

January 11, 2016

The attached programs were presented on WTKR, an affiliate of CBS Television Network, during the fourth quarter 2015 within the following newscasts:

NewsChannel 3 News at 5am (Weekdays)
NewsChannel 3 This Morning at 6am (Weekdays)
NewsChannel 3 News at Noon (Weekdays)
NewsChannel 3 News at 4pm (Weekdays)
NewsChannel 3 News at 5pm (Weekdays)
NewsChannel 3 News at 5:30p (Weekdays)
NewsChannel 3 News at 6:00p (Monday-Saturday)
NewsChannel 3 News at 6:30p (Sundays)
NewsChannel 3 News at 11pm (Weekdays)

The information included herewith pertains to WTKR's commitment to address the issues identified by this stations viewing audience. Those issues addressed include, but are not limited to:

Community
Consumer Advocacy
Crime/Drugs
Economy
Education
Environment
Foreign Affairs
Health
Politics
Race
Safety
Transportation

This will further certify that the above information is based on my review of WTKR's program logs and other materials supplied by the staff.

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WTKR-TV/NewsChannel 3
WGNT-TV/CW27

COMMUNITY

1. **NewsChannel 3 at 11pm October 24, 2015 Length 1:30** the community is taking action for a longtime business owner - recently diagnosed with cancer. Kevin Spain - who owns this store in Currituck County -- was diagnosed with ocular melanoma - cancer in the eyes just last week. Since then his employees took action to raise money for his medical bills - at the same time Kevin was having surgery to remove his eye. This week they sold hundreds of gallons of sweet tea for the cause.
2. **NewsChannel 3 at 11pm October 30, 2015 Length 2:30** Lola's hair designers has been a staple in Elizabeth city for more than 30 years. But after a fire left them with nothing - the community felt it was its turn -- to help. newschannel 3's Kelly rule shows us how people there are taking action -- and getting results.
3. **NewsChannel 3 at 6pm October 27, 2015 Length 2:45** we shine our spotlight on a Newport news man proving good things are coming out of a community that often gets a bum rap. And in the process --he's helping kids start their day with a big smile.
4. **NewsChannel 3 at 6pm November 3, 2015 Length 2:50** we look forward to recognizing veterans' day next week. Tonight - a Currituck county dentist doing his part for the men and women who have served.
5. **NewsChannel 3 at 6pm November 11, 2015 Length 2:15** as we honor our military service members today for Veterans Day---we shine our spotlight on a Virginia Beach fourth grader. Newschannel threes Kurt Williams met up with the girl who came up with a rather sweet way to send a taste of home to our troops overseas.
6. **NewsChannel 3 at 6pm November 17, 2015 Length 2:35** we shine our spotlight on a Portsmouth teacher's assistant, who volunteers after school---is a mother of a two year old. Newschannel threes Kurt Williams has more on the woman juggling all of this while battling cancer.
7. **NewsChannel 3 at 6pm December 1, 2015 Length 2:45** people are taking action --a local breast cancer survivor wanted to do more for women going through the same ordeal she did -- now -- newschannel three is taking action for the woman who took action for so many others...
8. **NewsChannel 3 at 6pm December 8, 2015 Length 3:15** in tonight's people taking action. We shine our spotlight on a North Carolina teacher making a difference in and outside the classroom. Newschannel 3's Kurt Williams has the story.
9. **NewsChannel 3 at 6pm December 14, 2015 Length :30** it's better to give than to receive. that is the goal of newschannel 3's annual 'operation Christmas list` toy drive campaign, where we take action and get results for homeless children in our area. And our community partners at southern bank will also match any cash donation.

CONSUMER ADVOCACY

1. **NewsChannel 3 at 5pm, October 9, 2015, Length 1:25** Fall just started but you can already find holiday items on sale at many stores including this Kmart. A recent survey found more Americans are planning to shop for the holidays earlier this year. About 32 million have already started. And more than 4 million say they're already done.
2. **NewsChannel 3 at Noon, October 13, 2015, Length :25**, Anheuser-Busch Inbev says it will buy its main rival -- s-a-b miller. It's a deal that would create the world's largest beer maker - by far. The merger would represent combined sales of 55-*billion* dollars. Execs on both sides say it's a "possible deal" -- which still needs regulatory approval. The union would end a long courtship by Anheuser-Busch -- which was turned-down by s-a-b miller at least four times.
3. **NewsChannel 3 at 11pm, October 14, 2015 Length :25**, This year this year's new kicks will be an online exclusive. By the way - this isn't the shoe - it's one released in years' past! We don't

know what the new one looks like yet. The online release could mean the end to those long lines and fights at shoe release events. By the way - Jordan raked in more money last year in shoe sales - than he did in his entire n-b-a career.

