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**Quarterly Listing of Problems and Needs**

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VICTIMS HAD COME FORWARD. A JUDGE AGREED THAT BURTON **SHOULD** BE BACK BEHIND BARS, PENDING A TRIAL. OUR CAMERAS WERE NOT ALLOWED IN THE COURTROOM TODAY. BUT DOZENS OF BURTON'S FAMILY MEMBERS AND PLAYERS HE'S COACHED IN THE PAST, SPOKE IN HIS DEFENSE BURTON ALSO WORKED FOR THE FEDERAL GOVERNMENT AND SPENT A BRIEF TIME IN THE NAVY. AT THE REC CENTER, HE COACHED YOUTH BASKETBALL.

7/3/13 12:00PM (50 SECONDS) IT'S BEEN FOUR MONTHS SINCE THE AUTOMATIC BUDGET CUTS WENT INTO EFFECT. AND THAT'S MEANT **PAY CUTS** FOR MANY FEDERAL WORKERS. BUT, THIS MIDDAY, WE'RE TAKING A LOOK AT WHAT **HAS** AND **HAS NOT** YET BEEN AFFECTED BY SEQUESTRATION. UP TO A MILLION GOVERNMENT EMPLOYEES FACED FURLOUGHS OF UP TO 22 DAYS OFF-- UNPAID. BUT MANY FURLOUGHS HAVE BEEN AVERTED BECAUSE THE **ACROSS-THE-BOARD NATURE** OF THE CUTS MANDATED BY CONGRESS WAS EFFECTIVELY ELIMINATED. IN LATE APRIL, WHEN THE F-A-A FURLOUGHED AIR TRAFFIC CONTROLLERS - LAWMAKERS PASSED THE LEGISLATION THAT PUT THE CONTROLLERS BACK TO WORK. THE JUSTICE DEPARTMENT AVOIDED FURLOUGHING FBI AGENTS AND FEDERAL PRISON STAFF WHEN IT DISCOVERED 350-MILLION-DOLLARS IN UNSPENT CASH. AND HOMELAND SECURITY SIDESTEPED FURLOUGHING CUSTOMS AND BORDER PATROL AGENTS AS WELL AS COAST GUARD PERSONNEL BY NOT FILLING VACANT JOBS, CUTTING BONUSES, AND POSTPONING MAINTENANCE PROGRAMS. BUT SOME ARE STILL CONCERNED FOR THE FUTURE.

7/5/13 5:00PM (30 SECONDS) NELSON MANDELA REMAINS HOSPITALIZED IN CRITICAL BUT STABLE CONDITION. THAT'S THE OFFICIAL WORD FROM THE SOUTH AFRICAN GOVERNMENT --- AS RUMORS CONTINUE ABOUT THE HEALTH OF THE ANTI-APARTHEID ICON. THE GOVERNMENT DENIES REPORTS THAT SAY THE FORMER PRESIDENT IS IN A PERSISTANT VEGETATIVE STATE, ON LIFE SUPPORT, AND THAT HIS FAMILY HAS BEEN ADVISED TO DISCONTINUE CARE. A CLOSE FRIEND OF MANDELA SAYS HE'S CONSCIOUS AND RESPONSIVE. MANDELA IS 94, AND HAS BEEN HOSPITALIZED FOR THE LAST MONTH WITH A LUNG INFECTION.

7/11/13 6:00PM (25 SECONDS) SMITHFIELD FOODS - AT THE CENTER OF A SENATE HEARING OVER ITS MERGER WITH A CHINESE FOOD COMPANY. MEMBERS OF THE **AGRICULTURE COMMITTEE** GOT THE CHANCE TO GRILL THE C-E-O ABOUT THE 7-BILLION-DOLLAR BUYOUT DEAL ANNOUNCED IN MAY. BEFORE ITS A DONE DEAL, THE GOVERNMENT MUST APPROVE IT AND A LOT OF LAWMAKERS HAVE QUESTIONS .LISTEN TO ONE OF THE EXCHANGES BETWEEN LAWMAKERS AND SMITHFIELD C-E-O LARRY POPE.

7/16/13 11:00PM (25 SECONDS) CRACKING DOWN ON CRIME IN ONE LOCAL CITY. BASED ON POPULATION, HAMPTON HAS **THE HIGHEST HOMICIDE RATE-** IN THE SEVEN CITIES.THERE HAVE ALREADY BEEN TWELVE-MURDERS THIS YEAR. RECOMMENDATIONS INCLUDED: INCREASED PATROLS, MORE COMMUNITY-GOVERNMENT PARTNERSHIPS, AND MORE MANPOWER AND EQUIPMENT. COUNCILMEMBERS VOTED TO SPEND 325-THOUSAND DOLLARS. THE PUBLIC DIDN'T GET A CHANCE TO SPEAK. A PARENT OF TWO TEENS TOLD US: SHE WANTS A 10 P-M CURFEW, FOR KIDS 13 AND YOUNGER.

7/24/13 4:30AM (20 SECONDS) PRESIDENT OBAMA IS PLEADING WITH LAWMAKERS ON CAPITOL HILL - DON'T APPROVE A DEFENSE BILL WITH CUTS TO GOVERNMENT SURVEILLANCE PROGRAMS. SO IS THE HEAD OF THE NATIONAL SECURITY AGENCY, GENERAL KEITH ALEXANDER. THE HOUSE COULD VOTE ON THE NEARLY \$600 MILLION BILL TODAY. BUT SOME LAWMAKERS SAY, IT'S TOO HASTY. PLUS, A BILL TO FUND THE MILITARY ISN'T THE RIGHT PLACE TO PUT THESE CUTS.

8/1/13 6:00PM (25 SECONDS) MEANWHILE WE'RE LEARNING MORE ABOUT THE MASSIVE SURVEILLANCE PROGRAM.THE DIRECTOR OF NATIONAL INTELLIGENCE

RELEASED SEVERAL DOCUMENTS TO SHOW FISA COURT OVERSIGHT OF THE SPY PROGRAM THAT SWEEPS UP AMERICANS' PHONE RECORD DATA. AND THE GOVERNMENT HAS ACKNOWLEDGED USING A WIDER NET THAN PREVIOUSLY KNOWN. NOW - PUSH BACK ON THE PROGRAM HAS REACHED BEYOND CONGRESS. AT A CONFERENCE IN LAS VEGAS - A HECKLER SHOUTED AT N-S-A DIRECTOR, GEN. ALEXANDER...

8/2/13 6:00PM (20 SECONDS) SECRETARY OF STATE JOHN KERRY SAYS THE U-S IS LOOKING TO END DRONE STRIKES IN PAKISTAN. DURING AN INTERVIEW WITH A PAKISTANI T-V STATION, KERRY SAID PRESIDENT OBAMA HAS A "VERY REAL TIMELINE." STOPPING THE DRONE STRIKES DEPENDS ON "A NUMBER OF FACTORS." KERRY SAYS THE UNITED STATES IS WORKING WITH THE PAKISTANI GOVERNMENT TO MAKE IT HAPPEN.

8/2/13 11:00PM (20 SECONDS) IF YOU LIVE IN CHINA, METEOROLOGISTS CAN MAKE IT RAIN... EVEN ON A SUNNY DAY. THE CAPITAL OF EAST CHINA'S PROVINCE HAS BEEN UNDER A HEAT WAVE.SO, GOVERNMENT METEOROLOGISTS LAUNCHED SEVEN ROCKETS INTO THE AIR. 10 MINUTES LATER - IT RAINED! TURNS OUT, THE ROCKETS PRODUCE A CONDENSATION NUCLEUS THAT GENERATES RAINFALL WHEN IT TOUCHES WATER VAPOR

8/5/13 12:00PM (20 SECONDS) A DARK DAY IN HISTORY WILL BE REMEMBERED.TODAY IS THE ANNIVERSARY OF THE SIKH TEMPLE SHOOTING IN WISCONSIN. SIX PEOPLE DIED AND FIVE OTHERS WERE HURT WHEN A MAN WALKED INTO THE TEMPLE AND STARTED SHOOTING. THE MAN DIED IN A SHOOTOUT WITH POLICE. LATER TODAY, FAMILIES OF THE VICTIMS AND GOVERNMENT OFFICIALS WILL CALL ON LAWMAKERS TO PASS LEGISLATION TO CURB GUN VIOLENCE IN AMERICA.

8/6/13 5:30PM (25 SECONDS) AN UPDATE TO BREAKING NEWS OUT OF YEMEN. THE U-K GOVERNMENT IS FORCING ALL STAFF AT THE BRITISH EMBASSY THERE TO LEAVE BECAUSE OF TERROR THREATS.U-S OFFICIALS MADE THE CALL TO PULL NON-EMERGENCY GOVERNMENT WORKERS IN YEMEN OUT JUST BEFORE WE WENT ON AIR AT 4:30. ALMOST TWO-DOZEN EMBASSIES AND CONSULATES FROM AFRICA TO THE MIDDLE EAST ARE STILL CLOSED THIS MORNING BECAUSE OF THESE TERRORIST THREATS.

8/8/13 12:00PM (35 SECONDS) COURT AND GOVERNMENT RECORDS REVEAL: GOVERNOR BOB MCDONNELL HAS MADE SOME REAL ESTATE TRANSACTIONS THAT COULD FREE UP CASH.THE PAPERS SAY GOVERNOR MCDONNELL REFINANCED HIS PRIVATE RESIDENCE AND RESTRUCTURED LOANS ON OTHER PROPERTIES. THE DOCUMENTS **DON'T SHOW** WHETHER HE SPENT THE MONEY FREED UP BY THOSE TRANSACTIONS. BUT THE GOVERNOR AND HIS FAMILY ARE RETURNING GIFTS AND LOANS TOTALING MORE THAN 150-THOUSAND DOLLARS, TO STAR SCIENTIFIC'S C-E-O, JONNIE WILLIAMS. THERE'S AN INVESTIGATION INTO WHETHER MCDONNELL USED THE GOVERNOR'S OFFICE TO PROMOTE A **STAR SCIENTIFIC** PRODUCT, IN EXCHANGE FOR THOUSANDS OF DOLLARS IN UNDISCLOSED GIFTS.

8/13/13 6:00PM (35 SECONDS) NATIONWIDE TOWNHALL MEETINGS LIKE SCOTT'S SUGGEST OBAMACARE WILL BE A CAMPAIGN ISSUE IN NEXT YEAR'S ELECTIONS. TEA PARTY CONSERVATIVES ARE INSISTING THE REFORMS BE COMPLETELY DEFUNDED OR THEY'LL BLOCK NEXT YEAR'S SPENDING BILLS AND SHUTDOWN THE GOVERNMENT THIS FALL. BUT TOP REPUBLICANS WORRY SHUTTING DOWN THE GOVERNMENT OVER HEALTH CARE COULD BACK FIRE POLITICALLY. SENATE GOP LEADER MITCH MCCONNELL DID NOT SIGN ON A RECENT LETTER WITH 12 OTHER REPUBLICANS PLEDGING TO OPPOSE ANY SPENDING BILL THIS FALL THAT FINANCES THE AFFORDABLE CARE ACT. MCCONNELL FACES A SERIOUS PRIMARY CHALLENGE FROM HIS RIGHT NEXT YEAR.

8/22/13 6:00AM (20 SECONDS) ALMOST EVERY DAY, WE REPORT THE LATEST ON THE WILDFIRES OUT WEST. NOW - THE GOVERNMENT IS RUNNING OUT OF MONEY TO FIGHT THOSE FIRES, RIGHT AT THE PEAK OF THE SEASON.THE U-S FOREST SERVICE IS MOVING 600 MILLION DOLLARS AROUND FROM OTHER PROJECTS TO PUT TOWARDS FIGHTING THE FLAMES. MORE THAN 50 WILDFIRES ARE CURRENTLY BURNING, INCLUDING ONE THAT'S OUT-OF-CONTROL - NEAR YOSEMITE NATIONAL PARK.

9/11/13 5:00AM (35 SECONDS) TODAY WE REMEMBER THOSE WE LOST TWELVE YEARS AGO IN THE WORLD TRADE CENTER ATTACK.BUT SEPTEMBER 11TH ALSO MARKS ONE YEAR SINCE THE TERROR STRIKE ON THE U-S EMBASSY IN BENGHAZI LIBYA. FOUR AMERICANS INCLUDING THE AMBASSADOR WERE KILLED - AND TO THIS DAY - NONE OF THE ATTACKERS HAVE BEEN BROUGHT TO JUSTICE.29 HAVE BEEN IDENTIFIED PUBLICLY BY THE FBI.IN SOME CASES SECURITY CAMERA VIDEO TAPES PLACE THEM AT THE CONSULATE THAT NIGHT.BEFORE STEPPING DOWN AS FBI DIRECTOR - ROBERT MUELLER SPOKE ABOUT HOW THE LIBYAN GOVERNMENT HAS BEEN WORKING TO BLOCKED U-S EFFORTS FOR JUSTICE.

