



QUARTERLY ISSUES-PROGRAMS LIST

FOR

STATION WBMM-MONTGOMERY

Issues-Programs Herein  
Covers the Period  
April 1 Through June 30, 2014

**THE CW PLUS NETWORK  
PROGRAM DESCRIPTION  
SECOND QUARTER, 2014**

## CW PLUS NEWS PROGRAM

### THE DAILY BUZZ

MONDAY – FRIDAY

6:00 AM – 8:00 AM

The Daily Buzz is a National syndicated morning news program. It provides viewers with late-breaking national and international news, sports, weather, financial reports, and entertainment. The show is known for its informal atmosphere as opposed to its more conservative counterparts. The show is anchored by Charles Divins, Jessica Reyes, Lance Smith and Lisa Spooner.

**WBMM  
GENERAL ISSUE PUBLIC SERVICES  
ANNOUNCEMENTS**

**SECOND QUARTER, 2014**

**THE FOLLOWING: :15, :30, AND :60 SECOND PUBLIC SERVICE ANNOUNCEMENTS AIR DAILY AS FILLERS:**

**Community:**

Ad Council – “Cinderella” – Child Safety - The PSAs encourage parents and caregivers with children ages 0-12 to visit [safercar.gov/therightseat](http://safercar.gov/therightseat). The website helps parents find the right car seat for their child's age and size and also features NHTSA's best practices.

Ad Council – Fatherhood Involvement - the PSAs urge audiences to call 1-877-4DAD411 or visit [www.fatherhood.gov](http://www.fatherhood.gov) for information about how to become a better father. The campaign recently expanded its focus to specifically address the unique aspects of father absence in the underserved African-American and Hispanic communities.

Army National Guard - “Defining Moments” - continues to serve local communities dealing with floods, fires, hurricanes, tornadoes and other emergency situations. The campaign brings attention to the kind of service provided in the state and the opportunities for soldiers.

Alabama Broadcasters Association – “Alabama PALS – People Against a Littered State” – Alabama PALS, are working to reduce litter throughout our state and encourage people to volunteer to clean up our natural resources.

Alabama Broadcasters Association – “Adoption Foster Care” This announcement asks the public to open their hearts and minds to Alabama’s children and to consider becoming foster parents to those children needing homes and parenting.

Alabama Broadcasters Association – “Floods” – The Alabama Army National Guard continues to service local communities deal with floods, fires, hurricanes, tornadoes and other emergency situations. This campaign brings attention to the kind of service in the state and the opportunities for soldiers.

“Making a Lady” – PSA for abused teen girls and a place where they can get help. Alabama News Network’s Stefanie Hicks voices the PSA.

Parenting Assist Line (PAL) - The Parenting Assistance Line (PAL) is a collaborative service of the University of Alabama Child Development Resources and the Alabama Children's Trust Fund. PAL is for anyone who wants information and support in becoming a more confident parent.

The Foundation for a Better Life – “Values” – the sole purpose is to promote values such as Honesty, Sharing, Patience, etc. and encourage others to “Pass Them On”.

Alabama Power Project Share – “Red Cross and Alabama Power Project SHARE” – PSA run to generate donations to the program to assist in the payment of power bills for Alabama’s impoverished elderly and disabled.

YMCA of Montgomery “Family Summer Savings Pass” – A PSA aired to encourage parents to enroll their children in the YMCA program and enjoy four months of the Y for the cost of only three months.

**Crime:**

Alabama Broadcasters Association – “Active Shooter” – PSA from the Alabama Department of Homeland Security dedicated to promoting the security of all Alabamians and Americans against home grown terror and crime.

National Crime Prevention – “Intellectual Property” – The National Crime Prevention Council, in partnership with the Bureau of Justice Assistance, Office of Justice Programs and U.S. Department of Justice, has launched a campaign against intellectual property theft. These ads encourage the public not to buy counterfeit items, and show ways how the innocent are exploited.

The United States Fund for UNICEF – “The End Trafficking Project” – Child Trafficking happens right here in the United States and this PSA talks about the End Trafficking Project to raise awareness about child trafficking and mobilize communities to take meaningful action to help protect children.

**Economic:**

Alabama State Bar Association – “Foreclosures” is reminding viewers that attorney’s across the state provide free services to individuals and families in need each year for people facing foreclosures.

US Department of Energy - “Energy Efficiency” which is to raise awareness amongst viewers that by saving energy they can save money.

**Education:**

North Shore Animal League America – “Mutt-i-grees Curriculum” A program that helps build confidence, promote diversity and create a positive school climate, all while saving the lives of precious, adoptable pets.

Ad Council – USDA Forest Service “Discovering Nature” – Encourage parents, caregivers and their kids to go out to the forest to experience and re-connect with nature.

Ad Council – USDA Forest Service “Discovering Nature” – Encourage African-American parents, caregivers and their families out to the forest to experience and re-connect with nature.

**Employment:**

Alabama Broadcasters Association – “Alabama National Guard” Tells about opportunities for employment and to serve in Alabama’s National Guard.

US Dept. of Veterans Affairs – “Career Day” – discusses the valuable skills and strength of character to any employment situation that our nation’s veterans have to offer and the need for Vocational Rehabilitation and Employment.

Selective Service System – reminds America’s young men of their responsibility to register and to let them know about important eligibilities that are tied to registration.

### **Health:**

Boys Town National Hotline – “Teen PSA” speak to the power of improving difficult situations in your life by making one small change at a time for kids, teens and parents who need help.

Legacy – “Rethink Butts Campaign” to raise awareness about the negative impact cigarette filters and discarded cigarette butts have on the environment. Together the organizations hope to encourage the general public to think about this issue in a new way while also serving as a resource.

Dept. of Health & Human Services – “Hands full” – discusses free or low-cost health insurance that gives parents one less thing to worry about.

Substance Abuse & Mental Health Services Administration (SAMHSA) – “Talk. They Hear You.” – To teach parents and others in the community to start the conversation with youth about the dangers of underage drinking.

Ad Council – “Childhood Obesity Prevention” – to provide practical tips and activities for ways parents and kids can get health together with the We Can! Campaign (Ways to Enhance Children’s Activity & Nutrition)

American Academy of Dermatology – “Golf” – Men over 50 are at higher risk for developing skin cancer, including melanoma, the deadliest form of skin cancer. “Golf” uses humorous golf course hazards to point out that the missed hazard of a spot on a person’s skin could actually be a killer. “Golf” encourages men to check their skin for skin cancer, and directs them to [SpotSkinCancer.org](http://SpotSkinCancer.org) to find out how.

American Academy of Dermatology – “Born” – asks the questions: At what age is the color your skin was meant to be no longer beautiful? Showcasing the beauty of skin of infants, toddlers and teens, this PSA asks women to change their thinking, not their skin. “Born” asks young women to stop tanning, since melanoma is the second most common form of cancer for teens and young adults 15-29. The ad encourages viewers to learn more about the dangers of tanning by visiting [SpotSkinCancer.org](http://SpotSkinCancer.org)

Alabama Dept. of Public Health – W.I.C. Campaign – Women, Infants and Children (WIC) is a supplemental nutrition program for pregnant women, breastfeeding women, women who had a baby within the last six months, infants, and children under the age of five. This is provided by Alabama Dept. of Public Health for low income families.

Leukemia & Lymphoma Society “Survivor” Campaign – These moving spots reveal how cancer survivors are thriving and how “everyday is a good day”. Helps to share the message and educate viewers on the research that LLS is doing for those living with the disease and shows them how to gain access to treatments.

Smoke Free Montgomery – Smoke Free Montgomery is a campaign to educate and mobilize Montgomery citizens on the harmful effects of secondhand smoke exposure and benefit of smokefree policies in workplaces and public places. An event called Arts, Eats & Beats: Smokefree Edition was being held to spread the word about secondhand smoke and how it affects African Americans.



**CW PLUS NETWORK  
PROGRAMS OF PUBLIC INTEREST  
SECOND QUARTER, 2014**

# THE DAILY BUZZ

The following topics of local interest aired on segments of the Daily Buzz during the second quarter of 2014:

Crime  
Government / Politics  
Economy / Jobs / Industry  
Health  
Community / Lifestyles / Recreation  
Education

# Public Issues Report 2nd Quarter 2014

Public File – 2nd Quarter 2014

April 1st – June 30<sup>th</sup>

News at

6:01am 7:01

6:15 7:15

6:31

6:45

April 2014

April 7, 2014

News: Fort Hood Victims dbz5a

[Anchor:lisa]

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

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

[TAKE: full screen]

{\*\*\*full screen\*\*\*}

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

{REVEAL}

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

HE WAS RECENTLY MARRIED.

{rEVEAL}

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

{REVEAL}

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

One Minute Health: Food for Your Brain dbz 5c

[Anchor:]

{\*\*\*HOST\*\*\*}

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

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

AND THESE FOODS CAN ACTUALLY HELP FUEL YOUR NOGGIN.

[TAKE: full screen]

{\*\*\*FULL SCREEN\*\*\*}

-FISH

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

{\*\*\*REVEAL\*\*\*}

-OATS

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

April 8, 2014

News: Senate Unemployment Benefit dbz 5a

[TAKE VO]

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

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

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

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

BUT THE BILL MAY NOT MAKE IT THROUGH THE HOUSE.

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

Lifestyle: Dating the Right Guy dbz 5b

[Anchor:lisa]

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

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

WHY?

BECAUSE we CAN'T TELL THE DIFFERENCE BETWEEN MR. RIGHT AND MR. WRONG. SO HOW DO YOU RECOGNIZE THE RIGHT GUY?

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

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

[TAKE: full screen]

{\*\*\*FULL SCREEN\*\*\*}

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

{REVEAL}

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

AKA NO CHEATING, NO JEALOUSY.

{REVEAL}

YOU HAVE FUN TOGETHER.

LAUGHTER IS AN APHRODISIAC, YOU KNOW.

{REVEAL}

YOU SHARE COMMON CORE BELIEFS AND VALUES.

OPPOSITES DONT ALWAYS ATTRACT.

{REVEAL}

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

In other words, NO HARSH TONES

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

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

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

April 9, 2014

Chatter story: Charge it in Thirty Seconds dbz 5a

[Anchor:CHARLES]

{\*\*\*CHARLES\*\*\*}

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

THIS IS ONE FOR ROAD WARRIORS AND CELL PHONE GEEKS.

[TAKE VO]

{\*\*\*VO\*\*\*}

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

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

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

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

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

Lifestyle: Shop Like Happy People dbz 5b

[Anchor:]

{\*\*\*LISA\*\*\*}

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

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

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

[TAKE: full screen]

{\*\*\*full screen RVL\*\*\*}

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

[TAKE: full screen]

{\*\*\*full screen RVL\*\*\*}

NEXT UP, WHIPPED GOLD.

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

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

[TAKE: full screen]

{\*\*\*full screen RVL\*\*\*}

LET'S MOVE ON TO CHICKPEAS.

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

[TAKE: full screen]

{\*\*\*full screen RVL\*\*\*}

AND LASTLY, THE NUTS AND SEEDS.

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

LOWER THE RISK OF DEPRESSION.

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[Notes:[http://www.huffingtonpost.com/2014/04/02/foods-that-boost-your-mood\\_n\\_5051814.html?&ncid=tweetinkushpimg00000067](http://www.huffingtonpost.com/2014/04/02/foods-that-boost-your-mood_n_5051814.html?&ncid=tweetinkushpimg00000067)]

April 10, 2014

Lifestyle: Your Job Makes you Fat dbz 5b

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

[Anchor:charles]

{\*\*\*charles\*\*\*}

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

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

[TAKE VO]

{\*\*\*vo\*\*\*}

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

LONGER HOURS LEAVES LESS TIME TO WORK OUT!

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

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

One Minute Money: Tax Tips dbz 5c

[Anchor:SPOONER]

{\*\*\*SPOONER\*\*\*}

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

THAT APRIL 15TH DEADLINE TO FILE YOUR TAXES IS \*NEXT WEEK!  
IF YOU HAVEN'T STARTED YET... HERE ARE SOME TIPS FOR YOU.

[TAKE: full screen]

{\*\*\*full screen\*\*\*}

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

REMEMBER, FILING AN EXTENSION GIVES YOU AN ADDITIONAL 6 MONTHS TO FILE. HOWEVER, IT IS NOT AN EXTENSION TO PAY IF YOU OWE THE IRS TAXES.

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

{\*\*\*REVEAL\*\*\*}

-THEN GET ORGANIZED

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

{\*\*\*REVEAL\*\*\*}

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

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

{\*\*\*REVEAL\*\*\*}

-AND FILE ELECTRONICALLY

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

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

April 11, 2014

News: Bost Bombing Report dbz 5a

[TAKE VO]

{\*\*\*vo\*\*\*}

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

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

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

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

[Anchor:LISA]

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

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

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

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

[Anchor:SPOONER]

{\*\*\*SPOONER\*\*\*}

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

WE ALL HAVE HABITS WE WISH WE COULD BREAK.

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



[TAKE: full screen]

{\*\*\*full screen\*\*\*}

-BITING YOUR NAILS

FIRSTLY, THERE ARE DISGUSTING THINGS UNDER THERE.

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

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

{\*\*\*REVEAL\*\*\*}

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

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

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

YOU GET THE IDEA.

{\*\*\*REVEAL\*\*\*}

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

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

{\*\*\*REVEAL\*\*\*}

-HITTING SNOOZE A GAZILLION TIMES EACH MORNING

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

{\*\*\*REVEAL\*\*\*}

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

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

[Notes:[http://www.cosmopolitan.com/advice/tips/bad-habits?src=spr\\_TWITTER&spr\\_id=1440\\_51928570](http://www.cosmopolitan.com/advice/tips/bad-habits?src=spr_TWITTER&spr_id=1440_51928570)]

April 14, 2014

Lifestyle: Words we say Wrong dbz 5b

[Anchor:LANCE]

{\*\*\*LANCE\*\*\*}

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

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

[TAKE: full screen]

{\*\*\*full screen\*\*\*}

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

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

{\*\*\*REVEAL\*\*\*}

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

{REVEAL}

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

[Notes:[http://www.huffingtonpost.com/2014/04/10/word-meaning\\_n\\_5113730.html](http://www.huffingtonpost.com/2014/04/10/word-meaning_n_5113730.html)]

News: Naps and Early Death dbz 5d

[Anchor:]

{\*\*\*LISA\*\*\*}

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

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

NAPPING CAN LEAD TO EARLY DEATH.

