

COMING UP NEXT ON NEWSDEPTH...

A LOOK AT JUST HOW MUCH SUGAR YOUR FAVORITE DRINKS REALLY CONTAIN - AND IT MAY BE SURPRISING!

ALSO SURPRISING IS WHAT WE'VE JUST LEARNED ABOUT SATURN - FROM ONE OF THE MOST DETAILED LOOKS NASA HAS EVER GOTTEN AT THE RINGED PLANET.

PROFESSIONAL FOOTBALL ENDS ITS SEASON WITH AN HISTORIC, AND SURPRISING, SUPER BOWL GAME - THAT INCLUDED LOTS OF OHIO CONNECTIONS; EVEN WITHOUT THE BENGALS OR BROWNS PLAYING.

BUT THERE WAS ANOTHER GAME ON SUNDAY - WITH MUCH MUCH CUTER PARTICIPANTS... HAVE YOU HEARD OF THE PUPPY BOWL? SURPRISE! YOU WILL!

NEWSDEPTH IS NOW!

IF YOU TURNED IN EARLY SUNDAY NIGHT, YOU MIGHT HAVE MISSED THE DRAMATIC SUPER BOWL TWIST, WHICH BROKE RECORDS IN THE NFL – AND HEARTS IN ATLANTA, GEORGIA.

HELLO EVERYONE, I'M RICK JACKSON. THANKS FOR JOINING US!

THE NEW ENGLAND PATRIOTS SECURED THE BIGGEST COMEBACK IN SUPER BOWL HISTORY LAST SUNDAY, BEATING THE ATLANTA FALCONS - IN OVERTIME - 34-28.

FOOTBALL FANS IN BEAN-TOWN WERE LEFT BEAMING AFTER THIS ROLLER COASTER OF A GAME, WHICH SAW THE PATRIOTS CLAW THEIR WAY BACK FROM BEING DOWN 25 POINTS IN THE 3RD QUARTER.

THE PATRIOTS BECAME SUPER BOWL CHAMPIONS FOR THE FIFTH TIME...AND SUPERSTAR TOM BRADY BECAME THE FIRST QUARTERBACK TO WIN FIVE SUPER BOWL TITLES.

TOM BRADY: "IT WAS JUST A GREAT PERFORMANCE BY A GREAT TEAM AGAINST ANOTHER GREAT OPPONENT THAT I HAVE A LOT OF RESPECT FOR AND I GIVE THEM A LOT OF CREDIT CAUSE THEY GAVE US ALL WE COULD HANDLE BUT I'M JUST GLAD WE WON."

BRADY'S MOST TALKED ABOUT PASS WENT TO RECEIVER JULIAN EDELMAN, WHO PLAYED HIS COLLEGE FOOTBALL HERE IN OHIO – ONE OF TWO PLAYERS IN THE GAME WHO PLAYED HERE.

SUNDAY'S GAME WAS THE 51ST OFFICIAL SUPER BOWL. THE FIRST GAME OF THIS PROFESSIONAL FOOTBALL CHAMPIONSHIP WAS PLAYED IN 1967 BETWEEN TWO RIVAL FOOTBALL LEAGUES -- THE AMERICAN FOOTBALL LEAGUE AND THE NATIONAL FOOTBALL LEAGUE. THE GREEN BAY PACKERS AND COACH VINCE LOMBARDI WON THE FIRST TWO SUPER BOWLS – AND THE TROPHY AWARDED TO THE WINNER IS NOW CALLED THE VINCE LOMBARDI TROPHY.

OVER THE YEARS, TRADITIONS SURROUNDING THE GAME HAVE POPPED UP – TODAY'S SUPER BOWL FEATURES AN ELABORATE HALFTIME PERFORMANCE AND BIG BUDGET COMMERCIALS THAT SOMETIMES GET MORE ATTENTION THAN THE GAME ITSELF! BUT ONE TRADITION THAT'S STAYED THE SAME: THE GAME BALL. THE PIGSKIN TOSSED AROUND ON THE BIG DAY HAS ALWAYS COME FROM THE SAME SMALL OHIO TOWN. IN THIS WEEK'S BUCKEYE BEAT, WE TAKE A TRIP THERE AS THEY PREPARE TO CELEBRATE THEIR SUPER-SIZED ROLE EVERY SUPER BOWL SUNDAY.

ADA, OHIO, IS A SLEEPY TOWN OF 58-HUNDRED, AND IT'S KNOWN FOR TWO THINGS. OHIO NORTHERN UNIVERSITY GOING BACK TO 18-71,

Nat Sound:

AND IT'S WHERE WILSON SPORTING GOODS HAS MADE THE N-F-L FOOTBALL SINCE 19-55, AND EVERY ONE OF 51 SUPER BOWLS SINCE AND COUNTING.

SATURDAY NIGHT, THEY'RE PLANNING A WILSON FOOTBALL FESTIVAL DOWNTOWN, HOPING TO DRAW FAMILIES TO CELEBRATE THE COMPANY THAT'S PROVIDED CAREERS TO SO MANY.

THEY'LL HAVE A FOOTBALL MOVIE, SHOWING "FRIDAY NIGHT LIGHTS".