4. **NewsChannel 3 at 4pm, October 21, 2015 Length :20** This might surprise some soda fans. Diet coke sales are dropping. Sales of the soda plunged eight percent around the globe. Diet drinks have struggled after concerns that their artificial ingredients make them less healthy than advertised. Pepsi responded by removing the sweetener aspartame from diet Pepsi.
5. **NewsChannel3 at 4pm, November 12, 2015 Length :20** The retail giant revealed several of the holiday deals-- including video games for as little as eight dollars and a "star wars" drone for 25 bucks. The company says it's ditching its hourly "doorbuster" deals-- which has a history of causing fights between shoppers. Instead-- all discounts and deals will be available at once.
6. **NewsChannel 3 at 11pm November 17, 2015, Length :20** The electronics store is running its Black Friday deals on the Wednesday *before thanksgiving - instead of the Friday after. Radio shack filed for bankruptcy protection in February and now has new owners trying to turn things around.
7. **NewsChannel3 at 4pm, November 18, 2015 Length :15** Today-- the online retail giant announced its holiday deals will begin this Friday --November 20th. The special sales will continue throughout Black Friday. Amazon also says new deals will be added as often as every *five minutes*.
8. **NewsChannel 3 at 530am, November 30, 2015 Length :25** An estimated 135-point-eight million consumers shopped this long holiday weekend - starting Thursday -- that's up from last year. From Black Friday through Cyber Monday, shoppers are expected to spend 80 billion-dollars in stores and online. Cars and electronics are expected to be the hottest big-ticket items today... Along with new "star wars" toys and other merchandise.
9. **NewsChannel 3 at 530pm, December 21, 2015, Length :15** Today - the average price for a gallon of gas in North Carolina is \$1.96. In Virginia that's about \$1.83. But the average price in Hampton roads is about 4 cents cheaper (1.79).
10. **NewsChannel3 at 530pm, December 21, 2015 Length :20** Today is the day to register your drone. The F-A-A's drone registration web-site opened this morning. Owners have to submit their names, home address and e-mail address to a national data base. If you already own a drone - you have until February 19th to register it.
11. **NewsChannel 3 at 530pm, December 22, 2015, Length :20** Chipotle is under investigation once again for more cases of e-coli. The CDC says the new outbreak involves 5 cases - one each in Kansas and North Dakota and 3 in Oklahoma. The agency says it does not yet know if the cases are related to a larger outbreak that began in October.
12. **NewsChannel 3 at 530pm, December 22, 2015 Length :20** 70 billion dollars' worth of gifts are returned during the holidays. That's according to a new report - from the National Retail Association. The amount totals more than 10 percent of the retail revenue expected for 2015. Among the most returned gifts: flashy jewelry - olive oil - and anti-aging products.

CRIME & DRUGS

1. **NewsChannel 3 at 4:00PM October 6, 2015, Length :30** the dare county sheriff's office is trying to find a man who assaulted a woman while she was jogging last week on Roanoke island. Today, deputies told newschannel three they have received a few tips - but not enough to lead them to a suspect. according to the sheriff's office - the woman was jogging on a bike path along the 64-264 highway near Pearce road. She says a man hit her in the head and tried to pull her into the woods - but she was able to run away.
2. **NewsChannel 3 at 6:00am October 12, 2015 Length :35** in Virginia beach, a Chesapeake man is behind bars after police say he sped away from a state trooper and crashed into a Virginia

beach townhouse. Police say 22-year old Devonte Johnson led police on a chase before he crashed into a townhouse on pepper mill place. But the chase didn't end there. When Johnson was told to put his hands up police say he grabbed a 3-year old child from the car and started to run. Johnson then threw the child over a fence and attempted to jump himself but was caught by the trooper. The 3-year old only suffered minor injuries from the fall. Johnson was arrested and is in Virginia Beach jail without bond.

