Downtown focus
- 11/17 = Lighting of the Mayor's Christmas Tree
- 12/8 = Springfield Christmas Parade
- 12/31 = First Night
- MWF is media sponsor
- www.itsalldowntown.com



Around the Ozarks

DATE: 11/18/2012 (30 minutes) - Sunday morning 6AM

ORGANIZATION/GUEST: Natalie Murdock, Development Dir for Foundation for Public Schools

TOPICS OF DISCUSSION:

- Foundation founded in 1990
- Distributed over \$13 million into schools
- Manages nearly 170 fund/scholarships
- Alumni Program
- Teacher Appreciation Banquet (MWF supports)
- 21-person board of directors
- NEW Pick-A-Project ... www.supportsps.org



Around the Ozarks

DATE: 11/25/2012 (30 minutes) - Sunday morning 6AM

ORGANIZATION/GUEST: Major Norman Grainger with Salvation Army & Lacey Hesse, Price Cutter's District Marketing Director

TOPICS OF DISCUSSION:

- Salvation Army overview – in Ozarks since 1890
- Currently serve Greene, Christian, Taney & Stone counties – ALL aspects of the family, veterans, seniors & children
- Offer shelter, housing, feeding programs, activities, rental, utility and perdcription assistance and Emergency Disaster Service
- Tree of Lights Campaign ... Red Kettle Bell Ringers
- Angel Tree Gift Program
- Volunteers needed
- CANS Film Festival at the Wehrenberg Campbell 16 Cine ... shop for cans at any local area store (especially Price Cutter) and bring in 5 cans of food to see a free matinee or even bring in 10 MORE cans and receive a pass to see ANOTHER movie at another time
- Call the local Salvation Army at #417-862-5509 at 1707 W. Chestnut Expwy in Springfield, MO



Around the Ozarks

DATE: 12/2/2012 (30 minutes) - Sunday morning 6AM

ORGANIZATION/GUEST: Mary Valoni, Regional Distinguished Events Director & Ron Hawley, 2013 Cattle Baron's Ball co-chair and President of Regions Bank

TOPICS OF DISCUSSION:

- Huge \$\$ raiser for The American Cancer Society
- 2013 CBB highlights (midway & casino games, dining, entertainment, auctions, programs)
- 8/17/2013 ... more info at 417-447-1483 or www.cattlebaronsballswmo.org
- 1,000 guests from all over the region
- First launched in Dallas, TX in the 1970's
- \$230,000+ in media coverage
- Jr. CBB 6/2013
- CBB Golf Tourney 9/2013
- 2013 CBB Executive Barons



Around the Ozarks

DATE: 12/9/2012 (30 minutes) - Sunday morning 6AM

ORGANIZATION/GUEST: Jim Harriger, Director of Victory Mission and Emily, Community Relations Director

TOPICS OF DISCUSSION:

- Victorymission.com
- Monetary & volunteer help needed
- Established in 1976 in the back of a station wagon
- Emergency, Community, Educational outreach
- Victory Trade School & Cooks Kettle Restaurant as well as The Bracn Bistro Ctering
- Evening chapel and meal ... lodging for up to 102 men ... 12/12 for men
- Victory Vintage Thrift Store
- Food pantry open 5 days a week, serving 85 families a day
- Gran Beach Food Co-op ... upcoming greenhouse project
- Sammy's Window (helps foster parents)
- Framing Hope (helps with home repair)
- Christmas = Adopt A Family, Christmas Food Baskets (675 baskets), Sheriff's kids (delivering toys to children of incarcerated parents)
- Men need items like shirts, socks, underwear, toiletries, candy



Around the Ozarks

DATE: 12/16/2012 (30 minutes) - Sunday morning 6AM

ORGANIZATION/GUEST: WIN Organization ... Carrie Quisenberry, past president's council & Elise Crain, Treasurer

TOPICS OF DISCUSSION:

- Womeninneedoftheozarks.org #471-234-7338
- 501C3 registered not for profit
- Help women who are not on government assistance
- "A hand up, not a hand out"
- NO overhead ... just a phone line and a PO box
- \$ needed to help with utilities, etc.
- Toiletries needed, those on assistance for food, get help with food only



Around the Ozarks

DATE: 12/23/2012 (30 minutes) - Sunday morning 6AM

ORGANIZATION/GUEST: Russ, Hjelm, Director of Daily Living Outreach & Jill Bright, Coordinator of Springfield Diaper Bank

TOPICS OF DISCUSSION:

- A ministry of Springfield Faith Assembly of God
 - DLO began in 1998 helping provide household cleaning items & personal hygiene items & infant care supplies to those in the Springfield area
 - Receive funding from contributions from church
 - Referrals from Crosslines, Victory Mission, The Kitchen, Salvation Army
 - Operations are 9am-11am on Fridays
 - Helped 103 in need in November
 - Souper Bowl Sunday food drive from 12/30/12-2/3/13
 - Facebook page for tons of info
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- Springfield MO Diaper Bank established in August 2012
 - Store, house, supply diapers to partnering agencies
 - Newborns in Need celebrates 10 years (for Springfield Chapter)
 - Serve 7,000 babies a year
 - Totally volunteer run
 - Funding of NIN & SDB come through monetary donations, gifts in kind, grants and fundraising events
 - www.newbornsinneedspringfield.org & Facebook



Around the Ozarks

DATE: 12/30/2012 (30 minutes) - Sunday morning 6AM

ORGANIZATION/GUEST: Sarah Hough, Events Coordinator for Urban Districts Alliance & Chantal Drennan, marketing for Phoenix Home Care

TOPICS OF DISCUSSION:

- First Night Springfield
- Family friendly & alcohol free
- 11 or so downtown venues
- Big countdown to the New Year
- Phoenix's mission supporting the community
- Phoenix helps make life easier to those affected by an illness/diagnosis
- www.itsalldowntown.com
- www.firstnightspringfield.org