

Issues/Programs Quarterly Report
April 1, 2016 – June 30, 2016

CAPITOL BROADCASTING COMPANY
Raleigh, North Carolina
July 8, 2016
Prepared by: Loretta Harper-Arnold
Community Relations Director

The following programs and specials are locally produced by and aired on
WRAL-TV 5:

On the Record

Specials/Documentaries

NC Spin

Tarheel Traveler

The following NBC network programs are represented in this report:

Meet the Press

NBC Specials

In direct response to timely news topics and/or correspondence from the general public, WRAL-TV elected to cover the following issues through news stories, public affairs programming, documentaries, and/or special reports:

1. Consumer Issues
2. Education
3. Health Topics & Health-related Specials
4. Political News Coverage
5. Public Affairs Programming – includes NC Spin and On the Record, weekly half hour public affairs programming covering timely news topics and community issues
6. Specials/Special Reports - includes WRAL Documentaries, 5 News Investigates, sports specials, and NBC Specials

WRAL-TV5 Issues/Programs Quarterly Report
April 1, 2016 – June 30, 2016

CONSUMER

- | | | |
|--|------------|--------|
| 2:00 | 04/04/2016 | 5:30PM |
| Better Drying Dishwashers | | |
| We have dishwashers to clean our dishes. However, when the cycle is done, we also like the dishes to be dry. Five On Your Side's Monica Laliberte explains why some dishwashers can't handle the job. | | |
| 2:00 | 04/05/2016 | 5PM |
| Best Buy Strollers | | |
| Whether you're a parent or a parent-to-be, a stroller is a necessity. Some models cost more than a thousand dollars, so the question becomes - how much should you spend? Five On Your Side's Monica Laliberte sorts through nineteen stroller models to see which are worth your money. | | |
| 3:00 | 04/06/2016 | 5PM |
| Lost Wedding Rings | | |
| A Durham couple is devastated after finding out a jewelry store lost their wedding set that cost thousands of dollars. When they couldn't get a resolution, the couple contacted Five On Your Side's Monica Laliberte for help. | | |
| 2:00 | 04/08/2016 | 5PM |
| Restaurants April 8 | | |
| What does it take for a restaurant to score a "C" for its sanitation grade twice in a row? Five On Your Side's Monica Laliberte shows us the restaurant where this happened. | | |
| 2:00 | 04/11/2016 | 5:30PM |
| Mattresses For Less | | |
| Five On Your Side's Monica Laliberte has options for those of you who think you need a new mattress, and a look at the costs to ensure a good night's sleep. | | |
| 2:00 | 04/12/2016 | 5:30PM |
| Juice Cleanses Examined | | |
| Have you ever tried a juice cleanse? It's a \$200 million dollar a year industry! Many users expect it'll help them lose weight or rejuvenate their bodies. Five On Your Side's Monica Laliberte shows us what you actually get. | | |
| 3:00 | 04/13/2016 | 6PM |
| Wake Property Tax Revaluation | | |
| A big change is coming for Wake County property owners - more frequent tax assessments. Those revaluations impact what you pay in property taxes. | | |
| 2:00 | 04/15/2016 | 5PM |
| April 15 Restaurants | | |
| Restaurants from all over Wake County are part of this week's health inspection report. Five On Your Side's Monica Laliberte shows us the places and the violations. | | |
| 2:00 | 04/18/2016 | 5PM |
| Maximizing Home Sale Price | | |
| Looking to sell your house? Now's the time in the Triangle. It's a seller's market and there's a specific buyer you might want to target – and those buyers are Millennials. | | |

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2:00	04/19/2016	4PM	Hidden Sugars in Your Food How much sugar have you eaten today? Probably a lot more than you think. Five On Your Side's Monica Laliberte shows us a lot of unexpected foods have added sugar.
2:00	04/20/2016	5PM	Kid Tracking Apps How great would it be if you could know where your kids are at all times just by checking your phone? Five On Your Side's Monica Laliberte shows us a couple of apps that let you do that.
2:00	04/22/2016	5PM	April 22 Restaurants Hand washing is critical especially in a restaurant. Yet, all the restaurants in tonight's weekly inspection report lost points because employees did not wash their hands!
4:30	04/28/2016	5PM	Car Tax Refund Ever sold, traded or totaled a car? If so, you may have missed out on money that's yours, even if you're moving to another state. Five On Your Side's Monica Laliberte shares more about a refund many of us don't realize is ours.
2:00	05/02/2016	5:30PM	Is Lead In Your Water? The water situation in Flint, Michigan certainly has a lot of people thinking about the dangers of lead, and wondering "is my water safe?" Five On Your Side's Monica Laliberte shows us what we can do at home to find out.
4:00	05/10/2016	5PM	Facebook Quizzes Your Facebook feed is full of updates, pictures, suggested articles and quizzes. Plenty of what's often called clickbait. Five On Your Side's Monica Laliberte explains why we all need to know what clickbait is and how it puts privacy at risk.
4:00	05/10/2016	6PM	Data Mining Every website, every article and every click when you're on the internet is tracked. Five On Your Side's Monica Laliberte has an eye-opening look at why and to what extent our every move is watched.
2:00	05/11/2016	4PM	Paying For College This is the time of year many high school seniors have to plunk down a deposit to the college of their choice. A big part of their decision often involves financial aid offers. Five on Your Side's Monica Laliberte offers some advice about how to figure it all out.
2:00	05/13/2016	5PM	Restaurants By Request May 13 We're all used to hearing about the best and worst scoring restaurants every Friday. This month we're switching it up a little so we can show some of the many restaurants that fall in between.

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2:00	05/16/2016	5:30PM
Overly Fortified Foods		
We all know a healthy diet, with a mix of essential nutrients, is the way to go. But could you be getting too much of a good thing? Five On Your Side's Monica Laliberte shares a caution.		
2:00	05/17/2016	5:30PM
Sunscreen Protection		
Based on test results released today, many sunscreens don't protect us as well as we think. Five On Your Side's Monica Laliberte explains the findings.		
4:00	05/19/2016	5PM
Credit Score Myths		
Everything from your insurance rates to your job goes back to your credit score. Turns out of lot of people don't know what it is or what goes into it. As Five On Your Side's Monica Laliberte explains, it's the one number we all need to be concerned about.		
2:00	05/19/2016	5:30PM
Wedding Savings		
We're moving into peak wedding season and anyone who has ever planned one knows they can be expensive! Five On Your Side's Monica Laliberte shares ways to save.		
2:00	05/20/2016	5PM
Restaurants By Request May 20		
You chose them and we checked them out. All this month, we're looking into some of your favorite Restaurants by Request.		
2:00	05/23/2016	5:30PM
Best Grills		
The summer grilling season is about to kick off! Is it time to buy a new grill? Before you shop, Five On Your Side's Monica Laliberte offers some advice.		
2:00	05/24/2016	4PM
Muscle Car Crash Tests		
Hear the term "muscle car" and most of us think, powerful American cars. But what about safety ratings? Five On Your Side's Monica Laliberte has interesting results from recent testing.		
2:00	05/24/2016	5PM
Insect Repellents		
Mention mosquitoes and talk of the Zika Virus is now what follows. The CDC just reported at least 279 pregnant women in the U.S. are now infected with Zika and at risk of their babies being born with birth defects. To find the best protection from mosquitoes, Five On Your Side's Monica Laliberte shares recently released test results on insect repellents.		
2:00	05/25/2016	4PM
How To Be A Good Patient		
Five On Your Side's Monica Laliberte shows us 5 steps we need to take to be great patients.		
2:00	05/25/2016	5:30PM
Primary Care Doctors		
Many health experts say finding a good primary care doctor should be a top priority. Five On Your Side's Monica Laliberte shares some important things to consider in choosing a doctor.		