AT OHIO NORTHERN, A GATHERING TO SHOW AND TALK ABOUT YOUR FAVORITE SUPER BOWL COMMERCIALS.

Dan Cummins:

"There will be music and family entertainment. And you know how on New Year's Eve, they drop a walleye in Port Clinton? Well on Super Bowl Eve, Ada is going to drop a Wilson Football. Not this football. That football!"

Dan Riegle:

"I think we're the second largest employer in Ada behind Ohio Northern. And the people obviously are all within 15, 20 miles of here. So they know the community, they cash their checks here, they spend their money here, and this is just a sense of pride for both parties."

Nat Sound:

Chris Burns DiBlasio:

"We are the only place in the United States that a professional ball is made. All the other balls in professional sports are made offshore. This is about small town, this is about Main Street, it's about made in America."

Nat Sound

THANKS DAN. BUT IT'S NOT JUST THE PROS TOSSING AROUND ADA, OHIO'S FAMOUS PIGSKINS. IN FACT, MORE THAN ONE MILLION KIDS THROUGHOUT THE COUNTRY PARTICIPATE IN YOUTH FOOTBALL – AND MAYBE THAT INCLUDES SOME OF YOU! BUT OVER THE YEARS, WE'VE SEEN FEWER AND FEWER YOUNG FOOTBALLERS DUE TO SAFETY CONCERNS ABOUT POTENTIALLY DANGEROUS HEAD INJURIES.

FOOTBALL PLAYERS FACE HIGH CONCUSSION RISKS. A CONCUSSION IS TEMPORARY UNCONSCIOUSNESS CAUSED BY A BLOW TO THE HEAD – AND REPEATED CONCUSSIONS CAN LEAD TO BRAIN DAMAGE. UP NEXT, ANDY ROSE TELLS GIVES US DETAILS ABOUT FOOTBALL'S HEALTH CRISIS.

WITH SO MUCH FOCUS ON PREVENTING CONCUSSION IN THE BIG LEAGUES NOW, YOU MIGHT THINK WE'RE MAKING PROGRESS IN STOPPING TRAUMATIC BRAIN INJURIES IN YOUTH SPORTS.

BUT A NEW REPORT FROM BLUE CROSS BLUE SHIELD SAYS THE COMPANY'S INSURANCE CLAIMS FOR CONCUSSIONS INCREASED BY 43 PERCENT OVER A SIX-YEAR

PERIOD ENDING IN 2015.

AND THERE WAS A 71 PERCENT SPIKE IN REPORTED CONCUSSIONS FOR KIDS BETWEEN THE AGES OF 10 AND 19.

MOST OF THOSE HEAD INJURIES WERE REPORTED DURING THE FALL, JUST AS FOOTBALL SEASON KICKS OFF...

MANY HIGH-SCHOOL FOOTBALL LEAGUES ARE TAKING A TOUGHER STAND AGAINST CONCUSSIONS, WITH THE STATE OF WASHINGTON PASSING A SO-CALLED "SHAKE IT OFF LAW."

IT REQUIRES INJURED KIDS TO GET MEDICAL CLEARANCE BEFORE RETURNING TO A GAME, OR EVEN PRACTICE.

HELMET MANUFACTURERS ARE EVEN OFFERING THEIR OWN SENSORS TO GIVE COACHES REAL-TIME INFORMATION ON THE POTENTIAL EFFECTS OF HARD HITS. IN FACT, IT'S BELIEVED THE INCREASE IN CONCUSSIONS MAY BE ATTRIBUTED TO MORE ACCURATE TESTING AND THE NEW AWARENESS.

WITH TODAY'S HEALTH MINUTE, I'M ANDY ROSE.

THANKS ANDY. BUT IT'S NOT JUST FOOTBALL PLAYERS TAKING TO THE FIELD ON GAME DAY. IN FACT, DURING THE FIRST 3 QUARTERS OF SUPER BOWL 51, THE PATRIOTS AND THEIR FANS NEEDED SOME SERIOUS CHEERING UP! AND THAT'S WHERE THE CHEERLEADERS COME IN. UP NEXT, WE MEET ONE OF THOSE PATRIOTS CHEERLEADERS -- WHOSE WORK OFF THE FIELD IS SHATTERING STEREOTYPES AND CHANGING THE WORLD.

Nats of Theresa Oei: "This is algae all the green stuff down there."

BY DAY THERESA OEI ... SPORTS A LAB COAT AS SHE STUDIES GENE EDITING AS A RESEARCH ASSOCIATE AT THE BROAD INSTITUTE AT MIT AND HARVARD ... IN CAMBRIDGE.

ON NIGHTS AND WEEKENDS ... SHE SWAPS OUT THE COAT FOR WORKOUT GEAR TO PRACTICE GETTING FANS FIRED UP AS A ROOKIE CHEERLEADER FOR THE NEW ENGLAND PATRIOTS.

Theresa Oei:

"Whenever they all walk on the field it's so exciting and the crowd loves it."

THERESA IS BREAKING THE MOLD, SO TO SPEAK, WHEN IT COMES TO WHAT YOU'D THINK A SCIENTIST, OR EVEN A CHEERLEADER, IS LIKE. SHE ENJOYS PEOPLE'S REACTIONS TO HER VASTLY DIFFERENT LINES OF WORK.

