

## CHANNEL ONE NEWS SHOW SCRIPT 3/19/08

### TOPICS COVERED:

- Tibet Turmoil
- Tibet - Pop Quiz
- Brain Exercise
- One More Thing - Ice caves

TONY: IT'S WEDNESDAY MARCH 19TH, I'M TONY ANDERSON AND CHANNEL ONE NEWS STARTS RIGHT NOW.

TONY: FREEDOM OF RELIGION, IT'S ONE OF THE FIVE RIGHTS PROTECTED BY THE FIRST AMENDMENT IN THE U.S. BUT IN SOME COUNTRIES, MANY AREN'T ALLOWED TO PRACTICE THEIR RELIGION. WELL, IN TIBET PROTESTORS ARE TAKING TO THE STREETS HOPING TO ONE DAY HAVE THAT RIGHT.

TONY: WHEN YOU THINK OF TIBET THE IMAGES THAT COME TO MIND ARE USUALLY MEDITATION, BUDDHIST TRANQUILITY, THE HIMALAYAN MOUNTAINS.

TONY: BUT INSTEAD, THESE ARE THE IMAGES COMING OUT OF TIBET OVER THE PAST WEEK, RIOTS, CARS OVERTURNED IN FLAMES, GUNFIRE AND AN OPEN DEFIANCE TO CHINESE POLICE.

TONY: A MAGAZINE REPORTER IN TIBET HAD THIS TO SAY ABOUT THE RIOTS OVER THE PHONE

(SOT: James Miles) "Groups of local residents who have been attacking any property that looks Chinese smashing windows, hurling stones."

TONY: CHINA CLAIMS THAT TIBET IS PART OF CHINA, WHILE TIBETANS ARE FIGHTING TO BE AN INDEPENDENT COUNTRY.

TONY: IT'S BEEN A POLITICAL STRUGGLE EVER SINCE CHINA TOOK TIBET BY FORCE IN 1951.

TONY: AN ESTIMATED 430,000 TIBETANS DIED IN FIGHTING IN 1959, LATER THOUSANDS OF OTHERS WERE SENT TO LABOR CAMPS IN CHINA.

TONY: THOSE TIBETANS LIVING UNDER CHINESE RULE DID NOT HAVE FREEDOM OF RELIGION AND WERE NOT ALLOWED TO PRACTICE THEIR BUDDHIST FAITH. SO THOUSANDS LEFT AND NOW MORE THAN 100 THOUSAND ARE IN EXILE OR LIVE OUTSIDE OF THEIR HOME COUNTRY, TIBET.

TONY: INCLUDING THE COUNTRY'S FORMER RULER AND SPIRITUAL LEADER, THE DALAI LAMA WHO LEFT TIBET FOR SAFETY CONCERNS AND NOW LIVES IN INDIA.

TONY: THE DALAI LAMA HAS SPOKEN OUT AGAINST CHINESE RULE IN TIBET AND THE SUPPRESSION OF TIBETAN CULTURE AND RELIGION.

TONY: LAST WEEK, A NEW ROUND OF PROTESTS BROKE OUT ON THE ANNIVERSARY OF A SIMILAR PROTEST IN 1959. AND THE DALAI LAMA HAS BEEN ACCUSED OF BEING BEHIND THE UPRISING.

TONY: THIS TIME, THINGS GREW MORE AND MORE VIOLENT THEY'VE BEEN DESCRIBED AS THE LARGEST PROTESTS IN ALMOST TWO DECADES. CHINESE AUTHORITIES SAY 10 PEOPLE HAVE DIED AS A RESULT OF THE VIOLENCE, BUT TIBETAN LEADERS SAY AT LEAST 80 HAVE BEEN KILLED.

TONY: AND IN TURN CHINA HAS TURNED TO MARTIAL LAW, WHICH MEANS THE CHINESE MILITARY IS RULING OVER TIBET.

TONY: A COMPROMISE BETWEEN THE DALAI LAMA AND THE CHINESE GOVERNMENT HAS NEVER BEEN REACHED. CHINA SEES THE DALAI LAMA AS AN OBSTACLE TO UNITY, AND THE DALAI LAMA HAS SAID HE COULD WORK WITH CHINA AS LONG AS THEY ALLOWED TIBETANS TO PRACTICE THEIR RELIGION FREELY

TONY: SPEAKING FROM HIS EXILED HOME IN INDIA, THE TIBETAN LEADER CALLED FOR A PEACEFUL SOLUTION TO THE PROBLEM. HE SAID CLAIMS THAT HE IS BEHIND THE UPRISING ARE COMPLETELY FALSE.

