

Memorandum

To: Jeff Owens, Interim General Manager

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

Re: Methods of Determining Issues

Date: January 7, 2025

WEIU FM determined the issues/program list for the 4th quarter of 2024 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: January 7, 2025

The following is the Issues List for the 4th quarter of 2024 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 | 6:15am; 7:15am; 8:15am | 10/1/24 | Live | 10 seconds | E-I-U is hosting a lot of Homecoming events this week for both students and community members ... including a family fun night ... homecoming coronation ... and the annual parade and football game. |
| News | 6:45am; 7:45am; 8:45am | 10/1/24 | Live | 30 seconds | E-I-U is hosting a lot of Homecoming events this week for both students and community members ... including a family fun night ... homecoming coronation ... and the annual parade and football game. |
| News | 6:15am; 7:15am; 8:15am | 10/2/24 | Live | 10 seconds | Striking building and food service workers at the University of Illinois reach a tentative agreement. |
| News | 6:45am; 7:45am; 8:45am | 10/2/24 | Live | 30 seconds | Striking building and food service workers at the University of Illinois reach a tentative agreement. |
| News | 6:15am; 7:15am; 8:15am | 10/4/24 | Live | 10 seconds | Eastern Illinois University is partnering up with the Scouts, with members having an easier time enrolling at college. |
| News | 6:45am; 7:45am; 8:45am | 10/4/24 | Live | 30 seconds | Eastern Illinois University is partnering up with the Scouts, with members having an easier time enrolling at college. |
| News | 6:15am; 7:15am; 8:15am | 10/10/24 | Live | 10 seconds | Eastern Illinois University is reaching out to help students whose education has been disrupted by recent hurricanes. |
| News | 6:45am; 7:45am; 8:45am | 10/10/24 | Live | 30 seconds | Eastern Illinois University is reaching out to help students whose education has been disrupted by recent hurricanes. |
| News | 6:15am; 7:15am; 8:15am | 10/11/24 | Live | 10 seconds | University leaders say they're expanding eligibility requirements for the school's EIU Promise Scholarship ... which covers tuition and fees for Illinois students who meet certain academic standards. |
| News | 6:45am; 7:45am; 8:45am | 10/11/24 | Live | 30 seconds | Effingham County is voting on a one-cent school facilities sales tax this November on select goods ... like gasoline and diesel fuel ... electronics ... or Amazon purchases. |
| News | 6:15am; 7:15am; 8:15am | 10/11/24 | Live | 10 seconds | University leaders say they're expanding eligibility requirements for the school's EIU Promise Scholarship ... which covers tuition and fees for Illinois students who meet certain academic standards. |
| News | 6:45am; 7:45am; 8:45am | 10/11/24 | Live | 30 seconds | Effingham County is voting on a one-cent school facilities sales tax this November on select goods ... like gasoline and diesel fuel ... electronics ... or Amazon purchases. |
| News | 6:15am; 7:15am; 8:15am | 10/14/24 | Live | 10 seconds | The Lake Land College Board of Trustees will conduct its next regular meeting on tonight in room 011 of the Board and Administration Center, Mattoon, beginning at 6:00. |
| News | 6:45am; 7:45am; 8:45am | 10/14/24 | Live | 30 seconds | The Lake Land College Board of Trustees will conduct its next regular meeting on tonight in room 011 of the Board and Administration Center, Mattoon, beginning at 6:00. |
| News | 6:15am; 7:15am; 8:15am | 10/15/24 | Live | 10 seconds | Lake Land College has replaced all developmental math courses with a ground-breaking math sequence design using co-requisite courses, becoming the first community college in Illinois to accomplish this innovative goal. |
| News | 6:45am; 7:45am; 8:45am | 10/15/24 | Live | 30 seconds | Lake Land College has replaced all developmental math courses with a ground-breaking math sequence design using co-requisite courses, becoming the first community college in Illinois to accomplish this innovative goal. |
| News | 6:15am; 7:15am; 8:15am | 10/16/24 | Live | 10 seconds | Millikin University launches a new partnership with the Illinois Eastern Community Colleges to bring more students to their campus. |
| News | 6:45am; 7:45am; 8:45am | 10/16/24 | Live | 30 seconds | Millikin University launches a new partnership with the Illinois Eastern Community Colleges to bring more students to their campus. |

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|------|------------------------|----------|------|------------|---|
| News | 6:15am; 7:15am; 8:15am | 10/24/24 | Live | 10 seconds | Eastern Illinois University has announced that its "OER@EIU" initiative has received grant funding from the Illinois State Library. |
| News | 6:45am; 7:45am; 8:45am | 10/24/24 | Live | 30 seconds | Eastern Illinois University has announced that its "OER@EIU" initiative has received grant funding from the Illinois State Library. |
| News | 6:15am; 7:15am; 8:15am | 10/25/24 | Live | 10 seconds | A national report shows less freshmen are enrolling in college according to the National Student Clearinghouse Research Center. |
| News | 6:15am; 7:15am; 8:15am | 10/25/24 | Live | 10 seconds | Eastern Illinois University installed a new "health and wellness" vending machine located in the Martin Luther King, Jr. University Union. |
| News | 6:45am; 7:45am; 8:45am | 10/25/24 | Live | 30 seconds | A national report shows less freshmen are enrolling in college according to the National Student Clearinghouse Research Center. |
| News | 6:45am; 7:45am; 8:45am | 10/25/24 | Live | 30 seconds | Eastern Illinois University installed a new "health and wellness" vending machine located in the Martin Luther King, Jr. University Union. |
| News | 6:15am; 7:15am; 8:15am | 10/28/24 | Live | 10 seconds | Former EIU President David Jorns passed away on Tuesday after a battle with Parkinson's disease. |
| News | 6:15am; 7:15am; 8:15am | 10/28/24 | Live | 30 seconds | Millikin University and Parkland College are partnering up with a new transfer agreement for students. |
| News | 6:15am; 7:15am; 8:15am | 10/28/24 | Live | 10 seconds | Former EIU President David Jorns passed away on Tuesday after a battle with Parkinson's disease. |
| News | 6:15am; 7:15am; 8:15am | 10/30/24 | Live | 10 seconds | Eastern Illinois University installed a new "health and wellness" vending machine located in the Martin Luther King, Jr. University Union. |
| News | 6:15am; 7:15am; 8:15am | 11/1/24 | Live | 10 seconds | The Illinois State Board of Education releases its own report card ... showing how schools are doing across the state with gains in English Language Arts scores. |
| News | 6:15am; 7:15am; 8:15am | 11/1/24 | Live | 10 seconds | Lake Land College is celebrating National Apprenticeship Week on Tuesday, November 19th with an event for apprentices, apprentice alumni and business partners. |
| News | 6:15am; 7:15am; 8:15am | 11/1/24 | Live | 10 seconds | The Illinois State Board of Education releases its own report card ... showing how schools are doing across the state with gains in English Language Arts scores. |
| News | 6:45am; 7:45am; 8:45am | 11/1/24 | Live | 30 seconds | Lake Land College is celebrating National Apprenticeship Week on Tuesday, November 19th with an event for apprentices, apprentice alumni and business partners. |
| News | 6:15am; 7:15am; 8:15am | 11/4/24 | Live | 10 seconds | Starting with high schoolers graduating in 20-25 ... a revised EIU housing contract requires students to live in the on-campus residence halls for the first two years of school. |
| News | 6:45am; 7:45am; 8:45am | 11/4/24 | Live | 30 seconds | Starting with high schoolers graduating in 20-25 ... a revised EIU housing contract requires students to live in the on-campus residence halls for the first two years of school. |
| News | 6:15am; 7:15am; 8:15am | 11/8/24 | Live | 10 seconds | A local college is getting federal help to provide job training for veterans and their families. |
| News | 6:45am; 7:45am; 8:45am | 11/8/24 | Live | 30 seconds | A local college is getting federal help to provide job training for veterans and their families. |
| News | 6:15am; 7:15am; 8:15am | 11/13/24 | Live | 10 seconds | Lake Land students who finish their associates degree in arts ... science ... engineering science ... or applied science ... with at least a 2-point-0 G-P-A ... will automatically be accepted into Millikin's bachelor program. |
| News | 6:15am; 7:15am; 8:15am | 11/13/24 | Live | 10 seconds | Lake Decatur is Partnering with Mount Zion schools F-F-A program to deploy these fish habitats called the Shelbyville Cube. |
| News | 6:15am; 7:15am; 8:15am | 11/20/24 | Live | 10 seconds | Lake Land College announces a new program for students. The Recruitment and Advancement of the Next Generation of Engineers |
| News | 6:15am; 7:15am; 8:15am | 11/25/24 | Live | 10 seconds | The online Federal Application for Federal Student Aid form otherwise known as FAFSA has opened for the 20-25 to 20-26 school year. |
| News | 6:45am; 7:45am; 8:45am | 11/25/24 | Live | 30 seconds | The online Federal Application for Federal Student Aid form otherwise known as FAFSA has opened for the 20-25 to 20-26 school year. |
| News | 6:15am; 7:15am; 8:15am | 12/3/24 | Live | 10 seconds | Illinois education officials are pushing for changes in the way students are tested each year to meet state standards. |
| News | 6:15am; 7:15am; 8:15am | 12/3/24 | Live | 10 seconds | The Open Door Report ranks the U of I second in the nation among public universities for the most international students. |
| News | 6:45am; 7:45am; 8:45am | 12/3/24 | Live | 30 seconds | Illinois education officials are pushing for changes in the way students are tested each year to meet state standards. |

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|------------------|------------------------|----------|------|------------|---|
| News | 6:45am; 7:45am; 8:45am | 12/3/24 | Live | 30 seconds | The Open Door Report ranks the U of I second in the nation among public universities for the most international students. |
| News | 6:15am; 7:15am; 8:15am | 12/10/24 | Live | 10 seconds | The Lake Land College Alternative Education Club recently donated \$432 to the College's Opportunity Fund, a financial reserve available to help students overcome barriers in education. |
| News | 6:45am; 7:45am; 8:45am | 12/10/24 | Live | 30 seconds | The Lake Land College Alternative Education Club recently donated \$432 to the College's Opportunity Fund, a financial reserve available to help students overcome barriers in education. |
| News | 6:15am; 7:15am; 8:15am | 12/16/24 | Live | 10 seconds | Reliance on school buses has been waning for years as districts struggle to find drivers and more students attend schools far outside their neighborhoods. |
| News | 6:15am; 7:15am; 8:15am | 12/17/24 | Live | 10 seconds | The Lake Land College International Students Association will be holding a holiday party today at 2:30 p.m. in Webb Hall room 0-8-1. |
| News | 6:45am; 7:45am; 8:45am | 12/17/24 | Live | 30 seconds | The Lake Land College International Students Association will be holding a holiday party today at 2:30 p.m. in Webb Hall room 0-8-1. |
| Issues/Attitudes | 12n | 11/25/24 | Live | 30 minutes | Jennifer Tariq from the Douglas Hart Nature Center was our guest interview. We talked about their 3 facilities, school educational trips, upcoming events and more. |

2. Minority Issues

| Program Title | Time | Date | Source | Length | Description |
|-----------------|------------------------|----------|--------|------------|---|
| EIU Morning Mix | 8:40am | 10/2/24 | Live | 1 minute | Celebrities work to get out the Latino vote in new campaign |
| EIU Morning Mix | 8:30am | 10/2/24 | Live | 1 minute | People are more aware of the stories of missing Black and brown people, thanks to the NBC drama "Found." |
| EIU Morning Mix | 6:02am | 10/7/24 | Live | 10 seconds | In 1954, Marian Anderson became the first Black singer hired by the Metropolitan Opera Company in New York. |
| EIU Morning Mix | 7:00am | 10/7/24 | Live | 2 minutes | Women make up roughly half of U.S. labor union membership, but representation in top level union leadership positions has lagged, even in female-dominated industries, and particularly for women of color. |
| News | 6:15am; 7:15am; 8:15am | 11/11/24 | Live | 10 seconds | Black and Brown Americans across the country ... including here in central Illinois ... are receiving racist text messages telling them they've been selected to pick cotton. |
| News | 6:45am; 7:45am; 8:45am | 11/11/24 | Live | 30 seconds | ... are receiving racist text messages telling them they've been selected to pick |

