WFLS-FM Quarterly Issues/Programming Report for July-September 2014

ISSUE	TITLE	DESCRIPTION	DATE	TIME
Local news	2 minute newscast	Newscasts containing localized news stories were broadcast 8 times M-F	Mon-Fri, July 1 through September 30	Every 30- minutes 5am- 8:30am M-F
Local Employment	"Focus" 30- minute PA interview program	Host Deirdre Blake and Shawn Boyer of SnagaJob.com discuss the difference between blue and white collar hourly jobs and the skills needed to land them.	07/06/2014	8:30 p.m.
Rheumatoid Arthritis	"Focus" 30- minute PA interview program	Host Deirdre Blake and dr. maria Darland, of Rheumatology Associates of Fredericksburg discuss who RA affects most and treatment available for them.	07/13/2014	8:30 p.m.
Aging Well	"Focus" 30- minute PA interview program	Host Deirdre Blake and Neda McGuire of Comfor Keepers discuss the aging process and how to set out a plan for care.	07/20/2014	8:30 p.m.
Workplace Technology	"Focus" 30- minute PA interview program	Host Deirdre Blake is joined by Richard Lieberman, employment and intellectaul property expert to discusstechnology has changed over the last decade and what it means in our jobs.	07/27/2014	8:30 p.m.
			Date:	

WFLS-FM Quarterly Issues/Programming Report for July-September 2014

Page 2

ISSUE	TITLE	DESCRIPTION	DATE	TIME
Job Hunting	"Focus" 30- minute PA interview program	Host Deirdre Blake and Robert A. Funk of Express Employment professionals of Stafford discuss the steps needed to transition back into the workforce after being laid off.	08/03/2014	8:30 p.m.
Paying for College	"Focus" 30- minute PA interview program	Host Deirdre Blake and Associate Vice-President for Financial Services at Germanna Community College discuss how teens can research and apply for college scholarships.	08/10/2014	8:30 p.m.
Kids' Mental Health	"Focus" 30- minute PA interview program	Host Deirdre Blake and Dr. Lesley Cook, licensed clinical psychologist with Mindful health in Fredericksburg discuss when you start to see kids have a problem with mental health and adjustment.	08/17/2014	8:30 p.m.
Wildlife Preservation	"Focus" 30- minute PA interview program	Host Deirdre Blake and Jeff Cooper of the Virginia Dept of Game and Inland Fisheries discuss wildlife in the region and the local ecosystem.	08/24/2014	8:30 p.m.
Healthy Lifestyles	"Focus" 30- minute PA interview program	Host Deirdre Blake and Dave Grotto, licensed nutrionist discuss how to change eating habits and make lifestyle choices to a helthier life.	08/31/2014	8:30 p.m.
			Date:	

WFLS-FM Quarterly Issues/Programming Report for July-September 2014

Page 3

ISSUE	TITLE	DESCRIPTION	DATE	TIME
Deep Vein Thrombosis	"Focus" 30- minute PA interview program	Host Deirdre Blake and Dr. John Statler, Vascular and Interventional Radiology certified and with Virginia Interventional Vascular Associates of Fredericksburg, discuss how injuries can develop due to lifestyle or heredity.	09/07/2014	8:30 p.m.
Ghost History	"Focus" 30- minute PA interview program	Host Deidre Blake and Mark Nesbitt discuss the walking tour of Historic Fredericksburg and ghosts that still haunt the city.	09/14/2014	8:30 p.m.
Home Energy Savings	"Focus" 30- minute PA interview program	Host Deirdre Blake and Andy farmer, director of the State Corporation Commission's Energy Sense program discuss how people can modify their homes to make them energy efficient.	09/21/2014	8:30 p.m.
HOT Lanes Transportation	"Focus" 30- minute PA interview program	Host Deirdre Blake and Mike McGurk of Flour Transurban project and PR Maanger discuss how people will use the what are now the HOV lanes along I-95 as they are changed to HOT Lanes.	09/28/2014	8:30 p.m.
			Date:	

Station: WFLS, WVBX, WWUZ, WNTX Location: Fredericksburg, Va.