3. **NewsChannel 3 at 12:00pm October 21, 2015 Length :15** new details about the two men accused of robbing a Virginia Beach bank and shooting a state trooper. Rory diggs and john Lewis have accepted guilty plea to attempted capital murder, robbery and use of a firearm. The charges stem from the December 2014 robbery of the wells Fargo on general booth boulevard. Both diggs and Lewis face up to four life terms in prison. They will be sentenced in March of 2016.
4. **NewsChannel 3 at 6:30am October 26, 2015 Length :15** this morning a person is recovering after being shot on Yale court in Chesapeake. It happened just before ten in the 26 hundred block of Yale court -- that's off Bainbridge Boulevard -- Friday night. The victim was taken to senate Norfolk general hospital with non-life threatening injuries. They're expected to be okay. Investigators have not yet released any suspect information.
5. **NewsChannel 3at 5:30pm November 3, 2015 Length :20** a Virginia Beach man has pleaded guilty to distributing child pornography. 50 year old Richard midget allegedly used a file sharing network to distribute child porn. When police seized his computer they found almost 33 thousand images and nearly two thousand videos. midgett is facing 20 years behind bars. He will be sentenced on February eighth.
6. **NewsChannel 3 at 4:00pm November 6, 2015 Length :30** Norfolk police need you to take action against crime- to find the two men who police say robbed a 7-11 convenience store in the ocean view neighborhood. Take a look at this picture of the men. Police say it happened Tuesday night around 10:30 at the 7-11 on ocean View Avenue. Officers say the men walked in with hooded sweatshirts covering their faces and had guns. The men demanded money got it and took off on bicycles. No one was hurt. If you recognize these men take action and call the crime line.
7. **NewsChannel 3 at 6:00pm November 20, 2015 Length :40** in Virginia beach Samaritan house says seven catalytic converters were stolen from their vehicles -- and it could cost them as much as 10 thousand dollars to repair the damage! The vehicles were having trouble -- and were taken to the repair shop according to a Facebook post. That's when mechanics discovered that the catalytic converters were gone! The vehicles are used to transport victims of domestic violence to things like appointments and job interviews. The agency says its resources are already stretched thin -- and this only adds to the problem. We will have much more on this story tonight right here on newschannel three.
8. **NewsChannel 3 at 5:00am November 26, 2015 Length :35** new details on a story we first brought to you yesterday. A carjacking in Chesapeake led to a police chase that ended in another city. Police say 23 year old Shane tew is the man behind it all. We're told a woman was trying to leave a 7-11 on George Town Boulevard. When tew pulled a gun on her-- took her purse-- and then took off in a car. He didn't get far before police found him. That's when the chase started. The chase went all the way to Portsmouth and then back to Chesapeake and this is video of where it all ended -- on holly cove. Police then discovered the car he was driving was stolen. Tew has been arrested and charged with robbery-- grand larceny-- and eluding.
9. **NewsChannel 3 at 6:00am December 3, 2015 Length :15** in portsmouth a woman is in the hospital after she was shot in the leg. this happened just before eight o'clock last night on mount vernon avenue. she is expected to be okay. no word yet on a suspect - or a motive. anyone with any information is asked to take action and call the crime line.
10. **NewsChannel 3 at 12:00pm December 7, 2015 Length :25** the two men accused of brutally beating three o-d-u rugby players were denied bond. police say termaine gregory and quameel harvey are involved in that attack. it happened last year at an off campus party when a group of

people were not allowed inside. one victim-- michael rigual suffered a shattered jaw with his teeth knocked out and a severe brain injury. look for updates on this story first at four and on w-t-k-r dot-com.

11. **NewsChannel 3 at 11:00pm December 12, 2015 Length :20** chesapeake police are looking for a man who robbed a subway at gunpoint just a couple of hours ago. this happened at the store on great bridge boulevard. police say just after 8 a man walked in with a gun and demanded money from the employees. when he got it-- he took off. if you have any information on who it may have been call the crimeline at 1-888-lock-u-up.
12. **NewsChannel 3 at 5:00pm December 23, 2015 Length :20** virginia beach police need you to take action against crime. they're looking for the person who robbed a walgreens pharmacy. it happened just before two yesterday afternoon on atlantic avenue. police say this man you see here walked in and demanded narcotics. no one was hurt. if you know anything about this robbery-- take action and call the crime line.

ECONOMY

1. **NewsChannel 3 at 530AM, October 20, 2015 Length :30** Shipping rates with UPS increasing by nearly five percent. New prices being implementd as revenue has slowed.
2. **NewsChannel 3 530PM, October 14, 2015 Length :30** The Supreme Court is considering raising your electricity bill. The justices are looking at a federal program that pays consumers to *go green* by reducing their electricity during peak hours. A decision is expected in June.
3. **NewsChannel 3 6:00AM, October 27, 2015 Length 1:30** Repaving your driveway is expensive. You can save by repairing potholes yourself with a driveway patch kit. Consumer report tested seven of them. We show people how they stack up.
4. **NewsChannel 3 at 6PM, November 24, 2015 Length 1:00** We're getting a snapshot of just how much money the navy pumps into the Hampton Roads economy every year. During fiscal year 2014 -- the Navy's direct economic impact in Hampton Roads was nearly 10 billion dollars. That marks an increase of about 770 million dollars over the previous year.
5. **NewsChannel 3 at 6AM, November 10, 2015 Length :45** The cruise ship Aida Vita pulled out of port last night-- marking the last ship of the 2015 season in Norfolk. Cruise ship visits have proven to be an important part of the city's economy.
6. **NewsChannel 3 at 6PM, November 9, 2015 Length 1:30** A closer look at the impact of the cruise ship industry on Norfolk's economy. We talk to the director at Nauticus about the thousands of passenger who spend money here every year.
7. **NewsChannel 3 at 5:30pm, December 16, 2015 Length :25** The Fed Announces it will raise its key rate by a quarter point Could affect loan rates.
8. **NewsChannel 3 at 5:30pm, December 17, 2015 Length 1:30** Tolls ay the downtown and midtown tunnels are going up. We take a look at how much they're going to go up in the future -- and how much your grandkids will end up paying in tolls.
9. **NewsChannel 3 at 6:30 AM, December 23, 2015 Length :25** More than 100 million people expected to hit the roads or fly over the Christmas and New Year holiday. Experts say the big number is because of low gas prices and renewed confidence in the economy.

