

WGTS 91.9 Issues and Programs
4th Quarter
October, November, December 2020

Issue: Homelessness In Our City

Program: Home Town Hero on Morning Show with Jerry & Blanca - (12/30/20; 5-10 AM; Duration: 10:00 minutes)

Jerry and Blanca spoke with Jane Shapiro, she is a 29 year old Marine Corps veteran who befriended a DC homeless man, and put his Christmas list on Facebook. The response was instant and overwhelming. She is the WGTS Home Town Hero for her work in helping the homeless in DC.

Issue: Healthy Holiday Eating Tips

Program: Health Minute on Morning Show with Jerry & Blanca - (12/16/20; 5-10 AM; Duration: 2:55 minutes)

Allison Farrow, Regional Dietetics Lead for Montgomery County at CoreLife Adventist HealthCare, shared some tips to keep us on track with making healthy food decisions during the holidays.

Issue: Election Year Political Tension

Program: Morning Show with Jerry & Blanca - (11/23/20; 5-10 AM; Duration: 4:06 minutes)

Worried the holidays will be ruined by arguments about the election? Jerry & Blanca spoke with author and Nationally Certified Counselor, Dwight Bain. He shared 20 strategies to build unity using healing topics to block political conflict.

Issue: Mental Health & COVID 19

Program: Health Minute on Morning Show with Jerry & Blanca - (11/18/20; 5-10 AM; Duration: 1:55 minutes)

As the cold weather moves in and it's darker earlier, our mental health is affected. Jerry and Blanca spoke with Dr. Marissa Leslie about maintaining good mental health during the cold months. Dr. Marissa Leslie is the Assistant Medical Director of Psychiatry for Adventist Health Care.

Issue: Managing Election and Post Election Stress

Program: Morning Show with Jerry & Blanca - (11/6/20; 5-10 AM; Duration: 12:25 minutes)

Jerry & Blanca spoke with Dwight Bain about handling post election stress. Dwight Bain helps people manage major change as an author and Nationally Certified Counselor in Orlando where he lives with his wife Sheila, their two children and three cats. Follow him on social @DwightBain.

Issue: Food Insecurity In The DMV During The Pandemic

Program: Home Town Hero on Morning Show with Jerry & Blanca - (10/30/20; 5-10 AM; Duration: 3:33 minutes)

Jerry & Blanca spoke with a local woman from Hyattsville who has made it her full time job to help feed the hungry in her neighborhood. She was nominated the Home Town Hero for making a difference for hundreds of people each week.

Issue: Fall Fitness Ideas During Pandemic

Program: Health Minute on Morning Show with Jerry & Blanca - (10/28/20; 5-10 AM; Duration: 2:12 minutes)

The gyms may be closed due to the pandemic, but there are many things we can do from the safety of our homes to stay healthy and fit even as it's getting colder outside. Jerry & Blanca spoke with Darin Moore, Lead Athletic Trainer with Adventist HealthCare Rehabilitation, about keeping active during the fall season.

Issue: Postpartum Depression

Program: Breakaway with Kevin Krueger - (10/25/20; Weekends 9-11AM; Duration: 14:59 minutes)

Kevin Krueger spoke with Joanne Bryant from Shalaine's Run, Karin Mahoney and Mara Watts from

Postpartum Support. They discussed postpartum depression awareness, what to do if you suspect a loved one is suffering and a virtual run happening this month in honor of Joanne's daughter Shalaine.

Issue: Financial Strain During Pandemic

Program: Breakaway with Kevin Krueger - (10/24/20; Weekends 9-11 AM; Duration: 11:27 minutes)

Kevin Kreuger spoke with Chuck Bentley. He is the CEO of Crown Financial. He spoke about biblical money management during these tough financial times due to the pandemic.

Issue: Breast Cancer Awareness Month

Program: Health Minute on Morning Show with Jerry & Blanca - (10/14/20; 5-10 AM; Duration: 2:18 minutes)

October is Breast Cancer Awareness Month and Dr. Sonya Kella spoke to Jerry and Blanca about the importance of mammograms and self-examinations.

