5. Government

Program Title	Time	Date	Source	Length	Description
News Watch	17:34:00	10/4/2016	Live	0:00:21	Waterfowl season opens Oct 15th and runs through Jan 31st. Hunting usually happens before sunrise and lasts until mid morning.
News Watch	17:34:00	10/5/2016	Live	0:00:21	Effingham County scheduled a flag raising ceremony to remember their heroes. Ceremony will feature speakers and a local honor guard will raise the colors.
News Watch	17:34:00	10/5/2016	Live	0:01:56	Authorties say deer are most active between sunset and sunrise. The center found that deer kill an average of 120 people a year.
CITY SPOTLIGHT #307	18:30:00	10/5/2016	Tape	28:30:00	City leaders from Taylorville, IL discuss the latest happenings in Taylorville, and a look ahead to the upcoming school year in Taylorville.
CITY SPOTLIGHT #307	12:30:00	10/6/2016	Tape	28:30:00	City leaders from Taylorville, IL discuss the latest happenings in Taylorville, and a look ahead to the upcoming school year in Taylorville.
News Watch	17:34:00	10/6/2016	Live	0:00:25	Charleston Fire Department is having their annual fire prevention week open house. Demonstrations are scheduled. Free slushies, hot dogs, and a bounce house.
News Watch	17:34:00	10/7/2016	Live	0:00:25	Shelbyville bought an abandoned house and plan to put it to good use. They demolished it 6 months ago. Community suggested making the lot into a dog park. Officials haven't decided what to do with the property.
News Watch	17:34:00	10/7/2016	Live	0:00:25	The high court adopted a rule change that would limit the shackling of juvenile suspects unless the judge found the juvenile poses a threat to themselves or others. Changes "will eliminate instances of indiscriminate shackling of minors."
News Watch	17:34:00	10/10/2016	Live	0:00:26	Paris Health Care Center has been cited with a class A violation and fined 25 thousand dollars. Voilation is for failure to provide supervision for the resident that fell and fracture their spine. Center has since paid the fine.
News Watch	17:34:00	10/10/2016	Live	0:00:32	Same-day voter registration will be allowed in IL this election. Countries with more the 100 thousand residents must allow Election day registration. Smaller countries that keep electronic records must do the same.
News Watch	17:34:00	10/12/2016	Live	0:00:31	The board approved a motion to inspect the Charleston Transitional Facility building as a potential location to expand the Coles County Courthouse. Current courthouse is crowded and expansion has been a topic of discussion for several years.
CITY SPOTLIGHT #309	18:30:00	10/12/2016	Tape	26:46:00	City leaders from Mattoon, IL disucss the latest economic development in Mattoon.
CITY SPOTLIGHT #309	12:30:00	10/13/2016	Tape	26:46:00	City leaders from Mattoon, IL disucss the latest economic development in Mattoon.
News Watch	17:34:00	10/13/2016	Live	0:00:22	IL has received a year long extension to follow stricter federal ID requirements. IL now has until Oct 10 2017 to comply with the 2005 Real ID act. Act imposes tougher requirements for proof of legal US residency. 14 states receiving an extension.
News Watch	17:34:00	10/13/2016	Live	0:00:26	IL Department of Transportation awarded Coles County nearly a million dollars to improve a biking trial. The state says money will be used for resurfacing.

News Watch	17:34:00	10/13/2016	Live	0:00:24	Republicans are speaking out against recent comments made by GOP Presidental Nominee Donald Trump. Rauner did not mention Trump's name during his remarks and reiterated that he has not made an endorsement in the presidential race.
News Watch	17:34:00	10/14/2016	Live	0:02:04	Many still haven't decided who they will vote for or if the vote at all. Voters who have already made up their minds can vote early.
News Watch	17:34:00	10/17/2016	Live	0:00:19	The Lincoln Square Theater in downtown Decatur is turning 100. Theater is hosting a birthday party with live music, snacks, and dancing.
News Watch	17:34:00	10/17/2016	Live	0:00:21	Kattie Livingston will now be in charge at Charleston's Carnegie Library. She has worked at the library for 14 years and recently worked as the adult services manager.
News Watch	17:34:00	10/18/2016	Live	0:00:22	Six year long read work project for I57 I70 is finally finished. Project added a bike and pedestrian bridge to the interstate and an extra lane was added both ways to improve traffic flow.
News Watch	17:34:00	10/18/2016	Live	0:00:29	IL Emergency Management Agency is conducting its annual Great ShakeOut earthquake drill on Oct 20. Thousands of residents take part in the exercise. Most of southern IL sits on two major fault zones. To register for the drill long on to shakeout.org.
News Watch	17:34:00	10/19/2016	Live	0:02:11	Lincoln Prairie Grass Trail is one of the 33 projects across the state that will see major improvements. In all, projects will cost more than 30 million dollars. Eagle Trails in Newton and streetscaping in Dieterich are alson on the lists of projects. The money from the projects comes from federal money.
CITY SPOTLIGHT #308	18:30:00	10/19/2016	Tape	28:30:00	Effingham Mayor Jeff Bloemker dicusses the latest happenings in Effingham, IL.
CITY SPOTLIGHT #308	12:30:00	10/20/2016	Tape	28:30:00	Effingham Mayor Jeff Bloemker dicusses the latest happenings in Effingham, IL.
News Watch	17:34:00	10/20/2016	Live	0:00:25	The Springfield City Council has approved an ordinance limiting payments in coins to $20 and no more than $5 in pennies. Approved in an effort to keep the public from paying debts with change. One resident recently tried to pay a more than a hundred dollar tax bill with pennies.
News Watch	17:34:00	10/20/2016	Live	0:00:25	The Federal Communications Commission has received hundreds of complaints about T-Mobile's unlimited data plans. T-Mobile has agreed to pay 7 and a half million to the Federal Government and compensate 35 and a half million dollars in data and discounts to affected consumers.
News Watch	17:34:00	10/20/2016	Live	0:00:17	Samsung may be facing a class action suit over the recalled Galaxy Note 7. Samsung ended all sales of the fire-prone Note 7 Smartphones last week.
News Watch	17:34:00	10/21/2016	Live	0:00:19	The Family Medical Center in Oakland is hosting an open house on Nov 7th. Clinic located near the Oaks Manor senior living facility.
News Watch	17:34:00	10/21/2016	Live	0:00:22	Recent cyberattack does not pose a threat to the Nov 8th election results. Hackers were only able to view about 90 thousand names of registered voters during the attack.
News Watch	17:34:00	10/21/2016	Live	0:00:22	The IL Department of Natural Resources has drawn the names of 500 hunters who will receive permits for bobcat hunting. Permits will be mailed out but hunters can check to see if their name is on the list by visiting the website. Season runs form Nov 10th to Jan 31st.

