

WUSQ-FM
Winchester, VA
Quarterly Issues/Programs List
Fourth Quarter, 2013

WUSQ-FM
Quarterly Issues/Programs List

WUSQ-FM provides its listeners with programming and public service announcements that address issues of concern to our local community. Among the issues determined to be of most concern to the community during the preceding calendar quarter were:

- **Awareness:** Making our listeners aware of the efforts our local non-profits are making to improve our community and provide services.
- **Fundraising:** Making our listeners aware of the events going on to raise much needed funds for local non-profits.
- **Community Engagement:** Highlighting activities for the community enjoyment and asking for donations for the annual Stuff a Truck that feeds the hungry in our area.

**Section I
LOCAL PROGRAMMING**

Section I lists regularly-scheduled and special programs that represent the station's issue-responsive programming providing the most significant treatment of the issues listed above for the calendar quarter.

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/ TIME	DURATION
Awareness	VA Crossroads- Winchester Exchange Club	Explains what The Exchange Club does.	Kathy Myers, Club Member	10/06/2013 07:03 AM	030:57
Awareness	VA Crossroads- Help with Housing	Explains home modifications the agency makes for those in our community.	Paula Costello, Executive Director	10/13/2013 07:01 AM	033:05
Awareness	VA Crossroads- Blue Ridge Legal Services	Discusses the work they do with abused women.	Jennifer Locke, Executive Director	10/20/2013 07:01 AM	029:53
Awareness	VA Crossroads- Lord Fairfax House	Discusses the role of halfway houses in our area.	Eddie Cassidy, Executive Director	10/27/2013 06:56 AM	034:12
Awareness	VA Crossroads- Blue Ridge Area Food Bank	Discusses hunger in the community.	Jarrett Tomaleski, Branch Manager and Ruth Jones, Director of Communications	11/03/2013 07:01 AM	030:36
Awareness	VA Crossroads- Our Health and	Discusses Children's needs in the Valley.	Dan Rose from Our Health and Mark	11/10/2013 07:00 AM	030:40

	Evans Home for Children		Jaccard from Evans Home for Children		
Awareness	VA Crossroads-Blue Ridge Area Food Bank	Discusses hunger in the community.	Jarrett Tomaleski, Branch Manager and Ruth Jones, Director of Communications	11/17/2013 07:00 AM	030:59
Awareness	VA Crossroads-United Way of the Northern Shenandoah Valley	Discusses student career paths for the Valley's future.	Doug Joyner of Winchester Public Schools	11/24/2013 07:01 AM	031:37
Awareness	VA Crossroads - NAMI	Explains the lack of mental health assistance in the Valley.	Patricia Wooten, Board Member	12/01/2013 06:57 AM	034:56
Awareness	VA Crossroads-Show Your Stripes	Discusses the positive impact of employing the military.	Dan Brown, Owner Shenandoah Fine Chocolates	12/08/2013 06:59 AM	033:04
Awareness	VA Crossroads-United Way of the Northern Shenandoah Valley	Gave a status update of local nonprofits for 2013.	Joe Sthulman, Executive Director	12/15/2013 07:01 AM	031:13
Awareness	VA Crossroads-ReThink Housing.org	Explains what the agency does and what volunteer opportunities exist.	Lori Stalling, Board Member	12/22/2013 06:59 AM	033:00
Awareness	VA Crossroads-Winchester Education Development Authority	Discusses student career paths for the Valley's future.	Doug Joyner of Winchester Public Schools	12/29/2013 06:58 AM	032:22
Fundraising	WUSQ Community Microphone-Winchester Exchange Club	Invites the community to enjoy the annual Chili Challenge.	Kathy Myers, Club Member	10/02/2013 06:15 AM	010:00
Community Engagement	WUSQ Community Microphone-Blue Ridge Area Food Bank	Invites the community to come help Stuff A Truck.	Ruth Jones, Director of Communications	10/29/2013 06:15 AM	010:00
Fundraising	WUSQ Community Microphone- Big Brothers Big Sisters	Invites the community to come enjoy Community Pancake Day sponsored by the Winchester Kiwanis Club. This year's recipient of the funds is Big Brothers Big Sisters.	Brian Barto, Kiwanian and Julie Ferrell, Executive Director of Big Brothers Big Sisters	10/30/2013 06:15 AM	010:00
Fundraising	WUSQ Community Microphone-	Invites the community to see Phil Vassar in concert with all proceeds going to the Evans Home for Children.	Lenny Milholland, Board Member	11/5/2013 06:15 AM	010:00

