

WIVB Broadcasting, LLC
ISSUES & PROGRAMMING REPORT

WNLO(TV), BUFFALO, NEW YORK
1st Quarter 2016

Media General Television Corporation - WNLO TV

Issues & Programming Cover Sheet

WNLO Wake Up Simulcast	Monday through Friday	4:30am-6:00am
WNLO Wake Up Simulcast	Monday through Friday	6:00am-7:00am
WNLO Wake Up	Monday through Friday	7:00am-9:00am
WNLO News 4 at 10	Monday through Friday	10:00pm-11:00pm
WNLO News 4 at Six Weekend	Saturday & Sunday	6:00pm-7:00pm
WNLO News 4 at 10	Saturday & Sunday	10:00pm-10:30pm

In the 1st Qtr of 2016, our station aired extensive programming that addressed many areas of concern and interest to the residents of Buffalo, New York. These areas are represented below:

Crime

Government

Education

Economy

Health/Medical

CRIME

RESPONSE:

News 4 1/1/16 10pm News 1:10

An incredible video has been released of a man stopping an armed robbery in the Town of Tonawanda. The suspect is behind bars and charged with three separate robberies. The man jumped into action without hesitation when he saw the robbery happening. The suspect was treated for a head injury and released into police custody. As for the man who stopped the robbery, police say he acted within the law.

News 4 1/4/16 7am Wake Up 1:00

49 people have to find new homes today in Niagara Falls after a man set their homes on fire. The suspects have been arrested and accused of starting the fires on Niagara Street. Investigators say he has a criminal history and the arson was targeted at a specific person who lived in the home.

News 4 1/8/16 7am Wake Up :25

A man's family is hoping to find out more today about how their loved one died in North Tonawanda. Someone shot him and another man around 2am. It happened in the parking lot on Manhattan Street. The second man is recovering at the hospital.

News 4 1/18/16 10pm News :25

A young woman is facing DWI charges. Police say that 24 year old Josephine Pierce was drunk when she left an AA meeting in Hamburg. Someone at the meeting called police. Officers found her in Orchard Park, she failed sobriety test and had an open container in her car.

News 4 1/25/16 10pm News :50

Homeowners are calling for action when they say a local snow plow contractor took their money but didn't do the work. They are six people who claim they paid the contractor but when they needed him, he didn't show up. He claims it's the sub-contractors that he's hiring who aren't showing up to do the work but when News 4 looked into the matter, they have also taken him to court for non-payment.

News 4 1/25/16 10pm News :25

A Buffalo woman has been indicted in a murder case in Cheektowaga. The 47 year old is accused of beating to death her boyfriend. Police found his body inside a house on Princess Drive. She's charged with 2nd degree murder.

News 4 1/26/16 7am Wake Up :25

Buffalo Police have put a plea in for your tips. They've arrested 12 suspects in drug raids across in WNY. Officers found drugs, guns and more than \$10,000 in cash. Police say the raids are part of an on-going mission to crack down on drugs. Police want you to watch for things that are suspicious.

News 4 2/9/16 10pm News 1:40

Exclusive video shows an accused bank robber being chased down by Buffalo police miles away from where he carjacked someone else. A Grand Island couple is now facing a long list of charges from this dramatic robbery. He is being accused of holding up the Summit Federal Credit Union on Delaware near Hertel claiming to have a bomb as he was chased by a security guard with a gun.

News 4 2/16/16 10pm News :25

Crime stoppers is putting out a reward for information about an accused thief. Amherst Police tell us the man stole things from a car parked in a driveway. It happened in the middle of the night. If you know this man, please call crime stoppers. They're offering up to a \$1,000 reward for information.

News 4 2/16/16 10pm News :20

A former candidate for the State Senate stood before a judge today. Gia Arnold is facing a weapons charge. Niagara Falls police pulled her over last week and they found at least one gun in her gun. Arnold ran for the 62nd district seat back in 2014.

News 4 2/17/16 10pm News :20

This man was accused of selling, fentanyl. A synthetic opiate stronger than heroin. Buffalo police found 167 bags of the drug from Robert Smith's home. Police were acting on a search warrant. Police also found cash. Smith is being held until he is arraigned.

