

Quarterly Listing of Problems and Needs

WKTD-CA
WAVY Broadcasting, LLC
Community of License: Portsmouth, VA

December 31, 2015

Issues Covered in the Areas of:

Government
Military
Economy
Health and Safety
Education

leading stars of NBC's major programs, making sure that the message is delivered in an interesting and attention grabbing manner and format.

Dateline NBC	3-5 nights a week	Various
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This is an NBC Network News and public affairs program which features investigative reporting on issues of interest to the American public such as health and medical News, technology, travel, *Consumer Reports* and product analyses and the environment.

The Today Show	Monday through Friday	7:00am – 9:00am
NBC Nightly News	Monday through Sunday	6:30pm – 7:00pm
Saturday Today	Saturday	8:00am – 10:00am
Sunday Today	Sunday	8:00am – 9:00am
Meet the Press	Sunday	9:00am – 10:00am

The NBC Network News programs noted above offer a mix of News, weather, interviews, and special features on issues of current concern and interest to our viewers.

In the 4th quarter of 2015, our station aired extensive programming that addressed many areas of concern and interest to the residents in the Norfolk Portsmouth Newport News television market.

These areas and representative examples are as follows:

1) GOVERNMENT

10/7/15 4:00PM (25 SECONDS) JUST MOMENTS AGO THE COAST GUARD OFFICIALLY ANNOUNCED PLANS TO END THE SEARCH FOR 33 MISSING CREW MEMBERS ABOARD CARGO SHIP EL FARO. THAT NEWS DISAPPOINTING TO A VIRGINIA BEACH FAMILY THAT HAS A FAMILY MEMBER ON THE SHIP. TODAY AT MIDDAY - CHIEF ENGINEER RICHARD PASTURE'S (PUZ-UH-TERRY) FAMILY TOLD 10 ON YOUR SIDE - THEY CALLED ON THE GOVERNMENT TO NOT ONLY CONTINUE THE SEARCH BUT EXPAND IT. THEY TOLD THEIR STORY TO ANDY FOX WHO JOINS US WITH WHAT THEY HAD TO SAY.

10/9/15 4:00PM (30 SECONDS) 800-THOUSAND VIRGINIANS SIGNED UP FOR NEXT WEEK'S MULTI-STATE EARTHQUAKE DRILL. VIRGINIA EMERGENCY OFFICIALS SAY THE "GREAT SOUTHEAST SHAKEOUT" IS SET FOR OCTOBER 15. SCHOOLS, BUSINESS, GOVERNMENT AGENCIES AND INDIVIDUALS ARE ASKED TO "DROP, COVER AND HOLD ON." THAT MEANS DROP TO THE GROUND, TAKE COVER UNDER A STURDY DESK OR TABLE, AND HOLD ON UNTIL THE SHAKING STOPS VIRGINIA JOINED THE DRILL FOLLOWING THE AUGUST 2011 POWERFUL EARTHQUAKE THAT ROCKED THE EAST COAST AND WAS CENTERED IN MINERAL.

10/12/15 4:00PM (25 SECONDS) ECONOMISTS WARN ONE FIFTH OF THE NATION'S POPULATION WILL NOT RECEIVE AN ANNUAL COST OF LIVING ADJUSTMENT IN THEIR

MONTHLY CHECKS NEXT YEAR.THIS INCLUDES THE 70 MILLION AMERICANS WHO RECEIVE SOCIAL SECURITY, VETERANS BENEFITS AND RETIRED FEDERAL EMPLOYEES. ITS ONLY THE THIRD TIME IN 40 YEARS THAT WHAT'S KNOWN AS "COLA" WILL BE FLAT. ECONOMISTS BLAME LOW INFLATION AND THE LARGE DROP IN GAS PRICES.THE GOVERNMENT IS EXPECTED TO ANNOUNCE THE COST OF LIVING ADJUSTMENT OR LACK OF ONE ON THURSDAY.

10/16/15 4:00PM (20 SECONDS) AROUND THE WORLD ISRAEL'S GOVERNMENT SAYS IT WILL RESTORE THE COMPOUND HOUSING JOSEPH'S TOMB AND TRACK DOWN THOSE RESPONSIBLE FOR AN ARSON ATTACK. DOZENS OF PALESTINIANS THREW FIREBOMBS TODAY AT THE WEST BANK SITE. PALESTINIAN SECURITY FORCES HAVE PUT OUT THIS FIRE. PART OF THE COMPOUND BURNED.THE TOMB ITSELF IS INTACT.THE TOMB IS A POPULAR PRAYER AND HOLY SITE.

10/19/15 12:00PM (30 SECONDS) ?ARE YOU A DRONE OWNER? WELL YOU MAY HAVE TO LET THE GOVERNMENT KNOW YOU HAVE ONE. THE U-S DEPARTMENT OF TRASPORTATION IS EXPECTED TO ANNOUNCE THE FORMATION OF A TASK FORCE ON DRONES TODAY, THE DUTIES OF THIS TASK FORCE INCLUDE THE CREATION OF A POLICY THAT REQUIRES ANYONE WHO BUYS A DRONE TO REGISTER WITH THE DEPARTMENT.THIS FOLLOWS A NUMBER OF SECURITY PROBLEMS WITH DRONES. THERE HAVE BEEN A LOT OF CLOSE CALLS WITH COMMERCIAL AIRCRAFT OVER THE PAST FEW MONTHS. RIGHT NOW -- ONLY COMMERCIAL DRONE OWNERS HAVE TO REGISTER THEIR AIRCRAFT WITH THE F-A-A.

10/28/15 4:00PM (25 SECONDS) A TOWN IN NORTHWESTERN PAKISTAN IS AMONG THE WORST AFFECTED BY THIS WEEK'S MASSIVE EARTHQUAKE. RESIDENTS WANT THE GOVERNMENT TO HELP REBUILD THEIR DAMAGED HOMES. AUTHORITIES SAY MONDAY'S QUAKE DAMAGED NEARLY 85-HUNDRED HOMES AND MORE THAN 100 SCHOOLS IN PAKISTAN'S IMPOVERISHED NORTHWEST. CREWS ARE STILL TRYING TO REACH REMOTE EARTHQUAKE DAMAGED AREAS IN AFGHANISTAN AND PAKISTAN. RIGHT NOW THE DEATH TOLL IS MORE THAN 385 --- BUT WILL LIKELY RISE ONCE WORKERS REACH THOSE REMOTE VILLAGES.

11/4/15 5:00PM (35 SECONDS) THERE'S A NEW OPTION FOR YOUR RETIREMENT SAVING ACCOUNT. TODAY THE U-S GOVERNMENT LAUNCHED A LOW-RISK, FINANCIAL ACCOUNT TO HELP OUT LOWER- AND MIDDLE-CLASS AMERICANS. IT'S CALLED MYRA. THE PROGRAM IS BACKED BY THE TREASURY AND IS AIMED AT PEOPLE WHO DO NOT HAVE ACCESS TO A 401-K THROUGH THEIR EMPLOYER. THERE ARE INCOME REQUIREMENTS. YOU HAVE TO MAKE LESS THAN 131-THOUSAND DOLLARS OR 193-THOUSAND DOLLARS FOR MARRIED COUPLES. THE ACCOUNT WORKS LIKE A ROTH I-R-A BUT ONLY INVESTS IN A U-S TREASURY SECURITY THAT WAS CREATED SPECIFICALLY FOR THE PROGRAM. AND YOUR INVESTMENT IS GUARANTEED TO NEVER GO DOWN IN VALUE.

11/6/15 4:00PM (15 SECONDS) ALL NEW AT FIVE THIRTY -- ANOTHER BUSY WEEK ON CAPITOL HILL -- BUT -- YOU CAN EXPECT NEXT WEEK TO BE A BIT CALMER. DESPITE THAT MASSIVE BUDGET DEAL -- THERE'S STILL THE CHANCE OF A GOVERNMENT SHUTDOWN. OUR CONGRESSIONAL CORRESPONDENT ALEX SCHUMAN COVERS THAT AND MORE IN THIS WEEK'S CAPITOL EDGE.

11/12/15 4:00PM (25 SECONDS) A DAY AFTER HONORING THE NATION'S VETERANS -- THE V-A IS ACCUSED OF HANDING OUT MORE THAN ONE HUNDRED MILLION DOLLARS IN QUESTIONABLE BONUSES TO TROUBLED EMPLOYEES. U-S-A TODAY LISTS ONE SHOCKING EXAMPLE AFTER ANOTHER. LIKE A DOCTOR AT A FACILITY IN WISCONISN WHO WAS KNOWN AS THE CANDY MAN. HE WAS ACCUSED OF OVERPRESCRIBING NARCOTICS AND THEN GIVEN A FOUR THOUSAND DOLLAR BONUS. ANOTHER V-A EMPLOYEE WHO DRANK AND DROVE A GOVERNMENT TRUCK WAS THEN GIVEN A NINE HUNDRED DOLLAR BONUS.

11/17/15 4:00PM (20 SECONDS) A U.S. SEXUALLY TRANSMITTED DISEASES EPIDEMIC IS INCREASING.GOVERNMENT OFFICIALS SAY THE MOST COMMON INFECTION -- CHLAMYDIA HAS RISEN TO RECORD LEVELS. THE FEDERAL CENTERS FOR DISEASE CONTROL AND PREVENTION SAYS REPORTED CASES OF GONORRHEA AND SYPHILIS ALSO INCREASED IN 2014. THE C-D-C SAYS THE NEW NUMBERS ARE A CLEAR CALL FOR BETTER DIAGNOSIS, TREATMENT, AND PREVENTION.

