

# **ISSUES/PROGRAM LIST**

**2014  
3rd Quarter**

**WXOW  
La Crosse, WI**

**WXOW/WQOW Television, Inc.**

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## **List and Narrative of Issues**

### **WXOW**

1. **Government:** These stories focus on national, state and local government. Decisions regarding state law, bills, and local ordinances are covered.
2. **Courts and Crime:** Justice, courts, and law enforcement are important facets of local government. These stories focus on the processes, outcomes and impacts of local government decisions. It also includes crimes committed in our area.
3. **Agriculture:** These stories focus on the agriculture industry and the farming community that makes up much of the Seven Rivers community. Stories also include coverage of 4-H efforts, dairy prices and crop progress from planting through the harvest.
4. **Community Events:** These stories focus on events happening in the community whether for charitable reasons or for uniting the community. These stories include benefits, fundraisers, athletic events such as run/walks, farmer's markets, concerts, fairs, etc.
5. **Business and Industry:** These stories include those affecting business and employees in our market. It includes expansion plans, layoffs and other stories related to growth and development.
6. **Healthcare:** This includes healthcare initiatives, legislation and insurance. Topics include physical activities, illness prevention and treatment, diet and exercise and lifestyle choices.
7. **Recreation:** Festivals, sports, exercise, hunting, fishing and arts and entertainment are some of the activities we alert people to that are happening locally.
8. **Education:** From school news to what's going on at the Children's museum and the library, we continue to cover kids and their learning. We also focus on school district needs, teacher performance, student test scores, and budgetary challenges. We also cover issues related to our local universities and tech colleges.
9. **Politics:** Stories that cover the political arena on a local, state and nationwide basis. This also includes stories on political candidates and upcoming elections.
10. **Emergency Response/Public Safety**

## **Locally Produced Programming**

By being very community orientated and interested in community problems and issues, WXOW devotes a significant amount of its local programming time to coverage of the issues facing the communities in which we serve.

WXOW has produced and broadcast the following programming material in response to the issues of concern to our viewing area. This report is grouped by newscast and other programming, and includes the date, the number of the specific issue being addressed, the duration and the topic.

**News 19 Daybreak**

M-F 5:00-7:00am

**News 19 Daybreak Updates**

M-F 7:25-7:30am, 7:56-8:00am, 8:25-8:30am, 8:56-9:00am

<u>Date</u>	<u>Issue</u>	<u>Time</u>	<u>Title</u>
7/1	1	2:00	Gov. Walker tours storm damage
7/1	9	2:00	Overnight airstrikes in Israel
7/1	9	:45	Republicans blame President for kids crossing border
7/1	4	2:00	LaX man wins Jefferson award
7/1	6	:45	Firework safety
7/1	4	:30	Riverfest cancels 2 water events due to highwater
7/1	7	2:00	Team USA plays in World Cup today
7/1	4	:45	WAFER suffers storm damage
7/1	5	2:00	Local businesses work together to make community healthier
7/1	2	:30	Hankel found competent to stand trial
7/1	2	:45	Police identify 2 <sup>nd</sup> suitcase victim
7/1	1	:45	Community members express concern over railroad plan
7/1	5	:45	New workforce building opens
7/1	2	:30	SCOTUS rules in favor of company in healthcare suit
7/1	5	:45	GM to pay in ignition suits
7/1	6	2:00	Lyme disease still active in Coulee Region
7/1	3	:30	Bear wanders in downtown EC
7/1	6	:45	Woman finds lost ring in dog vomit
7/1	6	2:00	Teens sexting early in middle school
7/1	3	2:00	WI company sells only WI cheese
7/2	10	:30	Severe weather hits East coast
7/2	1	:45	City encourages residents to fill out elevation forms
7/2	10	:30	Flooding continues in MN
7/2	5	:45	Flooding prevents road work
7/2	10	2:00	Storm takes down power pole in WI neighborhood
7/2	1	:45	Gov. Walker tours storm damage
7/2	5	:30	Gas prices hit record for 4 <sup>th</sup> holiday
7/2	9	:45	Senators work on bill to lower gas prices
7/2	7	2:00	How to bird watch indoors
7/2	7	2:00	OB puts end to marshmallow toss
7/2	8	2:00	DPI releases school aid estimates
7/2	2	:30	FBI- Heroin use up in WI
7/2	2	:30	Warning of lottery scam
7/2	5	:30	WI home prices are up
7/2	4	:30	World Cup fever in La Crosse
7/2	4	:45	World Cup fever in Madison
7/2	5	:45	How to choose a tree removal company
7/2	4	:30	Local celebrities take a pie in the face for United Way
7/2	6	:30	New law screens all WI infants for heart defects
7/2	6	2:00	New technology for cancer screenings worth the money
7/2	6	:45	LaX Co. starts farmers' market challenge
7/2	1	:30	Kumbo delegation visits LaX
7/3	5	1:30	La Crosse developer gets ok for 4 <sup>th</sup> office building

7/3	10	:45	State troopers urge caution for holiday weekend
7/3	10	:30	A reminder about fireworks safety on the 4 <sup>th</sup> of July
7/3	4	1:30	Volunteers work to make Riverfest possible
7/3	7	:45	Rick Springfield kicks off Riverfest celebrations
7/3	9	2:00	Pres. Obama at odds with Congress over immigration
7/3	10	:30	Hurricane Arthur threatens East Coast
7/3	1	2:00	Firefighter faces possible dismissal for bad behavior
7/3	10	2:30	Study finds heroin coming into La Crosse from Chicago/Minne.
7/3	2	:30	Car thieves/burglars make initial court appearance
7/3	2	:30	Slenderman stabbing suspect deemed not competent for trial
7/3	2	:30	Arson suspect waives initial appearance
7/3	2	:30	West Salem principal disciplined for OWI
7/3	2	:30	No arrests made in June 26 <sup>th</sup> OWI crackdown
7/3	7	:45	DNR studies effects of harsh winter on deer population
7/3	5	:30	Postal distribution center in La Crosse closing, most jobs in tact
7/3	10	:30	Police officers complete G.R.E.A.T training
7/3	10	:30	Beaches closed due to high water level
7/3	8	:45	Student wins car for good academic standing
7/3	6	:30	OH student dies after ingesting toxic amount of caffeine
7/4	7	:45	Riverfest opens for season
7/4	7	2:00	Jump rope team part of Rivefest entertainment
7/4	4	:45	Men wear heels for domestic violence prevention
7/4	4	:45	Crews set up for dragon boat race
7/4	4	:45	Preview of puzzled race
7/4	7	:30	Riverfest events
7/4	9	2:00	Violence erupts in Israel
7/4	10	:30	Bomb goes off in Australian prison
7/4	7	:45	Kidd releases statement on coaching
7/4	7	2:00	Vets come together for 4 <sup>th</sup>
7/4	10	2:00	Coastguard: stay off river
7/4	10	2:00	Author slams into east coast
7/4	2	:45	Zelich headed to trial
7/4	2	:30	Father accused of killing son denied bail
7/4	10	:30	Historic buildings damaged in MN
7/4	1	:30	City delays parking proposal until fall
7/4	5	:30	Subaru recalls more vehicles
7/4	5	:30	Unemployment drops
7/4	3	2:00	Corn crop on track
7/4	6	:30	Newborn screenings begin in WI
7/4	6	1:00	Dangers of driving drowsy
7/7	10	1:00	4 boaters rescued on Mississippi after capsizing
7/7	10	:30	A pair of crashes on West I-90 delays traffic 40 mins.
7/7	10	:30	Head-on possible hit and run suspect found in Vernon Co.
7/7	10	:30	Traffic deaths down in WI in 2014 compared to 2013
7/7	6	:30	Drug related deaths from prescription pills remains steady
7/7	2	:30	Police forced to shoot man who would not drop weapon
7/7	2	:30	Officials investigating 13-year-old driver who crashed into home
7/7	2	1:00	Milwaukee man shot after trying to help woman recover purse
7/7	9	2:00	US teen allegedly brutalized by Israeli police
7/7	9	:30	Protests erupt in Palestine over revenge murder
7/7	10	:30	TSA now wants int'l passengers to have elec. devices turned on

7/7	7	:30	Former La Crosse Logger Max Scherzer makes 2 <sup>nd</sup> All-Star Game
7/7	1	2:00	Retired Marine gets rescued service dog to cope with PTSD
7/7	5	:45	La Crosse campground prepared for campsite flooding
7/7	5	:30	Downed trees could be worth money, says DNR
7/7	3	:45	Stormy weather helps Kane St. Garden grow
7/7	9	1:30	WI Senator suing Obama admin over ACA says it's "only option"
7/7	9	:45	ACLU seeks lawsuit to protect rights of WI same-sex couples
7/7	2	:30	WI anglers in N. Dakota face fines for exceeding walleye limits
7/7	4	1:30	Annual Dragon Boat race has special meaning for cancer patient
7/7	4	:45	Puzzled Classic benefits families with autistic children
7/7	4	:30	4000 Foundation educates people about railroad industry
7/7	4	:45	Volunteers cleaning up after Riverfest
7/7	4	:30	Printable tickets streamline Summerfest
7/7	10	:30	Farmer helps rescue bear in Rice Lake
7/7	6	1:00	Medical benefits of meditation
7/7	6	2:30	Washing hands acts as easy immunization
7/8	1	2:00	County to contribute to city park redevelopment
7/8	2	:20	Tomah man found dead
7/8	2	:30	Babysitter asks for parole
7/8	2	:30	WI man to be sent to IL for fatal crash
7/8	2	:30	WI mom under arrest for child abuse
7/8	10	:30	Missing boater found safe
7/8	10	2:00	Riders stranded on CA roller coaster
7/8	5	:30	United outsourcing 600 jobs
7/8	9	:45	Judge hears Sen. Johnson's healthcare suit
7/8	10	2:00	Madison teen awarded for saving victims of car crash
7/8	6	2:00	E-cigarette/hookah use among teens on the rise
7/8	5	:45	Insurance does not cover storm debris removal
7/8	4	:45	WAFER reopens after storm damage
7/8	6	:45	More schools enrolling in farm to school program
7/8	6	2:00	How battlefield medicine has changed
7/8	5	:45	Poll: WI voters don't want internet tax
7/8	7	:45	Video of bear rescue goes viral
7/8	4	:45	Monday was national chocolate day
7/8	7	:45	Globetrotters teach kids skills
7/8	6	:45	Foreign bug virus making it's way to US
7/8	3	2:00	Gelato gaining popularity in WI
7/8	5	2:00	Technology makes it easier to steal passwords
7/8	5	:30	Banks pay fines to homeowners
7/8	5	:30	AMC installing bigger movie seats
7/10	10	:45	Train report raises safety concerns
7/10	10	:45	FD practices water rescues
7/10	2	:45	TX dad arrested for shooting his kids
7/10	2	:30	11 yr. Old WI boy points fake gun at driver
7/10	2	:45	WI family sues Fed after flash bang lands in kid's crib
7/10	2	:45	Judge: cab driver killer competent to stand trial
7/10	2	:30	Mayor Nagen sentenced to 10yrs. In prison
7/10	2	2:00	Zelich had black marks on police record
7/10	7	:45	Scott Tolzen excited to play for the Pack
7/10	4	2:00	WI welder steps in to replace stolen grave markers
7/10	8	2:00	Northside school completion on track

7/10	1	:30	Gov. Walker: no need for federal aid
7/10	1	:30	Gov. Dayton asks for FEMA relief
7/10	9	:30	Walker out raises Burke
7/10	2	:30	Judge will not end hold on same sex marriage ban
7/10	6	:45	LaX couple protests at Mayo over abortion counseling
7/10	3	:45	Prairie growing at refuge
7/10	1	:45	City prepares for 2015 budget
7/10	7	:30	High water delays steamboat visit
7/10	7	:45	Sparta pool open
7/10	7	2:00	Swimmers take to Lake Michigan
7/10	8	:45	Class prepares kids for college
7/10	6	:45	1 in 10 freshman diagnosed with depression
7/10	6	1:00	Doctors: better screenings needed for concussions
7/10	4	2:00	Preview of Popen
7/10	5	:30	Gas prices are falling
7/10	5	:30	More flights delayed in May than April
7/11	4	2:00	CARS holds vigil for train derailment
7/11	5	:30	MN crop deliveries delayed by oil trains
7/11	5	:30	Oil cars delay Amtrak trains
7/11	10	:45	Police searching for missing man
7/11	10	:30	WI boy killed in farm accident
7/11	10	:45	TX shooter had history of violence
7/11	9	2:00	President & Republicans clash on immigration
7/11	7	:30	Gorillas escape from zoo enclosure
7/11	7	:30	2 former Loggers to play in all-star game
7/11	7	2:00	Army dad surprises son at summer camp
7/11	2	2:00	IA man detained in La Crosse for double murder
7/11	2	:45	LaX PD steps up OWI pedestrian law enforcement
7/11	1	:45	Platteville waiting for FEMA help
7/11	4	:30	Chicago Bears donate to UW-P relief fund
7/11	4	:30	WAFER reopens after flood
7/11	2	:30	AG files official appeal over gay marriage ruling
7/11	8	:45	Western offers tablet classes to the community
7/11	6	2:00	Will concussion ruling have an effect on high school sports
7/11	3	:45	MN dairy plant expanding
7/11	7	:45	Iola hosting car show
7/11	7	:45	Blue Stars preparing for first competition
7/11	4	:45	EC charities give badge to special volunteer
7/11	6	:45	WI girl to meet with Mrs. Obama
7/11	6	:45	Phone app could treat depression
7/11	3	2:00	Agri-tourism a great family vacation
7/14	4	1:30	Group biking from ME to Vancouver to build homes for needy
7/14	9	:30	John Kerry enters into nuclear talks with Iran
7/14	9	2:00	Violence continues between Hamas and Israel
7/14	9	:30	Israeli PM says blame lies with Palestinians
7/14	10	:45	Two kayakers sucked under dock in La Crosse
7/14	10	:45	Woman in Platteville returns home after injury from tornado
7/14	10	:25	Storms in Kenosha bring high winds, possible tornado
7/14	10	:25	MN residents still dealing with severe flooding in Prior Lake
7/14	10	:25	Severe weather causing problems throughout the US
7/14	7	:45	Coulee Region Chill host futures camp for HS players



7/14	4	1:30	Boy with Cerebral Palsy gets new wheelchair, returns to work
7/14	10	2:00	Community comes together to mourn death of Shalim Augustine
7/14	10	:45	Two survive plane crash in WI
7/14	10	:45	Woman in OH crashes Jeep into pool party
7/14	10	:30	Stampede at car show in GA
7/14	10	:30	Infant in TX run over at yard sale
7/14	10	:45	Girl in MKE shot on playground dies
7/14	2	:30	Police chief says there were signs fm. officer was dangerous
7/14	2	:30	DNA testing helps solve string of violent crimes in MKE
7/14	10	:30	Emergency workers to simulate attack at Camp Randall
7/14	4	:45	Police beat Fire in annual softball game
7/14	7	:30	Special Olympics athletes compete in Onalaska
7/14	7	:45	La Crosse hosts pro log-rolling tournament
7/14	7	:45	YMCA hosts kids triathlon
7/14	7	:30	Group in Winona building sustainable mountain bike trails
7/14	4	:30	Drum Corps. competition in La Crosse celebrates 50 yrs.
7/14	4	:30	Riverside park welcomes jazz concert
7/14	6	:25	New research finds link between Alzheimers and loss of smell
7/14	6	:25	WI clinics offering help as part of stop smoking study
7/15	10	1:00	Residents safe after South La Crosse apartment fire
7/15	10	1:00	Drowning death of Shalim Augustine ruled accidental
7/15	2	1:00	Jackson Co. officials hope to use DNA tech to solve 2 cold cases
7/15	2	:45	Madison area man accused of hate crime
7/15	2	:30	Jail officials investigating hanging death in Richland Co.
7/15	2	:30	Man arrested in La Crosse after deaths of parents in IA
7/15	9	1:30	Death toll rising in Gaza following Israeli response to Hamas
7/15	7	1:45	Preview of MLB All-Star Game in Minneapolis
7/15	7	:30	Registration deadlines approach for La Crosse Co. Amateur
7/15	5	:45	Cool weather affecting seasonal businesses like pools
7/15	3	:30	Sweet corn crop coming up slower, but not overly affected
7/15	1	:30	Results of Onalaska Community Survey
7/15	1	:45	Gov. Walker defends high costs of personal security
7/15	2	:30	Courts will hear WI same-sex marriage case on August 13
7/15	8	1:00	Viterbo chapel getting renovation to enrich student experience
7/15	4	2:30	Bob Milisch, July Jefferson Award Winner
7/15	4	:45	Wings of Freedom brings WWII planes to La Crosse Airport
7/15	4	1:00	WI soldier using bionic suit to walk again thanks to donations
7/15	6	1:00	Dangers of stress eating
7/15	5	2:00	WI cheese company relocates to boost business
7/16	3	1:30	Experts say WI corn crop coming along nicely
7/16	3	:30	Hail hammers Door Co. cranberry farm
7/16	10	:30	MN Gov. Dayton says flooding among worst he's seen
7/16	5	:25	Flooding causing MN resort owners to turn customers away
7/16	3	:25	Stingless wasps being released in Winona to combat EAB beetle
7/16	6	:45	Officials investigate West Nile cases in Eau Claire area
7/16	3	:45	DNR says study supports decision for buck-only hunt in North WI
7/16	9	1:30	Gaza rejects Egyptian cease-fire
7/16	4	:30	WWII planes on display in La Crosse
7/16	4	:30	Community art swap sale begins at Pump House
7/16	6	:45	Brett Favre says he wouldn't let kids play football b/c concussions
7/16	6	:45	Chris Kluwe suing Vikings over investigation results

7/16	1	2:00	Backlog of unclaimed property in WI
7/16	2	:30	Police searching for two armed robbery suspects
7/16	4	:45	Upcoming benefit for drowning victim
7/16	10	:45	Red Cross helping victims of recent La Crosse apartment fire
7/16	10	:30	Fire caused by grease
7/16	10	:45	Janesville woman in OWI crash with kids in car
7/16	2	:45	Investigation clears Green Bay police officer of brutality claim
7/16	2	:30	WI same sex marriage case must be heard separate from IN case
7/16	8	:30	New program allows WI HS students to take free college classes
7/16	4	1:30	Onalaska students maintaining community garden
7/16	2	:45	ID theft becoming more common across the country
7/16	6	:45	Mayo and Gundersen ranked among top hospitals
7/16	6	1:00	Dangerous amoeba kills 9-year-old girl in KS
7/17	2	1:30	Man gets one year plus probation for supplying heroin in OD
7/17	2	:45	Still no homicide charge for suspect in cab driver beating death
7/17	2	:30	Bike thefts on the rise in La Crosse
7/17	10	1:00	Fundraiser helps put surveillance cameras downtown
7/17	10	:45	Center in Madison aims to provide housing for immigrant children
7/17	9	:45	Temporary cease-fire in Palestine for people to gather supplies
7/17	10	:30	Moscow still reeling after fatal train derailment
7/17	1	2:30	45 <sup>th</sup> anniversary of Apollo 11 launch
7/17	7	:45	NFL's Jim Leonhard hosts football camp for kids
7/17	7	:45	Member of A&E's Duck Dynasty at EC Express baseball game
7/17	1	2:00	Onalaska Waterfront development project moving forward
7/17	1	:45	Results of Onalaska survey will not be implemented yet
7/17	9	1:30	WI Governor race focuses on outsourcing jobs
7/17	9	:30	Dems urging Gov. Walker to stop supporting gay marriage ban
7/17	1	:30	New rest stop to be built on I-90 near French Island
7/17	5	:45	La Crosse Company expanding, adds jobs
7/17	4	1:30	Business leaders take off work to volunteer in community projects
7/17	4	:45	La Crosse Interstate Fair underway
7/17	7	1:45	Locals experience WWII planes firsthand
7/17	1	:45	Snow removal numbers from past winter show record year in MN
7/18	2	2:00	Misdemeanor charges for Town of Campbell Police Chief
7/18	2	:30	Update on case of man hiding dead women in suitcases
7/18	9	2:00	Passenger plane shot down in East Ukraine, 298 people killed
7/18	9	:30	Israel invades Gaza, escalating conflict with Hamas
7/18	9	1:00	Debate over how long immigrant children might stay in Madison
7/18	10	1:00	Widespread flooding still impacting Minnesota
7/18	3	:30	Severe drought in CA could affect produce
7/18	10	:30	Tips now available to help people avoid propane shortages
7/18	7	:45	Packers new pro shop open in Lambeau Field
7/18	1	2:00	Residents in BRF concerned about sand mine reclamation
7/18	3	:30	Emerald Ash Borer now discovered near Caledonia MN
7/18	3	:45	Stingless wasps proving effective against EAB spread
7/18	9	:30	Gov. Walker petitions legislature to get rid of common core
7/18	8	:30	College grants being made available to tech schools across WI
7/18	1	1:00	Emergency response simulation at Camp Randall Stadium
7/18	5	:30	WI unemployment numbers hold steady for June
7/18	5	:30	MN unemployment lower than national average
7/18	5	:45	GM testifying before congress again for recall compensation

7/18	5	:30	BMW feeling the effects of Takata airbag recall
7/18	5	:45	Experts suggest bigger is better when it comes to teen car safety
7/18	4	:45	Bike Night benefits YMCA LIVESTRONG program locally
7/18	5	:30	Local trade show welcomes celebrities, Fortune 500 companies
7/18	7	:45	Annual Rock Fest concert underway in Cadott
7/18	6	:30	WI abortion pill ruling clarified
7/18	6	:30	Outbreak of E. Coli at MN Applebee's restaurants
7/21	10	:30	Trains collide near Slinger WI, force evacuation of residents
7/21	10	:30	Fire at Miller Park damages TGI Friday's restaurant
7/21	8	1:30	Common core decisions on hold until January, tests implemented
7/21	9	:45	Russian separatists still in control of MH17 investigation site
7/21	9	2:00	Israeli invasion continues as Palestinian death toll rises
7/21	10	:30	Wildfires rage through Pacific Northwest
7/21	10	:30	Torrential rain causes flash flooding in Reno, NV
7/21	3	:30	Woman in West Salem comes face to face with bear
7/21	4	:45	Paddle-board event raises money for Polar Bears at Madison Zoo
7/21	5	:30	ABC's Shark Tank holds casting call in WI
7/21	7	:30	Badger Band will not be at football game against LSU
7/21	4	:30	Rappelling down Miller Park to raise money for Special Olympics
7/21	5	2:00	Business picking up for boaters, fishers with lower river levels
7/21	10	:30	Officials say seizure caused man to crash into building
7/21	2	1:00	Police in Madison find car connected to weekend homicide
7/21	4	:45	Motivational speaker highlights dangers of drugs in La Crosse
7/21	4	:45	Weather provides big boost for LaX Interstate Fair
7/21	4	:45	Community celebrates train history with Rail Fair
7/21	7	:45	Boaters get together at Black River dock for Aquapalooza
7/21	3	:45	Kane St. Garden still able to supply produce thanks to farmers
7/21	4	:45	Annual motorcycle ride raises money for burn victims
7/21	7	:45	Kids from Wisconsin performs show at Weber Center
7/21	4	:45	Waukesha man makes Eagles Scout despite severe disabilities
7/21	6	:30	Gundersen Hospital named top for Bariatric Surgery
7/21	6	1:00	New process could make IVF safer for mothers and children
7/21	6	2:30	Discussing a solution for mild-moderate sleep apnea
7/22	10	:30	Police resume 2-year search for missing person
7/22	10	:30	Water damage at Miller Park after Monday morning fire
7/22	10	:30	Train derailment near Milwaukee leaves minimal enviro impact
7/22	10	2:00	Derailment will be used by opponents of more rail lines
7/22	9	:30	Pressure on Russia to cooperate with MH17 investigation
7/22	9	:30	Nearly 600 dead as Palestinian-Israeli conflict continues
7/22	4	1:00	Farm in Sauk Co. helps vets dealing with PTSD using horses
7/22	4	2:00	James Garner passes away at 86
7/22	7	:30	Packers QB wants TE Jermichael Finley to return to the team
7/22	5	2:00	WI entrepreneurs get a chance to be on ABC's Shark Tank
7/22	1	2:00	Gov. Walker touts new rest stop on I-90
7/22	2	:30	Fed judge dismisses Ron Johnson's Obamacare lawsuit
7/22	1	:45	GAB says election observers cannot use cameras
7/22	8	2:00	Camp Coulee provides summer camp for kids w/behavior issues
7/22	8	:45	Salvation Army to help supply kids with new school outfits
7/22	8	:30	UW President wants more research at UW colleges
7/22	5	:45	LaX school district gets proposals for Roosevelt School building
7/22	5	:45	Developer wants to build homes on Barron Island in La Crosse

7/22	1	:30	Parking Utility Board will not increase fees on businesses yet
7/22	1	:30	Construction begins on Winona bridge projects
7/22	2	:30	La Crosse police issue 55 tickets during latest OWI crackdown
7/22	1	:30	Police dept. getting lobby makeover
7/22	3	:45	Mayfly hatch largest since 2012, signifies healthy ecosystem
7/22	6	1:00	School choice can affect child's health
7/22	5	2:30	Financial Planner Kathy Murphy offers family finance advice
7/23	10	1:00	Winona St. football player dies at practice
7/23	2	:45	La Crosse police investigating potential mobile meth lab
7/23	2	:30	MN man asking for retrial after murder conviction
7/23	2	:30	Woman pleads not guilty to kidnapping charges in Beloit
7/23	2	:30	Sparta man seriously injured after being hit by OWI driver
7/23	9	:45	Victims bodies from MH17 being returned to Netherlands
7/23	9	:30	John Kerry in Israel to try to broker cease-fire
7/23	5	:30	Railway now open again in Slinger after Sunday derailment
7/23	10	:45	Dive rescue boat in La Crosse finds 2 vehicles in Black River
7/23	10	:45	Reminder of the dangers caused by extreme temperatures
7/23	3	:45	Door Co. cherry crop largely undamaged from recent storms
7/23	7	:45	Local players take part in NWL All-Star Game
7/23	7	:45	Packers might name Potts Rd "Mike McCarthy Way"
7/23	7	2:30	Video of grandpa dancing at nursing home goes viral
7/23	8	2:00	New program to fund more training programs at tech schools
7/23	8	:45	Local lawmaker says program withheld for political gains
7/23	1	1:00	Task force looking for ways to balance library budget
7/23	2	:45	Troubled lawmaker allegedly uses campaign funds to pay lawyer
7/23	9	:45	Gov. Walker accepts \$70k in funds from outsourcing companies
7/23	9	:45	Dem. candidates for AG say they won't defend Voter ID Law
7/23	3	:45	Onalaska council weighs effects of urban agriculture
7/23	6	:30	MN, IA ranked as top states for child well-being
7/23	6	1:00	Fam. and Children's Ctr. opens new pharmacy, schizo simulation
7/23	6	1:00	Local McDonald's restaurants offer healthier Happy Meal options
7/23	5	:45	New study asks "Would you keep your job if winning the lottery?"
7/23	5	:30	Common mistakes with household appliances
7/23	6	:30	White House challenging struck down provision of Obamacare
7/23	6	:30	Trader Joe's recalling produce as precaution
7/24	2	1:00	Police confirm bottle found was shake and bake meth lab
7/24	2	1:45	Man catches woman and kids in the act of robbing his home
7/24	2	1:15	Exclusive video of shootout after chase in Dunn Co.
7/24	1	:45	City of La Crosse to address vandalism issues at parking ramps
7/24	1	1:15	New regulations on trains moving hazardous freight
7/24	7	:45	Packers coach and player to appear in new commercial
7/24	4	2:00	Family surprises parents with treehouse on reality TV show
7/24	10	1:15	Reaction from death of WSU student football player at practice
7/24	9	:30	Marquette Law poll finds WI Gov. race a dead heat
7/24	9	2:00	Ads from both candidates call out the other on outsourcing
7/24	9	:45	Candidate for 3 <sup>rd</sup> Congress Dist. wants to champion vet affairs
7/24	9	:30	Questions surrounding campaign spending of Atty. Gen. hopeful
7/24	9	:45	Rep. Atty. Gen. candidate makes visit to La Crosse
7/24	5	:30	New report shows jobless rate increased in WI in June
7/24	7	:45	Man painting mural of MN town on business he owns
7/24	7	:30	National Hot Dog Day celebration at Rudy's Drive-In

7/24	4	4:00	Lucas Herro recovering from spine injury after boat accident
7/25	10	:30	Police still not releasing identity of crash victim
7/25	10	:30	1 killed in car vs. bus crash
7/25	1	:45	City planning Hwy B construction
7/25	1	:45	Chippewa Falls intersection gets safety upgrade
7/25	2	:30	Fuschel ordered to undergo mental evaluation
7/25	2	:30	Violin thief to spend 3 years in prison
7/25	10	:30	Plane crash in Mali
7/25	10	:30	Latest on Ukraine plane
7/25	10	2:00	Putin takes stronger stance against Ukraine
7/25	10	:30	More violence in Gaza Strip
7/25	7	:45	Vikings report to training camp
7/25	6	2:00	Soldiers raise money through LaCrosse game
7/25	1	2:00	Monroe Co. votes down comm. Tower proposal
7/25	2	:45	FEMA asks Madison to open detention center for immigrants
7/25	9	:45	Burke has slight lead in latest poll
7/25	2	:30	Court reject John Doe case
7/25	5	:45	Too few developers stepping forward for oil site
7/25	5	:45	Charmont proposal moving forward
7/25	10	:30	Tornado killed 2 at campground
7/25	10	:30	Wildfire burns in Utah
7/25	4	:45	Friends raise money for LaCrosse man paralyzed in boating accident
7/25	4	:45	Boys & Girls clubs compete at UWL
7/25	6	:45	Gundersen: travel without worry of MERS
7/25	6	:45	Hand, foot & mouth cases on the rise
7/28	10	:30	11 people homeless after Sunday fire
7/28	10	:30	Police investigate death of woman who fell from bridge
7/28	10	:30	Man dies in Trempealeau Co. after tractor rolls over on him
7/28	2	:30	Poll shows WI needs to do better rehabbing inmates
7/28	9	2:00	Fighting continues in Gaza, Palestinian death total above 1000
7/28	9	:45	Israeli PM blames Hamas for putting civilians in harm's way
7/28	9	:30	Int'l investigators still trying to get to MH17 crash site
7/28	5	:30	Malaysia Airlines facing financial crisis due to crashes
7/28	5	:30	Gas prices continue decline despite violence
7/28	4	:30	100 <sup>th</sup> anniversary of start of WWI
7/28	4	:45	WI scout makes old flag drop-off site
7/28	7	:30	Baseball greats inducted into MLB Hall of Fame
7/28	6	2:30	One of first open heart surgery patients now runs marathons
7/28	5	1:30	Downtown La Crosse businesses host Crazy Daze sale
7/28	1	:30	New penalties for drivers who speed through MN work zones
7/28	1	:30	New "Do Not Call" rules go into effect on Friday
7/28	2	:30	Troubled lawmaker faces issue of using funds to pay attorney
7/28	1	:45	Monroe Co. Sheriff Pete Quirin retiring
7/28	4	:45	"Pink Heals" tour brings fire trucks to support cancer awareness
7/28	4	:30	Annual art fair draws local crafters
7/28	7	:45	Bass fishing tournament inspires local anglers
7/28	7	:45	National camping event celebrates 14 years in West Salem
7/28	8	:45	Solar car race makes pit stop in La Crosse
7/28	6	1:45	New concerns over Ebola outbreak in Africa, 2 Americans infected
7/28	6	:45	Thunder ride raises money for JDRF
7/28	6	:45	Gundersen hospital hosts Wellness Festival

7/29	2	:30	Kristen Smith trial is underway
7/29	10	:45	More fighting in Gaza
7/29	2	:45	Investigators turned away from plane crash site
7/29	10	:45	1 killed when plane crashes into beach
7/29	5	2:00	Tiff caught on tape at Atlanta airport
7/29	5	:30	Delta adding free entertainment to flights
7/29	5	2:00	How to flip flyer miles
7/29	7	2:00	Packers training camp is underground
7/29	2	2:00	Dog catches thief
7/29	7	2:00	New routes will bring bikers to Western WI
7/29	4	2:00	NWS: too soon to tell what winter will be like
7/29	1	:45	WEDC changes tax credit rules
7/29	9	:45	Absentee ballots now available
7/29	1	:45	City tears down bate shop to make room for park expansion
7/29	1	2:00	Congress approves more money for VA
7/29	6	:45	Its time for school vaccinations
7/29	6	:30	Running prolongs your life
7/30	2	:30	State Patrol will recreate I-90 crash scene
7/30	10	:45	Tri-State installs camera in road construction zones
7/30	2	:30	Judge wittles down Anderson jury
7/30	2	:30	Smith trial may go to jury today
7/30	2	:45	More landlords join suit against city
7/30	10	:30	Ona. Police looking for missing man
7/30	2	:45	Virginia court repeals same sex marriage ban
7/30	10	:45	Rebels bomb UN school
7/30	10	:30	Water main break floods parking garage in CA
7/30	5	2:00	Kwik Trip building more CNG stations
7/30	2	:45	Supreme Court of WI to rule on 3 cases this week
7/30	9	2:00	House will vote on bill to sue President this week
7/30	8	:30	WI educators reject push to change common core
7/30	4	:45	Vet builds flag cases for other vet families
7/30	7	:45	WI Fair has its own app
7/30	7	2:00	Public can build plane at airventure
7/30	6	:45	Co offers breast feeding grant
7/30	6	:45	Surgeon General calls on Americans to prevent skin cancer
7/31	10	:45	Fire destroys Sparta truck stop
7/31	8	:45	Mom of murder victim talks to kids about good choices
7/31	2	2:00	Jury could get Smith case today
7/31	2	:30	PdC man charged with multiple child sex crimes
7/31	2	:30	MN man arrested for killing officer
7/31	10	2:00	More fighting in Gaza
7/31	2	:30	Rebels block investigators at Malaysia crash site
7/31	5	:45	GDP on the rise
7/31	9	:30	Republicans vote to sue President
7/31	6	:45	Amputee pains prosthetics
7/31	4	:45	Mayor proclaims "Otto Butzman" day
7/31	6	2:00	EC mom urges families to have a plan after she has stroke
7/31	1	:45	Road construction fines increase tomorrow
7/31	2	:45	State patrol enforcement campaign begins tomorrow
7/31	1	2:00	City demolishes old home to build new single family property
7/31	5	:45	Organic Valley is expanding

7/31	1	:30	Onalaska ranked 8 <sup>th</sup> best in state for home ownership
7/31	8	:45	Artifacts found at Onalaska demo site
7/31	8	:45	La Crescent SD planning referendum
7/31	5	:30	WI ranked low by small businesses
7/31	9	:45	Ranking add fuel to Governor's race
7/31	1	:30	Supreme Court upholds voter ID bill
7/31	10	:30	Onalaska police locate missing man
7/31	4	:45	Community holds event for area homeless
7/31	3	1:00	How to grow grass in low light areas
7/31	6	2:00	Ebola outbreak grows
7/31	6	:45	Virus found in Caribbean spreads to US
7/31	4	2:00	Preview of CMNH days with the Loggers
8/1	2	:30	Jury convicts Kristen Smith
8/1	2	:45	Fmr. Bishop sentenced for hit and run
8/1	2	:30	Fmr. LaX officer sent back to jail
8/1	2	:30	Slenderman suspects return to court
8/1	9	:45	Republicans vote to sue President
8/1	10	:30	3 injured in Monroe Co crash
8/1	10	:30	2 killed at EAA crash
8/1	2	:30	Cop killer under arrest
8/1	4	:45	Community holds vigil for fallen officer
8/1	8	:45	Golf outing benefits education assoc
8/1	8	2:00	"Quintern" explains what she learned
8/1	7	2:00	Paper airplane has bluetooth capability
8/1	10	2:00	3 arrested, 8 children taken into custody after meth bust
8/1	2	:30	Supreme Court upholds Act 10
8/1	9	:45	Local lawmaker reacts to Act 10
8/1	9	:45	Burke disagrees with Act 10 ruling
8/1	9	:30	Supreme Court upholds domestic partner registry
8/1	6	:30	Silver Alert activates this month
8/1	1	:30	No call registration now a one time deal
8/1	4	:45	Group holds fundraiser for storytelling festival
8/1	1	:30	511 app popular with WI drivers
8/1	6	:45	Mayo celebrates 10 years in cancer center
8/1	6	2:00	Ebola virus spreading
8/1	6	:30	Sunscreen myths
8/1	6	:30	EC woman raising money for Ebola water kits
8/4	10	:30	77-year-old fatal crash victim identified
8/4	10	:30	23-year-old killed in crash near Bangor
8/4	10	:30	Head-on collision near De Soto causes injuries, no deaths
8/4	2	:30	Police shoot and kill carjacking suspect in St. Paul
8/4	2	:30	Increased patrols on I-90/94 ends today
8/4	5	:30	Gas prices drop \$.15 since July 4
8/4	4	2:00	MN group gets together to honor fallen La Crescent soldier
8/4	4	:45	2 <sup>nd</sup> year memorial services for Sikh temple victims in Oak Creek
8/4	9	:30	Cease-fire in Gaza this morning after 3 <sup>rd</sup> UN school hit by missile
8/4	9	:30	Protests erupt in D.C. over Israeli-Palestinian conflict
8/4	9	:30	Investigators find more belongings in MH17 crash