	Evans Home for Children				
Fundraising	WUSQ Community Microphone-Berkeley County Humane Society	Invites the community to join in the annual 5k to benefit the Humane Society.	Aimee Milhouse, Event Planner	11/23/2013 06:15 AM	010:00
Awareness	WUSQ Community Microphone-S.T.E.M.	Invites the community to come to the S.T.E.M. Festival at Clarke County High School where she will be the speaker.	Dr. Cady Coleman, NASA	12/03/13 06:15 AM	010:00
Community Engagement	WUSQ Community Microphone- City of Winchester	Invites the community to come out and enjoy the City of Winchester First Night.	Felicia Hart, Organizer	12/17/2013 06:15 AM	010:00

**Section II
NETWORK (and/or SYNDICATED) PROGRAMMING**

Section II lists the network-provided (and/or syndicated) programming that the station broadcast during the preceding calendar quarter that addresses community issues. Radio Health Journal aired on WUSQ on Sunday mornings at 7:30 a.m. through Sunday, November 17, 2013. November 17, 2013 was the final broadcast for Radio Health Journal as we are no longer airing it on WUSQ.

ISSUE	PROGRAM / TITLE	DESCRIPTION	DATE/TIME	DURATION
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Radio Health Journal®

Program # 13-40 Air week: 10-6-13

Producer: Reed Pence Production Director: Sean Waldron

Time	Segment	Segment time
:00	Intro	:60
1:00	SPOT BREAK #1— Orbis International "Fighting Blindness" OUT Q: ...that's O-R-B-I-S.org.	:60
2:00	:02 PAUSE FOR LOCAL AVAIL	:02
2:02	SEGMENT 1: ICU PTSD	12:54

Synopsis: A surprisingly high percentage of people who've been treated in intensive care units later suffer from post-traumatic stress disorder, often including hallucinations recalling horrible ICU incidents. This has led to coining a new syndrome--PICS, or post intensive care syndrome. Experts discuss why the syndrome appears to occur and what's being done to treat and prevent it.

Host: Reed Pence. Guests: Dr. Dr. Joe Bienvenu, Assoc. Prof. of Psychiatry, Johns Hopkins Univ.; Dr. James Jackson, Asst. Prof. of Medicine, Vanderbilt Univ.

COMPLIANCY ISSUES COVERED: health care; consumerism; mental illness

14:56	SPOT BREAK #2—LifeScan "One Touch Testing Supplies" OUT Q: ...patient eligibility requirements.	:61
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15:57	:02 PAUSE FOR LOCAL AVAIL	:02	
15:59	SEGMENT 2: The science of success	7:36	
	Synopsis: "Success gurus" have wildly varying prescriptions for how to win in life, but how scientifically valid are their ideas? Two brain scientists discuss what research shows is important to success.		
	Host: Nancy Benson. Guests: Dr. Mark Fenske, Asst. Prof. of Psychology, Univ. of Guelph and Dr. Jeff Brown, psychologist, Harvard Medical School, co-authors, <u>The Winner's Brain: Eight Strategies Great Minds Use to Achieve Success.</u>		
	COMPLIANCY ISSUES COVERED: consumerism; psychology		
23:35	SPOT BREAK #3--US Tax Shield "Tax Settlement"	:61	
24:36	Medical Notes and News. Host: Shel Lustig		1:52
26:28	SPOT BREAK #4—Hennion & Walsh "Tax Free"	:61	
27:29	Conclusion of program	:30	
27:59	TOTAL TIME		

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Program # 13-41 Air week: 10-13-13

