

**the morning BLEND**  
 Weekdays at 9:00 a.m. on KMTV, Your Action 3 News Station  
 home past shows be on the show sponsors recipes contact us contests behind the scenes

**THIS WEEK on the morning blend**

monday tuesday wednesday thursday friday

Monday, Sep 13, 2010

- » **March of Dimes** - Signature Chef's Auction
- » **NFL Great Joe Theismann** - Stopping a Silent Killer
- » **Make-up Artist Carmindy** - Classic Beauty Tips
- » **Meet the Reptiles!** - Author and Expert David Nieves
- » **Author Mary Ann Bernal** - Soldiers Angels
- » **UNL Extension Office** - Special Event at Vela's!

**SOUND OFF**  
 Who is your favorite local band?  
 Let us know...

**recent SHOWS**

Monday, Sep 6, 2010  
 ☐ No Morning Blend on Labor Day

Tuesday, Sep 7, 2010  
 ☐ Quality Living, Inc. (QLI)  
 ☐ Stars Go Dim  
 ☐ Travel Tuesdays

contests & GIVEAWAYS HOSTS RECIPES

# The Morning Blend September 13, 2010



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**Author Mary Ann Bernal**  
 Monday, Sep 13, 2010

She an Omaha author who has made it her mission to support our troops! Meet Mary Ann Bernal, learn about her books and find out how you can help recognize our military members!

Mary Ann Bernal

