



WJHG-TV

**2014 3rd Quarter
Programs and Issues**

***Quarterly list of programming
providing the most significant treatment
of community issues.***

**This report also includes information from
WECP-LD, EECP-LD and EJHG-DT2**

Below hereto are descriptions of issue-responsive programming broadcast by this station during the reporting period.

The listed programs aired on the station during the reporting period on the days and times indicated. Each program regularly provides information or addresses current local issues of concern to viewers in the area where the station is located.

LOCAL ISSUES ADDRESSED DURING THE QUARTER

The following are local issues of concern to the community. Programs that addressed these issues during this reporting period are listed on the following pages.

Local Issue/Concern	Brief description
Crime/Safety	Issues impacting community safety, major crimes, trials, crime trends, and safety tips.
Emergencies/Weather	Community-wide emergencies and weather.
Health	Issues impacting healthcare costs, tips, medical and disease trends.
Education	Important stories about local schools, education issues in the community and educators making a difference.
Economy	Issues impacting local employment, real estate and managing money.
Environmental/Beach Ecology	Important stories impacting the local environment, including beaches, waterways and marine wildlife.
Consumer	Information regarding recalls, avoiding scams and rip-offs and money-saving ideas to help the local community.

PROGRAMS THAT ADDRESS LOCAL ISSUES

The following programs that aired during the relevant reporting period regularly address local issues and concerns in the station's city of license and within its service area. Specific episodes and segments of these programs and the issues they addressed are listed on the following pages.

Program Name	Schedule (Day/Time)	Brief Generic Description
News Channel 7 Today	Monday through Friday/5am-7am	Morning show – please see individual segments addressing local issues/concerns on the following pages.
News Channel 7 at Noon	Every Monday/Noon	Paul Vecker with Bay County Sheriff's Office addresses community concerns of criminal, physical and cyber safety.
News Channel 7 at Noon	Every Tuesday/Noon	Bay Medical Sacred Heart representatives discuss health issues impacting the local community.
News Channel 7 at Noon	Every Tuesday/Noon	Video historian Bill Hudson presents preserved and restored footage from the WJHG archives as a way to highlight the unique history of the Florida Panhandle as covered by News Channel 7.
News Channel 7 at Noon	Every Wednesday/Noon	Bay County Animal Shelter, Lynn Haven Animal Shelter or other local rescue shelters present the Pet of the Week to help reduce the local stray pet population.
News Channel 7 at Noon	Every Thursday/Noon	Attorney Wes Pittman discusses legal issues impacting the local community.
News Channel 7 at 5, 6 and 10 pm	7 day a week/5pm, 6pm and 10pm	5pm, 6pm and 10pm broadcasts – please see individual segments addressing local issues/concerns on the following pages.

ISSUE-RESPONSIVE PROGRAMMING

Local Issue: Crime/Safety				
Program	Date	Time	Duration	Description
NewsChannel 7 at 6 pm, 10pm	7/4	6pm, 10pm	1:30, 1:45	Reporter ride along to with Bay County Sheriff's Office patrolling for 4 th of July
All Programming	7/4-8/25	5am, 6am, 12pm, 5pm, 6pm, 10pm	:30-1:45	Local group working to keep community safe after gun violence and shooting deaths in Panama City
NewsChannel 7 at 10pm, NewsChannel 7 Today	7/4	10pm, 5am, 6am	2:00	Local scooter rentals are coming under fire over safety concerns. Now they will have to deal with stricter laws and more enforcement by local police.
NewsChannel 7 at 6 and 10		10pm, 6pm	:30-2:00	A Panama City Beach man is due in court tomorrow for a bond hearing on child prostitution charges. Beach police arrested him today, saying he was selling teenage girls for sex from a local condo.
All Programming	7/11-8/13	5am, 6am, 12pm, 5pm, 6pm, 10pm	:30-3:20	USF researchers are disagreeing with the characterization that they've found nothing during their work at the old Dozier School for Boys.
NewsChannel 7 and 10 and NewsChannel 7 Today		10pm, 5am, 6am	2:00	A local vendor is ordered to stop selling illegal fireworks, for safety concerns on the Fourth of July.
NewsChannel 7 at 10pm	7/16	10pm	1:00	Live coverage Panama City Beach cop armed self and held off fellow cops for hour and half.
NewsChannel 7 at 6 and 10	7/31	6pm, 10pm	1:00-2:00	Local law enforcement turn to the community to help stop a recent rash of gun violence.

All Programming	8/5-8/6	5am, 6am, 12pm, 5pm, 6pm, 10pm	:30-1:45	A man held local law enforcement at bay for nearly two hours was shot by the Bay County Sheriff.
NewsChannel 7 at Noon, 5pm, 6pm	8/7	12pm, 5pm, 6pm	:30-1:45	A 12 year old boy is accused of stealing a second school bus just days after being released.
NewsChannel 7 at 5 and 6, and 10	8/12	5pm, 6pm, 10pm	:30-2:00	An armed man who allegedly sent harassing text messages to his daughter and ex-wife is in the Bay County jail. 56 year old Rayburn Belgard Jr. is accused of taking two co-workers hostage today.
NewsChannel 7 at 10 and NewsChannel 7 Today	8/15	10pm, 5am, 6am	:45-1:30	Prostitution bust in Okaloosa County. Members of the county's drug task force arrested five women and one man in connection with a prostitution sting.
NewsChannel 7 and 5 and 10	9/4	5pm, 10pm	:30-1:00	Thief is on the loose in the town of Parker. Parker police are asking for the public to help find a man wanted for burglary and shoplifting.
NewsChannel 7 at 10 and NewsChannel 7 Today	9/12	10pm, 5am, 6am	1:00	Bay County Sheriff's special investigators arrested 29-year old Shawn Halfacre last night during a traffic stop on Thomas Drive in Panama City Beach
NewsChannel 7 at 5pm, 6pm, 10pm	9/22	5pm, 6pm, 10pm	:30-1:45	Local, state and federal law enforcement officers arrest several dozen registered sex offenders who are accused of breaking the terms of their release.
NewsChannel 7 Today	9/23	5am, 6am	1:30	A Crestview man is facing charges for a road rage incident that happened on the Mid-Bay Bridge Connector road.
NewsChannel 7 at 6 and 10	9/24	6pm, 10pm	2:00	A well-known former Panama City Beach pastor has bailed out of jail on three different charges, including battery on a minor.
NewsChannel 7 at 10	9/26	10pm	2:00	Two bodies are found in a Southport home. It appears to be a murder-suicide.

Local Issue:				
Emergencies/Weather				
Program	Date	Time	Duration	Description
NewsChannel 7 Today, 5, 6	7/4	6am, 5pm, 6pm	:30-2:00	Panama City Beach weather is perfect for Fourth of July visitors. Much better than last year when rain almost washed away the holiday weekend business. This year hotels are full for a weekend with promising weather.
NewsChannel 7 at 6 and 10	2:00	6pm, 10pm	1:50	Hundreds of thousands of Florida homeowners are about to get hit with a second double digit rate hike in flood insurance.
NewsChannel 7 at 10pm	7/23	10pm	1:45	Florida is the scariest state in the country according to a national real estate study due to weather.
NewsChannel 7 at 10pm	7/29	10pm	1:45	A Jackson County man's truck is struck by lightning with him inside.
NewsChannel 7 at 10pm	7/16	10pm	1:45	It may have been ten years ago but for some locals scars from Hurricane Ivan will never go away.
NewsChannel 7 at Noon, 6pm	7/21	Noon, 6pm	1:30	Beaches along Bay County and Panama City Beach are still displaying double red flags this evening. Rough surf and rip currents are making the water extremely dangerous.
NewsChannel 7 at 6, 10pm	8/8	6pm, 10pm	2:00	Children are dying after being left in hot cars across the state of Florida. Our reporter shows us just how hot it gets in only minutes in a car during August heat.
NewsChannel 7 at 10, NewsChannel 7 Today	8/13-14	10pm, 5am, 6am	1:00	Drowning in Fort Walton Beach, comes at a time where there have been fewer for the entire summer. Last year there were more drownings by this point in the summer season.
NewsChannel 7 at 5 and 6	8/25	5pm, 6pm	2:00	National Oceanic and Atmospheric or NOAA is about to release 6-point-3 million dollars in relief money to the area.
NewsChannel 7 at 6 and 10	9/4	6pm, 10pm	2:00	September is national Hurricane Preparedness month. We show how locals are prepared for hurricane season, and how emergency managers are equipped to handle weather situations.

Local Issue: Health				
Program	Date	Time	Duration	Description
NewsChannel 7 Today	Every Weekday	6am	2:00	Timely medical topics of interest for everyday in the family. Each day we do a health segment at 6:10am, featuring the latest information on research, prevention, treatments, or healthy lifestyles.
NewsChannel 7 at Noon	Every Weekday	Noon	4:00	Every weekday, a block of the noon show airs daily medical stories.
NewsChannel 7 at 10 and NewsChannel 7 Today	10pm, 6am	7/10, 7/11	2:00	People suffering from arthritis can now find relief in the pool. Using warm pools are proven to help significantly in the treatment of people with arthritis.
NewsChannel 7 at 10pm	7/11	10pm	1:45	Spray sunscreen should make you think twice before putting it on your kids.
NewsChannel 7 at 10pm	7/28	10pm	1:45	On World Hepatitis Day, Bay County has seen an influx in Hep. C Cases.
NewsChannel 7 at 10pm	8/5	10pm	1:45	FDA set Strict guidelines when it comes to gluten free packaging.
NewsChannel 7 at 6 and 10	8/11	6pm, 10pm	:45-1:50	60 nurseries across the state are eligible for five licenses allowing them to dispense medical marijuana. The state is considering a lottery to select the five businesses that will begin filling doctors' orders January 1 st .
NewsChannel 7 at 10pm	8/12	10pm	1:45	Six years ago a local couple lost their son to a fatal football injury. They're helping make sure no other parent suffers the same thing by providing protective gear.
NewsChannel 7 Today, 10pm	8/25	6am, 10pm	2:00	Flu season is expected to hit early this year. This story takes a look at the flu vaccine available this year, and how many strains it is expected to protect against.
NewsChannel seven at 5, 6, 10	8/27	5pm, 6pm, 10pm	:30-2:00	Avicenna Clinic opens in Panama City. Clinic provides free medical services for the poor or people without insurance, from providers who donate their time.
NewsChannel 7 at 6 and 10	9/10	6pm, 10pm	:45-1:45	Panama City Beach Police offer a safe way for residents to dispose of unused, leftover, or unwanted medications.

NewsChannel 7 Today, and 10pm	9/15, 9/16	10pm, 6am	2:00	Florida State University Panama City is offering a new class called "mindfulness." It is not a class you get credits, instead, you learn the tools you need to live stress-free.
NewsChannel 7 at 6 and 10	9/19-9/20	6pm, 10pm, 6am	1:15	A Local woman, who suffered an illness common to scuba diving called the Bends, is hoping the local medical community will reconsider its current practices. Currently you can't get hyperbaric medicine for the Bends in Panama City and have to be sent to Mobile, even though the hospital does have a hyperbaric chamber.
NewsChannel 7 at 6 and 10	9/22	6pm, 10pm	1:45	Gulf Coast Medical Center in Panama City recently got a NICU, Neonatal Intensive Care Unit. We take a look at the first "graduate" of the NICU's new level three clinic.

Local Issue: Education				
Program	Date	Time	Duration	Description
NewsChannel 7 at 10pm	7/17	10pm	1:45	Bay District School officials are devising plans to improve performance at 4 schools that received "F" grades.
NewsChannel 7 at 5 and 6pm	7/21	5pm, 6pm	2:00	Longtime local educator, Dr. Ernest Spiva, died after an illness. He was a fixture on the local education scene for the past three decades, and helped develop Gulf Coast State College.
NewsChannel 7 Today, NewsChannel 7 at 10pm	7/23, 7/30	5am, 10pm	3:00, 1:45	Bay District School officials are reminding parents to go online to register their students for classes. Guest on morning show talked about how to do that.
NewsChannel 7 Today	7/11	5am, 6am	2:00	Mosley High School is undergoing a major facelift, with money paid for by the half-cent sales tax. But now it appears the renovations won't be complete before the start of the school year.
NewsChannel 7 today	7/31	5am, 6am	1:50	Liberty County school district officials say they need a new high school, but they can't afford to pay it themselves. They are reaching out to the state to get some emergency funds in place to build a new school.
NewsChannel 7 at 10pm	8/12	10pm	1:45	A new school year will mean a lot of changes for Bay County public school students. Officials are asking parents to prepare their children for before school starts.
NewsChannel 7 at 5 and 6pm	8/12	5pm, 6pm	2:00	A new school year means a lot of changes for Bay County public school students. Bay district school officials are asking parents to prepare their children for the start of a successful year.
NewsChannel 7 Today and Noon	8/12	6am, Noon	1:30	Three Jackson County students are awarded for their hard work. They are being recognized for acing the Florida Comprehensive Assessment Test.
NewsChannel 7 at 10pm	9/4	10pm	1:30	Bay County is facing a teacher shortage as well as a shortage of bus drivers.
NewsChannel 7 at 5, 6, 10	9/16	5pm, 6pm, 10pm	:30-1:30	Gulf Coast State college officials are looking for students to enroll in the Educator Preparation Institute Program, or EPI. This helps people with a bachelor's degree work toward a teaching certification.
NewsChannel 7 at	9/22	10pm	1:00	The National Merit Scholarship program has

10pm				announced last year's national semi-finalists and some are in our area.
NewsChannel 7 at 6pm, 10pm	9/23	6pm, 10pm	:45-1:15	Bay District school official's head of transportation services resigns. This comes at a time when the busses have been filled with complaints from parents about being late picking up and dropping off children from school.
NewsChannel 7 at Noon, 5pm	9/24	Noon, 5pm	1:15	Local students take part in "see you at the pole." It's a national effort to allow students to pray at the flagpole before the start of the school day.

Local Issue: Economy				
Program	Date	Time	Duration	Description
NewsChannel 7 at 10pm	7/17	10pm	1:45	A local family is moving into a brand new energy efficient home that the Habitat for Humanity dedicated.
NewsChannel 7 at 6 and 10	7/22	6pm, 10pm	:30-1:15	Lynn Haven City leaders decide to raise the millage rate, which will affect the property taxes, making them higher, for residents of the city of Lynn Haven.
NewsChannel 7 at 10pm, NewsChannel 7 at Noon	7/30, 7/31	10pm, 12pm	1:45, :45	Beaches are packed this summer meaning hotels are filling fast. With tourism numbers on the rise, Panama City Beach can't meet the demand.
NewsChannel 7 at 10pm	8/18	10pm	:30	Bud and Alley's closes due to a lack of customers.
NewsChannel 7 at 10pm	8/20	10pm	1:45	Port St. Joe will be the new home of a \$7 million affordable housing project.
NewsChannel 7 at 10pm	8/28	10pm	1:45	Panama City Beach City Council is considering a new \$2.6 million road for Pier Park.
NewsChannel 7 Today and Noon and 10pm	9/11	5am, 6am, Noon, 10pm	1:50	Local students get real life lessons in managing money with a special class taught by a financial advisor. The goal is to make them more productive members in the economic marketplace of the future.
NewsChannel 7 at 5pm, 10pm	9/25	5pm, 10pm	1:15, :45	Panama City Beach Council members voted to give themselves a hefty pay raise of about 125%.
NewsChannel 7 at 5, 6pm	9/16	5pm, 6pm	1:30-2:00	Bay County residents may soon see their property taxes skyrocket after new millage rates are approved by commissioners.
NewsChannel 7 at 5, 6, 10	9/26	5pm, 6pm, 10pm	:30-1:50	The state wants to help Walton County officials build a new Wastewater Treatment Facility in the north side of the county.

Local Issue:				
Environmental/Beach Ecology				
Program	Date	Time	Duration	Description
NewsChannel 7 at 10pm	7/5	10pm	2:00	South Walton County residents come together to clean up their beach, a day after a busy Fourth of July celebration.
NewsChannel 7 at 5, 6, 10	7/8	5pm, 6pm, 10pm	:45-2:00	The federal government is considering a plan to lease more areas of the gulf for oil and natural gas exploration. This causes concern for beach communities that were affected by the 2010 BP oil spill.
NewsChannel 7 at 5pm, 6pm, 10pm	7/10	5pm, 6pm, 10pm	1:15, 1:15, :45	Bay County Tourist Development Council members spent a lot of time discussing the large amount of trash left behind during the 4 th of July weekend.
NewsChannel 7 at 6pm, 10pm	7/21	6pm, 10pm	1:00, 2:00	The National Oceanic and Atmospheric Administration, or NOAA, is cracking down on dolphin feeding.
NewsChannel 7 at 5pm, 6pm, 10pm	7/23	5pm, 6pm, 10pm	:30, :45, 1:45	A water main bust leaves some Bay County residents needing to boil their water and takes days to fix.
NewsChannel 7 at Noon, 5, 6pm	7/24	Noon, 5pm, 6pm	:30-1:50	Cape San Blas lighthouse is successfully moved to Port St Joe, where it is being carefully preserved as a historical site. The lighthouse has survived many hurricanes along the coast for decades.
NewsChannel 7 Today	7/25	5pm, 6am	:30-1:30	Fifty years ago this month, the US Navy embarked on a ground breaking mission that began here in Bay County. You can see the details at the local Sea Lab.
NewsChannel 7 at 10pm	9/23	10pm	:45	Land surrounding Holmes Creek is now protected.
NewsChannel 7 Today, Noon, 10pm	9/16	6am, noon, 10pm	:30-2:00	A look back at Hurricane Ivan, on the ten year anniversary of the storm that wrecked the coast, and caused tornados and severe destruction across Northwest Florida.

Local Issue				
Consumer				
Program	Date	Time	Duration	Description
NewsChannel 7 at Noon	Every Weekday	Noon	4:00	Every weekday, a block of the noon show airs daily consumer stories
NewsChannel 7 at 10 pm	7/8	10pm	1:45	Parents of special needs children know that a trip to the playground isn't as simple as it sounds but now there is a playground changing that.
NewsChannel 7 today and Noon	7/9	5am, 6am, noon	1:50	Two beach communities along the popular scenic route 30A are battling each other over a public beach access area. They hash it out in a county commission meeting.
NewsChannel 7 at 5 and 6	7/22	5pm, 6pm	:45-1:50	The Walton County Landfill is quickly filling up, and county leaders want to figure out better ways to handling trash in the future.
NewsChannel 7 at 5 and 6pm	7/23	5pm, 6pm	:45	Bay County residents living in a certain section of town are advised to boil their drinking water until further notice, after a water main breaks, creating a massive scene of cleanup for crews trying to get the leak under control.
NewsChannel 7 at 10 pm	7/31	10pm	1:45	The Florida Department of Transportation is preparing for the next phase of the Hwy 98 Flyover project.
NewsChannel 7 at 10pm	8/28	10pm	1:45	Last year's first ever Gulf Coast Jam was a huge success. Promoters are hoping for an even bigger showing this year.
NewsChannel 7 at 6 and 10pm	9/19	6pm, 10pm	1:50	An important meeting takes place today of the Franklin County Seafood Association. The meeting quickly deteriorated into chaos. Member were supposed to discuss the possible closing of Apalachicola Bay to oystering, which drastically impacts the economy of Franklin County.

**WJHG-TV PSA'S PROVIDING SIGNIFICANT
TREATMENT OF COMMUNITY ISSUES
Topic of PSA (varying lengths of :10, :15, :20, :30)**

3rd Q, 2014 - Local Public Service Announcements		
Organization/Title	Spot Length	# of Times Aired
Girls Inc./Golf Tourney	:20	161
Rescue Mission/Klothes for Kids	:30	911
Toys for Kids/Golf Tourney	:15	494
Warrior Beach Retreat/Fall Retreat	:15	290
American Heart Assoc./Day of Giving	:30	46
American Heart Assoc./HeartWalk 2014	:30	121
Food 4 Kidz/Food Drive	:20	650
Humane Society/Gala 2014	:20	212
Coats for Kids/2014 Coat Drive	:30	678
Angelos Autism/2014 Autism Dinner	:30	180
Anchorage Children's Home/2014 Golf	:30	270
Foster Parent/2014 PSA	:30	684
FAB/Hurricane Preparedness	:30	599
FAB/Florida Army National Guard	:30	560
Alaqua Refuge/2014 PSA	:30	497
Text and Drive/2014 PSA	1:00	675
Air Force Reserve/2014 PSA	1:00	668
Marines/For Us All	1:00	620

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PUBLIC AFFAIRS BROADCASTS
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FACE THE NATION

07/06/14

Guests: Charlie D'Agata, CBS News Correspondent (1); Alex Ortiz, CBS News Correspondent (2); Senator John McCain (R-AZ) (3); Senator Lindsey Graham (R-SC) (3); Senator Richard Durbin (D-IL), Assistant Majority Leader (4); Lee Child, author, "Personal" (5); Jeffrey Deaver, author, "The Skin Collector" (5); David Ignatius, author, "The Director" (5); Sandra Brown, author, "Mean Streak" (5); Karin Slaughter, author, "Cop Town" (5)

- 1) a report from Baghdad, Iraq on the current conditions in that country and the recently released video from the militant group Islamic State of Iraq and Syria (ISIS), containing footage of their leader Abu Bakr al-Baghdadi rallying his followers to fight
- 2) a report from Tel Aviv, Israel on the mounting violence in the region, as well as the video of Israeli security forces beating a Palestinian boy who is also an American citizen
- 3) Topics include: reaction to the video of Israeli security forces beating a Palestinian boy who is also an American citizen; thoughts on the militant group ISIS's released video / threat ISIS poses to American interests, both at home and abroad / criticism against the Obama administration for how it handled decisions regarding troop withdrawal from Iraq and Afghanistan / \$10 billion bounty on ISIS leader Abu Bakr al-Baghdadi; Syria; immigration crisis along the southern border with Mexico, as an increased number of unaccompanied children from Central America enter the United States / immigration reform; Senator McCain's reaction to Hillary Clinton naming him her favorite Republican
- 4) Topics include: praise for Hillary Clinton; immigration crisis along the southern border with Mexico; the current conditions in Iraq / thoughts on possible U.S. responses to the threat posed by ISIS
- 5) Book Panel Topics include: Lee Child's and Jeffrey Deaver's contribution to "FaceOff", an anthology curated by the International Thriller Writers (ITW); motivations and thought processes for the panel participants / the process of writing fiction / for Ignatius, Brown, Child, and Deaver -- the impact of their prior career as journalists on their writing / what inspired Ms. Slaughter to become an author / books the panelists are currently reading / future of books in the age of social media

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FACE THE NATION (continued)

07/13/14

Guests: Holly Williams, CBS News Foreign Correspondent (1); Benjamin Netanyahu, Prime Minister, Israel (2); Governor Rick Perry, (R-TX) (3); Representative Luis Gutierrez (D-IL) (4); Ambassador Maen Rashid Areikat, Palestine Liberation Organization (PLO) Delegation to the United States (5); Ambassador Ron Dermer, Israel (6); former Representative Jane Harman (D-CA), Woodrow Wilson International Center for Scholars (7); Danielle Pletka, American Enterprise Institute (7); Gerald Seib, The Wall Street Journal (7); Nia-Malika Henderson, The Washington Post (7)

- 1) a report from Gaza City on the current conditions between Israel and Palestine
- 2) Topics include: current conditions in Israel / United Nations Security Council's request for a cease fire / possibility of sending Israeli ground forces into Gaza / Hamas / possibility of a two-state solution; opinion that Iran is lying and desires nuclear weaponry, not civilian nuclear energy
- 3) Topics include: criticism of President Obama for the way his administration has reacted to the increased number of unaccompanied children from Central America coming across the border into Texas; disagreement with Republican Senator of Kentucky Rand Paul for his "brand of isolationism", which Governor Perry believes "compounds the threat of terrorism"
- 4) Topics include: reaction to Governor Perry's criticism of President Obama for his handling of the border crisis / agreement with the opinion expressed by both Republicans and Democrats that President Obama should have visited the U.S. – Mexican border during his recent trip to Texas / belief that the United States border is secure and that the United States have a responsibility to these children
- 5) Topics include: continued Israeli military occupation of Gaza / current conditions in Gaza / call for a "return to the 2012 understandings between Hamas and Israel" / relationship between Hamas and the PLO / role of PLO President Mahmoud Abbas
- 6) Topics include: "Red Alert Israel", an app which allows people to receive alerts on their mobile phone, notifying them of an incoming rocket / opinion that Hamas deliberately targets Israeli civilians / belief that Hamas takes hospitals, schools, homes, and mosques, uses them for terrorist activities, thus turning them into legitimate targets / disagreement with Ambassador Areikat's claim that Gaza is occupied
- 7) Topics include: current conditions in Israel and Gaza / Israel's "Iron Dome" rocket defense system / Prime Minister Netanyahu's strategy / differing opinions regarding the validity and sincerity of Secretary of State John Kerry's role in the Israeli-Palestinian peace process; immigration crisis along the southern border with Mexico / agreement with the opinion expressed by both Republicans and Democrats that President Obama should have visited the U.S. – Mexican border during his recent trip to Texas

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FACE THE NATION (continued)

07/20/14

Guests: Mark Phillips, CBS News Senior Foreign Correspondent (1); Barry Petersen, CBS News Correspondent (2); U.S. Secretary of State John Kerry (3); Clarissa Ward, CBS News Foreign Correspondent (4); Bob Orr, CBS News Homeland Security Correspondent (5); David Martin, CBS News National Security Correspondent (5); Mike Morell, CBS News Senior Security Contributor, former Deputy Director, Central Intelligence Agency (CIA) (5); Representative Peter King (R-NY) (6); Martin Indyk, Brookings Institution, former U.S. Special Envoy for the Israeli-Palestinian negotiations, former U.S. Ambassador to Israel (7); Peter Baker, The New York Times (8); David Ignatius, The Washington Post (8); Kimberley Strassel, The Wall Street Journal (8); Margaret Brennan, CBS News State Department Correspondent (8)

- 1) a report from the crash site in Eastern Ukraine of Malaysia Airlines Flight MH17, which was shot down by a surface-to-air missile on July 17
- 2) a report from Gaza City on the current conditions between Israel and Palestine
- 3) Topics include: latest information on the July 17 downing of Malaysia Airlines Flight MH17 by a surface-to-air missile over Eastern Ukraine, an area controlled by Russian-backed Separatists / United States investigation into Russia's involvement in the downing of the airliner; the situation between the Israeli government and Hamas
- 4) a report from Moscow on the lack of a response from President Putin and the Russian government on Malaysia Airlines Flight MH17
- 5) Topics include: different levels of Russia's responsibility in the downing of Malaysia Airlines Flight MH17 / lack of a response from President Putin / details of evidence against Russia / possible increase in U.S. aid to Ukraine
- 6) Topics include: support for the case against Russia / criticism of Russian President Vladimir Putin for Russia's involvement in the downing of Malaysia Airline Flight MH17 / how the U.S. and other European countries should impose severe economic and symbolic sanctions against Russia / disappointment in some European allies for their perceived lack of a response to the downing of flight MH17
- 7) Topics include: Egypt's role in attempting to broker a cease-fire between Israel and Hamas / Israeli Prime Minister Netanyahu's call for the demilitarization of Gaza / number of rockets available to Hamas / hope for a renewed effort to resolve the Israeli-Palestinian conflict
- 8) Topics include: a discussion of the July 17 downing of Malaysia Airlines Flight MH17, including problems with the investigation, the mounting evidence against Russia, Russia's possible role and responsibility, as well as possible economic and symbolic sanctions from the United States and its European allies; next steps for Secretary Kerry in attempting to broker a cease-fire in the conflict between the Israeli government and Hamas / the role of Egypt and Qatar in attempting to broker a cease-fire between Israel and Hamas / reluctance of Hamas to deal with Egypt

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FACE THE NATION (continued)

07/27/14

Guests: Barry Petersen, CBS News Correspondent (1); Benjamin Netanyahu, Prime Minister, Israel (2); Khaled Meshaal, Hamas leader (3); Pavlo Klimkin, Minister of Foreign Affairs, Ukraine (4); Representative Mike Rogers (R-MI) (5); Madeleine Albright, former United States Secretary of State (6); Margaret Brennan, CBS News State Department Correspondent (7); Anthony Salvanto, CBS News Elections Director (8); David Leonhardt, The New York Times (8); Amy Walter, The Cook Political Report (8); John Dickerson, CBS News Political Director (8)

Guest Correspondent: Charlie Rose, Co-Host, CBS THIS MORNING (3)

- 1) a report from Gaza City on the current conditions after the end of the temporary humanitarian cease-fire
- 2) Topics include: current conditions in Israel after the end of the temporary humanitarian cease-fire / call for the demilitarization of Gaza / complex tunnel system linking Gaza to Israel / high number of civilian Palestinian casualties / opinion that "Hamas is responsible for these civilian deaths"
- 3) A brief excerpt of an interview conducted yesterday in Doha, Qatar with Hamas leader Khaled Meshaal. Topics include: examples of some concessions Hamas wants from Israel for the people of Palestine / belief that Israel "killed the American initiative" with regards to the negotiations process / call for a Palestinian state without occupation
- 4) Topics include: call for a bilateral cease-fire / belief that Russian President Vladimir Putin's ultimate goal is to destabilize all of Ukraine / need for further assistance from the United States / opinion that Russia is responsible for the July 17 downing of Malaysia Airlines Flight MH17
- 5) a discussion about the financial support Hamas receives from other countries in the region, such as Iran and Qatar
- 6) Topics include: Ms. Albright's thoughts and insight into the causes behind some of the troubles currently facing different regions in the world, such as the conflicts between Russia-Ukraine and Israel-Hamas / reaction to the criticism against the Obama administration for its perceived indifference to world events / criticism of European countries for their delayed response regarding sanctions against Russia / global role of the United States in the 21st century
- 7) a report on the results of U.S. Secretary of State John Kerry's recent trip to the Middle East, as well as updates on the conflicts between Russia-Ukraine, Israel-Hamas, and the situation in Tripoli, Libya
- 8) "Battleground Tracker": results of the first online panel survey of a hundred thousand voters on the upcoming Senate elections in Montana, South Dakota, West Virginia, New Hampshire, Colorado, Kentucky, and Georgia. Analysis indicates that Democrats would not maintain control of the Senate, should the elections be held at that point. Also includes a discussion of the potential impact of President Obama on voter turnout for women, minorities and young voters in the upcoming midterm elections.