Producer: Reed Pence Production Director: Sean Waldron

<u>Time</u>	<u>Segment</u>	<u>Segment time</u>	
:00	Intro	:60	
1:00	SPOT BREAK #1— LifeScan "One Touch Testing Supplies" OUT Q: ...patient eligibility requirements.	:61	
2:01	:02 PAUSE FOR LOCAL AVAIL	:02	
2:03	SEGMENT 1: "Wet houses"	13:23	
	Synopsis: Many shelter organizations require that homeless alcoholics be sober before they qualify for housing. However, many homeless alcoholics are not ready to stop drinking, yet need help. Experts discuss the pro's and con's of a new form of housing that allows residents to continue drinking while reducing the harm of homelessness and alcoholism.		
	Host: Reed Pence. Guests: Bill Hobson, Executive Director, DESC of Seattle; Dr. Jeff Turnbull, Medical Director, Ottawa, ON, Inner City Health Program; William Moyers, Vice President of Public Affairs and Community Relations, Hazelden Foundation		
	COMPLIANCY ISSUES COVERED: homelessness; alcohol and substance abuse and treatment		
15:26	SPOT BREAK #2—Sanofi Pasteur "Flugitives" OUT Q: ...flugitives to justice.	:62	
16:28	:02 PAUSE FOR LOCAL AVAIL	:02	

16:30 SEGMENT 2: Cancer prehabilitation 7:33

Synopsis: Rehabilitation has been a staple of recovery for many illnesses, but often not after cancer treatment. Similarly, sometimes people about to undergo orthopedic surgery may be given exercises, or prehabilitation, to prepare them. A nationally known rehab specialist discusses using prehabilitation techniques for newly diagnosed cancer patients.

Host: Nancy Benson. Guest: Dr. Julie Silver, Assoc. Prof. of Physical Medicine and Rehabilitation, Harvard Medical School

COMPLIANCY ISSUES COVERED: consumerism; health care; economics

24:03 SPOT BREAK #3--Purdue "Colace Capsules" :59
25:02 Medical Notes and News. Host: Shel Lustig 1:26
26:28 SPOT BREAK #4—Hennion & Walsh "Tax Free" :61
27:29 Conclusion of program :30
27:59 TOTAL TIME

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Program # 13-42 Air week: 10-20-13

Producers: Polly Hansen and Reed Pence Production Director: Sean Waldron

<u>Time</u>	<u>Segment</u>	<u>Segment time</u>
:00	Intro	:60
1:00	SPOT BREAK #1— National Blood Clot Alliance "#2 VTE" OUT Q: ...at StopTheClot.org.	:57
1:58	:02 PAUSE FOR LOCAL AVAIL	:02
2:00	SEGMENT 1: Kids' bitter medicine	11:50

Synopsis: Children's medicines are so notoriously bad-tasting that it can impact the effectiveness of treatment for serious illness. Experts discuss the problem, how taste works, some of the misconceptions about taste, and new ways to address the problem.

Host: Reed Pence. Guests: Dr. Bill Greene, Chief Pharmaceutical Officer, St. Jude Children's Research Hospital, Memphis; Jackie Toia, oncology nurse practitioner, Lurie Children's Hospital, Chicago; Dr. Julie Menella, research scientists, Monell Chemical Senses Center, Philadelphia; Polly Hansen, Producer, Radio Health Journal.

COMPLIANCY ISSUES COVERED: youth at risk; parenting issues; health care; public health; consumerism

13:50 SPOT BREAK #2—UDI's "Gluten Free" :62
OUT Q: ...that's GlutenFree.com.
14:52 :02 PAUSE FOR LOCAL AVAIL :02

14:54 SEGMENT 2: Your therapist's brain 8:12

Synopsis: Many people have no idea how or why psychotherapy works. A well-known psychotherapist describes what therapists are thinking about while the patient is on the couch and how these thoughts guide treatment.