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2:00	05/26/2016	5:30PM
Mosquito Clothing		
Concern over the Zika virus is growing and it has many of us taking mosquito protection very seriously. So what about clothes that promise protection? Five On Your Side's Monica Laliberte shows us whether they work and if they're worth buying!		
2:00	06/01/2016	5:30PM
Avoiding Unnecessary C-sections		
C-sections are the most common surgery across the U.S. Five On Your Side's Monica Laliberte shares a Consumer Reports investigation that found a woman's chances of having one depends a lot on her hospital.		
2:00	06/03/2016	5PM
June 3 Restaurants		
A "B" sanitation grade after getting two "C" grades is not what diners want to see. That is the case with the restaurant featured in this week's Five On Your Side restaurant report.		
3:00	06/06/2016	6PM
Takata Recall Still Waiting		
The long and frustrating wait drags on for tens of millions of people driving around with potentially defective Takata airbags. The latest numbers show out of the roughly 68 million expected to be recalled-- so far only about eight million have been "replaced". Five On Your Side heard from a number of viewers who are fed up with the wait and Monica Laliberte took these complaints to the source.		
2:00	06/07/2016	5:30PM
Smart Phone Batteries		
Beyond figuring out which phones have long lasting batteries, Consumer Reports also came up with ways to help any phone battery keep going. These results involve tests of more than 50 phones. Five On Your Side's Monica Laliberte Monica has the list.		
2:00	06/08/2016	5PM
Can You Trust Your Mechanic?		
You can't put a price on knowing you have a reliable, trustworthy mechanic. Not having one can cost you a lot of money and frustration. Five On Your Side's Monica Laliberte offers some advice on how not to get taken.		
2:00	06/10/2016	5PM
June 10 Restaurants		
This restaurant report focuses on letter "B" and features restaurants receiving this score. Five On Your Side's Monica Laliberte shows us what inspectors found in these Wake County restaurants.		
2:00	06/15/2016	5PM
Foreclosure Prevention Fund		
Divorce, a medical emergency or job loss -- any of those issues could turn your finances upside down and send you into foreclosure. Five On Your Side's Monica Laliberte tells us about a program that's already helped thousands of financially strapped North Carolinians keep their home.		
2:00	06/17/2016	5PM
June 17 Restaurants		
How long do you keep leftovers in your refrigerator? Restaurants are required to date foods they prepare and after a certain amount of time they must throw them away. As Five On Your Side's Monica Laliberte shows us, some area restaurants need to review those rules.		

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2:00 06/20/2016 5PM
Bike Helmets
Safety has to be priority number one when kids ride a bike. Accidents can happen in a split second. Annually, they send around 26,000 kids to the ER each year. Since bike helmets can help, Five On Your Side's Monica Laliberte shows us which ones top new safety tests.

2:00 06/24/2016 5PM
June 24 Restaurants
Sand in the ice machine, food that's not hot enough and bare hands are all violations that Five On Your Side's Monica Laliberte has in this week's restaurant inspection report.

2:00 06/30/2016 5PM
Best Buy Lawnmowers
Yard work can be a pain. However, the right equipment can make it easier, especially the right lawn mower. Five On Your Side's Monica Laliberte shares findings on lawn mowers that get the job done well.

EDUCATION

2:00 04/06/2016 ALL AM
Teacher of the Week - Rosanne Dickerson
Rosanne Dickerson, a teacher at Royal Elementary in Louisburg, is WRAL's Teacher of the Week for April 6, 2016.

2:00 04/08/2016 6PM
UNC President Against HB2
The statewide discrimination law that lawmakers passed last month could have a "chill" on University of North Carolina campuses, UNC President Margaret Spellings said Friday.

2:30 04/08/2016 11PM
UNC System President Speaks Out
UNC President Margaret Spellings told chancellors of the 17-campus system this week that they need to abide by a new state law requiring people to use bathrooms that correspond to their biological gender but said no anti-discrimination policies need to be changed.

2:00 04/13/2016 ALL AM
Teacher of the Week - Jennifer Jasinski
Jennifer Jasinski, a teacher at Gray's Creek Middle School, is WRAL's Teacher of the Week for April 13, 2016.

2:00 04/15/2016 6PM
Tenure for Veteran Teachers
The state Supreme Court ruled Friday that North Carolina lawmakers overstepped their powers when they tried to strip veteran teachers of their tenure rights.

2:00 04/18/2016 6PM
School Funding
School superintendents from across the state came together Monday to outline priorities for lawmakers who will convene next week. At the top of the list is improving morale.

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2:00 04/20/2016 6PM
 Teacher of the Week - Kim Zeugner
 Kim Zeugner, a teacher at Kingswood Elementary, is WRAL's Teacher of the Week for April 20, 2016.

30:00 04/26/2016 7:00PM
 WRAL Documentary - "Grading Teacher Pay"
 During the 1990's Governor Jim Hunt worked with Republicans and Democrats in the legislature to raise the average salary for public school teachers to the national average in an effort to attract and retain good teachers and improve education. Teacher salaries rose steadily until 2008, but after that our state's average teacher salary plummeted to 47th in the nation and is currently 42nd. The result, according to North Carolina's Superintendent of Education and local superintendents, has been high teacher turnover and teacher shortages. Many teachers have gone to other states for higher pay or have left the profession. Through interviews with teachers and policymakers this documentary examines the impact of low teacher pay, its relationship to educational quality and the debate over how much North Carolina's public school teachers should be paid.

The documentary is hosted by WRAL News anchor Renee Chou.

2:00 04/27/2016 6PM
 Teacher of the Week - Stephanie Perkins
 Stephanie Perkins, a teacher at Rocky Mount High School, is WRAL's Teacher of the Week for April 27, 2016.

2:00 05/02/2016 6PM
 U.S. Education Secretary Against HB2
 U.S. Education Secretary John King said he hopes North Carolina will repeal House Bill 2, but he declined to speculate on federal action in response to it.

2:00 05/03/2016 6PM
 Teachers Ask For Respect
 The state's largest teachers' association marked National Teacher's Day Tuesday by calling on Republican legislative leaders to "restore respect" for their profession.

2:00 05/04/2016 ALL AM
 Teacher of the Week - Jen Tymkin
 Jen Tymkin, a teacher at Hunter Elementary School, is WRAL's Teacher of the Week for May 4, 2016.

2:00 05/11/2016 11PM
 Teacher of the Week - Cle'andria Smith Boone
 Cle'Andria Smith-Boone, a teacher at S.C. Baskerville Elementary School, is WRAL's Teacher of the Week for May 11, 2016.

2:00 05/11/2016 6PM
 Education Funding and HB2
 Protests over House Bill 2 continued Wednesday night as critics say the bill could cost the state billions of dollars in education funding.

2:00 05/17/2016 6PM
 UNC System Doesn't Discriminate
 University of North Carolina system leaders insisted Tuesday that the 17-campus system doesn't violate anyone's civil rights, but yet they find themselves trying to negotiate a tricky position as the state and federal governments battle over the controversial House Bill 2.

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- 2:00 05/24/2016 6PM
Teacher Pay
 Senate Republicans say they want to raise teacher pay to \$54,224 over the next two years, but they gave few details about how they would pay for the plan.
- 2:00 05/25/2016 6PM
Teacher of the Week - Tanya Swanson
 Tanya Swanson, a teacher at Richland Creek Elementary School, is WRAL's Teacher of the Week for May 25.
- 2:00 05/25/2016 4PM
Tuition Cuts
 A proposal heading to the Senate floor would set in-state tuition at five University of North Carolina campuses at \$500 a semester for in-state students and would guarantee tuition for undergraduates at the other 11 UNC campuses wouldn't go up from the rate they pay as freshmen.
- 2:00 05/26/2016 6PM
UNC President Talks
 President Margaret Spellings said Thursday that she and other University of North Carolina administrators are working with state lawmakers to improve legislation that affects the 17-campus system.
- 2:00 06/01/2016 5:30PM
Teacher of the Week - Kristi Beasley
 Kristi Beasley, a teacher at Westview Elementary, is WRAL's Teacher of the Week for June 1, 2016.
- 2:00 06/01/2016 6PM
Traditional Math
 North Carolina would dump the state's current high school math curriculum in favor of a return to a "traditional" course of study that includes two years of algebra and a year of geometry.
- 2:00 06/02/2016 6PM
HBCU Tuition
 After a heated, emotional debate, senators voted Thursday to remove three historically black colleges and universities from a list of five UNC campuses slated for a tuition discount program.
- 2:00 06/02/2016 6PM
Tuition Appropriation
 Sen. Tom Apodaca, R-Henderson, says he will pull three historically black colleges from a list of UNC system schools where Senate budget writers want to charge \$500 per semester.
- 2:30 06/08/2016 NOON
Teacher of the Week - Miles Macleod
 Miles Macleod, a teacher at Heritage High School, is WRAL's Teacher of the Week for June 8, 2016.
- 2:00 06/11/2016 5PM
Charter School Funding
 House members say a measure that would let charter schools claim a greater share of certain grants and other funding coming to local school districts was poorly drafted.