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60 MINUTES

07/06/14

"Hollywood's Villain" – an interview / profile of Kim Dotcom, an internet entrepreneur who created "Megaupload", a file-sharing website which eventually allowed users to access copyrighted films, music, books and video games. The U.S. government filed an indictment against Kim for copyright infringement, racketeering and money-laundering and has requested his extradition from New Zealand, where he resides in his mansion. Also includes interviews with Eriq Gardner, senior editor at The Hollywood Reporter, Wayne Tempero, Kim's head of security and Shawn Henry, fm. executive assistant director of the FBI. (C: Bob Simon – P: Michael H. Gavshon, David M. Levine) (OAD: 01/05/14; includes an update)

"Gladwell" – an interview / profile of Malcolm Gladwell, best-selling author and staff writer for The New Yorker magazine. Gladwell's disposition often questions conventional wisdom, as he does in his latest book, "David and Goliath: Underdogs, Misfits, and the Art of Battling Giants". Also includes interviews with Vivek Ranadive, CEO of Tibco Software; Gary Cohn, President and COO of Goldman Sachs; and David Remnick, editor of The New Yorker. (C: Anderson Cooper – P: Magalie Laguerre-Wilkinson, Deirdre Naphin Curran) (Producer for the 07/06/14 rebroadcast: Magalie Laguerre-Wilkinson) (OAD: 11/24/13)

"Volcano" – a report on three of the earth's active volcanoes: Eyjafjallajokull in Iceland, Vesuvius in southern Italy and the supervolcano beneath Yellowstone National Park in the United States. Includes interviews with volcanologists Haraldur Sigurdsson, Mike Sheridan and Giuseppe Mastrolorenzo. Also includes comments by 60 MINUTES cameraman Aaron Tomlinson. (C: Scott Pelley – P: Nicole Young) (OAD: 01/05/14)

07/13/14

"America's Missile Fields" – a report on U.S. nuclear missile control centers with a focus on Wyoming's F.E. Warren Air Force Base "missileers", officers who work in the control centers that would launch Minuteman III missiles. The report also draws attention to past mishaps that nearly lead to accidental nuclear detonations on U.S. soil during the Cold War, as investigated by author Eric Schlosser for his book, "Command and Control". The Air Force is making improvements after recent scandals involving test-cheating and drug possession implication in addition to improving aging launch control centers and missile silos. Includes interviews with: Air Force Colonel Carl Jones; Air Force Major General Jack Weinstein; Eric Schlosser, author; and F.E. Warren Air Force Base missileers: Chaz Demerath, Dana Meyers, Daniel Sharp, Claire Reynolds, Melissa Matuu, Brandon Castillo and Jennifer Leute. (C: Lesley Stahl – P: Andy Court) DOUBLE LENGTH SEGMENT (OAD: 04/27/14; includes an update)

"Discovered" – a report on the billion-dollar missing art trove German authorities discovered in the apartment of Cornelius Gurlitt, the son of Hildebrant Gurlitt, one of Adolf Hitler's leading art dealers. Most of the collection was stolen from museums and Jewish collectors during World War II, leading to a legal battle over who has the rights to the art now. Includes interviews with Ekkehart Gurlitt, Cornelius Gurlitt's cousin; Willi Korte, a lawyer who specializes in tracking down stolen art; Vanessa Voight, art historian; Martha Hinrichsen and David Toren, each of whom had family members whose paintings were confiscated by the Nazis; Hannes Hartung and Tido Park, lawyers who have represented Cornelius Gurlitt; Ingrid Berggreen-Merkel, leader of a task force examining art works potentially looted from Jews and Uwe Hartman, chief researcher of the task force. (C: Morley Safer – P: Katy Textor) (OAD: 04/06/14; includes an update)

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60 MINUTES (continued)

07/20/14

"The Giving Pledge" – a report on The Giving Pledge, an effort created to help address society's most pressing problems by inviting the world's wealthiest individuals (billionaires) and their families to commit to giving more than half of their wealth to philanthropy or charitable causes, either during their lifetime or in their will. Includes interviews with the founding trio: Warren Buffett of Berkshire Hathaway, and Bill Gates, founder of Microsoft, and his wife Melinda Gates. Also includes comments by members Jeffrey Skoll, eBay's first president and film producer; investor Pete Peterson; Dr. Precious Moloi-Motsepe, wife of Patrice; Sara Blakely, entrepreneur and creator of the undergarment "Spanx"; and AOL founder Steve Case and his wife, Jean Case. South African mining mogul Patrice Motsepe and investor Nicolas Berggruen, members of the Giving Pledge, appeared on camera, but did not speak. Also features comments from Randall Lane, editor at Forbes Magazine. (C: Charlie Rose – P: Denise Schrier Cetta) (OAD: 11/17/13; includes an update)

"Rescue" – an interview / profile of John Riordan, who in 1975 was an assistant bank manager at a Saigon, South Vietnam Citibank. During the fall of Saigon at the end of the war, Riordan assisted in the escape of 105 Vietnamese colleagues and their families by convincing the American military that they were his own family. Includes interviews with: John Riordan, Citibank manager; Cuc Pham-Vo and Chi Vu, coworkers of Riordan; and various unidentified Citibank coworkers of Riordan. (C: Lesley Stahl - P: Shachar Bar-On) (OAD: 10/13/13)

"The Greatest Show on Earth" – a report on the New York Metropolitan Opera and how its general manager, Peter Gelb, has reinvigorated the centuries-old art form by making it more accessible and modernized. Includes excerpts from the new production of Verdi's 'Rigoletto'. Includes interviews with: Piotr Beczala, Polish tenor; Zeljko Lucic, Serbian baritone; Diana Damrau, German soprano; Peter Gelb, General Manager of the Met. (C: Bob Simon – P: Ruth Streeter) (OAD: 10/27/13)

07/27/14

"Help Wanted" – a report on Year Up, a nonprofit organization that runs a one-year, intensive training program that provides low-income adults, ages 18-24, with a combination of hands-on skills development, college credits and corporate internships. Includes interviews with Gerald Chertavian, Founder and CEO of Year Up; Jamie Dimon, CEO of JPMorgan Chase; Ken Chenault, CEO of American Express and Year Up graduates, Jonathan Garcia and Jay Hammonds. (C: Morley Safer – P: Katy Textor) (OAD: 01/26/14; includes an update)

"ALMA" – a report on the observatory in the Atacama Desert in Northern Chile known as the Atacama Large Millimeter/submillimeter Array, ALMA for short. ALMA is the \$1.3 billion radio telescope which deciphers wave lengths of light--colors really--that the human eye cannot see, and gives scientists a window on parts of the universe that are otherwise invisible, such as the actual birth of planets and stars. It is the most ambitious astronomical project on earth. Includes interviews with Pierre Cox, ALMA's director; Alison Peck, physicist overseeing ALMA's construction; Stuart Corder, ALMA's deputy director and Chilean physicist Eduardo Hardy, ALMA's director of North American operations. (C: Bob Simon – P: Michael H. Gavshon, David M. Levine) (OAD: 03/09/14)

"The Nile Crocodile" - a report on Africa's Nile crocodile. Includes an underwater dive in Botswana's Okavango Delta with wildlife filmmakers Brad Bestelink and his wife, Andy Crawford. The crocodiles are experienced up close in their natural habitat. Also includes an interview with Dr. Adam Britton, Australian zoologist. (C: Anderson Cooper - P: Michael H. Gavshon, Paul Bellinger) (OAD: 03/24/13)

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48 HOURS

07/05/14

48 HOURS: "Murder At Sea?" - a rebroadcast of a report on the disappearance of newlywed George Smith, who vanished in 2005 from a cruise ship in the Mediterranean while on his honeymoon, as first reported in "Love Lost" (OAD: 04/08/06) and mentioned in "Dark Voyage" (OAD: 09/23/06). This report uncovers the questionable alibis, failed polygraphs and a provocative video that involves the three men who last saw Smith alive. In the years since Smith went missing, his family has been seeking answers to what happened to him after a night of heavy drinking and gambling in the ship's casino. His disappearance was ruled a likely accident and the case has gone nowhere, despite reports of arguments on the stateroom balcony, furniture being moved and a bloodstain on the overhang of the lifeboats. Mike Jones, an attorney for the Smith family, is now trying to get the case moving again. He has gained access to Royal Caribbean's internal investigation and has learned about the existence of a videotape in the possession of the FBI, which was recorded just hours after Smith went missing by three of the four men to last see Smith alive: cousins Zach Rozenberg and Greg Rozenberg and their friend Rusty Kofman. The other passenger, Josh Askin, is not on the video. Attorneys for Rusty Kofman and Zach Rozenberg have declined to comment. Greg Rozenberg's attorney says his client just made stupid comments. While initially cooperating, Askin's attorney has now told him to take the Fifth Amendment in all questioning. All four men say they had nothing to do with Smith's death but the men are still on the FBI's radar in this cold case. Mike Jones believes that Josh Askin knows what happened. He continues to prod the FBI to re-open the case. On-screen text graphic: The FBI's field office has agreed to review the George Smith case. **On-screen text graphic introduction for the 07/05/14 rebroadcast:** "9 years ago today George Smith disappeared from his honeymoon cruise. This week, his family announced a \$100,000 reward for information leading "to the arrest and conviction of the person (s) responsible." **On-screen text graphic for 07/05/14 rebroadcast:** Anyone with information should call 1-844-651-1936. Interviewed: George Smith's parents, George Smith III and Maureen Smith; his sister Bree Smith; cruise ship passengers Paul and Galina Kvitmisky; Emilie Rausch; Clete Hyman; Greg and Pat Lawyer; Christian Ruiz; Keith Greer, attorney for Josh Askin; Albert Dayan, attorney for Rusty Kofman; Phil Houston, an expert in detecting deception; Mike Jones, Smith family investigator/attorney. NOTE: In this broadcast, Zach Rozenberg, Greg Rozenberg, and Josh Askin all appear in interrogation videos. They are not specifically interviewed for this report. Rusty Kofman appears saying no comment. (C: John Miller (correspondent for 05/11/13) / C: Richard Schlesinger (correspondent and narrator for the 07/05/14 rebroadcast) - P: Lourdes Aguiar, Peter Shaw) (OAD: 05/11/13 as 48 HOURS: "Murder at Sea")

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48 HOURS (continued)

07/12/14

48 HOURS: "Death at Soho House" - a report into the death of swimsuit designer Sylvie Cachay and her ties to the son of an Oscar-winning songwriter. Sylvie Cachay was a rising swimsuit designer, working with top companies like Victoria's Secret, before launching her own line of swimwear. In 2010, she was found dead and partially clothed in an overflowing tub at the Soho House in New York City. Police learned Cachay had checked into the hotel with her boyfriend, Nicholas Brooks, the son of troubled Academy Award-winning songwriter Joseph Brooks. Although there was an empty bottle of prescription pills nearby, the on-scene medical examiner found marks on Sylvie's neck that suggested strangulation and the investigation quickly turned to Brooks. He was arrested. At trial, Brooks was found guilty of second degree murder. Through interviews with Cachay's family and friends, a picture of a successful woman with everything to live for is revealed, but one who was also having second thoughts about her much younger boyfriend. Nicholas Brooks' sister, Amanda Brooks, discusses their childhood, how their family was torn apart by divorce and how their father's famous name and his own troubled life brought nothing but notoriety to the case. On-screen text graphic: Nick Brooks is appealing his conviction arguing the jury should have heard his "rough sex" allegation. District Attorney Vance's domestic violence initiative will be fully operational this spring and he expects to help thousands of women each year. **On-screen text graphic for the 07/12/14 rebroadcast:** On-screen text graphic: Nick Brooks is appealing his conviction arguing the jury should have heard his "rough sex" allegation. District Attorney Vance's domestic violence center opened in March 2014. His office says the center has already helped more than seven hundred women. Interviewed: publicist Lesa McHale; photographer and Sylvie's former fiancé Ben Baker; parents Dr. Antonio and Sylvia Cachay; brother Patrick Cachay; cousin Françoise Jakobsson; designer Alicia Bell; trainer Cheri Fogelman; Cachay family attorney Susan Karten; former NYPD detectives Robert Moller and Tommy Jones; former Soho House night manager Bryan Alvarez; Soho House employee Kristen Stephens; Amanda Brooks; Nicholas Brooks' attorney Jeffrey Hoffman; Brooks' family friend Lynn Barrie; Loretta Spruell, victim of Joseph Brooks; Manhattan District Attorney Cy Vance; and 48 HOURS consultant/journalist Murray Weiss. (C: Troy Roberts - P: Patti Aronofsky, Elena DiFiore) (OAD: 02/01/14)

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48 HOURS (continued)

07/19/14

48 HOURS: "The Writing on the Wall" (8:00-9:00p) - a report on the investigation into the May 5, 2009 murders of the wife and two children of Christopher Coleman, the security chief for televangelist Joyce Meyer Ministries. In Columbia, Illinois on the morning of May 5, Coleman called his neighbor, police detective Justin Barlow, and asked him to check on his wife, Sheri, and their two young sons, Gavin and Garrett, after his own calls had gone unanswered. In months prior he had made local police aware of explicit death threats he was receiving regarding his involvement in Meyer's ministry. Barlow entered the house that morning through an unlocked basement window and upon entry he found spray-painted messages on the walls, with the phrases "you have paid" and "punished", and when he went upstairs he discovered the bodies of Coleman's family strangled to death in each of their beds. An investigation began and soon after police discovered Coleman was having a serious affair with cocktail waitress Tara Lintz, a high school friend of Sheri's. Sheri's friends came to her defense telling police Sheri said her husband was having an affair and if anything happened to her, Chris did it. Moreover, the crime scene lab found the handwriting on the wall matched up to Coleman's script. Two weeks after the murders police had enough evidence to charge Coleman with first-degree murder of his family. The trial for Coleman began two years later and the prosecution's computer experts discovered the e-mail threats came from Coleman's laptop, and one can of the spray paint used on the walls of his house was purchased at a local hardware store with a computerized signature linked to Coleman. The jury needed more evidence though, and it came from one of the jurors who noticed the date on a picture of Coleman and Lintz kissing which proved Coleman lied to them about when the affair began. After a guilty verdict, the judge sentenced Coleman to life in prison. **48 HOURS MYSTERY** spoke to Coleman by phone and he denied planning to divorce Sheri to marry his mistress and said he did not know who murdered his family. **On-Screen Text Graphics:** Sheri's family is suing Joyce Meyer Ministries. They claim the murders might have been prevented if the Ministries had investigated the threats more seriously. May 5th is the three-year anniversary of the murders of Sheri, Garrett and Gavin Coleman. **On-screen text graphics for the 03/30/13 rebroadcast:** In December 2012, after a long legal battle with the Colemans, Sheri's family was allowed to rebury Sheri and her sons in a cemetery closer to their home in Chicago. **On-screen text graphic for the 07/19/14 rebroadcast:** After a long legal battle with the Colemans, Sheri's family was allowed to rebury Sheri and her sons in a cemetery closer to their home in Chicago. Chris Coleman is appealing his conviction. **Interviewed:** Chris Coleman; Justin Barlow, detective; Joe Edwards, Columbia Police Chief; Major Jeff Connor, Major Case Squad, St. Louis; Vanessa Riegerix, neighbor; Nick Pistor, St. Louis Post-Dispatch reporter; Kathy LaPlante, Sheri's friend; Angela DiCiccio, Sheri's mother; Meegan Turnbeaugh, Sheri's friend; Connie and Ron Coleman; Chris' parents; Ed Parkinson, prosecutor; Bill Margulis, Chris's lawyer; Gina West, juror; Olivia Shopinski, juror; Jonece Pearman, jury foreperson. (C: Maureen Maher - P: Sara Ely Hulse, Clare Friedland) (OAD: 05/05/12; 1st Rebroadcast: 03/30/13)

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48 HOURS (continued)

07/19/14

48 HOURS: "A Bad Bet" (10:00-11:00p) - an investigation into the deaths of South Carolina sports bookie Brett Parker's wife, Tammy Parker, and his associate, Bryan Capnerhurst, who Parker claims he shot while Capnerhurst was attempting to rob Parker's safe. Though sports betting in South Carolina is illegal, Brett Parker and his father ran an honest family bookmaking operation that was generally left alone by police. At first police took Parker's story at face value, but as the investigation continued, they discovered a co-worker (Capnerhurst) with financial problems who was demanding money he was owed from Parker, and a marriage not as solid as they were led to believe. Police determined that Capnerhurst was a victim, rather than a killer, and that the adulterous Parker had murdered his wife, in part to collect on a life insurance policy. At trial, he was found guilty on two murder charges and sentenced to two consecutive life sentences with no parole. On Screen Text Graphic: Four months after the murder conviction, Brett Parker and his father Jack were indicted on federal charges of operating an illegal gambling business. Brett Parker was sentenced to two years. His father Jack was sentenced to five months. **On-screen text graphic for the 07/19/14 rebroadcast:** Four months after the murder conviction, Brett Parker and his father Jack were found guilty on federal charges of operating an illegal gambling business. Jack Parker is appealing his gambling conviction. Brett Parker is appealing his murder convictions. Interviewed: Brett Parker's parents Jack and Linda Parker; his daughter Brooke Parker; Angela Rickard and Angela Leon, friends of Tammy Parker; Tammy Parker's mother Libby Carswell; Sheriff Leon Lott; investigator Stan Smith; Brett Parker's attorney Dave Fedor; and medical examiner Dr. Bradley Marcus. (C: Richard Schlesinger - P: Pamela Mason Wagner, Chris Young Ritzen) (OAD: 01/25/14)

07/26/14

48 HOURS: "Honor and Dishonor" (8:00-9:00p) - a report on Sgt. Brent Burke, who was court-martialed for the 2007 murders of Tracy Burke, his estranged wife and his former mother-in-law, Karen Comer. Four civilian trials, with no physical evidence, had already led to three mistrials and a hung jury; but the military decided to move forward with action under the uniform code of military justice. Tracy Burke and Karen Comer were discovered shot to death in Comer's Rineyville, Kentucky home. When it was discovered that Tracy was in the process of going through a divorce, Sgt. Brent Burke was taken into custody and booked for murder. There was little physical evidence and no murder weapon, but during an interview, Eion Burke, a young child of four, said that Sgt. Burke was the killer. When charges were dropped and he was released from jail, Kentucky State Police spoke to the Army and they came to the same conclusion: a case for murder, this time to be tried by the Army's Judge Advocate General's Corps (JAG) because Burke on active duty at Fort Campbell when the crimes were committed. He would face a court martial trial which is very different from a civilian court trial - there is always a verdict and never a hung jury. The trial commenced and the JAG prosecution team was able to present physical evidence - a tiny piece of glass taken off of Burke's coat, which was similar to the shattered glass door at the crime scene. The panel decided that Sgt. Burke was guilty and that he would serve a life sentence without parole. He would also be dishonorably discharged and stripped of his rank. **On-screen text graphic for the original and 09/21/13 rebroadcast:** Tracy Burke's children visit each other regularly. According to military law, Brent Burke will get an automatic appeal. **On-screen text graphic for the 07/26/14 rebroadcast:** Tracy Burke's children visit each other regularly. Brent Burke, now a private, is appealing his conviction. Interviewed: JAG prosecution team members: Lt. Colonel Matthew Calarco, Major Sondra Smith, Captain Janae Lepir; U.S. Army Defense Attorney Nathan Brown; JAG attorney Major Rebecca Kliem; Kentucky State Police Detective Larry Walker; Kentucky State Police Investigator Mark Gillingham; Tracy Burke's father and step-mother David and Gractia Wilburn; Tracy Burke's sister-in-law Hillary Wilburn; defense attorneys Chris Davenport and David Broderick; Brent Burke's parents Stan and Irene Burke; Master Sergeant Michelle Kerstetter, Karen Comer's daughter. (C: Richard Schlesinger - P: Marcelena Spencer; Updated producers for the 09/21/13 rebroadcast: Marcelena Spencer, Michelle Feuer) (OAD: 02/16/13; 1st Rebroadcast: 09/21/13)

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48 HOURS (continued)

07/26/14

48 HOURS: "The Last Confession" (10:00-11:00p) - a report on the investigation into the 1960 murder of Irena Garza, in McAllen, Texas, and the efforts family members and police have taken to bring the suspect, a Roman Catholic priest, to trial for the crime. The night before Easter, Irene Garza went to church and disappeared. Five days later she was found dead in a canal. Police said she was sexually assaulted and suffocated. There was one immediate suspect, Father John Feit, the priest who admitted to hearing Garza's confession that night, but who has denied any involvement in the murder. Noemi Ponce Sigler, the original investigator's daughter, says her father was told to step away from the case because a deal had been made between the Church and the police regarding Feit. In 2002, the McAllen Police Department asked the Texas Rangers Cold Case unit to re-examine the murder. The investigation took a dramatic turn when a former monk, Dale Tacheney, told police that Feit admitted to killing a young woman while Tacheney was a counselor at a monastery. Joseph O'Brien, an assistant pastor at the church in 1960 also told investigators that Feit told him that he did it. Despite these new findings, Hidalgo County District Attorney Rene Guerra doesn't believe the case is strong enough to take to court, though he would have prosecuted Feit in 1962 on the charges. Members of the Garza family have pinned their hopes on Ricardo Rodriguez, a candidate for Hidalgo County District Attorney, who has said he would look into the case. On-screen text graphic: The primary election for Hidalgo County District Attorney is Tuesday. On-screen text graphic for the 07/26/14 rebroadcast: Rene Guerra lost the election for Hidalgo County District Attorney in March 2014. District Attorney-elect Ricardo Rodriguez has promised to revisit the case when he takes office in January 2015. Interviewed: family members Noemi Ponce Sigler and Lynda De La Vana; journalist/48 HOURS consultant Pamela Colloff; Texas Ranger Rudy Jarmillo; McAllen Police Chief Victor Rodriguez; former monk Dale Tacheney; San Antonio Police Detective George Saidler; Hidalgo County District Attorney Rene Guerra. (C: Richard Schlesinger - P: Lourdes Aguiar, Peter Shaw) (OAD: 03/01/14)

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FACE THE NATION

08/03/14

Guests: Charlie D'Agata, CBS News Correspondent (1); Clarissa Ward, CBS News Chief Foreign Correspondent (2); Pierre Krahenbuhl, Commissioner-General, United Nations Relief and Works Agency for Palestine Refugees in the Near East (UNRWA) (3); Dr. Tom Frieden, Director, Centers for Disease Control and Prevention (CDC) (4); Dr. Jon LaPook, CBS News Chief Medical Correspondent (5); Senator Saxby Chambliss (R-GA), Vice Chairman, Senate Select Committee on Intelligence (6); Valarie Jarrett, Senior Advisor, White House (7); Michael Bloomberg, former Mayor, New York, NY (7); David Ignatius, The Washington Post (8); Margaret Brennan, CBS News State Department Correspondent (8); Michael Morell, CBS News Senior Security Contributor, former Deputy Director, Central Intelligence Agency (CIA) (8); John Dean, author, "The Nixon Defense: What He Knew and When He Knew It" (9)