Host: Nancy Benson. Guest: Dr. Drew Permut, Clinical Professor of Psychology, George Washington Univ. and author, [Inside Your Therapist's Mind: How a Psychotherapist Thinks and Why It Works](#)

COMPLIANCY ISSUES COVERED: consumerism; health care

23:06 SPOT BREAK #3--Purdue "Colace Capsules" :59

24:05 Medical Notes and News. Host: Shel Lustig 2:23

26:28 SPOT BREAK #4— Sanofi Pasteur "Flugitives" :62

27:30 Conclusion of program :30

28:00 TOTAL TIME

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Program # 13-43 Air week: 10-27-13

Producer: Reed Pence Production Director: Sean Waldron

<u>Time</u>	<u>Segment</u>	<u>Segment time</u>
:00	Intro	:60
1:00	SPOT BREAK #1— Metagenics "Heart Health" OUT Q: ...at WhyMega10.com.	:61
2:01	:02 PAUSE FOR LOCAL AVAIL	:02
2:03	SEGMENT 1: False confessions	13:48

Synopsis: Confessing to a crime that a person did not commit is a major reason for wrongful convictions. Scientists have found that the psychology of innocent people is a major reason for false confessions. Experts discuss the chain of events and psychology that allow them to occur, and public policy changes that could make them much more rare.

Host: Reed Pence. Guests: Dr. Max Gyll, Asst. Prof. of Psychology, Iowa State Univ.; Rob Warden, Executive Director, Center on Wrongful Convictions, Northwestern Univ. School of Law

COMPLIANCY ISSUES COVERED: crime; police; courts and criminal justice system; public policy; law

15:51 SPOT BREAK #2—Purdue "Colace Capsules" :58
OUT Q: ...doctor before use.

16:49 :02 PAUSE FOR LOCAL AVAIL :02

16:51 SEGMENT 2: Health effects of "springing ahead and falling back" 6:34

Synopsis: Many people dismiss the body disruption of the time change as we enter and leave daylight saving time. However, each season, car crashes increase for a few days. Is that proof? Experts discuss our internal body clocks and how people can make time transitions easier.

Host: Nancy Benson. Guests: Dr. Sidney Speisel, Clinical Prof. of Medicine, Yale Univ., and contributor, Slate magazine; Dr. Charmane Eastman, Prof. of Behavioral Sciences and Director, Biological Rhythms Research Lab, Rush Univ. Medical Center.

COMPLIANCY ISSUES COVERED: consumerism; public health

23:25	SPOT BREAK #3--US Tax Shield "Tax Settlement"	:61
24:26	Medical Notes and News. Host: Shel Lustig	2:02
26:28	SPOT BREAK #4—Hennion & Walsh "Tax Free"	:61
27:29	Conclusion of program	:30
27:59	TOTAL TIME	

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Program # 13-44 Air week: 11-3-13

Producer: Reed Pence Production Director: Sean Waldron

<u>Time</u>	<u>Segment</u>	<u>Segment time</u>
:00	Intro	:60
1:01	SPOT BREAK #1— Metagenics "Heart Health" OUT Q: ...at WhyMega10.com.	:60
2:01	:02 PAUSE FOR LOCAL AVAIL	:02
2:03	SEGMENT 1: The psychology and emotions of social networks	13:04

Synopsis: Facebook has revolutionized our relationships and interpersonal communications in less than 10 years. Studies are beginning to reveal how people use social media and the differing psychological effects of these styles of use. Experts discuss.

Host: Reed Pence. Guests: Dr. Cliff Lampe, Assoc. Prof., Univ. of Michigan School of Information; Dr. Chris Carpenter, Asst. Prof. of Communication, Western Illinois Univ.

COMPLIANCY ISSUES COVERED: psychology; interpersonal communication; technology and society; social media; media and society

15:07	SPOT BREAK #2—Purdue "Colace Capsules" OUT Q: ...doctor before use.	:59
16:06	:02 PAUSE FOR LOCAL AVAIL	:02

16:08 SEGMENT 2: Flu season 2013 7:49

Synopsis: Thousands of Americans die each year as a result of the flu, prompting a major effort by public health officials to get people vaccinated for the flu. A nationally known expert discusses this year's flu season and changes in the vaccine to fight it.

Host: Nancy Benson. Guest: Dr. Dr. William Schaffner, Prof. of Preventive Medicine, Vanderbilt Univ. School of Medicine.