8/4	10	2:00	Tap water ban still in place in Toledo after algae contamination
8/4	7	:30	Brett Favre reportedly will have jersey retired by Packers in 2015
8/4	8	2:00	Training course in Eau Claire gives girls chance to be firefighters
8/4	4	1:45	Fmr. Governor Tommy Thompson rides bike for cancer research
8/4	10	:45	Wildfires, floods in California
8/4	9	:45	Lt. Gov. Kleefisch knocks on 750,000 <sup>th</sup> door in La Crosse
8/4	9	:30	Sen. Johnson will challenge ruling on Obamacare lawsuit
8/4	9	2:00	Voter ID law remains on hold, contentious between parties
8/4	9	:15	Experts believe Democrats could win back WI senate
8/4	9	:30	Race for Congressman Petri's seat hot in Republican primary
8/4	3	:45	Study finds WI ranks 8 <sup>th</sup> in most farmers markets nationally
8/4	4	:30	\$73K raised for cancer research at Relay for Life
8/4	4	:45	Fundraiser held in Holmen to benefit CMNH
8/4	4	:30	News 19 participates in Home Run Races for Coulee Council
8/4	4	:45	Open house raises money for Coulee Region Humane Society
8/4	7	:45	Scrabble championships being held in Madison
8/4	6	1:30	Update on two Americans infected with Ebola
8/4	6	2:30	Discussing ACL tear injuries in younger athletes
8/5	10	:30	Power outages in La Crescent leave 3400 without electricity
8/5	10	2:00	Water ban lifted in Toledo, OH, algae issue unlikely in La Crosse
8/5	4	:30	Arcadia's water named best in state at WI State Fair
8/5	2	:30	Two men in Tomah face cocaine dealing charges
8/5	2	:30	WI man with child porn will spend 5 years in prison
8/5	2	:30	More charges coming for suitcase corpse suspect
8/5	9	1:00	3 day cease-fire begins between Israel and Hamas
8/5	1	:30	US and African leaders are meeting to discuss trade agreements
8/5	7	1:15	La Crosse residents react to Brett Favre's HOF induction
8/5	7	1:00	Coach Z camp returns to La Crosse for another year
8/5	3	2:00	U of M helping combat Asian Carp invasion using speaker system
8/5	10	:30	Traffic deaths in WI 2 <sup>nd</sup> lowest in July since 1937
8/5	9	:45	Monroe Co. sheriff candidates say drug enforcement key issue
8/5	9	:30	Gov. Walker releases campaign finance report for July
8/5	2	:30	Sealed files in Gov. Walker's John Doe case to be released
8/5	2	:30	WI AG challenging judge's ruling on Voter ID Law
8/5	8	:30	New survey finds WI, MN in top 10 for school systems in US
8/5	8	:45	La Crosse YMCA to build new teen center
8/5	10	:30	Wafer Food Pantry has busiest month since January 2012
8/5	10	2:30	Can you clean your house using only water?
8/5	6	2:00	2 <sup>nd</sup> American infected with Ebola returning to US
8/5	6	:45	Sparta Cancer Walk raises funds through Dairy Queen sales
8/5	3	1:30	WI farms educating consumers about where their food grows
8/5	5	:30	Round-trip airline prices in US rise to average of \$509
8/6	1	3:00	Citizens speak out on proposal to keep La Crosse libraries open
8/6	8	1:00	YMCA to build new teen center in La Crosse
8/6	1	:30	US General killed in Afghanistan training center attack
8/6	2	:30	Murder charges now filed in suitcase corpse case
8/6	2	:30	Police charge MN man with indecent exposure at Walmart
8/6	4	:30	Memorial services for those killed in Oak Creek Sikh shooting
8/6	7	:45	UW-Eau Claire gets grant for new convention center
8/6	1	1:15	Houston Co. sand mine requires new permit to keep operating
8/6	10	:30	Landslides threaten homes in Utah



8/6	10	:30	1 killed, 1 injured in lightning strike in Southern WI
8/6	5	:45	Quick thinking helps local business save food after power outage
8/6	5	:30	Home prices rising in La Crosse area, slower than national avg.
8/6	9	:45	Dem. attorney gen. candidates debate 1 <sup>st</sup> offense OWI
8/6	9	:30	Sen. Johnson says Walker ads should stay positive
8/6	9	:30	Officials expect voter turnout to be 15%
8/6	1	:45	Sen. Baldwin touring WI natural resource sites
8/6	8	:30	Logan High School gets new principal
8/6	5	:30	La Crosse schools choose bid for Roosevelt Elementary site
8/6	4	:55	5K features charity run, all you can eat waffles
8/6	4	:30	National Night Out engages Onalaska community
8/6	8	:30	Literacy Night seeks to educate students about reading
8/6	6	:45	Mayo hospital in La Crosse says they are prepared for Ebola
8/7	5	1:15	Local developer gets green light on new development
8/7	5	:45	Developer also gets funding assistance from city for new hotel
8/7	5	:30	More WI drivers taking to the roads in 2013 than 2012
8/7	5	:30	Gas prices hit 4-year-low for August
8/7	10	:30	Eau Claire boy home from hospital after hit and run injury
8/7	4	:45	Police officers honored for role in 2012 Sikh Temple shooting
8/7	1	:30	WWII soldier KIA identified by UW researchers
8/7	1	1:15	Army investigating former Taliban prisoner Bowe Bergdahl
8/7	9	:30	Cease-fire remains in place in Gaza, IDF tanks at border
8/7	10	:45	Russian hackers steal info from 420,000 websites
8/7	4	2:30	Packers bike-riding tradition benefits WI family
8/7	6	2:00	Gundersen announces partnership with 5 WI hospital systems
8/7	10	:30	2 hurricanes bearing down on Hawaii
8/7	9	2:00	Celebrities donating to both major WI gov. candidates
8/7	1	1:00	New federal regulations could impact Riverfront services
8/7	10	:45	Catholic Charities to build new warming shelter in La Crosse
8/7	10	1:30	Rescue dog attacks child in Milwaukee
8/7	4	:45	Fundraiser to benefit CMN Hospitals at Loggers baseball game
8/7	4	:30	YEA Day provides free entertainment for kids
8/7	6	2:00	Health organizations consider emergency response to Ebola
8/7	6	2:30	More parents asking people around their kids to be vaccinated
8/8	10	1:15	1 injured in helicopter crash near Tomah
8/8	2	:30	Man admits to killing cab driver before high speed chase
8/8	2	:45	Madison robbery suspect faces federal charges, 100 years in jail
8/8	9	:30	Russia imposing ban on food imported from Europe, America
8/8	9	1:45	US to launch airstrikes on targets in Iraq
8/8	1	:30	Body of US general killed in Afghanistan returns home
8/8	4	:45	WWII veteran reflects on art/photography captured during service
8/8	10	1:45	Pair of storms about to hammer Hawaiian islands
8/8	5	1:00	NCAA allows conferences to write own rules re: player stipends
8/8	6	2:30	Numbers down for high school football because of concussions
8/8	2	:30	Documents to be released in John Doe probe
8/8	5	1:00	MN business now charging more due to minimum wage increase
8/8	5	:30	Unemployment applications down by 14,000 in US
8/8	5	:30	WI consumer spending grows slower than national average
8/8	8	:45	Western TC offers hands-on welding program information
8/8	10	:30	Animals rescued from massive hoarding operation in Green Bay
8/8	4	:45	La Crosse Int'l Gardens to get new Ireland section

8/8	7	:45	Largest river steamboat makes port in La Crosse
8/8	7	:30	Winona Marine completes canoe trip from MN to Louisiana
8/8	6	1:30	Ebola outbreak updated to Public Health Emergency by WHO
8/8	6	:30	MN widow wants husband's ashes returned after Ebola death
8/8	6	:30	FDA releases new "Gluten Free" label guidelines
8/8	6	:45	Local nurses get hands-on emergency training
8/8	5	:30	GM announces 189K vehicle recall for potential fire danger
8/11	8	2:00	Enrollment up at UWL despite smaller HS class sizes
8/11	8	:45	VR technology allows for virtual campus visits
8/11	2	:30	Man in Fond du Lac caught breaking into homes naked
8/11	10	:30	People rescued from roller coaster after 5 hours stuck
8/11	9	2:00	US pledging no combat troops to Iraq
8/11	9	:30	Clashes continue between Ukraine and separatists
8/11	2	2:00	Investigation continues into racing crash which killed young driver
8/11	7	1:45	Smokey Bear turning 70 years old
8/11	5	2:00	Local bars see big boost even during Packers preseason games
8/11	4	:45	People rappel for charity over the side of Lambeau Field
8/11	10	:30	Flooding causing dangerous conditions in S. Carolina
8/11	10	:30	Concern that algae in Green Bay could bloom releasing toxins
8/11	9	:30	Voter ID law not in place for primary due to court order
8/11	9	:45	Gov. candidates say NE Wisconsin vital to winning seat
8/11	9	:45	Ron Johnson says he won't drop lawsuit against Pres. Obama
8/11	9	:45	Madison pride parade celebrates big year in WI
8/11	4	:45	Run to Runway features 5K, waffle breakfast
8/11	4	:45	Model airfest offers unique opportunities for enthusiasts
8/11	4	:30	Rockin' the Prairie raises money for Brice Prairie EMS
8/11	7	:45	Pro log-rollers descend on Onalaska for tournament
8/11	6	2:30	Gundersen studying long-term effects of cancer treatment in kids
8/12	1	1:00	County has 90 days to negotiate Lot C plan
8/12	1	:45	LaCrescent to pay for hotel study
8/12	2	:45	Wausau driver didn't have license at time of crash
8/12	10	:30	400+ officers participate in speed campaign
8/12	2	:30	Tony Stewart cooperating with police after crash
8/12	2	:30	FBI investigating police shooting
8/12	9	:30	President approves of Iraq's new Prime Minister
8/12	4	2:00	Country mourns Robin Williams' death
8/12	3	2:00	Dairy farmers concerned over TTP agreement
8/12	3	:45	Rep. Kind tours dairy farm
8/12	9	:45	It's primary election day
8/12	9	:30	Burke expected to win primary
8/12	8	:45	UWL ROTC program survives cut
8/12	7	2:00	Coaches like new WIAA tackling rules
8/12	6	:45	Miracle Monday event raises money for CMNH
8/12	5	2:00	Is e-mail a thing of the past?
8/12	6	1:00	Study: exercise reduces breast cancer risk
8/12	4	:30	WI state fair sets attendance record
8/12	3	2:00	WI Cheese truck catching on
8/12	1	:30	Post office continues to lose money
8/13	9	3:00	Election results

8/13	9	2:00	Election reaction
8/13	3	2:00	Walker/Burke tour dairy farm
8/13	9	:45	General election season is underway
8/13	9	:45	English woman volunteers as election worker
8/13	5	2:00	WI farm starts outdoor pizza restaurant
8/13	7	2:00	West Salem football team under new leadership
8/13	5	1:30	Shoppers hitting back to school sales
8/13	1	:45	City approves Weber hotel deal
8/13	1	:45	Onalaska to enforce sign ordinance
8/13	4	:45	Church member donates new bells
8/13	5	:45	Bathroom remodels add value to old homes
8/13	6	:30	WI state employee healthcare most expensive in nation
8/13	4	:30	United Way honors employee
8/13	10	:30	Manure spill causes car crashes
8/13	2	:30	New details in Robin Williams death
8/13	6	:45	Williams death promotes mental illness treatment
8/13	6	:45	Madison company develops new colon cancer test
8/13	6	:30	EC charity sends soap buckets to Liberia
8/13	5	:30	Job postings are up
8/13	5	:30	Home values slow to rise
8/14	2	:30	Drowning victim had BAC 4x the legal limit
8/14	2	:30	LaX man charged with providing heroin
8/14	10	:30	Winona man hit and killed by train
8/14	10	:30	Buffalo Co. woman rescued from flipped car
8/14	2	2:00	More protests in MO over cop shooting
8/14	1	:45	US sending more Marines to Iraq
8/14	6	:45	VA opens new homes for disables vets
8/14	6	:45	VA holds benefits fair
8/14	8	2:00	IA home to National Mississippi River museum
8/14	6	2:00	WI woman loses 100 lbs. Training for marathon
8/14	4	2:00	LaX family gives millions back to community
8/14	9	:45	Candidates for WI Gov raise 19million dollars
8/14	9	:45	Burke/Happ make history as 1 <sup>st</sup> women on ticket
8/14	9	:30	Election turnout down
8/14	1	:30	Library to remain open
8/14	4	:30	Local baggers compete for state title
8/14	4	:30	Houston Co. fair underway
8/14	6	:30	Many WI families are food insecure
8/14	6	:45	WI man goes dumpster diving to raise awareness of waste
8/14	7	2:00	Preview of adults only comedy show
8/14	6	2:00	It's miracle treat day
8/15	10	:45	Holmen considering speed limit change to prevent accidents
8/15	10	:30	Rollover accident on Bliss Rd., two injured
8/15	2	:45	Woman accused of stealing cats to undergo evaluation
8/15	2	:45	Violence in Ferguson, MO following shooting of black teen
8/15	4	1:45	Madison community rallies to protest Ferguson shooting
8/15	6	:30	Statement shows Robin Williams had Parkinson's Disease
8/15	9	:45	ISIS militants controlling strategic dam near Mosul, Iraq

8/15	5	1:15	La Crosse group working to restore historic steamboat
8/15	8	2:00	Family & Children's Center offers free help for new parents
8/15	5	:30	Unemployment slightly up for Wisconsin in July
8/15	5	1:30	Dairyland Power needs train shipments of coal to keep running
8/15	8	:30	Wisconsin getting more use out of No Child Left Behind
8/15	8	2:00	Sand mining co. donates money for new playground
8/15	4	:45	DQ Miracle Treat Day raises money for CMNH
8/15	6	:45	Growing concern over possible Ebola cases in US
8/18	10	:30	Fire at a La Crosse school district building causes smoke damage
8/18	10	:30	SW Airlines plane makes emergency landing at MKE
8/18	10	:30	Milwaukee sheriff's deputy crashes motorcycle
8/18	2	:30	Woman charged with harassing zoo animals in Madison
8/18	10	2:00	Man in St. Paul trapped in cave for hours, rescued
8/18	2	:45	Another night of violent clashes in MO after memorial services
8/18	4	:30	Protestors in Milwaukee block highway offramp
8/18	4	:30	Milwaukee community protests shooting death of 10-year-old
8/18	9	:30	US airstrikes assist Kurdish forces retaking parts of Iraq
8/18	9	:30	Pope makes first visit to S. Korea in 25 years
8/18	7	1:45	La Crosse named among best cities by Outside Magazine
8/18	1	2:00	UWL adding to parking ramp, doesn't solve issue around campus
8/18	1	1:15	Library board finds funding to keep branches open for one year
8/18	8	:30	2 La Crosse schools get grant money for extracurricular activities
8/18	4	:45	La Crescent families get together for pre-school-year picnic
8/18	8	:45	Motorcycle education exhibit teaches basics
8/18	4	:45	Color Run returns to Coulee Region
8/18	4	:45	Ace Hardware hosts garage sale for charity
8/18	5	2:30	New apps can assist with paying bills on smartphones
8/18	9	:30	Report shows WI would have saved money under Fed. Medicaid
8/18	6	:30	Cyclists ride to raise money and awareness for Type 1 Diabetes
8/19	10	:45	Trailer crashes into LaCrosse restaurant
8/19	10	:30	Car crashes into pizza place
8/19	10	:30	3 killed in Tresp. Co crash
8/19	10	:30	Sparta man injured in crash
8/19	2	:30	Milwaukee man arrested for road rage shoot out
8/19	2	:30	Public help needed in search for burglar
8/19	10	:30	60 cows killed in barn fire
8/19	2	:30	Zelich pleads not guilty
8/19	1	:30	Unidentified parties make last minute John Doe document plea
8/19	2	:30	Gov. Perry arrested
8/19	10	1:00	Violence continues in MO
8/19	10	:45	Iraqi forces try to secure bridge
8/19	1	:45	City School district at odds over soccer field fees
8/19	8	:45	Robotics teams hold open house
8/19	7	:45	UWL football hoping for winning season
8/19	1	2:00	City & Rail negotiate contract
8/19	8	:45	School district works with Roosevelt community to find building use
8/19	8	:30	Gundersen VP to take over as nursing dean
8/19	2	:45	Judge stalls on landlord ordinance\
8/19	6	2:00	Parents specialists at odds over speech apps

8/19	6	:30	Cost of parenting on the rise
8/19	6	:45	N. Mexico woman may have ebola
8/20	1	:45	Community comments on Lot C project
8/20	10	:30	Tremp. Co sheriff releases names of crash victims
8/20	1	:30	State offers kits for rape victims
8/20	2	:30	Voter ID bill to be appealed
8/20	1	:30	More MN voters voting absentee
8/20	2	:45	Milwaukee man charged with threatening Walker's son
8/20	2	:45	Woman fined for touching giraffe will fight fine
8/20	10	2:00	More violence in Ferguson
8/20	2	:30	US airstrikes help win Mosul dam
8/20	10	2:00	American journalist killed by ISIS
8/20	2	:45	Kluwe wins suit with Vikings
8/20	7	2:00	Wausau girl sets record at junior olympics
8/20	9	:45	Gov. candidates back on the campaign trail
8/20	5	:45	Kind & ex-im rep tour local company
8/20	1	:45	Fed conducting "American Survey"
8/20	4	:45	Rotary hosts volunteer dinner
8/20	8	:45	Viterbo celebrates 125 years
8/20	5	:45	Paint vs. stain for your deck
8/20	7	:30	Miller Park to offer beer vending machines
8/20	6	:45	Ebola update
8/20	6	:30	UW scientist working on ebola medicine
8/21	1	2:00	Search for ISIS intensifies
8/21	8	:45	Marquette remembers journalist
8/21	4	:45	Local soldiers return to LaCrosse
8/21	10	2:00	Ferguson protests calm down
8/21	2	:30	Judge excludes some evidence in Anderson trial
8/21	1	:30	Visits Sand mine to open despite owner's legal trouble
8/21	6	:45	8 yr. Old girl saves brother from choking
8/21	7	:45	Local kids take part in punt, pass & kick
8/21	6	2:00	UW football raises money for player's mom with cancer
8/21	1	2:00	Residents meet to discuss Ona waterfront project
8/21	8	2:00	LaCrosse SD to introduce AVID program
8/21	8	:30	Bus safety tips
8/21	8	:30	MN students have top ACT score
8/21	6	:30	WI students have 2 <sup>nd</sup> highest ACT score
8/21	6	:30	UW system asks for more money in next budget
8/21	5	:30	Utilities plan to charge customers for poweline upgrades
8/21	5	:30	Foreclosures are down
8/21	1	:30	Mayor asks residents to take survey
8/21	4	:30	Locals take part in ice bucket challenge
8/21	4	:30	Pie auction raises money for YWCA
8/21	6	:30	Pain killers leading number of drug overdoses
8/21	6	:30	West Nile found in WI resident
8/22	2	:30	Timmy Johnson sentenced to 10 yrs in prison
8/22	2	:30	Tomah mayoral candidate pleads no contest to fraud charges

8/22	2	:45	EC woman pleads not guilty to animal abuse charges
8/22	2	:45	Vandals target Richland Center birds
8/22	7	:45	CA woman talks about getting kicked by giraffe
8/22	2	:30	Winona PD has flag burning suspect
8/22	2	:45	MN man arrested for burglary after leaving Facebook open
8/22	10	:45	Less violence in Ferguson
8/22	10	:30	Push to find Foley executioners intensifies
8/22	6	:45	Americans infected with ebola are released from the hospital
8/22	6	:30	1,300 people infected with ebola
8/22	4	2:00	More people taking the ice bucket challenge
8/22	1	2:00	LaX businesses have concerns with North side development
8/22	1	:45	City to look at downsizing
8/22	1	:45	County goes back to drawing board for Lakeview project
8/22	1	:30	DOT adds green space to Winona bridge
8/22	3	:45	New milking machine being used in WI
8/22	2	:45	Group protests WI appeal to same sex marriage ban
8/22	8	:30	Parents spending more money on college
8/22	8	:45	Sparta hosts school nutrition conference
8/22	6	:30	Teen pregnancy rate falls
8/22	6	:45	Its time for school vaccines
8/22	4	2:00	Preview of children's fest
8/22	7	2:00	Coach King back for another year with Vikings football
8/22	5	:30	Unemployment down
8/22	5	:30	AA charging more for kids who fly alone
8/25	2	1:00	Police arrest fmr. officer for murdering wife and sister in Fitchburg
8/25	2	:30	Police identify dead woman, husband suspect
8/25	4	:30	Shooting of Michael Brown at center of peace rally in St. Louis
8/25	10	3:00	Police training standard across country for dealing with shootings
8/25	9	:30	American hostage released from Syrian captivity
8/25	4	:30	Memorial service for James Foley
8/25	6	:45	13-year-old dances despite Type 1 Diabetes
8/25	7	2:30	Onalaska football coach uses Twitter to connect with athletes
8/25	7	2:00	Lambeau field's newest food craze—giant Kielbasa sausage
8/25	7	:45	Pool attendance down for year as season closes
8/25	10	1:30	6.0 magnitude earthquake rocks Napa Valley, CA
8/25	3	:30	Farmer's Almanac predicts cold winter, warm dry summer
8/25	2	:45	Gov. Walker responding to questions about John Doe case
8/25	5	2:00	Experts suggest now is the time to buy a house
8/25	2	:45	Trempealeau Co. officials warn of IRS phone scam
8/25	7	:30	Sightings of huge fishing spider 3x higher in WI this year
8/25	7	:45	Crossbow hunting now legal for all, season set to open Sept. 13
8/25	8	:45	UWL marching band to feature 24 more students than 2013
8/25	8	:45	Kids at Children's Fest learn fun ways to play
8/25	8	:45	Mall hosts back to school fundraiser for foster kids
8/25	6	:30	First British case of Ebola now being treated in UK
8/25	6	1:00	New regulations make it difficult to get painkillers
8/25	6	2:30	Medical Monday: Dr. Setty talks women and heart disease
8/26	2	:30	La Crosse man accused of selling heroin to victim of overdose

8/26	2	:30	Judge agrees to keep sexual predator behind bars
8/26	2	:30	Man accused of killing wife and sister in Fitchburg in hospital
8/26	10	:30	Military member goes on rampage at Virginia base
8/26	4	:30	People rally for dead teenager in Ferguson MO
8/26	4	:30	Rally in Milwaukee for police-related shootings
8/26	9	1:30	Terrorist group still holding journalists captive
8/26	5	:45	Arcadia company gets grant from WEDC
8/26	4	1:30	A taste of the food offered at MN State Fair
8/26	5	2:00	Community gives input on future of former Roosevelt Elementary
8/26	10	1:00	Storms work across WI, causing electrical damage
8/26	10	2:00	Napa, CA working through earthquake aftermath
8/26	9	:45	Accidental documents released in John Doe case
8/26	9	:30	Paul Ryan touting new book
8/26	9	:45	WI gay marriage ban going through appeals court
8/26	8	:30	Minnesota education official diminishes MCA score
8/26	8	:45	New members joining UWL marching band
8/26	4	2:30	Latest Jefferson Award winner Judy Gates
8/26	4	:30	Salvation Army still looking for sponsors for child backpacks
8/26	6	:30	Study shows teenagers need to get more sleep
8/27	10	:45	Semi truck rollover in Trempealeau Co.
8/27	2	:45	Homicide investigation in Eau Claire for man who murdered wife
8/27	2	:45	Woman who solicited hitman gets prison sentence
8/27	2	:30	No charges yet against cop who allegedly shot wife, sister in law
8/27	9	2:00	Americans (inc. MN man) joining ISIS group
8/27	9	:30	Pres. Obama addresses ISIS threat
8/27	4	:30	Another remembrance for James Foley
8/27	8	1:45	New reports show no deaths at VA hospitals as a result of delays
8/27	5	1:45	Kimberly-Clark introduces new eco-friendly toilet paper roll
8/27	2	1:00	First day of arguments favor gay marriage supporters
8/27	9	:30	Opponent of gay marriage says its a "children's issue"
8/27	9	:30	Supporters say it's a one-sided battle in the courtroom
8/27	9	:45	Local LGBTQ community says continued ban would be huge blow
8/27	4	:45	LGBTQ community opens new resource center
8/27	10	:45	Firefighters worked to contain electrical fire at La Crosse home
8/27	6	:45	Importance of choosing the proper backpack
8/27	8	:30	UWL gets funding for new campus improvements
8/27	8	:45	Eagle Guides get ready to welcome new classmates
8/27	8	:45	La Crosse girl chosen as WI DARE essay winner
8/27	4	:45	City of Onalaska participates in Ice Bucket Challenge
8/27	4	:45	Members of Mayo Clinic in Onalaska support ALS research
8/27	4	:30	Chief Met. Dan Breeden takes Ice Bucket Challenge
8/27	4	:45	Girl who saved brother from choking gets award
8/27	6	:30	Study links e-cigarette use to trying actual smoking
8/27	6	:45	Approach to aging helps lessen physical effects
8/28	9	:45	New poll numbers show dead heat in race for WI Gov.
8/28	9	:30	Both candidates react to new poll
8/28	9	:30	Turnout expected to be better in general election than primary
8/28	2	1:30	Judge rules La Crosse landlord laws are OK
8/28	10	:30	SUV crashes into bus carrying Kansas City Chiefs football team
8/28	9	1:00	Another American journalist returns home from captivity
8/28	9	:30	Mother of captured journalist pleads with terror group

8/28	6	:30	Vet. Affairs official contests findings of investigation at VA clinics
8/28	4	2:00	Hockey star from La Crescent meets with local kids
8/28	7	:30	Packers game on News 19 coming up
8/28	8	1:45	Safety for kids and drivers as school gets set to start
8/28	8	:30	Salvation Army/Catholic Charities donate backpacks to kids
8/28	6	:30	Experts say to set school sleep schedule 1 week ahead of time
8/28	6	:45	Importance of maintaining stress during school year
8/28	8	:45	UWL welcomes international students
8/28	5	:30	Onalaska touts new tourism tax revenue numbers
8/28	1	:30	President Obama to visit Milwaukee on Labor Day
8/28	10	:30	Driver safety urged around construction projects during holiday
8/28	1	:30	MNDOT officials say Winona bridge will have little travel impact
8/28	1	:30	TSA gives tips for those flying during the holiday
8/28	3	1:00	Low corn prices hampering farmers, weather to blame
8/28	10	:30	Coastal storms causing major surf issues
8/28	6	1:00	New study suggests pot use decreases painkiller abuse
8/28	5	:30	Hackers target JP Morgan Chase bank
8/28	5	:30	Taco Bell offering \$10,000 for finding marked dollar bill
8/29	3	2:00	Houston Co. residents using fewer pesticides
8/29	4	:30	Victim in Slenderman stabbing attack to return to school
8/29	2	:45	Russian hackers hit JP Morgan Chase possibly for retaliation
8/29	9	:30	US still taking hardline stance on Russia over Ukraine
8/29	9	:45	Sen. Ron Johnson says US needs to work with Ukraine
8/29	9	1:45	ISIS terror group causes raised threat level in England
8/29	8	:45	UW Eau Claire opens food pantry for students
8/29	8	:45	Viterbo students welcomed to school with "Hug a Nun" booth
8/29	7	1:00	Pair of fans get special honor at final Packers preseason games
8/29	3	2:00	Local schools buying local beef for lunches
8/29	8	:45	Info for parents wanting to utilize free lunch programs
8/29	8	:45	Drivers advised to avoid UWL campus during move-in days
8/29	8	:30	Students advised to protect their identities at school
8/29	8	:30	Students welcomed to campus
8/29	10	:30	Remembering the man behind MN's move-over law
8/29	10	:30	MN traffic deaths down over past year
8/29	1	:30	Obama visit not a campaign stop for Mary Burke
8/29	2	:45	Lawyers will review all further documents released in John Doe
8/29	1	:30	Gov. Walker facing budget deficit thanks to low tax revenue
8/29	9	1:30	A look at political ads from both WI Gov. candidates
8/29	6	:30	Ebola treatment closer to market
8/29	6	1:30	Researchers using video game players to help w/Ebola vaccine
9/1	5	1:45	Water businesses say business up, but could have been better
9/1	10	:30	Man killed by train in Tomah, no reason known yet
9/1	10	:30	Crews call off search for missing WI pilot in Atlantic Ocean
9/1	2	:45	Man faces criminal charges after daughter ingests pot candy bar
9/1	10	1:45	Milwaukee boy dead after drowning in swimming pool
9/1	1	:45	President to make official White House visit to Milwaukee
9/1	9	:30	Gov. Walker says budget will be balanced
9/1	1	:30	Walker declares September as United Way month
9/1	1	:45	FEMA urging disaster preparedness in September
9/1	9	1:30	Fears of homegrown ISIS militants returning to US, England
9/1	7	:45	Packers expect battle with crowd noise in Seattle



9/1	5	2:00	Woman turns gift of sewing machine into multi-million dollar biz
9/1	5	1:45	Campground sees busy weekend despite wet summer
9/1	10	:30	Officer Todd Foss remembered as move-over law highlighted
9/1	7	:30	Holiday travel on roads reported to be higher
9/1	10	:45	Coast guard auxiliary says treat waterways like roads
9/1	7	:30	Labor Day parade set for 10 a.m.
9/1	5	:30	Shopping discounts expected to be huge for Labor Day
9/1	5	:45	MN State Fair crowds use record amounts of wireless data
9/1	7	2:00	"Butterhead" carvings special souvenirs from State Fair
9/1	6	:30	Families get bike safety course at Mayo Clinic
9/1	4	:45	Golf outing to benefit childhood cancer research
9/1	4	:30	Another golf outing to support La Crosse schools
9/1	4	:30	Local band that played for Bobby Vee reunites
9/1	5	:30	Retailers rolling out pumpkin spiced beers sooner than usual
9/1	6	:45	New heart pill could be a big help to chronic sufferers
9/1	6	:45	WI girl national ambassador for MDA telethon
9/2	9	2:00	President calls for min. wage raise at Milwaukee rally
9/2	9	:45	US Labor Secy. says business owners need to think long term
9/2	10	:30	Trempealeau man injured after semi rollover crash on Hwy. 53
9/2	2	:30	2 Madison women arrested for pepper-spraying an off-duty cop
9/2	2	:45	17-year-old stands charged with capital murder of 5-year-old
9/2	9	2:00	NATO seeks to put together 4,000 troop force to aid Ukraine
9/2	9	2:00	Britain seeking to seize passports of potential ISIS fighters
9/2	6	1:45	Giving birth on Labor Day
9/2	10	1:30	Wrap-up of severe weather throughout Midwest
9/2	3	:45	DNR says pipe route could kill members of endangered species
9/2	8	:30	First day at brand new school for Northside Elementary
9/2	8	:30	MN now offering full-day kindergarten across state
9/2	8	1:45	UW program seeks to educate students on financial literacy
9/2	2	:45	6 armed robberies at Marquette U since August 2 <sup>nd</sup>
9/2	7	:45	Annual Labor Day parade celebrates American workers
9/2	9	:45	Union workers at Labor Fest pushing min. wage increase
9/2	7	:45	MN state fair wraps up, could break records for attendance
9/2	6	1:30	Woman who tried experimental cancer treatment in remission
9/2	6	:30	What you watch on TV could lead to "oversnacking"
9/3	10	:30	1 killed many injured in school bus crash
9/3	10	:30	Accident cases back up on hwy 16
9/3	2	:30	Sex offender to be released into community
9/3	10	:45	Manhunt underway in MN for murder suspect
9/3	2	2:00	President talks about ISIS threat
9/3	5	:30	Home Depot may be latest victim of hacking
9/3	6	2:00	Breath test may reduce need for other medical tests
9/3	4	:45	Green Bay community paints fence green in Packers tradition
9/3	7	2:00	Snoop Dog crashes Chicago wedding
9/3	4	2:00	LaCrosse family moves into Habitat home
9/3	8	:45	Northside school open for first day
9/3	8	:45	Sparta freshmen only student required on 1 <sup>st</sup> day
9/3	8	:45	Onalaska ACT scores among best in state
9/3	8	:45	Milwaukee kids walk down red carpet on 1 <sup>st</sup> day
9/3	2	2:00	Police talk about walking/biking to school safety

9/3	2	:45	Universities promote campus safety
9/3	9	:30	Gov. Walker dodges right to work debate
9/3	9	:45	App tells buyer which campaign food vendors donate to
9/3	4	:30	MN state fair sets attendance record
9/3	7	:45	Theater allows "Mary Poppins" to fly
9/3	5	:45	How to get a free estimate
9/3	6	:45	CDC: Ebola outbreak worse than first thought
9/3	6	:30	Research: double mastectomy does not reduce cancer recurrence
9/3	4	2:00	Elvis Explosion to benefit CMNH
9/4	10	:30	Car crashes into LaX bar
9/4	10	:45	Pulaski students in bus crash return to school
9/4	10	:30	Manhunt continues for MN man accused of killing boyfriend
9/4	4	:30	Community raises 70K for slenderman victim
9/4	2	2:00	Police searching for man that assaulted lifeguard
9/4	2	:30	WI teacher charged for sending naked pics to students
9/4	2	:30	WI man arrested for assaulting unconscious woman
9/4	10	:45	Weiner dogs save woman from fire
9/4	10	:30	13 kids injured in explosion at museum
9/4	2	2:00	VP responds to ISIS threat
9/4	5	:30	Propane shortage not expected this winter
9/4	5	:30	Xcel rate hearing set for next month
9/4	3	:30	Storm destroys MN apple crop
9/4	6	2:00	Assisted living facility expanding in Onalaska
9/4	8	:30	Gov. Walker to expand voucher program if reelected
9/4	1	:45	LaCrescent city leaders want city sign
9/4	6	:45	Biking group considers funding options
9/4	4	:45	Ft. McCoy movie premiere in La Crosse tonight
9/4	5	2:00	More people choosing cash over the market
9/4	5	:30	Banking apps reducing overdraft fees
9/4	6	:45	American missionary with ebola makes public statement
9/4	6	:30	Fewer WI women having abortions
9/4	6	1:00	Should antibiotics be used to grow fruit
9/4	4	:45	Firefighters visit kids at hospital
9/4	4	2:00	Quilt auction to benefit bible camp
9/4	7	:30	Seattle police step up security at Seahawks-Packers game
9/4	7	:30	Automatic beer machines approved for Miller Park
9/5	7	:30	Packers loose season opener by 20
9/5	7	:30	Elvis impersonators raid La Crosse bar for Packers game
9/5	10	2:00	State fire marshal investigating kidsport firefighters
9/5	2	:45	Man shot in Trempealeau Home
9/5	2	:30	Lepsch asks for new trial
9/5	2	:30	Dane Co Deputy has ALS at time of murder
9/5	2	:30	Dale Neuman serving sentence for daughter's 2008 death
9/5	4	2:00	Survey finds LaX Co residents worried about crime
9/5	2	:30	UWL police chief resigns
9/5	7	:45	Ryan Braun's wife has a baby
9/5	7	:30	Self-serve beer vending machines now at Miller Park

9/5	2	:30	Appeals court hold up same sex ruling
9/5	9	2:00	DNC chair's comments about Gov. Walker found offensive
9/5	10	:30	Tension rise in Ukraine
9/5	2	2:00	NATO talking about ISIS
9/5	2	:45	Winona Sheriff asks for help solving baby angel case
9/5	7	2:00	Look back at the life of Joan Rivers
9/5	3	:30	Hail destroys MN apple crop
9/5	3	:30	Storm knocks out power to WI residents
9/5	4	:45	UW campaign underway
9/5	6	:45	CDC-women should breastfeed
9/5	6	:45	Fill the boot campaign underway
9/5	4	2:00	Preview of cancer fundraiser
9/5	8	2:00	Board member fights UW research monkeys
9/8	1	3:00	City forced to take control of Myrick Hixon Eco Park
9/8	10	:30	Semi crash damages part of bridge on I-90 near Nodine
9/8	10	:50	Vehicle crashes in Vernon Co. over the weekend injure, kill
9/8	10	:30	Woman rolls motorcycle in ditch in IA
9/8	2	:35	MN woman charged with using crutches to attack man
9/8	9	2:00	Pres. Obama plans to unveil plan to fight ISIS on Wednesday
9/8	4	:45	Memorial services planned for 9/11 anniversary
9/8	4	:30	Comedienne Joan Rivers remembered at funeral service
9/8	7	:30	DNR to offer workshops about upcoming WI wolf hunt
9/8	7	:30	Conservation officials want mining land reopened
9/8	7	2:00	Madison Ironman triathlon brings economic boost
9/8	9	2:00	Burke, Walker disagree on common core education standards
9/8	2	1:30	Voter ID law still in limbo
9/8	9	:45	Couple hosts grape-stomping fundraiser for Democrats
9/8	3	:30	Storms damage apple crop in MN
9/8	7	:45	Annual event brings Elvis impersonators to La Crosse
9/8	7	:30	Nation-wide crowd gathers for Story Fest in La Crosse
9/8	6	2:00	Enterovirus spreading across country, hospitalizing kids
9/8	6	:30	MN companies bidding for medical marijuana contracts
9/8	6	:45	Steppin' Out in Pink raises money for breast cancer research
9/9	2	:45	DA considering charges in fatal I-90 crash
9/9	10	:30	I-90 reopens at site of semi crash
9/9	10	:30	Winona fire still under investigation
9/9	2	:30	WI dad arrested for selling drugs while kids present
9/9	5	:45	Xcel asking for rate increase
9/9	5	:30	Propane dealers expecting high demand this winter
9/9	5	:30	Credit card info stolen from Home Depot
9/9	9	2:00	President to talk about ISIS during national address
9/9	10	:30	Flooding in Nevada
9/9	10	:30	Strong storm moves through LaX area
9/9	5	2:00	NFL permanently suspends Ray Rice
9/9	7	2:00	Housekeepers compete in cleaning Olympics
9/9	8	2:00	LaX schools upgrade safety
9/9	1	:30	Next budget shortfall continues to increase
9/9	2	:30	Judge rules PAC contributions should not be capped
9/9	2	:30	Arcadia sand mine to pay state judgement