3. Economic and Agriculture Climate

| Program Title | Time | Date | Source | Length | Description |
|---------------------|------------------------|----------|----------|------------|--|
| Climate Connections | 12:50am | 10/11/24 | Recorded | 2 Minutes | Tampa residents turn food waste into energy. They're using anaerobic digesters that convert kitchen scraps into fertilizer and cooking gas. |
| Climate Connections | 12:50am | 10/2/24 | Recorded | 2 Minutes | The real reasons mosquitoes bite some people more than others. Spoiler alert: It isn't because their blood is sweeter. |
| News | 6:15am: 7:15am: 8:15am | 10/3/24 | Live | 10 seconds | A policy group expects home heating expenses in the U.S. to jump more than 10 percent on average. |
| News | 6:15am: 7:15am: 8:15am | 10/3/24 | Live | 10 seconds | The Home Energy Assistance Program ... or LIHEAP (LIE-heep) is a program that provides financial support to income eligible households and is accepting applications. |
| News | 6:15am: 7:15am: 8:15am | 10/3/24 | Live | 10 seconds | The American Red Cross says they're looking for volunteers to support emergency shelters for national disaster relief efforts. |
| News | 6:15am: 7:15am: 8:15am | 10/3/24 | Live | 10 seconds | A policy group expects home heating expenses in the U.S. to jump more than 10 percent on average. |
| News | 6:45am: 7:45am: 8:45am | 10/3/24 | Live | 30 seconds | The Home Energy Assistance Program ... or LIHEAP (LIE-heep) is a program that provides financial support to income eligible households and is accepting applications. |
| News | 6:45am: 7:45am: 8:45am | 10/3/24 | Live | 30 seconds | San Francisco visitors can enjoy a free ferry powered by hydrogen. Most ferries rely on diesel to power trips between ports. |
| Climate Connections | 12:50am | 10/3/24 | Recorded | 2 Minutes | Current climate policies will lead to about 2.7°C of global warming by the end of the century. That well exceeds the Paris Agreement goal of 1.5°C. |
| Climate Connections | 12:50am | 10/4/24 | Recorded | 2 Minutes | Average gasoline prices in Illinois have fallen 7.4 cents per gallon in the last week, averaging \$3.40 per gallon today, according to GasBuddy's survey of 4,378 stations in Illinois. |
| News | 6:15am: 7:15am: 8:15am | 10/7/24 | Live | 10 seconds | An increase in the Supplemental Nutrition Assistance Program comes from a cost of living adjustment set to take effect this month. |
| News | 6:15am: 7:15am: 8:15am | 10/7/24 | Live | 10 seconds | Average gasoline prices in Illinois have fallen 7.4 cents per gallon in the last week, averaging \$3.40 per gallon today, according to GasBuddy's survey of 4,378 stations in Illinois. |
| News | 6:45am: 7:45am: 8:45am | 10/7/24 | Live | 30 seconds | An increase in the Supplemental Nutrition Assistance Program comes from a cost of living adjustment set to take effect this month. |
| News | 6:45am: 7:45am: 8:45am | 10/7/24 | Live | 30 seconds | Energy efficiency job training provides incarcerated people with new career opportunities. About 25 participants in an Illinois program have been hired in energy efficiency jobs upon their release. |
| Climate Connections | 12:50am | 10/7/24 | Recorded | 2 Minutes | Gas prices are falling nationwide |
| News | 6:15am: 7:15am: 8:15am | 10/8/24 | Live | 10 seconds | Gas prices are falling nationwide |
| News | 6:45am: 7:45am: 8:45am | 10/8/24 | Live | 30 seconds | From waste to watts: How closed landfills can become solar powerhouses. The wide-open spaces can be ideal sites for solar panels. |
| Climate Connections | 12:50am | 10/8/24 | Recorded | 2 Minutes | Solar leasing can make home solar power more accessible. With leasing, you pay over time rather than upfront. But there are some downsides |
| Climate Connections | 12:50am | 10/9/24 | Recorded | 2 Minutes | Hurricane Milton made landfall along the Gulf Coast as a Category 3 storm, and weakened to a Category 1 storm as it moved through Florida. |
| News | 6:15am: 7:15am: 8:15am | 10/10/24 | Live | 10 seconds | Landscapes charred by wildfire can become ground zero for floods and mudslides. If you live in a wildfire-prone area, buy flood insurance, experts say. |
| Climate Connections | 12:50am | 10/10/24 | Recorded | 2 Minutes | Florida residents are repairing the damage caused by Hurricane Milton and figuring out what to do next. |
| News | 6:15am: 7:15am: 8:15am | 10/11/24 | Live | 10 seconds | Puerto Rican lawyer offers free legal assistance to disaster survivors. Jeanne Ortiz-Ortiz lived through Hurricane Maria. She's now the vice director of the American Bar Association's Disaster Legal Services program. |
| Climate Connections | 12:50am | 10/11/24 | Recorded | 2 Minutes | Average gasoline prices in Illinois have risen 6.3 cents per gallon in the last week, averaging \$3.47 per gallon today, according to GasBuddy's survey of 4,378 stations in Illinois. |
| News | 6:15am: 7:15am: 8:15am | 10/14/24 | Live | 10 seconds | United Airlines is adding eight new international destinations to its itinerary for next summer. |

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|---------------------|------------------------|----------|----------|------------|--|
| News | 6:45am; 7:45am; 8:45am | 10/14/24 | Live | 30 seconds | Average gasoline prices in Illinois have risen 6.3 cents per gallon in the last week, averaging \$3.47 per gallon today, according to GasBuddy's survey of 4,378 stations in Illinois. |
| Climate Connections | 12:50am | 10/14/24 | Recorded | 2 Minutes | Foundation pays Georgia farmers to grow trees on former croplands: The program can help the climate and the farmers' pocketbooks. |
| News | 6:15am; 7:15am; 8:15am | 10/15/24 | Live | 10 seconds | Stellantis is fixing its slowing U.S. sales at the right pace after fumbling a marketing plan earlier this year, CEO Carlos Tavares told reporters Monday. |
| Climate Connections | 12:50am | 10/15/24 | Recorded | 2 Minutes | Owner of eco-friendly home made out of tires shares lessons learned: Jay and Annie Warmke's property in Appalachian Ohio has become a sustainability education center. |
| News | 6:15am; 7:15am; 8:15am | 10/16/24 | Live | 10 seconds | United Airlines says its third-quarter profit fell 15% from a year ago. But its revenue trends improved thanks to low-fare carriers scaling back their growth plans for the rest of the year. |
| News | 6:15am; 7:15am; 8:15am | 10/16/24 | Live | 10 seconds | Walgreens is planning to close around 1,200 locations, as the drugstore chain and its rivals struggle to define their role for U.S. shoppers who no longer look to them first for convenience. |
| Climate Connections | 12:50am | 10/16/24 | Recorded | 2 Minutes | Dangerous, unregulated cobalt mines boom as the need for batteries grows: Mine workers need more protections, says a University of Houston researcher. |
| News | 6:15am; 7:15am; 8:15am | 10/17/24 | Live | 10 seconds | Several new businesses in Coles County are set to open at the Shops at Emerald Acres ... Sports Connection. |
| News | 6:15am; 7:15am; 8:15am | 10/17/24 | Live | 10 seconds | The Small Business Administration says recent hurricanes have depleted its disaster loan program. |
| News | 6:45am; 7:45am; 8:45am | 10/17/24 | Live | 30 seconds | Several new businesses in Coles County are set to open at the Shops at Emerald Acres ... Sports Connection. |
| Climate Connections | 12:50am | 10/17/24 | Recorded | 2 Minutes | Earthen bricks can be used to build wildfire-resistant homes: It's a modern version of an ancient building technique. |
| Climate Connections | 12:50am | 10/18/24 | Recorded | 2 Minutes | What is net metering? The system allows solar-powered homes to receive credit when energy is sent to the grid. |
| News | 6:15am; 7:15am; 8:15am | 10/21/24 | Live | 10 seconds | Average gasoline prices in Illinois have fallen 9.9 cents per gallon in the last week, averaging \$3.37 per gallon today, according to GasBuddy's survey of 4,378 stations in Illinois. |
| Climate Connections | 12:50am | 10/21/24 | Recorded | 2 Minutes | Vertical solar panels help farmers produce both energy and crops: The orientation of the panels means they can be easily integrated into pastures or croplands. |
| Climate Connections | 12:50am | 10/22/24 | Recorded | 2 Minutes | New Mexico program pays workers to train for clean energy jobs: Many oil and gas workers are eager to transition to new jobs, says the leader of a workers' rights organization. |
| News | 6:15am; 7:15am; 8:15am | 10/23/24 | Live | 10 seconds | The Girl Scout national council voted to hike prices from 25 dollars to 45 dollars in 20-26. |
| News | 6:45am; 7:45am; 8:45am | 10/23/24 | Live | 30 seconds | The Girl Scout national council voted to hike prices from 25 dollars to 45 dollars in 20-26. |
| Climate Connections | 12:50am | 10/23/24 | Recorded | 2 Minutes | Wind power goes small with microturbines for homes, public parks, and more: A French startup's 'Aeroleaf' turbines can produce electricity day and night. |
| Climate Connections | 12:50am | 10/24/24 | Recorded | 2 Minutes | Antarctic glacier the size of Florida more vulnerable to warming than previously thought, experts warn: The Thwaites Glacier is already shrinking by 50 billion tons of ice a year. |
| Climate Connections | 12:50am | 10/25/24 | Recorded | 2 Minutes | Minnesota man brings solar power and job training to North Minneapolis: Jamez Staples says the energy transition can help lift up his whole community. |
| News | 6:15am; 7:15am; 8:15am | 10/26/24 | Live | 10 seconds | Average gasoline prices in Illinois have fallen 9.4 cents per gallon in the last week, averaging \$3.27 per gallon today, according to GasBuddy's survey of 4,378 stations in Illinois. |
| Climate Connections | 12:50am | 10/28/24 | Recorded | 2 Minutes | The chemicals in air conditioning units can contribute to global warming: So it's important to dispose of AC units properly when they die. |
| News | 6:15am; 7:15am; 8:15am | 10/29/24 | Live | 10 seconds | PepsiCo said Monday it's closing a Chicago bottling plant, a move the Teamsters union says will impact 150 workers. |

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|---------------------|------------------------|----------|----------|------------|--|
| Climate Connections | 12:50am | 10/29/24 | Recorded | 2 Minutes | Fifth-generation Connecticut orchard invests in 1,500 solar panels: Owner Keith Bishop says he hopes solar panels will help keep the farm running for generations to come. |
| Climate Connections | 12:50am | 10/30/24 | Recorded | 2 Minutes | Maryland researchers breed apples for a changing climate: Two new varieties can better tolerate hotter, wetter weather. |
| News | 6:15am: 7:15am: 8:15am | 10/31/24 | Live | 10 seconds | The Village Square Mall in Effingham is scheduled to be part of a "sheriff's sale" on Monday. |
| News | 6:45am: 7:45am: 8:45am | 10/31/24 | Live | 30 seconds | Vampire bats are moving north as the climate warms: These blood-feeding bats may increase rabies risks to livestock and wildlife in Southern U.S. states. |
| Climate Connections | 12:50am | 10/31/24 | Recorded | 2 Minutes | Heat contributed to 47,000 deaths in Europe during summer 2023, study finds: It was one of the hottest summers ever in Europe. |
| Climate Connections | 12:50am | 11/1/24 | Recorded | 2 Minutes | Average gasoline prices in Illinois have fallen 4.0 cents per gallon in the last week, averaging \$3.23/g today, according to GasBuddy's survey of 4,378 stations in Illinois. |
| News | 6:15am: 7:15am: 8:15am | 11/4/24 | Live | 10 seconds | Average gasoline prices in Illinois have fallen 4.0 cents per gallon in the last week, averaging \$3.23/g today, according to GasBuddy's survey of 4,378 stations in Illinois. |
| News | 6:45am: 7:45am: 8:45am | 11/4/24 | Live | 30 seconds | 'It's tough,' California fly fisher says trout are struggling as the climate warms: Intensifying droughts and hotter stream temperatures are putting new pressures on the state's cold-water fish. |
| Climate Connections | 12:50am | 11/4/24 | Recorded | 2 Minutes | Climate change made 2023 wildfire conditions in Canada three times as likely, study finds: It also upped the risk in Greece and the Amazon. |
| Climate Connections | 12:50am | 11/5/24 | Recorded | 2 Minutes | Tucson nonprofit hires up to 50 teens a year to plant trees: The program helps increase the city's tree canopy. |
| Climate Connections | 12:50am | 11/6/24 | Recorded | 2 Minutes | Battery-powered sea glider could make coastal travel more climate-friendly: Vehicles like it could connect cities like New York and Boston. |
| Climate Connections | 12:50am | 11/7/24 | Recorded | 2 Minutes | Nova Scotia's wild blueberry fields face new pressures as the climate changes: The fruits have grown in the area for thousands of years. |
| Climate Connections | 12:50am | 11/8/24 | Recorded | 2 Minutes | Meet the Arkansas farmer trying to adapt to the changing climate: Climate change for farmers is more like getting a wound and never letting it heal,' said Hallie Shoffner. |
| Climate Connections | 12:50am | 11/11/24 | Recorded | 2 Minutes | Ducks delay their migration as the climate warms: Some are migrating along the Atlantic flyway later in the fall – or even spending the winter farther north. |
| Climate Connections | 12:50am | 11/12/24 | Recorded | 2 Minutes | Why this Maine native is concerned about his state's lobster fishery: Farther south, warming water has contributed to the collapse of the lobster fishery. |
| Climate Connections | 12:50am | 11/13/24 | Recorded | 2 Minutes | Abandoned golf course now stores stormwater, helps protect homes from flooding: During downpours, ponds collect water that would otherwise run off into streets and homes. |
| Climate Connections | 12:50am | 11/14/24 | Recorded | 2 Minutes | Volunteers unite to defend critical road in Hawaii from erosion: A native plant project aims to help protect Punalu'u beach and road from rising sea levels. |
| Climate Connections | 12:50am | 11/15/24 | Recorded | 2 Minutes | Average gasoline prices in Illinois have risen 3.4 cents per gallon in the last week, averaging \$3.19/g today, according to GasBuddy's survey of 4,378 stations in Illinois. |
| News | 6:15am: 7:15am: 8:15am | 11/18/24 | Live | 10 seconds | How the Veterans Health Administration is preparing for flood emergencies: The agency has purchased six high-water trucks and extended its telehealth offerings. |
| Climate Connections | 12:50am | 11/18/24 | Recorded | 2 Minutes | Solar energy is helping to power public landscaping in Oak Park, Illinois: Electric tools provide a cleaner and quieter alternative to gas-powered equipment. |
| Climate Connections | 12:50am | 11/19/24 | Recorded | 2 Minutes | |

