



103.5FM WASHINGTON, DC  
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107.7FM MANASSAS, VA

COMMUNITY COMMITMENT REPORT  
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**ASCERTAINMENT**

As part of our continuing effort to serve our listeners, WTOP Radio talked with various governmental and community leaders about the issues facing our area. The Top Three concerns were: Leadership, National Security, and Transportation.

The Top Issues were:

1. National leadership (Executive, Legislative, Judicial)
2. Russia/North Korea
3. Schools - education & safety
4. Immigration
5. National security (ISIS/domestic terrorism/travel ban)
6. Crime and public safety
7. Racial tensions
8. Elections (national and local)
9. Cybersecurity
10. Health care
11. Transportation
12. Jobs/Economy/Tax Reform

## **COMMENTARY AND ANALYSIS**

Along with WTOP's continuing news coverage, WTOP Radio also offers opportunities for commentary and analysis from all sides. Local and national commentators regularly discuss various perspectives on the political and diplomatic trends that shape our times. Featured analysts on the national stage include Chuck Todd, Gwen Ifill, Chris Wallace, and John King. Local commentators, such as Chris Core and Clinton Yates also add to the analytical diversity featured on WTOP Radio.

### **Margaret Brennan**

Margaret Brennan is the senior foreign affairs correspondent for CBS News and host of Face the Nation. Face the Nation features interviews with prominent lawmakers and White House officials and is one of the longest-running political news programs in the history of television.

### **Car Report • Mike Parris**

*Mike Parris is a member of the Washington Automotive Press Association. Twice a week, he reviews a popular automobile on WTOP. Car enthusiasts or consumers who are in the market for a new car can also read Mike's analysis online.*

### **Core Values • Chris Core**

Chris Core joined WTOP in 2008 after more than 30 years at WMAL. Through his "Core Values" reports, he opines on an array of topics affecting the WTOP listening audience. Listeners write to him with compliments or complaints and he personally replies to each email.

### **Robert Costa**

Robert Costa is moderator of "Washington Week" on PBS and a national political reporter for *The Washington Post*, where he covers Congress and the White House. He is also political analyst for NBC News and MSNBC.

### **Data Doctors**

The Data Doctors provide WTOP listeners with daily tips that are easy to understand and will help you manage the growing number of technology devices that you use every day. The Data Doctor, Ken Colburn, promises no "geek speak!"

### **Garden Plot • Mike McGrath**

Mike McGrath has been WTOP's Garden Editor since 1999. He answers listeners' garden questions and his witty, one-minute "Garden Plot" features air every hour on Saturday mornings.

### **J.J. Green**

J.J. Green is the National Security Correspondent at WTOP. He reports daily on global intelligence, national security and terrorism developments. He's interviewed the leadership of the CIA, DIA, DHS, and U.S. military Joint Chiefs of Staff about issues that are critical to international security. He provides daily analysis and guidance on global security

**Catherine Herridge**

Catherine Herridge is Chief Intelligence Correspondent for Fox News and joins WTOP weekly to discuss current events affecting national security interests.

**John King**

John King is CNN's chief national correspondent and host of "Inside Politics." The 30-minute program features reporters discussing the week's top political news.

**My Take • Clinton Yates**

Clinton Yates is a DC native, popular columnist, sports writer and regular commentator on WTOP since 2013. From politics to pop culture, he presents an honest opinion from his point of view on issues in the news affecting the Washington area and beyond.

**National Academy of Engineering**

The National Academy of Engineering (NAE) is a private, independent, nonprofit institution that provides engineering leadership in service to the nation. Each weekly feature highlights engineering innovations and stories that add technical context to issues in the news.

**Politico**

Politico is an American political journalism organization based in Arlington, Virginia, that distributes its content via television, the Internet, newspaper, and radio. Its coverage of Washington, D.C., includes the U.S. Congress, lobbying, media and the Presidency.

**Dave Ross**

Dave Ross is a talk show host on Seattle's KIRO-FM radio station, with whom he had been a news anchor from 1978 until his talk show started nine years later in 1987. Ross is also heard on a national daily commentary for the CBS Radio Network where he provides political commentary.

**Space Place**

Greg Redfern brings WTOP the latest news in astronomy and space exploration and has been bringing the wonders of the Universe to students and the public for more than 30 years. He is an adjunct professor of physics and astronomy at George Mason University and a NASA JPL Solar System Ambassador.

**Chuck Todd**

Chuck Todd is the political director for NBC News and moderator of "Meet the Press." He was formerly the Chief White house correspondent and host of "The Daily Rundown" on MSNBC.

**U.S. News & World Report**

U.S. News & World Report is a multi-platform, publisher of news and information, which includes USNews.com, RankingsandNews.com and the digital-only U.S. News weekly Magazine. The editorial and production operations are located in Washington, D.C.

**Chris Wallace**

Chris Wallace is the host of "FOX News Sunday" (FNS), FOX Broadcasting Company's Sunday morning public affairs program. He also contributes to FOX News Channel's political and election news coverage and is based in Washington, D.C.

**West Wing Report**

Paul Brandus is an award-winning member of the White House press corps and the White House Correspondents Association. His background includes five years in Moscow, including a posting at the U.S. Embassy during the end of the Cold War, and then as a correspondent for NBC Radio and the award-winning public radio business and economics program "Marketplace." He also spent many years as a New York-based network television producer and also worked on Wall Street. He has traveled to 53 countries on five continents and reported from places like Iraq, Chechnya, China and Cuba.

## SPECIAL PROGRAMMING

### **Local Olympians – February 5-9, 2018**

In a 4 part series, WTOP's Rob Woodfork has the stories of local athletes competing in the 2018 Winter Olympic Games in Pyeongchang. WTOP sales manager Suann Lee was also featured for carrying the Olympic torch.

### **Off-duty police officer shot, killed - February 21, 2018**

Prince George's County police officer Cpl. Mujahid Ramzziddin was shot and killed while trying to protect a neighbor in a domestic violence dispute. WTOP investigated what happened and provided team coverage over the next couple of weeks.