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2:00 06/14/2016 6PM
 Year Round Schools
 A provision in the version of the state budget passed by the Senate earlier this month could force year-round schools in Durham, New Hanover and other counties to change their schedules.

2:00 06/15/2016 6PM
 High School Math Requirements
 After more than an hour of sometimes heated debate Wednesday, the Senate gave preliminary approval to a proposal to require public high schools to offer both a "traditional" math curriculum and an "integrated" course of study.

2:00 06/28/2016 5PM
 Education Budget
 Education tops debate during first Senate budget vote. The bill passed 33-16 Tuesday night and will remain on the calendar for a second vote Wednesday.

HEALTH

2:00 04/01/2016 5:30PM
 UNC Zika Virus
 Helen Lazear, Ph.D. is a leading authority on the mosquito-borne Zika virus. Dr. Mask interviewed Dr. Lazear about the history of the virus, the real risks of transmission and things the U.S. has in its favor that would reduce the spread once infected mosquitos arrive here.

2:00 04/04/2016 4PM
 Obesity Predictions
 A new report is taking a hard look at where growing obesity rates are headed, around the world. The news is especially bad for people here in the United States. Our Health Team's Dr. Allen Mask explains the findings.

2:00 04/05/2016 ALL AM
 Lower Cholesterol
 When you see your doctor for a physical, routine blood work may show unhealthy cholesterol levels. The prescription is typically exercising more and improving your diet. Dr. Allen Mask provides more helpful tips for dropping those numbers.

2:00 04/06/2016 5:30PM
 Rock And Roll Marathon
 The annual Rock and Roll Marathon will take place in below freezing temperatures. Dr. Allen Mask offers tips for running in cold weather, how to avoid dehydration and what to wear.

2:00 04/07/2016 5:30PM
 Alpha-Gal Allergy
 Many people develop a severe allergy to red meat that can take months or years to diagnose. Identifying the allergy can now be done through a simple blood test. As WRAL's Dr. Allen Mask tells us, a doctor with UNC was one of those who identified the source of the problem seven years ago.

2:00 04/08/2016 5:30PM
 Acid Reflux
 You may be able to enjoy your meal without the worry of the heartburn. However, there are many people who have to be cautious about every bite. As WRAL's Dr. Allen Mask explains, some people find what they thought was just heartburn is a more serious condition.

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2:00	04/12/2016	ALL AM
Coffee Benefits		
A recent study suggests that drinking two cups of coffee a day may help reduce the risk of cirrhosis of the liver. That condition causes more than a million deaths a year in the U.S. But as WRAL's Dr. Allen Mask explains, this study comes with a warning.		
2:00	04/13/2016	5:30PM
Nativity Students At Duke		
A classroom can only provide part of what students need to learn. That's why field trips are so important, especially when they inspire career goals. As WRAL's Dr. Allen Mask shows us, because of one outing, some Durham middle-schoolers are now choosing a career in medicine.		
2:00	04/14/2016	5:30PM
Scoliosis Low Dose CT Scan		
About 3% of children are diagnosed with scoliosis, or a curvature of the spine. Many of those children will need corrective braces and frequent x-rays. WRAL's Dr. Allen Mask explains, a new low dose x-ray greatly reduces health risks from all that radiation.		
2:00	04/15/2016	5:30PM
Feeding Disorders		
It's common for kids to be "picky" about what they eat, but many children have a more serious problem. They're called "feeding disorders" and they are a complex set of feeding and swallowing problems that impact normal feeding behavior development. Dr. Allen Mask explains how an intensive program can help children with this problem.		
2:00	04/18/2016	5:30PM
Waterborne Disease		
Now that warmer weather is here, the ocean isn't as chilly and more people will be taking trips to the coast. A few people were out today at Wrightsville Beach. But, as the water temperatures rise, so will the bacteria counts, increasing the threat of contracting a waterborne infection.		
30:00	04/18/2016	7:00PM
Rex on Call – Moms and Babies (Pregnancy, Fertility, and Caring for Newborns)		
Rex Hospital doctors answer viewers' health questions and share the latest medical breakthroughs.		
2:00	04/19/2016	ALL AM
Improving Memory		
What you eat and drink and how you treat your body can all affect your memory. Dr. Mask shares 5 things you can do to keep both your body and your mind sharp.		
2:00	04/20/2016	5:30PM
Child Dentures		
Parents know when their baby is teething because they cry, drool and put things in their mouth. However with a rare genetic condition, a child is missing some, or all of their teeth. As our Health Team's Dr. Allen Mask explains, there is help from special dentures.		

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2:00	04/21/2016	5:30PM
Diversity In Medicine		
There's a new national campaign aimed at increasing diversity in the medical profession. African Americans make up close to 13 percent of the U.S. population but they only represent 3 percent of all practicing physicians. WRAL's Dr. Allen Mask explains how local physicians are working to inspire more young black students to wear the white coat of healing.		
2:00	04/26/2016	ALL AM
Opioid Overdose		
Researchers at Boston Medical Center looked at 3,000 patients who had survived an opioid related overdose between 2000 and 2012. They found over 90% of these patients continued to receive these prescriptions even after their overdose. Upon following those patients over the next 300 days, an additional 7% of them overdosed a 2nd time. In a majority of cases, the researchers report that the same doctor wrote the opioid prescription before and after the first overdose.		
2:00	04/27/2016	5:30PM
Fibroid Tumors		
Women often face a different health issues that men don't. One that can hurt their quality of life which is "non-cancerous uterine fibroid tumors." As Dr. Allen Mask explains, a new 5 year study is aimed at finding the best way to help each patient and in a way that best suits their life goals.		
2:00	04/28/2016	5:30PM
Unvaccinated Kids		
Health officials are noticing a trend in parts of the country - more parents are choosing not to give their children recommended vaccinations. So experts are raising awareness to prevent the spread of disease. But as WRAL's Dr. Allen Mask explains, not all parents are on board.		
2:00	04/29/2016	5:30PM
Ovarian Cancer Drama		
A Pulitzer Prize winning drama opens tonight at the North Carolina Theater in Raleigh. It's called "Wit: A Story of Courage" and depicts one woman's experience of living and dying with ovarian cancer. Dr. Mask shares the stories of one woman who experienced ovarian cancer with her mother and another who experienced it, but only on stage.		
2:00	05/02/2016	5:30PM
Palestinian Gets Prosthetic Leg		
In the war torn Middle East, there are countless stories of suffering families and children, and the humanitarian efforts to help them. In this report, Dr. Allen Mask explains how a local group brought a Palestinian teenager to Raleigh to help him get back on his feet.		
2:00	05/03/2016	ALL AM
A Simple Cure		
Simply walking 4 to 5 days a week up to 45 minutes a day at a moderate to brisk pace can, over time, play a big role in reducing cholesterol, decreasing weight, strengthen the heart and lowering the risk of cancer.		
2:00	05/04/2016	5:30PM
Autism Genome		
It's a common diagnosis, yet doctors are still learning how to best treat children diagnosed with autism. A new national research project at UNC could help doctors better understand the cause and effects - leading to more targeted treatments. Dr. Allen Mask explains, this is the largest genetic research effort ever in the United States.		

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2:00 05/06/2016 5:30PM
FDA Decision On E-cigarettes
The FDA will be expanding its authority over all tobacco products. No industry will be affected more than e-cigarettes. Electronic cigarettes burst into the market in 2007 and by 2013, it became a \$2 billion dollar a year industry. As Dr. Allen Mask explains, a UNC researcher's work helped shape the new regulations.

2:00 05/10/2016 ALL AM
Opioid Addiction
Holly Hill Hospital in Raleigh is the largest private psychiatric and addictive disease treatment facility in the state. Psychiatrist Dr. Enrique Lopez says about 40% of their patient population come in with a dual diagnosis - where opioid addiction is part of what brought them to the hospital for treatment or it is part of their medical background. He says doctors as well as the patient's friends or family members need to play a bigger role in preventing an addiction crisis.