EDUCATION

1. **NewsChannel 3 at 5am, October 29, 2015 Length :30** Bill Stachelski, the head varsity football coach for the Cox High School Falcons has been suspended for the rest of the season. Principal Randi Reisbeck sent a letter home to families of football players yesterday. The letter did not say why he was suspended.

2. **NewsChannel 3 at 5am, October 29, 2015 Length :25** NewsChannel Three is taking action for teachers all school years. Let us know about a teacher who needs NewsChannel Three to take action. Just head to our WTKR.com to nominate someone.
3. **NewsChannel 3 at 6am, October 29, 2015 Length: 22** Police in Portsmouth are looking for the man who tried to get an 11 year old into his car. Police say the girl was walking near High Street and Clover Hill drive when a man in a blue car pulled up and asked her to get inside. The student immediately ran home. If you know anything call police.
4. **NewsChannel 3 at 5am October 30, 2015 Length: 35** Grading could be changing in Virginia Beach Schools. Its part of the plan by Virginia Beach's fair equitable grading practices committee. The group is hoping to take out zeros and look into possible changes in homework.
5. **NewsChannel 3 at 4pm, November 25, 2015 Length :40** A house built by Virginia Beach high school student is now on the market. The house was built as part of a program for area students through the career and technical education center. Once the house is sold it will go to the Virginia Beach education foundation which provides grants to teachers.
6. **NewsChannel 3 at 5am November 26, 2015 Length :25** NewsChannel Three is taking action for teachers all school years. Let us know about a teacher who needs NewsChannel Three to take action. Just head to our WTKR.com to nominate someone.
7. **NewsChannel 3 at 5am November 25 2016 Length :30** A 17 year old Tallwood High school student was rushed to the hospital after police say he tried to stand on a moving car and fell off. The teen was trying to pull a stunt when he fell off. He was taken to the hospital and is facing charges.
8. **NewsChannel 3 at 5am, November 30, 2015 Length :35** Major changes are coming to Virginias two top college football programs. Memphis' Justin Fuente will be replacing Frank Beamer as the next head coach at Virginia Tech. The University of Virginia and head coach Mike London have parted ways with the school after six seasons.
9. **NewsChannel 3 at 5am, December 18, 2015 Length :30** A Portsmouth Middle School Principal has been cleared of assault and battery charges against a student. Alice Graham was issued a criminal summons after an incident between her and 14 year old student. A judge ruled that whatever happened between Graham and the student was not a crime.
10. **NewsChannel 3 at Noon, December 18, 2015 Length :30** Southampton Academy schools canceled school after a social media threat was posted by a former student. The threat did not reference Southampton Academy specifically but the school wanted to be cautious and canceled class for safety reasons.
11. **NewsChannel 3 at Noon, December 22, 2015 Length : 35** A former Chesapeake school bus driver has pleaded guilty to charges of child pornography. Officials found a flash drive that contained several videos of child pornography inside 71 year old Larry Homans home. Human faces up to 30 years behind bars.
12. **NewsChannel 3 at 4pm, December 22, 2015 Length :20** Police in Virginia Beach are investigating a school bus crash that happened at the corner of London Bridge Road and Pine View Avenue. The bus was coming from Bayside High School when it for rear ended by another vehicle. No students were hurt but the driver of the other vehicle suffered minor injuries.

ENVIRONMENT

1. **NewsChannel 3 at 4pm October 7, 2015 Length 1:45** with the standing water from this weekends' flooding finally receding -- the aftermath can be messy. but neighbors living along one oceanview street in norfolk say what they're seeing -- just isn't normal.