9/12/13 4:30AM (30 SECONDS) WITH VOTES ON SYRIA TABLED FOR NOW, THE HILL TAKES ON THE BUDGET BATTLE TODAY. THE HOUSE SAYS IT IS PUSHING BACK A VOTE ON A TEMPORARY SPENDING BILL. BUT SEPTEMBER 30TH ISN'T GETTING ANY FARTHER AWAY. LEADERS FROM BOTH PARTIES ARE MEETING THIS MORNING TO TALK ABOUT THE FEDERAL BUDGET AND RAISING THE DEBT LIMIT. IF THEY DON'T GET TO A DEAL BY THE END OF SEPTEMBER, YOU'VE HEARD IT BEFORE, EXPECT A GOVERNMENT SHUTDOWN THE FIRST DAY OF OCTOBER.AND KEEP THIS IN MIND. THE U-S IS SET TO MEET ITS DEBT LIMIT SOON AFTER.

9/12/13 12:00PM (25 SECONDS) MARISSA MAYER AND MARK ZUCKERBERG WANT TO LET ONLINE USERS KNOW IF THE GOVERNMENT COMES SNOOPING.THE YAHOO AND FACEBOOK C-E-OS SPOKE ABOUT THE MATTER YESTERDAY. RIGHT NOW, THE GOVERNMENT CAN REQUEST INFORMATION ON FOREIGN USERS FROM COMPANIES LIKE GOOGLE, FACEBOOK AND YAHOO FOR NATIONAL SECURITY PURPOSES...A GAG ORDER KEEPS THE COMPANIES FROM SHARING ANY INFORMATION ABOUT THE REQUESTS, INCLUDING, UNTIL RECENTLY, THAT THEY EVEN EXISTED. YAHOO, GOOGLE, MICROSOFT AND FACEBOOK HAVE FILED LAWSUITS AGAINST THE FOREIGN INTELLIGENCE SURVEILLANCE COURT.

9/12/13 5:30PM (20 SECONDS) PARTS OF DETROIT LOST POWER BECAUSE OF EXTREME HEAT.NEARLY 70-THOUSAND HOMES AND BUSINESSES LOST POWER LAST NIGHT. ABOUT 45-THOUSAND STILL DON'T HAVE IT. GOVERNMENT BUILDINGS SHUT DOWN, A COLLEGE CANCELLED CLASSES, AND MANY TRAFFIC LIGHTS WERE OUT IN THE DOWNTOWN AREA. DETROIT'S PEOPLE MOVER - WHICH IS ITS LIGHT RAIL SYSTEM WAS ALSO DOWN.

9/13/13 6:00PM (20 SECONDS) GOVERNMENT FUNDING WILL RUN OUT AT THE END OF THE MONTH - AND A POTENTIAL GOVERNMENT SHUTDOWN IS LOOMING. THAT'S IF THE HOUSE CAN'T AGREE ON A BUDGET.SPEAKER JOHN BOEHNER IS IN THE HOT SEAT THIS MORNING.HOUSE CONSERVATIVES INTRODUCED A NEW RESOLUTION LAST NIGHT - THAT WOULD FULLY FUND THE GOVERNMENT THROUGH THE NEXT FISCAL YEAR.IT WOULD ALSO DEFUND AND DELAY THE IMPLEMENTATION OF OBAMACARE ALSO THROUGH THE NEXT FISCAL YEAR.BUT THE HOUSE LEADERSHIP HAS NOT YET SIGNED IT.

9/14/13 6:00PM (30 SECONDS) NOW TO THE CRISIS IN SYRIA.THE U-S AND RUSSIA AGREED ON A DEAL FOR SECURING SYRIA'S CHEMICAL WEAPONS.SECRETARY OF STATE JOHN KERRY AND RUSSIAN FOREIGN MINISTER SERGAY LAVROV MADE THE

ANNOUNCEMENT THIS MORNING IN SWITZERLAND.THE AGREEMENT GIVES THE SYRIAN GOVERNMENT ONE WEEK TO PROVIDE AN ACCOUNT OF ITS CHEMICAL WEAPONS STOCKPILE.IT ALSO CALLS FOR THE DESTRUCTION OR REMOVAL OF THE WEAPONS BY THE MIDDLE OF NEXT YEAR.KERRY SAID ANY VIOLATION WOULD RESULT IN THE U-N SECURITY COUNCIL TAKING MEASURES AGAINST SYRIA.

9/16/13 6:00AM (45 SECONDS) LET'S GET BACK TO BREAKING NEWS ON THE CRISIS IN SYRIA. THE HEAD OF THE UN COMMISSION INVESTIGATING WAR CRIMES IN SYRIA - JUST SAID THEY ARE INVESTIGATING 14 SUSPECTED CHEMICAL ATTACKS.THEY ARE TRYING TO FIGURE OUT JUST WHO IS RESPONSIBLE.HE EMPHASIZED THAT THE MAJORITY OF CASUALTIES IN SYRIA'S CIVIL WAR IS FROM CONVENTIONAL WEAPONS LIKE **GUNS AND MORTARS**. THE CHAIRMAN ALSO SAID THAT THE COMMISSION BELIEVES THAT PRESIDENT BASHAR ASSAD'S GOVERNMENT **HAS** COMMITTED WAR CRIMES AND CRIMES AGAINST HUMANITY.THEY ALSO BELIEVE THAT REBEL GROUPS **HAVE** PERPETRATED WAR CRIMES **BUT NOT** CRIMES AGAINST HUMANITY - BECAUSE THERE IS NOT A CLEAR CHAIN OF COMMAND. THIS IS JUST THE BEGINNING OF WHAT WE WILL LEARN TODAY FROM A HIGHLY-ANTICIPATED REPORT FROM U-N INVESTIGATORS.

9/19/13 4:30PM (30 SECONDS) TODAY, HOUSE REPUBLICANS PLAN TO RACHET UP THE PRESSURE AND MAKING SOME NOISE.THEY'RE EXPECTED TO PASS A SPENDING BILL THAT WOULD KEEP THE GOVERNMENT RUNNING. BUT IT COMES WITH A BIG CATCH. IT CUTS OUT OBAMACARE, COMPLETELY.AS YOU CAN IMAGINE, THAT'S A NON-STARTER IN THE HEAVILY-DEMOCRATIC SENATE.AND WITH LESS THAN TWO WEEKS UNTIL THE GOVERNMENT RUNS OUT OF MONEY, IT'S NOT THE APPROACH A LOT OF PEOPLE WERE HOPING FOR.PLUS, KEY LAWMAKERS SAY IT WON'T WORK.

## 2) MILITARY

7/10/13 6:00PM (20 SECONDS) SOMEONE STOLE 300 AMERICAN FLAGS FROM A LOCAL CHURCH. THEY WERE UP TO CELEBRATE THE FOURTH OF JULY, AND OUR MILITARY. **PROVIDENCE PRESBYTERIAN** IN VIRGINIA BEACH IS KNOWN FOR ITS GRAND DISPLAY OF PATRIOTISM. AFTER 9-11, THE CHURCH PUT UP **THOUSANDS** OF FLAGS. NOW, ON **EVERY** PATRIOTIC HOLIDAY - THE CHURCH MEMBERS PUT OUT HUNDREDS OF THEM. BUT OVER THE WEEKEND-- THEY MYSTERIOUSLY DISAPPEARED.

7/11/13 4:30PM (55 SECONDS) MORE PROPOSED CUTS AT THE PENTAGON ARE ALL NEW THIS MORNING. AND THE DEFENSE DEPARTMENT WARNS, THEY MAY BE **BRUTAL** AND HEAVY-HANDED. SECRETARY CHUCK HAGEL IS ALREADY PUSHING BACK, BUT HE KNOWS HE HAS TO HAVE A BACK-UP PLAN. THAT PLAN MAY INCLUDE ELIMINATING DANGER PAY FOR TROOPS SERVING IN 18 COUNTRIES AND GETTING RID OF A \$225 MONTHLY STIPEND. THE DEFENSE DEPARTMENT STANDS TO LOSE \$52 BILLION FROM IT'S 2014 BUDGET, IF CONGRESS DOESN'T TAKE ACTION. HAGEL SLAMMED INACTION IN CONGRESS IN A LETTER TO THE SENATE ARMED SERVICES COMMITTEE. HE SAYS SCALING BACK ANY MORE WOULD HAVE UNACCEPTABLE EFFECTS ON THE U-S MILITARY AND PLACE, "AT MUCH GREATER RISK," ITS ABILITY TO KEEP THE COUNTRY SAFE. HE ADDED, THESE CUTS WOULD HURT LONG TERM, BECAUSE 15 TO 20 PERCENT CUTS IN INVESTMENT ACCOUNTS WOULD BE COMMON. COUNT ON US TO FOLLOW THE PROPOSALS IN WASHINGTON, AND FILL YOU IN ON WHAT YOU NEED TO KNOW, EVERY STEP OF THE WAY.

7/11/13 5:00PM (30 SECONDS) THE GOVERNMENT WANTS TO CUT "DANGER PAY" FOR SERVICE MEMBERS AROUND THE WORLD.MILITARY LEADERS CAME UP WITH THE PROPOSED LIST OF AT LEAST 18 LOCATIONS THAT WERE NO LONGER DANGEROUS ENOUGH TO WARRANT THE EXTRA MONEY. THEY REPORTEDLY INCLUDE BAHRAIN, JORDAN, SAUDI ARABIA AND HAITI.DANGER PAY CAN BE UP TO 225 DOLLARS PER MONTH. THE STIPEND

WOULD BE STRIPPED FROM AS MANY AS 56-THOUSAND TROOPS. THE PENTAGON SAYS CUTTING IT FROM SALARIES COULD SAVE ABOUT 120 MILLION DOLLARS A YEAR.

7/12/13 5:00PM (25 SECONDS) A VIRGINIA BEACH BUSINESSMAN IS REWARDING OTHER COMPANIES AND ORGANIZATIONS- THAT HELP SERVICEMEMBERS AND THEIR FAMILIES. LUKE HILLIER IS THE FOUNDER OF **ATLANTIC DIVING SUPPLY**. THE COMPANY PROVIDES MILITARY TACTICAL EQUIPMENT. A-D-S SPONSORED TODAY'S WARRIOR EXPO SHOWCASING TACTICAL GEAR AT THE CONVENTION CENTER. HILLIER ANNOUNCED A NEW ORGANIZATION CALLED "**HILLIER IGNITE**". ITS PROGRAMS WILL SUPPORT YOUTH, VETERANS, AND MILITARY FAMILIES.

7/13/13 6:00AM (25 SECONDS) OVERNIGHT, UNREST IN CAIRO CONTINUES TO GROW. PROTESTERS IN TAHRIR SQUARE REJECTED U-S CALLS FOR MOHAMMED MORSI'S RELEASE. A U-S STATE DEPARTMENT SPOKESWOMAN SAID WASHINGTON AGREED WITH THE GERMAN FOREIGN MINISTRY'S CALL FOR MORSI'S RELEASE. SHE CONFIRMED U-S AMBASSADOR TO EGYPT HAD MET EGYPT'S INTERIM PRESIDENT, WHO WAS APPOINTED BY THE MILITARY. MORSI HAS BEEN DETAINED SINCE HE WAS OUSTED AS EGYPT'S PRESIDENT LAST WEEK.

7/15/13 5:00AM (50 SECONDS) THE AIR FORCE'S COMBAT AIRCRAFT WILL SOON BE FLYING AGAIN. BUDGET CUTS GROUNDED THE JETS IN APRIL. BUT, THE MILITARY RESHUFFLED ITS SPENDING PRIORITIES TO GET ITS PILOTS ADDITIONAL TRAINING AND BACK IN THE AIR. 10 ON YOUR SIDE'S ANITA BLANTON HAS DETAILS OF TODAY'S MAJOR DEVELOPMENTS. TOM, THE GROUNDING AFFECTED ABOUT ONE-THIRD OF ACTIVE-DUTY COMBAT CRAFT, INCLUDING SQUADRONS OF FIGHTERS, BOMBERS, AND AIRBORNE WARNING AND CONTROL CRAFT. IT AFFECTS PLANES IN THE U.S., EUROPE AND THE PACIFIC. HOW IS THIS HAPPENING? WELL, TODAY OFFICIALS SAID THEY SHIFTED FUNDS TO THE TUNE OF 7.5 BILLION DOLLARS FROM LESS VITAL OPERATIONS. THEY ALSO SAID THIS IS JUST A FIRST STEP, BUT THEY STILL HAVE AN UPHILL CLIMB TO RECOVERY AHEAD. ACCORDING TO THEM, MANY PILOTS HAVE BEEN USING SIMULATORS FOR THE PAST SEVERAL MONTHS TO KEEP THEIR SKILLS SHARP. IT USUALLY TAKES AT LEAST TWO MONTHS TO CONDUCT THE NECESSARY TRAINING FOR AIRCREWS TO RETURN TO MISSION-READY STATUS. SOME REPUBLICANS APPLAUDED THE MOVE BY THE AIR FORCE WHILE ACCUSING THE PRESIDENT OF PLAYING POLITICS WITH THE DEFENSE BUDGET. EVEN SAYING TODAY'S ANNOUNCEMENT PROVES THE MILITARY'S PAIN FROM SEQUESTER COULD HAVE BEEN MITIGATED ALL ALONG AND THAT MAYBE NOW SOMETHING CAN BE DONE ABOUT THE FURLOUGHS.