ISSUE: Local Employment

How was issue ascertained: community interest

Series or program: XX Title: Focus

Program Length: 30 minutes Length devoted to this issue: 30 minutes

Date Aired: 7-6-14 Time aired: 6 am on WVBX, WWUZ, WNTX

8:30 pm on WFLS

Station Participant Deirdre Blake, host

Guest Participants:

Shawn Boyer- Founder of SnagaJob.com

Subject and/or Topics discussed:

The difference between blue and white collar hourly jobs and the skills needed to land either one.

Why resources that are a one-stop-shop for information and jobs will keep more people working in this region and helping the local economy.

How online sites make it easier for employers to recruit and people to find work.

Date production completed: 6-10-14 Submitted by program host: Deirdre Blake

Station: WFLS, WVBX, WWUZ, WNTX Location: Fredericksburg, Va.

ISSUE: Rheumatoid Arthritis

How was issue ascertained: e-mail request

Series ___ or program: ___XX __ Title: Focus

Program Length: 28 minutes Length devoted to this issue: 28 minutes

Date Aired: 07-13-14 Time aired: 6 am on WWVB,

WWUZ,WNTX

our out out it it vib,

8:30 pm on WFLS

Station Participant Deirdre Blake, host

Guest Participants:

Dr. Maria Darland- Rheumatology Associates of Fredericksburg

Subject and/or Topics discussed:

What is Rheumatoid Arthritis, who it affects most and how people get treatment. Locally, where people that think they are affected get help? The disease can require physical therapy, medication and a combination with a change in lifestyle to deal with pain and changes in joints. What the future look like and what can people affected look forward to in the way of treatment and therapy?

Date production completed: 7-8-14 Submitted by program host: Deirdre Blake

Station: WFLS, WVBX, WWUZ, WNTX Location: Fredericksburg, Va.

ISSUE: Aging Well

How was issue ascertained: press release

Series ___ or program: ___XX__ Title: Focus

Program Length: 30 minutes Length devoted to this issue: 30 minutes

Date Aired: 7-20-14 Time aired: 6 am on WVBX, WWUZ, WNTX

8:30 pm on WFLS

Station Participant Deirdre Blake, host

Guest Participants:

Neda McGuire- Comfort Keepers

Subject and/or Topics discussed:

Why it is important to have the conversation about aging. Events it holds like: Operation Medicine Cabinet and the Art of Aging Expo. The seminars it has to teach local health providers about what to expect and how to deal with the aging community. The concept of local Age Wave planning and how the Fredericksburg region can make it more attractive for the fast growing baby boom community to live.

Date production completed: 07-11-14 Submitted by program host: Deirdre Blake

Station: WFLS, WVBX, WWUZ, WNTX Location: Fredericksburg, Va.

ISSUE: Workplace Technology

How was issue ascertained: e-mail

Series or program: XX Title: Focus

Program Length: 29 minutes Length devoted to this issue: 29 minutes

Date Aired: 7-27-14 Time aired: 6 am on WVBX, WWUZ, WNTX

8:30 pm on WFLS

Station Participant Deirdre Blake, host

Guest Participants:

Richard Lieberman- Employment and intellectual property expert and author of "Your Job and How Technology Will Change It."

Subject and/or Topics discussed:

Types of technology found in U.S. workplaces and how it has changed over the past decades. What it will mean to be on Facebook, Twitter, Linked In and other sites in the future and its' role in your resume and job searches. What people need to know about tech and why they have to embrace and understand it to be successful in the future.

Date production completed: 7-10-14 Submitted by program host: Deirdre Blake

Station: WFLS, WVBX, WWUZ, WNTX Location: Fredericksburg, Va.

ISSUE: Job Hunting

How was issue ascertained: phone call

Series ___ or program: ___XX__ Title: Focus

Program Length: 30 minutes Length devoted to this issue: 30 minutes

Date Aired: 08-03-14

Time aired: 6 am on WVBX, WWUZ, WNTX

8:30 pm on WFLS

Station Participant Deirdre Blake, host

Guest Participants:

Robert A. Funk- Express Employment Professionals of Stafford

Subject and/or Topics discussed:

What the first steps are when someone plans to transition back into the workforce after being laid off or being out of work by choice. What a resume should look like and how it should be laid out. Where to get help on writing one and when it is okay or appropriate to ask for a letter of recommendation. At what point people should seek the help of a temporary service and the average turnaround time in getting into a job.

