

Quarterly Listing of Problems and Needs

LIN Television Corporation
December 31, 2013

WAVY-TV
WCTX-CA
WKTD-CA
WITD-CA

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 – 11:00am
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NBC Nightly News	Monday through Sunday	6:30pm – 7:00pm
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Saturday Today	Saturday	8:00am – 10:00am
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Sunday Today	Sunday	8:00am – 9:00am
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Meet the Press	Sunday	9:00am – 10:00am
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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 2013, 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

10/15/13 12:00PM (15 SECONDS) THE GOVERNMENT SHUTDOWN HAS LEFT A NUMBER OF MONUMENTS AND MEMORIALS IN HAWAII, WITHOUT ANY TYPE OF REGULAR UPKEEP FOR TWO WEEKS. A GROUP OF MILITARY MEMBERS AND THEIR FAMILIES DECIDED TO CHANGE THAT. KIRK MATTHEWS HAS MORE.

10/15/13 5:00PM (30 SECONDS) 48 EMPLOYEES WITH THE NORFOLK DISTRICT OF THE "ARMY CORPS OF ENGINEERS" JUST GOT FURLOUGH NOTICES. THE AFFECTED WORKERS ARE ENVIRONMENTAL SCIENTISTS AND ADMINISTRATIVE SUPPORT STAFF. ITS REGULATORY OFFICES ARE ALSO CLOSED. WORK IS ON HOLD RIGHT NOW ON MORE THAN 650 PROJECTS- INCLUDING THE ROUTE 460 PROJECT, AND HOUSING AND COMMERCIAL DEVELOPMENTS. FUNDING FROM LAST YEAR RAN OUT-- WHICH ALLOWED THE EMPLOYEES TO KEEP WORKING ONCE THE GOVERNMENT SHUT DOWN ON OCTOBER 1ST.

10/15/13 5:00PM (50 SECONDS) DEMOCRATIC SENATORS TIM KAINE AND MARK WARNER POINTED THEIR FINGERS AT THE HOUSE, NAMELY TEA PARTY REPUBLICANS. 10 ON YOUR SIDE ASKED LOCAL CONGRESSMAN SOCTT RIGELL ABOUT IT. HE SAID WHILE SOME FOLKS ON THE HARD RIGHT CONTRIBUTED TO THIS - THEY ARE NOT THE ONLY ONES TO BLAME.

10/15/13 6:00PM (35 SECONDS) THURSDAY IS THE DAY THE GOVERNMENT WILL EXHAUST ITS AUTHORITY TO BORROW MONEY. AND CONGRESS IS SCRAMBLING FOR A SOLUTION. THE HOUSE AND SENATE ARE WORKING ON **COMPETING PROPOSALS**. AND

TONIGHT-- THE HOUSE WILL VOTE ON ITS VERSION.REGARDLESS-- BOTH WOULD BE A TEMPORARY FIX.THEY WOULD FUND THE GOVERNEMENT THROUGH JANUARY 15TH.AND RAISE THE DEBT CEILING UNTIL FEBRUARY 7TH.**BEFORE THOSE DEADLINES**, DEMOCRATS AND REPUBLICANS WOULD HAVE TO NEGOTIATE AN OVERALL BUDGET AGREEMENT.THE WHITE HOUSE SAYS IT'S ENCOURAGED BY THE PROGRESS - BUT EMPHASIZES: WE'RE STILL FAR FROM A DEAL.LOOK FOR A COMPLETE REPORT, IN JUST MINUTES ON **NBC NIGHTLY NEWS**.

10/16/13 4:30AM (25 SECONDS) ABSOLUTELY DEANNA.SOME OF THE MOST OBVIOUS AND SUDDEN, A RATINGS DOWNGRADE COULD MEAN A JUMP IN YOUR MONTHLY MORTGAGE RATES.PLUS, HIGHER INTEREST RATES FOR CAR AND BUSINESS LOANS. MARINE CORPS MARATHON OFFICIALS SAY THEY'LL HAVE TO CANCEL THE RACE IF THE GOVERNMENT CAN'T REACH A DEAL BY FRIDAY.THE MARATHON IS SCHEDULED FOR THE 27TH.RACE OFFICIALS SAY THEY'LL LET RUNNERS KNOW WHAT'S HAPPENING BY SATURDAY.

10/24/13 6:00PM (30 SECONDS) WHEN THE GOVERNMENT SHUT DOWN OCTOBER 1ST, NASA WENT DARK. BUT TONIGHT, ENGINEERS ARE SHEDDING LIGHT ON ITS SPECIAL MOON MISSION, LADEE - THE PROBE THAT LAUNCHED FROM WALLOPS ISLAND IN SEPTEMBER.THIS WEEK, IT MADE HISTORY- AND BROKE A RECORD.THE PROBE USED *LASERS* TO ZAP DATA ACROSS **239-THOUSAND MILES**.IT'S THE FASTEST DOWNLOAD RATE BETWEEN THE MOON AND EARTH- AT **622 MEGA-BITS PER-SECOND**.NASA HOPES THE TECHNOLOGY WILL HELP FUTURE MISSIONS.THE SPACE PROBE WILL SPEND THE NEXT THREE MONTHS IN SPACE.

10/28/13 6:00AM (1:45 SECONDS) ONE WEEK FROM TOMORROW, VIRGINIANS HIT THE POLLS -- AND THE CANDIDATES FOR GOVERNOR ARE BRINGING THE BIG GUNS HERE TO HAMPTON ROADS TO RALLY SUPPORT. DEANNA LEBLANC IS LIVE IN NORFOLK WHERE PRESIDENT BILL CLINTON STOPS IN JUST A FEW HOURS.DEANNA?THAT'S RIGHT, PRESIDENT CLINTON WILL BE HERE AT THE CRUISE CENTER RALLYING FOR TERRY MCAULIFFE. DOORS OPEN HERE AT NINE AM -- AND THE PRESIDENT AND CANDIDATE FOR GOVERNOR WILL BE ADDRESSING THE CROWD JUST AFTER 10-AM.THE PRESIDENT STARTED HIS TOUR OF OUR AREA LAST NIGHT AT A COMMUNITY CENTER IN HAMPTON. HIS MESSAGE TO THE CROWD THEN: GET YOUR FRIENDS TO THE POLLS NEXT TUESDAY. WE EXPECT A SIMLIAR MESSAGE HERE THIS MORNING. PRESIDENT CLINTON TOLD THE CROWD HE BELIEVES IN MCAULLIFE'S PLAN FOR JOB CREATION AND INVESTMENT IN EDUCATION AND THAT KEN CUCCINELLI IS TOO FAR RIGHT TO MOVE VIRGINIA FORWARD. BUT CUCCINELLI'S CAMP HAD SOMETHING TO SAY ABOUT THAT. IN A STATEMENT, CUCINELLI'S SPOKESWOMAN ANNA NIX SAID "WE WONDER WHETHER THE GUBERNATORIAL CANDIDATE (MEANING MCAULIFFE) WILL FINALLY ANSWER CRITICAL QUESTIONS" LIKE "WHETHER MCAULIFFE KNOWINGLY PROFITED OFF OF THE DEATH OF OTHERS. ANOTHER WILL BE WHY HE OPENED A 750-THOUSAND DOLLAR LINE OF CREDIT BENEFITTING A UNION COMPANY. PRESIDENT CLINTON WON'T BE ABLE TO ANSWER THOSE QUESTIONS FOR HIM. IT'S TIME FOR TERRY MCAULIFFE TO TELL THE TRUTH."AND CUCINNELLI IS MAKING A STOP IN VIRGINIA BEACH THIS MORNING WITH A BIG BACKER OF HIS OWN. RAND PAUL, US SENATOR FROM KENTUCKY WILL BE AT THE PHILLIPINO CULTURAL CENTER AT 12:30.

10/31/13 12:00PM (20 SECONDS) MEANWHILE - ONE OF THE BIGGEST CONCERNS STILL UNDER THE MICROSCOPE IS THE PRIVACY PROTECTIONS FOR THE PERSONAL INFORMATION NEEDED TO SIGN UP ON THE GOVERNMENT'S WEBSITE. ADMINISTRATION OFFICIALS SAY SHARING DATA IS ESSENTIAL TO DETERMINE IF PEOPLE QUALIFY FOR HEALTH INSURANCE SUBSIDIES.BUT PRIVACY ADVOCATES WORRY TOO MUCH PERSONAL INFORMATION IS BEING SHARED AMONG SO MANY.

11/1/13 4:30AM (20 SECONDS) IRAN'S NEW FOREIGN MINISTER SAYS HE WANTS TO NEGOTIATE ON HIS COUNTRY'S NUCLEAR PROGRAM.MOHAMMED ZARIF SAYS HIS GOVERNMENT SUPPORTS INTERNATIONAL DISARMAMENT EFFORTS, AND DOESN'T WANT TO

BECOME A NUCLEAR POWER.OVERNIGHT THE OBAMA ADMINISTRATION PUT PRESSURE ON CONGRESS TO HOLD OFF ON ANOTHER ROUND OF SANCTIONS AGAINST IRAN.

11/1/13 12:00PM (25 SECONDS) NEW AT MIDDAY -- WE ARE HEARING FROM SECRETARY OF STATE JOHN KERRY. LAST NIGHT HE ADMITTED U-S SURVEILLANCE PROGRAMS HAVE GONE **TOO FAR**. KERRY MADE THE COMMENTS WHILE ADDRESSING THE OPEN GOVERNMENT PARTNERSHIP ANNUAL SUMMIT MEETING IN LONDON. HE SAYS A LOT OF GOOD HAS COME OUT OF THE PROGRAMS INFORMATION GATHERING GOING BACK TO WORLD WAR TWO.BUT THE PRESIDENT IS REVIEWING THE PROCESS TO MAKE SURE WORKERS ARE NOT ABUSING THE SYSTEM.

11/4/13 12:00PM (27 SECONDS) THE TRIAL OF OUSTED EGYPTIAN PRESIDENT MOHAMMED MORSY IS NOT GETTING OFF TO A GOOD START. MORSY IS ON TRIAL FOR CHARGES OF INCITING VIOLENCE. THE PRESIDING JUDGE ABRUPTLY ADJOURNED TODAY'S PROCEEDINGS AFTER MORSY AND HIS CO-DEFENDANTS BEGAN CHANTING THE TRIAL WAS ILLEGITIMATE. WE'RE ALSO HEARING FROM MORSY FOR THE FIRST TIME SINCE HE WAS REMOVED FROM POWER. IN AN UNDATED VIDEO PUBLISHED BY AN EGYPTIAN NEWSPAPER, MORSY SAYS HE AND ALL OF EGYPT ARE VICTIMS OF A GOVERNMENT OVERTHROW.

11/5/13 5:00AM (27 SECONDS) PARENTS WITH LITTLE ONES WHO GO TO DAY CARE, LISTEN UP.A NEW GOVERNMENT REVIEW SHOWS DEPENDING ON WHERE YOU LIVE, IT MAY NOT BE SAFE TO ASSUME DAY CARE WORKERS CLEAR BACKGROUND CHECKS, OR THAT THE BUILDING PASSES UNANNOUNCED INSPECTIONS.THAT'S BECAUSE DIFFERENT STATES HAVE DIFFERENT REQUIREMENTS.WE READ THE REPORT FOR VIRGINIA.WORKERS **DO** GO THROUGH CHECKS FOR CRIMINAL CONVICTIONS AND ACCUSATIONS OF CHILD ABUSE.AND IN VIRGINIA, FACILITIES ARE ACTUALLY INSPECTED AT LEAST EVERY 6 MONTHS.

11/7/13 5:00AM (10 SECONDS) THE FUTURE OF PRAYER IN GOVERNMENT MEETINGS DOESN'T LOOK LIKE IT'S CHANGING ANY TIME SOON. AS MUCH AS TWO WOMEN FROM NEW YORK WANT IT TO. WEDNESDAY, SUPREME COURT JUSTICES CONSIDERED THEIR ARGUMENTS.

