

Timestamp	Feature	Narrative	Reporter/Interviewer	Significant Guest(s)	Guest Position	Story Location	Topic	Source	Date	Length	Program Title	Web	Air Time
1/6/2016 8:16:23	Spot	Discover Nature this week as you watch for red-tailed hawks perched along highways, and consider what their presence says about other resident wildlife.	Candice Davis			Cape Girardeau	Environment	KRCU	1/4/2016	0:02:00	Morning Edition	Yes	7:31
1/6/2016 8:17:41	Spot	It seems like almost yesterday that George Frederick Bollinger led a contingent of North Carolinians across the Mississippi River into Missouri. The young Mr. Bollinger had visited the small community of Cape Girardeau in 1797, established a friendship with Louis Lorimier who encouraged him to return to North Carolina and bring more settlers to the area.	Frank Nickell			Cape Girardeau	Culture	KRCU	1/6/2016	0:02:00	Morning Edition	Yes	7:31
1/7/2016 8:42:37		You're listening to Morning Edition on KRCU. I'm Lindsey Grojean. Unusual winter weather and heavy rainfall have caused major flooding in Missouri and southern Illinois, leading to swollen rivers, voluntary evacuations and road closures. The governors of both states declared a state of emergency, and water levels on the Mississippi River shattered records. But as KRCU's Marissanne (MuH-Ri-Suh-Ann) Lewis-Thompson reports, the water is now starting to recede	Marissanne Lewis-Thompson	Frank Blakemore	Alexander County Emergency Management	Olive Branch, IL	Environment	KRCU	1/7/2016		Morning Edition	Yes	7:45
1/7/2016 13:19:44	Spot	To Your Health: January is Cervical Cancer Awareness Month. According to the American Cancer Society, Cervical cancer can often be found early, and sometimes even prevented entirely, by having regular Pap tests. If detected early, cervical cancer is one of the most successfully treatable cancers. Women should start getting Pap tests regularly at age 21. If your Pap test results are normal, your doctor may say you can wait three years until your next Pap test.	Brooke Hildebrand Clubbs			Cape Girardeau	Health Care	KRCU	1/7/2016	0:02:00	Morning Edition	Yes	7:31
1/12/2016 8:24:00	Feature	You're listening to Morning Edition on KRCU and I'm Collin Ritter. Antarctica, home to the South Pole where subzero temperatures are the norm, gigantic icebergs are in endless supply and it's probably the last place you'd think to travel until now. KRCU's Marissanne (MuH-Ri-Suh-Ann) Lewis-Thompson spoke with chief water plant operator William Lindman (Lend-men), about his once in a lifetime trip to Antarctica.	Marissanne Lewis-Thompson	William Lindman	chief water plant operator	Cape Girardeau	Recreation & Religion	KRCU	1/12/2016		Morning Edition	Yes	7:45
1/14/2016 7:55:19	Spot	It's Folic Acid Awareness Week. Folic Acid is particularly important for women of child-bearing age because it prevents birth and neural tube defects, like spina bifida, in babies. For folic acid to help prevent some major birth defects, a woman needs to start taking it at least one month before she becomes pregnant and while she is pregnant. Because half of the pregnancies in the U.S. are unplanned, The March of Dimes urges women ages 15-45 to consume 400 mg of folic acid each day whether they are planning to have a baby or not. Folic acid fortification in all enriched grain products was required in the United States in 1998. Researchers at the CDC estimate mandatory folic acid fortification of cereal grain products has helped about 1,300 U.S. babies to be born without a neural tube defect each year.	Brooke Hildebrand Clubbs			Cape Girardeau	Health Care	KRCU	1/14/2016	0:02:00	Morning Edition	Yes	7:31
1/19/2016 8:04:12	Feature	FEATURE/Audio postcard You're listening to Morning Edition on KRCU and I'm Collin Ritter. Dr. Martin Luther King Jr. was a civil rights icon, breaking down barriers and paving the way for racial equality across the nation. And even today, King's legacy continues to live on. KRCU's Marissanne Lewis-Thompson captured the sounds of a youth gala in Cape Girardeau celebrating the life of Dr. Martin Luther King Jr. for this audio postcard.	Marissanne Lewis-Thompson	Debra Mitchell-Braxton	Organizer, Dr. Martin Luther King Jr. Youth Gala	Cape Girardeau, West Park Mall	Culture	KRCU	1/19/2016		Morning Edition	Yes	7:45