TONY: AND IF THE VIOLENCE ESCALATED HE WOULD COMPLETELY STEP DOWN FROM HIS POSITION.

(SOT: Dalai Lama) "If things go out of control, then my only option is completely resign."

TONY: CHINA SAYS THE PROTESTS ARE NOT ABOUT RELIGION OR ETHNICITY, BUT AN ATTEMPT TO MAKE CHINA LOOK BAD AS IT'S GETTING READY TO HOST THE OLYMPIC GAMES THIS SUMMER.

TONY: CHINA ANNOUNCED A MONDAY NIGHT DEADLINE FOR PROTESTORS TO TURN THEMSELVES IN, OR FACE HEAVY CONSEQUENCES. THE DEADLINE HAS PASSED AND NOW ALL EYES ARE ON TIBET.

TONY: SO YOU JUST HEARD ABOUT TIBET AND ITS SPIRITUAL LEADER, THE DALAI LAMA, WHO IS LIVING IN EXILE IN INDIA.

TONY: THE DALAI LAMA IS ACTUALLY THE TITLE GIVEN TO TIBET'S HEAD BUDDHIST MONK, AND THE CURRENT DALAI LAMA IS THE FOURTEENTH PERSON TO HOLD THE TITLE. SO, WITH ALL THAT BEING SAID, HERE'S TODAY'S POP QUIZ.

TONY: WHAT DOES "DALAI LAMA" MEAN? IS IT

- A. ALL-KNOWING
- B. OCEAN OF WISDOM
- C. SPIRITUAL LEADER
- OR D. AGENT OF TOLERANCE

TONY: YOU'VE GOT TEN.

TONY: ALRIGHT GUYS, THAT WAS A TOUGH ONE. THE ANSWER IS B - OCEAN OF WISDOM.

TONY: BUDDHISTS BELIEVE THAT EACH DALAI LAMA IS A REINCARNATION OF HIS PREDECESSOR, MEANING THE SAME SOUL IS BORN INTO A NEW BODY.

TONY: AFTER A DALAI LAMA DIES, THE TIBETAN GOVERNMENT AND SENIOR BUDDHIST MONKS BEGIN LOOKING FOR A REPLACEMENT, USUALLY A BOY BORN AROUND THE TIME OF THE PREVIOUS DALAI LAMA'S DEATH.

TONY: THE CURRENT DALAI LAMA WAS BORN TO A FARMING FAMILY IN NORTHEASTERN TIBET IN 1935 AND BUDDHIST OFFICIALS RECOGNIZED HIM AS A REINCARNATION OF THE PREVIOUS DALAI LAMA WHEN HE WAS JUST TWO YEARS OLD.

COMMERCIAL

TONY: POLITICS, PRECIOUS TREASURES, WE COVER IT ALL IN TODAY'S HEADLINES.

ANNOUNCER: HUMAN GROWTH HORMONES HAVE BEEN IN THE NEWS A LOT LATELY WITH ATHLETES CALLED OUT IN THE MITCHELL REPORT FOR ALLEGEDLY USING HGH TO BOOST PERFORMANCE.

ANNOUNCER: BUT NEW RESEARCH SHOWS HUMAN GROWTH HORMONES MAY NOT MAKE ITS USERS ANY STRONGER AND MAY MAKE IT EASIER FOR ATHLETES TO GET HURT BECAUSE IT CAN CAUSE TISSUE SWELLING AND FATIGUE.

ANNOUNCER: RESEARCHERS AT STANFORD UNIVERSITY WHO STUDIED HUMAN GROWTH HORMONE USERS SAY THEY DIDN'T FIND ANY EVIDENCE THAT HGH IMPROVES ATHLETIC PERFORMANCE.

ANNOUNCER: ACCORDING TO THE RESEARCHERS, PEOPLE WHO TAKE HGH DO GAIN WEIGHT, BUT THE ADDED BULK DOESN'T NECESSARILY TRANSLATE INTO STRENGTH.