Issue: Homelessness Locally

Program: Home Town Hero on Morning Show with Jerry & Blanca - (10/8/20; 5-10 AM; Duration: 3:40 minutes)

Jerry and Blanca spoke with Ricardo Kingsbury, a local firefighter from DCFD Engine 5 in Georgetown. He is the WGTS 91.9 Hometown Hero for jumping into action when he saw a person in need of shoes. He shared that firefighters have a set of six Core Values that guide their mission, one of them is Compassion. He encourages others to help those in need whenever possible.

Issue: Maintaining Health During Pandemic

Program: Health Minute on Morning Show with Jerry & Blanca - (10/7/20; 5-10 AM; Duration: 1:54 minutes)

Jerry and Blanca spoke with Dr. Avni Jain about the importance of getting your annual wellness exam even during a pandemic.

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Daily News Updates provide important and timely information to listeners pertaining to Coronavirus related issues and various public interest items for those in the community. Below is a sampling.

Morning Show News Updates with Jerry Woods 5-10 AM; 10 minutes each Hour

12/8/20 (Undated) -- Coronavirus vaccinations are underway in the United Kingdom. Around 50 National Health Service hospitals have started vaccinating nursing home workers and people older than 80 who are hospitalized. A grandmother who turns 91 next week got the first shot this morning. Margaret Keenan said it's the best early birthday present she could wish for because she'll be able to spend time with family and friends. (Undated) -- It may soon be possible to protect people against all strains of the flu with just one vaccine. Initial study results show a strong immune response from the universal flu vaccine. One of the study's authors says the annual flu shot could become obsolete if this vaccine makes it through clinical trials.

(Washington, DC) -- A hypothermia alert in Washington, D.C. remains activated. D.C. Human Services activated the alert on Sunday night in response to the frigid December temperatures and wind chill. Folks are being asked to call the Shelter Hotline at 3-1-1 if they see any homeless people on the streets. Another cool day is on tap today with highs in the mid 40s and blustery winds around 10-to-20 miles-per-hour.

(Undated) -- Scammers are calling people pretending to be from Apple or Amazon looking to get personal information. The Federal Trade Commission is warning that the scammers will pretend to have information about suspicious or unauthorized account activity. People are advised to ignore the calls and just hang up.

(New York, NY) -- A scientist and inventor is making the cover of TIME. And she's only 15-years-old. The Colorado student is the magazine's first ever "Kid of the Year." It's her latest accomplishment. Gitanjali Rao was on Forbes' list of "30 Under 30" from 2018. She was also named "America's Top Young Scientist" for creating a device to detect lead in water. The sophomore was up against more than five-thousand nominees

showing "small steps can lead to big change." Rao says she's humbled and honored by the award.

12/3/20 (Los Angeles, CA) -- We're all looking for little things to celebrate this year, and People magazine wants to help by spotlighting people who've made a difference this year. People has named their 2020 "People of the Year" and there are four of them. Dr. Anthony Fauci is named for his ongoing guidance to help us beat the coronavirus. George Clooney is on the list for his work to help end racism by donating half-a-million dollars to aid groups that help minorities. Regina King got the honor for encouraging people to vote. And Selena Gomez is recognized for her Rare Beauty Campaign with the goal of raising 100-million dollars in 10 years to give more people access to the mental health help they need. Each of these four honorees will get their own magazine cover next week.

(Atlanta, GA) -- The best way to keep your family safe is to stay home for Christmas. That's the message from CDC to all of us yesterday. CDC COVID-19 incident manager Henry Walke says with a rising number of cases, hospitalizations, and loss of life we all need to do our part to help "bend the curve." New guidance is suggesting that we all get a coronavirus test before we travel if we have to go somewhere. The CDC made the same request of Americans last week during Thanksgiving and millions of people did listen to the advice.

(Washington, DC) -- At least 100-million people could get coronavirus vaccinations by the end of February. That word from the doctor leading the nation's vaccine program called Operation Warp Speed. He says the U.S. should be able to immunize that amount, and possibly even more. The FDA is expected to sign off on Pfizer's and Moderna's vaccines later this month

(Undated) -- The best way to convince someone to do something is to set a good example. Now three former presidents are working together to encourage all of us to protect ourselves from COVID-19 by getting the vaccine when it becomes available. Former Presidents Barack Obama, George W. Bush, and Bill Clinton have all said they're willing to get vaccinated in public. This started when Obama said in an interview that he'd be willing to take the vaccine on TV to prove it's safe. Meanwhile the doctor in charge of Operation Warp Speed says that 100-million Americans could get vaccinated by the end of February.

