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3RD QUARTER

REPORT

2023

6:30AM HRP#1

7:00AM HRP#2

Hampton Roads Perspectives

Public Affairs Program Summary Sheet

Program Category: Community

Program Title: Enjewel

Date: July 2nd

Source: Sales

Host: Natalia Ilchyshyn

Guests and titles: Naomi V. Estaris

Founder and President

Summary of Discussion: It is a non profit organization to try and stop human trafficking in the US and overseas. We discussed how COVID impacted human trafficking (it actually increased), what signs to look out for if you think a child or adult is being trafficked. We also discussed what they do for survivors to help them get back on their feet and away from their abusers. They are also teaming up with the Girl Scouts to educate young women. They are always looking for donations and businesses to team up with them.

Hampton Roads Perspectives

Public Affairs Program Summary Sheet

Program Category: Community

Program Title: The Atlantic Wildfowl Heritage Museum

Date: July 2nd

Source: Sales

Host: Natalia Ilchyshyn

Guests and titles: Lynn Hightower, President of the Wildfowl Heritage Museum

Summary of Discussion: Back in 1974, a group of local carvers formed the Back Bay Wildfowl Guild hoping to showcase the wildfowl art, carvings, artifacts, and photographs of our area. The City of Virginia Beach purchased the historic de Witt Cottage in 1992. The guild and the Virginia Beach Foundation converted the 100 year old cottage into a waterfowl museum, gift shop, and home for the Guild. Their mission is to educate, preserve, hold events and are always looking for volunteers and donations. They are always looking to partner with businesses as well.

Public Affairs Program Summary Sheet

Program Category: Community Development

Program Title: Revive Community of Virginia

Date: July 9, 2023

Source: Pre-recorded interview

Host: Dale Murray

Guests and titles: Shaquille Jordan, Strategic Communications Coordinator and Jessenia Shontay Sumler, Reach Coordinator

Summary of Discussion: Revive Community Virginia is a grassroots effort focused on cultivating a self-supporting community through collaboration, access and care and collaboration. Our guests and I discussed services provided, qualifications to receive help and promoted upcoming events and initiatives.

Public Affairs Program Summary Sheet

Program Category: Community Development

Program Title: LISC Hampton Roads

Date: July 9, 2023

Source: Pre-recorded interview

Host: Dale Murray

Guests and titles: Jay Grant, Executive Director

Summary of Discussion: LISC of Hampton Roads is a community development finance institution that focuses on building strong communities through several initiatives. Jay Grant and I discussed an overview of the program, its service area and the organizations grant opportunities.

Hampton Roads Perspectives

Public Affairs Program Summary Sheet

Program Category: Community Affairs

Program Title: Hampton Roads Perspectives

Date: July 16th, 2023

Source: myself

Host: Devin

Guests and titles: Khia Moon Smith – Founder & Executive

Director for Iconic USA, and Executive Director of Mrs. USA Earth

Summary of Discussion:

- What is so special about Mrs. USA Earth?
- Mrs. USA Earth has its own nonprofit called ICONIC USA - could you tell us a little about that?
- What makes ICONIC USA so special?
- What role does Mrs. USA Earth have with regard to ICONIC USA?
- What are things that the average person can do to reduce their carbon footprint/environmental impact?
- What are some things you have implemented in your own life to be more environmentally friendly?
- Why do you think it's important to teach others about environmental advocacy?
- What does ICONIC have in the works for this year?

- Tell us about the upcoming ICON Awards & Charity Gala
- How does someone become eligible for an ICON Award nomination?
- What are the different ways that the community can support ICONIC USA?
- How can listeners learn more about Mrs. USA Earth and ICONIC USA?
- How can listeners find these organizations on social media?