### **Pentagon's secret project breathes new life into UFO research – March 5-7, 2018**

UFO investigations are not antiquated relics from the days of 'flying saucer' science fiction. They're still happening -- and the government's leading the charge. Some people call it a waste of time and money. But, others believe Unidentified Flying Objects demand serious attention. In this 3 part series, WTOP's Michelle Basch says that is exactly what they're getting.

### **Behind the Invisible Wall – March 19-23, 2018**

Seized cash has been piling up at Dulles airport. In two recent cases, people were stopped with over a hundred thousand dollars on them. In this 5 part series, WTOP's John Aaron went to the airport and checked in with Customs and Border Protection to learn more about this trend -- as well as a wide range of other items people are trying to illegally bring into the U.S.

### **Ask The ...**

*Ask The Governor, Ask The Chief, Ask The Experts...* when listeners need answers, WTOP goes directly to the source. In nearly every instance, the newsroom is swamped with calls, emails and questions on social media. What these community leaders have to say affects all of our listeners. Every program airs at 10am and is usually one hour long.


### **The Changing Face of Terrorism**

The Changing Face of Terrorism is an ongoing series of reports by WTOP National Security Correspondent J.J. Green designed to examine the global battle against terrorism. It focuses on the tactics, targets and victims of terrorist groups, and counter-terrorism efforts to stop its spread. Weekly features include:







**The Hunt, Wednesdays** - In-depth analysis with experts on ISIS, al-Qaida, the Taliban and emerging terror threats.

**Target USA, Thursdays** - Examining threats facing the U.S. (terrorists, anarchists, cyber criminals, nation states), the people behind them, the agencies fighting them and their impact on Americans.

## **ASK THE GOVERNOR...**

-  **Ask the Governor, Governor Ralph Northam (VA)**  
February 21<sup>st</sup> • 10 a.m. • 60 min

## **2018 WINTER OLYMPIC GAMES IN PYEONGCHANG...**

-  **From sales to SKorea: One of WTOP's own will carry Olympic torch**  
One WTOP sales manager, Suann Lee, will help deliver the Olympic torch to Pyeongchang in South Korea for the 2018 Winter Olympics. Here's her story.  
January 12
-  **WTOP's Suann Lee carries Olympic torch**  
WTOP sales manager Suann Lee had the opportunity to participate in the 2018 Winter Olympics torch relay as one of more than 7,500 torch bearers. See photos and read about her once in a lifetime experience.  
January 16
-  **Maame Biney: The new face of USA speedskating is always smiling**  
Maame Biney of Reston, Virginia, is known for her infectious smile — but she could soon be known as the Katie Ledecky of the Winter Olympics.  
February 5
-  **Garrett Roe: NHL disappointment opens door for Olympic glory**  
Garrett Roe of Vienna, Virginia, didn't catch on in the NHL — but he is a second-generation hockey player with a chance to be a part of a second "Miracle on Ice."  
February 6
-  **Winter Olympics mark homecoming for Thomas Hong**  
Laurel's Thomas Hong was born to speedskate — almost literally. Now he is making his Olympic debut in the country of his birth.  
February 7
-  **Haley Skarupa: From thin ice to center ice**  
Haley Skarupa, of Rockville, Maryland, battled her way onto Team USA hockey's roster. Now, she looks to help carry them to the medal stand.  
February 8



## **PRINCE GEORGE'S COUNTY POLICE OFFICER KILLED...**

### **Off-duty police officer shot, killed in Prince George's County**

Prince George's County police identified the officer who was shot and killed on Wednesday as Cpl. Mujahid Ramzziddin. Police said Ramzziddin was off-duty but was killed "while stepping in to protect a woman in a domestic situation."

February 21

### **Man eluded deputies for days before gunning down Prince George's Co. officer**

Glenn Tyndell was able to elude sheriff's deputies who tried to track him down in the days before the 37-year-old Maryland man showed up at the Brandywine home he once shared with his wife and gunned down Prince George's County Police Cpl. Mujahid Ramzziddin. Tyndell had a long history of domestic violence, an active protective order against him and three open warrants, including for assault.

February 22

### **In wake of officer's murder, advocate for domestic violence victims say more needs to be done**

An advocate for victims of domestic violence said the murder of an off-duty Prince George's police officer by a man with a history of domestic violence is a sign that that more needs to be done to keep guns out of the hands of abusers.

February 22

### **Investigators still putting together timeline of shooting that killed off-duty police officer**

Investigators are still working to put together an exact timeline of what happened that led to the murder of an off-duty police officer in Prince George's County.

February 22

### **Slain Md. officer's burial set for Friday**

Commuters should expect traffic delays and street closures Friday morning and afternoon near and around the Diyanet Center of America in Lanham as funeral services and a procession for Cpl. Mujahid Ramzziddin take place.

February 22

### **Slain Prince George's officer posthumously promoted**

The Prince George's County police announced Wednesday that Mujahid Ramzziddin has been posthumously promoted to sergeant. They also released new details about his shooting, and that of the man they say killed him.

February 28

 **What happened the week before a Prince George's Co. police officer was shot to death**

The week before he gunned down then-Cpl. Mujahid Ramzziddin, recently unsealed court documents detail a complex and evolving situation between Glenn Tyndell and his estranged wife, and police have also released their own statement clarifying the timeline.  
February 28

 **Prince George's Co. police chief testifies in Senate Democrats' hearing on gun violence**

Two weeks after an off-duty Prince George's County police officer was shot and killed while defending his neighbor, the county's police chief urged members of Congress to close loopholes in the nation's gun laws.  
March 7

**UFO RESEARCH SERIES...**

 **Pentagon's mysterious project breathes new life into UFO research**

A stunning report late last year revealed the existence of the Pentagon's secret project to investigate unidentified flying objects. Months later, it's still earth-shaking news to those eager for answers about the existence of UFOs.  
March 5

 **Investigating 'what the heck is going on': Science, evidence at center of Md. UFO conference**

An annual UFO conference in Gambrills, Maryland, emphasizes a scientific, evidence-based approach to the subject. The conference has become a place where people can share their sightings and discuss news in the UFO field.  
March 6

 **What's that in the sky? Group analyzes local UFO sightings**

Have you ever seen something in the sky you may not be able to explain? You're not alone. There are dozens of reports of UFO sightings around the region. Read about some of the recent ones.  
March 7

**BEHIND THE INVISIBLE WALL SERIES...**

 **Behind the invisible wall: Even a little beagle lends a hand at Dulles International Airport**

Not all police dogs are big and scary. A beagle works for Customs and Border Protection at Dulles Airport. He doesn't sniff for bombs or drugs, though — find out why not, and what he's looking for.