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|---------------------|------------------------|----------|----------|------------|---|
| Climate Connections | 12:50am | 11/20/24 | Recorded | 2 Minutes | The first all-electric conference center in the U.S. opens in Ithaca, New York. Heat pumps warm and cool the facility, and its kitchen relies on induction ranges and electric fryers and ovens. |
| Climate Connections | 12:50am | 11/21/24 | Recorded | 2 Minutes | Flooded streets plague Northeast Houston residents: The city's 2,000-mile system of roadside drainage ditches often fails during storms. |
| Climate Connections | 12:50am | 11/22/24 | Recorded | 2 Minutes | Alberta's trout habitat shrinks as streams warm: Climate change is warming streams in the Canadian province's mountains. |
| News | 6:15am; 7:15am; 8:15am | 11/25/24 | Live | 10 seconds | Average gasoline prices in Illinois have fallen 5.1 cents per gallon in the last week, averaging \$3.14/g today, according to GasBuddy's survey of 4,378 stations in Illinois. |
| Climate Connections | 12:50am | 11/25/24 | Recorded | 2 Minutes | 'My life will never be the same.' Widow speaks out about the dangers of extreme heat: Amy Dishion's husband died while hiking in Arizona. |
| Climate Connections | 12:50am | 11/26/24 | Recorded | 2 Minutes | Wildfires are forcing hikers off parts of the Pacific Crest Trail: During the 2024 wildfire season, over 600 miles of trail had to be closed. |
| Climate Connections | 12:50am | 11/27/24 | Recorded | 2 Minutes | Delicious ways to reduce food waste this Thanksgiving: You can put potato skins, turkey bones, and more to good use. |
| Climate Connections | 12:50am | 11/28/24 | Recorded | 2 Minutes | Climate change poses new problems for Massachusetts cranberry farmers: Warmer temperatures and more periods of drought are making it increasingly difficult to grow and harvest the iconic crop. |
| Climate Connections | 12:50am | 11/29/24 | Recorded | 2 Minutes | Art project encourages Philly residents to take the bus to city parks: A multimedia art project called 'Routes to Roots' aims to connect people to the outdoors without using a car. |
| Climate Connections | 12:50am | 12/2/24 | Recorded | 2 Minutes | Kids in Portland, Oregon, take a bike bus to school: They pedal with their parents in a parade of bikes. |
| Climate Connections | 12:50am | 12/3/24 | Recorded | 2 Minutes | Tips for hiking during wildfire season: Plan ahead, have a way to get emergency reports while hiking, and make sure to carry a GPS-enabled device that can call for help. |
| Climate Connections | 12:50am | 12/4/24 | Recorded | 2 Minutes | Many U.S. households spend more than 15% of their income on energy, research finds: In some cases, people may forgo food or medicine to pay their energy bills. |
| Climate Connections | 12:50am | 12/5/24 | Recorded | 10 seconds | Amtrak carried nearly 33 million passengers on the passenger rail system in fiscal year 20-24. |
| News | 6:15am; 7:15am; 8:15am | 12/5/24 | Live | 10 seconds | This year's Cyber Monday was the biggest U.S. online shopping day ... In history as Adobe Analytics said U-S consumers spent more than 13 billion dollars. |
| Climate Connections | 12:50am | 12/5/24 | Recorded | 2 Minutes | Solar development company aims to clean up the dirtiest energy grids: Clearloop is developing solar projects in Tennessee, Mississippi, and Louisiana, where renewable projects have been slow to get off the ground. |
| Climate Connections | 12:50am | 12/5/24 | Recorded | 2 Minutes | Fidelity Investments says the number of accounts with balances topping a million dollars increased by nine-and-a-half percent in the third quarter. |
| News | 6:15am; 7:15am; 8:15am | 12/6/24 | Live | 10 seconds | Victims cycle: Wildfires are making climate change worse: As climate change makes wildfires larger and more intense, they're putting more carbon pollution into the atmosphere. |
| Climate Connections | 12:50am | 12/6/24 | Recorded | 2 Minutes | Average gasoline prices in Illinois have fallen 8.8 cents per gallon in the last week, averaging \$3.11 per gallon today, according to GasBuddy's survey of 4,378 stations in Illinois. |
| News | 6:15am; 7:15am; 8:15am | 12/9/24 | Live | 10 seconds | The state's largest private water utility, Illinois American Water, will increase customer bills in the new year, according to Capitol News Illinois. |
| News | 6:45am; 7:45am; 8:45am | 12/9/24 | Live | 30 seconds | Average gasoline prices in Illinois have fallen 8.8 cents per gallon in the last week, averaging \$3.11 per gallon today, according to GasBuddy's survey of 4,378 stations in Illinois. |
| Climate Connections | 12:50am | 12/9/24 | Recorded | 2 Minutes | Some supermarkets are taking a major step to protect the climate: Is yours? This scorecard shows which companies are reducing pollution from their fridges and freezers. |

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|---------------------|------------------------|----------|----------|------------|---|
| Climate Connections | 12:50am | 12/10/24 | Recorded | 2 Minutes | Students in Illinois get paid to learn skills for jobs in energy efficiency. They're starting to see themselves as a part of the solution. |
| News | 6:15am; 7:15am; 8:15am | 12/11/24 | Live | 10 seconds | The proposed \$24.6 billion merger between supermarket giants Kroger and Albertsons floundered on Tuesday after judges overseeing two separate cases both halted the deal. |
| Climate Connections | 12:50am | 12/11/24 | Recorded | 2 Minutes | Extreme weather disrupts education worldwide: Between January 2022 and June 2024, over 400 million students were affected. |
| Climate Connections | 12:50am | 12/12/24 | Recorded | 2 Minutes | Genetic research could help your favorite beans withstand climate change: Scientists are working to breed drought- and heat-tolerance traits into common beans from tepary beans, which are native to the Sonoran desert in Mexico and the U.S. |
| Climate Connections | 12:50am | 12/13/24 | Recorded | 2 Minutes | What are living shorelines? They can provide critical wildlife habitats while reducing the risk of flooding and erosion. |
| Climate Connections | 12:50am | 12/13/24 | Recorded | 2 Minutes | AmeriCorps program aims to grow and diversify energy workforce: The North Minneapolis program trains people in energy efficiency and weatherization. |
| Climate Connections | 12:50am | 12/16/24 | Recorded | 2 Minutes | Average gasoline prices in Illinois have risen 7.7 cents per gallon in the last week, averaging \$3.19/g today, according to GasBuddy's survey of 4,378 stations in Illinois. |
| News | 6:15am; 7:15am; 8:15am | 12/17/24 | Live | 10 seconds | Average gasoline prices in Illinois have risen 7.7 cents per gallon in the last week, averaging \$3.19/g today, according to GasBuddy's survey of 4,378 stations in Illinois. |
| News | 6:45am; 7:45am; 8:45am | 12/17/24 | Live | 30 seconds | Satellite data reveals true scale of methane pollution: New findings suggest that emissions of the potent global warming gas from landfills could be much higher than officially reported. |
| Climate Connections | 12:50am | 12/17/24 | Recorded | 2 Minutes | Motorists will likely see a national average price of gas of \$2.95 per gallon on Christmas, the lowest we've seen on Christmas Day since 2020, according to GasBuddy dot com. |
| News | 6:15am; 7:15am; 8:15am | 12/18/24 | Live | 10 seconds | Motorists will likely see a national average price of gas of \$2.95 per gallon on Christmas, the lowest we've seen on Christmas Day since 2020, according to GasBuddy dot com. |
| News | 6:45am; 7:45am; 8:45am | 12/18/24 | Live | 30 seconds | Refugees and migrants fleeing extreme weather could help fill green jobs: Governments and funders can help by investing in workforce development programs. |
| Climate Connections | 12:50am | 12/18/24 | Recorded | 2 Minutes | NASA's Jet Propulsion Lab is developing robots to gather data beneath Antarctica's ice shelves: This data could help scientists better understand how quickly oceans will rise. |
| Climate Connections | 12:50am | 12/19/24 | Recorded | 2 Minutes | Cooling systems at most supermarkets rely on climatewarming HFCs: Alternative systems exist, but there's a shortage of workers trained to install and service them. |
| Climate Connections | 12:50am | 12/20/24 | Recorded | 2 Minutes | Climate change could create millions of climate migrants by 2050: Droughts, floods, sea level rise, and other climate change impacts are uprooting people from their homes. |
| Climate Connections | 12:50am | 12/26/24 | Recorded | 2 Minutes | Tips for helping a loved one after a disaster: When friends or family are affected by a traumatic experience like a hurricane, the first thing you can do is listen. |
| Climate Connections | 12:50am | 12/27/24 | Recorded | 2 Minutes | As waters rise and cities grow, this furry little Floridian may have nowhere to go: The endangered silver rice rat lives in Florida Keys marshes and swamps, which are getting inundated by sea level rise. |
| Climate Connections | 12:50am | 12/30/24 | Recorded | 2 Minutes | One family's New Year's climate resolutions help tackle global warming: The Laine family of Binghamton, New York, has switched to solar power, electric vehicles, and mostly plant-based diets. |
| Issues/Attitudes | 12n | 10/7/24 | Live | 30 minutes | Interview with EIU Advancement VP Mirindy Spencer. EIU giving options. Changes in department. |
| Issues/Attitudes | 12n | 10/14/24 | Live | 30 minutes | Interview with LLC Collegecoach Dyke Bankley. Ag studies, teaching style, horticulture and more. |