News 4 2/17/16 10pm News :20

Buffalo police say the death of a 1 year old girl was an accident. She was found unresponsive in water at a home in Riverside. First responders rushed the girl to women and children's hospital where she later died. Police are still looking into the drowning.

News 4 2/23/16 7am Wake Up :20

A man from Niagara Falls was killed by being stabbed to death. It happened around Hyde Park near Lafayette around 10pm. He died at the hospital.

News 4 2/23/16 7am Wake Up :25

Syracuse police say they have arrested the father accused in the disappearance of his 21 month old daughter. An amber alert is still in effect tonight for Maddox Lawrence. Her father, Ryan Lawrence was arrested in Baldwinsville, where authorities say he was trying to buy a comforter. Again an amber alert is still in effect.

News 4 3/14/16 10pm News :20

2 men are in jail in Genesee County after they robbed a 7-11 in the Village of Oakfield. The men wear ski masks and made off with cash. They were both caught a short time later.

News 4 3/14/16 10pm News 1:40

Police rushed to Glendale Ave for another report of shots fired. A 17 and 20 year old were injured but expected to be okay. Police wouldn't comment on how many suspects there are or if any arrests have been made.

News 4 3/14/16 10pm News :20

A Buffalo woman is accused of murdering her husband, police say the 32 year old stabbed her husband in Rochester. He died at the scene. She has been charged with 2nd degree murder.

News 4 3/23/16 7am Wake Up :35

Police in Olean were in a six hour standoff when a man tried serve an eviction notice and the men started shooting and hit one man. Police surrounded the apartment and shot tear gas into the building. He was then arrested and faces assault charges. The man who was shot is in stable condition at ECMC.

News 4 3/23/16 7am Wake Up :25

A federal grand jury has indicted 16 members of the Kingsman Motorcycle Club. Ten of them are from Western New York. They face a number of charges including drug trafficking and racketeering. This all steams from double murder of two Kingsman Club Members in North Tonawanda in September of 2014.

News 4 3/24/16 10pm News :20

Niagara County Sheriff's Office needs your help finding a man who was involved in a robbery at the Cornerstone Community Federal Credit Union. He's 5'5 and was last seen wearing a dark colored hoody and baseball cap.

News 4 3/24/16 10pm News :20

A woman from the Town of Niagara was charged with endangering the welfare of a child. The 4 year old girl was psychically injured while she was with the 36 year old. The child has been removed from the home.

GOVERNMENT & DEVELOPMENT

RESPONSE:

News 4 1/1/16 10pm News :20

Niagara Falls Mayor, Paul Dyster was sworn in once again today. This marks his 3rd term in office in the Cataract City. He survived a challenge from Republican candidate, John Accord. Lt Governor, Hochul was on hand to speak at his swearing in.

News 4 1/1/16 10pm News :20

Mark Poloncarz started the beginning of his second 4-year term today. He was joined by Lt Gov Kathy Hochul, Congressman Brian Higgins and a number of other elected officials. The ceremony was held in the court house of old Erie County Hall.

News 4 1/18/16 10pm News :30

The Iowa caucuses are 2 weeks away. Trump and Cruz are still the frontrunners for the Republicans. Both candidates are still attacking each other as Trump continues to lead the poll numbers. Both have several stops before they reach Iowa.

News 4 1/25/16 10pm News 2:45

Neighbors in Hamburg want to make a stretch of Rt 20 safer for everyone. Families believe these tragedies can be avoided. DOT officials says it could take three years if they have to

acquire land to widen the road but if they find that simply re-striping the road so it has a left turn lane is good enough, that could start this summer. A final plan should be announced in about a month.

News 4 1/26/16 10pm News :45

Donald Trump won't be at the next debate. He and moderator Megan Kelly have a bad past when it comes to debates. Fox released a statement saying that sooner or later Donald Trump is going to have to learn that he doesn't get to pick the journalists – we've very surprised he's willing to show that much fear about being questioned by Kelly.