11/25/15 4:00PM (45 SECONDS)THERE HAVE BEEN NO CHANGES TO THE NATION'S TERROR ALERT STATUS. THE GOVERNMENT SAYS THERE IS NO CREDIBLE THREAT HERE. BUT THE RECENT ATTACKS IN PARIS, WEST AFRICA AND ELSEWHERE PROMPTED THE STATE DEPARTMENT TO WARN AMERICAN TRAVELERS ABOUT THE RISKS OVERSEAS. SECURITY EXPERTS ADMIT, INTELLIGENCE ONLY GOES SO FAR: ISIS IS OUT WITH A NEW PROPAGANDA VIDEO QUESTIONING OUR MILITARY'S RESOLVE. A NEW F-B-I BULLETIN WARNS POLICE TO BE CAREFUL. THE CONCERN: SOFT TARGETS LIKE RESTAURANTS, MALLS AND OTHER PLACES WHERE PEOPLE GATHER. THE BIGGEST THREAT IS HOMEGROWN AND COPYCAT TERRORISTS. NOT ISIS. SECURITY EXPERTS SAY HE BIGGEST DETERRENT IS YOU.

11/25/15 4:00PM (20 SECONDS)AROUND THE WORLD: THE PILOT WHO WAS RESCUED AFTER HIS FIGHTER JET WAS SHOT DOWN BY TURKISH PLANES SAYS THERE WAS NO WARNING FOR THE ATTACK THE TURKISH GOVERNMENT SAYS IT WARNED THE RUSSIAN PLANE TEN TIMES. THE PILOT SAYS HE DOES NOT THINK HE COULD HAVE LEFT SYRIAN AIRSPACE BECAUSE HE COULD SEE THE BORDER. RUSSIA SAYS THE TWO PILOTS BAILED OUT --- BUT FLOATED DOWN INTO HOSTILE TERRITORY. RUSSIA SAYS THE REBELS BRUTALLY EXECUTED ONE OF THE PILOTS. SYRIAN FORCES LATER RECOVERED THE SECOND NAVIGATOR.

12/2/15 11:00PM (35 SECONDS)NEW TONIGHT.TEXAS IS SUING THE U-S GOVERNMENT.IT'S PART OF AN EFFORT TO BLOCK SIX SYRIAN REFUGEES FROM SETTLING IN DALLAS.THE STATE CITED SECURITY CONCERNS AS A REASON TO DELAY THE REFUGEE'S ARRIVAL FOR A WEEK, UNTIL A FEDERAL JUDGE CAN PICK UP THE CASE. THE WHITE HOUSE SAYS STATES DO NOT HAVE THE AUTHORITY TO STOP REFUGEES FROM RESETTLING.THE FAMILY IN QUESTION HAS BEEN GOING THROUGH SECURITY CHECKS FOR THE PAST TWO YEARS.CRITICS BELIEVE ALLOWING SYRIANS TO RESETTLE HERE IN THE U-S, MAY ALLOW A TERRORIST TO SLIP THROUGH THE BORDER. THE WHITE HOUSE HAS SAID THERE'S ENOUGH SECURITY IN PLACE TO PREVENT THAT FROM HAPPENING.

12/2/15 12:00PM (30 SECONDS)PENNSYLVANIA OFFICIALS ARE LAUNCHING A SPECIAL INVESTIGATION.THEY ARE TRYING TO FIND OUT IF TOP STATE LEADERS USED GOVERNMENT COMPUTERS TO SEND OR RECEIVE PORNOGRAPHIC MATERIALS.STATE ATTORNEY GENERAL KATHLEEN KANE ANNOUNCED FORMER MARYLAND ATTORNEY GENERAL DOUG GANSLER AS THE LEAD INVESTIGATOR IN THE CASE.THE E-MAILS WERE DISCOVERED DURING AN INTERNAL AUDIT ON HOW THE OFFICE HANDLED THE JERRY SANDUSKY CHILD ABUSE INVESTIGATION.KANE SAYS THE E-MAILS WERE SENT OVER STATE AND GOVERNMENT SERVERS DURING WORK HOURS.

12/7/15 11:00PM (25 SECONDS)THERE WILL SOON BE A NEW WAY TO LET YOU KNOW ABOUT TERROR THREATS ON THE HOMEFRONT.THE GOVERNMENT SAYS IT PLANS TO UPDATE THE ALERT SYSTEM IN THE NEXT COUPLE DAYS. IT WILL REPLACE THE OLD SYSTEM - - WHICH INCLUDES A COMBINATION OF THE HOMELAND SECURITY WEBSITE AND SOCIAL MEDIA. THE GOVERNMENT HAS ACTUALLY NEVER NEEDED TO USE THE CURRENT SYSTEM, BUT OFFICIALS KNEW THEY NEEDED AN UPGRADE FOLLOWING TERROR ATTACKS IN CALIFORNIA AND PARIS.

12/11/15 11:00PM (20 SECONDS)CONGRESS HAS **FIVE DAYS** TO PASS ANOTHER BUDGET-- BEFORE THE GOVERNMENT SHUTS DOWN.TODAY, THE HOUSE PASSED A SHORT-TERM EXTENSION, BECAUSE MONEY FOR THE GOVERNMENT WAS SUPPOSED TO RUN OUT

AT MIDNIGHT.LAWMAKERS HAVE BEEN STRUGGLING TO PASS A YEAR-LONG AGREEMENT, AND NEEDED MORE TIME TO NEGOTIATE.THE WHITE HOUSE SAYS-- IT HAS GIVEN CONGRESS PLENTY OF TIME.

12/15/15 11:00PM (15 SECONDS) **BREAKING NEWS FROM CAPITOL HILL.**
THE SPEAKER OF THE HOUSE HAS **JUST ANNOUNCED A SPENDING AND TAX DEAL.** IT WILL FUND THE GOVERNMENT UNTIL THROUGH THE 20-16 BUDGET YEAR, AND ENDS THE CHANCE OF A GOVERNMENT SHUTDOWN TOMMORROW. THE DEAL INCREASES SPENDING FOR DEFENSE AND FEDERAL PROGRAMS. DEMOCRATIC AIDES SAY LAWMAKERS ARE STILL WORKING OUT THE FINAL DETAILS OF THE BILL.

12/21/15 11:00PM (20 SECONDS) GOVERNMENT HEALTH OFFICIALS ARE INVESTIGATING ANOTHER BATCH OF E-COLI CASES LINKED TO CHIPOTLE.THE **CENTERS FOR DISEASE CONTROL** SAID IT DOESN'T KNOW YET IF THEY'RE PART OF A LARGER OUTBREAK IN OCTOBER SO FAR, FIVE PEOPLE IN THE MIDWEST REPORTED GETTING SICK, STARTING IN MID-NOVEMBER.ALL OF THEM SAID THEY ATE AT A CHIPOTLE THE WEEK BEFORE THEY GOT SICK. THE FAST FOOD CHAIN'S C-E-O RECENTLY ASSURED CUSTOMERS IT WOULD TIGHTEN ITS FOOD SAFETY AND TRAINING STANDARDS.

2) MILITARY

10/15/15 12:00PM (35 SECONDS) BUT WE BEGIN WITH DEVELOPING NEWS OUT OF WASHINGTON - WHERE PRESIDENT OBAMA IS CHANGING HIS MIND WHEN IT COMES TO TROOP WITHDRAWALS IN AFGHANISTAN. TODAY THE WHITE HOUSE ANNOUNCED THE PRESIDENT WILL KEEP 55 HUNDRED U.S. TROOPS IN THE COUNTRY WHEN HE LEAVES OFFICE NEXT YEAR. THE PRESIDENT INITIALLY PLANNED TO PULL OUT THE MAJORITY OF U.S. FORCES AND LEAVE ONLY A THOUSAND IN KABUL TO PROTECT THE EMBASSY. MR OBAMA SCRAPPED THAT PLAN AFTER MILITARY LEADERS ARGUED THAT AFGHANS NEEDED MORE SUPPORT TO FIGHT OFF THE TALIBAN. ABOUT AN HOUR AGO, PRESIDENT OBAMA TALKED ABOUT THE CHANGE.

10/16/15 12:00PM (20 SECONDS) SEVERAL SMALL FIRES BURNED IN PART OF PAKISTAN YESTERDAY. IT WAS PART OF A NATIONWIDE DRUG DESTRUCTION AND BURNING EVENT. THE MILITARY BURNED ABOUT 147 TONS OF DRUGS INCLUDING OPIUM AND HEROIN. PAKISTAN IS ONE OF THE MAIN ROUTES FOR HEROIN COMING FROM AFGHANISTAN AND SENT TO OTHER PARTS OF THE WORLD. THE UN ESTIMATES THERE ARE ABOUT 5 MILLION HEROIN ADDICTS IN PAKISTAN.