4. Crime

| Program Title | Time | Date | Source | Length | Description |
|---------------|------------------------|---------|--------|------------|--|
| News | 6:15am; 7:15am; 8:15am | 10/1/24 | Live | 10 seconds | Eastern Illinois University Police Chief Marisol Gamboa says the department is aware of online posts promoting possible pop up parties in Charleston this weekend during Homecoming. |
| News | 6:15am; 7:15am; 8:15am | 10/1/24 | Live | 10 seconds | Former Rose Hulman Institute of Technology staff member... and religious leader Curtiss Davis the Second... is charged with child sex crimes. |
| News | 6:45am; 7:45am; 8:45am | 10/1/24 | Live | 30 seconds | Eastern Illinois University Police Chief Marisol Gamboa says the department is aware of online posts promoting possible pop up parties in Charleston this weekend during Homecoming. |
| News | 6:15am; 7:15am; 8:15am | 10/2/24 | Live | 10 seconds | Records show 36-year-old Matthew Broadhacker is charged with attempted murder ... aggravated battery and aggravated domestic battery in Macon County. |
| News | 6:15am; 7:15am; 8:15am | 10/2/24 | Live | 10 seconds | A park improvement project in Oblong is interrupted ... after someone drove over a newly-built walking path. |
| News | 6:15am; 7:15am; 8:15am | 10/2/24 | Live | 10 seconds | Police have arrested a 15-year-old in Iowa in the fatal shooting of Octavia Redmond, who was a mail carrier in Chicago, over the summer. |
| News | 6:45am; 7:45am; 8:45am | 10/2/24 | Live | 30 seconds | Records show 36-year-old Matthew Broadhacker is charged with attempted murder ... aggravated battery and aggravated domestic battery in Macon County. |
| News | 6:15am; 7:15am; 8:15am | 10/3/24 | Live | 10 seconds | Law enforcement says they've been receiving reports of concerns that a group that organized a popup party at Illinois State University last weekend could be coming to E-I-U. |
| News | 6:45am; 7:45am; 8:45am | 10/3/24 | Live | 30 seconds | Law enforcement says they've been receiving reports of concerns that a group that organized a popup party at Illinois State University last weekend could be coming to E-I-U. |
| News | 6:15am; 7:15am; 8:15am | 10/4/24 | Live | 10 seconds | The Illinois State Police says it's partnering with Google and I-DOT to develop a G-P-S based alert system that informs drivers of state police activity on the road. |
| News | 6:45am; 7:45am; 8:45am | 10/4/24 | Live | 30 seconds | The Illinois State Police says it's partnering with Google and I-DOT to develop a G-P-S based alert system that informs drivers of state police activity on the road. |
| News | 6:15am; 7:15am; 8:15am | 10/7/24 | Live | 10 seconds | Illinois Attorney General Kwame Raoul says scammers are taking advantage of uncertainty around student loan forgiveness. |
| News | 6:15am; 7:15am; 8:15am | 10/7/24 | Live | 10 seconds | Illinois Attorney General Kwame Raoul says scammers are taking advantage of uncertainty around student loan forgiveness. |
| News | 6:45am; 7:45am; 8:45am | 10/7/24 | Live | 30 seconds | Illinois Attorney General Kwame Raoul says scammers are taking advantage of uncertainty around student loan forgiveness. |
| News | 6:15am; 7:15am; 8:15am | 10/8/24 | Live | 10 seconds | Corruption trial of Michael Madigan set to begin |
| News | 6:45am; 7:45am; 8:45am | 10/8/24 | Live | 30 seconds | Corruption trial of Michael Madigan set to begin |
| News | 6:15am; 7:15am; 8:15am | 10/9/24 | Live | 10 seconds | Atwood police say 37-year-old Tyson Hays ran from parole officers when they tried to take him into custody on October 3rd in the Village of Garrett. |
| News | 6:15am; 7:15am; 8:15am | 10/9/24 | Live | 10 seconds | Jury selection begins today in the corruption trial of former Illinois House Speaker Michael Madigan, once the longest-serving legislative leader in U.S. history. |

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|------|------------------------|----------|------|------------|--|
| News | 6:45am; 7:45am; 8:45am | 10/9/24 | Live | 30 seconds | Atwood police say 37-year-old Tyson Hays ran from parole officers when they tried to take him into custody on October 3rd in the Village of Garrett. |
| News | 6:15am; 7:15am; 8:15am | 10/10/24 | Live | 10 seconds | Jury selection is underway in the corruption trial of former Illinois House Speaker Michael Madigan. |
| News | 6:45am; 7:45am; 8:45am | 10/10/24 | Live | 30 seconds | Jury selection is underway in the corruption trial of former Illinois House Speaker Michael Madigan. |
| News | 6:15am; 7:15am; 8:15am | 10/11/24 | Live | 10 seconds | Zachary Allen Kam of Illinois has been arrested on charges that he attacked two police officers during protests in Washington, D.C., against the Israeli Prime Minister's address to Congress in July. |
| News | 6:15am; 7:15am; 8:15am | 10/15/24 | Live | 10 seconds | Jury selection in the federal corruption trial of former Illinois House Speaker Michael Madigan will continue this week. |
| News | 6:15am; 7:15am; 8:15am | 10/17/24 | Live | 10 seconds | Charleston Police say Jean Georges is accused of grabbing a woman by her neck and punching her several times during an argument. |
| News | 6:15am; 7:15am; 8:15am | 10/17/24 | Live | 10 seconds | Charleston Police say Jean Georges is accused of grabbing a woman by her neck and punching her several times during an argument. |
| News | 6:15am; 7:15am; 8:15am | 10/18/24 | Live | 10 seconds | Charleston Police arrested Cory Mathis after city employees said they found sleeping in the Morton Park office on the morning of October 6th. |
| News | 6:15am; 7:15am; 8:15am | 10/18/24 | Live | 10 seconds | The Campaign Police Department is giving out free steering wheel locks on a first come ... first serve basis for people who drive a Hyundai (hun-day) and Kia ... regardless of where they live. |
| News | 6:15am; 7:15am; 8:15am | 10/18/24 | Live | 10 seconds | The Effingham County sheriff's office says a grand jury has indicted 51-year-old Sean Morris on four counts of aggravated criminal sexual abuse ... involving three victims. |
| News | 6:45am; 7:45am; 8:45am | 10/18/24 | Live | 30 seconds | Charleston Police arrested Cory Mathis after city employees said they found sleeping in the Morton Park office on the morning of October 6th. |
| News | 6:15am; 7:15am; 8:15am | 10/21/24 | Live | 10 seconds | Charleston Police say on October 5th ... multiple people were stabbed in the 900 Block of Division Street and 54-year-old Wes Hughes arrested for the crime. |
| News | 6:45am; 7:45am; 8:45am | 10/21/24 | Live | 30 seconds | Charleston Police say on October 5th ... multiple people were stabbed in the 900 Block of Division Street and 54-year-old Wes Hughes arrested for the crime. |
| News | 6:15am; 7:15am; 8:15am | 10/22/24 | Live | 10 seconds | The Federal Trade Commission has released its annual report to Congress found people sixty and over lost nearly two billion dollars in fraud last year. |
| News | 6:45am; 7:45am; 8:45am | 10/22/24 | Live | 30 seconds | The Federal Trade Commission has released its annual report to Congress found people sixty and over lost nearly two billion dollars in fraud last year. |
| News | 6:15am; 7:15am; 8:15am | 10/23/24 | Live | 10 seconds | Former Illinois House Speaker Michael Madigan's federal corruption trial is underway with opening statements yesterday in Chicago. |
| News | 6:15am; 7:15am; 8:15am | 10/24/24 | Live | 10 seconds | Richard Tinker is facing several traffic charges ... including a D-U-I after the Illinois State Police say they responded to a crash on U-S Route 40 near 1000th Road Monday night. |
| News | 6:45am; 7:45am; 8:45am | 10/24/24 | Live | 30 seconds | Richard Tinker is facing several traffic charges ... including a D-U-I after the Illinois State Police say they responded to a crash on U-S Route 40 near 1000th Road Monday night. |
| News | 6:15am; 7:15am; 8:15am | 10/25/24 | Live | 10 seconds | Charleston Police say they stopped 46-year-old Terry Bartley last Friday and he now faces a drug charge. |

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|------|------------------------|----------|------|------------|---|
| News | 6:15am; 7:15am; 8:15am | 10/25/24 | Live | 10 seconds | Casey Police are investigating a situation involving several dead dogs found inside a home. |
| News | 6:45am; 7:45am; 8:45am | 10/25/24 | Live | 30 seconds | Charleston Police say they stopped 46-year-old Terry Bartley last Friday and he now faces a drug charge. |
| News | 6:45am; 7:45am; 8:45am | 10/25/24 | Live | 30 seconds | Casey Police are investigating a situation involving several dead dogs found inside a home. |
| News | 6:15am; 7:15am; 8:15am | 10/29/24 | Live | 10 seconds | Jason Engler pleaded guilty to grooming and contributing to the delinquency of a minor in a Moultrie County case. |
| News | 6:45am; 7:45am; 8:45am | 10/29/24 | Live | 30 seconds | Jason Engler pleaded guilty to grooming and contributing to the delinquency of a minor in a Moultrie County case. |
| News | 6:15am; 7:15am; 8:15am | 11/4/24 | Live | 10 seconds | An investigation into the deaths of several dogs has been turned over to Clark County authorities. |
| News | 6:45am; 7:45am; 8:45am | 11/4/24 | Live | 30 seconds | An investigation into the deaths of several dogs has been turned over to Clark County authorities. |
| News | 6:15am; 7:15am; 8:15am | 11/5/24 | Live | 10 seconds | The Clark County State's Attorney is filing charges against a man arrested in a case where several dead dogs were found in a Casey home. |
| News | 6:15am; 7:15am; 8:15am | 11/8/24 | Live | 10 seconds | A former central Illinois middle school teacher returns to court to plead guilty to more crimes against a child. |
| News | 6:15am; 7:15am; 8:15am | 11/8/24 | Live | 10 seconds | The Clark County State's Attorney is filing charges against a man arrested in a case where several dead dogs were found in a Casey home. |
| News | 6:45am; 7:45am; 8:45am | 11/8/24 | Live | 30 seconds | A former central Illinois middle school teacher returns to court to plead guilty to more crimes against a child. |
| News | 6:45am; 7:45am; 8:45am | 11/8/24 | Live | 30 seconds | A Nigerian man is headed to prison for running a romance scheme that had ties to the Effingham area. |
| News | 6:15am; 7:15am; 8:15am | 11/11/24 | Live | 10 seconds | DePaul University is investigating an attack near the school's Lincoln Park Campus. |
| News | 6:15am; 7:15am; 8:15am | 11/11/24 | Live | 10 seconds | Illinois State Police say officers responded to reports a person was firing a weapon at oncoming eastbound traffic on Interstate 70 in Effingham County. |
| News | 6:15am; 7:15am; 8:15am | 11/12/24 | Live | 10 seconds | Authorities say a Chicago man has been charged with murder in the fatal shooting on Saturday of two workers at the city's popular Navy Pier tourist attraction. |
| News | 6:15am; 7:15am; 8:15am | 11/12/24 | Live | 10 seconds | Illinois State Police say officers responded to reports a person was firing a weapon at oncoming eastbound traffic on Interstate 70 in Effingham County. |
| News | 6:45am; 7:45am; 8:45am | 11/12/24 | Live | 30 seconds | Police say the death investigation of Davontye Browder and Keisha Seeley in Mattoon appears to be ... a murder suicide. |
| News | 6:15am; 7:15am; 8:15am | 11/18/24 | Live | 10 seconds | Police say the death investigation of Davontye Browder and Keisha Seeley in Mattoon appears to be ... a murder suicide. |
| News | 6:45am; 7:45am; 8:45am | 11/18/24 | Live | 30 seconds | Police say the death investigation of Davontye Browder and Keisha Seeley in Mattoon appears to be ... a murder suicide. |
| News | 6:15am; 7:15am; 8:15am | 11/19/24 | Live | 10 seconds | The U-S Justice Department is demanding records related to the shooting of an Illinois woman who was killed in her home by a sheriff's deputy. |
| News | 6:15am; 7:15am; 8:15am | 11/19/24 | Live | 10 seconds | Champaign Police say 67-year-old Dewandee Carter was arrested for stabbing a man during a domestic incident. |

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|------|------------------------|----------|------|------------|--|
| News | 6:45am; 7:45am; 8:45am | 11/19/24 | Live | 30 seconds | The U-S Justice Department is demanding records related to the shooting of an Illinois woman who was killed in her home by a sheriff's deputy. |
| News | 6:45am; 7:45am; 8:45am | 11/19/24 | Live | 30 seconds | Champaign Police say 67-year-old Dewandee Carter was arrested for stabbing a man during a domestic incident. |
| News | 6:15am; 7:15am; 8:15am | 11/20/24 | Live | 10 seconds | The corruption trial of former Illinois House Speaker Mike Madigan continues in its fifth week of testimony. |
| News | 6:15am; 7:15am; 8:15am | 11/20/24 | Live | 10 seconds | Officer Enrique Martinez was shot and killed in the line of duty November 4th while conducting a traffic stop. monday the community lined up along the funeral procession route to pay their respects. |
| News | 6:45am; 7:45am; 8:45am | 11/20/24 | Live | 30 seconds | The corruption trial of former Illinois House Speaker Mike Madigan continues in its fifth week of testimony. |
| News | 6:45am; 7:45am; 8:45am | 11/20/24 | Live | 30 seconds | Officer Enrique Martinez was shot and killed in the line of duty November 4th while conducting a traffic stop. monday the community lined up along the funeral procession route to pay their respects. |
| News | 6:15am; 7:15am; 8:15am | 11/22/24 | Live | 10 seconds | Tyler Poole who was charged with murder in Edgar County remains unfit for trial. |
| News | 6:45am; 7:45am; 8:45am | 11/22/24 | Live | 30 seconds | Officers from all over the state are joining the Illinois State police to make sure travelers are buckled up and driving sober this holiday season. |
| News | 6:15am; 7:15am; 8:15am | 11/22/24 | Live | 10 seconds | Tyler Poole who was charged with murder in Edgar County remains unfit for trial. |
| News | 6:45am; 7:45am; 8:45am | 11/22/24 | Live | 30 seconds | Officers from all over the state are joining the Illinois State police to make sure travelers are buckled up and driving sober this holiday season. |
| News | 6:15am; 7:15am; 8:15am | 11/26/24 | Live | 10 seconds | Charleston Police arrested Justin L. Watson for Criminal Trespass, Possession of a Controlled Substance, and Obstruction of Justice. |
| News | 6:45am; 7:45am; 8:45am | 11/26/24 | Live | 30 seconds | Charleston Police arrested Justin L. Watson for Criminal Trespass, Possession of a Controlled Substance, and Obstruction of Justice. |
| News | 6:15am; 7:15am; 8:15am | 12/3/24 | Live | 10 seconds | The Christian County Sheriffs Office says a months long investigation has come to a close. Officers say they recovered almost 80 pounds of cannabis ... numerous firearms ... methamphetamine ... fentanyl! ... and heroin from a drug distribution network. |
| News | 6:45am; 7:45am; 8:45am | 12/3/24 | Live | 30 seconds | The Christian County Sheriffs Office says a months long investigation has come to a close. Officers say they recovered almost 80 pounds of cannabis ... numerous firearms ... methamphetamine ... fentanyl! ... and heroin from a drug distribution network. |
| News | 6:15am; 7:15am; 8:15am | 12/6/24 | Live | 10 seconds | Jurors in the trial of former Illinois House Speaker Michael Madigan learned more about his efforts to get people hired by Governor J-B Pritzker. |
| News | 6:15am; 7:15am; 8:15am | 12/9/24 | Live | 10 seconds | Larry Gibson of Effingham was charged with possessing and disseminating child pornography has been ordered held until trial, according to online court records. Larry Gibson |
| News | 6:45am; 7:45am; 8:45am | 12/9/24 | Live | 30 seconds | Larry Gibson of Effingham was charged with possessing and disseminating child pornography has been ordered held until trial, according to online court records. Larry Gibson |
| News | 6:15am; 7:15am; 8:15am | 12/10/24 | Live | 10 seconds | An illegal hunting incident is reported in Edgar County. The Sheriff's Department says someone shot and killed a deer around Vermilion Illinois. |