News 4 1/27/16 10pm News :50

Buffalo Mayor Byron Brown is asking state lawmakers to help him increase security at City Hall. He says City Hall is "vulnerable to a breach". He's asking the state for \$1 million for upgrades. The mayor would like to use the money to install cameras, x-ray machines for walk-in security and bring concrete posts on the outside of City Hall to prevent cars from driving up on the sidewalk.

News 4 1/27/16 10pm News 1:40

Instead of fighting with his Republicans, Trump has officially at war with Fox News and opting out of the debate. Trump says he's hold an event on Thursday night to raise money for veterans instead of going to the debate. Despite the war, he went on the O'Reilly Factor and agreed to a truce for at least that hour.

News 4 2/9/16 10pm News :45

Trump and Sanders have declared victory in New Hampshire. CBS News projects Kasich will finish in 2nd place. Trump won with broad support from independent voters. The next contests take place on 2/20 with the democratic caucus in Nevada and GOP primary in South Carolina.

News 4 2/16/16 10pm News :45

Senate Republicans are vowing to block anyone President Obama nominates to the Supreme Court. Justice Scalia died in Texas during a hunting trip on Saturday. President Obama says he will nominate a replacement in due time.

News 4 2/17/16 10pm News :20

Republican Presidential candidate Trump is not afraid to speak his mind. Today he tweeted "Interesting how President Obama said "I would never be President" this from perhaps the worse President in US history. Trump assured voters he would "tone down" his tweeting if he's elected.

News 4 2/16/16 10pm News :35

Donald Trump brought this veteran on stage in South Carolina. The veteran helped kick a protestor out of the Trump rally. The latest CNN poll shows Trump leading in South Carolina with 42% followed by Ted Cruz.

News 4 2/18/16 7am Wake Up :50

Senator Schumer says heroin and talk are both far too cheap. He's calling on congress to take real action to curb the heroin, opiate and prescription drug problem here in Buffalo. He is meeting with families who have been touched by these drugs. He is calling congress to help our local communities and prevent future overdoses.

News 4 2/22/16 10pm News :40

New developments in the battle between Apple and the FBI. They have both been invited to testify before lawmakers. The debate is continuing over if Apple should allow the FBI to have access to iPhone information. It will put data security of millions of iPhone users at stake.

News 4 2/24/16 7am Wake Up :55

Donald Trump is coming off another win. It was an easy one for him in Nevada. Marco Rubio has sealed second place. This is the billionaires 3rd win in a row. He's looking ahead to Super Tuesday. There will be another Republican debate tomorrow night.

News 4 3/9/16 10pm News 1:00

It took all night to tally up the votes in the primary but Sanders is celebrating a big win. He took Michigan which was a critical battleground state but Clinton still has more delegates. Though this win is a serious blow to the Clinton's campaign. He plans on using this momentum to continue his gain on Clinton.

News 4 3/14/16 10pm News 1:00

The candidates are making their final push for Super Tuesday. After the violence at the Donald Trump rallies, the campaign is looking for a big win over Cruz and Kasich. Rubio needs to win Florida to keep his campaign alive but Trump leads in that state.

News 4 3/23/16 7am Wake Up :45

President Obama is in Argentina today after spending several days in Cuba. He and Castro found common ground during a game of baseball. This was the same field that Jackie Robinson made his major league debut.

News 4 3/23/16 7am Wake Up :35

On the Democratic side, frontrunner Clinton took the big prize with a win in the Arizona Primary. Sanders did claim victory in Utah and Idaho caucuses. Frontrunner Trump scored an easy primary in Arizona, while senator Cruz won big in the Utah caucus, claiming all 40 delegates.

News 4 3/24/16 10pm News 2:50

A brand new poll shows voters don't have anything nice to say about either candidate, Trump or Clinton. If they win their party's respective nominations, most Americans would elect someone they don't like. Even some of Trump's endorsers sound lukewarm about his candidacy.

News 4 3/25/16 7am Wake Up 1:00

Trump and Cruz continued their war of words, now the frontrunner is feeling the heat from across party lines. The feud continues to get uglier. The GOP leaders are calling for a more civil campaign. The feud has started with their wives now after pictures of both their wives were posted online. His favorability with women overall stands at 19 percent.