11/8/13 5:00AM (35 SECONDS) BREAKING NEWS - THE STRONGEST TYPHOON IN HISTORY LEAVES AT LEAST FOUR PEOPLE DEAD, BUT THOSE NUMBERS ARE EXPECTED TO CHANGE..TYPHOON HAIYAN UNLEASHES FURY ON THE PHILIPPINES OVERNIGHT AND THIS MORNING.AS WE'VE BEEN TELLING - THIS IS THE WORST STORM TO EVER MAKE LANDFALL.IT'S PACKING WIND GUSTS OF 235 MILES AN HOUR - STRONGER THAN THE STRONGEST HURRICANE, MUCH MORE POWERFUL THAN ANYTHING WE'VE EVER SEEN..HERE IN HAMPTON ROADS WE WOULD CONSIDER THIS STORM A CATAGORY FIVE HURRICANE ON STEROIDS.FLOODING, LAND SLIDES, AND TSUNAMI-LEVEL STORM SURGES ARE SLAMMING THE REGION.THE GOVERNMENT FORCED NEARLY 720-THOUSAND TO EVACUATE.IN JUST A FEW MINUTES - OUR JEREMY WHEELER WILL FILL US IN ON WHAT IS HAPPENING - RIGHT NOW.

11/17/13 5:00AM (35 SECONDS) NEW THIS MORNING--MORE FINANCIAL HELP IS COMING TO THE PHILIPPINES.THIS MORNING, CHINA'S GOVERNMENT SAID IT IS READY TO SEND RESCUE AND MEDICAL TEAMS TO THE TYPHOON RAVAGED COUNTRY.CHINA JOINS A HOST OF NATIONS, INCLUDING THE UNITED STATES IN OFFERING ANY AND ALL HELP TO THE REGION.MEANWHILE, BELLS RANG OUT ACROSS PARTS OF THE PHILIPPINES THIS MORNING.SEVERAL CHURCHES ARE HOLDING SERVICES.ONE MAN TOLD THE ASSOCIATED PRESS COMING TO MASS GIVES PEOPLE HOPE THAT THINGS WILL EVENTUALLY GET BETTER.

11/21/13 5:00PM (25 SECONDS) A MAJOR CHANGE IS COMING TO BUSES. AFTER DECADES OF DEBATE, THE GOVERNMENT IS NOW GOING TO REQUIRE SOME BUSES TO HAVE SEAT BELTS.THE NATIONAL HIGHWAY AND SAFETY ADMINISTRATION ANNOUNCED NEW RULES FOR ALL **NEW COMMERCIAL BUSES**.THE RULES GO INTO EFFECT IN 2016, AND DO NOT

REQUIRE OLDER BUSES TO BE RETROFITTED, BECAUSE PEOPLE IN THE BUS INDUSTRY SAY THAT'S JUST TOO EXPENSIVE.

12/1/13 6:00AM (30 SECONDS) NEW THIS MORNING--THE WHITE HOUSE WANTS NORTH KOREA TO RELEASE TWO AMERICANS CURRENTLY DETAINED IN THE COMMUNIST NATION. ONE OF THE DETAINEES, 85 YEAR OLD MERRILL NEMAN, IS A VETERAN OF THE KOREAN WAR. NORTH KOREAN OFFICIALS TOOK HIM OFF A PLANE IN OCTOBER. THE OTHER MAN IS KENNETH BAE. HE'S BEEN IN CUSTODY FOR MORE THAN A YEAR AND SENTENCED TO 15 YEARS IN PRISON FOR WHAT NORTH KOREA CALLS PLOTTING TO OVERTHROW THE GOVERNMENT. HIS SISTER REMAINS CONFIDENT, THE U.S. WILL HELP BRING HER BROTHER HOME.

12/2/13 12:00PM (30 SECONDS) PROTESTERS TAKE OVER STREETS IN THE **UKRAINE**. TODAY DEMONSTRATORS ARE BLOCKING THE STREETS LEADING TO GOVERNMENT OFFICES. THE GROUP IS VOWING TO HOLD PROTESTS UNTIL THE PRESIDENT STEPS DOWN. AROUND **300-THOUSAND PEOPLE** JOINED DEMONSTRATIONS YESTERDAY IN THE LARGEST SHOW OF ANGER YET OVER THE PRESIDENT'S REFUSAL TO SIGN AN AGREEMENT WITH THE EUROPEAN UNION. RIOT POLICE USED TEAR GAS, TRUNCHEONS AND FLASH GRENADES TO PUSH BACK PROTESTERS TRYING TO ANGER THE PRESIDENTIAL ADMINISTRATION BUILDING.

12/3/13 5:00PM (30 SECONDS) LET'S KEEP THIS STORY GOING WITH THE IMPACT ON TRAFFIC AROUND THE BONNER BRIDGE. EMERGENCY FERRIES BETWEEN STUMPY POINT AND RODANTHE ARE GETTING READY- FOR PEOPLE WHO HAVE TO GET AROUND THE OUTER BANKS. BUT THE SUDDEN DECISION-- ALONG WITH THE MAJOR INCONVENIENCE-- IS RAISING A LOT OF QUESTIONS FOR THE PEOPLE WHO LIVE THERE- AND THOSE WHO RUN THE GOVERNMENT. OUR TEAM COVERAGE CONTINUES WITH 10 ON YOUR SIDE'S ANDY FOX-- WHO HAS SPENT A LOT OF TIME COVERING HURRICANES ON THE OUTER BANKS. ANDY? FIRST CALL I MADE WAS TO THE DARE COUNTY BOARD OF COMMISSIONERS. WE GOT A CALL BACK FROM THE CHAIRMAN WARREN JUDGE. HE HAS BEEN OUTSPOKEN ON ENVIRONMENTAL CHALLENGES HE CLAIMS HAVE DELAYED A NEW BONNER BRIDGE.

12/16/13 6:00AM (25 SECONDS) NOW YOU'RE LOOKING LIVE AT THE U-S CAPITOL, IN WASHINGTON. A LOT OF BUSINESS NEEDS TO HAPPEN IN THAT BUILDING OVER THE NEXT FEW DAYS. THE SENATE ACTUALLY HELD A QUICK SESSION SUNDAY, TO GET READY FOR THE WEEK AHEAD. THE BIG STORY THERE IS THE BIPARTISAN BUDGET BILL. WE TOLD YOU LAST WEEK, THE HOUSE APPROVED THE TWO-YEAR PLAN. THE WHITE HOUSE WAS HAPPY. NOW IT'S UP TO THE SENATE TO PASS THE BILL, TO AVOID ANOTHER GOVERNMENT SHUT DOWN.

12/18/13 5:00PM (35 SECONDS) IF YOU ARE EAGER TO GET YOUR TAX REFUND, YOU WILL HAVE TO WAIT AN EXTRA 10 DAYS TO FILE YOUR FEDERAL RETURN. THE I-R-S SAYS IT'S DELAYING THE TAX FILING SYSTEM UNTIL JANUARY 31ST BECAUSE OF THE OCTOBER GOVERNMENT SHUTDOWN. IT WAS SLATED TO START JANUARY 21. THE I-R-S SAYS THE 16 DAY SHUTDOWN INTERRUPTED WORKERS WHO WERE PROGRAMMING AND TESTING THE AGENCY'S PROCESSING SYSTEMS. 10 ON YOUR SIDE WARNED YOU ABOUT THE POSSIBLE DELAY ONCE THE SHUTDOWN ENDED. NOW IT'S OFFICIAL. THE EXTRA WEEK AND A HALF SHOULD GIVE WORKERS ENOUGH TIME TO PREPARE THE SYSTEM. THE APRIL 15 DEADLINE FOR FILING INDIVIDUAL TAX RETURNS REMAINS UNCHANGED.

12/29/13 6:00PM (20 SECONDS) MORE THAN ONE MILLION PEOPLE ENROLLED IN THE NEW FEDERAL HEALTH CARE PROGRAM BY CHRISTMAS EVE. THAT ANNOUNCEMENT CAME FROM THE GOVERNMENT JUST A FEW HOURS AGO. MEDICARE EXPERTS SAY MOST OF THE NEW PARTICIPANTS ENROLLED IN DECEMBER WHEN THE WEB SITE WAS UP AND RUNNING BETTER. THE OBAMA ADMINISTRATION HOPES TO HAVE 7-MILLION SIGNED UP BY THE END OF THIS MONTH.

12/30/13 12:00PM (30 SECONDS) HARD TIMES GET EVEN HARDER OVER THE WEEKEND FOR OUR COUNTRY'S CHRONICALLY UNEMPLOYED POPULATION.THE CLOCK RAN OUT SATURDAY ON AN EXTENTION OF GOVERNMENT UNEMPLOYMENT BENEFITS.ONE-POINT-THREE MILLION AMERICANS LIKE DELORES SIRIANNI AND HER HUSBAND FRED FACE A NEW WEEK WITHOUT A LIFELINE FROM WASHINGTON.CONGRESS LEFT FOR VACATION WITHOUT RENEWING UNEMPLOYMENT BENEFITS.

12/31/13 5:30PM (25 SECONDS) NEW AT 5:30--A POSSIBILITY FOR PEACH IN SOUTH SUDAN.TODAY, GOVERNMENT AND REBEL LEADERS AGREED ON A CEASEFIRE.BOTH SIDES AGREED TO STOP FIGHTING HOURS AFTER A SKIRMISH BETWEEN TROOPS LOYAL TO EACH SIDE CLASHED IN A TOWN 75 MILES FROM THE CAPITAL.THE FIGHTING BEGAN TWO WEEKS AGO.AT LEAST A THOUSAND PEOPLE ARE DEAD. MORE THAN 150-THOUSAND ARE DISPLACED.

2) MILITARY

10/8/13 4:30AM (20 SECONDS) ANOTHER LOCAL COMMISSARY OPENS ITS DOORS THIS MORNING. THE MILITARY GROCERY STORE AT FORT EUSTIS JOINS ITS COUNTERPARTS AT **N-A-S OCEANA** AND **LANGLEY AIR FORCE BASE**.THEY OPENED MONDAY. THE PENTAGON DECIDED KEEPING THE COMMISSARIES CLOSED BECAUSE OF THE GOVERNMENT SHUTDOWN WAS TOO MUCH OF A BURDEN FOR MILITARY MEMBERS AND THEIR FAMILIES, NOT TO MENTION THE STORE EMPLOYEES.

10/8/13 5:00AM (30 SECONDS) WE ARE LEARNING MORE ABOUT THE DUAL WEEKEND U-S COMMANDO RAIDS IN AFRICA.THE FIRST WAS A BOLD SNATCH AND GRAB IN AN UPSCALE TRIPOLI NEIGHBORHOOD. **ABU ANAS AL-LIBI** HAD BEEN ON THE F-B-I'S MOST WANTED LIST FOR MORE THAN A DECADE, AND HAD A \$5 MILLION DOLLAR BOUNTY ON HIS HEAD.ON SATURDAY - ARMY DELTA FORCE OPERATORS CAPTURED AL - LIBI. HE WAS WANTED FOR HIS ROLE IN THE 1998 US EMBASSY BOMBINGS IN KENYA AND TANZANIA. AMONG THE MORE THAN 200 KILLED IN THE BOMBINGS WERE 12 AMERICANS INCLUDING ARMY SGT. KENNETH HOBSON.

10/9/13 4:30AM (35 SECONDS) A HIGHLY-ANTICIPATED CASE AT NAVAL STATION NORFOLK TODAY.THE NAVY WILL ARRAIGN FOUR SAILORS, INCLUDING TWO SENIOR NAVY LEADERS.THEY ARE FACING CHARGES IN CONNECTION WITH THE DEATHS OF TWO VIRGINIA BEACH BASED DIVERS.BACK IN FEBRUARY, JAMES REYHER AND RYAN HARRIS DROWNED IN ABERDEEN, MARYLAND.THEY WERE PART OF **MOBILE DIVING AND SALVAGE UNIT TWO**. INVESTIGATORS LEARNED: A LINE TETHERED TO THEM GOT TANGLED AT THE BOTTOM OF THE TRAINING POND.THE NAVY WON'T RELEASE THE IDENTITIES OF THE SAILORS AND THEIR CHARGES UNTIL THE ARRAIGNMENT.COUNT ON 10 ON YOUR SIDE TO REPORT BACK TO YOU LATER TONIGHT.

10/9/13 4:30AM (25 SECONDS) NEW INFORMATION THIS MORNING ABOUT WHEN TROOPS CAN EXPECT THEIR CHECKS.PENTAGON ACCOUNTANTS SAY ALL TROOPS WILL RECIEVE THEIR PAYS AND ALLOWANCES **ON TIME** FOR THE MID-MONTH PAYCHECK. IT'S SLATED TO COME NEXT WEEK. A PENTAGON OFFICIAL TELLS THE MILITARY TIMES, CHECKS WILL LIKELY INCLUDE INCENTIVE PAYS AND RE-ENLISTMENT BONUSES. BUT MONEY OWED TO PEOPLE OTHER THAT SERVICE MEMBERS, THEIR SPOUSES FOR EXAMPLE, MAY STILL BE WITHHELD. OFFICIALS ARE PROMISING MORE DETAILS TODAY. WE WILL FILL YOU IN.