9/9	4	:45	Hunger Task force proving fresh veggies at Library
9/9	2	:45	Program pairs at risk teens with abandoned dogs
9/9	6	:30	Valley Dental offering free care
9/9	5	2:00	How to chose a job coach
9/9	6	:45	Rare respiratory virus hitting kids
9/9	6	:30	Doctors: kids need medical reaction plans for school
9/9	6	:30	Fall allergies are bad
9/9	3	2:00	WI man builds wooden cows for kids
9/9	7	2:00	MN couple wins lottery- keep jobs
9/10	2	:30	Judge rejects Koula's request for new trial
9/10	2	:30	AG sends gay marriage case onto Supreme Court
9/10	2	:30	Federal appeals court to hear John Doe case
9/10	9	2:00	President to pitch his ISIS plan to America tonight
9/10	8	:45	UWL ranked among the best colleges
9/10	8	:30	UW also tops list
9/10	1	:45	LaX Co raising landfill rates
9/10	6	:45	Russian doctors study at Gundersen
9/10	6	:45	Garden volunteers make donation to health clinic
9/10	6	:45	Red Cross donation app now available
9/10	10	:45	WI towns prepare for heavy rains
9/10	9	:45	Candidates for WI Gov. debate budget shortfall
9/10	2	2:00	WI mom upset with abuser's sentence
9/10	4	:45	LaX hosting suicide prevention summit
9/10	7	2:00	WI cowgirls compete in new competition
9/10	5	:45	Beware of lawnmower injuries
9/10	3	:30	MN farmer grows huge tomato
9/10	6	:45	Enterovirus not found in WI yet
9/10	6	2:00	Onalaska home to new adult playground
9/10	6	:30	Stepping Out in Pink draws 64-hundred walkers
9/10	6	2:00	Rotary offers new health screenings
9/11	1	2:00	President urges action against ISIS
9/11	4	:45	Nation marks the 13 <sup>th</sup> 9/11 anniversary
9/11	1	:30	State offers new id option
9/11	1	:45	Gov. Dayton talks railroad safety
9/11	9	:45	Walks touts tuition freeze
9/11	9	:45	Burke touts small business growth
9/11	8	:45	UWL trying to make campus bike friendly
9/11	4	:45	United Way sends out compass report
9/11	7	:30	Surfers take advantage of waves on Lake Superior
9/11	7	2:00	Packers prepping for Sunday game
9/11	6	:30	Bart Starr recovering from stroke
9/11	5	2:00	Maine business trades flowers for food donations
9/11	1	2:00	Mayor unveils new budget
9/11	2	:30	UWL student charged with rape
9/11	8	:45	WI ranks last in nation in racial disaprities
9/11	8	2:00	Minorities graduate with more debt
9/11	2	:30	Supreme Court to discuss gay marriage

9/11	1	:30	Group wants wolf recount
9/11	1	:30	County to conduct parking study
9/11	1	:45	County moves forward with road transfer
9/11	1	:30	Hwy 14 re-opens
9/11	5	:30	Hardee's re-opens in La Crosse
9/11	5	:30	Starbucks changing dress code
9/11	3	:45	Farmers: no more rain
9/11	6	:30	Research: docs use too many drugs
9/11	6	:30	CDC: kids are eating too much salt
9/11	2	2:00	Expert: read user agreements
9/11	3	2:00	September is soybean month
9/11	7	:30	Oktoberfest medallion hunt is underway
9/12	10	:30	OH school shooter caught after prison escape
9/12	2	:45	Pistorious found nor guilty of murder
9/12	2	:30	Judge ups bail for WI man accused of killing wife and sister
9/12	2	:45	President lays out plan for ISIS
9/12	4	:30	LaCrosse remembers 9/11
9/12	4	:30	Nation remembers 9/11
9/12	4	:30	Gov. remembers 9/11
9/12	9	:45	AG candidate accused of ethics violation
9/12	9	2:00	New campaign ads talk jobs and deficit
9/12	7	:45	Marlin's player hit in head
9/12	4	2:00	Meet a stay at home dad
9/12	2	2:00	Man convicted of LaX murder wants a trial
9/12	2	:30	Appeals court reject Golot request for new trial
9/12	1	:45	City considers LaX center expansion
9/12	1	:45	City holds public hearing on rail track
9/12	1	:45	Onalaska to hold public hearing on waterfront project
9/12	1	:45	Onalaska holds public hearing on power line project
9/12	1	:45	LaCrescent library to cut hours without more funding
9/12	8	:45	Viterbo to screen nurses movie
9/12	8	2:00	Race to benefit UWL scholarships
9/12	4	2:00	Same sex couple talks about raising a family
9/12	7	:30	O-fest medallion hunt underway
9/15	8	3:00	Single parent learning to use community resources
9/15	9	1:30	ISIS murders another hostage, outcry from US lawmakers
9/15	2	:45	La Crosse man charged with possession of child porn
9/15	2	:30	Court hearing for girl charged in "Slenderman" stabbing
9/15	4	:30	Services to raise money for families of Fitchburg murder victims
9/15	4	:45	WI lawmaker speaks out about heroin use in own family
9/15	4	:45	Legislators and politicians recognize life and legacy of Gov. Lucey
9/15	4	:45	Silent City event gives a glimpse of La Crosse's Civil War history
9/15	7	:45	Tomah Packers fans travel to game in horse-drawn buggy
9/15	7	:45	Milwaukee hosts tomato fight to benefit hunger charities
9/15	3	1:45	Weather affecting apple crop, harvest
9/15	3	:30	WI corn harvest expected to be higher, prices down for farmers
9/15	3	:30	Quantity down, quality good in WI grape harvest
9/15	10	:45	Experts advising to check heating systems now

9/15	10	:30	Tips for preparedness in National Preparedness Month
9/15	5	:30	Winona business re-opens one year after devastating fire
9/15	1	:30	Police lobby in La Crosse reopens after remodeling
9/15	5	:45	Expert says recycling not only helps environment, saves money
9/15	9	:30	Gov. Walker announces platform, Burke says no real solutions
9/15	9	:30	Neither candidate addressing \$680 million transportation deficit
9/15	9	:30	Hillary Clinton visits IA for first time since 2008 Pres. Campaign
9/15	4	:30	Holmen woman competes for Miss America
9/15	7	:30	Oktoberfest Medallion found
9/15	7	:30	Applefest starts this weekend
9/15	7	:45	Memorial run raises funds for Special Olympics
9/16	8	:45	City holds public hearing over Roosevelt property
9/16	1	:45	Law change allows state to recover property after death
9/16	2	:30	EC mom charged with child abuse
9/16	2	:30	Rice Lake man arrested for abusing animals
9/16	2	:30	Rice Lake man arrested for drugs
9/16	1	2:00	President makes first move in Iraq without Congressional approval
9/16	5	:45	GM to pay out over recall
9/16	10	2:00	CA wildfires grow
9/16	2	:45	Latest on Peterson arrest
9/16	6	2:00	Family pays for goldfish surgery
9/16	2	:30	Court upholds voter ID
9/16	1	:30	DMV begins to offer free voter ids
9/16	9	:30	Walker talks about agenda
9/16	2	:30	Slenderman suspects found not competent
9/16	1	:45	County opens new land cell
9/16	3	:45	Weather reduces grape crop
9/16	7	:45	LaCrosse family finds O-fest medallion
9/16	7	2:00	Disables runner finds WIAA ruling
9/16	5	2:00	New technology allows for plug-free charging
9/16	6	:30	President meeting with CDC for new ebola strategy
9/17	5	:30	Vikings deactivate Ardain Peterson
9/17	8	:45	CA woman talks about NFL & domestic violence
9/17	1	:45	DOJ asks Gov. Walker to eliminate gps grant from budget
9/17	5	:45	Weber sells Riverside Center buildings
9/17	1	:45	Mayor reacts to sale
9/17	5	:30	Building buyer issues statement
9/17	1	:45	GAB clarifies voter id law
9/17	2	:30	VanHollen asks court to stay same sex decision
9/17	3	:45	Gov. Walker tours famer equip. dealer
9/17	2	:30	WI teacher charged with having sex with students
9/17	2	:30	EC man charged with stalking
9/17	2	:30	WI deputy shoots himself at gun range
9/17	10	:30	Latest on ISIS threat
9/17	3	:30	Trees changing colors
9/17	4	:30	Packers collecting coats for kids
9/17	5	2:00	I-90 construction to stop once snow flies
9/17	8	:45	Ona school renovations about to get underway

9/17	8	:45	Most WI schools pass report card
9/17	1	:45	Meet the new LaCrescent police chief
9/17	4	:30	Walmart holds contest to give money to food banks
9/17	7	:45	WI family fights WIAA ruling on cross country runner
9/17	7	:45	Well know bull statue broken in car crash
9/17	5	:45	How to choose an auto body shop
9/17	6	:30	US to do more in Africa to fight ebola
9/17	6	:30	Medicaid asks for more state dollars in next budget
9/18	9	:30	Gov. race tied in recent poll
9/18	9	:30	AG race tied in latest poll
9/18	2	:30	Gay marriage remains on hold
9/18	2	:30	Groups file new suit against voter ID bill
9/18	2	:45	Group sues over WI ballot design
9/18	8	:45	UWL enrollment up
9/18	5	:45	Another NFL player arrested for abuse
9/18	5	:45	Vikings comment on Peterson ruling
9/18	1	:30	Congress backs President's ISIS plan
9/18	9	:45	VP Biden talks middle class in IA
9/18	9	:30	Scotland voting on independence
9/18	7	:45	Fishing tournament underway in La Crosse
9/18	8	2:00	Western expands trucking center due to demand
9/18	10	:45	Fire dept. shows off hazmat tools
9/18	2	:45	Town of Campbell debates chief's punishment
9/18	1	:45	Hwy 26 bridge getting a facelift
9/18	2	:30	EC man dies after falling from radio tower
9/18	2	:45	Trial ordered for UWL student charged with rape
9/18	10	:45	Deputy talks about rescuing woman from submerged car
9/18	2	:30	More WI drivers on the road without a license
9/18	3	1:00	When to bring plants inside
9/18	8	:45	"Sharks" visit WI school
9/18	6	:30	Enterovirus confirmed in MN
9/18	6	:30	Pine Ridge resident work in La Crosse
9/18	7	2:00	Concert features seniors rocking out
9/18	3	2:00	Using WI dairy products in party dips
9/19	4	2:00	Charity started to cope with grief of son's death
9/19	6	1:00	Madison Police Chief supports legalizing medical marijuana
9/19	9	:45	Gov. Walker says latest jobs numbers show WI better off
9/19	9	:30	Mary Burke says jobs numbers point to lagging state economy
9/19	2	:30	WI Republicans challenge format of November ballot
9/19	2	:30	2 groups seek to appeal WI Voter ID law
9/19	1	:30	UW political organizations helping students get voting IDs
9/19	9	:30	WI AG candidates set to hold another debate, time TBD
9/19	1	:45	WI railroad officials say 63% rail traffic increase since 2004
9/19	9	1:45	Scottish voters decide to remain a part of UK
9/19	9	:45	Congress approves assisting Syrian rebels fight ISIS
9/19	9	:45	US pledges \$46 million to aid Ukrainian defense
9/19	7	:45	Aaron Rodgers aims to maintain record against Lions
9/19	7	2:00	Woman becomes varsity high school football coach in CA

9/19	8	1:00	Public gets tour of new Northside Elementary School
9/19	10	1:30	Western WI travelers stranded in Los Cabos, Mexico
9/19	10	:30	15 dogs, parakeet rescued in apparent hoarding situation
9/19	10	:30	Woman injured after deer runs into driver's side window
9/19	1	:30	County/state swap highways for better road maintenance
9/19	5	1:00	Open house shows new jobs center
9/19	4	:30	Applefest continues in La Crescent
9/19	4	1:30	Pie-baking fundraiser sells out once again
9/19	5	:30	Chick-fil-a opens restaurant in MKE area, gives away free food
9/19	4	:45	News 19 meteorologists host Weather Academy in Hillsboro
9/19	4	:45	Oktoberfest to feature Family Zone for parade once again
9/19	10	:45	Bear spotted, captured in Green Bay neighborhood
9/19	6	3:00	Medicare providers able to mine data for healthcare purposes
9/19	4	3:00	Glow in the Deke raises funds for BGC, cancer patients
9/22	10	:45	Onalaska man injured in possible garage explosion
9/22	10	1:45	Wildfires burn in CA, firefighters come from FL to help
9/22	2	:30	Man accused of fondling cancer patient at La Crosse hospital
9/22	2	:30	UW Milwaukee fraternity president under drug investigation
9/22	2	:30	Person of interest questioned in missing VA student case
9/22	2	:30	Court appearance for man who broke into White House lawn
9/22	4	1:45	Marches across the country supporting climate reform at UN
9/22	5	:30	Gas prices continue to slide
9/22	7	:45	Bike safety class encourages more riding
9/22	5	:30	Packers franchise business buys more land around Lambeau
9/22	2	:30	Trial upcoming for man who allegedly killed Adrian Peterson's son
9/22	2	:45	Vikings fans offer conflicting views on RB's child abuse case
9/22	2	:30	61 fans removed from Badgers game on Saturday
9/22	10	:30	Race car driver in Madison killed in practice crash
9/22	4	1:30	Pen pals keep up relationship spanning 70 years
9/22	8	2:45	Jailer academy preps students for law enforcement career
9/22	10	2:30	WI couple recounts being stranded by Hurricane Odile
9/22	9	:45	Potawatami refuse to pay state because of proposed casino
9/22	9	2:00	WI Gov. candidate defends jobs platform despite criticism
9/22	4	:45	Hmong new year celebrates harvest season
9/22	3	:30	Apple orchard in Eau Claire boasts better year than 2013, 2012
9/22	7	:30	Whooping cranes being released into the wild
9/22	8	:45	High school students get a chance to play with UWL band
9/22	4	:30	Run raises scholarship money for UWL students
9/22	4	:30	Group of bridesmaids runs in Udder Mudder for deceased bride
9/22	4	:30	Oktoberfest "Special Fester" named
9/22	4	:30	Munich Oktoberfest underway in Germany
9/22	4	:30	Turned Leaf Festival offers sober alternative to Oktoberfest
9/22	4	:30	Thousands take part in Applefest Parade including News 19
9/22	6	:45	Curfew to curb Ebola spread appears to work in Sierra Leone
9/22	6	:30	Complaints allege Madison VA wait times up to 51 days
9/22	6	3:00	Discussing how to prevent falls for the elderly
9/23	1	2:00	US begins airstrikes on Syria
9/23	5	:45	AFL CIO President asks lawmakers to raise min. wage
9/23	9	:45	Christie to campaign for Gov. Walker
9/23	9	2:00	Do big name visitors sway voters?
9/23	9	:30	Emily's list donates to Burke campaign



9/23	2	:30	New group files lawsuit over voter ID
9/23	10	:30	Protests continue at Wall St
9/23	9	:30	Man jumps fence to White House
9/23	5	:30	There is a firewood shortage
9/23	7	2:00	Family mourns death of WI race car driver
9/23	4	2:00	Oktoberfest activities squished into 4 days
9/23	2	:30	Police recover body of missing Wausau woman
9/23	2	:45	Brice Prairie man missing for 2 years
9/23	2	:30	Boy shoots father while hunting
9/23	2	:45	Search continues for PA cop killer
9/23	10	:45	Fire fighters teach kids how to get out of a house
9/23	8	:45	World Services group studying govt in La Crosse
9/23	7	2:00	EC bunny group attracting new members
9/23	4	:45	YMCA holding evening of inspiration event
9/23	6	:45	Lawmakers promote good Samaritan law
9/23	6	:30	Research: fall weather good for your health
9/23	3	2:00	WI schools add dairy to meals for health event
9/23	1	:45	Council examines TIF district
9/24	2	:30	Judge to hear ballot case today
9/24	2	:30	Federal court reject voter id lawsuit
9/24	9	:45	Group was thousands of WI website jobs not in WI
9/24	9	:45	Burke talks jobs in La Crosse
9/24	9	:45	Baldwin talks jobs in La Crosse
9/24	1	2:00	President to address the UN today
9/24	2	:30	Milwaukee frat president arrested for drugs
9/24	1	2:00	BRF considers eliminating police dept
9/24	6	2:00	Aaron Rodgers helps spread cancer awareness message
9/24	3	2:00	WI cranberry harvest is underway
9/24	10	:30	2 injured in car vs. buggy crash
9/24	4	:45	Riverfront hosts community forum
9/24	1	:45	MN capitol renovations are underway
9/24	4	:45	Sue Dillenbach named Mrs. O
9/24	4	:30	Cornhole tournament Sunday
9/24	7	:45	WAFER volunteer wins Jefferson award
9/24	3	:30	Fall colors appearing in WI
9/24	5	:45	How to make a mudroom
9/24	5	:45	Rates on Federal exchange to stay stable
9/24	6	:45	Mayo to hold pot lecture
9/24	6	:45	Mystery illness sickens 50 kids in Durrand
9/24	6	:30	Research: flu mist better for most kids
9/24	4	2:00	Preview of Apple Affair bike tour
9/26	10	:45	UW System puts together task force to address student safety
9/26	2	:30	Woman charged with abusing 5 year old son with Downs
9/26	2	:30	Car stolen from gas station with baby left inside
9/26	2	1:45	ABC News exclusive with family of Slenderman Stabbing
9/26	2	:45	Suspect in custody in missing UVA student case
9/26	9	1:30	Officials say they've ID'ed ISIS executioner
9/26	10	:30	No evidence of terror plot against NY subways

9/26	1	:45	WISPIRG proposes alternate approach to highway project funding
9/26	4	:45	Logan Middle students repair bikes to donate to Africa
9/26	4	2:00	HS football player with Downs scores 2-point conversion
9/26	7	:30	Yankees legend Derek Jeter hits walk-off in final home game
9/26	4	1:45	"Smart Home" to be built for triple amputee Marine
9/26	2	:45	UWL authorities will monitor campus through Oktoberfest
9/26	2	:45	LCPD warns parade goers not to set up until after midnight
9/26	4	:30	Torchlight parade kicks off fest instead of winding down
9/26	4	:30	Child center parade celebrates kids, former Festmaster's birthday
9/26	4	:30	Perfect conditions, new fare for the Lederhosen Lunch
9/26	10	:30	Oktoberfest aid station marks 8 years of service
9/26	4	:30	Turned Leaf festival offers alcohol-free Oktoberfest alternative
9/26	1	1:15	Gov't officials make changes to WEDC policy after outsourcing
9/26	9	:45	Dem candidate Mary Burke defends jobs plan after plagiarism
9/26	1	:30	Fed. Atty. General Eric Holder resigns
9/26	8	:30	WI education officials say schools need to do more for all students
9/26	8	:25	MN SE Tech named Military Friendly School 2015
9/26	5	1:15	Northside development project seeks TIF district
9/26	5	:30	City and Weber Holdings continue to discuss hotel TIF district
9/26	6	:30	Enrollment extended for 26K WI residents who lost health ins.
9/26	6	:30	Dance marathon set for February to raise funds for CMNH
9/26	6	1:30	California investigating use of dogs to sniff early cancer
9/29	10	1:00	Holmen teen dies in car surfing incident
9/29	10	:30	Alcohol and speed believed to be factors in Buffalo Co. crash
9/29	10	:45	Fire destroys barn near Sparta, no injuries
9/29	9	1:45	Political leaders at odds over ISIS combat
9/29	9	:30	Students protest Beijing restrictions on Hong Kong candidates
9/29	2	1:30	OK man to appear in court for beheading woman at factory
9/29	1	:30	Onalaska begins planning process for Waterfront project
9/29	5	:30	Report shows 150 frac sand facilities in MN and WI
9/29	3	:30	Series of seminars to help MN farmers get signed up for fed help
9/29	4	:30	MN ranked 2 <sup>nd</sup> happiest state in US
9/29	10	1:45	Coach could be fired over allowing QB to play concussed
9/29	4	2:45	AZ waitress gets \$500 tip for giving back to Autistic child
9/29	2	1:45	WI child found to be okay after double homicide, Amber Alert
9/29	10	1:45	The role media played in the Slenderman stabbing
9/29	10	1:15	Boat partially sinks in Mississippi, LCPD patrol rescued boaters
9/29	10	:45	Student volunteers help with River Watch during Oktoberfest
9/29	10	:30	More calls for ambulance during Oktoberfest 2014
9/29	4	:30	Beautiful day for Maple Leaf Parade on Saturday
9/29	4	:45	2014 Festmaster is Judge Scott Horne
9/29	4	:30	Onalaska firefighter who had heart surgery runs half-marathon
9/29	4	:45	Oktoberfest wraps up with Cornhole Tournament
9/29	4	:30	Turned Leaf Festival offers sober alternative to Oktoberfest

9/29	7	:30	Youth deer hunt scheduled for Oct. 11-12
9/29	7	:30	Chair lift at Central WI ski hill offers fall-color tour
9/29	7	:30	Snowmobilers drag race on grass
9/29	7	:45	Alive & Kickin' features performers ages 60-90
9/29	4	:30	Int'l Coffee Day celebrated with free samples at businesses
9/29	4	:45	Central WI beer celebration showcases local craft brews
9/29	4	:45	6-year-old added to U of M Gophers softball team
9/29	6	:30	US Navy building hospital in area affected by Ebola
9/30	1	1:45	Onalaska begins intense design process for its waterfront
9/30	2	:45	Statistics for domestic violence in WI
9/30	10	1:00	Holmen grad killed car surfing, HS offers counseling
9/30	10	:45	Crash Sunday in Tomah backs up traffic on I-90
9/30	10	:30	FAA says air traffic could be delayed 2 weeks after fire in Chicago
9/30	2	:30	Person of interest questioned and released in Berlin murder
9/30	2	:30	Former cop to be charged in Barron Co. for theft, eluding police
9/30	2	:30	Westby police search for allegedly armed man out walking around
9/30	2	:30	Naked man arrested in WI capitol building
9/30	2	1:45	Court appearance expected for man who broke into White House
9/30	2	:30	Police and protestors clash in Hong Kong
9/30	2	:30	No new violence in protests in Ferguson, MO
9/30	7	:45	Twins fire manager Ron Gardenhire
9/30	7	:45	Former UWSP pitcher Jordan Zimmerman tosses MLB no-hitter
9/30	10	1:00	What criteria law enforcement uses to issue Amber Alerts
9/30	2	:45	Conservative group calls for special investigator in John Doe case
9/30	9	:45	Michelle Obama campaigns for Mary Burke
9/30	9	:45	Chris Christie campaigns for Gov. Walker
9/30	1	:45	UWL offering free voter ID's to students
9/30	2	:45	Police busier during Oktoberfest 2014
9/30	10	:45	More calls for ambulance during Oktoberfest
9/30	10	:45	Bear attacks hunter in MN
9/30	3	:30	WI expected again to be the leading cranberry producer
9/30	3	:30	World Dairy Expo begins in Madison
9/30	8	:45	Group traveling Mississippi River educates students
9/30	4	1:45	Kwik Trip customers celebrate Coffee Day
9/30	6	1:45	Enterovirus believed to be causing paralysis in some children
9/30	6	:45	Aspirin believed to now help prevent colon cancer in men
9/30	6	:30	Soda possibly to blame for bone deficiencies in children
9/30	6	:30	La Crosse Co. nurses hosting vaccination clinic

**Live at Five**

M-F 5:00-5:30 pm

<u>Date</u>	<u>Issue #</u>	<u>Time</u>	<u>Title</u>
7/1	1, 5	1:15	Winona bridge project impacted by high water.
7/2	4, 7	2:00	Riverfest in La Crosse.
7/3	4, 7	25:00	Live from Riverfest at Riverside Park.
7/4	5	1:30	High water affecting activities and business.
7/7	5	1:15	High water at the WAFER food pantry affecting service.
7/8	2	2:00	Bluff rescue. Woman slightly injured while hiking.
7/9	8	2:15	Preview of new Northside Elementary ready to open.
7/10	2	2:00	Search for Shaleem Augustine missing after leaving friends.
7/11	2	2:30	Police recover body from Mississippi. Later identified as Shaleem Augustine.
7/14	2	2:00	Authorities say Mr. Augustine died from accidental drowning.
7/15	3	1:00	Mn. Dept. of Ag. releasing wasps to help control Emerald Ash Borer.
7/16	5	1:45	Onalaska residents considering waterfront development.
7/17	2	1:15	Charge against Town of Campbell police chief.
7/18	1, 5	1:30	Work begins on Winona bridge.
7/21	1, 5	:45	Proposal to develop Barron Island in La Crosse.
7/22	9	1:15	No pictures taken at polls by election "observers."
7/23	2	1:30	Details about suspicious material in Gatorade bottle – police say shake and bake meth lab is responsible.
7/24	1, 2	2:00	Monroe County debating need for new radios to cover emergencies.
7/25	2	2:30	Traffic at a standstill on I-90 when a truck ran into the back of a vehicle. The driver of that vehicle died.
7/28	5	1:15	La Crosse area working to capture tourism dollars from Sturgis,

S.D. Traffic.

7/29	1, 5	1:00	Dept. of Energy officials in La Crosse talking about alternative fuel.
7/30	8	1:30	La Crescent Schools referendum preview.
7/31	2	1:30	Wisconsin Supreme Court uphold Act 10, banning most collective bargaining rights for most state workers.
8/1	2	:40	Two girls appearing in court charged with stabbing a classmate.
8/4	7	1:15	Brett Favre to go into Packers Hall of Fame.
8/5	5	:45	La Crosse Y announces plans to build new teen center.
8/6	5	1:15	Charmont Hotel may receive city financial incentives.
8/7	2	2:00	Helicopter crash in Monroe County.
8/8	2	1:30	Charges against man in car chase through Holmen.
8/11	8	1:15	Freshman enrollment up at the UW-La Crosse.
8/12	1, 5	1:00	La Crescent may be site of new hotel, AmericInn.
8/13	6	1:15	Some Tomah veterans receiving new long term care facilities.
8/14	5, 8	1:15	Donation to local school from sand mine company to build new playground.
8/15	1, 2	:45	Holmen working to lower speed limit in area where a lot of people drive over the limit.
8/18	1, 5	1:00	Debate over landlord rental property registry. Judge now considering whether ordinance can continue.
8/19	8	2:00	Moving in at Northside Elementary.
8/20	8	1:45	La Crosse school program designed to prepare students for success in college.
8/21	6	1:00	Two health workers recovering from Ebola back home.
8/22	8	1:15	WTC breaks ground on new Integrated Technology Center.
8/25	1, 5	:40	WEDC tax credit for Ashley Furniture to be used for flood relief.

8/26	2	1:30	Federal Court hears Wisconsin same sex marriage arguments.
8/27	2	1:00	La Crosse judge rules rental registration is valid.
8/28	3, 5	1:15	Two La Crosse schools using locally raised beef in farm to school program.
8/29	2	2:00	La Crosse attorney sues city and police department claiming racial discrimination against fellow officer.
9/1	7	:40	Labor day parade in La Crosse.
9/2	8	2:00	School opens at Northside Elementary.
9/3	1	1:15	La Crescent talking about installing Welcome to La Crescent sign.
9/4	1	2:15	Winona building fire – 5 local departments respond.
9/5	1, 5	1:30	La Crosse considering another proposal for additional track from Burlington Northern Santa Fe.
9/8	1, 2	1:45	Decision about whether to file charges in the fatal I-90 crash.
9/9	6	1:00	Local hospital watching carefully the enterovirus.
9/10	1	1:30	La Crosse mayor Tim Kabat releases his proposed city budget.
9/11	2	1:15	Man convicted of 2012 murder denied new trial.
9/12	5	:45	New fitness center in La Crosse.
9/15	9	:40	Voter ID reinstated in Wisconsin.
9/16	9	1:00	GAB director talks about effect of voter ID in November.
9/17	8	1:15	UW-La Crosse reaches record, overall enrollment.
9/18	4	:45	Applefest underway in La Crescent.
9/19	6	1:45	First responders training to more effectively respond to farm accidents.
9/22	5	1:30	AFL-CIO convention in La Crosse focusing on raising the minimum wage.

9/23	1	1:15	Black River Falls considering eliminating police department.
9/24	8	:45	UW-L not expanding campus despite record enrollment.
9/25	5	1:15	Possible new development on the northside of La Crosse.
9/26	4	1:00	Oktoberfest underway in La Crosse.
9/29	2	1:15	Quiet Oktoberfest weekend for La Crosse police.
9/30	1, 5	1:45	Volk Field serving as air traffic control center for Chicago.

## Six News Report

M-F 6:00-6:30 pm

<u>Date</u>	<u>Issue #</u>	<u>Time</u>	<u>Title</u>
07/01	4/5/9	2:32	Area developer gets fine from Council for keeping contract of hire #'s
07/02	3/5	1:10	Corn crop on schedule despite major flooding, excessive rain
07/03	4/5	:39	Fireworks display has to be moved back due to flooding at Pettibone
07/04	4/5	1:34	Setup for fireworks display in downtown La Crosse
07/07	5/7/8	2:12	Smoking among WI adults is down, tobacco products for teens up
07/08	5/10	2:30	Homes in La Crescent clean up after major flooding
07/09	5/10	2:29	New law requires railroad companies to disclose what they carry
07/10	4/10	1:42	Police search river for missing La Crosse man
07/11	4/10	1:27	Friends & Family search for Shaleem Augustine
07/14	2/4/10	:43	35 yr old cold case in Jackson County could be solved
07/15	3/5	1:30	Corn farmers happy with rain and cool temperatures
07/16	5/10	1:47	CDC launches anti-smoking campaign
07/17	5	:22	WI unemployment holds steady
07/18	2/5/10	:40	Prelim trial for Wiebke Burglary
07/21	4/5/10	:38	I-90 rest stop getting major upgrades
07/22	1/9	:32	“Observers” at polls will not be able to take pictures
07/23	6/7	1:54	Winona Student collapses at football practice and dies
07/24	4/10	:41	Fatal accident on Hwy 90, semi rolls over car
07/25	4/10	2:36	Identity of man 29 yr old killed in accident revealed
07/28	4/5/10	1:39	La Crosse tries to attract motorcycles on way to Stergess
07/29	4/10	1:50	Ambulance service discusses how they responded to crash
07/30	4/10	:45	Demolition of Northside home, Habitat for Humanity fixing for single Mom
07/31	4/10	1:12	New Cancer Center in Onalaska, part of Mayo
08/01	4/7	1:13	Protestors gather in WI to protest ban on gay marriage
08/04	4/7	2:28	Mississippi River Museum opens in Dubuque IA
08/05	1/10	:23	Cat Napper in court for sentencing
08/06	5/7	:18	National Rootbeer Float Day, Local A & W reacts
08/07	4/7	:32	American Queen Steamboat docks in La Crosse
08/08	8	:44	Student enrollment up at UW-L, Chancellor reacts
08/11	1/9	:36	State Rep. Ron Kind in Melrose at farm convention talks about trade issues
08/12	4/7	:23	Dunkin Donuts opens up in Tomah
08/13	4/5/6	:28	Benefits Fair for Veterans, held in Tomah
08/14	4/6/7	:32	Dairy Queen sells sundae, money goes to CMN
08/15	4/7	2:11	Jefferson Award Winner makes beanies for area newborns
08/18	5	:30	Foreclosure rates in La Crosse/Onalaska Area drop
08/19	4/7	:19	Pre Season Packer Tickets on Sale proceeds help B & G Club
08/20	6/10	:29	First case of human west nile virus in WI
08/21	4/5	1:45	City discusses plans for Exxon Mobil site
08/22	2/10	:32	Residents in Madison on lockdown after shooting
08/25	1/5	2:10	Ashley Furniture gets \$6M tax exemption from Walker
08/26	7/8	:37	Students help others around campus, acting as Eagle Guides
08/27	8/10	1:44	Area schools adds safety features/protocol to keep kids safe
08/28	8/10	:30	New study says carrying heavy backpacks causes injury to students
08/29	2/10	2:10	LAX Police Officer says he was victim of racial discrimination



09/01	1/ 4	:33	Labor Day Parade honoring American Workers
09/02	8	:32	Onalaska gets higher than average ACT scores
09/03	4/5/7	:40	Bike Share Advocate Meeting
09/04	4/10	1:03	Fire Dept offers free car sitting fittings
09/05	4/5/9	:50	Mary Burke attends women's empowerment meeting
09/08	4/7	1:13	Common Core Standards
09/09	4/6	2:08	Onalaska Dentist offers free dental care for one day
09/10	4/5/6	1:34	Community meeting about Riverfront Redevelopment
09/11	9/10	2:08	9-11 commemorative ceremony
09/12	2	:50	Arguments heard on Voter ID Law
09/15	4/7	:28	Kickoff of Medallion Hunt for Oktoberfest
09/16	4/6	:18	Tomah VA holds healing ceremony
09/17	2/10	:40	New Lisbon woman trapped in car, saved by police officer
09/18	4/7/8	2:20	Weather Academy shows kids experiments
09/19	3/10	2:13	Farm Accident Drill for First Responders
09/22	2/10	1:13	Wife of Dave Schroeder, missing man declares him dead
09/23	4/7	:45	The identity of Mrs. Oktoberfest revealed
09/24	4/7	1:50	Parade Marshals announced
09/25	4/7	2:10	Live Shot from Fest Grounds about Bike Patrol
09/26	2/4/10	1:40	Update on Wausau Girl stabbed 19 x's by friends
09/29	2/7/10	:36	Holmen Teen dies from accident while car surfing
09/30	7/10	2:04	Volk Field reacts to Chicago Airport fire and planes flying overhead

**News 19 10pm Report**  
M-F 10:00-10:35pm

<u>Date</u>	<u>Issue #</u>	<u>Time</u>	<u>Description</u>
7/1	4	1:00	Celebrity Pie in Face contest for United Way
7/2	1,5	2:00	City Council approves 4th Riverside Center building
7/3	4,7	6:00	Rivervest begins in La Crosse
7/4	4,7	1:30	Skyrockers prepare for Fireworks show
7/7	1,7	2:00	La Crosse County kicks in for Trane park renovations
7/8	1,9	1:30	Council approves downsizing proposal
7/9	1,5	1:00	Is La Crosse prepared for oil train accident?
7/10	1,9	:45	Gov. Walker files appeal to gay marriage ruling
7/11	1,8	1:30	La Crosse faces public library budget crunch
7/14	3,7	1:00	Cool summer impact on business/crops
7/15	6	1:15	US News/World Report hospital rankings
7/16	2	2:00	Malachi Hankel sentenced in drug death
7/17	1,5	2:00	Frac sand mine proposed in Jackson County
7/18	1,5	2:00	Groundbreaking on Winona bridge project
7/21	1	2:00	State announces new Rest Stop for La Crosse
7/22	2	1:30	Police discover mobile meth lab
7/23	9	1:00	New poll shows Governor's race tied
7/24	2	3:00	Fatal interstate crash
7/25	2	2:00	Campbell Police Chief accepts plea deal
7/28	3	2:00	El Nino weather impact on area
7/29	7	1:15	EAA Airventure plane building contest
7/30	1,9	1:30	WI Supreme Court upholds Act 10
7/31	2	2:00	Meth lab raided in Vernon County
<b>8/1</b>	<b>2</b>	<b>2:00</b>	<b>Meth lab bust in Vernon County/Arrests</b>
<b>8/4</b>	<b>3/7</b>	<b>2:00</b>	<b>Asian Carp tracking project in Genoa</b>

8/5	1,8	2:00	Library Board listening session: Budget
8/6	1,5	1:30	County Committee okays Lot C project
8/7	7	2:00	Avoiding concussions in high school sports
8/8	4	:45	IrishFest kicks off in La Crosse
8/11	5	1:00	Labor groups speak out against Trade pact
8/12	9	8:00	Primary election results
8/13	2	:45	Toxicology report released on drowning victim
8/14	1	1:30	Residents want lower speed limit in Holmen
8/15	3,4	1:00	Ag Olympics at Houston Co. Fair
8/18	1,5	2:00	BNSF railroad expansion proposal/Mayor reax
8/19	1,5	2:00	Lot "C" development update/Public comment
8/20	1,5,7	2:00	Waterfront development in Onalaska update
8/21	1,5,7	2:00	Riverside North development/business concerns
8/22	4	:45	Onalaska Community Days kicks off
8/25	1	1:30	Public opposition to low income housing/Roosevelt
8/26	1,9	4:00	Gay Marriage appeal goes to Appeals Court
8/27	9	3:00	Marquette Poll on Governor's race/other races
8/28	3,8	2:00	Farm to School program adds local beef to menu
8/29	4	2:30	Movie; "Fort McCoy" set to debut in La Crosse
9/1	4	1:00	La Crosse annual Labor Day Parade
9/2	4	2:00	Habitat for Humanity hosts open house
9/3	5,6	2:00	New Assisted Living facility in Onalaska
9/4	2	1:00	Convicted killer Jeffrey Lepsch wants new trial
9/5	1,9	2:00	Gay Marriage ruling reaction
9/8	8	2:00	La Crosse school security upgrades
9/9	7	2:00	Onalaska unveils new adult playground equipment
9/10	1	1:00	Mayor Kabat unveils first budget proposal
9/11	1,5	1:00	La Crosse Center expansion proposed
9/12	4,6	2:00	Onalaska Dental clinic offers free care for a day
9/15	5	1:00	Future of old Roosevelt Elementary building considered
9/16	5	2:00	Don Weber sells Riverside Center buildings downtown
9/17	9	1:30	New polls on political races released
9/18	8	2:00	Open House at new Northside Elementary school
9/19	4	2:00	Womens' Fund upcoming fundraiser
9/22	1,5	1:00	AFL CIO Convention calls for higher minimum wage
9/23	3	2:00	Jackson County Cranberry harvest
9/24	4	1:00	Oktoberfest Preview
9/25	4	1:00	Oktoberfest Torchlight Parade
9/26	4	1:00	Oktoberfest Festmaster named
9/29	1,7	2:00	Onalaska waterfront development project update
9/30	1,7	2:00	Myrick Eco Park reverts to City ownership

**News 19 Weekend Report**  
**Saturday 6pm and 10pm**  
**Sunday 10pm**

July 2014:

7/5 4 Dragon Boat Races for breast cancer

7/6 7 Goose Island campground flooded

7/12 4 Family grieves loss of man who drowned in river

7/13 4 Non-profits build homes for those in need

7/19 10 man has seizure crashes into La Crosse house

7/20 7 summer boating season how business is doing

7/26 5 downtown Krazy Daze boosts business

7/27 4 firefighters spreading awareness for cancer

August 2014:

8/2 9 Tommy Thompson raises money for pancreatic cancer research

8/3 4 tribute to troops group in La Crescent

8/9 5 Impact Packers game has on local restaurants

8/10 8 fall enrollment at UWL

8/16 4 Motorcyclists ride to cure diabetes

8/17 8 UWL Parking around campus

8/23 5 Current housing market

8/24 7 La Crosse area pools/beaches closed for season

8/30 7 Labor Day businesses

8/31 10 Coast Guard safety tips for labor day

FCC Reports September 2014

9/6

4 Steppin Out in Pink, breast cancer walk

10 Fatal ATV crash in Buffalo County

6 Medical Marijuana in Minnesota

9 Rural Democrats gather

4 La Crosse storytellers festival

9/7 5 La Crosse EcoPark and city can't agree on terms of use

10 Semi truck accident in Winona County

10 Vernon County fatal car crash

4 Church clean up

4 Miss La Crosse Oktoberfest

4 Elvis Explosion at La Crosse Center

9/13

7 Tips for winter preparation

3 Corn harvest update

2 La Crosse man faces child porn charges

4 Green Life expo teaches recycling

4 La Crosse residents learn about history in silent city at cemetery

4 Oktoberfest royal family miracle league game

4 Nascar spreads awareness on MS

4 Color Run

4 Wingfest

9/14 3 Update on Apple Crop

4 La Crescent applefest

4 Holmen woman competes in Miss WI

10 La Crosse PD lobby reopens

4 Oktoberfest medallion found

8 single mother uses local resources to raise daughter

4 Kids du run run

9/20 4 Bike safety lessons

10 La Crosse woman assaulted in hospital bed

7 UWL high school band day

4 Grand Mile Run

4 Hmong New Year

3 Whopping cranes back into wild

9/21 10 Small explosion fire in garage

8 WTC has a jailer training program

4 Oktoberfest special fester announced

4 Turned Leaf Parade

4 Applefest parade

9/27 4 Maple Leaf parade setup

4 Festmasters announcement

10 boat sinks in Mississippi

10 La Crosse PD boat patrol

10 Oktoberfest first aid station

9/28 10 Volunteers patrol riverfront during Oktoberfest

10 Ambulance requests

4 Oktoberfest cornhole tournament

10 Holmen teen dies car surfing

10 Barn fire in Sparta

4 Onalaska waterfront

## **Syndicated Programming**

In addition to our locally produced and network programming that responds to the issues and needs of our viewing area, WXOW secures various syndicated programming that often addresses topics relating to our local issues.