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|------|------------------------|----------|------|------------|---|
| News | 6:15am; 7:15am; 8:15am | 12/10/24 | Live | 10 seconds | The Taylorville Police Department announces Jerome Taylor and Amy Moore of Nokomis ... and Brian Sisk of Pana are charged with possession of methamphetamine with intent to deliver 15 to 100 grams. |
| News | 6:45am; 7:45am; 8:45am | 12/10/24 | Live | 30 seconds | An illegal hunting incident is reported in Edgar County. The Sheriff's Department says someone shot and killed a deer around Vermillion Illinois. |
| News | 6:15am; 7:15am; 8:15am | 12/11/24 | Live | 10 seconds | Charleston Police say Colton Fleener and Bradley Gobert were arrested following fights at a Huck's on Charleston's north side last week ... while Dylan Fleener was cited and released. |
| News | 6:15am; 7:15am; 8:15am | 12/11/24 | Live | 10 seconds | The F-B-I says more than 15-thousand Illinois residents were victims of scams ... with more than 330-million dollars lost last year. |
| News | 6:45am; 7:45am; 8:45am | 12/11/24 | Live | 30 seconds | Charleston Police say Colton Fleener and Bradley Gobert were arrested following fights at a Huck's on Charleston's north side last week ... while Dylan Fleener was cited and released. |
| News | 6:45am; 7:45am; 8:45am | 12/11/24 | Live | 30 seconds | The F-B-I says more than 15-thousand Illinois residents were victims of scams ... with more than 330-million dollars lost last year. |
| News | 6:15am; 7:15am; 8:15am | 12/12/24 | Live | 10 seconds | Kylee Willison, a former trustee with the Oakland Fire Protection District saw his sentencing for theft was rescheduled for February 14th. |
| News | 6:15am; 7:15am; 8:15am | 12/12/24 | Live | 10 seconds | A woman is facing charges is Coles County after being arrested TWICE in three days. |
| News | 6:45am; 7:45am; 8:45am | 12/12/24 | Live | 30 seconds | Police say Nicole Miller is accused of disorderly conduct and resisting arrest. |
| News | 6:45am; 7:45am; 8:45am | 12/12/24 | Live | 30 seconds | Kylee Willison, a former trustee with the Oakland Fire Protection District saw his sentencing for theft was rescheduled for February 14th. |
| News | 6:15am; 7:15am; 8:15am | 12/12/24 | Live | 30 seconds | A woman is facing charges is Coles County after being arrested TWICE in three days. |
| News | 6:15am; 7:15am; 8:15am | 12/12/24 | Live | 30 seconds | Police say Nicole Miller is accused of disorderly conduct and resisting arrest. |
| News | 6:15am; 7:15am; 8:15am | 12/13/24 | Live | 10 seconds | The corruption trial of former Illinois House Speaker Michael Madigan is stretching into its third month. |
| News | 6:15am; 7:15am; 8:15am | 12/13/24 | Live | 10 seconds | A judge sentenced former teacher Jason Engler to five years in prison for contributing to the delinquency of a minor ... along with a concurrent three-year sentence for grooming. |
| News | 6:45am; 7:45am; 8:45am | 12/13/24 | Live | 30 seconds | The corruption trial of former Illinois House Speaker Michael Madigan is stretching into its third month. |
| News | 6:45am; 7:45am; 8:45am | 12/13/24 | Live | 30 seconds | A judge sentenced former teacher Jason Engler to five years in prison for contributing to the delinquency of a minor ... along with a concurrent three-year sentence for grooming. |
| News | 6:15am; 7:15am; 8:15am | 12/18/24 | Live | 10 seconds | Community members in Wisconsin are continuing to wrestle with grief and calling for change in the aftermath of a school shooting that killed a teacher and a student and wounded six others at the Abundant Life Christian School in Madison on Monday. |

5. Government

| Program Title | Time | Date | Source | Length | Description |
|---------------|------------------------|----------|--------|------------|---|
| News | 6:15am: 7:15am: 8:15am | 10/1/24 | Live | 10 seconds | The Macon County Conservation District invites all ages to the Fall Harvest Festival on Saturday, October 12 from 1-4pm. |
| News | 6:15am: 7:15am: 8:15am | 10/2/24 | Live | 10 seconds | Voters in Macon are set to consider changing how their city is governed. Under a measure on the November ballot ... the city would adopt a city manager form of government. |
| News | 6:45am: 7:45am: 8:45am | 10/2/24 | Live | 30 seconds | ... the city would adopt a city manager form of government. |
| News | 6:15am: 7:15am: 8:15am | 10/7/24 | Live | 10 seconds | The State Department says typical passport processing time is now four to six weeks. |
| News | 6:15am: 7:15am: 8:15am | 10/8/24 | Live | 10 seconds | The State of Illinois has declared this week Fire Prevention Week. |
| News | 6:45am: 7:45am: 8:45am | 10/8/24 | Live | 30 seconds | Oblong city officials have launched a donation drive for relief supplies for those devastated by Hurricane Helene. |
| News | 6:15am: 7:15am: 8:15am | 10/9/24 | Live | 10 seconds | Oblong city officials have launched a donation drive for relief supplies for those devastated by Hurricane Helene. |
| News | 6:15am: 7:15am: 8:15am | 10/9/24 | Live | 10 seconds | The State of Illinois has declared this week Fire Prevention Week. |
| News | 6:45am: 7:45am: 8:45am | 10/9/24 | Live | 30 seconds | Oblong city officials have launched a donation drive for relief supplies for those devastated by Hurricane Helene. |
| News | 6:15am: 7:15am: 8:15am | 10/10/24 | Live | 10 seconds | The State of Illinois has declared this week Fire Prevention Week. |
| News | 6:15am: 7:15am: 8:15am | 10/10/24 | Live | 10 seconds | Efringham City officials say they're developing a comprehensive plan ... involving issues like land use ... economic development ... transportation ... and more over the coming years. |
| News | 6:15am: 7:15am: 8:15am | 10/10/24 | Live | 10 seconds | Capitol News Illinois reports Citizen Action-Illinois is working with lawmakers on House Bill 44-72 ... which would create the Health Care Availability and Access Board |
| News | 6:45am: 7:45am: 8:45am | 10/10/24 | Live | 30 seconds | Capitol News Illinois reports Citizen Action-Illinois is working with lawmakers on House Bill 44-72 ... which would create the Health Care Availability and Access Board |
| News | 6:45am: 7:45am: 8:45am | 10/10/24 | Live | 30 seconds | Efringham County is voting on a one-cent school facilities sales tax this November on select goods ... like gasoline and diesel fuel ... electronics ... or Amazon purchases. |
| News | 6:15am: 7:15am: 8:15am | 10/11/24 | Live | 10 seconds | Early voting is well underway in Coles County and more than 2-thousand people have already voted. |
| News | 6:15am: 7:15am: 8:15am | 10/11/24 | Live | 10 seconds | Social Security recipients will see bump in pay in January when a new cost of living adjustment is added to their checks. |
| News | 6:45am: 7:45am: 8:45am | 10/11/24 | Live | 30 seconds | Efringham County is voting on a one-cent school facilities sales tax this November on select goods ... like gasoline and diesel fuel ... electronics ... or Amazon purchases. |
| News | 6:45am: 7:45am: 8:45am | 10/11/24 | Live | 30 seconds | Early voting is well underway in Coles County and more than 2-thousand people have already voted. |
| News | 6:15am: 7:15am: 8:15am | 10/11/24 | Live | 30 seconds | Social Security recipients will see bump in pay in January when a new cost of living adjustment is added to their checks. |
| News | 6:15am: 7:15am: 8:15am | 10/14/24 | Live | 10 seconds | The City of Charleston has announced that today thru Friday October 18th, Central Roofing will be closing off Monroe Avenue in between 5th and 6th street from 7 am to 6 pm for roof repair. |
| News | 6:45am: 7:45am: 8:45am | 10/14/24 | Live | 30 seconds | The City of Charleston has announced that today thru Friday October 18th, Central Roofing will be closing off Monroe Avenue in between 5th and 6th street from 7 am to 6 pm for roof repair. |
| News | 6:15am: 7:15am: 8:15am | 10/15/24 | Live | 10 seconds | Illinois Attorney General Kwame Raoul says take the extra step to make sure your donation for Hurricane Relief goes to legitimate causes that will directly contribute to people affected. |
| News | 6:45am: 7:45am: 8:45am | 10/15/24 | Live | 30 seconds | Illinois Attorney General Kwame Raoul says take the extra step to make sure your donation for Hurricane Relief goes to legitimate causes that will directly contribute to people affected. |
| News | 6:15am: 7:15am: 8:15am | 10/16/24 | Live | 10 seconds | The U.S. Postal Service says for shipping for the holidays, it's recommended priority packages are sent no later than December 21st. |
| News | 6:45am: 7:45am: 8:45am | 10/16/24 | Live | 30 seconds | The U.S. Postal Service says for shipping for the holidays, it's recommended priority packages are sent no later than December 21st. |
| News | 6:15am: 7:15am: 8:15am | 10/17/24 | Live | 10 seconds | Construction on the Edgar County courthouse in Paris is finished. |
| News | 6:15am: 7:15am: 8:15am | 10/17/24 | Live | 10 seconds | The Federal Emergency Management Agency says it still has about eight and a half Billion dollars left in its disaster relief fund. |
| News | 6:15am: 7:15am: 8:15am | 10/17/24 | Live | 10 seconds | Construction on the Edgar County courthouse in Paris is finished. |
| News | 6:45am: 7:45am: 8:45am | 10/18/24 | Live | 10 seconds | The Charleston city council approved the final plans for a new recreational area that will include pickleball courts. |
| News | 6:45am: 7:45am: 8:45am | 10/18/24 | Live | 30 seconds | The Charleston city council approved the final plans for a new recreational area that will include pickleball courts. |
| News | 6:15am: 7:15am: 8:15am | 10/21/24 | Live | 10 seconds | The Illinois Department of Agriculture says stink bugs are a nuisance, but the insects will not kill indoor plants or harm anything else indoors. |
| News | 6:15am: 7:15am: 8:15am | 10/21/24 | Live | 10 seconds | The Villa Grove city council introduced Cole Tibbets as the new chief last week ... taking the place of Bob Rea ... who becomes the town's public safety director. |
| News | 6:15am: 7:15am: 8:15am | 10/21/24 | Live | 10 seconds | The Illinois secretary of state is putting D-M-V kiosks in several locations around the state which will allow drivers to renew their driver's license or purchase a vehicle sticker. |
| News | 6:45am: 7:45am: 8:45am | 10/21/24 | Live | 30 seconds | Fall weather is driving a creepy looking insect inside called a stink bug. The Illinois Department of Agriculture says they are a nuisance, but stink bugs will not kill indoor plants or harm anything else indoors. |

