

KVIH-TV QUARTERLY REPORT OF PROGRAMMING ON ISSUES OF COMMUNITY IMPORTANCE

April 1, 2014 through June 30, 2014

KVIH-TV NEWS PROGRAMS PROVIDING THE MOST SIGNIFICANT TREATMENT OF COMMUNITY ISSUES:

PRONEWS 7 DAYBREAK	M-F 4:30-7 AM
PRONEWS 7 MIDDAY NEWS	M-F 11-1130 AM
PRONEWS 7 @ 5P	M-F 5-5:30 PM
PRONEWS 7 @ 6P	M-SAT 6-6:30 PM AND SUN 5:30-6 PM
PRONEWS 7 @ 10P	M-SUN 10-1035 PM

All of the above programs are locally produced news programs presenting a mix of news, weather, sports, including some issue-responsive segments and multi-part series. Such segments are normally one to two minutes in length.

The following features are weekly and cover a vast array of issues that are of great interest to our viewers:

The Practicing Parent with 5PM Anchor and first time Mom, Lisa Schmidt airs Monday and Wednesdays in the 6PM Newscast. Lisa covers a large array of topics in which all parents have an interest. Some of the topics have been: routines, navigating blended families, safety seats and many more timely topics.

The Waiting Child airs on Thursdays in the 6PM Newscast with weekend anchor Lindsey Steiner and a host of Children looking and hoping for a Big Brother or Big Sister.

Education Spotlight airs on Thursdays in the 6PM Newscast. Lindsey Steiner has covered many topics that concern any parent of school-age children such as School safety, funding and curriculum.

The Panhandle Spirit airs weekly in the 10PM Newscast and Larry Lemons interacts with some of the people that make up the Panhandle Spirit with stories about various cultures and historical pieces.

KVIH-TV airs many National and locally produced PSAs that deal with various amounts of topics from Big Brothers, Big Sisters to spousal abuse and Medical issues: United Way, Careers, Driving and Texting/Talking, Local Charity, The Bridge for Abused Children

Following is a list of some of the news stories covering significant problems and needs of the KVIH-TV service area:

EDUCATION

CANYON, TEXAS -- Teachers are finding themselves competing with the latest and greatest technology in the classroom. But a simply contest is bringing students back to the simply joy of reading books. Reeves-Hinger Elementary is part of the Canyon Independent School District. The school started a March Book Madness contest for third and fourth graders. The goal was to encourage students to put down technology and pick up a book. It's this week's Region 16 Spotlight on Education.

"We all know that we're competing with technology and even as adults it's a lot easier to pick up a device then read a book. So reading isn't the first choice for kids most to the time," said 3rd grade teacher, Liz Green.

Students for the month of March would read books, complete a summary of what the book was about and earn points. Once they reached ten points, that student's name was entered into a drawing for an iPad Mini. Then a name was drawn, and Austin Gilmore was announced as the winner of that iPad Mini. Like anyone would be, Austin was beyond excited.

"Because instead of going to the store and buying it you get it for free," said Gilmore. "Austin is one of the hardest working students I have ever had," said Mrs. Green.

His favorite books to read are the "Magic Tree House" series, with focus on the Revolutionary War.

"It's about Jack and Annie going on an adventure to go see the Revolution War," said Gilmore.

Mrs. Green said the contest was a great idea to help inspire students to get lost in a world of imagination. "They're finding a love for reading that they didn't know they had because they're starting and finishing books which is challenging for 3rd graders, they like to book hop. So the summary encourages them all to finish the books."

The classroom with the most points also won their teacher and iPad Mini as well. Mrs. Green was that winner.

"They did the work and so I want them to get to see the fruits of their labor, so we'll use it in class."

Experts say children of all ages need year-round access to books and increased reading motivation and this contest did just that. Both iPad Mini's were donated by the Education Credit Union.

HEREFORD, TEXAS -- Hereford 8th graders are learning about taking responsibility for their school and community by being part of their Student Leadership Committee.

The Student Leadership Committee gives a group of 8th graders the responsibility of deciding what events the school will host and dances. Pronews 7 is featuring these students in this week's Region 16 Spotlight on Education.

"It puts a lot of responsibility. You have to make sure you do good in class and keep up good grades and stay out of trouble because you could be kicked out of the committee if you don't follow your responsibilities," said student, Sergio Cruz.

That's the idea behind Hereford's Preparatory Academy. It's just for 8th graders and is getting the students ready for high school by developing their personality and confidence. One way is by the creation of the Student Leadership Committee.

"We get to make a lot of decisions for the school like parties and stuff that we have. And it is a big impact, we get to put students input into it," said student, Bryce Sinnacher.

That stuff includes water wars, dodgeball and basketball tournaments among students and staff, and a 5K walk to benefit Snack Pak 4 Kids. The committee said they're setting an example for their fellow classmates as well.

"I wanted to be part of this committee because you get a lot of responsibility. And everyone around you sees that and makes them be more responsible. I like to lead them," said student, Sarah Woodward.

Personally, the students said being part of the committee has helped them flourish.

"It's helped me take more charge and like step up and take charge and be the leader of it instead of sitting back when no one else wants to do it," said Bryce.

"Personally I have to take responsibility . I have had to step up cause before I wasn't as responsible like I am today," said Sergio.

The students, along with the school are hosting that 5K next weekend to benefit Snack Pak 4 Kids.

AMARILLO, TEXAS -- Caprock High School students are learning what it takes to be in the news business. They have a video announcement class called, KROCK where the students learn how to present school news and edit video together.

KROCK has been around for years. The idea is to give students interested in journalism a chance to test out their skills. Pronews 7 is featuring the students hard work in this week's Region 16 Spotlight on Education.

The news set may look familiar when viewing the video, that's because these Caprock High School students are testing out their anchoring abilities on our KVII set. The students prepare school announcements and read them to their fellow classmates.

"Say the school is doing say pictures we'll announce that and just anything they want us to announce really," said Caprock High School Senior, Wade Brown.

Students said being part of the class has changed their behavior.

"I've learned to calm down and be more serious on here. It's kind of hard. I don't like ready the paper so I've had to learn to memorize a lot," said Caprock Junior High School, Destiny Trevizo.

"I use to not be able to be on camera at all, but now I've kind of grown out of that I don't really care anymore. I've learned to not be so shy and actually come and be who I am," said Brown.

But there's a lot of hard work that goes into preparing a daily broadcast for these students.

"It can be pretty time consuming especially if we get 20 announcements in because we only have two hours to get it done," said Caprock High School Junior, Anna Herd.

"We were able to figure some of the things once we got out Macs and they updated we were able to find some cool stuff and make it look more professional," said Caprock High School Junior, Veronica Ramirez.

Students said this class has given them a chance to explore what they want to do for a career, many looking at journalism.

CANYON, TEXAS -- Another school year has come and gone. This weekend high school seniors will walk the stage. One Canyon High School senior is giving a speech to inspire her peers during her valedictorian speech. A speech, Kori Adair has been working on for weeks. Perfecting and choosing her words carefully. But working hard is nothing new to this Canyon High School student. Pronews 7 is featuring her accomplishments in this week's Region 16 Spotlight on Education.

Even on her last day of school on Thursday, Kori is still working hard. She gave a presentation in her AP English class. For her, she said she's taken a different approach to her school work.

"The weird part about, especially the upper classes for high school its no longer showing up and retain what you learn in class. Its taking the time out of your schedule outside of class and really put in the effort to do some research on your own time, it was worth it in the end," said Canyon HS valedictorian, Kori Adair.

Because in the end, Kori was named the valedictorian with a GPA of 102.27. "I was sitting in second period and I just heard them get on the intercom and he said, "And I would like to make a very important announcement here are your top 10, your salutatorian and valedictorian". Of course I was so nervous".

"I really tried this year to buckle down and be an independent student and not completely dependent on what my teachers give me," said Adair.

Kori said she's perfected her speech for graduation Friday night, and has this advice for her classmates.

"I would tell them to find something that they're passionate about and never let that passion dwindle and always pursue what they love to do".

Kori said she plans to attend Baylor University in the Fall and major in bio-chemistry. She also said she plans to do research or may just follow in her oldest brother's footsteps and go into medicine.

AMARILLO, TEXAS -- Schools out for summer, and you would think that learning would be last thing on students minds. But some at Sam Houston Middle School are participating in a Summer Reading Program.

This is the first year for the Summer Reading Program at Sam Houston Middle School. The program gives kids a chance to have something to keep them busy during the dog days of summer, while also keeping up with their studies. Pronews 7 is featuring the program in tonight's Region 16 Spotlight on Education.

Many school officials agree, families generally take that summer break as just that, a break from school and disregard keeping up with their studies. It's called, "the summer reading slide".

"Students who don't read during the summer experience what we call the summer slide where their reading scores start to drop and we definitely want to keep our kids at the top of their game," Houston Middle School Librarian, Josh Wilson.

Wilson came up with the idea for the Summer Reading Program with the theme being, "Steampunk". 120 kids are participating in the program, which gives students a chart to track their reading progress. "It's not the quantity of books instead its on hours. How many hours logged in," said Wilson.

"I love coming to the library and I'm pretty much always here during the school year so I was like I'd like to come during the summer too," said 8th grader, Hope Demery.

"Well I like to read and plus on top of that I'm a librarian aid so I can check a book in and out," said 9th grader, Donaven Henry.

"I like the imaginary in a lot of books and how you can just imagine everything and how it takes you into a different world," said Demery.

Students who complete 12 hours of reading will be entered into a drawing to win an iPod shuffle.

AMARILLO, TEXAS -- Educational learning is lost during the summer months when students are not engaged in reading. It's something an Amarillo woman said she noticed while volunteering at Lakeview Elementary. So she created a book mobile.

Georgie Cornelsen created the book mobile four years ago after noticing students were behind on their reading after returning from Summer break. Pronews 7 is featuring her good deed in this week's Region 16 Spotlight on Education.

From the outside it looks like your typical van. But open the doors to the van, and you're taken inside a mobile library. Georgie Cornelsen created this book mobile herself, equipped with book shelves and hundreds of books.

"It works just like a library. I go by once a week and they check out two books and then I come back on the same day the next week and they check out two more," said Cornelsen.

Georgie drives around the Lakeview Elementary area giving 64 kids the chance to check out those books to read over the summer break, many whose parents don't have the means to drive them to the library.

"Parents may only have one car and it goes with the parent that's working during the day. Or even gas money can sometimes become an issue. So they weren't getting the books a lot don't have books in their homes so they weren't reading during the summer."

For eighth grader Kaylee Buck, she said she's grateful for the book mobile.