1/22/2016 16:59:28	Interview	In front of a sold out crowd accomplished author, speaker and veteran, Wes Moore, will deliver his keynote address on "Living Life Beyond Expectations" at this year's Dr. Martin Luther King Jr. dinner celebration.	Marissanne Lewis-Thompson	Wes Moore	author and veteran	Cape Girardeau	Culture	KRCU	1/20/2016	0:03:22	All Things Considered	Yes	16:44

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1/22/2016 16:57:23	Spot	TYH: The Mayo Clinic Reports that laughter has short term and long term health effects. It soothes tension and improves your mood. When something makes us feel good, we're likely to keep doing it. Patients should look for ways to get a chuckle every day. Providers need to try to incorporate humor into what they do. Because what's good for a laugh is good for our health.	Brooke Hildebrand Clubbs			Cape Girardeau	Health Care	KRCU	1/21/2016	0:02:00	Morning Edition	Yes	7:31
1/25/2016 13:47:03	Feature	With their larger than life afros, slick black leather jackets and militarized movements, the Black Panthers became an iconic symbol during the civil rights movement. But the film, the Black Panthers: Vanguard of the Revolution takes an unfamiliar look into the infamous party and their hopes of restoring power to the black community. KRCU's Marissanne Lewis-Thompson captured sounds at a local watch party for the film for this audio postcard.	Marissanne Lewis-Thompson	Morris Jenkins, Courtney Jordan, Hamner Hill, Carl Kinnison, Shonta Smith		Cape Girardeau Pub	Racial Relations	KRCU	1/22/2016	0:03:59	All Things Considered	Yes	16:44
2/1/2016 13:25:59	Spot	TYH: Depressive Disorder with Seasonal Onset, previously known as Seasonal Affective Disorder, is listed as a subtype of depression within the DSM-V, the American Psychiatric Association's Diagnostic and Statistical Manual. Johnna Medina of PsychCentral explains, "The essential feature is the onset and remission of major depressive episodes at characteristic times of the year."	Brooke Hildebrand Clubbs			Cape Girardeau	Health Care	KRCU	1/28/2016	0:02:00	Morning Edition		7:31
2/3/2016 14:08:58	Interview	Last week, the city of Jackson opened its new civic center to a crowd of nearly 400 people. It's equipped with a new gym that doubles as a FEMA safe room, and a banquet hall. But the upgrades to the city are just beginning. Recently, I spoke with the city of Jackson Mayor Dwain Hahs about what local residents can expect this year.	Marissanne Lewis-Thompson	Dwain Hahs	Mayor of Jackson, Missouri	Cape Girardeau, Mo	Economic	KRCU	2/3/2016	0:03:58	Morning Edition	Yes	7:45
2/5/2016 11:17:38	Spot	To Your Health: There are more than 150,000 new cases of A-fib discovered every year. Those diagnosed are mostly men and typically older than 60. According to the American Heart Association, it's the most common serious heart rhythm abnormality in people over the age of 65 years. Untreated, it doubles the risk of heart-related deaths and causes an increased risk for stroke; however many patients are unaware that A-Fib is a serious condition.	Brooke Hildebrand Clubbs			Cape Girardeau	Health Care	KRCU	2/4/2016	0:02:00	Morning Edition	Yes	7:31
2/12/2016 15:37:17	Spot	To Your Health: Congenital heart defects are heart conditions that a baby is born with. These conditions can affect the heart's shape, how it works, or both. According to the March of Dimes, congenital heart defects are the most common types of birth defects. Nearly 1 in 100 babies is born with a heart defect in the United States each year. About 4,800 babies each year are born with Critical Congenital Heart Disease. CCHD is a group of the seven most critical congenital heart defects. Babies with CCHD need treatment within the first few hours, days or months of life. As medical care and treatment have advanced, babies with a CHD are living longer and healthier lives.	Brooke Hildebrand Clubbs			Cape Girardeau	Health Care	KRCU	2/11/2016	0:02:00	Morning Edition	Yes	7:31