2. **NewsChannel 3 at 6pm October 16, 2015 Length :25** the city of norfolk took action for the environment-- the city earned the 2015 voice of the people award for transformation in a natural environment. the award is based on community opinion-- and norfolk residents praised the city for improvements to their neighborhoods. norfolk has worked with community and business leaders to preserve and protect the environment.
3. **NewsChannel3 at 5pm October 22, 2015 Length 2:00** the feds say - this is the first felony conviction -- when it comes to importing or using illegal timber. today representatives from lumber liquidators appeared in norfolk federal court - admitting to several environmental crimes. newschannel 3's kelly rule explains what else happened in courtroom.
4. **NewsChannel 3 at 5pm November 3, 2015 Length 1:45** more than 14 million dollars to replace a temporary bridge -- with another one -- that is also not permanent. ncdot was in negotiations with environmental groups to replace the aging bonner bridge. that deal was brokered in june 2015 -- and came with the stipulation that the permanent bridge over pea island be canceled!
5. **NewsChannel 3 at 5pm November 3, 2015 Length :25** did you know that the air you breathe at your job - could be dumbing you down? well - that's according to a new study published in environmental health perspectives. researchers placed 24 professionals - in an office for nearly a week. then they altered the levels of carbon dioxide and volatile organic compounds - in the office. toward the end of the day - the workers were given cognitive tests. researchers found that on "green" or "clean air" days - workers scored significantly higher on those tests.
6. **NewsChannel 3 at 530pm November 6, 2015 Length :20** president obama has announced he will veto a keystone pipeline bill if congress passes it. the pipeline is currently in a final phase of review from the state department. they say the pipeline would have minimal impact on the environment -- and create thousands of jobs during the construction period. but the president says-- if congress wants to create jobs, this is not the right way to do it.
7. **NewsChannel 3 at 4pm December 4, 2015 Length 1:45** the virginia beach city council is withdrawing its support for offshore oil drilling. that announcement is scheduled for next week, but investigator mike mather says this isn't the end of the debate. he's live in virginia beach with more.
8. **NewsChannel 3 at 6pm December 18, 2015 Length :35** crews are replacing the span on n-c-12 over the oregon inlet. a settlement was reached in june with environmental groups to drop all remaining lawsuits that were preventing n-c-dot from replacing the 52 year old bridge with a new one. now -- officials expect to complete design and pre-construction work in time to begin building the new bridge this spring.
9. **NewsChannel 3 at 11pm December 18, 2015 Length :35** crews are replacing the span on n-c-12 over the oregon inlet. a settlement was reached in june with environmental groups to drop all remaining lawsuits that were preventing n-c-dot from replacing the 52 year old bridge with a new one. now -- officials expect to complete design and pre-construction work in time to begin building the new bridge this spring.

FOREIGN AFFIARS

1. **NewsChannel 3 at 530am October 7, 2015 Length :20** doctors without borders will hold a news conference demanding an investigation into the u-s bombing of its medical clinic in afghanistan. the top u-s commander told a senate panel yesterday the clinic was mistakenly hit. 22 people were killed including doctors, staff members and patients.
2. **NewsChannel 3 at Noon October 15, 2015 Length : 1:30** president obama had declared america's war in afghanistan over and drew up plans for an almost complete withdrawal from the

country. but as craig boswell reports after months of reviewing the situation -- the president has decided to change plans.

3. **NewsChannel 3 at 5pm October 30, 2015, Length 1:30** more u-s troops are heading to syria. the obama administration made the decision today - despite previous vows *not* to put boots on the ground there. craig boswell has more on our military's mission.
4. **NewsChannel 3 at 4pm October 31, 2015 Length 1:30** Strikes from u-s fighter jets helped break an ISIS Seige in Iraq. The militant group has now given back the town of Amerli {am-mer-lee}. Mary Moloney has more.
5. **NewsChannel 3 at 630am November 29, 2015 Length :20** A slick public relations campaign using high tech propaganda is drawing westerners into the Islamic militant group ISIS. Using western Jihadists from the USA and European countries the Islamic state is hoping to lure more young men to take up arms and fight with them.
6. **NewsChannel 3 at 630am November 29, 2015 Length :25** Meanwhile the UK has raised its terror-threat level to severe in response to the rising presence of isis in Iraq and Syria. Today British prime minister David Cameron said ISIS is not simply seeking refuge in one country -- its seeking its own terrorist state and growing.
7. **NewsChannel 3 at 4pm December 3, 2015 Length :25** A Colorado woman is charged with conspiracy to provide material support to terrorists. In April --the 19-year-old was arrested at the Denver airport. F-B-I agents say she told them she was going to turkey to marry a member of the terrorist group ISIS, whom she had met online. Officials say she planned to join him at an ISIS camp in Syria.
8. **NewsChannel 3 at 6am December 2, 2015 Length 1:40** More American troops are going to Iraq to beef up security. As our locally based sailors remain on standby. This morning -- a new message from the ISIS militant leader. Susan McGinnis has the update.
9. **NewsChannel 3 at Noon December 3, 2015 Length :20** Travelers will notice tighter security in the coming days but the new measures will not impact domestic flights. Officials say the new security procedures stem from concerns about a growing number of westerners traveling to Syria and Iraq to fight.