Guest Moderator: Norah O'Donnell, Co-Host, CBS THIS MORNING

- 1) a report from Tel Aviv, Israel on the current situation in Rafah, located in the southern part of the Gaza Strip, where a United Nations school was hit by a suspected Israeli air strike
- 2) a telephone report on the heavy fighting coming from the Israeli side, as well as details from the United Nations on their constant communication with Israel
- 3) Topics include: this morning's air strike of a United Nations school in Rafah / five prior attacks on U.N. facilities in Gaza, which is a violation of international law / constant communication with Israel as to the location of these U.N. facilities / condemnation of weapons caches stored on the grounds of one of the U.N. facilities / rejection of Israel's claim that Hamas uses its civilians as human shields
- 4) Topics include: the return of Dr. Kent Brantly, who was in Liberia when he contracted the Ebola virus, to Emory University Hospital in Atlanta / the condition of Dr. Brantly's family, who visited him in Liberia / how the Ebola virus spreads / concern over the safety measures at the CDC, given recent examples of the CDC mishandling anthrax, smallpox, and avian flu samples
- 5) Topics include: high level of fear of an outbreak in the United States / how the Ebola virus spreads / lack of infection control and mistrust of doctors in Africa / possible Ebola vaccine set for trials in September
- 6) Topics include: soon to be released "torture report" from the Senate Intelligence Committee on the enhanced interrogation techniques used after September 11 / support for the use of enhanced interrogation techniques and the subsequent information obtained by the CIA, as argued by the minority report to be issued by Senate Republicans; recent revelation that the CIA was indeed spying on Senate computers -- an allegation that CIA Director John Brennan refuted in March
- 7) Topics include: upcoming U.S.-Africa Leaders Summit / assurance that the necessary protocols for screening the Ebola virus will be observed for travelers arriving from countries impacted by the Ebola outbreak / goals for the summit / China's increase in foreign aid and trade with in the African continent; collapse of the most recent cease-fire between Israel and Hamas / reaction to the air strike of a school in Gaza, killing children / Israel's right to defend itself
- 8) Topics include: soon to be released "torture report" from the Senate Intelligence Committee on the enhanced interrogation techniques used after September 11 / the minority report to be issued by Senate Republicans; recent revelation that the CIA was spying on Senate computers; Mr. Ignatius' recent article criticizing U.S. Secretary of State John Kerry and his handling of the situation between Israel and Gaza / this morning's air strike of a United Nations school in Rafah
- 9) an interview with Mr. Dean, former Nixon White House counsel, on his book and the new information he discovered about President Nixon and the Watergate scandal during his research

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FACE THE NATION (continued)

08/10/14

Guests: Holly Williams, CBS News Foreign Correspondent (1); Charlie D'Agata, CBS News Foreign Correspondent (2); Clarissa Ward, CBS News Foreign Correspondent (3); Senator Jack Reed (D-RI) (4); Ambassador James Jeffrey, Washington Institute for Near East Policy (5); Dr. Keiji Fukuda, World Health Organization (WHO) (6); George Christian, technician, FACE THE NATION (7); Carl Bernstein, author, "The Final Days", "All The President's Men" (8); Bob Woodward, author, "The Final Days", "All The President's Men" (8); David Rohde, Reuters (9); Michael Crowley, Time magazine (9)

- 1) a report from Erbil, Iraq on the current conditions in that country, as the United States continues with air strikes aimed at assisting the Kurdish forces against ISIS militants
- 2) a report from Tel Aviv, Israel on the current situation between Israel and Hamas
- 3) a report from Gaza City on the current situation between Hamas and Israel
- 4) Topics include: impact of the U.S. air strikes on the ISIS militants / reason behind the U.S. decision to begin air strikes / causes behind the disintegration of security in Iraq since U.S. troop withdrawal
- 5) Topics include: belief that the U.S. should have left some troops in Iraq / U.S. consulate in Erbil, Iraq / pressure on Iraqi Prime Minister Nouri al-Maliki to resign / support for the Kurdish forces against ISIS
- 6) Topics include: latest update on the Ebola virus outbreak in the West African countries of Guinea, Liberia, Sierra Leone, and Nigeria / WHO's position that no need exists for a general ban on travel or trade
- 7) recollections from Mr. Christian, a CBS News technician, who was in the Oval office as President Richard Nixon announced his resignation
- 8) an interview with Messrs. Woodward and Bernstein, who as Washington Post reporters broke the Watergate scandal, providing new insights into the debacle
- 9) Topics include: factors behind President Obama's decision to begin air strikes in Iraq / threat posed by ISIS to the United States

08/17/14

Guests: Vladimir Duthiers, CBS News Correspondent (1); Governor Jay Nixon (D-MO) (2); Cornell William Brooks, President, National Association for the Advancement of Colored People (NAACP) (3) (6); Charlie D'Agata, CBS News Foreign Correspondent (4); Representative Mike Rogers (R-MI), Chairman, U.S. House of Representatives Permanent Select Committee on Intelligence (5); Dr. Michael Eric Dyson, Georgetown University (6); Michael Gerson, The Washington Post (6) (7); Ruth Marcus, The Washington Post (6) (7); Gerald Seib, The Wall Street Journal (7); Peter Baker, The New York Times (7)

- 1) a report on the current situation in Ferguson, Missouri, one week after unarmed eighteen-year-old black teenage Michael Brown was fatally shot by white Police Officer Darren Wilson
- 2) Topics include: current conditions in Ferguson, MO / decision to remove the local police department and place the security of Ferguson under the command of the Missouri Highway Patrol / dual investigation by the Justice Department and the FBI into the shooting of Michael Brown
- 3) Topics include: call for a special prosecutor to be appointed to handle the investigation into the shooting death of Michael Brown, along with the continued involvement of the Justice Department / condemnation of the militarized reaction by the local police in the wake of the shooting
- 4) a report from Erbil, Iraq on the current conditions in the region as the United States continues air strikes
- 5) Topics include: threat posed by ISIS to the Yazidi people of Iraq / recent U.S. air strikes / threat posed by ISIS to the United States / belief that the current conditions in Iraq with regards to ISIS are related to the current conditions in Syria / agreement with Hillary Clinton that the United States should have been aiding the rebels in Syria; thoughts on the use of military equipment by local police forces, with regard to the current situation in Ferguson, MO
- 6) Topics include: criticism of the way the situation has been handled in Ferguson, Missouri / reaction to the just announced decision by the Justice Department to order its own independent autopsy for Michael Brown / the militarization of local police forces / differing opinions as to the amount and quality of leadership displayed by President Obama in response to the death of Michael Brown / Republican Senator of Kentucky Rand Paul's reaction to the shooting in Ferguson
- 7) Topics include: Texas Governor Rick Perry's indictment by a grand jury; significance of the dam in Mosul, Iraq; Hillary Clinton's recent interview in The Atlantic, where she outlined her overall views on foreign policy / threat of terrorism in a post 9/11 world

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FACE THE NATION (continued)

08/24/14

Guests: Juliette Goodrich, reporter, KPIX-TV, San Francisco, CA (1); Michael Morell, CBS News Senior Security Contributor, former Deputy Director, Central Intelligence Agency (CIA) (2); Margaret Brennan, CBS News State Department Correspondent (2) (6); Bob Orr, CBS News Homeland Security Correspondent (2); Senator Kelly Ayotte (R-NH), Senate Armed Services Committee (3); Representative Paul Ryan (R-WI), author, "The Way Forward: Renewing the American Idea" (4); Representative William Lacy Clay (D-MO) (5); Susan Page, USA Today (6); David Rohde, Reuters (6); Gary Sinise, actor, National Spokesman, The American Veterans Disabled for Life Memorial (7)

1) a report from Napa, CA on this morning's 6.0 magnitude earthquake, the South Napa Earthquake

2) Topics include: killing of American journalist James Foley by the extremist group ISIS / short-term and long-term threat posed by ISIS / possibility of air strikes on ISIS in its sanctuary in Syria / ISIS leader Abu Bakr al-Baghdadi / concern over the "fairly spotty" intelligence the U.S. has on the ground in Syria / possible strategy for handling ISIS

3) Topics include: killing of American journalist James Foley / possible strategy for handling ISIS / reaction to criticism against President Obama for being on vacation as the threat from ISIS intensified / belief that Congress can come together to deal with the threat to the United States posed by ISIS / an update on James Foley's parents

4) Topics include: criticism of President Obama for his handling of the increased threats posed by ISIS; reaction to thoughts expressed in Representative Ryan's book, "The Way Forward: Renewing the American Idea", on the 2013 Republican government shutdown and the Romney campaign for president; support for a third attempt at the presidency by Mitt Romney / pledge to support Senator Ted Cruz (R-TX) or Senator Rand Paul (R-KY) should they become the Republican nominee

5) Topics include: support for President Obama's decision to review the Pentagon's 1033 program, which distributed military equipment to police departments across the country / need to improve police-community relations, including a "change in the way the African-American community is policed"

6) Topics include: what the shooting in Ferguson, MO of unarmed eighteen-year-old Michael Brown by Officer Darren Wilson says about the current state of race relations in America; President Obama's request to train and equip Syrian rebels, which has so far been ignored by Congress / threat posed by ISIS / the United States policy to not pay ransom to terrorists / impact of the killing of American journalist James Foley / reaction to criticism against President Obama for being on vacation as the threat from ISIS intensified / questions regarding the Obama administration's handling of the threat posed by ISIS, as well as the problems in Syria and Iraq / possible strategy for handling ISIS; Representative Ryan's book, "The Way Forward: Renewing the American Idea"; thoughts on a possible third attempt at the presidency by Mitt Romney

7) an interview with actor Gary Sinise on Washington DC's newest memorial -- The American Veterans Disabled for Life memorial -- set to open in October 2014

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FACE THE NATION (continued)

08/31/14 **Guests:** Senator John McCain (R-AZ) (1); Representative Adam Smith (D-WA), Ranking Member, House Armed Services Committee (2); Representative Peter King (R-NY), Homeland Security Committee, Permanent Select Committee on Intelligence (2); Danielle Pletka, American Enterprise Institute (3); Michael Singh, The Washington Institute for Near East Policy (3)
Guest Moderator: Major Garrett, CBS News Chief White House Correspondent
1) Topics include: Senator McCain's strategy for defeating ISIS / criticism of President Obama's response to the threat posed by ISIS; Russian president Vladimir Putin / Senator McCain's strategy for dealing with Russia-Ukraine crisis; opinion that the United States should become more involved in trying to contain the Ebola outbreak in West Africa
2) Topics include: Representative Smith's reaction to Senator McCain's proposed strategy for defeating ISIS / Representative King's concern over a possible ISIS-sponsored terrorist attack on the United States and criticism of the Obama administration's response to the threat posed by ISIS / differing opinions on the threat posed by ISIS, possible strategies for combating the problem, and the probability of an attack on U.S. soil / differences between al Qaeda and ISIS; call for the United States government to become "more forceful in supporting the Ukrainian government"
3) Topics include: reaction to President Obama's candid admission that the administration does not have a strategy in place to deal with the threat from ISIS / danger in "over-amplifying the threats of ISIS" / need to address the situations in Iraq and Syria; Mr. Singh's call for the United States to do more in Ukraine, such as providing them with military assistance

60 MINUTES

08/03/14 **"China's Real Estate Bubble"** - an examination of the precarious state of the Chinese residential real estate industry, where overbuilding and massive investment by the emerging middle class have resulted in a housing bubble that may be about to burst. Includes interviews with Gillem Tulloch, Hong Kong-based financial analyst; Wang Shi, CEO of Vanke real estate; Anne Stevenson-Yang, managing principal, J Capital Research. (C: Lesley Stahl - P: Shachar Bar-On) (OAD: 03/03/13)
"The Con Artist" - a report on German artist Wolfgang Beltracchi and how he fooled experts for decades in an art scam that netted millions of dollars by creating what he claimed were new and formerly hidden paintings by artists such as German Surrealist Max Ernst. Many art connoisseurs acknowledge he is the most successful art forger in this, and perhaps, any other time in history. Includes interviews with Wolfgang Beltracchi and his wife and accomplice Helene Beltracchi; Dr. Jeffrey Taylor, assistant professor of arts management at Purchase College; Jamie Martin, forensic art analyst and Francis O'Connor, Jackson Pollock expert. (C: Bob Simon - P: Katherine Davis) (OAD: 02/23/14)
"Cajun Ketchup" - a report on the first family of hot sauce, the McIlhenny clan, and how they have perfected the formula for making their signature Tabasco pepper sauce, which is exported around the world. Five generations of McIlhenny's have adhered to a hundred and fifty years of tradition by creating Tabasco on their privately owned Avery Island, in the bayous of Louisiana. Includes interviews with the following McIlhenny Company employees: Tony Simmons, CEO; Harold "Took" Osborn, Senior Vice President; and Coy Boutte, warehouse manager. (See also: "Hot Spot", OAD: 02/03/13 on CBS NEWS SUNDAY MORNING; Correspondent: Bill Geist - Producer: David Rothman) (C: Dr. Sanjay Gupta - P: Sumi Aggarwal) (OAD: 03/16/14)

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60 MINUTES (continued)

- 08/10/14 **"The Case of Alex Rodriguez"** – a report on the details of the evidence involved in the full season suspension of New York Yankees slugger Alex Rodriguez for perceived use of banned performance enhancing substances. Major League Baseball (MLB) has suspended the third baseman for all of next season, which is the longest doping suspension to date. There is no positive drug test for Rodriguez and he has repeatedly denied ever using performance-enhancing drugs during the years he played in New York. Major League Baseball's chief witness against him, Anthony (Tony) Bosch, founder of the former Florida clinic, Biogenesis, says he injected Rodriguez with banned substances and shared text messages from Blackberry "BBM" messages as confirmation. Includes interviews with: Anthony Bosch; Rob Manfred, chief operating officer of MLB; and Joe Tacopina, Rodriguez's attorney. Includes an excerpt from a radio interview with Rodriguez on WFAN by Mike Francesa. (See also: "A-Rod", OAD: 12/16/07) (C: Scott Pelley – Producers for Part I: Michael Radutzky, Andrew Bast, Emily Rand; Producers for Part II: Michael Radutzky, Emily Rand, Andrew Bast) DOUBLE LENGTH SEGMENT (OAD: 01/12/14; includes an update)
- "GoPro"** – a report on GoPro, a small, wearable, and waterproof camera that can go just about anywhere. GoPro has become the bestselling camera in the world and the go-to camera for people who like adventure and action sports. Includes interviews with Nick Woodman, avid surfer, founder and CEO of GoPro; and Eric Terrill, scientist. (C: Anderson Cooper – P: David Schneider) (OAD: 11/10/13 on 60 MINUTES; 1st Rebroadcast: 01/08/14 on 60 MINUTES SPORTS on SHOWTIME)
- 08/17/14 **"Rigged"** – a report on Michael Lewis' book, "Flash Boys: A Wall Street Revolt", which argues the U.S. stock market is rigged to benefit high speed computerized traders who are able to work the stock market to their advantage by using fractions of a second to legally front run orders. Lewis talks publicly for the first time about his book and gives credit to trader Brad Katsuyama who discovered the problem and formed a new exchange, IEX (Investor's Exchange), to combat the investing issue. Recently, New York Attorney General Eric Schneiderman and the Commodity Futures Trading Commission in Washington have both launched investigations into the matter. Includes interviews with author Michael Lewis; Brad Katsuyama, CEO of IEX; Ronan Ryan, Chief Strategy Officer of IEX; David Einhorn, hedge fund manager and president and founder of Greenlight Capital. (See also: "The Mad Scientist of Football", OAD: 01/04/09; and "Inside The Collapse", OAD: 03/14/10) (C: Steve Kroft – P: Dragan Mihailovich) (OAD: 03/30/14)
- "The Health Wagon"** – a report on nurse practitioners who are providing healthcare to the uninsured working poor in Appalachia, specifically six counties in southwestern Virginia. These patients are unable to pay for the Affordable Care Act (Obamacare), but are overqualified for Medicaid. The Health Wagon, which runs mostly on federal grants and corporate and private donations, is their only viable option. Includes interviews with nurse practitioners aboard the Health Wagon: Teresa Gardner and Paula Meade; Dr. Joe Smiddy, a lung specialist and the Health Wagon's volunteer medical director; and patients Glenda Moore (who died 3 months after the interview), Sissy Cantrell, Brittany Phipps and Walter Laney. (C: Scott Pelley – P: Henry Schuster, Rachael Kun Morehouse) (OAD: 04/06/14; includes an update)
- "The Cartoonist"** – a report on the weekly process of how the staff at The New Yorker chooses the magazine's famous cartoons. The report focuses on Bob Mankoff, cartoon editor of The New Yorker, who recently released a memoir titled after one of his celebrated cartoons, "How About Never – Is Never Good for You?: My Life in Cartoons". Includes interviews with Bob Mankoff, cartoon editor of The New Yorker; David Remnick, editor of The New Yorker and cartoonists: Ben Schwartz, David Sipress, Roz Chast, and Charlie Hankin. Also includes comments by Will Shortz, crossword puzzle editor and cartoonists: Emily Flake, Sam Gross, Farley Katz, Carolita Johnson and Joe Dator. (C: Morley Safer – P: David Browning, Jonathan Schienberg) (OAD: 03/23/14)

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60 MINUTES (continued)

08/24/14

"The Data Brokers" – an investigation into the private companies that collect, analyze and package the personal information of millions of Americans. By using someone's online internet searches, credit card purchases and government records, data brokers have been creating profiles of individuals and selling it as a commodity to each other, to advertisers and the U.S. government. Includes interviews with Julie Brill, Federal Trade Commissioner; Tim Sparapani, VP of Law, Policy and Government Relations at Application Develops Alliance; Ashkan Soltani, digital privacy expert and Bryan Kennedy, chairman and CEO of Epsilon. (C: Steve Kroft – P: Graham Messick, Maria Gavrilovic) (OAD: 03/09/14)

"3 Years Later" – a report on the aftermath of the March 11, 2011 earthquake and tsunami in Fukushima, Japan which caused a nuclear accident at the Fukushima-Daiichi nuclear power plant, generating a radiation crisis in the surrounding areas, now uninhabitable. The report focuses on the town of Okuma, where Norio Kimura is still searching for the remains of his seven-year-old daughter, Yuna Kimura. Cleanup is estimated to take thirty to forty years. Includes interviews with Norio Kimura and his mother, Tomoe Kimura (through translator), former Okuma residents; Yoichi Funabashi, chairman of the Rebuild Japan Initiative Foundation and Lake Barrett, nuclear engineer. Also includes comments by various unidentified children who used to live in Okuma. (See also: "Catastrophe", OAD: 03/20/11) (C: Bob Simon – P: David Schneider) (OAD: 04/06/14)

"Return of the Humpback" – a report on the ongoing effort to save the endangered humpback whale, focusing on two individuals. Activist and co-founder of Greenpeace, Paul Watson intervenes with what he considers illegal activity by the Japanese and a few others because they are still harpooning whales, even though commercial whaling is banned by international agreement. Nan Hauser, a marine biologist, spends her days swimming with and researching whales via small satellite transmitters in Rarotonga, of the Cook Islands. Includes interviews with: Paul Watson, founder of the Sea Shepherd Conservation Society; Nan Hauser, marine biologist. (C: Scott Pelley – P: Robert G. Anderson, Daniel Ruetenik) (OAD: 10/20/13; includes an update)

08/31/14

"The Pink Panthers" – a report on the most successful gang of diamond and art thieves in the world, dubbed by Interpol, the global police organization based in Lyon, France, as the "Pink Panthers" because of their glamorous and audacious heists. The group is made up mostly of ex-Yugoslavs, many who fought in the Serbian Special Forces during the Bosnian wars, and who use their military discipline and expert planning to execute the robberies. Includes interviews with Ron Noble, secretary general of Interpol; Andrea Scholz, risk prevention consultant; Jan Glassey, Swiss Detective; Patrick Peys, chief inspector of Antwerp Diamond Squad and a semi-retired Pink Panther who identified himself as Filip. (C: Bob Simon – P: Katherine Davis) (OAD: 03/23/14)

"90+" - a report on the fastest-growing segment of the U.S. population, the "oldest old" -- people who live to 90 or above. A landmark study, aptly titled "The 90+ Study", involved thousands of members in a southern California retirement community, formerly known as Leisure World and now its own city, Laguna Woods. The findings, which have been collected since 1981, are revealing factors that may contribute to living longer, such as moderate alcohol consumption and exercise. A primary focus of the study is dementia and Alzheimer's disease and a recent discovery of microscopic strokes in the brain called microinfarcts might reveal a cause of dementia. Includes interviews with study participants: Jane Whistler, Ted Rosenbaum, Lou Tirado, Ruthy Stahl, Sid Shero, Louise Bigelow, Henry Tornell and Helen Weil; Dr. Claudia Kawas, neurologist and professor at UC Irvine; and Dr. Ronald Kim, neuropathologist. (C: Lesley Stahl – P: Shari Finkelstein, Jennie Held) DOUBLE LENGTH SEGMENT (OAD: 05/04/14; includes an update)

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48 HOURS

08/02/14

48 HOURS: "The Preacher's Passion" (8:00-9:00p) - Felicia Tang was an actress and model in Hollywood, CA. Her boyfriend, Brian Randone, was an inspirational preacher and one-time reality show contestant. Two months after they met in Las Vegas, Tang was living in Randone's Los Angeles home. After a night of passion, Tang was dead. On the morning of September 11, 2009, Randone summoned police because Tang wasn't breathing. He maintained she overdosed on the drug GHB (Gamma hydroxybutyric), which they both took before going to bed. However, police didn't buy the story. Police believed he beat Tang to death because they counted some 320 bruises, lacerations and abrasions on her body. The medical examiner who did the autopsy on Tang believes the bruising on her face and bite mark on her tongue were a result of Tang's struggle to breathe. Randone was charged with her murder and after prosecutors saw her body, they added another charge: torture. On November 14, 2011, two years after Tang's death, the trial began in a Pasadena courtroom. Prosecutors tried to prove Randone caused Tang's death, but the defense painted Tang as a drug addict and said she died of an overdose. The defense called former San Diego Deputy Medical Examiner Dr. Harry Bonnell to the stand. Dr. Bonnell said homicide is impossible in this case because the PEA (pulseless electrical activity) found in Felicia's body proves it. He went on to tell the jury there is no PEA in smothering victims and the causes of PEA are drugs or blood volume loss. Prosecution was denied the opportunity to rebut Dr. Bonnell's testimony. The jury came up with the verdict of not guilty of torture and not guilty of murder. Jurors, who did not want their names to appear on the episode, claimed Dr. Bonnell's testimony was crucial in declaring Randone not guilty. Several medical examiners "48 HOURS" consulted made clear they would have testified that Dr. Bonnell was incorrect, and PEA is possible in smothering. **On screen text graphic:** Brian Randone is suing various Los Angeles County law enforcement agencies for \$21 million for false arrest, wrongful imprisonment, and emotional distress. Interviewed: Brian Randone, Felicia Tang's boyfriend; Detective Richard Doney; Detective Brian Schoonmaker; Christina (no last name), Felicia's best friend; Mike Ferrara, DSport Magazine; Patty and Terry Randone, Brian's parents; Mark Overland, Brian's defense attorney; Trinka Porrata, Ret. LAPD narcotics officer; Dr. Harry Bonnell, Fmr. San Diego Deputy Medical Examiner. (C: Maureen Maher - P: Chuck Stevenson, Greg Fisher, Sarah Prior) (OAD: 10/20/12; 1st Rebroadcast: 06/01/13)

08/02/14

48 HOURS: "Walking Free" (10:00-11:00p) - a followup to "Murder on Lockhart Road" (OAD: 12/09/06) which itself was a followup to "The Alibi" (OAD: 10/11/02) detailing the story of David Camm, who was convicted in two murder trials -- each eventually overturned -- and was found not guilty in his third trial for the murder of his wife and two children. Camm was found guilty of murder in 2002 but the conviction was reversed in 2004. Following the appeal, a critical piece of evidence was tested: unknown DNA was put through a national database which led to ex-con Charles Boney. Police believed both Boney and Camm worked together. They went on trial separately and both were convicted. In 2009, the Indiana Supreme Court overturned Camm's second conviction. Boney's conviction still stood. His wife's parents still believed Camm was guilty. The State decided to try him a third time. Defense attorneys used a different strategy, involving DNA. In this trial, Boney testified that he provided Camm with the gun and that any of his DNA was put there by Camm. Camm was found not guilty. **On screen text graphic:** David Camm is working with the group "Investigating Innocence," based in Illinois. He's a case worker helping others who have been wrongfully convicted. David Camm's legal team is exploring a potential lawsuit against the State of Indiana. David Camm hopes to reconcile with Jane and Frank Renn, Kim's parents. **On screen text graphic for the 08/02/14 rebroadcast:** David Camm is moving forward with a \$30 million lawsuit against Floyd County and the state of Indiana. Janice and Frank Renn, Kim's parents, are contesting David Camm's right to inherit his wife's life insurance and estate. Camm works with the INVESTIGATING INNOCENCE group speaking about the wrongfully accused. Interviewed: David Camm; Stacy Uliana and Rick Kammen, defense attorneys; Stan Levco, special prosecutor; Frank Renn, Kim's father; Sam Lockhart, David Camm's uncle; Richard Eikelenboom, DNA scientist; Charles Boney, convict; Roger Drew, prosecution detective; Eugene Liscio, crime reconstructionist. (See also: "The Alibi", OAD: 10/11/02; and "Murder on Lockhart Road", OAD: 12/09/06, which includes portions of "The Alibi") (C: Richard Schlesinger - P: Shoshanah Wolfson, Paul LaRosa, Alec Sirken, Tom Seligson) (OAD: 11/30/13)

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48 HOURS (continued)

08/09/14

48 HOURS: "Secrets of the River" - Mackenzie Cowell was a high school senior and aspiring model who was studying at a beauty school when she made a dinner date with her father, Reid, in February 2010. Mackenzie never made dinner, and Reid received a call from police saying his daughter's car was found abandoned on a ranch, 40 miles from their home in Wenatchee, Washington. Four days later Mackenzie was found dead along the banks of the Columbia River. She had been strangled, stabbed and beaten. Investigators looked at a list of potential suspects, including her boyfriend, who failed part of a lie-detector test, though he had a solid alibi. They talked to her parents, who had gone through a bitter divorce. And police talked to her mother's boyfriend, with whom she had tangled with in the past. Liz Reid, a police informant, came forward claiming to have seen the actual murder on videotape -- shot by the killers. However as the task force began to investigate this, a tip came in about Chris Wilson, a classmate of Mackenzie's from the Academy of Hair Design. After police linked DNA at the crime scene to Wilson, he was charged with her murder. Wilson claimed he was innocent and his mother hired attorney John Henry Browne. Police dismissed Liz Reid's story after she changed it several times and they did not find a video. When the task force searched the apartment that Wilson lived in during the time of the murder, they found a stain which tested positive for Mackenzie's DNA. Prior to the trial, D.A. Gary Reisen made Wilson an offer -- plead guilty to manslaughter and serve only six-and-half years in prison -- but Wilson turned it down and the trial began. Fearing an unfair trial after the jury questionnaires came back believing Wilson was guilty, Chris Wilson accepted a new plea deal -- fourteen years in prison in exchange for agreeing to these words: "...I also did recklessly cause the death of Mackenzie Cowell by strangulation and by stabbing her with a knife". Chris Wilson believes he was framed by law enforcement. On screen text graphic: Christopher Wilson may be eligible for release from prison in 2023. He will be 42 years old. Former police informant Liz Reid recently received a scholarship to attend the University of Washington. Update for the 06/08/13 rebroadcast: Less than a year after the plea deal, Wilson filed a motion to withdraw the guilty plea, stating he did not fully understand the consequences of how much time he would spend in prison. On screen text graphic for 06/08/13 rebroadcast: Late yesterday, an appeals judge denied Wilson's motion to withdraw his guilty plea. He said Wilson provided no evidence he misunderstood the plea deal he signed. Chris Wilson's earliest possible release date remains August 2023. He will be 42 years old. On screen text graphic for the 08/09/14 rebroadcast: An appeals judge denied Wilson's motion to withdraw his guilty plea. He said Wilson provided no evidence he misunderstood the plea deal he signed. Wilson's earliest possible release date remains August 2023. He will be forty-two years old. Interviewed: Reid Cowell, Mackenzie's father; Sandy Francis, Reid's fiancée; Joaquin Villasano, Mackenzie's boyfriend; Detective John Kruse, Wenatchee Police Dept.; Robbin Wagg, Douglas County Chief Deputy; Liz Reid, police informant; Wendy Cowell, Mackenzie's mother; Christopher Wilson, Mackenzie's classmate; Jefferson Robbins, investigative reporter, The Wenatchee World, CBS News consultant; Kathleen Zornes, Wilson's mother; Amelia Savage, Wilson's best friend; John Henry Browne, Wilson's attorney; Emma Scanlon, Wilson's attorney; Gary Reisen, prosecutor; Emmanuel "Buddah" Cerros, accused by Liz Reid of Mackenzie's murder. (C: Peter Van Sant - P: James Stolz) (OAD: 11/10/12; 1st Rebroadcast: 06/08/13)