10/21/15 12:00PM (30 SECONDS) A TEENAGER WAS SHOT IN THE FACE WHILE HE WAS TRESPASSING WITH SOME FRIENDS ON A MILITARY BASE.THIS HAPPENED ON JOINT BASE LEWIS-MCCHORD IN WASHINGTON STATE. POLICE THE 13 YEAR OLD, HIS OLDER BROTHER, AND A 17 YEAR-OLD FRIEND WENT THROUGH A HOLE IN THE FENCE AND ENTERED THE WOODS ON THE PROPERTY. POLICE SAY THE 17 YEAR OLD HAD A GUN. IT WENT OFF AND A BULLET HIT THE 13 YEAR OLD IN THE FACE. THE BOY WAS TAKEN TO THE HOSPITAL WITH SERIOUS INJURIES.THE F-B-I AND LOCAL POLICE ARE TRYING TO FIGURE OUT WHETHER OR NOT THE SHOOTING WAS INTENTIONAL.

10/22/15 11:00PM (20 SECONDS) JUST YESTERDAY WE TOLD YOU VIRGINIA CONGRESSMAN SCOTT RIGELL CAME UP WITH A PLAN TO PROTECT THE MILITARY FROM SEQUESTRATION. HE SAYS HIS BILL WOULD BRING A PERCENTAGE OF FUNDING BACK TO WHAT IT WAS BEFORE CUTS BEGAN. RIGELL SAYS HIS BILL BRINGS FUNDING BACK TO LEVELS THAT WILL HELP MAINTAIN SECURITY FOR THE UNITED STATES.

10/22/15 11:00PM (20 SECONDS) SEND ME SOMETHING BETTER. THAT'S THE MESSAGE PRESIDENT OBAMA SENT TO CONGRESS WHEN HE VETOED THEIR DEFENSE

BUDGET TODAY. HE PRAISED THE 612-BILLION-DOLLAR MEASURE FOR KEEPING THE MILITARY FUNDED; THE UPDATES TO ARMED FORCES RETIREMENT AND THE ATTENTION TO CYBERSECURITY. HE SAID HE DID NOT LIKE THE WAY IT SIDESTEPED THE ISSUE OF BUDGET CAPS KNOWN AS SEQUESTRATION.

10/26/15 11:00PM (35 SECONDS) ALL NEW TONIGHT.U-S OFFICIALS SAY A NAVY SHIP IS SET TO SAIL INSIDE CHINESE TERRITORIAL WATERS.THE WHITE HOUSE APPROVED THE U-S-S LASSEN'S TRIP, SET TO TAKE PLACE SOMETIME EARLY THIS WEEK.OFFICIALS SAY THE SHIP WILL EXERCISE ITS RIGHT TO FREELY NAVIGATE ANY INTERNATIONAL WATERS, INCLUDING THE HOTLY DISPUTED SOUTH CHINA SEA.LATE LAST WEEK, THE NAVY SAID IT WAS TRYING TO AVOID ANY CONFRONTATION WITH CHINA.ASIDE FROM CHINA AND THE PHILLIPINES, FOUR OTHER GOVERNMENTS LAY CLAIM TO PART OR ALL OF THE SOUTH CHINA SEA.IT'S A BUSY PASSAGEWAY FOR COMMERCIAL AND MILITARY SHIPS.

11/12/15 5:00PM (15 SECONDS) THIS **LOCAL** SHIP CAME HOME TODAY. THE CREW OF THE USNS GRASP RETURNED TO JEB LITTLE CREEK THIS MORNING. THE SUPPORT SHIP HAS BEEN IN THE WATER OFF EUROPE AND AFRICA FOR 7 MONTHS. USNS GRASP IS THE MILITARY SEALIFT COMMAND'S PRIMARY RESCUE AND SALVAGE SHIP.

11/17/15 5:00PM (25 SECONDS) A PILOT PROGRAM TO HELP SOLDIERS FROM JOINT BASE LEWIS-MCCHORD IN WASHINGTON FIND JOBS IS NOW INCHING CLOSER TO PLACING VETERANS IN PRIVATE-SECTOR CAREERS AROUND THE COUNTRY. MICROSOFT SOFTWARE AND SYSTEMS ACADEMY IS A 16-WEEK COURSE SPONSORED BY MICROSOFT AND RUN BY ST. MARTIN'S UNIVERSITY. GRADUATES ARE GUARANTEED AN INTERVIEW FOR ENTRY-LEVEL POSITIONS AT MICROSOFT. THIS OFFERS NEW OPPORTUNITIES AFTER LEAVING MILITARY SERVICE.

11/17/15 5:00PM (25 SECONDS) MOVING TO AIR TRAVEL.CHANGES ARE HEADED YOUR WAY-- IF YOU FLY DELTA. STARTING IN MARCH, **DELTA AIR LINES** WILL NO LONGER ALLOW PETS TO FLY AS "CHECKED BAGGAGE". SO IF YOU HAVE A LARGE ANIMALS, YOU'RE GOING TO HAVE TO FLY THEM USING DELTA'S **CARGO SERVICE**. EXCEPTIONS WILL BE MADE FOR CERTAIN MEMBERS OF THE MILITARY, AS WELL AS CUSTOMERS WITH SERVICE ANIMALS. SMALL DOGS AND CATS CAN STILL FLY AS A CARRY-ON FOR A FEE, AS LONG AS THEY FIT IN A PET CARRIER UNDER A SEAT.

11/18/15 5:00PM (25 SECONDS) THE RACE FOR THE WHITE HOUSE STOPPED IN HAMPTON ROADS. OHIO GOVERNOR AND REPUBLICAN CANDIDATE JOHN ('KAY-SICK) KASICH SPOKE AT REGENT UNIVERSITY IN VIRGINIA BEACH. IT'S PART OF THE SCHOOL'S **PRESIDENTIAL CANDIDATE FORUM**. GOVERNOR KASICH SHARED HIS VISION FOR THE COUNTRY DURING AN INTERVIEW WITH REGENT'S FOUNDER, PAT ROBERTSON. HE SAYS THERE'S A LONG LIST OF ISSUES - BUT WE NEED TO START WITH OUR MILITARY.

11/23/15 5:30PM (35 SECONDS) TEN ON YOUR SIDE WITH A NEW PROGRAM TO HELP KEEP OUR MILITARY VETERANS IN SHAPE --THE MEN AND WOMEN SERVING IN OUR MILITARY ARE LIKE ELITE ATHLETES.THEY'RE OFTEN UP AT THE CRACK OF DAWN WORKING OUT -- AND SOMETIMES DOING PHYSICALLY STRENUOUS WORK.SO WHAT HAPPENS WHEN THEY LEAVE THE MILITARY? WITHOUT THE STRUCTURE OF MANDATORY EXERCISE -- SOME VETERANS STUMBLE RIGHT INTO INACTIVITY.THAT'S WHERE THIS NEW PROGRAM COMES IN.IT'S CALLED WARRIOR HEALTH AND FITNESS.IT'S RUN BY AN ORGANIZATION CALLED HOME BASE.THE PROGRAM RUNS FOR SIX MONTHS. AND IT'S FREE OF CHARGE TO VETERANS.

11/30/15 5:00PM (30 SECONDS) DOES AIR-LIFTING SOLDIERS WITH A TRAUMATIC BRAIN INJURY CAUSE MORE HARM THAN GOOD? RESEARCHERS FROM THE UNIVERSITY OF MARYLAND CONDUCTED A STUDY USING RATS AFFECTED BY TRAUMATIC BRAIN INJURY.THEY WERE EXPOSED TO LOWERED AIR PRESSURE SIMILAR TO CONDITIONS USED DURING MILITARY AIR EVACUATIONS FOR SIX HOURS. IN THE LONG-TERM: THE LOW AIR PRESSURE

DECREASED COGNITIVE FUNCTION AND INCREASED INFLAMMATION OF THE BRAIN AND BRAIN TISSUE LOSS. EXPERTS SAY NEARLY A QUARTER OF ALL SOLDIERS, WHO HAD TO BE AIRLIFTED, SUFFERED HEAD INJURIES.

12/11/15 11:00PM (15 SECONDS) VIRGINIA BEACH POLICE DISPATCHERS SAY NO ONE WAS HURT WHEN THIS VEHICLE CAUGHT FIRE ON INDIAN RIVER ROAD TONIGHT. IT HAPPENED NEAR THE INTERSECTION WITH MILITARY HIGHWAY. ALICIA WHITE SENT US THIS VIDEO OF THE BURNING CAR. POLICE SAY THEY DON'T THINK IT'S SUSPICIOUS.

12/14/15 11:00PM (35 SECONDS) THAT'S NOT HOW SOME AMERICANS FEEL TONIGHT. MORE AND MORE WANT TO SEE U-S TROOPS ON THE GROUND, ACCORDING TO A NEW **ASSOCIATED PRESS-G-F-K POLL**. MORE THAN FIFTY-PERCENT OF PEOPLE SAID: THE U-S HAS NOT DONE ENOUGH TO FIGHT THE ISLAMIC STATE. FORTY-TWO PERCENT SUPPORTED SENDING GROUND TROOPS. THAT'S UP FROM 31-PERCENT LAST YEAR.

12/15/15 12:00PM (30 SECONDS) A SCHOOL DISTRICT IN INDIANA IS PROPOSING TO GIVE ITS TEACHERS GUNS IN THE WAKE OF RECENT MASS SHOOTINGS. THE WEST CLARK COUNTY SCHOOL BOARD WANTS SOME TEACHERS TO HAVE GUNS IN THE CLASSROOM. DISTRICT LEADERS SAY THE GUNS WOULD BE LOCKED IN A SAFE, AND ONLY TEACHERS WITH PRIOR MILITARY OR POLICE TRAINING WOULD BE ABLE TO USE THEM. THERE IS CURRENTLY A RESOURCE OFFICER ASSIGNED TO THE SCHOOL DISTRICT, BUT THAT PERSON HAS TO LOOK AFTER THREE SCHOOLS AT THE SAME TIME. BOTH PARENTS AND EDUCATORS WANT TO BE PROACTIVE IN PREVENTING ANOTHER MASS SHOOTING.