Following is a summary of the syndicated programs that air on WXOW, followed further by the specific features and programming that contributes to addressing the issues and needs of our community. This report is grouped by programming, and includes the date, the number of the specific issue being addressed, the duration and the topic.



## **WXOW Syndicated Programming**

### **Dairy Today**

Tuesday, 6:05-6:20am,

Dairy Today focuses on the agriculture business in the state of Wisconsin. The reports profile farmers, business leaders and innovators working in the state's dairy industry.

### **Into the Outdoors**

Saturday, 11:00-11:30am

Into the Outdoors is a weekly program that encourages children of all ages to explore and participate in outdoor activities.

### **Discover Wisconsin**

Sunday, 5:00-5:30pm

Discover Wisconsin is a weekly program that informs and educates our viewers on the places, people and history of the state of Wisconsin.

**Dairy Today**  
Tuesday 6:05-6:30am

<u>Show</u>	<u>Date</u>	<u>Length</u>
La Coppa Gelato	7/08/14	1:40
Marieke's New Store	7/15/14	1:45
100 Years of 4 H	7/22/14	1:46
Renard's Master Cheesemaker	7/29/14	1:44
Meyer Farm to Table	8/05/11	1:42
Mobile Cheese	8/12/14	1:45
Herrick's Discovery Farm	8/19/14	1:46
Cheese Days 100	8/26/14	1:38
Mauel's Ice Cream	9/02/14	1:36
Cow Cart Carver	9/09/14	1:52
Kewaskum Fuel Up	9/16/14	1:39
World Dairy Expo Impact	9/23/14	1:43
2014 Farm Art DTour	9/30/14	1:47

## **Into the Outdoors**

Saturday's 11:00am or Sunday's 11:30am (30 minute program)

### **July 05/06, 2014 ITO 1101 "SACRED EARTH"**

The Indian Tribes of Wisconsin have a rich past filled with hundreds of years of history. Did you know that Native Americans were responsible for discovering one of nature's best sweeteners? And it goes great on your pancakes! Learn all about the treasures they gather and how they give back to the earth on this very special episode of ***Into the Outdoors!***

### **July 12/13, 2014 ITO 0801 "POWER SHIFT"**

Get ready for another power-packed episode of *Into the Outdoors!* First, we'll check out a couple of cars that can run on empty. Find out how coal was used to build some of your favorite sports venues – like Lambeau Field and Miller Park. Then, come along as we tour a power plant with a unique attachment to Wisconsin's forestlands. Finally, picture a bird's nest that's big enough for a grown man to stand in. Now imagine moving that nest to another location, while keeping it fully intact.

### **July 19/20, 2014 ITO 0802 "TREAD LIGHTLY"**

We're taking some big steps toward saving energy on this episode of *Into the Outdoors*. First, find out how the choices you make everyday affect the environment. Next, help us analyze the energy efficiency of compact fluorescent light bulbs. Then, we'll put our personal habits under the microscope. Finally, we'll meet some kids that are taking their lesson in energy conservation – outside the classroom.

### **July 26/27, 2014 ITO 0803 "DERAILING AQUATIC HITCHHIKERS"**

On this episode, we're taking a ride through Wisconsin's waterways. During our journey, we'll encounter some things that just don't belong. Sea lamprey, anyone? How about Eurasian water-milfoil and purple loosestrife... what is all this? Find out when we head *Into the Outdoors!*

### **Aug 2/3, 2014 ITO 0804 "ALIEN INVADERS"**

Did you know that our great state of Wisconsin is being invaded? Exotic plants and animals are trying to take over our forests, our waterways, and even our backyards – but we're fighting back, and you can help! Find out who these alien invaders are, and what we can do to stop them, as we head *Into the Outdoors!*

### **Aug 09/10, 2014 ITO 0901 "NUTURED BY NATURE"**

Did you know that Wisconsin farmers are growing an amazing crop that has the ability to both feed and fuel the world? It might sound kind of "corny" – but it's true! Plus, there's this tiny fruit being grown right here in the Badger state, and it's packed full of not only health benefits, but history as well. Finally, it's a field day – every day – for kids at one northwoods school. So come on, it's time to head...**"INTO THE OUTDOORS!!!!!!"**

### **Aug 16/17, 2014 ITO 0903 "COMING UP GREEN"**

Spring has sprung, and everything's coming up green – from the newly planted vines at the cranberry marshes to the renewable energy that could be powering your home. We'll explain as we head...**"INTO THE OUTDOORS!!!!!!"**

### **Aug 23/24, 2014 ITO 0904 "THE BENEFIT OF BUGS"**

It may be hard to believe, but bugs definitely are not bad! From bees to mosquitoes... and ticks to butterflies... we'll find out what bugs are good for when we head..."INTO THE OUTDOORS!!!!!"

**Aug 30/31, 2014 ITO 1001 "Conservation Nation"**

First, Austin will follow members of the Menominee Indian Tribe of Wisconsin as they research bear and wolf populations in Northern Wisconsin. Next, Allison heads to a fish hatchery to find out how Wisconsin is trying to preserve some of our native fish populations. And while we're finding out about critters, we'll join Sheridan as she learns about the importance of keeping wetlands and waterways healthy. Finally, Ryan learns some great tricks to survive in the harsh northern winter in Wisconsin. All this and more-on this episode of Into the Outdoors!

**Sept 6/7, 2014 (ITO 1401) "Extreme Survival Strategies"**

Our ITO Adventure team explores the survival strategies of various species found near the Lac du Flambeau Indian reservation. They join various science experts to reveal how certain species overcome the extremes in weather and other environmental factors to survive, each with their own unique adaptations. With the help of native historians, they also walk back in time to discover how the Lac du Flambeau Band of Lake Superior Chippewa Indians survived in the past using a blend of traditional and adaptation.

**Sept 13/14, 2014 (ITO 1402) "Savvy Sustainability"**

Join the ITO explorers as they dive into the physics and science of unraveling Einstein's law of thermodynamics relating to Savvy Sustainability.

**Sept 20/21, 2014 (TO 1404) "Plant Diversities"**

The ITO science sleuths investigate how plants can create life from the raw "abiotic" elements in the environment, with some even making their own fertilizer from air. They also explore the different ways plants are grown and pollinate, and the vast variety of uses and products for almost every aspect of modern life. This episode is sure to "grow" on your perception of how plants impact our everyday lives.

**Sept 27/28, 2014 (ITO 1405) "Know Your H2O"**

Our ITO team of science investigators get their feet wet with the challenge of discovering where clean water comes from and all the people and science involved in the process of making it safe to drink. ITO Mission Control pulls out the hi-tech bag of tricks in sending the ITO team of "water investigators" to water production facilities across the state "going under cover" as water worker "trainees" as they reveal the true story of how water works with experts in the field.

## **DISCOVER WISCONSIN**

Sunday's 5:00-5:30pm

### **July 06, 2014 (DWTV 1302) ATVenturing Through Wisconsin**

ATVing and UTVing are increasing in popularity with outdoor recreationalist. We're visiting 4 destinations (Iron County, Price County, Neillsville and Black River Country) that welcome the four-wheeled adventurer.

### **July 13, 2014 (DWTV 1303) Ride Wisconsin**

From the first spring thaw, motorcyclists are out riding through scenic Wisconsin. But it's not just the open road enthusiasts are after – it's also the great places to stop along the way! We'll be taking you on a virtual tour of what you might see while 'Riding Wisconsin'.  
*(Tomahawk, Monroe, Bayfield County, Harley –Davidson Museum)*

### **July 20, 2014 (DWTV 1310) Where The North Begins – Portage**

Steeped rich in history, visitors can explore seven historical sites and take a walking tour of the historic downtown Portage. Recreation includes golfing at several courses, the hiking the Ice Age Trail, and winter activities at Cascade Mountain.

### **July 27, 2014 (DWTV 1304) Connecting Communities - Ice Age National Scenic Trail**

The Ice Age National Scenic Trail is a 1,000 foot path through Wisconsin. This episode takes us to the southern turn of the trail as we travel through Baraboo, Verona, Janesville and Whitewater.

### **Aug 3, 2014 (DWTV 1401) Green County Cheese Days**

Every two years one of the largest celebrations of cheese comes to Monroe in Green County. 2014 marks the 100th Anniversary of this Swiss inspired event.

### **Aug 10, 2014 (DWAD 1402) America's Dairyland – Curds & Whey**

Fresh or Fried? Again we're searching every corner of America's Dairyland finding the best of the best cheese curds. We'll also touch on the curd's friend – whey. And we'll introduce you to poutine.

### **Aug 17, 2014 (DWTV 1309) Authentic Northwoods Experience - St Germain**

Everyone loves the "Up North" vacation, and St. Germain welcomes you to enjoy it all. From fishing to snowmobiling, restaurants, events and shopping; you'll love St. Germain – birthplace of Discover Wisconsin.

### **Aug 24, 2014 (DWTV 1308) America's Bicycleland**

Bicycle enthusiasts are growing in numbers everywhere, along with the demand for more trails and road to ride. We'll be highlighting a few of Wisconsin's best areas to not only ride, but for visitors to explore too. *(Fitchburg, Menomonie, Burlington, Jefferson County)*

### **Aug 31, 2014 (DWTV 1311) Wisconsin Harbor Towns - Lake Michigan**

The shores of Lake Michigan stretch from Kenosha to the islands of Door County and we're exploring everything in between. From trails, destinations and events along the lakefront, to the beautiful beaches and majestic lighthouses.

**Sept 7, 2014 (DWTV 1301) Wonders Of The Northwoods – Phelps**

How well do you know the 'Northwoods'? From wilderness camping and hiking, to the historic family resorts, there are accommodations for anyone to enjoy this destination. We'll be showing you all of this and more as we discover Phelps – "The Wonders of the Northwoods"

**Sept 14, 2014 (DWTV 1307) Find Your Oasis - Lodi & Lake Wisconsin**

A true hidden oasis between Madison & Wisconsin Dells, Lodi is a quiet getaway where you'll find historic and unique events, eclectic downtown shopping, and tons of fun things to experience on Lake Wisconsin.

**Sept 21, 2014 (DWTV 1313) Something For Everyone - Accessible Wisconsin**

We're discovering destinations and organizations that make Wisconsin truly accessible to everyone. Places with beach wheelchairs, accessible cabins and campsites, wide low grade trails, interpretive signage, specially designed sporting equipment, and so much more.

**Sept 28, 2014 (DWTV 1312) Wisconsin's Northern Coast - Lake Superior**

Where can you find an island vacation in Wisconsin? Lake Superior! The Apostle Islands and all of the harbor towns along the coast provide a great get away with an abundance of activities along and on the lake.

## **Short Form Programming**

WXOW-TV/WXOW-DT demonstrates a strong commitment to our community by broadcasting public service announcements (PSA's) for many causes and area non-profit organizations.

The PSA's listed on the following page(s) aired throughout the quarter at various times and days.

**The following PSA's aired during the 3rd Quarter of 2014:**

<b><u>Organization/Cause</u></b>	<b><u>Title</u></b>
WXOW 19 HOMETOWN EVENTS Cause - promotes local area events	HOMETOWN EVENTS
RIVERFEST Cause- community and family interaction	RIVERFEST 2014
THUNDER RIDE Cause – Raise money to help find a cure for type 1 diabetes	THUNDER RIDE 2014
COULEE COUNCIL ON ADDICTIONS Cause – Raise money to help fund alternative programs for addicts	HOME RUN RACE 2014
AMERICAN CANCER SOCIETY Cause – Raise money to help the fight against cancer	LA CROSSE RELAY FOR LIFE 2014
UNITED WAY Cause – Raise money for local United Way programs	PIE IN THE FACE 2014
CELEBRITY PIE AUCTION Cause – raise money for the YWCA programs	CELEBRITY PIE AUCTION 2014
NFL PUNT, PASS AND KICK Cause – Promote Sportsmanship, team work and staying active	PPK 2014



OKTOBERFEST Cause- community and family interaction	LADIES DAY LUNCHEON 2014
LA CROSSE BOYS & GIRLS CLUB Cause – raise money for the Boys & Girls Club and the Hope Lives Foundation	GLOW IN THE DEKE 2014
YMCA Cause – raise money for Strong Kids Campaign	EVENING OF INSPIRATION 2014
WIAA Cause – promotes good sportsmanship	WIAA VARIOUS
HONOR FLIGHT Cause – make it possible for WWII Veterans to see their memorials before it is too late	WBA HONOR FLIGHT
AMERICAN HEART ASSOCIATION Cause – Build awareness heart disease is the number one killer of women	GO RED FOR WOMEN
WISCONSIN BOARD FOR PEOPLE WITH DEVELOPMENTAL DISABILITES Cause – Include people with disabilities in your life	BETTER TOGETHER
FALLEN PATRIOTS Cause – Raise money to send the children of fallen soldiers to college	CHILDREN FALLEN HEROES MOTHER
FALLEN PATRIOTS Cause – Raise money to send the children of fallen soldiers to college	CHILDREN FALLEN HEROES STUDENT
Children of the Heart Cause – Raise awareness for Down Syndrome	Children of the Heart
U.S. Health & Human Services Cause – Challenge kids to eat healthy and be active	Dunk
NHTSA Cause – Child Passenger Safety	Cinderella, Right Fit
Partnership for Healthy Mouths Cause – dental hygiene	Tooth Fairy
Partnership for Healthy Mouths Cause – dental hygiene	Brushy Brush
Big Brothers Big Sisters Cause – Become a “Big”	Start Something
Autism Speaks Cause – Autism awareness	Jamie McMurray
NRFC-IFL Cause – Fatherhood Involvement	Cheerleaders REV

Reading is Fundamental  
Cause – encourage youth to read

Book People Unite

NHTSA  
Cause – Child Passenger Safety

Chairs



October 1, 2014

To: Station Management

***Re: ABC Television Network Third Quarter, 2014 Program Information***

Attached is the **Third Quarter** review of the ***ABC Television Network News & Public Affairs Programming***. The information, which we will continue to issue on a quarterly basis, may be useful to licensees in compiling their FCC quarterly issues/program list for your station's public inspection files. All related legal materials will be posted on the A-Net prior to the 10<sup>th</sup> day of the new quarter (Word version 7.0).

If you have any questions regarding this report, please contact your Station Relations representative, or send an e-mail to [abc.affiliate.relations@abc.com](mailto:abc.affiliate.relations@abc.com).

Regards,

Susi D'Ambra-Coplan  
Vice President  
Affiliate Relations

Attachment(s)

## **ABC NEWS PROGRAMS – Third Quarter, 2014**

### **WORLD NEWS NOW**

*Monday thru Friday*

2:00 - 4:30 AM ET

12:00 - 4:30 AM PT (*Monday*)

1:06:30 - 4:30 AM PT (*Tuesday-Friday*)

Comprised of thirty-minute segments, ABC's WORLD NEWS NOW, with co-anchors Diana Perez and John Muller, offers up-to-date news coverage including a mixture of live and taped coverage of domestic and international news issues.

### **AMERICA THIS MORNING**

*Monday through Friday*

4:00 - 7:00 AM ET

4:30 - 7:00 AM PT

John Muller and Diana Perez co-anchor this morning news program which provides viewers with late-breaking national and international news, sports, weather and financial reports. Featuring separate and distinct fifteen-minute segments, information about overnight events is constantly updated.

### **GOOD MORNING AMERICA**

*Monday through Friday*

7:00 - 9:00 AM ET / PT

George Stephanopoulos and Robin Roberts provide viewers with timely news reports, informative features, weather information, and up-to-the minute interviews with world leaders.

*Saturday / Sunday*

8:00 – 9:00 AM ET / 7:00 – 8:00AM PT

ABC News Correspondent Paula Faris will co-anchor providing viewers with timely reports, informative features, weather information, and up-to-the minute interviews with world leaders.

### **ABC NEWS BRIEF**

*Monday through Friday*

aprx. 2:58 - 3:00PM ET / 1:58 - 2:00PM PT

This two-minute news capsule updates important news events of the day.

NOTE: As events warrant, ABC NEWS BRIEF may be expanded or re-scheduled, or an additional News Brief may be scheduled.

### **ABC WORLD NEWS WITH DAVID MUIR (eff. 9/02/14)**

*Monday through Friday*

6:30-7:00PM ET and 7:00-7:30PM ET

5:30-6:00PM PT and 6:00-6:30PM PT and 6:30-7:00PM PT

ABC News Anchor Diane Sawyer / David Muir keeps viewers informed about world news events in this half-hour news review

**20/20**

*Monday through Friday*  
10:01 - 11:00PM ET

Informational News magazine combines hard-hitting investigative reports, newsmaker interviews, compelling human interest and feature stories, and offers viewers a chance to learn more about the world around them. ABC News Correspondents David Muir and Elizabeth Vargas anchor *20/20*.

**NIGHTLINE**

*Monday through Friday*  
12:37AM - 1:06:30AM ET / PT - *unless otherwise indicated*

Ju Ju Chang, Dan Abrams and Dan Harris co-anchor the program which provides in-depth discussion of current events.

NOTE: As news events warrant, ABC NEWS NIGHTLINE may be expanded. Please refer to the NIGHTLINE section for exact program times.

**WORLD NEWS WITH DAVID MUIR**

*Saturday*  
6:00 - 6:30PM ET and 6:30 - 7:00PM ET  
5:30 - 6:00PM PT and 6:00 - 6:30PM PT

*Sunday*  
6:00 - 6:30PM ET and 6:30 - 7:00PM ET  
5:00 - 5:30PM PT and 5:30 - 6:00PM PT

This half-hour news program reviews the day's major events.

NOTE: ABC Sports programs may necessitate the preemption or rescheduling of various news feeds.

**THIS WEEK WITH GEORGE STEPHANOPOULOS**

*Sunday*  
9:00 – 10:00AM ET / 8:00 – 9:00AM PT  
and 10:30 – 11:30AM ET / 9:00 – 10:00AM PT

ABC News Correspondent George Stephanopoulos anchors this news/interview program which focuses on the latest news events. World leaders and policy makers participate in roundtable discussions.

NOTE: ABC Sports programs may necessitate the pre-emption or re-scheduling of various news feeds.

## **ABC NEWS PROGRAMS - Third Quarter, 2014**

### **20/20: FROM HELL**

Tuesday, August 19, 2014

#### **NEIGHBORS FROM HELL**

- Another politician is taken down by scandal – but this time it is not for infidelity or from financial impropriety but for throwing dog feces onto a neighbor’s lawn. San Marino mayor Dennis Kneier was caught in the act by homeowner Philip Lau’s surveillance camera. Lau alleges that it was motivated based on Lau’s opposition to a proposed dog park that the mayor supported. The incident caused the mayor to resign, but Lau is considering legal action as well. Nick Watt reports.
- What would drive a Port Angeles, Washington man to destroy his neighbor’s property with a bulldozer? Jay Schadler reports on the ultimate neighbor nightmare, including exclusive video of the unbelievable act in progress. (OAD: 9/20/13)
- Garrick & Lucinda Krlich don’t have a neighbor from hell...they say they have a neighborhood from hell – that the entire town of Hubbard, Ohio has turned against them, including the cops. But why? “20/20” hosts a “Peace and Reconciliation BBQ” where everybody in town comes together. Paula Faris reports. (OAD: 5/2/14)
- Dan Harris follows the story of Andre Barbosa, the man who took over a multi-million dollar foreclosed home on the water in Boca Raton, Florida that made headlines nationwide. Using an obscure law called “Adverse Possession,” Barbosa was able to hold prosecutors and police at bay for weeks while frustrated neighbors tried to have him evicted. Barbosa is a member of a group called Divine Province led by James McBride. Harris has a rare interview with McBride. (OAD: 4/12/13)

Tuesday, August 26, 2014

#### **VACATIONS FROM HELL**

- Confessions of a Baggage Handler: Stolen valuables... damaged bags... what really happens to your bag after you check in? Deborah Roberts hears the confessions of two baggage handlers who reveal dirty secrets of their trade, and what you can do to make sure your bag arrives in one piece. (OAD: 3/7/14)
- Hotel Bait and Switch: For years, hotels and resorts around the world have turned marketing into a science, but upon arriving at our vacation in Sunny St. Maartin with a savvy travel expert, we found that sometimes what sounds too good to be true -- actually is. Linsey Davis reports. Horrible Passengers: Nick Watt looks at the contenders for world’s worst plane passengers. The competition is stiff. (OAD: 1/17/14)
- Crazy Summer Stunts: It’s a popular summer vacation activity – skydiving. But what happens when your chute does not deploy? Matt Gutman talks to a man who fell and lived to tell his story.
- Killer Hotel: Three people died in the Boone, NC Best Western’s room 225 in two separate carbon monoxide poisoning incidents last year. The shocking fact is that after the first fatalities, nothing was done to fix the leaky pipe or to cordon off the room. No one warned Jeannie Williams and her son Jeffrey when they checked in to that room...Jeffrey died that night and Jeannie barely survived. Matt Gutman reports. (OAD: 1/17/14)

## **NY MED**

Thursday, July 3, 2014

Expanding their scope, the producers offer a riveting tale of two cities. A documentary series takes a look at life inside the most famous hospitals in America's largest city, Columbia & Weill Cornell Hospitals and the prestigious New York-Presbyterian, and at how cutting edge medicine often makes the difference, although even the best surgeons can find themselves flirting with disaster.

Thursday, July 10, 2014

- Fast-thinking trauma doc Ziad Sifri can't believe his eyes when a 19-year-old plane crash survivor arrives in the ER at University Hospital in Newark. The youngster was a student pilot whose instructor was killed on impact. Besides treating his patient, Dr. Sifri has to manage expectations and fears of the young man's parents. Also at Newark, for the first time a young surgical resident, Neha Goel, must use her own hands to perform a potentially life-saving technique that machines just cannot handle.
- The surgical resident from Episode 201, Ashley Winter, returns to operate on a favorite patient who is suffering with bladder cancer. As a third year urology resident, Ashley is hopeful that chemotherapy will work wonders on the tumor but quickly learns that her patient will need a life-altering surgery. Ashley breaks the bad news to the patient and finds herself overcome with feelings. It raises the question of how emotionally invested a young doctor can afford to become in the outcome of an individual patient.
- Dr. Len Girardi doesn't believe in lost causes. A cardiac surgeon at the top of his game, Dr. Girardi meets a mother of three who was sent home to die when a top hospital decided the tumor on her heart was inoperable. Dr. Girardi tells the patient, "not so," and attempts the surgery that others say is impossible.
- Surgeon Dr. Oz is back in the operating room to deal with a perplexing case of a motorcycle cop who suffers a mysterious stroke while on vacation with his family. Dr. Oz quickly discovers that his patient, Joseph Carratala, has a hole in his heart that will be fatal if it is not repaired immediately. Now, it's a race against time to fix this life-threatening condition and see if Joseph's heart will restart.

Thursday, July 17, 2014

- Popular New York Presbyterian nurse Diana Costine can win over even the most difficult patients with her upbeat attitude and infectious smile. Lately, however, the redhead from Milton, Massachusetts has been inexplicably losing consciousness and for the first time, finds herself at the center of the story as a patient. Can the doctors of New York Presbyterian solve this true medical mystery?
- A young couple, in love since the day they met, has big wedding plans. But their future together is thrown into doubt when cardiac surgeon Len Girardi delivers the news that the groom could drop dead at any time if he doesn't have a complex but potentially life-saving operation. Their choice and their journey will terrify and amaze you.
- Trauma surgeon Ziad Sifri thought he had seen it all growing up in war-torn Beirut. But at Newark's University Hospital where he works, patients arrive injured by hammers, box cutters and other household tools showing how personal things can get when family or romantic relationships fall apart.
- Brad Zacharia is an elite neurosurgeon finishing in one of the most demanding fields in medicine. Enter Alexander Harrington, a homeless man who could end up completely paralyzed if some damaged vertebrae in his neck aren't repaired. It's not a problem that Alexander doesn't have a dime to pay for an expensive surgery but that he keeps figuring out ways to delay the operation and extend his stay at a hospital he regards as a fine hotel.

Thursday, July 24, 2014

- It's just another day at Newark's University Hospital. First, Dr. Hugo Razo saves a man dying from a blood clot in his lungs and then hustles across the ER to assist security guards restraining a violent patient. Meanwhile his ER colleague, Dr. Tiffany Murano treats a flirtatious patient with a sports injury and a wife who is just about out of patience. Later, Dr. Murano's good humor runs out when a paramedic gets snippy with her.
- Arriving by ambulance with an aorta about to rupture, a woman in her late 60s tells doctors that she has finally met the "love of her life," a widower who is devoted to her. She fears that if she

doesn't make it, fate will have robbed her boyfriend twice. But her surgeon, Allan Stewart, who was enroute to visit his kids, reveals that he is wearing a Superman costume under his clothes. He vows to do a "super" surgery to make this romance last.

- Rita Respass-Brown is a devoted and vivacious mother of three grown children who are not ready to let her go. A loving parent and founder of a school in Florida, Rita has everything she could ever want in life. But with her kidneys failing and 100,000 people on the transplant waitlist, Rita's chances are not good. But an angel might be closer to Rita than she realizes when she learns her son could be a perfect match.
- ER doctor Debbie Yi faces heartbreaking disappointment and opens up, for the first time, about her own personal struggle after a patient experiences a similar traumatic loss. But what Dr. Yi doesn't know is that the future may be brighter than she thinks. In a surprising twist, viewers will rejoice as Dr. Yi saves lives and sees her own deepest wishes come true.

#### Thursday, July 31, 2014

- At Mount Sinai's Roosevelt hospital, Amy Caggiula might look like a bright-eyed, freshman college student. But this petite ER resident can diagnose anything that walks in the door. Whether she is saving a woman in cardiac arrest or figuring out how to cut a cheap ring off a young lady's badly mangled finger, Amy proves that good things come in small packages. And this take-charge young doctor is not afraid to speak her mind.
- At Roosevelt, Alejandro Berenstein is a world leader in his field, and he'd better be if he is going to be able to help save the two year old daughter of a coast guard officer who could suffer a catastrophic cerebral event if Berenstein cannot alter the flow of blood to her brain. Victoria is a ticking time bomb and the surgery is very risky but it's all hands on deck for this crucial operation. Joining in this effort is pediatric neurosurgeon Saadi Ghatan, who is the ice to Berenstein's fire. But can they work together to save this little girl in time?
- It's business as usual for young Roosevelt resident, Craig Forleiter. He talks a mile a minute but his patients trust him and his superiors believe the charismatic Forleiter has the makings of a top notch surgeon.
- They come in with bullet wounds and tattoos like FTW (F\*\*\* The World) and MOB (Money Over Bitches) but trauma surgeon Adam Fox knows that most of his male patients at Newark's University Hospital are just scared teenagers putting on a show for the street crowd they run with.

#### Thursday, August 7, 2014

- At New York Presbyterian, Sabrina Mahil, an oral maxillo facial resident in surgery, is summoned to treat a college student with a severely fractured jaw. The young man's mother is understandably protective of her son who is deaf and mute. She can't understand who would punch her sweet boy in the face and is trying to keep her emotions in check.
- ER nurse Diana Costine is stunned when her close friend and fellow ER nurse Marina Dedivanovic shows up in a neck brace and in pain following a car accident. If anyone knows the drill, it should be Marina. But she doesn't receive special favors, and as the hours tick by while Marina waits to get scanned, her frustration mounts to the breaking point. Marina is not prepared for the diagnosis she receives and tears flow.
- At Newark's University hospital, trauma surgeon and mother, Anne Mosenthal, empathizes with a patient's mother who is sitting vigil for her critically injured teenage son. Mosenthal promises to do everything in her power to save the young man's life for a mom who pleads, "Just save my baby."
- Surgeon Oz brings his high school-age daughter Zoe to work for the first time. None of Oz's children have expressed interest in a medical career but now at least Zoe wants to watch her dad operate. The case is especially compelling as a young mother is in danger of a life-ending stroke if her heart defect cannot be repaired. For Zoe, observing this one surgery becomes a life-changing experience for her as well.
- New York Presbyterian neurosurgeon, Guy McKhann, is faced with performing a delicate and complex operation when 28-year old patient, Jesse Andre, shows up with a baseball-size tumor impacting one of the brain's most important arteries. If his scalpel slips, he could leave Jesse paralyzed on the left side of his body. But without the operation, the tumor will continue to grow and Jesse won't survive.



Thursday, August 14, 2014 (Season Finale)

- Robert Campagna is a vibrant architect, husband and father. But he is finding himself out of breath lately so he gets an appointment with a top lung surgeon, Nasser Altorki of New York Presbyterian. Campagna fears the worst because both his brothers died from lung cancer. This case forcefully proves the old adage “always go to the best” as Dr. Altorki makes the right decision every time and delivers an ending that is as thrilling as it is unexpected.
- Removing a ring that is stuck on a patient's finger shouldn't be major surgery. But at Mount Sinai's Roosevelt Hospital, ER resident Amy Caggiula is worried that her power drill could slip leaving the young woman in worse shape than she came in.
- Raisa Durrani, a first year surgical resident at New York Presbyterian, lands in hot water with an attending physician who is angry that their patient was given juice to drink although he was supposed to be on a diet of no food or liquids.
- As the chief trauma surgeon at Newark's University Hospital, David Livingston is a commanding presence who often mixes encouragement with sarcasm in the service of educating his staffers. But underneath his rough exterior, nobody is prouder of his unit, his city and the mission of delivering urgent care to those who need it most. When a young baseball player comes in with a serious injury to his arm following a drunken brawl, Livingston knows that his patient will be on the bench a lot longer than he realizes.

**PRIMETIME: WHAT WOULD YOU DO?**

Using hidden cameras, “What Would You Do?” establishes everyday scenarios and then captures people's reactions. Whether people are compelled to act or mind their own business, John Quiñones reports on their split-second and often surprising decision-making process.

Friday, July 4, 2014

- At a Springfield, Missouri pawn shop, posters of the latest criminal to walk the streets of Missouri adorn the walls, the doors, and lay in a stack near the checkout counter. Actually, she's a WWYD actress who is young, attractive, and she supposedly recently ripped off a jewelry store for \$100,000 worth of diamonds. What would you do if you saw this same woman, enter the store and try to pawn off the wares she's stolen?
- A Springfield, Missouri restaurant patron levels disrespectful comments towards his server who has a heavy accent. The customer's discriminatory remarks include, “you are in America, speak English!” Will anyone confront the patron about his behavior?
- While awaiting their food at a Weatherford, Oklahoma restaurant, three loud teenage boys taunt and dare each other to exit without paying. When the check arrives, the teens dash for the door. Once customers realize that the boys are up to no good, will they prevent them from “dining and dashing”?
- A beautiful teen girl is sitting in a Weatherford, Oklahoma rest stop restaurant looking upset, when a trucker sitting across from her asks what's wrong. She explains that she ran away. The trucker tells her that she is so beautiful she could be an actress in California, adding that he is heading that way and would be happy to take her along. Will anyone stop her from going with the trucker and convince her to call home?
- What would you do if you bought sweet tea from a cute young boy and girl, only to have them unexpectedly charge you extra for the cup? Will the real life customers stand up to our tiny con-artists in an Amarillo, Texas park?

Friday, July 11, 2014

- Brides are traditionally queens of the wedding kingdom with grooms taking a backseat in choosing wedding day details. But these days, grooms are getting more involved in planning -- giving rise to the term “Groomzillas.” So what will fellow shoppers at a bridal salon do when they witness a Groomzilla in action, criticizing his fiancé and every dress she tries on for him? And what will happen when bridal dress designer Pnina Tornai encounters the groomzilla?
- How will fellow shoppers react to a woman pretending to be handicapped so she can use a motorized shopping cart, and have others help grab her groceries?
- What will diners do when their waitress is more concerned with her cell phone than her customers? (OAD: 12/10/13)

- A man walks down a sidewalk, checking the handle on every parked car in his path, until he gets to our staged unlocked car. He then leans in, rummages around, and starts to take items from the car. Will anyone confront him on his blatant attempt at theft? What will happen if the thief is African American or a woman? (OAD: 7/19/13)

#### Friday, July 18, 2014

- What will happen when bystanders witness a nanny verbally abusing a young child?
- At a restaurant, will anyone step in and put a rude waiter in his place after he embarrasses a man on a date whose credit card was declined? (OAD: 12/10/13)
- Will anyone at a liquor store step in and tip off the store manager that a dad is buying alcohol for his underage son, hoping throwing a party with liquor will make the son more popular with the “cool kids”? (OAD: 10/5/12)
- What would you do if you bought lemonade from a young boy, only to have him charge you extra unexpectedly? Will the real life customers stand up to the young “What Would You Do?” con man? (OAD: 9/14/12)

#### Friday, July 25, 2014

- At a café that displays fine art on the walls with prices displayed next to them, a mother is there with her young daughter who is drawing with markers. When the mom runs to the restroom, the young artist quickly turns her marker from the paper in front of her to the painting on the café wall. What will people do? When mom returns how will people react when she tries to leave without telling the staff what happened?
- Will any bystanders warn drivers that they are about to leave their car with a drunk valet attendant (a “What Would You Do?” actor) who should not be behind the wheel?
- When a waiter/bartender refuses to serve a homeless man, even though another woman leaves money to cover his food bill, will anyone intervene? (OAD: 9/14/12)
- A man walks into a café and orders an incredibly complicated drink, clearly overwhelming the barista. When she hands him the drink, the customer claims it’s not correct and demands another one, becoming very rude and insulting. Will anyone in line for their own coffee defend our barista in distress? (OAD: 6/7/13)
- What would you do if you encountered the meanest, laziest barista you’ve ever seen? She gets your name wrong, she rolls her eyes, she can’t make a latte, and what you ordered is never what you receive. As her customer service becomes worse and worse, will anyone defend our customers’ right for an iced chai latte? (OAD: 6/7/13)

#### Friday, August 1, 2014

- Will anyone intervene when they see lifeguards killing some time on a slow beach day by doing a round of shots at a bar?
- A boyfriend walks out of a tanning booth radioactive orange, dangerous for the health of his skin, plus, he looks ridiculous. Even so, his girlfriend wants him to go back for more tanning. Will anyone stop him and tell him he looks ridiculous and he needs to stop? Will anyone tell him he needs a new girlfriend who cares about his health?
- What will happen when an artist sketches a bad portrait of a paying customer?
- A bartender is serving drinks to her patrons, while being sexually harassed by her boss. He starts with passing comments, but escalates to getting physical. What if the harasser is a female harassing a male employee? Will anyone step in?
- A young pregnant woman is drinking at a Jersey Shore bar. Does anyone try to stop her?

