

Thursday, October 23, 2008

Last Update: 10/22 11:44 am



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Casey is hosting a Halloween Spooktacular. He'll answer the question "What do a kilt, a witches hat, and spider have in common?"

Website: www.nowplayingutah.com

Fresh Start to Fitness:

Utahans will hopefully be hitting the slopes within the month. Michael will show us some easy exercises to strengthening the hamstrings.



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