Date production completed: 07-26-14 Submitted by program host: Deirdre Blake

Station: WFLS, WVBX, WWUZ WYSK-AM Location: Fredericksburg, Va

ISSUE: Paying for College

How was issue ascertained: Press release from Germanna

Series ___ or program: ___XX ___ Title: Focus

Program Length: 29 minutes Length devoted to this issue: 29 minutes

Date Aired: 08-10-14 Time aired: 6 am on WVBX and WWUZ, WYSK-AM

8:30 pm on WFLS

Station Participant: Deirdre Blake, host

Guest Participants:

Stephen Barber- Associate Vice President for Financial Services

Subject and/or Topics discussed: How teens and others can research and apply for college scholarships. We talked about the difference between scholarships, grants and financial aid. What age is too old for people to consider federal aid and grants and how they go about applying for help to pay for college. What the deadlines are each year for students to apply for funding and what structures are like for repayment. When people should consider adding state or federal aide into the mix, along with scholarships.

Date production completed: 08-06-14 Submitted by program host: Deirdre Blake

Station: WFLS, WVBX, WWUZ, WNTX Location: Fredericksburg, Va.

ISSUE: Kids Mental Health

How was issue ascertained: follow up to recent events in national news

Series or program: XX Title: Focus

Program Length: 28.5 minutes Length devoted to this issue: 28.5 minutes

Date Aired: 8-17-14 Time aired: 6 am on WVBX, WWUZ, WNTX

8:30 pm on WFLS

Station Participant Deirdre Blake, host

Guest Participants:

Dr. Lesley Cook- Licensed Clinical Psychologist with Mindful Health in Fredericksburg

Subject and/or Topics discussed:

We talked about when you start to see that kids have a problem with mental health and adjustment. Signs of when parents know to start talking more to their kids, their teachers and guidance counselors. Overall, the success rate of getting help from a child psychologist and the role that parents and caregivers will still play.

Date production completed: 8-9-14 Submitted by program host: Deirdre Blake

Station: WFLS, WVBX, WWUZ, WNTX Location: Fredericksburg, Va.

ISSUE: Wildlife Preservation

How was issue ascertained: phone call to newsroom

Series or program: XX Title: Focus

Program Length: 29 minutes Length devoted to this issue: 29 minutes

Date Aired: 8-24-14 Time aired: 6 am on WVBX, WWUZ, WNTX

8:30 pm on WFLS

Station Participant Deirdre Blake, host

Guest Participants:

Jeff Cooper- Department of Game and Inland Fisheries

Subject and/or Topics discussed:

The impact that wildlife has on the region and the local ecosystem. The relationship that people should take with animals in the wild is a fine balance, so we offer ways to help with donations of money and their time. What to do with unwanted animals that show up on your property and how you report them to local authorities.

Date production completed: 8-19-14 Submitted by program host: Deirdre Blake

Station: WFLS, WVBX, WWUZ, WNTX Location: Fredericksburg, Va.

ISSUE: Healthy Lifestyles

How was issue ascertained: brainstormed

Series or program: XX Title: Focus

Program Length: 29 minutes Length devoted to this issue: 29 minutes

Date Aired: 8-31-14 Time aired: 6 am on WVBX, WWUZ, WNTX

8:30 pm on WFLS

Station Participant Deirdre Blake, host

Guest Participants:

Dave Grotto- Real Health Licensed Nutritionist, Fredericksburg

Subject and/or Topics discussed:

How we change our eating habits and lifestyle choices to make ourselves healthier. The role that many fruits, berries and types of food play in our health. The importance of regular blood work and healthy screenings, especially over the age of 30, 40 and 50 or earlier if you have a family history of diabetes or heart disease. Types of diets that may work for individuals.

Date production completed: 8-25-14 Submitted by program host: Deirdre Blake

Station: WFLS, WVBX, WWUZ, WNTX Location: Fredericksburg, Va.

ISSUE: Deep Vein Thrombosis

How was issue ascertained: request from a listener

Series ___ or program: XX Title: Focus

Program Length: 29.5 minutes Length devoted to this issue: 29.5 minutes

Date Aired: 9-7-14 Time aired: 6 am on WVBX, WWUZ, WNTX

8:30 pm on WFLS

Station Participant Deirdre Blake, host

Guest Participants:

Dr. John Statler- Vascular and Interventional Radiology certified- Virginia Interventional Vascular Associates Fredericksburg

Subject and/or Topics discussed:

How injuries can make people develop a vascular problem in their limbs and when the condition is driven by lifestyle or heredity and the difference. Ways to treat DVT and how people first figure out that they need to see a specialist.