7/19/13 4:30AM (35 SECONDS) A DROPPED SEXUAL BATTERY CHARGE AGAINST AN AIR FORCE OFFICER IS ALL NEW THIS MORNING. LT. COL. JEFFREY KRUSINSKI LED THE BRANCH'S SEXUAL ASSAULT RESPONSE UNIT. POLICE SAY HE GROPED A WOMAN IN A NORTHERN VIRGINIA PARKING LOT BACK IN MAY. HIS TRIAL WAS SUPPOSED TO START YESTERDAY, BUT A COMMONWEALTH'S ATTORNEY SAYS NEW FACTS EMERGED, MAKING A SEXUAL BATTERY CHARGE OVERKILL. KRUSINSKI'S CASE IS IN THE SPOTLIGHT BECAUSE IT BECAME PUBLIC DAYS AFTER A SCATHING REPORT ON SEXUAL ASSAULTS IN THE MILITARY. HE STILL FACES A GENERAL ASSAULT CHARGE THAT CARRIES THE SAME POTENTIAL PUNISHMENT AS SEXUAL BATTERY.

7/21/13 11:00PM (30 SECONDS) THOUSANDS OF SAILORS AND MARINES ARE PREPARING TO LEAVE THEIR FAMILIES FOR ANOTHER DEPLOYMENT. THE U-S-S HARRY S. TRUMAN CARRIER STRIKE GROUP IS SET TO LEAVE TOMORROW. THE TROOPS WILL BE GONE FOR NINE MONTHS WHICH MEANS THEY'LL MISS BOTH THANKSGIVING AND CHRISTMAS. THIS IS A LOOK AT THE TRUMAN FROM CHOPPER 10. CARRIER AIR WING THREE, WHICH IS ATTACHED TO THE STRIKE GROUP, IS ALSO LEAVING. 10 ON YOUR SIDE'S MILITARY REPORTER ART KOHN WILL BE AT TOMORROW'S DEPLOYMENT. LOOK FOR HIS LIVE REPORTS THROUGHOUT THE DAY ON WAVY TV AND ONLINE AT WAVY DOT COM.

8/13/13 5:00AM (25 SECONDS) THE MILITARY MAY SOON BE ADDING NEW RULES TO HELP ALLEGED VICTIMS OF SEXUAL ASSAULT. DEFENSE SECRETARY CHUCK HAGEL IS REPORTEDLY PLANNING TO MAKE AN ANNOUNCEMENT LATER THIS WEEK. THAT'S ACCORDING TO A CNN NEWS SOURCE. THE CHANGES MAY CALL FOR SENIOR OFFICIALS TO BE NOTIFIED **IMMEDIATELY** IF AN ASSAULT CLAIM IS MADE. PROGRAMS TO HELP VICTIMS MAY ALSO BE PART OF THE INITIATIVE. NO WORD ON WHEN THESE CHANGES WILL GO INTO EFFECT.

8/13/13 5:00AM (30 SECONDS) THE FORT HOOD MASS SHOOTING TRIAL CONTINUES WITH MEMORIES OF THE MASSACRE BEING DESCRIBED IN FRONT OF THE MILITARY COURT. CAPTAIN DOROTHY CARSKADON TOLD THE COURT SHE INITIALLY THOUGHT THE GUNFIRE SHE HEARD WAS PART OF A TRAINING MISSION. MOMENTS LATER SHE WAS STRUCK AND WAS HOSPITALIZED WITH FOUR INJURIES. A MILITARY OFFICIAL SAYS MAJOR NIDAL HASAN YELLED "ALLAHU AKBAR" RIGHT BEFORE HE STARTED FIRING HIS PISTOL. HASAN SHOT AND KILLED 13-PEOPLE AND INJURED 32-OTHERS DURING THE 2009 SHOOTING.

8/14/13 4:30AM (35 SECONDS) A BIG ANNOUNCEMENT IS EXPECTED TODAY - CONCERNING SAME-SEX SPOUSES OF MILITARY MEMBERS AND THEIR ELIGIBILITY FOR BENEFITS. THE PENTAGON SAYS - CHANGES COULD BE SEEN AS EARLY AS NEXT MONTH. ACCORDING TO A SENIOR DEFENSE OFFICIAL, THE PENTAGON WILL EXTEND THE SAME BENEFITS TO LEGALLY MARRIED SAME-SEX COUPLES THAT ARE PROVIDED TO HETEROSEXUAL COUPLES. THAT INCLUDES HEALTHCARE, HOUSING, AND OTHER BENEFITS. AND FOR SERVICE MEMBERS WHO ARE STATIONED IN A STATE WHERE SAME-SEX MARRIAGE IS ILLEGAL - THE MILITARY WILL PROVIDE UP TO 10 DAYS LEAVE FOR THEM TO TRAVEL TO A STATE WHERE IT IS LEGAL TO GET MARRIED.

8/18/13 5:30AM (20 SECONDS) ALSO IN YOUR MILITARY HEADLINES; HUNDREDS OF LOCALLY BASED SAILORS ARE PREPARING TO SAY GOODBYE. IN A FEW HOURS, THE USS STOUT WILL GET UNDERWAY AT NAVAL STATION NORFOLK. THIS IS A QUICK TURNAROUND FOR THE SHIP AND ITS CREW. THE STOUT RETURNED HOME FROM A PRIOR DEPLOYMENT JUST ABOUT FOUR MONTHS AGO. THE GUIDED-MISSILE DESTROYER IS HEADED FOR THE MEDITERRANEAN SEA.

8/19/13 4:30AM (25 SECONDS) THE SENTENCING PHASE FOR STAFF SERGEANT ROBERT BALES BEGINS TODAY IN WASHINGTON STATE. BALES PLEADED GUILTY IN JUNE TO KILLING 16 AFGHAN CIVILIANS IN A PRE-DAWN MASSACRE IN 2012. WITH HIS GUILTY PLEA, BALES WILL AVOID THE DEATH PENALTY, BUT HE IS FACING LIFE IN PRISON. A MILITARY JUDGE WILL DECIDE IF AND WHEN HE WILL BE ELIGIBLE FOR PAROLE DURING PROCEEDINGS SET TO BEGIN TODAY.

8/19/13 5:00PM (25 SECONDS) AND- PROTESTERS FROM AROUND THE WORLD ARE CALLING FOR AN END TO ALL THE VIOLENCE. IN THE INDONESIAN CAPITAL, JAKARTA, ABOUT ONE-THOUSAND PEOPLE RALLIED. **AMNESTY INTERNATIONAL** ALSO STAGED A PROTEST IN BERLIN. AS FOR THE U-S, MEMBERS OF CONGRESS ARE SPLIT OVER WHETHER WE SHOULD CUT OFF MILITARY AID TO EGYPT. PRESIDENT OBAMA DENOUNCED THE VIOLENCE, CANCELED JOINT MILITARY EXERCISES SCHEDULED FOR SEPTEMBER, AND DELAYED THE DELIVERY OF FOUR F-16 FIGHTER JETS.

8/22/13 4:30AM (25 SECONDS) AND, IN A SIMILAR CASE, A JUDGE GAVE BRADLEY MANNING A 35-YEAR SENTENCE, FOR GIVING HUNDREDS OF DOCUMENTS TO WIKILEAKS. THE MILITARY JUDGE ALSO ORDERED THE ARMY PRIVATE TO BE DISHONORABLY DISCHARGED. MANNING SAYS HE KNOWS HE BROKE THE LAW, BUT NEVER MEANT TO HURT ANYONE. HIS CASE NOW GOES TO AN **AUTOMATIC APPEAL**. HE'LL ALSO BE ELIGIBLE FOR PAROLE AFTER SERVING ABOUT ONE-THIRD OF HIS SENTENCE AT FORT LEAVENWORTH IN KANSAS.

8/31/13 6:30AM (25 SECONDS) SO WHAT WILL THE ATTACK LOOK LIKE IF THE PRESIDENT GIVES THE ORDER?THE MOST LIKELY SCENARIO INVOLVES CRUISE MISSILES FIRED FROM NORFOLK-BASED DESTROYERS.RIGHT NOW THE STOUT, RAMAGE, MAHAN, GRAVELY AND BARRY ARE ON HIGH-ALERT IN THE MEDITERRANEAN SEA AND WITHIN STRIKING DISTANCE OF TARGETS INSIDE SYRIA.BUT FIRE-POWER IS NOT THE ONLY THING THE DESTROYERS BRING TO THIS CRISIS.10 ON YOUR SIDE SPOKE TO A FORMER U.S. NAVY VICE ADMIRAL WHO COMMANDED WAR SHIPS DURING THE FIRST GULF WAR.HE SAYS THE SHIPS ARE THERE FOR ANOTHER REASON AS WELL.

9/11/13 12:00AM (37 SECONDS) OUR LOCAL LAWMAKERS REACTED TO THE PRESIDENT'S REMARKS THAT HE WON'T TAKE MILITARY ACTION ON SYRIA YET.U.S. SENATORS TIM KAINE AND MARK WARNER RELEASED STATEMENTS OF SUPPORT SHORTLY AFTER THE SPEECH WAS TELEVISED.REPRESENTATIVE BOBBY SCOTT'S RESPONSE, HOWEVER WAS A LITTLE MORE SKEPTICAL. HE SAID IN A STATEMENT ON HIS FACEBOOK PAGE"I REMAIN CONCERNED, HOWEVER, ABOUT BOTH THE LEGALITY OF ANY INTERVENTION WITHOUT THE SUPPORT OF THE UNITED NATIONS AND THE POTENTIAL RAMIFICATIONS OF A MILITARY INTERVENTION THAT COULD EXACERBATE VOLATILITY IN THE REGION..." BUT, REPUBLICAN REPRESENTATIVE RANDY FORBES HAD SOMETHING ELSE TO SAY ABOUT THE MOVE TO DELAY THE VOTE.

9/11/13 5:30PM (15 SECONDS) CONGRESS IS IN A HOLDING PATTERN CONCERNING THE CRISIS IN SYRIA. NEW AT 5:30, A LIVE REPORT FROM MILITARY REPORTER ART KOHN LOCAL LAWMAKERS REACT TO THE DELAYED VOTE.

9/11/13 5:30PM (15 SECONDS) ONE MORE LOOK AT THE ROADS-- NOW THAT THE INSPECTIONS ARE OVER-- **LIVE** FROM CHOPPER 10.10 ON YOUR SIDE'S COVERAGE OF TODAY'S THREAT CONTINUES AT 6.WE'LL HEAR MORE FROM ERIN KELLY AS WELL AS NEW INFORMATION FROM ANNE MCNAMARA.ALSO AT 6, A RESPONSE FROM THE LOCAL MILITARY.THIS IN LESS THAN 30 MINUTES ON WAVY NEWS 10 AT 6.

9/12/13 4:30AM (20 SECONDS) ADD U-S TROOPS TO THE LIST OF SKEPTICS WHO QUESTION MILITARY ACTION IN SYRIA.OVERNIGHT, OUR NEWSROOM FOUND A NEW MILITARY TIMES POLL.IT SAYS ACTIVE DUTY TROOPS ARE AGAINST TAKING ACTION, **3-TO-1**. AN EVEN HIGHER PERCENTAGE, **80 PERCENT**, SAY THEY DON'T BELIEVE GETTING INVOLVED IN SYRIA'S CIVIL WAR IS IN THE NATIONAL INTEREST OF THE UNITED STATES.THE MILITARY TIMES POLLED 750 ACTIVE DUTY TROOPS MONDAY AND TUESDAY.

9/13/13 4:30AM (20 SECONDS) THE NORFOLK-BASED **U-S-S MAHAN** WILL BE HOME LATER TODAY.SHE AND HER CREW WERE ON STANDBY, IN CASE OF A U-S MILITARY STRIKE ON SYRIA.THIS IS VIDEO FROM WHEN THE MAHAN LEFT NAVAL STATION NORFOLK, JUST AFTER CHRISTMAS.THE U-S-S STOUT HAS REPLACED THE MAHAN IN THE EASTERN MEDITERRANEAN.