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48 HOURS (continued)

08/16/14

48 HOURS: "Fateful Connection" (8:00-9:00p) - a report on the investigation led by a determined detective to solve a 30-year-old cold case involving two young women who went missing in Florida, in 1982. Amy Hurst and Wendy Huggy did not know each other. Hurst and her new husband, Bill Hurst, had recently moved to Pasco County, Florida, leaving her two young children in the care of relatives in Michigan. Then she just disappeared. Sixteen-year-old Wendy Huggy lived with her grandparents in Pasco County, and went to a party - she never returned home. A fisherman found a body floating in the Gulf of Mexico, wrapped in a homemade afghan, but identification proved difficult. There was no connection made to either woman, although Hurst's husband was immediately viewed as a suspect in her disappearance - but he too disappeared, and both cases languished for decades. Detective Lisa Schoneman, a member of the cold case unit, stepped in and a new investigation began. In 2009, Amy Hurst's son discovered significant evidence about the afghan, through the Doe Network, and a body in a Tampa, Florida potter's field once thought to be Wendy Huggy's was examined. In 2011, it was determined to be that of Amy Hurst. Investigation led to her husband, Bill Hurst, who was in Kentucky. Police were able to get Hurst into custody, and he was indicted on first degree murder charges -- he was found guilty. Detective Schoneman says she will keep trying to find Wendy Huggy. **On-screen text graphic: William Hurst will be 85 when he becomes eligible for parole. On screen text graphic for the 08/16/14 rebroadcast: William Hurst is appealing his conviction. Hurst will be eighty-five when he becomes eligible for parole.** Interviewed: Pasco County (FL) Sheriff's Office Detective Lisa Schoneman; Wendy Huggy's aunt and uncle Patti Spragg and Robert Richards; Angelyn Chester, a friend of Wendy Huggy's mother; Coast Guard member Greg Stout; Amy Hurst's niece, Laura Shampine, her son and daughter Lisa Stewart and Jeff Earley, and her sister Sharon Nijhof; Elmer Kruze, a neighbor of Bill Hurst's; Dawson Spring, Kentucky Police Captain Craig Patterson. (C: Susan Spencer - P: Tom Seligson) (OAD: 03/15/14)

08/16/14

48 HOURS: "The Blue River Murder" (10:00-11:00p) - a report on the investigation into the 2010 death of Stephanie Roller, a Colorado mother of three who allegedly went for a walk during a blizzard and was later found dead in a nearby river. According to Roller's husband, Dale Bruner, she packed up her laptop and headed out for a walk during a blizzard. He waited 11 hours before calling police to report her missing. Friends, as well as the police, found the story strange. Three days later, she was found dead in the Blue River, the victim of a brutal murder: she had been badly beaten and was still alive when thrown into the water. The police investigation uncovered: a marriage on the brink of collapse, Stephanie's emotional affair with Ron Holthaus, and her concerns for her safety and that of her children. Police had three suspects - the jilted husband, the married boyfriend and the boyfriend's jealous wife. Ultimately, the focus turned to Dale Bruner as the chief suspect when information was discovered regarding his dark, violent side, and eight months later he was arrested for the murder of his wife. In 2012, he was convicted at trial. **On screen text graphic: Dale Bruner will be eligible for parole in 2072. He would be 110 years old. On screen text graphic for the 08/16/14 rebroadcast: Dale Bruner will be eligible for parole in 2017. He would be one hundred and nine years old.** Interviewed: Dale Bruner; Police Officer Theresa Barger; friends of Stephanie Roller, Jennifer and Mike Voxakis; Bruner's best friend, Brad Olivanti; District Attorney Mark Hurlbert; Colorado Bureau of Investigation Agent Gene Sadar; Bruner's defense attorney Rob Bernhardt; and Jodi Eberhardt, former girlfriend of Dale Bruner. (C: Tracy Smith - P: Liza Finley) (OAD: 03/08/14)

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48 HOURS (continued)

08/23/14 PREEMPTION

08/30/14 **48 HOURS: "Spies, Lies & Secrets"** - a report about the death of Shane Todd, a brilliant, high-tech engineer at a Singapore company who, according to his parents, was murdered because he was unwilling to share secrets that could harm the United States. But, to the police in Singapore, he was just an American who committed suicide. In 2012, Todd, then a research engineer at the Institute of Microelectronics (IME), was found dead in his Singapore apartment. His parents believe he was killed because he was unwilling to go along with a plan to share cutting-edge American technology with China. He was scheduled to leave Singapore in a matter of days when he was found dead. Journalist and 48 HOURS consultant Ray Bonner, who broke the story in London's Financial Times, says police made mistakes in the investigation, and that he is quite surprised, because Singapore is a sophisticated place. With pressure mounting, Singapore expanded a coroner's inquest into Shane Todd's death. In all, seventy witnesses testified over the course of ten days of testimony. The state's coroner ruled that the cause of death was suicide by hanging. He also found nothing legally wrong with the IME - Huawei relationship, yet determined that the meeting Shane's boss had with IME colleagues was "improper, but not witness tampering." Shane's family feel betrayed, and plan on taking their quest for truth to Washington, pressing for a congressional investigation and a meeting with President Obama. **On Screen Text Graphic for the 08/30/14 rebroadcast:** Mary Todd has written a book about the family's ongoing quest to prove their son was murdered. Interviewed: Shane Todd's parents, Mary and Rick Todd; his brothers Chet, John and Dylan Todd; journalist/48 HOURS consultant Ray Bonner; Shane's girlfriend Shirley Sarmiento; neighbor Michael Goodwin; certified forensic computer analyst Ashraf Massoud; Dr. Edward Adelstein, chief of pathology, VA Hospital, Columbia, Missouri. (C: Peter Van Sant - P: Paul LaRosa, Allen Alter, Ryan N. Smith) (OAD: 10/05/13)

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FACE THE NATION

09/07/14

Guests: Senator Marco Rubio (R-FL), U.S. Senate Select Committee on Intelligence (1); Representative Dutch Ruppersberger (D-MD), House Permanent Select Committee on Intelligence (2); Dr. Henry Kissinger, former U.S. Secretary of State, author, "World Order" (3); Peter Baker, The New York Times (4); Peggy Noonan, The Wall Street Journal (4); David Ignatius, The Washington Post (4); Anthony Salvanto, CBS News Elections Director (5); David Leonhardt, editor, The Upshot, The New York Times (5)

- 1) Topics include: Senator Rubio's expectations regarding President Obama's upcoming address to the nation outlining the strategy against ISIS / reasons behind Senator Rubio's change to supporting airstrikes in Syria / belief that ISIS poses a threat to the U.S. homeland / opinion that President Obama "has committed presidential malpractice in his foreign policy"; President Obama's recent decision to delay any executive action on immigration until after the election; delay of a decision regarding Senator Rubio's possible candidacy for the Republican presidential nomination to 2016
- 2) Topics include: reaction to Senator Rubio's comment accusing the president of "presidential malpractice" / Representative Ruppersberger's expectations regarding President Obama's upcoming address to the nation / declaration that there is no need for the United States to send combat ground troops back to the Middle East
- 3) Portions of an interview with Dr. Kissinger, where he discussed America's response to ISIS, the current situation between Russia and Ukraine, the perception that the United States has started to withdraw from the world stage, and the need for the United States to always remain involved in global affairs
- 4) Topics include: expectations concerning President Obama's upcoming address to the nation / recent criticism against President Obama for his perceived lax attitude towards the threat posed by ISIS / thoughts on possible U.S. strategies to combat ISIS; President Obama's recent decision to delay any executive action on immigration until after the election; the current crisis between Ukraine and Russia / the passing of comedienne Joan Rivers
- 5) "Battleground Tracker": results of the latest CBS News / New York Times joint venture, the 2014 battleground tracker, indicating a Republican edge and predicting 51 to 49 Republican Senate majority. The battleground races are in Arkansas, Alaska, Colorado, Iowa, Louisiana, and North Carolina.

09/14/14

Guests: Charlie D'Agata, CBS News Foreign Correspondent (1); Denis McDonough, White House Chief of Staff (2); U.S. Secretary of State John Kerry (3); Representative Michael McCaul (R-TX), Chairman, House Homeland Security Committee (4); Senator Kirsten Gillibrand (D-NY), author, "Off the Sidelines: Raise Your Voice, Change the World" (5); Ken Burns, director, producer, "The Roosevelts: An Intimate History" (6); Geoffrey Ward, writer, "The Roosevelts: An Intimate History" (6); Doris Kearns Goodwin, author, "The Bully Pulpit: Theodore Roosevelt, William Howard Taft, and the Golden Age of Journalism", "No Ordinary Time: Franklin and Eleanor Roosevelt: The Home Front in World War II" (6)

- 1) a report from London on the reaction from British prime Minister David Cameron to the beheading of British aid worker David Haines by ISIS (ISIL)
- 2) Topics include: recently released video of the execution of British aid worker David Haines by ISIS (ISIL) / commitment to destroy ISIL / threat posed by ISIL to U.S. national security
- 3) Portions of a pre-recorded interview with Secretary Kerry on his trip to the Middle East, the U.S. strategy to defeat ISIS, the promise of assistance from other countries in the region, and the reliance on Syrian opposition forces on the ground to help defeat ISIL -- instead of ground troops from the U.S. and other countries in the region
- 4) Topics include: disagreement with the U.S. position of not using ground troops from other Arab nations to help defeat ISIS / criticism of President Obama's slow response to the ISIS threat / importance of Congress voting to authorize air strikes, particularly in Syria
- 5) Topics include: importance of Congress voting to authorize air strikes, particularly in Syria; criticism of the National Football League (NFL) for the way it handled the crisis involving Baltimore Ravens' player Ray Rice / call for the NFL to adopt a zero-tolerance policy on domestic violence; revelations from her book, "Off the Sidelines: Raise Your Voice, Change the World"
- 6) A preview of the new PBS series, "The Roosevelts: An Intimate History", as well as an in-depth discussion on Theodore, Franklin, and Eleanor Roosevelt, including their ongoing influence on and possible lessons for, U.S. leaders today

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FACE THE NATION (continued)

- 09/21/14
- Guests: James Brown, Host, NFL Today, CBS News Special Correspondent (1); Ambassador Samantha Power, United States Permanent Representative to the United Nations (2); Senator Dianne Feinstein (D-CA); Chair, Senate Intelligence Committee (3); Representative Mike Rogers (R-MI), Chairman, U.S. House of Representatives Permanent Select Committee on Intelligence (3); former Representative Jane Harman (D-CA), Woodrow Wilson International Center for Scholars (4); Michael Morell, CBS News Senior Security Contributor, former Deputy Director, Central Intelligence Agency (CIA) (4); Robert Kagan, Brookings Institution (4); former Senator Joe Lieberman (I-CT), Counter Extremism Project (4); Dr. Jon LaPook, CBS News Chief Medical Correspondent (5); Dr. William Schaffner, Vanderbilt University (5)
- 1) a report on the domestic violence scandals involving players from the Baltimore Ravens and the San Francisco 49ers, as well as National Football League (NFL) policy regarding domestic violence
 - 2) Topics include: news that other nations will join the multi-faceted coalition with the United States in defeating ISIL (ISIS) / Iran's role in the coalition / reaction to criticism against President Obama and his handling of the threat posed by ISIL
 - 3) Topics include: Senator Feinstein's reaction to the crisis in the NFL; recent security breach at the White House; the Syrian terror group Khorasan / differences between the threats posed by ISIL and Khorasan / President Obama's strategy in dealing with ISIL / opinion that the possibility of utilizing U.S. ground troops to defeat ISIL should not be ruled out
 - 4) Topics include: speculation regarding the identity of the nations who have agreed to participate in the airstrikes in Syria / differing opinions regarding President Obama's strategy / former Senator Lieberman's Counter Extremism Project / support for the use of ground troops -- from the U.S. or other nations -- in the fight against ISIL / Syrian President Bashar al-Assad; President Obama's low poll numbers regarding foreign policy matters
 - 5) Topics include: latest update on the Ebola virus outbreak in West Africa / deployment of three thousand U.S. military personnel to assist in the fight against Ebola / misinformation regarding the Ebola virus / public mistrust of doctors
- 09/28/14
- Guests: Holly Williams, CBS News Foreign Correspondent (2); Tony Blinken, Deputy National Security Adviser, Obama administration (3); Senator Tim Kaine (D-VA), Senate Armed Services Committee (4); Michael Morell, CBS News Senior Security Contributor, former Deputy Director, Central Intelligence Agency (CIA) (5); General Carter Ham, United States Army (Ret.), former Commander, United States Africa Command, SBD Advisors (5); Michelle Flournoy, former Under Secretary of Defense for Policy, Center for a New American Security (5); Peter Baker, The New York Times (6); Ruth Marcus, The Washington Post (6); Michael Crowley, Time magazine (6); Kimberley Strassel, The Wall Street Journal (6); Michael Gerson, The Washington Post (6)
- Guest Interviewer: Steve Kroft, 60 MINUTES Correspondent (1)
- 1) a brief videotaped excerpt of tonight's 60 MINUTES interview with President Obama, on the rise of the terrorist group ISIL (ISIS)
 - 2) a report from Erbil, Iraq on the reaction to the continued air strikes from the international coalition led by the United States
 - 3) Topics include: "comprehensive campaign" and "broad coalition" to defeat ISIS / motivation behind President Obama's decision to form the coalition to combat ISIL / assertion that there will not be a "U.S. ground invasion of Iraq or Syria" / possibility of enforcing a no-fly zone over Northern Syria
 - 4) Topics include: support for President Obama's mission in Syria and Iraq to combat ISIL, but the opinion that Congress should go on official record and vote to authorize the operation / details of Senator Kaine's proposed resolution regarding the mission in Syria and Iraq / concern over President Obama's decision to act unilaterally
 - 5) Topics include: effectiveness of the air strikes in halting the progress of the terror groups Khorasan and ISIL / motivation behind President Obama's decision to form the coalition to combat ISIL; influential advisers in the Obama administration; significance of the Arab states involved in the coalition to defeat ISIL / General Ham's opinion that ground forces will be necessary in order to totally defeat ISIL / Iraq's possible role in the coalition / possibility of enforcing a no-fly zone over Northern Syria / Syrian air force / opinions from the panel on President Obama's strategy in Syria and Iraq
 - 6) Topics include: motivation behind President Obama's decision to form the coalition to combat ISIL / significance of President Obama's recent speech at the United Nations / possibility of the use of ground forces in Iraq and Syria / potential political fallout in the upcoming Congressional campaigns, due to the missions in Iraq and Syria; Hillary Clinton as a possible presidential candidate in 2016; recent security lapses at the White House and the potential repercussions for the Secret Service; Ebola virus outbreak

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60 MINUTES

09/07/14

"Over A Barrel" – a report on the dispute between the lawyers for BP (British Petroleum) and the lawyers for BP oil spill victims, and how BP's agreement to compensate victims of its Gulf oil spill is being interpreted. BP claims businesses not harmed by the spill have collected hundreds of millions of dollars, but compensation lawyer Jim Roy explains this is the deal BP agreed to. Includes interviews with: Ken Feinberg, lawyer; Geoff Morrell, BP Vice President; Patrick Juneau, BP spill claims administrator; Ted Olson, BP's attorney; and Jim Roy, lawyer for BP spill victims. (See also: "The Blowout", OAD: 05/16/10; and "The Go-To Guy", OAD: 10/03/10) (C: Scott Pelley – P: Robert G. Anderson) (OAD: 05/04/14; includes an update)

"Saving the Children" – a report on now 104-year-old Nicholas Winton, a British humanitarian who helped save the lives of 669 mostly Jewish children from Nazi-occupied Czechoslovakia on the eve of WWII. Winton's story was shared with the public fifty years after his good deed, when it was revealed that Winton set up an operation to get as many children out of Prague, away from Adolf Hitler's concentration camps, and into London. This report contains video from the BBC. Includes interviews with Nicholas Winton; Dr. David Silberklang, senior historian at the International Institute for Holocaust Research at Yad Vashem; and Hugo Meisl and Lady Milena Grenfell-Baines, children Winton saved. (C: Bob Simon – P: Harry A. Radcliffe II, Vanessa Fica) (OAD: 04/27/14)

"Quarterback Guru" – an interview / profile of Steve Clarkson, the premier quarterback coach in the country. He has sent more than 25 signal callers to the National Football League (NFL). Clarkson trains youth as young as 8 years old and has had students as young as 13 years old receive college scholarships. Includes interviews with Aaron McLaughlin, 12-year-old quarterback; Craig McLaughlin, Aaron's father; and Bart Scott, CBS Sports Network Analyst and former NFL linebacker. Also includes comments by Tate Martell, quarterback; Pamela Poe, mother of quarterback M.C. Poe; and Deron and Andrea White, parents of quarterback Brady White. (C: Morley Safer – P: Jonathan Schienberg) (OAD: 12/22/13)

09/14/14

"Nowhere To Go" – a report on the severe shortage in the availability of comprehensive long term mental healthcare treatment for young people in America. Virginia State Senator Creigh Deeds conducts his first television interview about how his bipolar son, Gus Deeds, was discharged from the emergency room because there were no psychiatric facilities that could admit him. The next day, Gus stabbed Deeds before committing suicide. Includes interviews with Senator Creigh Deeds; Brian Geyser, nurse practitioner in the emergency department at Yale New Haven Hospital; Tyler Wrightington, psychiatric patient, and his father, Ernie Wrightington. Also includes comments by seven Connecticut mothers who formed a support group to discuss their children's mental illnesses – of this group, Mary Jo Andrews, Meg Clancy, and Dee Orsi were identified. (C: Scott Pelley – P: Oriana Zill de Granados, Michael Rey) (OAD: 01/26/14; includes an update)

"The Gaskos" – a report on the capture of the FBI's most wanted man, Boston mobster James "Whitey" Bulger, and his girlfriend, Catherine Greig. For over 14 years the couple avoided an international manhunt by living a quiet, secluded life in Santa Monica, California posing as "Charley and Carol Gasko". Federal law enforcement trackers explain how a breast augmentation by Greig and the couple's shared love for animals led to their arrest. Includes interviews with Josh Bond, manager of the Princess Eugenia Apartments; Janus Goodwin and Barbara Gluck, tenants of the Princess Eugenia Apartments; Scott Garriola, Rich Teahan, Tommy MacDonald and Phil Torsney (Ret.), FBI Special Agents; and Neil Sullivan, Deputy U.S. Marshall. (See also: "The Winter Hill Gang", OAD: 05/10/98; "The FBI & The Mob", OAD: 04/08/01; "Brutal", OAD: 03/12/06; and "The Executioner", OAD: 01/06/08) (C: Steve Kroft – P: Tanya Simon) (OAD: 11/24/13)

"The Perfectionist" – an interview / profile of Nick Saban, head football coach of the University of Alabama. Saban has led the Crimson Tide to win three out of the last four national championships and the team is once again undefeated and ranked number one in the country with four games left in the regular season. Also includes comments by his wife, Terry Saban; and players Vinnie Sunseri and A.J. McCarron and Alabama's chancellor, Dr. Robert Witt. (See also "Built by Bama", OAD: 11/06/13 on 60 MINUTES SPORTS on SHOWTIME) (C: Armen Keteyian – P: Draggan Mihailovich) (OAD: 11/03/13; includes an update)

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60 MINUTES (continued)

09/21/14

47th SEASON PREMIERE

"The Islamic State" – a report from the front lines of the northern Kurdistan regions of Iraq on ISIS (Islamic State in Iraq and Syria), a.k.a. as ISIL (Islamic State in Iraq and the Levant). The report focuses on the background of ISIS and its leader Abu Bakr al-Baghdadi; Kurdish Peshmerga fighters who have battled ISIS; a detained ISIS member; and some of the terrorist group's victims. King Abdullah II of Jordan discusses the Syrian refugees whom his country has welcomed and how self-financing continues to strengthen ISIS. Fmr. U.S. Secretary of Defense Leon Panetta speaks about his book, "Worthy Fights", in which he says that in 2012 he urged President Barack Obama to arm moderate Syrians, which then may have left no room for ISIS to grow. Includes interviews with: Masrour Barzani, head of Kurdish intelligence and the Kurdistan Regional Security Council; Derek Harvey, Ret. Director of the Afghanistan-Pakistan Center of Excellence at U.S. Central Command; Inhabitants of Yazidis (through translator); Nadaya, Khalid and Sayid; Leon Panetta, Fmr. U.S. Secretary of Defense; Saleh (through translator), detained ISIS member; and King Abdullah II of Jordan. Also includes comments by First Lieutenant Hazhar Muhammad, Kurdish Peshmerga (through translator). (C: Scott Pelley – Producers for Part I: Henry Schuster, Rachael Kun Morehouse; Producers for Part II: Henry Schuster, Nicole Young) **DOUBLE LENGTH SEGMENT**

"The Tax Refund Scam" – a report on a tax refund scam that has gone viral, costing tax payers 5.2 billion dollars with no end in sight because the IRS (Internal Revenue Service) has not found a way to stop it. For the scam, con artists utilize stolen social security numbers to file bogus tax returns online and collect a refund check from the IRS - all before the identity theft victims have filed their own return. Includes interviews with: Wifredo Ferrer, U.S. Attorney for Southern Florida; George Piro, Special Agent at the FBI's Miami Field Office; Corey Williams, scam perpetrator arrested for committing tax fraud; John Koskinen, Commissioner of the IRS; and North Miami Beach Police Officer partners George 'Rocky' Festa and Craig Caitlin. (C: Steve Kroft – P: Ira Rosen)

09/28/14

"President Obama" – an interview with President Barack Obama, recorded in the Diplomatic Reception Room of the White House on Friday, September 26. Among the topics he discusses are: the war against the terrorists of ISIS (Islamic State in Iraq and Syria), a.k.a. as ISIL (Islamic State in Iraq and the Levant); US-Russia relations; America's economy; and the upcoming midterm elections. (C: Steve Kroft – Producers for Part I: L. Franklin Devine, Michael Radutzky, Maria Gavrilovic; Producers for Part II: Michael Radutzky, L. Franklin Devine, Maria Gavrilovic) **DOUBLE LENGTH SEGMENT**

"Chairman Ma" – an interview / profile of Jack Ma, founder and chairman of Alibaba Group, China's largest e-commerce business. Alibaba.com is an internet shopping website comprised of a group of online marketplaces where buyers and sellers connect to do business. Alibaba is now valued at \$231 billion after taking its shares public last week in the most valuable IPO (initial public offering) in Wall Street history. (C: Lara Logan – P: Howard L. Rosenberg, Julie Holstein)

Update: "Africa Mercy" (OAD: 02/17/13)

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48 HOURS

09/06/14

48 HOURS: "Lina's Heart" (9:00-10:00p) - Lina Kaufman was a married mother of two when one morning her husband found her in the bathroom, slumped over a magazine rack. Adam Kaufman called 911 and unsuccessfully tried to revive her. Lina's death gripped Aventura, Florida because she was 33-years-old when she died in 2007, and the circumstances around her death were strange. For eighteen months, Adam says he badgered the Dade County, Florida medical examiner's office seeking a conclusive explanation for his wife's death. They thought she may have had an allergic reaction to a spray tan, but in April 2009, Adam was charged with killing his wife by "mechanical asphyxiation". The trial began in May 2012 and the prosecution led the jury to believe the couple had an unhappy marriage, and fought the morning of Lina's death. Adam's defense no longer blamed Lina's death on her spray tan because there wasn't enough evidence to support it, and instead they attacked what they believed to be a botched investigation by the police. There was bruising and abrasions found on Lina's arms and legs and the defense said this was from Lina being moved from room to room by firefighters, and not a struggle with Adam. Moreover the defense said Lina died of natural causes and undiagnosed heart failure, more specifically acute and chronic myocarditis. Adam himself, and Lina's mother, Frida Aizman, both testified about Lina's prior fainting spells. Frida Aizman shared her support and love for Adam while on the stand. After eight hours, the jury reached a verdict of not guilty. On screen text graphic: Adam Kaufman plans to write a book about his ordeal. **On screen text graphic for the 09/06/14 rebroadcast:** Adam Kaufman is raising his two children, and is back in the real estate business. Kaufman and Bill Matthewman, his former lawyer, are collaborating on a book about the case. Interviewed: Adam Kaufman, Lina's husband; Seth Kaufman, Adam's twin brother; Elaine Kaufman, Adam's mother; Frida Aizman, Lina's mother; Melissa Fedowitz and Jennifer Ben Sadon, Lina's friends; Kathleen Hoague, prosecutor; Michael Castro, first responder; Kimberly Burk, paramedic; Bill Matthewman, defense attorney; Al Milian, defense attorney; Anna Howell, crime scene technician; Joe Mansfield, prosecutor; Dr. Gregory Davis, medical examiner. (C: Erin Moriarty - P: Lisa Freed) (OAD: 10/27/12; 1st Rebroadcast: 06/22/13)

09/06/14

48 HOURS: "Death at Cottonwood Creek" (10:00-11:00p) - an updated report on the murder trial of Frederick Mueller, who was charged with 2008 murder of his wife, Dr. Leslie Mueller, while the two were out for a walk near their vacation home in Lake City, Colorado. According to what Frederick Mueller told police, while the Muellers were out hiking, Mueller stopped to talk a photo of his wife near the edge of a cliff. His wife lost her footing near the waterfall and plunged into a creek. Her body was swept away downstream. It appeared to be an accident, but investigators were skeptical and believed it was murder. Four years later, Mueller was arrested for first degree murder. His first trial ended in a mistrial. The second trial ended this week in another mistrial. 48 HOURS examined the incident and the trials through interviews with the Mueller family, investigators, prosecutors, and jury members. On-Screen Text Graphic: On Tuesday, the prosecution and defense will meet with Judge Wasserman to discuss the future of the case. If the prosecution decides on a third trial, it must begin within ninety days. **Video update for the 09/06/14 rebroadcast:** Two months after the second trial, the prosecution, with no new evidence to present, felt a unanimous verdict was unlikely and announced there would be no third trial. The Muellers were disappointed Fred didn't get the full acquittal they say he deserves; but are grateful the case has been dismissed, so they can resume their lives. Includes interviews with: former Hainsdale County undersheriff Bob Burden; family members Alex Mueller (son), Ariel Mueller (daughter), Amanda Mueller (daughter); Wendee Walker-Mueller (family friend/current wife); Amie Hajovsky (former friend); jurors Brian Turner, Betty Haggart, Jeannine McElveen, Drew Zimmerman. (C: Peter Van Zant - P: Alec Sirken, Tom Seligson, Marc B. Goldbaum) (OAD: 10/12/13)

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48 HOURS (continued)