Date production completed: 9-7-14 Submitted by program host: Deirdre Blake

Station: WFLS, WVBX, WWUZ, WNTX Location: Fredericksburg, Va.

ISSUE: Fredericksburg Ghost Tours

How was issue ascertained: E-mail about upcoming season

Series ___ or program: ___XX__ Title: Focus

Program Length: 30 minutes Length devoted to this issue: 30 minutes

Date Aired: 9-14-14 Time aired: 6 am on WVBX, WWUZ, WNTX

8:30 pm on WFLS

Station Participant Deirdre Blake, host

Guest Participants:

Mark Nesbitt-Owner/Founder of "Fredericksburg Ghost Tours

Subject and/or Topics discussed:

Walking tour of downtown Fredericksburg and discussion of the ghosts that still haunt the city. We also talked about the history of many buildings and streets in the area and how Nesbitt got into history and ghosts to begin with.

Date production completed: 08-23-14 Submitted by program host: Deirdre Blake

Station: WFLS, WVBX, WWUZ, WNTX Location: Fredericksburg, Va.

ISSUE: Home Energy Savings

How was issue ascertained: press release

Series ___ or program: ___XX__ Title: Focus

Program Length: 30 minutes Length devoted to this issue: 30 minutes

Date Aired: 9-21-14 Time aired: 6 am on WVBX, WWUZ, WNTX

8:30 pm on WFLS

Station Participant Deirdre Blake, host

Guest Participants:

Andy Farmer- Director for the State Corporation Commission's "Energy Sense" program

Subject and/or Topics discussed:

How people can modify their homes to make them more energy efficient and take advantage of annual to savings to help. We talked about much money people waste because of poorly insulated houses and unsealed windows or doors. Tips to make your house more green, if you remodel, and how the savings adds up over time.

Date production completed: 08-15-14 Submitted by program host: Deirdre Blake

Station: WFLS, WVBX, WWUZ, WNTX Location: Fredericksburg, Va.

ISSUE: HOT Lanes Latest

How was issue ascertained: phone call to follow up from show earlier this year on

progress and the ongoing driver education campaign

Series or program: XX Title: Focus

Program Length: 29 minutes Length devoted to this issue: 29 minutes

Date Aired: 09-28-14 Time aired: 6 am on WVBX, WWUZ, WNTX

8:30 pm on WFLS

Station Participant Deirdre Blake, host

Guest Participants:

Mike McGurk- Flour Transurban Project and PR Manager

Subject and/or Topics discussed:

How people will drive on the HOT Lanes after January. Discussed what they are seeing now and the changes that have taken place over the past few months. Where people get an EZ-Pass and how it works—also the difference in a transponder and who needs one of those. What to expect in the way of more construction, education from the builder and VDOT and in January when the lanes open.

Date production completed: 08-13-14 Submitted by program host: Deirdre Blake

Station: WFLS, WWUZ, WVBX, WNTX LOCATION: Fredericksburg, Va.-

Phone

Person Interviewed: Shawn Boyer

Address: 110 North Madison Road Ste. 300 Phone 1-866-227-0466

City, State, Zip: Orange, Va. 22960 Age: 18-45

Ethnicity: Caucasian

Occupations, organizations, interests, and titles:

Founder- SnagaJob.com

What are the most important needs and problems facing your community? What are the major needs and problems facing your community as they concern your group or organization?

Becoming a number one way to link people up with hourly jobs in the greater Fredericksburg region to help them avoid a long commute is our goal. Locals need more resources to be able to afford to live and work here and not have to live here and commute to DC and northern Virginia.

Interviewer: Deirdre Blake Job Title: Radio News Anchor/reporter date: 6-30-14

date:

OFFICE USE ONLY:

Reviewed by: Job Title:

Dende Blake ASST News Director 7-4-14

Station: WFLS, WWUZ, WVBX, WNTX LOCATION: Fredericksburg, Va.