12/17/15 4:00PM (35 SECONDS) THE NAVY WILL AWARD PURPLE HEARTS TO SIX SERVICE MEMBERS KILLED OR WOUNDED DURING AN ATTACK IN CHATTANOOGA, TENNESSEE EARLIER THIS YEAR. FOUR MARINES AND A SAILOR WERE KILLED WHEN A GUNMAN OPENED FIRE AT A MILITARY RECRUITING STATION AND A U-S NAVAL FACILITY ONE MARINE RECRUITER SURVIVED THE SHOOTING. THE F-B-I CONFIRMS A FOREIGN TERRORIST GROUP MOTIVATED THE JULY 16TH ATTACK. THAT ALLOWS THE MILITARY TO MOVE FORWARD WITH THE AWARDS. NAVY SECRETARY RAY MABUS SAYS ALTHOUGH THE PURPLE HEART CAN'T REPLACE THOSE BRAVE SERVICE MEMBERS --- HE HOPES THE AWARD WILL PROVIDE A SMALL AMOUNT OF COMFORT FOR THEIR FAMILIES.

12/22/15 12:00PM (20 SECONDS) A MILITARY PLANE CRASHED IN INDIA EARLIER TODAY. ALL 10 PEOPLE ON BOARD DIED. THE PLANE WAS HEADING FROM NEW DEHLI TO A CITY IN THE EASTERN PART OF INDIA. EIGHT ENGINEERS AND TWO PILOTS WERE ON THE PLANE. SEVERAL EMERGENCY CREWS WERE THERE TO TRY TO GET THE BODIES OUT OF THE WRECKAGE. A GOVERNEMENT OFFICIAL SAID AN INVESTIGATION IS UNDERWAY TO FIGURE OUT HOW THE PLANE CRASHED.

12/29/15 12:00PM (20 SECONDS) IRAQI TROOPS MADE THEIR VICTORY OVER ISIS OFFICIAL YESTERDAY. THEY RAISED THE IRAQI FLAG OVER AN IMPORTANT GOVERNMENT BUILDING. IRAQI FORCES BACKED BY U-S AIRSTRIKES DROVE THE ISIS MILITANTS OUT OF THE CENTER OF RAMADI YESTERDAY AND TOOK BACK THE MAIN GOVERNMENT OFFICIALS THERE. ISIS HAD TAKEN OVER THE CITY BACK IN MAY. ISIS STILL CONTROLS NEARBY FALLUJAH.

3) **ECONOMY**

10/6/15 4:00PM (15 SECONDS) REVIEWING THE REGION'S STRENGTHS AND CHALLENGES. HUNDREDS OF LOCAL LEADERS GATHERED IN NORFOLK TODAY TO SEE HOW HAMPTON ROADS ECONOMY IS SHAPING UP. AND THE 2015 STATE OF THE REGION IS WELL, LACKLUSTER. AS ONE TOP ECONOMIST PUT IT, NOT TOO HOT, NOT TOO COLD WITH PLENTY OF ROOM TO DO BETTER.

10/8/15 4:00PM (20 SECONDS) AROUND THE WORLD BIG TRAFFIC TROUBLES IN BEIJING. THOUSANDS OF VEHICLES CREATED THIS TRAFFIC JAM AT A HIGHWAY TOLL BOOTH. IT'S THE END OF A WEEK-LONG NATIONAL HOLIDAY. PEOPLE ARE RETURNING TO THE CITY TO GO BACK TO WORK. A BOOMING ECONOMY IN CHINA PUT MORE CARS ON THE ROAD --- WELL AHEAD OF THE COUNTRY'S ABILITY TO BUILD NEW HIGHWAYS.

10/16/15 5:30PM (30 SECONDS) BINGE DRINKING IS COSTLY -- NOT JUST TO YOUR WALLET -- TO THE ECONOMY. IT COST THE U-S 249-BILLION DOLLARS IN 20-10. ABOUT OF THIRD OF THAT CAME FROM LOST PRODUCTIVITY IN THE WORKPLACE. THE C-D-C DEFINES BINGE DRINKING AS CONSUMING AT LEAST FIVE DRINKS FOR MEN -- AND FOUR FOR WOMEN - - OVER THE COURSE OF TWO HOURS. THE C-D-C SAYS THERE ARE EFFECTIVE STRATEGIES TO REDUCE EXCESSIVE DRINKING AND ITS RELATED COSTS - BUT THE PROGRAMS ARE UNDER-USED. EXCESSIVE DRINKING IS BLAMED FOR 88-THOUSAND DEATHS EACH YEAR.

10/20/15 12:00PM (30 SECONDS) WE'RE BACK WITH WHAT'S HAPPENING ACROSS THE NATION. THE MAYOR OF LOS ANGELES NEEDED POLICE PROTECTION FOLLOWING A TOWN HALL MEETING. ERIC GARCETTI CAME TO ANSWER QUESTIONS FROM CITIZENS ABOUT THE ECONOMY AND SAFETY. BUT BLACK LIVES MATTER PROTESTORS QUICKLY TOOK OVER THE MEETING -- AND THEY BEGAN CHANTING.THE SCENE GOT INTENSE AS THE PROTESTORS BEGAN TO STORM THE PODIUM. GARCETTI TRIED TO LEAVE BUT PROTESTORS BLOCKED HIS CAR. THE PROTESTORS SAY THEY WANT TO HAVE MEANINGFUL DISCUSSIONS WITH THE MAYOR. GARCETTI RELEASED A STATEMENT SAYING HE WAS QUOTE "DISSAPPOINTED" AND SAID HE WANTS TO WORK WITH EVERYONE TO MAKE HIS CITY SAFER.

10/26/15 5:30PM (25 SECONDS) NBC'S MATT LAUER -- JOINS THE CAMPAIGN TRAIL -- MODERATING A TOWNHALL -- WITH GOP PRESIDENTIAL CANDIDATE DONALD TRUMP.THE TOWNHALL AIRED DURING THE TODAY SHOW. TRUMP ANSWERED QUESTIONS FROM THE AUDIENCE ON TOPICS RANGING FROM FOREIGN POLICY TO THE ECONOMY AND GUN CONTROL.TRUMP TOLD THE CROWD - WE DON'T HAVE A GUN PROBLEM IN THIS COUNTRY -- WE HAVE A MENTAL HEALTH PROBLEM

10/28/15 11:00PM (20 SECONDS) TEN REPUBLICAN PRESIDENTIAL CANDIDATES SQUARED OFF ON STAGE TONIGHT. THE DEBATE WAS FOCUSED ON THE ECONOMY -- EARLY ON THE MODERATORS TOUCHED ON TAX REFORM, IMMIGRATION, SMALL BUSINESSES AND MORE. THEY ALSO DISCUSSED WHO WAS MOST QUALIFIED TO RUN THE GOVERNMENT. SENATOR TED CRUZ TURNED HIS FIRE ON THE MEDIA --

11/9/15 6:00AM (20 SECONDS) SOON AFTER YOU'VE DIGESTED YOUR THANKSGIVING MEAL IT WILL BE TIME TO START THINKING ABOUT CHRISTMAS! A VIRGINIA DEPARTMENT IS HELPING THOSE WHO WANT TO BUY A LOCALLY GROWN CHRISTMAS TREE. THE VIRGINIA DEPARTMENT OF AGRICULTURE AND CONSUMER SERVICES PUT A LIST TOGETHER SO PEOPLE CAN SUPPORT FARMERS AND THE LOCAL ECONOMY. WE PUT THAT LINK FOR YOU WITH THIS STORY ON WAVY DOT COM.

11/16/15 11:00PM (20 SECONDS) HARD TO FIND COMPLAINTS ABOUT OUR WEATHER, AND THEY WOULD TELL YOU THE SAME THING IN UTAH TONIGHT. OUTSIDE SALT LAKE CITY, SIX INCHES OF SNOW HAD FALLEN BY NOON TODAY. THEY EXPECTED MORE. DRIVERS IN HIGHER ELEVATIONS SAID THE DRIVING SNOW MADE IT NEARLY IMPOSSIBLE TO SEE. SOME CITY WORKERS AND LOCAL BUSINESSES SAY THE SNOW IS A WELCOME TO THE ECONOMY.

11/17/15 11:00PM (25 SECONDS) VIRGINIA LIEUTENANT GOVERNOR RALPH NORTHAM IS GETTING READY FOR DECISION **20-17**. HE SAYS HE IS RUNNING FOR GOVERNOR. HE RELEASED A STATEMENT ABOUT HIS AMBITIONS TODAY. NORTHAM SERVED IN THE ARMY, AND HE'S AN EXPERIENCED BRAIN SURGEON. HE SAYS HE'S DONE A LOT TO HELP CURRENT GOVERNOR TERRY MCAULIFFE MAKE CHANGES IN THE COMMONWEALTH, BUT HE SAYS HE

STILL WANTS TO SEE A BIGGER INVESTMENT IN EDUCATION, THE ECONOMY AND WOMEN'S HEALTH ISSUES.