09/12/14

48 HOURS: "Blade Runner: The Verdict" (8:00-9:00pm) - an updated report, including the verdict, in what has been called the South African trial of the century: the murder trial Olympic athlete Oscar Pistorius ("Blade Runner"), which was originally reported on in "Oscar Pistorius: Shots in the Dark" (OAD: 06/16/14). This update includes: (1) Judge Thokozile Masipa delivers her verdict: guilty of culpable homicide (manslaughter in the US). Pistorius sits stoically as the verdict is read. Victim Reeva Steenkamp's family and friends are stunned. (2) Pistorius and Steenkamp made an attractive couple; both were rising stars in their native South Africa, but some say that Pistorius was changed by fame (OAD: 06/14/14). (3) Before there was a Reeva Steenkamp, there was a Samantha Taylor. Taylor, a former girlfriend and a witness for the prosecution along with her mother, Trish Taylor, discuss the controlling, manipulative manner displayed by Pistorius and his pre-occupation with guns. (4) Inside the exclusive Silver Woods Estate in Pretoria, South Africa, a gated community where the crime took place. Oscar Pistorius was forced to sell his home there to pay for his mounting legal fees. Includes a video re-enactment of the crime made with Pistorius, which was entered as part of the defense. (5) Judge Thokozile Masipa said she made her decision based on Pistorius' state of mind and believes it was not his intention to commit murder. (6) professional athletes sometimes develop an air of invincibility that includes the assumption that whatever happens, someone is going to take care of it. That arrogance can convince an athlete that he doesn't have to play by the rules. This issue, and that of domestic violence, is dominating the headlines in the United States with the release of the videotape of Baltimore Ravens player Ray Rice attacking his then-fiancé, now wife, in an elevator. This incident, like the shooting of Reeva Steenkamp, has caught the world's attention, and once again linked violence with athletes in the public's mind. (7) The verdict is in, the trial is over, but the story is far from over. Pistorius is out on bail awaiting his sentencing. Interviewed: Jen Su (friend of Pistorius and Steenkamp) (1, 2, 6, 7); Dr. Alexander Sasha Bardley (forensic psychiatrist) (1, 7); Dr. David Klatzow (forensic scientist) (1, 4, 5); Mark Seal (Vanity Fair/48 Hours Consultant) (2, 7); Samantha Taylor (former girlfriend) and her mother, Trish Taylor (3); Mitch Abrams (sports psychologist) (4, 6); Judge Robert Holdman (NY State Supreme Court) (5); Mark O'Mara (defense attorney/CNN analyst) (5, 7); Stephen Biscotti (owner, Baltimore Ravens) (5); Mike Golic (former NFL athlete/radio personality) (6); Mike Greenberg (sports journalist/radio personality) (6). (Correspondents: Debora Patta (1, 3, 4, 5, 7); Peter Van Sant (2); Richard Schlesinger (6). Producers: Marcelena Spencer, Kim Kennedy, Peter Henderson, Sarah Carter)

09/13/14

48 HOURS: "Loved to Death" - an investigation into the rise of violence surrounding relationship breakups among adolescents, as detailed in the story of Wayland, Massachusetts teenager Lauren Astley, a popular teen whose last encounter with her football player ex-boyfriend proved to be fatal. She had had a tumultuous relationship with Nathaniel Fujita: they dated for three years, with continual breakups and reconciliations. At the end of their senior year of high school, Lauren had broken the relationship off for good and was looking forward to college and meeting new people. Fujita, too, was to go to college, but he struggled to come to terms with the breakup. His mother, worried about him, took him to a psychiatrist. Their relationship was discussed by their friends on social media. Lauren secretly visited Nathaniel one last time to see how he was doing -- the meeting proved fatal. Two families were forever changed. Through interviews with friends, police investigators, Nathaniel's uncle and Lauren's parents, their relationship is examined. Also discussed are several high school programs aimed at helping teens recognize the signs of a healthy or unhealthy dating relationship. On screen Text Graphic: The Lauren Dunne Astley Memorial Fund has been created to help educate teens about healthy relationships. **On screen text graphic for the 09/13/14 rebroadcast:** The Lauren Dunn Astley memorial Fund has been created to help educate teens about healthy relationships. As a result, Massachusetts is funding ten school programs to help prevent dating violence. Nathaniel Fujita has a new attorney working on his appeal. Interviewed: Lauren Astley's parents Malcolm Astley and Mary Dunn; Lauren's friends Chloe Jacques, Genevieve Flynn, Hanna Blahut; Nathaniel's friends D.J. Henderson, R.J. Bolivar, Connor Murphy; Nathaniel's uncle George Mattingly; Massachusetts State Police Investigator Tony DeLucia; District Attorney Gerry Leone, student Kate Elwell; Nathaniel Fujita's psychiatrist Dr. William Sullivan. (C: Tracy Smith - P: Marcelena Spencer) (OAD: 10/26/13)

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48 HOURS (continued)

09/20/14

48 HOURS: "A Raging Son" - a report about the investigation into the 2012 death of Weight Watchers executive Danielle Thomas, and the murder case against her boyfriend, Wall Street attorney Jason Bohn, who claimed being neglected by his mother as a child should keep him from spending his life in jail. Thomas was found dead in the bathtub of the Astoria, Queens apartment she shared with Jason Bohn. Thomas and Bohn had a whirlwind romance and she moved to New York to be with him. Everything seemed to be falling in place for the financial analyst, and while there was talk of marriage, the relationship had become physically and emotionally abusive. Police had been called. Bohn had been arrested for assault. Now, Bohn was arrested and charged with murder. Bohn's defense is that an explosive moment of anger that resulted in Thomas' death was directly connected to his bad childhood. Bohn's attorney asserts he was abandoned by his mother Maureen O'Connell, a wealthy publishing executive, and he experienced profound neglect and abuse that caused a mental illness called Intermittent Explosive Disorder. Prosecutors dismissed his claims and they assert that audio recorded in an accidental phone call made while Thomas was still alive suggest Bohn knew exactly what he was doing. At trial, the Ivy League grad and Wall Street lawyer is found guilty of murder. **On screen text graphic:** Danielle's mother plans to sue the police department for not responding to her daughter's 911 call. There is a scholarship set up in Danielle's name at her Boyce County, Kentucky high school. Jason's mother has instructed her lawyer to try to get her son into protective custody. **On screen text graphic for the 09/20/14 rebroadcast:** Danielle Thomas's mother plans to sue the NYPD for not responding to her daughter's 911 call. There is a scholarship set up in Danielle's name at her Boyle County, Kentucky high school. Jason Bohn's mother moved to have her son put into protective custody, He is there now. Interviewed: Dennis Frawley (NYPD detective); Patrick O'Connor (lead prosecutor); Marilyn Filingeri (Assistant District Attorney); Jamie Thomas Bright (Danielle's mother); Juanita Hardgrave (Danielle's grandmother); Dr. Alexander Sasha Bardey (forensic psychiatrist); Murray Weirs (crime reporter/48 HOURS consultant); Richard Brown (District Attorney); Sherette Corsey (neighbor); Elena Rodriguez and Amanda DeJuto (jurors) (C: Troy Roberts - P: Patti Aronofsky, Elena DiFiore, James Stolz, Gail Abbott Zimmerman) (OAD: 05/10/14)

09/27/14

48 HOURS: "Paradise Lost" - an investigation into the 2010 shooting death of Wall Street millionaire John Bender, who was killed in his exotic home in Costa Rica. His wife, Ann, is charged with the crime, but she claims innocence. After making a \$100 million fortune on Wall Street, Bender and his wife bought land in Costa Rica where they built a nature preserve, along with an elaborate, four-story hilltop home with no walls or windows as the centerpiece. The couple seemed to have everything; but both suffered from severe depression, became isolated, and were not entirely welcomed by the locals. They lived in fear after an abduction attempt and a break-in, and were forced to arm themselves and hire a security team. On January 8, 2010, John Bender died from a bullet wound to the back of the head. Was it murder, suicide or accident? Prosecutors say it was murder. Ann Bender says her husband was trying to kill himself and had been suicidal for some time. Other issues in the investigation include: allegations that the trustee of the Bender's \$100 Million fortune siphoned money from the trust, and the Bender gem collection, which to the Costa Rican authorities, looked like it could have could be a smuggling operation. Nineteen months after the shooting, Ann Bender was charged with murder. At trial, Ann was found not guilty of murder; but in Costa Rica, there is no double jeopardy rule and Ann was brought up on the same charges again and this time was found guilty. 48 HOURS brought in the world-famous independent forensic team of Richard and Selma Eikelenboom, who, after examining all the evidence, say there were problems with the conclusion drawn by the prosecution. Today, Ann Bender is in prison continuing to fight for her innocence. **On screen text graphic:** The Bender gems, worth an estimated \$20 million, were confiscated by the Costa Rican authorities. Interviewed: Ann Bender; John Bender's friend Pete DeLisi; CBS News consultant/reporter Ned Zeman; prosecutor Edgar Ramirez; Ann's psychiatrist Dr. Carlos Lizano; Bender friend, Paul Meyer; Bender Trust administrator Juan Alvarez; Ann's current boyfriend Greg Fischer; Ann's attorney Fabio Oconitrillo; security guard Oswaldo Aguilar; Ann's brother Ken Patton; forensic experts Richard and Selma Eikelenboom. (C: Susan Spencer - P: Joshua Yager, Doug Longhini, Ana Real, Shoshanah Wolfson, Tamara Weitzman)

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Public File – 3rd Quarter 2014

July 1st – September 30th

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July 2014

July 1, 2014

MONEY MINUTE - FIGHTING HIGH MEDICAL BILLS

I'D LOVE TO PAY THAT MEDICAL BILL SAID NOBODY EVER, SO HOW DO YOU FIGHT THOSE HIGH BILLS AND KEEP YOUR MONEY IN YOUR POCKET? WELL JUST LIKE YOU WOULD RESEARCH TO BUY A CAR OR A HOME, YOU CAN RESEARCH HEALTHCARE COST USE TOOLS TO LOOK UP THE COST OF COMMON PROCEDURES IN YOUR REGION:YOU CAN STILL NEGOTIATE THE PRICES OF YOUR BILL EVEN AFTER YOU VISIT. WHAT YOU WANT TO DO IS ASK FOR AN ITEMIZED BILL FROM YOUR HOSPITAL.A RECENT STUDY FOUND THAT 80% OF MEDICAL BILLS CONTAIN ERRORS, 80%! ALWAYS ASK QUESTIONS TOO JUST BECAUSE YOU DON'T UNDERSTAND A TERM DOESN'T MEAN YOU RECEIVED THAT TREATMENT.AFTER YOU GET YOUR BILL, HEAD OVER TO THE MEDICAL BILLING DEPARTMENT AND PREPARE YOURSELF FOR EXTENSIVE CONVERSATIONS.ALSO, ASK TO PAY THE MEDICARE RATE, MEDICARE NEGOTIATES A 73% DISCOUNT OF THE AVERAGE HOSPITAL CHARGE. NEGOTIATE HOW YOU'LL PAY, AND IF YOU PAY WITH CASH, SOME HOSPITALS WILL GIVE YOU A DISCOUNT

07-02-2014

HEALTH - TRICKS TO SAFEGUARD YOUR HEALTH WHILE PLAYING NURSE

WHEN YOU HAVE A SICK CHILD OR SPOUSE, IT'S HARD NOT TO WANT TO COMFORT THEM BUT YOU DON'T WANT TO GET YOURSELF SICK.SO HERE ARE 5 TRICKS TO SAFEGUARDING YOUR HEALTH WHILE PLAYING NURSE

- 1.YOU SOOTH SICK BABIES OR TODDLERS BY HOLDING THEM RIGHT, BUT BEFORE YOU PICK THEM UP, SLIP ON YOUR BATHROBE OVER YOUR CLOTHES AND WHEN YOU PUT THEM DOWN, TAKE OF THE ROBE AND LEAVE IT WITH THEM SO YOU DON'T CARRY THE GERMS WITH YOU.
2. WITH ALMOST ALL COLDS, COUGHS AND FLUES; WASHING YOUR HANDS AND FACE AFTER CONTACT MINIMIZES SPREAD OF SICK GERMS
3. WASH AFTER YOU HUG, AND NO, NO, NO KISSING
4. GET THEM THEIR OWN TISSUE BOX AND WASTE BASKET AND CLEAN IT AFTER THEY ARE NO LONGER SICK AND WASH YOUR HANDS AS WELL.
5. FOR KIDS, MAKE A BED BY TURNING 2 COMFORTABLE ARM CHAIRS TO FACE EACH OTHER THIS SPECIAL BOAT BED WILL SAFELY CONTAIN THE CHILD AND LIMIT THE TIME SPENT SITTING NEXT TO THEM ON THE SOFA AND LAST CONSIDER WEARING A MASK, YOU CAN BUY IT AT MOST DRUG STORES AND PREVENT THOSE ACCIDENTAL SNEEZES TO THE FACE

07-03-2014

MONEY - GARAGE SALES

IT IS SUMMER TIME AND THAT MANS A LOT OF GARAGE SALES. SO IF YOU PLAN ON HAVING YOUR OWN SOON, HERE ARE SOME TIPS TO HELP YOU MAKE THE MOST MONEY. BE CLEAR ON THE PURPOSE OF YOUR SALE, IF YOUR SELLING THINGS TO MAKE MONEY OR TO GET RID OF THEM, SURPRISINGLY YOU CAN OFTEN MAKE MORE MONEY BY PRICING THINGS LOW. IF YOUR GOAL IS TO GET TOP DOLLAR, YOU SHOULD REALLY BE SELLING ON EBAY OR CRAIGS LIST. ADVERTISE; STICK AN AD IN THE NEWSPAPER, PUT UP A NOTICE ON CRAIGSLIST, POST SIMPLE EFFECTIVE SIGNS AROUND THE NEIGHBORHOOD. USE BIG BOLD TEXT LIKE HUGE SALE WITH AN ARROW POINTING IN THE RIGHT DIRECTION AND PLEASE MAKE SURE YOUR SIGN IS READABLE.THEN, THINK LIKE A CUSTOMER, WALK THROUGH YOUR SALE AS IF YOU WERE THERE TO BUY SOMETHING.HOW DOES IT FEEL? WOULD YOU PAY TOP DOLLAR FOR THAT PORCELAIN CAT, PROMOTE EXPENSIVE ITEMS AS WELL?BIG TICKET ITEMS CAN BE TOUGH TO SELL BUT YOU CAN DO IT WITH A LITTLE EXTRA EFFORT.SET FURNITURE UP JUST LIKE YOU WOULD SEE IT AT HOME TO GIVE IT A BETTER SHOT!

07-07-2014

HEALTH - SLEEPING

WE ALREADY KNOW THAT NOT ENOUGH SLEEP CAN MAKE US GRUMPY AMONG OTHER THINGS, BUT SOMETIMES IT'S HARD TO FALL ASLEEP. SO HOW DO WE GET TO BED ON-TIME WHEN THERE ARE SO MANY GOOD SHOWS ON TV? WELL FIRST YOU WANT TO LIMIT FOOD AND DRINK INTAKE. IF YOU DRINK A CAFFEINATED BEVERAGE RIGHT BEFORE BEDTIME, CHANCES ARE YOUR INABILITY TO SLEEP WILL MANIFEST IN A BINGE SESSION OF HOUSE OF CARDS.YOU SHOULD ALSO AVOID ALCOHOL AND NICOTINE. ALSO AVOID NAPS. A GOOD NAP CAN BE THE MOST WONDERFUL FEELING IN THE WORLD BUT IT CAN ALSO MESS UP YOUR SCHEDULE EVEN MORE, BEEN THERE DONE THAT AS WELL. ALSO, WORKING OUT IS NOT ONLY GOOD FOR YOUR BODY AND HEART HEALTH BUT ALSO FOR SLEEPING BETTER. IT GOES THE OTHER WAY TOO;THOSE WHO SLEEP BETTER ARE MORE LIKELY TO WORK OUT FOR A LONGER PERIOD OF TIME AND LAST, PLEASE CREATE A ROUTINE:BY SLEEPING AT THE SAME TIME AND WAKING UP AT THE SAME TIME, YOUR BODY WILL ADJUST AND STAY IN SYNC WITH THE PATTERN YOU CREATE, THIS MEANS YOU WILL NATURALLY WANT TO GO TO BED AT A CERTAIN TIME.

07-08-2014

TOP 5 MONEY - IMPULSE BUYING

HAVE YOU EVER BOUGHT THAT SHIRT OR KITCHEN ITEM YOU KNOW YOUR NEVER GONNA USE? WELL HERE ARE SOME TIPS TO STOP IMPULSE BUYINGIN THE GROCERY STORE YOU WANT TO STAY IN THE OUTER RING, YOU'LL AVOID A LOT OF THE THINGS YOU DON'T NEED TO BUY UNLESS YOU REALLY NEED YO BUY THOSE LUCKY CHARMS WHICH YOU DON'T. ALSO, TAKE A DEEP BREATH AND WALK AWAY FROM THE VINTAGE JEANS, ARE THEY REALLY WORTH \$300?! NO! JUST GO HOME, RE-EVALUATE YOUR CLOSET, YOU PROBABLY DON'T NEED ANOTHER PAIR. THEN, SUPER SIZE IT, LETS SAY YOU DO GO BIG FOR 4-TIMES A WEEK, THAT'S A FULL \$52 A YEAR THAT YOU COULD BE SAVING, NOT TO MENTION THE EXTRA TRIP OR 2 TO THE GYM.THOSE APPS ON YOUR PHONE, THEY ADD UP, EVEN IF ITS A FREE APP, THEY ALL COME WITH EXTRAS THAT COST SOMETHING. SAVE THE MONEY AND THE TIME YOU SPENT ON BEING LESS PRODUCTIVE. LAST, THEME PARKS ARE EXPENSIVE ENOUGH BUT THERE ARE ALWAYS THOSE GAME SECTIONS THAT SEEM TO STEAL YOUR MONEY: DO YOU HONESTLY THINK YOUR GOING TO SHOOT A 1 INCH SQUARE FROM 20 FEET AWAY WITH A BLOW DART? SAVE YOUR MONEY.

07-09-2014

HEALTH - SNACKS THAT SATISFY

YOU KNOW WHEN YOU'VE HAD THAT MID MORNING SNACK BUT WHEN IT COMES TIME FOR LUNCH YOU'RE STARVING? HERE ARE SOME SNACKS THAT WON'T LEAVE YOU IN THE SUPER SIZE ME LANE AT THE DRIVE THRU WINDOW. MIXED NUTS: THEY ARE A CONVENIENT WAY TO GET SOME PROTEIN AND HEALTH FATS, TRY ADDING SOME DRIED FRUIT FOR A LITTLE EXTRA FLAVOR. TRY HARD BOILED EGGS: THEY ARE AN INEXPENSIVE AND NUTRITIOUS WAY TO FUEL UP WHEN YOUR FAMISHED. BOIL A 1/2 A DOZEN AT THE BEGINNING OF THE WEEK FOR EASY ON THE GO SNACKING. ALSO, EDAMAME WITH SEA SALT. 1 CUP OF EDAMAME PODS HAVE ABOUT 7 GRAMS OF PROTEIN. SPRINKLE ON A LITTLE SEA SALT AND SATISFY THAT SALT CRAVING AS WELL. ONE OF MY FAVORITES; JERKY! BEEF AND TURKEY JERKY ARE SUPER TRAVEL FRIENDLY AND GUARANTEED TO KEEP YOU SATISFIED, JUST MAKE SURE THE ONE YOU PICK ISNT TOO HIGH IN SODIUM. LAST, COTTAGE CHEESE AND FRUIT .COTTAGE CHEESE IS LOADED WITH PROTEIN SO EVEN JUST A SMALL PORTION WILL FILL YOU UP.TRY IT WITH FRESH BERRIES OR PINEAPPLE CHUNKS AND IT WILL BE REALLY TASTY!

07-14-2014

HEALTH - COFFEE BENEFITS

HERE'S SOME GOOD NEWS, ACCORDING TO A RECENT STUDY, DRINKING COFFEE BEFORE A WORKOUT WILL HELP YOU TORCH MORE CALORIES. THAT'S RIGHT, THE STUDY FOUND THAT TRAINED ATHLETES WHO TOOK IN SOME CAFFEINE BEFORE THEIR SWEAT SESSIONS BURNED ABOUT 15% MORE CALORIES FOR 3 HOURS POST WORK OUT THAN THOSE WHO DIDN'T.NOW COFFEE IS GREAT NOT ONLY FOR WEIGHT LOSS BUT SEVERAL OTHER THINGS INCLUDING IMPROVED CIRCULATION. BETTER CIRCULATION HELPS YOU HAVE A BETTER WORK OUT, YOUR MUSCLES NEED OXYGEN. COFFEE HELPS YOU HAVE A BETTER MEMORY. THIS BRAIN BOOST MAY HELP DURING WORK OUTS ESPECIALLY WHEN THEY ENTAIL NEEDING TO RECALL SPECIFIC EXERCISES. IT HELPS WITH MUSCLE PRESERVATION THIS CAN HELP REDUCE THE RISK OF AGE RELATED INJURIES. NOW OF COURSE YOU JUST NEED TO MAKE SURE TO KEEP YOUR DAILY CAFFEINE INTAKE IN CHECK OTHERWISE YOUR GOOD INTENTIONS MAY BACKFIRE. ALSO TRY TO USE ALMOND MILK AND CINNAMON INSTEAD OF CREAM TO KEEP THE CALORIES DOWN AND REMEMBER TO DRINK PLENTY OF WATER

07-15-2014

MONEY - CROWDFUNDING

CROWDFUNDING HAS BECOME ONE OF THE BIGGEST TRENDS AND BEST WAYS TO RAISE A FEW BUCKSI NOW, PEOPLE ABOUT TO GET HITCHED ARE GETTIN IN ON THE MIX.A LOT OF COUPLES ARE CHOOSING TO FOR-GO A TRADITIONAL REGISTRY IN FAVOR OF CROWDFUNDING FOR HONEYMOONS AND OTHER BIG TICKET ITEMS LIKE FURNITURE, APPLIANCES, DATE NIGHTS, EVEN COLLEGE MONEY FOR THEIR FUTURE KIDS! SOME OF THESE POPULAR SITES INCLUDE WEDDING REPUBLIC, ZOLLA, AND HONEY FUND BUT ETIQUETTE EXPERTS WARN THAT IT MUST BE HANDLED IN THE RIGHT WAY TO NOT COME OFF AS TACKY TO GUESTS. FOR STARTERS, REFRAIN FROM ASKING GUESTS FOR CASH AND USE MONETARY CONTRIBUTION INSTEAD, IT'S A LITTLE BIT MORE TASTEFUL. ALSO BE SURE TO SAY THAT YOU'RE NOT PASSING ALONG ANY TRANSACTION FEES TO DONORS. WHEN YOU DO SET UP THE REGISTRY, SELECT A PLATFORM THAT IS USER FRIENDLY AND INCLUDE A PHOTO OR VIDEO WITH A HEART FELT MESSAGE, THAT'S ALWAYS NICE. BECAUSE THIS CONCEPT IS FAIRLY NEW, SOME MAY NOT BE OPEN TO THE IDEA, SO MAKE SURE YOUR GUESTS HAVE AN OPTION OF A TRADITIONAL REGISTRY AS WELL.

07-16-2014

HEALTH - FOODS TO AVOID

AS TASTY AS JUNK FOOD IS; IF YOUR DAILY DIET IS FULL OF IT, AND IF YOU EAT BAD THINGS 6 DAYS A WEEK, YOU INCREASE YOUR RISK OF STROKE BY 41% YIKES! SO NUTRITIONAL EXPERTS HAVE COMPILED A LIST OF FOODS THAT YOU SHOULD NEVER EVER PUT IN YOUR BODY AND SOME OF THEM JUST MAY SURPRISE YOU! STAY AWAY FROM MICROWAVE POPCORN, IT IS FILLED WITH CHEMICALS AND IS LINKED TO ALZHEIMER'S DISEASE AND CERTAIN CANCERS. NEXT, FARMED SALMON: THESE THINGS ARE LITTLE CANCER FILETS. STUDIES SHOW THEY CAN BE LOADED WITH CARCINOGENIC CHEMICALS, FLAME RETARDANTS, ANTIBIOTICS, AND PESTICIDES. THIS ONE WILL SURPRISE SOME, MILK! YOU MAY GET CALCIUM FROM IT BUT AT THE SAME TIME YOU'RE INGESTING SATURATED FATS WHICH ARE LINKED TO HEART DISEASE, STROKES, CANCER, AND ARTHRITIS. MOVING ON, CANNED TOMATOES: BPA IS FOUND IN A LINING OF CANNED FOODS AND IT'S ACTUALLY LINKED TO INTESTINAL DAMAGE, HEART DISEASE, AND OTHER AILMENTS. LAST, BE CAREFUL WITH APPLES, STRAWBERRIES, AND GRAPES, THEY TEND TO BE LOADED WITH PESTICIDES!

07-17-2014

MONEY - HOTEL SCAMS

SUMMER IS IN FULL SWING WHICH MEANS VACATIONS, ROAD TRIPS, AND HOTEL STAYS, BUT DON'T LET MISBEHAVING PEOPLE RUIN YOUR TIME OFF WITH MINI RIP OFFS AND SNEAKY FEES AND SCAMS! HERE'S SOME QUICK REMINDERS OF WHAT TO WATCH OUT FOR NEXT TIME YOU CHECK INTO A HOTEL. WATCH OUT FOR FAKE PIZZA DELIVERY FLYERS, SCAMMERS SLIP THEM UNDER YOUR DOOR, YOU CALL TO MAKE AN ORDER AND NOW THEY HAVE ALL YOUR CREDIT CARD INFORMATION. MAKE SURE TO VERIFY THE PHONE NUMBER BEFORE CALLING. NEXT, THE SINGLE EASIEST WAY FOR SOMEONE TO HACK INTO YOUR COMPUTER IS WITH ROGUE FREE WI-FI HOT SPOTS NAMED LINKSYS TO TRY TO TRICK YOU TO CONNECT TO IT. ALWAYS DOUBLE CHECK THE SAFETY OF THE NETWORK YOU'RE CONNECTING TO MAKE SURE ITS ON THE CORRECT ONE. AND LAST, WATCH OUT FOR THOSE PESKY RESORT FEES, PET FEES, HOUSEKEEPING FEES, OR SAFE FEES. YOU THINK YOUR GETTING A GREAT DEAL ON PRICELINE ONLY TO CHECK IN AND FIND YOU OWE LOTS MORE. BE SURE TO READ THE FINE PRINT WHEN IT COMES TO PRICING MAKE YOUR HOTEL STAY IS A SAFE AND GOOD ONE.

07-18-2014

HEALTH - JUMPING JACKS

DID YOU KNOW SOME STATES HAVE OFFICIAL EXERCISES? WELL APPARENTLY FOR MISSOURI IT'S THE JUMPING JACK! GOVERNOR JAY NIXON SIGNED LEGISLATION THURSDAY ADDING THE WORK OUT MOVE, IT GOES OFFICIAL AUGUST 28TH. STUDENTS FROM THE PERSHING ELEMENTARY SCHOOL LOBBIED FOR THE EXERCISE AS A WAY TO HONOR GENERAL JOHN J PERSHING, HE WAS A MISSOURI BORN GENERAL WHO LED US FORCES IN WWI. HE'S CREDITED FOR INVENTING THE JUMPING JACK AS A TRAINING DRILL FOR CADETS. ASIDE FROM BECOMING STATE LAW, WHY SHOULD JUMPING JACKS BE YOUR NEW BFF? WELL JUST SO YOU KNOW, THEY HELP INCREASE YOUR FAST TWITCH MUSCLE FIBERS BY WORKING ON THE CALVES, THE GLUTES, DELTOIDS, AND LATERALS. WHILE THEY WONT EXACTLY HELP THE MUSCLES INCREASE IN SIZE, THEY WILL ACTUALLY MAKE THEM MORE POWERFUL! SO JUST SO YOU KNOW, THE JUMPING JACK IS THE WAY TO GO. IT'S VERY INTERESTING THAT MISSOURI ADDED THAT AS THE OFFICIAL EXERCISE, GOOD IDEA TO GET OUT THERE AND GET SOME FITNESS ON!