Theresa Oei:

"I think they are surprised most of the time."

BEING ON THE FIELD IS HER FUN BUT BEING IN THE LAB IS HER LIFE.

Theresa Oei:

"A lot of science is asking the questions why, why does it work like this and then of course solving problems."

THE YALE GRADUATE'S TEAM AT THE INSTITUTE RESEARCHES GENE EDITING TO BETTER UNDERSTAND GENETIC DISEASES LIKE CANCER -- WITH THE HOPES OF SOMEDAY BEING ABLE TO MANIPULATE DNA AS A TYPE OF TREATMENT.

Nats of Theresa IN lab

THERESA SAYS IT'S A PRIVILEGE TO SHARE HER LOVE OF SCIENCE WITH YOUNG PEOPLE SHE MEETS AT SCHOOL EVENTS ON BEHALF OF THE PATRIOTS.

Theresa Oei:

"Leaving the path to science open is really important and showing that it can be a lot of fun."

WOW. THAT'S SERIOUSLY SOME INSPIRING WORK. AND OY SAYS SHE ISN'T DONE FOLLOWING HER DREAM -- SHE'S IN THE PROCESS OF APPLYING TO GRADUATE SCHOOL TO GET HER P-H-D.

BEFORE ALL THE FUSS OVER TOM BRADY AND THE PATRIOTS, ALL EYES WERE ON ANOTHER CELEBRITY – OUR FAVORITE WEATHER-PREDICTING RODENT: THE GROUNDHOG!

IN LAST WEEK'S POLL WE ASKED YOU: DO YOU TRUST THE GROUNDHOG'S PREDICTIONS? AND IT WAS A CLOSE ONE, BUT MOST OF YOU – 53% SAID NO!

THAT MEANS 47% OF YOU SAID YES, YOU TRUST THE GROUNDHOG – INCLUDING TYLER FROM NEW KNOXVILLE, WHO DROPPED SOME RESEARCH ON US, WRITING:

I THINK WE SHOULD TRUST THE GROUNDHOG BECAUSE THE GERMANS TRUSTED GROUNDHOGS TO PREDICT THE WEATHER IN THE 1700'S AND THEY HAVE BEEN AROUND FOR MANY YEARS. GROUNDHOGS ARE VERY INTUITIVE AND HAVE AMAZING INSTINCTS. THEY MAY NOT BE RIGHT ONE HUNDRED PERCENT OF THE TIME BUT IT IS COOL TO WATCH.

WELL, FOR TYLER AND ALL YOU YES-VOTERS, WE'VE GOT SOME WEATHER NEWS TO SHARE -- THE FAMOUS PUNXSUTAWNEY PHIL HAS SPOKEN:

(NATS)

AMERICA'S WEATHER-FORECASTING GROUNDHOG IS CALLING FOR SIX MORE WEEKS OF WINTER.

MOS: "I'm very disappointed. I was hoping for a warm spell."

MOS: "I don't want it. I want spring, man!"

PHIL'S FORECASTS ARE NOT ESPECIALLY RELIABLE BUT THE TOURISTS ARE.

MOS: "Lancaster, Pennsylvania ... it's about four hours away."

MOS: "I'm from Syracuse, New York. It is the official home of winter now."

SIX MORE WEEKS OF WINTER IT IS! OHIO'S BUCKEYE CHUCK AGREED, BUT NEW YORK'S WOODCHUCK BEGGED TO DIFFER: STATEN ISLAND CHUCK DECLARED AN EARLY SPRING!

[CLIP]

AS DID GEORGIA'S FURRY WEATHERMAN, GEN BEAUREGARD LEE...HIS SHADOW WAS NO WHERE TO BE FOUND ON FEBRUARY 2ND!

SO I GUESS THE REAL QUESTION IS WHICH GROUNDHOG DO YOU TRUST?!

WHILE OUR INBOX THIS WEEK DOESN'T HAVE ANY ANSWERS TO THAT QUESTION, MANY OF YOU HAD A LOT TO SAY IN RESPONSE TO OUR LAST WEEK'S PROMPT: IF YOU WERE IN THE PRESIDENT'S SHOES, WHAT WOULD YOUR EXECUTIVE ACTION BE?

ALEX FROM INDEPENDENCE MIDDLE SCHOOL WOULD SHOOT FOR THE STARS -- HE WRITES:

IF I HAD AN EXECUTIVE ORDER, I WOULD DEVELOP OUR SPACE PROGRAM. DEVELOPMENT OF OUR SPACE PROGRAM WOULD BENEFIT US BECAUSE WE COULD GO BACK TO THE MOON, AND ONE DAY TO MARS. I HAVE PLANNED A SHIP CALLED THE PROMETHEUS, A SHIP THAT CHANGES HOW WE GO TO SPACE.