11/17/15 12:00PM (30 SECONDS) A REPORT REVEALS HOW MUCH THE NAVY ADDS TO THE LOCAL ECONOMY. THE COMMANDER OF THE NAVY'S MID-ATLANTIC REGION SAYS THE DIRECT ECONOMIC IMPACT IS ALMOST \$10 BILLION DOLLARS. THAT'S UP \$770 MILLION DOLLARS FROM LAST YEAR. HERE'S A LOOK AT PART OF THAT IMPACT FROM YESTERDAY WHEN THE U-S-S HARRY S TRUMAN CARRIER STRIKE GROUP, CARRYING MORE THAN FIVE-THOUSAND SAILORS, LEFT FOR DEPLOYMENT. THE IMPACT INCLUDES THOSE ON THE PAYROLL, PAYING FOR GOODS AND SERVICES, AND THE NUMBER OF SHIPS AND AIRCRAFT SQUADRONS HOMEPORTED IN HAMPTON ROADS.

11/25/15 11:00PM (25 SECONDS) THE HOLIDAY TRAVEL HEADACHES HAVE BEGUN. ACROSS THE U-S, NEARLY 47-MILLION PEOPLE ARE EXPECTED TO HIT THE ROADS, RAILS AND SKIES FOR THE THANKSGIVING HOLIDAY WEEKEND. THAT'S MORE THAN LAST YEAR THANKS TO A RECOVERING ECONOMY. A BIG CONCERN FOR 20-15: WHETHER WAIT TIMES WILL PILE UP DUE TO INCREASED SECURITY EFFORTS. YOU MAY REMEMBER, THE STATE DEPARTMENT ISSUED TRAVEL WARNINGS TO AMERICANS AFTER DEADLY TERROR ATTACKS IN PARIS

12/3/15 5:00PM (20 SECONDS) GOVERNOR TERRY MCAULIFFE SPOKE ABOUT THE ECONOMY AT THE **VIRGINIA FARM BUREAU ANNUAL CONVENTION** IN NORFOLK THIS MORNING. THE **PORT OF VIRGINIA** IS NOW *IN THE GREEN*-- ACCORDING TO THE GOVERNOR. HE SAYS IT'S THE DEEPEST ON THE EAST COAST. THAT WILL COME IN HANDY WHEN THE PANAMA CANAL OPENS AND ALLOWS LARGER CONTAINER SHIPS THROUGH.

12/10/15 4:00PM (20 SECONDS) THE SKIES WILL BE CROWDED OVER THE HOLIDAYS. INDUSTRY GROUP AIRLINES FOR AMERICA EXPECTS U-S AIRLINES TO FLY A LITTLE MORE THAN 38 MILLION PASSENGERS BETWEEN DECEMBER 18TH AND JANUARY 3RD. THAT'S UP 3% FROM LAST YEAR. IT ATTRIBUTES THE INCREASE TO AN IMPROVING ECONOMY AND AFFORDABLE AIRFARES. AIRLINES MAY USE LARGER PLANES TO MEET DEMAND.

12/16/15 4:00PM (25 SECONDS) THE FEDERAL RESERVE IS RAISING INTEREST RATES AFTER SEVEN YEARS OF RECORD LOWS. THE CENTRAL BANK SAYS IT IS LIFTING ITS KEY RATE BY A QUARTER-POINT TO A RANGE OF ZERO-POINT-25 PERCENT TO ZERO-POINT-FIVE PERCENT. THE MOVE ENDS AN EXTRAORDINARY SEVEN-YEAR PERIOD OF NEAR-ZERO BORROWING RATES. THE INTEREST RATE HIKE REFLECTS THE FEDERAL RESERVE'S BELIEF THAT THE ECONOMY HAS FINALLY REGAINED ENOUGH STRENGTH TO WITHSTAND HIGHER BORROWING RATES.

12/18/15 5:00PM (30 SECONDS) TONIGHT A SLIGHT COUNTERWEIGHT TO THE HUNDREDS OF LAYOFFS RECENTLY ANNOUNCED AT LOCAL SHIPYARDS. GOVERNOR MCAULIFFE ANNOUNCED 51 NEW JOBS TO COLONNA'S SHIPYARD IN NORFOLK. THE COMPANY IS PLANNING TO INVEST 30 MILLION DOLLARS TO EXPAND OPERATIONS INCLUDING A LARGER DRY DOCK FOR LARGER SHIPS. THE GOVERNOR CALLED IT AN IMPORTANT STEP FORWARD IN EFFORTS TO BUILD A "NEW VIRGINIA ECONOMY."

12/23/15 5:00PM (30 SECONDS) NORTH CAROLINA'S POPULATION IS NOW OVER THE 10-MILLION MARK. THE NINTH STATE TO DO SO. GOVERNOR PAT MCCRORY CREDITED A GROWING ECONOMY, GREAT COLLEGES AND UNIVERSITIES AND QUALITY OF LIFE FOR MAKING NORTH CAROLINA A DESIRABLE PLACE TO LIVE. HE ALSO ADDED THAT THE STATE'S TRANSPORTATION SYSTEM NEEDS TO BE UPGRADED AS NORTH CAROLINA CONTINUES TO GROW.

12/28/15 5:00PM (25 SECONDS) AT THIS TIME LAST YEAR, WE WERE TALKING ABOUT BRUTAL BLIZZARDS AND BITTER COLD THAT GROUND THE U-S ECONOMY TO A HALT. FAST FORWARD - TO WINTER 20-15 -- WHERE MORE THAN A DOZEN STATES ARE BREAKING

100-YEAR-OLD RECORDS. THE HIGHER THAN NORMAL TEMPS - CREATING WEATHER WINNERS -- AND LOSERS. THE HARDEST HIT, RETAILERS, WHO STOCKED UP ON ALL THAT WINTER-WEAR THAT NO ONE WANTS. THE GOOD WEATHER DOES ENTICE PEOPLE OUTDOORS, PLACES LIKE CAR DEALERSHIPS AND OUTDOOR RECREATION.

4) HEALTH AND SAFETY

10/8/15 11:00PM (15 SECONDS) OCRACOKE ISLAND HAS REOPENED TO VISITORS FOR THE FIRST TIME SINCE THE COAST STORM. THIS IS WHAT THE AREA LOOKED LIKE EARLIER THIS WEEK. THERE'S STILL SOME STREET FLOODING IN PARTS OF OCRACOKE VILLAGE. IF YOU DECIDE TO VISIT THE ISLAND --- HEALTH OFFICIALS SAY KEEP AWAY FROM ANY STANDING WATER.

10/8/15 11:00PM (20 SECONDS) A TEN ON YOUR SIDE ALERT ABOUT A RABID RACCON ON THE PENINSULA. THE **HAMPTON** HEALTH DEPARTMENT SAYS A RACCOON--KILLED BY DOG IN THE FOX HILL AREA-- TESTED POSITIVE FOR RABIES. THIS HAPPENED AROUND EDGEWATER ROAD. HEALTH OFFICIALS URGE RESIDENTS TO MAKE SURE THEIR PETS ARE CURRENT WITH THEIR RABIES SHOTS. AND TO STAY AWAY FROM WILD OR STRAY ANIMALS.

10/14/15 11:00PM (35 SECONDS) NEW AT 11.TOM BRADY IS IN TROUBLE - BUT NOT WITH THE NFL. COCA-COLA AND KELLOGGS ARE UPSET WITH THE PATRIOTS' QUARTERBACK--AFTER HE CRITICIZED SOME OF THEIR PRODUCTS TODAY. DURING AN INTERVIEW WITH A BOSTON RADIO STATION, BRADY SAID COKE IS QUOTE, "POISON FOR KIDS". THEN HE QUESTIONED WHETHER **FROSTED FLAKES** WAS ACTUALLY FOOD. COCA-COLA AND KELLOGG'S HIT BACK IN STATEMENTS. COKE SAID ITS PRODUCTS ARE SAFE, AND COULD BE PART OF A BALANCED LIFESTYLE. KELLOGG'S POINTED TO MULTIPLE STUDIES LINKING CEREAL WITH GOOD HEALTH.

10/16/15 4:00PM (25 SECONDS) WE'RE ON YOUR SIDE WITH A RECALL THAT COULD AFFECT SNACK TIME FOR YOUR KIDS. GOGO SQUEEZ IS RECALLING SOME OF ITS SQUEEZABLE APPLESAUCE ON THE GO POUCHES.THE COMPANY MADE THE CALL AFTER FINDING MOLD IN SOME OF ITS PRODUCTS.THE RECALLED APPLESAUCE HAS BEST-BY DATES BETWEEN JUNE 30TH AND JULY 26TH, 2016.THE COMPANY SAYS A PRODUCTION ISSUE COULD CAUSE THE POUCHES TO CONTAIN MOLD. THE MOLD ISN'T A HEALTH RISK, BUT IT COULD MAKE THE APPLESAUCE LOOK OR TASTE FUNNY.

10/16/15 11:00PM (15 SECONDS) NEW AT 11- A WARNING FROM THE NORFOLK HEALTH DEPARTMENT. THEY SAY A RACCOON FOUND ON DANIEL AVENUE TESTED POSITIVE FOR RABIES. THIS IS OFF HAMPTON BOULEVARD NEAR THE LAFAYETTE RIVER. HEALTH OFFICIALS REMIND RESIDENTS TO MAKE SURE THEIR PETS ARE UP TO DATE ON THEIR VACCINATIONS.