TONY: SOME OF IRAQ'S LOST NATIONAL TREASURES ARE BACK WHERE THEY BELONG.

TONY: FOLLOWING THE FALL OF SADDAM HUSSEIN IN 2003, THOUSAND OF ARTIFACTS WERE STOLEN FROM IRAQI MUSEUMS. BUT TODAY, MORE THAN 2 THOUSAND ITEMS HAVE BEEN RETRIEVED AND ARE ON DISPLAY AT THE IRAQI NATIONAL MUSEUM.

TONY: SOME OF THE ARTIFACTS WERE FOUND DURING RAIDS AND OTHERS WERE RETURNED AS PART OF A NO QUESTIONS ASKED AMNESTY PROGRAM.

TONY: AND HERE'S YOUR ONE VOTE ELECTION RECAP FOR THE WEEK.

ANNOUNCER: IT'S OFFICIAL, FLORIDA DEMOCRATS WILL NOT HOLD A RE-VOTE. DEMOCRATS IN BOTH FLORIDA AND MICHIGAN HAD BEEN CONSIDERING HOLDING A NEW VOTE BECAUSE THEIR PRIMARY ELECTIONS IN JANUARY DIDN'T COUNT.

ANNOUNCER: THAT'S BECAUSE THE DEMOCRATIC NATIONAL COMMITTEE STRIPPED THE STATES' DELEGATES AFTER THEY BROKE PARTY RULES AND HELD THEIR ELECTIONS EARLY.

ANNOUNCER: BUT FLORIDA DECIDED NOT TO HOLD A NEW VOTE BECAUSE, ACCORDING TO THE FLORIDA DEMOCRATIC PARTY CHAIRMAN, IT WOULD SIMPLY BE TOO COSTLY AND DIFFICULT TO ORGANIZE.

ANNOUNCER: MICHIGAN IS STILL CONSIDERING RE-DOING ITS DEMOCRATIC PRIMARY BUT THE CHANCES ARE SLIM.

TONY: WHILE PRESUMED REPUBLICAN NOMINEE SENATOR MCCAIN WAS ON A PRESIDENTIAL LOOKING TOUR THROUGH THE MIDDLE EAST THIS WEEK, HILLARY CLINTON AND BARACK OBAMA ARE STILL BATTLING IT OUT AT HOME.

TONY: RACE AND GENDER HAVE BEEN PART OF THE CONVERSATION SINCE BOTH CONTENDERS ANNOUNCED THEIR CANDIDACIES, AND YESTERDAY, SENATOR OBAMA ADDRESSED RACE HEAD-ON.

TONY: FOR MONTHS, SUPPORTERS OF BOTH BARACK OBAMA AND HILLARY CLINTON HAVE SPARRED OVER HOW RACE AND GENDER SHOULD FACTOR INTO THE ELECTION. MOST RECENTLY, COMMENTS MADE BY SENATOR OBAMA'S FORMER PASTOR, REVEREND JEREMIAH WRIGHT, ROCKED HIS CAMPAIGN.

TONY: CRITICS POINTED TO SOME OF REVEREND WRIGHT'S SERMONS AS INFLAMMATORY AND RACIALLY CHARGED.

TONY: A SPOKESMAN FOR SENATOR OBAMA SAID THAT GIVEN THE AMOUNT OF ATTENTION RACE HAS RECEIVED OVER THE LAST FEW WEEKS, IT SEEMED THE TIME WAS RIGHT FOR OBAMA TO SPEAK ON THE ISSUE.

(SOT: Obama) "I have asserted a firm conviction, a conviction rooted in my faith in God and my faith in the American people. That working together we can move beyond some of our old racial wounds and that in fact we have no choice, we have no choice if we are to continue on a path of a more perfect union."

TONY: DURING HIS SPEECH, OBAMA CONDEMNED REVEREND WRIGHT'S COMMENTS AND SPOKE ABOUT HIS UPBRINGING AND RACIAL DIVISION IN AMERICA.

TONY: PENN STATE UNIVERSITY STUDENTS GATHERED TO WATCH THE SPEECH. HERE'S THEIR TAKE ON IT.

(SOT: ) "We don't actually address racism like Barack did today. We don't address sexism, as we should. And there are so many things that this country needs to talk about on a grand scale, and this speech is a step towards a better discussion."