10/11/13 5:00PM (20 SECONDS) THE LINGERING COASTAL STORM MEANS BAD NEWS FOR SOME LOCAL MILITARY FAMILIES. BECAUSE OF THE BAD WEATHER EXPECTED SUNDAY - THE USO CANCELLED ITS **MILITARY APPRECIATION DAY** AT THE VIRGINIA ZOO IN NORFOLK.THE EVENT WILL BE RE-SCHEDULED.AND DON'T WORRY, WHEN THEY ANNOUNCE THE NEW DATE, WE'LL LET YOU KNOW ON WAVY NEWS 10 AND **WAVY DOT COM**.

10/12/13 5:00AM (25 SECONDS) THIS MORNING IN YOUR MILITARY HEADLINES.A SOMBER DAY FOR SOME.TODAY MARKS THE 13TH ANNIVERSARY OF THE TERRORIST ATTACK

ON THE NORFOLK-BASED USS COLE. 17 PEOPLE ABOARD THE SHIP DIED WHEN A BOAT PACKED WITH EXPLOSIVES BLEW UP ALONG SIDE IT IN YEMEN. ANOTHER 38 WERE HURT. EARLIER THIS YEAR, 10 ON YOUR SIDE REPORTED THE ACCUSED BOMBER, RAHIM AL-NASHIRI, WILL STAND TRIAL FOR ORGANIZING THE ATTACK.

10/18/13 4:30AM (1:30 SECONDS) WE'RE WAKING YOU UP WITH BREAKING NEWS. A HAMPTON STREET GOES FROM A QUIET NEIGHBORHOOD, TO A MURDER SCENE, IN THE MIDDLE OF THE NIGHT. IT ALL STARTED WITH GUNSHOTS ON GREENBRIAR AVENUE - THAT'S OFF OF KECOUGHTAN RD. OUR DEANNA LEBLANC TALKED TO THE MAN WHO CALLED 9-1-1, DEANNA?DON, THOMAS DEBRAUX WAS IN THIS HOUSE RIGHT NEXT DOOR TO WHERE THE SHOOTING HAPPENED. HE SAYS HIS MILITARY TRAINING KICKED IN AND HE WENT INTO REACTION MODE AS SOON AS HE HEARD ABOUT HALF A DOZEN GUNSHOTS. DEBRAUX SAYS HE CALLED 9-1-1 AS SOON AS HE HEARD THOSE SHOTS FIRED, HE CHECKED ON HIS DAD AND THEN RAN OUTSIDE -- THAT'S WHEN HE SAW A WOMAN DEAD IN HIS NEIGHBOR'S YARD. HE THEN EVEN CALLED POLICE AGAIN TO GIVE THEM MORE INFORMATION. DEBRAUX TELLS ME THE WOMAN DIDN'T LIVE HERE BUT WAS A FRIEND OF HIS NEIGHBOR. UNDERSTANDABLY, DEBRAUX TELLS ME HE'S STILL A LITTLE SHAKEN FROM THE WHOLE ORDEAL. POLICE AREN'T RELEASING MUCH INFORMATION AT THIS HOUR. THEY HAVE CONFIRMED THE WOMAN WAS SHOT IN THE CHEST BUT SAY THEY'RE STILL WORKING ON A MOTIVE, AND ON NOTIFYING NEXT OF KIN.

10/29/13 5:00AM (20 SECONDS) THE NAVY SAYS, TWO NORFOLK-BASED DESTROYERS RESCUED MIGRANTS OFF SOUTHERN GREECE. THE MILITARY'S BEEN TWEETING: THE U-S-S GRAVELY AND U-S-S RAMAGE ARE ON THE SCENE AT THE REQUEST OF THE GREEK GOVERNMENT. BOTH OF THOSE SHIPS WERE ON STAND-BY IN THE MEDITERANEAN IN THE EVENT A STRIKE WAS NECESSARY.

11/11/13 6:00AM (30 SECONDS) THE NATIONAL FOOTBALL LEAGUE AND THE NFL PLAYERS ASSOCIATION HONOR VETERANS AND ACTIVE DUTY MEMBERS OF THE MILITARY - DURING SUNDAY FOOTBALL GAMES ACROSS THE COUNTRY. THE NFL CALLS IT THEIR ANNUAL **SALUTE TO SERVICE** CAMPAIGN. FOR EVERY POINT SCORED, THE LEAGUE MAKES A FINANCIAL DONATION TO THE PAT TILLMAN FOUNDATION, U-S-O AND THE WOUNDED WARRIOR PROJECT. PLAYERS WEAR CAMOUFLAGE EQUIPMENT AND HELMETS WITH DECALS HONORING MILITARY BRANCHES. THIS IS THE SECOND YEAR FOR THE CAMPAIGN. LAST YEAR THE NFL DONATED NEARLY 800-THOUSAND DOLLARS.

11/11/13 12:00PM (25 SECONDS) ALL OF THAT CLIMBING COULD CERTAINLY WORK UP AN APPETITE. TODAY MANY RESTAURANTS ARE HONORING SERVICE MEMBERS WITH A FREE MEAL. SOME PLACES OFFER A FREE LUNCH, OTHERS A FREE DINNER. NEARLY ALL REQUIRE PROOF OF MILITARY SERVICE. SOME ON THE LIST INCLUDE.. APPLEBEE'S.. BENNIGAN'S AND CALIFORNIA PIZZA KITCHEN. FOR MORE PLACES, LOG ON TO WAVY-DOT-COM.

11/12/13 5:00AM (15 SECONDS) SECRETARY CHUCK HAGEL ORDERED MORE HELP FROM THE U-S MILITARY MONDAY. THIS TIME HE CALLS ON THE NAVY. NOW THE U-S-S GEORGE WASHINGTON, MAKES IT'S WAY TO THE REGION. THE AIRCRAFT CARRIER STARTED ITS TRIP FROM HONG KONG OVERNIGHT. OTHER NAVY SHIPS JOIN THE JOURNEY SOON, BUT NONE OF THEM ARE BASED IN HAMPTON ROADS.

11/13/13 11:00PM (15 SECONDS) WE CONTINUE TO FOLLOW DEVELOPING NEWS AT CAMP PENDLETON IN CALIFORNIA. THE MILITARY SAYS FOUR MARINES WERE KILLED DURING A RANGE MAINTENANCE OPERATION. OFFICIALS SAY THEY'RE INVESTIGATING AND NO DETAILS ARE BEING RELEASED, INCLUDING THE IDENTITIES OF THOSE KILLED.

11/14/13 5:00AM (25 SECONDS) A NAVY COMMANDER AND NEUROSURGEON PREVIOUSLY STATIONED AT NAVAL MEDICAL CENTER PORTSMOUTH - IS ACCUSED OF

CONDUCT UNBECOMING AN OFFICER.THE ALLEGATIONS OF SEXUAL MISCONDUCT HAPPENED DURING COMMANDER STEVEN COBERY TIME IN HAMPTON ROADS.A MEDICAL STUDENT AT THE HOSPITAL IS THE ALLEGED VICTIM. COBERY FACES AN ARTICLE 32 HEARING, THE MILITARY'S VERSION OF A PRELIMINARY HEARING FOR CIVILIANS.THE NEXT STEP IS A COURT MARTIAL - IF ENOUGH EVIDENCE IS FOUND AGAINST COBERY.

11/15/13 12:00PM (35 SECONDS) WE'RE ON YOUR SIDE LOOKING INTO HOW COST-SAVING MEASURES FOR THE MILITARY AFFECTING PEOPLE RIGHT HERE IN HAMPTON ROADS. THIS TIME - TRICARE'S STATESIDE, IN-PERSON SERVICE CENTERS COULD BE ON THE CHOPPING BLOCK. AS YOU CAN SEE THERE ARE 5 OF THESE FACILITIES BETWEEN PORTSMOUTH, HAMPTON, FORT EUSTIS, YORKTOWN AND ELIZABETH CITY. MANY MILITARY FAMILIES USE THE CENTERS FOR IN-PROCESSING AT NEW BASES TO LOCATE NEARBY HEALTH CLINICS.YOU CAN ALSO SPEAK TO SOMEONE FACE-TO-FACE TO HELP NAVIGATE THE SYSTEM WHILE FILING AN INSURANCE APPEAL. WE SPOKE TO PLENTY OF PEOPLE THAT SAID THEY'D HATE TO SEE THEM GO AWAY.

11/17/13 4:00AM (25 SECONDS) A FEW HOURS FROM NOW, HUNDREDS OF MILITARY FAMILIES WILL BECOME WHOLE AGAIN JUST IN TIME FOR THE HOLIDAYS.THE USS GRAVELY IS ON HER WAY BACK TO NORFOLK AFTER A NINE-MONTH DEPLOYMENT.THE SHIP AND CREW IS SCHEDULED TO PULL INTO PORT MONDAY.THIS IS VIDEO OF THE GUIDED MISSILE DESTROYER LEAVING NAVAL STATION NORFOLK - BACK IN FEBRUARY.THE NAVY EXTENDED HER DEPLOYMENT DURING THE SYRIAN CRISIS. LAST MONTH, THE GRAVELY AND THE U-S-S RAMAGE HELPED RESCUE 120 PEOPLE OFF THE COAST OF GREECE.

12/13/13 12:00PM (20 SECONDS) IT'S A SPECIAL TIME FOR FAMILIES OF FALLEN MILITARY MEMBERS.FOR FOUR DAYS, SANTA AND A FEW HELPERS SPREAD HOLIDAY CHEER ON THE 'SNOWBALL EXPRESS.'WE WERE THERE AT NORFOLK INTERNATIONAL AIRPORT YESTERDAY WHEN MORE THAN A DOZEN FAMILIES HOPPED ON BOARD. A LINE OF ACTIVE AND RETIRED MILITARY VOLUNTEERS CHEERED AS THE FAMILIES WALKED TO THEIR GATE.THEY TOOK OFF TO DALLAS, TEXAS.

12/13/13 5:30PM (37 SECONDS) NEW AT 5-30 JUST DAYS AFTER A NAVY SEAL ANSWERED TO CRIMINAL CHARGES IN A FEDERAL COURTROOM - SAILORS FROM ANOTHER SPECIALIZED COMBAT GROUP ARE FACING CHARGES FROM A MILITARY COURT.10 ON YOUR SIDE MILITARY REPORTER ART KOHN JOINS US NOW TO TELL US WHO THEY ARE AND WHY THEY'RE THE TARGET OF A SERIOUS INVESTIGATION.THE SAILORS BELONG TO COASTAL RIVERINE SQUADRON 2, BASED OUT OF LITTLE CREEK. THE RIVERINES ARE A HIGHLY TRAINED GROUP OF SAILORS THAT PATROL SHALLOW COASTAL WATERS IN FAST AND HIGHLY MANUEVERABLE BOATS. NOW SOME OF THEIR MEMBERS ARE THE TARGET OF AN INVESTIGATION THAT INVOLVES, ALLEGATIONS OF MISCONDUCT, DERELICTION OF DUTY AND POSSIBLE SUICIDES.HELD ACCOUNTABLE

12/14/13 6:00AM (15 SECONDS) TIS THE SEASON FOR MIRACLES.AND FOR A LOCAL MILITARY FAMILY, THIS ONE CAME AT THE RIGHT TIME.WHILE MOST KIDS ASK SANTA FOR TOYS OR CLOTHES, ONE FAMILY JUST WANTED DADDY HOME FOR THE HOLIDAYS.10 ON YOUR SIDE'S JASON MARKS HAS THE STORY OF THEIR CHRISTMAS MIRACLE

12/16/13 4:30AM (30 SECONDS) NEW THIS MORNING - A CLOSE CALL FOR A NAVY SHIP AT SEA.THE GUIDED MISSILE CRUISER USS COWPENS ALMOST HIT A CHINESE AIRCRAFT CARRIER, IN THE SOUTH CHINA SEA.THE NAVY SAYS THE CHINESE SHIP TRIED TO GET THE COWPENS TO STOP IN INTERNATIONAL WATERS. NO SHOTS WERE FIRED, AND THANKS TO COMMUNICATION BETWEEN THE SHIPS, THERE WAS NO COLLISION.THIS MORNING, A CHINESE NEWSPAPER REJECTS THE U-S MILITARY'S ACCOUNT OF WHAT HAPPENED, AND ACCUSES THE COWPENS OF HARASSING A CHINESE FLEET.THE U-S-S COWPENS IS BASED IN JAPAN.