[TAKE VO]

{\*\*\*VO\*\*\*}

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

THEY WERE ALSO MORE LIKELY TO HAVE LUNG DISEASE.

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

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

April 15, 2014

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

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

{\*\*\*SPOONER\*\*\*}

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

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

[TAKE: full screen]

{\*\*\*full screen\*\*\*}

-LIKE: JUST PAYING WHATEVER YOU CAN ON A DEBT

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

NOT TRUE.

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

{\*\*\*REVEAL\*\*\*}

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

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

{\*\*\*REVEAL\*\*\*}

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

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

{\*\*\*REVEAL\*\*\*}

-AND FINALLY... CLOSING UNUSED CREDIT CARDS

LEAVE THEM OPEN!

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

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

News: Tax Dealine dbz 5d

[Anchor:lisa]

{\*\*\*lisa\*\*\*}

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

IT IS D-DAY.

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

[TAKE VO]

{\*\*\*VO\*\*\*}

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

[TAKE: full screen]

{\*\*\*FULL SCREEN RVLS\*\*\*}

GOT A SWEET TOOTH?

THEN CHECK OUT GREAT AMERICAN COOKIES.

THEY ARE GIVING YOU ONE FREE CHOCOLATE CHIP COOKIE.

[TAKE: full screen]

{\*\*\*FULL SCREEN RVLS\*\*\*}

OR HOW ABOUT SOME HALF-PRICED BBQ?

CHECK OUT SONNY'S.

[TAKE: full screen]

{\*\*\*FULL SCREEN RVLS\*\*\*}

AND FINALLY SOME GOOD OLE MICKEY D'S.

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

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

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

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

April 16, 2014

News: Sinking Korean Ships dbz 5a

[TAKE VO]

{\*\*\*vo\*\*\*}

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

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

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

at least three people have been confirmed dead.

MORE THAN 350 HAVE BEEN RESCUED.

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

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

[Notes:[http://www.cnn.com/2014/04/15/world/asia/south-korea-sinking-ship-students/index.html?hpt=hp\\_t1](http://www.cnn.com/2014/04/15/world/asia/south-korea-sinking-ship-students/index.html?hpt=hp_t1)]

One Minute Health: Eat Your Eggs dbz 5c

[Anchor:SPOONER]

{\*\*\*SPOONER\*\*\*}

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

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

[TAKE: full screen]

{\*\*\*full screen\*\*\*}

-EGGS ARE A MUST FOR PREGNANT WOMEN.

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

{\*\*\*REVEAL\*\*\*}

-EGGS CAN HELP CURB YOUR EVENING SNACK CRAVINGS.

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

{\*\*\*REVEAL\*\*\*}

-THEY MAY ALSO IMPROVE YOUR REFLEXES

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

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

{\*\*\*REVEAL\*\*\*}

-EGGS MAY HELP TO REDUCE THE RISK OF CANCER.

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

{\*\*\*REVEAL\*\*\*}

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

[Notes:[http://www.huffingtonpost.com/2014/04/13/eggs-health-benefits\\_n\\_5126337.html?ir=Healthy+Living](http://www.huffingtonpost.com/2014/04/13/eggs-health-benefits_n_5126337.html?ir=Healthy+Living)]

April 17, 2014

Lifestyle: Meditation at Work: dbz 5b

[Anchor:lance]

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

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

SOMETIMES WE JUST NEED TO RELAX DURING OUR WORK DAY!

TRY THESE THREE EASY SOLUTIONS:

[TAKE: full screen]

{\*\*\*full screen\*\*\*}

WALKING MEDITATION...

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

{REVEAL}

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

{REVEAL}

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

TRY THESE STEPS AND REMEMBER TO LIVE IN THE PRESENT!

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

One Minute Money: High Pay Low Stress dbz 5c

[TAKE: full screen]

{\*\*\*full screen\*\*\*}

-DENTAL HYGIENIST

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

{\*\*\*REVEAL\*\*\*}

-OR WHAT ABOUT A TECHNICAL WRITER?

WHAT DOES A TECHNICAL WRITER DO?

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

{\*\*\*REVEAL\*\*\*}

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

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

{\*\*\*REVEAL\*\*\*}

-WANNA MAKE ABOUT 120-K A YEAR?!

TRY BEING A COMPUTER AND INFORMATION SYSTEMS MANAGER.

{\*\*\*REVEAL\*\*\*}

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

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

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

April 18, 2014

News: Mt. Everest Avalanche dbz 5a

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

[Anchor:LISA]

{\*\*\*LISA\*\*\*}

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

[TAKE VO]

{\*\*\*vo\*\*\*}

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

THEY ARE SAID TO ALL BE SHERPAS - OR GUIDES.

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

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

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

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

One Minute Health: Calm Your Blood Pressure dbz 5c

[TAKE: full screen]

{\*\*\*FULL SCREEN\*\*\*}

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

{\*\*\*REVEAL\*\*\*}

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

{\*\*\*REVEAL\*\*\*}

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

{\*\*\*REVEAL\*\*\*}

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

{\*\*\*REVEAL\*\*\*}

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

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

April 21, 2014

Lifestyle: Never Pay for a Date dbz 5b

[Anchor:lisa]

{\*\*\*lisa\*\*\*}

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

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

ACCORDING TO DATING EXPERTS THE ANSWER IS NO!



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

[TAKE: full screen]

{\*\*\*full screen\*\*\*}

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

{REVEAL}

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

{rEVEAL}

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

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

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

One Minute Health: Spring Clean Your Skin dbz 5c

[Anchor:SPOONER]

{\*\*\*SPOONER\*\*\*}

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

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

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

[TAKE: full screen]

{\*\*\*full screen\*\*\*}

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

AND DON'T FORGET THE WATER.

{\*\*\*REVEAL\*\*\*}

-BRUSH YOUR SKIN

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

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

{\*\*\*REVEAL\*\*\*}

-EXFOLIATE

HYDRATION AND EXFOLIATION ARE THE KEYS TO SMOOTHER SKIN FOR SPRING.

AND THERE ARE MANY HOMEMADE SKIN CARE RECIPES YOU CAN FIND RIGHT IN YOUR GROCERY STORE THAT DO JUST THAT.

{\*\*\*REVEAL\*\*\*}

-OR TRY A CLEANSER

BUT BE VERY CAREFUL ABOUT WHICH ONE YOU PICK.

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

{\*\*\*REVEAL\*\*\*}

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

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

April 22, 2014

News: Russia Running Out of Time dbz 5a

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

[Anchor:LISA]

{\*\*\*LISA\*\*\*}

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

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

{\*\*\*vo\*\*\*}

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

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

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

BIDEN PLANS TO MEET WITH OFFICIALS THERE TODAY.

THE U-S SAYS IT WILL QUICKLY ORDER NEW ECONOMIC SANCTIONS IF MOSCOW DOESN'T FOLLOW THROUGH WITH its END OF THE DEAL.

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

Entertainment: IHeart Radio Awards dbz 5a

[Anchor:CHARLES]

{\*\*\*CHARLES\*\*\*}

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

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

[TAKE VO]

{\*\*\*VO\*\*\*}

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

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

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

April 23, 2014

One Minute Health: Preg Survival Tip dbz 5c

[Anchor:SPOONER]

{\*\*\*SPOONER\*\*\*}

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

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

[TAKE: full screen]

{\*\*\*full screen\*\*\*}

-FIRST OF ALL... REDUCE YOUR SODIUM INTAKE

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

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

{\*\*\*REVEAL\*\*\*}

-REMOVE YOUR RINGS

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

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

{\*\*\*REVEAL\*\*\*}

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

{\*\*\*REVEAL\*\*\*}

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

{\*\*\*REVEAL\*\*\*}

-DRINK PLENTY OF FLUIDS

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

[Notes:[http://www.lilsugar.com/Summer-Pregnancy-Survival-Tips-3178027?utm\\_source=babycenter.com&utm\\_medium=facebook&utm\\_campaign=babycenter\\_facebook](http://www.lilsugar.com/Summer-Pregnancy-Survival-Tips-3178027?utm_source=babycenter.com&utm_medium=facebook&utm_campaign=babycenter_facebook)]

News: Search for Plan Suspended dbz 5d

[Anchor:lisa]

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

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

[TAKE VO]

{\*\*\*VO search\*\*\*}

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

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

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

[TAKE VO]

{\*\*\*VO families\*\*\*}

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

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

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

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

[Notes:[http://www.cnn.com/2014/04/22/world/asia/malaysia-airlines-plane/index.html?hpt=hp\\_t1](http://www.cnn.com/2014/04/22/world/asia/malaysia-airlines-plane/index.html?hpt=hp_t1)]

April 24, 2014

News: Regulations for E-Cigs dbz 5a

[TAKE VO]

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

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

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

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

HEALTH WARNINGS WOULD ALSO BE REQUIRED.

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

Lifestyle: Breaking up with Texters dbz 5b

[Anchor:lisa]

{\*\*lisa\*\*}[CG :2008 - Two Line Banner\Breaking up with Texters\TOP LIFESTYLE]  
IS IT TIME TO BREAK UP WITH ALL THOSE PEOPLE ON YOUR PHONE?  
YOU KNOW... MAYBE YOUR EX OR THAT ONE GUY OR GIRL FROM THE CHRISTMAS  
PARTY WHO KEEPS SAYING "WE SHOULD GET TOGETHER."  
RELATIONSHIP EXPERTS SAY WHEN YOU'RE HEADING FOR THE REAL DEAL  
STATUS WITH SOMEONE... IT'S TIME TO END THOSE FLIRTY MESSAGES!

WHAT DO YOU THINK.. IS IT UNNECESSARY SINCE IT'S JUST FUN?

[Notes:[http://www.huffingtonpost.com/kristie-christie/breaking-up-with-our-texters\\_b\\_5025496.html](http://www.huffingtonpost.com/kristie-christie/breaking-up-with-our-texters_b_5025496.html)]

April 25, 2014

News: Obama in South Korea dbz 5a

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

GETTING STRAIGHT INTO THE TOP FIVE NEWS STORIES OF THE DAY... PRESIDENT  
BARACK OBAMA says his visit today to SOUTH KOREA is definitely overshadowed by the  
ferry tragedy but he does not plan to alter his itinerary while he's there.

[TAKE VO]

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

[CG :1000 - TOP 5 1\Obama in South Korea\TOP 5 NEWS]

OBAMA IS OFFERING SUPPORT TO SURVIVORS AND VICTIMS' FAMILIES.... And noted  
that some u-s military personnel based in south korea are part of the recovery efforts.

the death toll has now climbed to 184 AND 118 are still MISSING.

Meanwhile... Prosecutors investigating the accident officially attributed the sinking to  
improperly stowing cargo and a loss of stability caused by a change in the ship's design

One Minute Health: Bad Lunch Habbits dbz 5v

{\*\*SPOONER\*\*}

[CG :2008 - Two Line Banner\No More Desk Dining\HEALTH]

THESE DAYS, MORE OF US ARE EATING LUNCH AT OUR DESKS - OR SKIPPING  
LUNCH ALTOGETHER.

AND THAT'S BAD FOR OUR HEALTH.

HERE'S WHY - AND HOW TO MAKE YOUR LUNCH HOUR COUNT.

[TAKE: full screen]

{\*\*full screen\*\*}

-WE NEED STRESS BREAKS

IT TAKES ANYWHERE FROM 10 MINUTES TO AN HOUR TO FEEL REFRESHED.  
BUT IF YOU SKIP YOUR MIDDAY-BREAK, IT'LL TAKE TWICE THAT LONG TO UNWIND  
AT THE END OF THE DAY.

{\*\*\*REVEAL\*\*\*}

-OUR BRAINS LIKE NEW EXPERIENCES  
SITTING IN THE SAME SPOT ALL DAY BORES OUR BRAIN, WHICH LOWERS MOOD  
AND PRODUCTIVITY, AND HURTS OUR PHYSICAL HEALTH.

{\*\*\*REVEAL\*\*\*}

-DESK DINING CAN MAKE YOU ANTISOCIAL  
STUDIES SHOW THAT PEOPLE WITH LARGER SOCIAL CIRCLES TEND TO LIVE  
LONGER, HEALTHIER LIVES.  
SO, TAKE A MOMENT TO CHAT IN THE BREAK ROOM, OR JOIN YOUR COWORKERS  
FOR LUNCH.

{\*\*\*\*REVEAL\*\*\*}

-AND FINALLY... ENJOY YOUR FOOD  
IN A RECENT STUDY, E-R DOCTORS FOUND EVERYTHING ABOUT THEIR JOB  
STRESSFUL AND DRAINING - EXCEPT LUNCH.  
THEY SAID A LUNCH BREAK WAS TREMENDOUSLY VALUABLE BECAUSE IT WAS A  
TOTAL CHANGE OF PACE, AND HELPED THEM FEEL RENEWED AND RELAXED WHEN IT  
WAS TIME TO CLOCK BACK IN.

[Notes:<http://www.tesh.com/story/health-and-well-being-category/are-your-lunch-habits-hurting-your-health/cc/6/id/26562>]

April 28, 2014

News: Deadly Tornados dbz 5a

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

[Anchor:LISA]

{\*\*\*LISA\*\*\*}

[CG :1000 - TOP 5 1\Twisters Kill 12 in AR, OK\TOP 5 NEWS]

GETTING STRAIGHT INTO THE TOP FIVE NEWS STORIES OF THE DAY... 12 PEOPLE  
ARE DEAD AND COMMUNITIES ACROSS PARTS OF THE MIDWEST AND SOUTH ARE  
TRYING TO DEAL WITH THE AFTERMATH THIS MORNING OF DEADLY TORNADOES  
THAT RIPPED ACROSS THE AREA YESTERDAY.

[TAKE VO]

{\*\*\*vo\*\*\*}

[CG :2050 - Courtesy One Line Chip\ABC News]

11 OF THEM WERE KILLED IN ARKANSAS AND 1 IN OKLAHOMA.

THOSE LIVING IN THE AREA ARE DESCRIBING THE HARDEST HIT AREAS AS  
LOOKING LIKE A WAR ZONE.