Person Interviewed: Dr. Maria Darland

Address: 2300 Fall Hill Avenue

City, State, Zip: Fredericksburg, VA, 22401

Phone: 540-741-1404

Age: 12-17 18-45 46-65 over 65 Ethnicity: Ukranian

Occupations, organizations, interests, and titles:

Board Certified in Rheumatologist and Internist, serving Mary Washington Healthcare, Stafford Hospital and Mary Washington Hospital

What are the most important needs and problems facing your community? What are the major needs and problems facing your community as they concern your group or organization?

Find better ways to teach people how to know what kind of arthritis is causing their pain and when it might be rheumatoid.

Give them access to support groups and help to modify their lifestyle to deal with the disease.

Interviewer: Deirdre Blake Job Title: Asst. News Director date: 07-19-14

OFFICE USE ONLY:

Reviewed by: Job Title:

date:

7-21-14

Dende MAGNE ASSENCES Dr.

Station: WFLS, WWUZ, WVBX, WNTX LOCATION: Fredericksburg, Va.

Person Interviewed: Neda McGuire

Address: 419 Chatham Square Phone: 540-370-0008

City, State, Zip: Fredericksburg, Va. 22405

Age: 12-17 18-45 46-65X over 65 Ethnicity: Iranian

Occupations, organizations, interests, and titles:

Owner- Comfort Keepers Officer- Partner's in Aging Fredericksburg

What are the most important needs and problems facing your community?

Same as below.

What are the major needs and problems facing your community as they concern your group or organization?

- Make sure we are an ethical and solid company that will help people age successfully in their homes.
- How to continue to manage the growth successfully to ensure our philosophy and values are always intact.

Interviewer: Deirdre Blake Job Title: Asst. News Director date: 7-25-14

OFFICE USE ONLY:

Reviewed by: Job Title: date:

Reventende Postpous Director 8-2-14

Station: WFLS, WWUZ, WVBX, WNTX LOCATION:

Person Interviewed: Richard Lieberman

Contact made through: Playback Producer

Guest: Richard Lieberman

Address/Phone Number:

Age: 12-17 18-45 46-60 Over 65 Ethnicity: Caucasian

What are the major needs and problems facing your community as they concern your group or organization?

Richard Lieberman, internationally recognized employment and intellectual property expert, explains how every working person in every industry and profession will soon experience profound changes in their work as technology, social networking and virtual communications alter the way jobs have traditionally been performed.

What are the most important needs and problems facing your community?

The book arose from Lieberman's experiences watching technology and economic forces create an environment where every job in every industry and profession is being radically changed. Most people, especially middle age workers, do not understand these tectonic shifts or that jobs as diverse such as running a large department, fixing a computer, or helping a customer in a store find the appropriate garment, will soon require very different work skills. To reveal these new paradigms, Lieberman, drawing on forty years of human resources and intellectual property experience, engaged in deep research. including interviews with people ranging from CEOs to white collar and manufacturing workers, as a foundation for the book.

Interviewer: Deirdre Blake Job Title: Asst. News Director date:

Reviewed by:

Job Title:

date:

VendeBlake Abot. News Director

7-23-14

Station: WFLS, WWUZ, WVBX, WNTX LOCATION: Fredericksburg, Va.

Person Interviewed: Robert Funk

Address: 233 Garrisonville Road Suite 102 1/2 and 103

Phone: (540) 720-7007

City, State, Zip: Stafford, VA 22554

Age: 12-17 18-45 46-65 over 65 Ethnicity: White

Occupations, organizations, interests, and titles:

Founder and Board of Directors- Express Employment Professionals International

What are the most important needs and problems facing your community? What are the major needs and problems facing your community as they concern your group or organization?

1- How both employers and employees can get fresh on where—and how—to hire.

2- The role that remote working can happen in a way that optimizes both productivity and job satisfaction

3- Education for people on how to look for a job and free local resources to point them in the right direction.

Interviewer: Deirdre Blake Job Title: Assistant News Director date: 7-28-14

OFFICE USE ONLY:

Reviewed by:

Job Title:

date:

Dance A Page

ASST NEWS DIT 8-5-14

Station: WFLS, WWUZ, WVBX, WNTX LOCATION: Fredericksburg, Va.