12/17/13 4:30AM (15 SECONDS) THE PENTAGON RATCHETS UP DRUG TESTS, LOOKING TO TO SEE IF TROOPS ARE USING SYNTHETIC MARIJUANA. YOU MAY KNOW THE DRUG BY ANOTHER NAME, "SPICE."DEFENSE DEPARTMENT OFFICIALS SAY RANDOM TESTS LAST YEAR SHOWED TROOPS USE SPICE MORE THAN ANY OTHER ILLEGAL DRUG, **BY FAR**.

12/18/13 12:00AM (25 SECONDS) WE'RE FOLLOWING DEVELOPMENTS IN THE SINGLE DEADLIEST INCIDENT IN AFGHANISTAN IN MORE THAN A YEAR. 6 TROOPS DIED TUESDAY WHEN THEIR BLACKHAWK HELICOPTER WENT DOWN. THE MILITARY STILL WILL NOT CONFIRM IF THE THE TROOPS DIED FROM ENEMY GUNFIRE AFTER THE CRASH OR IF THERE WAS EVEN ENEMY CONTACT AT ALL.ONE AMERICAN SURVIVED WITH SERIOUS INJURIES.THE TALIBAN PROVES TO BE A SERIOUS THREAT IN THE ZABUL PROVINCE IN THE SOUTHERN PART OF AFGHANISTAN WHERE THIS HAPPENED.

12/20/13 12:00AM (35 SECONDS) T-S-A IS OFFERING A GIFT TO TRAVELING SERVICE MEMBERS STARTING TODAY - QUICK SCREENING LANES.THEY'RE AVAILABE AT ONE HUNDRED AIRPORTS ACROSS THE COUNTRY-- INCLUDING NORFOLK INTERNATIONAL., MILITARY MEMBERS CAN ACCESS THE LANES BY ENTERING THEIR D-O-D NUMBER INTO FLIGHT RESERVATIONS AND AIRLINE PROFILES.FASTER CHECKS MEAN - TROOPS CAN LEAVE SHOES AND JACKETS **ON** - LAPTOPS IN CASES - AND PACK BIGGER BOTTLES OF LIQUIDS IN CARRY ON BAGS.ANY SAILOR, SOLDIER - MEMBER OF THE COAST GUARD - NATIONAL GUARD - OR RESERVES CAN TAKE ADVANTAGE OF THE CHANGES.OUR AVA HURDLE WILL HAVE MORE ON THIS PROGRAM-- TONIGHT ON OUR 90 MINUTES OF NEWS BEGINNING AT 5.

12/27/13 12:00AM (25 SECONDS) NEW AT MIDDAY-- JAPAN'S GOVERNMENT HAS GIVEN THE GO-AHEAD TO RELOCATE A CONTROVERSIAL U-S MILITARY BASE.OKINAWA'S GOVERNOR APPROVED A PROPOSAL ALLOWING FOR CONSTRUCTION OF A NEW BASE IN A RURAL AREA.THE MARINE CORPS AIR BASE FUTENMA HAS BEEN UNPOPULAR WITH THE ISLAND'S POPULATION BECAUSE OF CRIMES COMMITTED BY AMERICANS STATIONED THERE. RELOCATION COMES MORE THAN 17 YEARS AFTER THE U-S AND JAPANESE GOVERNEMNTS AGREED ON THE ORIGINAL MOVE.

3) ECONOMY

10/1/13 5:30PM (20 SECONDS) TALK OF THE GOVERNMENT SHUTDOWN REACHED ALL ACROSS HAMPTON ROADS.TODAY THE TOPIC CAME UP AT OLD DOMINION UNIVERSITY'S STATE OF THE REGION REPORT.THE 2013 REPORT FOCUSED ON THE ECONOMY OF HAMPTON ROADS AND THE THINGS THAT NEGATIVELY IMPACT IT. ACCORDING TO THE EDITOR OF THE REPORT, THE CURRENT SHUTDOWN IS ONE OF SEVERAL THINGS WORKING TO STOP THE CASH FLOW IN HAMPTON ROADS.

10/2/13 4:30AM (20 SECONDS) NEW INFORMATION THIS MORNING ON THE STATE OF HAMPTON ROADS.A REPORT FROM OLD DOMINION UNIVERSITY SAYS CUTS TO DEFENSE SPENDING WILL COST OUR AREA THOUSANDS OF JOBS THIS YEAR, BUT IT COULD BE WORSE.OFFICIALS SAY THE LOCAL REAL ESTATE MARKET SHOWS SIGNS OF HOPE. ECONOMISTS URGE THE AREA TO DIVERSIFY ITS ECONOMIC BASE, TO PREVENT AGAINST DIPS WHEN DEFENSE SPENDING DROPS OFF.

10/3/13 4:30AM (25 SECONDS) FOUR BIG PLAYERS IN CONGRESS MEET THE PRESIDENT AT THE WHITE HOUSE.THE RESULT: MORE BICKERING.THE PRESIDENT OF THE UNITED STATES WAS VERY VERY STRONG STRONG STRONG BUTT TO THEY DON'T WANNA, THEY WILL NOT NEGOTIATE.PRESIDENT OBAMA IS PRESSING ON TODAY, CONTINUING AN ON-AIR FIGHT TO COUNTER THE POLITICAL TEMPER-TANTRUM ON CAPITOL HILL. HE'LL VISIT A D-C AREA CONSTRUCTION COMPANY. WHILE HE'S THERE, HE'S EXPECTED TO TALK ABOUT THE ECONOMIC IMPACT OF CONGRESS NOT PAYING THE GOVERNMENT'S BILLS.

10/9/13 4:30AM (20 SECONDS) AN ANNOUNCEMENT FROM PRESIDENT OBAMA IS HAPPENING TODAY. THE PRESIDENT IS EXPECTED TO NOMINATE FEDERAL RESERVE VICE CHAIR **JANET YELLEN** TO SUCCEED **BEN BERNANKE** AS CHAIRMAN OF THE FEDERAL RESERVE. YELLEN WOULD BE THE FIRST WOMAN TO HEAD THE POWERFUL BANK. SHE'S TAKING OVER AT A PIVOTAL TIME FOR THE NATION'S ECONOMY AND IN THE BANKING INDUSTRY.

10/11/13 4:30AM (25 SECONDS) WALL STREET WILL OPEN STRONG THIS MORNING. N-B-C REPORTS, LAWMAKERS WILL WORK ALL DAY TODAY AND THROUGH THE WEEKEND, IN HOPES TO RE-OPEN THE GOVERNMENT MONDAY MORNING. A DEAL TO RAISE THE DEBT LIMIT MAY ALSO BE IN THE WORKS. THAT SENT STOCKS TO A HIGH CLOSE ON THURSDAY. TODAY, A SENATE COMMITTEE WILL HEAR TESTIMONY ON THE IMPACTS OF THE GOVERNMENT SHUTDOWN ON THE ECONOMY. GOVERNMENT AGENCIES, PRIVATE SECTOR LEADERS AND EVEN SCIENTISTS WILL SPEAK.

10/17/13 12:00PM (25 SECONDS) THE GOVERNMENT SHUTDOWN IS OVER-- AND TODAY WE ARE SEEING THE FINANCIAL IMPACT FROM WALL STREET ANALYSTS. STANDARD AND POOR'S ESTIMATES THE PARTIAL SHUTDOWN OF THE GOVERNMENT HAS HAD A **24-BILLION-DOLLAR IMPACT ON THE U-S ECONOMY**. SINCE OCTOBER FIRST, THE AGENCY BELIEVES THE SHUTDOWN TRIMMED POINT-SIX-PERCENT OFF ANNUALIZED G-D-P GROWTH FOR THE FOURTH QUARTER. STANDARD AND POOR'S DOWNGRADED THE RATING OF U-S BONDS IN 2011 DUE TO POLITICAL IMPASSE IN WASHINGTON IT WARNED, WEDNESDAY, THAT CONSUMER CONFIDENCE PLUMMETED AS THE COUNTRY APPROACHED THE DEBT CEILING TWO YEARS AGO. IT ALSO SAID THAT A DEFAULT ON U-S DEBT COULD HAVE A DEVASTATING IMPACT ON MARKETS AND ON THE ECONOMY.

10/23/13 4:30AM (30 SECONDS) LAWMAKERS TALK ABOUT WHAT'S NEXT FOR SEQUESTRATION, TODAY..THE HOUSE ARMED SERVICES COMMITTEE HAS A HEARING ABOUT IT THIS AFTERNOON. REMEMBER, THREE LOCAL CONGRESSMEN ARE ON THAT COMMITTEE. WHEN WASHINGTON ENDED THE GOVERNMENT SHUTDOWN AND SWERVED AWAY FROM DEFAULT, IT HELD ON TO SEQUESTRATION AND BIG CUTS IN NEXT YEAR'S DEFENSE BUDGET. LAST WEEK, TREASURY SECRETARY JACK LEW SAID SEQUESTRATION WAS HOLDING BACK THE ECONOMY. WE HARDLY HAVE TO TELL HAMPTON ROADS - IT'S IMPACTING MILITARY READINESS.

10/31/13 6:00PM (20 SECONDS) THIS RULING IS A HUGE BLOW- NOT JUST TO PORTSMOUTH'S ECONOMY. MAYOR KENNY WRIGHT TALKED TO ANDY FOX JUST AFTER THE ANNOUNCEMENT. HE DESCRIBED THE RIPPLE EFFECT THIS COULD HAVE. THAT'S VERY DISTURBING I MEAN THIS IS, AGAIN, IT'S GOING TO DEVASTATE THIS REGION... AND THIS IS GOING TO BE A GREEN LIGHT FOR MORE OF THESE PROJECTS TO COME WITHOUT THE INCLUSIVENESS THAT IT SHOULD BE SO THAT'S VERY DISTURBING ANDY JOINS US NOW LIVE NEAR THE DOWNTOWN TUNNEL. ANDY - YOU'VE BEEN COVERING THIS STORY FROM DAY ONE- AND THE MAYOR ISN'T THE ONLY ONE UPSET ABOUT TODAY'S RULING..THERE ARE A LOT OF PEOPLE UPSET ESPECIALLY WITH THE ABILITY OF A PRIVATE COMPANY LIKE E-R-C TO PARTICIPATE IN THE SETTING OF THE RATE OF RETURN OR PROFIT AS LONG AS VDOT HAS THE FINAL SAY OVER THE RETURN. AND THERE WILL BE EFFORTS TO MAKE THE COURT DECISION NOT THE FINAL WORD

10/31/13 11:00PM (30 SECONDS) THE BIG STORY TONIGHT: TOLLS ARE COMING. TAKING THE SHORTEST ROUTE FROM NORFOLK TO PORTSMOUTH WILL COST YOU. THE VIRGINIA SUPREME COURT SAID TOLLS ON THE MIDTOWN AND DOWNTOWN TUNNELS ARE CONSTITUTIONAL. 10 ON YOUR SIDE BROKE THE NEWS. WE WERE IN RICHMOND WHEN THE DECISION CAME DOWN. IT'S A WIN FOR THE FUTURE OF VIRGINIA'S TRANSPORTATION PROJECTS. AND A DEFEAT FOR THOSE WHO SAY, TOLLS WILL DIVIDE AND DAMAGE THE LOCAL ECONOMY. WE HAVE COMPLETE COVERAGE- INCLUDING REACTION AND WHAT IT MEANS *FOR YOU*. BUT FIRST, 10 ON YOUR SIDE'S JASON MARKS IS LIVE AT THE DOWNTOWN

TUNNEL.JASON, YOU TALKED TO THE ATTORNEY, REPRESENTING THE CITIZENS WHO LOST HIS CASE.WHAT'S NEXT?HE MEET WITH HIS CLIENTS FOR SEVERAL HOURS AT BUSINESS RIGHT DOWN THE STREET.HE WOULD NOT LET US IN ON THOSE PLANS. I CAN TELL YOU THAT WE FOUND ONE BUSINESS OWNER WHO HAS A PLAN OF HIS OWN WHEN IT COMES TO TOLLS.