(New York, NY) -- We could all use a little Christmas this year, and it's beginning to look more like Christmas. Last night the famous Rockefeller Center Christmas tree was lit up with over 50-thousand lights and a crystal star. Lots of stars like Kelly Clarkson, Megan Trainor, Earth, Wind and Fire, Dolly Parton and Jimmy Fallon all shared their musical talents to celebrate the occasion. Here closer to home the Capitol Hill Christmas Tree was lit on the West Lawn. Members of Congress led that ceremony last night. On Monday night the National Christmas tree behind the White House was lit up.

(Wichita, KS) -- It's Friday night and you don't feel like cooking. You want something easy that you don't have to cook, so you order pizza knowing everyone will be happy. Today we're thinking about the family of Frank Carney. Carney is one of two brothers who started Pizza Hut. Back in Kansas in 1958 the Carney Brothers borrowed \$600-bucks from their mom to open their first restaurant in Topeka. They sold the chain in 1977 for 310-million dollars and it's only continued to grow from there. Frank passed away from pneumonia yesterday at the age of 82.

(Undated) – We all probably remember in school where one person disobeyed the rules and the whole class got punished. This is kind of like that. The last few years the number of emotional support animals on airplanes has been growing. While most of them were good, some people abused the rules and used them as an excuse to bring animals like turkeys, peacocks, and even a pony into the plane's cabin. Now the FAA has passed a rule that says airlines don't have to allow emotional support animals in the cabin. This change won't take effect on service dogs that are specifically trained to help their owners. Airlines can still allow emotional support animals on board, but they can make their own rules to decide which animals can fly.

(Undated) -- If you want to add a puppy to your household, beware there are a lot of people who want to separate you from your money using a puppy scam. The Better Business Bureau says the number of puppy scams is on the rise. Since January over 4,000 people in the U.S. and Canada have gotten caught up in puppy scams. That's more than double the complaints for all of last year. The BBB recommends that you have a video call with the seller and see the puppy before you send any money to make sure everything is legit.

(Undated) -- You can be Santa's favorite elf this year by helping kids across the country. For the first time the United States Postal Service says Santa needs help answering his mail. Operation Santa has been around for

decades but it's the first time it's gone nationwide. You can sign up to adopt a child's letter and send a reply. You can get a child's name and address at usps.com. You're urged to write your letter before December 15th to make sure it arrives on time.

(Undated) -- Just in case you've run out of new shows to stream, Discovery Channel is here to help. They're launching their own streaming service called Discovery Plus starting on January 4th. It will cost \$4.99 a month with ads or \$6.99 without. Many Verizon Wireless users will get to try it for free for a year.

(Undated) -- The basketball lover in your house may be smiling this morning. The Washington Wizards have just traded for nine-time-all-star Russell Westbrook. He'll join the team next season. In return we traded John Wall, who is a native of DC and known for doing a lot of good in our community. The Wizards are the only team that Wall has ever played for until now.

12/2/20 (Washington, DC) -- The Center for Disease Control and Prevention met yesterday and they're sharing with us who will get the coronavirus vaccine first. As expected, health care workers and residents of nursing homes will be the first to get the vaccine. The advisory panel voted on that yesterday. Several companies including Pfizer and Moderna say they're close to having their vaccine ready for the general public. Yesterday, the United Kingdom became the first country to grant approval to the Pfizer vaccine. The FDA is supposed to start reviewing that vaccine for approval next week.

(Undated) – The little owl that the country fell in love with has been set free. Rocky is the tiny owl that was found in the Rockefeller Christmas tree was released back into the wild this week, just in time for the Christmas tree lighting which is tonight. But we'll all remember Rocky. Her picture is now being featured on the tail of a Frontier Airlines plane.