2/12/2016 9:06:05	Feature	Host Outro: You're listening to Morning Edition on KRCU. I'm Lindsey Grojean. TEDx, the highly praised and innovative discussion series is making its next stop at Southeast Missouri State University next month. KRCU's Marissanna Lewis-Thompson spoke TEDx SEMO co-organizers Brooke Hildebrand Clubbs and Collin Ritter about bringing the barrier breaking discussion series to the community.	Marissanne Lewis-Thompson				Entertainment	KRCU	2/12/2016		Morning Edition	Yes	7:45
2/18/2016 15:17:32	Feature	You're listening to Morning Edition and I'm Marissanne Lewis-Thompson. The normally dry northern region of Argentina has a problem...one of biblical proportions. And as a major agricultural player, Argentina is a place whose rural problems raise eyebrows in U-S farm country. Harvest Public Media's Amy Mayer explains.	Amy Mayer	Juan Pablo Karnatz		Argentina	Agriculture	Harvest Public Medi	2/16/2016	0:04:01	Morning Edition	Yes	7:45

Timestamp	Feature	Narrative	Reporter/Interviewer	Significant Guest(s)	Guest Position	Story Location	Topic	Source	Date	Length	Program Title	Web	Air Time
2/18/2016 12:00:09	Spot	<p>To Your Health: February is Children's Dental Health month.</p> <p>The American Dental Association advises that a balanced diet, limiting snacks, brushing and flossing each day and regular dental check-ups are the keys to a lifetime of healthy teeth and gums.</p> <p>The ADA suggests consuming sugary foods and drinks with meals because saliva production increases during meals. That helps neutralize acid production and rinse food particles from the mouth.</p> <p>The ADA reminds parents that tooth decay can occur as soon as baby teeth appear. Thus, because of prolonged exposure of a baby's teeth to liquids, such as juice, milk or formula, which all contain sugar, cavities can occur when a baby is put to bed with a bottle or a sippy cup.</p>	Brooke Hildebrand Clubbs			Cape Girardeau	Health Care	KRCU	2/18/2016	0:02:00	Morning Edition	Yes	7:31
3/8/2016 10:29:31	Spot	<p>TYH: What is the most fatal mental disorder? The answer, which may surprise you, is anorexia nervosa. According to the National Institute of Mental Health, it has an estimated mortality rate of around 10 percent.</p> <p>This is National Eating Disorders Awareness Week.</p>	Brooke Hildebrand Clubbs			Cape Girardeau	Health Care	KRCU	2/25/2016	0:02:00	Morning Edition	Yes	7:31
3/8/2016 10:30:36	Spot	<p>TYH: The American Diabetes Association reports that, as its name implies, the purpose of breakfast is to break the fast between dinner and lunch. Here's what happens when you don't eat a morning meal: Your body enters into a prolonged fasting state. It starts to believe that you won't be eating any time soon so when you do eat, your body stores it as fat in case the next meal is a long time coming as well. That, of course, leads to weight gain.</p>	Brooke Hildebrand Clubbs			Cape Girardeau	Health Care	KRCU	3/3/2016	0:02:00	Morning Edition	Yes	7:31
3/11/2016 8:48:08	Feature	<p>Diversity comes in all forms such as race, religion, education and the media. Sparking often times a deep conversation about a single person's unique lived experience. And last night's TEDx SEMO event did just that. KRCU's Marissanne Lewis-Thompson spoke with TEDx attendees about the impact this event had on the Cape Girardeau community for this audio postcard.</p>	Marissanne Lewis-Thompson	Brooke Hildebrand Clubbs		Alumni Center	Culture	KRCU	3/4/2016	0:03:49		Yes	Didn't air
3/17/2016 8:56:00	Feature	<p>You're listening to Morning Edition on KRCU and I'm Collin Ritter. Cotton fabric has been a staple in our closets for decades. But times are tough for farmers in the U.S. cotton belt. They're caught in the middle of a storm of changing global demand. Harvest Public Media's Kristofor Husted (HEW-sted) visited [Missouri] cotton farmers and found them hoping for a rebound.</p>	Kristofor Husted	Jody Campiche		Senath, Missouri	Agriculture	Harvest Public Medi	3/9/2016	0:04:00	Morning Edition	Yes	7:45
3/17/2016 8:53:12	Feature	<p>You're listening to Morning Edition on KRCU and I'm Lindsey Grojean. Cannabis cultivation is moving from darkened basements into well-lit growhouses... even farm fields. As more states legalize the growth of marijuana or hemp... growers are turning to traditional farmers for help in turning cannabis into the next big American commodity. From Colorado, Harvest Public Media's Luke Runyon (Run-YUN ...like "onion") reports.</p>	Luke Runyon	Duane Sinning		Colorado	Agriculture	Harvest Public Medi	3/10/2016	0:04:20	Morning Edition	Yes	7:45