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|------|------------------------|----------|------|------------|---|
| News | 6:45am, 7:45am, 8:45am | 10/21/24 | Live | 30 seconds | The Villa Grove city council introduced Cole Tibbets as the new chief last week ... taking the place of Bob Rea ... who becomes the town's public safety director. |
| News | 6:15am, 7:15am, 8:15am | 10/22/24 | Live | 10 seconds | The Illinois Department of Public Health has found the first blacklegged tick in the state to test positive for the bacteria that causes ehrlichiosis (ur-luh-ke-oh-sis) disease. |
| News | 6:15am, 7:15am, 8:15am | 10/22/24 | Live | 10 seconds | The Federal Trade Commission has released its annual report to Congress found people sixty and over lost nearly two billion dollars in fraud last year. |
| News | 6:15am, 7:15am, 8:15am | 10/22/24 | Live | 10 seconds | According to data from the C-D-C ... more than 12-hundred cases of whooping cough have been recorded in Illinois this year. |
| News | 6:45am, 7:45am, 8:45am | 10/22/24 | Live | 30 seconds | The Federal Trade Commission has released its annual report to Congress found people sixty and over lost nearly two billion dollars in fraud last year. |
| News | 6:45am, 7:45am, 8:45am | 10/22/24 | Live | 30 seconds | The Illinois Department of Public Health has found the first blacklegged tick in the state to test positive for the bacteria that causes ehrlichiosis (ur-luh-ke-oh-sis) disease. |
| News | 6:15am, 7:15am, 8:15am | 10/23/24 | Live | 10 seconds | The Illinois Department of Natural Resources say it's peak mating season ... so deer are on the move. |
| News | 6:15am, 7:15am, 8:15am | 10/23/24 | Live | 10 seconds | The National Highway Traffic Safety Administration says motor vehicle crashes are a leading cause of death for teens ages 15 to 18. |
| News | 6:45am, 7:45am, 8:45am | 10/23/24 | Live | 30 seconds | The Illinois Department of Transportation ... along with the Department of Natural Resources say it's peak mating season ... so deer are on the move. |
| News | 6:15am, 7:15am, 8:15am | 10/24/24 | Live | 10 seconds | The city of Casey announced it's getting a grant to help build an eight foot wide ... paved walking path around the ponds at Farview Park. |
| News | 6:15am, 7:15am, 8:15am | 10/24/24 | Live | 10 seconds | The Illinois Department of Natural Resources is tracking cases of chronic wasting disease ... which is a fatal illness that attacks the central nervous system in animals ... like elk and deer. |
| News | 6:15am, 7:15am, 8:15am | 10/24/24 | Live | 10 seconds | Early voting is well underway in Coles County ... with thousands of people already casting ballots. |
| News | 6:45am, 7:45am, 8:45am | 10/24/24 | Live | 30 seconds | The city of Casey announced it's getting a grant to help build an eight foot wide ... paved walking path around the ponds at Farview Park. |
| News | 6:45am, 7:45am, 8:45am | 10/24/24 | Live | 30 seconds | The Illinois Department of Natural Resources is tracking cases of chronic wasting disease ... which is a fatal illness that attacks the central nervous system in animals ... like elk and deer. |
| News | 6:15am, 7:15am, 8:15am | 10/25/24 | Live | 10 seconds | Testimony continued yesterday in the federal corruption trial of former Illinois House Speaker Michael Madigan. |
| News | 6:15am, 7:15am, 8:15am | 10/25/24 | Live | 10 seconds | The Illinois Department of Transportation, the Illinois State Police and local law enforcement are reminding motorists to not be an impaired driving, "monster" this Halloween. |
| News | 6:15am, 7:15am, 8:15am | 10/26/24 | Live | 10 seconds | Coles County Clerk Julie Coe reports almost 3-thousand people have voted so far in Mattoon and Charleston with another 15-hundred people submitting mail-in ballots. |
| News | 6:15am, 7:15am, 8:15am | 10/26/24 | Live | 10 seconds | The Illinois Department of Transportation says agencies will use federal highway safety funds to carry out a campaign reminding people not to drive while drunk or high this Halloween season. |
| News | 6:15am, 7:15am, 8:15am | 10/28/24 | Live | 10 seconds | The Army Corp of Engineers says the road across the main dam at Lake Shelbyville will be closed to vehicle and pedestrian traffic ... from Tuesday morning until Wednesday afternoon for maintenance. |
| News | 6:45am, 7:45am, 8:45am | 10/28/24 | Live | 30 seconds | The Illinois Department of Transportation, the Illinois State Police and local law enforcement are reminding motorists to not be an impaired driving, "monster" this Halloween. |
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| News | 6:15am, 7:15am, 8:15am | 10/29/24 | Live | 10 seconds | Capitol News Illinois reports in one case ... Attorney General Kwame Raouf's office filed arguments in favor of the Protect Illinois Communities Act ... which had oral arguments in southern Illinois last month. |
| News | 6:15am, 7:15am, 8:15am | 10/29/24 | Live | 10 seconds | The Decatur area Convention & Visitors Bureau is partnering with Decatur Earthmover Credit Union and the Heart of Illinois Community Foundation to reveal an exciting addition to Central Park for the holidays on November 4th at 4:30 PM. |
| News | 6:45am, 7:45am, 8:45am | 10/29/24 | Live | 30 seconds | Capitol News Illinois reports in one case ... Attorney General Kwame Raouf's office filed arguments in favor of the Protect Illinois Communities Act ... which had oral arguments in southern Illinois last month. |
| News | 6:15am, 7:15am, 8:15am | 10/30/24 | Live | 10 seconds | The Attorney General is urging parents and guardians to check the state's sex offender registry before finalizing Halloween plans ... |
| News | 6:15am, 7:15am, 8:15am | 10/30/24 | Live | 10 seconds | The Illinois Commerce Commission is encouraging eligible customers to enroll in the state's new Low-Income Discount Rates program. |
| News | 6:15am, 7:15am, 8:15am | 10/30/24 | Live | 10 seconds | The U.S. Fire Administration says each year around Halloween ... thousands of fires are reported. |
| News | 6:15am, 7:15am, 8:15am | 10/30/24 | Live | 10 seconds | The Coles County Planning & Development committee meeting scheduled for November 4th has been canceled. |
| News | 6:15am, 7:15am, 8:15am | 10/30/24 | Live | 10 seconds | The Federal Railroad Administration has announced more than \$2.4 billion in railroad grants to help pay for 122 projects nationwide in 41 states and Washington D.C. |
| News | 6:15am, 7:15am, 8:15am | 10/30/24 | Live | 10 seconds | The Illinois Commerce Commission is encouraging eligible customers to enroll in the state's new Low-Income Discount Rates program for natural gas. |
| News | 6:15am, 7:15am, 8:15am | 10/31/24 | Live | 10 seconds | The Office of the Illinois State Fire Marshal is now handling the investigation into an apartment fire in Effingham on Sunday. |
| News | 6:15am, 7:15am, 8:15am | 10/31/24 | Live | 10 seconds | Illinois Secretary of State Alexi Giannoulias says the Illinois Flag commission received almost 5-thousand entries in the State Flag Design Contest. |