11/3/13 5:00AM (30 SECONDS) TWO DAYS UNTIL VIRGINIA VOTES.THIS MORNING WE'RE TAKING A DEEPER LOOK AT WHERE THE TWO MAIN CANDIDATES FOR GOVERNOR STAND ON CERTAIN ISSUES.WE BEGIN WITH THE ECONOMY.THE CURRENT ATTORNEY GENERAL AND GOP CANDIDATE KEN CUCCINELLI WANTS TO FOSTER AND GROW THE STATE'S ECONOMY.HE PLANS TO DO THAT BY CUTTING MORE THAN A BILLION DOLLARS IN TAXES. HE ALSO WANTS TO GET RID OF THE BUSINESS PROFESSIONAL OCCUPATION LICENSING TAX OR B-POL. THIS IS SOMETHING BOTH HE AND THE DEMOCRATIC CANDIDATE TERRY MCAULIFFE AGREE ON.

11/3/13 6:00AM (30 SECONDS) COUNT ON 10 ON YOUR SIDE TO BRING YOU ANY AND ALL UPDATES AS WE NEAR THE END OF THIS RACE FOR GOVERNOR. IF YOU'RE STILL ON THE FENCE ABOUT WHO SHOULD GET YOUR VOTE, HEAD TO WAVY DOT COM. WE'VE POSTED PROFILES ON ALL THREE CANDIDATES.THEY INCLUDE WHERE THEY STAND ON SEVERAL ISSUES INCLUDING THE ECONOMY, TRANSPORTATION AND EDUCATION. IT'S ALL ON WAVY DOT COM. JUST HOVER OVER THE NEWS TAB, CLICK THE POLITICS LINK AND YOU'LL SEE THE LINK FOR THE CANDIDATES' PROFILES AT THE TOP OF THE PAGE.

11/4/13 6:00AM (30 SECONDS) DECISION 2013:TOMORROW NIGHT, VIRGINIA WILL HAVE ITS NEXT GOVERNOR.THE FINAL POLL FROM QUINNIPIAC UNIVERSITY SHOWS TERRI MCAULIFFE LEADING WITH 46% OF LIKELY VOTERS.KEN CUCCINELLI - WITH 40% AND LIBERTARIAN ROBERT SARVIS HOLDING ONTO 8% OF THE VOTE. THE SAME POLL SHOWS THE UNDECIDED VOTERS COULD PLAY A ROLE. AND IF YOU STILL AREN'T SURE WHERE THE CANDIDATES STAND.WE'RE ON YOUR SIDE.10 ON YOUR SIDE'S ANITA BLANTON BREAKS DOWN WHERE EACH CANDIDATE STANDS ON THE ISSUES THAT AFFECT YOU.TOM, I'VE SPENT THE DAY MAKING CALLS, RESEARCHING THE CANDIDATES POSITIONS AND LOOKING BACK ON PREVIOUS INTERVIEWS THAT WE'VE DONE WITH THEM THROUGHOUT THIS ELECTION SEASON. AND ON THESE THREE BIG ISSUES, HERE'S THE INFORMATION YOU NEED TO KNOW.

11/6/13 6:00AM (30 SECONDS) THE ECONOMY, HEALTH CARE AND ABORTION. EXIT POLLS SAY THOSE WERE THE THREE KEY ISSUES WHEN PEOPLE CAST THEIR BALLOTS YESTERDAY.OUR ANDY FOX WAS THERE WHEN TERRY MCAULIFFE CLENTCHED THE WIN FOR THE EXECUTIVE MANSION. HE CAUGHT UP WITH NORFOLK'S RALPH NORTHAM - OUR NEXT LT. GOVERNOR LAST NIGHT. "I THINK VIRGINIA SPOKE TODAY ANDY, AND SAID THEY WANT MIDDLE OF THE ROAD LEADERS WHO WILL SIT DOWN AT THE TABLE AND FIND OUT WHAT OUR CHALLENGES ARE AND COME UP WITH SOLUTIONS AND THAT'S WHAT IT'S ALL ABOUT"

11/8/13 5:30AM (15 SECONDS) INSTEAD, THE PRESIDENT FOCUSES ON THE ECONOMY TODAY. AFTER ADDRESSING ECONOMIC GROWTH AT A SPEECH IN NEW ORLEANS, HE HEADS EAST TO MIAMI.HIS SCHEDULE HAS HIM ON DUTY AT THE DEMOCRATIC NATIONAL COMMITTEE EVENTS THERE THIS WEEKEND.

11/9/13 6:00AM (25 SECONDS) NEW THIS MORNING--IT'S EASIER TO GET TO NORFOLK FROM PORTSMOUTH AND VICE VERSA.THE DOWNTOWN TUNNEL IS OPEN.IT'S DUE TO THE VETERANS DAY HOLIDAY WEEKEND.NORMALLY THE WESTBOUND TUBE WOULD BE CLOSED BECAUSE OF AN EXTENSIVE TUNNEL REHAB PROJECT.THE TUNNEL WAS CLOSED ONLY ON WEEKENDS, BUT PORTSMOUTH LEADERS MADE A DEAL WITH V-DOT TO CHANGE IT TO 7-DAY A WEEK EVENING CLOSURES, SAYING IT HURT THE CITY'S ECONOMY.

11/14/13 4:30AM (15 SECONDS) PRESIDENT OBAMA GETS BACK ON THE ECONOMY TODAY. HE'S FLYING OUT TO CLEVELAND TO TALK AT A STEEL MANUFACTURING PLANT. HE GAVE A SIMILAR TALK AT THE PORT OF NEW ORLEANS LAST WEEK. HE SAID HE WANTS TO POUR TENS OF BILLIONS OF DOLLARS INTO U-S INFRASTRUCTURE DEVELOPMENT AND BOOST AMERICAN EXPORTS.

11/30/13 6:00PM (20 SECONDS) ON THE HEELS OF BLACK FRIDAY COMES SMALL BUSINESS SATURDAY. IT'S A DAY TO SUPPORT SMALL LOCAL BUSINESSES. MOM AND POP SHOPS AND STORES AROUND AMERICA ARE HOPING TO CASH IN. EVEN PRESIDENT OBAMA GOT IN ON THE ACTION BY SPENDING A FEW BUCKS AT A LOCAL BOOKSTORE. IN THIS STILL-RECOVERING ECONOMY SMALL BUSINESSES SAY THEY NEED ALL THE HELP THEY CAN GET.

12/3/13 5:30PM (40 SECONDS) TODAY HOUSE MAJORITY LEADER JOHN BOEHNER LED THE CHARGE AGAINST THE AFFORDABLE CARE ACT. HE WASTED NO TIME CALLING OUT THE FLAWS IN THE BILL. "THE PRESIDENT'S HEALTH CARE LAW CONTINUES TO WREAK HAVOC ON AMERICAN FAMILIES, SMALL BUSINESSES AND OUR ECONOMY AND IT'S NOT JUST A BROKEN WEBSITE. THIS BILL WAS FUNDAMENTALLY FLAWED: CAUSING PEOPLE TO LOSE THE DOCTOR OF THEIR CHOICE, CAUSING THEM TO LOSE THEIR HEALTH PLAN, AND IF THAT ISN'T ENOUGH, THEY'RE HAVING TO PAY MUCH HIGHER PRICES AT THE SAME TIME." BOEHNER DIDN'T SAY WHETHER THE HOUSE WOULD INTRODUCE ANY LEGISLATION NEXT YEAR TO OFFER ALTERNATIVES TO THE CURRENT LAW.

12/6/13 12:00PM (25 SECONDS) NOVEMBER JOBS NUMBERS ARE OUT. THE UNEMPLOYMENT RATE HAS FALLEN TO SEVEN PERCENT--THAT'S THE LOWEST IT'S BEEN SINCE NOVEMBER 2008. THIS COMES AS MORE PEOPLE SAY THEY HAVE JOBS AND JOINED THE LABOR FORCE. THE U-S ECONOMY ADDED MORE THAN **200-THOUSAND** JOBS IN NOVEMBER. ANALYSTS SAY THE STRONGEST SECTORS ARE TRANSPORTATION, WAREHOUSING, HEALTH CARE AND MANUFACTURING. THIS IS ENCOURAGING NEWS FOR THE **11 MILLION** AMERICANS WHO ARE STILL UNEMPLOYED.

12/19/13 5:00AM (20 SECONDS) TO ECONOMIC NEWS FROM WASHINGTON NOW YOU COULD FEEL IN YOUR CREDIT CARD PAYMENTS, AND SOON. THE FEDERAL RESERVE ANNOUNCED WEDNESDAY, IT BEGINS CUTTING BACK ON ITS STIMULUS PAYMENTS STARTING IN THE NEW YEAR. CHAIRMAN BEN BERNANKE CITED A STABLE ECONOMY AND A SLOWLY IMPROVING JOB MARKET. NOT EVERYONE FEELS THAT WAY.

12/26/13 4:30AM (20 SECONDS) AN ODU PROFESSOR IS TAKING A LOOK AT HOW TOLLS AT THE DOWNTOWN AND MIDTOWN TUNNELS WILL AFFECT RESIDENTS AND BUSINESSES. ACCORDING TO PUBLISHED REPORTS, THE CITY OF PORTSMOUTH HIRED JAMES KOCH TO DO A STUDY. HE WILL PRESENT HIS ECONOMIC IMPACT ANALYSIS TO THE CITY IN EARLY JANUARY, THEN CITY LEADERS WILL GET IT TO THE GENERAL ASSEMBLY. TOLLS ARE EXPECTED TO START IN FEBRUARY.

12/27/13 11:00PM (25 SECONDS) IN JUST A FEW HOURS, BENEFITS FOR MORE THAN 1-MILLION UNEMPLOYED AMERICANS WILL EXPIRE. THAT'S BECAUSE THE FUNDING WAS LEFT OUT OF THE BUDGET DEAL THE PRESIDENT SIGNED YESTERDAY. EXPERTS ARE DIVIDED ON THE ECONOMIC IMPACT OF EXTENDING TENS OF BILLIONS OF DOLLARS IN UNEMPLOYMENT BENEFITS. SOME SAY IT GROWS THE ECONOMY WHEN RECIPIENTS SPEND THE MONEY. BUT OTHERS WORRY ABOUT THE LONG-TERM EFFECTS.

4) HEALTH AND SAFETY

10/4/13 12:00PM (25 SECONDS) A NEW STUDY FINDS SIMPLY GOING FOR A WALK COULD LOWER A WOMAN'S RISK FOR BREAST CANCER. RESEARCHERS AT THE AMERICAN CANCER SOCIETY LOOKED AT DATA COLLECTED FROM SEVENTY THOUSAND WOMEN. THEY ANSWERED QUESTIONS ABOUT THEIR EXERCISE HABITS -- AND THEIR MEDICAL RECORDS REVEALED THEIR BREAST CANCER HISTORY. OVER A SEVENTEEN-YEAR PERIOD, THEY

FOUND THOSE WHO VIGOROUSLY EXERCISED FOR AN HOUR A DAY HAD A **TWENTY-FIVE PERCENT** REDUCED RISK FOR BREAST CANCER.

10/5/13 6:00AM (25 SECONDS) THE OBAMA ADMINISTRATION IS PLANNING TO FIX A FAULTY WEBSITE.THE SITE WHERE UNINSURED AMERICANS CAN SIGN UP FOR COVERAGE HAD A FEW FLAWS.SEVERAL PEOPLE COMPLAINED THEY WEREN'T ABLE TO ACCESS IT.OTHERS ENCOUNTERED PROBLEMS THAT WOULDN'T LET THEM FINISH THEIR APPLICATIONS.TO SOLVE THIS PROBLEM, THE OBAMA ADMINISTRATION WILL SHUT DOWN THE WEBSITE DURING PEAK HOURS THIS WEEKEND FOR REPAIRS.GENERAL INFORMATION ABOUT THE NEW HEALTH INSURANCE APPLICATION PROCESS WILL REMAIN AVAILABLE.

10/5/13 6:00AM (20 SECONDS) NEW AT SIX. FREE FLU SHOTS IN PORTSMOUTH THANKS COURTESY OF THE HEALTH DEPARTMENT.THEY SENT US THESE PICTURES OF THE EVENT.THE DEPARTMENT WAS TESTING OUT A DRIVE THROUGH VACCINATION FORMAT AT THE T-C-C- CAMPUS.THEY GAVE OUT 381 VACCINES IN TWO AND HALF HOURS.