March 20

 **Behind the Invisible Wall: On the trail of cash coming through Dulles**

Since July, authorities have seized 10 large amounts of undeclared cash carried by people going to or coming from the same country. Find out where, and what Customs and Border Protection think may be going on.

March 23

Part 1: Trailing Cash coming through Dulles – March 19

Part 2: A dog on the trail of food – March 20

Part 3: Keeping tabs on outbound passengers – March 21

Part 4: On your phone – March 22

Part 5: Drugs inside caramels, chickens, and people – March 23

## RECALLS

It seems like every day there's a new product recall to report because of consumer health and safety concerns. The U.S. Consumer Product Safety Commission has a list, but how does a listener know if they've bought something that's been recalled? And what should they do with an item that's been recalled? WTOP finds out and explains...

### Recalls this week: bean bag chair covers, batteries

More than 1,000 bean bag chair covers are being recalled because they pose an entrapment and suffocation hazard to children. Other recalled consumer products include HP batteries that can overheat and faulty lawn mower components....

January 5<sup>th</sup>

### Takata adds 3.3 million air bag inflators to massive recall

Japanese air bag maker Takata is recalling an additional 3.3 million faulty air bag inflators as it expands the largest automotive recall in U.S. history. The latest recalls cover frontal air bags...

January 6<sup>th</sup>

### Toyota, Honda add 1M vehicles to Takata air bag recalls



The new recalls come after Takata revealed that another 3.3 million inflators are defective.

January 9<sup>th</sup>

### Giant recalls ice cream bars for listeria risk



Giant is recalling some ice cream bars because of the potential it was contaminated with listeria. Giant had not yet received any reports of illnesses associated with the products.

January 10<sup>th</sup>

### Ford says some Rangers should be parked due to air bag death



Ford is telling owners of about 2,900 Ranger small pickup trucks not to drive them after finding out that an exploding Takata air bag inflator killed a driver 80 miles from D.C.

January 11<sup>th</sup>

### Fiat Chrysler recalls minivans for engine stalling problem

Fiat Chrysler is recalling more than 160,000 minivans mainly in North America to fix a software problem that can make engines stall. The recall covers certain Chrysler Pacifica vans from the 2017...

January 12<sup>th</sup>

 **14 automakers list more models in Takata recall**

U.S. safety regulators have released models from 14 different automakers that are being recalled to replace potentially deadly Takata air bag inflators.  
January 18<sup>th</sup>

 **Bed Bath & Beyond recalls comforters due to risk of mold exposure**



Bed Bath & Beyond has voluntarily recalled about 175,000 UGG comforters due to the risk of mold exposure, the U.S. Consumer Product Safety Commission said Thursday.  
January 18<sup>th</sup>

 **Hyundai recalls nearly 88K older cars due to fire risk**

Hyundai is recalling nearly 88,000 cars in the U.S. because an electrical short in the antilock brake system could cause engine-compartment fires. The recall affects certain 2006 Sonatas and 2006 through 2011...  
January 24<sup>th</sup>

 **NJ company recalls beef meatballs shipped to 9 states**

The U.S. Department of Agriculture on Wednesday announced the recall involving Rich Products Corporation of Vineland, New Jersey. The ready-to-eat frozen meatballs were produced Dec. 17.  
January 25<sup>th</sup>

 **Panera recalls cream cheese nationwide over fears of listeria**



Panera Bread is recalling cream cheese products nationwide after a sample of one of the products tested positive for listeria monocytogenes.  
January 29<sup>th</sup>

 **Toyota recalls 645,000 vehicles; air bags may not inflate**



Toyota is recalling about 645,000 vehicles worldwide to fix an electrical problem that could stop air bags from inflating in a crash.  
January 31<sup>st</sup>

 **Mitsubishi recalls SUV and car models; belt can come loose**

Mitsubishi is recalling about 640,000 cars and SUVs worldwide because the accessory drive belt can come loose and cause engines to stall. The recall covers Outlander SUVs from 2008 through 2012, Outlander...  
February 1<sup>st</sup>

 **Mitsubishi issues recalls for loose sunroofs, brake trouble**

Mitsubishi is recalling nearly 227,000 vehicles in the U.S. to fix glass sunroofs that can fly off and parking brakes that may not work. The first recall covers nearly 57,000 Outlanders from...  
February 2<sup>nd</sup>

 **Ram trucks recalled to fix problem with gear shifters**



The recall covers certain 1500, 2500 and 3500 pickups. Also included are 3500, 4500 and 5500 Chassis Cab trucks. All are from 2017 and 2018 and have steering column shifters.  
February 16<sup>th</sup>

 **Recalls this week: bicycles, children's rompers**

A line of children's rompers with snaps that pose a choking hazard to young children are among this week's recalled consumer products. Others include glass tables and hair dryers. Here's a more detailed look:  
February 16<sup>th</sup>

 **Toyota, Hyundai recall roughly 110,000 vehicles**



Toyota and Hyundai have recalled roughly a combined 110,000 trucks and sport utility vehicles, including the 2018 Toyota Tundra and Sequoia, and the 2018 Hyundai Santa Fe and Santa Fe Sport....  
February 24<sup>th</sup>

 **Amazon recalls portable chargers on reports of fires, burns**

Amazon is recalling 260,000 AmazonBasics portable chargers after reports that they can overheat and cause fires or burns. The U.S. Consumer Product Safety Commission says Amazon received 53 reports of the...  
March 13<sup>th</sup>

 **Ford recalls almost 1.4M cars; steering wheel can come loose**



Ford is recalling nearly 1.4 million midsize cars in North America because the steering wheel can detach from the steering column and drivers could lose control.  
March 14<sup>th</sup>

 **Recalls this week: power banks, baby pacifiers**

Several versions of battery-charging power banks sold through Amazon are being recalled because they can overheat and ignite. Other recalled consumer products include baby pacifiers, spas and bicycle disc brakes. Here's a more detailed look:  
March 16<sup>th</sup>

 **Smoke detectors that might not detect smoke are recalled**

Nearly 500,000 smoke detectors that might not be able to detect smoke are being recalled by a company based in North Carolina.