9/14/13 11:00PM (20 SECONDS) MORE THAN 40 EMPLOYERS WILL BE AT **FORT EUSTIS** IN NEWPORT NEWS ON THURSDAY, SEPTEMBER 19TH FROM 9 A-M TO 2 P-MTHE JOB FAIR IS GEARED TO ACTIVE DUTY, RETIRED, RESERVIST, NATIONAL GUARD MILITARY MEMBERS- AND THEIR SPOUSES.EMPLOYERS WILL GIVE ON-SITE INTERVIEWS.

9/16/13 12:00PM (40 SECONDS) ONCE AGAIN TO RECAP THE SITUATION AT THE NAVY YARD IN WASHINGTON D-C: AND 10 ON YOUR SIDE MILITARY REPORTER ART KOHN IS ON THE ROAD-- HEADED TO WASHINGTON TO COVER THIS BREAKING NEWS. HIS REPORTS BEGIN ON WAVY NEWS 10 AT 5. AND WE WILL HAVE MORE ON THE LATEST FROM THE NAVY YARD AFTER THE BREAK

9/23/13 5:30PM (20 SECONDS) A HYDROGEN TANK EXPLODED AT A DEFENSE CONTRACTOR COMPANY IN NORTHERN VIRGINIA TODAY INJURING ONE PERSON.THE EXPLOSION HAPPENED AROUND 11-30 THIS MORNING.THE COMPANY MAKES ROCKET LAUNCHERS FOR THE MILITARY.THE SITE IS AT A RESEARCH PARK NEAR THE MANASSAS CAMPUS OF GEORGE MASON UNIVERSITY.CREWS EVACUATED THE BUILDING DURING THE INVESTIGATION.

### 3) ECONOMY

6/30/13 11:00PM (25 SECONDS) LAST NIGHT THERE WAS A BIG RALLY FOR DEMOCRATS IN THE COMMONWEALTH.VICE PRESIDENT JOE BIDEN DELIVERED THE KEY NOTE ADDRESS AT THE JEFFERSON-JACKSON DEMOCRATIC DINNER IN RICHMOND.THE VICE PRESIDENT TALKED ABOUT THE IMPORTANCE OF DEFEATING THE TEA PARTY IN 2013. HE SAID THAT RECENT AND CONTINUED SIGNS OF AN IMPROVING ECONOMY WILL BE STOPPED IF A TEA PARTY GOVERNOR IS ELECTED. HE ALSO CAMPAIGNED FOR TERRY MCAULIFFE - THE DEMOCRAT'S CANDIDATE FOR GOVERNOR.

7/3/13 5:00PM (40 SECONDS) THE EYES OF THE WORLD ARE ON EGYPT TONIGHT.PRESIDENT MOHAMAD MORSI IS NO LONGER IN POWER.THE MILITARY SAYS MORSI FAILED TO ANSWER THE CALLS OF THE EGYPTION PEOPLE TO RESTORE ORDER AS THE ECONOMY TANKED AND CRIME SOARED.A LIVE PICTURE FROM CAIRO SHOWS THOUSANDS IN TAHRIR SQUARE, WHICH ERUPTED INTO DEAFENING CHEERS AT THE NEWS MORSI WILL BE REPLACED.THE CHIEF JUSTICE OF THE CONSTITUTIONAL COURT WILL NOW TAKE OVER.FIREWORKS, FLARES AND LASERS LIT UP THE SKY. MEANTIME-- N-B-C NEWS HAS LEARNED THAT PRESIDENT OBAMA IS MEETING WITH HIS ADVISORS ABOUT THIS. AND AT THIS POINT-- NON-ESSENTIAL U-S DIPLOMATS AND EMBASSY FAMILIES ARE PREPARING TO LEAVE THE COUNTRY.

7/4/13 12:00PM (25 SECONDS) IT'S A DAY TO CELEBRATE BEING AN AMERICAN - AND MORE THAN 78-HUNDRED NEW CITIZENS ARE DOING JUST THAT. U.S. TREASURY SECRETARY JACK LEW SPOKE AT A NATURALIZATION CEREMONY IN WASHINGTON, D.C. HE URGED PEOPLE TO NOT FORGET THAT AMERICA IS A NATION OF IMMIGRANTS, AND THAT IT IS WHAT MAKES THE UNITED STATES ECONOMY SO VIBRANT.MORE THAN 100 NATURALIZATION CEREMONIES ARE TAKING PLACE ACROSS THE COUNTRY AND OVERSEAS THIS INDEPENDENCE HOLIDAY WEEK.

7/4/13 5:00PM (38 SECONDS) TONIGHT'S TOP STORY: SHORTER WORK-WEEKS, AND SMALLER PAYCHECKS. FURLOUGHS STARTED TODAY FOR MORE THAN 600-THOUSAND **CIVILIAN** DEFENSE WORKERS. 10 ON YOUR SIDE HAS BEEN COVERING THE IMPACT FOR MONTHS.NOW THE REALITY CHECK HAS ARRIVED IN HAMPTON ROADS. ART KOHN SAYS THIS WILL ONLY GET WORSE IN THE DAYS AHEAD. ART A LOT OF FRUSTRATION OUT THERE AS WELL AS A GOOD DEAL OF FEAR.THAT FEAR IS EVIDENT IN A COUPLE OF WAYS ALREADY AMONGST CIVILIANS WHO WORK FOR THE DEPARTMENT OF DEFENSE. MANY THAT I SPOKE WITH TODAY ARE AFRAID TO SPEAK PUBLICLY ABOUT THEIR DISMAY ABOUT THE FURLOUGHS BUT EVEN WORSE, MANY ARE WORRIED ABOUT MAKING ENDS ON A BUDGET THAT HAS NOW BEEN REDUCED BY 20-PERCENT FOR THE YEAR.IN HAMPTON ROADS ALONE THERE ARE ABOUT 40-THOUSAND MORE PEOPLE WHO WILL ALSO BE LOSING ONE DAY'S PAY EACH WEEK.IN THE END-- IT'S GOING TO MEAN LOSING AN AVERAGE OF THOUSAND A MONTH FOR 11 WEEKS. MANY WHO ARE BEING FURLOUGHED HAVE A PLAN FIGURED OUT ON WHERE TO CUT BACK. BUT IT'S NOT JUST THE WORKERS FEELING THE PINCH.THE HAMPTON ROADS ECONOMY COULD BE IN JEOPARDY."THERE'S GONNA BE SOME REDUCTIONS. YOU KNOW, WE'LL PROBABLY STREAMLINE YOU KNOW OUR SHOPPING FOR GROCERIES. CERTAINLY STREAMLINE SHOPPING FOR ANY OF THE ADDITIONAL EXTRAS THAT WE WOULD NORMALLY BUY.""47-PERCENT OF THE ECONOMY DEPENDS ON THE MILITARY. HOW MANY THOUSANDS OF THOUSANDS OF PEOPLE ARE NOT GONNA GET PAID..."

7/8/13 6:00PM (40 SECONDS) 10 ON YOUR SIDE'S ART KOHN IS COVERING OUR TOP STORY.ART - THEY MAY HAVE KNOWN THIS DAY WAS COMING.... BUT IT CERTAINLY DOESN'T MAKE IT ANY EASIER. HOW CAN IT. I MEAN THAT'S 20-PERCENT OF THEIR INCOME FOR THE YEAR. THE COMMISSARY WAS CLOSED AT NAVY BASES HERE AND ACROSS THE COUNTRY BUT IT'S NOT JUST BAG-BOYS AND CASHIERS BEING TOLD TO STAY HOME. THE FURLOUGHES ARE AFFECTING PEOPLE IN ANY NUMBER OF POSITIONS PUTTING BOTH THE ECONOMY AND THE NATIONAL DEFENSE IN JEPORDY.

7/11/13 5:00PM (25 SECONDS) ANOTHER RECORD ON WALL STREET TONIGHT, SOME SAY FUELED BY EASY MONEY.FED CHAIRMAN BEN BERNANKE SAYS THE CENTRAL BANK WILL CONTINUE SUPPORTING THE ECONOMY THROUGH MORE STIMULUS FOR THE FORESEEABLE FUTURE. INVESTORS LIKED THE NEWS. BECAUSE THE DOW AND S & P CLOSED AT RECORD HIGHS. HERE ARE THE NUMBERS.

7/17/13 5:00AM (20 SECONDS) FEDERAL RESERVE CHAIRMAN BEN BERNANKE WILL BEGIN HIS SEMI-ANNUAL APPEARANCE BEFORE CONGRESS TODAY. HE'S TESTIFYING BEFORE A HOUSE COMMITTEE ON THE STATE OF THE ECONOMY. WALL STREET WILL BE LISTENING TO SEE IF HE ANSWERS QUESTIONS ABOUT THE FED'S TIMETABLES FOR SLOWING DOWN ITS BOND BUYING, AND KEEPING INTEREST RATES LOW.

7/25/13 5:00PM (45 SECONDS) GOOD NEWS FOR COLLEGE STUDENTS- AND THEIR PARENTS. IT LOOKS STUDENT LOAN RATES WILL BE LOWER THAN LAST YEAR. YESTERDAY --- THE SENATE PASSED A BILL TO LOWER INTEREST RATES ON STUDENT LOANS. THE HOUSE IS EXPECTED TO PASSIT BY NEXT WEEK. THIS FALL --- UNDERGRADS WOULD BORROW AT **3-POINT-9 PERCENT**GRAD STUDENTS WOULD HAVE ACCESS TO LOANS AT **5-POINT-4 PERCENT**. PARENTS WOULD BORROW AT **6-POINT-4 PERCENT**.THE NEW RATES WOULD BE RETROACTIVE- AND APPLY TO LOANS TAKEN OUT AFTER JULY FIRST. THEY ARE ALSO TIED TO THE FINANCIAL MARKETS. THAT MEANS RATES WOULD RISE, AS THE ECONOMY PICKS UP- AND IT BECOMES MORE EXPENSIVE FOR THE GOVERNMENT TO BORROW MONEY. THE MEASURE DOES NOT APPLY TO LOANS THAT STUDENTS GET FROM PRIVATE LENDERS.

8/1/13 12:00PM (25 SECONDS) SOME GOOD NEWS FOR COLLEGE STUDENTS HEADING BACK TO SCHOOL IN THE FALL. THE HOUSE OVERWHELMINGLY PASSED A BIPARTISAN BILL THAT WOULD REDUCE THE COSTS OF BORROWING FOR MILLIONS OF STUDENTS.THE HOUSE OVERWHELMINGLY APPROVED THE MEASURE LINKING STUDENT LOAN INTEREST RATES TO THE FINANCIAL MARKETS.THE BILL OFFERS LOWER RATES FOR MOST STUDENTS NOW. BUT HIGHER ONES DOWN THE LINE IF THE ECONOMY IMPROVES - AS EXPECTED.THE BILL NOW HEADS TO PRESIDENT OBAMA FOR HIS SIGNATURE.

8/3/13 6:00AM (15 SECONDS) THE U.S. ECONOMY IS SHOWING SLOW SIGNS OF GROWTH. U-S COMPANIES ADDED 162-THOUSAND JOBS, BUT STILL BELOW EXPECTACTIONS TO ABSORB THE BACKLOG OF UNEMPLOYED WORKERS. UNEMPLOYMENT FELL TO 7-POINT-4 PERCENT. THAT'S THE LOWEST RATE SINCE DECEMBER OF 2008. BUT MORE PEOPLE HAVE DROPPED OUT THE LABOR FORCE.

8/3/13 6:00AM (30 SECONDS) MORE PEOPLE WORKING MEANS MORE PEOPLE WITH MONEY TO SPEND. NO TIME LIKE NOW TO USE THAT CASH AND STIMULATE THE ECONOMY. HERE IN VIRGINIA AND NORTH CAROLINA YOU CAN DO THAT THIS WEEKEND. WE'RE IN THE MIDDLE OF TAX FREE SHOPPING WEEKEND. YOU WON'T HAVE TO PAY TAXES ON MOST SCHOOL SUPPLIES, CLOTHES AND SHOES. SO LONG AS EACH ITEM IS 20 DOLLARS OR LESS. COMPUTERS AND SOME ELECTRONICS ARE EXEMPT.YOU HAVE UNTIL SUNDAY TO SAVE.TO SEE THE COMPLETE LIST, LOG ONTO WAVY DOT COM, CLICK ON THE BACK TO SCHOOL GUIDE NEXT TO THE BLUE CONTINUING COVERAGE BAR.