"I really enjoy it because actually we don't get to get to the library a lot because gas is so expensive it's kind of hard. Plus, with these two and I think the book mobile is a lot easier to handle and plus there's more books for more people," said Buck.

Georgie said she named the book mobile, Mission 430 which stands for the basic needs.

"Mentally, spiritually, physically, emotionally, and we meet those needs three ways through the home, school, and community. for one purpose and that's to build relationships," said Cornelsen.

Georgie said she's always looking for book and gas card donations, it cost about \$500 from the first week of June to the last of July to run the operation. You can drop those donations off at Lakeview Elementary.

The end of the school years does not have to mean extensive time in front of the television or boredom for kids. Organizations all over the city of Amarillo are offering various summer day camps to provide kids with something to do, and even learn, in these summer months.

The City of Amarillo Parks & Recreation Department will be having kids out in their parks enjoying summer lunches, sports, and creating arts and crafts.

"We have our Starlight Theater concert in the park every Tuesday night from 7-9 pm, the free concert series, we do all kinds of sports camps, we have a science camp," said Rachel Cunningham, marketing coordinator for the Amarillo Parks and Recreation Department. "We have things from all ages, from pretty much as early as you want to bring

them, to our senior socials. We have a lot of facilities that we want people to use and we want people to go and see our parks."

The Amarillo Zoo is offering a combination of academics and animals in their Junior Zoo Keeper Camp series. There will be four different themes for the camps; reptile & amphibian keeper, carnivore keeper, hoof stock keeper and invertebrate keeper. Kids will be able to learn about the behind-the-scenes work of zoo-keeping through keeper chats, zoo tours, and crafts.

Dates are listed below:

June 16-20 (Junior Reptile & Amphibian) ages: 9-12

June 23-27 (Junior Carnivore Keeper) ages: 6-8

June 30-July 4 (Junior Hoof Stock Keeper) ages: 9-12

July 7-11 (Junior Invertebrate Keeper) ages: 6-8

July 14-18 (Junior Carnivore Keeper) ages 9-12

July 21-25 (Junior Reptile & Amphibian) ages: 6-8

July 28-August 1 (Junior Invertebrate) ages: 9-12

August 4-8 (Junior Hoof Stock) ages: 6-8

August 11-15 (Junior Carnivore) ages: 9-12

For parents who want to make sure their children do not turn off their thinking caps for the summer, Amarillo College will be hosting various classes and camps through the Badgers Kids' camp. Classes include sports camps, Lego classes for little ones, academic classes, and tech classes for kids in grades 5-8 to prepare themselves before going back to school.

"You know, kids don't shut off their brains when they play, so when you go to camp, you play all day and your brain is constantly working and that's the best kind of stimulation there is. Learning is fun at these camps, these classes in the summer, and it's so much fun," said MJ Coats, marketing consultant for Continuing Education at Amarillo College. "The teachers are relaxed, the kids are relaxed. It's happy, it's great."

To register or find out more about the classes available through Amarillo College go to: www.actx.edu/kidscollege/

The Panhandle Plains Historical Museum will have "Madonnas of the Prairie Poetry Contest" inspired by the current temporary art exhibition and their "Education Summer Program" which will occur each Monday, Wednesday and Friday. An education staff member will be available in the People of the Plains, Art and Paleontology/Geology to discuss a different topic each week. For more information go to panhandleplains.org.

Representatives from many of the programs said that classes and spots are still available now, but the popular weeks and classes are filling up quickly and that parents should sign up immediately.

ELDERLY CONCERNS/VETERANS HEALTH AND WELL BEING

Pronews 7 took a deeper look at the Amarillo VA Hospital, and what issues they are facing as an institution. While we spoke with several veterans who were very satisfied with their care, we also received documentation from the nurse's union about how staffing issues are compromising care. We also sat down with Lina Smith, who believes her husband's life was cut short because he was treated at the Amarillo VA.

"I took him back to the VA to the emergency side and he never left the hospital, not alive anyway," said Lina Smith.

Ms. Smith said she's speaking out about staffing issues because she wants to ensure vets get better care than her husband did. She said that the nurse who administered the chemotherapy was not licensed to do so, and that nurses were too busy to attend to her now deceased husband.

"I just didn't think it was right all the way around he should be in a private room with chemo hooked up with me being the one to watch him, and they even told me, if something happens, there's the gloves," said Lina Smith.

"Patient Safety is at risk." "Quality of care is impossible." These are all quotes taken directly from a grievance by a nurse who was later forced to resign, who according to the files provided to Pronews 7 by the local chapter of the National Federation of Federal Employees. We spoke with one union member who agrees with the nurse who filed this grievance.

"In the past three years, it seems like staffing has become a big issue and it's created a big patient safety problem," said James Davis of the Amarillo VA Nurses' Union #1138.

The VA is a large healthcare complex, and experiences may vary. Pronews 7 spoke with two veterans who are both disabled by post-traumatic stress disorder and volunteer at the hospital on a committee to improve mental health among veterans. They both said their care at the Amarillo VA has been excellent.

"I think the services, for the eleven years I've been involved in mental healthcare has improved tremendously and I don't think I could have been happy had I not received this counseling," said John Eder of the Veterans Mental Health Council.

Deb Buntzen, a veteran, volunteer, and patient at the Amarillo VA, said that whenever there's a concern that management looks to get the situation taken care of.

"As a veteran, my care has not declined due to whatever troubles nationally have occurred. At any organization, whether it's locally, will always have an issue because staffing, whether it's at a certain level, you have personalities that are different," said Deb Buntzen of the Veterans Mental Health Council.

Patrick Hutchinson from the VA said that while staffing issues are everywhere, both in private and public organizations, the VA's clear goal of caring for veterans creates an environment where there are clear objectives.

"We are unique in that we have such a clear goal every day when we show up so when you have such a clear goal, you can also see clearly when you're not meeting that and that creates transparency," said Patrick Hutchinson.

Some nurses who currently work at the VA disagree. The documentation Pronews 7 received from the National Federation of Federal Employees shows a number of cases where nurses filled out protests of assignment and submitted these to the union. The union said that because VA employees lack some bargaining rights that other federal employees have, that they are more likely to be retaliated against.

This mixed feedback that we received from the community reflects the ever growing complexity of the problems at the VA. While some departments expand their capacity to treat certain medical issues, others are experiencing staffing problems, and face significant problems with employee morale.

A lawsuit against the Amarillo VA is being heard by the courts because of alleged retaliation against VA nurses following their complaints to upper management about unsafe conditions for patients.

While the Amarillo VA said they have an open door policy, the nurse's union has taken their case to the courts because they claim management isn't listening to their concerns. The National Federation of Federal Employees provided documentation to Pronews 7 that outlines how local union members are working in a hostile environment and how ongoing staffing issues may be compromising patient safety.

The nurses' union at the Amarillo VA said understaffing is a chronic problem, and they provided ample documentation to Pronews 7 to substantiate this claim. They said that cases like Lina Smith's, whose husband died while under VA care, are far too common. According to Ms. Smith, the bottom line is there were simply not enough nurses on the floor.

"You think that they're there to do a job you know and I guess they are, but there are not enough nurses to go around," said Lina Smith, the widow of Jimmy Smith. "I've heard horrible stories, like I say; if you want to die go to the VA."

According to the documentation provided to Pronews 7, when nurses attempted to point out that staffing issues were affecting patient care, they were retaliated against. They claimed some nurses were chased out, or even dismissed.

"The actual attitude of management towards employees would have to change because the morale is terrible right now at the VA, and it didn't used to be that way three years ago," said James Davis, a member of the Amarillo VA Nurses' Union. "It was a wonderful place to work and now the employees are afraid of losing their jobs for small minor infractions."

Deb Buntzen, an active member of the Amarillo VA community, was surprised at the allegations.

"I have not had any recent contact of anything negative at the VA, things have been positive," said Deb Butzen, who is both a patient and a volunteer

The Amarillo VA was very cooperative with Pronews 7 for this story, and they claimed that they promote a culture of transparency all around.

"We very much have an open door policy here at the Amarillo VA, and any concern is welcome," said Patrick Hutchinson, an Amarillo VA Spokesperson. "Anytime there is an issue; we want to handle it as quickly as possible." We have worked so long to establish a culture of good quality and safe care."

The nurses' union claimed that they live in a culture of fear, because of an exception to their rights as federal employees, known as section 7422 that is written into labor law. They said most federal employees don't face this exception, and enjoy much stronger labor rights.

"By repealing 7422, that would make for a safer workplace for the employees and in turn a better place for veterans to receive care," said Drew Halunen a spokesperson for the National Federation of Federal Employees .

Regardless of the outcome of the lawsuit, James Davis said it's all about improving care for veterans.

"Hopefully things will change now that it's being draw to the public's attention because our vets deserve better care, because they're our granddads, our fathers, our brothers, our nephews," said James Davis. "They deserve better care."

Many nurses were reluctant to talk to Pronews 7 on camera because of fear of retaliation and losing their jobs. The VA said that their mission is very important to the employees as roughly a third of them are veterans.

AMARILLO -- A group of nearly 300 bikers stopped in Amarillo as they travel across the country raising awareness for veterans.

The group started in Los Angeles Wednesday, splitting into three routes as they travel east and will meet up again as one group at the nation's capital at the Vietnam Wall on Memorial Day Weekend

Run For the Wall was started 27 years ago by a group of Vietnam vets wanting to raise awareness about POWs and MIAs.

The group that arrived in Amarillo were welcomed by the community with a flag line and banquet hosted by Christian Heritage Church.

AMARILLO, TEXAS -- Local businesses came together to complete a \$50,000 project for one of Amarillo's non-profit groups, Martha's Home.

Throughout the years, Martha's Home has grown from a small two bedroom house to four residences to provide homeless women and children with shelter and guidance.

Now, thanks to several businesses like Re-Bath of Amarillo and many others, the homes have been upgraded and remodeled to better serve the families.

Throughout donations and hours of volunteer work, the renovation project is now complete and ready to welcome residents.

"Thank you, thank you so much," said Chrissy Lacy, a resident of Martha's Home, as she embraced Laurie Minton with tears in her eyes. Minton responded by telling her that she and her coworkers at Pantex would be continuing to donate to Martha's Home as she wiped tears from her eyes, too.

Laurie Minton was able to donate and deliver 67 new pots and pans to Martha's Home this afternoon. The stack covered the porch and smiling women greeted the Pantex workers who had collectively used their grocery purchases to receive and donate the cookware.

The project began when Laurie Minton decided that she would use the stickers she was given by United Supermarkets for free pots and pans with her grocery purchases. With every grocery purchase up to a certain amount, shoppers were given stickers, and once that shopper had collected enough, they could redeem their stickers for countertop cookware. Minton and her husband decided that they had no use for the extra pots and pans, but that someone probably did. So, using social media, they spread the word to coworkers that they would be collecting the stickers in hopes of donating the cookware later on.

