

Quarterly List of Issues/Programs  
Served by Real Media Inc.  
For Station  
WNNT-FM 107.5  
Warsaw, VA

The Issues/Programs list herein  
Covers the period of October 1, 2023  
Through September December 31, 2023

**Date of broadcast:** October 5, 2023

**Time of broadcast:** 9:35am

**Duration in minutes:** 5 minutes

**Program type:** Interview

**Issue:** Local Community Event: Montross Fall Festival

**Brief description:** Interview with Barbara Jean Jones from the Town of Montross. Mrs. Jones gave details of the fun filled day. The theme this year is "WVFD - Celebrating 75 Years of Service" ...celebrating all Westmoreland County Volunteer Fire Fighters, active and retired and auxiliary members. Activities include a parade, a family skate night, special music, chalk art contest and an oyster shucking contest, a classic car show, a Kidz zone with face painting, bounce houses, carnival rides, pumpkin carving, plus arts & crafts, vendors, a Little Mr & Miss Montross, and so much more. This event is enjoyable by the entire family and promotes the Town of Montross and Westmoreland County while saluting the Fire Fighting community!

**Date of broadcast:** October 12, 2023

**Time of broadcast:** 9:35am

**Duration in minutes:** 5 minutes

**Program type:** Interview

**Issue:** Local Community Event for the entire family

**Brief description:** This interview is with Sara Carroll, President of the Warsaw-Richmond County Chamber of Commerce. Sara shared information on how to participate in WarsawFest 2023 on October 14<sup>th</sup>. The festival is chocked full of activities for the entire family. Activities will take place in the new Town Park and on Main Street. There will be a Kids Zone with games and rides, a Car & Truck Show, a Baby & Beauty Pageant, all kinds of arts, crafts and food vendors, music, a parade and more. Sara reminded folks to follow the chamber on their website at [www.wrccoc.com](http://www.wrccoc.com) for information on upcoming activities.

**Date of broadcast:** October 30, 2023

**Time of broadcast:** 9:35am

**Duration in minutes:** 10 minutes

**Program type:** Interview

**Issue:** Supporting local families in need with the Christmas Spirit, Essex County Christmas Mother Program

**Brief description:** Interview with the 2023 Essex County Christmas Mother, Deborah Ball. Deborah was reminding those that need the service of the Christmas Mother Program to get their applications in ASAP as the deadline is Oct. 31<sup>st</sup>. The Christmas Mother Program supplements Christmas gifts for needy children in Essex County. Sponsors and donations are needed. You can become a sponsor by calling 804-238-8438 or email sbaytops@aol.com. Sponsors should contact the Christmas Mother no later than the 2<sup>nd</sup> week in November. Gift and monetary donations can be dropped off at Beale Memorial Baptist Church, Tappahannock on Dec. 11<sup>th</sup> or 12<sup>th</sup>. Donations can be mailed to The Christmas Mother, PO Box 2953, Tappahannock VA 22560

**Date of broadcast:** November 20-December 31, 2023

**Time of broadcast:** Various

**Duration in minutes:** 40-:30 second spots for a total of 20 minutes.

**Program type:** PSA

**Issue:** Safety & Consumer Awareness

**Brief description:** Our Consumer Awareness Public Service Announcement tries to impress upon those that drink alcoholic beverages to think about the consequences of over drinking, plan ahead by obtaining a designated driver, friends being friends by taking away keys and not letting a person that's been drinking get behind the wheel.

**Date of broadcast:** October 31-November 10, 2023

**Time of broadcast:** Various

**Duration in minutes:** 21 – 30 second spots for a total of 10.5 minutes.

**Program type:** PSA

**Issue:** History/fundraising

**Brief description:** The Essex County Museum and Historical Society held a family friendly event that included a local oysters, bratwursts and live music. The event took place in their new Courtyard on Nov. 11<sup>th</sup>. Their website is [ecmhs.org](http://ecmhs.org).

**Date of broadcast:** September 25-December 31, 2023

**Time of broadcast:** Various

**Duration in minutes:** 97-:30 sec. spots for a total of 48.5 minutes

**Program type:** PSA

**Issue:** Healthcare/Volunteer

**Brief description:** The Tappahannock Free Clinic provides medical assistance to families without healthcare. These spots advise listeners of the hours and eligibility of service, Covid safety measures, as well as asking for volunteers to help with clerical duties and fundraising. Several of the announcements invite the public to various fundraising activities that the volunteers have coordinated such as the Bee Your Best/Walk Run, Octoberfest, New Year's Eve Gala and Wine on the Water Fundraisers. Volunteers and donations are always needed and accepted. Their website is <https://ledwithlewisfreeclinic.org/>

**Date of broadcast:** November 8, 2023

**Time of broadcast:** 9:35am

**Duration in minutes:** 5 minutes

**Program type:** Interview

**Issue:** Services for Seniors

**Brief description:** Interview with Mary Arthur from Bay Aging. Mary shared information about how Bay Aging stepped up to the plate to assist local caregivers. They have caregiver support groups, a Memory Cafe and a dual support group for those with memory loss and their caregivers in Gloucester. They supply families with free counseling, care coordination and home evaluations. Their latest program is called "Caring for the Caregiver". This program is designed to support caregivers and provide tips for self-care, care planning for their loved one, and general tips on providing care. Those providing care for loved ones often have depression and anxiety. Creating a care team and supports helps to lighten the load. Mary will be sharing the program on Friday, Nov. 10<sup>th</sup> from 3 to 4pm at the Urbanna Branch Library, on Monday, Nov. 13<sup>th</sup> from 3 to 4pm at the Upper King William Branch Library and on Wed., Nov. 15<sup>th</sup> at the Library in Deltaville from 3 to 4pm. There is no registration.