THE RISK OF TORNADOES CONTINUES TODAY AND TUESDAY... ALTHOUGH THE  
LIKELIHOOD OF STRONG TWISTERS GRADUALLY LESSENS.

TOMORROW THE TORNADO RISK MOVES AS FAR EAST AS THE CAROLINAS AND  
THE WESTERN PART OF THE FLORIDA PANHANDLE.

[Notes::42-END [https://www.youtube.com/watch?v=IJ72-NegR\\_g](https://www.youtube.com/watch?v=IJ72-NegR_g)]

Lifestyle: Wait to Get Married dbz 5b

[Anchor:]

{\*\*\*LISA\*\*\*}

[CG :2008 - Two Line Banner\Why Wait?\LIFESTYLE]

FIRST COMES LOVE THAN COMES MARRIAGE? OR DOES IT?

STUDIES SHOW THAT THIS GENERATION OF TWENTY SOMETHINGS ARE WAITING  
TO GET MARRIED... IF NOT KEEPING AWAY FROM THE PERMANENT LABEL ALL  
TOGETHER.

AND EXPERTS SAY THERE ARE SOME GOOD REASONS TO HOLD OFF ON GETTING  
MARRIED:

[TAKE: full screen]

{\*\*\*FULL SCREEN\*\*\*}

-YOU'RE IN A RELATIONSHIP THAT BRINGS YOU DOWN

MAKE SURE YOU'RE SIGNIFICANT OTHER INSPIRES YOU AND IS NOT TOO FOCUSED  
ON ONLY THEMSELVES.

[TAKE: full screen]

{\*\*\*FULL SCREEN\*\*\*}

-YOU FEEL YOU HAVE TO CHANGE

YOU DON'T WANT TO LOSE WHO YOU ARE TO SUIT YOUR PARTNER

[TAKE: full screen]

{\*\*\*FULL SCREEN\*\*\*}

-FIND SOMEONE WHO SHARES YOUR VIEWS

THIS WILL UP YOUR CHANCES ON STAYING TOGETHER

[TAKE: full screen]

{\*\*\*FULL SCREEN\*\*\*}

-WAITING FOR THE RIGHT PERSON

IF YOU AVOID MARRIAGE IN YOUR EARLY TWENTIES AND DATE FOR TWO YEARS...  
YOU INCREASE YOUR CHANCES OF STAYING TOGETHER

[TAKE: full screen]

{\*\*\*FULL SCREEN\*\*\*}



-YOU'RE HAPPY SINGLE  
IF YOU'RE REALLY CONTENT WITH YOURSELF... YOU WONT FEEL THE NEED FOR  
SOMEONE ELSE TO MAKE YOU HAPPY.  
SO TAKE IT SLOW AND DONT SETTLE UNTIL YOU FIND THE RIGHT ONE!

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[Notes:[http://www.huffingtonpost.com/2014/04/21/wait-to-marry-\\_n\\_5162943.html?ncid=fbklnkushpmsg00000063](http://www.huffingtonpost.com/2014/04/21/wait-to-marry-_n_5162943.html?ncid=fbklnkushpmsg00000063)]

April 29, 2014

Chatter stories: Girls Fat to Obese dbz 5a

[Anchor:LISA][CG :2008 - Two Line Banner\Calling Girls Fat Can Backfire\THEDBZ.COM]

{\*\*\*LISA\*\*\*}

URNS OUT... WORDS REALLY CAN HURT.

[TAKE: full screen]

{\*\*\*full screen\*\*\*}

RESEARCHERS AT U-C-L-A REPORT THAT 10-YEAR-OLD GIRLS WHO ARE TOLD  
THEY ARE TOO FAT ARE MORE LIKELY TO BE OBESE BY AGE 19 THAN GIRLS WHO  
WERE NEVER TOLD THEY WERE TOO FAT.

{REVEAL}

AND THAT'S REGARDLESS OF WHAT THEY WEIGHED AT THE BEGINNING OF THE  
STUDY.

PROFESSORS SAY THAT MAKING PEOPLE FEEL BAD ABOUT THEIR WEIGHT CAN  
BACKFIRE - BECAUSE WHEN PEOPLE FEEL BAD -

{REVEAL}

THEY OFTEN TURN TO FOOD FOR COMFORT.

IF YOUR CHILD DOES NEED TO LOSE WEIGHT - THEIR ADVICE IS TO STAY AWAY  
FROM THE WORD "FAT".

[Notes:<http://www.latimes.com/science/sciencenow/la-sci-sn-girls-too-fat-obese-20140428,0,4057459.story>]

One Minute Money: Secrets to Getting Job Offer dbz 5c

[Anchor:LISA]

{\*\*\*LISA\*\*\*}[CG :2008 - Two Line Banner\Secret to Nail that Job Offer\TOP MONEY]

LOOKING FOR A JOB... OR GOING ON AN INTERVIEW SOON?

HERE ARE FOUR SECRETS FROM PEOPLE WHO ALWAYS GET THE JOB OFFER.

[TAKE: FULL SCREEN]

{\*\*\*FULL SCREEN\*\*\*}

FIRST.. THEY DON'T RELY ON JOB BOARDS.

DONT USE THE SITES TO LOOK UP AN OPEN POSITION - MOST OF THEM ARE ACTUALLY ALREADY FILLED.

INSTEAD - FIND OUT ABOUT THE ROLES A COMPANY LOOKS FOR, THEN NETWORK YOUR WAY IN THROUGH PEOPLE.

{rEVEAL}

NEXT.... THEY USE THEIR 6 SECONDS WISELY.

A STUDY FOUND THAT EMPLOYERS DECIDE WHETHER YOUR RESUME GOES IN THE YES OR NO PILE IN ABOUT 6 SECONDS.

So be sure not to FILL YOUR RESUME WITH UNNECESSARY INFORMATION.

{rEVEAL}

YOUR SOCIAL MEDIA PROFILE IS IMPORTANT.

JOB SEEKERS NEED TO HAVE A DIGITAL FOOTPRINT, OR THEY'LL BE CONSIDERED DIGITALLY ILLITERATE.

ITS NOT ALL ABOUT FACEBOOK EITHER - POSTING RELEVANT COMMENTS ON TWITTER - AND EVEN BLOGGING WILL GIVE YOU A BOOST.

{REVEAL}

AND LAST.. EXPRESS ENTHUSIASM WITHOUT EMOTICONS.

I KNOW THIS IS HARD.. WINKING SMILEY FACE..

BUT STAY AWAY FROM ALL THOSE EXCLAMATION POINTS..AND USE A SPECIFIC SENTENCE ABOUT WHY YOURE EXCITED ABOUT THE OPPORTUNITY

[Notes:[http://www.huffingtonpost.com/2014/04/18/job-search-interview-tips\\_n\\_5086891.html?utm\\_hp\\_ref=money&ir=Money](http://www.huffingtonpost.com/2014/04/18/job-search-interview-tips_n_5086891.html?utm_hp_ref=money&ir=Money)]

April 30, 2014

News: Botched Execution in Oklahoma dbz 5a

[Anchor:LISA]

{\*\*\*LISA\*\*\*}

[CG :1002 - TOP 5 3\Botched Execution\TOP 5 NEWS]

[TAKE: WIPE VO]

{\*\*\*WIPE VO\*\*\*}

OKLAHOMA'S GOVERNOR HAS ORDERED A REVIEW OF THE STATE'S EXECUTION PROCEDURE AFTER A BOTCHED EXECUTION LAST NIGHT.

CLAYTON LOCKETT WAS DECLARED UNCONSCIOUS 10 MINUTES AFTER THE FIRST OF THE STATE'S NEW LETHAL INJECTION COMBO WAS GIVEN.

MINUTES LATER, THOUGH, HE BEGAN BREATHING HEAVILY, CONVULSING, AND STRAINING TO LIFT HIS HEAD OFF THE PILLOW.

LOCKETT DIED OF A HEART ATTACK A SHORT TIME LATER.

THE SECOND EXECUTION THAT WAS SUPPOSED TO HAPPEN LAST NIGHT HAS BEEN STAYED FOR 14 DAYS.

[Notes:1:22-1:30, <http://www.okcfox.com/story/25384499/execution-of-inmate-fails-second-execution-stayed>]

[Notes:1:05 <http://www.okcfox.com/story/25372679/double-execution-scheduled-for-tuesday-in-oklahoma>]

Lifestyle: Buy Clothes You Don't Wear dbz 5b

[Anchor:lisa]

{\*\*\*lisa\*\*\*}

WE ALL DO IT- BUY THAT CUTE DRESS OR SHIRT THAT WE WEAR ONCE THEN TOSS IN THE BACK OF OUR CLOSET.

but HERE'S HOW YOU CAN STOP WASTING MONEY AND START BUYING CLOTHES YOU'LL ACTUALLY WEAR.

[TAKE VO]

{\*\*\*VO\*\*\*}

[CG :2008 - Two Line Banner\Stop Wasting Money\TOP LIFESTYLE]

THE FIRST STEP IS TO HAVE A CLOSET CLEAN-OUT.

DEDICATE SOME REAL TIME TO PICKING WHICH ITEMS SHOULD STAY AND GO.

IF YOU HAVENT TOUCHED IT IN 3 MONTHS - IT SHOULD BE DONATED TO SOMEONE WHO WILL WEAR IT.

{rEVEAL}

SMALLER IS ACTUALLY BETTER IN THIS CASE..

I KNOW WE ALL WANT THOSE HUGE WALK IN CLOSETS.. BUT THAT JUST LEADS TO MORE BUYING of UNNECESSARY ITEMS SO THE SPACE IS FILLED.

{REVEAL}

AFTER YOUR CLEAN-OUT.. RESIST THE URGE TO GO SHOPPING RIGHT AWAY.

MAKE A LIST OF WHAT YOU ACTUALLY \*NEED TO HAVE A REAL WARDROBE FOR THE LIFE YOU ARE LIVING RIGHT NOW

{REVEAL}

AND WHEN YOU DO GO SHOPPING - IF YOU DONT LOVE IT - AND IF IT FITS YOU "JUST OKAY" - LEAVE IT IN THE STORE!

[Notes:<http://lifehacker.com/how-to-stop-buying-clothes-you-never-wear-1566730349>]

## May 2014

May 1, 2014

Entertainment: Oprah to Buy Clippers db 5a

[Anchor:CHARLES]

{\*\*\*CHARLES\*\*\*}[CG :1002 - TOP 5 3\Oprah Buying the Clippers?\TOP 5 ENTERTAINMENT]

OPRAH COULD BE IN THE RUNNING TO BUY THE LOS ANGELES CLIPPERS.

[TAKE: full screen]

{\*\*\*full screen\*\*\*}

HER REPS SAY SHE IS TALKING WITH MEDIA MOGUL DAVID GEFFEN AND OTHERS, ABOUT MAKING A JOINT BID FOR THE TEAM.... IF CURRENT OWNER, DONALD STERLING, IS INDEED FORCED TO SELL.

{REVEAL}

FORMER BOXER, OSCAR DE LA HOYA SAYS HE IS ALSO INTERESTED.

{REVEAL}

AND THERE ARE SEVERAL REPORTS THAT FORMER LAKERS STAR, MAGIC JOHNSON, WANTS TO OWN THE N-B-A TEAM.

[Notes:<http://t.co/G0oKW0vcst>]

Lifestyle: Firstborn Girls are Best: dbz 5b

[Anchor:ROSIE]

{\*\*\*ROSIE\*\*\*}

SIBLINGS-- BRACE YOURSELF FOR A POSSIBLE FEUD ON THIS PIECE OF INFO

[TAKE VO]

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

[CG :2008 - Two Line Banner\First-Born Girls are Better\TOP LIFESTYLE]

A BRITISH STUDY SUGGESTS THAT FIRSTBORNS- GIRLS IN PARTICULAR- ARE MORE SUCCESSFUL IN LIFE THAN THEIR YOUNGER SIBLINGS!

BEING OLDER MAKES THEM MORE AMBITIOUS AND IN TURN MORE LIKELY TO PURSUE ADVANCED DEGREES...

SCIENTISTS HAVE MANY THEORIES ON WHY... BUT ONE OBVIOUS GUESS IS THAT PARENTS INVEST MORE RESOURCES INTO THE FIRST KID--- BY THE 2ND AND THE THIRD --- LET 'EM GET DIRTY!

[Notes:<http://time.com/80932/firstborn-girls-are-the-best-at-life/>]

May 2, 2014

News: Federal Sex Assault Probes dbz 5a

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

[Anchor:LISA]

{\*\*\*LISA\*\*\*}

[CG :1000 - TOP 5 1\List of Investigated Schools \TOP 5 NEWS]

GETTING STRAIGHT INTO THE TOP FIVE NEWS STORIES OF THE DAY... THE U-S DEPARTMENT OF EDUCATION RELEASES FOR THE FIRST TIME A LIST OF COLLEGES AND UNIVERSITIES UNDER INVESTIGATION.

[TAKE VO]

{\*\*\*vo\*\*\*}

AND A WHOPPING 55 SCHOOLS ARE ON THAT LIST FOR ALLEGEDLY MISHANDLING SEXUAL ASSAULT AND HARASSMENT ON CAMPUS.

WOMEN WHO HAVE FILED COMPLAINTS LEADING TO THESE TYPES OF INVESTIGATIONS HAVE LONG CRITICIZED THE EDUCATION DEPARTMENT FOR PROTECTING THE \*SCHOOLS AND FOR NOT PROVIDING ENOUGH TRANSPARENCY.

BEFORE YESTERDAY... THE DEPARTMENT WOULD ONLY CONFIRM WHEN A SCHOOL WAS UNDER REVIEW UPON REQUEST.

[Notes:[http://hosted.ap.org/dynamic/stories/U/US\\_HIGHER\\_EDUCATION\\_SEXUAL\\_ASSAULT?SITE=AP&SECTION=HOME&TEMPLATE=DEFAULT&CTIME=2014-05-01-21-13-44](http://hosted.ap.org/dynamic/stories/U/US_HIGHER_EDUCATION_SEXUAL_ASSAULT?SITE=AP&SECTION=HOME&TEMPLATE=DEFAULT&CTIME=2014-05-01-21-13-44)]

[Notes:1:39-1:54 <https://www.youtube.com/watch?v=547A2zlspqY>]

Lifestyle: Women Wear Less Makeup dbz b

[Anchor:ROSIE][CG :2008 - Two Line Banner\Makeup: Friend or Foe?\TOP LIFESTYLE]

{\*\*\*ROSIE\*\*\*}

LADIES! MAKE-UP --FRIEND OR FOE?