News Watch	17:34:00	10/24/2016	Live	0:00:16	Urbana will vote on some salary increases for the mayor, city clerk, and alderman. Two percent increase proposal would take effecting starting 2017.
News Watch	17:34:00	10/24/2016	Live	0:01:58	Election day is just 15 days away. Absentee voting is still an option. Early voting has doubled since the last presidential.
News Watch	17:34:00	10/25/2016	Live	0:00:26	Early voting opportunities are expanding across IL. Call your local county clerk's office for info on alternative locations. Grace period registration is available through election day.
News Watch	17:34:00	10/25/2016	Live	0:00:18	Trick or treating in Charleston on Oct 31st from 5-8. Children should always be accompanied by a responsible adult.
CITY SPOTLIGHT #310	18:30:00	10/26/2016	Tape	24:00:00	Edgar County Historian, Heck Parrish tells of the history of the Edgar County Courthouse in Paris, IL.
CITY SPOTLIGHT #310	12:30:00	10/27/2016	Tape	24:00:00	Edgar County Historian, Heck Parrish tells of the history of the Edgar County Courthouse in Paris, IL.
News Watch	17:34:00	10/27/2016	Live	0:00:26	Bobcat hunting licenses are being bought by IL residents not looking to hunt. Conservationists are wanting to reduce the number of bobcats killed in the state. Bobcats have spent over 20 years on IL endangered species list but ecologist say hunting plays a major role in conservation.
News Watch	17:34:00	10/27/2016	Live	0:00:31	The IL State Board of Elections is alerting voters throughout the state about the process of voting by mail. The board wants voters to know third party organizations are allowed to send voters applications to receive a mail-in ballot.
News Watch	17:34:00	10/27/2016	Live	0:00:17	A new law enforcement training center in Decatur is under construction. Two story facility is funded through a 15 million dollar donation from the Howard G Buffett foundation.
News Watch	17:34:00	10/27/2016	Live	0:00:24	the Coles County Courthouse will be hosting a ceremony to witness the opening of a time capsule dedicated in 1898. The capsule is reported to have articles and documents that are significant to the community from 1898.
News Watch	17:34:00	10/28/2016	Live	0:00:24	The Lincoln Log Cabin is hosting their annual Torchlight Halloween Hike event. Take tours, listen to stories, and rost a hot dog or smore. Event is free and open to the public.
News Watch	17:34:00	10/31/2016	Live	0:00:26	Macon County officials say budget cuts have reduced the number of polling places making voting more inconvenient. Only 32 polling places will be open. Officials also say that early voting is popular is an option for those wishing to avoid long lines on Election day.
News Watch	17:34:00	10/31/2016	Live	0:00:36	Effingham is in need of a new police department building. Officials say the council could authoritize up to 9.5 million dollars in bonds to pay for the building. The project is underway and city leaders say they hope to have the design phase completed by spring.
News Watch	17:34:00	11/1/2016	Live	0:00:24	The city of Arcola is set to unveil a tribute to beloved Raggedy Ann and Andy. Statue will be revealed to the public and more the 60 thousand dollars was donated for the project. Raggedy Ann was created by Arcola resident Johnny Gruelle.
CITY SPOTLIGHT #309	18:30:00	11/2/2016	Tape	26:46:00	City leaders fromMattoon, IL disucss the latest economic development in Mattoon.
CITY SPOTLIGHT #309	12:30:00	11/3/2016	Tape	26:46:00	City leaders fromMattoon, IL disucss the latest economic development in Mattoon.

