List reflects Information for quarter ending: 9/30/2003

Indoor Air Quality: Indoor air quality is an important environmental consideration.

Date: 7/4-6/2003, 7/11-13/2003, 7/18-20/2003, 7/25-27/2003,8/1-3/2003,8/8-10/2003, 8/15-17/2003, 8/22-24/2003, 8/29-31/2003, 9/5-7/2003,9/12-14/2003, 9/19-21/2003, 9/26-28/2003

Time: 6.10pm
Duration: 60 seconds

Step in the Right Direction: A study by the Washington University School of Medicine revealed that walking can burn the same amount of calories as running, if not more, at certain speeds.

Date: 7/4-6/2003, 7/11-13/2003, 7/18-20/2003, 7/25-27/2003,8/1-3/2003,8/8-10/2003, 8/15-17/2003, 8/22-24/2003, 8/29-31/2003, 9/5-7/2003,9/12-14/2003, 9/19-21/2003, 9/26-28/2003

Time: 6.20pm
Duration: 60 seconds

Protecting against Breast Cancer: Knowing family history is sometimes the best offence to protect a loved one from getting a life-threatening disease.

Date: 7/4-6/2003, 7/11-13/2003, 7/18-20/2003, 7/25-27/2003,8/1-3/2003,8/8-10/2003, 8/15-17/2003, 8/22-24/2003, 8/29-31/2003, 9/5-7/2003,9/12-14/2003, 9/19-21/2003, 9/26-28/2003

Time: 6.30pm
Duration: 60 seconds

Hepatitis C: Nearly four million people in the US are believed to be infected with Hepatitis C. However, nine out of ten are unaware that they have the disease.

Date: 7/4-6/2003, 7/11-13/2003, 7/18-20/2003, 7/25-27/2003,8/1-3/2003,8/8-10/2003, 8/15-17/2003, 8/22-24/2003, 8/29-31/2003, 9/5-7/2003,9/12-14/2003, 9/19-21/2003, 9/26-28/2003

Time: 6.40pm
Duration: 60 seconds

Lightning Insight: Some tips from the Meteorological Society of America may give you some tips on staying safe when lightning strikes.

Date: 7/4-6/2003, 7/11-13/2003, 7/18-20/2003, 7/25-27/2003,8/1-3/2003,8/8-10/2003, 8/15-17/2003, 8/22-24/2003, 8/29-31/2003, 9/5-7/2003, 9/12-14/2003, 9/19-21/2003, 9/26-28/2003

Time: 6.50pm
Duration: 60 seconds