10/26/15 4:00PM (60 SECONDS) WHILE DOCTORS HAVE LONG WARNED A DIET LOADED WITH RED MEAT IS LINKED TO CANCERS --- THE WORLD HEALTH ORGANIZATION'S CANCER AGENCY JUST MADE IT OFFICIAL.THE AGENCY SAYS HAM, SAUSAGE AND OTHER PROCESSED MEATS CAN LEAD TO COLON, STOMACH AND OTHER CANCERS --- AND RED MEAT IS PROBABLY CANCER-CAUSING, TOO. IT PUTS PROCESSED MEATS IN THE SAME DANGER CATEGORY AS CIGARETTES OR ASBESTOS. A GROUP OF 22 SCIENTISTS IN FRANCE CAME TO THE CONCLUSION AFTER EVALUATING MORE THAN 800 STUDIES FROM SEVERAL CONTINENTS ABOUT MEAT AND CANCER. THE RESEARCHERS DEFINED PROCESSED MEAT AS ANYTHING TRANSFORMED TO IMPROVE ITS FLAVOR OR PRESERVE IT --- INCLUDING SALTING, CURING OR SMOKING. THE REPORT SAID GRILLING, PAN-FRYING OR OTHER HIGH-TEMPERATURE METHODS OF COOKING RED MEAT PRODUCE THE HIGHEST AMOUNTS OF CHEMICALS SUSPECTED TO CAUSE CANCER. MEAT INDUSTRY GROUPS PROTEST THE

CANCER CLASSIFICATION. THE NORTH AMERICAN MEAT INSTITUTE ARGUES CANCER IS NOT CAUSED BY SPECIFIC FOODS BUT BY SEVERAL FACTORS. THE AMERICAN CANCER SOCIETY HAS LONG URGED PEOPLE TO REDUCE CONSUMPTION OF RED MEAT AND PROCESSED MEAT.

11/5/15 4:00PM (30 SECONDS) A TOTAL OF 39 PEOPLE HAVE NOW BEEN SICKENED WITH E. COLI IN THE OUTBREAK LINKED TO CHIPOTLE RESTAURANTS IN THE PACIFIC NORTHWEST. NEITHER WASHINGTON NOR OREGON HEALTH OFFICIALS ARE REPORTING ANY PROGRESS IN FINDING THE SOURCE OF THE E. COLI BACTERIA.

THEY CONTINUE TO TEST FRESH FOOD SAMPLES FROM CHIPOTLE RESTAURANTS IN WASHINGTON STATE AND THE PORTLAND AREA. CHIPOTLE SAYS EIGHT RESTAURANTS ARE CONNECTED TO THE OUTBREAK. THE CHAIN HAS VOLUNTARILY CLOSED ALL CHIPOTLE OUTLETS IN WASHINGTON STATE AS WELL AS THEIR RESTAURANTS IN THE PORTLAND, OREGON, AREA.

11/16/15 4:00PM (30 SECONDS) SOME PEOPLE CAN'T LIVE WITHOUT COFFEE. NEW RESEARCH SHOWS IT COULD HELP THEM LIVE. RESEARCHERS AT HARVARD POOLED DATA FROM THREE LARGE, ONGOING STUDIES THAT INCLUDED MORE THAN 200-THOUSAND PEOPLE. PEOPLE WHO DRANK MODERATE AMOUNTS OF COFFEE -- ABOUT 2 TO 5 CUPS A DAY -- WERE LESS LIKELY TO DIE FROM HEART DISEASE, NEUROLOGICAL DISEASES AND TYPE 2 DIABETES. THE EFFECT HELD TRUE FOR BOTH CAFFEINATED AND DECAF COFFEE.

IT'S UNCLEAR EXACTLY WHAT IT IS ABOUT COFFEE THAT GIVES AN APPARENT PROTECTIVE EFFECT.

11/20/15 4:00PM (45 SECONDS) A FIRST FROM THE F-D-A. THE AGENCY HAS RULED GENETICALLY-ALTERED SALMON ARE SAFE TO EAT AND STORES CAN SELL THE FISH. REGULATORS HAVE APPROVED A MASSACHUSETTS BIOTECH FIRM'S FISH THAT GROW TWICE AS FAST AS ORDINARY FARMED SALMON BECAUSE OF ADDED GENETIC MATERIAL.

THE F-D-A SAYS THERE'S NO HEALTH RISK FOR CONSUMERS. IT WILL NOT REQUIRE THE SALMON TO BE LABELED "GENETICALLY ENGINEERED." SOME CONSUMER AND ENVIRONMENTAL GROUPS ARGUE THERE ISN'T ENOUGH RESEARCH TO DETERMINE WHETHER THE FISH IS SAFE. THEY ALSO SAY IT COULD POSE A RISK TO WILD SALMON POPULATIONS. MANY AMERICANS ALREADY EAT GENETICALLY MODIFIED FRUITS AND VEGETABLES. THIS IS A FIRST FOR ANIMALS. IT'S NOT CLEAR WHEN THE SALMON WILL HIT STORE SHELVES. WHOLE FOODS AND TRADER JOE ALREADY SAY THEY WON'T STOCK IT.

11/23/15 5:00PM (35 SECONDS) WHILE WE ARE TALKING ABOUT THE SEASON OF GIVING -- DOMINION IS DONATING ONE-MILLION-DOLLARS TO COMMUNITY ORGANIZATIONS THAT PROVIDE HOUSING, FOOD, AND MEDICAL CARE. ABOUT 150-THOUSAND DOLLARS OF THAT WILL STAY IN HAMPTON ROADS AND NORTHERN NORTH CAROLINA. GRANTS ARE BEING SHARED BY MORE THAN 100 ORGANIZATIONS ACROSS 12 STATES. THE MONEY WILL GO TOWARD MEETING COMMUNITY NEEDS FOR SHELTER, HEALTH CARE, AND FOOD. LOCAL ORGANIZATIONS EARNING A PIECE OF THE PIE INCLUDE: SENIOR SERVICES OF SOUTHEAST VIRGINIA IN NORFOLK, GROVE CHRISTIAN OUTREACH CENTER IN WILLIAMSBURG, AND FOOD BANK OF ALBEMARLE IN ELIZABETH CITY.

11/24/15 4:00PM (15 SECONDS) THERE'S A FREE FLU SHOT CLINIC NEXT WEEK. THE HAMPTON HEALTH DEPARTMENT/PENINSULA HEALTH DISTRICT WILL OFFER THE VACCINATIONS ON WEDNESDAY FROM 10 A-M UNTIL 3 P-M, OR UNTIL THEY RUN OUT. THIS IS AT THE SOUTH MORRISON FAMILY EDUCATION CENTER ON ADAMS DRIVE IN NEWPORT NEWS.

11/25/15 4:00PM (25 SECONDS) WE'RE ON YOUR SIDE WITH A WARNING ABOUT COSTCO CHICKEN SALAD. THE WHOLESALE STORE SAYS THE PRODUCT MADE PEOPLE SICK IN VIRGINIA AND SIX OTHER STATES. HEALTH OFFICIALS SAY 19 PEOPLE CONTRACTED E-COLI. TWO PEOPLE DEVELOPED A TYPE OF KIDNEY FAILURE. THE C-D-C SAYS IF YOU BOUGHT CHICKEN SALAD AT ANY COSTCO STORE ON OR BEFORE FRIDAY, YOU SHOULD THROW IT

OUT. OFFICIALS HAVE NOT FIGURED OUT WHAT INGREDIENT IN THE CHICKEN SALAD WAS CONTAMINATED.

12/7/15 4:00PM (20 SECONDS) NEW INFORMATION IN THE CALIFORNIA ATTACK.THE HUSBAND AND WIFE WHO CARRIED OUT THE SAN BERNARDINO MASSACRE HAD BEEN RADICALIZED AND HAD TAKEN PART IN TARGET PRACTICE --- ONCE WITHIN DAYS OF THE ATTACK THAT'S SOME OF THE NEW DETAILS THE F-B-I RELEASED LESS THAN AN HOUR AGO DURING A NEWS CONFERENCES.AUTHORITIES ALSO SAY THERE WERE 19 PIPES IN THE COUPLE'S HOME THAT COULD BE TURNED INTO BOMBS. THE COUPLE OPENED FIRE ON WEDNESDAY DURING A HOLIDAY PARTY FOR FAROOK'S COLLEAGUES FROM THE SAN BERNARDINO HEALTH DEPARTMENT.14 PEOPLE DIED.

12/9/15 4:00PM (25 SECONDS) LET THOSE FOUR-LETTERED WORDS FLY! SCIENTISTS SAY CURSING MAY ACTUALLY BE GOOD FOR YOUR HEALTH. A PSYCHOLOGY PROFESSOR AT KEELE UNIVERSITY IN ENGLAND CONDUCTED A SERIES OF EXPERIMENTS. HE FOUND THAT SWEARING ACTUALLY HELPS PEOPLE BECOME MORE PAIN-TOLERANT. HE ALSO FOUND THAT DIRTY WORDS HELP US COPE WITH OUR FRUSTRATIONS. THE STUDY ALSO FOUND PEOPLE WHO CURSE CAN BE MORE PERSUASIVE. BUT FOR MOST, IT'S AN EMOTIONAL RELEASE -- A WAY TO HELP DIFFUSE A STRESSFUL SITUATION.