10/6/13 6:00PM (35 SECONDS) THE RACE TO BE VIRGINIA'S NEXT GOVERNOR HEATED UP IN RICHMOND LAST NIGHT.REPUBLICAN SENATOR TED CRUZ FROM TEXAS JOINED ATTORNEY GENERAL KEN CUCCINELLI AT A GALA PUT ON BY THE FAMILY FOUNDATION.CUCCINELLI WAS THE FIRST ATTORNEY GENERAL IN THE NATION TO FILE A LAWSUIT CHALLENGING THE AFFORDABLE CARE ACT.BUT NOW HE IS TRYING TO DISTANCE HIMSELF FROM LIKE-MINDED REPUBLICANS WHO ARE GETTING THE BLAME FOR THE CURRENT GOVERNMENT SHUTDOWN.CUCCINELLI KEPT HIS COMMENTS BRIEF AND BARELY REFERENCED THE SHUTDOWN. WHILE CRUZ PRAISED THE ATTORNEY GENERAL FOR HIS LEADERSHIP AND CONTINUED TO BLAST THE HEALTH CARE LAW.

10/7/13 12:00PM (35 SECONDS) LESS THAN A MONTH UNTIL VIRGINIA VOTERS DECIDE WHO'S THE NEXT GOVERNOR.OVER THE WEEKEND, GOP CANDIDATE KEN CUCCINELLI SPOKE DURING A GALA IN RICHMOND.HE WAS JOINED BY REPUBLICAN SENATOR TED CRUZ FROM TEXAS. AMONG SEVERAL TOPICS, THE TWO ADDRESSED THE AFFORDABLE CARE ACT.CUCCINELLI WAS THE FIRST ATTORNEY GENERAL IN THE NATION TO FILE A LAWSUIT CHALLENGING THE HEALTH CARE LAW.BUT NOW HE IS TRYING TO DISTANCE HIMSELF FROM LIKE-MINDED REPUBLICANS WHO ARE GETTING THE BLAME FOR THE CURRENT GOVERNMENT SHUTDOWN.CUCCINELLI KEPT HIS COMMENTS BRIEF AND BARELY REFERENCED THE SHUTDOWN.WHILE CRUZ PRAISED THE ATTORNEY GENERAL FOR HIS LEADERSHIP AND CONTINUED TO BLAST THE HEALTH CARE LAW.

10/8/13 5:00PM (40 SECONDS) A REMINDER TONIGHT AS YOU PREPARE DINNER. HEALTH OFFICIALS ARE URGING YOU TO COOK CHICKEN THOROUGHLY AND TAKE OTHER PRECAUTIONS AFTER A SALMONELLA OUTBREAK IN 18 STATES.THEY REPORT 278 ILLNESSES TRACED TO RAW CHICKEN PRODUCTS FROM FOSTER FARMS IN CALIFORNIA.A PUBLIC HEALTH ALERT WAS ISSUED BUT NOT A RECALL.THE ALERT COVERS THE BASICS:COOK YOUR CHICKEN TO 165 DEGREES,ALSO WASH YOUR HANDS AFTER HANDLING RAW MEAT AND WASH ANY AREA INVOLVED. IF YOU ATE CHICKEN AND SHOW SALMONELLA SYMPTOMS LIKE DIARRHEA AND ABDOMINAL CRAMPS --- CALL YOUR DOCTOR.

10/11/13 12:00PM (25 SECONDS) THERE ARE TALES ABOUT WEREWOLVES AND FULL MOONS. NOW, THERE'S A NEW, PRELIMINARY STUDY THAT LINKS HUMAN SLEEP BEHAVIOR AND FULL MOONS. ACCORDING TO THE STUDY PEOPLE TEND TO GET LOWER QUALITY SLEEP AROUND THE TIME OF FULL MOONS -- TAKING LONGER TO FALL ASLEEP AND SLEEPING AN AVERAGE OF 20 MINUTES LESS THAN THEY DO DURING A NEW MOON.

10/17/13 5:00PM (25 SECONDS) THE WORLD HEALTH ORGANIZATION SAYS THE AIR WE BREATHE IS FILLED WITH SO MANY CANCER-CAUSING SUBSTANCES IT HAS NOW OFFICIALLY LABELED AIR POLLUTION AS A CARCINOGEN.RESEARCHERS SAY NEARLY A QUARTER MILLION PEOPLE DIED IN 2010 FROM LUNG CANCER DIRECTLY RELATED TO AIR

POLLUTION.DIRTY AIR HAS ALSO BEEN LINKED WITH BLADDER CANCER, HEART DISEASE AND OTHER RESPIRATORY PROBLEMS.THE ORGANIZATION WARNS THAT AS AIR POLLUTION LEVELS RISE, SO WILL THE RATES OF CANCER.

10/21/13 12:00PM (25 SECONDS) BATS IN AN OHIO MAN'S HOME TURNED OUT TO BE MORE THAN JUST AN ANNOYANCE. IT BECAME A HEALTH RISK. DOCTORS THOUGHT LARRY HORNE'S COUGH AND HARD TIME BREATHING WAS A TYPICAL CASE OF BRONCHITIS. BUT WHEN HORNE'S COUGH GOT WORSE DOCTORS REALIZED IT WAS SOMETHING WORSE... A DISEASE CALLED **HISTOPLASMOSIS**... AN ILLNESS THAT CAN CAUSE LUNG DISEASE AND BE FATAL IF NOT TREATED.

11/8/13 12:00PM (25 SECONDS) WOMEN WHO GET ALLERGY SHOTS DURING PREGNANCY MAY DECREASE THEIR BABY'S CHANCE OF DEVELOPING ALLERGIES.STUDIES SHOW THAT ALLERGIES OFTEN RUN IN FAMILIES ... AND CHILDREN WITH ALLERGIC PARENTS HAVE A **30 TO 75-PERCENT** CHANCE OF DEVELOPING THE SAME CONDITION. BUT RESEARCHERS FOUND WOMEN WHO GOT REGULAR ALLERGY SHOTS **BEFORE OR DURING** PREGNANCY REDUCED THEIR CHILD'S ODDS OF HAVING ASTHMA, FOOD ALLERGIES OR ECZEMA.

11/8/13 5:00PM (20 SECONDS) THERE'S ANOTHER CHANGE TO THE AFFORDABLE CARE ACT.INSURANCE COMPANIES WILL HAVE TO COVER TREATMENT OF MENTAL HEALTH AND SUBSTANCE ABUSE THE SAME WAY THEY COVER PHYSICAL ILLNESSES.HEALTH AND HUMAN SERVICES SECRETARY KATHLEEN SEBELIUS SAYS THESE PATIENTS HAVE PREVIOUSLY HAD TO PAY MORE OUT OF POCKET OR HAD STRICT LIMITS ON HOSPITAL STAYS OR VISITS TO THE DOCTOR.

11/9/13 5:00AM (20 SECONDS) SPEAKING OF THE AFFORDABLE CARE ACT, FRIDAY IT WAS TWEAKED A BIT. UNDER A NEW RULE IT WILL NOW PUT MENTAL HEALTH TREATMENT ON THE SAME LEVEL AS PHYSICAL HEALTH. MENTAL HEALTH EXPERTS APPLAUDED THE CHANGE.

11/10/13 6:00AM (25 SECONDS) RIGHT NOW THE UNITED NATIONS IS CONDUCTING AN EFFORT TO VACCINATE MORE THAN 20 CHILDREN AGAINST POLIO IN SYRIA AND NEIGHBORING COUNTRIES. IT'S TO STOP THE FIRST OUTBREAK OF THE DISEASE IN MORE THAN A DECADE. ACCORDING TO THE WORLD HEALTH ORGANIZATION, THE CURRENT OUTBREAK HAS PARALYZED 10 CHILDREN AND POSES A RISK TO HUNDREDS OF THOUSANDS OF CHILDREN IN THE AREA.

11/13/13 12:00PM (25 SECONDS) THE AMERICAN HEART ASSOCIATION IS RELEASING NEW GUIDELINES ON A POPULAR CHOLESTEROL-FIGHTING DRUG. UNDER THE NEW GUIDELINES-- TWICE AS MANY AMERICANS COULD FIND THEMSELVES ON STATINS.STATINS ARE A CLASS OF DRUGS DESIGN TO LOWER CHOLESTEROL. THE NEW RECOMMENDATIONS CALL FOR A FOCUS ON RISK FACTORS FOR HIGH CHOLESTEROL AND HEART DISEASERATHER THAN JUST ACTUAL CHOLESTEROL LEVELS.

11/14/13 12:00PM (25 SECONDS) A RESEARCHER IN UTAH, IS TURNING THE SMARTPHONE INTO LABROATORY. HE CREATED AN APP THAT DIAGNOSIS DISEASE. IT WORKS BY TAKING A SAMPLE OF BLOOD ON A HOLDER ATTACHED TO A SMART PHONE. IN ONLY ONE MINUTE THE PHONE CAN HAVE THE RESULTS OF A HEMOGLOBIN TEST.GIVE IT 15 MINUTES, IT CAN EVALUATE THE HEALTH OF YOUR THYROID. THESE TESTS USUALLY TAKE A LOT LONGER.

11/16/13 11:00PM (25 SECONDS) THE U-S GOVERNMENT IS TAKING STEPS TO STOP A MENINGITIS OUTBREAK AT PRINCETON UNIVERSITY IN AN UNPRECEDENTED MOVE - HEALTH OFFICIALS GAVE THE GREEN LIGHT TO IMPORT A DRUG NOT YET APPROVED BY THE F-D-A.BEXCERO IS LICENSED IN AUSTRALIA AND EUROPE.SEVEN STUDENTS HAVE BEEN DIAGNOSED WITH THE DEADLY DISEASE SINCE MARCH.

11/21/13 12:00PM (33 SECONDS) LET'S GET TO YOUR HEALTH HEADLINES THIS MIDDAY. NEW RESEARCH GIVES **PROOF** STRESS CAN UNRAVEL US DOWN TO THE CELLULAR LEVEL. THIS LATEST STUDY LOOKS AT STRESS RELATED TO UNEMPLOYMENT. RESEARCHERS FIND MEN WHO ARE UNEMPLOYED FOR A LONG PERIOD OF TIME MAY ACTUALLY AGE FASTER.THE LOOKED AT MORE THAN 5-THOUSAND MEN, AND FOUND THOSE WHO'D BEEN JOBLESS FOR MORE THAN TWO YEARS -- WERE **TWICE AS LIKELY** AS TO HAVE SHORT **TELOMERES** -- THOSE ARE D-N-A MARKERS LINKED TO AGING -- WHEN COMPARED TO THEIR PEERS.EXPERTS SAY SHORTER TELOMERES ARE ASSOCIATED WITH A HIGHER RISK OF AGE-RELATED DISEASES AND EARLIER DEATH.

12/7/13 5:30AM (55 SECONDS) NEW THIS MORNING--POSSIBLE CHANGES COMING TO HOW VIRGINIA TREATS MENTAL HEALTH PATIENTS.THE DEPARTMENT OF BEHAVIORIAL HEALTH AND DEVELOPMENTAL SERVICES WANTS TO MAKE SURE HOSPITAL BEDS ARE AVAILABLE TO ANYONE WHO POSES A DANGER TO THEMSELVES OR OTHERS. ACCORDING TO THE RICHMOND TIMES DISPATCH, THE CHANGES WILL BE INTRODUCED NEXT MONTH.IN A REPORT ISSUED BY THE DEPARTMENT, THE NEW POLICY WILL SPECIFY "CLEAR AND SPECIFIC EXPECTATIONS FOR CONTACTING PRIVATE HOSPITALS."IT WILL ALSO SPELL OUT WHEN AN EMERGENCY MENTAL HEALTH WORKER CAN CONTACT A STATE MENTAL HOSPITAL TO FIND A BED.THESE CHANGES COME AFTER LAST MONTH'S ATTACK AGAINST STATE SENATOR CREIGH DEEDS.HE WAS STABBED SEVERAL TIMES BY HIS SON GUS, WHO WAS RELEASED FROM EMERGENCY CUSTODY LESS THAN A DAY BEFORE THE ATTACK.FOLLOWING THE STABBING, GUS KILLED HIMSELF.AFTER HIS RELEASE FROM THE HOSPITAL, STATE SENATOR DEEDS BLAMED THE **COMMUNITY SERVICES BOARD** FOR FAILING TO PROPERLY CARE FOR HIS SON WHEN HE NEEDED THEM.