KIRALYN FROM SUFFIELD ELEMENTARY WOULD HELP OUR FOUR-LEGGED FRIENDS AS PRESIDENT, SHE TELLS US:

MY EXECUTIVE ACTION WOULD BE TO STOP ANIMAL CRUELTY. SOME PEOPLE IN THE WORLD ARE NOT LIVING BY THE GOLDEN RULE "TREAT OTHERS THE WAY YOU WOULD WANT TO BE TREATED." EVEN THOUGH THEY ARE NOT HUMAN, ANIMALS DESERVE RESPECT TOO.

DECLAN FROM KENSINGTON INTERMEDIATE WOULD REVERSE PRESIDENT TRUMP'S DAKOTA ACCESS PIPELINE ORDER, WRITING:

IF I HAD AN EXECUTIVE ORDER I WOULD MAKE THE PIPELINE STOP. I WOULD DO THIS BECAUSE IT IS GOING RIGHT BY RIVERS AND IF THE PIPELINE BREAKS IT MAY POLLUTE AND KILL THE ANIMALS LIVING IN IT AND DRINKING FROM IT.

KAYLEE FROM ROCK CREEK ELEMENTARY WOULD MAKE OUR COUNTRY A MORE WELCOMING HOME TO THOSE WITHOUT ONE. SHE WRITES:

I WOULD MAKE SURE THAT WE WOULD ALLOW SOME REFUGEES INTO THE UNITED STATES. I WOULD WANT THE REFUGEE FAMILIES IN HOMES WHERE WE COULD PROVIDE FOR THEIR NEEDS. SINCE WE CANNOT HAVE ALL THE REFUGEES HERE IN THE UNITED STATES, I WOULD LIKE TO AT LEAST BRING IN THE FAMILIES WITH LITTLE CHILDREN SO THAT WE COULD MAKE SURE THEY COULD GET AN EDUCATION.

JAYLA FROM CITIZENS ACADEMY WOULD IMPROVE EDUCATION WITH THE STROKE OF A PRESIDENTIAL PEN, TELLING US:

IF I COULD MAKE AN EXECUTIVE ORDER IT WOULD BE TO HAVE SCHOOL DAYS ALL WEEK AND ONLY BE OFF ON SUNDAY BECAUSE SOME CHILDREN NEED THE EXTRA LEARNING AND THEIR PARENTS WON'T TAKE THEIR CHILD TO SCHOOL UNLESS IT IS A NORMAL SCHOOL DAY. THAT'S WHY I WOULD MAKE AN EXECUTIVE ORDER WITHOUT ASKING THE TEACHER.

THANKS, JAYLA – BUT I WONDER HOW YOUR TEACHER, MS. DIFRANCO, WOULD FEEL ABOUT THAT! AND THANKS TO ALL THOSE WHO WROTE IN! SO MANY OF YOU HAD SUCH BRILLIANT EXECUTIVE ACTIONS TO SHARE – HOPEFULLY YOU'LL HAVE A CHANCE TO SIGN OFF ON THE REAL DEAL AS COMMANDER-IN-CHIEF SOMEDAY!

GETTING IMPORTANT THINGS DONE WITH THE STROKE OF A PEN IS ONE THING, BUT WHAT ABOUT GETTING A MEAL WITH A PUSH OF A BUTTON? THAT'S RIGHT, VENDING MACHINES ARE NO LONGER JUST FOR CANDY AND POP! THIS NEW CULINARY TREND IS ALL ABOUT CONVENIENCE – AND IT'S EXTENDED TO FOODS YOU WOULDN'T EXPECT: CUPCAKES, PIZZA, AND, NOW, BURGERS!

ONE KANSAS TEEN RECENTLY HOPPED ABOARD THE TREND WITH AN INNOVATIVE NEW MACHINE...BUT IT'S NOT WHAT'S IN THE VENDING MACHINE THAT'S INNOVATIVE, IT'S THE LOCATION! SCOTT EVANS HAS THE SCOOP.

A HIGH SCHOOL STUDENT IN KANSAS IS GETTING A LOT OF ATTENTION FROM ALL THE WORLD... AFTER HE TURNED A SCHOOL LOCKER INTO A SODA VENDING MACHINE. SCOTT EVANS REPORTS.

BLAKE HAWKINS IS A SENIOR AT VALLEY CENTER HIGH.

HE'S THE STUDENT BODY PRESIDENT AND LOVES TO BUILD THINGS.

Blake Hawkins/Student: "when I was younger I used to play with Legos and it just built upon itself." ONE DAY, WALKING BACK FROM LUNCH HE LOOKED AT A LOCKER AND HAD AN IDEA.

Blake Hawkins/Student: "I really wanted to challenge myself to see if I could do that."

HIS IDEA? HE CALLS IT THE SODA LOCKER.

FOR \$.75 YOU CAN GET YOURSELF ONE OF TWO DRINKS.

Blake Hawkins/Student: "how about a Mountain Dew? Press the button, and down in the bottom, a can falls out."

HE TOLD A FEW FRIENDS ABOUT IT AND THAT'S ALL IT TOOK.

IN JUST A FEW HOURS HE SAYS EVERYONE KNEW ABOUT IT AND HE WAS SELLING SIX CANS A PASSING PERIOD.

Blake Hawkins/Student: "I think most of it is the novelty that you're buying a pop from a vending machine inside of a locker."

WORD ALSO SPREAD TO ADMINISTRATORS.

