October 1, 2012

Quarterly Problems and Needs List WLPR AM, Prichard - Mobile, Alabama Goforth Media, Inc.

Goforth Media, Inc., licensee of radio station WLPR AM in Prichard, AL has found the following problems and needs of particular concern to members of our listening area:

- 1. Eating Local
- 2. Army National Guard Support
- 3. BAE Systems Needs More Employees
- 4. Mobile County Passes Budget
- 5. Questions of Money
- 6. Alabama Broadcasters Association "Foreclosure"
- 7. Expansion To Bring Hundreds of Jobs To Washington County
- 8. Questions of Health
- 9. Weather and community Events

Title: Consumer Reports Date: Wednesday, July 4th, 2012 Time: 7:20 AM & 1:20 PM Duration: 1 minute and 30 seconds Problem # 1: *Eating Local*

It seems as if everyone these days is talking about eating food grown locally. The number of farmers markets in the U.S. is up over fifty percent since 2008. But does eating this way automatically mean you're eating healthier?

There's no doubt fresh food tends to have more nutrients than food picked days or weeks ago so it makes sense that buying food from nearby farms is a healthy move. Many who shop at farmers markets think the food is of higher quality and tastes better. More than eighty percent of shoppers surveyed at a farmers market in Brownsville, Texas recently said the produce was better than what they found at other places. As a result, most said they ate more fruits and veggies.

Local is not the same as organic. But some vendors might have organic certification and others might follow organic practices such as minimizing the use of chemical fertilizers or pesticides.

While the jury is still out on the specific health benefits of eating locally produced food, there's no question that choosing a bounty of fresh unprocessed food is better for you than -- say -- grabbing a prepared meal high in sodium and fat from the freezer aisle of a supermarket.

And everyone can benefit from eating more fruits and veggies the cornerstone of most farmers markets. If you don't have a market nearby or a "local food section" at your grocery store, consider joining a community-supported agricultural program. Title: Real Life

Date: July 1st, 2012 – September 30th, 2012 Time: Affidavit Attached Duration: 30 Seconds Problem # 2: *Army National Guard Support*

The demand for Army National Guard support here at home remains high. The hours of service Guard members have spent performing rescue and recovery and other duties increased by almost 60% in 2008. This year, the Alabama Army National Guard will help our communities deal with floods, fires, hurricanes, tornadoes and other emergency situations.

No one serves our hometowns like the men and women of the Alabama Army National Guard.

This year, the National Guard is launching Real Life, a new campaign consisting of five radio spots. They are inspired by and speak directly to today's media savvy youth. Four of the spots highlight the National Guard's domestic mission as well as the benefits and experience that come with being a Citizen-Soldier. The fifth spot is directed at parents, teachers and counselors and addresses some of the concerns these influencers typically have. Title: WKRG TV-5 News

Date: Tuesday, September 25th, 2012

Time: 9:40 AM

Duration: 1 Minute

Problem # 3: BAE Systems Needs More Employees

BAE Systems is looking to hire more than 1,000 people by next December. The shipbuilding company in Mobile hopes to find some of those new employees at a job fair later this week.

The list of positions includes:

Pipe Fitters, Pipe Welders, Structural Welders, Ship Fitters, Outside Machinists, Loftspersons, Marine Electricians, Crane Operators, Test and Trials, Naval Architect, Accuracy Control, Safety Technician, Competent Persons, and Financial Analyst.

If you are qualified for any of these positions, BAE Systems wants to hear from you. The job fair is scheduled for this Thursday, September 27, from Noon until 7pm.

BAE Systems is at 660 Dunlap Drive on Pinto Island.

You can apply online at www.BAESystems.jobs or call 251-405-1387. Title: *WKRG-TV5 NEWS* Date: Wednesday, September 26th, 2012 Time: 9:40 AM Duration: 1 Minute Problem # 4: *Mobile County Passes Budget*

The Mobile County Commission today approved a \$187.6 million budget for the 2013 fiscal year that represents an increase of almost 1.8 percent over 2012 revenues, or almost \$3.3 million more. Mobile County Commission general fund revenues for fiscal 2013 are about \$121 million, an increase of .81% over fiscal 2012.