COMPLIANCY ISSUES COVERED: consumerism; public health; youth at risk; technology

23:57	SPOT BREAK #3--LifeScan "One Touch Testing Supplies"	:60
24:57	Medical Notes and News. Host: Shel Lustig	1:33
26:30	SPOT BREAK #4—America's Best Value Inn Donate Cars "Much Luck"	:30 :30
27:30	Conclusion of program	:30
28:00	TOTAL TIME	

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Program # 13-45 Air week: 11-10-13

Producers: Reed Pence and Pat Reuter Production Director: Sean Waldron

<u>Time</u>	<u>Segment</u>	<u>Segment time</u>
:00	Intro	:60
1:01	SPOT BREAK #1—Abbott "Similac Strong Moms" OUT Q: ..ES.similac.com.	:62
2:03	:02 PAUSE FOR LOCAL AVAIL	:02
2:05	SEGMENT 1: Marijuana: how much like alcohol?	12:08

Synopsis: With the legalization of recreational marijuana use in Colorado and Washington, experts and other states will be watching closely to see whether the cannabis experience is similar to alcohol. Some experts fear that marijuana will be heavily marketed like alcohol. But marijuana supporters welcome the comparison, claiming that pot will show itself as a safer alternative. Experts and advocates discuss.

Host: Reed Pence. Guests: Dr. David Nutt, Prof. of Neuropsychopharmacology, Imperial College, London, Chairman, Independent Scientific Committee on Drugs and former UK Government advisor on drugs; Dr. Kevin Sabet, Director, Project SAM (Smart Approaches to Marijuana), author, *Reefer Sanity: Seven Great Myths About Marijuana*, and former Senior Advisor, White House Office of National Drug Control Policy; Steve Fox, Principal, Marijuana Strategies and co-author, *Marijuana Is Safer, So Why Are We Driving People to Drink?*; Paul Armentano, Deputy Director, National Organization for the Reform of Marijuana Laws and co-author, *Marijuana Is Safer, So Why Are We Driving People to Drink?*

COMPLIANCY ISSUES COVERED: Drugs and illicit drug use; public policy; laws, crime and justice system; state government; referenda; alcohol; marketing and advertising; youth at risk

14:13	SPOT BREAK #2—Lumber Liquidators "Sale On Now" Old Navy "Veterans' Day" OUT Q: ...subject to credit approval.	:30 :30
15:13	:02 PAUSE FOR LOCAL AVAIL	:02

15:15 SEGMENT 2: Inside your medicine cabinet 7:37

Synopsis: Most people's medicine cabinet is a disorganized mess with problems that could prevent healing and even threaten health. A pharmacist advised what should be in your medicine cabinet and how to keep those medicines safe and effective.

Host: Nancy Benson. Guest: Sherry Torkos, pharmacist and author, The Canadian Encyclopedia of Natural Medicine and Saving Women's Hearts

COMPLIANCY ISSUES COVERED: consumerism; youth at risk; drug safety

22:52 SPOT BREAK #3--LifeScan "One Touch Testing Supplies" :61
Metagenics "Heart Health" :61

24:54 Medical Notes and News. Host: Shel Lustig 1:34

26:28 SPOT BREAK #4— Lumber Liquidators "Sale On Now" :30
Old Navy "Veterans' Day" :30

27:28 Conclusion of program :30

27:58 TOTAL TIME

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Program # 13-46 Air week: 11-17-13

Producers: Reed Pence and Polly Hansen Production Director: Sean Waldron

<u>Time</u>	<u>Segment</u>	<u>Segment time</u>
:00	Intro	:60
1:01	SPOT BREAK #1— AbbVie "EPI Awareness" OUT Q: ...on behalf of AbbVie.	:61
2:02	:02 PAUSE FOR LOCAL AVAIL	:02
2:04	SEGMENT 1: Meat from a test tube: the future of dinner?	12:49

Synopsis: Laboratory-grown beef has reached the taste-test stage, and scientists hope to use it to eventually replace the current means of livestock agriculture. If successful, cultured meat could save huge amounts of land and energy, reduce pollution and improve animal welfare. But will consumers accept it? The world's foremost cultured meat scientist and a food futurist discuss.