ONE ASSISTANT PRINCIPAL FOUND OUT, WENT TO THE LOCKER AND TOOK PICTURES.

NOT TO GET HIM IN TROUBLE - BUT TO SNAP CHAT IT TO FRIENDS.

HE'S SINCE HAD TO SHUT IT DOWN BECAUSE IT VIOLATES TWO SCHOOL RULES - BUT HE'S WORKING WITH THE ADMINISTRATION TO SET SOMETHING UP AT THE SCHOOL WHERE HE CAN SELL SOMETHING AND DONATE THE MONEY TO A CLUB OR PROGRAM. BUT HIS STORY DOESN'T END THERE.

HE ENTERED HIS PLANS INTO A CONTEST.

TO GET MORE VOTES HE POSTED IT TO IMGUR.

Blake Hawkins/Student: "I woke up and I guess my imgur post had gotten a lot of up votes. By the end of that day I got over 500,000 views, just in a day."

Scott Evans/Reporting: "From there, the Daily Mail did a story on him that's been shared nearly three thousand times. The Discovery Channel contacted him as well."

Blake Hawkins/Student: "it's just shocking. I really don't know what to do. I never thought I'd ever experience anything like this."

THIS MAY BE JUST THE BEGINNING FOR THIS HIGH SCHOOL SENIOR.

HE PLANS TO GO TO WICHITA STATE, STUDY ELECTRICAL ENGINEERING, THEN ONE DAY OWN HIS OWN BUSINESS... MAYBE SELLING THE INVENTION HE MADE INSIDE HIS HIGH SCHOOL LOCKER.

THANKS SCOTT. NOT TO RAIN ON THE PARADE, BUT ONE THING THAT YOU MAY HAVE NOTICED ABOUT ALL THE VENDING MACHINES WE'VE MENTIONED.... IS THAT THEY FEATURE FOOD AND DRINKS THAT AREN'T EXACTLY HEALTHY – BURGERS, PIZZA, CUPCAKES, AND ESPECIALLY 'POP', ARE ALL THINGS WE REALLY SHOULDN'T BE EATING VERY OFTEN.

UP NEXT, WE HEAR ABOUT A NEW STUDY THAT SHEDS LIGHT ON JUST HOW MUCH SUGAR KIDS ARE CONSUMING!

U.S. DIETARY GUIDELINES SAY SUGAR-SWEETENED BEVERAGES SHOULD BE LIMITED OR REMOVED FROM YOUR DIET. BUT A RECENT STUDY FOUND THAT ALMOST TWO-THIRDS OF CHILDREN IN THE

UNITED STATES CONSUME AT LEAST ONE SUGARY BEVERAGE ON ANY GIVEN DAY ABOUT 30% CONSUME TWO OR MORE EVERY DAY... DESPITE HEALTH EXPERTS' RECOMMENDATION THAT LESS THAN 10-PERCENT OF DAILY CALORIES COME FROM ADDED SUGARS

THE STUDY WAS CONDUCTED BY THE C-D-C'S NATIONAL CENTER FOR HEALTH STATISTICS.

RESEARCHERS ANALYZED DATA FROM THE NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY ... ABOUT THE CONSUMPTION OF SUGARY DRINKS -- LIKE SODA, SOME FRUIT DRINKS, SPORTS AND ENERGY DRINKS AND SWEETENED COFFEES AND TEAS.

THEY FOUND THAT MORE THAN 64-PERCENT OF BOYS UNDER 19 AND MORE THAN 61-PERCENT OF GIRLS IN THE SAME AGE GROUP DRANK AT LEAST ONE SUGAR-SWEETENED BEVERAGE EVERY DAY.

THE LEAD AUTHOR OF THE STUDY SAYS THAT CHILDREN WHO DRANK TWO OR MORE SUGAR-SWEETENED BEVERAGES A DAY WERE GETTING MORE THAN 10-PERCENT OF THEIR TOTAL DAILY CALORIES FROM THOSE DRINKS.

THE AMERICAN BEVERAGE ASSOCIATION SAID IN A STATEMENT THAT IT HAS LAUNCHED VARIOUS INITIATIVES TO ENCOURAGE HEALTHY CALORIE INTAKE AMONG AMERICANS.

AS YOU HEARD, U.S DIETARY GUIDELINES SUGGEST SUGARY BEVERAGES LIKE SODA AND FRUIT JUICE SHOULD BE CUT OUT OF YOUR DIET ALMOST ENTIRELY!

NOW, WE WANT TO KNOW: HOW MANY TIMES A WEEK DO YOU CONSUME SODA OR FRUIT JUICE? YOU CAN ANSWER NEVER, 1-2 TIMES A WEEK, 3-5 TIMES A WEEK, OR OVER 5 TIMES A WEEK...I'M AFRAID THAT LAST CATEGORY IS WHERE I FIT IN! TO WEIGH IN, JUST HEAD TO OUR WEBSITE AND CLICK THE "POLL" BUTTON!

AFTER YOU VOTED, WRITE IN AND TELL US: IF YOU COULD TURN THE TIDE AND MAKE A HEALTHY VENDING MACHINE, WHAT WOULD BE IN IT? BUT WAIT – WHO EXACTLY DETERMINES WHAT'S HEALTHY?