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| News | 6:45am: 7:45am: 8:45am | 10/31/24 | Live | 30 seconds | The Illinois Commerce Commission is encouraging eligible customers to enroll in the state's new Low-Income Discount Rates program for natural gas. |
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| News | 6:15am: 7:15am: 8:15am | 11/1/24 | Live | 10 seconds | Clark County officials are giving high marks to a one-year-old change in ambulance services. |
| News | 6:15am: 7:15am: 8:15am | 11/1/24 | Live | 10 seconds | State officials announce a new program for witnesses to report what they call "incidents of hate." |
| News | 6:15am: 7:15am: 8:15am | 11/1/24 | Live | 10 seconds | The Coles County Board says The Office & Rules committee meeting scheduled for November 4 has been cancelled due to lack of a quorum. |
| News | 6:15am: 7:15am: 8:15am | 11/1/24 | Live | 10 seconds | Clark County officials are giving high marks to a one-year-old change in ambulance services. |
| News | 6:45am: 7:45am: 8:45am | 11/1/24 | Live | 30 seconds | State officials announce a new program for witnesses to report what they call "incidents of hate." |
| News | 6:45am: 7:45am: 8:45am | 11/1/24 | Live | 30 seconds | Investigators ... along with the Illinois Department of Natural Resources ... are working to figure out what cause a fire Wednesday night at Fox Ridge State Park. |
| News | 6:15am: 7:15am: 8:15am | 11/4/24 | Live | 10 seconds | Illinois officials announced their impending search for a firm to manage the planning and construction of two prisons with a combined budget of \$900 million. |
| News | 6:15am: 7:15am: 8:15am | 11/4/24 | Live | 10 seconds | Capitol News Illinois reports the Low Income Home Energy Assistance program ... also known as LIHEAP (LIE-heep) opened its application period for eligible residents on Friday. |
| News | 6:15am: 7:15am: 8:15am | 11/5/24 | Live | 10 seconds | The city of Effingham is looking for someone to design this year's Christmas Card. |
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| News | 6:15am: 7:15am: 8:15am | 11/6/24 | Live | 10 seconds | Republican Representative Mike Bost wins reelection to a U.S. House seat representing Illinois. |
| News | 6:15am: 7:15am: 8:15am | 11/6/24 | Live | 10 seconds | Mike Clayton and Thomas Royal were elected to the Coles County Board. |
| News | 6:15am: 7:15am: 8:15am | 11/6/24 | Live | 10 seconds | Mattoon voters approved a referendum to adopt the managerial form of municipal government, with a 55% vote. |
| News | 6:15am: 7:15am: 8:15am | 11/6/24 | Live | 10 seconds | Republican Donald Trump was elected the 47th president of the United States. |
| News | 6:15am: 7:15am: 8:15am | 11/6/24 | Live | 10 seconds | The Village of Kansas defeated a proposition to prohibit the retail sale of alcoholic liquor by a count of 44-21. |
| News | 6:15am: 7:15am: 8:15am | 11/6/24 | Live | 10 seconds | Republicans have taken the Senate majority and are fighting to keep control of the House. |
| News | 6:15am: 7:15am: 8:15am | 11/6/24 | Live | 10 seconds | Republican Representative Mike Bost wins reelection to a U.S. House seat representing Illinois. |
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| News | 6:15am: 7:15am: 8:15am | 11/7/24 | Live | 10 seconds | Last night people in Mattoon voted yes to switching to a managerial form of municipal government. |
| News | 6:15am: 7:15am: 8:15am | 11/7/24 | Live | 10 seconds | Last night people in Mattoon voted yes to switching to a managerial form of municipal government. |
| News | 6:15am: 7:15am: 8:15am | 11/7/24 | Live | 10 seconds | Voters decided not to support another proposal that would add a one percent school facilities sales tax on goods like gasoline, diesel fuel, electronics, or Amazon purchases. |
| News | 6:45am: 7:45am: 8:45am | 11/7/24 | Live | 30 seconds | Voters decided not to support another proposal that would add a one percent school facilities sales tax on goods like gasoline, diesel fuel, electronics, or Amazon purchases. |
| News | 6:15am: 7:15am: 8:15am | 11/8/24 | Live | 10 seconds | Federal prosecutors continue making their case in the corruption trial of former Illinois House Speaker Michael Madigan. |
| News | 6:15am: 7:15am: 8:15am | 11/8/24 | Live | 10 seconds | Federal prosecutors continue making their case in the corruption trial of former Illinois House Speaker Michael Madigan. |
| News | 6:15am: 7:15am: 8:15am | 11/8/24 | Live | 10 seconds | Two Shelby County board members who resigned last month are set to re-take their seats. |
| News | 6:15am: 7:15am: 8:15am | 11/8/24 | Live | 10 seconds | House Speaker Mike Johnson has formally launched his bid to keep his job as speaker. |
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| News | 6:15am: 7:15am: 8:15am | 11/12/24 | Live | 10 seconds | A federal judge has ruled the state's assault weapons ban unconstitutional ... but stayed his order for 30 days. |
| News | 6:15am: 7:15am: 8:15am | 11/12/24 | Live | 10 seconds | U.S. Custom and Border Protections is warning of a phone scam that's targeting residents nationwide. |
| News | 6:45am: 7:45am: 8:45am | 11/12/24 | Live | 30 seconds | A federal judge has ruled the state's assault weapons ban unconstitutional ... but stayed his order for 30 days. |
| News | 6:45am: 7:45am: 8:45am | 11/12/24 | Live | 30 seconds | U.S. Custom and Border Protections is warning of a phone scam that's targeting residents nationwide. |
| News | 6:15am: 7:15am: 8:15am | 11/13/24 | Live | 10 seconds | Illinois Attorney General Kwame Raouf says Kruger is set to pay 1 point 4 billion dollars as part of a settlement with Democratic and Republican Attorneys General. |
| News | 6:15am: 7:15am: 8:15am | 11/13/24 | Live | 10 seconds | The Decatur Area Arts Council, in cooperation with the City of Decatur, is excited to announce the installation of the first of a series of eight vinyl wraps, designed by local artists, being placed over electrical/signal boxes. |
| News | 6:15am: 7:15am: 8:15am | 11/14/24 | Live | 10 seconds | Coles County Clerk Julie Coe says at least nine names will be on the ballot for the Mattoon School Board. |
| News | 6:15am: 7:15am: 8:15am | 11/14/24 | Live | 10 seconds | A judge approves the sale of Effingham's Village Square Mall, with records showing that decision was made Tuesday in an Effingham County courtroom ... after the mall's previous owners objected to the sale. |
| News | 6:45am: 7:45am: 8:45am | 11/14/24 | Live | 30 seconds | Coles County Clerk Julie Coe says at least nine names will be on the ballot for the Mattoon School Board. |
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| News | 6:45am: 7:45am: 8:45am | 11/14/24 | Live | 30 seconds | The Illinois Department of Transportation and Illinois Department of Natural Resources say deer are still on the move as mating season continues. |
| News | 6:15am: 7:15am: 8:15am | 11/18/24 | Live | 10 seconds | The Illinois Department of Transportation and Illinois Department of Natural Resources say deer are still on the move as mating season continues. |
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|------|------------------------|----------|------|------------|---|
| News | 6:15am: 7:15am: 8:15am | 11/22/24 | Live | 10 seconds | The Transportation Security Administration says several items are banned from carry ons including anything that can be spilled ... spread ... sprayed ... pumped or poured ... and it's larger than three point four ounces. |
| News | 6:15am: 7:15am: 8:15am | 11/22/24 | Live | 10 seconds | The Illinois Department of Natural Resources says some pieces of technology are illegal to use while hunting including drones and electric bikes. |
| News | 6:15am: 7:15am: 8:15am | 11/22/24 | Live | 10 seconds | The Illinois Supreme Court on Thursday overturned actor Jussie Smollett's conviction on charges of staging a racist and homophobic attack against himself in 2019 and lying to Chicago police, saying he should not have been charged a second time after reaching a deal with prosecutors. |
| News | 6:15am: 7:15am: 8:15am | 11/22/24 | Live | 10 seconds | The Illinois Attorney General urged service members and veterans eligible to receive refunds under a 2022 settlement with Harris Jewelry to file claims on the company's website on or before December 21. |
| News | 6:45am: 7:45am: 8:45am | 11/22/24 | Live | 30 seconds | The Transportation Security Administration says several items are banned from carry ons including anything that can be spilled ... spread ... sprayed ... pumped or poured ... and it's larger than three point four ounces. |
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| News | 6:15am: 7:15am: 8:15am | 11/25/24 | Live | 10 seconds | The Illinois Commerce Commission says they've approved improvements to three rail crossings along Union Pacific tracks between Shelbyville and Findlay. |
| News | 6:15am: 7:15am: 8:15am | 11/25/24 | Live | 10 seconds | The Illinois Commerce Commission says they've approved improvements to three rail crossings along Union Pacific tracks between Shelbyville and Findlay. |
| News | 6:15am: 7:15am: 8:15am | 11/25/24 | Live | 10 seconds | Attorney General Kwame Raoul joined the U.S. Department of Justice and a bipartisan coalition of 38 attorneys general in announcing a robust package of remedies to end Google's unlawful monopoly over internet search engines and restore competition to benefit consumers. |
| News | 6:45am: 7:45am: 8:45am | 11/25/24 | Live | 30 seconds | The Illinois Commerce Commission says they've approved improvements to three rail crossings along Union Pacific tracks between Shelbyville and Findlay. |
| News | 6:15am: 7:15am: 8:15am | 11/26/24 | Live | 10 seconds | The Illinois Department of Natural Resources says some pieces of technology are illegal to use while hunting. |
| News | 6:15am: 7:15am: 8:15am | 11/26/24 | Live | 10 seconds | The chair of the Democratic National Committee has informed party leaders that the organization will elect his successor just days after Donald Trump is inaugurated. |
| News | 6:45am: 7:45am: 8:45am | 11/26/24 | Live | 30 seconds | The Illinois Department of Natural Resources says some pieces of technology are illegal to use while hunting. |
| News | 6:15am: 7:15am: 8:15am | 11/27/24 | Live | 10 seconds | The Illinois Department of Transportation announced that lanes that have been closed for construction will reopen, where possible, for the Thanksgiving holiday to minimize travel disruption. |
| News | 6:15am: 7:15am: 8:15am | 11/27/24 | Live | 10 seconds | The Coles County Board Finance Committee will meet on Monday, December 2nd at 5:00 in the County Board Office. |
| News | 6:45am: 7:45am: 8:45am | 11/27/24 | Live | 30 seconds | The Illinois Department of Transportation announced that lanes that have been closed for construction will reopen, where possible, for the Thanksgiving holiday to minimize travel disruption. |
| News | 6:15am: 7:15am: 8:15am | 12/3/24 | Live | 10 seconds | Ahead of this year's Giving Tuesday ... Attorney General Kwame Raoul issues a warning to people who want "to give" this holiday season to research the charities they are donating to |
| News | 6:15am: 7:15am: 8:15am | 12/3/24 | Live | 10 seconds | The totals are in for the first firearm deer season. The Illinois Department of Natural Resources says more than 54-thousand deer were harvested between November 22nd and 24th. |
| News | 6:45am: 7:45am: 8:45am | 12/3/24 | Live | 30 seconds | Ahead of this year's Giving Tuesday ... Attorney General Kwame Raoul issues a warning to people who want "to give" this holiday season to research the charities they are donating to |
| News | 6:15am: 7:15am: 8:15am | 12/5/24 | Live | 10 seconds | The Illinois Supreme Court is launching The Data Task Force making sure courts in all counties are running efficiently and making informed decisions. |
| News | 6:15am: 7:15am: 8:15am | 12/5/24 | Live | 10 seconds | Governor JB Pritzker has announced that Teresa Ramos will lead the newly formed Illinois Department of Early Childhood. |
| News | 6:45am: 7:45am: 8:45am | 12/5/24 | Live | 30 seconds | The Illinois Supreme Court is launching The Data Task Force making sure courts in all counties are running efficiently and making informed decisions. |
| News | 6:45am: 7:45am: 8:45am | 12/5/24 | Live | 30 seconds | Governor JB Pritzker has announced that Teresa Ramos will lead the newly formed Illinois Department of Early Childhood. |
| News | 6:15am: 7:15am: 8:15am | 12/6/24 | Live | 10 seconds | The second firearm deer season runs through Sunday, I-DNR officials say more than 54-thousand deer were harvested during the first weekend of firearm season. |
| News | 6:15am: 7:15am: 8:15am | 12/6/24 | Live | 10 seconds | The National Fire Protection Association says heating equipment is one of the leading causes of home fire deaths. |
| News | 6:45am: 7:45am: 8:45am | 12/6/24 | Live | 30 seconds | The National Fire Protection Association says heating equipment is one of the leading causes of home fire deaths. |
| News | 6:45am: 7:45am: 8:45am | 12/6/24 | Live | 30 seconds | The second firearm deer season runs through Sunday, I-DNR officials say more than 54-thousand deer were harvested during the first weekend of firearm season. |
| News | 6:15am: 7:15am: 8:15am | 12/9/24 | Live | 10 seconds | The National Fire Protection Association says heating equipment is one of the leading causes of home fire deaths. |
| News | 6:45am: 7:45am: 8:45am | 12/9/24 | Live | 30 seconds | The National Fire Protection Association says heating equipment is one of the leading causes of home fire deaths. |
| News | 6:15am: 7:15am: 8:15am | 12/10/24 | Live | 10 seconds | The Coles County Board will meet in regular session tomorrow night at 6:00 at the County Board Office. |
| News | 6:15am: 7:15am: 8:15am | 12/10/24 | Live | 10 seconds | The Office of the Illinois State Fire Marshal announced the opening of the Fire Station Construction and Rehabilitation Grant Program. |
| News | 6:15am: 7:15am: 8:15am | 12/11/24 | Live | 10 seconds | An Illinois ban on assault weapons will remain in effect for now according to Capitol News Illinois. |
| News | 6:45am: 7:45am: 8:45am | 12/11/24 | Live | 30 seconds | An Illinois ban on assault weapons will remain in effect for now according to Capitol News Illinois. |
| News | 6:15am: 7:15am: 8:15am | 12/12/24 | Live | 10 seconds | The Illinois Secretary of State says a commission has selected ten finalists for a state-wide flag redesign contest. |
| News | 6:15am: 7:15am: 8:15am | 12/12/24 | Live | 10 seconds | The Vandellia Statehouse ... the oldest surviving capitol building in Illinois ... is hosting public candlelight hours on Saturday starting at 5:00. |
| News | 6:45am: 7:45am: 8:45am | 12/12/24 | Live | 30 seconds | The Illinois Secretary of State says a commission has selected ten finalists for a state-wide flag redesign contest. |

6. Health

| Program Title | Time | Date | Source | Length | Description |
|-----------------------|------------------------|----------|----------|------------|---|
| Health In A Heartbeat | 11:50am | 10/1/24 | Recorded | 2 Minutes | Most folks don't trust AI docs -- yet |
| News | 6:15am; 7:15am; 8:15am | 10/2/24 | Live | 10 seconds | Breast cancer cases are on the rise among women under 50 according to the American Cancer Society who says... 311-thousand women will be diagnosed this year. |
| News | 6:45am; 7:45am; 8:45am | 10/2/24 | Live | 30 seconds | Breast cancer cases are on the rise among women under 50 according to the American Cancer Society who says... 311-thousand women will be diagnosed this year. |
| Health In A Heartbeat | 11:50am | 10/2/24 | Recorded | 2 Minutes | Your body composition may signal cognitive decline risk |
| Health In A Heartbeat | 11:50am | 10/3/24 | Recorded | 2 Minutes | Chonker cats may help us shed pounds |
| Health In A Heartbeat | 11:50am | 10/4/24 | Recorded | 2 Minutes | Early traumatic loss ages you |
| Health In A Heartbeat | 11:50am | 10/7/24 | Recorded | 2 Minutes | Live longer by stretching |
| Health In A Heartbeat | 11:50am | 10/8/24 | Recorded | 2 Minutes | Popular weight-loss drugs don't cause mental woes |
| Health In A Heartbeat | 11:50am | 10/9/24 | Recorded | 2 Minutes | Green is the color of migraine relief |
| News | 6:15am; 7:15am; 8:15am | 10/10/24 | Live | 10 seconds | Capitol News Illinois reports Citizen Action-Illinois is working with lawmakers on House Bill 44-72 ... which would create the Health Care Availability and Access Board |
| News | 6:45am; 7:45am; 8:45am | 10/10/24 | Live | 30 seconds | Capitol News Illinois reports Citizen Action-Illinois is working with lawmakers on House Bill 44-72 ... which would create the Health Care Availability and Access Board |
| Health In A Heartbeat | 11:50am | 10/10/24 | Recorded | 2 Minutes | Our guts like honey+yoqurt |
| Health In A Heartbeat | 11:50am | 10/11/24 | Recorded | 2 Minutes | Hope > mindfulness |
| Health In A Heartbeat | 11:50am | 10/14/24 | Recorded | 2 Minutes | Matcha, as mouthwash, kills bacteria |
| Health In A Heartbeat | 11:50am | 10/14/24 | Recorded | 2 Minutes | Meat consumption may be a factor in rising colorectal cancer rates among young |
| Health In A Heartbeat | 11:50am | 10/15/24 | Recorded | 2 Minutes | Middle school is literally the worst, research shows |
| Health In A Heartbeat | 11:50am | 10/16/24 | Recorded | 2 Minutes | The Illinois Breast and Cervical Cancer Program is offering FREE breast exams ... mammograms ... pap tests and pelvic exams to eligible women. |
| News | 6:15am; 7:15am; 8:15am | 10/17/24 | Live | 10 seconds | The Illinois Breast and Cervical Cancer Program is offering FREE breast exams ... mammograms ... pap tests and pelvic exams to eligible women. |
| News | 6:45am; 7:45am; 8:45am | 10/17/24 | Live | 30 seconds | The Illinois Breast and Cervical Cancer Program is offering FREE breast exams ... mammograms ... pap tests and pelvic exams to eligible women. |
| Health In A Heartbeat | 11:50am | 10/17/24 | Recorded | 2 Minutes | Mosquitoes find us through infrared detection |
| News | 6:15am; 7:15am; 8:15am | 10/18/24 | Live | 10 seconds | Sarah Bush Lincoln announced that Advanced Ophthalmology of Charleston is joining S-B-L. |
| News | 6:45am; 7:45am; 8:45am | 10/18/24 | Live | 30 seconds | Sarah Bush Lincoln announced that Advanced Ophthalmology of Charleston is joining S-B-L. |
| Health In A Heartbeat | 11:50am | 10/18/24 | Recorded | 2 Minutes | Give kids the best start to good nutrition |
| News | 6:15am; 7:15am; 8:15am | 10/21/24 | Live | 10 seconds | Hospitals around the globe are dealing with fluid shortages after Baxter International ... the company responsible for manufacturing 60-percent of the nation's fluids ... was hit by Hurricane Helene. |
| News | 6:45am; 7:45am; 8:45am | 10/21/24 | Live | 30 seconds | Hospitals around the globe are dealing with fluid shortages after Baxter International ... the company responsible for manufacturing 60-percent of the nation's fluids ... was hit by Hurricane Helene. |
| Health In A Heartbeat | 11:50am | 10/21/24 | Recorded | 2 Minutes | Keep yourself healthy by keeping your pets healthy |
| News | 6:15am; 7:15am; 8:15am | 10/22/24 | Live | 10 seconds | The Illinois Department of Public Health has found the first blacklegged tick in the state to test positive for the bacteria that causes ehrlichiosis (ur-luh-kee-ow-sis) disease. |
| News | 6:45am; 7:45am; 8:45am | 10/22/24 | Live | 30 seconds | The Illinois Department of Public Health has found the first blacklegged tick in the state to test positive for the bacteria that causes ehrlichiosis (ur-luh-kee-ow-sis) disease. |
| News | 6:15am; 7:15am; 8:15am | 10/22/24 | Live | 10 seconds | According to data from the C-DC ... more than 12-hundred cases of whooping cough have been recorded in Illinois this year. |
| Health In A Heartbeat | 11:50am | 10/22/24 | Recorded | 2 Minutes | Study finds workplace rudeness a recipe for danger |
| News | 6:15am; 7:15am; 8:15am | 10/23/24 | Live | 10 seconds | The Mattoon Police Department is participating in the National Drug Take Back Day on Saturday at Walmart on Detroit Drive starting at ten to collect unused medications. |