#### Friday, August 8, 2014

- It is one of the oldest carnival tricks in the book: a man will ask to guess your weight, height or age for a small fee. If he guesses wrong you get a prize, but if he guesses right he pockets the fee and you leave empty handed. But what if the game took it a bit too far and the “What Would You Do?” carnival worker did not just stop at guessing but actively tried to insult the contestants? Will bystanders stand up and say something?
- Kids being left in hot cars have made national headlines this summer. How will people react when they see/hear a crying baby left in a hot car? Will reactions be different if it is a mom or a dad who left the child alone?

- Will anyone shopping at an upscale clothing store come to the defense of an African American man wearing a hooded sweatshirt who is being scrutinized by a salesperson and a security guard simply because of the color of his skin and his attire? “Shark Tank” star and entrepreneur Daymond John plays the role of the hooded-sweatshirt-wearing man. (OAD: 5/23/14)
- We have all made a wish and thrown coins into a fountain. But what would you do if you saw someone taking money OUT of a Casino fountain in order to continue to gamble? Will anyone step in as the gambler fills their pockets with the coins they collect? (OAD: 6/28/13)
- A young man wearing an American flag t-shirt enters a deli and verbally harasses and threatens a Middle Eastern clerk because of his ethnic background. How will other patrons react? (OAD: 6/14/13)

## **20/20**

Friday, July 4, 2014

### **THE ALMOST PERFECT BANK ROBBERY**

A man’s elaborate scheme to bilk hundreds of thousands of dollars from a Bank of America in Seattle could not have been better scripted in Hollywood. The meticulously planned crime was nearly perfect, and a man almost got away with floating down a river with \$400,000 on an inflatable inner tube after a brazen broad daylight robbery of an armored truck. But the mastermind missed a critical detail. Anthony Curcio spent the last few years in prison paying for his crime and tells ABC News correspondent Gio Benitez all about it in an exclusive “20/20” interview.

Friday, July 11, 2014

### **LIVE-IN NANNY**

The Bracamonte family from California was a little surprised after they fired their live-in nanny and instead of packing her bags, she just stayed put. The worried parents of three are afraid to leave their home for fear that she would lock them out. They let “20/20” embed in their home while navigating this odd situation. The nanny has her side of the story too. In a Nick Watt exclusive interview, she shares why she continues to stick around.

### **ZOO NEXT DOOR**

We have all heard of nasty neighbors but what if the problem is not human, but animals next door? From too many to too wild, the wrong critters next door can not only impact a homeowner’s lifestyle, but also impact the resale value of the house. Rebecca Jarvis reports.

Friday, July 18, 2014

### **FROM BEST FRIENDS TO KILLERS**

Sixteen-year-old Skylar Neese disappeared from her home one summer night, last seen on surveillance video sneaking out of her window and getting into a sedan. What many thought was a typical case of a teenage runaway turned out to be something much more wicked – Neese was stabbed to death by her two best friends. The police had no leads until a surprising break in the case. Correspondent Ryan Smith interviews Neese’s parents, police and high school classmates to unravel the horrific mystery and murder, and ultimately the surprising suspects.

Friday, July 25, 2014

Some men kill for money and others for love, but rarely is some shrubbery between two houses the motive for homicide. Such was the case of Michael Vilkin, a retiree, whose simmering landscaping dispute with his neighbor, a renter, John Upton, led to an explosive confrontation, resulting in Upton’s untimely demise and the conviction of Vilkin for murder. Matt Gutman sits down with the shooter, both families, the prosecutors, and the neighbors who say the victim himself had a dark side.

Friday, August 1, 2014

### **THE GIRL IN THE SHOWER**

On New Year's Day in 2009, Kelly Osborn's daughter Sheena was found dead in a Bradenton Beach, FL hotel room. When police found her hanging, they quickly classified the death a suicide. But according to Osborn, her daughter had everything to live for and was not suicidal. So she began a quest to get the death classified as a homicide and began her own investigation. David Muir reports on the evidence that was missed and the questions that were never asked.

Friday, August 8, 2014

### **SLEEPING WITH THE ENEMY**

It was a cold case murder that "20/20" put back in the spotlight five years ago, leading to a bombshell decision in court just this week. In 2005, 25-year-old Janet Abaroa was found stabbed to death in North Carolina, her six month-old son left unharmed in another room. Her husband Raven Abaroa said he discovered his dead wife's body after returning home from playing soccer that evening. Raven quickly moved to Utah with his son, and Janet's murder remained unsolved. While in Utah, Raven met and then married Vanessa Pond, a beautiful single mother. It is not long before wife number two feels she is in danger. Eventually, a new cold case detective starts looking for new clues and Raven is arrested and extradited back to North Carolina to stand trial. John Quinones' reports.

Friday, August 15, 2014

### **STRANGE AFFLICTIONS**

- Imagine feeling and acting drunk without ever touching a drink. That's what happens to those who suffer from Auto-Brewery Syndrome. Deborah Roberts reports.
- Tourette Syndrome is a neurological disorder characterized by repetitive involuntary movements and vocalization called tics. Could these tics that cause sufferers much physical and emotional distress, also be the secret weapon of top athletes. Some doctors believe that it can supercharge the brain, giving people with the condition abnormal quickness and heightened reflexes. Elizabeth Vargas reports.
- Selfies... everyone takes them – celebs, politicians, even... the Pope. Last year, "selfie" was Oxford Dictionary's "word of the year." But some are taking the trend a step further. Deborah Roberts reports.
- New York Times writer Joyce Cohen and her husband Ben live in NYC -- one of the noisiest cities in the world. But noise is torture for them – so much that Joyce wears industrial strength earmuffs outside, and her husband can barely leave their small apartment. They both suffer from hyperacusis, which causes terrible, often unbearable pain in the ear. Elizabeth Vargas reports. (OAD: 2/7/14)
- "She feels like she's starving 24/7," says the mother of Hannah Wilkinson, a teenager with a strange affliction called Prader-Willi syndrome. The condition causes an insatiable appetite so severe that pantry cabinets and refrigerators must be locked down. Sufferers of the syndrome are sometimes found eating dog food and even garbage. Mara Schiavocampo reports.

Friday, August 22, 2014

### **TWO'S COMPANY...THREE'S A CROWD**

A beautiful college student loved by two young men. Then, one vanishes. A frantic search discovers his body, face down in a shallow grave in the swamps of Florida. After a two-year investigation, Pedro Bravo was accused of strangling his romantic rival and one-time best friend Christian Aguilar to death and faced first degree murder. for the first time since the verdict just last week, Aguilar's family speaks out about the jealous rage that cost this young college student his life. And the woman at the center of the tragic love triangle, Erika Frimon, also breaks her silence with Matt Gutman.

Friday, August 29, 2014

### **I KNOW WHAT YOU DID**

Seneca County, New York...Two mysterious deaths, 17 years apart, each with a hefty insurance payout for one man. Is Karl Karlsen just really unlucky or the mastermind behind the death of his son Levi and his wife Christina? For the first time, Karlsen's own daughter speaks out about the nagging feeling she held for years that her own father was behind the 1991 arson fire that killed her mother and the 2008 freak accident that killed her brother, when a truck fell off a jack and crushed his chest. David Muir gets the inside story from the lead investigator and the circumstantial evidence that a jury will consider in two weeks at Karlsen's murder trial.

Friday, September 12, 2014

### **TRUE CONFESSIONS**

- The former executive chef of disgraced Virginia Governor Bob McDonnell dishes on what life was like behind the doors of the Governor's mansion. Amy Robach reports.
- "Joe the Mechanic," a 40-year veteran, shares some of the secrets about auto-repair... everything from secret billing codes and ways some unscrupulous shop owners try to hose customers with unnecessary repairs and, in some cases, charge for work they did not even perform. Gio Benitez reports.
- Shaina Azad is a former cosmetic saleswoman who says she has exaggerated the benefits of products to get customers to purchase what she is pushing. Rebecca Jarvis reports.
- Some debt collectors are leaving threatening messages that are sometimes so outrageous, they sound like pranks. But they are very real. And with 30 million people in collection or about to be, there is enormous pressure on the 150,000 collectors – working hard to get back America's unpaid debt. Jarvis reports.
- Coffee – the most valuable traded commodity on earth after oil. The average American worker spends \$1,000 on it every year. Have you ever wondered what that beleaguered barista preparing your morning brew is thinking? Nick Watt talks to a bona fide Starbucks barista who spills the beans on what happens when a customer comes to the counter with an attitude.

Friday, September 19, 2014

### **ROAD TO RUIN**

- The Hunt for the Kansas City shooter: This spring, motorists in the Kansas City area had to cope with much more than rush hour traffic – a lone gunman was firing at vehicles on the highway, nine times in all. Once police determined they had a serial shooter on their hands, they deployed a series of sophisticated and controversial investigative techniques to move from a series of random data points to the arrest of suspect Mohammed Whitaker and his green Dodge Neon. Jim Avila reports.
- Hazardous Guardrails?: Brian Ross investigates a major manufacturer of highway guardrails accused of making a design change that has caused these accident cushions to become lethal lances in some gruesome accidents.
- Truckers: In the wake of the Tracy Morgan fatal crash, more questions than ever are popping up about fatigued truckers and the safety of those massive rigs on the road. Matt Gutman talks to a trucker who reveals the pressures companies put on drivers to stay on the road and he shares video of his own dispatchers telling him to keep driving even though he is complaining that he is falling asleep at the wheel. In addition, "20/20" sets up speed trap with the Ohio HP and catches lead footed truckers in the act.

Friday, September 26, 2014

### **OUT OF THE WOODS**

What started out as a normal middle school sleepover took a horrifying turn when one 12-year-old girl was stabbed 19 times by her two best friends and left for dead in the Wisconsin woods. The girls' motive and the miraculous recovery of the survivor made headlines around the world since the May attack. Now, for the first time, the parents reveal to David Muir the chilling details of the incredible sequence of events that led to their daughter's survival.

## **20/20 SATURDAY**

Saturday, August 2, 2014 (9-11PM ET)

### **THE HUNCH**

On the outskirts of Miami, a mystery woman, later identified as Inna, is found unconscious and left to die. A modern day Sherlock Holmes, working for the Miami Dade Police, following a “hunch” cracks the mystery of his Jane Doe and identifies the man in her attack. For this colorful Private Investigate named Ken Brennan, the mystery becomes an obsession, but eventually he comes up with a theory so outlandish it sounds like a joke – until DNA proves him right. Deborah Roberts’ reports (OAD: 4/1/11)

Saturday, August 9, 2014 (9-11PM ET)

### **SLEEPING WITH THE ENEMY**

It was a cold case murder that “20/20” put back in the spotlight five years ago, leading to a bombshell decision in court just this week. In 2005, 25-year-old Janet Abaroa was found stabbed to death in North Carolina, her six month-old son left unharmed in another room. Her husband Raven Abaroa said he discovered his dead wife’s body after returning home from playing soccer that evening. Raven quickly moved to Utah with his son, and Janet’s murder remained unsolved. While in Utah, Raven met and then married Vanessa Pond, a beautiful single mother. It is not long before wife number two feels she is in danger. Eventually, a new cold case detective starts looking for new clues and Raven is arrested and extradited back to North Carolina to stand trial. John Quinones’ reports. (OAD: 3/21/14)

## **NIGHTLINE PRIME - Third Quarter, 2014**

*Saturday Primetime edition of the Late Night news magazine (9:00 - 10:00PM ET / PT – unless otherwise indicated)*

Saturday, July 26, 2014

Some mistakes you can never take back – and can have deadly consequences. Four teenagers and their young adult friend made a fateful decision one afternoon in October 2012 that would change their lives forever, and ultimately raise provocative questions about the nature of the juvenile crime and punishment system in our country. With explosive new interviews and revelations, Juju Chang and “Nightline Prime” go deep inside the “Elkhart 4” murder case.

## **ABC NEWS SPECIALS - Third Quarter, 2014**

Tuesday, August 12, 2014

### **A SPECIAL EDITION OF 20/20: THE LIFE AND DEATH OF ROBIN WILLIAMS**

ABC News’ “20/20” will celebrate the life of Robin Williams, the comedic genius whose death stunned a nation. “The Life and Death of Robin Williams” will update viewers with the latest news on his untimely death, delve into the unanswered questions, and celebrate the many faces and voices that entertained us all. Anchored by David Muir, the hour special features reporting from Juju Chang and Chris Connelly, as well as Barbara Walters’ memories of the man she interviewed several times over the years.

Friday, September 5, 2014

### **A SPECIAL EDITION OF 20/20: JOAN RIVERS: LIVING FOR THE LAUGHS**

20/20 will air a special, updated tribute to Joan Rivers tomorrow night. Anchored by David Muir, with pieces from David, Barbara Walters, Chris Connelly and John Quinones.

Tuesday, September 16, 2014

### **RELATIONSHIPS FROM HELL: A DOWNHILL SLOPE**

When Nancy Pfister was found bludgeoned to death in the master bedroom closet of her multimillion dollar Colorado home, the list of suspects sent the mountain town into a real life game of Clue. Could it be the local bank teller and Nancy's Best friend? Or her subletters? Was it greed, jealousy, or something more sinister? Deborah Roberts reports.

**ABC NEWS SPECIAL REPORTS - Third Quarter, 2014**

<b>DATE</b>	<b>START</b>	<b>END</b>	<b>LENGTH</b>	<b>TOPIC</b>
Wednesday, July 16, 2014	5:41:52 PM - 5:52:14 PM	ET	0:10:22	Special Report: President Obama's Remarks on the Ukraine
	3:41:52 PM - 3:52:14 PM	MT	0:10:22	Special Report: President Obama's Remarks on the Ukraine
	2:41:52 PM - 2:52:14 PM	PT	0:10:22	Special Report: President Obama's Remarks on the Ukraine
Thursday, July 17, 2014	11:41:04 AM - 11:58:43 AM	ET	0:17:39	Special Report: Malaysian Airplane Crash in Ukraine
	9:41:04 AM - 9:58:43 AM	MT	0:17:39	Special Report: Malaysian Airplane Crash in Ukraine
	8:41:04 AM - 8:58:43 AM	PT	0:17:39	Special Report: Malaysian Airplane Crash in Ukraine
Thursday, July 17, 2014	12:08:24 PM - 4:00:00 PM	ET	3:51:36	Special Report: Continued Coverage on the Malaysian Airplane Crash
	10:08:24 AM - 2:00:00 PM	MT	3:51:36	Special Report: Continued Coverage on the Malaysian Airplane Crash
	9:08:24 AM - 1:00:00 PM	PT	3:51:36	Special Report: Continued Coverage on the Malaysian Airplane Crash
Thursday, July 17, 2014	6:30:00 PM - 7:30:00 PM	ET	1:00:00	ABC World News with Diane Sawyer - Expanded To A 1 Hour Format Due To The Malaysian Airplane Crash
	5:30:00 PM - 6:30:00 PM	CT	1:00:00	ABC World News with Diane Sawyer - Expanded To A 1 Hour Format Due To The Malaysian Airplane Crash
	4:30:00 PM - 5:30:00 PM	MT	1:00:00	ABC World News with Diane Sawyer - Expanded To A 1 Hour Format Due To The Malaysian Airplane Crash
	5:30:00 PM - 6:30:00 PM	MT	1:00:00	ABC World News with Diane Sawyer - Expanded To A 1 Hour Format Due To The Malaysian Airplane Crash
	5:30:00 PM - 6:30:00 PM	PT	1:00:00	ABC World News with Diane Sawyer - Expanded To A 1 Hour Format Due To The Malaysian Airplane Crash
	6:30:00 PM - 7:30:00 PM	PT	1:00:00	ABC World News with Diane Sawyer - Expanded To A 1 Hour Format Due To The Malaysian Airplane Crash
Thursday, July 17, 2014 (Broadcast Day - Actually early Friday, July 18, 2014 morning)	2:00:00 AM - 4:30:00 AM	ET	2:30:00	ABC World News Now: Due to Breaking News (The Malaysian Plane Crash), Production Elected to Run a Lower Third News Crawl in All Feeds

	1:00:00 AM - 4:30:00 AM	CT	3:30:00	ABC World News Now: Due to Breaking News (The Malaysian Plane Crash), Production Elected to Run a Lower Third News Crawl in All Feeds
	1:00:00 AM - 4:30:00 AM	MT	3:30:00	ABC World News Now: Due to Breaking News (The Malaysian Plane Crash), Production Elected to Run a Lower Third News Crawl in All Feeds
	1:06:30 AM - 4:30:00 AM	PT	3:23:30	ABC World News Now: Due to Breaking News (The Malaysian Plane Crash), Production Elected to Run a Lower Third News Crawl in All Feeds
Friday, July 18, 2014	11:50:59 AM - 12:16:02 PM	ET	0:25:03	Special Report: President's Remarks on the Situation in the Ukraine
	9:50:59 AM - 10:16:02 AM	MT	0:25:03	Special Report: President's Remarks on the Situation in the Ukraine
	8:50:59 AM - 9:16:02 AM	PT	0:25:03	Special Report: President's Remarks on the Situation in the Ukraine
Monday, July 21, 2014	11:13:58 AM - 11:26:52 AM	ET	0:12:54	Special Report: President Obama's Remarks on the Situation in the Ukraine
	9:13:58 AM - 9:26:52 AM	MT	0:12:54	Special Report: President Obama's Remarks on the Situation in the Ukraine
	8:13:58 AM - 8:26:52 AM	PT	0:12:54	Special Report: President Obama's Remarks on the Situation in the Ukraine
Tuesday, July 29, 2014	3:36:45 PM - 3:51:28 PM	ET	0:14:43	Special Report: President Obama's Remarks on the Situation in the Ukraine
	1:36:45 PM - 1:51:28 PM	MT	0:14:43	Special Report: President Obama's Remarks on the Situation in the Ukraine
	12:36:45 PM - 12:51:28 PM	PT	0:14:43	Special Report: President Obama's Remarks on the Situation in the Ukraine
Friday, August 1, 2014	2:44:03 PM - 3:35:28 PM	ET	0:51:25	Special Report: President Obama's News Conference
	12:44:03 PM - 1:35:23 PM	MT	0:51:20	Special Report: President Obama's News Conference
	11:44:03 AM - 12:35:25 PM	PT	0:51:22	Special Report: President Obama's News Conference
Tuesday, August 5, 2014	10:29:48 AM - 10:37:52 AM	ET	0:08:04	Special Report: U.S. Two-Star General Killed in Afghanistan Attack
	8:29:48 AM - 8:37:47 AM	MT	0:07:59	Special Report: U.S. Two-Star General Killed in Afghanistan Attack



	7:29:48 AM	-	7:37:47 AM	PT	0:07:59	Special Report: U.S. Two-Star General Killed in Afghanistan Attack
Thursday, August 7, 2014	5:32:23 PM	-	5:36:24 PM	ET	0:04:01	Special Report: U.S. Begins Humanitarian Airdrops in Northern Iraq
	3:32:23 PM	-	3:36:24 PM	MT	0:04:01	Special Report: U.S. Begins Humanitarian Airdrops in Northern Iraq
	2:32:23 PM	-	2:36:24 PM	PT	0:04:01	Special Report: U.S. Begins Humanitarian Airdrops in Northern Iraq
Thursday, August 7, 2014	9:28:14 PM	-	9:40:07 PM	ET	0:11:53	Special Report: President Obama Press Conference on Iraq
	7:28:15 PM	-	7:40:07 PM	MT	0:11:52	Special Report: President Obama Press Conference on Iraq
	6:28:13 PM	-	6:40:07 PM	PT	0:11:54	Special Report: President Obama Press Conference on Iraq
Friday, August 8, 2014	9:02:39 AM	-	9:05:35 AM	ET	0:02:56	Special Report: Air Strikes in Iraq
	7:02:41 AM	-	7:05:35 AM	MT	0:02:54	Special Report: Air Strikes in Iraq
	6:02:41 AM	-	6:05:35 AM	PT	0:02:54	Special Report: Air Strikes in Iraq
Saturday, August 9, 2014	10:27:43 AM	-	10:58:25 AM	ET	0:30:42	Special Report: Statement By President Obama
	8:27:43 AM	-	8:58:25 AM	MT	0:30:42	Special Report: Statement By President Obama
	7:27:43 AM	-	7:58:25 AM	PT	0:30:42	Special Report: Statement By President Obama
Monday, August 11, 2014	5:09:01 PM	-	5:16:20 PM	ET	0:07:19	Special Report: President Obama Statement on Iraq
	3:09:01 PM	-	3:16:20 PM	MT	0:07:19	Special Report: President Obama Statement on Iraq
	2:09:01 PM	-	2:16:20 PM	PT	0:07:19	Special Report: President Obama Statement on Iraq
Monday, August 11, 2014	7:12:37 PM	-	7:15:28 PM	ET	0:02:51	Special Report: Death of Robin Williams
	5:12:37 PM	-	5:15:28 PM	MT	0:02:51	Special Report: Death of Robin Williams
	4:12:37 PM	-	4:15:28 PM	PT	0:02:51	Special Report: Death of Robin Williams
Thursday, August 14, 2014	12:47:13 PM	-	1:00:04 PM	ET	0:12:51	Special Report: Statement By President Obama - Developments in Iraq and Situation in Ferguson, Missouri
	10:47:13 AM	-	11:00:04 AM	MT	0:12:51	Special Report: Statement By President Obama - Developments in Iraq and Situation in Ferguson, Missouri

	9:47:13 AM - 10:00:03 AM	PT	0:12:50	Special Report: Statement By President Obama - Developments in Iraq and Situation in Ferguson, Missouri
Monday, August 18, 2014	4:25:10 PM - 4:55:56 PM	ET	0:30:46	Special Report: Statement by President Obama - Developments in Iraq and Ferguson, Missouri
	2:25:10 PM - 2:55:56 PM	MT	0:30:46	Special Report: Statement by President Obama - Developments in Iraq and Ferguson, Missouri
	1:25:10 PM - 1:55:50 PM	PT	0:30:40	Special Report: Statement by President Obama - Developments in Iraq and Ferguson, Missouri
Wednesday, August 20, 2014	12:49:57 PM - 1:00:39 PM	ET	0:10:42	Special Report: Statement by President Obama on Execution of U.S. Journalist in Iraq
	10:49:57 AM - 11:00:39 AM	MT	0:10:42	Special Report: Statement by President Obama on Execution of U.S. Journalist in Iraq
	9:49:57 AM - 10:00:39 AM	PT	0:10:42	Special Report: Statement by President Obama on Execution of U.S. Journalist in Iraq
Thursday, August 28, 2014	4:06:49 PM - 4:41:36 PM	ET	0:34:47	Special Report: Statement by President Obama About Ukraine Situation
	2:06:49 PM - 2:41:36 PM	MT	0:34:47	Special Report: Statement by President Obama About Ukraine Situation
	1:06:50 PM - 1:41:33 PM	PT	0:34:43	Special Report: Statement by President Obama About Ukraine Situation
Tuesday, September 2, 2014	1:21:54 PM - 1:26:05 PM	ET	0:04:11	Special Report: Hostage Situation
	11:21:54 AM - 11:26:05 AM	MT	0:04:11	Special Report: Hostage Situation
	10:21:54 AM - 10:26:05 AM	PT	0:04:11	Special Report: Hostage Situation
Friday, September 5, 2014	11:45:27 AM - 12:17:57 PM	ET	0:32:30	Special Report: President Obama Remarks on Global Crises at NATO Summit
	9:45:27 AM - 10:17:57 AM	MT	0:32:30	Special Report: President Obama Remarks on Global Crises at NATO Summit
	8:45:27 AM - 9:17:57 AM	PT	0:32:30	Special Report: President Obama Remarks on Global Crises at NATO Summit
Wednesday, September 10, 2014	9:00:05 PM - 9:16:48 PM	ET	0:16:43	Special Report: President Obama's Statement on ISIS
	7:00:05 PM - 7:16:48 PM	MT	0:16:43	Special Report: President Obama's Statement on ISIS

	6:00:05 PM	-	6:16:48 PM	PT	0:16:43	Special Report: President Obama's Statement on ISIS
Thursday, September 11, 2014	8:45:30 AM	-	8:49:27 AM	ET	0:03:57	Special Report: 9/11 Anniversary
	7:45:30 AM	-	7:49:28 AM	CT	0:03:58	Special Report: 9/11 Anniversary
	6:45:26 AM	-	6:49:24 AM	MT	0:03:58	Special Report: 9/11 Anniversary
	5:45:26 AM	-	5:49:24 AM	PT	0:03:58	Special Report: 9/11 Anniversary
Friday, September 19, 2014	3:15:06 PM	-	3:48:51 PM	ET	0:33:45	Special Report: Statement by NFL Commissioner Roger Goodell on Domestic Violence Issues and NFL Personal Conduct Policy
	1:15:06 PM	-	1:48:51 PM	MT	0:33:45	Special Report: Statement by NFL Commissioner Roger Goodell on Domestic Violence Issues and NFL Personal Conduct Policy
	12:15:06 PM	-	12:48:41 PM	PT	0:33:35	Special Report: Statement by NFL Commissioner Roger Goodell on Domestic Violence Issues and NFL Personal Conduct Policy
Monday, September 22, 2014	9:30:45 PM	-	9:31:32 PM	ET	0:00:47	Special Report: Attack on ISIS: Air Strikes in Syria
	7:30:45 PM	-	7:31:33 PM	MT	0:00:48	Special Report: Attack on ISIS: Air Strikes in Syria
	6:30:47 PM	-	6:31:33 PM	PT	0:00:46	Special Report: Attack on ISIS: Air Strikes in Syria
Tuesday, September 23, 2014	10:09:35 AM	-	10:15:58 AM	ET	0:06:23	Special Report: President Obama Speaks About ISIS
	8:09:33 AM	-	8:15:57 AM	MT	0:06:24	Special Report: President Obama Speaks About ISIS
	7:09:34 AM	-	7:16:04 AM	PT	0:06:30	Special Report: President Obama Speaks About ISIS

## **THIS WEEK - Third Quarter, 2014**

Sunday, July 6, 2014

Guests:

- Gov. Rick Perry (R-TX)
- Bishop Mark Seitz  
Catholic Diocese of El Paso, Texas  
U.S. Conference of Catholic Bishops
- Matt Bai  
Yahoo News National Political Columnist
- Newt Gingrich  
Former House Speaker  
Co-Host, CNN's "Crossfire"

Topics:

- Crisis on the Border
- This week's Politics

Sunday, July 13, 2014

Guests:

- Rachel Jeantel  
Friend of Trayvon Martin

Topics:

- New Terror Threats in the Middle East
- US Border Enforcement

Sunday, July 20, 2014

Guests:

- John Kerry  
Secretary of State
- Benjamin Netanyahu  
Israeli Prime Minister
- Rep. Mike Rogers (R-MI)  
Chair, House Intelligence Committee
- Richard Haass  
President, Council on Foreign Relations
- Julia Ioffe  
Senior Editor, The New Republic
- Carol Lee  
White House Correspondent, The Wall Street Journal

Topics:

- Crisis from Ukraine to Middle East
- Malaysia Air Flight

Sunday, July 27, 2014

Guests:

- Sen. John Cornyn (R-TX)
- Rep. Henry Cuellar (D-TX)
- Rep. Tom Cole (R-OK)
- S.E. Cupp  
Co-Host, CNN's "Crossfire"  
Columnist, New York Daily News
- Robert Reich  
Fmr. Clinton Labor Secretary  
Professor, University of California, Berkeley

Topics:

- Crisis in the Middle East

Sunday, August 3, 2014

Guests:

- Dan Pfeiffer  
Obama White House Senior Adviser
- Sen Tim Scott (R-SC)
- Dr. Tom Frieden  
Director, Centers for Disease Control and Prevention
- Rep Joaquin Castro (D-TX)  
Foreign Affairs Committee
- David Remnick  
Editor, The New Yorker
- Greta Van Susteren  
Fox News Anchor
- Vin Scully  
L.A. Dodgers Announcer

Topics:

- Ebola Outbreak

Sunday, August 10, 2014

Guests:

- Gen. Carter Ham  
U.S. Army (Ret.)  
Former Commander, U.S. & Coalition Forces in Mosul
- Dr. Frank Glover, Jr.  
Missionary, SIM  
President, SHIELD in Africa
- Amb. Robin Sanders  
Former U.S. Ambassador to Republic of the Congo & Nigeria
- LZ Granderson  
Senior Writer, ESPN The Magazine
- Sharyl Attkisson  
Investigative Journalist  
Author, "Stonewalled"

Topics:

- Crisis in Iraq
- Ebola Threat

Sunday, August 17, 2014

Guests:

- Rep. Tulsi Gabbard (D-HI)  
Foreign Affairs Committee  
U.S. Army National Guard Veteran
- Rep. Adam Kinzinger (R-IL)  
Foreign Affairs Committee  
U.S. Air Force Veteran
- Kristen Soltis Anderson  
Co-Founder, Echelon Insights  
Daily Beast Contributor

Topics:

- US Military Action In Iraq
- Riots in Ferguson, MO

Sunday, August 24, 2014

Guests:

- Rep. Michael McCaul (R-TX)  
Chair, House Homeland Security Committee
- Gen. John Allen  
U.S. Marine Corps (Ret)  
Former Commander, International Forces in Afghanistan
- Rep. William Lacy Clay (D-MO)
- Peggy Noonan  
Columnist, The Wall Street Journal

Topics:

- ISIS Threat
- Execution of American Journalist, James Foley
- Unrest in Ferguson

Sunday, August 31, 2014

Guests:

- Rep Tom Cole (R-OK)
- Bill Richardson  
Former New Mexico Governor

Topics:

- ISIS: Terror Threat Warnings

Sunday, September 7, 2014

Guests:

- Sen Ted Cruz (R-TX)  
Armed Services Committee
- Rep Peter King (R-NY)  
Chair, Counterterrorism and Intelligence Subcommittee
- Rep Adam Smith (D-WA)  
Ranking Member, Armed Services Committee
- Matt Bai  
Yahoo News National Political Columnist
- Sally Jewell  
Interior Secretary

Topics:

- President Obama's Response to ISIS

Sunday, September 14, 2014

Guests:

- Denis McDonough  
White House Chief of Staff
- Sen. Tom Harkin (D-IA)
- Arne Duncan  
Education Secretary

Topics:

- Strategy Against ISIS

Sunday, September 21, 2014

Guests:

- Samantha Power  
U.S. Ambassador to the United Nations
- James Carville  
Democratic Strategist
- Bret Stephens  
Columnist, The Wall Street Journal
- Katrina vanden Heuvel

Editor and Publisher, The Nation  
Columnist, WashingtonPost.com

Topics:

- Campaign Against ISIS

Sunday, September 28, 2014

Guests:

- Vice Admiral John Miller  
Commander, U.S. Naval Forces Central Command  
U.S. 5th Fleet, Combined Maritime Forces
- John Boehner  
Speaker of the House (R-OH)
- Matt Bai  
Yahoo News National Political Columnist
- Rep. Keith Ellison (D-MN)  
Co-Chair, Congressional Progressive Caucus
- Ali Soufan  
CEO, The Soufan Group  
Former FBI Supervisory Special Agent
- John Cohen  
Former Counterterrorism Coordinator, Homeland Security Department  
Professor, Rutgers University

Topics:

- Airstrikes against ISIS targets
- Threat from the Khorasan group

### **NIGHTLINE - Third Quarter, 2014**

Tuesday, July 1, 2014

Topics:

- Extreme Dares
- Divorce Parties
- Red, White & Oh So Blue

Wednesday, July 2, 2014

Topics:

- Vacation Danger
- BBQ Wars
- Cashing In On Infamy

Thursday, July 3, 2014

Topics:

- Breaking News: Hurricane Arthur
- Labor of Love
- All on the Line

Friday, July 4, 2014

Topics:

- Fall From Grace: Jim Grant

Monday, July 7, 2014

Topics:

- Shark Attack
- Decoding Love
- Bare it All

Tuesday, July 8, 2014

Topics:

- Mother Under Scrutiny
- Race Across America
- Humiliated

Wednesday, July 9, 2014

Topics:

- Job Hunters Beware!
- Clooney Outburst
- Monster Ride

Thursday, July 10, 2014

Topics:

- Stranded at Sea
- Man Eaters
- Hollywood Baby Boom?

Friday, July 11, 2014

Topics:

- Price of Beauty?
- Dramatic Rescues
- Homecoming King

Monday, July 14, 2014

Topics:

- In a Flash
- Kid Rockers
- Planet of the Apes

Tuesday, July 15, 2014

Topics:

- Love at First Sight?
- “Con” Artist
- Together Again: The Wonder Years

Wednesday, July 16, 2014

Topics:

- Home Invasion
- Midair Crisis
- Feed Frenzy

Thursday, July 17, 2014

Topics:

- Shot Down
- Inside the Investigation
- Breaking Point: Gaza

Friday, July 18, 2014

Topics:

- Malaysia Airlines Disaster
- Ponzi Scheme



Monday, July 21, 2014

Topics:

- Buns & Guns
- Buyer Beware
- Twice Lucky

Tuesday, July 22, 2014

Topics:

- The Big Bet
- Swiped
- Dangerous Crossing

Wednesday, July 23, 2014

Topics:

- Deadly Force?
- New Pop Master: SIA
- Coming Home

Thursday, July 24, 2014

Topics:

- Walmart Shark Tan
- Get On Up: James Brown
- What a Tease

Friday, July 25, 2014

Topics:

- Storming the Plane
- Busted Shoplifting
- Baby Tiger?

Monday, July 28, 2014

Topics:

- Love Confidential
- Guardians of the Galaxy
- She's Back!: Sarah Palin

Tuesday, July 29, 2014

Topics:

- Mystery: Missing Girl
- Debt Collectors
- Not Again!: Sharknado 2

Wednesday, July 30, 2014

Topics:

- Dangerous Obsession
- In the Crossfire
- Batkid Begins

Thursday, July 31, 2014

Topics:

- Special Edition of Nightline: Confessions of a Cheerleader

Friday, August 1, 2014

Topics:

- Murder Mystery
- Crossfit Games
- Urban Jungle

Monday, August 4, 2014

Topics:

- Hiring a Hit Man?
- Supercharged: Kale
- Kim Kardashian's Hollywood

Tuesday, August 5, 2014

Topics:

- Disappeared
- Epic Reunion: Oprah & Spielberg
- Crazy for Hayes

Wednesday, August 6, 2014

Topics:

- Pushy Parents
- Ebola Outbreak
- Apparently Famous

Thursday, August 7, 2014

Topics:

- Target Iraq
- Yelp Help
- USA Knights

Friday, August 8, 2014

Topics:

- Sexual Healing
- Talking Dirty: Jason Derulo
- Homecoming King: Lebron

Monday, August 11, 2014

Topics:

- Latest on the Death of Robin Williams
- The Man who made us Laugh
- Beloved by the Troops

Tuesday, August 12, 2014

Topics:

- His Final Hours: Robin Williams
- Swimming with Sharks
- Remembering Lauren BaCall

Wednesday, August 13, 2014

Topics:

- The Family Man: Robin Williams
- Pretty Little Liar?
- Flag Mystery Solved?

Thursday, August 14, 2014

Topics:

- Robin's Secret Struggle
- Shark Junkies
- The Giver
- Hands Up, Don't Shoot

Friday, August 15, 2014

Topics:

- Fatal Attraction
- Scammed?

Monday, August 18, 2014

Topics:

- City Under Siege: Ferguson
- Closet Criminal?
- Secrets to Survival

Tuesday, August 19, 2014

Topics:

- Surrogacy, Inc.
- Shake it Off!: Taylor Swift
- Girl Power

Wednesday, August 20, 2014

Topics:

- Faces of Evil
- Burned
- Batter Up!

Thursday, August 21, 2014

Topics:

- God Saved Me
- Sin City
- Meaning of a Challenge

Friday, August 22, 2014

Topics:

- Luxury Living
- Gator Hunters
- Look at Her: Nicki Minaj

Monday, August 25, 2014

Topics:

- Hostage Negotiator
- Take-Out Take-Down
- Miley Cyrus' Mystery Man

Tuesday, August 26, 2014

Topics:

- Flood Cars
- Money Ball: US Open
- Most Wanted: Miley's Man

Wednesday, August 27, 2014

Topics:

- Kids and Guns
- Gates of Hell: Ebola
- Ride the Wave

Thursday, August 28, 2014

Topics:

- Extreme Weight Loss
- Murder Capital
- Secret Wedding: Brad and Angelina

Friday, August 29, 2014

Topics:

- Lunchtime Lift
- Race Against Time

Monday, September 1, 2014

Topics:

- Gift of Hearing
- Making Frozen

Tuesday, September 2, 2014

Topics:

- Exposed
- Stolen Childhood

Wednesday, September 3, 2014

Topics:

- Think Your Way Thin?
- Stars Behind Bars
- Smart(er) Phone

Thursday, September 4, 2014

Topics:

- Special Edition - Joan Rivers: A Life of Laughter

Friday, September 5, 2014

Topics:

- Joan Rivers: Final Moments
- Snake Charmers

Monday, September 8, 2014

Topics:

- Overexposed
- Royal Baby Mania
- Inside a Volcano

Tuesday, September 9, 2014

Topics:

- Behind Closed Doors: Ray Rice
- Phone of the Future
- Best For Last: U2

Wednesday, September 10, 2014

Topics:

- President Obama Speech
- ISIS Threat Update
- NFL Firestorm: Ray Rice
- On the Edge: Sleepwalking

Thursday, September 11, 2014

Topics:

- Not Guilty of Murder
- Killer Wave
- Britney's Back

Friday, September 12, 2014

Topics:

- Travel Hacks
- King of the Beauty Queens
- Palin's Wild Night

Monday, September 15, 2014

Topics:

- Cruel Punishment?
- Mad Men 2.0: Viral Vines
- Really Blurred Lines

Tuesday, September 16, 2014

Topics:

- Buy Less, Pay More?
- Drug Wars
- Music Man: Sting ...