Person Interviewed: Stephen Barber

Address: 2130 Germanna Highway

City, State, Zip: Locust Grove, Va. 22508

Phone: 540-423-9066

Age: 12-17 18-45 46-65 over 65 Ethnicity: White

Occupations, organizations, interests, and titles:

Associate Vice President for Financial Services- Germanna Community College

What are the most important needs and problems facing your community? What are the major needs and problems facing your community as they concern your group or organization?

Teaching young people and adults where to find resources to fund their trip back to school for continuing higher education. We also talked about the role that certificate programs play and what they mean to the overall cost of school. Provided resources on how and where to apply for scholarships, Pell and other federal grants and discussed filling out the FAFSA form.

Interviewer: Deirdre Blake Job Title: Assistant News Director date: 08-21-14

OFFICE USE ONLY:

Reviewed by: Job Title: date:

Devote ripore ASST DEWS Dir. 8-11-14

Station: WFLS, WWUZ, WVBX, WNTX LOCATION: Fredericksburg, VA

Person Interviewed: Dr. Lesley Cook

Address: 810 Westwood Ofice Park Phone: (540) 352-4655

City, State, Zip: Fredericksburg, VA, 22401

Age: 12-17 18-45 46-65 over 65 Ethnicity: White

Occupations, organizations, interests, and titles:

Licensed Clinical Psychologist with expertise and experience in working with ADHD, Autism Spectrum Disorders, Learning Disabilities, Depression, Anxiety, LGBT specific issues and general life challenges.

What are the most important needs and problems facing your community? What are the major needs and problems facing your community as they concern your group or organization?

Creating a safe and trusting professional relationship with patients to help them find their way. Helping all people find their ability to grow towards the person they wish to be. If they can find what stands in their way, they can move past it, coming to a place of greater self-understanding and personal growth.

Interviewer: Deirdre Blake Job Title: Asst. News Director date: 8-20-14

OFFICE USE ONLY:

Reviewed by: Job Title:

date:

Devote 1. Pge ASST News Director 8-28-14

Station: WFLS, WWUZ, WVBX, WNTX LOCATION: Fredericksburg, Va.

Person Interviewed: Jeff Cooper

Address: 1320 Belman Road, Fredericksburg, VA 22401 Phone: 540-899-4169

Age: 12-17 18-45 46-65 over 65 Ethnicity: White

Occupations, organizations, interests, and titles:

Virginia Department of Game and Inland Fisheries- Conservation Management

What are the most important needs and problems facing your community? What are the major needs and problems facing your community as they concern your group or organization?

How to get people more familiar with the types of animals that they will find on their property and how to deal with them. What kinds of plants in your yard and garden that attract certain animals. How to deal with anything you find that is injured on your property and what to do with it, along with leaving out food and any dangers.

Interviewer: Deirdre Blake Job Title: Assistant News Director date: 9-9-14

Reviewed by: Job Title: date:

Davde Afre ASH News Dir. 9-12-14

Station: WFLS, WWUZ, WVBX, WNTX LOCATION: Fredericksburg, Va.

Person Interviewed: Dave Grotto

Address: 1320 Central Park Boulevard, Fredericksburg, VA 22401

Phone: 540-548-1600

Age: 12-17 18-45 46-65 over 65 Ethnicity: White

Occupations, organizations, interests, and titles:

Real Health Fredericksburg- Licensed Dietician

What are the most important needs and problems facing your community? What are the major needs and problems facing your community as they concern your group or organization?

Teaching people how to use healthy food to regulate their blood sugar and other medical conditions. Working with people to deal with their health and weight issues before it becomes a bigger problem.

Interviewer: Deirdre Blake Job Title: Assistant News Director date: 9-10-14

Reviewed by:

Job Title:

date:

Danie 179e PEST. Dows Director

9-20-14

Station: WFLS, WWUZ, WVBX, WNTX LOCATION: Fredericksburg, Va.

Person Interviewed: Dr. John Statler

Address: 10401 Spotsylvania Avenue

Suite 203

Fredericksburg, VA 22408

Age: 12-17 <u>18-45</u> 46-65 over 65 Ethnicity: White

Occupations, organizations, interests, and titles:

Specialist with Virginia Interventional Vascular Associates in Fredericksburg, Va. Associate professor of radiology at the Uniformed Services University of the Health Sciences in Bethesda, Md.

Board-certified by the American Board of Radiology and earned the Certificate of Additional Qualifications in Vascular and Interventional Radiology.