2:00 05/13/2016 5:30PM
Prevent Weight Gain
Gaining 2 pounds a year beginning at age 18 can add up to 30 extra pounds by your early 30's. It's part of the growing obesity epidemic in this country. As Dr. Allen Mask explains, a new study shows how to stop that pound by pound creep.

30:00 05/16/2016 7:00PM
Rex on Call – Heart and Vascular Health
Rex Hospital doctors answer viewers' health questions and share the latest medical breakthroughs.

2:00 05/17/2016 ALL AM
Bike Safety Helmets
May is Bicycle Safety Month. It's a time when you want to make sure your bike's tires are inflated properly - that the chain isn't too loose - and your brakes aren't worn down. Those safety measures still won't protect your head in a fall. According to Cleveland Clinic pediatrician Dr. Michael Macknin, wearing a helmet can prevent 85% of head and brain injuries.

3:00 05/18/2016 5PM
Bullying Effects
Bullying is something many people remember about school. Most students are merely "bystanders" - watching someone else suffer under the hurtful attacks. Some consider it just part of growing up. However, Dr. Allen Mask explains, those affected can suffer serious health consequences, even into adulthood.

2:00 05/20/2016 5:30PM
Pancreatic Cancer Survivor
A diagnosis of pancreatic cancer is among the most devastating a person can face. For most patients, once symptoms lead them to a doctor, the cancer has spread and the prognosis is bleak. Dr. Allen Mask tells us about one man who beat the odds.

2:00 05/24/2016 ALL AM
Stroke Awareness
Every 40 seconds in this country, someone has a stroke. It is a leading cause of death and disability. As WRAL's Dr. Allen Mask explains, fewer people suffer those long term effects if they recognize the symptoms and act quickly.

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2:00	05/26/2016	5:30PM
Type 2 Diabetes and Bariatric Surgery		
Dr. Mask says bariatric surgery is less invasive now. According to Dr. Francesco Rubino of King's College in London, the risk of death or serious side effects are similar to gall bladder operations or hysterectomies, which are routine. However, the surgery is a major decision in which patients need to commit to lifestyle changes and fixing their relationship with food.		
2:00	05/27/2016	5:30PM
Immobilization Blanket		
Preterm babies are two times more likely to have an adverse effect from sedation or anesthesia. That's according to a recent study published in The Journal of Pediatrics. That study also found those risks can continue up to 23 years of age. As WRAL's Dr. Allen Mask explains, Duke Children's Hospital is reducing that risk for many newborns.		
2:00	05/30/2016	5:30PM
Food Temperature		
Tips for our Memorial Day outdoor grillers - how to make sure your grilled meats are cooked to a safe temperature and what temperature is safe by the time grilled meats are consumed by family and friends.		
2:00	05/31/2016	ALL AM
Cancer Volunteer		
Surviving a life-threatening disease often changes a person's view on life. They may appreciate life more and place a higher value on family and friendships. WRAL's Dr. Allen Mask shows us how one cancer survivor turned his experience around to help others.		
2:00	06/15/2016	5:30PM
Parkinson's Disease and Ali Death		
Dr. Mask interviews a neurologist about the progression of Parkinson's disease - treatments that can minimize the symptoms - and what are the most common complications that eventually lead to death for patients like Muhammed Ali.		
2:00	06/16/2016	5PM
Zika Babies In The U.S.		
Dr. Mask discusses the recent news of three births in the U.S. of children born with defects related to the Zika virus which their mothers contracted outside of the U.S.; and how people can reduce their risk abroad and here in the U.S.		
2:00	06/17/2016	5:30PM
Dementia and Music		
A local man and physical therapist began a business partnership packaging specially enhanced music from the childhood of today's generations of dementia/Alzheimer's patients to improve cognitive function and quality of life.		
30:00	06/20/2016	7:00PM
Rex on Call – Heart Healthy Cook-Off		
Rex Hospital doctors answer viewers' health questions and share the latest medical breakthroughs.		
2:00	06/21/2016	ALL AM
Safe In Hot Temperatures		
Dr. Allen Mask discusses the health risks of high outdoor temperatures and how to recognize symptoms of heat injury. He explains when to call for emergency assistance and how to reduce your risk of heat related injury.		

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2:00 06/22/2016 5:30PM
Rio Travelers Immunization
 Doctors recommend that people who plan to travel to Rio de Janeiro, Brazil for the Olympics should update their immunizations and consider special vaccines to protect against regional health threats. Dr. Mask also discusses food safety practices and the potential dangers of moving about in Rio. WRAL's Debra Morgan receives her recommended vaccinations for her trip to cover the Olympics.

2:00 06/23/2016 5:30PM
Sleep Disorders
 Many people have sleep disorders like sleep apnea, but aren't aware of it. It can affect their overall health. Dr. Allen Mask discusses when people should speak to a sleep specialist and what therapy is available to solve sleep problems.

2:00 06/24/2016 5:30PM
Helmet Heads
 A pediatrician offers a special safety helmet demonstration for groups of children who may or may not routinely wear safety helmets when they bike or skate.

2:00 06/28/2016 ALL AM
FDA and Reducing Sodium
 The FDA recently requested that food manufacturers and major restaurant chains reduce the amount of sodium in their foods. Dr. Allen Mask also offers tips on reducing sodium in our diet

2:00 06/29/2016 5:30PM
Dementia Alzheimer' and Pat Summitt
 When we examine the broad term of dementia, about two-thirds of these cases are Alzheimer's disease. The majority of cases are diagnosed over the age of 65 which is why Pat Summitt's case was considered early. It is a degenerative disease in which close friends and family may be the first to notice symptoms.

2:00 06/30/2016 5:30PM
Over Use Injuries
 Orthopedics are seeing younger baseball players - mainly pitchers - come in needing surgery to repair shoulder and elbow injuries. A local orthopedic surgeon offers advice on reducing those injuries.

POLITICAL

2:00 04/01/2016 6PM
GOP Chair Troubles
 The North Carolina Republican Party's lawyer has sent a letter to state GOP Chairman Hasan Harnett accusing him of breaking rules and undermining the party's work.

2:00 04/02/2016 6PM
HB2 Opponents
 About 200 people gathered outside the North Carolina Governor's Mansion Saturday afternoon, the latest in a series of protests against a new statewide anti-discrimination law that fails to protect people based on sexual preference or gender identity.

60:00 04/03/2016 10AM
"Meet the Press with Chuck Todd"
 Sunday exclusive with Hillary Clinton, Presidential Candidate, Reince Priebus, Chairman, Republican National Convention and Sen. Ron Johnson (R-Wis), Chairman/Committee on Homeland Security and

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2:00 McCrory In National Spotlight Gov. Pat McCrory fiercely defended a new law that sets North Carolina's discrimination policy during a Sunday morning interview on NBC's "Meet the Press," saying government shouldn't interfere with how businesses treat their employees and customers.	04/17/2016	6PM
2:00 Redistricting Two professors say North Carolina's growing population could mean big changes for state politics in the coming years.	04/19/2016	11PM
2:00 HB2 Loyalty Pledge A coalition of religious groups that pressed the General Assembly to pass House Bill 2 last month quickly scrapped a plan Wednesday to have state lawmakers sign a pledge to support it.	04/20/2016	6PM
2:00 Congressional Districts Duke University's Sanford School and Common Cause have assembled a bipartisan panel to draw new congressional districts as if they were an independent redistricting commission.	04/21/2016	6PM
2:00 Budget Proposal Gov. Pat McCrory on Friday outlined a proposed \$22.3 billion state budget for 2016-17, which he plans to give to lawmakers when they convene in Raleigh next week.	04/22/2016	6PM
60:00 "Meet the Press with Chuck Todd" New Pennsylvania poll numbers from NBC News/Wall Street Journal/Marist and a Sunday exclusive with Sen. Bernie Sanders (I-Vt.), Presidential Candidate, Fmr. Sen. Bob Graham (D-Fla.), Katie Packer, Chair of Leading Anti-Trump Group, "Our Principles PAC"; Founder, Burning Glass Consulting and Michael Steele, Former Chair, Republican National Committee; MSNBC Political Analyst. Also at the roundtable for insight and analysis; Jose Diaz-Balart, Anchor, NBC News and MSNBC; Anchor, Telemundo's "Noticiero Telemundo" and "Enfoque" Nicolle Wallace, Former White House Communications Director; NBC News Political Analyst, Robert Costa, National Political Reporter, The Washington Post, and Joy-Ann Reid, MSNBC National Correspondent.	04/24/2016	10AM
2:30 Mental Health Push for HB2 Repeal More than 150 mental health professionals across North Carolina sent a letter to Gov. Pat McCrory on Friday, seeking a repeal of a new state law they say "has created a climate of fear and confusion" among transgender people.	04/24/2016	6PM
2:00 GOP Harnett Asked To Step Down Seven former chairman of North Carolina's Republican Party are calling for the ouster of the current GOP chairman, Hasan Harnett.	04/25/2016	6PM
2:00	04/26/2016	6PM

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New Voter ID

The NAACP and the American Civil Liberties Union said Tuesday that they will appeal a federal judge's ruling upholding changes to North Carolina's election laws, including a requirement that voters show photo identification at the polls.