07-21-2014

HEALTH - HOW TO HAVE GOOD ORAL HYGIENE

GOOD ORAL HYGIENE IS NOT ONLY IMPORTANT FOR A BEAUTIFUL SMILE BUT DID YOU KNOW THAT IT CAN ALSO PROTECT YOUR HEART? STUDIES SHOW THAT IF YOU HAVE UNHEALTHY GUMS, YOU ARE AT A GREATER RISK OF A HEART ATTACK. YIKES! SO TO HELP SHED A LITTLE MORE LIGHT ON THIS TOPIC, HERE ARE SOME COMMON MISTAKES WE MAKE WHEN BRUSHING. EXPERTS SAY TO AVOID BRUSHING TOO MUCH OR TOO LONG, DOING THIS WILL ERODE THE ENAMEL ON YOUR TEETH. DENTISTS RECOMMEND 2-3 TIMES A DAY AT MOST FOR NO LONGER THAN 2 MINUTES. THEY SAY DON'T BRUSH RIGHT AFTER YOU EAT. WAIT AT LEAST 30 MINUTES AFTER EATING TO CLEAN YOUR TEETH. ACIDS FROM YOUR FOOD CAN EAT AWAY THE ENAMEL ON YOUR TEETH SO LET YOUR OWN NATURAL SALIVA NEUTRALIZE THE ACIDS FIRST. NEXT, USING THE WRONG TOOTHBRUSH IS OFTEN A PROBLEM. DON'T USE ONE THAT'S TOO HARD, EXPERTS RECOMMEND LOOKING FOR TOOTHBRUSHES THAT ARE LABELED SOFT OR EXTRA SOFT SO IT DOESN'T CONTRIBUTE TO GUM RECESSION. NEXT, KEEPING YOUR TOOTHBRUSH FOR TOO LONG: DENTISTS SUGGEST CHANGING EVERY 3 MONTHS TO AVOID THE BRISTLES LOSING THEIR FLEXIBILITY AND WEARING OUT.

07-22-2014

MONEY - IDENTITY THEFT

WITH EVERYONE TRAVELING AND NOW GETTING READY FOR BACK TO SCHOOL, SUMMER CAN BE A HOT TIME FOR IDENTITY THEFT. CONSUMER REPORTS RECOMMEND TRAVELING WITH A MINIMUM NUMBER OF DOCUMENTS AND OTHER SENSITIVE ITEMS. LEAVE SOCIAL SECURITY CARDS AND EXTRA CREDIT CARDS AT HOME. ALSO, MAKE BANK AND CREDIT CARD COMPANIES AWARE OF YOUR TRAVEL PLANS SO THEY CAN BETTER MONITOR FRAUD. THE FEDERAL TRADE COMMISSION WARNS HOTEL GUESTS OF CERTAIN COMMON SCAMS INCLUDING CALLS THAT CLAIM THEY ARE FROM THE FRONT DESK SEEKING VERIFICATION OF YOUR CREDIT CARD NUMBER. IF THAT HAPPENS, MAKE SURE YOU HEAD TO THE FRONT DESK TO CLEAR UP ANY ISSUES. ANOTHER PITFALL, FAKE WI-FI NETWORKS: CONFIRM THE HOTEL'S AUTHORIZED NETWORKS AT CHECK IN TO AVOID HANDING INFORMATION OVER TO SCAMMERS. IDENTITY THEFT ISN'T LIMITED TO ADULTS; CHILDREN'S SOCIAL SECURITY NUMBERS CAN BE A TARGET BECAUSE THEY PROVIDE A CLEAN SLATE FOR SCAMMERS TO OPEN CREDIT CARD ACCOUNTS BECAUSE MOST PARENTS DON'T SUSPECT YOUNG ONES.

07-23-2014

HEALTH - WORST FOODS FOR YOUR SKIN

YOU'VE ALL HEARD THE PHRASE YOU ARE WHAT YOU EAT, WELL THAT APPLIES NOT ONLY TO OUR BODIES BUT OUR SKIN TOO. EXPENSIVE CREAMS AND CLEANSERS ARE NOT ENOUGH TO KEEP YOUR SKIN IN FLAWLESS SHAPE. YOU ALSO NEED A HEALTHY DIET. SO WITH THAT IN MIND, HERE ARE THE ABSOLUTE WORST FOODS FOR YOUR FACE. THIS 1ST ONE, I'M NOT HAPPY TO HEAR ABOUT, WHITE BREADS, PASTA, AND CAKE, MY FAVORITE! THEY ALL HAVE A HIGH GLYCEMIC INDEX WHICH IS LINKED TO ACNE, SWITCH TO WHOLE GRAINS INSTEAD. NEXT SUGAR; AS MUCH AS WE LOVE IT, IT IS THE MOST AGING FOOD WE CONSUME AND IT WEAKENS OUR IMMUNE SYSTEM TO, BUT IT CAN ALSO FEED CANCER. MOVING ON; ALCOHOL; NOT ONLY DOES IT GIVE US A HEADACHE BUT IT DEHYDRATES YOU, AGGRAVATES ROSACEA, AND MAKES YOUR SKIN LOOK DULL. SALT IS ACTUALLY TERRIBLE FOR YOUR SKIN, IT CAUSES YOUR TISSUES TO SWELL MAKING YOU LOOK PUFFY AND UNHEALTHY. CHECK LABELS TO HELP YOU REDUCE YOUR INTAKE.

07-24-2014

MONEY - COLLEGE DEGREES

A COLLEGE DEGREE CAN HELP YOU PERUSE A HIGHER PAYING CAREER BUT ALL DEGREES ARE NOT CREATED EQUAL WHEN IT COMES TO COMPENSATION. A GEORGETOWN UNIVERSITY STUDY MEASURED COMMON MAJORS AGAINST THEIR ECONOMIC VALUE AND HERE'S WHAT THEY FOUND OUT. FIRST OFF, THE NUMBER ONE DEGREE THEY SAY TO AVOID: A BACHELORS IN PSYCHOLOGY. ON AVERAGE, RECENT GRADS TAKE IN \$30,000 A YEAR, IT'S ALSO ONE OF THE MOST POPULAR MAJORS OUT THERE BUT ITS DEMAND FOR EMPLOYEES IS LESS. NEXT, HELPING PEOPLE MIGHT BE YOUR THING BUT, WITH A DEGREE PROGRAM LIKE SOCIAL WORK, YOU PROBABLY WONT SEE YOUR SKILLS REFLECTED IN YOUR PAYCHECK. EXPECT TO EARN ABOUT \$29,000 ANNUALLY TO START. MOVING ON, EXPERTS SAY ANOTHER DEGREE TO CONSIDER AVOIDING IS A BACHELORS IN FILM, VIDEO, AND PHOTOGRAPHIC ARTS. NOT ONLY IS IT AN EXTREMELY COMPETITIVE FIELD, BUT THEY BELIEVE FEW PEOPLE REALLY MAKE IT IN THE BUSINESS AND WIND UP DOING SMALLER, LOW BUDGET SHOTS INSTEAD. A LOT OF DEGREES DO EARN YOU BIG BUCKS THOUGH SO PAY ATTENTION TO THAT.

7/25/2014

HEALTH-WHAT YOUR TOE NAILS SAY ABOUT YOUR HEALTH

DID YOU KNOW YOUR NAILS CAN TELL YOU A LOT ABOUT YOUR HEALTH? WHILE NOTHING REPLACES A TRIP TO THE DOCTOR FOR REGULAR CHECK UPS, TAKING A LOOK AT YOUR FINGERS CAN HELP YOU SEE EARLY WARNING SIGNS. HERE ARE A FEW COMMON SYMPTOMS:

1. PALE NAILS-IF YOUR NAIL BEDS ARE LOOKING GHOSTLY YOU MIGHT HAVE ANEMIA. BE SURE YOU ARE EATING GOOD SOURCES OF IRON LIKE GREEN LEAFY VEGGIES, BEANS, AND RED MEAT TO BOOST YOUR IRON LEVELS.
2. YELLOWING MIGHT INDICATE A FUNGAL INFECTION. TOPICAL MEDS WILL PROBABLY BE NO HELP, SO HAVE YOUR DOCTOR PRESCRIBE AN ORAL MEDICATION, TO REACH THE ENTIRE, INFECTED NAIL.
3. VERY IMPORTANT TO NOTE, DARK BROWN OR BLACK VERTICAL LINES ON THE NAIL BED, SHOULD NEVER BE IGNORED, THESE CAN BE A HALLMARK SIGN OF MELANOMA. THIS REQUIRES EARLY DETECTION AND TREATMENT.
4. WATCH OUT FOR DEPRESSIONS OR SMALL CRACKS IN YOUR NAILS, THESE SYMPTOMS ARE OFTEN ASSOCIATED WITH PSORIASIS, WHICH IS USUALLY ASSOCIATED WITH SCALY RED PATCHES ALL OVER THE BODY.

7/28/2014

HEALTH-SECRETS TO SLEEPING BETTER

SUMMER IS IN FULL SWING, HOT TEMPS, A LOT OF SUNLIGHT AND SUNBURNS CAN LEAVE YOU TOSSEING AND TURNING; SO WE'VE GOT SOME WAYS YOU CAN RECLAIM YOUR BEAUTY REST AND FEEL REFRESHED.

1. EAT DINNER EARLY- A HEAVY MEAL TO CLOSE TO BED TIME CAN GIVE YOU HEART BURN, SO MAKE SURE YOU EAT BEFORE 8PM.
2. DRINK MORE WATER- DEHYDRATION IS COMMON IN SUMMER, THE HEAT MAKES US SWEAT MORE. SIP ON SOME WATER ABOUT 30 MINUTES BEFORE YOU GO TO SLEEP.
3. ANOTHER GREAT TIP IS TO AVOID ALCOHOL. IT CAN CAUSE FRAGMENTED SLEEP. TRY SOME SELTZER OR TEA INSTEAD.
4. HERE IS SOMETHING YOU MIGHT NOT THINK OF, TURN ON THE A.C. WHILE THE SOUND OF CRICKETS MIGHT SOUND RELAXING, FOR PEOPLE WHO SUFFER FROM ALLERGIES, OPEN WINDOWS CAN

CAUSE POLLEN TO BLOW IN AND CAUSE THOSE ALLERGIES TO ACT UP.5. TRY STRETCHING, DOING SOME RELAXING YOGA POSES BEFORE BED CAN REALLY HELP.

7/29/2014

MONEY MINUTE-LAST MINUTE VACATIONS

SUMMER IS IN FULL SWING AND IF YOU HAVEN'T PLANNED A VACATION BUT JUST NEED A MINUTE TO HANG OUT THEN HERE ARE SOME TIPS ON SOME GREAT LAST MINUTE VACATIONS. 1. LOOK FOR BUSINESS HOTELS IN CITIES, THEY USUALLY COST LESS THAN TOURISTY AREAS, ESPECIALLY IN BIG CITIES. ALSO, IMPORTANT BECAUSE BUSINESS TRAVEL DIPS DURING THE SUMMER. YOU CAN ALSO OPT FOR HOTELS NEAR EXITS ON HIGHWAYS, WHICH ALMOST ALWAYS HAVE AVAILABILITY AND ARE USUALLY PRETTY AFFORDABLE. 2. IT IS IMPORTANT TO BE FLEXIBLE. MAKE SURE TO PRICE VARIOUS DATES, SOMETIMES YOU CAN SAVE MONEY BY TRAVELING A DAY EARLIER OR A DAY LATER. BOOKING A TRIP RIGHT AFTER LABOR DAY CAN BE CHEAPER THAN TRYING TO BOOK A TRIP IN JULY OR AUGUST. 3. AND DON'T BE AFRAID TO CONSIDER OFF SEASON DESTINATIONS, BECAUSE OF THEIR EASIER AVAILABILITY AND PRICING. CHEAP TICKETS IS A GREAT SITE TO SAVE UP TO 30-PERCENT ON DESTINATIONS LIKE CANCUN, CABO SAN LUCAS, AND PUERTO VALLARTA.

7/30/2014

LIFESTYLE-HOW TO SET UP YOUR DESK AT WORK

YOU MAY KNOW HOW TO MANAGE YOUR TIME WELL AT WORK BUT THERE IS ONE VERY IMPORTANT ELEMENT YOU MAY BE MISSING WHEN IT COMES TO ULTIMATE SUCCESS AT THE OFFICE AND THAT IS YOUR DESK! HOW YOU ORGANIZE YOUR WORKSPACE HAS A SURPRISING EFFECT ON YOUR CREATIVITY AND WORK PRODUCTIVITY. THANKS TO OUR FRIENDS AT HUFFINGTON POST, EXPERTS RECOMMEND THE FOLLOWING: TRY PAINTING YOUR WALLS GREEN: STUDIES SHOW THE COLOR CAN MAKE YOU MORE CREATIVE. NEXT, LIVE PLANTS IN YOUR WORK ENVIRONMENT CAN HELP PRODUCTIVITY. ALSO, DON'T FORGET PERSONAL PHOTOS: THAT IS A BIG ONE. EXPERTS SAY LOOKING AT THE PHOTOS CAN EASE STRESS INSTANTLY. LAST, YOU WANT TO MAKE SURE YOU ARE SITTING RIGHT. YOUR MONITOR SHOULD BE PLACED AT EYE LEVEL AND YOUR ARMS PARALLEL TO THE GROUND. THERE YOU GO, SIMPLE TIPS TO SET YOURSELF UP FOR THE BEST WORK DAY EVER!

7/31/2014

MONEY-NEGOTIATING SALARY

KNOWING HOW TO NEGOTIATE YOUR SALARY CAN BE THE KEY TO SUCCESS IN YOUR CAREER AND CAN PAY OFF FOR THE REST OF YOUR WORKING DAYS. THERE ARE A FEW KEY THINGS CAN MAKE OR BREAK THE NEGOTIATION TALKS 1. IT CAN BE INTIMIDATING TO DEMAND TOP PAY BUT REMEMBER EMPLOYERS EXPECT YOU TO DO SOME NEGOTIATING SO IT IS OKAY TO SUGGEST A NUMBER SLIGHTLY HIGHER THAN WHAT IS PROPOSED. MOST WILL HAVE A RANGE IN MIND ANYWAY. 2. MAKE SURE YOU COME WELL PREPARED FOR THE MEETING. HAVE A NUMBER ALREADY IN YOUR HEAD AND BE PREPARED WITH AN APPROPRIATE COUNTER OFFER. DO YOUR RESEARCH. 3. ANOTHER GOOD POINT IS TO REMEMBER THAT THE BEST TIME TO INCREASE YOUR SALARY IS IN THE FIRST 20 YEARS OF YOUR CAREER. STUDIES SHOW THAT AFTER THAT YOU'RE PAY TYPICALLY FLAT LINES. SO KEEP NEGOTIATING. 4. ALSO IMPORTANT TO NOTE, NOT SPEAKING UP NOW, MEANS WORKING LONGER, RETIREMENT MAY SEEM A LONG WAY OFF BUT THE EARLIER YOU START CONSIDERING IT, THE HAPPIER YOU WILL BE LATER IN LIFE. EVEN A SMALL DIFFERENCE IN SALARY COULD MEAN SOME SERIOUS MONEY.

AUGUST

August 1st, 2014

HEALTH STORY —EVERYDAY HARMFUL THINGS

So, we do a variety of common tasks every day that seem normal but did you know that several of these are actually hurting us? Well, here is a list of a few: First off, believe it or not, alarm clocks! They are found to have negative effects on our health. According to studies, they make you have social jet lag because they wake you up in the middle of your sleep cycles. Next, mowing your lawn! The air pollution emitted from a lawn mower in one hour is nearly the same as what a car expels during a 100 mile trip. A traditional push-reel mower would be your best option there. Uh, flip flops are also harmful! According to experts, they change the way you walk and cause knee problems. Shin stress and muscle soreness in your neck, so use them sparingly. The one not as surprising: sitting too long. Not being active is one of the most common contributors to a short life span. So get up and move around as much as you can. It's a good list!

August 4th, 2014

HEALTH STORY —RUNNING IS GOOD.

YOU KNOW, IF YOU ARE ANYTHING LIKE ME, YOU KNOW HOW GOOD RUNNING IS FOR YOUR HEALTH...BUT YOU STILL HATE TO DO IT...WELL, GOOD NEWS! ALL IT TAKES IS FIVE MINUTES TO REAP THE HEALTH BENEFITS. THAT'S ACCORDING TO A HUGE NEW STUDY THAT LOOKED AT EXERCISE AND LIFE SPAN. THE OLD SCHOOL THINKING WAS THAT YOU HAD TO DO 30 MINS OF MODERATE EXERCISE MOST DAYS OF THE WEEK. THAT'S STILL A GREAT GOAL, BUT THIS NEW RESEARCH SUGGESTS THAT RUNNING JUST 5 MINS PER DAY COULD SIGNIFICANTLY REDUCE SOMEONE'S RISK OF DYING PREMATURELY. EXTRA POINTS FOR THIS GUY FOR RUNNING AND JUGGLING. TOP IT OFF WITH A HEALTHY LIFESTYLE, EATING WELL, AND NOT SMOKING AND YOU'RE EVEN FURTHER AHEAD IN THE GAME. AS A GROUP, RUNNERS IN THE STUDY GAINED ABOUT 3 EXTRA YEARS OF LIFE COMPARED WITH THOSE IN THE STUDY THAT NEVER RAN. SO, YES, YOU DO ACTUALLY HAVE TO RUN FOR YOUR LIFE AND THE FINDINGS SUGGEST THAT EVEN A SMALL AMOUNTS OF VIGOROUS EXERCISE MAY BE EVEN GREATER THAN EXPERTS HAD ASSUMED. SO GET OUT THERE AND START RUNNING!

August 5th, 2014

HEALTH STORY —SUCCESSFUL MORNING HABITS

WHETHER YOU'RE A MORNING PERSON OR A NIGHT OWL, WE ALL START OUR DAYS A BIT DIFFERENTLY. SOME MIGHT CHECK IN WITH SOCIAL MEDIA, OTHERS DIVE RIGHT INTO EMAIL, SOMEONE ELSE MIGHT HAVE BREAKFAST, WORKOUT, OR PACK LUNCHES FOR KIDS. SO, HERE'S A FEW TIPS TO NOT ONLY MAKE YOU MORE PRODUCTIVE AND CREATIVE, BUT ALSO ENJOY YOUR MORNINGS MORE. START STRONG: WE'RE LIMITED WITH OUR SELF CONTROL, SO DO A TASK THAT MIGHT TAKE A LOT OF FOCUS OR DETERMINATION TO ACCOMPLISH. WHEN YOU START YOUR DAY WITH SOMETHING BIG, IT'LL MAKE THE REST OF THE DAY LOOK EASIER BY COMPARISON. DON'T BE AFRAID TO MAKE LISTS. AT THE END OF YOUR DAY, MAKE A LIST OF THE TASKS YOU NEED TO COMPLETE TOMORROW. AND, THIS ONE IS MY FAVORITE, DO LIKE STEVE JOBS WOULD DO: HE LOOKED IN THE MIRROR EVERY MORNING AND ASKED HIMSELF, "IF TODAY WERE THE LAST DAY OF MY LIFE, WOULD I WANT TO DO WHAT I'M ABOUT TO DO TODAY?" OTHER GOOD TIPS: EAT A GOOD BREAKFAST, TURN OFF THE NOTIFICATIONS ON YOUR PHONE, DOING

CREATIVE WORK WHEN IT FEELS BEST, AND, OF COURSE, TRACKING YOUR HABITS. ALL GREAT IDEAS FOR MAKING YOUR MORNING GREAT!

AUGUST 7TH, 2014

HEALTH STORY ---"WAYS TO BEAT THE HEAT"

ANYONE THAT HAS STEPPED OUTSIDE IN THE LAST FEW MONTHS ALREADY KNOWS HOW HOT IT CAN GET! SO, WHAT CAN YOU DO TO BEAT THE HEAT? WELL, THANKS TO OUR FRIENDS AT THE HUFFINGTON POST, WE'VE GOT SOME WAYS TO STAY COOL WITHOUT STRIPPING DOWN. NUMBER ONE: GET USED TO IT. THE HUMAN BODY HAS A GIFT FOR ACCLIMATING TO HOT WEATHER, SO LET YOUR BODY DO ITS THING. ALSO, BE IN SHAPE: BEING FIT INCREASES YOUR ABILITY TO HANDLE HEAT. ALSO, YOU CAN GO FOR THE GREEN! PLANTS AND TREES NOT ONLY BLOCK THE SUN, THEY ALSO HAVE A COOLING EFFECT. AND THEN HERE'S ONE THAT I ABSOLUTELY LOVE: TAKE A REST! IT TAKES A WHILE FOR YOUR BODY TO COOL DOWN, SO IF YOU'RE FEELING HOT, GIVE YOURSELF EXTRA TIME IN THE SHADE BEFORE YOU RESUME YOUR ACTIVITIES. FINALLY, YOUR SWEAT, AS GROSS AS YOU MAY FEEL, DON'T TOWEL OFF. THIS IS WHAT HUFFINGTON POST SAYS: YOUR BODY IS BUILT TO COOL YOU DOWN, SO LET YOUR SWEAT EVAPORATE NATURALLY AND YOU'LL GET A BETTER COOLING EFFECT.

AUGUST 11TH, 2014

HEALTH STORY ---"TO EAT OR NOT TO EAT"

YOU KNOW, WE'VE ALL BEEN TAUGHT THAT SKIPPING MEALS IS THE WORST THING YOU CAN DO WHEN YOU'RE TRYING TO LOSE WEIGHT, RIGHT? WELL, NEW STUDIES SUGGEST THAT INTERMITTENT FASTING, ALSO KNOWN AS "I.F." MIGHT HAVE SURPRISING FITNESS BENEFITS. HUGH JACKMAN ATTRIBUTES HIS JACKED UP MUSCLES TO THE I.F. TRAINING HE PRACTICED TO PREPARE FOR THE NEWEST WOLVERINE MOVIE. BUT YOU SHOULD DEFINITELY CONSULT WITH A DOCTOR BEFORE YOU TRY I.F., OK? HERE ARE SOME TIPS TO FASTING SAFELY: HYDRATE, HYDRATE, HYDRATE! DEHYDRATION WILL IMPAIR PHYSICAL EXERTION AND IT CAN BE DANGEROUS, ESPECIALLY IN THE HIGH HEATS WE'RE HAVING RIGHT NOW.

BREAK YOUR FAST WHENEVER YOU WOULD LIKE. LISTEN TO YOUR BODY AND DO WHATEVER FEELS BEST. FINALLY, EAT AS MANY MEALS AS YOU'D LIKE. DESPITE THE COMMON MYTH, EATING SMALL MEALS THROUGHOUT THE DAY VERSUS LARGER, LESS FREQUENT MEALS DOESN'T IMPACT THE METABOLISM. SO FIND OUT WHAT WORKS BEST FOR YOU AND RUN WITH IT!

AUGUST 12TH, 2014

HEALTH STORY ---TIME MANAGEMENT.

YOU KNOW, I THINK EVERYONE STRUGGLES WITH TIME MANAGEMENT. I KNOW I AM CONSTANTLY WISHING FOR MORE HOURS IN THE DAY TO GET EVERYTHING DONE. SO, HOW DO YOU BREAK THE CYCLE OF FEELING LIKE YOU CAN'T GET EVERYTHING DONE? WELL, OUR FRIENDS AT THE HUFFINGTON POST HAVE SOME SUGGESTIONS. FIRST OFF, BLOCK TIME AS "UNAVAILABLE." YOU WANT TO SET ASIDE TIME SPECIFICALLY FOR THINKING OR FOCUSING ON NEGLECTED ITEMS. IF PEOPLE ASK YOU FOR AN APPT DURING THOSE PRE-SCHEDULED TIMES, TELL THEM YOU HAVE A MEETING. THAT DEFINITELY HELPS. NEXT, INVEST IN SOMETHING NON-URGENT. WHILE IT MAY FEEL LIKE A LUXURY TO SCHEDULE A BREAK, R&R IS CRUCIAL TO MENTAL HEALTH. DOING SOMETHING FOR YOURSELF SENDS SIGNALS TO YOUR BRAINS THAT ALL IS WELL, WHICH HELPS TO WARD OFF STRESS. LAST, BUT NOT LEAST, GIVE A LITTLE TIME AWAY. I KNOW WHAT YOU'RE THINKING: "I'VE SO MUCH ON MY

PLATE, HOW CAN I VOLUNTEER?" RESEARCH SHOWS THAT WHAT YOU DO WITH YOUR TIME HAS A HUGE EFFECT ON WHAT YOU FEEL. ULTIMATELY, WE CAN'T ADD HOURS TO THE DAY, SO IT'S ALL ABOUT FINDING THAT HAPPY BALANCE.

AUGUST 13TH, 2014

HEALTH STORY ---"BENEFITS OF THERAPY"

CHANCES ARE, YOU'VE LIKELY FOUND A COPING MECHANISM FOR DEALING WITH STRESSFUL MOMENTS IN YOUR LIFE. MAYBE IT'S TALKING WITH YOUR FRIEND, WORKING OUT, OR JOURNALING. BUT, NO MATTER HOW YOU DEAL, CHANCES ARE IT WOULDN'T HURT TO TALK IT OUT WITH A PROFESSIONAL. THERAPY CAN HELP YOU HANDLE YOUR EMOTIONS, EVEN IF YOU HAVEN'T GONE THROUGH A LIFE-CHANGING OR TRAUMATIC EVENT. THERAPISTS CAN HOLD YOU ACCOUNTABLE TO GOALS. SHARING YOUR ASPIRATIONS NOT ONLY HELPS YOU TO ARTICULATE YOUR OBSTACLES, BUT ALSO TO WORK THROUGH THEM. TALKING WITH SOMEONE HELPS YOU FIND PURPOSE. BY IDENTIFYING WHAT YOU'RE STRUGGLING WITH, YOU ARE ABLE TO PINPOINT WHERE YOU WANT TO GO. FINALLY, A PROFESSIONAL CAN HELP YOU DISSECT A PROBLEM, THEN LET YOU LEARN HOW TO SOLVE IT. THIS NEW ANGLE HELPS YOU SEE THE ISSUE WITHOUT EMOTION AND DEVELOP A NEW STRATEGY TO SOLVE IT. IF YOU NEED THE HELP, GO AHEAD AND GET IT... IT'S BETTER IN THE LONG RUN.