NEW STUDIES SUGGEST MEN ACTUALLY LIKE WOMEN WITH LESS MAKE UP

[TAKE: full screen]

{\*\*\*full screen\*\*\*}

AND THAT WOMEN MAY BE TRYING TO LIVE TO A STANDARD THAT DOES NOT EXIST!

{REVEAL}

A GROUP OF VIEWERS WERE SHOWN PICTURES OF WOMEN WHO HAD DIFFERENT AMOUNTS OF MAKEUP ON...

WOMEN LIKED THE PICS WITH MORE MAKE UP.. WHERE THE MEN PREFERRED THE OPPOSITE!

{rEVEAL}

SO LADIES.. DO WE LIKE THE LOOK OR DO WE DO IT BECAUSE WE THINK WE HAVE TO FOR THE GUYS?

[Notes:<http://time.com/79584/science-women-less-makeup/>]

May 5, 2014

Lifestyle: Stranger Influence You dbz 5b

[Anchor:charles]

{\*\*\*charles\*\*\*}[CG :2008 - Two Line Banner\Do Others Influence Your Relationship?\TOP LIFESTYLE]

JUST BECAUSE YOU'RE IN A RELATIONSHIP DOESN'T MEAN YOU DON'T GET BUTTERFLIES WHEN YOU SEE THAT GOOD LOOKING STRANGER!

[TAKE VO]

{\*\*\*vo\*\*\*}

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

IN FACT A NEW STUDY SAYS WHEN PEOPLE IN COMMITTED RELATIONSHIPS THINK ATTRACTIVE OUTSIDERS ARE INTERESTED-- THEY BECOME LESS SATISFIED IN THEIR OWN PARTNER.

A GROUP OF PARTICIPANTS WERE INTERVIEWED BY HOT STRANGERS WHO RANKED THEM MORE OR LESS LIKELY TO DATE.

IF THEY WERE RATED MORE DATABLE BY THESE HOTTIES THEY FELT MORE VALUED - LIKE THEY COULD TRADE UP...

WHILE THOSE WITH THE OPPOSITE RESULTS REPORTED TO BE MORE SATISFIED WITH THEIR PARTNERS.

WHAT DO YOU GUYS THINK???

[Notes:<http://www.womenshealthmag.com/sex-and-relationships/self-esteem-and-relationships>]

News: Japan Earthquake dbz 5d

[TAKE VO]

{\*\*\*vo\*\*\*}

[CG :1001 - TOP 5 2\6.0 Earthquake Hits Japan\TOP 5 NEWS]

A STRONG 6-point-2 EARTHQUAKE rattles the city of tokyo EARLY THIS MORNING... But the good news is no deaths or damage have been reported.

17 PEOPLE WERE INJURED... SOME OF THEM FROM FALLS AS THE QUAKE STRUCK.

JAPANS NATIONAL BROADCASTER SAID IT WAS THE STRONGEST QUAKE FELT IN THE JAPANESE CAPITAL SINCE THE AFTERSHOCKS OF A MAGNITUDE 9-point-0 EARTHQUAKE AND TSUNAMI IN MARCH 2011 THAT LEFT MORE THAN 18 and a half thousand PEOPLE DEAD OR MISSING.

[Notes:<http://t.co/oirB4p7IMS>]

May 6, 2014

News: Nigeria Threatening to Sell dbz 5a

{\*\*\*LISA\*\*\*}

[CG :1000 - TOP 5 1\Fate of Girls in Question\TOP 5 NEWS]

GETTING STRAIGHT INTO THE TOP FIVE NEWS STORIES OF THE DAY... FEARS FOR THE FATE OF MORE THAN 200 NIGERIAN GIRLS TAKES A SCARY TURN... AS THE LEADER OF THE ISLAMIST MILITANT GROUP THAT KIDNAPPED THEM ANNOUNCES HIS PLANS.

[TAKE SOT

NAME: <https://www.youtube.com/watch?v=JIUhNmbo-Kc>

INCUE: I'm the one...

AT: 0:13

TO: 0:21

DURATION:0:08]

{\*\*\*SOT FULL\*\*\*}

[Notes:NO NAME CG!!]

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

<i'm the one that captured your girls. I'll sell them on the market. There's a market for selling people God has commanded me to sell.>

[TAKE: cont vo]

{\*\*\*cont vo\*\*\*}

BOKO HARAM IS A TERRORIST GROUP RECEIVING TRAINING FROM AL QAEDA AFFILIATES.

ARMED MEMBERS OF BOKO HARAM OVERWHELMED SECURITY GUARDS AT A SCHOOL LAST MONTH... PULLED THE GIRLS OUT OF BED AND FORCED THEM INTO TRUCKS.

223 OF THE 276 GIRLS ARE STILL WITH THEIR KIDNAPPERS.  
53 MANAGED TO ESCAPE.

NOTES: THE U-S GOVERNMENT is offering its help, but making clear that the Nigerian government must take the lead. WITH THAT SAID, The FBI is standing ready for a possible deployment to Nigeria to help.

[Notes:CONT VO 100 Nigerian Girls Abducted VO 4/16/14]

Lifestyle: How to Detect a Liar dbz 5b

[Anchor:CHARLES]

{\*\*\*CHARLES\*\*\*}[CG :2008 - Two Line Banner\Picking out the Liars\TOP LIFESTYLE]

ITS NOT ALWAYS EASY TO TELL WHEN SOMEONES LYING.. AND SOMETIMES WHEN WE THINK THEY ARE .... THEY ARENT.

[TAKE VO]

{\*\*\*VO\*\*\*}

[CG :2050 - Courtesy One Line Chip\Universal Pictures ]

THAT'S CALLED GIVING A FALSE POSTIVE - LIKE SOME PEOPLE JUST GET NERVOUS WHEN THEY ARE BEING QUESTIONED. SO THEY GET SWEATY AND TWITCHY.. EVEN THOUGH THEY ARE TELLING THE TRUTH.

SO TO PICK OUT THE TRUE LIARS..

[TAKE: FULL SCREEN]

{\*\*\*FULL SCREEN\*\*\*}

LYING MAKES YOU THINK... TRY TO MAKE THE PERSON THINK HARDER BY ASKING MORE AND MORE QUESTIONS UNTIL THEY BREAK.

{reveal}

DONT INTERRUPT THEIR STORY - THOSE AWKWARD SILENT PAUSES TENDS TO STRESS PEOPLE OUT SO THEY CRACK.

{reveal}

AND REMEMBER.. SMARTER AND MORE CREATIVE PEOPLE ARE BETTER LIARS. BE WEARY OF THEM!

[Notes:<http://time.com/77940/detect-lying/>]



May 7, 2014

News: Google Was in with the NSA dbz 5a

[Anchor:SPOONER]

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

GETTING STRAIGHT INTO THE TOP FIVE NEWS STORIES OF THE DAY... TURNS OUT... THERE'S A PRETTY COZY RELATIONSHIP BETWEEN GOOGLE AND THE N-S-A.

[TAKE VO][CG :1000 - TOP 5 1\NSA & Google Were Cozy\TOP 5 NEWS]

{\*\*\*vo\*\*\*}

YESTERDAY... EMAILS BETWEEN THE-THEN N-S-A CHAIRMAN AND TWO BIG WHIGS AT GOOGLE WERE PUBLISHED.

THE CORRESPONDENCE SUGGESTS A CLOSE RELATIONSHIP \*BEFORE EDWARD SNOWDEN EVER LEAKED DOCUMENTS DETAILING THE AGENCY'S ONLINE SPYING EFFORTS.

GOOGLE EXECUTIVES HAVE MAINTAINED THAT THE SEARCH GIANT DOES NOT GIVE UNCLE SAM ACCESS TO ITS SERVERS AND THE PERSONAL INFORMATION OF ITS USERS UNLESS IT IS LEGALLY COMPELLED TO.

THE EMAILS DON'T CONTRADICT THAT \*BUT IT \*DOES SUGGEST A CLOSER RELATIONSHIP THEN THEY LET ON.

[Notes:<http://t.co/SUpd2y25i8>]

One Minute Health: Why Laughin is Good dbz 5c

[Anchor:lisa]

{\*\*\*lisa\*\*\*}

WELCOME BACK!

YOU KNOW.. WE SHOW YOU THOSE SILLY VIRAL VIDEOS FOR A REASON.. TO GET YOU LAUGHING!

BUT CAN WATCHING A FUNNY CAT VIDEO AT WORK ACTUALLY IMPROVE YOUR PRODUCTIVITY?

MAYBE!

[TAKE VO]

{\*\*\*VO\*\*\*}

[CG :2008 - Two Line Banner\Laughing is Good for You! \TOP HEALTH]

A RECENT STUDY FOUND THAT WHEN PEOPLE LAUGH, THEIR BRAINS ARE ACTIVATED IN THE SAME WAY AS WHEN PEOPLE ARE MEDITATING.

RESEARCHERS AT LOMA LINDA UNIVERSITY MEASURED THE BRAIN ACTIVITY OF 31 PEOPLE WHEN THEY WATCHED A FUNNY VIDEO AND AGAIN WHEN THEY WATCHED A STRESSFUL VIDEO.

DURING THE FUNNY VIDEOS, THE VIEWERS ACTUALLY ACTIVATED THEIR ENTIRE BRAINS WITH HIGH GAMMA WAVE ACTIVITY.

GAMMA IS FOUND IN EVERY PART OF THE BRAIN AND IT HELPS GENERATE RECALL AND REORGANIZATION.

THIS SAME STUFF HAPPENS WHEN YOU RELAX AND MEDITATE.. THATS WHY YOU FEEL ENERGIZED AND REFRESHED AFTER YOURE DONE.

NOT ONLY CAN LAUGHING HELP INCREASE YOUR AWARENESS, DOCTORS THINK IT CAN HELP REDUCE STRESS, BLOOD PRESSURE AND PAIN.

SO NEXT TIME YOUR BOSS CATCHES YOU WATCHING A FUNNY BABY VIDEO, JUST TELL THEM THAT YOU'RE TRYING TO BE MORE PRODUCTIVE.

[Notes:<http://thechart.blogs.cnn.com/2014/04/28/why-laughing-is-healthy/>]

## June 2014

6/2/14

[Anchor:SPOONER]

{\*\*\*SPOONER\*\*\*}

[CG :1004 - TOP 5 5\Teacher Suspended for History Lesson\TOP 5 NEWS]

WE'VE BEEN SHAKING OUR HEADS AT SOME TEACHERS RECENTLY FOR QUESTIONABLE JUDGEMENT.

BUT THIS TIME... I'M \*REALLY QUESTIONING THE SCHOOL DISTRICT.

[TAKE VO]

{\*\*\*vo\*\*\*}

A MIDDLE SCHOOL HISTORY TEACHER IN MICHIGAN WAS SUSPENDED... BECAUSE SHOWED STUDENTS A VIDEO ABOUT HOW WHITE ENTERTAINERS USED TO PAINT THEIR FACES BLACK TO IMITATE BLACK PEOPLE.

THE SUSPENSION OCCURRED AFTER AN ASSISTANT PRINCIPAL OBSERVED THE TEACHER TEACHING AN EIGHTH-GRADE CLASS.

THE TOPIC FOR THE DAY WAS RACIAL SEGREGATION LAWS DURING THE JIM CROW ERA.

BUT THE ASSISTANT PRINCIPAL CONCLUDED THAT BARRON'S LESSON ABOUT HOW ENTERTAINERS USED TO BE RACIST WAS ITSELF RACIST.

[Anchor:JESSICA][CG :2008 - Two Line Banner\Jessica Reyes\@JESSICAREYES]

{\*\*\*JESSICA\*\*\*}

LETS START YOUR TOP FIVE ENTERTAINMENT STORIES WITH THE DEATH OF BELOVED ACTRESS ANN B DAVIS

[TAKE SOT

OUTCUE: to eat it right!

DURATION:0:15]

{\*\*\*sot full\*\*\*}

[CG :1000 - TOP 5 1\Ann B. Davis 1926 - 2014\TOP 5 ENTERTAINMENT]

<>

[TAKE: cont vo]

{\*\*\*cont vo\*\*\*}

YES THE EMMY AWARD WINNING ACTRESS KNOWN FOR HER ROLE OF ALICE ON THE BRADY BUNCH DIED SUNDAY.

A FAMILY FRIEND SAYS SHE FELL AND HIT HER HEAD SATURDAY MORNING IN HER BATHROOM AND NEVER REGAINED CONSCIOUSNESS.

SHE WAS 88.

6/3/14

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

[Anchor:LISA]

{\*\*\*LISA\*\*\*}

[CG :1000 - TOP 5 1\Questions about Bergdahl's Release\TOP 5 NEWS]

KICKING OFF OUR TOP FIVE NEWS STORIES OF THE DAY... THE PENTAGON IS NOW LOOKING IN TO CLAIMS 6 U-S SOLDIERS WERE KILLED IN THE COURSE OF THE YEARS-LONG SEARCH FOR ARMY SGT. BOWE BERGDAHL, WHO WAS RELEASED OVER THE WEEKEND BY HIS TALIBAN CAPTORS.

[TAKE VO]

{\*\*\*vo\*\*\*}

THE NAMES AND FACES OF THE SIX, WHO ALLEGEDLY DIED DURING THE SEARCH, BEGAN TO EMERGE WITHIN HOURS OF THE SOLDIER'S RELEASE.

ASKED ABOUT THE CLAIMS... A PENTAGON SPOKESMAN SAID IT'S "IMPOSSIBLE" TO CONFIRM RIGHT NOW WHETHER ANYBODY'S DEATH WAS DIRECTLY LINKED TO THE HUNT FOR BERGDAHL.

BERGDAHL'S CONDUCT BEFORE HIS CAPTURE AND WHY HE WENT MISSING ARE ALSO BEING INVESTIGATED.

ONE PENTAGON OFFICIAL SAID HE IS AT WORST A DESERTER... AND AT BEST A STUPID KID.