March 22<sup>nd</sup>

## **HEALTH AND FITNESS**

How to prevent or cure ailments, contemporary exercise and diet trends, the latest breakthroughs in medical science – everyday there’s a new health and wellness story that WTOP listeners want to know more about. In 2014, WTOP launched “To Your Health”, a segment that airs at 20 minutes past the hour, giving listeners the latest healthy living news.

### **Stay strong: Strategies to resist sweets this holiday**

Personal trainer Fairfax Hackley has tips to stay strong, and calm, and avoid those diet-busting goodies.

December 25<sup>th</sup>

### **Prone to falling? Avoid spills with these tips and tricks**



Winter can make even your front porch dangerous but a lot can be done to reduce the risk of falling, without becoming a recluse in the winter.

December 26<sup>th</sup>

### **Dodging the hangover: How to make The Morning After less brutal**



It’s the price you pay for a night of boozy fun. But if you’re smart, you can get a discount. Here’s how you can prepare for the big night and survive The Day After.

December 28<sup>th</sup>

### **Are you too cool? Warning signs you’re dangerously cold in freezing weather**



The combination of cold weather and outdoor celebrations coming up over the past couple of days means a lot of chances for frostbite and hypothermia. Here are some tips from local and federal authorities on preventing, and treating, both conditions.

December 29<sup>th</sup>

### **Daily opioid overdoses, dark web drugs ‘overwhelming’ area counties**



Officers in Fairfax County, Virginia, and Montgomery County, Maryland, are responding to more overdoses, and their chiefs said recently that they’re treating the growing trend as a social issue, rather than an issue of criminal justice.

December 30<sup>th</sup>



 **Drinking less one of your resolutions? Here are some tips**



A new year is a chance for new beginnings and self-improvement. If you're considering scaling back drinking, the National Institute on Alcohol Abuse and Alcoholism has some tips that you can use to help.  
January 1<sup>st</sup>

 **How to keep your 2018 fitness resolutions**

Had troubling sticking to your fitness resolutions in the past? Personal trainer Fairfax Hackley has tips to help you stick to your plan and hit your fitness goals in 2018.  
January 1<sup>st</sup>

 **Hikers in Montgomery Co. brave brutal cold for annual park event**



"There is no such thing as bad weather, just bad clothing choices," said park volunteer guide Bonnie Bell of Gaithersburg, Maryland.  
January 1<sup>st</sup>

 **How to stay motivated to exercise in the winter**



Sally Squires, who writes the Lean Plate Club™ blog, has some tips to help get motivated in the colder weather and how to keep your winter workout routine going safely.  
January 2<sup>nd</sup>

 **DC startup Stretch Workz wants to stretch you out**



One of the fastest growing health-related businesses is partner-assisted stretching, and a D.C. startup wants to help Washington stretch out.  
January 2<sup>nd</sup>

 **Ranking diets: Which really help you slim down? Which are the easiest to stick to?**



A new ranking of the "best diets" compiled by U.S. News and World Report lists the Mediterranean diet and a special low-sodium diet designed to lower blood pressure as the top eating plans, based on evaluations by experts.  
January 3<sup>rd</sup>

 **Better coverage? MedStar tests new hospital gowns**



MedStar Health is testing out newly designed hospital gowns that provide more privacy and may end up saving the hospital costs.  
January 4<sup>th</sup>

 **One doctor's prescription for the health care system: 'Slow Medicine'**



In a new book, a doctor illustrates how the medical system can be improved with a more-thoughtful approach to treatment — one of attention, kindness and “above all, responsibility.”  
January 4<sup>th</sup>

 **Consumer Reports: Avoid romaine lettuce during E. coli outbreak**



Though the CDC has not determined the source of an E. coli outbreak in the U.S. Consumer Reports' food safety experts advise against eating romaine lettuce until it's identified.  
January 5<sup>th</sup>

 **How to make 2018 your best fitness year**

Personal trainer Fairfax Hackley has tips help you tailor a plan to met your individual fitness and dieting goals in 2018.  
January 8<sup>th</sup>

 **Blood shortage prompts call for 'urgent need' of donors**



The recent cold spell caused the cancellation of 150 blood drives in the Greater Chesapeake and Potomac Blood Services region and now the American Red Cross needs your help.  
January 9<sup>th</sup>

 **Earth Fare, 'Healthy Food for Everyone' opens in Fairfax**



An organic grocery store is opening its first D.C.-area location in Fairfax, Virginia, on Wednesday.  
January 9<sup>th</sup>

 **Study: Ibuprofen can affect men's fertility**



A new study finds that ibuprofen can affect men's testicular function and fertility.  
January 9<sup>th</sup>

 **Could spit be the latest key to diagnosing concussions?**



While a test is still a ways from being available to the public, the discovery of proteins in saliva activated by brain trauma is a big first step toward effectively diagnosing concussions.  
January 10<sup>th</sup>

 **Flu in full swing nationwide: How does DC area fare?**



Nationwide, the number of people seeing their doctors for flu-like illnesses has spiked, including in Maryland and Virginia.  
January 10<sup>th</sup>

 **Hospital investigating discharge of patient in hospital gown**

BALTIMORE — The University of Maryland Medical Center is investigating how a woman was discharged, wearing only a gown and hospital socks, at a bus stop at night. A bystander posted a video in...  
January 10<sup>th</sup>

 **Should DC have more public bathrooms?**



A bill making its way through the D.C. City Council calls for the installation of at least 10 public bathrooms across the District.  
January 11<sup>th</sup>

 **HIV prevention pill gets racy ad in DC campaign**



A sex-laced ad campaign from the D.C. Department of Health is taking aim at those who are at risk for contracting HIV, and promoting the use of a pill to stop the spread of the virus.  
January 11<sup>th</sup>

 **Hospital CEO in Baltimore apologizes for discharge of patient in gown**



A top Baltimore hospital executive has apologized after a woman wearing only a gown and socks was discharged at a bus stop at night, what one man who later came to her aid said left him outraged and stunned.  
January 11<sup>th</sup>

 **DC area hospitals work to manage nationwide IV fluid shortage**



With the primary manufacturer's plants located in storm-ravaged Puerto Rico, medical professionals have put a few measures in place to conserve supplies for the next few weeks.  
January 11<sup>th</sup>

 **VIDA teams up with DC Parks to reclaim title of fittest city**



D.C. wants its "fittest city" title back, and a local health club chain has signed up to help with free workouts, nutrition seminars and more.  
January 12<sup>th</sup>

 **Maryland lawmakers override governor's paid sick leave veto**

Maryland businesses with 15 or more employees will be required to provide up to five days of earned paid sick leave.