AUGUST 18TH, 2014

HEALTH STORY—"SIMPLIFYING YOUR EATING HABITS"

WE ALL WANT TO EAT HEALTHY BUT FEW OF US HAVE TIME TO PREPARE ALL OF OUR FOOD FROM SCRATCH, SO I'VE GOT SOME BACK-TO-BASICS TIPS TO HELP US EAT HEALTHIER WITHOUT JUMPING THROUGH HOOPS OR SHELLING OUT LOADS OF MONEY. FIRST, WHAT YOU WANT TO DO IS FOLLOW THE QUARTER-QUARTER-HALF RULE WHEN IT COMES TO YOUR PLATE. IT'S VERY SIMPLE. YOU'RE AIMING TO BALANCE YOUR DIET, VERSUS COUNTING CALORIES. ONE QUARTER OF YOUR PLATE IS A LEAN PROTEIN, LIKE FISH, CHICKEN, BEEF OR EGGS - WHATEVER YOU PREFER. THE NEXT QUARTER OF YOUR PLATE IS STARCH: A SMALL, SWEET POTATO, BROWN RICE, WHOLE GRAIN PASTA - AGAIN, WHATEVER YOU PREFER. THE LAST HALF OF YOUR PLATE SHOULD BE FRUITS AND VEGGIES. AND YOU GOTTA STICK TO THIS EVEN WHEN EATING OUT, I KNOW IT'S SUPER HARD, BUT IT WILL KEEP YOU PORTION-CONTROLLED. OTHER TIPS INCLUDE: KEEPING YOUR FRIDGE STOCKED SO YOU'RE LESS LIKELY TO OPT FOR UNHEALTHY FAST FOOD, CHANGING YOUR MINDSET ABOUT FOOD SO YOU CAN CELEBRATE WHAT YOU CAN EAT, VERSUS LAMENTING ON WHAT YOU CAN'T. LAST, APPROACHING EACH DIET IMPROVEMENT AS A SMALL STEP TOWARD A BIGGER GOAL.

AUGUST 19TH, 2014:

MONEY STORY —"DIRTY DOLLARS"

SO, YOU KNOW THE OLD SAYING, "PUT YOUR MONEY WHERE YOUR MOUTH IS?" WELL, RESEARCHERS AT NEW YORK UNIVERSITY WOULD STRONGLY ADVISE AGAINST IT. OUR FRIENDS AT AOL HAVE REVEALED THAT MONEY IS EVEN DIRTIER THAN WE THOUGHT. IN FACT, RESEARCHERS AT NYU HAVE FOUND MORE THAN 103,000 TYPES OF BACTERIA ON OUR CURRENCY. RESEARCHERS WORKING ON THE "DIRTY MONEY" PROJECT COLLECTED 81 DOLLAR BILLS FROM A BANK IN MANHATTAN. ON THE BILLS, THEY FOUND 1.2 BILLION DNA SEGMENTS AND, SHOCKINGLY ONLY ABOUT HALF WERE HUMAN. THAT'S RIGHT: THEY FOUND

DNA FROM HUMANS, HORSES, AND EVEN RARE WHITE RHINOS. THE CREEPIEST PART? SCIENTISTS WEREN'T ABLE TO IDENTIFY ALL OF THE GERMS ON THE BILLS. IN FACT, ON SOME BILLS, THEY COULD ONLY RECOGNIZE ABOUT 20% OF THE BACTERIA. THESE BACTERIA HAVE BEEN LINKED TO ULCERS, PNEUMONIA, FOOD POISONING, AND EVEN STAPH INFECTIONS. EWI SO MAKE SURE YOU'RE USING HAND SANITIZER AFTER HANDLING MONEY AND DO NOT PUT YOUR MONEY WHERE YOU MOUTH ITS. GROSS!

AUGUST 20TH, 2014:

HEALTH-FOODS THAT TRIGGER HUNGER

DO YOU FIND YOURSELF ENDLESSLY HUNGRY DESPITE THE FACT THAT YOU'RE EATING REGULARLY? CHANCES ARE YOU'RE EATING FOODS THAT TRIGGER IT! OUR FRIENDS AT HEALTH MAGAZINE DID A LITTLE RESEARCH AND DISCOVERED THAT THERE ARE CERTAIN FOODS THAT ACTUALLY CAUSE HUNGER – EVEN WHEN YOUR BELLY'S FULL! THE "WHITE" STARCHES! YOU KNOW THE ONES WE'RE TALKING ABOUT: WHITE BREAD, PASTA, WHITE RICES, AND THOSE OH-SO-DELICIOUS SUGARY CEREALS WE ALL KNOW AND LOVE. WHITE FLOUR IS STRIPPED OF ITS BRAN, WHICH IS WHAT GIVES GRAIN THE FIBER THAT HELPS YOU STAY FULL. SCARY FACT: A RECENT STUDY SHOWED THAT PEOPLE WHO ATE TWO OR MORE SERVINGS OF WHITE BREAD PER DAY WERE 40-PERCENT MORE LIKELY TO BE OVERWEIGHT OR OBESE IN A 5 YEAR PERIOD COMPARED TO PEOPLE WHO ATE LESS. YIKES!! ANOTHER SNACK THAT MAKES YOU HUNGRIER? SALTY FOODS! NOT ONLY ARE THEY FREQUENTLY MADE OF WHITE STARCHES, THEY'RE ALSO ONLY SATISFYING ONE CRAVING – YOUR "SALTY" STOMACH GETS FULL, BUT YOUR SWEET STOMACH STARTS CRAVING A MEAL AFTER YOU'VE INDULGED. ALCOHOL'S ANOTHER TRIGGER FOR HUNGER! NOT ONLY DOES IT LOWER INHIBITIONS – MAKING YOU LESS LIKELY TO EAT FOODS YOU WOULDN'T NORMALLY – IT ALSO LOWERS YOUR BODY'S LEVEL OF LEPTIN, A HORMONE THAT HELPS YOU FEEL FULL. AND HERE'S THE BIG SURPRISE FOOD THAT MADE THE LIST FOR TOP HUNGER-INDUCER: JUICE! YES, I KNOW, WITH ALL OF THE JUICING DIETS AND TRENDS, I BET THIS IS A BIG SHOCK TO MANY. A GLASS OF JUICE CONTAINS THE SUGARS OF YOUR FAVORITE FRUITS AND VEGGIES, BUT NONE OF THE FIBER-FILLED PULP. A BIG GLASS WILL SHOOT YOUR SUGAR LEVELS UP, THEN DROP THEM WAY DOWN – INSTANTLY TRIGGERING HUNGER. IF YOU MUST JUICE, BLEND IN A SCOOP OF PROTEIN POWDER OR NUT BUTTER TO GIVE IT STAYING POWER.

AUGUST 21ST, 2014:

HEALTH STORY — "IS FITNESS DIFFERENT IN YOUR 30S VERSUS 20S?"

OK, SO WE ALL KNOW OUR FITNESS GOALS CHANGE AS WE GET OLDER, RIGHT? WE TRADE WANTING TO BE SKINNY TO WANTING TO BE HEALTHY – OR, AT LEAST, THAT'S THE HOPE. CHECK OUT THIS HILARIOUS VIDEO FROM OUR FRIENDS AT FUNNY-OR-DIE DETAILING HOW DIFFERENTLY WOMEN IN THEIR 20S AND 30S VIEW FITNESS. WITH SOCIAL MEDIA MAKING PHRASES LIKE "THIGH GAP" AND "THINSPIRATION" POPULAR, IT'S NO SURPRISE THAT WOMEN OF ALL AGES FIND THEMSELVES CHASING FITNESS GOALS THAT AREN'T REALISTIC. FORTUNATELY, VIDEOS LIKE THIS ONE, POKE FUN AT THE CHASE, BRINGING HUMOR AND PLAYFUL REALISM TO THE FACT THAT SOME BODIES ARE BETTER AT REST THAN IN MOTION. [HTTPS://WWW.YOUTUBE.COM/WATCH?V=TRBSQ9-VRK8#T=22](https://www.youtube.com/watch?v=TRBSQ9-VRK8#t=22)

AUGUST 25TH, 2014:

HEALTH STORY --"BREAKFAST'S OVERRATED?"

SO, WE ALL KNOW THAT BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY, RIGHT? WELL, RESEARCHERS THINK THE MORNING MEAL MIGHT BE OVERRATED! TWO STUDIES PUBLISHED IN THE AMERICAN JOURNAL OF CLINICAL NUTRITION EXPLORED THE MOST COMMON CLAIMS ABOUT BREAKFAST: THAT IT HELPS WITH WEIGHT LOSS AND BOOSTS METABOLISM. IN ONE STUDY, RESEARCHERS HAD LEAN ADULTS EITHER SKIP BREAKFAST OR CONSUME A 700-CALORIE BREAKFAST OF THEIR CHOICE. AFTER SIX WEEKS, NEITHER GROUP HAD A CHANGE IN METABOLISM. ALSO, THE GROUP THAT SKIPPED BREAKFAST DIDN'T GORGE ON LUNCH - A COMMON CLAIM! LOOKS LIKE A SMALLER APPETITE WASN'T A BYPRODUCT OF BREAKFAST! THE SECOND, LONGER STUDY PUBLISHED CONFIRMED THE SAME. 300 OVERWEIGHT INDIVIDUALS WERE DIVIDED INTO THREE GROUPS - THOSE TOLD TO EAT BREAKFAST, THOSE TOLD TO SKIP IT, AND A THIRD GROUP TOLD TO EAT HEALTHY, BUT PROVIDING NO SET INSTRUCTIONS. THERE WAS NO DIFFERENCE IN THE CHANGE OF WEIGHT BETWEEN THE THREE GROUPS, WHICH INDICATES THAT BREAKFAST DOESN'T IMPACT WEIGHT CONTROL. SO, SHOULD YOU SKIP BREAKFAST? WELL, THE STUDIES SHOWED THAT BREAKFAST EATERS TEND TO BE MORE PHYSICALLY ACTIVE THAN THE SKIPPERS, AND CERTAIN FOODS DID HELP WITH BLOOD SUGAR, BUT IT'S REALLY WHATEVER YOU PREFERENCE IS: IF YOU'RE GOING TO SKIP, JUST MAKE SURE YOU MAKE A CONSCIOUS EFFORT NOT TO BE LAZY!

AUGUST 26TH, 2014

MONEY-- HABITS TO ACHIEVE WEALTH

OUR FRIENDS OVER AT HUFFINGTON POST HAVE MADE A LIST THAT THEY SAY CAN HELP YOU ACHIEVE WEALTH IN JUST A FEW STEPS. TAKE A LOOK AT SOME OF THEIR TIPS. NUMBER ONE: REVERSE YOUR THINKING. SAVE FOR YOUR FINANCIAL GOALS, THEN PAY WHAT YOU NEED TO. NUMBER TWO; LOOK WHERE YOU WANT TO GO. HAVE A CLEAR FINANCIAL GOAL IN MIND. NUMBER THREE; ADOPT YOUR OWN PRIVATE MIND TRICKS. BASICALLY, SET A SPENDING LIMIT FOR YOURSELF. NUMBER FOUR; LIVE LIKE A SECRET RICH PERSON. DON'T GO SPENDING ALL YOUR SAVINGS ONCE YOU GET SOME. NUMBER FIVE; TACKLE RETIREMENT NOW. IT'S NEVER TOO EARLY TO START SAVING FOR YOUR RETIREMENT. NUMBER SIX; KNOW WHAT'S COMING IN AND GOING OUT. MAKE SURE TO KEEP TRACK OF ALL YOUR FINANCES. NUMBER SEVEN; GETTING OUT OF DEBT. THE SOONER YOU START CHIPPING AWAY AT YOUR DEBT, THE SOONER YOU'LL BE DEBT FREE. NUMBER EIGHT; INCREASE YOUR EARNING. START LOOKING FOR EXTRA WAYS TO BRING IN MORE INCOME. NUMBER NINE; CONSIDER CONSULTING AN EXPERT. USING A FINANCIAL PLANNER CAN HELP YOU STAY ON TRACK TO SEE YOUR GOAL HAPPEN. ###

AUGUST 27TH, 2014

HEALTH--REASONS FOR YOUR MOOD

WE ALL KNOW THERE ARE A BUNCH OF THINGS EVERYDAY THAT COULD PUT YOU IN A BAD MOOD. A LOT OF THEM ARE OUT OF OUR CONTROL, IT'S JUST THAT LITTLE THING WE CALL

LIFE. BUT GOOD NEWS, THERE ARE SOME THINGS WE COULD DO TO HELP LIFT A BAD MOOD OR EVEN PREVENT ONE. THANKS TO OUR FRIENDS AT HUFF-POST HERE ARE SOME REASONS FOR YOUR BAD MOOD YOU MAY NOT EVEN REALIZE YOU'RE NOT GETTING ENOUGH FRUITS AND VEGGIES. YUP NOT ONLY IS PRODUCE GOOD FOR YOUR BODY, IT IS ALSO GOOD FOR YOUR MENTAL WELL BEING. A STUDY FOUND THAT PEOPLE WHO ATE A GENEROUS PORTION OF FRUITS AND VEGGIES EVERY DAY ALSO HAD THE HIGH MENTAL HEALTH. YOU ARE NOT GETTING ENOUGH SUNLIGHT, THERE ARE SEVERAL STUDIES OUT THERE THAT SHOW IF YOU DON'T GET ENOUGH SUNLIGHT IT CAN MAKE YOUR MOOD MORE SOMBER..SO WHY NOT TAKE THAT LUNCH BREAK OUTSIDE? OR GO TAKE A SHORT WALK. A LITTLE SUNSHINE CAN GO A LONG WAY. HAVE YOU SMILED AT ALL TODAY? IT'S NO SURPRISE BUT SMILING CAN SERIOUSLY BE AN INSTANT MOOD LIFTER. IF YOU HAVE NOT SMILED TODAY, STOP WHAT YOU ARE DOING AND SMILE! JUST A COUPLE OF TIPS TO LIFT YOUR SPIRITS THIS MORNING! ###

AUGUST 28TH, 2014

MONEY--COMPANIES HIRING NOW

IF YOU ARE JOBLESS OR SEARCHING FOR A CAREER CHANGE, YOU MAY BE A LITTLE WORRIED THAT YOU MIGHT NOT FIND THE JOB YOU WANTED OR EVEN END UP UN-EMPLOYED. WELL, THERE IS A LITTLE RAY OF HOPE, ACCORDING TO TIME MAGAZINE HERE ARE A FEW COMPANIES THAT ARE CURRENTLY LOOKING TO EXPAND BIG TIME...

- PELETON CYCLE: THIS COMPANY IS LOCATED IN NEW YORK AND IT OFFERS HIGH END BIKES THAT INCLUDE TOUCH-SCREEN TABLETS AND LIVE STREAM STUDIO CYCLING CLASSES. IT IS EXPANDING RAPIDLY WITH SEVERAL STORES ACROSS THE STATE.
- ALPHASIGHTS: WITH LOCATIONS IN NEW YORK, LONDON AND DUBAI, THIS COMPANY OFFERS EXPERT GUIDANCE TO COMPANIES IN ANY FIELD.
- ZOOSK: YES, WE'RE TALKING ABOUT THE LEADERS IN MOBILE DATING AROUND THE WORLD. IT'S LOCATED IN SAN FRANCISCO AND ITS EMPLOYEES ARE ALWAYS HAVING A GOOD TIME. IT'S BEEN REPORTED THAT THEY ARE GIVING GOOGLE A RUN FOR THEIR MONEY IN TERMS OF GREAT WORK ATMOSPHERE.

ALRIGHT THOSE ARE JUST A FEW, THIS IS GOOD NEWS FOR JOB SEEKERS OF ALL SKILL LEVELS, SO DON'T LOSE HOPE! ###

AUGUST 29TH, 2014

HEALTH AND WELLNESS: SELF SABATOGUE

EVERYONE HAS THOSE DAYS WHERE SOMETHING DOESN'T GO AS PLANNED AND WE JUST WANT TO GIVE UP. IT'S CALLED SELF-SABOTAGE AND IT CAN BE SO POWERFUL, IT CAN TAKE OVER OUR BRAIN EASILY. SO THANKS TO OUR PALS AT HUFFINGTON POST, HERE ARE A FEW WAYS TO STOP SELF-SABOTAGE IN ITS' TRACKS. BE AWARE OF YOUR THOUGHTS. STOP LETTING YOUR BRAIN HAVE NEGATIVE IDEAS AND ABSORB POSITIVE ONES INSTEAD. MINDFULNESS IS THE SOLUTION FOR PESSIMISTIC THOUGHTS. START DEVELOPING SELF-ACCEPTANCE. LOVE YOURSELF. SELF-ACCEPTANCE IS THE KEY TO LIVE A HAPPIER LIFE. BE OPTIMISTIC ABOUT EVERYTHING YOU ASPIRE TO ACCOMPLISH. SLOWLY EXPAND YOUR COMFORT ZONE. MANY TIMES WE REJECT DOING THINGS JUST BECAUSE THEY ARE OUT OF OUR BOUNDARIES. LEARN AND PRACTICE UNTIL YOU START FEELING MORE COMFORTABLE. THE MORE YOU CHALLENGE YOURSELF, THE MORE YOU OPEN YOURSELF TO NEW POSSIBILITIES. FINALLY, REMEMBER THAT YOU'RE IN CONTROL. YOU HAVE THE POWER TO

CHANGE THOSE NEGATIVE THOUGHTS TO POSITIVE, SO FOLLOW THESE STEPS AND YOU SHOULD BE IN A GOOD START. ###

SEPTEMBER

9/1/2014 – LABOR DAY

** pre-recorded show **

9/2/2014 – HEALTH MINUTE

Title: "Your Dreams Aren't Bad."

WELCOME BACK, IT'S 23 PAST THE HOUR.

HAVE YOU EVER HAD A DREAM ABOUT FAILING MISERABLY?
ESPECIALLY ABOUT SOMETHING BIG IN YOUR LIFE?

WELL...ACCORDING TO RESEARCHERS, THAT MIGHT ACTUALLY BE A GOOD THING.

RESEARCHERS CONDUCTED A STUDY AND FOUND THAT PEOPLE WHO DREAMED ABOUT FAILING ON A TEST, THE NIGHT BEFORE THE EXAM ACTUALLY PERFORMED BETTER ON THE TEST.

THEY ASSOCIATED NEGATIVE THOUGHTS ABOUT THE EXAM WITH A HIGHER COGNITIVE GAIN.

ONE EXPERT SAYS, IT REALLY IS NOT AS IRRATIONAL AS IT SOUNDS. HE SAYS, IF YOU ARE STRESSED ABOUT SOMETHING, YOU ARE MORE THAN LIKELY GOING TO WORK HARDER AND PREPARE MORE FOR THE THING YOU ARE STRESSED ABOUT, WHETHER IT IS A TEST OR SOMETHING ELSE.

THE STUDY ALSO COINCIDES WITH NEW RESEARCH THAT SUGGESTS THAT PEOPLE REENACT WHAT THEY LEARNED DURING THE DAY IN THEIR DREAMS.
WHAT ARE SOME BAD DREAMS YOU HAVE HAD BEFORE A BIG EVENT?

9/3/2014 – HEALTH MINUTE

Title: "Action Movie Diet"

{***JARED***}

WELCOME BACK IT'S 23 PAST THE HOUR...
IT'S NOT JUST WATCHING WHAT YOU EAT, BUT ALSO WHAT YOU WATCH WHEN YOU EAT.

A NEW STUDY PUBLISHED ON THE JOURNAL OF AMERICAN MEDICAL ASSOCIATION FOUND THAT WHEN WATCHING TV, THE AMOUNT OF FOOD PEOPLE EAT DEPENDS ON THE CONTENT THEY ARE ENJOYING.

WHEN WATCHING FOR EXAMPLE, AN ACTION MOVIE, PEOPLE TEND TO EAT MORE THAN THOSE WHO WATCH MORE CALMED AND SUBTLE CONTENT, LIKE TALK SHOWS AND NEWS.

A RESEARCHER FROM CORNELL'S FOOD AND BRAND LAB SAID THAT FAST-PACED PROGRAMS WITH CONSTANT CAMERA CUTS MAKE VIEWERS MORE DISTRACTED FROM WHAT THEY ARE EATING.

A GOOD SUGGESTION TO HELP LOWER THE QUANTITY OF FOOD CONSUMED WHEN WATCHING TV IS TO BRING A SPECIFIC AMOUNT TO THE TV BEFORE SITTING DOWN, THIS WAY YOU WILL AVOID OVEREATING.

ALSO, YOU COULD BRING A GOOD ASSORTED TRAY OF FRUIT AND VEGGIES AND YOU WON'T HAVE TO BE THINKING ABOUT WHAT YOU PUT IN YOUR MOUTH AND ACTUALLY ENJOY WHATEVER YOU'RE WATCHING.

9/4/2014 – HEALTH MINUTE

Title: "Friends Affect Health"

{***KRISTEN***}

WELCOME BACK, IT'S 23 PAST THE HOUR.

SPENDING TIME WITH FRIENDS IS IMPORTANT, NOT ONLY BECAUSE WE ENJOY BEING WITH THEM BUT ALSO BECAUSE IT CAN AFFECT OUR HEALTH PHYSICALLY AND EMOTIONALLY.

RESEARCHERS FOUND THAT DEATH RISKS ASSOCIATED WITH LACK OF SOCIAL NETWORKING WERE SIMILAR TO SMOKING FIFTEEN CIGARETTES A DAY.

EVEN THOUGH THIS CAUSE IS VERY IMPORTANT FOR THE PEOPLE'S LIFE, IT IS GIVEN NO ATTENTION WHAT SO EVER. BUT THAT DOESN'T MEAN WE CAN'T START WORKING ON IT OURSELVES.

EVEN THOUGH IT SEEMS PRETTY EASY TO HAVE FRIENDS IT IS SOMETIMES HARD TO MAINTAIN THEM. SO, HERE ARE A FEW TIPS ON BEING A GOOD FRIEND.

-ACKNOWLEDGE YOUR FRIENDS PERSPECTIVE
IF YOU UNDERSTAND YOUR FRIENDS' OPINION, THEY WILL FEEL VALIDATED AND CARED FOR.

-TAKE THE RESPONSIBILITY TO SUPPORT YOUR FRIEND
IF YOU DON'T ACCEPT RESPONSIBILITY FOR THIS ROLE, YOU WILL LACK THE MOTIVATION TO CARE ABOUT SOMEONE.

-LASTLY, EXPRESS GRATITUDE AND SUPPORT

RETURN A FAVOR WHEN NEEDED. WHEN A FRIEND HELPS YOU, LET THEM KNOW YOU'RE GRATEFUL.

9/5/2014 – MONEY MINUTE

Title: "Why September Is Awesome!"

{***KRISTEN***}

SEPTEMBER IS HERE WHICH MEANS THAT IT'S TIME TO GET SOME SHOPPING DONE! THAT'S RIGHT: HERE ARE FIVE REASONS WHY SEPTEMBER IS THE BEST MONTH OF THE YEAR TO GO SHOPPING.

FIRST OFF, ALL THAT SUMMER GEAR LIKE BARBECUE GRILLS AND PATIO FURNITURE ARE NOW OUT OF SEASON, MAKING THEM ON SALE ITEMS.

AUGUST IS THE PEAK BACK TO SCHOOL SHOPPING MONTH, SO IF YOU WAITED TO GET YOUR SCHOOL GEAR, THEN YOU'RE GONNA SAVE SOME REAL MONEY DOING IT NOW.

NEED A NEW PHONE, COMPUTER, OR MP3 PLAYER? WELL SEPTEMBER IS THE TIME TO BUY YOUR GADGETS TOO! AROUND THIS TIME, COMPANIES LIKE APPLE WILL USUALLY REVEAL THE NEWEST MODELS OF THEIR PRODUCTS, MARKING DOWN THE PRICES ON THEIR OLDER ONES.

ALSO, IF YOU'RE LOOKING FOR A NEW HOME, NOW'S YOUR CHANCE! THE HOUSING MARKET SLOWS TO A CRAWL AFTER LABOR DAY, LEAVING HOMEOWNERS TO ACCEPT LOW OFFERS THEY MIGHT HAVE TURNED DOWN DURING THE SUMMER.

SO WHAT'S THE MAIN REASON SEPTEMBER IS THE BEST MONTH FOR SHOPPING? THE UPCOMING WINTER HOLIDAY SEASON!

9/8/2014 – HEALTH MINUTE

Title: "Train Your Brain"

{***KRISTEN***}

WELCOME BACK, IT'S 23 PAST THE HOUR.

ANYONE OUT THERE WITH A SWEET TOOTH? DO YOU CRAVE FRENCH FRIES AND A BURGER OVER A SALAD AND SOME BROCCOLI?

THE TRUTH IS OUR BRAINS AND BODIES RARELY CRAVE HEALTHY FOODS. BUT WHAT IF WE COULD TRICK OUR BRAINS INTO DOING JUST THAT? NEW RESEARCH MIGHT SUGGEST THIS TO BE POSSIBLE.

APPARENTLY HIGH CALORIE, SUGARY FOODS PROMPT THE PLEASURE CENTER OF THE BRAIN. THIS IS WHY WE NATURALLY CRAVE UNHEALTHY FOODS. IN A pilot STUDY PUBLISHED IN THE JOURNAL NUTRITION & DIABETES, SCIENTISTS EXPLAIN THAT CHANGING OUR EATING HABITS COULD ACTUALLY CHANGE HOW OUR BRAIN REACTS TO SPECIFIC FOODS.

RESEARCHERS STUDIED PEOPLE IN TWO GROUPS OVER A PERIOD OF SIX MONTHS TRAINING ONE OF THE GROUPS TO ASSOCIATE HEALTHY FOODS WITH REWARDS.

AFTER SIX MONTHS, THE PEOPLE IN THE EXPERIMENTAL GROUP HAD LOST ABOUT 14 POUNDS WHILE THE CONTROL GROUP HAD LOST JUST ABOUT 5 POUNDS.

LATER RESULTS SHOWED THAT THE EXPERIMENTAL GROUP REACTED ALMOST THE SAME WAY TO HEALTH FOOD AS JUNK FOOD.

BUT SCIENTISTS CAUTION THAT MUCH MORE RESEARCH NEEDS TO BE DONE.
SO MAYBE ONE DAY WE CAN PULL THIS TRICK OFF.

9/9/2014 – MONEY MINUTE

Title: "Why Job Hopping Might be Bad"

{****KRISTEN****}

WELCOME BACK! IT IS 23 PAST THE HOUR..
SO WE'VE ALL HEARD THAT IT'S GOOD TO MOVE JOBS EVERY FEW YEARS TO KEEP YOUR
SKILL SET DIVERSE, BUT IS IT COSTING YOU MONEY TO JOB-HOP?

A RECENT STUDY CONDUCTED BY FIDELITY INVESTMENTS OF 500-THOUSAND 401-K SAVERS
DETERMINED THAT ONE IN FOUR WORKERS WHO LEFT THEIR JOB LAST YEAR LOST MONEY
FROM THEIR RETIREMENT SAVINGS, MOST NOTABLY AMONG THE MILLENNIALS IN THE WORK
FORCE.

LEAVING BEFORE THEY WORKED LONG ENOUGH TO RETAIN THEIR EMPLOYER'S 401-K
CONTRIBUTIONS COLLECTIVELY COST THE GROUP MORE THAN \$200 MIL, OR AN AVERAGE OF
17-HUNDRED PER PERSON.

SO, HOW DO YOU AVOID LOSING MONEY?

BE AWARE!
READ YOUR COMPANY'S SCHEDULE TO MAKE SURE YOU'RE STICKING AROUND LONG
ENOUGH TO BENEFIT FROM THE PROGRAM.