Anchor:]{\*\*\*JESSICA\*\*\*}

[CG :1004 - TOP 5 5\Prank Fail\TOP 5 SOCIAL]

WITHOUT GIVING IT AWAY, OUR POOR YOUSEF GETS THE SCARE OF HIS LIFE IN A PRANK BY HIS BUDDIES GONE WRONG

[TAKE SOT

INCUE: 00

OUTCUE: 19 "yousef"

AT: 0:00

TO: 0:19

DURATION:0:19]

{\*\*\*sot full\*\*\*}

[TAKE: cont vo]

{\*\*\*cont vo\*\*\*}

NOT SURE HOW REAL THIS IS BUT APPARENTLY THE GUY PRANKED IS OKAY AND THEY GOT WHAT THEY WANTED...VIRAL POWER WITH OVER ONE POINT FOUR MILLION VIEWS.

#####

(VIDEO THAT WE REALLY, REALLY WANT TO BELIEVE IS REAL AND NOT FAKED. WHAT HAPPENS NEXT IS EQUAL PARTS HILARIOUS AND SAD.)

JUNE 4

[Anchor:JESSICA][CG :2008 - Two Line Banner\Jessica Reyes\@JESSICAREYES]

{\*\*\*JESSICA\*\*\*}

LETS START YOUR TOP FIVE ENTERTAINMENT STORIES WITH JENNIFER LOPEZ. SHES GOTTEN SMART ABOUT HER USUAL DRAMA FILLED RELATIONSHIPS..

[TAKE VO]

{\*\*\*vo\*\*\*}

[CG :1000 - TOP 5 1\JLo and Casper Troubles\TOP 5 ENTERTAINMENT]

WHILE REPORTS ARE SAYING THAT SHE AND BOYFRIEND CASPER SMART HAVE BEEN GOING THROUGH A ROUGH PATCH.. WE MAY NEVER KNOW THE TRUTH. THATS BECAUSE SHE MADE HIM SIGN A NON DISCLOSURE AGREEMENT WHEN THEY FIRST STARTED DATING.. MEANING HES NOT ALLOWED TO SPILL ANY JUICY DETAILS ON THEIR RELATIONSHIP.

WELL, ACCORDING TO PAGE SIX, RUMORS ARE SWIRLING THAT SMART HAS BEEN SECRETLY SEXTING TRANSSEXUAL MODELS, AND LOPEZ "DOESN'T NEED THIS DRAMA AND IS READY TO MOVE ON," AS ONE SOURCE PUTS IT.

[Anchor:]{\*\*\*JESSICA\*\*\*}

[CG :1002 - TOP 5 3\Gravity" Ain't Right\TOP 5 SOCIAL]

WHEN A MOVIE AS SCIENTIFIC AS GRAVITY IS QUESTIONED...THERE'S ONLY ONE MAN THAT CAN DO IT AND THAT'S ASTROPHYSICIST AND T-V HOST MR NEIL DEGRASSE TYSON

[TAKE SOT

INCUE: 2:05 "in space"

OUTCUE: 2:22 "let's chat"

AT: 2:05

TO: 2:22

DURATION:0:17]

{\*\*\*sot full\*\*\*}

[TAKE: cont vo]

{\*\*\*cont vo\*\*\*}

THIS VIDEO HAS OVER 503 THOUSAND VIEWS THIS MORNING!

###

JUNE 5, 2014

[Anchor:lisa]

{\*\*\*LISA\*\*\*}

WE'RE ALL LOOKING TO SAVE MONEY NO MATTER WHERE WE ARE..  
SO HERE ARE A FEW TIPS ON HOW TO SAVE ON EVERY DAY EXPENSES

[TAKE: full screen]

{\*\*\*full screen\*\*\*}

FIRST OFF - EATING OUT.

THE FIRST TIP IS TO \*NOT EAT OUT EVERY NIGHT.. BUT WHEN YOU DO..  
READ THE MENU - LOOK FOR SUBTLY PLACED ITEMS, SUCH AS THOSE IN THE MIDDLE  
OF THE LIST - WHICH TEND TO BE CHEAPER.

{REVEAL}

GOING TO AN OUTLET MALL IS ALWAYS A GOOD IDEA- BUT NOW DAYS- RETAILERS  
ARE ACTUALLY CREATING CHEAPER MERCHANDISE TO SELL JUST AT THEIR OUTLET  
STORES SO IT DOESNT COST THEM MONEY.

TO FIND THE DEEPEST DISCOUNTS, LOOK FOR LONE ITEMS HIDDEN ON THE  
CLEARANCE RACKS NEAR THE BACK OF THE STORE.

{REVEAL}

AT THE GYM - DON'T PAY EXTRA FEES:

MANY GYMS CHARGE SO-CALLED "INITIATION" FEES WHEN YOU JOIN, BUT OFTEN  
TIMES YOU DON'T HAVE TO PAY THEM.

THOSE ARE OFTEN NEGOTIABLE, ESPECIALLY IN THE OFF-SEASON.

{REVEAL}

WHILE THE CENTER GROCERY SHELVES ARE CONSIDERED PRIME MARKET SPACE,  
STUDIES HAVE SHOWN THAT THE HIGHEST AND LOWEST SHELVES ARE OFTEN HOME  
TO DISCOUNTED OR CHEAPER ITEMS.

{REVEAL}

IF YOURE SHOPPING ONLINE - TRY USING A DIFFERENT WEB BROWSER TO DOUBLE  
CHECK THE PRICE BEFORE BUYING.

[Anchor:]{\*\*\*JESSICA\*\*\*}

[CG :2008 - Two Line Banner\Jessica Reyes\@jessicareyes]

[CG :1000 - TOP 5 1\What Would Happen If?\TOP 5 SOCIAL]

HERE'S YOUR TOP FIVE SOCIAL MEDIA UPDATE AND I'M STARTING WITH A VIRAL  
VIDEO DEDICATED TO ALL YOU SODA LOVERS...EJEM LISA! HERE'S WHAT HAPPENS  
WHEN YOU BOIL COKE

[TAKE SOT

INCUE: 1:28 "slowly boiling out"

OUTCUE: 1:45 of soda

AT: 1:28

TO: 1:45

DURATION:0:17]

{\*\*\*sot full\*\*\*}

[TAKE: cont vo]

{\*\*\*cont vo\*\*\*}

SOMETHING INSANE AND DISGUSTING.

SO FAR THIS VIDEO HAS OVER ONE POINT THREE MILLION VIEWS.

JUNE 6, 2014]

{\*\*\*WIPE VO\*\*\*}

[Anchor:SPOONER]

{\*\*\*SPOONER\*\*\*}

[CG :1003 - TOP 5 4\US Citizen Detained\TOP 5 NEWS]

NUMBER 4 AND ALSO IN INTERNATIONAL NEWS... NORTH KOREA JUST ANNOUNCED TODAY THAT IT HAS DETAINED A U-S CITIZEN WHO IT SAYS ENTERED THEIR COUNTRY AS A TOURIST IN APRIL AND BROKE THE LAW.

ACCORDING TO THEM HIS NAME IS JEFFERY EDWARD FOWLE.

A JAPANESE NEWS AGENCY REPORTED THAT FOWLE WAS PART OF A TOUR GROUP AND THAT HE WAS DETAINED IN MID-MAY AFTER ALLEGEDLY LEAVING A BIBLE IN A HOTEL WHERE HE HAD BEEN STAYING.

THIS BRINGS THE NUMBER OF AMERICANS BELIEVED TO BE HELD IN NORTH KOREA TO THREE.

[Anchor:lisa]

{\*\*\*LISA\*\*\*}

THE CURRENT DATING CULTURE IS CONFUSING.

HALF THE TIME YOU WON'T EVEN KNOW IF YOU'RE ACTUALLY DATING SOMEONE.

HERE ARE THE MORE EASILY RECOGNIZABLE STAGES

[TAKE VO]

{\*\*\*vo\*\*\*}

[CG :2008 - Two Line Banner\One-Night Stand\TOP 5 LIFESTYLE]

FIRST.. THE ONE-NIGHT STAND.

REGARDLESS OF WHETHER YOU MET IN A COFFEE SHOP OR AT THE PARK... THE FIRST DATE TALLIES UP TO ONE THING: EITHER A SUCCESSFUL OR FAILED ONE-NIGHT STAND.

[TAKE VO]

{\*\*\*vo\*\*\*}

[CG :2008 - Two Line Banner\Friends with Benefits\TOP 5 LIFESTYLE]

NEXT.. THE FRIEND WITH BENEFITS.

THIS IS THE STAGE WHEN YOU ACTUALLY MATTER TO THE PERSON MORE THAN ANY RANDOM PERSON ON THE STREET.

YOU CAN FINALLY GET TO KNOW THE PERSON YOU'VE BEEN WITH.

TALKING IS RECOMMENDED.. BUT TIME IN THE BEDROOM SHOULD END WITH A HIGH FIVE NOT A HUG.

[TAKE VO]

{\*\*\*vo\*\*\*}

[CG :2008 - Two Line Banner\The Date\TOP 5 LIFESTYLE]

OKAY NOW YOU'VE MADE IT TO THE DATE.

YOU AREN'T REALLY DATING YET... JUST GOING ON DATES.

I KNOW ITS CONFUSING.

THE FIRST COUPLE OF DATES ARE CRUCIAL AS THEY WILL DECIDE WHETHER YOU WILL BE MOVING FORWARD INTO AN ACTUAL RELATIONSHIP.

[TAKE VO]

{\*\*\*vo\*\*\*}

[CG :2008 - Two Line Banner\Stepping Stone Stage\TOP 5 LIFESTYLE]

AFTER SOME SUCCESSFUL DATES... THE STEPPING-STONE STARTS.

THIS IS WHERE ONE PERSON IS TOTALLY INTO IT.. WHILE THE OTHER IS STILL ON THE FENCE.

YOU CONSIDER THIS PERSON A NECESSARY STEPPING-STONE BEFORE YOU CAN SETTLE WITH THE RIGHT PERSON.

[TAKE VO]

{\*\*\*vo\*\*\*}

[CG :2008 - Two Line Banner\Boy/Girlfriend Stage\TOP 5 LIFESTYLE]

FINALLY YOU'VE MADE IT... THE BOYFRIEND/GIRLFRIEND STAGE!

YOU SHOULD BE PROUD OF YOURSELF.

YOU CAN START TO BE YOURSELF AND BEGIN TO ACTUALLY CARE FOR THE PERSON YOU HAVE BEEN "INTIMATE" WITH FOR SO LONG.

JUNE 9, 2014

[Anchor:JESSICA][CG :2008 - Two Line Banner\Jessica Reyes\@JESSICAREYES]

{\*\*\*JESSICA\*\*\*}

LETS START YOUR TOP FIVE ENTERTAINMENT STORIES WITH AN UPDATE ON COMEDIAN TRACY MORGAN..

HES SHOWING SIGNS OF IMPROVEMENT ...

[TAKE VO]

{\*\*\*vo\*\*\*}

[CG :1000 - TOP 5 1\Tracy Morgan Improving\TOP 5 ENTERTAINMENT]

BUT IS STILL IN CRITICAL CONDITION AFTER A DEADLY CRASH OVER THE WEEKEND. HIS LIMO BUS WAS REAR-ENDED BY A SEMI-TRUCK EARLY SATURDAY MORNING ON THE NEW JERSEY TURNPIKE. FELLOW COMEDIAN JAMES "JIMMY MACK" MCNAIR WAS KILLED IN THE 6 CAR CRASH. THE DRIVER OF THE TRUCK HAS BEEN CHARGED WITH A NUMBER OF CRIMES ... INCLUDING DEATH BY AUTO. OF COURSE EVERYONE WAS TWEETING ABOUT IT.. CELEBS FROM SEAN P DIDDY COMBS TO STEVE MARTIN WISHED ALL INVOLVED A SPEEDY RECOVERY.

{\*\*\*WIPE VO\*\*\*}

[Anchor:SPOONER]

{\*\*\*SPOONER\*\*\*}

[CG :1002 - TOP 5 3\Siege on Airport in Pakistan\TOP 5 NEWS]

IN INTERNATIONAL NEWS... THE TAILIBAN IS CALIMING RESPONSIBILITY FOR AN AIRPORT ATTACK.

TEN GUNMEN DISGUISED AS POLICE GUARDS SWARMED A TERMINAL AT PAKISTAN'S BUSIEST AIRPORT WITH MACHINE GUNS AND A ROCKET LAUNCHER.

AT LEAST 18 PEOPLE WERE KILLED AS EXPLOSIONS WENT OFF... WHILE SECURITY FORCES RETALIATED AND KILLED ALL THE ATTACKERS.

A SECURITY SPOKESPERSON SAID NO AIRCRAFT WERE DAMAGED.

JUNE 10, 2014

[Anchor:CHARLES]

{\*\*\*CHARLES\*\*\*}

[CG :2008 - Two Line Banner\New Music Tuesday \NEW MUSIC ]

ITS TUESDAY! WHICH MEANS ITS TIME FOR THE NEW MUSIC OF THE WEEK! STARTING US OFF... A SINGER-SONGWRITER AND CREATOR OF COOL WEARABLE-TECH GLOVES THAT CREATE MUSIC FROM GESTURES. THIS IS IMOGEN HEAP OUT WITH SPARKS

[TAKE SOT

DURATION:0:15]

{\*\*\*SOT FULL\*\*\*}

<>

NEXT UP WE HAVE THE INDIE ROCK AND FORMER MEMBER OF THE WHITE STRIPES... JACK WHITE WITH HIS LATEST LAZARETTO

[TAKE SOT

DURATION:0:15]

{\*\*\*SOT FULL\*\*\*}

<>

SOME GREAT MUSIC THIS WEEK, BUT IF LIVE MUSIC IS MORE YOUR SPEED YOU CAN CATCH JACK WHITE THIS WEEKEND AS THE SUMMER MUSIC FESTIVAL SEASON STOPS IN MANCHESTER, TENNESSEE

[TAKE VO]



{\*\*VO\*\*}

FOR BONNAROO. RUNNING JUNE 12 THRU 15 THE MONSTER LINEUP INCLUDES: KANYE, LAURYN HILL, SKRILLEX, FRANK OCEAN, THE AVETT BROTHERS, ELTON JOHN, VAMPIRE WEEKEND, PHOENIX, LIONEL RICHIE, THE FLAMING LIPS AND THE LIST GOES ON AND ON.