News 4 3/28/16 10pm News 1:40

There has been a shooting at the nation's capital. An officer was shot at the visitor center but not seriously hurt. The shooter was taken down and has been arrested. The White House was also under a lockdown.

EDUCATION

RESPONSE:

News 4 1/1/16 10pm News :25

If you or your child is planning to attend college this year, it's time to fill out forms for financial aid. January 1st is the first day you can submit the "FAFSA" form. You could miss out on scholarships or grant money if you wait. Students must submit the FAFSA to get any financial aid awards.

News 4 1/18/16 10pm News 2:00

We are still learning about how 3 students died inside their home near SUNY Geneseo. Detectives are treating the case as a double murder and a suicide. They believe one student killed his ex-girlfriend and her friend and then killed himself.

News 4 1/25/16 10pm News :45

As the employment picture is changing in WNY and improving, we have found one of the area's largest employers is offering an unusual way to improve job skills. It's a local college class but it's not a local college. This is an after work class at Geico. They are offering college courses right in its own facility for about ten years. Classes for credit are from ECC, Medaille and Empire State. About 350 employees sign up each year for these classes that come with tuition reimbursement.

News 4 1/26/16 10pm News 2:50

Could you learn to use a computer at the age of 91? Niagara County Community College offers anyone over the age of 60, 1 free college course per semester. ECC and UB are offering something similar but only for those seniors who want to sit in on a class and not get college credit.

News 4 1/28/16 10pm News 2:00

As we explore the Buffalo Public Library, many WNY'ers expect to see old dusty books and photographs. Checking out books may seem like a fading practice but Buffalo & Erie County are keeping up with the times. They are turning into "hands on" innovations such as create your own content, like recording booths, a green screen to film your own videos and computer to edit them on. You can check it all out for free.

News 4 1/29/16 7am Wake Up 1:30

A disturbing event took place on a Frontier school bus yesterday. A new part time bus driver showed a sexually explicit YouTube video to his students after his morning bus run. Students reported the bus driver to officials and the school dismissed the employee, who has not yet been named.

News 4 2/1/16 10pm News 1:30

The future of football at Fredonia High School is up in the air. Fewer players are signing up to play and the district is trying to decide what to do.

News 4 2/1/16 10pm News :20

There are new rules at Iroquois High School dances. If you go online, rule number ten says students can't twerk or grind at dances. If it happens students will be asked to leave the dance. Parents are also required to go to a mandatory drug and alcohol awareness program.

News 4 2/9/16 10pm News 2:00

The future is looking brighter for football players in Fredonia. This merger just about doubles Fredonia's team. The district is worried that's not enough to safely field a team, the merger would be between Westfield-Brocton. Only the board president is against it.

News 4 2/16/16 10pm News :20

Niagara University's Dean of Students won't be returning to work. She has been placed on administrative leave while investigators looked into a reported mishandling of a sexual assault on campus. The University says she has been cleared of any wrongdoing despite the findings she will not return to campus.

News 4 2/17/16 7am Wake Up :50

Lewiston Elementary School was let early 15 minutes early due to severe weather. The record breaking snow in Buffalo made it a late morning decision to let out early. Making calls about cancellations and delays isn't always easy.

News 4 2/22/16 7am Wake Up 1:10

There is an investigation into how a senior at Buffalo State died. His family is talking for the first time about losing him. His sudden death is a tragedy. They are looking into off-campus hazing. Detectives are investigating how this tragic death happened but interviewing follow classmates and witnesses. The family has retained a lawyer.

News 4 2/22/16 10pm News 2:00

The Tapestry Charter School in Buffalo is looking to expand. This means some students would be hitting the books somewhere new. The proposal suggests moving the students from the Great Arrow Drive building to a building on Olympic Ave. Parents asked administrators to "sell them" on staying at the school. Worried a move to that location could cause transportation headaches.

News 4 3/9/16 7am Wake Up :40

More than 2 dozen students for Niagara Falls are heading to Washington DC, they'll be on the South lawn of the White House as President Obama welcomes the Canada's Prime Minister. The students filled a bus at the high school earlier this morning.