Hampton Roads Perspectives Public Affairs Program Summary Sheet

Program Category: Community Affairs

Program Title: Hampton Roads Perspectives

Date: July 16th, 2023

Source: myself

Host: Devin

Guests and titles: Will Driscoll, Executive Director for Virginia Sports Hall of Fame

Summary of Discussion:

1. Can you give us some brief history about the Virginia Sports Hall of Fame?
2. You recently hosted your 50th Induction with a stellar class of inductees. Who was in the class and what type of events did you host for Induction Weekend?
3. How does someone get nominated and ultimately selected for Hall of Fame Induction?
4. What is the mission of the Hall of Fame?
5. What are your Core Values?
6. You mentioned "Recognition" as one of your core values, what goes into that?
7. The Hall of Fame has always made its home here in Hampton Roads, are there plans to do more outreach and engagement in

other parts of the state?

8. The second Core Value you mentioned is "Impact". Can you explain how the Hall of Fame using sports as platform for good?

Student-Athlete Achievement Awards

9. What are the Student Athlete Achievement Awards, and who is eligible to apply or be nominated?

10. What is the application process? And what are some of the requirements for being chosen as a VA Sports Hall of Fame Student Athlete?

11. When is the timeframe of the application process open?

12. How many student athletes are chosen to receive the awards?

13. The Hall has also created a sports and mental health platform with the Children's Hospital of the Kings Daughters, can you discuss the work you are doing on that topic?

14. Who can participate in the Youth Sports Mental Health & Wellness Alliance?

15. What is the Alliance's focus in 2023?

16. Are there other community initiatives the Hall of Fame would like to create?

17. You mentioned Integrity in your Core Values, can you explain how that plays a role at the Hall?

18. As a non-profit, how does the Hall generate revenue?

19. How can individuals support the Virginia Sports Hall of Fame?

20. How can businesses partner with the Virginia Sports Hall of Fame?

21. What makes the Virginia Sports Hall of Fame unique?
22. How can people get more information regarding what you do?

Hampton Roads Perspectives Public Affairs Program Summary Sheet

Program Category: Community Affairs

Program Title: AMERICAN FOUNDATION SUICIDE PREVENTION

Date: July 23, 2023

Source: Programming

Host: Mary Kathryn Wood

Guests and titles: Markita Madsen from The American Foundation for Suicide Prevention

Summary of Discussion: Markit Madsen was a guest on the program to discuss the impacts of preventing suicide in Hampton Roads thru walks, talks and community outreach. The American Foundation for Suicide Prevention is dedicated to saving lives and bringing hope to those affected by suicide. AFSP creates a culture that's smart about mental health through education and community programs, develops suicide prevention through research and advocacy, and provides support for those affected by suicide.

Hampton Roads Perspectives Public Affairs Program Summary Sheet

Program Category: Community Affairs

Program Title: LIFT FITNESS FOUNDATION

Date: July 23, 2023

Source: Programming

Host: Mary Kathryn Wood

Guests and titles: Jim White Jim White Fitness and the The LIFT Foundation

Summary of Discussion: Jim White was a guest on the show to discuss his non-profit The LIFT Foundation. Jim has been impacting the lives of Hampton Roads residents for over 20 years, but has since shifted to helping those in the homeless community in the 757. While teaching a boot camp at the Virginia Beach oceanfront, Jim said he was struck by the sight of homeless individuals sleeping on the benches, living in despair and their inactivity. He felt the need to do something and wondered why not start a program that incorporates nutrition education, exercise and motivation to help people in need get back on their feet. Knowing the power fitness and health has on one's life and how a little motivation can help change anyone's life, the LIFT program was born!

Hampton Roads Perspectives Public Affairs Program Summary Sheet

Program Category: Community

Program Title: American Heart Association

Date: July 30th

Source: Email

Host: Natalia Ilchyshyn

Guests and titles: **Davis-Hagens** Chair Head

Summary of Discussion: Hampton Roads Heart Walk is coming up in November. There is one weekend for the Peninsula and the following weekend is for the southside. You help fund lifesaving science. Science that can create an artificial heart valve. Prevent a stroke. Put scientific advances into doctors' hands. Correct heart defects in newborn babies. And someday, find a cure for high blood pressure. Science that can teach us all how to live longer and healthier.