What are the most important needs and problems facing your community? What are the major needs and problems facing your community as they concern your group or organization?

Getting people in the Fredericksburg community access to information on how they develop vascular disease and why not treating it can be fatal.

Interviewer: Deirdre Blake Job Title: Assistant News Director date: 9-15-14

Reviewed by: Job Title: date:

Oerole 11 Porce ASSI-NOWS Dr 9-25-14

Station: WFLS, WWUZ, WVBX, WNTX LOCATION: Fredericksburg, Va.

Person Interviewed: Mark Nesbitt

Address: 271 Baltimore Street Phone: (703) 330-5300

City, State, Zip: Gettysburg, PA 17325 Age: 46 to 65

Ethnicity: White

Occupations, organizations, interests, and titles:

Avid historian, author, founder of the "Ghost of Fredericksburg" and "Ghosts of Gettysburg" walking tours

What are the most important needs and problems facing your community? What are the major needs and problems facing your community as they concern your group or organization?

Teaching people about ghosts and their history and giving more access to people for entertaining and hands-on history tours.

Interviewer: Deirdre Blake Job Title: Assistant News Director date: 9-20-14

OFFICE USE ONLY:

Reviewed by: Job Title:

date:

Danke ripoge ASST NEOSDIRECTOR 9-30-14

Station: WFLS, WWUZ, WWVB, WNTX LOCATION: Fredericksburg, VA

Person Interviewed: Andy Farmer

Address: 1300 E Main Street

Phone: 804-371-9141

City, State, Zip: Richmond, VA 23219

Age: 12-17 18-45 46-65 over 65 Ethnicity: White

Occupations, organizations, interests, and titles:

Head of the State Corporation Commission Energy Sense Program in Virginia

What are the most important needs and problems facing your community? What are the major needs and problems facing your community as they concern your group or organization?

- Education on how to save energy in the home
- Getting people in touch with reputable contractors
- Putting money and control of how houses are heated and cooled into the hands of homeowners, giving them the latest tools and technology.

Interviewer: Deirdre Blake Job Title: Asst. News Director date: 9-29-14

OFFICE USE ONLY:

Reviewed by: Job Title:

date:

9-30-14

Dorde 11 Page ASSISTANT NEWS Director

Station: WFLS, WWUZ, WVBX WNTX

LOCATION: Fredericksburg, Va.

Person Interviewed: Mike McGurk

Address/Phone Number: 6440 General Green Way, Alexandria, VA 22312571-419-6105

Age: 12-17 (18-45) 46-60 Over 65

Ethnicity: White

What are the major needs and problems facing your community as they concern your group or organization?

Our company is tasked with communicating how the 95 Express Lanes project will work once it replaces the HOV system in the I-95 corridor in Virginia. The change will impact all drivers who travel I-95 today and will introduce new transportation options on one of our region's most clogged highways.

What are the most important needs and problems facing your community?

We want to ensure all drivers are prepared for the opening of the 95 Express Lanes project.

Interviewer: Deirdre Blake Job Title: Asst. News Director date: 9-29-14

Reviewed by:

Job Title:

date:

Quide 1 Pge ASST. NewSDT.

9-30-14

Randy Comer <randyyouryoga@gmail.com>

Thu, Sep 18, 2014 at 2:29 PM

To: Frank Hammon <fhammon@starradiogroup.com>

Cc: Jen Furlong <jenyouryoga@gmail.com>

Good Afternoon Mr. Hammon,

We're 9 days from the *YourYoga*-thon so I wanted to get back in touch with you to again express my appreciation for publicizing the benefit event and also send you a flyer for your use as you see fit. Also, if you're in the area next Saturday, please drop by our table and join us for a couple of classes.

Respectfully,

Randy Comer



Director of Development, YourYoga

bringing health, balance & awareness to you

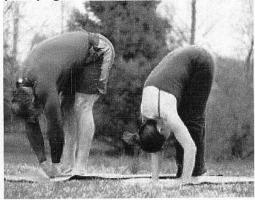
540 538-2487 (m)

540 760-8193 (o)

www.getyouryoga.com

In the Free Lance Star at: http://www.freelancestar.com/2014-08-16/articles/43076/column-

youryoga-lives-up-to-its-name/



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