WE'VE GOT EVERYTHING YOU NEED TO KNOW AND MORE NEW MUSIC ON OUR WEBSITE THE D-B-Z DOT COM

[Anchor:CHARLIE]

{\*\*CHARLIE\*\*}

WE ALWAYS HERE ABOUT JOBS THAT COME WITH A 6 FIGURE INCOME... BUT THEY ARE ALWAYS FOR COMPUTER TECH OR SOMETHING THAT NOT EVERYONE CAN DO... HERE ARE SOME OF THE HIGHEST PAYING BLUE COLLAR JOBS

[TAKE: full screen]

{\*\*FULL SCREEN\*\*}

NUMBER 5 ON THE LIST.. SUBWAY AND STREETCAR OPERATORS.

THEY MAKE AN HOURLY WAGE OF A LITTLE OVER 28 DOLLARS AN HOUR.

JOB GROWTH FOR STREETCAR AND SUBWAY OPERATORS, AMONG OTHER MOTOR VEHICLE OPERATORS, IS EXPECTED TO BE 9 PERCENT IN THE NEXT 8 YEARS

{REVEAL}

ROTARY DRILL OPERATORS.

THE RESPONSIBILITIES OF THIS JOB AS TO SET UP OR OPERATE A VARIETY OF DRILLS TO REMOVE UNDERGROUND OIL AND GAS.

YOU'LL MAKE A LITTLE OVER 29 DOLLARS AN HOUR DOING THIS.

THE BEST STATE.. TEXAS.

{REVEAL}

NEXT.. GAS PLANT OPERATORS.

THIS JOB BRINGS YOU TO JUST OVER 30 DOLLARS AN HOUR.

YOU'D BE DISTRIBUTING OR PROCESSING GAS FOR UTILITY COMPANIES AND OTHERS.

{REVEAL}

ELECTRICAL AND ELECTRONICS REPAIRERS.

IF YOU HAVE A LITTLE KNOWLEDGE OF MECHANICS, MATH AND ENGINEERING.. YOU COULD MAKE OVER 32 DOLLARS AN HOUR AT THIS JOB.

{REVEAL}

AND NUMBER ONE.. TRANSPORTATION INSPECTORS..

THE MEAN HOURLY WAGE IS 32 DOLLARS AND 83 CENTS.

JUNE 11, 2014

[Anchor:JESSICA][CG :2008 - Two Line Banner\Jessica Reyes\@JESSICAREYES]

{\*\*JESSICA\*\*}

LETS START YOUR TOP FIVE ENTERTAINMENT STORIES...

SANDRA BULLOCK HAS A VERY SCARY STALKER ON HER HANDS!

[TAKE VO]

{\*\*\*vo\*\*\*}

[CG :1000 - TOP 5 1\Bullock Stalker Charged\TOP 5 ENTERTAINMENT]

POLICE SAY 39-YEAR-OLD JOSHUA CORBETT BROKE INTO THE ACTRESS' L.A. HOME LAST SUNDAY AND SPENT MORE THAN AN HOUR INSIDE BEFORE THEY WERE CALLED.

NOW HE FACES CRIMINAL CHARGES FOR HAVING A MACHINE GUN IN HIS POSSESSION.

CORBETT DIDN'T HAVE THE GUN ON HIM AT THE TIME OF THE BREAK-IN, BUT BULLOCK WAS HOME.

{\*\*\*LISA\*\*\*}

[CG :1004 - TOP 5 5\Spurs Beat the Heat\TOP 5 NEWS]

AND jess is happy about this story... THE TWO TEAMS BATTLING IT OUT IN THE N-B-A FINALS ARE GIVING US PLENTY TO TALK ABOUT!

[TAKE VO]

{\*\*\*VONATS\*\*\*}

THE SAN ANTONIO SPURS TOOK ANOTHER GAME FROM THE MIAMI HEAT ON THE heat's HOME TURF AND THEY DID IT with FLARE AS WELL.

THE SPURS SHOT A RECORD 75.8 PERCENT IN THE FIRST HALF OF THE GAME.

AND WHILE THE HEAT CAME BACK to make the score closer... THEY JUST COULDN'T PULL IT OFF.

FINAL SCORE: 111 to 92 AND THE SPURS NOW LEAD THE SERIES 2-1.

####

JUNE 12, 2014

[Anchor:LISA]

{\*\*\*LISA\*\*\*}

HONEYMOONS ARE SUPPOSED TO BE ROMANTIC.

BUT YOUR FIRST VACATION TOGETHER AS HUSBAND AND WIFE SHOULDN'T LEAVE YOU BROKE.

HERE ARE SOME NOT AS EXPENSIVE GETAWAY IDEAS.

[TAKE: FULL SCREEN]

{\*\*\*FULL SCREEN\*\*\*}

IF YOU LIVE NEAR A CRUISE PORT, A CARIBBEAN CRUISE IS THE WAY TO GO.

YOU DONT HAVE TO WORRY ABOUT PAYING FOR AIRFARE.

AND YOU CAN CRUISE FOR AS LONG AS YOUR BUDGET WILL ALLOW.

{REVEAL}

HEAD TO SAVANNAH, GEORGIA.

YOU CAN STAY AT A HISTORIC MOTEL OR CHOOSE A LOVELY BED AND BREAKFAST.

{REVEAL}

SANIBEL ISLAND, FLORIDA.

THE ISLAND IS NOTHING BUT WHITE SAND BEACHES AND CLEAR BLUE WATER.

THERE ARE HOTELS, MOTELS, AND BED AND BREAKFASTS THAT WILL FIT YOUR BUDGET OR EVEN COME IN WAY UNDER BUDGET.

{REVEAL}

SANTA FE, NEW MEXICO.

THINK ABOUT THE ROMANTIC SUNSETS OVER THE MOUNTAINS, THE WARM DESERT WEATHER AND THE BLUE SKIES.

AS LONG AS YOU CHOOSE A HOTEL AWAY FROM THE PLAZA, YOU WON'T PAY MUCH TO STAY HERE, BUT YOU'LL ENJOY EVERY SECOND OF IT.

{REVEAL}

AND LAST.. CAPE COD.

THE FALL IS A BEAUTIFUL TIME OF YEAR TO VISIT BECAUSE THE TOURISTS ARE MOSTLY GONE, PRICES ARE CHEAP AND THE COLOR-CHANGING IS BREATHTAKING.

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

[Anchor:LISA]

{\*\*\*LISA\*\*\*}

[CG :1000 - TOP 5 1\Sending Aid to Iraq\TOP 5 NEWS]

GETTING RIGHT INTO THE TOP FIVE NEWS STORIES MAKING HEADLINES TODAY...

THE U-S IS GETTING READY TO SEND AID TO IRAQ.

[TAKE VO]

{\*\*\*vo\*\*\*}

[CG :2050 - Courtesy One Line Chip\ABC News]

THEY'RE DOING IT IN RESPONSE TO HELP SLOW A VIOLENT INSURGENT MARCH THAT IS THREATENING TO TAKE OVER THE NORTHERN PART OF THE COUNTRY.

THIS COMES AFTER INSURGENTS OVERRAN THE NORTHERN CITY OF TIKRIT

YESTERDAY... AND TWO DAYS AFTER THE TAKEOVER IN MOSUL... THE COUNTRY'S SECOND LARGEST CITY.

JUNE 13, 2014

[Anchor:JESSICA][CG :2008 - Two Line Banner\Jessica Reyes\@JESSICAREYES]

{\*\*\*JESSICA\*\*\*}

LETS START YOUR TOP FIVE ENTERTAINMENT STORIES WITH THE DEATH OF LEGENDARY ACTRESS AND ACTIVIST RUBY DEE

[TAKE SOT

OUTCUE: she will leave you

DURATION:0:08]

{\*\*\*sot full\*\*\*}

[CG :2050 - Courtesy One Line Chip\“American Gangster”]

<>

[TAKE: CONT VO][CG :1000 - TOP 5 1\Ruby Dee 1922 - 2014\TOP 5 ENTERTAINMENT]

{\*\*\*CONT VO\*\*\*}

A REP SAYS SHE DIED PEACEFULLY IN HER NEW YORK HOME ON WEDNESDAY. DEE -- OFTEN WITH HER LATE HUSBAND, OSSIE DAVIS -- WAS HUGE IN BOTH THE PERFORMING ARTS COMMUNITY AND THE CIVIL RIGHTS MOVEMENT. HER ACTING CAREER STARTED IN THE 1940s AND SHE EARNED AN OSCAR NOMINATION FOR HER PERFORMANCE IN THE 2007 FILM "AMERICAN GANGSTER."

[Anchor:jessica]

{\*\*\*jessica\*\*\*}

THERE'S BEEN A LOT OF DEBATE ON THE EFFECTS OF MEAT ON OUR HEALTH. NOW A NEW STUDY FINDS THAT EATING A LOT OF RED MEAT EARLY IN LIFE CAN POSSIBLY RAISE THE RISK OF BREAST CANCER IN WOMEN.

[TAKE VO]

{\*\*\*vo\*\*\*}

[CG :2008 - Two Line Banner\Red Meat and Breast Cancer\TOP HEALTH ]

MUCH OF THE PREVIOUS RESEARCH HAS BEEN DONE ON OLDER WOMEN. NOW NEW DATA, FOUND IN THE LATEST EDITION OF THE BRITISH MEDICAL JOURNAL, INDICATES THAT EATING A LOT OF RED MEAT IN A WOMAN'S YOUNGER YEARS, COULD INCREASE THE RISK OF DEVELOPING BREAST CANCER IN EARLIER IN LIFE. A GROUP OF HARVARD RESEARCHERS LOOKED AT DATA ON OVER 88-THOUSAND PREMENOPAUSAL WOMEN.

INVESTIGATORS FOUND THOSE WOMEN WHO ATE A LOT OF RED MEAT HAD A 22 PERCENT INCREASED RISK OF DEVELOPING BREAST CANCER, WHILE THOSE WOMEN WHO AT MORE POULTRY, FISH, AND NUTS THAN RED MEAT HAD A 17 PERCENT LOWER RISK OF BREAST CANCER OVERALL.

[CG :2008 - Two Line Banner\Less Fatty Protein\TOP HEALTH ]

THE STUDY AUTHORS BELIEVE THAT REPLACING RED MEAT WITH A COMBINATION OF OTHER, LESS FATTY PROTEINS MAY REDUCE THE RISK OF BREAST CANCER. AND ALTHOUGH THIS STUDY IS A GOOD BEGINNING, FURTHER RESEARCH IS NEEDED

JUNE 16, 2014

[Anchor:charles]

{\*\*\*CHARLES\*\*\*}

GETTING STRAIGHT INTO THE TOP FIVE NEWS STORIES OF THE DAY... THE SITUATION IN IRAQ CONTINUES TO GET WORSE BY THE DAY.

[TAKE VO]

{\*\*\*VO\*\*\*}

[CG :1000 - TOP 5 1\Execution Images Posted by ISIL\TOP 5 NEWS]

AS SECURITY IN BAGHDAD GROWS TIGHTER, THE WORLD IS REACTING THIS MORNING TO CHILLING PICTURES POSTED ONLINE BY THE ISLAMIC MILITANT GROUP RESPONSIBLE FOR CAPTURING TWO MAJOR CITIES LAST WEEK.

THE PICTURES APPEAR TO SHOW THE CAPTURE AND EXECUTION OF IRAQI SECURITY FORCES.

A TOP MILITARY SPOKESMAN IN IRAQ HAS CONFIRMED THE AUTHENTICITY OF THE PHOTOS.

MEANWHILE, THE U-S HAS EVACUATED SOME WORKERS FROM THE EMBASSY IN BAGHDAD AND ALSO SENT BETWEEN 50 AND 100 MARINES TO HELP SECURE THE EMBASSY.

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[Anchor:jessica]

{\*\*\*jessica\*\*\*}

A STUDENT IS SUING THE WRITERS OF THE MOVIE MEN IN BLACK 3... FOR TWO \*BILLION DOLLARS!

[TAKE VO]

{\*\*\*vo\*\*\*}

[CG :2050 - Courtesy One Line Chip\Sony Pictures]

[CG :1004 - TOP 5 5\Student Suing MIB\TOP 5 ENTERTAINMENT]

HE SAYS THEY USED A HOMEWORK ASSIGNMENT STOLEN FROM THE FILM STUDENT TO FINISH THE MOVIE.

BUT THATS NOT ALL - HE ALSO SAYS THEY WERE USED IN THREE BIG HOLLYWOOD MOVIES AND SPOOFED BY STEVEN SPIELBERG FOR THE CLASSIC SNL SHORT "LASER CATS 7" ... ACCORDING TO THE LAWSUIT OBTAINED BY TMZ.

THE STUDENT CLAIMS THAT HIS TEACHER SOLD THE SCRIPTS TO FILM WRITERS FOR "MIB 3," "PROMETHEUS," AND "ELYSIUM."

JUNE 17, 2014

[Anchor:]

{\*\*\*CHARLES\*\*}

[CG :2008 - Two Line Banner\Charles Divins\@cdla]

TOPPING THE NEWS THIS MORNING..

[TAKE VO]

{\*\*\*VO\*\*\*}

[CG :1000 - TOP 5 1\Tornadoes Sweep Through Nebraska\TOP 5 NEWS]

NEBRASKA'S GOVERNOR HAS DECLARED A STATE OF EMERGENCY AND SENT IN THE NATIONAL GUARD TO HELP WITH CLEANUP EFFORTS, AFTER A PAIR OF TORNADOES RIPPED THROUGH THE SMALL NEBRASKA TOWN OF PILGER YESTERDAY, KILLING A 5-YEAR OLD CHILD AND INJURING AT LEAST 16 PEOPLE.

OFFICIALS SAY THE COMMUNITY OF ABOUT 350 PEOPLE SPENT THE EVENING PICKING UP THE REMAINS.

THE NATIONAL WEATHER SERVICE SAYS THEY WON'T KNOW HOW INTENSE THE STORMS WERE UNTIL LATER TODAY.

####

[Anchor:charles][CG :2008 - Two Line Banner\Don't Buy a Home Yet\MONEY]

{\*\*\*charles\*\*\*}

WELCOME BACK TO THE BUZZ ITS 23 PAST THE HOUR..