Host: Reed Pence. Guests: Josh Schonwald, author, The Taste of Tomorrow: Dispatches from the Future of Food; Dr. Mark Post, Prof. of Physiology, Maastricht Univ., Netherlands and leader of cultured meat project.

COMPLIANCY ISSUES COVERED: agriculture; technology; food security and food supply; energy; environment and pollution; animal welfare; consumerism; economics

14:53 SPOT BREAK #2—Lumber Liquidators "Sale On Now" :30
Johnson & Johnson Tylenol "Budding Actress" :30
OUT Q: ...use as directed.

15:53 :02 PAUSE FOR LOCAL AVAIL :02

15:55 SEGMENT 2: Food poisoning apps 7:10

Synopsis: Food poisoning claims thousands of lives each year in the US and makes millions more sick. A food safety expert and FDA authority discuss ways to keep food safe, including new smartphone apps with a variety of functions.

Host: Nancy Benson. Guests: Linda Larson, editor, Food Poisoning Bulletin; Michael Taylor, Deputy Commissioner for Foods and Veterinary Medicine, US Food and Drug Administration.

COMPLIANCY ISSUES COVERED: consumerism; technology; consumer safety; public health

23:05 SPOT BREAK #3-- Metagenics "Heart Health" :61
Abbott "Similac Strong Moms" :62

25:08 Medical Notes and News. Host: Shel Lustig 1:21

26:29 SPOT BREAK #4—America's Best Value Inn "Rate Promo" :30
Lumber Liquidators "Sale On Now" :30

27:29 Conclusion of program :30

27:59 TOTAL TIME

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**Section III
PUBLIC SERVICE ANNOUNCEMENTS**

Section III lists public service announcements that the station broadcast during the preceding calendar quarter that address community issues.

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Fundraising	AbbaCare	000:28	003
Fundraising	Aids Response Effort	000:29	004
Fundraising	American Cancer Society	000:24	004
Fundraising	American Cancer Society	000:27	004
Fundraising	American Cancer Society	000:27	011
Fundraising	American Cancer Society	000:28	014
Fundraising	American Cancer Society	000:29	015
Donations	American Red Cross	000:25	033
Arts	Apollo Civic Theatre	000:19	003
Arts	Apollo Civic Theatre	000:24	001

Arts	Apple Creative Theatre	000:28	006
Fundraising	Baylee Scott Fund	000:26	004
Fundraising	Billy Jo Russell Fund	000:20	001
Awareness	Blandy Experimental Farm	000:23	001
Community Engagement	Blandy Experimental Farm	000:24	002
Education	Blue Ridge CTC	000:23	004
Fundraising	Blue Ridge Hospice	000:27	005
Mental Health	Blue Ridge Hospice	000:22	001
Mental Health	Blue Ridge Hospice	000:22	002
Community Engagement	Bowman Library	000:21	001
Community Engagement	Bowman Library	000:28	004
Community Engagement	Bowman Library	000:31	006
Fundraising	Boy Scouts of America	000:23	019
Fundraising	Caring Angels Home Health	000:21	004
Awareness	Citizens Fire Company	000:23	004
Community Engagement	Clarke County Parks and Recreation	000:26	003
Fundraising	Community Involvement for Kids	000:34	010
Animal Health	Esther Boyd Animal Shelter	000:30	004
Fundraising	Flint Hill Volunteer Fire & Rescue	000:33	003
Fundraising	Friends of the Norwalk Foundation	000:24	004
Fundraising	Front Royal Little League	000:20	001
Fundraising	Front Royal Rotary Club	000:29	003
Healthy Living	Girls on the Run	000:26	001
Fundraising	Gore Volunteer Fire & Rescue	000:31	004
Fundraising	Habitat for Humanity	000:23	001
Arts	Handley Regional Library	000:21	003
Community Engagement	Handley Regional Library	000:23	001
Community Engagement	Handley Regional Library	000:31	003
Community Engagement	Handley Regional Library	000:22	005
Music	Handley Regional Library	000:22	002
Animal Health	Humane Society of Warren County	000:30	004