8/4/13 6:00AM (30 SECONDS) NEW ZEALAND AUTHORITIES ARE RECALLING UP TO ONE THOUSAND TONS OF DAIRY PRODUCTS ACROSS SEVEN COUNTRIES. THE COMPANY, FONTERRA, ANNOUNCED TESTS DISCOVERED A TYPE OF BACTERIA THAT COULD CAUSE BOTULISM. THE AFFECTED COUNTRIES INCLUDE CHINA, AUSTRALIA, SAUDI ARABIA AND NEW ZEALAND. THE TAINTED PRODUCTS INCLUDE BABY FORMULA, SPORTS AND PROTEIN DRINKS. FONTERRA IS THE WORLD'S FOURTH LARGEST DAIRY COMPANY. THE DAIRY INDUSTRY POWERS NEW ZEALAND'S ECONOMY AS THE COUNTRY EXPORTS ABOUT 95 PERCENT OF ITS MILK.

8/8/13 4:30AM (15 SECONDS) TODAY PRESIDENT OBAMA WELCOMES THE PRIME MINISTER OF GREECE. IN A STATEMENT THE WHITE HOUSE SAID THE VISIT WILL HIGHLIGHT THE STRENGTH OF THE RELATIONSHIP BETWEEN THE U-S AND GREECE. THE PRESIDENT WILL ALSO SHOW SUPPORT FOR GREECE'S EFFORTS TO REFORM ITS ECONOMY.

8/9/13 5:00AM (15 SECONDS) THIS AFTERNOON --- PRESIDENT OBAMA SIGNED THE STUDENT LOAN BILL INTO LAW. IT RESTORES LOWER INTEREST RATES ON LOANS FOR MILLIONS OF STUDENTS HEADING BACK TO COLLEGE THIS FALL. INTEREST RATES COULD GO UP IF THE ECONOMY IMPROVES IN THE YEARS AHEAD.

8/25/13 6:00AM (30 SECONDS) THE END OF AN ERA IN NORFOLK. AFTER 70 YEARS- A LOCAL ITALIAN EATERY IS CLOSING ITS DOORS. THE OWNER OF VENEZIANO SAYS HE'S HANGING UP HIS SPATULA TODAY THE RESTAURANT HAS SERVED GENERATIONS OF PIZZA AND PASTA LOVERS IN NORFOLK. IT'S THE OLDEST ITALIAN EATERY IN THE AREA. THE OWNER DECIDED TO CLOSE BECAUSE OF MEDICAL REASONS- AND THE ECONOMY. THE GRANBY STREET BUSINESS HAS BEEN IN HIS FAMILY FOR THREE GENERATIONS. TODAY IS THE LAST DAY. CHARLIE'S CAFE- CURRENTLY IN GHENT - WILL TAKE OVER THE SPACE, AND KEEP MUCH OF THE OLD ITALIAN DECOR.

9/6/13 12:00PM (25 SECONDS) MORTGAGE RATES ARE CLIMBING **AGAIN**. INTEREST RATES ON 30-YEAR, FIXED-RATE MORTGAGES HIT AN AVERAGE OF FOUR-POINT-FIVE-SEVEN PERCENT THIS WEEK. THAT'S CLOSE TO THE TWO-YEAR HIGH SET IN AUGUST. ECONOMISTS SAY A STRONGER ECONOMY AND CONCERNS ABOUT STIMULUS ACTION BY THE FEDERAL RESERVE ARE PUSHING RATES HIGHER. ANALYSTS EXPECT HOME LOAN RATES TO HIT NEARLY FIVE PERCENT THIS FALL.

9/16/13 5:00PM (25 SECONDS) THIS WEEK MARKS THE FIVE-YEAR ANNIVERSARY OF THE COUNTRY'S FINANCIAL CRISIS. AND PRESIDENT BARACK OBAMA WILL BE TALKING ABOUT THE ECONOMY IN A SPEECH AT THE WHITE HOUSE ROSE GARDEN TODAY. HE'S EXPECTED TO MENTION THE COLLAPSE OF THE MAMMOTH INVESTMENT BANK "LEHMAN BROTHERS." PRESIDENT OBAMA WILL ALSO OUTLINE HIS ADMINISTRATION'S RESPONSE TO THE CRISIS, WHILE PUSHING CONGRESS TO DO MORE TO HELP THE MIDDLE CLASS.

9/16/13 12:00PM (29 SECONDS) THIS WEEK -- WALL STREET MARKS THE 5TH ANNIVERSARY OF THE FISCAL CRISIS. INCLUDING THE COLLAPSE OF LEHMAN BROTHERS -- THE GOVERNMENT BAILOUT OF INSURANCE GIANT A-I-G -- AND THE START OF THE GREAT RECESSION. BUT WHAT INVESTORS AND TRADERS WILL \*REALLY\* BE FOCUSING ON: THE MEETING BY FEDERAL RESERVE POLICY MAKERS ON INTEREST RATES AND WHETHER IT SHOULD BEGIN PULLING BACK ON ITS ASSET-BUYING STIMULUS PLANS. MANY THINK THAT \*ANY\* TAPERING BACK ON THOSE MEASURES WOULD HURT THE RECOVERING ECONOMY -- AND THE STOCK MARKET.

9/18/13 6:00AM (10 SECONDS) TWO OF THE MEN WHO WANT MCDONNELL'S JOB ARE ALREADY IN VIRGINIA'S CAPITAL. BOTH KEN CUCCINELLI AND TERRY MCAULIFFE ARE SLATED TO SPEAK ON HIGHER EDUCATION AND THE ECONOMY TODAY.

9/20/13 6:00AM (15 SECONDS) ALSO TODAY, PRESIDENT OBAMA IS LEAVING THE WHITE HOUSE TO VISIT A FORD ASSEMBLY PLANT IN KANSAS CITY. HE WANTS TO TALK ABOUT PROGRESS MADE SINCE THE FINANCIAL CRISIS FIVE YEARS AGO. THE VISIT COMES AS THE THE PRESIDENT FACES OFF WITH CONGRESSIONAL REPUBLICANS OVER A FEDERAL DEBT LIMIT INCREASE.

9/23/13 5:00PM (20 SECONDS) DECISION 2013: THE TOP TWO CANDIDATES FOR GOVERNOR OF VIRGINIA WILL DEBATE. DEMOCRAT TERRY MCAULIFFE AND REPUBLICAN KEN CUCCINELLI FACE EACH OTHER WEDNESDAY NIGHT. NBC POLITICAL DIRECTOR AND CHIEF WHITE HOUSE CORRESPONDENT CHUCK TODD WILL MODERATE TOPICS ON THE ECONOMY AND BUSINESS. WEDNESDAY'S DEBATE STARTS AT 7PM ON WAVY TV AND WAVY DOT COM.

9/26/13 5:00PM (25 SECONDS) NOW TO THE BUDGET BATTLE IN WASHINGTON. LAWMAKERS HAVE JUST A FEW DAYS TO MAKE A DEAL AND AVOID A GOVERNMENT SHUTDOWN NEXT WEEK. AND IT'S POSSIBLE OVER OBAMACARE. PARTS OF THE PROGRAM ARE SET TO GO INTO EFFECT IN A FEW DAYS. AND THE PRESIDENT WAS OUT IN MARYLAND TODAY SELLING HIS CONTROVERSIAL PLAN. SOME REPUBLICANS ARE THREATENING A GOVERNMENT SHUTDOWN IF THE HEALTH CARE LAW THEY SAY COULD HURT JOB GROWTH AND THE ECONOMY IS NOT DE-FUNDED.

9/30/13 5:30PM (1:15 SECONDS) JUST MINUTES AGO-- PRESIDENT OBAMA OUTLINED WHAT COULD HAPPEN IF A GOVERNMENT SHUTDOWN HAPPENS TONIGHT AT MIDNIGHT-- JUST ABOUT 6 HOURS FROM NOW. THE PRESIDENT -- TELLING THE NATION WHAT WOULD STAY OPEN-- AND WHAT WOULD CLOSE IF CONGRESS CAN'T GET TOGETHER ON A PLAN. HE ALSO WARNED THAT THE AMERICAN PEOPLE-- AND THE AMERICAN ECONOMY-- WOULD SUFFER GREATLY IN ANY KIND OF SHUTDOWN. THE PRESIDENT ADDS THAT THE ONE THING CONGRESS IS BICKERING OVER-- HIS HEALTH CARE PLAN-- WILL START TOMORROW WITH OR WITHOUT THEIR BLESSING. HALF A WORLD AWAY, DEFENSE SECRETARY CHUCK HAGEL IS RESPONDING TO THE WHAT SEEMS IMMINENT SHUTDOWN. HAGEL IS IN SOUTH KOREA WHERE HE SPOKE AT THE CELEBRATION OF THE 60TH ANNIVERSARY OF THE ALLIANCE BETWEEN THE ASIAN NATION AND THE UNITED STATES. IN A MESSAGE TO EVERYONE AFFILIATED WITH THE DEPARTMENT OF DEFENSE, HAGEL OUTLINED HOW THINGS COULD CHANGE. HE SAID, IF A SHUTDOWN OCCURS, IT WILL AFFECT DIFFERENT PARTS OF OUR DEPARTMENT IN DIFFERENT WAYS. WHILE MILITARY PERSONNEL AROUND THE WORLD WOULD CONTINUE TO SERVE IN A NORMAL DUTY STATUS A LARGE NUMBER OF CIVILIAN EMPLOYEES AND CONTRACTORS WOULD LIKELY BE TEMPORARILY FURLOUGHED. THE FURLOUGHS ARE IN NO WAY A REFLECTION OF THE IMPORTANCE OF YOUR WORK THE HARD EFFORT YOU PUT FORTH EVERY DAY, OR YOUR DEDICATED SERVICE TO OUR DEPARTMENT AND OUR NATION.

#### **4) HEALTH AND SAFETY**

7/1/13 12:00PM (25 SECONDS) TOPPING HEALTH HEADLINES THIS MIDDAY. HEALTH EXPERTS FIND SMOKING BANS AND OTHER TOBACCO CONTROL POLICIES WILL PREVENT AN ESTIMATED **7 AND A HALF MILLION** PREMATURE DEATHS WORLDWIDE BY THE YEAR 2050. RESEARCHERS FOCUSED ON 41 COUNTRIES THAT IMPLEMENTED TOBACCO CONTROL MEASURES SINCE 2007. THEY ESTIMATE MORE THAN 7-MILLION LIVES WILL BE SAVED IN THE COMING DECADES. THE RESEARCHERS CREDIT, SMOKING BANS, QUIT HELPLINES, BANS ON TOBACCO ADVERTISING AND HIGHER CIGARETTE TAXES.

7/1/13 5:00PM (20 SECONDS) A HEAVIER THAN NORMAL MORNING RUSH TODAY IN SAN FRANCISCO. TWO OF THE LARGEST UNIONS FROM THE BAY AREA RAPID TRANSIT SYSTEM WALKED OFF THE JOB AT MIDNIGHT. THE STICKING POINTS INCLUDE SALARY, PENSIONS, HEALTH CARE AND SAFETY. IT'S THE FIRST HALT IN TRAIN SERVICE IN SIXTEEN YEARS. THE WALKOUT DERAILED MORE THAN 400-THOUSAND RIDERS.

7/1/13 11:00PM (40 SECONDS) A POTENTIALLY LIFE-SAVING SURGERY UPDATE- NEW AT 11:00 IN JUST A FEW HOURS, A CHESAPEAKE MAN WILL GET THE OPERATION HE NEEDS. **AT FIRST**, HIS INSURANCE COMPANY SAID IT WOULDN'T PAY. ONLY 10 ON YOUR SIDE HAS BEEN FOLLOWING JONATHAN DERRICK'S STORY FOR TWO WEEKS. THE 35-YEAR-OLD IS IN NEW YORK CITY RIGHT NOW ABOUT TO UNDERGO A RARE PROCEEDURE. AT FIRST, OPTIMA HEALTH SAID IT WOULDN'T PAY BECAUSE THE SURGERY WAS **OUT-OF-STATE**. BUT AFTER OUR ORIGINAL STORY AIRED, THE DERRICKS FILED AN APPEAL AND OPTIMA CHANGED THEIR MIND. THIS STORY HAS GOTTEN SUCH A HUGE RESPONSE- WE SENT 10 ON YOUR SIDE'S JASON MARKS TO NEW YORK. WE'LL LET YOU KNOW IN THE NEXT FEW DAYS, HOW JONATHAN IS DOING.

7/9/13 5:00PM (25 SECONDS) AND LOOKING AHEAD TO TOMORROW, THE LOCAL 684 UNION IS SET TO VOTE ON A NEW CONTRACT WITH THE B-A-E SHIPYARD. THE UNION IS NOT HAPPY ABOUT THE HEALTH INSURANCE PLAN - IT'S A THREE-YEAR CONTRACT, BUT THEY SAY THE COMPANY CAN RAISE RATES AFTER 15 MONTHS. ALSO, UNION MEMBERS SAY THE COMPANY WANTS TO SWITCH TO AN EARNED-VACATION POLICY, RATHER THAN A YEARLY VACATION ALLOWANCE. COUNT ON US TO FOLLOW UP ON THIS STORY AND FILL YOU IN ON WHAT HAPPENS.