HEALTH

1. **NewsChannel 3 at Noon October 5, 2015 Length :20** A study at Texas A&M finds children are more likely to eat their veggies if they're placed next to other foods they don't like. Researchers looked at lunchroom trash and found students wasted more vegetables when they were served with popular food, like burgers and pizza. But, when they were served with less popular main foods the students ate more vegetables. Scientists say nine out of ten children do not eat enough fruit and veggies.
2. **NewsChannel 3 at Noon October 6, 2015 Length :20** Hitting your head becomes more dangerous as you age. A new study says older patients take longer to recover from concussions. Researchers found concussion patients in their twenties had significantly reduced symptoms at their follow-up visits, but there was no significant change of symptoms in patients who were in their fifties and sixties.
3. **NewsChannel 3 at Noon October 8, 2015 Length :20** Doctors say not only is it ok to participate in fitness activities during pregnancy, but it can also have a positive impact on both the baby and the mother. A new study finds that working out up to five days a week can even cut down on the aches and pains. Researchers found high impact exercises, like jogging and aerobics are the most helpful.

4. **NewsChannel 3 at Noon October 30, 2015 Length :25** A new study in mice by researchers at the Fred Hutchinson Cancer Research Center found that a specialized form of immunotherapy can boost the survival rates of pancreatic cancer by more than 75%. The therapy involves T cells - the disease fighting immune cells. The researchers from Washington say the findings are so promising that human trials are planned within the next year.
5. **NewsChannel 3 at Noon November 30, 2015 Length :20** It's said, distance can make the heart grow fonder, but now researchers say it may weaken the brain! Researchers in China say children deprived of direct parental care may suffer from delayed brain development. Doctors say children may suffer from brain tissue changes that may affect memory and thought processes.
6. **NewsChannel 3 at Noon November 27, 2015 Length :20** Anxiety about visiting the dentist is common and becomes a phobia when it greatly impacts someone's well-being. But, a new study in London suggests short-term therapy may help people with dental phobia. Researchers surveyed about 130 patients who attended cognitive behavioral therapy sessions. Close to 80-percent of them were then able to have dental treatments without sedation.
7. **NewsChannel 3 at 6:30am November 27, 2015 Length :20** If you're trying to lose weight, it may be easier to count bites and not calories. Researchers from Brigham Young University asked people to count bites instead of calories, and then they reduced their average number of bites. At the end of the month long study, participants lost about three and a half pounds on average and found that counting bites was a lot easier than cutting calories. However, they found some participants turned to higher calorie foods to satisfy themselves.
8. **NewsChannel 3 at Noon November 26, 2015 Length :20** Millions of women suffer through premenstrual syndrome (PMS), and now new research suggests that those with moderate-to-severe PMS may be at heightened risk for high blood pressure later in life. According to new research from the University of Massachusetts and Harvard, women with moderate to severe PMS have a 40% higher risk of developing high blood pressure. The link between moderate-to-severe PMS and high blood pressure was strongest among women younger than 40. In this age group, those with clinically significant PMS were three times more likely to develop high blood pressure.
9. **NewsChannel 3 at Noon December 16, 2015 Length :20** A new study finds a bad day at work can be bad for your health. Researchers found when people had negative interactions with their boss, their blood pressure went up. Those bad boss vibes also predicted elevated blood pressure at home. They say when a boss berates you, the effect carries over, and it doesn't go away at night.
10. **NewsChannel 3 at Noon December 17, 2015 Length :20** Antibiotics can be a safe and cheap alternative to surgery when it comes to treating children with appendicitis according to a study in JAMA surgery. Researchers found that three out of four children with uncomplicated appendicitis were treated successfully with antibiotics. Compared to urgent appendectomy, non-operative management was associated with less recovery time, lower health costs and no difference in the rate of complications at one year.
11. **NewsChannel 3 at Noon December 24, 2015 Length :20** Noisy toys can be bad for kids. The c-d-c says around 5 million children have permanent damage to their hearing because of noisy toys. They say toys with sounds can overload the hearing senses. Doctors say if the toy is too loud for adults, then it's definitely too loud for toddlers. Doctors remind parents that toys should be thought of as developmental learning tools.
12. **NewsChannel 3 at Noon December 29, 2015 Length :20** Doctors in North Carolina say they may be a step closer to finding a cure for ALS. They've been able to identify protein clumps in the brain that contribute to paralysis and early death in ALS patients. It's progressive disease that affects nerve cells in the brain and spinal cord. Researchers hope the discovery paves the way for a drug to fight the disorder.