(Montgomery, AL) -- Today is an important day in our country's history. 65-years-ago this week is when Rosa Parks refused to give up her seat on a city bus to a white man. She was honored yesterday with a special memorial at Alabama's Maxwell Air Force Base. She worked at a hotel on base in 1941. Base commander Eries Mentzer spoke at the special ceremony... {Parks1202a_1} Q...for the better 00:12 On December 1, 1955, Parks was in the first row of the black section of a bus in Montgomery, Alabama when the white driver demanded she give up her seat. She refused and was jailed for violating the city's racial segregation laws. Her jailing led to the Montgomery Bus Boycott, organized by a young minister, the Reverend Martin Luther King Junior. The year-long boycott eventually led to the Supreme Court striking down Alabama state and Montgomery city bus segregation laws as being in violation of the Constitution.

(New York, NY) -- All of us owe such a debt of gratitude to our health care community. Now Starbucks has found a way to say thanks. They are offering free tall brewed hot or iced coffee for the entire month of December. They are doing it because they know that health workers are working more than ever because of the surge in coronavirus cases. A Starbucks spokesperson says the company wants to show workers on the front lines how much they're appreciated.

(Columbia, MD) -- Students in a couple local Maryland counties are going to be sticking with distance learning. Howard County announced yesterday that virtual learning will continue through the winter break. Athletic programs are also postponed until the new year. Nearby in Prince George's County students will stay at home until further notice. CEO Dr. Monica Goldson says the county will focus on providing new resources for students.

(Washington, DC) -- You may have run into businesses in the District that don't accept cash. Well, the city wants to change that. The DC council voted unanimously yesterday to require most businesses to take cash. This will get a second vote before it goes to the Mayor's office, and then Congress for their review. If the plan is approved, it would start next year, but a few businesses like parking garages would be excluded.

(Washington, DC) -- School leaders in D.C. would like to hear what's on the mind of their youngest students as well as parents. The D.C. Public Schools learning preference survey is open for students between Pre-Kindergarten and fifth grade. Administrators want to know how they'd like to learn during the final two terms of the school year. The form is available on the D-C-P-S website, and you're being asked to complete it by December 4th.

(Annapolis, MD) -- There's a group of dedicated people who every year jump into the frigid waters of the Chesapeake Bay for the annual Polar Bear Plunge. Well, that event is now going virtual because of COVID-19. This event raises money to support the Special Olympics of Maryland. You can start sending in videos of you

jumping into cold water starting next Tuesday. The fundraising goal this year is three-million dollars. (New Smyrna Beach, FL) -- They are a friendly sight in our neighborhoods everyday, Amazon delivery drivers. But in this case one Florida Amazon driver is a hero and not just for delivering packages. 23-year-old Sean Campbell was making his deliveries in New Smyrna Beach when he heard yelling and saw a house on fire down the street. He broke down the front door and found an elderly man trapped in the kitchen. He brought him outside and reunited the man with his wife. The fire had started in the garage and spread to the main house. When firefighters got there, they were also able to save the family dog.

12/1/20 (Washington, DC) -- We are a step closer to getting the COVID-19 vaccine to the groups at highest risk. The CDC is meeting today to decide who gets the vaccine first. Health and Human Services Secretary Alex Azar says about 40-million doses of the vaccine should be available by the end of the year. Next week the FDA will discuss emergency approval of the Pfizer vaccine. A week later the agency will review Moderna's request for emergency approval. Health leaders say they would like to see a vaccine available to most everyone who wants one by the end of June. Lieutenant General Paul Ostrowski who is the head of Operation Warp Speed says 100-percent of Americans who want the vaccine will be able to get it. Those vaccines can't come soon enough as we set a new record for the number of people in the hospital with over 96-thousand.

(Undated) -- With Black Friday and CyberMonday in the rearview mirror it's time to turn our focus to generosity. Today is "Giving Tuesday". This was started back in 2012 by a community center in New York. The goal is to "unite in a worldwide celebration of generosity." Each year we're encouraged to give to efforts that help make our communities better places to live. And many charities are struggling this year, so Giving Tuesday means more than ever.

(Washington, DC) -- It could soon get tougher to use Metro to get you somewhere. Metro is thinking about some big service changes because not as many people have been riding during the pandemic. General Manager Paul Wiedefeld says the agency is considering cutting trains to once every 30 minutes on every line. They are also considering ending service on weekends and reducing the hours of Metro to 5:00 a.m. to 9:00 p.m. during the week. Nineteen stations could be closed and Metro bus lines cut from 60 to 41 lines. The agency is also talking about laying off employees and freezing pay. No changes would be made before the middle of next year, and you'll be able to share your opinion on the proposed changes.