Hampton Roads Perspectives

Public Affairs Program Summary Sheet

Program Category: Community

Program Title: Tidewater Ukrainian Cultural Association

Date: July 30th

Source: Email

Host: Natalia Ilchyshyn

Guests and titles: **President:** Anna Makhorkina

Summary of Discussion: They were holding a fundraiser at Ballyhoos on Aug. 26th. They are inviting the Ukrainian Community and the entire Hampton Roads Community and beyond to celebrate Ukrainian Independence Day Ukrainian-style: Come and taste the Ukrainian-influenced buffet, listen to live music, participate in games, raffles, and other family-friendly activities. Live music, Ukrainian crafts. Proceeds from ticket sales go towards relief efforts/war victims in Ukraine.

Public Affairs Program Summary Sheet

Program Category: Community Support

Program Title: Building Resilience in Communities

Date: Aug 6, 2023

Source: Pre-recorded interview

Host: Dale Murray

Guests and titles: Quniana Futrell, Executive Dir. And
Portsmouth School Board member.

Summary of Discussion: Quniana Futrell's nonprofit Building Resilience in Communities supports children and families with incarcerated parents or guardians. She also coaches people and groups as they confront and overcome deep-rooted family wounds through the "Trauma Ain't Normal" program. She shared what it was like having a mother who was incarcerated and what advice she would give a child whose parent was in the penal system. We also promoted her annual toy drive, her business seminar for women, and her "Trauma Ain't Normal" intuitive.

Public Affairs Program Summary Sheet

Program Category: Community Violence

Program Title: Give Back 2 Da Block

Date: Aug 6, 2023

Source: Pre-recorded interview

Host: Dale Murray

Guests and titles: Darrell Redman, CEO and founder

Summary of Discussion: Give Back 2 Da Block is a non-profit serving youth and adults in under-served communities, particularly those plagued by community violence. The goal is to provide them with resources, opportunities, positive outlets and support services to foster pro social behavior to deter delinquent acts. We talked about his organization's violence awareness marches/rallies, clothing drives and after school programs/mentoring.

Hampton Roads Perspectives

Public Affairs Program Summary Sheet

Program Category: Community Affairs

Program Title: Hampton Roads Perspectives

Date: August 13th, 2023

Source: Lather

Host: Devin

Guests and titles: Charles Stamper - Operations Manager for SSG Fox Suicide Prevention Grant Program

Summary of Discussion:

- Can you briefly introduce yourself and your background?
- What inspired you to pursue your current profession?
- What is the Staff Sergeant Parker Gordon Fox Suicide Prevention Grant Program?
- What does your program offer to prevent Veteran suicide?
- When you say "Veterans" are you just talking about Active-Duty Military?
- Vets, especially Active Duty don't always stay in one location. What is your program's service area?
- What are the key qualities or skills needed to best help a Veteran in a mental health crisis?
- What are some of the trends your team sees that contribute to Veterans experiencing a mental health crisis?

- Can you share any lessons you have learned from failure or mistakes?
- What are some common misconceptions about your suicide?
- Can you share any success stories or testimonials from Veterans your team has helped?
- What is the most exciting project you're currently working on?
- What's something major you want participants to take away from that event?
- Can you share any interesting trends or developments when it comes to helping Veterans in a mental health crisis?
- Can you share any unique or unconventional approaches your SSG Fox team does to help a Veteran?
- Can you share any advice for aspiring professionals in your field?
- Can you share any advice for our Veteran listeners when it comes to their mental health or to their family members?