News Watch	17:34:00	11/3/2016	Live	0:00:24	The State Board of Elections records show 12% of IL 8 million registered voters have participated in early voting. Number is expected to increase.
News Watch	17:34:00	11/4/2016	Live	0:02:18	Raggedy Ann and Andy are legends in Arcola and that's why earlier today their likeness was forever molded in the Douglaas County community. For years, the only officially licensed Raggady Ann and Andy museum was located in Arcola.
News Watch	17:34:00	11/4/2016	Live	0:00:22	The First Church of Nazarene in Casey is hosting their annual Military Appreciation Day. Posting of the colors at 10, followed by patriotic music, and a 21 gun salute.
News Watch	17:34:00	11/4/2016	Live	0:00:22	Mattoon Lightworks prepared to celebrate 25 years. Free Lightworks display starts Nov 18th and runs till Dec 26th at Peterson Park. Display can be seen Sun-thurs from 5-9 and Fridays and Saturdays 5-10. Live nativity seens every Friday in Dec.
News Watch	17:34:00	11/7/2016	Live	0:00:35	The IL Department of Transportation is reminding people that Nov is the highest risk month for vehicle crashes involving deer because fall is mating season. Putnam County man was left hanging upside down for hours and suffered a broken leg after his deer stand broke. Firearm season runs Nov 18th through 20th.
News Watch	17:34:00	11/7/2016	Live	0:00:25	Parkland College sends an email to faculty saying that non-tenure faculty contracts would not be renewed. Pending layoffs ar a result of state budget cuts.
News Watch	17:34:00	11/7/2016	Live	0:00:25	The Coles County Council on Aging will host its annual Veterans Fair Celebration in the LifeSpan Center. Presentation of colors followed by a free lunch for veterans and their families.
News Watch	17:34:00	11/7/2016	Live	0:00:26	Lake Land College dental hygiene program is offering free dental cleanings throughout the month of Nov for Veterans Appreciation Month.
News Watch	17:34:00	11/7/2016	Live	0:02:00	Polling places in Coles County are ready for election day. Officials have strict rules so everyone has a fair vote. Polls in IL open at 6 and stay open until 7.
News Watch	17:34:00	11/8/2016	Live	0:00:22	Effingham residents are reminded of a city burn ordinance. Homeowners can only burn leaves and yard waste on Fridays, Saturdays, and Mondays between sunrise and 6. Officers will be monitoring the city.
News Watch	17:34:00	11/8/2016	Live	0:02:08	Charleston voters were out at the polls to make sure their voices were heard today. But this particular presidential election is a little different because some voters are considering not voting for either. Election is also bringing out more younger voters than previous elections.
News Watch	17:34:00	11/8/2016	Live	0:00:57	Cole County residents come out to witness city officials unearth a time capsule buried in 1898. Capsule contained photos, letters, and even old election ballots from the late 1800s. Photos of contents will be posted on the city's website. New capsule will be buried spring of 2017.
News Watch	17:34:00	11/9/2016	Live	0:00:25	Cumberland county saw Republican Bryan Robbins winning against Democrat Todd Reardon with four thousand 73 votes. Effingham's unofficial results show Republican Bryan Kibler beating Democrat Lupita Thompson. Douglas county has Republican Kate Watson unofficially winning.
News Watch	17:34:00	11/9/2016	Live	0:00:22	10 IL soldiers are a part of the Bilateral Embedded Staff Team will train at Fort Bliss in TX before heading to Afghanistan. Selected from various parts of IL and expected to return in spring of 2017. Ceremony scheduled on Nov 10th.

News Watch	17:34:00	11/9/2016	Live	0:01:21	Coles County School Facility Tax is finally moving forward. The referendum passed with more than half of voters saying yes. Tax applies to general merchandise, not groceries, medicines, and medical supplies. Money will renovated and maintain schools in the district. Edgar County also passed a similar referendum.
CITY SPOTLIGHT #311	18:30:00	11/9/2016	Tape	27:45:00	Community leaders discuss the latest economic development and events in Charleston, IL.
CITY SPOTLIGHT #311	12:30:00	11/10/2016	Tape	27:45:00	Community leaders discuss the latest economic development and events in Charleston, IL.
News Watch	17:34:00	11/10/2016	Live	0:00:33	Paris city passed an ordinance allowing citizens to drive golf carts on city street. Council has been approached by several citizens about driving golf carts and members agree its time for change.
News Watch	17:34:00	11/10/2016	Live	0:00:17	Mattoon host annual Veteran's Day parade. Ceremony at Peterson Park will follow parade.
News Watch	17:34:00	11/10/2016	Live	0:00:16	City of Neoga will be dedicating their newly constructed veterans memorial.
News Watch	17:34:00	11/10/2016	Live	0:02:02	New IL law could have hairdressers taking on more of a therapist role. Law will have everyone pursuing a license in cosmetology take an educational domestic violence course. Law will go into effect Jan 2017. People who've undergone the training will not be civilly or criminally liable for acting on good faith.
News Watch	17:34:00	11/11/2016	Live	0:00:26	Governor Rauner encouraged all Illinoisans to recognize the courage and sacrifice of our veterans. Volunteer for a veteran project by going to Illinois.gov/veterans and click on "serving those who served."
News Watch	17:34:00	11/11/2016	Live	0:02:24	Donald Dorn built a memorial outside his home to show his appreciation for the veterans. He's always wanted to do something for al the men who lost their life in his unit. Anyone is welcome to visit his memorial.
News Watch In Focus	0:00:00	11/14/2016	Live	0:00:39	Governor Rauner is changing his stance on President Donald Trump. He is now looking for wayys to partner with the new president. Rauner wasn't the only Republican who refused to endorse the now president-elect.
News Watch In Focus	18:00:00	11/14/2016	Live	0:00:33	Governor Rauner's vision of a swift post-election budget compromise is off to a rocky start. Only republicans showed up to Rauner's proposed meeting. Lawmakers return to Springfield for a brief annual fall session.
News Watch	17:34:00	11/15/2016	Live	0:00:25	IL Democratics House Speaker Michael Madigan is suggesting lawmakers work on another partial budget without any of Gov Rauner's demands. GOP legislatve leaders say they won't agree to another stopgap plan.
News Watch	17:34:00	11/15/2016	Live	0:00:51	Nine americans have died in Afghanistan since Oct. Tamaroa, IL spent time remembering Private First Class Tyler Lubelt, 20. He died after an IED detonated in Bagram Afghanistan. Lubelt entered the US Army as a motor transport operator. He was awared the Purple Heart Medal, Bronze Star, National Defense Service Medal.
News Watch	17:34:00	11/16/2016	Live	0:00:23	Friday makrs the opening for 25th anniversary of the city's lightworks. Enjoy the lights Sun-thurs from 5-9 and Friday and Saturday 5-10. Annual Christmas parade will be the 21st.