Wednesday, September 17, 2014

Topics:

- Stolen Hit?
- Secret Club
- Scot Free

Thursday, September 18, 2014

Topics:

- Anatomy of a Manhunt
- Drama Queen: Shonda Rhimes
- Scotland the Free?

Friday, September 19, 2014

Topics:

- Breaking His Silence: Roger Goodell
- I Walk the Line: Iphone6
- The Good Lie

Monday, September 22, 2014

Topics:

- Attack on ISIS: The Strikes
- Attack on ISIS: Inside the Terror Group
- Attack on ISIS: The Refugee Crisis
- Vanished: Hanah Graham

Tuesday, September 23, 2014

Topics:

- Queen of Mean? Miss America
- Confessions of a Pot Mom

Wednesday, September 24, 2014

Topics:

- Nearly Fatal Attraction
- Branded Scandal
- Sing: Ed Sheeran

Thursday, September 25, 2014

Topics:

- End of Marriage: Swinging
- Shondaland: Leading Ladies

Friday, September 26, 2014

Topics:

- Slender Man Survivor
- Clooney Weds

Monday, September 29, 2014

Topics:

- Special Edition: Inside The Ring of Fire

Tuesday, September 30, 2014

Topics:

- Ebola in America
- Serial Killer?
- Mrs. Clooney Style

# **ISSUES/PROGRAM LIST**

**2014  
3rd Quarter**

**The CW Plus**

**WXOW 19.2 / WQOW 18.2  
La Crosse / Eau Claire, WI**

# WXOW/WQOW Television, Inc.

Issues/Program List

2014 3rd Quarter

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## **List and Narrative of Issues**

1. **Government and Election Coverage:** These stories focus on national, state and local government. Decisions regarding state law, bills, and local ordinances are covered.
2. **Courts and Crime:** Justice, courts, and law enforcement are important facets of local government. These stories focus on the processes, outcomes and impacts of local government decisions. It also includes crimes committed in our area.
3. **Agriculture:** These stories focus on the agriculture industry and the farming community that makes up much of the Chippewa Valley community. Stories also include coverage of 4-H efforts, dairy prices and crop progress from planting through the harvest.
4. **Community Events:** These stories focus on events happening in the community whether for charitable reasons or for uniting the community. These stories include benefits, fundraisers, athletic events such as run/walks, farmer's markets, concerts, fairs, etc.
5. **Business and Industry:** These stories include those affecting business and employees in our market. It includes expansion plans, layoffs and other stories related to growth and development.
6. **Healthcare:** This includes healthcare initiatives, legislation and insurance. Topics include physical activities, illness prevention and treatment, diet and exercise and lifestyle choices.
7. **Recreation:** Festivals, sports, exercise, hunting, fishing and arts and entertainment are some of the activities we alert people to that are happening locally.
8. **Education:** From school news to what's going on at the Children's museum and the library, we continue to cover kids and their learning. We also focus on school district needs, teacher performance, student test scores, and budgetary challenges. We also cover issues related to our local universities and tech colleges.
9. **Politics:** Stories that cover the political arena on a local, state and nationwide basis. This also includes stories on political candidates and upcoming elections.
10. **Emergency Response/public safety.**

WXOW-TV 19.2/ WQOW 18.2 demonstrate a strong commitment to our community by broadcasting public service announcements (PSA's) for many causes and area non-profit organizations.

The PSA's listed on the following page(s) aired throughout the quarter at various times and days.

**The following PSA's aired during the 3rd Quarter of 2014:**

<b><u>Organization/Cause</u></b>	<b><u>Title</u></b>
CHIPPEWA VALLEY ARTS & ENTERTAINMENT Cause - Promotes local area events	CVAE
THE WATER STREET MILE Cause – raise money for the L.E. Phillips Senior Center	WATER STREET MILE 2014
UNITED WAY Cause – raise money for local United Way programs	COMMUNITY BLOCK PARTY 2014
BUCKSHOT RUN/WALK Cause – Raise proceeds for the Indianhead Special Olympics	BUCKSHOT RUN 2014
JDRF Cause – find a cure for Juvenile Diabetes	JDRF Walk 2014
EAU CLAIRE CHILDRENS THEATRE Cause – raise money for ECCT programs	DWTEC STARS 2014
EAU CLAIRE CHILDRENS THEATRE Cause – raise money for ECCT programs	COLOR DASH 2014
BEACON HOUSE Cause – raise money for the Beacon House services	HIKE FOR THE HOMELESS 2014

AMERICAN CANCER SOCIETY Cause – raise money for breast cancer research	MAKING STRIDES 2014
WXOW 19 HOMETOWN EVENTS Cause - promotes local area events	HOMETOWN EVENTS
RIVERFEST Cause- community and family interaction	RIVERFEST 2014
THUNDER RIDE Cause – Raise money to help find a cure for type 1 diabetes	THUNDER RIDE 2014
COULEE COUNCIL ON ADDICTIONS Cause – Raise money to help fund alternative programs for addicts	HOME RUN RACE 2014
AMERICAN CANCER SOCIETY Cause – Raise money to help the fight against cancer	LA CROSSE RELAY FOR LIFE 2014
UNITED WAY Cause – Raise money for local United Way programs	PIE IN THE FACE 2014
CELEBRITY PIE AUCTION Cause – raise money for the YWCA programs	CELEBRITY PIE AUCTION 2014
NFL PUNT, PASS AND KICK Cause – Promote Sportsmanship, team work and staying active	PPK 2014
OKTOBERFEST Cause- community and family interaction	LADIES DAY LUNCHEON 2014
LA CROSSE BOYS & GIRLS CLUB Cause – raise money for the Boys & Girls Club and the Hope Lives Foundation	GLOW IN THE DEKE 2014
YMCA Cause – raise money for Strong Kids Campaign	EVENING OF INSPIRATION 2014
WIAA Cause – promotes good sportsmanship	WIAA VARIOUS
HONOR FLIGHT Cause – make it possible for WWII Veterans to see their memorials before it is too late	WBA HONOR FLIGHT
AMERICAN HEART ASSOCIATION Cause – Build awareness heart disease is the number one killer of women	GO RED FOR WOMEN
WISCONSIN BOARD FOR PEOPLE WITH DEVELOPMENTAL DISABILITES Cause – Include people with disabilities in your life	BETTER TOGETHER
FALLEN PATRIOTS Cause – Raise money to send the children of fallen soldiers to college	CHILDREN FALLEN HEROES MOTHER
FALLEN PATRIOTS Cause – Raise money to send the children of fallen soldiers to college	CHILDREN FALLEN HEROES STUDENT

CHILDREN OF THE HEART

Cause – Raise awareness for Down Syndrome

U.S. Health & Human Services

Cause – Challenge kids to eat healthy and be active

NHTSA

Cause – Child Passenger Safety

Partnership for Healthy Mouths

Cause – dental hygiene

Partnership for Healthy Mouths

Cause – dental hygiene

Big Brothers Big Sisters

Cause – Become a “Big”

Autism Speaks

Cause – Autism awareness

NRFC-IFL

Cause – Fatherhood Involvement

Reading is Fundamental

Cause – encourage youth to read

NHTSA

Cause – Child Passenger Safety

CHILDREN OF THE HEART

Dunk

Cinderella, Right Fit

Tooth Fairy

Brushy Brush

Start Something

Jamie McMurray

Cheerleaders REV

Book People Unite

Chairs

# Public Issues Report 3rd Quarter 2014

## Public File – 3rd Quarter 2014

July 1st – September 30<sup>th</sup>

### News at

6:01am 7:01

6:15 7:15

6:31

6:45

## July 2014

July 1, 2014

### MONEY MINUTE - FIGHTING HIGH MEDICAL BILLS

I'D LOVE TO PAY THAT MEDICAL BILL SAID NOBODY EVER, SO HOW DO YOU FIGHT THOSE HIGH BILLS AND KEEP YOUR MONEY IN YOUR POCKET? WELL JUST LIKE YOU WOULD RESEARCH TO BUY A CAR OR A HOME, YOU CAN RESEARCH HEALTHCARE COST USE TOOLS TO LOOK UP THE COST OF COMMON PROCEDURES IN YOUR REGION:YOU CAN STILL NEGOTIATE THE PRICES OF YOUR BILL EVEN AFTER YOU VISIT. WHAT YOU WANT TO DO IS ASK FOR AN ITEMIZED BILL FROM YOUR HOSPITAL.A RECENT STUDY FOUND THAT 80% OF MEDICAL BILLS CONTAIN ERRORS, 80%! ALWAYS ASK QUESTIONS TOO JUST BECAUSE YOU DON'T UNDERSTAND A TERM DOESN'T MEAN YOU RECEIVED THAT TREATMENT.AFTER YOU GET YOUR BILL, HEAD OVER TO THE MEDICAL BILLING DEPARTMENT AND PREPARE YOURSELF FOR EXTENSIVE CONVERSATIONS.ALSO, ASK TO PAY THE MEDICARE RATE, MEDICARE NEGOTIATES A 73% DISCOUNT OF THE AVERAGE HOSPITAL CHARGE. NEGOTIATE HOW YOU'LL PAY, AND IF YOU PAY WITH CASH, SOME HOSPITALS WILL GIVE YOU A DISCOUNT

### 07-02-2014

#### HEALTH - TRICKS TO SAFEGUARD YOUR HEALTH WHILE PLAYING NURSE

WHEN YOU HAVE A SICK CHILD OR SPOUSE, IT'S HARD NOT TO WANT TO COMFORT THEM BUT YOU DON'T WANT TO GET YOURSELF SICK.SO HERE ARE 5 TRICKS TO SAFEGUARDING YOUR HEALTH WHILE PLAYING NURSE

- 1.YOU SOOTH SICK BABIES OR TODDLERS BY HOLDING THEM RIGHT, BUT BEFORE YOU PICK THEM UP, SLIP ON YOUR BATHROBE OVER YOUR CLOTHES AND WHEN YOU PUT THEM DOWN, TAKE OF THE ROBE AND LEAVE IT WITH THEM SO YOU DON'T CARRY THE GERMS WITH YOU.
2. WITH ALMOST ALL COLDS, COUGHS AND FLUES; WASHING YOUR HANDS AND FACE AFTER CONTACT MINIMIZES SPREAD OF SICK GERMS
3. WASH AFTER YOU HUG, AND NO, NO, NO KISSING
4. GET THEM THEIR OWN TISSUE BOX AND WASTE BASKET AND CLEAN IT AFTER THEY ARE NO LONGER SICK AND WASH YOUR HANDS AS WELL.
5. FOR KIDS, MAKE A BED BY TURNING 2 COMFORTABLE ARM CHAIRS TO FACE EACH OTHER THIS SPECIAL BOAT BED WILL SAFELY CONTAIN THE CHILD AND LIMIT THE TIME SPENT SITTING NEXT TO THEM ON THE SOFA AND LAST CONSIDER WEARING A MASK, YOU CAN BUY IT AT MOST DRUG STORES AND PREVENT THOSE ACCIDENTAL SNEEZES TO THE FACE

**07-03-2014**

**MONEY - GARAGE SALES**

IT IS SUMMER TIME AND THAT MANS A LOT OF GARAGE SALES. SO IF YOU PLAN ON HAVING YOUR OWN SOON, HERE ARE SOME TIPS TO HELP YOU MAKE THE MOST MONEY. BE CLEAR ON THE PURPOSE OF YOUR SALE, IF YOUR SELLING THINGS TO MAKE MONEY OR TO GET RID OF THEM, SURPRISINGLY YOU CAN OFTEN MAKE MORE MONEY BY PRICING THINGS LOW. IF YOUR GOAL IS TO GET TOP DOLLAR, YOU SHOULD REALLY BE SELLING ON EBAY OR CRAIGS LIST. ADVERTISE; STICK AN AD IN THE NEWSPAPER, PUT UP A NOTICE ON CRAIGSLIST, POST SIMPLE EFFECTIVE SIGNS AROUND THE NEIGHBORHOOD. USE BIG BOLD TEXT LIKE HUGE SALE WITH AN ARROW POINTING IN THE RIGHT DIRECTION AND PLEASE MAKE SURE YOUR SIGN IS READABLE. THEN, THINK LIKE A CUSTOMER, WALK THROUGH YOUR SALE AS IF YOU WERE THERE TO BUY SOMETHING. HOW DOES IT FEEL? WOULD YOU PAY TOP DOLLAR FOR THAT PORCELAIN CAT, PROMOTE EXPENSIVE ITEMS AS WELL? BIG TICKET ITEMS CAN BE TOUGH TO SELL BUT YOU CAN DO IT WITH A LITTLE EXTRA EFFORT. SET FURNITURE UP JUST LIKE YOU WOULD SEE IT AT HOME TO GIVE IT A BETTER SHOT!

**07-07-2014**

**HEALTH - SLEEPING**

WE ALREADY KNOW THAT NOT ENOUGH SLEEP CAN MAKE US GRUMPY AMONG OTHER THINGS, BUT SOMETIMES IT'S HARD TO FALL ASLEEP. SO HOW DO WE GET TO BED ON-TIME WHEN THERE ARE SO MANY GOOD SHOWS ON TV? WELL FIRST YOU WANT TO LIMIT FOOD AND DRINK INTAKE. IF YOU DRINK A CAFFEINATED BEVERAGE RIGHT BEFORE BEDTIME, CHANCES ARE YOUR INABILITY TO SLEEP WILL MANIFEST IN A BINGE SESSION OF HOUSE OF CARDS. YOU SHOULD ALSO AVOID ALCOHOL AND NICOTINE. ALSO AVOID NAPS. A GOOD NAP CAN BE THE MOST WONDERFUL FEELING IN THE WORLD BUT IT CAN ALSO MESS UP YOUR SCHEDULE EVEN MORE, BEEN THERE DONE THAT AS WELL. ALSO, WORKING OUT IS NOT ONLY GOOD FOR YOUR BODY AND HEART HEALTH BUT ALSO FOR SLEEPING BETTER. IT GOES THE OTHER WAY TOO; THOSE WHO SLEEP BETTER ARE MORE LIKELY TO WORK OUT FOR A LONGER PERIOD OF TIME AND LAST, PLEASE CREATE A ROUTINE: BY SLEEPING AT THE SAME TIME AND WAKING UP AT THE SAME TIME, YOUR BODY WILL ADJUST AND STAY IN SYNC WITH THE PATTERN YOU CREATE, THIS MEANS YOU WILL NATURALLY WANT TO GO TO BED AT A CERTAIN TIME.

**07-08-2014**

**TOP 5 MONEY - IMPULSE BUYING**

HAVE YOU EVER BOUGHT THAT SHIRT OR KITCHEN ITEM YOU KNOW YOUR NEVER GONNA USE? WELL HERE ARE SOME TIPS TO STOP IMPULSE BUYING IN THE GROCERY STORE YOU WANT TO STAY IN THE OUTER RING, YOU'LL AVOID A LOT OF THE THINGS YOU DON'T NEED TO BUY UNLESS YOU REALLY NEED YO BUY THOSE LUCKY CHARMS WHICH YOU DON'T. ALSO, TAKE A DEEP BREATH AND WALK AWAY FROM THE VINTAGE JEANS, ARE THEY REALLY WORTH \$300?! NO! JUST GO HOME, RE-EVALUATE YOUR CLOSET, YOU PROBABLY DON'T NEED ANOTHER PAIR. THEN, SUPER SIZE IT, LETS SAY YOU DO GO BIG FOR 4 TIMES A WEEK, THAT'S A FULL \$52 A YEAR THAT YOU COULD BE SAVING, NOT TO MENTION THE EXTRA TRIP OR 2 TO THE GYM. THOSE APPS ON YOUR PHONE, THEY ADD UP, EVEN IF ITS A FREE APP, THEY ALL COME WITH EXTRAS THAT COST SOMETHING. SAVE THE MONEY AND THE TIME YOU SPENT ON BEING LESS PRODUCTIVE. LAST, THEME PARKS ARE EXPENSIVE ENOUGH BUT THERE ARE ALWAYS THOSE GAME SECTIONS THAT SEEM TO STEAL YOUR MONEY: DO YOU HONESTLY THINK YOUR GOING TO SHOOT A 1 INCH SQUARE FROM 20 FEET AWAY WITH A BLOW DART? SAVE YOUR MONEY.

**07-09-2014**

**HEALTH - SNACKS THAT SATISFY**

YOU KNOW WHEN YOU'VE HAD THAT MID MORNING SNACK BUT WHEN IT COMES TIME FOR LUNCH YOU'RE STARVING? HERE ARE SOME SNACKS THAT WON'T LEAVE YOU IN THE SUPER SIZE ME LANE AT THE DRIVE THRU WINDOW. MIXED NUTS:THEY ARE A CONVENIENT WAY TO GET SOME PROTEIN AND HEALTH FATS, TRY ADDING SOME DRIED FRUIT FOR A LITTLE EXTRA FLAVOR. **TRY** HARD BOILED EGGS: THEY ARE AN INEXPENSIVE AND NUTRITIOUS WAY TO FUEL UP WHEN YOUR FAMISHED. BOIL A 1/2 A DOZEN AT THE BEGINNING OF THE WEEK FOR EASY ON THE GO SNACKING. **ALSO**, EDAMAME WITH SEA SALT. 1 CUP OF EDAMAME PODS HAVE ABOUT 7 GRAMS OF PROTEIN. SPRINKLE ON A LITTLE SEA SALT AND SATISFY THAT SALT CRAVING AS WELL. ONE OF MY FAVORITES; JERKY! BEEF AND TURKEY JERKY ARE SUPER TRAVEL FRIENDLY AND GUARANTEED TO KEEP YOU SATISFIED, JUST MAKE SURE THE ONE YOU PICK ISNT TOO HIGH IN SODIUM. LAST, COTTAGE CHEESE AND FRUIT .COTTAGE CHEESE IS LOADED WITH PROTEIN SO EVEN JUST A SMALL PORTION WILL FILL YOU UP.TRY IT WITH FRESH BERRIES OR PINEAPPLE CHUNKS AND IT WILL BE REALLY TASTY!

**07-14-2014**

**HEALTH - COFFEE BENEFITS**

HERE'S SOME GOOD NEWS, ACCORDING TO A RECENT STUDY, DRINKING COFFEE BEFORE A WORKOUT WILL HELP YOU TORCH MORE CALORIES. THAT'S RIGHT, THE STUDY FOUND THAT TRAINED ATHLETES WHO TOOK IN SOME CAFFEINE BEFORE THEIR SWEAT SESSIONS BURNED ABOUT 15% MORE CALORIES FOR 3 HOURS POST WORK OUT THAN THOSE WHO DIDN'T.NOW COFFEE IS GREAT NOT ONLY FOR WEIGHT LOSS BUT SEVERAL OTHER THINGS INCLUDING IMPROVED CIRCULATION. BETTER CIRCULATION HELPS YOU HAVE A BETTER WORK OUT, YOUR MUSCLES NEED OXYGEN. COFFEE HELPS YOU HAVE A BETTER MEMORY. THIS BRAIN BOOST MAY HELP DURING WORK OUTS ESPECIALLY WHEN THEY ENTAIL NEEDING TO RECALL SPECIFIC EXERCISES. IT HELPS WITH MUSCLE PRESERVATION THIS CAN HELP REDUCE THE RISK OF AGE RELATED INJURIES. NOW OF COURSE YOU JUST NEED TO MAKE SURE TO KEEP YOUR DAILY CAFFEINE INTAKE IN CHECK OTHERWISE YOUR GOOD INTENTIONS MAY BACKFIRE. ALSO TRY TO USE ALMOND MILK AND CINNAMON INSTEAD OF CREAM TO KEEP THE CALORIES DOWN AND REMEMBER TO DRINK PLENTY OF WATER

**07-15-2014**

**MONEY - CROWDFUNDING**

CROWDFUNDING HAS BECOME ONE OF THE BIGGEST TRENDS AND BEST WAYS TO RAISE A FEW BUCKS! NOW, PEOPLE ABOUT TO GET HITCHED ARE GETTIN IN ON THE MIX.A LOT OF COUPLES ARE CHOOSING TO FOR-GO A TRADITIONAL REGISTRY IN FAVOR OF CROWDFUNDING FOR HONEYMOONS AND OTHER BIG TICKET ITEMS LIKE FURNITURE, APPLIANCES, DATE NIGHTS, EVEN COLLEGE MONEY FOR THEIR FUTURE KIDS! SOME OF THESE POPULAR SITES INCLUDE WEDDING REPUBLIC, ZOLLA, AND HONEY FUND BUT ETIQUETTE EXPERTS WARN THAT IT MUST BE HANDLED IN THE RIGHT WAY TO NOT COME OFF AS TACKY TO GUESTS. FOR STARTERS, REFRAIN FROM ASKING GUESTS FOR CASH AND USE MONETARY CONTRIBUTION INSTEAD, IT'S A LITTLE BIT MORE TASTEFUL. ALSO BE SURE TO SAY THAT YOU'RE NOT PASSING ALONG ANY TRANSACTION FEES TO DONORS. WHEN YOU DO SET UP THE REGISTRY, SELECT A PLATFORM THAT IS USER FRIENDLY AND INCLUDE A PHOTO OR VIDEO WITH A HEART FELT MESSAGE, THAT'S ALWAYS NICE. BECAUSE THIS CONCEPT IS FAIRLY NEW, SOME MAY NOT BE OPEN TO THE IDEA, SO MAKE SURE YOUR GUESTS HAVE AN OPTION OF A TRADITIONAL REGISTRY AS WELL.



**07-16-2014**

**HEALTH - FOODS TO AVOID**

AS TASTY AS JUNK FOOD IS; IF YOUR DAILY DIET IS FULL OF IT, AND IF YOU EAT BAD THINGS 6 DAYS A WEEK, YOU INCREASE YOUR RISK OF STROKE BY 41% YIKES! SO NUTRITIONAL EXPERTS HAVE COMPILED A LIST OF FOODS THAT YOU SHOULD NEVER EVER PUT IN YOUR BODY AND SOME OF THEM JUST MAY SURPRISE YOU! STAY AWAY FROM MICROWAVE POPCORN, IT IS FILLED WITH CHEMICALS AND IS LINKED TO ALZHEIMER'S DISEASE AND CERTAIN CANCERS. NEXT, FARMED SALMON: THESE THINGS ARE LITTLE CANCER FILETS. STUDIES SHOW THEY CAN BE LOADED WITH CARCINOGENIC CHEMICALS, FLAME RETARDANTS, ANTIBIOTICS, AND PESTICIDES. THIS ONE WILL SURPRISE SOME, MILK! YOU MAY GET CALCIUM FROM IT BUT AT THE SAME TIME YOU'RE INGESTING SATURATED FATS WHICH ARE LINKED TO HEART DISEASE, STROKES, CANCER, AND ARTHRITIS. MOVING ON, CANNED TOMATOES: BPA IS FOUND IN A LINING OF CANNED FOODS AND IT'S ACTUALLY LINKED TO INTESTINAL DAMAGE, HEART DISEASE, AND OTHER AILMENTS. LAST, BE CAREFUL WITH APPLES, STRAWBERRIES, AND GRAPES, THEY TEND TO BE LOADED WITH PESTICIDES!

**07-17-2014**

**MONEY - HOTEL SCAMS**

SUMMER IS IN FULL SWING WHICH MEANS VACATIONS, ROAD TRIPS, AND HOTEL STAYS, BUT DON'T LET MISBEHAVING PEOPLE RUIN YOUR TIME OFF WITH MINI RIP OFFS AND SNEAKY FEES AND SCAMS! HERE'S SOME QUICK REMINDERS OF WHAT TO WATCH OUT FOR NEXT TIME YOU CHECK INTO A HOTEL. WATCH OUT FOR FAKE PIZZA DELIVERY FLYERS, SCAMMERS SLIP THEM UNDER YOUR DOOR, YOU CALL TO MAKE AN ORDER AND NOW THEY HAVE ALL YOUR CREDIT CARD INFORMATION. MAKE SURE TO VERIFY THE PHONE NUMBER BEFORE CALLING. NEXT, THE SINGLE EASIEST WAY FOR SOMEONE TO HACK INTO YOUR COMPUTER IS WITH ROGUE FREE WI-FI HOT SPOTS NAMED LINKSYS TO TRY TO TRICK YOU TO CONNECT TO IT. ALWAYS DOUBLE CHECK THE SAFETY OF THE NETWORK YOU'RE CONNECTING TO MAKE SURE ITS ON THE CORRECT ONE. AND LAST, WATCH OUT FOR THOSE PESKY RESORT FEES, PET FEES, HOUSEKEEPING FEES, OR SAFE FEES. YOU THINK YOUR GETTING A GREAT DEAL ON PRICELINE ONLY TO CHECK IN AND FIND YOU OWE LOTS MORE. BE SURE TO READ THE FINE PRINT WHEN IT COMES TO PRICING MAKE YOUR HOTEL STAY IS A SAFE AND GOOD ONE.

**07-18-2014**

**HEALTH - JUMPING JACKS**

DID YOU KNOW SOME STATES HAVE OFFICIAL EXERCISES? WELL APPARENTLY FOR MISSOURI IT'S THE JUMPING JACK! GOVERNOR JAY NIXON SIGNED LEGISLATION THURSDAY ADDING THE WORK OUT MOVE, IT GOES OFFICIAL AUGUST 28<sup>TH</sup>. STUDENTS FROM THE PERSHING ELEMENTARY SCHOOL LOBBIED FOR THE EXERCISE AS A WAY TO HONOR GENERAL JOHN J PERSHING, HE WAS A MISSOURI BORN GENERAL WHO LED US FORCES IN WWI. HE'S CREDITED FOR INVENTING THE JUMPING JACK AS A TRAINING DRILL FOR CADETS. ASIDE FROM BECOMING STATE LAW, WHY SHOULD JUMPING JACKS BE YOUR NEW BFF? WELL JUST SO YOU KNOW, THEY HELP INCREASE YOUR FAST TWITCH MUSCLE FIBERS BY WORKING ON THE CALVES, THE GLUTES, DELTOIDS, AND LATERALS. WHILE THEY WONT EXACTLY HELP THE MUSCLES INCREASE IN SIZE, THEY WILL ACTUALLY MAKE THEM MORE POWERFUL! SO JUST SO YOU KNOW, THE JUMPING JACK IS THE WAY TO GO. IT'S VERY INTERESTING THAT MISSOURI ADDED THAT AS THE OFFICIAL EXERCISE, GOOD IDEA TO GET OUT THERE AND GET SOME FITNESS ON!

**07-21-2014**

**HEALTH - HOW TO HAVE GOOD ORAL HYGIENE**

GOOD ORAL HYGIENE IS NOT ONLY IMPORTANT FOR A BEAUTIFUL SMILE BUT DID YOU KNOW THAT IT CAN ALSO PROTECT YOUR HEART? STUDIES SHOW THAT IF YOU HAVE UNHEALTHY GUMS, YOU ARE AT A GREATER RISK OF A HEART ATTACK. YIKES! SO TO HELP SHED A LITTLE MORE LIGHT ON THIS TOPIC, HERE ARE SOME COMMON MISTAKES WE MAKE WHEN BRUSHING. EXPERTS SAY TO AVOID BRUSHING TOO MUCH OR TOO LONG, DOING THIS WILL ERODE THE ENAMEL ON YOUR TEETH. DENTISTS RECOMMEND 2-3 TIMES A DAY AT MOST FOR NO LONGER THAN 2 MINUTES. THEY SAY DON'T BRUSH RIGHT AFTER YOU EAT. WAIT AT LEAST 30 MINUTES AFTER EATING TO CLEAN YOUR TEETH. ACIDS FROM YOUR FOOD CAN EAT AWAY THE ENAMEL ON YOUR TEETH SO LET YOUR OWN NATURAL SALIVA NEUTRALIZE THE ACIDS FIRST. NEXT, USING THE WRONG TOOTHBRUSH IS OFTEN A PROBLEM. DON'T USE ONE THAT'S TOO HARD, EXPERTS RECOMMEND LOOKING FOR TOOTHBRUSHES THAT ARE LABELED SOFT OR EXTRA SOFT SO IT DOESN'T CONTRIBUTE TO GUM RECESSION. NEXT, KEEPING YOUR TOOTHBRUSH FOR TOO LONG: DENTISTS SUGGEST CHANGING EVERY 3 MONTHS TO AVOID THE BRISTLES LOSING THEIR FLEXIBILITY AND WEARING OUT.

**07-22-2014**

**MONEY - IDENTITY THEFT**

WITH EVERYONE TRAVELING AND NOW GETTING READY FOR BACK TO SCHOOL, SUMMER CAN BE A HOT TIME FOR IDENTITY THEFT. CONSUMER REPORTS RECOMMEND TRAVELING WITH A MINIMUM NUMBER OF DOCUMENTS AND OTHER SENSITIVE ITEMS. LEAVE SOCIAL SECURITY CARDS AND EXTRA CREDIT CARDS AT HOME. ALSO, MAKE BANK AND CREDIT CARD COMPANIES AWARE OF YOUR TRAVEL PLANS SO THEY CAN BETTER MONITOR FRAUD. THE FEDERAL TRADE COMMISSION WARNS HOTEL GUESTS OF CERTAIN COMMON SCAMS INCLUDING CALLS THAT CLAIM THEY ARE FROM THE FRONT DESK SEEKING VERIFICATION OF YOUR CREDIT CARD NUMBER. IF THAT HAPPENS, MAKE SURE YOU HEAD TO THE FRONT DESK TO CLEAR UP ANY ISSUES. ANOTHER PITFALL, FAKE WI-FI NETWORKS: CONFIRM THE HOTEL'S AUTHORIZED NETWORKS AT CHECK IN TO AVOID HANDING INFORMATION OVER TO SCAMMERS. IDENTITY THEFT ISN'T LIMITED TO ADULTS; CHILDREN'S SOCIAL SECURITY NUMBERS CAN BE A TARGET BECAUSE THEY PROVIDE A CLEAN SLATE FOR SCAMMERS TO OPEN CREDIT CARD ACCOUNTS BECAUSE MOST PARENTS DON'T SUSPECT YOUNG ONES.

**07-23-2014**

**HEALTH - WORST FOODS FOR YOUR SKIN**

YOU'VE ALL HEARD THE PHRASE YOU ARE WHAT YOU EAT, WELL THAT APPLIES NOT ONLY TO OUR BODIES BUT OUR SKIN TOO. EXPENSIVE CREAMS AND CLEANSERS ARE NOT ENOUGH TO KEEP YOUR SKIN IN FLAWLESS SHAPE. YOU ALSO NEED A HEALTHY DIET. SO WITH THAT IN MIND, HERE ARE THE ABSOLUTE WORST FOODS FOR YOUR FACE. THIS 1ST ONE, I'M NOT HAPPY TO HEAR ABOUT, WHITE BREADS, PASTA, AND CAKE, MY FAVORITE! THEY ALL HAVE A HIGH GLYCEMIC INDEX WHICH IS LINKED TO ACNE, SWITCH TO WHOLE GRAINS INSTEAD. NEXT SUGAR; AS MUCH AS WE LOVE IT, IT IS THE MOST AGING FOOD WE CONSUME AND IT WEAKENS OUR IMMUNE SYSTEM TOO, BUT IT CAN ALSO FEED CANCER. MOVING ON; ALCOHOL; NOT ONLY DOES IT GIVE US A HEADACHE BUT IT DEHYDRATES YOU, AGGRAVATES ROSACEA, AND MAKES YOUR SKIN LOOK DULL. SALT IS ACTUALLY TERRIBLE FOR YOUR SKIN, IT CAUSES YOUR TISSUES TO SWELL MAKING YOU LOOK PUFFY AND UNHEALTHY. CHECK LABELS TO HELP YOU REDUCE YOUR INTAKE.

**07-24-2014**

**MONEY - COLLEGE DEGREES**

A COLLEGE DEGREE CAN HELP YOU PERUSE A HIGHER PAYING CAREER BUT ALL DEGREES ARE NOT CREATED EQUAL WHEN IT COMES TO COMPENSATION.A GEORGETOWN UNIVERSITY STUDY MEASURED COMMON MAJORS AGAINST THEIR ECONOMIC VALUE AND HERE'S WHAT THEY FOUND OUT. FIRST OFF, THE NUMBER ONE DEGREE THEY SAY TO AVOID: A BACHELORS IN PSYCHOLOGY. ON AVERAGE, RECENT GRADS TAKE IN \$30,000 A YEAR, IT'S ALSO ONE OF THE MOST POPULAR MAJORS OUT THERE BUT ITS DEMAND FOR EMPLOYEES IS LESS. NEXT, HELPING PEOPLE MIGHT BE YOUR THING BUT, WITH A DEGREE PROGRAM LIKE SOCIAL WORK, YOU PROBABLY WONT SEE YOUR SKILLS REFLECTED IN YOUR PAYCHECK. EXPECT TO EARN ABOUT \$29,000 ANNUALLY TO START. MOVING ON, EXPERTS SAY ANOTHER DEGREE TO CONSIDER AVOIDING IS A BACHELORS IN FILM, VIDEO, AND PHOTOGRAPHIC ARTS. NOT ONLY IS IT AN EXTREMELY COMPETITIVE FIELD, BUT THEY BELIEVE FEW PEOPLE REALLY MAKE IT IN THE BUSINESS AND WIND UP DOING SMALLER, LOW BUDGET SHOOTS INSTEAD. A LOT OF DEGREES DO EARN YOU BIG BUCKS THOUGH SO PAY ATTENTION TO THAT.

**7/25/2014**

**HEALTH-WHAT YOUR TOE NAILS SAY ABOUT YOUR HEALTH**

DID YOU KNOW YOUR NAILS CAN TELL YOU A LOT ABOUT YOUR HEALTH? WHILE NOTHING REPLACES A TRIP TO THE DOCTOR FOR REGULAR CHECK UPS, TAKING A LOOK AT YOUR FINGERS CAN HELP YOU SEE EARLY WARNING SIGNS.HERE ARE A FEW COMMON SYMPTOMS: 1. PALE NAILS-IF YOUR NAIL BEDS ARE LOOKING GHOSTLY YOU MIGHT HAVE ANEMIA. BE SURE YOU ARE EATING GOOD SOURCES OF IRON LIKE GREEN LEAFY VEGGIES, BEANS, AND RED MEAT TO BOOST YOUR IRON LEVELS.2. YELLOWING MIGHT INDICATE A FUNGAL INFECTION. TOPICAL MEDS WILL PROBABLY BE NO HELP, SO HAVE YOUR DOCTOR PRESCRIBE AN ORAL MEDICATION, TO REACH THE ENTIRE, INFECTED NAIL.3. VERY IMPORTANT TO NOTE, DARK BROWN OR BLACK VERTICAL LINES ON THE NAIL BED, SHOULD NEVER BE IGNORED, THESE CAN BE A HALLMARK SIGN OF MELANOMA. THIS REQUIRES EARLY DETECTION AND TREATMENT.4. WATCH OUT FOR DEPRESSIONS OR SMALL CRACKS IN YOUR NAILS, THESE SYMPTOMS ARE OFTEN ASSOCIATED WITH PSORIASIS, WHICH IS USUALLY ASSOCIATED WITH SCALY RED PATCHES ALL OVER THE BODY.

**7/28/2014**

**HEALTH-SECRETS TO SLEEPING BETTER**

SUMMER IS IN FULL SWING, HOT TEMPS, A LOT OF SUNLIGHT AND SUNBURNS CAN LEAVE YOU TOSSING AND TURNING; SO WE'VE GOT SOME WAYS YOU CAN RECLAIM YOUR BEAUTY REST AND FEEL REFRESHED. 1. EAT DINNER EARLY- A HEAVY MEAL TO CLOSE TO BED TIME CAN GIVE YOU HEART BURN, SO MAKE SURE YOU EAT BEFORE 8PM. 2. DRINK MORE WATER- DEHYDRATION IS COMMON IN SUMMER, THE HEAT MAKES US SWEAT MORE. SIP ON SOME WATER ABOUT 30 MINUTES BEFORE YOU GO TO SLEEP. 3. ANOTHER GREAT TIP IS TO AVOID ALCOHOL. IT CAN CAUSE FRAGMENTED SLEEP. TRY SOME SELTZER OR TEA INSTEAD. 4. HERE IS SOMETHING YOU MIGHT NOT THINK OF, TURN ON THE A.C. WHILE THE SOUND OF CRICKETS MIGHT SOUND RELAXING, FOR PEOPLE WHO SUFFER FROM ALLERGIES, OPEN WINDOWS CAN

CAUSE POLLEN TO BLOW IN AND CAUSE THOSE ALLERGIES TO ACT UP.5. TRY STRETCHING, DOING SOME RELAXING YOGA POSES BEFORE BED CAN REALLY HELP.