"Those stickers came from people up at Pantex, their friends, their family and in the last two week of the promotion, people started requesting it on Facebook. So we had people coming in from Canyon, and Borger, and Panhandle, and all the area towns and people we didn't even know who wanted to give stickers to benefit Martha's home," said Minton.

It took over \$94,000 worth of groceries to collect enough stamps for the delivery and the retail value equaled well over six thousand dollars. Residents of Martha's Home said that the donation was hugely appreciated, not just because of the necessity of cookware in a house where each woman takes turns cooking dinners for the others, but that women who left the house to live on their own were able to take some of the new cookware with them.

"We get pots and pans and we get donations and they're all hand me downs. So, when we leave, we still get that stuff, which we're thankful for, but having them brand new, I mean, that's just awesome. It's phenomenal," said Lacy.

Executive Director of Martha's Home, Connie Garcia, explained that the home is always at capacity, housing 10 single women in the large home, and 3 families in the smaller house at the moment. She said the donation was a 'real blessing' and that, when hearing about the kindness of the strangers who had put the project together, many of the women had teared up.

"When they're in this situation, they've lost all hope. So just to know that the community is thinking about them, it really does mean everything," said Garcia.

"When she showed me the Facebook page...all these pots and pans... I teared up. Because I couldn't believe that somebody would do that for us. It's an amazing thing, ever day, that people go out of their way to do that stuff for us," said Nita Cagln, a resident of Martha's Home.

Minton explained that she had seen hard times in her youth and her family had been through periods where they had relied on the generosity and help of others; this was her way of paying it forward. She hopes that once the women graduate the Martha's Home program and are able to live on their own again, they, too, will find ways of sharing their gratitude by giving in the future.

AMARILLO, TEXAS -- In 20 years, what was first known as Martha's Home 2, is getting back to its original glow with a nearly \$50,000 renovation project.

The project, taken on by Re-Bath of Amarillo, is already in phase one.

"We're actually doing a full tear-out of the kitchen today," Re-Bath President Henry Wall said. "Then we're going to start back with new floors, new cabinets, new counter tops, the whole nine yards."

Martha's Home Development Director Mary Kay Kuhrts said, the non-profit organization has a standard to live up to when it comes to providing homeless women with children homes.

"We don't want this to be a shelter for women," Kuhrts said. "We want this to be their home."

According to Kuhrts the other three homes have all been remodeled, but Martha's Home 2 left in the shadows.

"Tearing out everything is step one," Wall said. "At this point we reveal any big issues there might be, but it remains to be unseen if anything we might run into as far as the rebuilding goes."

Wall said, there are multiple contractors donating supplies to the project, and that the final product will be nothing less than beautiful.

"When I asked these people they never hesitated, they just said, 'Let's do it,'" Wall said.

CONSERVATION/WATER SAFETY

35,000 people are expected to make their way to Ute Lake Reservoir this weekend for the holiday. But while officials hope everyone enjoys their time off to celebrate, they also encourage lake goers to enjoy the time safely.

"The number one concern we have is people wearing their flotation devices or life jackets," said Rodney Paris, Ute Lake Park superintendent. "Anyone 12 or under is required to wear a life jacket whenever a boat is in motion, but we encourage everyone to wear them. Anytime we can prevent a drowning is a plus in our eyes."

The CDC estimates that over three hundred people drown a year in boat-related accidents. The most common causes of accidents are collisions on the water, violation of the 150 rule, and alcohol related events.

"Alcohol is one of our main causes," said Paris. "Everyone's inhibitions go to the side and they think they can do things that they can't. A lot of the drowning events we have involve good swimmers that just push their abilities too far."

Local shop owner, Gordon Bradley, said that he sees many people coming in and out of his shop before they head to the lake and he cannot stress the importance of life jackets enough.

"Please, not a boat cushion, not no little orange thingy you wear right around your neck, no ski belts, wear a real nice life jacket that is something that's going to protect you, keep you fit, where you have the proper space and it will help you at all times," said Bradley. \

He also talked about the common issues of lake goers drinking too much and cautioned anyone headed to the lake to remember that they have the same responsibility on the water that they would when they were driving a vehicle.

"It's still a .08, but we encourage people not to drink at all on the water because they have no idea how the water and the sun will affect them," said Paris

Right now, saving water is at the top of the government's agenda here in the High Plains, and cities and water conservation districts in our area are preparing for worse case scenarios.

Amarillo is growing and so are its water needs. Recognizing the constant stress on water supplies, the city of Amarillo has been expanding supply by continuously purchasing water rights, as well as promoting the every drop counts campaign. The City Council also recently moved to lower limits of water use to activate its drought contingency plan.

"70% of our capacity is just over 75 million gallons, and if we hit that 5 days in a row, we go to stage one of the drought contingency plan," said Emmett Autrey, the Public Works Director for the city of Amarillo. "If we hit 85% we go to stage 2, and so on for the high stages".

While urban water conservation is encouraged, no matter how aggressive efforts are at the municipal level, it's important to remember that here in the Panhandle, most water is used for agricultural purposes.

"In the Texas Panhandle about 90% of the water is used in agricultural production, agriculture being the key economic aspect," said Kyle Ingham of the Panhandle Regional Planning Commission

The area around Amarillo is served several different water districts. One of these is the High Plains Water District. They are currently proposing draft rule five, which sets ambitious new conservation limits for end users, in a district that has seen a decline of 1.32 feet in the groundwater levels of the Ogallala just this year.

"This rule sets forward how water will be governed the future," said Ben Weinheimer of the Texas Cattle Feeders Association. "Water regulations in this district are governed by locally elections ground water conservation districts, which our organization, the Texas Cattle feeders organization, and other livestock organizations support that local control."

Both the city of Amarillo's drought contingency plan and the High Plains Water District rule five mandate fines for end users who do not follow strict limits, especially when the region is experiencing severe drought conditions. As drought has become the new normal, many say the future of the water supply in the Panhandle will depend on the success of these conservation programs

AMARILLO, TEXAS -- Amarillo pet organizations and pet owners said the new animal control ordinances are a step in the right direction for Amarillo pet ownership.

The ordinances were approved by the city council earlier this month. They went into effect on Monday.

One ordinance requires a licensed vet to perform any ear clipping or tail docking procedure.

The second ordinance prohibits the use of chains as tethers for pets. It also prohibits a tether that would allow an animal to come within 3' of a sidewalk. The use of a chain would still be allowed to use as a collar or leash to walk a pet. Other parts of the ordinance involved clean water, food, and shelter for the pet.

Debra Wall, Manager at the SPCA, said she's seen several cases of home ear and tail clipping procedures.

"I've seen people come into the shelter, not so much here, but other shelters where people would do ear jobs. It was horrid," Wall said.

She said this ordinance will help reduce those home procedures in Amarillo.

"These new ordinances, I think they're fantastic."

Local pet owners agree with Wall. They say these new ordinances will not only ensure the welfare of pets, but weed out the irresponsible pet owners.

"We've heard recent stories and this will protect dogs and make owners accusable," said Amarillo resident Joseph Macinnis.

Animal Control's Interim Director Scott McDonald said they want to make sure both pets and citizens of Amarillo with these new ordinances, and want to make sure residents understand the new provisions.

"We're going to do everything we can to educate citizens," said McDonald.

He says they will be issuing door tag violations. Rather than receive a citation, pet owners will get a door tag stating their violation of the ordinance. If the pet owner fails to fix the violation, they will then receive a citation.

City procedure will allow a short grace period for public education. No grace period will be allowed regarding ear clipping or tail docking issues.

Right now, the city of Amarillo is conducting its own internal investigation into Animal Control following a no-bill from a Randall County Grand Jury. Now that the criminal investigation is over, Pronews 7 was able to speak with civic leaders who were involved in the controversy about details that were previously unknown to the public.

The no-bill on charges of improper euthanasia from a Randall County Grand Jury means that criminal charges against the ex-directors of animal control are over, but the city is just beginning its own internal investigation.

The Humane Society is a separate organization that shares a facility with Animal Control. The Director of the Humane Society told Pronews 7 that when allegations of improper euthanasia came out that the director of Animal Control, Mike McGee, threatened Councilman Brian Eades.

"Well I can't repeat what he said on TV, but basically he said if he ever saw him coming out of a restaurant that he was going to kill him," said Jena McFall of the Humane Society.

Councilman Eades told Pronews 7 that he had some longstanding concerns about Animal Control when the controversy broke, and that this may be why he was targeted.

"I actually was notified that I should be careful because there had been a threat against me," said Dr. Brian Eades.

This threat, along with all of the other allegations were submitted to a Randall County Grand Jury, but as the District Attorney told us, they did not proceed with the charges and indict those being investigated.

"It wasn't that there wasn't any evidence, it was the Grand Jury that decided that this not the kind of case that we want a Randall County jury and courtroom to be spending our resources on prosecuting," said District Attorney James Farren.

Sunny Hodge-Campbell, the President of the Animal Control Boardn said that it took a great deal of work to have the city take action, and listen to their suggestions.

"I think initially had this board not continued to push and work to have the agendas that we had some say in and listen to the public, we would just be like the boards, but we didn't stop," said Sunny Hodge-Campbell.

Moving forward, Councilman Eades said he's going to be more direct in his city business dealings with the City Manager to prevent this from ever happening again.

"I'm certainly going to be asking a lot more tough questions, and you see our job is to hire the City Manager, and the City Manager is to operate the various departments within the city," said Councilman Eades. "We have one contact point and that's the city manager, and I'm going to be very careful to be very direct regarding the concerns I have,"

Jena McFall, the Director of the Humane Society, agrees, and believes that the supervisors over Animal Control need to be held accountable.

"I know in other industries the top person is considered to be responsible for the whole organization no matter what, and I think that you saying I didn't know what was going on is not a valid excuse," said Jena McFall. "If you're the director of an organization or a department it's your responsibility to know what's going on and to know what your people are doing at all times."

Sunny Hodge-Campbell said that to move forward at Animal Control, it's time to hold the Deputy City Manager for this mess.

"Outside of animal control, somebody that can look through and look at Animal Control and see the issue was the deputy city manager Vicky Covey," said Sunny Hodge-Campbell. "She was the person overseeing the director and the assistant director of animal control." "Where was the oversight?" "I know that the Mayor and the City Council have taken full responsibility but I still don't feel like side of this has ever been addressed."

CHILD CARE, PARENTING

AMARILLO, TEXAS -- What you eat, where you read, and how you hold your smartphone can all have a really big effect on the eyes, especially children's eyes. But there are ways to preserve that 20/20 vision, so bifocals aren't in your child's near future.