News Watch	17:34:00	11/16/2016	Live	0:00:27	City of Effingham still hasn't taken any action toward the construction of a new police station. City proposed to issue 9.5 million in bonds for the station's construction. Date for final project approval hasn't been set yet.
News Watch	17:34:00	11/16/2016	Live	0:00:29	IL is starting a new program next year that will issue newly designed license plates. Plates made in year 2000 and 2001 will be replaced first. Following years will be replaced in 2018 and so on until 2027.
News Watch	17:34:00	11/16/2016	Live	0:00:25	Top IL Leaders are still searching for an end to the nearly 2 year budget impasse. The backlog of unpaid bills will top 13 billion. State is currently operating on a partial budget that ends next month.
News Watch	17:34:00	11/16/2016	Live	0:00:24	Christmas in the Heart of Charleston will return the first Sunday in Dec. Celebration will include carriage rides, musical entertainment, free food, costume characters, and of course Santa.
CITY SPOTLIGHT #310	18:30:00	11/16/2016	Tape	24:00:00	Edgar County Historian, Heck Parrish tells of the history of the Edgar County Courthouse in Paris, IL.
CITY SPOTLIGHT #310	12:30:00	11/17/2016	Tape	24:00:00	Edgar County Historian, Heck Parrish tells of the history of the Edgar County Courthouse in Paris, IL.
News Watch	17:34:00	11/17/2016	Live	0:00:26	Illinois lawmakers are still deciding whether or not to give home care workers a raise.
News Watch	17:34:00	11/18/2016	Live	0:00:52	Hunters have already taken to the woods for this year's deer season, but archers aren't having the same luck as last year. They say weather is to blame.
CITY SPOTLIGHT #312	18:30:00	11/23/2016	Tape	27:45:00	A look into the Effingham County Museum and Effingham Performance Center, in Effingham, IL.
News Watch	17:34:00	11/28/2016	Live	0:00:21	The Lake Shelbyville CORE is hosting a meeting that will feature information on the current water control plan.
News Watch	17:34:00	11/29/2016	Live	0:00:32	Illinois lawmakers have 3 more days to attempt to overturn vetoes by Republican Governor Bruce Rauner before their brief session concludes.
News Watch	17:34:00	11/29/2016	Live	0:00:25	The Illinois Department of Natural Resources says more than 30 conservation police officers may lose their jobs at the end of the year.
News Watch	17:34:00	11/30/2016	Live	0:00:25	Downtown Mattoon willl host its annual Christmas celebration this Friday from 5-8pm.
News Watch	17:34:00	11/30/2016	Live	0:00:28	This Saturday marks the return of the annual Christmas in the Heart of Charleston celebration.
News Watch	17:34:00	11/30/2016	Live	0:00:25	The general assembly managed to override Governor Bruce Rauner's veto of allowing home health care workers to get overtime pay.
News Watch	17:34:00	11/30/2016	Live	0:00:28	State Senator Chapin Rose is honoring WWII veteran Charles Burns of Villa Grove.
CITY SPOTLIGHT #310	18:30:00	11/30/2016	Tape	24:00:00	Edgar County Historian, Heck Parrish tells of the history of the Edgar County Courthouse in Paris, IL.
CITY SPOTLIGHT #310	12:30:00	12/1/2016	Tape	24:00:00	Edgar County Historian, Heck Parrish tells of the history of the Edgar County Courthouse in Paris, IL.
News Watch	17:34:00	12/1/2016	Live	0:00:25	Your local pharmacist could be making a house call to review medications.
News Watch	17:34:00	12/1/2016	Live	0:00:18	Shelbyville is inviting the community to celebrate the holiday season.
News Watch	17:34:00	12/1/2016	Live	0:02:03	Due to a delayed state budget, Illinois drivers traveling on Interstate 57 and 70 may have to wait until Spring 2017 before getting working electronic message boards.