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|-----------------------|------------------------|----------|----------|------------|---|
| News | 6:45am: 7:45am: 8:45am | 10/23/24 | Live | 30 seconds | The Mattoon Police Department is participating in the National Drug Take Back Day on |
| Health In A Heartbeat | 11:50am | 10/23/24 | Recorded | 2 Minutes | Saturday at Walmart on Detroit Drive starting at ten to collect unused medications. |
| Health In A Heartbeat | 11:50am | 10/24/24 | Recorded | 2 Minutes | Newest vectorborne virus threat has arrived in U.S. Study: Smell boosts memory |
| News | 6:15am: 7:15am: 8:15am | 10/25/24 | Live | 10 seconds | Eastern Illinois University installed a new "health and wellness" vending machine located in the |
| Health In A Heartbeat | 11:50am | 10/25/24 | Recorded | 2 Minutes | Martin Luther King, Jr. University Union. Pregnant? No about of smoking is OK |
| Health In A Heartbeat | 11:50am | 10/28/24 | Recorded | 2 Minutes | Stock markets put strain on our health Sarah Bush Lincoln ... the Coles County Council on Aging the Effingham City-County committee |
| News | 6:15am: 7:15am: 8:15am | 10/29/24 | Live | 10 seconds | ... and the Senior Service of Effingham are hosting Flightless Honor Flights. Sarah Bush Lincoln ... the Coles County Council on Aging the Effingham City-County committee |
| News | 6:45am: 7:45am: 8:45am | 10/29/24 | Live | 30 seconds | ... and the Senior Service of Effingham are hosting Flightless Honor Flights. Swiss researchers create lower-sugar chocolate |
| Health In A Heartbeat | 11:50am | 10/29/24 | Recorded | 2 Minutes | Eastern Illinois University installed a new "health and wellness" vending machine located in the |
| News | 6:15am: 7:15am: 8:15am | 10/30/24 | Live | 10 seconds | Martin Luther King, Jr. University Union. Eastern Illinois University installed a new "health and wellness" vending machine located in the |
| News | 6:45am: 7:45am: 8:45am | 10/30/24 | Live | 30 seconds | Martin Luther King, Jr. University Union. Eastern Illinois University installed a new "health and wellness" vending machine located in the |
| Health In A Heartbeat | 11:50am | 10/30/24 | Recorded | 2 Minutes | Yale says teen brains affected by environment |
| Health In A Heartbeat | 11:50am | 10/31/24 | Recorded | 2 Minutes | Vegan diet slows biological aging |
| Health In A Heartbeat | 11:50am | 11/1/24 | Recorded | 2 Minutes | Don't buy into silly TikTok fad |
| Health In A Heartbeat | 11:50am | 11/4/24 | Recorded | 2 Minutes | Some may prefer new apple drink vs. kombucha |
| News | 6:15am: 7:15am: 8:15am | 11/5/24 | Live | 10 seconds | This month marks national diabetes awareness month. Diabetes is a condition where your blood sugar is too high ... which can result in serious health hazards like blindness ... heart attack ... and stroke. |
| News | 6:45am: 7:45am: 8:45am | 11/5/24 | Live | 30 seconds | This month marks national diabetes awareness month. Diabetes is a condition where your blood sugar is too high ... which can result in serious health hazards like blindness ... heart attack ... and stroke. |
| Health In A Heartbeat | 11:50am | 11/5/24 | Recorded | 2 Minutes | Some in comas may have mental awareness |
| Health In A Heartbeat | 11:50am | 11/6/24 | Recorded | 2 Minutes | Coffee consumption confers positive effects |
| Health In A Heartbeat | 11:50am | 11/7/24 | Recorded | 2 Minutes | Falls may be an early sign of dementia to come |
| Health In A Heartbeat | 11:50am | 11/8/24 | Recorded | 2 Minutes | Laughing to tears may be as helpful as using eye drops |
| Health In A Heartbeat | 11:50am | 11/11/24 | Recorded | 2 Minutes | Weekend warriors can get same benefits from exercise |
| Health In A Heartbeat | 11:50am | 11/12/24 | Recorded | 2 Minutes | Fantasy football brings more highs/lows, not great for mental health |
| Health In A Heartbeat | 11:50am | 11/13/24 | Recorded | 2 Minutes | Those funky football helmets may/may not protect heads. |
| Health In A Heartbeat | 11:50am | 11/14/24 | Recorded | 2 Minutes | How about a crunchy grasshopper snack? |
| News | 6:15am: 7:15am: 8:15am | 11/15/24 | Live | 10 seconds | Researchers studying osteoarthritis in horses, may help humans |
| News | 6:15am: 7:15am: 8:15am | 11/18/24 | Live | 10 seconds | H-S-H-S Good Shepherd Hospital in Shelbyville recently installed a Narcan dispenser. According to the C-D-C and the World Health Organization ... global cases of measles surged more than 20-percent last year. |
| News | 6:15am: 7:15am: 8:15am | 11/18/24 | Live | 10 seconds | Through the new Medical Debt Relief Pilot Program ... Illinois partners with a non-profit to buy and then forgive debts for pennies on the dollar. |
| Health In A Heartbeat | 11:50am | 11/18/24 | Recorded | 2 Minutes | Hurricanes can bring health effects that linger long after a storm |
| Health In A Heartbeat | 11:50am | 11/19/24 | Recorded | 2 Minutes | Mindfulness meditation helps relieve pain better than some other methods |
| Health In A Heartbeat | 11:50am | 11/20/24 | Recorded | 2 Minutes | With obesity, location matters |
| Health In A Heartbeat | 11:50am | 11/21/24 | Recorded | 2 Minutes | Whooping cough on the rise |
| Health In A Heartbeat | 11:50am | 11/22/24 | Recorded | 2 Minutes | Living the country life seems lovely, but rural folks are living shorter lives |
| News | 6:15am: 7:15am: 8:15am | 11/25/24 | Live | 10 seconds | The Hospice Team of H-S-H-S Home Care in Effingham is inviting the community to a Candlelight Memorial on November 25th at 5:30. |
| News | 6:45am: 7:45am: 8:45am | 11/25/24 | Live | 30 seconds | The Hospice Team of H-S-H-S Home Care in Effingham is inviting the community to a Candlelight Memorial on November 25th at 5:30. |
| Health In A Heartbeat | 11:50am | 11/25/24 | Recorded | 2 Minutes | First new drug for schizophrenia in 30 years |

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|-----------------------|------------------------|----------|----------|------------|---|
| Health In A Heartbeat | 11:50am | 11/26/24 | Recorded | 2 Minutes | Less screen time = better emotional health for kids |
| News | 6:15am, 7:15am, 8:15am | 11/27/24 | Live | 10 seconds | Capitol News Illinois reports a state watchdog has identified at least \$7.2 million in fraudulent claims and more than 275 instances of misconduct by state employees accused of bilking a federal program designed to help businesses during the COVID-19 pandemic. |
| Health In A Heartbeat | 11:50am | 11/27/24 | Recorded | 2 Minutes | A sport called "power slap" can cause head injuries |
| Health In A Heartbeat | 11:50am | 11/28/24 | Recorded | 2 Minutes | Vitamin D levels can slow broken-bone healing |
| Health In A Heartbeat | 11:50am | 11/29/24 | Recorded | 2 Minutes | Want to beef up muscles? Meat is best. |
| Health In A Heartbeat | 11:50am | 12/2/24 | Recorded | 2 Minutes | Bright nights, dark days take a toll. |
| Health In A Heartbeat | 11:50am | 12/3/24 | Recorded | 2 Minutes | Professor's cat helps discover a virus. |
| Health In A Heartbeat | 11:50am | 12/4/24 | Recorded | 2 Minutes | The E. coli outbreak linked to silvered onions from McDonald's quarter pounders is over, according to the Centers for Disease Control and Prevention and the Food and Drug Administration. |
| News | 6:15am, 7:15am, 8:15am | 12/5/24 | Live | 10 seconds | Dads can get postpartum depression, too. |
| Health In A Heartbeat | 11:50am | 12/5/24 | Recorded | 2 Minutes | Sarah Bush Lincoln says they've moved their Mattoon walk-in clinic to the Emerald Acres Sports Connection. |
| News | 6:15am, 7:15am, 8:15am | 12/6/24 | Live | 10 seconds | Sarah Bush Lincoln says they've moved their Mattoon walk-in clinic to the Emerald Acres Sports Connection. |
| News | 6:45am, 7:45am, 8:45am | 12/6/24 | Live | 30 seconds | Good carbs helped early man survive. |
| Health In A Heartbeat | 11:50am | 12/6/24 | Recorded | 2 Minutes | Fruit flies help scientists understand human aging. |
| Health In A Heartbeat | 11:50am | 12/9/24 | Recorded | 2 Minutes | It's OK to skip that party, science says. |
| Health In A Heartbeat | 11:50am | 12/10/24 | Recorded | 2 Minutes | The 21 st century isn't likely to see lifespan extensions the 20 th had. |
| Health In A Heartbeat | 11:50am | 12/12/24 | Recorded | 2 Minutes | Taking a strength-training break won't ruin your progress. |
| Health In A Heartbeat | 11:50am | 12/13/24 | Recorded | 2 Minutes | Omega-3 and 6 may offer some cancer protection. |
| Health In A Heartbeat | 11:50am | 12/17/24 | Recorded | 2 Minutes | CDC reports an uptick in kids with 'walking pneumonia' |
| Health In A Heartbeat | 11:50am | 12/18/24 | Recorded | 2 Minutes | Some new types of ringworm abound, ick. |
| Health In A Heartbeat | 11:50am | 12/16/24 | Recorded | 2 Minutes | Early stage apps may read our faces and warn us we're depressed |
| Health In A Heartbeat | 11:50am | 12/17/24 | Recorded | 2 Minutes | The best weight-gain preventor may be a scale |
| Health In A Heartbeat | 11:50am | 12/19/24 | Recorded | 2 Minutes | Smoking's harms can last 4evah |
| Health In A Heartbeat | 11:50am | 12/26/24 | Recorded | 2 Minutes | An amino acid found in many energy drinks is no bueno in excess. |
| Health In A Heartbeat | 11:50am | 12/27/24 | Recorded | 2 Minutes | Thin skin, like that of humans and pigs, offers amazing puncture protection. |
| Health In A Heartbeat | 11:50am | 12/30/24 | Recorded | 2 Minutes | Triplets: Not as common as they used to be |
| Health In A Heartbeat | 11:50am | 12/31/24 | Recorded | 2 Minutes | Our water, which we need to live, is in peril. |
| Issues/Attitudes | 12n | 10/21/24 | Live | 30 minutes | SBL Health Centers Brae Johnsons and Colleen Swick talked about their awards, services and more. |