Hampton Roads Perspectives Public Affairs Program Summary Sheet

Program Category: Community Affairs

Program Title: Hampton Roads Perspectives

Date: August 13th, 2023

Source: RVG

Host: Devin

Guests and titles: Brenda Cobb - President and Founder of the Lorraine Bethea Hospice Foundation, and Joe Flanagan - Board Member

Summary of Discussion:

1. Who was Lorraine Bethea?
2. How long did Brenda Cobb work with Lorraine and how well did Brenda know her?
3. When and how did Lorraine Bethea pass away?
4. What gave Brenda Cobb the idea of starting a Hospice Foundation in Lorraine's name?
5. When was the Foundation formed?
6. Who did Brenda get to serve on the board?
7. How did Joe Flanagan get involved?
8. Who are some of the other members of the board?
9. Tell us what the mission of the Lorraine Bethea Hospice Foundation is all about?

10. Why a HOSPICE foundation?
11. How many years have you been active?
12. Tell us about some of the random acts of intentional kindness your group has performed?
13. There have been some special dinners you have provided? Talk about that.
14. The patient who requested a return trip to see the horses at EquiKids where he volunteered was emotional. Joe, you said especially so for you as you read this story at one of the Gala's?
15. Tell us about the helicopter ride for one patient?
16. You are having another Gala in October at the Holiday Inn Oceanfront at 39th St?
17. How can people get involved?
18. Does Hospice mean end of life?
19. How can people request help from your Lorraine Bethea Foundation?
20. What does it mean to Joe and to Brenda to work with this Foundation?

Hampton Roads Perspectives Public Affairs Program Summary Sheet

Program Category: Community Affairs

Program Title: BRA-HA-HA

Date: August 20 2023

Source: Programming

Host: Mary Kathryn Wood

Guests and titles: Meg Shrader Breath Health Nurse Navigator at Chesapeake Regional Healthcare

Summary of Discussion: Meg Shrader RN was a guest on the show to discuss breast health and the upcoming annual Bra Ha Ha event. The Bra-ha-ha is a one-of-a-kind fundraising experience that celebrates survivorship and artistry – and serves as a fun tribute to those affected by breast cancer. The Bra-ha-ha encompasses a series of occasions, including the Awards Show and Auction, a week-long bra art exhibition, third-party philanthropy events and more, all with the aim to raise funds to improve breast health and breast cancer detection rates in the area's uninsured and underinsured population.

Hampton Roads Perspectives Public Affairs Program Summary Sheet

Program Category: Community Affairs

Program Title: THE HURRAH PLAYERS

Date: August 20 2023

Source: Programming

Host: Mary Kathryn Wood

Guests and titles: Hugh Copeland Director of The Hurrah Players

Summary of Discussion: Hugh was back yet again for another exciting HRP to discuss all things musical and fun! The Hurrah Players are Virginia's Leading Family Theatre company and are back again for their 39th season. Hugh discussed the upcoming shows, how to get your child involved in the arts and the benefits of exploring your artistic side at a young age. He also discussed fundraising opportunities, how the community can support the arts and the upcoming move to a new building that will house a TV station and a radio station.

Hampton Roads Perspectives

Public Affairs Program Summary Sheet

Program Category: Community

Program Title: Pine Cone Run 2023

Date: Aug. 27 2023

Source: Email

Host: Natalia Ilchyshyn

Guests and titles: Amiee Darby, President and Founder

Summary of Discussion: The Eliza Hope Foundation is holding its annual Pine Cone Walk/Run on Sept. 10th at Mt. Trashmore. The Eliza Hope Foundation is a non-profit organization that helps families that have children that are autistic. They have various therapies and programs to help kids with autism. Their dedicated therapists offer specialized services, interventions and a therapeutic environment that includes the necessary equipment, structures and support. The walk/run will raise funds to help the foundation. They are also looking for volunteers to help at the walk/run.