(Undated) -- Some younger children in Northern Virginia are heading back to school in person for the first time in awhile. I'm sure some parents are breathing a sigh of relief. Thousands of kids between third and fifth grade in Loudoun County go back to school today as part of a hybrid learning plan. They'll be in the classroom two days a week and do two days of distance learning. In Prince William County, 3,000 first graders come back today. For both districts, parents got to choose if they wanted to send their child back to class. Students do have to wear masks and they are socially-distanced from other students.

(Ashburn, VA) -- You'll have to wait a little longer to see the Washington Football Team play again, and of course, it's because of COVID. The next game has been moved to Monday evening. So here's what's going on. The Pittsburgh Steelers were supposed to play the Baltimore Ravens on Thanksgiving night but that game had to be moved because some players and coaches on both teams got sick. Because that game had to be rescheduled, the Washington game had to be rescheduled too.

(Washington, DC) -- You can now see the National Christmas Tree shining brightly on the Ellipse. The lighting happened last night without the usual crowds who were there to watch. The tree is surrounded by 56 smaller trees that represent each state, territory and the District. Because of COVID-19 there wasn't a public tree lighting. You will be able to watch the official tree-lighting ceremony online starting this Thursday at thenationaltree.org.

(Washington, DC) -- A lot of people are struggling to pay their rent and have fallen behind. Now the District has a plan to help everyone. Starting today the District says they'll start taking applications from landlords for a special program. The program pays 80-percent of the back rent that's due, but the landlord has to agree to waive the other 20-percent. Applications will be accepted through December 11th, and you can find out ore at coronavirus.dc.gov/rent.

(Undated) -- If you like to solve big science challenges, NASA wants your help. They are turning to the public for ideas on how to cut through the ice on the moon. It's called the "Break the Ice Lunar Challenge" and there are

two phases. The first phase involves coming up with new ideas and the second phase involves creating the technology to make those ideas work. Oh, and there are big rewards if NASA uses your ideas. NASA will split up 500-thousand dollars in prize money for phase I, and the winner of phase II could get 4.5-million dollars. (Bentonville, AR) -- In a normal year thousands of kids would be sitting on Santa's knee to share how they've been good and their Christmas wish list, but not this year. Malls and other stores have gotten very creative with protective snow globe bubbles, fiber-glass barriers and other methods of social distancing. Sam's Club is taking a different route. They're offering their members free virtual chats with St. Nick from now through December 20th. It's one chat per membership, but you can have as many children as you want in the Zoom session. Parents can even send Santa more information on their child in advance to personalize the visit. You can learn more at mysantasession.com.

11/30/20 (Undated) -- The U.S. is reporting four million new cases of the coronavirus for November, a number that smashes the record of one-point-nine-million set in October. Health experts expect those numbers to continue to rise sharply as millions of Americans travel home from the Thanksgiving holiday. Doctor Anthony Fauci, the nation's leading infectious disease expert, spoke on NBC's Meet the Press Sunday and in part blamed the travel industry for ignoring public health advice. Nearly 270-thousand deaths have been recorded in the U.S since the pandemic began.

(Washington, DC) -- Medical professionals are concerned today because so many people traveled over Thanksgiving putting them at higher risk of COVID-19. Millions of Americans traveled over Thanksgiving. With so many traveling, 33 states are already setting new records as far as the number of people in the hospital. Yesterday we saw 110-thousand new cases of the disease. And this may make you pause before you head to a big store. The mayor of El Paso, Texas shared contact tracing data from two weeks ago. During that week more than half of all coronavirus cases were traced back to people who had been shopping inside a big box store. El Paso has been one of the cities hit this hardest this fall. They've lost over 900 people to the virus.

(Undated) – One company is getting ready to get their COVID-19 vaccine distributed here in the United States. A big shipment of the Pfizer vaccine has landed at Chicago's O'Hare International Airport. The United Airlines flight came from Belgium on Friday. The doses of the vaccine were packed in dry ice to keep them at below freezing temperatures. Pfizer is still waiting for the FDA to officially approve the vaccine before it can be given to people.