**7/29/2014**

### **MONEY MINUTE-LAST MINUTE VACATIONS**

SUMMER IS IN FULL SWING AND IF YOU HAVEN'T PLANNED A VACATION BUT JUST NEED A MINUTE TO HANG OUT THEN HERE ARE SOME TIPS ON SOME GREAT LAST MINUTE VACATIONS. 1. LOOK FOR BUSINESS HOTELS IN CITIES, THEY USUALLY COST LESS THAN TOURISTY AREAS, ESPECIALLY IN BIG CITIES. ALSO, IMPORTANT BECAUSE BUSINESS TRAVEL DIPS DURING THE SUMMER. YOU CAN ALSO OPT FOR HOTELS NEAR EXITS ON HIGHWAYS, WHICH ALMOST ALWAYS HAVE AVAILABILITY AND ARE USUALLY PRETTY AFFORDABLE. 2. IT IS IMPORTANT TO BE FLEXIBLE. MAKE SURE TO PRICE VARIOUS DATES, SOMETIMES YOU CAN SAVE MONEY BY TRAVELING A DAY EARLIER OR A DAY LATER. BOOKING A TRIP RIGHT AFTER LABOR DAY CAN BE CHEAPER THAN TRYING TO BOOK A TRIP IN JULY OR AUGUST. 3. AND DON'T BE AFRAID TO CONSIDER OFF SEASON DESTINATIONS, BECAUSE OF THEIR EASIER AVAILABILITY AND PRICING. CHEAP TICKETS IS A GREAT SITE TO SAVE UP TO 30-PERCENT ON DESTINATIONS LIKE CANCUN, CABO SAN LUCAS, AND PUERTO VALLARTA.

**7/30/2014**

### **LIFESTYLE-HOW TO SET UP YOUR DESK AT WORK**

YOU MAY KNOW HOW TO MANAGE YOUR TIME WELL AT WORK BUT THERE IS ONE VERY IMPORTANT ELEMENT YOU MAY BE MISSING WHEN IT COMES TO ULTIMATE SUCCESS AT THE OFFICE AND THAT IS YOUR DESK! HOW YOU ORGANIZE YOUR WORKSPACE HAS A SURPRISING EFFECT ON YOUR CREATIVITY AND WORK PRODUCTIVITY. THANKS TO OUR FRIENDS AT HUFFINGTON POST, EXPERTS RECOMMEND THE FOLLOWING: TRY PAINTING YOUR WALLS GREEN: STUDIES SHOW THE COLOR CAN MAKE YOU MORE CREATIVE. NEXT, LIVE PLANTS IN YOUR WORK ENVIRONMENT CAN HELP PRODUCTIVITY. ALSO, DON'T FORGET PERSONAL PHOTOS: THAT IS A BIG ONE. EXPERTS SAY LOOKING AT THE PHOTOS CAN EASE STRESS INSTANTLY. LAST, YOU WANT TO MAKE SURE YOU ARE SITTING RIGHT. YOUR MONITOR SHOULD BE PLACED AT EYE LEVEL AND YOUR ARMS PARALLEL TO THE GROUND. THERE YOU GO, SIMPLE TIPS TO SET YOURSELF UP FOR THE BEST WORK DAY EVER!

**7/31/2014**

### **MONEY-NEGOTIATING SALARY**

KNOWING HOW TO NEGOTIATE YOUR SALARY CAN BE THE KEY TO SUCCESS IN YOUR CAREER AND CAN PAY OFF FOR THE REST OF YOUR WORKING DAYS. THERE ARE A FEW KEY THINGS CAN MAKE OR BREAK THE NEGOTIATION TALKS 1. IT CAN BE INTIMIDATING TO DEMAND TOP PAY BUT REMEMBER EMPLOYERS EXPECT YOU TO DO SOME NEGOTIATING SO IT IS OKAY TO SUGGEST A NUMBER SLIGHTLY HIGHER THAN WHAT IS PROPOSED. MOST WILL HAVE A RANGE IN MIND ANYWAY. 2. MAKE SURE YOU COME WELL PREPARED FOR THE MEETING. HAVE A NUMBER ALREADY IN YOUR HEAD AND BE PREPARED WITH AN APPROPRIATE COUNTER OFFER. DO YOUR RESEARCH. 3. ANOTHER GOOD POINT IS TO REMEMBER THAT THE BEST TIME TO INCREASE YOUR SALARY IS IN THE FIRST 20 YEARS OF YOUR CAREER. STUDIES SHOW THAT AFTER THAT YOU'RE REPAY TYPICALLY FLAT LINES. SO KEEP NEGOTIATING. 4. ALSO IMPORTANT TO NOTE, NOT SPEAKING UP NOW, MEANS WORKING LONGER, RETIREMENT MAY SEEM A LONG WAY OFF BUT THE EARLIER YOU START CONSIDERING IT, THE HAPPIER YOU WILL BE LATER IN LIFE. EVEN A SMALL DIFFERENCE IN SALARY COULD MEAN SOME SERIOUS MONEY.

## AUGUST

**August 1st, 2014**

### **HEALTH STORY ----EVERYDAY HARMFUL THINGS**

So, we do a variety of common tasks every day that seem normal but did you know that several of these are actually hurting us? Well, here is a list of a few: First off, believe it or not, alarm clocks! They are found to have negative effects on our health. According to studies, they make you have social jet lag because they wake you up in the middle of your sleep cycles. Next, mowing your lawn! The air pollution emitted from a lawn mower in one hour is nearly the same as what a car expels during a 100 mile trip. A traditional push-reel mower would be your best option there. Uh, flip flops are also harmful! According to experts, they change the way you walk and cause knee problems. Shin stress and muscle soreness in your neck, so use them sparingly. The one not as surprising: sitting too long. Not being active is one of the most common contributors to a short life span. So get up and move around as much as you can. It's a good list!

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**August 4th, 2014**

### **HEALTH STORY --RUNNING IS GOOD.**

YOU KNOW, IF YOU ARE ANYTHING LIKE ME, YOU KNOW HOW GOOD RUNNING IS FOR YOUR HEALTH...BUT YOU STILL HATE TO DO IT. WELL, GOOD NEWS! ALL IT TAKES IS FIVE MINUTES TO REAP THE HEALTH BENEFITS. THAT'S ACCORDING TO A HUGE NEW STUDY THAT LOOKED AT EXERCISE AND LIFE SPAN. THE OLD SCHOOL THINKING WAS THAT YOU HAD TO DO 30 MINS OF MODERATE EXERCISE MOST DAYS OF THE WEEK. THAT'S STILL A GREAT GOAL, BUT THIS NEW RESEARCH SUGGESTS THAT RUNNING JUST 5 MINS PER DAY COULD SIGNIFICANTLY REDUCE SOMEONE'S RISK OF DYING PREMATURELY. EXTRA POINTS FOR THIS GUY FOR RUNNING AND JUGGLING. TOP IT OFF WITH A HEALTHY LIFESTYLE, EATING WELL, AND NOT SMOKING AND YOU'RE EVEN FURTHER AHEAD IN THE GAME. AS A GROUP, RUNNERS IN THE STUDY GAINED ABOUT 3 EXTRA YEARS OF LIFE COMPARED WITH THOSE IN THE STUDY THAT NEVER RAN. SO, YES, YOU DO ACTUALLY HAVE TO RUN FOR YOUR LIFE AND THE FINDINGS SUGGEST THAT EVEN A SMALL AMOUNTS OF VIGOROUS EXERCISE MAY BE EVEN GREATER THAN EXPERTS HAD ASSUMED. SO GET OUT THERE AND START RUNNING!

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**August 5th, 2014**

### **HEALTH STORY ----SUCCESSFUL MORNING HABITS**

WHETHER YOU'RE A MORNING PERSON OR A NIGHT OWL, WE ALL START OUR DAYS A BIT DIFFERENTLY. SOME MIGHT CHECK IN WITH SOCIAL MEDIA, OTHERS DIVE RIGHT INTO EMAIL, SOMEONE ELSE MIGHT HAVE BREAKFAST, WORKOUT, OR PACK LUNCHES FOR KIDS. SO, HERE'S A FEW TIPS TO NOT ONLY MAKE YOU MORE PRODUCTIVE AND CREATIVE, BUT ALSO ENJOY YOUR MORNINGS MORE. START STRONG: WE'RE LIMITED WITH OUR SELF CONTROL, SO DO A TASK THAT MIGHT TAKE A LOT OF FOCUS OR Determination to accomplish. When you start your day with something big, it'll make the rest of the day look easier by comparison. DON'T BE AFRAID TO MAKE LISTS. AT THE END OF YOUR DAY, MAKE A LIST OF THE TASKS YOU NEED TO COMPLETE TOMORROW. AND, THIS ONE IS MY FAVORITE, DO LIKE STEVE JOBS WOULD DO: HE LOOKED IN THE MIRROR EVERY MORNING AND ASKED HIMSELF, "IF TODAY WERE THE LAST DAY OF MY LIFE, WOULD I WANT TO DO WHAT I'M ABOUT TO DO TODAY?" OTHER GOOD TIPS: EAT A GOOD BREAKFAST, TURN OFF THE NOTIFICATIONS ON YOUR PHONE, DOING

CREATIVE WORK WHEN IT FEELS BEST, AND, OF COURSE, TRACKING YOUR HABITS. ALL GREAT IDEAS FOR MAKING YOUR MORNING GREAT!

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**AUGUST 7TH, 2014**

**HEALTH STORY ---"WAYS TO BEAT THE HEAT"**

ANYONE THAT HAS STEPPED OUTSIDE IN THE LAST FEW MONTHS ALREADY KNOWS HOW HOT IT CAN GET! SO, WHAT CAN YOU DO TO BEAT THE HEAT? WELL, THANKS TO OUR FRIENDS AT THE HUFFINGTON POST, WE'VE GOT SOME WAYS TO STAY COOL WITHOUT STRIPPING DOWN. NUMBER ONE: GET USED TO IT. THE HUMAN BODY HAS A GIFT FOR ACCLIMATING TO HOT WEATHER, SO LET YOUR BODY DO ITS THING. ALSO, BE IN SHAPE: BEING FIT INCREASES YOUR ABILITY TO HANDLE HEAT. ALSO, YOU CAN GO FOR THE GREEN! PLANTS AND TREES NOT ONLY BLOCK THE SUN, THEY ALSO HAVE A COOLING EFFECT. AND THEN HERE'S ONE THAT I ABSOLUTELY LOVE: TAKE A REST! IT TAKES A WHILE FOR YOUR BODY TO COOL DOWN, SO IF YOU'RE FEELING HOT, GIVE YOURSELF EXTRA TIME IN THE SHADE BEFORE YOU RESUME YOUR ACTIVITIES. FINALLY, YOUR SWEAT, AS GROSS AS YOU MAY FEEL, DON'T TOWEL OFF. THIS IS WHAT HUFFINGTON POST SAYS: YOUR BODY IS BUILT TO COOL YOU DOWN, SO LET YOUR SWEAT EVAPORATE NATURALLY AND YOU'LL GET A BETTER COOLING EFFECT.

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**AUGUST 11TH, 2014**

**HEALTH STORY ---"TO EAT OR NOT TO EAT"**

YOU KNOW, WE'VE ALL BEEN TAUGHT THAT SKIPPING MEALS IS THE WORST THING YOU CAN DO WHEN YOU'RE TRYING TO LOSE WEIGHT, RIGHT? WELL, NEW STUDIES SUGGEST THAT INTERMITTENT FASTING, ALSO KNOWN AS "I.F." MIGHT HAVE SURPRISING FITNESS BENEFITS. HUGH JACKMAN ATTRIBUTES HIS JACKED UP MUSCLES TO THE I.F. TRAINING HE PRACTICED TO PREPARE FOR THE NEWEST WOLVERINE MOVIE. BUT YOU SHOULD DEFINITELY CONSULT WITH A DOCTOR BEFORE YOU TRY I.F., OK? HERE ARE SOME TIPS TO FASTING SAFELY: HYDRATE, HYDRATE, HYDRATE! DEHYDRATION WILL IMPAIR PHYSICAL EXERTION AND IT CAN BE DANGEROUS, ESPECIALLY IN THE HIGH HEATS WE'RE HAVING RIGHT NOW.

BREAK YOUR FAST WHENEVER YOU WOULD LIKE. LISTEN TO YOUR BODY AND DO WHATEVER FEELS BEST. FINALLY, EAT AS MANY MEALS AS YOU'D LIKE. DESPITE THE COMMON MYTH, EATING SMALL MEALS THROUGHOUT THE DAY VERSUS LARGER, LESS FREQUENT MEALS DOESN'T IMPACT THE METABOLISM. SO FIND OUT WHAT WORKS BEST FOR YOU AND RUN WITH IT!

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**AUGUST 12TH, 2014**

**HEALTH STORY ---TIME MANAGEMENT.**

YOU KNOW, I THINK EVERYONE STRUGGLES WITH TIME MANAGEMENT. I KNOW I AM CONSTANTLY WISHING FOR MORE HOURS IN THE DAY TO GET EVERYTHING DONE. SO, HOW DO YOU BREAK THE CYCLE OF FEELING LIKE YOU CAN'T GET EVERYTHING DONE? WELL, OUR FRIENDS AT THE HUFFINGTON POST HAVE SOME SUGGESTIONS. FIRST OFF, BLOCK TIME AS "UNAVAILABLE." YOU WANT TO SET ASIDE TIME SPECIFICALLY FOR THINKING OR FOCUSING ON NEGLECTED ITEMS. IF PEOPLE ASK YOU FOR AN APPT DURING THOSE PRE-SCHEDULED TIMES, TELL THEM YOU HAVE A MEETING. THAT DEFINITELY HELPS. NEXT, INVEST IN SOMETHING NON-URGENT. WHILE IT MAY FEEL LIKE A LUXURY TO SCHEDULE A BREAK, R&R IS CRUCIAL TO MENTAL HEALTH. DOING SOMETHING FOR YOURSELF SENDS SIGNALS TO YOUR BRAINS THAT ALL IS WELL, WHICH HELPS TO WARD OFF STRESS. LAST, BUT NOT LEAST, GIVE A LITTLE TIME AWAY. I KNOW WHAT YOU'RE THINKING: "I'VE SO MUCH ON MY

PLATE, HOW CAN I VOLUNTEER?" RESEARCH SHOWS THAT WHAT YOU DO WITH YOUR TIME HAS A HUGE EFFECT ON WHAT YOU FEEL. ULTIMATELY, WE CAN'T ADD HOURS TO THE DAY, SO IT'S ALL ABOUT FINDING THAT HAPPY BALANCE.

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**AUGUST 13TH, 2014**

**HEALTH STORY ---"BENEFITS OF THERAPY"**

CHANCES ARE, YOU'VE LIKELY FOUND A COPING MECHANISM FOR DEALING WITH STRESSFUL MOMENTS IN YOUR LIFE. MAYBE IT'S TALKING WITH YOUR FRIEND, WORKING OUT, OR JOURNALING. BUT, NO MATTER HOW YOU DEAL, CHANCES ARE IT WOULDN'T HURT TO TALK IT OUT WITH A PROFESSIONAL. THERAPY CAN HELP YOU HANDLE YOUR EMOTIONS, EVEN IF YOU HAVEN'T GONE THROUGH A LIFE-CHANGING OR TRAUMATIC EVENT. THERAPISTS CAN HOLD YOU ACCOUNTABLE TO GOALS. SHARING YOUR ASPIRATIONS NOT ONLY HELPS YOU TO ARTICULATE YOUR OBSTACLES, BUT ALSO TO WORK THROUGH THEM. TALKING WITH SOMEONE HELPS YOU FIND PURPOSE. BY IDENTIFYING WHAT YOU'RE STRUGGLING WITH, YOU ARE ABLE TO PINPOINT WHERE YOU WANT TO GO. FINALLY, A PROFESSIONAL CAN HELP YOU DISSECT A PROBLEM, THEN LET YOU LEARN HOW TO SOLVE IT. THIS NEW ANGLE HELPS YOU SEE THE ISSUE WITHOUT EMOTION AND DEVELOP A NEW STRATEGY TO SOLVE IT. IF YOU NEED THE HELP, GO AHEAD AND GET IT... IT'S BETTER IN THE LONG RUN.

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**AUGUST 18TH, 2014**

**HEALTH STORY---"SIMPLIFYING YOUR EATING HABITS"**

WE ALL WANT TO EAT HEALTHY BUT FEW OF US HAVE TIME TO PREPARE ALL OF OUR FOOD FROM SCRATCH, SO I'VE GOT SOME BACK-TO-BASICS TIPS TO HELP US EAT HEALTHIER WITHOUT JUMPING THROUGH HOOPS OR SHELLING OUT LOADS OF MONEY. FIRST, WHAT YOU WANT TO DO IS FOLLOW THE QUARTER-QUARTER-HALF RULE WHEN IT COMES TO YOUR PLATE. IT'S VERY SIMPLE. YOU'RE AIMING TO BALANCE YOUR DIET, VERSUS COUNTING CALORIES. ONE QUARTER OF YOUR PLATE IS A LEAN PROTEIN, LIKE FISH, CHICKEN, BEEF OR EGGS - WHATEVER YOU PREFER. THE NEXT QUARTER OF YOUR PLATE IS STARCH: A SMALL, SWEET POTATO, BROWN RICE, WHOLE GRAIN PASTA - AGAIN, WHATEVER YOU PREFER. THE LAST HALF OF YOUR PLATE SHOULD BE FRUITS AND VEGGIES. AND YOU GOTTA STICK TO THIS EVEN WHEN EATING OUT, I KNOW IT'S SUPER HARD, BUT IT WILL KEEP YOU PORTION-CONTROLLED. OTHER TIPS INCLUDE: KEEPING YOUR FRIDGE STOCKED SO YOU'RE LESS LIKELY TO OPT FOR UNHEALTHY FAST FOOD, CHANGING YOUR MINDSET ABOUT FOOD SO YOU CAN CELEBRATE WHAT YOU CAN EAT, VERSUS LAMENTING ON WHAT YOU CAN'T. LAST, APPROACHING EACH DIET IMPROVEMENT AS A SMALL STEP TOWARD A BIGGER GOAL.

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**AUGUST 19TH, 2014:**

**MONEY STORY ---"DIRTY DOLLARS"**

SO, YOU KNOW THE OLD SAYING, "PUT YOUR MONEY WHERE YOUR MOUTH IS?" WELL, RESEARCHERS AT NEW YORK UNIVERSITY WOULD STRONGLY ADVISE AGAINST IT. OUR FRIENDS AT AOL HAVE REVEALED THAT MONEY IS EVEN DIRTIER THAN WE THOUGHT. IN FACT, RESEARCHERS AT NYU HAVE FOUND MORE THAN 103,000 TYPES OF BACTERIA ON OUR CURRENCY. RESEARCHERS WORKING ON THE "DIRTY MONEY" PROJECT COLLECTED 81 DOLLAR BILLS FROM A BANK IN MANHATTAN. ON THE BILLS, THEY FOUND 1.2 BILLION DNA SEGMENTS AND, SHOCKINGLY ONLY ABOUT HALF WERE HUMAN. THAT'S RIGHT: THEY FOUND

DNA FROM HUMANS, HORSES, AND EVEN RARE WHITE RHINOS. THE CREEPIEST PART? SCIENTISTS WEREN'T ABLE TO IDENTIFY ALL OF THE GERMS ON THE BILLS. IN FACT, ON SOME BILLS, THEY COULD ONLY RECOGNIZE ABOUT 20% OF THE BACTERIA. THESE BACTERIA HAVE BEEN LINKED TO ULCERS, PNEUMONIA, FOOD POISONING, AND EVEN STAPH INFECTIONS. EW! SO MAKE SURE YOU'RE USING HAND SANITIZER AFTER HANDLING MONEY AND DO NOT PUT YOUR MONEY WHERE YOU MOUTH ITS. GROSS!

**AUGUST 20TH, 2014:**

### **HEALTH-FOODS THAT TRIGGER HUNGER**

DO YOU FIND YOURSELF ENDLESSLY HUNGRY DESPITE THE FACT THAT YOU'RE EATING REGULARLY? CHANCES ARE YOU'RE EATING FOODS THAT TRIGGER IT! OUR FRIENDS AT HEALTH MAGAZINE DID A LITTLE RESEARCH AND DISCOVERED THAT THERE ARE CERTAIN FOODS THAT ACTUALLY CAUSE HUNGER – EVEN WHEN YOUR BELLY'S FULL! THE “WHITE” STARCHES! YOU KNOW THE ONES WE'RE TALKING ABOUT: WHITE BREAD, PASTA, WHITE RICES, AND THOSE OH-SO-DELICIOUS SUGARY CEREALS WE ALL KNOW AND LOVE. WHITE FLOUR IS STRIPPED OF ITS BRAN, WHICH IS WHAT GIVES GRAIN THE FIBER THAT HELPS YOU STAY FULL. SCARY FACT: A RECENT STUDY SHOWED THAT PEOPLE WHO ATE TWO OR MOVE SERVINGS OF WHITE BREAD PER DAY WERE 40-PERCENT MORE LIKELY TO BE OVERWEIGHT OR OBESE IN A 5 YEAR PERIOD COMPARED TO PEOPLE WHO ATE LESS. YIKES!! ANOTHER SNACK THAT MAKES YOU HUNGRIER? SALTY FOODS! NOT ONLY ARE THEY FREQUENTLY MADE OF WHITE STARCHES, THEY'RE ALSO ONLY SATISFYING ONE CRAVING – YOUR “SALTY” STOMACH GETS FULL, BUT YOUR SWEET STOMACH STARTS CRAVING A MEAL AFTER YOU'VE INDULGED. ALCOHOL'S ANOTHER TRIGGER FOR HUNGER! NOT ONLY DOES IT LOWER INHIBITIONS – MAKING YOU LESS LIKELY TO EAT FOODS YOU WOULDN'T NORMALLY – IT ALSO LOWERS YOUR BOY'S LEVEL OF LEPTIN, A HORMONE THAT HELPS YOU FEEL FULL. AND HERE'S THE BIG SURPRISE FOOD THAT MADE THE LIST FOR TOP HUNGER-INDUCER: JUICE! YES, I KNOW, WITH ALL OF THE JUICING DIETS AND TRENDS, I BET THIS IS A BIG SHOCK TO MANY. A GLASS OF JUICE CONTAINS THE SUGARS OF YOUR FAVORITE FRUITS AND VEGGIES, BUT NONE OF THE FIBER-FILLED PULP. A BIG GLASS WILL SHOOT YOUR SUGAR LEVELS UP, THEN DROP THEM WAY DOWN – INSTANTLY TRIGGERING HUNGER. IF YOU MUST JUICE, BLEND IN A SCOOP OF PROTEIN POWDER OR NUT BUTTER TO GIVE IT STAYING POWER.

**AUGUST 21ST, 2014:**

### **HEALTH STORY --- “IS FITNESS DIFFERENT IN YOUR 30S VERSUS 20S?”**

OK, SO WE ALL KNOW OUR FITNESS GOALS CHANGE AS WE GET OLDER, RIGHT? WE TRADE WANTING TO BE SKINNY TO WANTING TO BE HEALTHY – OR, AT LEAST, THAT'S THE HOPE. CHECK OUT THIS HILARIOUS VIDEO FROM OUR FRIENDS AT FUNNY-OR-DIE DETAILING HOW DIFFERENTLY WOMEN IN THEIR 20S AND 30S VIEW FITNESS. WITH SOCIAL MEDIA MAKING PHRASES LIKE “THIGH GAP” AND “THINSPIRATION” POPULAR, IT'S NO SURPRISE THAT WOMEN OF ALL AGES FIND THEMSELVES CHASING FITNESS GOALS THAT AREN'T REALISTIC. FORTUNATELY, VIDEOS LIKE THIS ONE, POKE FUN AT THE CHASE, BRINGING HUMOR AND PLAYFUL REALISM TO THE FACT THAT SOME BODIES ARE BETTER AT REST THAN IN MOTION. [HTTPS://WWW.YOUTUBE.COM/WATCH?V=TRBSQ9-VRK8#T=22](https://www.youtube.com/watch?v=TRBSQ9-VRK8#T=22)



**AUGUST 25TH, 2014:**

**HEALTH STORY ---“BREAKFAST’S OVERRATED?”**

SO, WE ALL KNOW THAT BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY, RIGHT? WELL, RESEARCHERS THINK THE MORNING MEAL MIGHT BE OVERRATED! TWO STUDIES PUBLISHED IN THE AMERICAN JOURNAL OF CLINICAL NUTRITION EXPLORED THE MOST COMMON CLAIMS ABOUT BREAKFAST: THAT IT HELPS WITH WEIGHT LOSS AND BOOSTS METABOLISM. IN ONE STUDY, RESEARCHERS HAD LEAN ADULTS EITHER SKIP BREAKFAST OR CONSUME A 700-CALORIE BREAKFAST OF THEIR CHOICE. AFTER SIX WEEKS, NEITHER GROUP HAD A CHANGE IN METABOLISM. ALSO, THE GROUP THAT SKIPPED BREAKFAST DIDN'T GORGE ON LUNCH – A COMMON CLAIM! LOOKS LIKE A SMALLER APPETITE WASN'T A BYPRODUCT OF BREAKFAST! THE SECOND, LONGER STUDY PUBLISHED CONFIRMED THE SAME. 300 OVERWEIGHT INDIVIDUALS WERE DIVIDED INTO THREE GROUPS – THOSE TOLD TO EAT BREAKFAST, THOSE TOLD TO SKIP IT, AND A THIRD GROUP TOLD TO EAT HEALTHY, BUT PROVIDING NO SET INSTRUCTIONS. THERE WAS NO DIFFERENCE IN THE CHANGE OF WEIGHT BETWEEN THE THREE GROUPS, WHICH INDICATES THAT BREAKFAST DOESN'T IMPACT WEIGHT CONTROL. SO, SHOULD YOU SKIP BREAKFAST? WELL, THE STUDIES SHOWED THAT BREAKFAST EATERS TEND TO BE MORE PHYSICALLY ACTIVE THAN THE SKIPPERS, AND CERTAIN FOODS DID HELP WITH BLOOD SUGAR, BUT IT'S REALLY WHATEVER YOU PREFERENCE IS: IF YOU'RE GOING TO SKIP, JUST MAKE SURE YOU MAKE A CONSCIOUS EFFORT NOT TO BE LAZY!

**AUGUST 26TH, 2014**

**MONEY-- HABITS TO ACHIEVE WEALTH**

OUR FRIENDS OVER AT HUFFINGTON POST HAVE MADE A LIST THAT THEY SAY CAN HELP YOU ACHIEVE WEALTH IN JUST A FEW STEPS. TAKE A LOOK AT SOME OF THEIR TIPS. NUMBER ONE: REVERSE YOUR THINKING. SAVE FOR YOUR FINANCIAL GOALS, THEN PAY WHAT YOU NEED TO. NUMBER TWO; LOOK WHERE YOU WANT TO GO. HAVE A CLEAR FINANCIAL GOAL IN MIND. NUMBER THREE; ADOPT YOUR OWN PRIVATE MIND TRICKS. BASICALLY, SET A SPENDING LIMIT FOR YOURSELF. NUMBER FOUR; LIVE LIKE A SECRET RICH PERSON. DON'T GO SPENDING ALL YOUR SAVINGS ONCE YOU GET SOME. NUMBER FIVE; TACKLE RETIREMENT NOW. IT'S NEVER TOO EARLY TO START SAVING FOR YOUR RETIREMENT. NUMBER SIX; KNOW WHAT'S COMING IN AND GOING OUT. MAKE SURE TO KEEP TRACK OF ALL YOUR FINANCES. NUMBER SEVEN; GETTING OUT OF DEBT. THE SOONER YOU START CHIPPING AWAY AT YOUR DEBT, THE SOONER YOU'LL BE DEBT FREE. NUMBER EIGHT; INCREASE YOUR EARNING. START LOOKING FOR EXTRA WAYS TO BRING IN MORE INCOME. NUMBER NINE; CONSIDER CONSULTING AN EXPERT. USING A FINANCIAL PLANNER CAN HELP YOU STAY ON TRACK TO SEE YOUR GOAL HAPPEN. ###

**AUGUST 27TH, 2014**

**HEALTH--REASONS FOR YOUR MOOD**

WE ALL KNOW THERE ARE A BUNCH OF THINGS EVERYDAY THAT COULD PUT YOU IN A BAD MOOD. A LOT OF THEM ARE OUT OF OUR CONTROL, IT'S JUST THAT LITTLE THING WE CALL

LIFE. BUT GOOD NEWS, THERE ARE SOME THINGS WE COULD DO TO HELP LIFT A BAD MOOD OR EVEN PREVENT ONE. THANKS TO OUR FRIENDS AT HUFF-POST HERE ARE SOME REASONS FOR YOUR BAD MOOD YOU MAY NOT EVEN REALIZE YOU'RE NOT GETTING ENOUGH FRUITS AND VEGGIES. YUP NOT ONLY IS PRODUCE GOOD FOR YOUR BODY, IT IS ALSO GOOD FOR YOUR MENTAL WELL BEING. A STUDY FOUND THAT PEOPLE WHO ATE A GENEROUS PORTION OF FRUITS AND VEGGIES EVERY DAY ALSO HAD THE HIGH MENTAL HEALTH. YOU ARE NOT GETTING ENOUGH SUNLIGHT, THERE ARE SEVERAL STUDIES OUT THERE THAT SHOW IF YOU DON'T GET ENOUGH SUNLIGHT IT CAN MAKE YOUR MOOD MORE SOMBER..SO WHY NOT TAKE THAT LUNCH BREAK OUTSIDE? OR GO TAKE A SHORT WALK. A LITTLE SUNSHINE CAN GO A LONG WAY. HAVE YOU SMILED AT ALL TODAY? IT'S NO SURPRISE BUT SMILING CAN SERIOUSLY BE AN INSTANT MOOD LIFTER. IF YOU HAVE NOT SMILED TODAY, STOP WHAT YOU ARE DOING AND SMILE! JUST A COUPLE OF TIPS TO LIFT YOUR SPIRITS THIS MORNING! ###

**AUGUST 28TH, 2014**

**MONEY--COMPANIES HIRING NOW**

IF YOU ARE JOBLESS OR SEARCHING FOR A CAREER CHANGE, YOU MAY BE A LITTLE WORRIED THAT YOU MIGHT NOT FIND THE JOB YOU WANTED OR EVEN END UP UNEMPLOYED. WELL, THERE IS A LITTLE RAY OF HOPE, ACCORDING TO TIME MAGAZINE HERE ARE A FEW COMPANIES THAT ARE CURRENTLY LOOKING TO EXPAND BIG TIME...

-PELETON CYCLE: THIS COMPANY IS LOCATED IN NEW YORK AND IT OFFERS HIGH END BIKES THAT INCLUDE TOUCH-SCREEN TABLETS AND LIVE STREAM STUDIO CYCLING CLASSES. IT IS EXPANDING RAPIDLY WITH SEVERAL STORES ACROSS THE STATE.

-ALPHASIGHTS: WITH LOCATIONS IN NEW YORK, LONDON AND DUBAI, THIS COMPANY OFFERS EXPERT GUIDANCE TO COMPANIES IN ANY FIELD.

-ZOOSK: YES, WE'RE TALKING ABOUT THE LEADERS IN MOBILE DATING AROUND THE WORLD. IT'S LOCATED IN SAN FRANCISCO AND ITS EMPLOYEES ARE ALWAYS HAVING A GOOD TIME. IT'S BEEN REPORTED THAT THEY ARE GIVING GOOGLE A RUN FOR THEIR MONEY IN TERMS OF GREAT WORK ATMOSPHERE.

ALRIGHT THOSE ARE JUST A FEW, THIS IS GOOD NEWS FOR JOB SEEKERS OF ALL SKILL LEVELS, SO DON'T LOSE HOPE! ###

**AUGUST 29TH, 2014**

**HEALTH AND WELLNESS: SELF SABATOGUE**

EVERYONE HAS THOSE DAYS WHERE SOMETHING DOESN'T GO AS PLANNED AND WE JUST WANT TO GIVE UP. IT'S CALLED SELF-SABOTAGE AND IT CAN BE SO POWERFUL, IT CAN TAKE OVER OUR BRAIN EASILY. SO THANKS TO OUR PALS AT HUFFINGTON POST, HERE ARE A FEW WAYS TO STOP SELF-SABOTAGE IN ITS TRACKS. BE AWARE OF YOUR THOUGHTS. STOP LETTING YOUR BRAIN HAVE NEGATIVE IDEAS AND ABSORB POSITIVE ONES INSTEAD. MINDFULNESS IS THE SOLUTION FOR PESSIMISTIC THOUGHTS. START DEVELOPING SELF-ACCEPTANCE. LOVE YOURSELF. SELF-ACCEPTANCE IS THE KEY TO LIVE A HAPPIER LIFE. BE OPTIMISTIC ABOUT EVERYTHING YOU ASPIRE TO ACCOMPLISH. SLOWLY EXPAND YOUR COMFORT ZONE. MANY TIMES WE REJECT DOING THINGS JUST BECAUSE THEY ARE OUT OF OUR BOUNDARIES. LEARN AND PRACTICE UNTIL YOU START FEELING MORE COMFORTABLE. THE MORE YOU CHALLENGE YOURSELF, THE MORE YOU OPEN YOURSELF TO NEW POSSIBILITIES. FINALLY, REMEMBER THAT YOU'RE IN CONTROL. YOU HAVE THE POWER TO

CHANGE THOSE NEGATIVE THOUGHTS TO POSITIVE, SO FOLLOW THESE STEPS AND YOU SHOULD BE IN A GOOD START. ###

## SEPTEMBER

### 9/1/2014 – LABOR DAY

\*\* pre-recorded show \*\*

### 9/2/2014 – HEALTH MINUTE

Title: "Your Dreams Aren't Bad."

WELCOME BACK, IT'S 23 PAST THE HOUR.

HAVE YOU EVER HAD A DREAM ABOUT FAILING MISERABLY?  
ESPECIALLY ABOUT SOMETHING BIG IN YOUR LIFE?

WELL...ACCORDING TO RESEARCHERS, THAT MIGHT ACTUALLY BE A GOOD THING.

RESEARCHERS CONDUCTED A STUDY AND FOUND THAT PEOPLE WHO DREAMED ABOUT FAILING ON A TEST, THE NIGHT BEFORE THE EXAM ACTUALLY PERFORMED BETTER ON THE TEST.

THEY ASSOCIATED NEGATIVE THOUGHTS ABOUT THE EXAM WITH A HIGHER COGNITIVE GAIN.

ONE EXPERT SAYS, IT REALLY IS NOT AS IRRATIONAL AS IT SOUNDS. HE SAYS, IF YOU ARE STRESSED ABOUT SOMETHING, YOU ARE MORE THAN LIKELY GOING TO WORK HARDER AND PREPARE MORE FOR THE THING YOU ARE STRESSED ABOUT, WHETHER IT IS A TEST OR SOMETHING ELSE.

THE STUDY ALSO COINCIDES WITH NEW RESEARCH THAT SUGGESTS THAT PEOPLE REENACT WHAT THEY LEARNED DURING THE DAY IN THEIR DREAMS.

WHAT ARE SOME BAD DREAMS YOU HAVE HAD BEFORE A BIG EVENT?

### 9/3/2014 – HEALTH MINUTE

Title: "Action Movie Diet"

{\*\*\* JARED\*\*\*}

WELCOME BACK IT'S 23 PAST THE HOUR...  
IT'S NOT JUST WATCHING WHAT YOU EAT, BUT ALSO WHAT YOU WATCH WHEN YOU EAT.

A NEW STUDY PUBLISHED ON THE JOURNAL OF AMERICAN MEDICAL ASSOCIATION FOUND THAT WHEN WATCHING TV, THE AMOUNT OF FOOD PEOPLE EAT DEPENDS ON THE CONTENT THEY ARE ENJOYING.

WHEN WATCHING FOR EXAMPLE, AN ACTION MOVIE, PEOPLE TEND TO EAT MORE THAN THOSE WHO WATCH MORE CALMED AND SUBTLE CONTENT, LIKE TALK SHOWS AND NEWS.

A RESEARCHER FROM CORNELL'S FOOD AND BRAND LAB SAID THAT FAST-PACED PROGRAMS WITH CONSTANT CAMERA CUTS MAKE VIEWERS MORE DISTRACTED FROM WHAT THEY ARE EATING.

A GOOD SUGGESTION TO HELP LOWER THE QUANTITY OF FOOD CONSUMED WHEN WATCHING TV IS TO BRING A SPECIFIC AMOUNT TO THE TV BEFORE SITTING DOWN, THIS WAY YOU WILL AVOID OVEREATING.

ALSO, YOU COULD BRING A GOOD ASSORTED TRAY OF FRUIT AND VEGGIES AND YOU WON'T HAVE TO BE THINKING ABOUT WHAT YOU PUT IN YOUR MOUTH AND ACTUALLY ENJOY WHATEVER YOU'RE WATCHING.

### **9/4/2014 – HEALTH MINUTE**

Title: "Friends Affect Health"

{\*\*\*KRISTEN\*\*\*}

WELCOME BACK, IT'S 23 PAST THE HOUR.

SPENDING TIME WITH FRIENDS IS IMPORTANT, NOT ONLY BECAUSE WE ENJOY BEING WITH THEM BUT ALSO BECAUSE IT CAN AFFECT OUR HEALTH PHYSICALLY AND EMOTIONALLY.

RESEARCHERS FOUND THAT DEATH RISKS ASSOCIATED WITH LACK OF SOCIAL NETWORKING WERE SIMILAR TO SMOKING FIFTEEN CIGARETTES A DAY.

EVEN THOUGH THIS CAUSE IS VERY IMPORTANT FOR THE PEOPLE'S LIFE, IT IS GIVEN NO ATTENTION WHAT SO EVER. BUT THAT DOESN'T MEAN WE CAN'T START WORKING ON IT OURSELVES.

EVEN THOUGH IT SEEMS PRETTY EASY TO HAVE FRIENDS IT IS SOMETIMES HARD TO MAINTAIN THEM. SO, HERE ARE A FEW TIPS ON BEING A GOOD FRIEND.