January 12<sup>th</sup>

 **Man who aided disoriented patient says she's getting care**



The man who said he came to the aid of a visibly disoriented woman discharged from a Baltimore hospital wearing only a gown and socks on a frigid winter's night said Friday that she's been reunited with her family.

January 12<sup>th</sup>

 **For chronic disease, a pill will only treat so much, expert says**



Whether it's a pulled muscle you're nursing or a chronic disease you're fighting, a treatment from the doctor's office will only help so much.

January 15<sup>th</sup>

 **Having a tough time developing healthy habits? Tips to break through**

Little reminders can help you incorporate healthier habits throughout the day. Personal trainer Fairfax Hackley has tips to help you get started.

January 15<sup>th</sup>

 **Need to dump old medication? Dispose of it safely at this Alexandria site**



The Neighborhood Pharmacy of Del Ray has added the permanent drug drop-off box, and it's already been filled up three times since November.

January 16<sup>th</sup>

 **How to get your New Year's resolutions back on track**



You're not alone if you've struggled to keep up with your New Year's resolutions, but there are a lot of ways you can get back on track.

January 16<sup>th</sup>

 **Choose the right cardio to meet your fitness goals**

What type of cardio will help you reach your fitness goals? Personal trainer Fairfax Hackley has tips to find the right balance.

January 21<sup>st</sup>

 **Flu cases are on the rise around DC**



In the District, close to 400 confirmed cases were reported in the first two weeks of January. Cases have climbed in Virginia and Maryland as well in the new year.  
January 22<sup>nd</sup>

 **How to be more active throughout your day**



Even the most ambitious runners may not be as active as people should be. Blogger Sally Squires says exercise is important, but staying active for the rest of the day matters, too.  
January 23<sup>rd</sup>

 **The best diet for you? DNA could hold the answer**



No carb? Low-carb? Plant-based? Dairy-free? Testing out the latest fad diets may soon be a thing of the past.  
January 24<sup>th</sup>

 **Home remedies that can actually help**



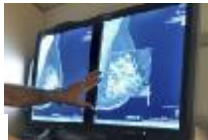
You can avoid the pharmacy, skip the medicine cabinet and instead turn to your kitchen cabinet for many minor ailments. Take a look at these kitchen cures.  
January 24<sup>th</sup>

 **Teen drug use at 'all-time lows': How to keep it there**



There's reassuring news for parents of teenagers in the U.S.: Teen drug and alcohol use is at an all-time low, according to data from the National Institute on Drug Abuse.  
January 25<sup>th</sup>

 **DC's top news anchors raise funds to support breast cancer screenings**



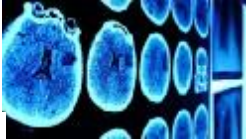
For the 10th year, D.C.'s well-known female news anchors are joining forces to raise money and awareness for breast cancer services.  
January 25<sup>th</sup>

 **Yes, your dog can get the flu, too: How to protect your furry friend**



Amid the deadly flu outbreak hitting nearly every state in the U.S., even your furry best friend is not immune to the flu.  
January 26<sup>th</sup>

**Stroke survivors' cognitive decline slowed greatly by special diet**



A diet that focuses on vegetables, berries, fish and olive oil can help stroke victims think, reason and remember, according to a new study.  
January 26<sup>th</sup>

**It's OK to eat romaine lettuce again**



If you love romaine lettuce, the CDC and FDA say an outbreak involving leafy greens appears to be over.  
January 26<sup>th</sup>

**Eating like a baby could be the key to good health**

What you can learn from how babies eat that could help you meet your own diet and health goals. Personal trainer Fairfax Hackely explains.  
January 29<sup>th</sup>

**A 'gift of life' from one of WTOP's own**



Somewhere, a 52-year-old cancer patient needed a stem-cell transplant. WTOP's own Jenny Glick turned out to be a match, and she gave the valuable donation. Here's her story.  
January 30<sup>th</sup>

**Amazon, Buffett and JPMorgan join forces on health care**



Three of corporate America's heaviest hitters — Amazon, Warren Buffett and JPMorgan Chase — sent a shudder through the health industry Tuesday when they announced plans to jointly create a company to provide their employees...  
January 30<sup>th</sup>

**5 ways to improve brain function, prevent memory loss**



The number of Americans living with Alzheimer's disease is on the rise, as are the associated costs. A doctor outlines five ways to prevent memory loss and improve your brain's function.  
January 31<sup>st</sup>

**Compare prescription prices with smartphone apps, websites**



Different pharmacies can charge vastly different prices for the same medicine, but there are smartphone apps and websites that comparison shop prices for prescriptions.  
January 31<sup>st</sup>

 **What parents of young children should know about the flu**



Parents have a lot of hard decisions to make if a child appears to be coming down with an illness, particularly the flu. A pediatrician explains what to look for and what to do.  
February 1<sup>st</sup>

 **Marijuana oil use likely to expand in Virginia**



Oils derived from marijuana would be permitted under Virginia law for more patients under a bill approved unanimously Friday by the House of Delegates.  
February 2<sup>nd</sup>

 **DC area is not immune to this year's aggressive flu epidemic**



As of Jan. 27, health officials said, the flu was “widespread” in Maryland and Virginia — and in D.C., hospitals had reported almost 300 new cases.  
February 3<sup>rd</sup>