(Washington, DC) -- Today's crazy weather is going to make it harder to get a coronavirus test in our area. The only testing sites open today will be at the F Street location from 8:30 a.m. to 11:00 p.m. and at Nationals Park from 2:30 to 7:30 p.m. The changes are because of the heavy rain and winds. City leaders are encouraging residents to get tested by their primary doctor. All testing sites will reopen tomorrow.

(Undated) -- If you're shopping online, you certainly won't be alone today. It's CyberMonday, a day for online shopping deals and the experts say a record number people will be shopping from home because of the pandemic. Tomorrow is also a big deal. It will be Giving Tuesday, a day that encourages us to give back in all sorts of ways to make our communities better places to live.

(Los Angeles) – Some of your favorite Christian artists are nominated for the biggest award in music. The Grammy Award nominations were recently released. In the Best Contemporary Christian Music Song Category Kari Jobe and Cody Carnes were nominated for "The Blessing". Other nominees include "Sunday Morning" from Lecrae, "Holy Water" from We the Kingdom, "Famous For" from Tauren Wells and Jenn Johnson and "There Was Jesus" from Zach Williams and Dolly Parton.

(Osaka) -- If you've always been a fan of Nintendo, it's coming to life. A Super Nintendo theme park is opening up in February, but you'll have to go to Japan to check it out. Universal Studios Japan has announced that Super Nintendo World will open on February 4th in Osaka. One of the main attractions of Super Nintendo World will be the Mario Kart roller coaster. Riders on the rollercoaster will get to wear augmented reality headsets shaped like Mario's red hat. There will also be a Donkey Kong section in the new park.

(Columbia, MO) -- You may have caught history being made if you watched college football over the weekend. Sarah Fuller from Vanderbilt University kicked off to start the second half of the game against Missouri on Saturday becoming the first woman to play in a college football game in one of the Power Five conferences. She is a women's soccer goalie, but recently joined the football team after COVID-19 sidelined several of the team's

specialists.

(Undated) – How long you live can be affected in a big way by how optimistic you are. A new study from CNN found that people with the highest levels of optimism live the longest. The highest-scoring optimists also had the greatest odds of living to age 85 or beyond. Optimism doesn't mean ignoring life's stressors, but rather when bad things happen, optimistic people are more likely to see the obstacle as temporary or even positive. They also believe they have control over their future and can create opportunities for good things to happen in the future. The study also found women with the highest levels of optimism had 1.5 greater odds of living to 85 or beyond, compared to those with the lowest levels of optimism. Highly optimistic men had 1.7 greater odds of living to that age over the more pessimistic.

11/24/20 (Undated) -- Coronavirus cases are going up a lot, and two specific groups have high numbers. Nursing homes have seen cases go up over 110 percent between mid-September and early November according to Johns Hopkins University. Cases of COVID in nursing homes account for four out of 10 deaths in our country. The other group that's concerning is children. The American Academy of Pediatrics says the over 144-thousand children got the virus last week. That's up 30 percent over the past two weeks. Overall we've had over 12-million cases nationwide and over 257-thousand deaths.

(Richmond, VA) -- Most people in our area are following the health advice to stay home for Thanksgiving. Triple A says that 84-percent of Virginians, and 90-percent of Marylanders will spend Thanksgiving with just their immediate families. Eighty-five percent of DC residents are also staying home. Triple A advises if you have to travel to pack all the necessities so you can stop as little as possible.

(Washington, DC) -- D.C. Mayor Muriel Bowser and her staff are putting more plans in place to try to stop the spread of COVID-19. They've stopped the entertainment pilot program that allowed venues to host small groups of people. The mayor is also encouraging non-essential and non-retail employees to work from home if they can.

(Ellicott City, MD) -- Maryland Governor Larry Hogan is getting serious about controlling large gatherings at Thanksgiving. Yesterday he announced that the state has put together teams in every county to hep monitor businesses and restaurants to make sure they're following the rules on mask-wearing, controlling crowds and social distancing. These compliance units will be led by the Maryland State Police. In addition a phone line has been set up for people to report violations. That number is 833-979-22-66.

(Louisville, KY) -- There are lots of things you can do to be more healthy over Thanksgiving. University of Louisville dietician Nicole McGloshen says it's okay to eat all the traditional Thanksgiving food, just don't overdo it. She says fill your plate with all your favorites, but avoid seconds. She also recommends wearing your mask all the time, even around family. She says arrange seating with extra space between everyone. If you have a buffet, she says to choose one or two people to serve all of the food.