If your child isn't doing so well in school, could a new pair of glasses be the answer?

Optometrist Victoria Melcher says 80% of what students learn in school is presented to them visually.

"The earlier that vision problems are detected the less time will pass before a child falls behind in school," Melcher said. "so good vision is essential for children to meet their academic potential."

Melcher suggested four ways to keep your student's sight solid.

1: Take a break from those digital devices every 20 minutes. Look away 20 feet for at least 20 seconds - but the good news about your electronics..."It is unlikely that they will cause permanent changes or ocular, um, damage," Melcher said.

2: Forget about overdosing on carrots. It's kale and green leafy vegetables that contain nutrients beneficial to different parts of the eyes.

3: Wear wraparound sunglasses with 100% UV and UVB protection. And get eye exams for the kids every time they go through a growth spurt, because chances are their vision changed. "Even the smallest of prescriptions make a difference in order for...in order for eyes to work together," Melcher said.

One more thing, the farther you hold your digital device away from your face -the better for your eyes. Dr. Melcher says children's vision could change every six months until their growth levels off.

"Good vision is essential for children to meet their academic potential," Dr. Melcher said.

Here is more on a study of the connection of glasses and academic importance

Glasses and Academic Performance

In a study by Gansu's Bureau of Health, more than 18,000 students with poor vision were provided glasses to determine if their academic performance improved. Researchers found children who wore their glasses for one year increased average test scores by .15 to .22 standard deviations. Providing glasses increased learning per year by 33 to 50%. Even with these positive results, only 70% of students with poor vision agreed to wear the glasses for the study. Results showed that children with less bad eyesight were more likely to decline wearing glasses. Unexpectedly, girls had a much lower probability of wearing glasses than boys. Only 66% of girls wore glasses compared to 74 percent of boys. (Source:

<http://www.povertyactionlab.org/evaluation/impact-eyeglasses-academic-performance-primary-school-students-china>)

AMARILLO, TEXAS -- Practicing Parents, a recent study found that:

67% of cell phone owners check their phone for messages or alerts or calls even when they don't notice the phone ringing or vibrating

44% have slept with their phone next to their bed so they don't miss calls or messages

29% say their cell phone is something they can't live without.

So, consider this....the little hand held device is also robbing moms and dads of quality time with their kids. Distracted driving is constantly being discussed, but how about distracted parenting?

Distracted parents seem to be more engaged with the device than the children they're with.

The author of this study observed 55 adults caring for children at family type restaurants. 40 used their mobile devices while the kids ate, 16 of the adults seemed completely absorbed in their texting and conversations. The children being ignored did one of two things: took it in stride or acted out to get the adults attention.

Licensed Psychologist Dr. Shirley McMorris says much is lost.

"the ability to engage with the parent, not talking to each other, not sharing the same experiences," she said.

So what can you do? Dr. McMorris says compartmentalize. Consider turning off the electronics for 15 minutes or so and giving your full attention to your child. She says if you don't, you could pay for it later.

"You're going to find children more rebellious," McMorris said.

But before you use your smartphone to text or Facebook or feel that you're the worst parent of all time, here's some solace. Dr. McMorris also points out that every age has had its smartphone...the 19th century had books, the 20th century had radio and tv. And she says ignoring your kids for a short time to write a text won't hurt them permanently.

And if you are going to use your smartphone, you might try concentrating on one of its other apps, like taking pictures of your kids when you're doing things together!

I am often teased about my cell phone use at work. Constantly on Facebook or Twitter, my co-workers say I have a problem, an addiction. So, I'm working on disconnecting - one day at a time. Actually, after the kids were put to bed last night I found a blog by a friend on this exact issue. This post, "Facebook is like Wine" is worth a read. Of course, after you've put the kids to bed. :)

SAFETY

AMARILLO, TEXAS -- Gail Ankney, of the Women's Freedom Ride, never imagined a journey supporting wounded veterans would include such disappointment when her closest personal possession was stolen half way through the group's trip to the West Coast.

"It was my daddy's trailer," Gail said with tears streaming down her face. "I can't get that back."

While Gail and the other members rested at an Amarillo motel early Friday morning, her 2004 Harley-Davidson motorcycle and trailer were stolen from the motel's parking lot. The trailer was built by her father, who died in a motorcycle accident four years ago.

"He built that," said Ankney. He took that trailer all over the country with motorcycles on it. It was his motorcycle trailer."

But the Women's Freedom Ride continues. Ankney, and the other riders, said they have more determination now to raise awareness for the cause and to hold a rally in San Diego, California July 31.

"No one is going to stop us, " said Women's Freedom Ride member Karen Huling. "I'm a little disappointed in humanity right now, but what happened here won't stop us. I just feel terrible for Gail."

For more information on the Women's Freedom Ride, please visit their website at www.womensfreedomride.net.

HEALTH CARE

AMARILLO, TEXAS -- In a recent New York Times poll, 41 percent of young adults between 18 and 29 said they support President Obama and national health care reform. However, that number is down 11 percent from 2011.

"I just don't believe Obamacare is good for the country," said Dustin Polasek, a student at West Texas State University. "I'm a military veteran and I believe everyone should work for their keep."

With national health care dominating headlines since the implementation of the Affordable Care Act this month, opinions have varied on the need for universal health care and the long term effects on the United States economy.

"I like what the President is doing," Antonio Charles said. "Even though the roll out had problems, it seems national health care will work."

For this week's installment of Say What!, I joined students at West Texas State University to ask them about their own health care. Who provides the insurance? Does mom and dad still cover them?

"All I know is my parents cover me," said Charles. "That's it."

"I have Tri Care because my husband is ex military," Christina Polasek told me with her husband by her side. "It's really good for women having babies."

Say What! is aired weekly on Pronews 7 and Daybreak.

JAKARTA, Indonesia (AP) — Tobacco companies on Tuesday largely ignored an Indonesian deadline to put graphic health warnings on all cigarette packs, another setback for anti-smoking efforts in a country that's home to the world's highest rate of male smokers and a wild, wild west of advertising.

Despite having a year and a half to prepare warning photos that are to cover 40 percent of cigarette packs, most tobacco companies failed to meet Tuesday's deadline, according to the National Commission for Child Protection. It found little sign of change in brands being sold in Jakarta and 11 other cities across the sprawling archipelago.

"This clearly indicates that the cigarette industry has defied Indonesian law," said commission chair Arist Merdeka Sirait. "The government has been defeated by the cigarette industry."

Only 409 of the more than 3,300 brands owned by 672 companies nationwide had registered the photos they plan to use on their products as of Monday, according to the Food and Drug Monitoring Agency. They were given a choice of five images last June.

Health Minister Nafsiah Mboi said companies that missed the deadline will be issued warnings, and those that fail to comply could eventually be fined up to \$42,000 and face five years in prison.

Indonesia's biggest cigarette producer, Philip Morris-owned Sampoerna, said it began distributing products with the new warnings on Monday, but needed more time to clear out existing stock. But the law states that the labels must be displayed on shelves by Tuesday.

"We believe the government will implement the regulation consistently and fairly, so as to realize a climate of healthy competition among cigarette manufacturers, as well as providing clear information about the impact of smoking on health," Sampoerna spokesman Tommy Hersyaputera said.

Indonesia has a long history of delaying tobacco regulations — the graphic warnings are part of health regulations that passed five years ago — and it is one of the few countries that has not joined a World Health Organization tobacco treaty. The order has taken years to reach President Susilo Bambang Yudhoyono's desk, and he still has not signed it. He will leave office in October after elections next month.

Tobacco control is particularly contentious in Indonesia, the world's fifth-largest cigarette producer and a growth market for the industry. Farmers hold rowdy protests when restrictions are proposed, and lobbyists maintain tight connections with politicians in a government rife with graft.

Many forms of tobacco advertising long banned in the West remain ubiquitous here. Towering billboards and LED screens scream messages such as, "Marlboro Ice Blast ... crush it, unleash it." At the main international airport, a bright blue advertisement for Clas mild cigarettes urges, "Act Now! Talk less do more." Tobacco commercials are still on television, and companies continue to sponsor sports and entertainment events.

Tobacco-related illnesses kill at least 200,000 each year in the country, which has a population of around 240 million. A national survey in 2012 found that 67 percent of all males over age 15 smoke — the world's highest rate — while 35 percent of the total population lights up, surpassed only by Russia.

Most Indonesian men buy strong and pungent kreteks, filled with a mix of tobacco and cloves. But so-called white cigarettes, such as U.S.-based Philip Morris International's Marlboro, have become more popular in recent years. All brands are cheap, selling for about \$1 a pack, making it easy for children to take up the habit.

CHILD HUNGER

The Texas Hunger Initiative came together with four other local organization to kick off the summer meal program on Wednesday.

The THI collaborated with the Boys and Girls Club of Amarillo, High Plains Food Bank, and Kids Café for the event.

The event is to bring awareness to both parents and kids about the availability of free meals for teens and kids who are 18 and younger.

The program allows kids to come into any participating summer meal program facility for 3 well balanced meals.

Texas Hunger Initiative's Regional Director Jennifer Ashley said this program is to ensure the nutrition of kids in the area.

"Kids during the summer, we cannot guarantee they're being fed. During the school year they're being fed at school, but during the summer we can't guarantee. That's why the summer meal program is vital," said Ashley.

The meals are all paid by and follow USDA guidelines. Kids are given foods like fruits and vegetables to teach healthy eating habits.

Ashley also said the program is easily accessible.

"You don't have to be a member. If you come off the street and you want to have a meal, the Maverick produces that for this community"

Some games kids participated in taught about what types of foods are healthy, and games that helped kids understand how to burn calories.

Staff members said the goal for the day was to learn about health in a fun way.

"The kids are our number one priority. If they're not having fun, we're not doing something right," Boys and Girls Club staff member Ashton Tillman said.

The program will run until August.

Public Issues Report 2nd Quarter 2014

Public File – 2nd Quarter 2014

April 1st – June 30th

News at

6:01am 7:01

6:15 7:15

6:31

6:45

April 2014

April 7, 2014

News: Fort Hood Victims dbz5a

[Anchor:lisa]

{***lisa***}[CG :1002 - TOP 5 3\Remembering the Victims\TOP 5 NEWS]

FUNERALS ARE STARTING FOR THE VICTIMS OF THE FORT HOOD SHOOTING.

[TAKE: full screen]

{***full screen***}

ONE VICTIM... SERGEANT FIRST CLASS DANNY FERGUSON... USED HIS BODY AS A BARRICADE IN FRONT OF A DOOR TO KEEP THE GUNMAN OUT.