News 4 3/10/16 7am Wake Up :55

A BOCES program is looking at a vacant building on 6th Street that could be a new location for the school. After a 2 year process, the clinic got the green light from the state to open and filed a letter of intent with the city. City leaders believe BOCES would be a perfect fit for the community.

News 4 3/14/16 7am Wake Up :40

Some lawmakers are working on a bill that would give parents paid time off for school relative activities with their children. The measure would allow parents to take up to 3 days of paid time off each year. The proposal would update the "Family-School and Partnership Act". The measure would not apply to small businesses.

News 4 3/14/16 10pm News 1:00

The UB's Men's & Women's basketball team won the MAC tournament this weekend and are now headed to the NCAA tournament. Both teams are excited for the opportunity. They will both be facing tough competition. We wish them good luck.

News 4 3/14/16 10pm News :20

UB Men's basketball will take on Miami in Providence, Rhode Island. UB is 1 of 9 schools in the country sending both its men's and women's teams to the big dance this year.

News 4 3/14/16 10pm News 2:00

Two brothers at Williamsville East High School are on the verge of getting kicked out of school for fighting. There may be more to the story than meets the eye. The brothers and their parents tell us they're being targeted by bullies because they're Muslim. The teens say the issues have led to virtual bullying. It moved from the school yard to the Siam's front yard when their house was vandalized.

ECONOMY

RESPONSE:

News 4 1/1/16 10pm News :20

Gas prices are staying low. The national average price at the gas pump is below \$2 a gallon. That's the cheapest price for fuel on New Year's day since 2009. AAA warns prices could jump about \$.50 next month.

News 4 1/19/16 7am Wake Up :45

A.I. may be gunning for your job. A new report projects that robots could take over more than 5 million jobs over the next 5 years. They will replace laborers and there will be an increase in A.I. and automated call centers.

News 4 1/27/16 7am Wake Up :20

Shares of the upscale grocery chain Whole Foods sank 5% Monday. This all happened after an analyst downgraded the company to "underperform". That's Wall Street talk for "sell".

News 4 1/27/16 7am Wake Up :20

Apple posted the most profitable quarter for any American company in history. But it looks like the company's era of unprecedented growth may be over. iPhone sales are growing but that growth is slowing down. The tech giant says they believe sales will fall in the current quarter for the first time in 13 years.

News 4 1/27/16 7am Wake Up :15

Jet Blue says it wants its planes to be more spacious, more modern and more entertaining. The airline is redesigning all of its airbus A-320 airplanes. The new plans include in-seat power outlets – turning each seat into a charging station.

News 4 1/29/16 7am Wake Up :20

Circuit City might be making a comeback. New owners have bought the brand, domain name and trademark and are planning to debut the first store in Dallas, Texas this June. Along with electronics, the new store will also sell drones, 3-D printers. Circuit City filed for bankruptcy protection in 2008.

News 4 1/29/16 7am Wake Up :25

Facebook may soon be taking on Uber and Lyft. A patent application published reveals the social media giant may get into ride sharing. The idea is an expansion of Facebook's event feature. The feature would help users share vehicles or find a travel buddy to get to events.

News 4 2/9/16 10pm News :20

President Obama's budget for the new mission of the Niagara Falls Reserve Station includes \$25.5 million to bring back K-C 135 refueling tankers. It still needs approval from Congress before it takes effect on 10/1. The new tankers could be here by late summer or early fall.

News 4 2/16/16 7am Wake Up :20

New data shows that book stores are making a comeback. Everyone thought after the Kindle & Nook were released, book stores would go out of business. Sales rose by 2.5% last year. It's the first increase since 2007.

News 4 2/17/16 10pm News 1:50

Bidding is once again open for Buffalo's tallest building, One Seneca Tower. This is the second time the building has been up for sale. The group who bought it is hoping to fetch a better price. First bids are due on Monday.

News 4 2/18/16 7am Wake Up :20

A new survey shows many businesses are not keeping up with using the new technology. A management consulting firm found 37% of businesses have the equipment needed to read the cards. The chip technology is widely used in Canada and Europe.