Hampton Roads Perspectives

Public Affairs Program Summary Sheet

Program Category: Community

Program Title: American Foundation of Suicide Prevention

Date: Aug. 27 2023

Source: Email

Host: Natalia Ilchyshyn

Guests and titles: Kristen Goughnour (Walk Chair)

Summary of Discussion: The Walk Out of The Darkness is happening September 9th at Mt. Trashmore. If your family or you have been directly impacted by suicide, this walk is for you. The Out of the Darkness Community Walk is a journey of remembrance, hope, and support. It unites our communities and provides an opportunity to acknowledge the ways in which suicide and mental health conditions have affected our lives and the lives of those we love and care about. They have many resources for those struggling with mental health issues.

Public Affairs Program Summary Sheet

Program Category: Sickle Cell Awareness

Program Title: Sickle Cell Warriors

Date: Sep 3, 2023

Source: Pre-recorded interview

Host: Dale Murray

Guests and titles: Ayanna Johnson, Miss VA Outstanding Teen

Summary of Discussion: September is Sickle Cell Awareness Month. My guest, Ayanna Johnson, was the teen ambassador for the Sickle Cell Disease Ass of America and was most recently crowned Miss Virginia's Outstanding Teen 2002. We talked about how she used her platform and voice advocating for sickle cell disease. We also talked about her Sickle Cell Warrior initiative and her conversation with President Biden and legislators about affordable medication.

Public Affairs Program Summary Sheet

Program Category: National Literacy Month/School Supply Drive

Program Title: Reading & Succeeding with Theresa Brown

Date: Sep 3, 2023

Source: Pre-recorded interview

Host: Dale Murray

Guests and titles: Theresa Brown of 95.7 RNB, Reading & Succeeding

Summary of Discussion: It's a new school year and some families are struggling to make ends meet because of the soaring cost of back-to-school supplies. Theresa Brown is stepping in to help out with her non-profit "Reading & Succeeding School Supply Drive" to help to help stock teachers supply cabinets. We talked about how listeners can help out as well as how she visits local schools to foster a love of reading to kids.

Hampton Roads Perspectives

Public Affairs Program Summary Sheet

Program Category: Community Affairs

Program Title: Hampton Roads Perspectives

Date: September 10th, 2023

Source: myself

Host: Devin

Guests and titles: Karen Whaley - Founder and Co-President of Giving Hope in Hampton Roads, Jennifer Barnes – Co-President of Giving Hope in HR, and Paul Whitlow – President of the Poquoson Museum

Summary of Discussion:

- What is Giving Hope in Hampton Roads?
- What does Giving Hope in Hampton Roads actually do?
- What do you charge for your services?
- When is your next event? (Who is the group you are doing this event for?)
- So why were you drawn to help the Poquoson Museum?
- Can you tell me more about the Poquoson Museum?
- Why is it important to help the Tom Hunt Store Restoration project?
- Why is the museum important to the local community?
- I see this is the 2nd year of the event...can I ask how much

you raised last year?

- Is there an admission fee for the public to come?
- What types of craft and vendor booths will people be able to shop at?
- Will there be other activities to do?
- Will there be food vendors?
- What's your goal for this year's event?
- Will you accept donations?
- So if someone wants to help but can't donate money, can they volunteer their time to help with this event?
- Anything else you'd like to add?

Hampton Roads Perspectives

Public Affairs Program Summary Sheet

Program Category: Community Affairs

Program Title: Hampton Roads Perspectives

Date: September 10th, 2023

Source: Jessica Diaz Lugo

Host: Devin

Guests and titles: Trish Hennig - Assistant Director of Public Relations for Paws of Honor, and Thor – retired bomb detection dog, a TRUE hero.

Summary of Discussion:

- Can you provide an overview of Paws of Honor and its mission?
- What inspired its establishment?
- What kind of assistance and support does Paws of Honor provide to retired K9s?
- Who is Paws of Honor's longest member and the total spent on veterinary services?
- What is the highest amount paid, one time, to cover a retired K9's treatment?
- Could you share some success stories or examples of how Paws of Honor has made a difference in the lives of retired K9s?