SAVE MORE!
YOU SHOULD BE SAVING 10-15% OF YOUR ANNUAL SALARY EACH YEAR.

IF YOU DON'T THINK YOU CAN STAY LONG ENOUGH TO MAXIMIZE, MAKE SURE YOU'RE SAVING
AT LEAST 10% OF YOUR SALARY NOW, OR YOU'LL FEEL THE LOSSES WHEN YOU HIT
RETIREMENT.

9/10/2014 – HEALTH MINUTE

Title: "CrossFit's Fittest Man"

{***JESSICA***}

WELCOME BACK, IT'S 23 PAST THE HOUR.

SO IT LOOKS LIKE SOMEONE HAS WON THE TITLE OF THE MOST FIT HUMAN BEING IN THE
WORLD. ACCORDING TO THE CROSS FIT WORLD RICH FRONING IS THE FITTEST MAN IN THE
WORLD!

FOR THOSE OF YOU THAT DON'T KNOW, CROSSFIT IS CONSIDERED TO BE ONE OF THE MOST
PHYSICALLY DEMANDING EXERCISES OUT THERE. THE RESULTS, ACCORDING TO FRONING,
ARE FAR MORE SUPERIOR THAN TRADITIONAL WEIGHT TRAINING.

FRONING EXPLAINED THE EXTREME HEALTH BENEFITS OF CROSSFIT, SAYING IT'S SO
EFFECTIVE BECAUSE IT'S WHAT OUR BODIES ARE MADE TO DO. BOILED DOWN, CROSSFIT IS

SIMPLY DIFFERENT FORMS OF HEAVY LIFTING AND ENDURANCE. WHERE AS WEIGHT TRAINING FOCUSES ON STRENGTHENING SPECIFIC MUSCLES, CROSSFIT WAS DESIGNED TO WORK OUT THE ENTIRE BODY AS A WHOLE.

SO WHAT WILL FRONING DO AS THE FITTEST MAN IN THE WORLD?..WELL...NOTHING. HE SAYS YOU CAN START TO GO CRAZY WHEN YOU'RE RECOGNIZED AS THE BEST IN THE WORLD AT SOMETHING.
TRUE STATEMENT...

9/11/2014 – MONEY MINUTE

Title: "Starbucks Reserve"

{***KRISTEN***}

WELCOME BACK, IT'S 23 PAST THE HOUR
SO, T'IS THE SEASON NOW FOR PUMPKIN SPICE LATTES, AND IT LOOKS LIKE THEY'LL BE EVEN EASIER TO GET YOUR HANDS ON AS THE STARBUCKS CHAIN PLANS TO LAUNCH 16-HUNDRED MORE STORES IN THE NEW FISCAL YEAR.

STARTING IN DECEMBER, THE COFFEE MOGUL WILL UNVEIL A NEW STORE SELLING LIMITED BRANDS OF THEIR COFFEE UNDER THE TRADEMARK "RESERVE."

THE FLAGSHIP RETAIL STORE, WHICH WILL LAUNCH IN THE BUX'S HOMETOWN OF SEATTLE, WILL OFFER ROASTING, MANUFACTURING, AND RETAILING IN ONE PLACE. IT'LL FEATURE THE "RESERVE" COFFEE LINE, WHICH ONLY COMES IN LIMITED BATCHES - SOME OF WHICH YOU MAY ONLY BE ABLE TO GET ONCE IN YOUR LIFETIME.

THEY PLAN TO OPEN 100 OF THESE STORES, AS WELL AS ROLL OUT EXPRESS STORES TO EMPHASIZE THE CONVENIENCE OF THEIR DRIVE-THRU OPTIONS.

NEW MOBILE APPS WILL LET CUSTOMERS ORDER AND PAY VIA SMARTPHONE, MAKING THAT LATTE EVEN FASTER AND EASIER TO GET YOUR HANDS ON.

9/12/2014 – HEALTH MINUTE:

Title: "No Sleep = Shrinking Brain!"

{***KRISTEN***}

WELCOME BACK ITS 23 PAST THE HOUR!
WE ALL KNOW THAT SLEEP IS IMPORTANT, BUT COULD SKIMPING ON SLEEP BE SHRINKING YOUR BRAIN?

A RECENT STUDY PUBLISHED IN "NEUROLOGY" LOOKED AT A GROUP OF 147 ADULTS AND THE CORRELATION BETWEEN THE SIZE OF THEIR BRAINS AND THEIR SLEEPING HABITS.

IN THE STUDY, AN M-R-I WAS CONDUCTED TO ASSESS BRAIN VOLUME AFTER THE PARTICIPANT COMPLETED A QUESTIONNAIRE REGARDING THEIR SLEEP PATTERNS.

THREE AND A HALF YEARS LATER, A SECOND M-R-I WAS PERFORMED --- WITH SHOCKING RESULTS.
ROUGHLY 35-percent OF THE PARTICIPANTS SUFFERED FROM "POOR SLEEP HEALTH"

AND THOSE WITH SLEEP PROBLEMS SHOWED A RAPID DECLINE IN BRAIN SIZE VERSUS THOSE THAT SLEPT WELL. THE RESULTS WERE MOST SIGNIFICANT FOR THOSE OVER SIXTY.

PER THE STUDY, POOR SLEEP CAN CAUSE PROTEIN BUILD-UP IN THE BRAIN, THAT ATTACKS THE BRAIN CELLS. IT CAN ALSO LEAD TO MEMORY LOSS, DEMENTIA, OR EVEN ALZHEIMER'S.

THE AUTHORS AGREE THAT SLEEP IS CRUCIAL FOR OVERALL BRAIN HEALTH, SO IT LOOKS LIKE WE SHOULD ALL AIM TO GET A BIT MORE SHUT-EYE TONIGHT!

9/15/2014 – HEALTH MINUTE

Title: "Tips to Stay Curious"

{***JESSICA**}

WELCOME BACK, IT'S 23 PAST THE HOUR. EVERYONE KNOWS GOOD HEALTH INVOLVES NUTRITION AND EXERCISE, BUT YOU MIGHT BE SURPRISED TO KNOW THAT CURIOSITY IS IMPORTANT, TOO! OUR FRIENDS AT THE HUFFINGTON POST SHARED SOME TIPS FOR STAYING CURIOUS FROM THE EXPERTS WHO DO IT FOR A LIVING.

TIP ONE:
LOOK OUTSIDE YOUR INDUSTRY.

TAKE TIME TO EXPLORE DIRECTIONS OUTSIDE OF THE NORM. GAIN INSPIRATION BY DOING SOMETHING ELSE! ALWAYS TRY AND LEARN SOMETHING NEW.

TIP TWO:
DIVE DEEP INTO YOUR PASSIONS.
LEARN EVERYTHING YOU CAN ABOUT WHAT YOU LOVE: READING, SEARCH, TRAVEL, TALK!
SATISFY THAT PERSONAL DESIRE TO LEARN SOMETHING EVERY DAY.

TIP THREE:
SHARPEN YOUR CRITICAL THINKING SKILLS DAILY.
TRY PUZZLES, CROSSWORDS, SUDOKU - ANYTHING THAT STRETCHES THE MIND IN DIFFERENT WAYS.

TIP FOUR:
CHANGE YOUR ANGLE.
TRY TO VIEW THINGS FROM DIFFERENT PERSPECTIVES - EVEN IF YOU DISAGREE.

AND FINALLY,
TIP FIVE:
FIND COMFORT IN THE UNCOMFORTABLE.
PUSHING OUTSIDE OF YOUR COMFORT ZONE IS WHAT INSPIRES YOU TO CHANGE.

9/16/2014 – MONEY MINUTE

Title: "Most Generous Colleges"

{***KRISTEN***}

WELCOME BACK, IT'S 23 PAST THE HOUR.

WE ALL KNOW IT COULD BE FRUSTRATING FOR PEOPLE WHO WORK FOR A PIZZA RESTAURANT TO DELIVER SOME PIZZA TO COLLEGE STUDENTS AT A DORM AND RECEIVING LITTLE TO NO TIP.

BUT GOOD NEWS, GRUB HUB HAS USED DATA TO RANK THE CAMPUSES WITH THE HIGHEST AVERAGE TIP PERCENTAGE, IN COMPARISON TO OTHER UNIVERSITIES.

SO HERE ARE 5 OF THE TOP 10 COLLEGES GRUB HUB CONSIDERED THE MOST GENEROUS.

AT NUMBER 5 IS THE UNIVERSITY OF VIRGINIA. GO CAVALIERS!

IN THE FOURTH POSITION IS TOWSON UNIVERSITY. THIS UNIVERSITY IS LOCATED NEAR BALTIMORE, MARYLAND.

NUMBER 3 IS UNIVERSITY OF COLORADO.

IN SECOND PLACE IS VIRGINIA TECH.

AND IN FIRST PLACE, THE MOST GENEROUS UNIVERSITY IN THE US IS UNIVERSITY OF DELAWARE. KEEP THE TIPS COMING BLUE HENSI I'M GUESSING THE PEOPLE THERE ARE FEELING PRETTY HAPPY ABOUT THIS NEWS.

AND HERE'S AN INTERESTING FACT: THE FOOD ORDERING SERVICE NOTED TIPS ARE 7 PERCENT LOWER OVERALL FOR COLLEGE STUDENTS THAN NON-COLLEGE STUDENTS. UNDERSTANDABLE WITH ALL THE TUITION EXPENSES..AND BEER TO BUY!

9/17/2014 – HEALTH MINUTE

Title: "Good Manners Comeback"

{***KRISTEN***}

WELCOME BACK, IT'S 23 PAST THE HOUR!

GROWING UP, WE WERE CONSTANTLY TOLD TO "MIND OUR MANNERS" AND PRACTICE GOOD ETIQUETTE, BUT IS IT STILL A PRACTICE IN TODAY'S FAST-PACED WORLD?

OUR FRIENDS AT THE HUFFINGTON POST HAVE SHARED FOUR REASONS GOOD MANNERS NEED TO MAKE A COME BACK... AND STAT!

GOOD MANNERS ARE AN EASY WAY TO PRACTICE GRATITUDE.

TAKING A MOMENT TO WRITE A THANK YOU NOTE HELPS YOU TO REFLECT ON THE KINDNESS YOU WERE SHOWN, WHICH CAN HELP YOU HAVE A MORE OPTIMISTIC OUTLOOK ON LIFE.

GOOD MANNERS CAN HELP US UNPLUG, so PUT DOWN YOUR CELL PHONE ALREADY! STUDIES SHOW THAT THE MERE PRESENCE OF A PHONE CAN HAVE A NEGATIVE IMPACT ON SOCIAL CONNECTIONS - AND IT'S DOWNRIGHT RUDE TO TEXT AT THE DINNER TABLE.

GOOD MANNERS ARE THE FOUNDATION OF SOCIAL SKILLS.

SIMPLE ACTIONS, SUCH AS MAINTAINING EYE CONTACT AND NOT SLURPING YOUR SOUP, HELP TO KEEP CONVERSATIONS GOING, THUS IMPROVING CONNECTION.

AND, FINALLY...

GOOD MANNERS MAKE US FEEL GOOD!

STUDIES SUGGEST THAT BEING KIND TO OTHERS MAKES US FEEL HAPPIER. A HAPPY OUTLOOK FOR BEING POLITE? SEEMS LIKE A FAIR EXCHANGE!

9/18/2014 – MONEY MINUTE

Title: "Saving Money on Car Rentals"

{**KRISTEN**}

WELCOME BACK! IT'S 23 PAST THE HOUR.

SO LET'S PRETEND YOU'RE PLANNING A ROAD TRIP AND YOU DON'T WANT TO PUT THE MILES ON YOUR CAR, SO YOU DECIDE TO RENT A VEHICLE...

BUT SHOULD YOU GET THE OPTIONAL INSURANCE? IT'S A QUESTION WE ASK ALL THE TIME. OUR FRIENDS AT FOX NEWS WEIGHED THE OPTIONS ON WHAT'S WORTH IT AND WHAT'S NOT.

IN MOST STATES, MINIMUM LIABILITY IS COVERED WITH YOUR RENTAL. AND YOUR OWN CAR INSURANCE USUALLY EXTENDS TO RENTAL CARS. BUT IF IT DOESN'T, YOU MIGHT WANT TO GET ADDITIONAL INSURANCE FROM THE RENTAL CAR AGENCY WHICH CAN ADD ABOUT 30-BUCKS A DAY TO YOUR BILL.

IF YOU RENT FREQUENTLY, YOU CAN ACTUALLY CONSIDER BUYING AN INSURANCE POLICY, EVEN IF YOU DON'T OWN A CAR.

MANY CREDIT CARDS ALSO OFFER COVERAGE, THOUGH IT'S NOT UNCOMMON FOR THEM TO HAVE STRICT LIMITS.

THE BOTTOM LINE IS SIMPLE:

ONCE YOU HAVE LIABILITY COVERED ON YOUR PERSONAL INSURANCE POLICY, ANYTHING EXTRA IS OPTIONAL.

SOMETIMES THE EXTRA COST ON THE FRONT-END IS WORTH THE PEACE OF MIND IT GUARANTEES.

9/19/2014 – HEALTH MINUTE

Title: "Breast Milk Banks"

{**KRISTEN**}

WELCOME BACK! IT'S 23 PAST THE HOUR

A NEW PROGRAM IN BRAZIL HAS SLASHED INFANT MORTALITY RATES BY TWO THIRDS! SO WHAT IS IT? AND CAN IT BE USED IN THE REST OF THE WORLD?

THE PROGRAM IS SIMPLE: BREAST MILK BANKS!

A SCIENTIST HAS HELPED TO REFORM BRAZIL'S MILK COLLECTION CENTERS - WHICH ORIGINALLY PAID WOMEN TO DONATE, MAKING THEM FUNCTION SIMILAR TO A BLOOD BANK,

THE BRAZILIAN MILK BANK COLLECTS DONATIONS OF BREAST MILK THROUGH PUBLIC AWARENESS EFFORTS, OFFERING TOLL-FREE HOTLINES FOR PUMPING INSTRUCTIONS AND FREE HOME PICK-UP. THESE SMALL EFFORTS HAVE HAD BIG PAY-OFFS, MAKING DONATING EASIER AND MORE WIDESPREAD.

BREAST MILK CONTAINS ANTI-MICROBIALS AND IMMUNE-BOOSTING PROPERTIES, MAKING THEM CRUCIAL FOR NEO-NATAL CARE AND PREMATURE BABIES. **THE SUCCESS OF THE PROGRAM HAS TURNED BRAZIL INTO A MODEL COUNTRY THAT OTHERS ARE NOW STUDYING. THIS PROGRAM HAS SAVED A LOT OF LIVES AND WITH LESS 17-PERCENT OF U-S WOMEN OPTING TO BREAST-FEED, DOCTORS HOPE TO SEE THE PRACTICE ADOPTED HERE AT HOME.

9/22/2014 – HEALTH MINUTE

Title: "Why Diet Soda is Bad."

WELCOME BACK! IT'S 23 PAST THE HOUR!
IF YOU'RE LOOKING TO LOSE WEIGHT, THE FIRST THING YOU SHOULD DO IS SWAP OUT REGULAR SODA FOR DIET, RIGHT?

WRONG! OUR FRIENDS AT HUFF POST SAY DIET SODA - SPECIFICALLY THE ARTIFICIAL SWEETENERS FOUND IN THE DRINK - COULD BE WHAT'S CAUSING YOUR WEIGHT GAIN!

A NEW STUDY FROM THE WEIZMANN INSTITUTE OF SCIENCE IN ISRAEL FOUND THAT ARTIFICIAL SWEETENERS HAVE NEGATIVE IMPLICATIONS ON OUR GUT BACTERIA.

THE RESEARCHERS FOUND THAT ARTIFICIAL SWEETENERS CHANGE THE COMPOSITION OVER TIME, WHICH ULTIMATELY CAUSES PEOPLE TO BECOME MORE GLUCOSE-INTOLERANT.

GLUCOSE-INTOLERANCE LEADS TO CONDITIONS LIKE OBESITY AND DIABETES, THE VERY THINGS THAT PEOPLE DRINKING DIET SODAS ARE TRYING TO AVOID. SO, DOES THIS MEAN SUGARY SODAS ARE BETTER? I'M NO EXPERT BUT WE ARE GOING TO GO AHEAD AND SAY NO! THE AMERICAN DIABETES ASSOCIATION RECOMMENDS AVOIDING SWEET TEA, JUICE, SODA, AND SPORTS DRINKS. SO HOW ABOUT SOME FRUIT FOR YOUR NEXT SWEETS CRAVING. AND AS FAR AS DRINKS GO, WATER IS ALWAYS A SAFE BET.

9/23/2014 – HEALTH MINUTE

Title: "Improving Your Relationship"

{***KRISTEN***} -

WELCOME BACK! IT'S 23 PAST THE HOUR.
IN TODAY'S FAST-PACED WORLD, IT'S EASY FOR COUPLES TO GET BUSY AND STOP DOING THE LITTLE THINGS THAT MADE THEM FALL IN LOVE IN THE FIRST PLACE.

BUT DON'T WORRY - YOUR RELATIONSHIP CAN BE IMPROVED
WITH JUST A FEW EASY TIPS FROM OUR FRIENDS AT HEALTH-DOT-COM.

FIRST, TURN OFF YOUR SMARTPHONE!
A STUDY PUBLISHED IN "COMPUTERS IN HUMAN BEHAVIOR" FOUND A DIRECT CORRELATION BETWEEN SOCIAL MEDIA USAGE AND UNHAPPINESS.

NEXT, REMEMBER SMALL GESTURES GO A LONG WAY

AND ALSO, REFLECT ON FUNNY MEMORIES.
IN A "MOTIVATION AND EMOTION" STUDY, RESEARCHERS FOUND THAT COUPLES THAT REMEMBERED LAUGHING TOGETHER REPORTED GREATER RELATIONSHIP SATISFACTION.

DON'T FORGET TO ASK QUESTIONS AS WELL.
YOU CAN ALWAYS LEARN ABOUT YOUR PARTNER! DON'T LET THE RELATIONSHIP GET STALE BY REPEATING THE SAME TOPICS -
AT THE END OF THE DAY, ATTENTION GOES A LONG WAY.

9/24/2014 – HEALTH MINUTE

Title: "Yoga in the Office"

[ANCHOR: JARED]

{***JARED***}

WELCOME BACK, IT'S 23 PAST THE HOUR.

SO WE ALL KNOW THAT SITTING ALL DAY IS BAD FOR YOUR OVERALL HEALTH, BUT WHAT OPTIONS TO DO YOU HAVE IF YOU WORK AN OFFICE JOB?

THANKS TO OUR FRIENDS AT HUFF POST, WE'VE IDENTIFIED THE BEST SPACES FOR PRACTICING YOGA - AND GETTING A BREAK OFF YOUR TUSCH - WITHOUT LEAVING THE OFFICE.

LOOK FOR A LOUNGE.

MOST WORKPLACES FEATURE A DESK-FREE AREA, SUCH AS A LUNCH ROOM OR LOUNGE.

THIS IS AN EASY PLACE TO SET UP A YOGA MAT DURING OFF-HOURS AND SQUEEZE IN A FEW DOWNWARD DOGS.

ATRIUMS AND FOYERS

WHILE NOT IDEAL DURING BUSINESS HOURS, AN ENTRYWAY CAN BE A GREAT, BIG SPACE TO USE BEFORE THE WORKDAY BEGINS. A FEW SUN SALUTATIONS AND TOE-TOUCHES CAN WARM YOU UP FOR A PRODUCTIVE DAY.

CONFERENCE ROOMS

A GREAT MEDITATION SESSION OR LIGHT SERIES OF CHAIR YOGA POSES CAN BE HOSTED EN MASS, RELIEVING STRESS AND TENSION FOR A WHOLE OFFICE.

AND, EASIEST OF ALL —

YOUR DESK! YOU CAN EASILY FIT IN A FEW STRETCHES RIGHT FROM THE COMFORT OF YOUR SEAT, GETTING THE BLOOD PUMPING AND REFRESHING THE MIND.

9/25/2014 – HEALTH MINUTE

Title: "Wine Better Than Exercise?"

[Anchor: KRISTEN]

WELCOME BACK! IT'S 23 PAST THE HOUR AND I'VE GOT SOME GREAT NEWS FOR WINE LOVERS!

RESEARCHERS AT THE UNIVERSITY OF ALBERTA HAVE FOUND THAT RED WINE, NUTS, AND GRAPES CONTAIN SOMETHING KNOWN AS RES-VERA-TROL WHICH IMPROVES HEART, MUSCLE, AND BONE FUNCTIONS.

SIMILAR TO THE WAY YOUR MUSCLES ARE IMPACTED WHEN YOU GO TO THE GYM! BUT BEFORE YOU START CHUGGING WINE BY THE BOTTLE, THERE ARE A FEW THINGS YOU SHOULD NOTE:

IT SHOULD BE ENJOYED IN MODERATION-
ALCOHOL IN HIGH DOSES CAN HAVE HARMFUL EFFECTS ON THE BODY.

RES-VERA-TROL CAN ONLY BE FOUND IN RED WINE, NOT WHITE.

OH HEY AND HERE IS EVEN MORE GOOD NEWS!
RED WINE IS ALSO BELIEVED TO PROMOTE LONGEVITY, CUT THE RISK OF CATARACTS AND COLON CANCER, REDUCE THE RISK OF TYPE 2 DIABETES, AND SLOW DOWN BRAIN DECLINE.

WELL...I'D SAY THAT DESERVES A CHEERS!!
CHEERS TO RED WINE DRINKING, JARED!!

9/26/2014 – HEALTH MINUTE

Title: "Three Reasons to Quit Soda"

[Anchor: JARED]

HEY GUYS, WELCOME BACK... IT'S 23 PAST THE HOUR.
BY NOW IT'S PRETTY OBVIOUS THAT SODA ISN'T GOOD FOR YOU.

GOOD NEWS IS MORE AMERICANS ARE TRYING TO QUIT - UP TO 63% ADMIT TO ACTIVELY AVOIDING SODA -
BUT THERE ARE STILL PEOPLE THAT GUZZLE IT LIKE WATER.

THANKS TO OUR FRIENDS AT HUFF POST, WE HAVE THREE SURPRISING REASONS YOU'RE GOING TO WANT TO QUIT FOR GOOD.

IT BUILDS UP FAT AROUND ORGANS
DRINKING REGULAR SODA CAUSES AN INCREASE IN THE "HIDDEN" FATS, SUCH AS LIVER FAT AND SKELETAL FAT, PLUS IT PACKS ON THOSE L-B'S!

SWITCHING TO DIET DOESN'T HELP, EITHER.
DIET SODA COMES WITH IT'S OWN LIST OF CONS, ESPECIALLY CENTERED AROUND THE ARTIFICIAL SWEETENERS USED TO MAKE-UP FOR THE LACK OF SUGAR.

AND, FINALLY,
IT'S AGING YOU!
THE ACID IN SODA IS CAUSING: LOWERING BONE DENSITY, ERODING YOUR TEETH, AND
CAUSING KIDNEY PROBLEMS.

YIKES! FOR A HEALTHY ALTERNATIVE, TRY SELTZER WATER WITH A SPLASH OF FRUIT JUICE:
IT IS BUBBLY AND TASTY! OR JUST TRAIN YOUR BRAIN TO LIKE WATER! YOUR BODY AND YOUR
LOOKS WILL THANK YOU!

9/29/2014 – HEALTH MINUTE

Title: "Sleep Affects Your Work"

[Anchor:KRISTEN]

WELCOME BACK, IT'S 23 PAST THE HOUR.
WE ALL KNOW THAT GETTING YOUR NIGHTLY ZZZs IS IMPORTANT FOR OVERALL HEALTH, BUT
COULD SKIPPING SLEEP HURT YOUR PRODUCTIVITY AT WORK?

THANKS TO OUR FRIENDS AT HUFF POST, WE'VE LEARNED THAT SKIPPING SLEEP MAY BE
CAUSING MORE THAN JUST YAWNS DURING YOUR MEETINGS.

SLEEP IMPACTS SICK DAYS!

A RECENT STUDY SHOWED THAT SLEEPING LESS THAN 5 HOURS - OR MORE THAN 10 -
RESULTS IN EMPLOYEES STAYING HOME 4 TO 9 MORE DAYS THAN THEIR PEERS SLEEPING 7
TO 8.

A HARVARD STUDY SUGGESTS THAT INSOMNIA, AND THE RESULTING EXHAUSTION, COSTS
EMPLOYERS ALMOST 8 DAYS OF PRODUCTIVITY - \$63 BILLION TO THE U.S. ECONOMY!

SLEEP PROMOTES CREATIVE THINKING!

NOT GETTING ENOUGH SHUT-EYE CAN MAKE IT HARD FOR YOU TO BE INNOVATIVE AND
EXHAUSTION INHIBITS MENTAL ABILITY.

IT CAN IMPACT YOUR WAGES!

RESEARCH SHOWS THAT FOR PEOPLE NOT GETTING ENOUGH SLEEP, GETTING ONE EXTRA
HOUR COULD ACTUALLY RESULT IN A 6% INCREASE IN PAY.

GETTING ENOUGH SLEEP ALSO IMPROVES MEMORY, HELPS AVOID JOB BURNOUT, AND HELPS
WITH PRODUCTIVITY. ALL THE MORE REASON TO GET SOME ZZZs TONIGHT!

9/30/2014 – MONEY MINUTE

Title: "New Job... Hidden Costs?"

[Anchor:KRISTEN]

WELCOME BACK ITS 23 PAST THE HOUR! WHEN YOU LAND A NEW JOB, YOU ASSUME YOUR
FINANCIAL PROSPECTS WILL IMPROVE, RIGHT? WELL, ACCORDING TO OUR FRIENDS AT A-O-L,

THAT NEW JOB MIGHT BE TAKING AN UNPLANNED BITE OUT OF YOUR EXPENSES.

IF YOUR COMMUTE TIME HAS GONE FROM 10 MINS TO 60, YOU HAVE TO FACTOR IN HIGHER COSTS OF GAS AND MAINTENANCE. THAT DREAM JOB MAY ACTUALLY HURT YOU IN HIGHER TRAVELING EXPENSES.

AND WHILE THE PAYCHECK MAY BE HIGHER, SO MIGHT THE INSURANCE PREMIUMS AND DEDUCTIBLES. MAKE SURE YOU FIND OUT WHAT YOUR MONEY WILL GET YOU AND HOW MUCH IT'LL COST YOU ANNUALLY TO SWITCH.

NEXT, CLOTHES ARE OFTEN A HIDDEN EXPENSE WHEN SWITCHING JOBS. IF YOU PREVIOUSLY ROCKED JEANS AND NOW HAVE TO WEAR A SUIT, THE COST OF UPGRADING YOUR WARDROBE CAN BE SUBSTANTIAL.

ALSO, IF YOUR NEW JOB MAKES PACKING LUNCH OR AVOIDING HAPPY HOURS DIFFICULT, IT'LL AFFECT YOUR BOTTOM LINE. EATING OUT FOR A \$5 LUNCH EVERY DAY CAN COST YOU MORE THAN A GRAND IN THE COURSE OF A YEAR!

SO LONG STORY SHORT: DO THE MATH AND FIND OUT IF THAT HIGHER SALARY WILL ACTUALLY MAKE IT TO THE BANK!