2:00 04/26/2016 6PM

HB2 Protests Heat Up

State lawmakers returned to Raleigh on Monday night to formally begin their 2016 legislative session, but only after a day of sound and fury over action the lawmakers took a month ago.

2:00 04/27/2016 6PM

HB2 and Faith Leaders

The chorus to repeal a North Carolina law that prohibits discrimination protections from being extended to gay and transgender people is growing among religious leaders across the state.

2:00 04/28/2016 6PM

New Election for Donors

The Federal Elections Commission says candidates can raise more money for the June 7 primary from the same donors who gave to them for the March 15 primary.

60:00 05/01/2016 10AM

"Meet the Press with Chuck Todd"

New Indiana poll numbers from NBC News/Wall Street Journal/Marist and a Sunday exclusive with Sen. Ted Cruz (R-Texas), Presidential Candidate and CIA Director John Brennan. Roundtable guests included; Ron Fournier, Senior Political Columnist, National Journal; Author, "Love That Boy", Tom Friedman, Columnist, The New York Times, Doris Kearns Goodwin, American Biographer; Author, "Lyndon Johnson and the American Dream" and Kristen Welker, NBC News White House Correspondent.

2:00 05/02/2016 6PM

Hayes Says Words Twisted

Jim Womack defended Hasan Harnett against Republican leaders' efforts to remove him as chairman of the state Republican Party. He says new Chairman Robin Hayes "twisted" his words when summarizing their meeting to reporters.

2:00 05/04/2016 6PM

NC Leaders for Trump

Leaders of the state's Republican and Democratic parties say having Donald Trump as the GOP presidential nominee will energize their voters in November.

2:00 05/04/2016 11PM

Roy Cooper Against Trump

Attorney General Roy Cooper, the Democrat running for North Carolina governor, says House Bill 2 is costing the state jobs. When asked about Donald Trump being the presumptive Republican presidential nominee, he called the businessman divisive.

2:00 05/05/2016 11PM

Debate Preview

The three Republicans vying to represent North Carolina's 2nd Congressional District have agreed to participate in a May 19 debate hosted and broadcast live by WRAL News.

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2:00	05/06/2016	6PM
Roy Cooper Complaint A Superior Court judge ruled Friday that a Raleigh lawyer cannot force the North Carolina State Bar to investigate his misconduct complaint against Attorney General Roy Cooper, the Democratic candidate for governor.		
2:00	05/06/2016	6PM
HB2 North Carolina officials are still trying to determine the stakes in a possible showdown with the federal government over a state law that the U.S. Department of Justice says violates the civil rights of transgender state workers and students.		
60:00	05/08/2016	10AM
"Meet the Press with Chuck Todd" Sunday exclusive with Donald Trump, Presidential Candidate and Sen. Jeff Flake (R-Ariz.). Also at the roundtable for analysis and insight; Matt Bai, National Political Columnist, Yahoo! News, Kellyanne Conway, Republican Strategist & Pollster, Eugene Robinson, Columnist, The Washington Post and Andrea Mitchell, Chief Foreign Affairs Correspondent, NBC News.		
2:00	05/09/2016	6PM
House Bill 2 Court Filings Three court actions over House Bill 2 were filed within six hours of each other Monday, with Gov. Pat McCrory and legislative leaders seeking judicial defense of the controversial law and the U.S. Department of Justice seeking a ruling to halt its enforcement.		
2:00	05/10/2016	6PM
Bill for Light Rail A last-minute budget provision caps state funding for light rail projects at \$500,000. A bill to remove that cap would revive the prospects for a light rail line in the Triangle.		
2:00	05/11/2016	6PM
LGBT Rights Bill Democratic House lawmakers seeking the repeal of House Bill 2 have filed a proposal to extend civil rights protections to LGBT North Carolinians.		
2:00	05/13/2016	6PM
Justice Department House Bill 2 The U.S. Justice Department has sued Gov. Pat McCrory and the state of North Carolina to block the bathroom provisions of North Carolina's House Bill 2.		
2:00	05/14/2016	6PM
Law Against Drunk Boating The House voted unanimously Thursday to increase the penalty for seriously injuring or killing a person while boating while impaired.		
2:00	05/15/2016	6PM
Budget The House quickly moved its proposed \$22.2 billion budget for 2016-17 to the Senate on Thursday, giving it final approval with a 103-12 vote.		

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3:00	05/17/2016	6PM
<p>Moral Monday "Moral Monday" demonstrators have targeted everything from voting rights to teacher pay to unemployment compensation over the past three years. With House Bill 2 making headlines nationwide in recent weeks, the homegrown legislative protest movement has added the controversial state law to its list of targets.</p>		
2:00	05/18/2016	6PM
<p>Debate Plans Attorney General Roy Cooper says he has accepted invitations to at least four debates and forums. Governor Pat McCrory says he has accepted two of the same invitations and would like to have at least four televised debates.</p>		
2:00	05/18/2016	6PM
<p>Republicans in District 2 A trio of Republican candidates for the 2nd Congressional District are making the case to voters that they are the most conservative. The group features two sitting U.S. House members, Renee Ellmers and George Holding, and a Cary doctor who has twice run for U.S. Senate.</p>		
60:00	05/22/2016	10AM
<p>"Meet the Press with Chuck Todd" New national poll numbers from NBC News/Wall Street Journal and a Sunday exclusive with former Sec. Hillary Clinton, Presidential Candidate and Mark Cuban, Entrepreneur; Owner, Dallas Mavericks. Also at the roundtable for analysis and insight; Helene Cooper, Pentagon Correspondent, The New York Times, Robert Draper, Correspondent, GQ; Contributor, The New York Times Magazine, Joy Reid, MSNBC Political Analyst, Host of "AM Joy" and Alex Castellanos, Republican Strategist; Co-Founder, Purple Strategies.</p>		
2:30	05/24/2016	6PM
<p>Tax Cut Provision State senators voted unanimously Tuesday to approve a plan to increase the state's standard income tax deduction more quickly than House lawmakers recently proposed.</p>		
2:00	05/25/2016	5PM
<p>Lengthy Budget Deal Expected Despite rumors that the General Assembly could adjourn the 2016 session by mid-June, differences are already appearing between the House and the Senate spending plans that portend lengthy negotiations.</p>		
2:00	05/25/2016	11PM
<p>Coal Ash Plan One day after a new plan surfaced for cleaning up dozens of coal ash ponds across North Carolina, the House approved the proposal Wednesday.</p>		
2:00	05/27/2016	6PM
<p>Durham Primary Ballots Mishandled The Durham County Board of Elections said Friday that it's up to state officials to determine whether to certify March primary results, but it's "not unreasonable" to order a new primary for the county Board of Commissioners after hundreds of ballots were mishandled.</p>		