A NUTRITIONIST. THAT'S WHO. A NUTRITIONIST IS AN EXPERT IN FOOD, HEALTH AND NUTRITION. SOME NUTRITIONISTS WORK FOR THE GOVERNMENT – THEY'RE THE ONES THAT MAKE THE DIETARY GUIDELINES WE TOLD YOU ABOUT. UNDER THIS WEEK'S EPISODE, YOU'LL FIND A LINK TO MORE INFORMATION ABOUT NUTRITIONISTS – AND YOU CAN MEET SASHA, A NUTRITIONIST FOR THE U.S. DEPARTMENT OF AGRICULTURE.

IT'S THE PERFECT TIME TO START THINKING HEALTHY BECAUSE FEBRUARY IS DESIGNATED AS HEALTHY HEART MONTH. IT MIGHT SURPRISE YOU TO HEAR THAT HEART DISEASE IS THE LEADING CAUSE OF DEATH FOR BOTH MEN AND WOMEN IN THE UNITED STATES. BUT THE GOOD NEWS IS THAT IT'S ALSO THE MOST PREVENTABLE!

CUTTING FAT AND SUGAR FROM YOUR DIET IS ONE WAY TO STEER CLEAR OF HEART DISEASE – AND, BEFORE MOVING OUT OF THE WHITE HOUSE, PRESIDENT OBAMA AND HIS BFF VP JOE BIDEN SHOWED US ANOTHER WAY!

AS YOU CAN SEE, STAYING ACTIVE WITH REGULAR EXERCISE IS THE KEY TO A HEALTHY HEART!

OF COURSE, AFTERWARD, THEY COOL OFF WITH A TALL GLASS OF H<sub>2</sub>O – NOT A SUGARY DRINK!

BOY, THEY MAKE ME WANT TO GET MOVING TOO! I'LL HAVE TO TAKE A QUICK PRESIDENTIAL JOG AFTER THIS.

NOW, FROM TALKING ABOUT THESE HEARTS – WE TURN TO TALKING ABOUT THESE HEARTS. BECAUSE FEBRUARY IS ALSO TIME TO SHARE THE LOVE! VERY SOON, WE'LL BE HANDING OUT CARDS AND TREATS TO THOSE NEAR AND DEAR AS WE CELEBRATE VALENTINE'S DAY – AND, IN HONOR OF THE SPECIAL DAY, MARGARET THOMPSON HAS A VERY ROMANTIC EDITION OF SPOT ON SCIENCE.

MARGARET:

HOW FAR WOULD YOU GO TO DELIVER A VALENTINE? ACROSS YOUR CLASSROOM? ACROSS THE SCHOOL? WHAT ABOUT ACROSS THE STATE OR COUNTRY? WELL FOR THESE LITTLE GUYS THEY ARE WILLING TO GO THE EXTRA MILE TO SAY I LOVE YOU IN THEIR OWN SLIMY WAY.

SCIENTISTS AT THE OHIO STATE UNIVERSITY WERE SURPRISED TO FIND THAT SOME MOLE SALAMANDERS TREK UP TO NINE MILES TO FIND A MATE! THEY NOTICED THAT THE GENES OF SALAMANDERS FROM DIFFERENT AREAS WERE INTERMINGLING AND SET OUT TO SEE JUST HOW FAR THE LITTLE GUYS WERE GOING TO MATE WITH EACH OTHER. TO DO THIS THEY TESTED TWO TYPES OF THE SALAMANDERS, AN ALL-FEMALE GROUP THAT REPRODUCED ASEXUALLY AND A CO-ED BUNCH THAT REPRODUCE TRADITIONALLY.

THE SCIENTISTS SET UP A LITTLE GYM FOR THE SALAMANDERS WHERE THEY COULD TEST THEIR ENDURANCE ON A TREADMILL. WHEW LOOK AT THEM GO! WORK IT WORK IT!

IT TURNS OUT THAT THE LADIES WHO DON'T NEED THE MALE SALAMANDERS NEARBY TO REPRODUCE DIDN'T REALLY MAKE IT FAR WITHOUT GETTING EXHAUSTED. THE CO-ED GROUP THOUGH WAS WILLING TO HIKE AN AVERAGE OF SIX MILES. AND THEY WERE REARING TO GO FOR MORE THAN TWO HOURS IN A ROW BEFORE TUCKERING OUT. THAT'S LIKE A PERSON JOGGING 75 MILES BEFORE STOPPING!

SALAMANDERS AREN'T EASY FOR SCIENTISTS TO TRACK SINCE USUALLY THEY ARE HIDING AND SINCE THEIR SKIN IS TOO DELICATE TO ATTACH A TRACKER TO. SO THIS INFORMATION WILL BE REALLY IMPORTANT FOR THEM TO SEE WHICH SPECIES OF SALAMANDERS SURVIVE AND REPRODUCE. THE SCIENTISTS ARE ALSO HOPING TO USE THE INFORMATION THEY FOUND FOR CONSERVATION PURPOSES. CONSERVATION IS ANY ACTION THAT HELPS TO PROTECT THE ENVIRONMENT OR WILDLIFE. IN THIS CASE THEY CAN FIGHT FOR THE SALAMANDERS AND THE AREAS THAT THEY LIVE IN, WHICH THEY NOW KNOW IS A BIGGER THAN THEY HAD THOUGHT.