12/10/13 12:00PM (30 SECONDS) ENERGY DRINKS HAVE BEEN A MAJOR TOPIC OF DISCUSSION THIS YEAR.NOW, DOCTORS ARE LOOKING INTO HOW THE POPULAR DRINKS CAN AFFECT YOUR HEART HEALTH.A RECENT U-S GOVERNMENT REPORT FINDS THAT VISITS TO THE E-R RELATED TO ENERGY DRINK CONSUMPTION... **DOUBLED** IN A RECENT FIVE YEAR PERIOD. USING SOPHISTICATED CARDIAC IMAGING, THEY FOUND ONE HOUR AFTER CONSUMING A STANDARD ENERGY DRINK... PARTICIPANTS HEARTS CHANGED... THEY STARTED PUMPING **MORE STRONGLY** BUT RESEARCHERS SAY THEIR ON GOING STUDY **DOESN'T** DETERMINE THAT THESE DRINKS ARE BAD FOR YOU.

12/12/13 5:00AM (20 SECONDS) THE NUMBER OF VIRGINIANS TRYING TO ENROLL IN THE FEDERAL HEALTHCARE EXCHANGE THIS MORNING,IS NEARLY DOUBLE WHAT IT WAS IN OCTOBER.NEW FIGURES ON FOLKS WHO SUCCESSFULLY SIGNED UP ARE EVEN MORE IMPRESSIVE.OVERNIGHT WE SIFTED THROUGH A NEW REPORT FROM THE DEPARTMENT OF HEALTH AND HUMAN SERVICES.IT SHOWS NEARLY 5-THOUSAND VIRGINIAS HAVE A PLAN. THAT'S UP NEARLY 500 PERCENT FROM OCTOBER FIGURES.

12/12/13 11:00PM (30 SECONDS) AN UNWELCOMED HOLIDAY GUEST- NEW AT ELEVEN:THE **VIRGINIA DEPARTMENT OF HEALTH** SAYS: THE STOMACH FLU IS ARRIVING JUST IN TIME FOR THE HOLIDAYS.OFFICIALS SAY: BASED ON INFORMATION COLLECTED FROM EMERGENCY ROOMS AND URGENT CARE CENTERS- AN INCREASE IN **NOROVIRUS** IS EXPECTED OVER THE NEXT FEW WEEKS.NOROVIRUS IS COMMONLY REFERRED TO AS THE "STOMACH FLU."IT'S HIGHLY CONTAGIOUS- AND CAUSES VOMITING, DIARRHEA AND ABDOMINAL CRAMPING.THE ILLNESS TYPICALLY INCREASES DURING THE WINTER MONTHS.LAST SEASON- STATE HEALTH OFFICIALS INVESTIGATED 184 NOROVIRUS OUTBREAKS- ACROSS VIRGINIA.

12/17/13 4:30AM (20 SECONDS) WE NEED TO TELL YOU ABOUT A POSSIBLE HEALTH HAZARD YOU MAY HAVE RIGHT IN YOUR OWN HOME. ANTIBACTERIAL SOAPS AND BODY WASHES CLAIM THEY CLEAN BETTER THAN PLAIN OLD SOAP AND WATER.THIS MORNING, FEDERAL REGULATORS NOT ONLY SAY, **PROVE IT**, BUT WARN SOME STRONG

CHEMICALS THAT MAKE UP THE GO-TO MIXTURE COULD BE DANGEROUS. TRICLOSAN IS ONE OF THEM.

12/18/13 6:00AM (35 SECONDS) A CHANGE OF PLANS IS NEW THIS MORNING. 10 ON YOUR SIDE FOUND OUT, **COLONIAL BEHAVIORAL HEALTH** PUT ITS PLAN TO BUILD GROUP HOMES FOR PEOPLE WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES, *ON HOLD*. IT WANTS TO PUT UP THREE UNITS IN THE LACKEY AREA OF YORK COUNTY. BUT LAST NIGHT, IT DELAYED FILING THE APPLICATION TO DO SO. WHEN WE FIRST AIRED THIS STORY OVER THE SUMMER, NEIGHBORS SHARED FEARS ABOUT BEING SO CLOSE TO THE RESIDENTS. WE REACHED OUT TO A HEALTH ADMINISTRATOR INVOLVED IN THE PLANS. HE TOLD US HE'S LOOKING AT OTHER OPTIONS, BUT WOULD NOT SAY WHETHER THE COMPANY IS CONSIDERING ABANDONING THE YORK COUNTY SITE.

12/23/13 5:30PM (30 SECONDS) NEW AT 5:30--A SERIOUS HEALTH SCARE FOR PEOPLE IN THE PACIFIC NORTHWEST. A SEATTLE HOSPITAL IS APOLOGIZING FOR POSSIBLY EXPOSING PATIENTS TO HEPATITIS AND H-I-V. ACCORDING TO A SPOKESPERSON, STAFF MEMBERS DIDN'T PROPERLY STERILIZE EQUIPMENT USED IN PROSTATE PROCEDURES. IT HAPPENED FROM SEPTEMBER 19TH TO THE 10TH OF THIS MONTH. THE HOSPITAL SENT NOTICES TO MORE THAN TWO DOZEN PEOPLE. ONE PERSON WHO RECEIVED A NOTICE SLAMMED THE HOSPITAL FOR THE MISTAKE.

12/26/13 5:30PM (25 SECONDS) WE'RE ON YOUR SIDE WITH AN UPDATE ON FLU SEASON. THE CENTERS FOR DISEASE CONTROL AND PREVENTION SENT OUT AN ALERT - WARNING THAT FLU ACTIVITY IS INCREASING ACROSS THE COUNTRY. IN VIRGINIA - THE C-D-C- SAYS WE'RE EXPERIENCING A WIDESPREAD OUTBREAK. SOME STATES LIKE TEXAS, LOUISIANA, AND NEW YORK ARE EXPERIENCING WIDESPREAD OUTBREAKS OF THE FLU. 10 ON YOUR SIDE'S CHERYL TAN TAKES A LOOK AT THE INCREASING FLU ACTIVITY AND WHAT YOU CAN DO TO KEEP FROM GETTING THE ILLNESS.

5) EDUCATION

10/1/13 4:30AM (20 SECONDS) A NEWPORT NEWS TEEN IS IN JUVENILE DETENTION, AFTER POLICE SAY HE THREATENED A CLASSROOM BY WAVING A GUN *THAT TURNED OUT TO BE A TOY*. IT HAPPENED JUST BEFORE 9 A-M YESTERDAY AT THE **NEW HORIZONS CAREER AND TECHNICAL EDUCATION CENTER**. A POLICE OFFICER ON DUTY AT THE SCHOOL ARRESTED THE STUDENT. THE TEEN IS CHARGED WITH BRANDISHING A FIREARM ON SCHOOL PROPERTY.

10/8/13 6:30AM (30 SECONDS) ACROSS THE COUNTRY, OPPOSITION IS MOUNTING AGAINST A NEW SET OF HIGHER ACADEMIC STANDARDS KNOWN AS THE "COMMON CORE." MANY TEACHERS SAY THEY ARE BEING IMPOSED TOO QUICKLY. BUT SCHOOL SYSTEMS IN MASSACHUSETTS ARE EMBRACING IT - AND SEEING RESULTS. TODAY, TEST SCORES FOR THE STATE RANK FIRST IN THE NATION. AND, IF MASSACHUSETTS WERE A COUNTRY - EIGHTH GRADERS WOULD RANK SIXTH THE WORLD IN MATH, AND SECOND IN SCIENCE, BEHIND ONLY SINGAPORE.

10/9/13 12:00PM (20 SECONDS) PROTESTING TEACHERS IN BRAZIL VANDALIZED PART OF A CONSTRUCTION SITE OF A WORLD CUP STADIUM. 50 TEACHERS PAINTED MESSAGES LIKE "LESS WORLD CUP, MORE HEALTH AND EDUCATION" ACROSS THE SITE. THE TEACHERS DEMAND HIGHER PAY. THEY SAY THE COUNTRY IS HOSTING THE WORLD CUP NEXT YEAR AND THE SUMMER OLYMPICS IN 2016 - WHICH IS PROOF THE GOVERNMENT HAS MONEY TO SPARE.

10/18/13 12:00PM (30 SECONDS) MORE EDUCATION ISSUES IN NORFOLK. OFFICIALS AT NORFOLK STATE UNIVERSITY ARE WEIGHING THE PROS AND CONS OF CLOSING THE SCHOOL'S TWO YEAR NURSING PROGRAM. ACCORDING TO THE RICHMOND TIMES DISPATCH, TALKS ARE UNDERWAY TO DETERMINE THE FEASIBILITY OF ELIMINATING

THE PROGRAM AND EXPANDING THE FOUR YEAR PROGRAM.THE SCHOOL'S GOVERNING BOARD WOULD HAVE TO APPROVE THE DECISION.LAST SPRING THE VIRGINIA BOARD OF NURSING BARRED NORFOLK STATE FROM ACCEPTING NEW STUDENTS INTO THE TWO YEAR PROGRAM DUE TO GRADUATES' LOW PASSING RATES ON A NATIONAL LICENSING EXAM.

10/24/13 11:00PM (20 SECONDS) NEW AT ELEVEN.FRANKLIN PUBLIC SCHOOLS ARE NOT MAKING THE GRADE.NONE OF THEM PASSED THE S-O-L'S.TODAY, THE VIRGINIA BOARD OF EDUCATION VOTED TO PLACE THE SCHOOL SYSTEM UNDER REVIEW, TO HELP BRING THEM BACK TO ACCREDITATION.10 ON YOUR SIDE'S JASON MARKS JUST GOT BACK FROM FRANKLIN.JASON, THE SUPERINTENDENT IS UNDER A LOT OF FIRE FROM PARENTS?PARENTS ARE OBVIOUSLY CONCERNED ABOUT THE SITUATION. SO WE TOOK THOSE CONCERNS DIRECTLY TO THE SUPERINTENDENT TO ASK HER HOW THIS COULD HAPPEN.

10/28/13 6:00PM (40 SECONDS) THE N-F-L IS ON **CONCUSSION WATCH** MORE THAN EVER THIS SEASON, WITH ALLEGATIONS THE LEAGUE DENIED SCIENTIFIC RESEARCH FOR DECADES, THAT SHOWED A LINK BETWEEN PLAYING FOOTBALL AND BRAIN DAMAGE.TWO NEW STUDIES SHOW **CHILDREN** ARE SHOWING UP AT EMERGENCY ROOMS IN RECORD NUMBERS.WE CHECKED WITH CHILDREN'S HOSPITAL OF THE KING'S DAUGHTERS.THEY SAW 378 KIDS WITH CONCUSSIONS IN THE LAST YEAR, UP NEARLY 100 FROM THE YEAR BEFORE 10 ON YOUR SIDE'S STEPHANIE HARRIS LOOKED INTO WHERE WE MIGHT BE FALLING SHORT IN PROTECTING OUR CHILDREN. FOR STARTERS, DOCTORS SAY EDUCATION.TAKE THIS HELMET -- OR ANY HELMET FOR THAT MATTER, NONE OF THEM CAN PREVENT A CONCUSSION.IN FACT YOU CAN GET HIT ANYWHERE IN THE BODY AND GET A BRAIN INJURY.THEN, THERE'S VIRGINIA LAW, IT ONLY PROTECTS A LIMITED NUMBER OF CHILDREN - WHY? WE ASKED THE SENATOR WHO WROTE IT.

10/29/13 12:00PM (25 SECONDS) A SOUTH FLORIDA SIX GRADER HAS INVENTED A NEW SANDBAG DESIGN...WITHOUT SAND. IT COULD POTENTIALLY REVOLUTIONIZE THE WAY PEOPLE DEAL WITH FLOODING."WELL I REPLACED THE SAND WITH POLYMER AND SALT, I ALSO TIED A NOVEL INTERLOCKING FASTENER SYSTEM TO HOLD MY BAGS TOGETHER AS THE POLYMER EXPANDS AND ELIMINATE GAPS BETWEEN THE INDIVIDUAL GAPS BETWEEN WHICH WATER MIGHT FLOW."THAT IS ELEVEN YEAR OLD PEYTON ROBERTSON. HE AUDITIONED FOR THE DISCOVERY EDUCATION 3-M YOUNG SCIENTIST CHALLENGE, AND WON FIRST PLACE.