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3:00 HB2 Lawsuits University of North Carolina officials on Friday hired two elite law firms to defend the 17-campus system against a federal lawsuit over House Bill 2 and asked Attorney General Roy Cooper to pick up the tab.	05/27/2016	6PM
2:00 McCrory On Transgender People Gov. Pat McCrory says Congress needs to bring "clarity" to issues surrounding the use of bathrooms and locker rooms by transgender individuals.	05/27/2016	6PM
2:00 Voter ID Although a small portion of those who voted in the March primary ran afoul of new voter ID rules, advocates worry that November's election could create bigger problems.	05/27/2016	5PM
60:00 "Meet the Press with Chuck Todd" Sunday exclusive with Sen. Bernie Sanders (I-Vt.), Presidential Candidate and former Gov. Arnold Schwarzenegger (R-Ca.). Roundtable guests included; Kellyanne Conway, Republican Strategist & Pollster, Robert Costa, National Political Reporter, The Washington Post, Gerald Seib, Washington Bureau Chief, The Wall Street Journal, and Neera Tanden President, Center for American Progress	05/29/2016	10:03AM
2:00 Canvassing Meeting For March Primary The state Board of Elections will hold its canvassing meeting for the March 15 primary and sort out the case of mishandled ballots in Durham. At the General Assembly, senators are expected to unveil their budget at some point Tuesday.	05/30/2016	6PM
2:00 Coal Ash Clean Up A bill that would reconstitute a commission designed to oversee coal ash cleanup in the state is heading to Gov. Pat McCrory, who has already vowed to veto it.	05/31/2016	11PM
2:00 Durham Primary Scores of Durham County ballots that weren't counted in the March primary were tallied Tuesday, and state officials said hundreds of other voters would be allowed to cast their ballots again because of mistakes by county elections workers.	06/01/2016	6PM
2:30 NC Defense of HB2 Gov. Pat McCrory's office said Thursday that his administration plans to handle the state's defense against a federal lawsuit over House Bill 2.	06/02/2016	5PM
2:00 Congressional Map A panel of three federal judges on Thursday rejected complaints over a new congressional district map that state lawmakers drew in February after the judges ruled the previous map was unconstitutional.	06/03/2016	6PM

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2:00	06/04/2016	4PM
Trump Endorses Ellmers		
Republican 2nd District Congresswoman Renee Ellmers was the first woman in Congress to endorse Donald Trump's presidential bid. Now, he's returning the favor.		
60:00	06/05/2016	10AM
"Meet the Press with Chuck Todd"		
Special coverage "Remembering Muhammad Ali" with program guests; Bob Costas, NBC Sports and Bryant Gumbel, Host, HBO's "Real Sports". Other show guests included; Senate Majority Leader Mitch McConnell (R-Ky.) and Former New Mexico Gov. Gary Johnson, Presidential Nominee for the Libertarian Party. Also at the roundtable for analysis and insight; Andrea Mitchell, Chief Foreign Affairs Correspondent, NBC News; Host, MSNBC's "Andrea Mitchell Reports", Ron Fournier, Senior Political Columnist, National Journal, Rep. Donna Edwards (D-MD), and Lanhee Chen, Fellow, The Hoover Institute; Former Advisor to Romney 2012 and Rubio 2016 Campaigns.		
2:00	06/07/2016	4PM
Another Primary Day		
While some voters headed to the polls Tuesday to narrow the field for who will represent North Carolina on Capitol Hill, state lawmakers were busy handling other matters on Jones Street.		
2:00	06/07/2016	6PM
Body Cam Bill		
A bill that would prevent video from police body cameras and dashboard cameras from disclosure under state public records laws cleared a House committee Wednesday and could be on the House floor by next week.		
2:00	06/07/2016	11PM
Governor Backs Trump		
North Carolina Gov. Pat McCrory says he will back Donald Trump's campaign for president.		
2:00	06/08/2016	11PM
Zip line Accident Legislation		
A year after a 12-year-old died in a zip line accident in the North Carolina mountains, state lawmakers are considering increased regulations for the courses that send people flying down a wire to which they're harnessed.		
2:30	06/08/2016	6PM
Undocumented Workers ID Law		
A bill that passed the House Regulatory Reform Committee on Wednesday would ban law enforcement agencies from recognizing community-based or other non-state-issued identification cards.		
2:00	06/08/2016	5PM
Ellmers Loses		
Congressman George Holding has won his showdown against fellow Congresswoman Renee Ellmers in North Carolina's 2nd Congressional District Republican primary.		
2:00	06/10/2016	6PM
Coal Ash Veto		
A spokeswoman for the state Senate says lawmakers are trying to avoid a legal battle over the proposed law.		

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2:00 Rollback of HB2 While small groups have worked on a rollback to House Bill 2, there doesn't appear to be any commitment from House or Senate leaders to move forward. Critics of the bill says anything short of repeal is inadequate.	06/11/2016	6PM
16:00 "Meet the Press with Chuck Todd" Presidential candidate Sen. Bernie Sanders (I-Vt.) and Sen. Jeff Flake (R-Ariz.) react to the Orlando shooting, now the deadliest mass shooting in U.S. history. Joining the roundtable for insight and analysis were NBC News' Tom Brokaw; radio talk show host Hugh Hewitt; MSNBC's Joy Reid; and The Cook Political Report's Amy Walter.	06/12/2016	10AM (program interrupted)
3:00 Senate Recycling Senators approved a measure that would end the requirement that cities and counties host electronics recycling programs. The same bill would limit the imposition of regulations that would cost more than \$100 million over five years	06/13/2016	11PM
2:00 Constitutional Cap A key state Senate committee voted Tuesday to approve a constitutional amendment that would lower the cap on the state's income tax to 5.5 percent. Voters would be asked to weigh in on the measure on the ballot in November.	06/14/2016	11PM
2:00 House and State Budgets House and Senate negotiators will have to bridge gaps on taxes, education spending and compromise on policy.	06/15/2016	11PM
2:00 Senate Wind Energy By a 41-5 vote Thursday, state senators gave preliminary approval to ban wind energy projects in areas of eastern North Carolina used for military training flights.	06/16/2016	6PM
2:00 Clinton Airs Political Ads With the Nov. 8 election still almost five months away, the presidential campaign is quickly picking up steam in North Carolina.	06/17/2016	6PM
60:00 "Meet the Press with Chuck Todd" Sunday exclusive with House Speaker Paul Ryan and Attorney General Loretta Lynch. Roundtable guests included; José Díaz-Balart, Anchor, NBC News and MSNBC; Anchor, Telemundo's "Noticiero Telemundo" and "Enfoque", Mark Halperin, Managing Editor, Bloomberg Politics; Contributor, MSNBC, Gwen Ifill, Moderator & Managing Editor, PBS "Washington Week"; Co-anchor & Managing Editor, PBS "NewsHour", and Katy Tur, Foreign Correspondent, NBC News.	06/19/2016	10AM
2:00 Beach Bingo Bill A bill that would regulate so-called "beach bingo" is headed for the desk of Gov. Pat McCrory after gaining final House approval Monday night.	06/20/2016	11PM

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2:00	06/22/2016	11PM
<p>Raleigh Clinton Rally Presumptive Democratic presidential nominee Hillary Clinton rallied her supporters Wednesday afternoon with a wide-ranging speech at the North Carolina State Fairgrounds Expo Center.</p>		
2:00	06/23/2016	11PM
<p>Gun Sales Watch List Members of the North Carolina Senate are calling on Republican leaders to ban gun sales to those on the federal terrorism watch list, an echo of federal proposals that are now the subject of debate in Washington, D.C.</p>		
2:00	06/24/2016	11PM
<p>Failing Schools The Senate Education Committee has signed off on a bill that would create a statewide "achievement school district" to take over failing schools.</p>		
52:00	06/24/2016	11:24AM
<p>Cooper - McCrory Debate Gubernatorial Debate featuring Republican Gov. Pat McCrory and Democratic Attorney General Roy Cooper. Hosted by the North Carolina Bar Association in Charlotte, NC. WRAL News Anchor Gerald Owens was a panelist.</p>		
2:00	06/24/2016	11PM
<p>Cooper - McCrory Debate Follow-up Republican Gov. Pat McCrory and Democratic Attorney General Roy Cooper gave a glimpse Friday of the charges and counter-charges North Carolina residents can expect to hear over the next four-plus months as the men battle to win the gubernatorial race in the November election.</p>		
60:00	06/26/2016	10AM
<p>"Meet the Press with Chuck Todd" Sunday exclusive with Sen. Tim Kaine (D-VA), Paul Manafort, Senior Advisor, Trump Campaign, and David Miliband, President & CEO, The International Rescue Committee; Former British Foreign Secretary. Roundtable guests included; Doris Kearns Goodwin, Presidential Historian; Author, "Lyndon Johnson and the American Dream", Kimberley Strassel, Columnist, The Wall Street Journal, Helene Cooper, Pentagon Correspondent, The New York Times, and Chris Cillizza, Political Reporter, The Washington Post.</p>		
3:00	06/27/2016	6PM
<p>Unaffiliated Voters The number of unaffiliated voters in North Carolina rivals the number of registered Republicans, but state rules make it difficult for any of those unaffiliated to run for political office.</p>		
2:00	06/27/2016	6PM
<p>Senate Budget Senators will take a second vote on the state budget. Committees are scheduled to continue working on legislation in advance of a possible Saturday adjournment.</p>		
2:00	06/27/2016	11PM
<p>NC Redistricting The U.S. Supreme Court has given notice it will take up North Carolina's congressional redistricting plan. Legal action in the case forced the state to hold an unusual June primary this year.</p>		