POLITICS

1. **NewsChannel 3 at Noon October 30, 2015 Length :30** The US Senate approved a budget agreement. The vote avoided a shutdown. We explained the implications of the budget on military jobs.
2. **NewsChannel 3 at 4pm October 10, 2015 Length :30** President Obama announced new testing guidelines. We explained their relationship with the former “no child left behind” policy. It outlines new principles for measuring student aptitude.
3. **NewsChannel 3 at 5am October 23, 2015 Length 1:30** Hillary Clinton testified for 11 hours about her email use as Secretary of State. Many people are still wondering what affect those messages had on the attack in Benghazi. We explained some of the highlights of the Senate hearing.
4. **NewsChannel 3 at 6pm November 30, 2015 Length 1:30** City leaders gathered to dedicate the new Kemps Landing Park. The Park is in Virginia Beach and was made possible thanks to 90 million dollars in funding from the Government. We talked about traffic and pedestrian impact.
5. **NewsChannel 3 at 630am November 30, 2015 Length :20** President Obama visits the Bataclan Concert hall. The location is the site of a deadly terrorist attack in Paris. While there he was accompanied by French President Francois Hollande. Both leaders went on to make a partnership to fight ISIS. The locally based USS Truman is even travelling with a us carrier.
6. **NewsChannel 3 at 5pm November 10, 2015 Length 1:30** State Senator Kenny Alexander entered the race for Mayor of Norfolk. That made him the third candidate. Alexander is one of the only state politician entering the race. We gave a little background on him and what his entrance might mean for the other candidates.
7. **NewsChannel 3 on at 5pm December 21, 2015 Length 1:30** Lindsay Graham announces he is dropping out of the race for president. Graham was considered the leader in most undercard debates. We explained some of his positions and how they compare to candidates still in the race.
8. **NewsChannel 3 at 11pm December 18, 2015 Length :30** Candidate Bernie Sanders sues the DNC. Campaign staffers exploited a software error to get confidential voter data. The sanders campaign accused the DNC of giving Clinton an unfair advantage.
9. **NewsChannel 3 at 11pm December 21, 2015 Length 1:30** Secretary of Defense Ash Carter was found to be using his iPhone to send work emails. Our market is filled with defense jobs. We explained what the content of his emails included, and how that related to the similar Clinton email scandal.
10. **NewsChannel 3 at 530am December 29, 2015 Length :30** Candidate George Pataki Dropped out of the presidential race. He was one of the lesser known Republican hopefuls. We highlighted his withdraw and said what that would mean for the upcoming election.

RACE

1. **NewsChannel 3 at 530pm October 15, 2015 Length :25** Freddie Grey city hall race protests begin
2. **NewsChannel 3 at Noon October 10, 2015 Length 1:30** DC Million Man March with a focus on police shootings and unarmed black men
3. **NewsChannel 3 at 11pm October 21, 2015 Length 1:30** Pharmacy burned in Baltimore race riots re-opens
4. **NewsChannel 3 at 5pm November 17, 2015 Length 1:30** Baltimore Riot report – police in Baltimore facing accusations they didn’t handle the Freddie Grey riots appropriately.

5. **NewsChannel 3 at 5pm November 17, 2015 Length 1:30** Man accused of setting a pharmacy on fire during race riots sentenced to 4 years in jail.
6. **NewsChannel 3 at 530pm November 24, 2015 Length 1:30** Illinois police shooting video released – police shoot and kill unarmed black man
7. **NewsChannel 3 at 6am December 2, 2015 Length :30** Freddie Grey trial opening statements begin
8. **NewsChannel 3 at 5pm December 16, 2015 Length 1:30** Freddie Grey mistrial declared in black suspect's death in police custody
9. **NewsChannel 3 at Noon December 15, 2015 Length :25** Added security in Baltimore in preparation for the Freddie Grey case