(Undated) -- If you watched last night's Monday Night Football game, you got to see history being made. This was the first time that the NFL has ever had an all Black officiating crew. Referee Jerome Boger headed up the seven-man crew working the matchup between the Tampa Bay Buccaneers and the Los Angeles Rams. He was joined on the field by umpire Barry Anderson, down judge Julian Mapp, line judge Carl Johnson, field judge Dale Shaw, side judge Anthony Jeffries, and back judge Greg Steed. The first Black player in the NFL, Kenny Washington played for the LA Rams back in 1946, so this was a celebration of progress that we've made.

11/23/20 (Oxford, UK) -- We are now on the verge of having a third COVID-19 vaccine. The drugmaker AstraZeneca and University of Oxford are in late-stage trials of their vaccine. Researchers say the new vaccine kept 70 percent of people from getting the virus. After a second dose recipients were about 90-percent protected. Last week drug makers Pfizer and Moderna both said preliminary test results show their vaccines are around 95-percent effective. All of the vaccines need two doses.

(Undated) -- Most people may be watching the inauguration online or on TV even here in the DMV. President-elect Joe Biden's chief of staff Ron Klain says the goal is to honor the traditions of the inauguration, while not spreading the virus. He says much like the Democratic Convention in August things will be scaled down and much of it will be virtual.

(Richmond, VA) -- Help is on the way if you live in Virginia and you're struggling to pay your utility bills. The

state has extended the eviction moratorium until the end of the year. Utility companies can't disconnect your services and you can't be evicted from your home. Virginia is also moving 12-million-dollars to the rent and mortgage relief fund. Still the state is encouraging everyone to pay their bills on time if they can.

(Richmond, VA) -- Last week the CDC begged all of us not to travel for Thanksgiving. Now the state of Virginia is doing the same. The health department is saying please stay home. They recommend having a small dinner with immediate family, shopping online, and watching sporting events at home are also among some of the things people should do. The department also says that if the weather is nice, outdoor gatherings are safer than having people in your house. There are more suggestions on the Virginia Department of Health's website.

(Undated) -- FedEx is warning us not to fall for a new scam that tries to trick us into opening a text or an email about the status of a delivery. People across the country are receiving texts and emails that appear to be from FedEx alerting them to a package. The messages contain a "tracking code" and a link to set "delivery preferences." According to HowToGeek.com, the link sends people to a fake Amazon satisfaction survey. After answering some questions, you are asked for a credit card number to claim a free product.

11/20/20 (Undated) -- As we set another record for most coronavirus cases in a day, CDC officials are telling Americans everywhere to stay home this Thanksgiving. The COVID Tracking Project says close to 183-thousand people tested positive with the virus yesterday. That's the 16th straight day of over 100-thousand new cases. We also set new records for most people tested and the most people in the hospital. Dr. Henry Walke from the CDC says the agency is trying to keep people from getting COVID-19 at traditional family gatherings. The governors of several states including Maryland, California, and Illinois have urged people to avoid all non-essential travel as cases continue to rise. (Undated) -- You can start your retail therapy early this year online. Amazon is starting their Black Friday Week deals today. Amazon says they're working to boost small business with deals from smaller companies. Amazon is also extending their return window. Most items purchased before December 31st can be returned for free until January 31st.

(Washington, DC) – You won't be able to head to many of our downtown museums for the foreseeable future. Yesterday the Smithsonian Institution announced that they're shutting down all their museums because of the coronavirus. All the museums and the zoo will close starting Monday, November 23rd. The Holocaust Museum will also close on Monday. No reopening dates have been set.

(Richmond, VA) -- Standardized tests already cause a lot of stress for students, but that stress may be higher during the pandemic. Virginia education leaders are trying to relieve some of that stress. The state Board of Education just signed off on waiving the normally required tests history and writing Standards of Learning for elementary and middle school students this year. Virginia is working to modify end of year testing because of how education is set up right now.