{REVEAL}

SERGEANT TIMOTHY OWENS JUST SIGNED UP FOR ANOTHER SIX YEARS WITH THE ARMY.

HE WAS RECENTLY MARRIED.

{REVEAL}

AND SERGEANT CARLOS LAZANEY RODRIGUEZ SERVED 20 YEARS IN THE ARMY AND PLANNED TO RETIRE AT THE END OF THIS YEAR.

{REVEAL}

WE ARE ALSO LEARNING THAT THE SHOOTER... ARMY SPECIALIST IVAN LOPEZ... WAS CREATING A STOCKPILE OF AMMUNITION WEEKS BEFORE THE INCIDENT.

One Minute Health: Food for Your Brain dbz 5c

[Anchor:]

{***HOST***}

[CG :2008 - Two Line Banner\Fueling Your Noggin\TOP 5 HEALTH]

WE ALL WANT TO HAVE THE BEST BRAIN ON THE BLOCK.

AND THESE FOODS CAN ACTUALLY HELP FUEL YOUR NOGGIN.

[TAKE: full screen]

{***FULL SCREEN***}

-FISH

THEY'RE AN EXCELLENT SOURCE OF OMEGA-3 FATTY ACIDS... WHICH CAN HELP LOWER TRIGLYCERIDE LEVELS AND BLOOD PRESSURE, REDUCE THE RISK OF HEART ATTACKS AND BLOOD CLOTS, IMPROVES FOCUS, CONCENTRATION, AND LOWERS YOUR CHANCE OF DEPRESSION.

{***REVEAL***}

-OATS

OATS ARE A GOOD SOURCE OF A TYPE OF FIBER THAT CAN HELP LOWER CHOLESTEROL LEVELS IN THE BODY AND REGULATE BLOOD SUGAR LEVELS.

April 8, 2014

News: Senate Unemployment Benefit dbz 5a

[TAKE VO]

{***vo***}[CG :2050 - Courtesy One Line Chip\AP]

[CG :1003 - TOP 5 4\Senate Restores Benefits\TOP 5 NEWS]

THE SENATE HAS PASSED A BILL TO RESTORE JOBLESS BENEFITS FOR MORE THAN TWO MILLION LONG-TERM UNEMPLOYED WORKERS.

THE EXTENSION WOULD BE THROUGH THE END OF MAY AND INCLUDE BACK PAYMENTS OF MISSED UNEMPLOYMENT CHECKS SINCE DECEMBER.

BUT THE BILL MAY NOT MAKE IT THROUGH THE HOUSE.

TOP REPUBLICANS SAY THE DEAL MUST INCLUDE CHANGES TO THE FEDERAL WORKFORCE TRAINING PROGRAMS.

Lifestyle: Dating the Right Guy dbz 5b

[Anchor:lisa]

{***lisa***}[CG :2008 - Two Line Banner\Is He Mr. Wrong?\TOP LIFESTYLE]

WOMEN, you know it's true... We often REMAIN "STUCK" IN RELATIONSHIPS WITH THE WRONG GUY FOR THE WRONG REASONS.

WHY?

BECAUSE we CAN'T TELL THE DIFFERENCE BETWEEN MR. RIGHT AND MR. WRONG.

SO HOW DO YOU RECOGNIZE THE RIGHT GUY?

FIRST YOU NEED TO FIGURE OUT WHAT YOU WANT *PERSONALLY.

THEN, IF HE CHECKS OUT... STICK TO THIS LIST BY THE AUTHOR OF " HOW NOT TO MARRY THE WRONG GUY"

[TAKE: full screen]

{***FULL SCREEN***}

YOU BRING OUT THE BEST IN EACH OTHER, NOT THE WORST.

{REVEAL}

YOU TRUST EACH OTHER AND CAN COUNT ON ONE ANOTHER TO DO THE RIGHT THING.

AKA NO CHEATING, NO JEALOUSY.

{REVEAL}

YOU HAVE FUN TOGETHER.

LAUGHTER IS AN APHRODISIAC, YOU KNOW.

{REVEAL}

YOU SHARE COMMON CORE BELIEFS AND VALUES.

OPPOSITES DONT ALWAYS ATTRACT.

{REVEAL}

YOU COMMUNICATE WITH EACH OTHER OUT OF CARE AND CONCERN INSTEAD OF JUDGMENT AND CRITICISM.

In other words, NO HARSH TONES

in the end... JUST LISTEN TO YOUR GUT.

DEEP DOWN, YOU KNOW WHETHER HE'S RIGHT - OR WRONG - FOR YOU.

[Notes:<http://www.giantcomfort.com/top-5-signs-you-are-dating-the-right-guy/>]

April 9, 2014

Chatter story: Charge it in Thirty Seconds dbz 5a

[Anchor:CHARLES]

{***CHARLES***}

[CG :2008 - Two Line Banner\Quick Charge \THEDBZ.COM]

THIS IS ONE FOR ROAD WARRIORS AND CELL PHONE GEEKS.

[TAKE VO]

{***VO***}

[CG :2050 - Courtesy One Line Chip\YouTube]

AN ISRAELI STARTUP CLAIMS TO HAVE CREATED A BATTERY THAT USES NANOTECHNOLOGY TO CHARGE YOUR SMARTPHONE IN 30 SECONDS!

IT MAY SOUND LIKE SOMETHING OUT OF A SCI-FI MOVIE BUT THE STOREDOT FLASH BATTERY IS REAL.

RIGHT NOW THE DEVICE IS CLOSER IN SIZE TO A LAPTOP CHARGER THAN A SMARTPHONE CHARGER, BUT THE COMPANY SAYS IT EXPECTS THE FINAL PRODUCT WILL BE ABOUT THE SIZE OF A TYPICAL SMARTPHONE BATTERY.

[Notes:<http://feedproxy.google.com/~r/Mashable/~3/ubVtDr7nHJQ/>]

Lifestyle: Shop Like Happy People dbz 5b

[Anchor:]

{***LISA***}

[CG :2008 - Two Line Banner\Shop Like a Happy Person\TOP LIFESTYLE]

DID YOU KNOW THAT A TRIP TO THE GROCERY STORE CAN MAKE YOU HAPPY...
LITERALLY?

LET'S TAKE YOU THROUGH A TRIP DOWN THE GROCERY AISLE OF HAPPY

[TAKE: full screen]

{***full screen RVL***}

FIRST, STOP IN THE PRODUCE AISLE FOR SOME HIDDEN SUNSHINE, ALSO KNOWN
AS MUSHROOMS. THEY HAVE A TON OF VITAMIN D - a key nutrient for mental and physical
well-being.

[TAKE: full screen]

{***full screen RVL***}

NEXT UP, WHIPPED GOLD.

BUTTER MAKES THE WORLD GO ROUND, BUT IT ALSO LITERALLY MAKES YOUR
WAISTLINE ROUND,

SO TRY THE WHIPPED KIND INSTEAD. LESS FAT, MORE HAPPY.

[TAKE: full screen]

{***full screen RVL***}

LET'S MOVE ON TO CHICKPEAS.

ALSO KNOWN AS MOOD ENHANCERS. THESE ARE LOADED WITH B6 VITAMINS WHICH
HELP BRAIN DEVELOPMENT.

[TAKE: full screen]

{***full screen RVL***}

AND LASTLY, THE NUTS AND SEEDS.

MOST ARE PACKED WITH MOOD-BOOSTING BENEFITS. ESPECIALLY, PUMPKIN
SEEDS- WHICH CAN

LOWER THE RISK OF DEPRESSION.

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[Notes:http://www.huffingtonpost.com/2014/04/02/foods-that-boost-your-mood_n_5051814.html?&ncid=tweetlnkushpimg00000067]

April 10, 2014

Lifestyle: Your Job Makes you Fat dbz 5b

[CG :2008 - Two Line Banner\Your Job Makes You Fat\TOP LIFESTYLE]

[Anchor:charles]

{***charles***}

YOU ARE WHAT YOU EAT AND FOR MANY NOW A DAYS THOSE MEALS ARE SPENT AT YOUR DESK.

A RECENT STUDY STATES THAT EXTRA WEIGHT CAN BE BLAMED ON WORKING TOO MUCH!

[TAKE VO]

{***vo***}

TO BE EXACT EMPLOYEES WHO WORK 40 HOURS OR MORE -OR -THOSE WHO WORK IN A HIGH STRESS ENVIRONMENT SHOW INCREASED OBESITY.

LONGER HOURS LEAVES LESS TIME TO WORK OUT!

WHAT TO DO THEN? RESEARCHERS SAY FOCUS ON WORK PLACE INTERVENTIONS THAT CALL FOR A HEALTHY DIET AND DE STRESSING!

[Notes:[Http://finance.yahoo.com/blogs/top-best-most/gaining-weight--maybe-it-s-your-job-172121651.html](http://finance.yahoo.com/blogs/top-best-most/gaining-weight--maybe-it-s-your-job-172121651.html)]

One Minute Money: Tax Tips dbz 5c

[Anchor:SPOONER]

{***SPOONER***}

[CG :2008 - Two Line Banner\Filing Tips for Procrastinators\MONEY]

THAT APRIL 15TH DEADLINE TO FILE YOUR TAXES IS *NEXT WEEK!

IF YOU HAVEN'T STARTED YET... HERE ARE SOME TIPS FOR YOU.

[TAKE: full screen]

{***full screen***}

-THE FIRST THING YOU'RE *PROBABLY GOING TO WANT TO DO IS FILE AN EXTENSION.

REMEMBER, FILING AN EXTENSION GIVES YOU AN ADDITIONAL 6 MONTHS TO FILE.

HOWEVER, IT IS NOT AN EXTENSION TO PAY IF YOU OWE THE IRS TAXES.

YOUR DEADLINE TO PAY TAXES YOU OWE IS STILL APRIL 15TH, REGARDLESS OF WHEN YOU FILE YOUR RETURN.

{***REVEAL ***}

-THEN GET ORGANIZED

EVEN IF YOU STILL BELIEVE THAT YOU HAVE MORE THAN ENOUGH TIME TO FILL OUT OUR 1040, TAKE A FEW MINUTES TO GATHER ALL OF YOUR W-2S AND OTHER TAX DOCUMENTS IN ONE PLACE.

{***REVEAL ***}

-THE TRICK TO GETTING YOUR TAXES DONE IS JUST TAKING THE TIME TO ACTUALLY DO THEM.

SCHEDULE TIME ON YOUR CALENDAR TO TACKLE YOUR TAXES... EVEN IF IT'S IN SHIFTS OF 15 MINUTES PER DAY.