 **Binge drinking during the Super Bowl is a bad call**



Even those who drink responsibly may push it on Super Bowl Sunday. Here are some common sense tips to stay safe.  
February 3<sup>rd</sup>

 **Judge orders state regulators to pay anti-vaccine doctor**



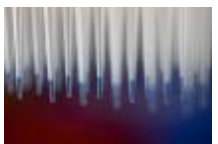
Regulators who stripped a doctor of his credentials due to his anti-vaccine practices have each been ordered to pay tens of thousands of dollars in damages after a judge found the board abused its power in 2012.  
February 4<sup>th</sup>

 **WATCH: Montgomery Co. leaders ‘Cupid Shuffle’ their way to healthier hearts (Video)**



Check out the video of Montgomery County Executive Ike Leggett and Police Chief Thomas Manger doing the “Cupid Shuffle” to raise awareness for heart health in February.  
February 6<sup>th</sup>

 **Maryland records first child-death related to the flu**



The devastating flu season that has spread across the country has hit home as the Maryland Department of Health confirmed the first influenza-associated pediatric death in the state.  
February 6<sup>th</sup>

 **Do sounds affect what and how much you eat?**



Can certain sounds cause you to eat more? Sally Squires with the Lean Plate Club blog said new research suggests it might.  
February 6<sup>th</sup>

 **Montgomery County sues 14 opioid drug companies for addiction increase**



Montgomery County has filed a lawsuit against 14 opioid manufacturers and distributors accusing them of deceptive marketing and failing to report suspicious sales.  
February 8<sup>th</sup>

 **Pregnancy app changes way expectant moms and caregivers communicate**



The Babyscripts app allows caregivers to send patients weekly information that's specifically tailored to their "gestational age" and situation.  
February 9<sup>th</sup>

 **Plenty of flu shots still available despite late demand: health official**



This year's flu season has lasted a lot longer than normal. While some locations might have exhausted their supply of flu shots, overall there is still a lot of supply available for those who want the vaccine.  
February 9<sup>th</sup>

 **Md. bill calls for end of synthetic turf use**



Amid mounting health concerns over synthetic turf, Maryland lawmakers are debating a bill that would prohibit the state from using any public money to build or renovate synthetic surfaces.  
February 10<sup>th</sup>

 **Fairfax County takes unusual approach to fighting opioid crisis**



The opioid crisis continues its death march across the country and in the D.C. area. In one week in December, five people died in Fairfax County from opioids. Find out what the county is doing to fight back.  
February 10<sup>th</sup>

 **Final vote nears for bill to help DC study its high rate of pregnancy-related deaths**



"There's a maternal health crisis in our city, especially if you look east and west," said D.C. Council member Charles Allen, of Ward 6.  
February 11<sup>th</sup>



 **The fitness behind short track speed skating**

What makes Olympic short track speed skating so cool to watch? The sheer speed of the sport is a major factor, according to personal trainer Fairfax Hackley.

February 12<sup>th</sup>

 **Beloved Yoga, one of DC-area's largest yoga studios, opens in Reston**



At 6,000-square-feet, Beloved Yoga calls itself the largest yoga studio in the D.C.-area; most yoga studio spaces average between 900 and 1,200 square feet.

February 12<sup>th</sup>

 **Surprising health benefits of Valentine's Day traditions**



They're familiar sights this time of year: A box of chocolates and a dozen roses. But it turns out there may be some surprising health benefits to these Valentine's Day staples.

February 13<sup>th</sup>

 **Cardiologist: Pay attention to your heart on Valentine's Day**



As many as 1 in 4 heart attacks is ignored for various reasons; experts warn that allowing them to go unaddressed increases the risk for permanent heart damage or death.

February 14<sup>th</sup>

 **Report details harm to Cuba diplomats but offers no cause**



Doctors are releasing the first detailed medical reports about the hearing, vision, balance and brain symptoms suffered in what the State Department has called "health attacks" on U.S. diplomats in Cuba.

February 14<sup>th</sup>

 **Key Va. GOP lawmaker backs Medicaid expansion**



Powerful Virginia Republican Del. Terry Kilgore said Thursday that he'd changed his mind after years of opposition and now supports Medicaid expansion.

February 15<sup>th</sup>

 **Prepare for pollen: Allergy sufferers should get ready for spring now**



The moisture from the weekend's snow and rain has tree and plant pollen primed and ready to come out when warmer temperatures arrive this week, a local allergist said.

February 18<sup>th</sup>

**Are you tough enough to be an Olympic cross country skier?**

If you have your sights set on becoming an elite cross country skier, then it's a tough road ahead, according to personal trainer Fairfax Hackley.

February 19<sup>th</sup>

**Grocer Albertsons eyes Rite Aid deal in health care push**



The owner of Safeway and other grocery brands is buying the drugstore chain Rite Aid as retailers continue to plunge deeper into health care and adjust to swiftly changing shopping habits. Albertsons Companies executives said...

February 20<sup>th</sup>

**Olympic food: Familiarity and aroma key to fueling champions**



Food is a major component of the Olympic athletes training and their success in South Korea. When it comes to choosing what to eat, female competitors are more likely to be interested in the familiarity of foods than their male counterparts.

February 20<sup>th</sup>

**Eastern Market gets an Orangetheory Fitness**



Orangetheory Fitness, known for its intense 60-minute workouts, will open its newest Washington area fitness center in the 700 Penn development.

February 21<sup>st</sup>

**US panel says it's OK to use nasal spray flu vaccine again**



FluMist is the only spray-in-the-nose vaccine on the market. It is approved for ages 2 through 49. Unlike other flu vaccines made from killed virus, it is made from a live but weakened flu virus.

February 21<sup>st</sup>

**Some patient's private medical info may have been viewed**

A University of Virginia Health System news release says they learned in December that the third party may have been able to view patient information from early May 3, 2015, through most of 2016.

February 21<sup>st</sup>

**More kids plagued with chronic stress: Why it's happening, how to help**



Stress isn't just for adults. Kids and teens are experiencing more stress than ever before, and it's causing lifelong health effects.