WELL LUCKY FOR ME I CAN JUST MAIL MY VALENTINE, BECAUSE ALL THAT JOGGING LOOKS EXHAUSTING!



THANKS MARGARET. FROM REPTILE ROMANCE, WE MOVE TO SOME INTERPLANETARY LOVE AS NASA HAS RELEASED NEW PHOTOS OF SATURN – AND SHE’S SHOWING OFF HER RINGS!

NO, SHE’S NOT ENGAGED! ALTHOUGH I HEAR PLUTO IS SINGLE...

THE SECOND LARGEST PLANET IN OUR SOLAR SYSTEM IS KNOWN FOR ITS BEAUTIFUL RINGS -- MADE OF CHUNKS OF ICE AND ROCK ORBITING AROUND IT.

AND NOW NASA IS GIVING US A LOOK AT SOME OF THE MOST DETAILED PICTURES... EVER TAKEN OF SATURN'S MAIN RINGS.

THESE NEWLY RELEASED IMAGES...CAPTURED IN DECEMBER 2016....BY NASA'S CASSINI SPACECRAFT ARE SOME OF THE CLOSEST-EVER IMAGES OF THE OUTER PARTS OF THE MAIN RINGS.

NASA SAYS CASSINI IS CURRENTLY IN ITS "RING-GRAZING" PHASE OF ORBIT AROUND SATURN AND IS HEADING TOWARDS ITS FINAL PHASE WHEN IT WILL BURN UP IN SATURN'S UPPER ATMOSPHERE LATER THIS YEAR. SOUNDS LIKE A HUNK OF BURNING LOVE IF YOU ASK ME!

WE’VE TOLD YOU ABOUT HEARTS, AND VALENTINES, AND RINGS – BUT FEBRUARY IS MOST FAMOUSLY KNOWN AS BLACK HISTORY MONTH – A TIME TO CELEBRATE THE HISTORIC ACHIEVEMENTS OF AFRICAN AMERICANS – WHICH HAVE FREQUENTLY GONE UNNOTICED. UP NEXT, KNOW OHIO’S MARY FECTEAU BRINGS US THE STORY OF A CLEVELAND POLITICIAN WHO MADE HISTORY BY BREAKING RACIAL BARRIERS.

MARY:

ONE OF THE MOST EXCITING THINGS ABOUT LIVING IN THIS COUNTRY, IS THAT -- NO MATTER WHERE YOU START IN LIFE – IT’S POSSIBLE TO RISE UP TO DO GREAT THINGS THROUGH HARD WORK.

TODAY, I’M GOING TO TELL YOU THE STORY OF ONE FAMOUS OHIOAN, WHO HAD IT ROUGH AS A KID, BUT HE GREW UP TO SHATTER RACIAL BARRIERS -- AND BECOME THE FIRST AFRICAN AMERICAN MAYOR OF A MAJOR U.S. CITY.

CARL STOKES WAS BORN IN CLEVELAND IN 1927, HE WAS THE GREAT-GRANDSON OF A SLAVE – AND WHEN HE WAS JUST 2 YEARS OLD, HIS FATHER DIED. AFTER THAT, HIS MOTHER STRUGGLED TO PROVIDE FOR CARL AND HIS BROTHER LOUIS. THE STOKES FAMILY LIVED IN THE OUTHWAITE (OW-TH-WAIT) HOMES, CLEVELAND’S FIRST HOUSING PROJECT – A GROUP OF BUILDINGS OWNED BY THE GOVERNMENT, THAT SERVED AS HOMES FOR FAMILIES WHO OTHERWISE COULDN’T AFFORD THEM. THE STOKES BOYS WOULD HELP SUPPORT THE FAMILY BY CARRYING NEWSPAPERS AND WORKING IN NEIGHBORHOOD STORES. CARL EVEN DROPPED OUT OF SCHOOL TO WORK FULL TIME, AND EVENTUALLY JOINED THE ARMY -- SERVING IN GERMANY AT THE END OF WORLD WAR II. BUT WHEN HE RETURNED HOME, CARL WORKED HARD TO COMPLETE HIS EDUCATION, EARNING HIS HIGH SCHOOL DIPLOMA, A COLLEGE DEGREE, AND A LAW DEGREE. WITH ALL THAT EDUCATION, CARL CHOSE TO SERVE THE CITY HE CALLED HOME.

FIRST, HE WORKED AS A LAWYER IN CLEVELAND, BUT WAS SOON ELECTED TO THE OHIO HOUSE OF REPRESENTATIVES -- THE FIRST AFRICAN AMERICAN DEMOCRAT TO DO SO. BECAUSE OF HIS OWN BACKGROUND, STOKES BECAME A STRONG SUPPORTER OF RACIAL EQUALITY AND WELFARE FOR POOR PEOPLE. IN 1965, HE WAS NARROWLY DEFEATED WHEN HE RAN FOR MAYOR OF CLEVELAND, BUT TWO YEARS LATER HE PICKED HIMSELF UP AND RAN AGAIN! HIS OPPONENT THE SECOND TIME AROUND WAS SETH TAFT, WHO WAS PART OF A POLITICAL DYNASTY -- HIS GRANDFATHER WAS FORMER PRESIDENT WILLIAM HOWARD TAFT. BUT STOKES DEFEATED TAFT TO BECOME CLEVELAND'S FIRST BLACK MAYOR -- AND A POWERFUL SYMBOL OF A CHANGING NATION.

