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Wednesday at 4 PM Pacific
**January 29th 2014: Beat Winter Blues,
Technology in the Garden, Prevent Hackers**

Winter's short days and long nights can take a toll on your mental health. For some people, they trigger a condition known as seasonal affective disorder, or SAD. A deficiency in Vitamin D could be the culprit. Heather Brittany shows us how to beat the winter blues. Technology has invaded our gardens. With a download to our smart phones, gardeners can simply access apps that will solve most questions, introduce us to new species, diagnose problems, and create the ultimate landscape. Cynthia Brian shares FREE apps. Hackers stole over 40 million credit and debit card numbers from Target!

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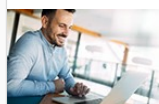
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