

## Family, health are priorities for KTVN's Wendy Damonte By Susan M. Botich

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Wendy Damonte is shown in her Reno home spending time with daughter Eva Diana, 3, son Dominic, 1, and the family dog Donner.

Wendy Damonte knows how busy people's lives can get here in Reno. And Wendy's no stranger to that balancing act. "Juggling a career, kids, home and free time takes work and it takes balance. If I can help people with that in some way through my work, then it makes me feel good about what I do," she said.

Wendy Damonte is a graduate of the University of Nevada, Reno. She has lived in Reno for more than 17 years and began working for KTVN immediately after graduating in 1994. She anchors the Channel 2 News evening shows at 5, 5:30 and 6:30 p.m., as well as reports on medical breakthroughs and health information on her "Health Watch" segment. She's been in Northern Nevada covering news that's important to those who live and work here for well over a decade.

"Her 'Health Watch' segment offers the latest information to our viewers who care about improving their health or gaining a deeper understanding of the many important health issues," said Jason Pasco, news director for KTVN.

"I enjoy getting e-mails or calls from viewers," Damonte said. "People tell me, 'Because of your 'Health Watch' reports, I am healthier.' I feel like I'm helping at least one viewer every day. What could be better than to touch people's lives in that way? That's the thing that I love the most."

According to Damonte, eating right is a big part of her personal health regime. "Nutrition is so important to me, it is my main focus," Damonte said. "I also focus on heart disease and cancer prevention." Married with two young children, she understands the daily struggles of a working mom.

“Wendy is a big asset to Channel 2 News,” Pasco said. “Her being a working mom is a big part of it. People can see that Wendy is a real person, with a family to care for like other mothers.

“She brings a great perspective to the newsroom that’s very unique. We have a wide range of people in the newsroom. Wendy helps represent the working mom in the community. Whether covering hard-breaking news, health or weather, it’s this viewpoint that makes our news coverage stronger.” “It’s great to see her apply her tremendous competitive drive to her work here at KTVN,” said Lawson Fox, general manager for KTVN. “She used to swim competitively for UNR and that side of her is very much alive and well.


“Her passion for a healthy lifestyle, her knowledge of the health resources available in our community and her aggressive reporting on the latest health information is really great to see,” he said.

What are Wendy Damonte’s future plans? “I want to keep doing what I’m doing as long as they’ll have me,” Damonte said. “My next goal is to create another campaign to fight obesity. It’s a big health problem in our country. I don’t know yet how I will do it. I guess all I can say now is ... stay tuned.”

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