News Watch	17:34:00	12/1/2016	Live	0:00:29	Republican Governor Bruce Rauner is telling Illinois Democrats the only way he will agree to another short term budget is if they consider term limits and put a permanent freeze on property taxes.
News Watch	17:34:00	12/2/2016	Live	0:00:29	The Illinois National Guard says a cake cutting ceremony will be held to honor their 380th birthday and the 30th anniversary of Camp Lincoln.
News Watch	17:34:00	12/5/2016	Live	0:00:33	As the state budget war continues, homeless shelters and low income college students are left uncertain about next year's fiscal future.
News Watch	17:34:00	12/6/2016	Live	0:00:18	The Mattoon community is invited to hear discussion on a proposed property tax levy increase.
News Watch	17:34:00	12/6/2016	Live	0:00:26	The Illinois Department of Veteran's Affairs plans to commemorate the 75th anniversary of the attack on Pearl Harbor.
News Watch	17:34:00	12/7/2016	Live	0:00:28	The city of Effingham is moving forward with plans to build a new police station.
News Watch	17:34:00	12/7/2016	Live	0:00:18	Santa is scheduled to make a stop at the Mattoon Train Depot this Saturday.
CITY SPOTLIGHT #313	18:30:00	12/7/2016	Tape	26:46:00	Community leaders discuss economic development and schools, in Shelbyville, IL.
CITY SPOTLIGHT #313	12:30:00	12/8/2016	Tape	26:46:00	Community leaders discuss economic development and schools, in Shelbyville, IL.
News Watch	17:34:00	12/8/2016	Live	0:00:23	Illinois Governor Bruce Rauner doesn't want to meet with legislators until Democrats present him with a budget proposal.
News Watch	17:34:00	12/8/2016	Live	0:00:21	State employees will not be getting raises for the time being.
News Watch	17:34:00	12/8/2016	Live	0:00:28	The numbers are in and the harvest is lower than expected.
News Watch	17:34:00	12/9/2016	Live	0:00:22	Santa is expected to make his appearance a the Lake Shelbyville Visitor Center tomorrow from nine till noon.
News Watch	17:34:00	12/12/2016	Live	0:02:12	Illinois universities are being forced once again to plan to operate without state funding. EIU has enough money to make it to June 30th.
News Watch	17:34:00	12/14/2016	Live	0:00:25	The Illinois Department of Transportation is hoping new technology will help improve bridge inspections.
CITY SPOTLIGHT #311	18:30:00	12/14/2016	Tape	27:45:00	Community leaders discuss the latest economic development and events in Charleston, IL.
CITY SPOTLIGHT #312	18:30:00	12/15/2016	Tape	27:45:00	A look into the Effingham County Museum and Effingham Performance Center, in Effingham, IL.
News Watch	17:34:00	12/16/2016	Live	0:02:21	City officials are talking about making Effingham a "quiet zone" because of the number of trains rolling through the city.
News Watch	17:34:00	12/16/2016	Live	0:00:23	An uncertain state budget leaves Illinois colleges deciding whether or not to grant money to low income students.
News Watch	17:34:00	12/16/2016	Live	0:00:28	Governor Bruce Rauner has signed a bill that ensures ex-inmates get a valid state ID before leaving prison.
CITY SPOTLIGHT #314	18:30:00	12/21/2016	Tape	28:00:00	An extended look of the Marshall International Mural Painting Event, in Marshall, IL from June 2016.
CITY SPOTLIGHT #314	12:30:00	12/22/2016	Tape	28:00:00	An extended look of the Marshall International Mural Painting Event, in Marshall, IL from June 2016.
CITY SPOTLIGHT #312	18:30:00	12/28/2016	Tape	27:45:00	A look into the Effingham County Museum and Effingham Performance Center, in Effingham, IL.

CITY SPOTLIGHT #313	12:30:00	12/29/2016	Tape	26:46:00	Community leaders discuss economic development and schools, in Shelbyville, IL.

6. Health

Program Title	Time	Date	Source	Length	Description
News Watch	17:34:00	10/4/2016	Live	0:00:30	The CDC releases info showing just how deadly deer collisions are. You're more than likely to be killed by a deer than any other animal. Deer kill an average of 120 people a year. Majority of deer-related deaths are caused by accidents and vehicle collisions.
Being Well #905	19:00:00	10/4/16	Tape	26:46:00	Dr. Mildred Nelson, OB/GYN stops by to talk about Polycystic Ovarian Syndrome or PCOS.
Being Well #905	1:00:00	10/5/16	Tape	26:46:00	Dr. Mildred Nelson, OB/GYN stops by to talk about Polycystic Ovarian Syndrome or PCOS.
Being Well #905	12:30:00	10/5/16	Tape	26:46:00	Dr. Mildred Nelson, OB/GYN stops by to talk about Polycystic Ovarian Syndrome or PCOS.
News Watch	17:34:00	10/5/2016	Live	0:00:22	Police continue to investigate the cause of that crash on Lincoln Ave, several accidents this time of year are caused by deer. Nearly 50% of all vehicle crashed involving deer occur between Oct and Dec. Deer are more active during mating season and with farmers harvesting crops.
News Watch	17:34:00	10/6/2016	Live	0:00:21	Medical marijuana sales are sky-rocketing at dispensaries throughout IL. Total retail sales in IL hit over 23 million dollars since purchasing of marijuana started last Nov.
News Watch	17:34:00	10/6/2016	Live	0:00:24	The Food and Drug Administration is asking all caregivers to stop using homeopathic teething tablets and gels. Reports of reactions caused by the products which include seizures, breathing problems, and lethargy. CVS has already pulled the product from their shelves.
News Watch	17:34:00	10/7/2016	Live	0:00:19	ICCI Illini concrete in Tremont goes up in flames. Hours later the fire was still burning and crews were working to snuff it out. No injuries were reported.
News Watch	17:34:00	10/10/2016	Live	0:00:23	Nestle has issued a voluntary recall of its drumstick ice cream cones. Drumsticks may be contaminated with listeria. Recall includes 16 count variety pack and the 24 count vanilla pack. No illnesses have been reported at this time.
News Watch	17:34:00	10/10/2016	Live	0:00:23	Officials say typicallly large storms such as Hurrican Matthew wash away adult mosquitoes and their larvae. That could have a beneficial effect on Zika transmission rates. Mosquitoes will return and the chance of contracting the disease is still possible.
News Watch	17:34:00	10/10/2016	Live	0:02:09	Fire Prevention week has firefighters reminding everyone the importance of knowing how to handle a dangerous situation. Smoke alarms aren't the only detectors you should have in your home. Charleston Fire Department is having their annual fire prevention week open house Oct 15th.
News Watch	17:34:00	10/11/2016	Live	0:00:17	Area Senior aged drivers can have their vehicles checked at the Shelby County sheriff's department for free. The event gives drivers a chance to have their cars inspected before winter.