Budgeted expenditures for fiscal 2013 are \$168.5 million. This is about \$2.6 million or almost 1.6 percent more than budgeted expenditures for fiscal 2012. Budgeted expenditures for the Mobile County Commission General fund are \$118.9 million. This is an increase of almost \$1.6 million or 1.3% above budgeted general fund expenditures for fiscal 2012. Title: *Consumer Reports* Date: Friday, August 3rd, 2012 Time: 7:20 AM & 1:20 PM Duration: 1 Minute 30 Seconds Problem # 5: Questions of Money

Several years go someone tried to use your personal information to get a credit card. This year, someone filed a tax return under your name. How can you protect yourself from further fraud?

If you haven't done so already, file an I-R-S identity-theft affidavit. Next, report the situation to the social security administration. To make it tougher for someone to open new accounts in your name, immediately put a freeze and fraud alert on your credit report at all three major credit bureaus. Also, notify your health insurer to prevent theft of your medical insurance benefits.

To make sure these steps have paid off, closely monitor your bank and credit-card accounts and regularly check your free annual credit reports.

You have a twenty-five-dollar series E war bond purchased in 1942 redeemable for about ninety-eight dollars today. You're wondering "Does it have greater value as a collectible?"

Probably not. Most World War Two bonds are worth about one to two times their face value as collectibles - compared with about four times their face value if redeemed. There are a few exceptions that might be worth more, including bonds purchased on certain dates such as D-day, the days the atomic bombs were dropped or on the one-year anniversary of Pearl Harbor. But even then, their collectible and redemption values are probably about the same depending on the condition of the bonds. Title: *Foreclosure* Date: July 1st, 2012 – September 30th, 2012

Time: Affidavit Attached

Duration: 30 Seconds

Problem # 6: Current Housing and Economic Crisis - "Foreclosure"

The Alabama State Bar Association has developed a program to assist Alabama homeowners facing foreclosure during the current housing/economic crisis. The campaign is called "Foreclosure." The thirty second radio spot directs listeners to a number (800-393-2333) and website where they can get free legal advice from Alabama State Bar members about home foreclosure. Title: *WKRG-TV5 NEWS* Date: Wednesday, September 12th, 2012 Time: 9:40 AM Duration: 1 Minute Problem # 7: *Expansion To Bring Hundred of Jobs To Washington County*

Hundreds of jobs are headed to a small community in Washington County.

Huntsman Advanced Materials says they need to expand their operations in Mcintosh. That will mean an extra 225 full time and contractor positions.

The plant produces resin used in aerospace parts, as wells as oil and gas exploration. It's all good news for officials in Washington County.

"That means there are certain industries out there that they see is beginning to pick up. Oil and gas and also the aerospace industry," said Austin Monk of the Washington County Economic Development Alliance.

Currently 200 employees work at the Mcintosh plant.

Title: *Consumer Reports* Date: Friday, July 20th, 2012 Time: 7:20 AM & 1:20 PM Duration: 1 Minute 30 Seconds Problem # 8: *Questions of Health*

You're a big-time coffee drinker and are wondering "Does instant coffee have the same health benefits as brewed?"

It appears to. Both instant coffee, which is real brewed coffee that's been dehydrated, and regular coffee contain healthful antioxidant compounds called poly-phenols. They also have magnesium, potassium, the b-vitamin niacin, and even a bit of fiber.

Some studies have found drinking either kind of coffee might reduce the risk of Type-2 diabetes by helping to regulate blood sugar. Other research has linked it to a lower risk of Alzheimer's disease, colon cancer and Parkinson's disease.

Instant java also shares the brewed version's relatively high caffeine content, about 100 milligrams per 8-ounce cup on average.

You take a Statin and know you shouldn't eat grapefruit. Should you also give up your beloved pomelos?

Maybe, or at least curb your intake. Several types of citrus fruit, including grapefruit, Seville oranges and the Pomelo - a predecessor of the grapefruit, alter the way the body processes certain drugs including cholesterol medications such as lipitor and its generic version. Mixing those fruits with a Statin increases the drug's absorption in the body which, in theory, could increase side effects such as muscle or liver problems.

The F-D-A advises people taking Statins should avoid those fruits and their juices, or limit consumption to moderate amounts. Title: Weather & Community Events

Date: Daily

Time: Randomly and Frequently

Duration: 30 seconds

WLPR-AM airs local weather and Community Events for our listening area all throughout the day.