ITS SUMMER TIME AND THAT MAY MEAN YOU ARE VACATIONING SOMEWHERE AMAZING.. AND WANT TO STAY PERMANENTLY.

HERE ARE A FEW REASONS WHY YOU \*DONT WANT TO BUY A HOME DURING THE SUMMER.

[TAKE: full screen]

{\*\*\*full screen\*\*\*}

ACCORDING TO REALTOR.COM, THE SPRING AND SUMMER MONTHS ARE THE BEST TIME TO SELL A HOME, BECAUSE THAT'S WHEN THE MOST BUYERS ARE IN THE MARKET.

FAMILIES LIKE TO MOVE WHEN THEIR KIDS AREN'T IN SCHOOL AND HONESTLY IT SUCKS MOVING DURING THE WINTER MONTHS.

BUT SINCE MORE PEOPLE ARE LOOKING TO BUY - THE SELLER IS ABLE TO HOLD OFF FOR SOMEONE WHO IS WILLING TO MAKE A BETTER OFF THAN YOU.

{REVEAL}

IF YOU HAVE A CREDIT SCORE THAT'S NOT EXCELLENT, YOUR BEST BET MAY BE TO FOCUS YOUR EFFORTS ON IMPROVING IT BEFORE YOU BUY.

SAVE A FEW HUNDRED DOLLARS A MONTH BY WAITING UNTIL YOUR CREDIT SCORE IS A LITTLE BETTER.

{REVEAL}

SPEAKING OF MONEY SAVING - UNLESS YOU HAVE A PRETTY GOOD STOCKPILE OF CASH TO PUT TOWARD YOUR HOME, BUYING MIGHT BE A LOT MORE EXPENSIVE THAN YOU THINK.

IF YOU DON'T HAVE 20% TO PUT DOWN ON A HOME, YOU'RE PROBABLY BETTER OFF RENTING FOR NOW AND SAVING AS MUCH AS YOU CAN.

JUNE 18, 2014

[Anchor:jessica]

{\*\*\*JESSICA\*\*\*}[CG :2008 - Two Line Banner\Annoying Couples\LIFESTYLE]

THOSE OF YOU IN A RELATIONSHIP.. LISTEN UP... YOU'RE SUPER ANNOYING.

AND THERE ARE THINGS WE JUST DONT WANT TO SEE FROM YOU..

CHARLES YOU HAVE TO ADMIT IF YOU'VE DONE ANY OF THESE..

[TAKE: FULL SCREEN]

{\*\*\*FULL SCREEN\*\*\*}

FIRST UP.. BABY TALK OR CUTE NICKNAMES.

ITS NOT CUTE FOR ANYONE OTHER THAN YOUR PARTNER.. AND THEY PROBABLY THINK ITS ANNOYING TOO.

AS FOR THE NICKNAMES.. PLEASE JUST STAY AWAY FROM THINGS LIKE  
SCHMOOKUMS AND PUMPKINFACE.  
ITS WEIRD.

{reveal}

THAT BRINGS US TO SOMETHING ELSE THAT'S WEIRD... PDA.  
A LITTLE SMOOCH HERE AND THERE IS OKAY.  
BUT SHOVING YOUR TONGUE DOWN YOUR GUYS THROAT IS NOT SUPER GROSS.

{reveal}

PLEASE DONT FIGHT IN PUBLIC.  
IT'S UNCOMFORTABLE AND AWKWARD FOR EVERYONE.  
IF THE SITUATION IS UNAVOIDABLE, AT LEAST TRY TO GO SOMEWHERE AWAY FROM  
FRIENDS AND OTHER PEOPLE.

{reveal}

PREACHING TO SINGLE PEOPLE.  
PLEASE DONT TELL SINGLE PEOPLE THAT WE ARE GOING TO FIND LOVE SOMEDAY.  
JUST. DONT.

{reveal}

LAST.. BASICALLY TURNING INTO EACH OTHER.  
IT IS THE WORST.  
YOUR FRIENDS KNOW YOU CANT STAND SUSHI. DONT ACT LIKE YOU LIKE IT ALL OF A  
SUDDEN  
NEWS:

[TAKE: FULL SCREEN]

{\*\*\*FULL SCREEN\*\*\*}

[CG :1002 - TOP 5 3\Family Fights Cops\TOP 5 NEWS]

SEVERAL MEMBERS OF ONE FAMILY WERE ARRESTED AT A NEW HAMPSHIRE THEME  
PARK AFTER A HUGE BRAWL WITH COPS.

WHAT STARTED THE WHOLE THING? THE FAMILY WAS MAD BECAUSE THEME PARK  
EMPLOYEES TOLD THEM THEY COULD NOT BRING THEIR KNIVES INTO THE PARK.  
NOW, SOME OF THE FAMILY MEMBERS ARE LOOKING AT FELONY RIOT CHARGES AS  
WELL AS A SLEW OF OTHER CHARGES INCLUDING DISORDERLY CONDUCT.

####

JUNE 19, 2014

[CG :2008 - Two Line Banner\Charles Divins\@CDLA]

[Anchor:charles]

{\*\*\*CHARLES\*\*\*}

GETTING STRAIGHT INTO THE TOP FIVE NEWS STORIES OF THE DAY...  
TWO SENATORS FROM OPPOSITE ENDS OF THE AISLE ARE PROPOSING A HIKE IN  
OUR GASOLINE TAX

[TAKE VO]

{\*\*\*VO\*\*\*}

[CG :1000 - TOP 5 1\Gas Tax Increase\TOP 5 NEWS]

THE TWO SENATORS PITCHED THE INCREASE IN DIESEL AND GAS TAXES AS PART OF A WAY TO PAY FOR FEDERAL HIGHWAY AND TRANSIT PROGRAMS.

THE INCREASE WOULD BE APPLIED IN TWO INCREMENTS OF 6 CENTS EACH OVER THE NEXT TWO YEARS.

THE PLAN WAS EMBRACED BY MEMBERS OF THE INDUSTRY BUT EXPERTS SAY IT WILL TAKE A LOT OF HEAVY LIFTING TO GET LAWMAKERS ON BOARD DURING AN ELECTION YEAR.

####

[Anchor:]{\*\*\*JESSICA\*\*\*}

[CG :2008 - Two Line Banner\Jessica Reyes\@jessicareyes]

[CG :1000 - TOP 5 1\FBI Internet Slang\TOP 5 SOCIAL]

HEY ITS 12 PAST THE HOUR... HERE'S YOUR TOP FIVE SOCIAL MEDIA UPDATE STARTING WITH A PRETTY HILARIOUS LIST THE F-B-I

[TAKE: full screen]

{\*\*\*full screen\*\*\*}

COMPILED OF INTERNET SLANG. WARNING, IT'S VERY CHEESY AND SOUNDS LIKE SOMETHING OUR GRANDPARENTS WROTE.

WITH THINGS LIKE H-C-D-A-J-F-U MEANING HE COULD DO A JOB FOR US THIS PROVES HOW DISCONNECTED THEY REALLY ARE...

OR HOW ABOUT I-A-W-T-C-S-M MEANING I AGREE WITH THIS COMMENT SO MUCH..TWEETED ONLY 20 TIMES IN YEARS!

JUNE 20, 2014

[CG :2008 - Two Line Banner\Charles Divins\@CDLA]

[Anchor:charles]

{\*\*\*charles\*\*\*}

HEY GUYS.. HERE IS A LOOK AT YOUR TOP 5 NEWS STORIES THIS MORNING..

SCIENTISTS ARE SCRATCHING THEIR HEADS THIS MORNING AT THE C-D-C

[TAKE VO]

{\*\*\*VO\*\*\*}

[CG :1000 - TOP 5 1\Workers Exposed to Anthrax\TOP 5 NEWS]

ABOUT HOW 75 WORKERS AT THE C-D-C MAY HAVE BEEN ACCIDENTALLY EXPOSED TO DANGEROUS ANTHRAX BACTERIA THIS MONTH.

THE PROBLEM SEEMS TO HAVE COME FROM IN HOUSE AND CDC OFFICIALS IN ATLANTA SAY THE RISK OF INFECTION SEEMS VERY LOW, BUT THE EMPLOYEES WERE BEING MONITORED OR GIVEN ANTIBIOTICS AS A PRECAUTION.



OFFICIALS SAY THE PUBLIC HAS NOTHING TO WORRY ABOUT BECAUSE THE BACTERIA CANNOT BE SPREAD AND THEY SAID THEY ARE DOING A FULL INVESTIGATION INTO WHAT HAPPENED.

[Anchor:AMY]

{\*\*\*AMY\*\*\*}

LETS START YOUR TOP FIVE ENTERTAINMENT STORIES WITH SORT OF A CRAZY STORY.

[TAKE VO]

{\*\*\*vo\*\*\*}

[CG :1000 - TOP 5 1\Threatening Man Found\TOP 5 ENTERTAINMENT]

THE L-A-P-D HAS LOCATED A MAN WHO MADE A THREAT TO QUOTE "GO COLUMBINE IN LOS ANGELES" BECAUSE KAT VON D RUINED HIS LIFE.

KAT VON D IS A FAMOUS TATTOO ARTIST.....

MICHAEL NUNN HAS BEEN STALKING HER FOR SOME TIME NOW ON SOCIAL MEDIA - VOWING TO TAKE REVENGE.

SOURCES TELL T-M-Z THAT COPS GRILLED NUNN, BUT THEY DONT BELIEVE HE WOULD ACTUALLY FOLLOW THROUGH WITH ANY OF HIS THREATS.

(she issued a restraining order against him in 2012)

JUNE 23, 2014

[Anchor:]

{\*\*\*CHARLES\*\*\*}

THE U-S IS LAUNCHING A PLAN TO HELP SOME OF THE COUNTRY'S HARDEST WORKERS--THE HONEY BEES.

[TAKE VO]

{\*\*\*VO\*\*\*}

[CG :1003 - TOP 5 4\A Plan for the Bees\TOP 5 NEWS]

THE PRESIDENT HAS CREATED A TASK FORCE--AN "A-TEAM" OF SORTS, TO DEAL WITH THE GROWING PROBLEM OF VANISHING HONEY BEES.

THE BEES ARE CRUCIAL FOR THE NATION'S FOOD INDUSTRY BECAUSE THEY POLLINATE FRUITS, NUTS AND VEGETABLES.

THE PRESIDENT SAYS THE ENVIRONMENTAL PROTECTION AGENCY AND DEPARTMENT OF AGRICULTURE WILL SPEARHEAD THE EFFORT.

####

[Anchor:]

{\*\*\*CHARLES\*\*\*}

[CG :2008 - Two Line Banner\How to Push a Man Away\LIFESTYLE]

LADIES--I'M ABOUT TO GET REAL WITH YOU ON THIS MONDAY MORNING. DO YOU EVER FIND YOURSELF WONDERING THIS?

[TAKE SOT

INCUE: WHAT

OUTCUE: LOVE

AT: 1:06

TO: 1:14

DURATION:0:08]

{\*\*\*sot full\*\*\*}

[CG :2050 - Courtesy One Line Chip\Think Like a Man/Screen Gems]

<>

[TAKE: cont vo]

{\*\*\*cont vo\*\*\*}

HERE IS THE TRUTH...MOST WOMEN DON'T KNOW WHY THEIR DATES ARE A DISASTER OR WHY THINGS FELL APART--BECAUSE THEY UNKNOWINGLY PLAYED A ROLE IN IT...

ACCORDING TO GAL TIME--HERE ARE SIX THINGS WOMEN DO THAT PUSH MEN AWAY.

[TAKE: full screen]

{\*\*\*full screen RVLS\*\*\*}

1. WANTING A MAN TO CHANGE--- LADIES, NUMBER ONE FOR A REASON. YOU CANNOT... CANNOT MAKE ANYONE CHANGE!
2. A SENSE OF URGENCY---LADIES, Don't WORRY AFTER THE SECOND DATE WHAT YOUR TITLE IS OR WHERE THINGS ARE HEADED. GIVE THINGS THEIR PROPER BREATHING SPACE.
3. TALKING TO DEATH---  
MEN ARE MORE ABOUT ACTIONS THAN WORDS. WE DON'T NEED TO TALK ABOUT HOW IN LOVE WE ARE ALL THE TIME.  
WE WOULD MUCH RATHER EXPERIENCE EVENTS WITH YOU.
4. DISLOYALTY--  
LOYALTY IS EVERYTHING. ENOUGH SAID.
5. LET US BE THE MAN IN THE RELATIONSHIP---  
AS MUCH AS WOMEN LIKE TO FEEL PROTECTED AND TAKEN CARE OF...WE WANT TO MAKE YOU FEEL THAT WAY. SO LET US TAKE CARE OF YOU FROM TIME TO TIME.

####

JUNE 24, 2014

[Anchor:charles]

{\*\*\*charles\*\*\*}[CG :2008 - Two Line Banner\Who Pays the Debt?\MONEY]

WELCOME BACK ITS 23 PAST THE HOUR.

FOR ADULT CHILDREN, THE DEATH OF PARENT IS AN EXPERIENCE THAT CARRIES MANY COSTS -- EMOTIONAL AND OTHERWISE.

THE MOST UNWELCOME IS IF MOM OR DAD LEFT BEHIND LARGE DEBTS.

BUT WHO IS RESPONSIBLE?

USUALLY THE ESTATE IS... BUT IT ALL DEPENDS ON THE KIND OF DEBT.