Being Well #906	19:00:00	10/11/16	Tape	26:46:00	Dr. Ryan Jennings from HSHS St. Anthony's Memorial Hospital will talk about how to start the conversation with your loved ones. An online resource called "The Conversation Project" is one helpful tool that can guide you through the process.
Being Well #906	1:00:00	10/12/16	Tape	26:46:00	Dr. Ryan Jennings from HSHS St. Anthony's Memorial Hospital will talk about how to start the conversation with your loved ones. An online resource called "The Conversation Project" is one helpful tool that can guide you through the process.
Being Well #906	12:30:00	10/12/16	Tape	26:46:00	Dr. Ryan Jennings from HSHS St. Anthony's Memorial Hospital will talk about how to start the conversation with your loved ones. An online resource called "The Conversation Project" is one helpful tool that can guide you through the process.
News Watch	17:34:00	10/12/2016	Live	0:00:30	Health officials say your costume could end up hurting your health this Halloween. If your costume includes novelty contact lenses, make sure you buy ones that are FDA approved. Lences could contain tinting materials that can cause permanent damage to your eyes.
News Watch	17:34:00	10/12/2016	Live	0:00:18	The Sarah Buch Lincoln Health System of Directors says registered pharmacist Jerry Esker will take over as the company's president and CEO. Esker has been with the organization for more than 30 years.
News Watch	17:34:00	10/13/2016	Live	0:00:24	Effingham officials remind residents they can burn leaves and yard waste only on Fridays, Saturdays, and Mondays within city limits. City fire and police department will monitor the burnings and recurring violators will be fined.
News Watch	17:34:00	10/14/2016	Live	0:00:22	Firefighters in Charleston are hosting their annual event to demostrate fire safety. Junior firefighter obstacle course, escape zone, kid's fire pole, and more will be included. Event is free and all are invited.
News Watch	17:34:00	10/18/2016	Live	0:00:24	Harvest season is still underway and that means combines and tractors are still on the move. State police say drivers need to be alert and avoid passing equipment unless it's legal and safe.
News Watch	17:34:00	10/18/2016	Live	0:00:23	The Mattoon Public Works Department is flushing fire hydrants until all hydrants are checked. Flushing may cause water discoloration from iron deposits breaking loose.
Being Well #907	19:00:00	10/18/16	Tape	26:46:00	Urologist David DiDomenico stops by to talk about an issue that affects men and women, overactive bladder or OAB.
Being Well #907	1:00:00	10/19/16	Tape	26:46:00	Urologist David DiDomenico stops by to talk about an issue that affects men and women, overactive bladder or OAB.
Being Well #907	12:30:00	10/19/16	Tape	26:46:00	Urologist David DiDomenico stops by to talk about an issue that affects men and women, overactive bladder or OAB.
News Watch	17:34:00	10/19/2016	Live	0:00:28	Uofl officials say they've seen more than 60 cases of hand, foot, and mouth disease amoung students since the beginning of the semester. Disease causes painful sores on the infected areas. Caused by viruses and is spread through coughing, sneezing, kissing, or hand contact with an infected person.
News Watch	17:34:00	10/25/2016	Live	0:00:27	More cases of hand, foot, and mouth disease are reported at Uofl. 10 news cases bring the total to around 70 since the start of the semester. Campus housing is focusing on sanitation and some infected students have been isolated.
News Watch	17:34:00	10/25/2016	Live	0:00:23	A mattoon house fire is still under investigation. Fire department says a fire started in the kitchen of a home on 15th street. No one was inside when they arrived and fire was put out immediately. 2 dogs and a cat were found dead inside the structure.

News Watch	17:34:00	10/25/2016	Live	0:00:22	Sarah Bush Lincoln Health Center in Mattoon is ready to open their new multi million dollar cancer center. Public open house on Sunday. New center features a state of the art radiation machine, individual chemotherapy bays and a healing garden.
News Watch	17:34:00	10/25/2016	Live	0:02:04	The Charleston Fire Department hosted a mini fire academy where the participants were strictly members of the city council and city staff. Staff goes from voting on city issues to putting out fires and rescuing civilians. The mini fire academy was a success.
Being Well #908	19:00:00	10/25/16	Tape	26:46:00	Dr. Susan Longley,Eastern Illinois University talks about anxiety disorders.
Being Well #908	1:00:00	10/26/16	Tape	26:46:00	Dr. Susan Longley,Eastern Illinois University talks about anxiety disorders.
Being Well #908	12:30:00	10/26/16	Tape	26:46:00	Dr. Susan Longley,Eastern Illinois University talks about anxiety disorders.
News Watch	17:34:00	10/27/2016	Live	0:00:23	A warehouse fire in Decatur leaves a building with a half million dollars worht of damage. Vehicle warehouse belongs to Pugsley Container. No injuries were reported.
News Watch	17:34:00	10/27/2016	Live	0:01:53	The grand opening for the Sarah Bush Lincoln Health center's new cancer facility is just days away. 15.8 million dollar facility provides updated equipment for potentially life-saving treatment. Center will officially start treating patients Nov 17th.
News Watch	17:34:00	10/28/2016	Live	0:00:23	Effingham officials are reminding residents to be aware of the no burn policy. Burning hours are from sunrise to 6 on the designated buring days.
News Watch	17:34:00	10/31/2016	Live	0:00:29	Champaign County Cororner says Juan Vasquez, 40, died at Carle Foundation Hospital after driving a motorcycled that collided with a vehicle. Vasquez was not wearing a helmet at the time of the accident.
News Watch	17:34:00	10/31/2016	Live	0:02:54	An increase in ATV accidents has authorities worried about the use of the all terrain vehicles. Two more people were hurt after their vehicle overturned. Two teens died earlier this month in an ATV crash in Effingham county. There's been an increase of accidents because the weather is nice and more people want to get outside as winter approaches. The road is not the place to ride ATVs but there are places locally you can ride legally.
News Watch	17:34:00	11/1/2016	Live	0:00:17	The IL Department of Public health says the new website provides guidance on medication needs and a directory of IL health providers who treat HIV. Prep-4-Illinois.com.
News Watch	17:34:00	11/1/2016	Live	0:00:33	Enrollment begins today for Obamacare with some consumers bracing for sharp increases in premiums. The challenges facing the affordable care act come amid a need for increased enrollment. Major insurers including Aetna and United Healthcare opted to leave many states.
Being Well #909	19:00:00	11/1/16	Tape	26:46:00	James Di Naso, personal trainer and strength and conditioning coach discusses exercise programs.
Being Well #909	1:00:00	11/2/16	Tape	26:46:00	James Di Naso, personal trainer and strength and conditioning coach discusses exercise programs.
Being Well #909	12:30:00	11/2/16	Tape	26:46:00	James Di Naso, personal trainer and strength and conditioning coach discusses exercise programs.