News 4 2/23/16 7am Wake Up :20

The US economy is still growing, keeping consumers confident. The group's annual report shows a two year job growth in the US since the 1990s.

News 4 2/23/16 7am Wake Up :20

If you're a big fan of Amazon's "Free Shipping" you may be disappointed. The internet retailer has raised the amount you have to spend to get the free shipping. It's 40% increase. You will now have to spend \$49 or more to receive the benefit.

News 4 2/23/16 10pm News :20

MasterCard is launching new technology so you can use selfies to buy things online. The company says selfies and fingerprint scans are safer than regular passwords. If you want to use your pic to pay – download the MasterCard identity check app. It has you take a selfie each time you make a purchase.

News 4 3/23/16 7am Wake Up :30

The Buffalo Municipal Housing Authority will get \$250,000 from the City of Buffalo. The common council approved the grant yesterday to go towards operating costs at Frederick Douglass. There are some restrictions. They must deposit the money directly into the account and report back to the common council about exactly how the money is spent. They owe the city more than \$2 million.

News 4 3/24/16 10pm News :20

Apple customers eager for the new iPhone can order one now the tech company began accepting orders for the iPhone SE. The phone will have all the features of the larger iPhone 6S but in a smaller package.

News 4 3/25/16 7am Wake Up :20

Air travel in the US is at an all-time high according to the Department of Transportation. Airlines carried almost 900 million passengers both domestically and internationally last year. That's 5% higher than the previous year.

New 4 3/28/16 10pm News 1:00

We're taking a closer look at a plan that could transform a popular part of canal side. 160,000 people came for concerts last summer and that's making the downtown destination look even better. They are hoping to rebuild the Central Wharf. This is a city owned property that's managed by a private firm. The Central Wharf would bring together cultures and commerce.

News 4 3/28/16 10pm News :35

Pumped up gas prices are rising again across the nation and here in WNY. Part of the reason for the rising prices is refineries switching over from a winter blend of gas to a different mixture for the spring and summer. Prices have gone up all over the country.

News 4 3/29/16 7am Wake Up :20

Gas prices continue to rise in WNY. They are continuing to blame the switch of refineries on the higher costs and WNY is still paying higher than the national average.

HEALTH/MEDICAL

RESPONSE:

News 4 1/1/16 10pm News :15

More people are dying due to heart failure after more than a decade of decline. The CDC says the uptick started in 2012 and it's higher for men than women. Heart failure is now a contributing cause in more than 300,000 deaths a year.

News 4 1/1/16 10pm News :15

Scientists say they've developed a gene-editing technique that may help prevent muscular dystrophy. University of Texas researchers were able to correct gene mutation that causes the disease in mice. DMD, the most common form affects one in 5000 boys and often leads to premature death.

News 4 1/5/16 7am Wake Up 1:15

The medical marijuana program is set to begin on Thursday, the patients who qualify must apply for a registry identification card and they'll receive their medications at a state-regulated dispensary. The state gave five companies the green light to either manufacture or dispense the drug in New York. News 4 reached out to the health department to see how many New York doctors can legally prescribe medical marijuana but haven't heard back.

News 4 1/18/16 10pm News 2:10

The CDC says there are more places that should be off limits to pregnant women. The Zika Virus is causing concerns around the world. This is a new mosquito-borne virus. Health officials are worried about pregnant women because there's an alarming connection between the virus and babies being born with abnormally small heads. Airlines say they will allow customers concerned about the Zika Virus to cancel or postpone their trips if they're flying into the affected areas.

News 4 1/19/16 7am Wake Up :40

We've heard a lot in recent weeks about cutting back on the amount of sugar we eat. The new federal guidelines recommend just 10 teaspoons a day. Many have turned to artificial sweeteners. The FDA says all five approved sweeteners are safe, if they're not over-used. Heavy users of the sweeteners could face a risk of kidney or cardio problems.

News 4 1/19/16 7am Wake Up :10

Researchers at the University of Chicago say catching up on sleep may help lower the risk of diabetes. They found diabetes risk jumped 16% for healthy young men who were sleep deprived but with 2 nights of extra sleep, insulin levels returned to normal.