11/2/13 6:30AM (40 SECONDS) NEW THIS MORNING:PRESIDENT OBAMA TALKING MONEY.IN HIS WEEKLY RADIO ADDRESS, THE PRESIDENT URGED CONGRESS TO PASS A BUDGET.SPECIFICALLY ONE THAT INCLUDES SPENDING ON EDUCATION, INFRASTRUCTURE AND RESEARCH.EARLIER THIS WEEK, A BIPARTISAN COMMITTEE MET TO START THE PROCESS OF HOPEFULLY MAKING THIS A REALITY.IN THE REPUBLICAN ADDRESS, SENATOR DAN COATS OF INDIANA CRITICIZED THE PRESIDENT OVER THE FAULTY HEALTH CARE WEBSITE.ACCORDING TO COATS, THE HEALTH CARE LAW CAN'T BE FIXED AND AMERICANS SHOULD START OVER.WE'LL HAVE MORE ON THE PROBLEMS ASSOCIATED WITH THE HEALTHCARE DOT GOV WEBSITE IN A FEW MINUTES.SPECIFICALLY WHO'S NOW ON THE JOB TO HELP FIX SOME OF THE GLITCHES ASSOCIATED WITH IT.

11/3/13 6:00AM (30 SECONDS) COUNT ON 10 ON YOUR SIDE TO BRING YOU ANY AND ALL UPDATES AS WE NEAR THE END OF THIS RACE FOR GOVERNOR. IF YOU'RE STILL ON THE FENCE ABOUT WHO SHOULD GET YOUR VOTE, HEAD TO WAVY DOT COM. WE'VE POSTED PROFILES ON ALL THREE CANDIDATES.THEY INCLUDE WHERE THEY STAND ON SEVERAL ISSUES INCLUDING THE ECONOMY, TRANSPORTATION AND EDUCATION.IT'S ALL ON WAVY DOT COM.JUST HOVER OVER THE NEWS TAB, CLICK THE POLITICS LINK AND YOU'LL SEE THE LINK FOR THE CANDIDATES' PROFILES AT THE TOP OF THE PAGE.

11/8/13 5:00PM (25 SECONDS) SENATOR TIM KAINE IS PITCHING A PLAN TO IMPROVE EDUCATION FOR VETERANS- AND MEMBERS OF THE MILITARY. IT'S CALLED THE "**SERVICEMEMBER EDUCATION REFORM AND VOCATIONAL ENHANCEMENT ACT**" OR "SERVE".THE LEGISTATION WOULD REQUIRE INSTITUTIONS ACCEPTING V-A OR D-O-D EDUCATIONAL BENEFITS, TO MEET MINIMUM STANDARDS SO SERVICEMEMBERS ARE GUARANTEED A QUALITY EDUCATION.IT WOULD ALSO REQUIRE CAREER AND ACADEMIC COUNSELING FOR VETS.

11/12/13 4:30AM (30 SECONDS) WHEN VIRGINIA BEACH STUDENTS GET HOME FROM SCHOOL THIS AFTERNOON, CHECK THEIR BACKPACKS.IT'S REPORT CARD DAY.AND THOSE CARDS ARE GOING TO LOOK A LOT DIFFERENT FOR KIDS GRADES K-THROUGH-5.KINDERGARTEN THROUGH THIRD GRADE STUDENTS WON'T GET THE TYPICAL A, B, OR C. INSTEAD, PARENTS WILL SEE A PROFICIENCY SCORE - NOVICE THROUGH ADVANCED - RATING THEIR STUDENTS ON HOW WELL THEY UNDERSTAND THE CONCEPTS, AND SHOWING WHERE THEY NEED SOME EXTRA FOCUS.FOURTH AND FIFTH GRADE STUDENTS WILL GET RANKINGS THAT SAME WAY, PLUS THE STANDARD A, B, OR C LETTER GRADES.

11/12/13 12:00PM (45 SECONDS) HERE'S A TIP FOR STUDENTS GETTING READY TO APPLY FOR COLLEGE. A NEW SURVEY SHOWS THAT WHAT HIGH SCHOOL STUDENTS POST ON SOCIAL MEDIA WEBSITES CAN POSSIBLY AFFECT THEIR CHANCES OF GETTING INTO COLLEGE.ACCORDING TO AN ANNUAL SURVEY BY KAPLAN TEST PREP, **29 PERCENT** OF COLLEGE ADMISSIONS OFFICERS SAY THEY HAVE GOOGLED AN APPLICANT.THE SURVEY ALSO SHOWS THAT **31 PERCENT OF ADMISSIONS OFFICERS** HAD CHECKED OUT A STUDENT'S FACEBOOK PAGE OR OTHER PERSONAL SOCIAL NETWORK WEBSITE. HOWEVER, THE SURVEY DOES SHOW THAT ONLY **30 PERCENT** SAY THAT WHAT THEY FOUND ONLINE HAD HARMED A STUDENT'S CHANCES OF BEING ADMITTED. COLLEGE ADMISSIONS OFFICERS SAY THEY ARE LOOKING FOR BAD JUDGMENT, BAD LANGUAGE AND BAD BEHAVIOR WHEN THEY CHECK AN APPLICANT'S SOCIAL MEDIA WEBSITE.

11/27/13 12:00PM (20 SECONDS) IN FLORIDA -- A STUDENT FACES EXPULSION BECAUSE OF HER **HAIR**. SHE ATTENDS A PRIVATE CHRISTIAN SCHOOL IN ORLANDO. **VANESSA VANDYKE** SAYS HER HAIR DEFINES HER PERSONALITY.VADYKE'S SCHOOL-- **FAITH CHRISTIAN ACADEMY**-- HAS A DRESS CODE AND RULES AGAINST HOW STUDENTS CAN WEAR THEIR HAIR.THE STUDENT HANDBOOK SAYS HAIR MUST BE A NATURAL COLOR AND **MUST NOT** BE A DISTRACTION.**VANDYKE** AND HER FAMILY DON'T SEE THE PROBLEM.

12/2/13 5:30PM (30 SECONDS) TEACHERS WHO LOSE THEIR JOBS AT NORFOLK STATE WILL HAVE THE CHANCE TO STAY IN EDUCATION.TIDEWATER COMMUNITY COLLEGE IS HOLDING A TWO DAY JOB FAIR.THE SCHOOL WANTS TO ADD PART TIME FACULTY FOR THE SPRING SEMESTER.THE FIRST DAY OF THE FAIR IS TODAY AT THE PORTSMOUTH CAMPUS. IT ENDS ABOUT AN HOUR FROM NOW. DAY TWO KICKS OFF TOMORROW AFTERNOON AT THE VIRGINIA BEACH CAMPUS IN THE ATRIUM OF THE ADVANCED TECHNOLOGY CENTER.TEACHING EXPERIENCE IS PREFERRED, BUT NOT REQUIRED.

12/3/13 5:30PM (25 SECONDS) NEW AT 5:30--AMERICA'S TEENAGERS ARE FALLING BEHIND THEIR INTERNATIONAL COUNTERPARTS WHEN IT COMES TO EDUCATION.TODAY THE ANNUAL "PROGRAM FOR INTERNATIONAL STUDENT ASSESSMENT" RESULTS CAME OUT.IT TESTS 15 YEAR OLDS WORLDWIDE ON SCIENCE, MATH AND READING. THE RANKINGS SHOW AMERICAN TEENS FAILED TO REACH THE TOP 20 IN ANY OF THE SUBJECTS.IN MATH, THE U.S. RANKED 36TH OUT OF 65 COUNTRIES.TODAY U.S SECRETARY OF EDUCATION, ARNE DUNCAN EXPRESSED FRUSTRATION OVER THE RESULTS.

12/4/13 4:30AM (20 SECONDS) DEEPLY CONCERNING DEVELOPMENTS HERE AT HOME.AMERICAN STUDENTS ARE FALLING BEHIND. A NEW REPORTS SHOWS WE GET A "C", BARELY, AND STUDENTS SLIPPED FARTHER DOWN FROM RANKINGS RECORDED JUST THREE YEARS AGO.THE PARIS-BASED RESEARCH TEAM SAYS IT'S NOT SO MUCH THAT AMERICAN

STUDENTS ARE GETTING WORSE.IT'S THAT OTHER STUDENTS ARE GETTING SO MUCH BETTER, ESPECIALLY IN ASIA.

12/4/13 12:00PM (25 SECONDS) THE FOLKS AT MERRIAM-WEBSTER HAVE CHOSEN THEIR 20-13 ENGLISH WORD OF THE YEAR: AND THE WINNER IS, "SCIENCE"! THAT'S BECAUSE "SCIENCE" HAD THE BIGGEST SPIKE OF THE YEAR IN ONLINE SEARCHES -- UP 176 PERCENT! THE DICTIONARY PUBLISHER SAYS THERE WERE A LOT OF DISCUSSIONS THIS YEAR SURROUNDING SCIENCE, INCLUDING EDUCATION POLICY AND CLIMATE CHANGE. THE NUMBER-TWO WORD IS RELATED: "COGNITIVE."

12/6/13 6:00AM (37 SECONDS) NEWPORT NEWS SHIPBUILDING'S NEW APPRENTICE SCHOOL OPENS TODAY.OUR NEWSROOM FOUND THIS PICTURE OVERNIGHT ON HUNTINGTON INGALLS' FACEBOOK PAGE.IT SHOWS WHAT THE NEW BUILDING LOOKS LIKE. THE SCHOOL OFFERS EDUCATION IN 19 TRADES AND SERVES MORE THAN 8 HUNDRED STUDENTS.THIS PROJECT SPARKED A NUMBER OF NEW DEVELOPMENTS IN THE AREA AS WELL. MORE STORES AND APARTMENTS FLANK THE STREETS NEARBY.CITY LEADERS SAY THAT'S CRUCIAL DEVELOPMENT HELPING REVITALIZE THE WASHINGTON AVENUE AREA.THE OPENING CEREMONY STARTS THIS MORNING AT 11.10 ON YOUR SIDE'S MILITARY REPORTER ART KOHN WILL BE THERE.LOOK FOR HIS REPORTS TONIGHT IN OUR 90 MINUTES OF NEWS BEGINNING AT 5:00.

12/17/13 5:30PM (30 SECONDS) NEW AT 5:30--IT PAYS TO BE PRIVATE.ESPECIALLY IF YOU'RE THE HEAD OF WASHINGTON AND LEE UNIVERSITY.TODAY THE RICHMOND TIMES DISPATCH RELEASED A NEW SURVEY THAT RANKED THE HIGHEST PAID PRIVATE COLLEGE PRESIDENTS.KENNETH P. RUSCIO'S COMPENSATION IN 2011 WAS JUST OVER 920 THOUSAND DOLLARS.SURPRISINGLY, THAT ONLY RANKED HIM 52ND AMONG 500 PRIVATE COLLEGE PRESIDENTS NATIONWIDE.TOPPING THE LIST WAS UNIVERSITY OF CHICAGO PRESIDENT, ROBERT ZIMMER.HIS COMPENSATION PACKAGE TOTALED MORE THAN THREE MILLION DOLLARS.

12/25/13 5:30PM (25 SECONDS) A NORFOLK SCHOOL IS TEACHING SPECIAL NEEDS STUDENTS LIFE SKILLS, IN A UNIQUE WAY.THEY'RE LEARNING HOW TO RUN THEIR OWN JEWELRY BUSINESS.THESE COLORFUL NECKLACES AND BRACELETS WERE MADE BY STUDENTS IN NORVIEW HIGH'S **SPECIAL EDUCATION PROGRAM**.THE TEENS MAKE THE JEWELRY FROM RECYCLED ITEMS SUCH AS MAGAZINE ARTICLES- AND SHREDDED PAPER.THIS IS PART OF A PROGRAM THAT TEACHES SPECIAL NEEDS STUDENTS SKILLS THEY NEED, TO FIND JOBS AFTER HIGH SCHOOL.

12/29/13 6:00PM (20 SECONDS) JEWELRY MADE BY SPECIAL NEEDS STUDENTS IS ON FULL DISPLAY AT NORVIEW HIGH SCHOOL. THE SPECIAL EDUCATION PROGRAM THERE RUNS ITS OWN DESIGN BUSINESS CALLED "GREEN TEENS" LAUREN COMPTON REPORTS THE END RESULT IS BEAUTIFUL ITEMS AND NEW FOUND CONFIDENCE.