February 22<sup>nd</sup>

 **Children’s National renovates psychiatry unit, approach to patient care**



Children’s National Health System has revamped its inpatient psychiatry unit as well as their approach to children’s mental health. See photos of the facility.  
February 26<sup>th</sup>

 **Team U.S.A.’s female athletes triumph in the winter Olympics**

[Personal Trainer Fairfax Hackley explains what you can learn from the triumphs of the U.S. Women’s Olympics Team.](#)

February 26<sup>th</sup>

 **Popular diet doesn’t only reduce hypertension, but risk of depression as well, per study**



The popular Dietary Approaches to Stop Hypertension (DASH) diet was created to lower blood pressure, but new research says it can also reduce the risk of depression later in life.  
February 28<sup>th</sup>

 **What is a typical pregnancy? Research project aims to be resource**



“We’ve lost sight, I think especially in the 21st century, of women who are experiencing pregnancy in a typical way,” said Dr. Caroline Signore, a deputy director with the National Institute of Health.

February 28<sup>th</sup>

 **It’s National Eating Disorders Awareness Week: Warning signs to watch**



Eating disorders are the deadliest mental illness, and experts are concerned many people might not be paying proper attention.

March 1<sup>st</sup>

 **How long will food last in fridge, freezer without power?**

Here are some guidelines so you know whether you’ll be tossing out what’s in your refrigerator and freezer.

March 5<sup>th</sup>

 **A drug for jet lag? A D.C. biotech says it just got a lot closer.**



Millions of travelers suffer from jet lag every year. And now Vanda Pharmaceuticals Inc. (NASDAQ: VNDA) said one of its drugs successfully addressed the problem with hundreds of volunteers in a late-stage clinical trial. Vanda...

March 5<sup>th</sup>

 **Are tight hips interfering with your training?**

Personal trainer Fairfax Hackley talks about what causes you to develop tight hips and how to loosen them up.

March 5<sup>th</sup>

 **Wake and intake: How to get teens to eat breakfast**



Lean Plate Club™ blogger Sally Squires has suggestions on encouraging teenagers not to skip the most important meal of the day.

March 6<sup>th</sup>

 **Md. funds tech that brings school to housebound students**



Grants will provide \$15,000 to each of the state's 24 school systems. The technology helped one Montgomery County girl keep up with her studies as she battled cancer.

March 6<sup>th</sup>

 **DC professionals losing sleep over work, and office drama may be to blame**



More than a third of D.C.-area office professionals say work-related issues regularly cause them to lose sleep, according to a new survey.

March 8<sup>th</sup>

 **A 'springing forward' risk: Lost sleep from time change can mean a car crash**



Daylight saving time can have tragic consequences on the road: Missing just 1—2 hours of sleep increases the chance of an accident.

March 10<sup>th</sup>

 **Springing forward in your training**

Clocks rolled forward on Sunday with daylight saving time. Has that left you feeling drained and down? Personal trainer Fairfax Hackley talks about the effects on your training and what you can do about it.

March 12<sup>th</sup>

 **At Calvary, DC women overcome violence, homelessness**



Many women who experience homelessness in the nation's capital, also experience violence. But one local center is helping women heal and rebuild their lives.

March 13<sup>th</sup>

 **Your chance to weigh in on federal dietary guidelines is here – but not for long**



The guidelines that influence how Americans eat are up for review, and for the first time the people who make them are looking for your input.  
March 13<sup>th</sup>

 **Mumps confirmed at Virginia Commonwealth University**



The university sent out an alert to community members disclosing that the Richmond City Health Department is investigating that confirmed case and another suspected case.  
March 14<sup>th</sup>

 **The Latest: House rejects experimental drug bill**

The Latest on legislation concerning experimental drugs (all times local): 6:55 p.m. The House has rejected a Republican bill easing how experimental drugs are provided to people with terminal illnesses. President Donald...  
March 14<sup>th</sup>

 **Healthiest counties in Va., Md. ranked — and where troubling gaps persist**



The suburban Maryland and Virginia counties that ring D.C. remain not only among the wealthiest counties in the nation but also the healthiest, according to new rankings from a public health advocacy organization.  
March 14<sup>th</sup>

 **Limited Marine Corps Marathon race registrations available online next week**



On Wednesday, March 21, the Marine Corps Marathon will have a “rush registration” option, which is described as an “online mad dash” that allows runners to bypass the traditional lottery.  
March 14<sup>th</sup>

 **Spring Into Fitness**

Personal trainer Fairfax Hackley has strategies to jump start your fitness leading into the summer in this week's Best Body Report.  
March 19<sup>th</sup>

 **Marine Corps' 17.75k race OK'd to run in wind-ravaged Va. park**



Hundreds of trees toppled at Prince William Forest Park, forcing its closure for weeks. But thanks for the hard work of National Park Service employees, the course through the park is cleared for the Marine Corps' 17.75k race on March 24.

March 20<sup>th</sup>

 **Study finds obesity robs the tongue of taste buds in mice**

Packing on pounds seems to dull people's sense of taste, and puzzled researchers turned to mice to figure out why: Obesity, they found, can rob the tongue of taste buds. If Tuesday's...  
March 20<sup>th</sup>

 **Free fitness classes foster friendships for youth with disabilities in DC area**



For many kids with disabilities, playing Little League baseball or recreational soccer isn't always an option. But one local organization is giving them the opportunity to be active, gain confidence and make lifelong friendships.  
March 22<sup>nd</sup>

 **Marine Corps Marathon lottery registration opens**



The lottery opened Wednesday and will remain open through noon Eastern on March 28. Once the lottery closes, marathoners will be notified by email of their acceptance results on March 29.  
March 22<sup>nd</sup>

## **TRANSPORTATION**

Know before you go! Everyone knows to listen to WTOP for traffic on the 8's and when it breaks. Listeners also rely on WTOP for the latest information on Metro, road closures, construction, parking restrictions and other transportation projects that will affect their commute now and in the future. These are some of the transportation stories WTOP has reported...

### **Gridlocked DC is not a 'traffic resilient' city, study finds**



When it comes to how well the region can handle unexpected situations, such as inclement weather or major traffic incidents, D.C. ranks as the worst of 40 major metro areas in the U.S.