- How many retired K9s has Paws of Honor helped so far, and what is the geographical reach of your organization?
- Are there any specific criteria or qualifications that a retired K9 must meet in order to receive assistance from Paws of Honor?
- How does Paws of Honor collaborate with law enforcement agencies and military branches to identify and support retired K9s?
- Can you tell us about the veterinary expenses that Paws of Honor covers for retired K9s and the importance of providing them with necessary medical treatments?
- What other types of support does Paws of Honor offer to retired K9s, apart from veterinary care?
- How can members of the community get involved and support Paws of Honor's mission?
- Can you share any upcoming events or fundraisers that Paws of Honor has planned?
- Are there any ways for local businesses or organizations to partner with Paws of Honor in supporting retired K9s?
- What are some of the challenges or obstacles that Paws of Honor faces in its work, and how do you overcome them?
- Are there any plans for future expansion or initiatives that Paws of Honor is currently working on?
- How can listeners learn more about the organization and its mission? Contact info?

Hampton Roads Perspectives

Public Affairs Program Summary Sheet

Program Category: Community Affairs

Program Title: Girls on the Run

Date: September 17 2023

Source: Programming

Host: Mary Kathryn Wood

Guests and titles: Ellen Carver Executive Director of Girls on the Run HR Chapter

Summary of Discussion: Ellen was a guest on the show to discuss the non-profit Girls on the Run. Girls on the Run has fun, evidence-based programs that inspire all girls to build their confidence, kindness and decision making skills. Dynamic lessons instill valuable life skills including the important connection between physical and emotional health. Young girls in school in Hampton Roads participate weekly after school to run and train for a 5K and at the end of the program, they indeed run a 5K! Ellen encouraged the community to volunteer, encourage a young girl they know to run and donate to this amazing organization!

Hampton Roads Perspectives

Public Affairs Program Summary Sheet

Program Category: Community Affairs

Program Title: LR Now Foundation

Date: September 17 2023

Source: Programming

Host: Mary Kathryn Wood

Guests and titles: Karen Forget Executive Director of LR Now Foundation

Summary of Discussion: Ellen was a guest on the show to discuss the LR Now Foundation which stands for Lynnhaven River Now. The motto of LR Now is WORKING TOWARD CLEAN AND HEALTHY VIRGINIA BEACH WATERWAYS – and that is just what Karen and her team want to do! Lynnhaven River NOW works with residents, businesses, faith communities, schools, and community leaders to restore and protect our Virginia Beach waterways. Karen said with everyone's help, the dream of clean, healthy waterways is possible. Supporting the work of Lynnhaven River NOW is an investment in your community.

Hampton Roads Perspectives

Public Affairs Program Summary Sheet

Program Category: Community

Program Title: Johnny's Ambassadors

Date: Sept 24 2023

Source: Sales

Host: Natalia Ilchyshyn

Guests and titles: Melanie Chaplin, Ambassador

Summary of Discussion: Johnny's Ambassadors is all about Youth Marijuana Prevention. Johnny started "dabbing" in high school which impacted his mental health. Johnny's Ambassadors educates parents and youths in regards to the dangers of marijuana and how it is a gateway drug. They are holding a free event at Grassfield High School in a few weeks to have a seminar. They will provide childcare, pizza and will have seminars for parents and adults.

Hampton Roads Perspectives Public Affairs Program Summary Sheet

Program Category: Community

Program Title: Princess Anne High School 70th Anniversary

Date: Sept 24 2023

Source: Sales

Host: Natalia Ilchyshyn

Guests and titles: Todd Tarkenton - School Principal

Summary of Discussion: PAHS is celebrating 70 years in just a few weeks! They are holding many events for alumni, students and the public to help celebrate 70 years. They are getting prepared to build the new high school building. Pharrell graduated from Princess Anne & they have teamed up with his non-profit organization to help celebrate their 70 years. They are looking for donations for I Am Other.