{***REVEAL***}

-AND FILE ELECTRONICALLY

THE ADVANTAGES ARE NUMEROUS, INCLUDING FREE ONLINE HELP... TUTORIALS AND EXPLANATIONS OF TAX CODE LAWS, AND NUMEROUS CHECKPOINTS THAT ENSURE YOU DON'T MAKE MISTAKES.

[Notes:<http://live.wsj.com/video/tax-tips-for-the-looming-deadline-2014-04-03/40946D4A-D192-46BB-97C3-E4E61E21CBDA.html#|40946D4A-D192-46BB-97C3-E4E61E21CBDA>]

April 11, 2014

News: Bost Bombing Report dbz 5a

[TAKE VO]

{***VO***}

[CG :1001 - TOP 5 2\Report on Boston Bombing\TOP 5 NEWS]

a NEW report just RELEASED says the f-b-i could have done a more thorough job investigating boston bombing suspect, tamerlan tsarnaev.

It also says The Russian government declined to provide the F-B-I with information about Tamerlan at least two years before the attack.

The new inspector general's report found that it was only *after the bombing happened that the Russians shared the additional intelligence... including deets from a phone conversation they had intercepted between tamerlan and his mom while they talked about Islamic jihad.

[Anchor:LISA]

{***LISA***}[CG :2008 - Two Line Banner\Interview with a Victim\TUESDAY ON THE DBZ]

AND WITH THE FIRST ANNIVERSARY OF THE BOMBING on tuesday... Be sure to join us because we'll be TALKing TO someONE who was there THAT DAY.

[Notes:http://www.nytimes.com/2014/04/10/us/russia-failed-to-share-details-on-boston-marathon-bombing-suspect.html?_r=0]

One Minute Health: Bad Habbits You Need to Break dbz 5c

[Anchor:SPOONER]

{***SPOONER***}

[CG :2008 - Two Line Banner\Break Bad Habits\TOP 5 HEALTH]

WE ALL HAVE HABITS WE WISH WE COULD BREAK.

BUT HERE ARE SOME BAD HABITS YOU *NEED TO BREAK RIGHT NOW.

[TAKE: full screen]

{***full screen***}

-BITING YOUR NAILS

FIRSTLY, THERE ARE DISGUSTING THINGS UNDER THERE.

SECONDLY, YOU ARE WASTING A PERFECTLY BLANK CANVAS FOR SUPER FUN NAIL ART.

IF YOU NEED TO DO THAT THING WHERE YOU SNAP YOUR HAIR TIE SUPER HARD AGAINST YOUR WRIST EVERY TIME YOU CATCH YOURSELF BITING... DO IT.

{***REVEAL***}

-YOU CAN'T QUIT CIGARETTES AND DIET COKE OR SOMETHING ELSE THAT'S BAD FOR YOU.

THE TRICK IS TO NOT TRY TO TACKLE EVERYTHING AT ONCE.

IF YOU'RE GIVING UP SMOKING... DON'T GIVE UP DIET COKE.

YOU GET THE IDEA.

{***REVEAL***}

-REFUSING TO GET RID OF CLOTHES YOU'RE NOT GOING TO WEAR

IT'S JUST TAKING UP SPACE IN YOUR CLOSET SO GET RID OF IT!

{***REVEAL***}

-HITTING SNOOZE A GAZILLION TIMES EACH MORNING

SNOOZING IS BAD FOR YOUR SLEEP CYCLE AND THEREFORE BAD FOR YOUR BODY AND THEREFORE LEADS TO UNHEALTHY EATING HABITS.

{***REVEAL***}

-OR YOU DRINK MORE RED WINE THAN THEY SAY IS GOOD FOR YOU

BESIDES... IT'S JUST GOING TO GIVE YOU A WICKED HANGOVER ANYWAY.

[Notes:http://www.cosmopolitan.com/advice/tips/bad-habits?src=spr_TWITTER&spr_id=1440_51928570]

April 14, 2014

Lifestyle: Words we say Wrong dbz 5b

[Anchor:LANCE]

{***LANCE***}

[CG :2008 - Two Line Banner\Word Usage\THEDBZ.COM]

BEFORE YOU HEAD OUT TODAY LISTEN UP TO A LIST OF COMMONLY MISUSED WORDS AS EXPLAINED

[TAKE: full screen]

{***full screen***}

IN CHARLES MURRAY'S NEW BOOK, "THE CURMUDGEON'S GUIDE TO GETTING AHEAD".

FIRST, "DISINTERESTED". IT'S MISUSED AS "UNINTERESTED". HOWEVER "DISINTERESTED" MEANS YOU HAVE NO SELF INTEREST IN SOMETHING, LIKE A JUDGE IN A CASE.

{***REVEAL***}

NEXT, STOP USING THE WORD "LITERALLY" WHEN YOU MEAN FIGURATIVELY. YOUR HEADACHE WAS NOT SO BAD THAT YOUR HEAD LITERALLY EXPLODED."

{REVEAL}

FINALLY, "NOTORIOUS". IT MEANS TO BE FAMOUS FOR SOMETHING BAD, BUT "INFAMOUS" MEANS FAME FOR SOMETHING EVIL... LIKE HITLER.

[Notes:http://www.huffingtonpost.com/2014/04/10/word-meaning_n_5113730.html]

News: Naps and Early Death dbz 5d

[Anchor:]

{***LISA***}

[CG :1004 - TOP 5 5\Naps Linked to Early Death\TOP 5 NEWS]

WE LOVE STUDIES HERE AT THE DBZ AND WE HAVE YET ANOTHER AWESOME ONE FOR YOU.

NAPPING CAN LEAD TO EARLY DEATH.

[TAKE VO]

{***VO***}

RESEARCHERS LOOKED AT MORE THAN 16-thousand BRITISH ADULTS OVER A 13-YEAR PERIOD... AND FOUND THAT THOSE WHO SLEPT FOR AN HOUR OR MORE DURING THE DAY WERE ALMOST A THIRD MORE LIKELY TO DIE PREMATURELY.

THEY WERE ALSO MORE LIKELY TO HAVE LUNG DISEASE.

BUT, SOME SAY NAPS MAY JUST MEAN YOUR HEALTH IS IN DANGER.

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[Notes:<http://ftw.usatoday.com/2014/04/amaris-jackson-10-year-old-signs-contract-washington-wizards/>]

April 15, 2014

One Minute Money: Don't Make These Money Mistakes dbz 5c

[Anchor:SPOONER][CG :2008 - Two Line Banner\What NOT To Do\TOP MONEY]

{***SPOONER***}

WE HEAR ALL THE TIME FINANCIAL TIPS TO HELP US EARN BETTER CREDIT, ETC.

BUT HAS ANYONE EVER TALKED ABOUT SOME OF THE THINGS YOU SHOULD *NOT BE DOING?!

[TAKE: full screen]

{***full screen***}

-LIKE: JUST PAYING WHATEVER YOU CAN ON A DEBT

A LOT OF PEOPLE THINK THAT PAYING ANY AMOUNT OWED ON A DEBT ACTS AS A GOOD-FAITH EFFORT AND THAT CREDITORS ARE OBLIGATED TO WORK WITH YOU IF YOU PAY A NOMINAL SUM.

NOT TRUE.

BE SURE IF YOU WORK OUT AN AGREEMENT WITH A CREDITOR TO GET IT IN WRITING.

{***REVEAL***}

-ALSO... CARRYING A CREDIT CARD BALANCE TO IMPROVE YOUR CREDIT SCORE WHILE CARRYING A BALANCE DOESN'T *HURT YOUR CREDIT, IT CAN BE AN EXPENSIVE MISTAKE.

IT COSTS YOU MONEY EVERY MONTH IN THE FORM OF INTEREST ON THOSE BORROWED DOLLARS.

{***REVEAL***}

-ANOTHER MISTAKE: DRAINING YOUR 401-K TO PAY YOUR BILLS

TAPPING RETIREMENT FUNDS TO PAY OFF UNSECURED DEBT SHOULD BE A LAST RESORT THAT COMES ONLY AFTER A BORROWER HAS CONSIDERED ALL OTHER OPTIONS, INCLUDING BANKRUPTCY.

{***REVEAL***}

-AND FINALLY... CLOSING UNUSED CREDIT CARDS
LEAVE THEM OPEN!

HANGING ON TO CARDS THAT YOU RARELY OR NEVER USE CAN ACTUALLY BOOST YOUR SCORE.

[Notes:<http://qz.com/198615/how-to-keep-your-tax-return-safe-from-the-heartbleed-bug/>]

News: Tax Deadline dbz 5d

[Anchor:lisa]

{***lisa***}

[CG :1001 - TOP 5 2\Deadline Day is Here\TOP 5 NEWS]

IT IS D-DAY.

IF YOU DON'T WANT UNCLE SAM SLAPPING YOUR WRISTS THEN IT IS TIME TO PAY UP.

[TAKE VO]

{***VO***}

BUT DON'T BE SO ANGRY ABOUT PAYING YOUR DUES... BECAUSE PLENTY OF COMPANIES ARE OFFERING FREEBIES TO HELP EASE THE PAIN.

[TAKE: full screen]

{***FULL SCREEN RVLS***}

GOT A SWEET TOOTH?

THEN CHECK OUT GREAT AMERICAN COOKIES.

THEY ARE GIVING YOU ONE FREE CHOCOLATE CHIP COOKIE.

[TAKE: full screen]

{***FULL SCREEN RVLS***}

OR HOW ABOUT SOME HALF-PRICED BBQ?

CHECK OUT SONNY'S.

[TAKE: full screen]

{***FULL SCREEN RVLS***}

AND FINALLY SOME GOOD OLE MICKEY D'S.

AT PARTICIPATING RESTAURANTS... YOU CAN BUY ONE BIG MAC OR CLASSIC QUARTER POUNDER WITH CHEESE AND GET THE SECOND FOR ONE CENT.

we've got a complete list up on our facebook page so be sure to check it out.

Oh and shameless plug alert... Be sure to "like" us while you're at it so we can get 40-thousand likes... AND YOU COULD WIN A TV!

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[Notes:<http://www.news-press.com/story/news/2014/04/14/ease-stress-tax-day-free-stuff/7709693/?sf25017666=1>]

April 16, 2014

News: Sinking Korean Ships dbz 5a

[TAKE VO]

{***vo***}

[CG :1002 - TOP 5 3\Sinking Ship Rescue\TOP 5 NEWS]

Dozens of boats, helicopters and divers are scrambling to rescue more than 470 people... After a ferry sank off south korea's coast.

325 high school students on a school trip were on board.

at least three people have been confirmed dead.

MORE THAN 350 HAVE BEEN RESCUED.

THERE ARE conflicting reports about how many people are still missing... But some say the number could be as high as 300.

It's not clear what caused the boat to sink in the first place.