News 4 1/25/16 10pm News 2:00

The man known as “Doctor Feel Good” in Niagara Falls is going to prison. He admitted to writing thousands of illegal prescriptions for powerful painkillers. Authorities arrested Mehta back in 2011, he gave up his medical license about a month later. He pleaded guilty in May of last year. A judge sentenced the former doctor to spend two years behind bars and pay half a million dollars in fines.

News 4 2/1/16 10pm News 2:00

Erie County is looking into what can be done to stop the growing heroin problem. For the first time, the new opioid epidemic task force is meeting here. Their mission is to get addicts the help they need before it's too late. There were at least 201 heroin-related deaths in Erie County last year. That number is to double this year.

News 4 2/9/16 10pm News 1:00

The heroin crisis in Erie County has taken another alarming turn. Health officials are issuing an emergency warning about a recent spike in overdoses. The Erie County Medical Examiner is looking into 23 deaths related overdoses. The DEA says nabbing sellers is a priority but they're even more worried and more and more people will keep dying from the deadly mix.

News 4 2/9/16 10pm News :45

The Erie County Health Department says one person tested positive for the virus. The person traveled to El Salvador and showed these symptoms. Fever, rash and muscle pains can appear between 2 days and one week following infection.

News 4 2/16/16 7am Wake Up :15

Researchers found organic milk and meats contain about 50% more omega-3 fatty acids than conventional products. Doctors say Omega-3's can improve cardiovascular health.

News 4 2/16/16 7am Wake Up :20

People with chronic pain such as fibromyalgia may benefit from acupuncture. They say patients with at least nine consecutive weeks a acupuncture sessions reported significantly less pain even up to a year later.

News 4 2/17/16 7am Wake Up :20

The drug Adderall can be very dangerous when it's misused. It's leading a lot of teens and college students to the hospital. That's according to a new study from Johns Hopkins. Kids take it to stay alert. Researchers found the problem is mainly 18-25 year olds who take Adderall without a prescription – who often get the drug from family & friends.

News 4 2/17/16 7am Wake Up :20

The US preventive services task force looked at children from a year and half to two and a half years old. These were kids who did not have any concerns raised by family members, caregivers or doctors. The panel found no direct evidence that screening would benefit those children.

News 4 3/14/16 10pm News :15

Patients with mild cognitive problems who took Blueberry Powder for four months – equal to a cup of berries a day – showed improvements in brain function. Studies show fruit may protect against heart disease and cancer.

News 4 3/14/16 10pm News :20

Yoga may help patients with heart rhythm problems. Doctors found patients practicing yoga an hour a week for 12 weeks showed improvements in heart rate, blood pressure and quality of life.

News 4 3/24/16 10pm News 1:20

Allergies are blossoming along with the buds. While many will enjoy the warmer temperatures others will be battling spring allergies. People will be misery with watery itchy eyes, runny noses and sneezing. Doctors suggest taking your medications before your symptoms begin.

News 4 3/24/16 10pm News :20

New research links long naps to a condition that's bad for your heart. Researchers at the University of Tokyo found people who napped 40 minutes or longer had an increased risk for metabolic syndrome. People with the condition have more fat and higher blood pressure. The national sleep foundation recommends 20-30 minute naps.

News 4 3/25/16 7am Wake Up :20

Gerber is recalling its organic pouch products. A defect in the packaging could cause the baby food to spoil. The flavors are pears, carrots and peas, apples and mangoes. They are 3.5 oz pouches.

News 4 3/28/16 10pm News 4:00

Drug prescriptions are a \$300 billion industry in the USA. American's have grown dependent on pills and others are looking for alternatives. A study shows that 60% of people 20 and older were on at least one medication. That's up 50% since 2000. Despite the risks of some medications, the industry brings in hundreds of billions of dollars a year.

News 4 3/29/16 7am Wake Up :50

You might want to add more protein into your diet if you are looking for a better night's sleep. Researchers recently found changing up your diet may only help shed a few pounds but can improve your sleep quality as well. Not getting good sleep can put you at higher risk for diabetes and high blood pressure.