Bay Aging also assists families with Medicare counseling, transitioning from the hospital, they have accessible apartments for those over 55 and much more.

Bay Aging provides home care services that provide vital support to caregivers across the Northern Neck and Middle Peninsula. For more information visit [www.BayAging.org](http://www.BayAging.org) or call 804-493-0238.



**Date of broadcast:** November 16, 2023

**Time of broadcast:** 9:35am

**Duration in minutes:** 5 minutes

**Program type:** Interview

**Issue:** Health and Nature

**Brief description:** Interview with Northern Neck Master Gardener, Henry Riely who provided tips on preparing your garden tools for the winter. By the end of the season, many gardeners' tools will have rougthed, cracked wooden handles and rusty metal blades caked with soil. Remove all the soild with a spray of water. Use a stiff brush to remove caked on soil and rust. Apply WD-40 and use steel wool, then wipe dry. You can also apply a light coat of mineral oil to help keep metal from rusting. This is also a good time to recondition wooden handles or even replace them. Pruning tools have the potential to transmit disease organisms from one plant to another, so if you are not in the habit of disinfecting your tools on a regular basis, now is ther perfect time. Use a solution of Lysol and water. Once all your tools are cleaned, disinfected and oiled they are ready to to storage. Follow the Northern Neck Master Gardeners at [www.nnmg.org](http://www.nnmg.org) or call 580-5694.

**Date of broadcast:** November 9-December 31, 2023

**Time of broadcast:** Various

**Duration in minutes:** 55-30 second spots for a total of 27.5 minutes

**Program type:** PSA

**Issue:** Honoring all US Military, Veteran's and families

**Brief description:** Veteran Tickets Foundation (VetTix) is a national 501(c)(3) nonprofit organization dedicated to providing FREE event tickets to current serving members of the U.S. Military, veterans of all eras, and the immediate family members of service members who have made the ultimate sacrifice, current and former first responders and their families to sporting events, concerts, performing arts, and family activities. Venues that have unsold tickets are asked to donate these tickets to VetTix. For more information go to [VetTix.org](http://VetTix.org).

**Date of broadcast:** December 21, 2023

**Time of broadcast:** 9:35am

**Duration in minutes:** 5 minutes

**Program type:** Interview

**Issue:** Health and Nature

**Brief description:** Interview with Northern Neck Master Gardener, Henry Riely who provided tips on how to care for your beautiful Poinsettia. If you purchase or receive a poinsettia in a plastic sleeve, you need to remove it ASAP! This sleeve on too long can cause the leaves to curl up and drop off. Many poinsettia come with decorative foil on the bottoms. It is best to remove the foil or punch holes in it and place a tray underneath. Too much water left between the foil and the plant can cause the plant to rot. Poinsettia are native to Mexico, an area with very dry soil. The plants do not like we have "wet feet"!

Poinsettia need to be need to be watered periodically but never let it dry out. Check the soil 1 to 2 inches down to see if you feel moisture.

Poinsettia also have been grown in greenhouses. They like the temperature to be maintained between 65 to 75 degrees. They should receive indirect sunlight. You do not need to fertilize while it is blooming.

Follow the Northern Neck Master Gardeners at [www.nnmg.org](http://www.nnmg.org) or call 580-5694.

**Date of broadcast:** October 1-December 31, 2023

**Time of broadcast:** Various

**Duration in minutes:** 8-15 sec. for a total of 2 minutes

**Program type:** PSA

**Issue:** Community support for Children

**Brief description:** The Boys and Girls Club of the Northern Neck. Now serving school students in Lancaster, Northumberland and Richmond Counties. Learn more on the Northern Neck Boys and Girls Club website at [bgcnn.org](http://bgcnn.org).

**Date of broadcast:** October 1-December 31, 2023

**Time of broadcast:** Various

**Duration in minutes:** 15 – 30 second spots for a total of 8 minutes.

**Program type:** PSA

**Issue:** Public Safety, Service & Education

**Brief description:** The NAB - We Are Broadcasters spot reminds the public of the importance of Real, Local, Radio and it's no cost to the community! We are here to serve you, the public. Providing breaking news and weather, we are Broadcasters and we are here for YOU! Text Radio to 52886 for more information.