[Notes:http://www.cnn.com/2014/04/15/world/asia/south-korea-sinking-ship-students/index.html?hpt=hp_t1]

One Minute Health: Eat Your Eggs dbz 5c

[Anchor:SPOONER]

{***SPOONER***}

[CG :2008 - Two Line Banner\An Egg-cellent Diet\TOP 5 HEALTH]

WHILE EGGS HAVE GOTTEN A BAD REPUTATION FOR A LONG TIME DUE TO CHOLESTEROL FEARS... HERE ARE 5 REASONS WHY YOU SHOULD ADD EGGS TO YOUR DIET.

[TAKE: full screen]

{***full screen***}

-EGGS ARE A MUST FOR PREGNANT WOMEN.

WHY? BECAUSE EGGS ARE FULL OF CHOLINE, A B VITAMIN THAT GROWING BABIES NEED FOR ESSENTIAL DEVELOPMENT OF THE BRAIN. CHOLINE SUPPLEMENTATION HAS ALSO BEEN LINKED TO A LOWER RISK OF MENTAL DISORDERS IN BABIES.

{***REVEAL***}

-EGGS CAN HELP CURB YOUR EVENING SNACK CRAVINGS.

EATING A HIGH-PROTEIN BREAKFAST HELPS WARD OFF CRAVINGS LATER IN THE DAY.

{***REVEAL***}

-THEY MAY ALSO IMPROVE YOUR REFLEXES

A RECENT STUDY FOUND THAT TYROSINE... AN AMINO ACID FOUND IN EGGS... HELPED INDIVIDUALS WITH MAKING QUICK, KNEE-JERK RESPONSES MORE THAN A PLACEBO.

RESEARCHERS NOTED THAT THE TYROSINE EFFECT MAY ACTUALLY HELP IN SITUATIONS SUCH AS DRIVING.

{***REVEAL***}

-EGGS MAY HELP TO REDUCE THE RISK OF CANCER.

ANTIOXIDANTS IN EGGS MAY ACTUALLY HELP TO REDUCE THE RISK OF BOTH CANCER AND HEART DISEASE.

{***REVEAL***}

-AND THEY MAY ALSO HELP LOWER BLOOD PRESSURE... WHICH IN TURN LEADS TO A LOWER RISK OF A HEART ATTACK.

[Notes:http://www.huffingtonpost.com/2014/04/13/eggs-health-benefits_n_5126337.html?ir=Healthy+Living]

April 17, 2014

Lifestyle: Meditation at Work: dbz 5b

[Anchor:lance]

{***lance**}[CG :2008 - Two Line Banner\Meditation at Work\TOP LIFESTYLE]

WELL IT ISNT JUST FOR MONASTERIES ANY MORE- IM TALKING ABOUT MEDITATION.

SOMETIMES WE JUST NEED TO RELAX DURING OUR WORK DAY!

TRY THESE THREE EASY SOLUTIONS:

[TAKE: full screen]

{***full screen***}

WALKING MEDITATION...

TAKE SIMPLE WALK OUTSIDE OR AROUND THE PARK AND FOCUS YOUR ATTENTION ON SMALL THINGS LIKE YOUR FEET ON THE GROUND

{REVEAL}

NEXT...WE CAN ALL DO THIS ONE- EATING MEDIATATION
WHEN YOU ARE EATING FOCUS YOUR ATTENTION ON TASTE, SMELL, TEXTURE.

{REVEAL}

LAST...THE EMAIL SWAP OUT....MANY OF US REACH FOR OUR PHONES OR CHECK OUR INBOX WHEN WE HAVE DOWN TIME- NEXT TIME TRY TO TURN AWAY FROM TECHNOLOGHGY AND FOCUS ON YOUR MINDS SENSATIONS- WHAT DO YOU HEAR, SEE OR SMELL?

TRY THESE STEPS AND REMEMBER TO LIVE IN THE PRESENT!

[Notes:[Http://www.inc.com/jessica-stillman/3-ways-to-work-meditation-into-your-busy-day.html](http://www.inc.com/jessica-stillman/3-ways-to-work-meditation-into-your-busy-day.html)]

One Minute Money: High Pay Low Stress dbz 5c

[TAKE: full screen]

{***full screen***}

-DENTAL HYGIENIST

THE AVERAGE ANNUAL SALARY IS ABOUT 70-K AND YOU'LL JUST NEED AN ASSOCIATE'S DEGREE AND A LICENSE IN THE STATE WHERE YOU WANT TO PRACTICE.

{***REVEAL***}

-OR WHAT ABOUT A TECHNICAL WRITER?

WHAT DOES A TECHNICAL WRITER DO?

THEY PRODUCE INSTRUCTION MANUALS AND OTHER SUPPORTING DOCUMENTS
TO COMMUNICATE COMPLEX AND TECHNICAL INFORMATION MORE EASILY.
YOU'LL MAKE ABOUT 65-THOUSAND A YEAR.

{***REVEAL***}

-OR IF YOU'RE MORE CREATIVE... ART DIRECTORS MAKE ABOUT 80-THOUSAND
FOR A SALARY AND ARE RESPONSIBLE FOR THE VISUAL STYLE AND IMAGES IN
MAGAZINES, NEWSPAPERS, PRODUCT PACKAGING, AND MOVIE AND TELEVISION
PRODUCTIONS.

BUT YOU'LL NEED A BACHELOR'S DEGREE OR PREVIOUS EXPERIENCE.

{***REVEAL***}

-WANNA MAKE ABOUT 120-K A YEAR?!

TRY BEING A COMPUTER AND INFORMATION SYSTEMS MANAGER.

{***REVEAL***}

-AND FINALLY... IF YOU HAVE YOUR LAW DEGREE BUT DON'T WANT TO PRACTICE...
LOOK IN TO TEACHING.

STRESS IS *MUCH LOWER AND YOU CAN MAKE ALMOST 100-K.

[Notes:<http://finance.yahoo.com/news/15-high-paying-jobs-for-people-who-don-t-like-stress-162728403.html>]

April 18, 2014

News: Mt. Everest Avalanche dbz 5a

[CG :2008 - Two Line Banner\Lisa Spooner\@spoonerchic]

[Anchor:LISA]

{***LISA***}

GETTING STRAIGHT INTO THE TOP FIVE NEWS STORIES OF THE DAY... 9 PEOPLE
ARE DEAD AND 3 seriously hurt THIS MORNING AFTER AN AVALANCHE ON MOUNT
EVEREST.

[TAKE VO]

{***vo***}

[CG :1000 - TOP 5 1\Avalanche on Mt. Everest\TOP 5 NEWS]

THEY ARE SAID TO ALL BE SHERPAS - OR GUIDES.

There MAY BE others who are missing... But that number isn't known as of now.

A GROUP OF ABOUT 50 PEOPLE WERE HIT BY THE AVALANCHE AT MORE THAN 20-
thousand FEET YESTERDAY.

THEY HAD BEEN SETTING up THE ROPES FOR THE TREK UP THE MOUNTAIN AND
PREPARING CAMP SITES WHEN THE AVALANCHE HAPPENED.

[Notes:<http://www.cnn.com/2014/04/18/world/asia/nepal-everest-avalanche/index.html>]

One Minute Health: Calm Your Blood Pressure dbz 5c

[TAKE: full screen]

{***FULL SCREEN***}

-LOSE EXTRA POUNDS AND WATCH YOUR WAISTLINE
LOSING WEIGHT ALSO MAKES ANY BLOOD PRESSURE MEDICATIONS YOU'RE
TAKING MORE EFFECTIVE.
YOU AND YOUR DOCTOR CAN DETERMINE YOUR TARGET WEIGHT AND THE BEST
WAY TO ACHIEVE IT.

{***REVEAL***}

-EXERCISE REGULARLY
AT LEAST 30 TO 60 MINUTES MOST DAYS OF THE WEEK CAN DO THE TRICK.
AND IF YOU HAVEN'T BEEN ACTIVE, INCREASING YOUR EXERCISE LEVEL CAN
LOWER YOUR BLOOD PRESSURE WITHIN JUST A FEW WEEKS.

{***REVEAL***}

-EAT A DIET RICH IN WHOLE GRAINS, FRUITS, VEGETABLES AND LOW-FAT DAIRY
PRODUCTS AND SKIMP ON SATURATED FAT AND CHOLESTEROL.

{***REVEAL***}

-AVOID TOBACCO PRODUCTS AND SECONDHAND SMOKE
ON TOP OF ALL THE OTHER DANGERS OF SMOKING, THE NICOTINE IN TOBACCO
PRODUCTS CAN RAISE YOUR B-P.

{***REVEAL***}

-AND REDUCE YOUR STRESS
IF YOU CAN'T ELIMINATE ALL OF YOUR STRESSORS, YOU CAN AT LEAST COPE
WITH THEM IN A HEALTHIER WAY.

[Notes:<http://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20046974>]

April 21, 2014

Lifestyle: Never Pay for a Date dbz 5b

[Anchor:lisa]

{***lisa***}

[CG :2008 - Two Line Banner\Never Pay for a Date\TOP LIFESTYLE]

LADIES...THE AGE OLD QUESTION... DO YOU OFFER TO PAY FOR YOURSELF ON A
DATE?

ACCORDING TO DATING EXPERTS THE ANSWER IS NO!

GUYS... I KNOW WHAT YOU'RE THINKING.
BUT LISTEN UP TO HEAR WHY!
EXPERTS SAY SPLITTING THE BILL IS FOR FRIENDS AND BUSINESS.
SO LADIES INSTEAD OF PAYING... PUT YOUR EFFORTS INTO THOUGHTFUL
GESTURES BASED ON WHERE YOU are in your RELATIONSHIP.
FOR EXAMPLE:

[TAKE: full screen]

{***full screen***}

-IF YOU'RE STILL IN THE FRESH STAGES OF DATING... WHEN HE PICKS YOU UP FOR
YOUR NEXT DATE MAKE HIM A PRE-DATE COCKTAIL.

{REVEAL}

-BUY OR MAKE HIM SOMETHING YOU KNOW HE LIKES
THROW SOME STEAKS ON THE GRILL WHEN HE COMES OVER!

{rEVEAL}

-PLAN AN OUTING
TAKE HIM TO SEE HIS FAVORITE LOCAL BAND OR IF HE LIKES CAMPING... HUNKER
DOWN AND PLAN A WEEKEND GETAWAY

REMEMBER LADIES... IT'S ALL ABOUT MAKING HIM FEEL LIKE YOU'RE
CONTRIBUTING *WITHOUT FOOTING THE BILL!