SAFETY

1. **NewsChannel 3 at 11pm, October 5, 2015 Length : 25** this recall affects honey nut cheerios and classic cheerios in the yellow box with the 'better if used by date of july 14, 2016'. company officials say they may contain wheat. if you have wheat allergies - and purchased the affected product - return the box to the store.
2. **NewsChannel 3 at 4pm October 7, 2015 Length :20** the top official from volkswagen says the company will launch a recall in january for cars affected by its diesel emissions cheating scandal. volkswagen's c-e-o added --the german company expects to complete the fix by the end of 20-16.
3. **NewsChannel 3 at 6pm October 19, 2015 Length :25** general motors is adding more cars to the list of vehicles recalled for faulty takata air bags. about 4 hundred 20-15 models are being recalled over concerns the front seat side- air bags may break. 19 -million vehicles in the u-s are already part of the massive recall. the latest g-m recall reveals the air bag problems also affect newer models. the problem originally applied only to older vehicles and front air bags.
4. **NewsChannel 3 at 6pm November 2, 2015 Length : 20** a nebraska meat supply company is recalling more than 167 thousand pounds of ground beef after learning its products may be contaminated with e coli. according to the u-s-d-a -- the ground beef items were produced at all american meats in omaha and shipped nationwide. the agency says there have not been any sicknesses linked to the bad meat yet.
5. **NewsChannel 3 This Morning at 5am November 13, 2015 Length :20** more than one million ninja shark blenders are being recalled. turns out the blade can come loose while you're pouring food out of the blender. the recall involves 12 versions with model numbers that start with b-l-660, 663, or 665. the ninja shark was sold at several stores including target, costco, macy's and walmart between march of 2012 and september of this year.
6. **NewsChannel 3 at 5pm November 13, 2015 Length :30** stihl has issued a recall on 140-thousand of it's products. according its website - the company is recalling items like edgers - trimmers - and brush-cutters because they could pose a fire hazard. this stems from a problem with the fuel tank vent. the items were sold at stihl dealers nationwide - from november of last year until this past september.
7. **NewsChannel 3 at 6pm December 2, 2015 Length :25** an e-coli scare has spread to more than a *dozen* states and includes products sold at major grocery chains. the recall started last week when e-coli was found in costco chicken salad. it was then traced to celery grown at a california-based farm. the f-d-a expanded the recall of food products yesterday. it now includes 155-thousand items such as salad kits, vegetable trays and other prepared foods. a list of recall items is available at the website f-d-a dot gov.
8. **NewsChannel 3 at 6pm December 4, 2015 Length :25** more than one hundred thousand dodge darts are being recalled. automaker fiat chrysler says an oil could leak into a brake part could

damage the car's power braking feature. seven accidents and two injuries have been blamed on the defect. the recall affects 20-13 and 20-14 darts with two liter and two-point-four liter engines.

9. **NewsChannel 3 This Morning at 530am December 10, 2015 Length :30** craftsman is recalling nearly 750-thousand of these blower-vacuums because they could catch fire. it's already happened seven times and at least one person was hurt. they were sold at ace hardware and sears stores from january 2013 through this past october. if you have one of these -- don't use it anymore. craftsman says you can contact their hotline for a refund.

TRANSPORTATION

1. **NewsChannel 3 at 4pm October 19, 2015 Length :30** the next time you pay your toll to go through the mid-town , keep in mind your kids and perhaps your grandkids may be still paying, for years to come! that`s the conclusion of an investigation rolled out by the Washington post.
2. **NewsChannel 3 at 5am October 27, 2015 Length :40** the second phase of a project to improve pacific avenue at the oceanfront is now underway. The work is being done in three off seasons - between October and April. Last winter crews tore up the road and replaced the infrastructure. This season it will be far less labor intensive - and will focus largely on moving existing overhead utilities underground.
3. **NewsChannel 3 at 5am October 2, 2015 Length :25** overnight v-dot crews were at the h-r-b-t testing the tide gates there. This is video from around two this morning as that happened. Those tests are just in case things get really bad.
4. **NewsChannel 3 at 11pm October 20, 2015 Length :40** a proposal to shift money away from light rail in Virginia beach has failed. The idea was from city councilman john moss. He wanted to move money already intended for light rail to instead try to soften a projected 33-million dollar shortfall in next year's budget. None of his colleagues agreed.
5. **NewsChannel 3 at 4pm November 18, 2015 Length 1:40** the many toll-free bridges and tunnels most of us take on a daily basis across Hampton roads -- may not always stay free. It`s now up for discussion among city officials and representatives from across the region -- to help fund some future highway projects.
6. **NewsChannel 3 at 11pm November 11, 2015 Length :30** new tolls on the h-r-b-t - the monitor Merrimac. You`re not going to see them in the immediate future -- but it is part of a discussion being had right now.
7. **NewsChannel 3 at 5pm November 3, 2015 Length 1:45** more than 14 million dollars to replace a temporary bridge -- with another one -- that is also not permanent. Todd corillo explains why all that money is being spent on Pea Island in North Carolina.
8. **NewsChannel 3 at 6pm December 18, 2015 Length :25** good news for those in the outerbanks - construction on the new Bonner bride is moving forward! Crews are replacing the span on n-c-12 over the Oregon inlet.
9. **NewsChannel 3 at 11pm December 18, 2015 Length :25** good news for those in the outerbanks -- construction on the new Bonner bride is moving forward! Crews are replacing the span on n-c-12 over the Oregon inlet.
10. **NewsChannel 3 at 5am December 9, 2015 Length :30** an influx of cash means some big transportation projects are getting the green-light earlier than expected in North Carolina. One of those projects includes rehabilitating the eastbound span of the wright memorial bridge. You`ll remember earlier this year work on the westbound side wrapped up. NC-dot says the work will extend the life of the bridge by 40 years.