Fundraising	Humane Society of Warren County	000:27	004
Fundraising	James Wood High School Band	000:28	005
Safety	Jefferson County Homeland Security	000:24	001
Education	LFCC Workforce Solutions	000:26	001
Fundraising	Martinsburg Majestic Majorettes	000:26	001
Military and Veterans	Medal of Honor	000:31	021
Community Engagement	Middletown Volunteer Fire Department	000:24	008
Community Engagement	Millbrook High School	000:21	001
Fundraising	Millbrook High School	000:22	002
Community Engagement	Minority Affairs Coalition	000:27	002
Fundraising	Mt. Jackson/New Market Little League	000:27	005
Arts	Museum of the Shenandoah Valley	000:30	001
Fundraising	NAMI of Winchester	000:25	001
Mental Health	NAMI of Winchester	000:31	003
Fundraising	North Mountain Volunteer Fire & Rescue	000:19	001
Fundraising	Page & Luray High Schools	000:27	004
Fundraising	Page & Luray High Schools	000:29	001
Fundraising	Powhatan School	000:20	002
Community Engagement	Preservation of Historic Winchester	000:25	001
Fundraising	Professional Women Networking	000:22	001
Fundraising	Q102 Christmas Wish Fund	000:23	002
Community Engagement	Randolph-Macon Academy	000:24	003
Music	Randolph-Macon Academy	000:23	001
Fundraising	Round Hill Fire & Rescue	000:20	002
Fundraising	Round Hill Ruritan Club	000:21	005
Fundraising	Round Hill Ruritan Club	000:27	001
Fundraising	Round Hill Ruritan Club	000:25	001
Fundraising	Round Hill Ruritan Club	000:33	002
Community Engagement	Round Hill Volunteer Fire Department	000:23	005
Fundraising	Round Hill Volunteer Fire Department	000:22	005
Assistance	Salvation Army	000:27	005

Fundraising	Salvation Army	000:30	006
Volunteering	Salvation Army	000:25	001
Fundraising	Shenandoah Valley Music Festival	000:20	001
Community Engagement	Shenandoah Valley Young Marines	000:30	001
Fundraising	Shepherdstown Volunteer Fire Department	000:26	005
Military and Veterans	Show Your Stripes	000:23	017
Military and Veterans	Show Your Stripes	000:27	019
Military and Veterans	Show Your Stripes	000:28	018
Military and Veterans	Show Your Stripes	000:29	018
Military and Veterans	Show Your Stripes	000:30	190
Military and Veterans	Show Your Stripes	000:31	636
Military and Veterans	Show Your Stripes	000:32	049
Community Engagement	South Berkeley Community	000:25	001
Community Engagement	South Berkeley Volunteer Fire Department	000:24	002
Fundraising	South Warren Volunteer Fire Department	000:24	002
Self Esteem	Special Olympics	000:28	017
Fundraising	Springfield Valley Volunteer Fire Department	000:21	003
Community Engagement	State Arboretum of Virginia	000:31	003
Music	Strasburg High School	000:24	002
Fundraising	Strasburg Music Boosters	000:22	005
Community Engagement	The Laurel Center	000:24	003
Mental Health	The Laurel Center	000:32	013
Music	Town of Strasburg	000:25	004
Community Engagement	United Way	000:30	069
Education	United Way	000:30	061
Healthcare	United Way	000:29	001
Healthcare	United Way	000:29	059
Fundraising	United Way of the Northern Shenandoah Valley	000:26	001
Fundraising	United Way of the Northern Shenandoah Valley	000:30	006
Fundraising	United Way of the Northern Shenandoah Valley	000:33	004
Fundraising	Virginia German Shepherd Rescue	000:24	002

Awareness	Warren Coalition	000:24	001
Arts	Warren County High School Drama Club	000:26	004
Arts	Warren County High School Drama Club	000:28	004
Poverty	We Scare Hunger	000:30	011
Poverty	We Scare Hunger	000:31	011
Animal Adoption	Winchester SPCA	000:32	006
Fundraising	Woodmen of the World	000:24	003
Fundraising	Woodstock Rotary Club	000:20	006
Community Engagement	Youth Development Center	000:21	003