[Notes:<https://shine.yahoo.com/love-sex/she-said-said-ladies-never-pay-date-again-000500388.html>]

One Minute Health: Spring Clean Your Skin dbz 5c

[Anchor:SPOONER]

{***SPOONER***}

[CG :2008 - Two Line Banner\Spring Cleaning Your Skin\TOP 5 NEWS]

IT ISN'T JUST TIME TO SPRING CLEAN YOUR HOME.

IT'S ALSO TIME TO SPRUCE UP YOUR SKIN... AND HERE ARE FIVE THINGS YOU CAN
DO TO DO JUST THAT:

[TAKE: full screen]

{***full screen***}

-CLEANSE FROM THE INSIDE WITH POWERFUL FOOD
EAT FOODS THAT NOURISH THE SKIN... LIKE BROCCOLI, CHICKPEAS, BLACK
BEANS, SEAWEED, FISH, WATERMELON, CARROTS, RASPBERRIES, PINEAPPLE,
CHERRIES, APPLES, PEARS, RAISINS, AND GRAPES.

AND DON'T FORGET THE WATER.

{***REVEAL***}

-BRUSH YOUR SKIN

BRUSHING THE WHOLE BODY WITH DRY, NATURAL BRISTLES CAN ELIMINATE DEAD SKIN CELLS, AND INCREASE CIRCULATION TO THE SKIN... BOOSTING SKIN IMMUNITY AGAINST INFECTION, AND PROMOTE VIBRANT SKIN TONE.

AN ALTERNATIVE IS USING A DRY CLOTH OR MOIST RAG TO GIVE A GOOD SCRUB.

{***REVEAL***}

-EXFOLIATE

HYDRATION AND EXFOLIATION ARE THE KEYS TO SMOOTHER SKIN FOR SPRING. AND THERE ARE MANY HOMEMADE SKIN CARE RECIPES YOU CAN FIND RIGHT IN YOUR GROCERY STORE THAT DO JUST THAT.

{***REVEAL***}

-OR TRY A CLEANSE

BUT BE VERY CAREFUL ABOUT WHICH ONE YOU PICK.

MANY OF THEM CAN HAVE UNCOMFORTABLE SIDE EFFECTS AND DO MORE HARM THAN GOOD.

{***REVEAL***}

-AND MOST IMPORTANTLY... DON'T FORGET YOUR SUNSCREEN

[Notes:<http://health.yahoo.net/experts/drmao/spring-cleaning-your-skin-7-regenerating-tips>]

April 22, 2014

News: Russia Running Out of Time dbz 5a

[CG :2008 - Two Line Banner\Lisa Spooner\@spoonerchic]

[Anchor:LISA]

{***LISA***}

GETTING STRAIGHT INTO THE TOP FIVE NEWS STORIES OF THE DAY... LOOKS LIKE RUSSIA IS RUNNING OUT OF TIME TO GET THEIR act TOGETHER.

[TAKE VO][CG :2050 - Courtesy One Line Chip\AP]

{***vo***}

[CG :1000 - TOP 5 1\Russia has "Days" to Act\TOP 5 NEWS]

VP JOE BIDEN IS WARNING THEY HAVE DAYS ... NOT *WEEKS.. TO ABIDE BY AN INTERNATIONAL ACCORD AIMED AT STEMMING THE CRISIS IN UKRAINE.

RUSSIA, THOUGH, IS ACCUSING AUTHORITIES IN KIEV OF VIOLATING THE PACT.

BIDEN PLANS TO MEET WITH OFFICIALS THERE TODAY.
THE U-S SAYS IT WILL QUICKLY ORDER NEW ECONOMIC SANCTIONS IF MOSCOW
DOESN'T FOLLOW THROUGH WITH its END OF THE DEAL.

[Notes:http://hosted.ap.org/dynamic/stories/E/EU_UKRAINE?SITE=AP&SECTION=HOME&TEMPLATE=DEFAULT&CTIME=2014-04-21-18-05-06]

Entertainment: IHeart Radio Awards dbz 5a

[Anchor:CHARLES]

{***CHARLES***}

[CG :1003 - TOP 5 4\iHeartRadio Music Awards\TOP 5 ENTERTAINMENT]

IF YOU JUST CANT GET ENOUGH OF AWARD SHOWS... NOW THERE IS ONE MORE!

[TAKE VO]

{***VO***}

[CG :2050 - Courtesy One Line Chip\iHeartRadio 2013]

THE FIRST I-HEART-RADIO MUSIC AWARDS IS PREMIERING ON THURSDAY MAY 1.
PHARRELL, DRAKE AND BLAKE SHELTON ARE AMONG THE A-LISTERS SET TO
PERFORM. CONTENDERS FOR ARTIST OF THE YEAR INCLUDE RIHANNA, MAROON 5,
JUSTIN TIMBERLAKE, IMAGINE DRAGONS AND MACKLEMORE & RYAN LEWIS.
THE AWARDS WILL AIR LIVE ON NBC.

[Notes:http://hosted.ap.org/dynamic/stories/U/US_MUSIC_IHEARTRADIO_AWARDS?SITE=AP&SECTION=HOME&TEMPLATE=DEFAULT&CTIME=2014-04-21-11-52-26]

April 23, 2014

One Minute Health: Preg Survival Tip dbz 5c

[Anchor:SPOONER]

{***SPOONER***}

[CG :2008 - Two Line Banner\Surviving a Summer Pregnancy\TOP 5 HEALTH]

IF YOU ARE A MAMA TO BE AND YOU ARE EXPECTING A SUMMER BUNDLE OF JOY...
HERE ARE SOME TIPS TO HELP YOU GET THROUGH A SUMMER PREGNANCY.

[TAKE: full screen]

{***full screen***}

-FIRST OF ALL... REDUCE YOUR SODIUM INTAKE

IT MAY SEEM OBVIOUS, BUT REDUCING YOUR SALT INTAKE WILL HELP PREVENT SWELLING.

DON'T ELIMINATE IT COMPLETELY THOUGH AS IT CONTAINS IODIDE... WHICH IS ESSENTIAL TO THE HEALTH OF THE BABY-TO-BE.

{***REVEAL***}

-REMOVE YOUR RINGS

FINGERS ARE ONE OF THE FIRST PLACES A MAMA-TO-BE SWELLS AND HEAT DOESN'T HELP MATTERS.

AT THE FIRST SIGNS OF SWELLING, REMOVE YOUR RINGS SO THEY DON'T HAVE TO BE CUT OFF.

{***REVEAL***}

-A JUMP IN THE POOL WILL NOT ONLY COOL A PREGGIE LADY OFF... BUT IT TAKES SOME OF THE PRESSURE OFF OF THE SCIATIC NERVE AND ALLOWS YOU TO FEEL WEIGHTLESS.

{***REVEAL***}

-PLACING A COOL, DAMP WASHCLOTH ON THE NECK OR FOREHEAD WILL HELP BRING THE BODY TEMPERATURE DOWN AND REDUCE SWEATING.

{***REVEAL***}

-DRINK PLENTY OF FLUIDS

WE KNOW WE SHOULD DRINK AT LEAST EIGHT GLASSES OF WATER A DAY BUT SIPPING ORANGE JUICE, MILK AND SPORTS DRINKS WILL HELP REPLACE ELECTROLYTES THAT ARE BEING SWEATED AWAY IN THE SUMMER SUN.

[Notes:http://www.lilsugar.com/Summer-Pregnancy-Survival-Tips-3178027?utm_source=babycenter.com&utm_medium=facebook&utm_campaign=babycenter_facebook]

News: Search for Plan Suspended dbz 5d

[Anchor:lisa]

{***LISA***}[CG :2008 - Two Line Banner\Lisa Spooner\@spoonerchic]

TOPping your NEWS THIS half hour... THE UNDERWATER DEVICE SEARCHING FOR THE MISSING MALAYSIA AIRLINES FLIGHT 370 IS STILL COMING UP WITH NOTHING. NOT ONE SINGLE CLUE.

[TAKE VO]

{***VO search***}

[CG :1000 - TOP 5 1\Still No Plane\TOP 5 NEWS]

AUSTRALIA'S JOINT AGENCY COORDINATION CENTRE SAID THE DEVICE LOOKING FOR THE PLANE HAS SCANNED ABOUT 80 PERCENT OF ITS TARGET ZONE WITHOUT ANY RESULTS.

AUTHORITIES SAY COST IS NOT A CONCERN AS THEY CONTINUE TO SEARCH TIRELESSLY FOR THE PLANE.

[TAKE VO]

{***VO families***}

[CG :1000 - TOP 5 1\Families Can File Suit\TOP 5 NEWS]

ON ANOTHER NOTE, AMERICAN LAWYERS SAY THAT THE FAMILIES OF VICTIMS ABOARD THE MISSING PLANE CAN NOW FILE SUITS IN AMERICAN COURTS AGAINST U-S AIRCRAFT MANUFACTURER BOEING.

THERE'S A 45-DAY FEDERAL LAW THAT SAYS AMERICAN LAWYERS HAVE TO WAIT THAT LONG TO REACH OUT TO FAMILIES WHO HAVE LOST LOVED ONES IN PLANE CRASHES.

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[Notes:[Http://www.emirates247.com/news/missing-malaysia-airline-mh370-latest-update-80-20-underwater-problem-aircraft-back-for-surface-search-2014-04-22-1.544670](http://www.emirates247.com/news/missing-malaysia-airline-mh370-latest-update-80-20-underwater-problem-aircraft-back-for-surface-search-2014-04-22-1.544670)]

[Notes:http://www.cnn.com/2014/04/22/world/asia/malaysia-airlines-plane/index.html?hpt=hp_t1]

April 24, 2014

News: Regulations for E-Cigs dbz 5a

[TAKE VO]

{***VO***}[CG :1003 - TOP 5 4\Regulations for E-Cigs\TOP 5 NEWS]

THE FDA IS MAKING ANOTHER ATTEMPT AT REGULATING ELECTRONIC CIGARETTES AND OTHER TOBACCO PRODUCTS.

NEW RULES CALL FOR STRICT REGULATION OF THE E-CIGS, CIGARS, PIPE TOBACCO, NICOTINE GELS, WATER PIPE TOBACCO AND HOOKAHS.

AGE LIMITS FOR BUYING THE E-CIGS WOULD BE 18, UNLESS STATES REQUEST TO SET THEIR OWN LIMIT HIGHER.

HEALTH WARNINGS WOULD ALSO BE REQUIRED.

[Notes:http://hosted.ap.org/dynamic/stories/U/US_FDA_ELECTRONIC_CIGARETTES?SITE=AP&SECTION=HOME&TEMPLATE=DEFAULT&CTIME=2014-04-24-00-43-36]

Lifestyle: Breaking up with Texters dbz 5b

[Anchor:lisa]