3/11/2016 8:50:52	Feature	<p>A massive winter flood cracked the Len Small levee wide open and left thousands of acres of Missouri and Illinois farmland damaged. With planting and flood season around the corner, Alexander County, Illinois farmers like Adam Thomas are in limbo.</p>	Marissanne Lewis-Thompson	Adam Thomas		Miller City, Illinois	Agriculture	KRCU	3/11/2016	0:03:55	Morning Edition	Yes	7:45

Timestamp	Feature	Narrative	Reporter/Interviewer	Significant Guest(s)	Guest Position	Story Location	Topic	Source	Date	Length	Program Title	Web	Air Time
3/14/2016 8:33:43	Feature	<p>You're listening to Morning Edition on KRCU. I'm Marissanne Lewis-Thompson. Over the weekend, Republican presidential candidate Ted Cruz held a rally in Cape Girardeau, just in time for tomorrow's Missouri primary. As hundreds of locals poured into a crowded Academic Hall auditorium, KRCU's Breanne Bleichroth (BLY-crawth) captured the sounds of the events for this audio postcard.</p> <p>Breanne's Intro: It's just past 4 o'clock as a line of people, both young and old and everyone in between waited in anticipation to see presidential candidate Senator Ted Cruz at Southeast's Academic Hall. On my right, protesters held up signs like, "Cruz doesn't speak for semo" and "worst TEDtalk ever," and on my left was Ted Cruz supporter Zac Caldwell.</p> <p>Anchor Outro: That was KRCU's Breanne Bleichroth (BLY-crawth) who gathered the sounds at a recent Ted Cruz presidential rally. To hear this story and others, visit KRCU dot org.</p>	Breanne Bleichroth				Politics & Government	KRCU	3/14/2016		Morning Edition	Yes	7:45
3/17/2016 7:50:24	Interview	<p>With an ever-changing population in the Americas, being from another culture or part of the world can be challenging.</p> <p>Dr. Debbie Lee-DiStefano is a professor of Spanish in the Department of Global Cultures and Languages at Southeast Missouri State University. She recently compiled a book of essays that relate how people of varying Asian descents have impacted the American experience. The book is called "Imagining Asia in the Americas."</p>	Dan Woods	Dr. Debbie Lee-DiStefano	Professor of Spanish in the Department of Global Cultures and Languages at Southeast Missouri State University	Cape Girardeau	Culture	KRCU	3/15/2016	0:04:00	Morning Edition	Yes	7:45
3/17/2016 8:46:24	Feature	<p>You're listening to Morning Edition on KRCU and I'm Lindsey Grojean. Genetically-engineered crops...commonly referred to as G-M-Os... are lightning rods in discussions of the food we eat. For the farmers who grow them, they're a wonder of technology. For those opposed, the plants represent all that's wrong with modern agriculture. Harvest Public Media's Luke Runyon (Run-YUN ...like "onion") dives into a particularly heated debate and explains what we're really arguing about.</p> <p>Host Outro: Harvest Public Media reports on farm and food issues in collaboration with KRCU and other public media stations across the Midwest. For more information, visit harvest public media dot org. Local support comes from the Missouri Department of Conservation.</p>	Luke Runyon	Ron Stewart		Boulder County	Agriculture	Harvest Public Medi	3/16/2016	0:04:20	Morning Edition	Yes	7:45
3/17/2016 8:43:01	Interview	<p>You're listening to Morning Edition on KRCU. I'm Lindsey Grojean. Starting this month downtown Cape Girardeau will see more police officers patrolling the streets, thanks to a partnership between the Downtown Cape Girardeau Community Improvement District and the City of Cape Girardeau. KRCU's Marissanne (MUH-ri-SUH-Ann) Lewis-Thompson, spoke with the city's Police Chief, Wes Blair, about the impact this will have on the community.</p> <p>That was KRCU's Marissanne Lewis-Thompson speaking with Cape Girardeau Police Chief Wes Blair. To hear this story and other stories, visit KRCU dot org.</p>	Marissanne Lewis-Thompson	Wes Blair		Cape Girardeau	Crime	KRCU	3/17/2016	0:04:15	Morning Edition	Yes	7:45