**Date of broadcast:** September 25-October 3, 2023

**Time of broadcast:** Various

**Duration in minutes:** 13– 30 second spots for a total of 8.5 minutes.

**Program type:** PSA

**Issue:** Public Safety, Communication & Education

**Brief description:** The Next Radio App is a way for you to receive breaking weather and news, free! No charge from your cell phone company! Connecting communities to free local information. Listen to our radio broadcasts from the convenience of your phone or tablet for free. Just download the Next Radio App. Go to [nextradioapp.com](http://nextradioapp.com). Broadcasters, connecting you to real, live, local news and weather for FREE!

**Date of broadcast:** October 3-November 26, 2023

**Time of broadcast:** Various

**Duration in minutes:** 33- :30 spots for a total of 16.5 minutes.

**Program type:** PSA

**Issue:** Mental Health

**Brief description:** "Don't Know"

If you or someone you know is in a mental health crisis - what can you do? You can call 988 because this new number is all about getting you immediate help for mental health distress. With Virginia's 988 service you can talk to a trained crisis worker 24/7. They can help you stabilize and connect you with any other care you might need. Now if you need help from ambulance, police or fire fighters, call 911 but for mental health emergency call 988. Virginia is here to help.

**Date of broadcast:** October 3-November 26, 2023

**Time of broadcast:** Various

**Duration in minutes:** 32- :30 spots for a total of 16 minutes.

**Program type:** PSA

**Issue:** Mental Health

**Brief description:** "What Can You Do"

(Young lady) I keep hearing things. (Mom) She's not making any sense! (Male) I just want to end it all. (Father) He's talking about suicide. (Everyone) I don't know what to do. (Announcer) If you are in a mental health crisis call 988. It's Virginia's new easy to remember number for a connection to a trained crisis worker. You'll get the help you need to overcome emotional distress, substance use crisis or thoughts of suicide, anytime 24/7. For deescalating, for support services call 988. Virginia is here to help.



**Date of broadcast:** September 27 - December 31, 2023

**Time of broadcast:** Various

**Duration in minutes:** 51 – 30 second spots for a total of 25.5 minutes.

**Program type:** PSA

**Issue:** Healthcare

**Brief description:** If you are in need of healthcare and lack insurance, Virginia's Free and Charitable Clinics are here for you. Clinics are providing high quality care to Virginians regardless of their ability to pay. They put patients at the forefront of care. Taking the necessary time to build relationships between the patient and the care team leads to improved health. To find a clinic near you, go to [freeclinicscare.org](http://freeclinicscare.org). Brought to you by Virginia Association of Free and charitable clinics.

**Date of broadcast:** September 25-December 31, 2023

**Time of broadcast:** Various

**Duration in minutes:** 76 – 30 second spots for a total of 38 minutes.

**Program type:** PSA

**Issue:** Mental Health and School Safety

**Brief description:** It's ok to look for help when you are feeling sad or helpless or having thoughts of dying or disappearing completely...but you are not alone! These could be the signs of suicide. It's ok to know the signs and talk to a trusted adult and really lk to ask for help. Suicide can be prevented. Visit [kowitztalk.org](http://kowitztalk.org). Brought to you by the Virginia Dept. of Criminal Justice Services, Virginia Center for School and Campus Safety.

**Date of broadcast:** September 25-December 31, 2023

**Time of broadcast:** Various

**Duration in minutes:** 71 – 30 second spots for a total of 35.5 minutes.

**Program type:** PSA

**Issue:** Healthcare

**Brief description:** As a parent, nothing is more important than your child's wellbeing. So, ask your doctor about your baby's growth and physical, emotional and social development. From baby steps and babbling to building blocks and smiles...be the champion for your child's health. To learn more visit [VDHChampionchild.com](http://VDHChampionchild.com).  
VDHChampionchild.com.

**Date of broadcast:** September 25-December 31, 2023

**Time of broadcast:** Various

**Duration in minutes:** 77 – 30 second spots for a total of 38.5 minutes.

**Program type:** PSA

**Issue:** Healthcare

**Brief description:**

“What do you have to feel bad about”

“You're a kid, you're just board, not depressed”

“Focus on all the good things in your life”

Kids who are thinking about suicide need real help, not just kind advice. Often young people that take their own lives have warning signs like withdrawing, heavy sadness that won't go away or concerning posts online. Know the signs. Talk to your kids. Ask for help from a mental health professional. Visit [no talk ask dot org](http://no talk ask dot org) or call 988 for help right away.

**Date of broadcast:** September 25-December 31, 2023

**Time of broadcast:** Various

**Duration in minutes:** 65 – 30 second spots for a total of 32.5 minutes.

**Program type:** PSA

**Issue:** Healthcare

**Brief description:**

Picture yourself with your two best friends. Now picture this...one in 3 adults has pre-diabetes and doesn't know it. But pre-diabetes can be reversed before it becomes diabetes. So, you and your friends take the free one minute risk test today to learn your risks and the steps you can take to turn pre-diabetes around. Visit [virginia diabetes dot org forward slash prevention](http://virginia.diabetesdot.org/forward/slash/prevention). Brought to you by the Virginia Dept. of Health.