[TAKE: full screen]

{\*\*\*full screen\*\*\*}

IF YOUR PARENTS LEFT BEHIND CREDIT CARD DEBT, IT'S USUALLY NOT YOUR PROBLEM.  
DEBT COLLECTORS MAY TRY TO CONVINCING YOU OTHERWISE... BUT REMEMBER.. THEY CAN ONLY COLLECT IF \*YOU CO-SIGNED FOR THE CARD.  
FOR MEDICAL DEBT, IT ALL DEPENDS ON IF YOUR PARENTS HAD MEDICAID. IF THEY DID -- THE STATE CAN MAKE YOU PAY.  
BUT MOST ARE WILLING TO NEGOTIATE -- AND CAN'T COLLECT IF THERE'S A SURVIVING SPOUSE OR ADULT CHILD IN THE HOUSE.  
30 STATES REQUIRE CHILDREN TO PAY UNPAID MEDICAL BILLS.  
IF YOU INHERITED A HOUSE WITH MORTGAGE DEBT, YOU DON'T HAVE TO PAY IT OFF IMMEDIATELY.  
IF THE MORTGAGE IS WORTH MORE THAN THE HOUSE, LOOK INTO SHORT SALES OR FORECLOSURE.  
EITHER WAY, YOU DON'T HAVE TO PAY THE BANK THE DIFFERENCE.  
ANY MONEY LEFT BEHIND WILL BE USED TO COVER DEBT BEFORE BEING PASSED ALONG

[Anchor:]

{\*\*\*CHARLES\*\*\*}

[CG :1001 - TOP 5 2\Tsunami Worry Gone\TOP 5 NEWS]

[TAKE VO]

{\*\*\*vo\*\*\*}

A STRONG EARTHQUAKE OFF THE COAST OF ALASKA, TRIGGERED TSUNAMI WARNINGS YESTERDAY, BUT THANKFULLY NOTHING MAJOR HAPPENED. ALTHOUGH OFFICIALS SAY RESIDENTS IN COASTAL TOWNS ARE STILL ON ALERT. NO DAMAGE WAS REPORTED FROM THE 7 POINT 9 MAGNITUDE EARTHQUAKE.

####

JUNE 25, 2014

[Anchor:JESSICA][CG :2008 - Two Line Banner\Jessica Reyes\@JESSICAREYES]

{\*\*\*JESSICA\*\*\*}

TOPPING YOUR 5 ENTERTAINMENT STORIES THIS MORNING.. TODAY IS THE ANNIVERSARY OF MICHAEL JACKSON'S DEATH.

[TAKE VO]

{\*\*VO\*\*}

[CG :1000 - TOP 5 1\Michael Jackson Death Anniversary\TOP 5 ENTERTAINMENT]

ITS BEEN 5 YEARS SINCE MICHAEL PASSED AWAY..

HE WAS KILLED BY A FATAL DOSE OF A HOSPITAL-GRADE ANESTHETIC HE USED TO COPE WITH HIS INSOMNIA.

HE WAS 50 YEARS OLD.

JACKSON'S FANS - STILL AS LOYAL AS EVER - WILL PARTICIPATE IN TRIBUTES WORLDWIDE TO COMMEMORATE THE ANNIVERSARY TODAY.

WHAT WAS YOUR REACTION WHEN YOU HEARD THE NEWS?

REMEMBER TO HEAD TO OUR FACEBOOK PAGE TO SHARE YOUR STORY

[Anchor:CHARLES]

{\*\*CHARLES\*\*}

WELCOME BACK ITS 23 PAST THE HOUR... ITS SUMMER TIME... AND THAT MEANS A LOT OF OUT DOOR TIME... WHICH MEANS A LOT OF SUNSCREEN!

BUT THERE ARE SOME MYTHS YOU NEED TO BE CAREFUL OF!

[TAKE VO]

{\*\*VO\*\*}

MYTH #1: YOU DON'T NEED SUNSCREEN IF IT'S COOL OR CLOUDY OUTSIDE.

FALSE: APPLYING SUN CREAM IS NECESSARY EVEN ON CLOUDY DAYS, WHILE DRIVING IN A VEHICLE OR SITTING IN AN OFFICE.

FORTY PERCENT OF THE SUN'S UV RAYS CAN ACTUALLY PASS THROUGH CLOUDS

{REVEAL}

MYTH #2: YOU DON'T NEED TO WORRY ABOUT SUNSCREEN IF YOU HAVE DARK SKIN.

A 2006 STUDY FOUND DARK-SKINNED PEOPLE ARE MORE LIKELY THAN WHITES TO DIE FROM SKIN CANCER.

{REVEAL}

THE HIGHER THE S-P-F THE BETTER.

ALTHOUGH IT'S ASSUMED AN S-P-F 100 PRODUCT WOULD PROVIDE MORE SUN PROTECTION THAN AN S-P-F 50, THE DIFFERENCE IS ONLY ONE PERCENT.

{REVEAL}

IT'S OK TO USE LAST YEAR'S SUNSCREEN BOTTLE.

NO! SUNSCREEN DOES EXPIRE... IT BECOMES FAR LESS EFFECTIVE AFTER TIME..

AND DONT LEAVE YOUR SUNSCREEN IN A CAR FOR DAYS OR WEEKS AT A TIME EITHER.

{REVEAL}

AND NUMBER 5... CHEMICALS IN SUNSCREEN ARE MORE DANGEROUS THAN SKIPPING SUN PROTECTION.

FALSE.

THE SUNS DAMAGING RAYS ARE MUCH MORE HARMFUL.

JUNE 26, 2014

[TAKE VO]

{\*\*\*VO\*\*\*}

[CG :1002 - TOP 5 3\Teen Reveals Sadistic Plot \TOP 5 NEWS]

WE ARE NOW LEARNING THE EXTENT OF A MINNESOTA TEEN'S PLOT TO KILL HIS FAMILY AND CARRY OUT A MASS KILLING AT HIS HIGH SCHOOL.

IN POLICE INTERROGATION TAPES, JOHN LADUE CALMLY OUTLINED HIS PLOT, WHICH INCLUDED SETTING OFF PIPE BOMBS TO KILL AS MANY PEOPLE AS POSSIBLE AND THEN QUOTE--DESTROY HIMSELF WHEN COPS ARRIVED.

WHEN ASKED WHY HE WANTED TO KILL HIS FAMILY, HE SAID THEY HAD DONE NOTHING WRONG, BUT HE WANTED AS MANY VICTIMS AS POSSIBLE.

THE 17-YEAR OLD CLAIMED HE IS MENTALLY ILL.

HE HAS PLEADED NOT GUILTY TO CHARGES OF ATTEMPTED MURDER.

####

[Anchor:]

{\*\*\*JESSICA\*\*\*}

[CG :2008 - Two Line Banner\Game Day Fashion\LIFESTYLE]

IF YOU ARE PLANNING TO GO OUT, OR HAVE BEEN GOING OUT TO CATCH ONE OF THESE WORLD CUP SOCCER GAMES... THEN YOU NEED TO KNOW THAT YOUR FASHION IS PROBABLY JUST AS IMPORTANT AS HOW LOUD YOU ARE CHEERING!

[TAKE: full screen]

{\*\*\*full screen TITLE\*\*\*}

I MEAN LADIES, WE ONLY GET THE CHANCE TO SHOW OFF OUR SOCCER FASHION LIKE THIS, EVERY FOUR YEARS.

[TAKE: full screen]

{\*\*\*full screen SOCCER BALL\*\*\*}

SO THERE ARE TWO TYPES, YOU CAN GO ALL OUT...LIKE THIS PIC OR YOU CAN GO SPORTY CHIC

[TAKE: full screen]

{\*\*\*full screen US CHIC\*\*\*}

LIKE THIS PICTURE. AND GUESS WHAT? BOTH ARE TOTALLY ACCEPTABLE BECAUSE IT IS THE WORLD CUP !!

[TAKE: LIVE]

{\*\*\*LIVE\*\*\*}

SO IF YOU ARE GOING TO GO HARD AND GO ALL OUT, THEN WE SUGGEST YOU GO ALL OUT LIKE THESE GUYS!

[TAKE: full screen]

{\*\*\*full screen JAPAN\*\*\*}

NOW, CLEARLY THEY AREN'T ROOTING FOR THE USA BUT YOU CAN ACHIEVE THE SAME LOOK...WITH CRAZY ACCESSORIES LIKE THIS!

[TAKE: live]

{\*\*\*live\*\*\*}

BUT IF YOU ARE LOOKING FOR A MORE CHIC AND UNDERSTATED LOOK THEN YOU CAN PULL IT TOGETHER BY ADDING SMALL DETAILS...LIKE THIS

[TAKE: full screen]

{\*\*\*full screen NAILS\*\*\*}

YOU CAN PAINT YOUR NAILS, OR ADD ACCESSORIES...THEY CAN SOMETIMES MAKE JUST AS BIG A STATEMENT AS YOUR CLOTHES.

[TAKE: live]

{\*\*\*live\*\*\*}

NOW OF YOU ARE LOOKING TO GO SOMEWHERE IN BETWEEN TOTALLY WILD AND TOTALLY CHIC...HERE IS A HAPPY MEDIUM

[TAKE: full screen]

{\*\*\*full screen COLOMBIA\*\*\*}

THIS LOOK HAS A LITTLE BIT OF CRAZY WITH THE HATS, BUT THEN YOU REEL IT BACK IN WITH THE TIGHTER JERSEYS AND CUTE MAKEUP..

[TAKE: live]

{\*\*\*live\*\*\*}

THESE ARE JUST A FEW LOOKS, TO HELP YOU GET YOUR OUTFIT RIGHT WHEN YOU GO OUT TO PARTICIPATE IN THE MADNESS!

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JUNE 27, 2014

[Anchor:]{\*\*\*JESSICA\*\*\*}

[CG :2008 - Two Line Banner\Jessica Reyes\@jessicareyes]

[CG :1000 - TOP 5 1\iRi: World Cup Twitter Queen\TOP 5 SOCIAL]

HEY ITS 12 PAST THE HOUR... HERE'S YOUR TOP FIVE SOCIAL MEDIA UPDATE STARTING WITH SOME WORLD CUP TALK BECAUSE THE BEST PART OF WATCHING IS SEEING HOW OUR FAVORITE CELEBS CHIME IN ON SOCIAL MEDIA LIKE RIRI FOR EXAMPLE!

[TAKE: full screen]

{\*\*\*full screen\*\*\*}

HERE'S A TWITPIC WITH CAPTION

"ME WATCHING THESE MATCHES RIGHT NOW" OH BUT SHE GETS FEISTY DURING THE GAMES..IT'S RIHANNA AFTER ALL.

[TAKE: full screen]

{\*\*\*full screen\*\*\*}

THIS PIC WAS TWEETED WHEN THE U.S's GONZALEZ RUNS INTO THE REF WITH CAPTION "ME AT THE REF"

[TAKE: full screen]

{\*\*\*full screen\*\*\*}

SHE ALSO TWEETED THIS FUNNY PIC WITH "

LET'S GO PORTUGAL..LET'S GO GERMANY HASHTAG FIFA PROBLEMS.

[Anchor:CHARLES]

{\*\*\*CHARLES\*\*\*}

WELCOME BACK ITS 23 PAST THE HOUR.. WE HEAR A LOT ABOUT THE DANGERS OF TEXTING AND DRIVING, BUT DID YOU KNOW THAT EATING WHILE DRIVING MAY BE EVEN MORE DISTRACTING AND DANGEROUS THAN FIDDLING WITH YOUR PHONE?

[TAKE VO]

{\*\*\*VO\*\*\*}

[CG :2050 - Courtesy One Line Chip\Intelligence For Your Life]

[CG :2008 - Two Line Banner\Eating While Driving\HEALTH ]

STUDIES SHOW THAT USING A CELL PHONE WHILE YOU'RE DRIVING MAKES YOU 20-TIMES MORE LIKELY TO CRASH.

BUT WHEN RESEARCHERS EXAMINED 34-MILLION RISKY DRIVING INCIDENTS, THEY FOUND THAT DISTRACTIONS FROM EATING AND DRINKING ARE MUCH MORE COMMON THAN DISTRACTIONS FROM CELL PHONES.

THE BIGGEST PROBLEMS: SPILLED DRINKS, AND DROPPED BURGERS - WHERE DRIVERS TRY TO GRAB NAPKINS AND CLEAN UP THE MESS - ALL WHILE HURDLING DOWN THE HIGHWAY AT HIGH SPEEDS.

SO, EXPERTS SAY DON'T EAT AND DRIVE, BECAUSE EVEN TAKING YOUR EYES OFF THE ROAD FOR FIVE SECONDS AT A TIME MEANS YOU'RE, LITERALLY, DRIVING THE LENGTH OF A FOOTBALL FIELD WITHOUT LOOKING.

JUNE 30, 2014

[CG :2008 - Two Line Banner\Charles Divins\@CDLA]

[Anchor:charles]

{\*\*\*CHARLES\*\*\*}

GETTING STRAIGHT INTO THE TOP FIVE NEWS STORIES OF THE DAY... ALL EYES WILL BE ON THE U.S. SUPREME COURT TODAY.

[TAKE VO]

{\*\*\*VO\*\*\*}

[CG :1000 - TOP 5 1\Court Expected to Make Decision\TOP 5 NEWS]

THE HIGH COURT IS EXPECTED TO DELIVER A RULING IN A CASE CHALLENGING THE OBAMACARE CONTRACEPTION MANDATE.

RIGHT NOW, NEARLY ALL EMPLOYERS ARE REQUIRED TO PROVIDE INSURANCE COVERAGE THAT INCLUDES FREE BIRTH CONTROL FOR THEIR WORKERS.

THE ISSUE IS WHETHER OBAMCARE CAN MANDATE CONTRACEPTION COVERAGE FOR BUSINESSES THAT OBJECT FOR RELIGIOUS REASONS.

TODAY'S DECISION COULD SIGNAL HOW THE COURT HANDLES OTHER SUITS AGAINST THE HEALTH CARE LAW.

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[Anchor:]{\*\*\*JESSICA\*\*\*}

[CG :1001 - TOP 5 2\FB Manipulates Your Feed\TOP 5 SOCIAL]

NEXT IN OUR TOP 5 I HAVE BREAKING NEWS FOR YA...FACEBOOK IS MANIPULATING  
YOUR FEED FOR PSYCHOLOGICAL TESTING!  
THEY THINK YOU'RE CRAZY..LIKE THIS GIRL

[TAKE SOT

INCUE: :18 look i don't know

OUTCUE: :36 eye for an eye

AT: 0:18

TO: 0:36

DURATION:0:18]

{\*\*\*sot full\*\*\*}

[TAKE: cont vo]

{\*\*\*cont vo\*\*\*}

FACEBOOK ALTERED THE NEWS FEEDS FOR HUNDREDS OF THOUSANDS OF USERS  
AS PART OF A EXPERIMENT DEvised BY THE COMPANY'S ON-STAFF DATA SCIENTIST  
BY EITHER ALLOWING OR DELETING NEGATIVE POST.

(NOTES: IN IT THEY NOTICED PEOPLE TEND TO HIDE NEGATIVE CO