WHAT'S EVEN MORE REMARKABLE IS THAT HE WON THIS ELECTION WHEN THE CITY OF CLEVELAND'S POPULATION WAS OVERWHELMINGLY WHITE. SO, AT A TIME WHEN RACIAL TENSIONS WERE HIGH, HE HAD TO CONVINCING A MOSTLY WHITE POPULATION TO TRUST HIM, A BLACK MAN -- AND HE DID IT, THE SAME WAY HE ACCOMPLISHED EVERYTHING ELSE -- WITH HARD WORK AND A SENSE OF HUMOR. BECAUSE HE GREW UP IN CLEVELAND, HE KNEW IT WELL -- AND HE USED THAT KNOWLEDGE AS MAYOR. WHEN HE RAN IN 1967, HE SAID, "MY STYLE WILL BE MANAGEMENT BY BEING ON THE STREET, MANAGEMENT BY WALKING AROUND. THIRD PERSONS WON'T HAVE TO TELL ME WHAT'S GOING ON IN OUR CITY. I'LL HEAR IT, I'LL SEE IT, I'LL TOUCH IT MYSELF."

HE SERVED AS TWO TERMS AS MAYOR -- AND ONE HIS GREATEST ACCOMPLISHMENTS WAS OPENING UP CITY POSITIONS TO AFRICAN AMERICANS AND WOMEN.

AFTER HE DIED IN 1996 CARL'S BROTHER LOUIS, ALSO A POLITICIAN, SAID THAT HIS BROTHER HAD "INSPIRED BLACK AMERICANS TO ASPIRE TO HIGHER POLITICAL OFFICE ALL OVER THE COUNTRY" -- AND I THINK WE CAN ALL AGREE THAT FEW THINGS ARE MORE INSPIRING THAN THE GREAT-GRANDSON OF A SLAVE DEFEATING THE GRANDSON OF A PRESIDENT TO HOLD POLITICAL OFFICE IN A MAJOR U.S. CITY.

THANKS, MARY.

CARL STOKES IS CERTAINLY AN INSPIRING FIGURE, BUT YOU DON'T HAVE TO HAVE A BIG NAME TO BE A ROLE MODEL. WE'RE GIVING OUR NEWSDEPTH A PLUS THIS WEEK TO SOMEONE JUST LIKE YOU, WHO DID THE A BIG THING EVEN THOUGH HE'S STILL A LITTLE GUY.

7-YEAR-OLD GRIFFIN STEELE FROM SOUTH CAROLINA, WAS TOSSING AWAY SOME TRASH AT A GAS STATION WHEN HE STUMBLED ACROSS A GARBAGE CAN FULL OF CASH. TALK ABOUT A LUCK FIND! HE AND HIS DAD CALLED THE COPS TO LET THEM KNOW ABOUT THE DISCOVERY. POLICE BELIEVE THE CASH, WHICH WAS COVERED IN RED SECURITY DYE, WAS STOLEN FROM A BANK JUST HOURS BEFORE GRIFFIN FOUND IT. FOR TIPPING OFF THE POLICE, THIS AMATEUR DETECTIVE GETS OUR NEWSDEPTH A PLUS!

AND, FROM A CRIME-FIGHTING SEVEN-YEAR-OLD, WE HEAD TO OUR FURRY REPORTER WITH THE FASTEST TYPING PAWS IN TOWN!

OH, HI, NEWS CAT! DIDJA CATCH THE BIG GAME?

WHAT'S THAT? YOU'VE GOT A STORY ABOUT IT? BUT WE ALREADY COVERED THE SUPER BOWL ....EARLIER.... IN THE SHOW!

OH, I SEE! YOU'VE GOT HIGHLIGHTS FROM THE PUPPY BOWL! TO SEE CLIPS FROM THE OTHER BIG GAME CLICK THE PETTING ZOO BUTTON ON OUR WEBSITE. THANKS NEWS CAT!

AND, AS ALWAYS, WE WANT TO HEAR FROM YOU. AFTER YOU VOTE IN OUR POLL, WRITE TO US. SEND YOUR E-MAILS TO NEWSDEPTH AT IDEASTREAM.ORG - OR MAIL YOUR LETTERS TO 1375 EUCLID AVENUE, CLEVELAND, OHIO 44115.

YOUR LETTERS MUST BE RECEIVED BY MONDAY AFTERNOON TO BE CONSIDERED FOR THE NEXT SHOW.

YOU CAN ALSO TWEET AT US @ NEWSDEPTH OHIO.

THANKS FOR WATCHING, I'M RICK JACKSON. WE'LL SEE BACK HERE NEXT WEEK.