12/10/15 4:00PM (35 SECONDS) AMERICANS ARE MAKING IMPROVEMENTS IN THEIR HEALTH. BUT THE U.S. CONTINUES TO STRUGGLE IN AREAS SUCH AS OBESITY, DIABETES, AND DRUG DEATHS. ACCORDING TO THIS YEAR'S HEALTH RANKINGS REPORT FROM THE UNITED HEALTH FOUNDATION: VACCINATION COVERAGE HAS INCREASED, SMOKING RATES HAVE DECREASED , AND CARDIOVASCULAR AND CANCER DEATHS HAVE CONTINUED TO DECLINE. HOWEVER, DIABETES AND OBESITY RATES CONTINUE TO RISE. IN THE LAST YEAR DRUG DEATHS HAVE INCREASED. ALSO UP --- THE AMOUNT OF CHILDREN LIVING IN POVERTY THE REPORT ALSO ADDS THAT AMERICANS ARE STARTING TO MOVE MORE. IN THE LAST YEAR, PHYSICAL INACTIVITY HAS DECREASED BY 11 PERCENT.

12/16/15 4:00PM (15 SECONDS) THE GOVERNMENT HAS EXTENDED THE DEADLINE TO SIGN UP FOR HEALTH INSURANCE.YOU NOW HAVE TWO MORE DAYS TO SIGN UP FOR HEALTHCARE DOT GOV COVERAGE THAT KICKS IN JANUARY 1. YESTERDAY WAS SUPPOSED TO BE THE DEADLINE.THE C-E-O OF THE FEDERAL MARKETPLACE SAYS YOU HAVE MORE TIME BECAUSE OF QUOTE "UNPRECEDENTED" DEMAND. THE NEW DEADLINE IS THURSDAY.

12/18/15 4:00PM (20 SECONDS) NEW RESEARCH REVEALS THE MAJORITY OF PARENTS DON'T USE INFANT CAR SEATS PROPERLY. A SURVEY OF NEARLY 300 FAMILIES LEAVING THE HOSPITAL WITH A NEWBORN SHOWED 95-PERCENT MADE AT LEAST ONE ERROR IN CAR SEAT USE. THE MOST COMMON MISTAKES WERE A LOOSE HARNESS AND CAR SEAT INSTALLATION, A LOW CHEST CLIP AND INCORRECT RECLINE ANGLE.

12/22/15 4:00PM (30 SECONDS) LET'S GET YOU TO SOME BREAKING NEWS NOW FROM VIRGINIA BEACH. A CRASH INVOLVING A SCHOOL BUS TO TELL YOU ABOUT. THIS IS A PICTURE THAT CAME INTO REPORT IT AT WAVY DOT COM. THE CRASH HAPPENED JUST AFTER 2-30 ON LONDON BRIDGE ROAD AND MAYBERRY DRIVE. WE'RE TOLD THE DRIVER OF THE CAR WAS HURT IN THE CRASH-- THE EXTENT OF THEIR INJURIES HASN'T BEEN RELEASED. THE BUS WAS TRANSPORTING STUDENTS FROM THE HEALTH SCIENCE ACADEMY AT BAYSIDE HIGH SCHOOL. WE'LL KEEP YOU UPDATED ON THIS BREAKING STORY.

5) EDUCATION

10/6/15 5:00PM (:25 SECONDS) THE VIRGINIA LIVING MUSEUM HAS LAUNCHED A CAMPAIGN TO RAISE \$5 MILLION OVER THE NEXT YEAR.THE FUTURE READY CAMPAIGN IS PART OF THE NONPROFIT MUSEUM'S 50TH ANNIVERSARY CELEBRATION. THE MUSEUM SAYS

IN A NEWS RELEASE THAT ONE OF THE CAMPAIGN'S GOALS IS TO REDUCE ITS DEPENDENCE ON FUNDING FROM THE CITY OF NEWPORT NEWS. OTHER GOALS INCLUDE A PERMANENT DINOSAUR TRAIL, A NEW ANIMAL CARE FACILITY, PROMOTION OF SCIENCE EDUCATION AND INCREASING SERVICES TO UNDERSERVED GROUPS AND ACTIVE DUTY MILITARY FAMILIES IN THE REGION. CAMPAIGN CHAIR CHARLES W. WORNOM SAYS THE MUSEUM HAS RECEIVED PLEDGES TOTALING \$2.4 MILLION TOWARD THE CAMPAIGN'S GOAL.

10/8/15 11:00PM (:25 SECONDS) NEW LEADERSHIP IS COMING TO NORFOLK PUBLIC SCHOOLS AND SHE'S A FAMILIAR FACE. DR. MELINDA BOONE WILL START ON DECEMBER FIRST. SHE SPENT THE LAST SIX YEARS AS SUPERINTENDENT IN WORCESTER, MASSACHUSETTS. BUT WORKED MOST OF HER THREE DECADES IN EDUCATION WITH NORFOLK PUBLIC SCHOOLS. SHE LEFT IN 2009, AMID A SCHOOL TESTING SCANDAL. SHE DID NOT ADDRESS THAT TODAY-- BUT SHE DID SAY THIS ABOUT THE REVOLVING DOOR OF SUPERINTENDENTS IN THE CITY.

10/8/15 12:00PM (:25 SECONDS) SENATOR TIM KAINE IS ALSO TALKING ABOUT EDUCATION. TODAY HE WILL INTRODUCE A BILL TO THE SENATE AIMED AT RECRUITING TEACHERS WITH TECHNICAL EXPERIENCE. THE "CREATING QUALITY TECHNICAL EDUCATORS ACT" PROPOSES EXPANDING A GRANT PROGRAM THAT WILL TARGET INDUSTRY PROFESSIONALS AND VETERANS INTERESTED IN BECOMING TEACHERS. SENATOR KAINE SAYS THE BILL WOULD MIRROR A SIMILAR PROGRAM IN RICHMOND. HE GOT THE IDEA FROM CONVERSTATIONS HE HAD WITH TEACHERS AND PRINCIPALS ACROSS THE STATE.

10/15/15 12:00PM (:20 SECONDS) HILLARY CLINTON WAS ALSO ON THE ROAD. LAST NIGHT SHE ATTENDED A RALLY IN LAS VEGAS. MORE THAN 25 HUNDRED PEOPLE SHOWED UP. CLINTON TALKED ABOUT EQUAL PAY FOR WOMEN, PAID-FAMILY LEAVE, IMMIGRATION AND MAKING EDUCATION MORE AFFORDABLE. SHE ALSO TWEAKED CONGRESSIONAL REPUBLICANS, WHO ARE CURRENTLY LOOKING FOR JOHN BOEHNER'S REPLACEMENT.

10/20/15 4:00PM (:35 SECONDS) IF YOU'VE NOTICED SOME BRIGHTLY COLORED TEAL PUMPKINS ON YOUR NEIGHBOR'S FRONT PORCH --- THEY'RE NOT JUST BEING ARTSY! TEAL IS THE COLOR FOR FOOD ALLERGY AWARENESS. AND HOMES WITH THOSE PUMPKINS WILL OFFER NON-FOOD OR ALLERGY-SAFE TREATS FOR TRICK-OR-TREATERS. THE NON-PROFIT GROUP "FOOD ALLERGY AND EDUCATION RESEARCH" LAUNCHED "THE TEAL PUMPKIN PROJECT" LAST YEAR. IT'S A WAY TO HELP KIDS WITH SERIOUS FOOD ALLERGIES ENJOY TRICK OR TREATING WITH THEIR FRIENDS HALLOWEEN NIGHT. EXPERTS SAY IT'S NOT HARD TO FIND SAFE TREATS MOST GROCERY STORES SELL CANDY FOR EGG, PEANUT AND TREE NUT ALLERGIES.

10/30/15 12:00PM (:35 SECONDS) SUPPORT FOR THE GLOUCESTER TRANSGENDER TEENAGER FIGHTING FOR THE RIGHT TO USE THE BATHROOM OF HIS OWN CHOICE. BOTH THE U.S. DEPARTMENT OF EDUCATION AND THE DEPARTMENT OF JUSTICE ARE ON GAVIN GRIMM'S SIDE. WEDNESDAY THEY EACH SUBMITTED A FRIEND OF THE COURT BRIEF. ACCORDING TO THE DOCUMENTS, FORCING GRIMM TO EITHER USE THE GIRLS' OR A UNISEX BATHROOM CONSTITUTES DISCRIMINATION. THE BRIEFS' CITE A 1972 LAW THAT PROHIBITS SEX DISCRIMINATION IN EDUCATION. IN SEPTEMBER, GRIMM'S LAWYERS APPEALED A FEDERAL JUDGE'S RULING THAT HE CAN'T USE THE BOY'S BATHROOM AT GLOUCESTER HIGH SCHOOL WHILE HE AWAITS TRIAL.

11/4/15 12:00PM (:20 SECONDS) ODU SPOKEWOMAN **GIOVANNA GENARD** SAID THE UNIVERSITY TOOK STEPS TO MAKE THE CAMPUS SAFER. THERE ARE MORE SURVEILLANCE CAMERAS AROUND CAMPUS. SAFETY SCREENS ON RESIDENCE HALLS. AND NEW LED LIGHTS. THERE'S ALSO A NEW DOOR-TO-DOOR SAFETY EDUCATION PROGRAM FOR OFF-CAMPUS STUDENTS. AND OFF CAMPUS HOME SAFETY INSPECTIONS BY ODU POLICE

11/5/15 11:00PM (:20 SECONDS) CLIMATE CHANGE AND NATIONAL SECURITY. SECRETARY OF STATE JOHN KERRY HAS SELECTED A LOCAL UNIVERSITY TO DELIVER A MAJOR SPEECH. TUESDAY, NOVEMBER 10TH AT NOON KERRY WILL BE SPEAKING AT O-D-U. A SPOKESPERSON SAYS IT'S BECAUSE OF THE SCHOOL'S LEADERSHIP ROLE IN RESEARCH AND EDUCATION SURROUNDING SEA LEVEL RISE. WE'LL PASS ALONG MORE DETAILS FOR THE DISCUSSION AS WE GET THEM.