7/9/13 12:00PM (25 SECONDS) THE MONTH IN WHICH A CHILD WAS CONCEIVED COULD PREDICT THEIR HEALTH AT BIRTH. RESEARCHERS AT PRINCETON UNIVERSITY STUDIED OVER A MILLION PREGNANCIES, AND FOUND INFANTS CONCEIVED IN THE MONTH OF MAY WERE MORE LIKELY TO BE PRETERM -- POSSIBLY BECAUSE OF THE SPIKE IN FLU ACTIVITY DURING THE LAST WEEKS OF PREGNANCY. INFANTS CONCEIVED OVER THE SUMMER MONTHS WEIGHED MORE AT BIRTH BECAUSE THOSE MOTHERS TENDED TO GAIN MORE WEIGHT DURING PREGNANCY

7/9/13 5:30PM (25 SECONDS) THE ABORTION DEBATE RAGES ON IN NORTH CAROLINA. TODAY THE HEAD OF THE STATE'S HEALTH AND HUMAN SERVICES AGENCY SPOKE BEFORE THE HOUSE HEALTH CARE COMMITTEE. THE COMMITTEE IS REVIEWING THE SENATE VERSION OF THE BILL. UNDER THE PROPOSED LEGISLATION, ABORTION CLINICS WOULD HAVE TO MEET SIMILAR REGULATIONS REQUIRED FOR AMBULATORY SURGERY CENTERS. THE HOUSE IS CURRENTLY DECIDING WHETHER TO ACCEPT THE SENATE'S VERSION OR NEGOTIATE A COMPROMISE.

7/16/13 12:00PM (25 SECONDS) PARENTS, THIS ONE IS FOR YOU. WHEN YOUR CHILD HAS A FEVER THAT SPIKES, BUT NO OTHER SYMPTOMS, IT CAN BE FRUSTRATING TRYING TO FIGURE OUT WHAT'S WRONG. WELL, RESEARCHERS IN ST. LOUIS HAVE NOW DEVELOPED A TEST THAT CAN TELL IF THEIR SICKNESS IS VIRAL OR BACTERIAL. THAT IS **KEY**, BECAUSE THEN DOCTORS WILL KNOW IF THEY SHOULD PRESCRIBE AN ANTIBIOTIC. ANTIBIOTICS, AS YOU KNOW, ONLY WORK ON BACTERIAL INFECTIONS. EXPERTS SAY MORE STUDIES ARE NEEDED.

7/25/13 6:00PM (40 SECONDS) THE WEEKEND'S ALMOST HERE AND WE HAVE GOOD NEWS- IF YOU'RE HEADING TO THE BEACH IN NEWPORT NEWS. THE HEALTH DEPARTMENT LIFTED THE ADVISORIES FOR HUNTINGTON, ANDERSON, AND KING-LINCOLN BEACH. SIGNS ARE STILL UP THOUGH AT HILTON BEACH. WITH RAIN IN THE FORECAST, 10 ON YOUR SIDE WILL KEEP AN EYE ON THE SITUATION. THE CHESAPEAKE BAY FOUNDATION SAYS THERE'S A SOLUTION- AND IT INVOLVES **BETTER STORMWATER MANAGEMENT**. IT RELEASED A STATEMENT THAT INCLUDES- "THOSE INVESTMENTS WOULD NOT ONLY REDUCE THE BACTERIA, BUT ALSO THE POLLUTION THAT CAUSES HARMFUL ALGAE BLOOMS AND CREATES DEAD ZONES, AREAS WITH TOO LITTLE OXYGEN TO SUPPORT AQUATIC LIFE... AND WOULD IMPROVE WATER QUALITY, OUR LOCAL SEAFOOD INDUSTRY, AND QUALITY OF LIFE IN THE REGION."

8/5/13 6:00PM (25 SECONDS) IN HAMPTON--SAFETY IN THE CLASSROOM.10 ON YOUR SIDE-- IS AT THE 13-TH ANNUAL SCHOOL AND SAFETY FORUM AT THE HAMPTON ROADS CONVENTION CENTER.THE U-S DEPARTMENT OF EDUCATION AND THE STATE DEPARTMENT OF PUBLIC SAFETY ARE THERE TOO TO TALK ABOUT BULLYING, MENTAL HEALTH, GANGS, SUICIDE INTERVENTION AND DRUGS.THE FORUM RUNS THROUGH WEDNESDAY.

8/6/13 4:30PM (45 SECONDS) WE HAVE A WARNING THIS MORNING ABOUT A HEALTH RISK THAT COULD BE LEARKING IN YOUR DRIVEWAY. A NEW STUDY HAS LINKED A POPULAR PAVEMENT SEALANT - TO CANCER. ASPHALT DRIVEWAYS ARE COMMON AROUND THE COUNTRY AND A COMMON TYPE OF SEALANT USED TO MAINTAIN PAVEMENT CONTAINS COAL TAR PITCH. STUDIES SUGGEST COAL TAR SEALANT IS A MAJOR SOURCE OF SUSPECTED CARCINOGENS, POLYCYCLIC AROMATIC HYDROCARBON, OR P-A-H. EXPOSURE OCCURS WHEN, OVER TIME SEALANTS CRUMBLE INTO DUST AND CAN BE INHALED OR WASHED INTO WATER WAYS.TWO STATES HAVE BANNED THE USED OF COAL TAR SEALANTS ALTOGETHER. AND ACROSS THE COUNTRY, MORE INDIVIDUAL COMMUNITIES ARE BANNING THE PRODUCT OR RESTRICTING ITS USE. HOME DEPOT, LOWES AND ACE HARDWARE NO LONGER SELL COAL TAR SEALANTS.

8/6/13 4:30AM (25 SECONDS) THEY LAID OUT VERY DIFFERENT PROPOSALS FOR ADDRESSING MENTAL HEALTH CONCERNS IN THE COMMONWEALTH LAST NIGHT.CUCCINELLI SAYS TAX CUTS TO HELP ALLEVIATE STRESS, AND PRESCHOOL VOUCHERS TO GET KIDS IN SCHOOL EARLIER, ARE THE ANSWERS. MCAULLIFE SAYS MEDICAID EXPANSION IS THE WAY TO GO.THAT WAY, HE COULD BEEF UP MENTAL HEALTH SERVICES IN SCHOOLS, IMPROVE TRAINING FOR POLICE AND BOOST THE QUALITY OF LIFE FOR THE SEVERLY MENTALLY ILL.

8/7/13 4:30AM (45 SECONDS) IT'S A STORY WE'VE BEEN FOLLOWING FOR MONTHS.THE INCREASED NUMBER OF SUICIDES IN THE MILITARY COMMUNITY.BUT A NEW STUDY IS REINFORCING THE DEFENSE DEPARTMENT'S THEORY THAT SUICIDE AMONG TROOPS IS **NOT TIED** TO DEPLOYMENT STRESS OR COMBAT. THIS NEW DOD-BACKED STUDY FINDS THAT MILITARY FACTORS DO NOT APPEAR TO PUT TROOPS AT AN INCREASED RISK FOR SUICIDE.INSTEAD, ISSUES LIKE MENTAL HEALTH DISORDERS AND ALCOHOL ABUSE SEEM TO PLAY A SIGNIFICANT ROLE - JUST AS THEY DO IN CIVILIAN SUICIDES.THE RESEARCH ALSO FOUND THAT WHILE MENTAL HEALTH PROBLEMS LIKE SUBSTANCE ABUSE AND DEPRESSION INDICATED AN INCREASED RISK OF SUICIDE, SOME DISORDERS, SUCH AS POST-TRAUMATIC STRESS, WERE NOT ASSOCIATED WITH INCREASED RISK. MILITARY SUICIDES HIT AN ALL-TIME HIGH IN 2012 WITH 349, A RATE OF NEARLY ONE A DAY.

8/8/13 5:00AM (35 SECONDS) WE'RE BACK WITH A BRAND NEW STORY FOR YOU. CHANGES AT SCHOOLS TO MAKE SURE YOUR STUDENTS ARE SAFE. **EVEN AFTER CLASSES ARE OVER**.WE TOLD YOU ABOUT 14-YEAR-OLD **JOY MEYER** LAST WEEK.SHE DIED AFTER CROSS COUNTRY PRACTICE IN NEWPORT NEWS. AND OFFICIALS SAY THERE WAS NO INDICATION SHE HAD ANY PRE-EXISTING HEALTH CONDITIONS. BUT NOW, **HAMPTON** PUBLIC SCHOOLS ARE TAKING STEPS TO MAKE SURE THEY'RE AS PREPARED AS POSSIBLE, IF THERE **IS** A MEDICAL EMERGENCY. IT IS BUYING FOUR PORTABLE DEFIBRILLATORS. ONE OF THEM WILL GO IN EACH OF THE FOUR HIGH SCHOOLS. COACHES ARE REQUIRED TO COMPLETE C-P-R AND FIRST AID TRAINING.

8/15/13 4:30AM (35 SECONDS) THE YORK COUNTY PLANNING COMMISSION VOTED LAST NIGHT TO ALLOW TWO GROUP HOMES FOR PEOPLE WITH INTELLECTUAL AND DEVLEOPMENTAL DISABILITIES TO BE BUILT IN THE LACKEY AREA. COLONIAL BEHAVIORAL HEALTH WANTED TO PUT **THREE GROUP HOMES** IN THE NEIGHBORHOOD, BUT THE PLANNING COMMISSION APPROVED A \*TWO GROUP HOME\* PROPOSAL INSTEAD... SAYING ONE OF THE LOTS IS TOO SMALL. SOME NEIGHBORS ARE WORRIED THAT PEOPLE WITH CONDITIONS LIKE SCHIZOPHRENIA, BI-POLAR DISODER, OR DRUG PROBLEMS WILL BE BROUGHT IN, BUT THE

COMMISSION SAID **THAT'S NOT ALLOWED**. WE CAUGHT UP WITH RESIDENTS AFTER THE VOTE.

9/9/13 12:00PM (30 SECONDS) MAMMOGRAM RESEARCH TOPS HEALTH HEADLINES. A NEW STUDY QUESTIONS WHETHER MAMMOGRAMS SHOULD BE LIMITED TO WOMEN BETWEEN THE AGES OF 50 TO 74. RESEARCHERS AT HARVARD MEDICAL SCHOOL STUDIED MORE THAN **SIX HUNDRED** WOMEN WHO DIED FROM BREAST CANCER. THEY FOUND HALF OF THE WOMEN WHO DIED WERE **UNDER** AGE FIFTY. RESEARCHERS SAY IT APPEARS BREAST CANCER THAT STRIKES YOUNGER WOMEN IS MORE AGGRESSIVE, WHILE THE DISEASE IS LESS SEVERE IN WOMEN OVER AGE SEVENTY. THEY ALSO FOUND A THIRD OF THOSE WHO DIED HAD RECEIVED A MAMMOGRAM, TWO-THIRDS HAD **NOT**.

9/10/13 12:00PM (25 SECONDS) NEW HOPE IN THE FIGHT AGAINST BREAST CANCER TOPS HEALTH HEADLINES. A LESS INVASIVE, F-D-A-CLEARED TEST TO DETECT EARLY STAGES OF BREAST CANCER IS NOW AVAILABLE. THE MAMMARY ASPIRATION SPECIMEN CYTOLOGY TEST SYSTEM IS A NON-INVASIVE, PAINLESS, QUICK TEST. IT CAN BE DONE RIGHT IN YOUR DOCTOR'S OFFICE. THE TEST COLLECTS FLUID FROM THE BREAST, WHICH CAN BE USED IN THE DETERMINATION OR DIFFERENTIATION OF NORMAL VERSUS PRE-MALIGNANT VERSUS MALIGNANT CELLS.

9/10/13 12:00PM (25 SECONDS) ARE YOU DOING SOMETHING WRONG -- LIKE CHEATING OR CUTTING CORNERS DISHONESTLY -- TO GET AHEAD? THERE'S SOME INTERESTING NEW RESEARCH SUGGESTS THAT WE GET A LITTLE THRILL FROM THESE UNETHICAL ACTS, NO MATTER HOW SMALL. ITS BEEN CALLED A "CHEATERS HIGH" ....WITH GOOD REASON...NEW INFORMATION SHOWS THAT FOR A LOT OF US, WE GET A LITTLE MOOD BOOST WHEN WE DON'T PLAY FAIR THE NEW STUDY...CONCLUDES THAT -- AT LEAST IN THE SHORT TERM-- BEING DECEITFUL BRINGS DELIGHT. THE RESEARCHERS GAVE PARTICIPANTS THE OPPORTUNITY TO CHEAT -- ON THINGS LIKE WORD GAMES AND PUZZLES. SOME WERE OFFERED MONEY IN EXCHANGE FOR CHEATING. UP TO HALF ENDED UP CHEATING ....AND MOST OF THE PARTICIPANTS SAID THEY FELT BETTER AFTERWARDS THAN THOSE WHO WERE HONEST. RESARCHERS SAY THE DIFFERENCE COULD BE THAT THIS STUDY ONLY LOOKED AT THE IMMEDIATE EFFECTS OF CHEATING. THEY BELIEVE PERHAPS THEN THAT CHEATING CREATES WHAT THEY DUB A "SHORT LIVED EUPHORIA." -- THAT MAY OVER TIME TURN INTO GUILT.