(SOT: ) "We should all be very happy that race will continue to be an issue at the forefront of American politics because as long as it's an issue, as long as it's in your face, it can not be swept under the rug anymore, we'll be forced to address it."

COMMERCIAL

TONY: WE USUALLY GET SHOUT OUTS FROM YOU BUT HERE'S ONE SHOUT FROM US! SHAW HIGH SCHOOL IN COLUMBUS, GEORGIA THANKS FOR HAVING US IN YOUR CLASSROOMS FOR 10 YEARS AND COUNTING!

TONY: DID YOU KNOW THAT WORKING THESE MUSCLES CAN ACTUALLY HELP MAKE YOU SMARTER? WELL, RESEARCHERS AT HARVARD UNIVERSITY SAY A CHICAGO AREA SCHOOL IS PROVING THAT IT WORKS. JESSICA KUMARI HAS THAT REPORT.

JESSICA: THESE STUDENTS AT NAPERVILLE CENTRAL HIGH SCHOOL IN NAPERVILLE, ILLINOIS ARE PLAYING VIDEO GAMES BUT THEY'RE NOT IN STUDY HALL, THEY'RE IN PRE ALGEBRA CLASS!

JESSICA: THE GAME IS CALLED 'BRAIN AGE' AND TEACHERS SAY IT HELPS WORK THE BRAIN CELLS OF STUDENTS WHO NEED EXTRA HELP IN MATH AND READING.

(SOT: Jeff Yanke) "Through research is that every time they use Brain Age more electricity, more blood flow is happening in the brain, where you're connecting more neurons."

JESSICA: ANOTHER WAY THESE STUDENTS ARE BOOSTING THEIR BRAIN ACTIVITY, EARLY GYM CLASSES. THEY PEDAL OR STEP FOR 25 MINUTES IN THEIR TARGET HEART RATE ZONE.

(SOT: ) "Did everybody get all the minutes in their zone?"

JESSICA: THE EARLY WORKOUT NOT ONLY WAKES THEM UP, NAPERVILLE'S PE CHAIRMAN SAYS RESEARCH SHOWS EXERCISE ACTUALLY BUILDS NEW BRAIN CELLS.

(SOT: Paul Zientarski) "It helps and encourages the learning process. It gets the brain ready to cognitively take in information."

JESSICA: TEST SCORES ARE UP FOR THE EARLY RISERS.

(SOT: Matt Bray) "I used to be like b/c student, now I'm an a/b student."

JESSICA: NAPERVILLE'S PROGRAM ATTRACTED THE ATTENTION OF HARVARD BRAIN RESEARCHER JOHN RATEY.

(SOT: John Ratey) "These are gym teachers running around with neuroscience articles trying to find out the latest on how exercise can impact their kids."

JESSICA: RATEY SAYS EXERCISE IS A KEY TO LEARNING.

(SOT: ) "With exercise we promote the growth of those nerve cells more than any other activity or drug or anything that we've found."

JESSICA: JESSICA KUMARI, CHANNEL ONE NEWS.

TONY: ALRIGHT GUYS, THAT IS OUR SHOW FOR TODAY, I'M TONY ANDERSON FOR CHANNEL ONE NEWS, AND WE LEAVE YOU WITH ONE MORE THING BEFORE WE GO. TAKE CARE!

TONY: THESE PEOPLE IN BAYFIELD WISCONSIN ARE WALKING ON LAKE SUPERIOR AND CLIMBING THROUGH IT?

TONY: WINTER SEA SPLASH AGAINST THE ROCKS HAS FROZEN TO CREATE ICY CAVERNS. AND FOR ONLY THE SECOND TIME IN FOUR WINTERS, TEMPERATURES ARE COLD ENOUGH FOR HIKERS TO EXPLORE THE CAVES ON FOOT, WHICH IS RARELY SAFE TO DO.

TONY: ABOUT 25 HUNDRED PEOPLE HAVE VISITED SO FAR, BUT WOULD BE ADVENTURERS SHOULDN'T WAIT MUCH LONGER. THE CAVES WILL ONLY BE AROUND FOR A FEW MORE WEEKS BEFORE MELTING BACK INTO THE LAKE THAT FORMED THEM.