News Watch	17:34:00	11/3/2016	Live	0:00:30	Health care facilities are taking precautionary steps to fight the Zika virus. Hospitals are being asked to follow certain guidelines and patients are being asked to list specific symptoms. Zika is transmitted through an infected mosquito and is linked to serious birth defects.
News Watch	17:34:00	11/3/2016	Live	0:00:25	One year anniversary of legal marijuana sales in IL. Patients approved to buy medical marijuana have reached about 12 thousand. Sales in IL total 28 million dollars since purchasing began Nov 2015. Currently 46 licensed dispenaries.
News Watch	17:34:00	11/4/2016	Live	0:00:22	The Oakland Family Medical Center is hositng an open house. Attendees will have the chance to meet the clinic staff and enjoy refreshments. Officially opened on Oct 3rd.
News Watch	17:34:00	11/4/2016	Live	0:00:26	The Department of Natural Resources says Nov is the highest-risk month for deer-related vehicle crashes because fall is mating season. Nearly 16 thousand vehicle deer crashes last year in IL. Increased deer movement at dawn dusk.
News Watch	17:34:00	11/4/2016	Live	0:00:21	Daylight Savings time ends Sundays so don't forget to turn your clocks back an hour and test your smoke alarms. This is also a time to prepare for other potential emergencies by creating a fire escape plan.
Being Well #910	19:00:00	11/8/16	Tape	26:46:00	Dr. Angela Yoder discusses Parent/Teen Communication.
Being Well #910	1:00:00	11/9/16	Tape	26:46:00	Dr. Angela Yoder discusses Parent/Teen Communication.
Being Well #910	12:30:00	11/9/16	Tape	26:46:00	Dr. Angela Yoder discusses Parent/Teen Communication.
News Watch	17:34:00	11/11/2016	Live	0:00:26	IL is reminding hunters to make safety a priority this hunting season. IL Department of Natural Resource has investigated ten hunting incidents this year. 25 accidents with 15 resulting in tree stands last year.
News Watch	17:34:00	11/14/2016	Live	0:00:23	Centers for Disease Control says smoking is at an all-time low. Number of smokers has dropped about 15% from 2005 to 2015. 37 million people still lighting up compared to 45 million 10 years ago. Half of all cancer diagnosis can be linked to tobacco use.
News Watch	17:34:00	11/14/2016	Live	0:01:45	Authorities say a man fell out of his tree stand while hunting at the Walnut Point Ovservatory and was airlifted to a local hospital. When climbing up a tree stand, be sure to put your gun safety on and check it twice. Also make sure to wear your orange vest and hat. Condition and name is unknown for today's victim.
News Watch	17:34:00	11/15/2016	Live	0:00:28	Decatur Police is teaming up with the IL Department of Transportation and other local law enforcement to enforce driving laws this holiday. 17 driving deaths were reported over the 2015 holiday weekend. Officers are ready to ticket anyone not wearing a seat belt and arrest those driving impaired.
News Watch	17:34:00	11/15/2016	Live	0:00:26	Triple A says more han 48.7 million americans are expected to take to the highways, skies, and seas all thanks to the economy. Driving remains the most popular mode of transportation and it comes with major perks as gas prices will be the second-cheapest in nearly a decade.
News Watch	17:34:00	11/15/2016	Live	0:00:29	the New all ablities playground is set to be installed at twin lakes park in Paris. Playground will feature an innovative mother-child buddy swing and swings for those in wheelchairs. Paris has donated the portion of the park land while others have volunteered their time and helped with equipment.
Being Well #911	19:00:00	11/15/16	Tape	26:46:00	Dr. Charles Schuster talks about the Gaining and Losing of Weight.