3/18/2016 9:43:00	Spot	<p>To Your Health: The National Heart, Blood and Lung Institute states, "Sleep plays a vital role in good health and well-being throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety." And even though we all know we feel better when we have had a good night's sleep, the Sleep Division of Harvard Medical School notes that we are a society that burns the candle at both ends, a nation where people stay up all night to study, work, or have fun. When we sacrifice sleep for productivity...or to binge watch Netflix...we set ourselves up for both short- and long-term consequences.</p>	Brooke Hildebrand Clubbs			Cape Girardeau	Health Care	KRCU	3/17/2016	0:02:00	Morning Edition	Yes	7:31

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3/17/2016 8:49:38	Feature	You're listening to Morning Edition on KRCU and I'm Marissanne Lewis-Thompson. Farming isn't the business it was a few years ago. To get by, many farmers are taking on debt. Harvest Public Media's Grant Gerlock (GUR-Lock) reports on whether hard times are ahead on the farm and what that means for the rural economy.	Grant Gerlock	Amanda Johnson		Tekamah, Neb	Agriculture	Harvest Public Medi	3/18/2016	0:04:00	Morning Edition	Yes	7:45
3/18/2016 8:29:42	Feature	You're listening to Morning Edition on KRCU, I'm Lindsey Grojean. Farming isn't the business it was a few years ago. To get by, many farmers are taking on debt. Harvest Public Media's Grant Gerlock (GUR-Lock) reports on whether hard times are ahead on the farm and what that means for the rural economy.	Grant Gerlock				Agriculture	Harvest Public Medi	3/18/2016	0:04:00	Morning Edition	Yes	7:45
3/21/2016 16:00:17	Feature	You're listening to Morning Edition on KRCU and I'm Collin Ritter. Americans are buying less beef. That's why some ranchers want to pay for more ads to boost sales. But that has ignited a food fight in cattle country. Harvest Public Media's Kristofor Husted (HEW-sted) walks us through the issues.	Kristofor Husted	Charles Bassett		Missouri	Agriculture	Harvest Public Medi	3/22/2016	0:04:15	Morning Edition	Yes	7:45
3/21/2016 16:33:06	Feature	During the season of Lent, many Catholics don't eat meat on Fridays. But fish is considered fair game, so the Friday night fish fry has become an annual tradition. All of that frying oil can just go to waste. But Harvest Public Media's Grant Gerlock (GUR-lock) caught up with a few people putting it to good use.	Grant Gerlock	Leroy Forbes		Lincoln, Nebraska	Agriculture	Harvest Public Medi	3/23/2016	0:04:31	Morning Edition	Yes	7:45
3/30/2016 8:56:37	Interview	Interview with Southeast President Carlos Vargas about funding for Higher Education in Missouri and Senate Bill 589 that proposes to remove the current ban on carrying concealed weapons on campus.	Dan Woods	Dr. Carlos Vargas	President, Southeast Missouri State University	Cape Girardeau	College & Universities	KRCU	3/24/2016	0:04:00	Morning Edition	Yes	7:45
3/30/2016 8:57:45	Interview	Interview with Southeast President Carlos Vargas about the search for a new Redhawks Athletic Director and about playing sports with Southeast students.	Dan Woods	Dr. Carlos Vargas	President, Southeast Missouri State University	Cape Girardeau	College & Universities	KRCU	3/25/2016	0:04:00	Morning Edition	Yes	7:45
3/28/2016 11:08:00	Feature	Up before dawn, working the fields, feeding the cows...that's a farmer's life. Farming is still thought of as a male-dominated field. But there are thousands of women farmers across the country, often left in the shadows. For Harvest Public Media, Suzanne Hogan met up with women farmers looking for the support they need to give their business an edge.	Suzanne Hogan			Springfield, Missouri	Agriculture	Harvest Public Medi	3/29/2016	0:03:56	Morning Edition		7:45
3/29/2016 9:44:33	Feature	You'll find plenty of fresh produce at the grocery store this time of year, but where does it come from? Look closely and you'll find carrots from California or peppers from Mexico. Eating local is a challenge in places where snow flies in the winter. Harvest Public Media's Grant Gerlock (GUR-lock) looks at one potential solution.	Grant Gerlock	Nicole Saville		Lincoln, Neb.	Agriculture	Harvest Public Medi	3/30/2016	0:04:00	Morning Edition	Yes	7:45