11/9/15 5:00PM (:25 SECONDS) THE FORECAST IS IN FOR VIRGINIA'S HIGHER EDUCATION ENROLLMENT. SEVERAL PUBLIC AND PRIVATE COLLEGES AND UNIVERSITIES SUBMITTED EXPECTATIONS FOR THE NEXT SIX YEARS, TO THE STATE COUNCIL OF HIGHER EDUCATION. THE RICHMOND TIMES-DISPATCH REPORTS: THE STATE WOULD SEE AN 11-PERCENT GROWTH OVER THAT TIME PERIOD, BUT THAT'S A SLOWER INCREASE THAN PREVIOUS YEARS. ENROLLMENT AT PRIVATE SCHOOLS IS EXPECTED TO JUMP BY 32-PERCENT. THAT'S BECAUSE OF MORE EDUCATION OPPORTUNITIES *ONLINE*.

11/11/15 5:00PM (:20 SECONDS) A VIRGINIA BEACH DELEGATE SAYS HE WANTS TO BE THE NEXT LIEUTENANT GOVERNOR. MDELEGATE SCOTT TAYLOR ANNOUNCED TODAY IN A YOUTUBE VIDEO: HE'S RUNNING FOR THE OFFICE, IN 20-17. MHE TALKED ABOUT A NUMBER OF PLATFORMS-- INCLUDING JOBS, EDUCATION, HEALTHCARE, VETERANS AFFAIRS, AND GUN CONTROL. TAYLOR IS A FORMER NAVY SEAL, IRAQ WAR VETERAN, AUTHOR, AND ENTREPRENEUR.

11/18/15 4:00PM (:10 SECONDS) GOOD NEWS FOR NORFOLK STATE UNIVERSITY'S SCHOOL OF EDUCATION. THEY JUST GOT A THUMBS UP FROM THE COUNCIL THAT HOLDS THE KEY TO THEIR FUTURE.

11/20/15 4:00PM (:45 SECONDS) YOU MAY REMEMBER GOVERNOR MCAULIFFE WAS IN VIRGINIA BEACH IN SEPTEMBER FOR A MEETING WITH EDUCATORS FROM THROUGHOUT THE TIDEWATER REGION. IT WAS HIS SIXTH STOP ON HIS STATEWIDE TOUR. AND IT WAS THERE THAT HE SAID ON THE NEW BUDGET HE'S GOING TO ROLL OUT IN DECEMBER, K-12 EDUCATION WAS HIS TOP PRIORITY. WELL ANOTHER MAJOR ISSUE WAS SOL TESTING AND NOW MORE CHANGES ARE ON THE WAY. GOVERNOR MCAULIFFE SAID HE TOLD MEMBERS OF THE SOL INNOVATION COMMITTEE TO BE BOLD AND CREATIVE, AND THEY DID NOT DISAPPOINT. COMING UP AT 5:30 I'LL SHARE THEIR RECOMMENDATIONS WITH YOU.

12/2/15 4:00PM (:25 SECONDS) FACEBOOK FOUNDER AND C-E-O MARK ZUCKERBERG AND HIS WIFE SAY THEY'LL GIVE AWAY BILLIONS OF DOLLARS WORTH OF COMPANY STOCK. THIS AFTER THE BIRTH OF THE COUPLE'S FIRST CHILD. THE ZUCKERBERGS WILL DONATE 99 PERCENT OF \$45 BILLION DOLLARS OVER TIME. THE COUPLE SAYS THEY WANT TO LEAVE A BETTER WORLD FOR THEIR CHILD. MOST OF THAT MONEY WILL GO TO EDUCATION CAUSES AND ORGANIZATIONS THAT HELP FIGHT DISEASE.

12/9/15 4:00PM (:35 SECONDS) THE VIRGINIA BEACH CAMPUS OF M-C-I CAN NO LONGER OFFER G-I BILL EDUCATION BENEFITS. THE VIRGINIA DEPARTMENT OF VETERANS SERVICES STATE APPROVING AGENCY SAYS M-C-I IN VIRGINIA BEACH CHANGES POLICIES AND DOESN'T FOLLOW THE STUDENTS' CONTRACTS, WITHHOLDS STUDENT TRANSCRIPTS AGAINST THE PUBLISHED SCHOOL POLICY, AND CHANGES SCHOOL POLICY WITHOUT ANY REASONABLE NOTIFICATION TO THE STUDENTS. THE AGENCY SAYS THERE'S AN OVERALL LACK OF CLARITY AND CONSISTENCY IN COMMUNICATING SCHOOL POLICIES AND CHANGES. THIS ONLY AFFECTS THE BEACH CAMPUS RIGHT NOW. BUT THERE IS AN INVESTIGATION UNDERWAY AS TO WHETHER THE ISSUES ARE UNIQUE TO THE ONE CAMPUS OR ARE PART OF THE M-C-I CULTURE.

12/9/15 5:00PM (:35 SECONDS) THE MUCH CRITIQUED AND EVEN CRITICIZED "NO CHILD LEFT BEHIND" ACT IS GETTING A MAJOR OVERHAUL. PRESIDENT OBAMA WILL SIGN NEW LEGISLATION TOMORROW. THE SENATE OVERWHELMINGLY PASSED THE LEGISLATION

TODAY. "NO CHILD LEFT BEHIND" WAS FIRST APPROVED IN 2002 UNDER PRESIDENT **GEORGE W. BUSH**. CRITICS ON BOTH SIDES HAVE LONG ARGUED THE INITIATIVE GAVE TOO MUCH POWER TO WASHINGTON, IN CONTROLLING *STATE* EDUCATION POLICY. THE NEW MEASURE GIVES STATE AND LOCAL OFFICIALS GREATER POWER IN DETERMINING HOW TO RESPOND TO UNDERACHIEVING SCHOOLS.

12/10/15 4:00PM (:25 SECONDS) IT'S A NEW APPROACH TO ACCOUNTABILITY AND TEACHER EVALUATIONS. PRESIDENT BARACK OBAMA SIGNED AN EDUCATION REFORM LAW TODAY. THE PRESIDENT SAID THE "NO CHILD LEFT BEHIND" ACT HAD THE RIGHT GOALS BUT FELL SHORT OF PRODUCING THE DESIRED RESULTS. THE NEW LAW CALLED "THE EVERY STUDENT SUCCEEDS ACT" SHIFTS MORE DECISION-MAKING POWER BACK TO THE STATES. IT ALSO ELIMINATES "UNNECESSARY STANDARDIZED TESTS" SO TEACHERS AND SCHOOLS CAN BE EVALUATED ON "ENGAGED STUDENT LEARNING."

12/11/15 5:00PM (:25 SECONDS) THE GOVERNMENT IS GIVING U-S SCHOOLS A POOR GRADE WHEN IT COMES TO TEACHING SEX ED. THE CENTERS FOR DISEASE CONTROL REPORTS FEWER THAN HALF OF HIGH SCHOOLS AND JUST A FIFTH OF MIDDLE SCHOOLS TEACH ALL OF THE SEX EDUCATION TOPICS THE C-D-C RECOMMENDS. ONE LESSON THAT OFTEN GETS IGNORED: HOW TO GET AND USE CONDOMS. THERE WERE WIDE DIFFERENCES AMONG STATES, TOO. ARIZONA WAS ONE OF THE LEAST LIKELY TO COVER ALL TOPICS, BUT NEW JERSEY COVERED ALL BASES.

12/17/15 4:00PM (:45 SECONDS) GOVERNOR TERRY MCAULIFFE HAS ANNOUNCED HIS 109 BILLION DOLLAR TWO YEAR BUDGET. MCAULIFFE UNVEILED HIS PROPOSAL BEFORE LAWMAKERS AT THE CAPITOL TODAY. IT INCLUDES HUGE INVESTMENTS IN EDUCATION. THE GOVERNOR IS PROPOSING A BILLION DOLLAR INCREASE IN MONEY FOR EDUCATION, AND A TWO PERCENT SALARY INCREASE FOR STATE EMPLOYEES. HE PLANS ON HIRING 2,500 TEACHERS IN THE NEXT TWO YEARS. MCAULIFFE ALSO PROPOSES INVESTING HUNDREDS OF MILLIONS OF DOLLARS INTO HIGHER EDUCATION TO TRAIN STUDENTS TO WORK IN SCIENCE, TECHNOLOGY, ENGINEERING AND MATHEMATIC FIELDS. THE GOVERNOR SAYS VIRGINIA COMPANIES HAVE OPENINGS THEY CAN'T FILL AND IT'S COSTING THEM MILLIONS. MCAULIFFE AGAIN MADE A CASE FOR EXPANDING MEDICAID. HE SAYS THE STATE IS LOSING BILLIONS OF DOLLARS EVERY YEAR AND HOSPITALS ARE BARELY SURVIVING.