(Undated) – Here's some of the best news we've heard this week. Divorce in America is hitting record lows. New research based on data from the National Center of Health Statistics at the CDC, the census and several other reputable studies found in 2019 that the divorce rate fell to just under 15 divorces for every 1,000 marriages. That's the lowest divorce rate in our country in over 50 years. Now there's a rumor going on that more people are getting divorced during the pandemic. Here's the facts. Back in March when the pandemic started the signs were pointed that divorce might go up because of stress related to being stuck at home. But as the pandemic progressed that's not what happened. In fact, close to 6 out of 10 Americans say the pandemic has made them appreciate their spouse even more, and their commitment to their marriage has deepened.

(Washington, DC) – Next year you'll have to wait longer to catch a Metro train. Metro leaders have had to slash their budget by millions of dollars because of low ridership during the pandemic. Starting in February you'll see fewer trains during rush hour and on weekends. Bus service will not be cut. In fact, Metro plans to add buses to 20 of its most popular routes.

(Undated) -- We've all heard that we need stronger passwords, but many of us aren't listening. Password management company Nordpass is out with their yearly list of worst passwords. In the number one spot is 1-2-3-4-5-6, with more than two-and-a-half million users. In second place is 1-2-3-4-5-6-7-8-9 with nearly one million users. There are only two passwords in the top ten that take more than a second to crack. One of those is picture1, which takes three hours to expose. The other is senha, Portuguese for password, takes ten seconds to crack. Password itself also made the list, along with 1-1-1-1-1-1.

(College Park, MD) -- If you or someone you love likes college football, they'll have a lot fewer choices on what to watch this weekend. Over a dozen games have been canceled across the country because of coronavirus, and one of those games is right here in the DMV. The University of Maryland was supposed to play Michigan State tomorrow, but it's been cancelled after 15 students and seven staff members have come down with the virus. Head Coach Michael Locksley is one of the staff members who has COVID. He says he's gutted for the teams and fans but has no doubt they will emerge as a stronger unit for dealing with it. The coach says he's feeling minor symptoms right now, and everyone who is infected is in isolation right now.

11/13/20 (Undated) -- Another day and another reminder that we still need to be diligent in following rules to stop the spread of coronavirus as once again we set the one day record for new infections. Nationwide we had over 150-thousand new cases on Thursday. The COVID Tracking Project says over 67-thousand people are in the hospital right now because of the virus.

(Washington D.C.) -- It might not be the best weekend to head into downtown DC to talk on the mall. There are thousands of demonstrators headed to DC for protests on both sides regarding the election. District leaders are concerned these big crowds could be a problem because of the coronavirus. They're urging anyone who attends to wear a mask and to practice social distancing.

(Undated) -- If you voted last week, you helped our country break the all time voting record. Over 152-million ballots have been counted so far. Experts predict that number will hit 158-million by the time all the counting is done. The old record was back in 1960 when President John F. Kennedy narrowly defeated Richard Nixon.

(Maryland) -- All over the country people are facing new coronavirus rules as the virus surges, and we're no exception in our area. Both Prince George's and Anne Arundel Counties announced new rules yesterday that limit indoor gatherings to 10 people and outdoor gatherings to 25. Prince George's County has even gone a step further making masks mandatory even when you're outdoors, except if you're exercising hard. It could be tougher though. The mayor of Chicago just announced that he's locking his city down again starting on Monday. Leaders across the country are urging people to stay home and not travel for Thanksgiving.

(Prince George's County, MD) --More money is coming to the state of Maryland to help you stay safe during the pandemic. Governor Larry Hogan just announced the state has gotten 70-million dollars from the federal government to fight the virus. Twenty-million of that will go towards creating a stockpile of protective gear as cases increase.

(Montgomery County, MD) -- If you have a student in Montgomery County, that school district is out with their tentative plan to get your student back to in person classes. Right now the plan is to have students return in January of next year. The school district says they will send out a survey to parents to get their opinion about sending children back to the classroom. As with all things right now, the district points out that things could still change.

(Bethesda, MD) -- Tens of thousands of Maryland residents are facing utility shutoffs this weekend as the state's moratorium ends Sunday. The initial moratorium on utility shut offs was put in place early in the pandemic and then extended two months ago. That extension is expiring on the 15th, with no plan for another extension just yet. Representatives for Pepco utility company say official shutoff notices will be sent, but disconnection of service will not take place until January.