Being Well #911	1:00:00	11/16/16	Tape	26:46:00	Dr. Charles Schuster talks about the Gaining and Losing of Weight.
Being Well #911	12:30:00	11/16/16	Tape	26:46:00	Dr. Charles Schuster talks about the Gaining and Losing of Weight.
News Watch	17:34:00	11/18/2016	Live	0:00:23	Officials from the National Transportation Safety Board are leading the investigation of a natural gas explosion that killed one person and demolished Canton Illinois.
Being Well #912	19:00:00	11/22/16	Tape	26:46:00	Dr. Joseph Borreggine talks about Summer Foot Issues.
Being Well #912	1:00:00	11/23/16	Tape	26:46:00	Dr. Joseph Borreggine talks about Summer Foot Issues.
Being Well #912	12:30:00	11/23/16	Tape	26:46:00	Dr. Joseph Borreggine talks about Summer Foot Issues.
News Watch	17:34:00	11/29/2016	Live	0:00:38	Carle Foundation Hospital and Carle Hoopeston Regional Health Center say visitors seeing isolated patients will have to wear personal protection equipment before entering a patient's room.
News Watch	17:34:00	11/29/2016	Live	0:02:03	Illinois is considering being the 23rd state to allow community colleges to offer a bachelor's degree. This would be a BSN. This could provide better health care to rural communities.
News Watch	17:34:00	11/29/2016	Live	0:00:22	Indiana highway officials say crews are on pace to open a new bypass around Terre Haute by late December.
Being Well #913	4:00:00	11/30/16	Tape	26:46:00	Leslie Taggart and Nicole Wochner from Sarah Bush Lincoln talk about Menopause.
Being Well #913	12:30:00	11/30/16	Tape	26:46:00	Leslie Taggart and Nicole Wochner from Sarah Bush Lincoln talk about Menopause.
News Watch	17:34:00	11/30/2016	Live	0:01:43	Officials say you're allowed to donate blood every 8 weeks. The next blood drive at EIU is December 5th.
News Watch	17:34:00	12/1/2016	Live	0:00:22	The Illinois State Police advise drivers to look out for farm equipment on the roads.
News Watch	17:34:00	12/5/2016	Live	0:00:28	A seatbelt defect leaves Ford recalling more than 680,000 cars.
News Watch	17:34:00	12/6/2016	Live	0:01:53	The Amish Immunization Clinic in Arthur is continuing its mission to serve the population despite a recent funding scare.
News Watch	17:34:00	12/6/2016	Live	0:00:22	The Centers for Disease Control says fewer adults in the US are smoking cigarettes.
Being Well #907	2:00:00	12/7/16	Tape	26:46:00	Urologist David DiDomenico stops by to talk about an issue that affects men and women, overactive bladder or OAB.
Being Well #907	12:30:00	12/7/16	Tape	26:46:00	Urologist David DiDomenico stops by to talk about an issue that affects men and women, overactive bladder or OAB.
News Watch	17:34:00	12/7/2016	Live	0:00:28	The Illinois Department of Public Health is advising everyone to get a flu shot as soon as possible.
News Watch	17:34:00	12/8/2016	Live	0:00:30	Weather may have played a role in the low deer counts this year and it's also prompting warming shelters to open up.
News Watch	17:34:00	12/12/2016	Live	0:00:23	Officials say the free mobile patrol public safety app allows anyone to access public records of incarcerated individuals as well as sex offender registry.
News Watch	17:34:00	12/12/2016	Live	0:00:28	As the winter driving season approaches, police are asking drivers to be more cautious.
News Watch	17:34:00	12/12/2016	Live	0:00:30	If you still have a Galaxy Note 7 and haven't returned it, you may not be able to much longer.
News Watch	17:34:00	12/13/2016	Live	0:01:48	Today East Central Illinois residents saw the first measureable snow and it caused several accidents.
News Watch	17:34:00	12/13/2016	Live	0:00:16	Yankee Candle Company is issuing a voluntary recall on their Luminous Collection.

News Watch	17:34:00	12/13/2016	Live	0:00:33	The Effingham and Clay County Health Departments are partnering with The Milk Bank to open two new milk deposit sites in Illinois for human milk.
News Watch	17:34:00	12/13/2016	Live	0:00:27	Cuisinart is recalling some 8 million food processors after reports of people finding broken blades in their food.
News Watch	17:34:00	12/13/2016	Live	0:00:25	Medical marijuana continues to grow in dispensaries throughout Illinois.
News Watch	17:34:00	12/13/2016	Live	0:00:33	A new study shows American teens are doing less smoking, drinking and drugs.
News Watch	17:34:00	12/13/2016	Live	0:00:22	Paris Community Hospital says their new tobacco free policy will start January 1st.
Being Well #908	1:00:00	12/14/16	Tape	26:46:00	Dr. Susan Longley,Eastern Illinois University talks about anxiety disorders.
Being Well #908	12:30:00	12/14/16	Tape	26:46:00	Dr. Susan Longley,Eastern Illinois University talks about anxiety disorders.
News Watch	17:34:00	12/14/2016	Live	0:00:20	Two fire departments respond to a house fire this morning in Oakland.
News Watch	17:34:00	12/14/2016	Live	0:00:28	There is no snow in the forecast but the Illinois State Police responded to 71 road incidents following Tuesday morning's snowfall.
News Watch	17:34:00	12/14/2016	Live	0:00:33	In the event of a natural disaster, the American Red Cross is offering Charleston residents an opportunity to become a volunteer.
Being Well #913	1:00:00	12/21/16	Tape	26:46:00	Leslie Taggart and Nicole Wochner from Sarah Bush Lincoln talk about Menopause.
Being Well #913	19:00:00	12/21/16	Tape	26:46:00	Leslie Taggart and Nicole Wochner from Sarah Bush Lincoln talk about Menopause.
Being Well #901	19:00:00	12/27/16	Tape	26:46:00	Interventional Cardiologist Jeffrey Goldstein from Prairie Heart Institute talks about a serious condition called abdominal aortic aneurysm.
Being Well #901	1:00:00	12/28/16	Tape	26:46:00	Interventional Cardiologist Jeffrey Goldstein from Prairie Heart Institute talks about a serious condition called abdominal aortic aneurysm.
Being Well #901	12:30:00	12/28/16	Tape	26:46:00	Interventional Cardiologist Jeffrey Goldstein from Prairie Heart Institute talks about a serious condition called abdominal aortic aneurysm.