-ACKNOWLEDGE YOUR FRIENDS PERSPECTIVE

IF YOU UNDERSTAND YOUR FRIENDS' OPINION, THEY WILL FEEL VALIDATED AND CARED FOR.

-TAKE THE RESPONSIBILITY TO SUPPORT YOUR FRIEND

IF YOU DON'T ACCEPT RESPONSIBILITY FOR THIS ROLE, YOU WILL LACK THE MOTIVATION TO CARE ABOUT SOMEONE.

-LASTLY, EXPRESS GRATITUDE AND SUPPORT

RETURN A FAVOR WHEN NEEDED. WHEN A FRIEND HELPS YOU, LET THEM KNOW YOU'RE GRATEFUL.

### **9/5/2014 – MONEY MINUTE**

Title: "Why September is Awesome!"

{\*\*\*KRISTEN\*\*\*}

SEPTEMBER IS HERE WHICH MEANS THAT IT'S TIME TO GET SOME SHOPPING DONE! THAT'S RIGHT: HERE ARE FIVE REASONS WHY SEPTEMBER IS THE BEST MONTH OF THE YEAR TO GO SHOPPING.

FIRST OFF, ALL THAT SUMMER GEAR LIKE BARBECUE GRILLS AND PATIO FURNITURE ARE NOW OUT OF SEASON, MAKING THEM ON SALE ITEMS.

AUGUST IS THE PEAK BACK TO SCHOOL SHOPPING MONTH, SO IF YOU WAITED TO GET YOUR SCHOOL GEAR, THEN YOU'RE GONNA SAVE SOME REAL MONEY DOING IT NOW.

NEED A NEW PHONE, COMPUTER, OR MP3 PLAYER? WELL SEPTEMBER IS THE TIME TO BUY YOUR GADGETS TOO! AROUND THIS TIME, COMPANIES LIKE APPLE WILL USUALLY REVEAL THE NEWEST MODELS OF THEIR PRODUCTS, MARKING DOWN THE PRICES ON THEIR OLDER ONES.

ALSO, IF YOU'RE LOOKING FOR A NEW HOME, NOW'S YOUR CHANCE! THE HOUSING MARKET SLOWS TO A CRAWL AFTER LABOR DAY, LEAVING HOMEOWNERS TO ACCEPT LOW OFFERS THEY MIGHT HAVE TURNED DOWN DURING THE SUMMER.

SO WHAT'S THE MAIN REASON SEPTEMBER IS THE BEST MONTH FOR SHOPPING? THE UPCOMING WINTER HOLIDAY SEASON!

9/8/2014 – HEALTH MINUTE

Title: "Train Your Brain"

{\*\*KRISTEN\*\*}

WELCOME BACK, IT'S 23 PAST THE HOUR.

ANYONE OUT THERE WITH A SWEET TOOTH? DO YOU CRAVE FRENCH FRIES AND A BURGER OVER A SALAD AND SOME BROCCOLI?

THE TRUTH IS OUR BRAINS AND BODIES RARELY CRAVE HEALTHY FOODS. BUT WHAT IF WE COULD TRICK OUR BRAINS INTO DOING JUST THAT? NEW RESEARCH MIGHT SUGGEST THIS TO BE POSSIBLE.

APPARENTLY HIGH CALORIE, SUGARY FOODS PROMPT THE PLEASURE CENTER OF THE BRAIN. THIS IS WHY WE NATURALLY CRAVE UNHEALTHY FOODS.

IN A pilot STUDY PUBLISHED IN THE JOURNAL NUTRITION & DIABETES, SCIENTISTS EXPLAIN THAT CHANGING OUR EATING HABITS COULD ACTUALLY CHANGE HOW OUR BRAIN REACTS TO SPECIFIC FOODS.

RESEARCHERS STUDIED PEOPLE IN TWO GROUPS OVER A PERIOD OF SIX MONTHS TRAINING ONE OF THE GROUPS TO ASSOCIATE HEALTHY FOODS WITH REWARDS.

AFTER SIX MONTHS, THE PEOPLE IN THE EXPERIMENTAL GROUP HAD LOST ABOUT 14 POUNDS WHILE THE CONTROL GROUP HAD LOST JUST ABOUT 5 POUNDS.

LATER RESULTS SHOWED THAT THE EXPERIMENTAL GROUP REACTED ALMOST THE SAME WAY TO HEALTH FOOD AS JUNK FOOD.

BUT SCIENTISTS CAUTION THAT MUCH MORE RESEARCH NEEDS TO BE DONE.  
SO MAYBE ONE DAY WE CAN PULL THIS TRICK OFF.

### **9/9/2014 – MONEY MINUTE**

Title: "Why Job Hopping Might be Bad"

{\*\*\*\*KRISTEN\*\*\*\*}

WELCOME BACK! IT IS 23 PAST THE HOUR...

SO WE'VE ALL HEARD THAT IT'S GOOD TO MOVE JOBS EVERY FEW YEARS TO KEEP YOUR SKILL SET DIVERSE, BUT IS IT COSTING YOU MONEY TO JOB-HOP?

A RECENT STUDY CONDUCTED BY FIDELITY INVESTMENTS OF 500-THOUSAND 401-K SAVERS DETERMINED THAT ONE IN FOUR WORKERS WHO LEFT THEIR JOB LAST YEAR LOST MONEY FROM THEIR RETIREMENT SAVINGS, MOST NOTABLY AMONG THE MILLENNIALS IN THE WORK FORCE.

LEAVING BEFORE THEY WORKED LONG ENOUGH TO RETAIN THEIR EMPLOYER'S 401-K CONTRIBUTIONS COLLECTIVELY COST THE GROUP MORE THAN \$200 MIL, OR AN AVERAGE OF 17-HUNDRED PER PERSON.

SO, HOW DO YOU AVOID LOSING MONEY?

BE AWARE!

READ YOUR COMPANY'S SCHEDULE TO MAKE SURE YOU'RE STICKING AROUND LONG ENOUGH TO BENEFIT FROM THE PROGRAM.

SAVE MORE!

YOU SHOULD BE SAVING 10-15% OF YOUR ANNUAL SALARY EACH YEAR.

IF YOU DON'T THINK YOU CAN STAY LONG ENOUGH TO MAXIMIZE, MAKE SURE YOU'RE SAVING AT LEAST 10% OF YOUR SALARY NOW, OR YOU'LL FEEL THE LOSSES WHEN YOU HIT RETIREMENT.

### **9/10/2014 – HEALTH MINUTE**

Title: "CrossFit's Fittest Man"

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

WELCOME BACK, IT'S 23 PAST THE HOUR.

SO IT LOOKS LIKE SOMEONE HAS WON THE TITLE OF THE MOST FIT HUMAN BEING IN THE WORLD. ACCORDING TO THE CROSS FIT WORLD RICH FRONING IS THE FITTEST MAN IN THE WORLD!

FOR THOSE OF YOU THAT DON'T KNOW, CROSSFIT IS CONSIDERED TO BE ONE OF THE MOST PHYSICALLY DEMANDING EXERCISES OUT THERE. THE RESULTS, ACCORDING TO FRONING, ARE FAR MORE SUPERIOR THAN TRADITIONAL WEIGHT TRAINING.

FRONING EXPLAINED THE EXTREME HEALTH BENEFITS OF CROSSFIT, SAYING IT'S SO EFFECTIVE BECAUSE IT'S WHAT OUR BODIES ARE MADE TO DO. BOILED DOWN, CROSSFIT IS

SIMPLY DIFFERENT FORMS OF HEAVY LIFTING AND ENDURANCE. WHERE AS WEIGHT TRAINING FOCUSES ON STRENGTHENING SPECIFIC MUSCLES, CROSSFIT WAS DESIGNED TO WORK OUT THE ENTIRE BODY AS A WHOLE.

SO WHAT WILL FRONING DO AS THE FITTEST MAN IN THE WORLD?..WELL..NOTHING. HE SAYS YOU CAN START TO GO CRAZY WHEN YOU'RE RECOGNIZED AS THE BEST IN THE WORLD AT SOMETHING.  
TRUE STATEMENT...

### **9/11/2014 – MONEY MINUTE**

Title: "Starbucks Reserve"

{\*\*\*KRISTEN\*\*\*}

WELCOME BACK, IT'S 23 PAST THE HOUR  
SO, T'IS THE SEASON NOW FOR PUMPKIN SPICE LATTES, AND IT LOOKS LIKE THEY'LL BE EVEN EASIER TO GET YOUR HANDS ON AS THE STARBUCKS CHAIN PLANS TO LAUNCH 16-HUNDRED MORE STORES IN THE NEW FISCAL YEAR.

STARTING IN DECEMBER, THE COFFEE MOGUL WILL UNVEIL A NEW STORE SELLING LIMITED BRANDS OF THEIR COFFEE UNDER THE TRADEMARK "RESERVE."

THE FLAGSHIP RETAIL STORE, WHICH WILL LAUNCH IN THE BUX'S HOMETOWN OF SEATTLE, WILL OFFER ROASTING, MANUFACTURING, AND RETAILING IN ONE PLACE. IT'LL FEATURE THE "RESERVE" COFFEE LINE, WHICH ONLY COMES IN LIMITED BATCHES - SOME OF WHICH YOU MAY ONLY BE ABLE TO GET ONCE IN YOUR LIFETIME.

THEY PLAN TO OPEN 100 OF THESE STORES, AS WELL AS ROLL OUT EXPRESS STORES TO EMPHASIZE THE CONVENIENCE OF THEIR DRIVE-THRU OPTIONS.

NEW MOBILE APPS WILL LET CUSTOMERS ORDER AND PAY VIA SMARTPHONE, MAKING THAT LATTE EVEN FASTER AND EASIER TO GET YOUR HANDS ON.

### **9/12/2014 – HEALTH MINUTE:**

Title: "No Sleep = Shrinking Brain!"

{\*\*\*KRISTEN\*\*\*}

WELCOME BACK ITS 23 PAST THE HOUR!  
WE ALL KNOW THAT SLEEP IS IMPORTANT, BUT COULD SKIMPING ON SLEEP BE SHRINKING YOUR BRAIN?

A RECENT STUDY PUBLISHED IN "NEUROLOGY" LOOKED AT A GROUP OF 147 ADULTS AND THE CORRELATION BETWEEN THE SIZE OF THEIR BRAINS AND THEIR SLEEPING HABITS.

IN THE STUDY, AN M-R-I WAS CONDUCTED TO ASSESS BRAIN VOLUME AFTER THE PARTICIPANT COMPLETED A QUESTIONNAIRE REGARDING THEIR SLEEP PATTERNS.

THREE AND A HALF YEARS LATER, A SECOND M-R-I WAS PERFORMED --- WITH SHOCKING RESULTS.

ROUGHLY 35-percent OF THE PARTICIPANTS SUFFERED FROM "POOR SLEEP HEALTH"

AND THOSE WITH SLEEP PROBLEMS SHOWED A RAPID DECLINE IN BRAIN SIZE VERSUS THOSE THAT SLEPT WELL. THE RESULTS WERE MOST SIGNIFICANT FOR THOSE OVER SIXTY.

PER THE STUDY, POOR SLEEP CAN CAUSE PROTEIN BUILD-UP IN THE BRAIN, THAT ATTACKS THE BRAIN CELLS. IT CAN ALSO LEAD TO MEMORY LOSS, DEMENTIA, OR EVEN ALZHEIMER'S.

THE AUTHORS AGREE THAT SLEEP IS CRUCIAL FOR OVERALL BRAIN HEALTH, SO IT LOOKS LIKE WE SHOULD ALL AIM TO GET A BIT MORE SHUT-EYE TONIGHT!

### **9/15/2014 – HEALTH MINUTE**

Title: "Tips to Stay Curious"

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

WELCOME BACK, IT'S 23 PAST THE HOUR.

EVERYONE KNOWS GOOD HEALTH INVOLVES NUTRITION AND EXERCISE, BUT YOU MIGHT BE SURPRISED TO KNOW THAT CURIOSITY IS IMPORTANT, TOO!

OUR FRIENDS AT THE HUFFINGTON POST SHARED SOME TIPS FOR STAYING CURIOUS FROM THE EXPERTS WHO DO IT FOR A LIVING.

TIP ONE:

LOOK OUTSIDE YOUR INDUSTRY.

TAKE TIME TO EXPLORE DIRECTIONS OUTSIDE OF THE NORM. GAIN INSPIRATION BY DOING SOMETHING ELSE! ALWAYS TRY AND LEARN SOMETHING NEW.

TIP TWO:

DIVE DEEP INTO YOUR PASSIONS.

LEARN EVERYTHING YOU CAN ABOUT WHAT YOU LOVE: READING, SEARCH, TRAVEL, TALK! SATISFY THAT PERSONAL DESIRE TO LEARN SOMETHING EVERY DAY.

TIP THREE:

SHARPEN YOUR CRITICAL THINKING SKILLS DAILY.

TRY PUZZLES, CROSSWORDS, SUDOKU - ANYTHING THAT STRETCHES THE MIND IN DIFFERENT WAYS.

TIP FOUR:

CHANGE YOUR ANGLE.

TRY TO VIEW THINGS FROM DIFFERENT PERSPECTIVES - EVEN IF YOU DISAGREE.

AND FINALLY,

TIP FIVE:

FIND COMFORT IN THE UNCOMFORTABLE.

PUSHING OUTSIDE OF YOUR COMFORT ZONE IS WHAT INSPIRES YOU TO CHANGE.

### **9/16/2014 – MONEY MINUTE**

Title: "Most Generous Colleges"



{\*\*\*KRISTEN\*\*\*}

WELCOME BACK, IT'S 23 PAST THE HOUR.

WE ALL KNOW IT COULD BE FRUSTRATING FOR PEOPLE WHO WORK FOR A PIZZA RESTAURANT TO DELIVER SOME PIZZA TO COLLEGE STUDENTS AT A DORM AND RECEIVING LITTLE TO NO TIP.

BUT GOOD NEWS, GRUB HUB HAS USED DATA TO RANK THE CAMPUSES WITH THE HIGHEST AVERAGE TIP PERCENTAGE, IN COMPARISON TO OTHER UNIVERSITIES.

SO HERE ARE 5 OF THE TOP 10 COLLEGES GRUB HUB CONSIDERED THE MOST GENEROUS.

AT NUMBER 5 IS THE UNIVERSITY OF VIRGINIA. GO CAVALIERS!

IN THE FOURTH POSITION IS TOWSON UNIVERSITY. THIS UNIVERSITY IS LOCATED NEAR BALTIMORE, MARYLAND.

NUMBER 3 IS UNIVERSITY OF COLORADO.

IN SECOND PLACE IS VIRGINIA TECH.

AND IN FIRST PLACE, THE MOST GENEROUS UNIVERSITY IN THE US IS UNIVERSITY OF DELAWARE. KEEP THE TIPS COMING BLUE HENS! I'M GUESSING THE PEOPLE THERE ARE FEELING PRETTY HAPPY ABOUT THIS NEWS.

AND HERE'S AN INTERESTING FACT: THE FOOD ORDERING SERVICE NOTED TIPS ARE 7 PERCENT LOWER OVERALL FOR COLLEGE STUDENTS THAN NON-COLLEGE STUDENTS. UNDERSTANDABLE WITH ALL THE TUITION EXPENSES..AND BEER TO BUY!

### **9/17/2014 – HEALTH MINUTE**

Title: "Good Manners Comeback"

{\*\*\*KRISTEN\*\*\*}

WELCOME BACK, IT'S 23 PAST THE HOUR!

GROWING UP, WE WERE CONSTANTLY TOLD TO "MIND OUR MANNERS" AND PRACTICE GOOD ETIQUETTE, BUT IS IT STILL A PRACTICE IN TODAY'S FAST-PACED WORLD?

OUR FRIENDS AT THE HUFFINGTON POST HAVE SHARED FOUR REASONS GOOD MANNERS NEED TO MAKE A COME BACK... AND STAT!

GOOD MANNERS ARE AN EASY WAY TO PRACTICE GRATITUDE.

TAKING A MOMENT TO WRITE A THANK YOU NOTE HELPS YOU TO REFLECT ON THE KINDNESS YOU WERE SHOWN, WHICH CAN HELP YOU HAVE A MORE OPTIMISTIC OUTLOOK ON LIFE.

GOOD MANNERS CAN HELP US UNPLUG, so PUT DOWN YOUR CELL PHONE ALREADY! STUDIES SHOW THAT THE MERE PRESENCE OF A PHONE CAN HAVE A NEGATIVE IMPACT ON SOCIAL CONNECTIONS - AND IT'S DOWNRIGHT RUDE TO TEXT AT THE DINNER TABLE.

GOOD MANNERS ARE THE FOUNDATION OF SOCIAL SKILLS.

SIMPLE ACTIONS, SUCH AS MAINTAINING EYE CONTACT AND NOT SLURPING YOUR SOUP, HELP TO KEEP CONVERSATIONS GOING, THUS IMPROVING CONNECTION.

AND, FINALLY...

GOOD MANNERS MAKE US FEEL GOOD!

STUDIES SUGGEST THAT BEING KIND TO OTHERS MAKES US FEEL HAPPIER. A HAPPY OUTLOOK FOR BEING POLITE? SEEMS LIKE A FAIR EXCHANGE!

### **9/18/2014 – MONEY MINUTE**

Title: "Saving Money on Car Rentals"

{\*\*KRISTEN\*\*}

WELCOME BACK! IT'S 23 PAST THE HOUR.

SO LET'S PRETEND YOU'RE PLANNING A ROAD TRIP AND YOU DON'T WANT TO PUT THE MILES ON YOUR CAR, SO YOU DECIDE TO RENT A VEHICLE...

BUT SHOULD YOU GET THE OPTIONAL INSURANCE? IT'S A QUESTION WE ASK ALL THE TIME. OUR FRIENDS AT FOX NEWS WEIGHED THE OPTIONS ON WHAT'S WORTH IT AND WHAT'S NOT.

IN MOST STATES, MINIMUM LIABILITY IS COVERED WITH YOUR RENTAL. AND YOUR OWN CAR INSURANCE USUALLY EXTENDS TO RENTAL CARS. BUT IF IT DOESN'T, YOU MIGHT WANT TO GET ADDITIONAL INSURANCE FROM THE RENTAL CAR AGENCY WHICH CAN ADD ABOUT 30-BUCKS A DAY TO YOUR BILL.

IF YOU RENT FREQUENTLY, YOU CAN ACTUALLY CONSIDER BUYING AN INSURANCE POLICY, EVEN IF YOU DON'T OWN A CAR.

MANY CREDIT CARDS ALSO OFFER COVERAGE, THOUGH IT'S NOT UNCOMMON FOR THEM TO HAVE STRICT LIMITS.

THE BOTTOM LINE IS SIMPLE:

ONCE YOU HAVE LIABILITY COVERED ON YOUR PERSONAL INSURANCE POLICY, ANYTHING EXTRA IS OPTIONAL.

SOMETIMES THE EXTRA COST ON THE FRONT-END IS WORTH THE PEACE OF MIND IT GUARANTEES.

### **9/19/2014 – HEALTH MINUTE**

Title: "Breast Milk Banks"

{\*\*\*KRISTEN\*\*\*}

WELCOME BACK! IT'S 23 PAST THE HOUR

A NEW PROGRAM IN BRAZIL HAS SLASHED INFANT MORTALITY RATES BY TWO THIRDS! SO WHAT IS IT? AND CAN IT BE USED IN THE REST OF THE WORLD?

THE PROGRAM IS SIMPLE: BREAST MILK BANKS!

A SCIENTIST HAS HELPED TO REFORM BRAZIL'S MILK COLLECTION CENTERS - WHICH ORIGINALLY PAID WOMEN TO DONATE, MAKING THEM FUNCTION SIMILAR TO A BLOOD BANK,

THE BRAZILIAN MILK BANK COLLECTS DONATIONS OF BREAST MILK THROUGH PUBLIC AWARENESS EFFORTS, OFFERING TOLL-FREE HOTLINES FOR PUMPING INSTRUCTIONS AND FREE HOME PICK-UP.

THESE SMALL EFFORTS HAVE HAD BIG PAY-OFFS, MAKING DONATING EASIER AND MORE WIDESPREAD.

BREAST MILK CONTAINS ANTI-MICROBIALS AND IMMUNE-BOOSTING PROPERTIES, MAKING THEM CRUCIAL FOR NEO-NATAL CARE AND PREMATURE BABIES.

\*\*THE SUCCESS OF THE PROGRAM HAS TURNED BRAZIL INTO A MODEL COUNTRY THAT OTHERS ARE NOW STUDYING.

THIS PROGRAM HAS SAVED A LOT OF LIVES AND WITH LESS 17-PERCENT OF U-S WOMEN OPTING TO BREAST-FEED, DOCTORS HOPE TO SEE THE PRACTICE ADOPTED HERE AT HOME.

### **9/22/2014 – HEALTH MINUTE**

Title: "Why Diet Soda is Bad."

WELCOME BACK! IT'S 23 PAST THE HOUR!

IF YOU'RE LOOKING TO LOSE WEIGHT, THE FIRST THING YOU SHOULD DO IS SWAP OUT REGULAR SODA FOR DIET, RIGHT?

WRONG! OUR FRIENDS AT HUFF POST SAY DIET SODA - SPECIFICALLY THE ARTIFICIAL SWEETENERS FOUND IN THE DRINK - COULD BE WHAT'S CAUSING YOUR WEIGHT GAIN!

A NEW STUDY FROM THE WEIZMANN INSTITUTE OF SCIENCE IN ISRAEL FOUND THAT ARTIFICIAL SWEETENERS HAVE NEGATIVE IMPLICATIONS ON OUR GUT BACTERIA.

THE RESEARCHERS FOUND THAT ARTIFICIAL SWEETENERS CHANGE THE COMPOSITION OVER TIME, WHICH ULTIMATELY CAUSES PEOPLE TO BECOME MORE GLUCOSE-INTOLERANT.

GLUCOSE-INTOLERANCE LEADS TO CONDITIONS LIKE OBESITY AND DIABETES, THE VERY THINGS THAT PEOPLE DRINKING DIET SODAS ARE TRYING TO AVOID.

SO, DOES THIS MEAN SUGARY SODAS ARE BETTER?

I'M NO EXPERT BUT WE ARE GOING TO GO AHEAD AND SAY NO!

THE AMERICAN DIABETES ASSOCIATION RECOMMENDS AVOIDING SWEET TEA, JUICE, SODA, AND SPORTS DRINKS. SO HOW ABOUT SOME FRUIT FOR YOUR NEXT SWEETS CRAVING.

AND AS FAR AS DRINKS GO, WATER IS ALWAYS A SAFE BET.

### **9/23/2014 – HEALTH MINUTE**

Title: "Improving Your Relationship"

{\*\*\*KRISTEN\*\*\*}

WELCOME BACK! IT'S 23 PAST THE HOUR.

IN TODAY'S FAST-PACED WORLD, IT'S EASY FOR COUPLES TO GET BUSY AND STOP DOING THE LITTLE THINGS THAT MADE THEM FALL IN LOVE IN THE FIRST PLACE.

BUT DON'T WORRY - YOUR RELATIONSHIP CAN BE IMPROVED WITH JUST A FEW EASY TIPS FROM OUR FRIENDS AT HEALTH-DOT-COM.

FIRST, TURN OFF YOUR SMARTPHONE!

A STUDY PUBLISHED IN "COMPUTERS IN HUMAN BEHAVIOR" FOUND A DIRECT CORRELATION BETWEEN SOCIAL MEDIA USAGE AND UNHAPPINESS.

NEXT, REMEMBER SMALL GESTURES GO A LONG WAY

AND ALSO, REFLECT ON FUNNY MEMORIES.

IN A "MOTIVATION AND EMOTION" STUDY, RESEARCHERS FOUND THAT COUPLES THAT REMEMBERED LAUGHING TOGETHER REPORTED GREATER RELATIONSHIP SATISFACTION.

DON'T FORGET TO ASK QUESTIONS AS WELL.

YOU CAN ALWAYS LEARN ABOUT YOUR PARTNER! DON'T LET THE RELATIONSHIP GET STALE BY REPEATING THE SAME TOPICS -

AT THE END OF THE DAY, ATTENTION GOES A LONG WAY.

### **9/24/2014 – HEALTH MINUTE**

Title: "Yoga in the Office"

[ANCHOR: JARED]

{\*\*\*JARED\*\*\*}

WELCOME BACK, IT'S 23 PAST THE HOUR.

SO WE ALL KNOW THAT SITTING ALL DAY IS BAD FOR YOUR OVERALL HEALTH, BUT WHAT OPTIONS TO DO YOU HAVE IF YOU WORK AN OFFICE JOB?

THANKS TO OUR FRIENDS AT HUFF POST, WE'VE IDENTIFIED THE BEST SPACES FOR PRACTICING YOGA - AND GETTING A BREAK OFF YOUR TUSCH - WITHOUT LEAVING THE OFFICE.

LOOK FOR A LOUNGE.

MOST WORKPLACES FEATURE A DESK-FREE AREA, SUCH AS A LUNCH ROOM OR LOUNGE.

THIS IS AN EASY PLACE TO SET UP A YOGA MAT DURING OFF-HOURS AND SQUEEZE IN A FEW DOWNWARD DOGS.

ATRIUMS AND FOYERS

WHILE NOT IDEAL DURING BUSINESS HOURS, AN ENTRYWAY CAN BE A GREAT, BIG SPACE TO USE BEFORE THE WORKDAY BEGINS. A FEW SUN SALUTATIONS AND TOE-TOUCHES CAN WARM YOU UP FOR A PRODUCTIVE DAY.

CONFERENCE ROOMS

A GREAT MEDITATION SESSION OR LIGHT SERIES OF CHAIR YOGA POSES CAN BE HOSTED EN MASS, RELIEVING STRESS AND TENSION FOR A WHOLE OFFICE.

AND, EASIEST OF ALL ---

YOUR DESK! YOU CAN EASILY FIT IN A FEW STRETCHES RIGHT FROM THE COMFORT OF YOUR SEAT, GETTING THE BLOOD PUMPING AND REFRESHING THE MIND.

### **9/25/2014 – HEALTH MINUTE**

Title: "Wine Better Than Exercise?"

[Anchor: KRISTEN]

WELCOME BACK! IT'S 23 PAST THE HOUR AND I'VE GOT SOME GREAT NEWS FOR WINE LOVERS!

RESEARCHERS AT THE UNIVERSITY OF ALBERTA HAVE FOUND THAT RED WINE, NUTS, AND GRAPES CONTAIN SOMETHING KNOWN AS RES-VERA-TROL WHICH IMPROVES HEART, MUSCLE, AND BONE FUNCTIONS.

SIMILAR TO THE WAY YOUR MUSCLES ARE IMPACTED WHEN YOU GO TO THE GYM! BUT BEFORE YOU START CHUGGING WINE BY THE BOTTLE, THERE ARE A FEW THINGS YOU SHOULD NOTE:

IT SHOULD BE ENJOYED IN MODERATION-  
ALCOHOL IN HIGH DOSES CAN HAVE HARMFUL EFFECTS ON THE BODY.

RES-VERA-TROL CAN ONLY BE FOUND IN RED WINE, NOT WHITE.

OH HEY AND HERE IS EVEN MORE GOOD NEWS!  
RED WINE IS ALSO BELIEVED TO PROMOTE LONGEVITY, CUT THE RISK OF CATARACTS AND COLON CANCER, REDUCE THE RISK OF TYPE 2 DIABETES, AND SLOW DOWN BRAIN DECLINE.

WELL...I'D SAY THAT DESERVES A CHEERS!!  
CHEERS TO RED WINE DRINKING, JARED!!

### **9/26/2014 – HEALTH MINUTE**

Title: "Three Reasons to Quit Soda"

[Anchor: JARED]

HEY GUYS, WELCOME BACK... IT'S 23 PAST THE HOUR.  
BY NOW IT'S PRETTY OBVIOUS THAT SODA ISN'T GOOD FOR YOU.

GOOD NEWS IS MORE AMERICANS ARE TRYING TO QUIT - UP TO 63% ADMIT TO ACTIVELY AVOIDING SODA -  
BUT THERE ARE STILL PEOPLE THAT GUZZLE IT LIKE WATER.

THANKS TO OUR FRIENDS AT HUFF POST, WE HAVE THREE SURPRISING REASONS YOU'RE GOING TO WANT TO QUIT FOR GOOD.

IT BUILDS UP FAT AROUND ORGANS  
DRINKING REGULAR SODA CAUSES AN INCREASE IN THE "HIDDEN" FATS, SUCH AS LIVER FAT AND SKELETAL FAT, PLUS IT PACKS ON THOSE L-B'S!

SWITCHING TO DIET DOESN'T HELP, EITHER.

DIET SODA COMES WITH IT'S OWN LIST OF CONS, ESPECIALLY CENTERED AROUND THE ARTIFICIAL SWEETENERS USED TO MAKE-UP FOR THE LACK OF SUGAR.

AND, FINALLY,  
IT'S AGING YOU!

THE ACID IN SODA IS CAUSING: LOWERING BONE DENSITY, ERODING YOUR TEETH, AND CAUSING KIDNEY PROBLEMS.

YIKES! FOR A HEALTHY ALTERNATIVE, TRY SELTZER WATER WITH A SPLASH OF FRUIT JUICE: IT IS BUBBLY AND TASTY! OR JUST TRAIN YOUR BRAIN TO LIKE WATER! YOUR BODY AND YOUR LOOKS WILL THANK YOU!

### **9/29/2014 – HEALTH MINUTE**

Title: "Sleep Affects Your Work"

[Anchor:KRISTEN]

WELCOME BACK, IT'S 23 PAST THE HOUR.

WE ALL KNOW THAT GETTING YOUR NIGHTLY ZZZs IS IMPORTANT FOR OVERALL HEALTH, BUT COULD SKIPPING SLEEP HURT YOUR PRODUCTIVITY AT WORK?

THANKS TO OUR FRIENDS AT HUFF POST, WE'VE LEARNED THAT SKIPPING SLEEP MAY BE CAUSING MORE THAN JUST YAWNS DURING YOUR MEETINGS.

SLEEP IMPACTS SICK DAYS!

A RECENT STUDY SHOWED THAT SLEEPING LESS THAN 5 HOURS - OR MORE THAN 10 - RESULTS IN EMPLOYEES STAYING HOME 4 TO 9 MORE DAYS THAN THEIR PEERS SLEEPING 7 TO 8.

A HARVARD STUDY SUGGESTS THAT INSOMNIA, AND THE RESULTING EXHAUSTION, COSTS EMPLOYERS ALMOST 8 DAYS OF PRODUCTIVITY - \$63 BILLION TO THE U.S. ECONOMY!

SLEEP PROMOTES CREATIVE THINKING!

NOT GETTING ENOUGH SHUT-EYE CAN MAKE IT HARD FOR YOU TO BE INNOVATIVE AND EXHAUSTION INHIBITS MENTAL ABILITY.

IT CAN IMPACT YOUR WAGES!

RESEARCH SHOWS THAT FOR PEOPLE NOT GETTING ENOUGH SLEEP, GETTING ONE EXTRA HOUR COULD ACTUALLY RESULT IN A 6% INCREASE IN PAY.

GETTING ENOUGH SLEEP ALSO IMPROVES MEMORY, HELPS AVOID JOB BURNOUT, AND HELPS WITH PRODUCTIVITY. ALL THE MORE REASON TO GET SOME ZZZs TONIGHT!

### **9/30/2014 – MONEY MINUTE**

Title: "New Job... Hidden Costs?"

[Anchor:KRISTEN]

WELCOME BACK ITS 23 PAST THE HOUR! WHEN YOU LAND A NEW JOB, YOU ASSUME YOUR FINANCIAL PROSPECTS WILL IMPROVE, RIGHT? WELL, ACCORDING TO OUR FRIENDS AT A-O-L,

THAT NEW JOB MIGHT BE TAKING AN UNPLANNED BITE OUT OF YOUR EXPENSES.

IF YOUR COMMUTE TIME HAS GONE FROM 10 MINS TO 60, YOU HAVE TO FACTOR IN HIGHER COSTS OF GAS AND MAINTENANCE. THAT DREAM JOB MAY ACTUALLY HURT YOU IN HIGHER TRAVELING EXPENSES.

AND WHILE THE PAYCHECK MAY BE HIGHER, SO MIGHT THE INSURANCE PREMIUMS AND DEDUCTIBLES. MAKE SURE YOU FIND OUT WHAT YOUR MONEY WILL GET YOU AND HOW MUCH IT'LL COST YOU ANNUALLY TO SWITCH.

NEXT, CLOTHES ARE OFTEN A HIDDEN EXPENSE WHEN SWITCHING JOBS. IF YOU PREVIOUSLY ROCKED JEANS AND NOW HAVE TO WEAR A SUIT, THE COST OF UPGRADING YOUR WARDROBE CAN BE SUBSTANTIAL.

ALSO, IF YOUR NEW JOB MAKES PACKING LUNCH OR AVOIDING HAPPY HOURS DIFFICULT, IT'LL AFFECT YOUR BOTTOM LINE. EATING OUT FOR A \$5 LUNCH EVERY DAY CAN COST YOU MORE THAN A GRAND IN THE COURSE OF A YEAR!

SO LONG STORY SHORT: DO THE MATH AND FIND OUT IF THAT HIGHER SALARY WILL ACTUALLY MAKE IT TO THE BANK!

# **ISSUES/PROGRAM LIST**

**2014  
3rd Quarter**

**THIS TV**

**WXOW 19.3 / WQOW 18.3  
La Crosse / Eau Claire, WI**

**WXOW/WQOW Television, Inc.**



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## **Short Form Programming**

WXOW-TV 19.3/ WQOW 18.3 demonstrate a strong commitment to our community by broadcasting public service announcements (PSA's) for many causes and area non-profit organizations.

The PSA's listed on the following page(s) aired throughout the quarter at various times and days.

**The following PSA's aired during the 3rd Quarter of 2014:**

<b><u>Organization/Cause</u></b>	<b><u>Title</u></b>
CHIPPEWA VALLEY ARTS & ENTERTAINMENT Cause - Promotes local area events	CVAE
THE WATER STREET MILE Cause – raise money for the L.E. Phillips Senior Center	WATER STREET MILE 2014
UNITED WAY Cause – raise money for local United Way programs	COMMUNITY BLOCK PARTY 2014
BUCKSHOT RUN/WALK Cause – Raise proceeds for the Indianhead Special Olympics	BUCKSHOT RUN 2014
JDRF Cause – find a cure for Juvenile Diabetes	JDRF Walk 2014
EAU CLAIRE CHILDRENS THEATRE Cause – raise money for ECCT programs	DWTEC STARS 2014
EAU CLAIRE CHILDRENS THEATRE Cause – raise money for ECCT programs	COLOR DASH 2014
BEACON HOUSE Cause – raise money for the Beacon House services	HIKE FOR THE HOMELESS 2014

AMERICAN CANCER SOCIETY Cause – raise money for breast cancer research	MAKING STRIDES 2014
WXOW 19 HOMETOWN EVENTS Cause - promotes local area events	HOMETOWN EVENTS
RIVERFEST Cause- community and family interaction	RIVERFEST 2014
THUNDER RIDE Cause – Raise money to help find a cure for type 1 diabetes	THUNDER RIDE 2014
COULEE COUNCIL ON ADDICTIONS Cause – Raise money to help fund alternative programs for addicts	HOME RUN RACE 2014
AMERICAN CANCER SOCIETY Cause – Raise money to help the fight against cancer	LA CROSSE RELAY FOR LIFE 2014
UNITED WAY Cause – Raise money for local United Way programs	PIE IN THE FACE 2014
CELEBRITY PIE AUCTION Cause – raise money for the YWCA programs	CELEBRITY PIE AUCTION 2014
NFL PUNT, PASS AND KICK Cause – Promote Sportsmanship, team work and staying active	PPK 2014
OKTOBERFEST Cause- community and family interaction	LADIES DAY LUNCHEON 2014
LA CROSSE BOYS & GIRLS CLUB Cause – raise money for the Boys & Girls Club and the Hope Lives Foundation	GLOW IN THE DEKE 2014
YMCA Cause – raise money for Strong Kids Campaign	EVENING OF INSPIRATION 2014
WIAA Cause – promotes good sportsmanship	WIAA VARIOUS
HONOR FLIGHT Cause – make it possible for WWII Veterans to see their memorials before it is too late	WBA HONOR FLIGHT
AMERICAN HEART ASSOCIATION Cause – Build awareness heart disease is the number one killer of women	GO RED FOR WOMEN
WISCONSIN BOARD FOR PEOPLE WITH DEVELOPMENTAL DISABILITES Cause – Include people with disabilities in your life	BETTER TOGETHER
FALLEN PATRIOTS Cause – Raise money to send the children of fallen soldiers to college	CHILDREN FALLEN HEROES MOTHER
FALLEN PATRIOTS Cause – Raise money to send the children of fallen soldiers to college	CHILDREN FALLEN HEROES STUDENT

CHILDREN OF THE HEART

Cause – Raise awareness for Down Syndrome

U.S. Health & Human Services

Cause – Challenge kids to eat healthy and be active

NHTSA

Cause – Child Passenger Safety

Partnership for Healthy Mouths

Cause – dental hygiene

Partnership for Healthy Mouths

Cause – dental hygiene

Big Brothers Big Sisters

Cause – Become a “Big”

Autism Speaks

Cause – Autism awareness

NRFC-IFL

Cause – Fatherhood Involvement

Reading is Fundamental

Cause – encourage youth to read

NHTSA

Cause – Child Passenger Safety

CHILDREN OF THE HEART

Dunk

Cinderella, Right Fit

Tooth Fairy

Brushy Brush

Start Something

Jamie McMurray

Cheerleaders REV

Book People Unite

Chairs