9/11/13 12:00PM (40 SECONDS) TOPPING HEALTH HEADLINES. THE CENTERS FOR DISEASE CONTROL AND PREVENTION IS CALLING THEIR NATIONAL MEDIA CAMPAIGN "TIPS FROM FORMER SMOKERS" CAMPAIGN A SUCCESS. IT FEATURED REAL LIFE STORIES AND POWERFUL IMAGES OF FORMER SMOKERS LIVING WITH SMOKING-RELATED DISABILITIES AND DISEASES. THE AGENCY SAYS AS A RESULT OF THE 2012 CAMPAIGN, MORE THAN **200,000** AMERICANS HAD QUIT SMOKING IMMEDIATELY FOLLOWING THE THREE-MONTH CAMPAIGN, OF WHICH RESEARCHERS ESTIMATED THAT MORE THAN 100,000 WILL LIKELY QUIT SMOKING PERMANENTLY. THE CAMPAIGN WAS FUNDED UNDER THE AFFORDABLE CARE ACT. THAT MAKES THIS THE FIRST TIME A FEDERAL AGENCY HAS CREATED AND PLACED PAID ADVERTISEMENTS FOR A NATIONAL TOBACCO EDUCATION CAMPAIGN.

9/11/13 12:00PM (25 SECONDS) HAVING A POSITIVE ATTITUDE COULD BE THE KEY TO LIVING LONGER FOR PEOPLE WITH HEART DISEASE. A NEW STUDY OF 600 HEART PATIENTS FOUND THOSE WHO WERE THE MOST POSITIVE WERE ALSO MOST LIKELY TO EXERCISE. THAT COMBINATION ... HELPED REDUCE THE RISK OF DEATH FOR ANY REASON ... BY **42-PERCENT**. THESE PATIENTS WERE ALSO LESS LIKELY TO BE HOSPITALIZED FOR HEART RELATED REASONS. RESEARCHERS SAY WHILE EXERCISE WAS ALSO BENEFICIAL FOR MORE NEGATIVE PATIENTS, PHYSICAL ACTIVITY AND A POSITIVE ATTITUDE OFTEN WENT HAND IN HAND.

9/12/13 12:00PM (25 SECONDS) NEW RESEARCH SUGGESTS THAT THE CONVENTIONAL WISDOM THAT BREAKFAST HELPS YOU KEEP OFF THE POUNDS **ISN'T TRUE**. A REPORT PUBLISHED IN THE AMERICAN JOURNAL OF CLINICAL NUTRITION FOUND THAT SKIPPING YOUR FIRST MEAL OF THE DAY HAS LITTLE OR NO EFFECT ON WEIGHT GAIN. THEY SAY RESEARCH CONDUCTED IN 1992 SHOWS THE MOST IMPORTANT FACTOR IN WEIGHT LOSS WAS HOW DRASTICALLY PEOPLE CHANGED THEIR EATING HABITS. THE FINDINGS ALSO SHOWED THAT PEOPLE DO EQUALLY WELL EATING OR NOT EATING BREAKFAST.

9/13/13 11:00PM (25 SECONDS) AND LAST NIGHT, WE TOLD YOU ABOUT ANOTHER UPCOMING JOB FAIR. IT'S SCHEDULED FOR WEDNESDAY, SEPTEMBER 18TH AT THE **GETHSEMANE BAPTIST CHURCH** ON ROANOKE AVENUE IN NEWPORT NEWS- FROM 10 A-M TO 1 P-M. MORE THAN 30 LOCAL COMPANIES ARE EXPECTED TO BE THERE- INCLUDING ANHEUSER BUSCH, LOWES, **HUNTINGTON INGALLS SHIPBUILDING** AND **RIVERSIDE HEALTH SYSTEMS**. IF YOU'RE INTERESTED IN EITHER JOB FAIR, BRING AN UPDATED RESUME AND DRESS YOUR **BUSINESS BEST**.

9/21/13 11:00PM (25 SECONDS) ANOTHER BUDGET BATTLE IN WASHINGTON. CONGRESS AND THE PRESIDENT ARE FACING ANOTHER SPENDING CRISIS - AND ANOTHER FIGHT OVER HEALTH CARE REFORM. HOUSE REPUBLICANS PASSED A BUDGET THAT WOULD EFFECTIVELY KILL OBAMACARE. AND THAT IS EXPECTED TO BE REJECTED THIS COMING WEEK BY SENATE DEMOCRATS. PRESIDENT OBAMA IS TELLING LAWMAKERS TO PUT ASIDE THEIR DIFFERENCES - AND PASS A BUDGET. AN AGREEMENT MUST BE REACHED IN NINE DAYS OR THE GOVERNMENT COULD SHUT DOWN.

## 5) EDUCATION

6/30/13 11:00PM (45 SECONDS) LOOKING AHEAD - NEW STATE WILL TAKE EFFECT IN LESS THAN AN HOUR IN VIRGINIA. THERE ARE MANY SO LISTEN CLOSELY. SOME AFFECT YOUR WALLET, OTHERS - YOUR DRIVING, AND EVEN YOUR CHILD'S EDUCATION. FIRST UP -- SOME PUBLIC INFORMATION WILL NOW BE KEPT PRIVATE. THIS INCLUDES - NAMES AND ADDRESS OF KIDS WHO ATTEND CAMPS THROUGH PARKS AND REC PROGRAMS. IT ALSO INCLUDES EMAILS AND LETTERS SENT BETWEEN A GENERAL ASSEMBLY MEMBER AND STAFF. AND - PEOPLE WHO HAVE APPLIED FOR A CONCEALED WEAPONS PERMIT. THERE ARE ALSO NEW LAWS TO PROTECT STUDENTS. ALL PUBLIC SCHOOL BOARDS IN THE STATE MUST INCLUDE POLICIES AND PROCEDURES TO COMBAT BULLYING. ALL PUBLIC SCHOOL TEACHERS MUST BECOME CPR CERTIFIED AND *SCHOOLS* WILL NOW BE GRADED WITH AN A THROUGH F GRADING SYSTEM. SALES TAX IS GOING UP, SO GET READY TO PAY MORE WHEN YOU SHOP. THE SALES TAX IN HAMPTON ROADS IS GOING UP FROM FIVE TO FIVE-POINT-THREE PERCENT. AND THE SALES TAX FOR BUYING A NEW CAR IS GOING UP TOO - FROM THREE TO FOUR PERCENT. THE UPSIDE? YOU CAN SAVE MONEY AT THE GAS PUMP. THE GAS TAX WILL CHANGE TO A WHOLESALE TAX - THAT COULD SAVE YOU ABOUT SIX CENTS PER GALLON. AND - FINALLY, STARTING MONDAY, TEXTING WHILE DRIVING BECOMES A PRIMARY OFFENSE - AND YOU'LL HAVE TO PAY A BIGGER FINE. FOR MORE ON THE NEW TEXTING LAW LOOK FOR OUR SPECIAL REPORT -- GETTING TOUGH ON TEXTING - TOMORROW ON WAVY NEWS 10 BEGINNING AT 4:30 A-M.

7/2/13 4:30AM (26 SECONDS) ALL IT TAKES IS ONE VIDEO ON YOU TUBE AND THAT LEADS TO ANOTHER - AND BEFORE YOU KNOW IT - ITS HOURS LATER AND YOU CANNOT ACCOUNT FOR YOUR TIME. BUT NOW - THERE IS ANOTHER USE OF YOU TUBE THAT AN INCREASING NUMBER OF PEOPLE ARE TURNING TO. TEACHERS ON YOUTUBE ARE GIVING LESSONS IN JUST ABOUT EVERYTHING. IN CLASS - THEY REACH A FEW DOZEN STUDENTS A YEAR. NOW THE BEST TEACHERS CAN HAVE A BIGGER STAGE THAT CAN REACH HUNDREDS OF THOUSANDS.

7/2/13 12:00PM (40 SECONDS) A DEBATE OVER YOGA CLASSES AT A CALIFORNIA SCHOOL WAS SETTLED IN COURT YESTERDAY. THE ENCHITAS SCHOOL DISTRICT WAS SUED BY THE NATIONAL CENTER FOR LAW AND POLICY ON BEHALF OF STEPHEN AND JENNIFER SEDLOCK.THEIR CHILDREN ATTEND ONE OF THE DISTRICT'S SCHOOLS. THE SEDLOCK'S CONTENDED THAT ASHTANGA YOGA IS RELIGIOUS IN NATURE AND THAT OPTING OUT COSTS STUDENTS PHYSICAL EDUCATION TIME.THEY WANTED THE THE SCHOOL TO STOP THE YOGA PROGRAM. IN HIS RULING, THE JUDGE SAID YOGA DATES BACK TO 15-HUNDRED B-C AND HAS ITS ROOTS IN HINDUISM.BUT EVEN SO, HE SAID THE SCHOOL DISTRICT CAME UP WITH A CURRICULUM FOR ITS 30-MINUTE YOGA CLASSES THAT EMPHASIZES RESPECT, PROPER BREATHING AND POSTURE. AND HE SAID THERE'S NOTHING RELIGIOUS ABOUT THAT.

7/12/13 12:00PM (35 SECONDS) WE ARE FOLLOWING BREAKING NEWS OUT OF WASHINGTON. 10 ON YOUR SIDE HAS LEARNED THAT HOMELAND SECURITY SECRETARY JANET NAPOLITANO WILL LEAVE HER POSITION. THIS IS VIDEO OF NAPOLITANO MEETING WITH SOUTH KOREA'S FOREIGN MINISTER TODAY IN SEOUL.THE SECRETARY SAYS SHE PLANS TO TAKE A JOB RUNNING THE UNIVERSITY OF CALIFORNIA EDUCATION SYSTEM.SHE WILL BE THE FIRST WOMAN TO BE PRESIDENT OF THE SYSTEM.NAPOLITANO HAS LED THE HOMELAND SECURITY DEPARTMENT SINCE THE BEGINNING OF THE OBAMA ADMINISTRATION- - AND JUST THE THIRD PERSON TO HOLD THIS POST.WE WILL CONTINUE TO COLLECT DETAILS ON THIS MAJOR MOVE FOR THE ADMINISTRATION.

7/23/13 5:30PM (10 SECONDS) THE PRICE OF HIGHER EDUCATION CONTINUES TO CLIMB.NEW AT 5:30, FIND OUT HOW COLLEGE STUDENTS ARE ADAPTING NOW THAT CERTAIN LOANS DOUBLE THE INTEREST RATE.

7/23/13 5:30PM (30 SECONDS) RIGHT NOW LAWMAKERS IN NORTH CAROLINA ARE WRAPPING UP THE FIRST DAY OF VOTES ON A PROPOSED BUDGET. THE BUDGET COMES IN AT JUST UNDER 21 BILLION DOLLARS.IT OFFERS SOME PROS AND CONS FOR STATE EMPLOYEES AND TEACHERS.NEITHER OF THE TWO WILL GET PAY RAISES.THEY WILL, HOWEVER, GET FIVE EXTRA VACATION DAYS.THE PROPOSED BUDGET ALSO HAS PLANS TO CUT EDUCATION SPENDING FROM KINDERGARTEN TO PUBLIC UNIVERSITIES BY 480 MILION DOLLARS OVER TWO YEARS.THE BUDGET IS EXPECTED TO PASS AFTER WEDNESDAY'S VOTE.

7/24/13 5:30PM (20 SECONDS) THE PRINCIPAL OF A SCHOOL IN INDIA WHERE 23 CHILDREN DIED AFTER EATING A TAINTED LUNCH WAS ARRESTED TODAY. ACCORDING TO A LOCAL EDUCATION MINISTER, THE PRINCIPAL BOUGHT THE INGREDIENTS FOR THE MEAL FROM A SHOP OWNED BY HER HUSBAND. AN INVESTIGATION REVEALED THE FOOD HAD TOXIC LEVELS OF A DEADLY PESTICIDE.

7/31/13 6:30AM (20 SECONDS) TWO MEETINGS TODAY THAT YOU MAY WANT TO PLAN FOR. FIRST, IN THE OUTER BANKS.WE'VE BEEN TELLING YOU ALL WEEK, DUCK WANTS TO BECOME A MORE PEDESTRIAN-FRIENDLY TOWN. PEOPLE WALK RIGHT ACROSS ROUTE 12 ALL THE TIME. GO TO THE TOWN MEETING HALL ON DUCK ROAD AT 5:30 TONIGHT, IF YOU WANT TO LEARN MORE ABOUT THE SAFETY-IMPROVEMENT AND EDUCATION PLANS.