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2:00 Immigration Crackdown Immigrant rights activists appeared with Democratic lawmakers and local leaders at the legislature Tuesday, calling on state lawmakers to halt the speedy progress of House Bill 100.	06/28/2016	4PM
2:00 HB2 and The Legislative Session As lawmakers eye the exit, House Bill 2 continues to loom over the waning days of the legislative session.	06/28/2016	6PM
2:00 Coal Ash A new legislative effort to clean up coal ash eases requirements for Duke Energy to remove the hazard-laden substance from unlined pits.	06/28/2016	6PM
2:00 Grand Jury Investigations Attorney General Roy Cooper and other prosecutors have long sought the power to pursue political corruption cases through grand juries. Senators call that idea "dangerous."	06/28/2016	11PM
2:00 HB2 Litigation Lawmakers set aside \$500,000 for HB2 litigation. Budget writers say Gov. Pat McCrory asked for the money to help defend the state against legal action over House Bill 2.	06/28/2016	11PM
2:00 HB2 Adjustment After talking behind closed doors for hours Thursday, House Republicans said the prospect of passing legislation to appease some of the concerns with House Bill 2 is slim.	06/29/2016	6PM
2:00 Lead Testing A measure that would require the state to test the water in schools for lead cleared the state House. The same measure would allow the state to regulate water parks such as the U.S. National Whitewater Center in Charlotte.	06/30/2016	6PM
2:00 Legislative Budget On a day when the House gave preliminary approval to the proposed \$22.34 billion state budget and gave final approval to compromise legislation on coal ash cleanup, House Bill 2 continued to dominate discussions.	06/30/2016	6PM

PUBLIC AFFAIRS

30:00 On the Record: Lt. Gov. Defends HB2 Lt. Gov. Dan Forest explains the administration's concerns that led to the state's new anti-discrimination law.	04/02/2016	7:00PM
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30:00 NC SPIN	04/03/2016	6:30AM
This week's show looks ahead to the short session of the legislature that will convene April 25th and assesses new UNC President Margaret Spellings' first few weeks and a controversy regarding admissions. We also examine the new Department of Health and Human Services proposal for Medicaid reforms.		
30:00	04/09/2016	7:00PM
On the Record: Transgender People Speak Out On HB2 Transgender people discuss North Carolina's controversial discrimination law, House Bill 2.		
30:00 NC SPIN	04/09/2016	7:30PM
This week's show includes the ongoing discussion about House Bill 2, the so-called "bathroom bill". We also take a look at the April 15th tax deadline, our state economy and we discuss whether we need two or more political parties.		
30:00	04/16/2016	7:00PM
On the Record: Remembering 4/16 WRAL Chief Meteorologist and meteorologists Nate Johnson and Mike Maze discuss the fifth anniversary of April 16, 2011, when dozens of tornadoes touched down across the state, killing 24 people.		
30:00 NC SPIN	04/17/2016	6:30AM
This week we discuss Governor McCrory's Executive order regarding HB2, his proposal to raise teacher pay to an average of \$50,000 per year and include discussions on whether it is time to raise unemployment benefits.		
30:00	04/23/2016	7:00PM
On the Record: Christopher Brook Addresses HB2 Christopher Brook, the Legal Director for the American Civil Liberties Union of North Carolina, joined WRAL's David Crabtree and Laura Leslie to discuss HB2.		
30:00 NC SPIN	04/24/2016	6:30AM
This week we discuss the upcoming legislative session, court cases involving judicial elections and redistricting, and state licensure requirements.		
30:00	04/30/2016	7:00PM
On the Record: North Carolina Lags Behind In Teacher Pay On the Record continues the discussion about teacher pay after a WRAL documentary found that North Carolina educators are among the lowest-paid in the country.		
30:00 NC SPIN	05/01/2016	6:30AM
A discussion about several topics to include; the federal judge's ruling affirming voter identification, the Governor's proposed budget and an update on politics in North Carolina.		
30:00 NC SPIN	05/08/2016	6:30AM
This week's show uncovers the spin and blame associated with HB2. We also discuss the November elections and ask whether Obamacare is on a death spiral.		

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30:00	05/15/2016	6:30AM
NC SPIN		
In this week's program we review all the lawsuits over HB2, decreased choices but increased prices for Obamacare, and talk about progress on the state budget deliberations.		
30:00	05/22/2016	6:30AM
NC SPIN		
In this week's show, we talk about the House budget, then move to the more interesting June primary Congressional races and the Supreme Court primary.		
30:00	05/28/2016	7:00PM
On the Record: Veterans Entering Transition		
On the Record talks with the CEO of Veterans Entering Transition, a non-profit organization committed to empowering exiting military and veterans with the tools to create fulfilling careers, healthy family lives and supportive community environments.		
30:00	05/28/2016	7:30PM
NC SPIN		
North Carolina has been the subject of controversy since Charlotte passed an ordinance requiring transgendered bathrooms and the legislature responded with HB2. For some weeks there have been behind-the-scenes conversations about how to compromise this lingering issue that has cost of our millions in revenues. A proposed deal between legislative leaders and Charlotte leaders offered some hope that this ordeal might be getting close to resolution. Charlotte was to repeal their ordinance in exchange for the legislature repealing parts of HB2. But hours before a City Council meeting Charlotte leaders took the item off their Monday agenda.		
30:00	06/04/2016	7:00PM
On the Record: Computer Glitch, Affordable Care Act Trouble Blue Cross Blue Shield		
Blue Cross Blue Shield of North Carolina insures about 3.8 million of the 10 million people in the state. BCBSNC President Brad Wilson talks about recent operational problems, the Affordable Care Act and preventative care in "On the Record."		
30:00	06/05/2016	6:30AM
NC SPIN		
In this week's program, our discussion includes; a new proposal to offer reduced college tuition at some of our public universities, Justice I. Beverly Lake's reversal in opinion on the death penalty and a proposal for reduced restrictions for unaffiliated candidates to run for public office.		
30:00	06/11/2016	7:30PM
On the Record: Differences Remain In House, Senate Budgets		
On the Record examines the differences in the new \$22 billion state budgets passed by the state House and Senate.		
30:00	06/12/2016	6:30AM
NC SPIN		
In this week's show we look at the outcomes and reasons behind the June 7th Primary Elections. We also review the Senate budget, differences from the one passed by the House and when we might expect final passage, and finally we discuss the House bill to establish Achievement School Districts.		

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30:00 06/18/2016 7:00PM
 On the Record: Reynolds, Woodhouse Discuss Voter Turnout, NC's Role In Presidential Race
 Kimberly Reynolds, executive director of the North Carolina Democratic Party, and Dallas Woodhouse, executive director of the state's Republican Party, join On the Record to discuss voter turnout from Tuesday's primary and how much North Carolina will matter in the presidential race.

30:00 06/19/2016 6:30AM
 NC SPIN
 This week's show includes discussion about proposed constitutional amendments, court decisions on property rights and cyberbullying and a discussion as to which math curriculum is the right answer for NC students.