8/1/13 11:00PM (30 SECONDS) NEW AT ELEVEN. THE INTERIM SUPERINTENDENT FOR VIRGINIA BEACH PUBLIC SCHOOLS STARTED TODAY.DEPUTY SUPERINTENDENT DR. SHEILA MAGULA (**MAH GOO LA**) IS FILLING THE TOP SPOT WHILE A SEARCH COMMITTEE LOOKS FOR A PERMANANT SUPER.MAGULA HAS BEEN WITH THE SCHOOL SYSTEM FOR 41 YEARS.SHE STARTED AS A SCIENCE TEACHER. MAGULA IS TEMPORARILY REPLACING DR. JAMES MERRILL. MERRILL STARTED HIS NEW JOB TODAY AT THE WAKE COUNTY SCHOOL SYSTEM IN NORTH CAROLINA. IT'S THE LARGEST PUBLIC EDUCATION SYSTEM IN THE TAR HEEL STATE.VIRGINIA BEACH HAS 180 DAYS TO FIND A PERMANENT SCHOOL SUPERINTENDENT.

8/5/13 12:00PM (30 SECONDS) TODAY KICKS OFF AN IMPORTANT EDUCATIONAL FORUM IN HAMPTON.THE 13TH ANNUAL SCHOOL AND SAFETY FORUM STARTS TODAY.THE EVENT LASTS UNTIL WEDNESDAY AND IS BEING HELD AT THE HAMPTON ROADS CONVENTION CENTER.HUNDREDS OF EDUCATION OFFICIALS ARE EXPECTED TO ATTEND.TRAINING TOPICS WILL INCLUDE BULLYING, MENTAL HEALTH, GANGS, SUICIDE INTERVENTION AND DRUGS. REPRESENTATIVES OF THE U.S. DEPARTMENT OF EDUCATION, VIRGINIA SECRETARY OF PUBLIC SAFETY MARLA GRAFF DECKER AND DEWEY CORNELL WITH THE UNIVERSITY OF VIRGINIA ARE AMONG THE PRESENTERS.

8/13/13 5:30PM (30 SECONDS) TWO OF THE TOP CANDIDATES FOR GOVERNOR IN VIRGINIA UNVEILED NEW POLICY PROPOSALS. WE START ON THE GOP SIDE WITH CURRENT STATE ATTORNEY GENERAL KEN CUCCINELLI. HE WANTS TO REVISE VIRGINIA'S STANDARDS OF LEARNING.HE WANTS TO ESTABLISH A COMMISSION TO STUDY THE SOLS AND REPORT RECOMMENDATIONS TO THE GENERAL ASSEMBLY.CUCCINELLI WANTS THE TESTS GEARED LESS TOWARDS STUDENTS MEMORIZING TEST ANSWERS.THE PROPOSALS ALSO WOULD ALLOW CHILDREN IN UNDERPERFORMING SCHOOLS TO ATTEND CHARTER SCHOOLS, PRIVATE SCHOOLS OR OTHER PUBLIC SCHOOLS.

8/19/13 5:30PM (30 SECONDS) NEW AT 5:30 --SENTAOR MARKER WARNER IS COMING TO HAMPTON ROADS TO TALK EDUCATION AND MONEY HIS FIRST STOP IS WILLIAMSBURG ON WEDNESDAY.HE'LL SPEAK TO FIRST YEAR LAW STUDENTS AT THE COLLEGE OF WILLIAM AND MARY DURING ORIENTATION.THURSDAY, HE'LL HEAD TO CHESAPEAKE TO TALK TO REALTORS ABOUT HIS LEGISLATION TO REFORM HOME MORTGAGE FINANCING.THAT SAME DAY HE'LL PEAK WITH HIGH SCHOOL AND COLLEGE STUDENTS AND THEIR PARENTS ABOUT COLLEGE AFFORDABILITY.THE ROUNDTABLE DISCUSSION WILL BE HELD AT TIDEWATER COMMUNITY COLLEGE'S ADMINISTRATIVE BUILDING.

8/20/13 12:00PM (25 SECONDS) BY THE TIME TODAY'S NEWBORNS ARE READY FOR COLLEGE,THE COST MIGHT MAKE YOU CRY LIKE ONE. THE TOTAL TALLY FOR A FOUR-YEAR PRIVATE COLLEGE COULD REACH NEARLY HALF A MILLION DOLLARS. THAT STICKER SHOCK COMES WITH NEWS FROM THE FEDERAL GOVERNMENT THAT MORE STUDENTS ARE RECEIVING FINANCIAL AID.THE NATIONAL CENTER FOR EDUCATION STATISTICS REPORTS 71-PERCENT OF ALL UNDERGRADS RECEIVED SOME TYPE OF FINANCIAL AID IN THE 2011-12 SCHOOL YEAR.THAT'S FIVE PERCENT "MORE" THAN FOUR YEARS AGO.

8/21/13 4:30AM (1:15 SECONDS) HERE THEY ARE. LAST SCHOOL YEAR - 31 NORFOLK SCHOOLS WERE FULLY ACCREDITED. FOR THE 2013-2014 SCHOOL YEAR? THE DIVISION PREDICTS ONLY 14 WILL BE FULLY ACCREDITED.THERE ARE 45 NORFOLK SCHOOLS IN ALL.THE DIVISION SAYS ITS SCHOOLS AND STUDENTS DID SHOW IMPROVEMENT IN MATH SCORES.HOWEVER, VIRGINIA DEPARTMENT OF EDUCATION RESULTS SHOW SCIENCE, READING AND WRITING SCORES WENT DOWN. THESE ARE SUBJECTS THE STATE INTRODUCED NEW AND TOUGHER TESTS IN THIS PAST YEAR. AND NORFOLK'S RESULTS DO REFLECT A STATEWIDE TREND. AS WELL AS HOW OTHER HAMPTON ROADS DIVISIONS DID ON THE S-O-L PASS RATES. SUPERINTENDENT KING SAYS THE DROPPING ACCREDITATION RATINGS ARE CONCERNING.HE SAYS, THE BOARD HAS LAID OUT ACTION STEPS IN THE FIVE YEAR PLAN CREATED WHEN HE STEPPED IN LAST YEAR. THOSE STEPS NEED TO BE FOLLOWED.

8/26/13 12:00PM (15 SECONDS) AS KIDS HEAD BACK TO SCHOOL THIS MIGHT BE A GOOD TIME TO REVIEW YOUR PLANS FOR THEIR FUTURE EDUCATION. SPECIFICALLY ONE OF THE BIGGEST PROBLEMS-- HOW WILL YOU PAY FOR IT? N-B-C'S CHRIS CLACKUM CRUNCHES THE NUMBERS.

8/28/13 12:00PM (25 SECONDS) THE STATE MAY STEP IN TO FIX NORFOLK'S FAILING SCHOOL'S.THE GOVERNOR SPOKE AT LAFAYETTE-WINONA MIDDLE SCHOOL TUESDAY ABOUT A NEW LAW THAT ALLOWS THE STATE TO TAKE OVER SCHOOLS IF THEY ARE "ACCREDITED WITH A WARNING" THREE YEARS IN A ROW. BOTH **LAFAYETTE-WINONA** AND RUFFNER MIDDLE SCHOOLS IN NORFOLK MEET THOSE STANDARDS. BUT THE NORFOLK SCHOOL BOARD VOTED TO FILE A LAWSUIT, SAYING A STATE TAKEOVER IS UNCONSTITUTIONAL.

9/3/13 4:30PM (15 SECONDS) THE DEMOCRAT WHO IS RUNNING FOR VIRGINIA'S TOP OFFICE WILL BE IN NORFOLK TODAY.OUR CAMERAS WILL BE THERE TO MEET TERRY MCAULIFFE AT OLD DOMINION UNIVERSITY. MCAULIFFE IS SET TO TALK TO STUDENTS IN THE EDUCATION SCHOOL ABOUT WHAT HE WOULD DO FOR THEM, IF ELECTED GOVERNOR.

9/3/13 5:30PM (15 SECONDS) A HELPING HAND EXTENDED TO RECENTLY FIRED DAYCARE WORKERS IN NORTH CAROLINA. NEW AT 5:30, HOW CAMDEN COUNTY OFFICIALS HELPED FOLKS FIND A JOB DAYS AFTER THEY CLOSED EDUCATION CENTERS IN THE AREA.

9/3/13 5:30PM (25 SECONDS) THE REPUBLICAN CANDIDATE FOR GOVERNOR, ATTORNEY GENERAL KEN CUCCINELLI IS ALSO TALKING EDUCATION.HE'S SCHEDULED TO HOLD AN EDUCATION TOWN HALL MEETING TONIGHT IN RICHMOND.HIS CAMPAIGN SENT US A BRIEF STATEMENT ON HIS EDUCATION REFORM PLAN.IN PART IT READ: ONE OF THE MAIN GOALS OF KEN CUCCINELLI'S K THROUGH 12 PLAN IS TO REFORM AND ENHANCE VIRGINIA'S SOLS SO THAT A GREATER EMPHASIS IS PLACED ON CRITICAL THINKING, RATHER THAN ROTE MEMORIZATION."

9/4/13 5:30PM (25 SECONDS) AND STAYING IN NORTH CAROLINA, TODAY THE STATE BOARD OF EDUCATION HEARD ABOUT CHANGES THAT ALLOW MORE STUDENTS IN PUBLIC SCHOOL CLASSROOMS.THE MEETING INCLUDED A DISCUSSION ABOUT CHANGES THAT ELIMINATE CLASS SIZE LIMITS FOR GRADES FOUR AND UP.CURRENTLY, KINDERGARTEN THROUGH THIRD-GRADE CLASSROOMS ARE SUPPOSED TO HAVE NO MORE THAN 21 STUDENTS, BUT THE RE-WRITTEN LAW ALLOWS UP TO 24 STUDENTS IN THOSE EARLY GRADES FOR THE FIRST TWO MONTHS OF THE YEAR.

9/6/13 5:30PM (25 SECONDS) STARTING NEXT MONTH J-P MORGAN CHASE WILL NO LONGER ACCEPT APPLICATIONS FOR PRIVATE STUDENT LOANS.BUT THE COMPANY WILL STILL PROCESS ALL LOAN APPLICATIONS RECEIVED BEFORE THE OCTOBER 12TH DEADLINE.LAST YEAR THE COMPANY DECIDED ONLY EXISTING CHASE BANK CUSTOMERS WOULD BE ELIGIBLE FOR EDUCATION LOANS.ANALYSTS SAY THE FINANCIAL CRISIS HAS LEAD TO A SHARP DECLINE IN PRIVATE LENDING FOR EDUCATION FALLING FROM 23 BILLION TO 6 BILLION IN THE PAST 5 YEARS.

9/17/13 11:00PM (15 SECONDS) MEANWHILE - REPUBLICAN KEN CUCCINELLI GOT A BIG BOOST FROM FLORIDA SENATOR MARCO RUBIO. RUBIO WAS AT CUCCINELLI'S SIDE AT A FUNDRAISER IN RICHMOND YESTERDAY.RUBIO IS ONE SEVERAL HIGH LEVEL REPUBLICANS SCHEDULED TO VISIT VIRGINIA TO STUMP FOR THE ATTORNEY GENERAL.

9/26/13 12:00PM (18 SECONDS) NEW AT MIDDAY-- SOME GOOD NEWS ON THE EDUCATION FRONT-- THE S-A-T SCORES OF VIRGINIA STUDENTS **ROSE**, AS THE NATION'S SCORES **FELL**. THAT'S ACCORDING TO RESULTS RELEASED TODAY BY THE COLLEGE BOARD. AVERAGE SCORES FOR VIRGINIA PUBLIC SCHOOL GRADUATES ROSE FOUR POINTS IN CRITICAL READING, ONE POINT IN MATHEMATICS AND TWO POINTS IN WRITING.

9/25/13 6:00AM (20 SECONDS) THE U-S DEPARTMENT OF EDUCATION NAMED 10 SCHOOLS IN VIRGINIA AS "BLUE RIBBON SCHOOLS" FOR 2013.TWO SCHOOLS ARE IN OUR AREA - CARRSVILLE ELEMENTARY IN ISLE OF WIGHT COUNTY AND ST. PATRICK CATHOLIC

SCHOOL IN NORFOLK.BLUE RIBBON SCHOOLS ARE PUBLIC AND PRIVATE SCHOOLS THAT PERFORM AT A HIGH LEVEL.THEY WILL BE RECOGNIZED AT A CEREMONY IN WASHINGTON, DC, IN NOVEMBER.