30:00 06/25/2016 7:00PM
 On the Record: Opinions Differ on Coverage of Orlando Massacre, Shooter
 On the Record looks at how the news industry covers tragedy.

30:00 06/26/2016 6:30AM
 NC SPIN
 On this program we discuss election laws back in federal court, an interesting analysis of North Carolina's electorate and how rural counties can provide needed classrooms.

SPECIALS/SPECIAL REPORTS

30:00 04/01/2016 7:00PM
 Final Four Special
 WRAL aired a live half-hour special at 7PM on the UNC men's basketball team playing in the semi-finals of the NCAA Championship. Hoops Headquarters: Tar Heels in Houston was anchored live by Jeff Gravley and Ken Smith.

30:00 04/04/2016 7:00PM
 Final Four Special
 WRAL aired a live half-hour special on the UNC men's basketball team playing for the National Championship. Hoops Headquarters: Tar Heels in Houston was anchored live by Jeff Gravley and Ken Smith.

2:30 04/07/2016 6PM
 5 News Investigates - Eric Leak Forfeiture
 Continuing investigation into a possible runner for sports agents and his dealings with local athletes. This story focused on the civil forfeiture of his house for possible Medicaid fraud

30:00 04/21/2016 7:00PM
 Tar Heel Traveler Special
 Scott Mason has met goats and squirrels on his travels and llamas and fish and elk and bears. Even a few dogs, too. And every animal has a story, sometimes poignant, occasionally funny, and always fascinating.

2:45 04/13/2016 ALL PM
 5 News Investigates - Cherry Hospital Delays
 Follow up to major construction delays at Cherry Hospital Mental Health Hospital. Lawmakers now call for accountability from Department of Health and Human Services and contractor.

WRAL-TV5 Issues/Programs Quarterly Report
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3:00	05/03/2016	5PM
5 News Investigates - Cumberland Clerk A high paid, elected official and her questionable attendance at work.		
2:00	05/06/2016	6PM
5 News Investigates - Central Prison Investigation Top managers of Central Prison's pharmacy reassigned due to possible missing drugs.		
3:30	05/12/2016	5PM
5 News Investigates - School Polluter School bus depot in Orange County is one of the county's most historical polluters - even putting the brakes on major developments.		
2:30	05/17/2016	5PM
5 News Investigates - Repeat Drunk Driver Local woman gets her 8th DWI, yet we catch her still driving. A look at what the system can do to keep these repeat offenders off the road.		
2:00	05/18/2016	5PM
5 News Investigates - Repeat Drunk Driver Court Court appearance for repeat drunk driver and interview with DA who raised bond and charges following our special report.		
2:30	05/19/2016	ALL PM
5 News Investigates - Leak Search Warrants Search warrants for Eric Leak's house reveal new concerns agents have about his possible connections to local athletes and whether he violated state laws when contacting them.		
60:00	05/19/2016	7:00PM
2nd Congressional District Debate Ahead of the special June 7 primary, WRAL produced a live one-hour debate of the three Republican candidates vying for the 2nd Congressional District of NC. Moderated by David Crabtree.		
3:00	05/25/2016	5PM
5 News Investigates - VA Hospital Trouble WRAL continues to shine the light on poor service provided by the VA to local veterans who need medical help.		
2 Hours	05/26/2016	9:00PM
NBC Special: Red Nose Day Host Craig Ferguson and a star-studded cast of Hollywood favorites come together to have fun, raise money and change the lives of kids who need our help the most in "The Red Nose Day Special" on NBC. The special features hilarious comedy, incredible music performances from popular artists and short, compelling films shedding light on children in need here at home and around the world. Red Nose Day launched in the U.S. in 2015 as a special day to come together, have fun and make a difference for kids who are most in need. In its inaugural year in America, more than \$23 million was raised for the Red Nose Day Fund, with the money now at work in all 50 states across America and 15 countries internationally through programs to keep children and young people safe, healthy and educated.		

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Red Nose Day was built upon the foundation that the power of entertainment and celebrities can help raise money and awareness of poverty to save and change millions of lives.

30:00 06/02/2016 7:00PM
WRAL Documentary - "Welcome to North Carolina"
They came here fleeing violence and oppression in Iraq to find freedom and a better life in North Carolina. That's the story an Iraqi family tells in the new WRAL Documentary "Welcome to North Carolina". The documentary follows a couple and their two children fleeing Baghdad to live in Raleigh, from their arrival at RDU International Airport to the help they get from a local refugee agency to get settled in their new home. Through interviews with experts the documentary also outlines the vetting process for refugees and looks at some of the controversy surrounding refugees from the Middle East coming to the US and North Carolina. "Welcome to North Carolina" is hosted by WRAL News anchor Debra Morgan.

30:00 06/09/2016 7:00PM
WRAL Documentary - "Transformed"
In a new WRAL Documentary, "Transformed," we follow a transgender man and woman and explore their everyday challenges. They discuss the relief, stress, and hard work that comes with transitioning. They describe what it's like to experience moments of depression, fear and rejection. And they talk about House Bill 2. For some, the struggles begin early in life. The documentary introduces us to a transgender teenager, his family and a place where they can go for help.

2:30 06/20/2016 5PM
5 News Investigates - Tax Fraud Scheme
WRAL Investigates highlights a multi-million dollar tax fraud scheme using fake addresses, fake ID's and fake children to get tax credits.

OTHER

Campaign 2016 Updates –

5/03/2016 7:00PM-7:01PM
5/03/2016 8:43PM-8:44PM
5/03/2016 9:15:00PM-9:15:55PM

Decision 2016 Update –

5/10/2016 7:30PM-7:31PM

WRAL News Special Reports --

WRAL Special Report - UNC Returns From Houston (1:35)
Tue 04/05/2016 03:04:42 - 03:06:17 PM

WRAL Special Report - Governor's Press Conference Regarding HB2 Lawsuit (12:36)
Mon 05/09/2016 01:05:44 - 01:18:20 PM

WRAL Special Report - Verdict in Melton Case (1:12)
Tue 06/21/2016 11:47:09 - 11:48:21 AM

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NBC News Special Reports --

NBC News Special Report - Election Update (1:00)

Tue 04/05/2016 09:26:50 - 09:27:50 PM

NBC News Special Report - Announcement of Musician Prince's Death (1:45)

Thu 04/21/2016 01:23:05 - 01:24:50 PM

NBC News Special Report - Plane Crash in Egypt (3:00)

Thu 05/19/2016 09:15:10 - 09:18:10 AM

NBC News Special Report - Mass Shooting In Orlando (5:16:00)

Sun 06/12/2016 10:16:00 - 03:32:00 PM

NBC News Special Report - Update on Orlando Shooting (1:20)

Sun 06/12/2016 09:09:20 - 09:10:40 PM

NBC News Special Report - Update on Shooting In Orlando (6:00)

Mon 06/13/2016 07:30:00 - 07:36:00 AM

NBC News Special Report - President Addresses Orlando Shooting (18:00)

Mon 06/13/2016 11:32:25 - 11:50:25 AM

NBC News Special Report - Update on Orlando Shooting (3:26)

Tue 06/14/2016 11:30:07 - 11:33:33 AM

NBC News Special Report - President Makes Statement on Orlando Shooting (31:00)

Tue 06/14/2016 12:16:00 - 12:47:00 PM

NBC News Special Report - Update on Orlando Shooting (16:57)

Wed 06/15/2016 01:32:55 - 01:49:52 PM

NBC News Special Report - Supreme Court Ruling On Immigration (4:40)

Thu 06/23/2016 10:38:10 - 10:42:50 AM

NBC News Special Report - President's Response to Supreme Court Ruling (14:30)

Thu 06/23/2016 11:52:00 - 12:06:30 PM

NBC News Special Report - Update on Stock Market (8:38)

Fri 06/24/2016 09:30:05 - 09:38:43 AM

NBC News Special Report - Supreme Court Decision On Abortion Rights (3:10)

Mon 06/27/2016 10:07:05 - 10:10:15 AM

NBC News Special Report - Bombing In Turkey (10:20)

Tue 06/28/2016 03:50:05 - 04:00:25 PM

NBC News Special Report - Update on Bombing In Turkey (4:25)

Tue 06/28/2016 05:01:05 - 05:05:30 PM