December 26<sup>th</sup>

### **Metro track work leads into extended New Year's Eve hours**



Metro will stay open late for New Year's Eve revelers, but significant track work is scheduled the day before. See the schedule.

December 27<sup>th</sup>

### **DC Circulator could see big changes under proposed plan**



DDOT has proposed the first phase of major service changes to DC Circulator under a long-term Transit Development Plan that include overhauls of two routes and some additional service.

December 30<sup>th</sup>

### **Survey: I-66 commuters say tolls, hours changes not helping**



After \$40 and higher tolls on Interstate 66 grabbed headlines, WTOP surveyed commuters to find out what's working and what's not with the new tolls.

January 2<sup>nd</sup>

### **Survey: Carpools, slugging not preferred alternative to I-66 tolls**



Of those considering changes to their commute since tolls began along Interstate 66, carpooling or slugging was the fourth most popular option, according to a WTOP survey of Northern Virginia commuters.

January 3<sup>rd</sup>

### **Frigid conditions cancel MARC trains**

Extreme cold conditions for the D.C. region aren't only making residents shake and shiver, they're also causing mechanical issues for commuter trains.

January 3<sup>rd</sup>

 **Survey: For some commuters, I-66 tolls a better option than transit**



Is it cheaper to pay a toll to drive on Interstate 66 during the rush hour or cheaper to ride public transit? That's the question that some commuters are weighing since tolling began four weeks ago.  
January 4<sup>th</sup>

 **Regional fast ferry concept moves forward**



“The issue now is validation of the market,” said Frank Principi, Woodbridge District Supervisor on the Prince William County Board of Supervisors. “If we build it, will they come?”  
January 6<sup>th</sup>

 **Metro airs ad during college football championship to win back rush-hour riders**



A Metro ad that aired across the D.C. area during the second quarter of college football's National Championship is part of the agency's efforts to convince rush-hour riders to stick with the transit system.  
January 9<sup>th</sup>

 **Severn River Bridge project on schedule for Memorial Day completion**



Maryland transportation officials are looking ahead to the upcoming onslaught of summer beach traffic through Annapolis: The multimillion-dollar widening of the Severn River Bridge is on track to be completed by Memorial Day.  
January 10<sup>th</sup>

 **Va. reaches deal to extend 95 Express Lanes to near Fredericksburg**



January 10<sup>th</sup>

Virginia has reached a deal to extend the 95 Express Lanes south toward Fredericksburg, a deal that includes a large enough payment from the private company building the lanes to support an additional I-95 northbound bridge over the Rappahannock River that VDOT had scrapped.

 **Metro suggests changes to Kids Ride Free, ways to deal with attacks on bus drivers**



Repeated problems with free rides for D.C. students regularly create conflicts and could sometimes lead to attacks on Metrobus operators, a panel of transit industry experts are set to tell Metro's Board.  
January 11<sup>th</sup>

 **GW Parkway traffic safety study planned along southern end**



From Belle Have to Mount Vernon, the National Park Service plans to study traffic safety along the busy George Washington Parkway and key intersections this year.  
January 11<sup>th</sup>



 **Frederick Co. bridge reopens earlier than expected after emergency repairs**



A bridge over the Monocacy River damaged by a truck last month has reopened to traffic after emergency repairs took less time than expected.  
January 11<sup>th</sup>

 **Expect delays, different train schedules on Metro this holiday weekend**



Delays are expected along several Metro lines, and weekend scheduling will be in effect on Monday for the Martin Luther King Jr. Day holiday.  
January 12<sup>th</sup>

 **Norton claims a few parking spots blocking Capitol Hill bike lane approval**



D.C. Del. Eleanor Holmes Norton said a few parking spots are holding up a long-planned bicycle lane connecting Union Station to the Capitol.  
January 12<sup>th</sup>

 **Metro sets start date for Saturday parking fees**



Metro riders will have to pay to park at the transit system's garages and lots on Saturdays starting next month, the transit system announced Friday. Plus why bus riders will pay more to park at many Metro stations.  
January 12<sup>th</sup>

 **Derailment called a 'red flag' as Md. lawmakers debate funding for Metro**



Maryland legislators pushing for dedicated funding for Metro said that Monday's Red Line derailment only demonstrates the need for the funding and shouldn't derail their efforts in the General Assembly  
January 15<sup>th</sup>

 **Red Line train derails near Metro Center**



January 15<sup>th</sup>

A Red Line train bound for Glenmont derailed Monday morning leaving dozens of passengers stranded for 90 minutes before they were evacuated safely. No injuries were reported. The derailment marks the first time one of the new 7000 series trains derailed. Red Line riders should expect delays...

 **Metro: Red Line track inspected 5 days before train derailed**



January 16<sup>th</sup>

Nearly 30 minutes had passed before Metro confirmed that a Red Line train had left the tracks Monday morning — a derailment that occurred along a stretch of track that had been inspected just days before. A Metro official also said the radio system in the area would be repaired by Wednesday.

**Police crack down on reckless driving on area parkways**



Hundreds of drivers were ticketed and arrested for speeding, reckless driving and drug and weapons offenses on D.C.-area parkways late in 2017, including nearly 12 dozen drivers who were cited for driving over 90 mph.  
January 17<sup>th</sup>

**Route 7 widening, Waxpool corridor changes on Loudoun agenda**



Major changes are coming to a regularly congested part of Virginia Route 7, and to plans to revamp Ashburn-area commutes, if the Loudoun County Board of Supervisors approves two recommendations Thursday night.  
January 18<sup>th</sup>

**Major weekend work set for all Metro lines, with larger crowds expected**



More Metro train service is planned Friday for the March for Life, but track work will limit service on all lines the remainder of the weekend.  
January 18<sup>th</sup>

**Hit the gas: Md. lawmaker wants to up speed limits on Capital Beltway, I-270**



Variable speed limits between the Capital Beltway and Interstate 70 in Western Maryland are enough of an issue for drivers that one Maryland lawmaker wants to boost the speed limits on the Beltway and Interstate 270 to 70 mph.

January 19<sup>th</sup>

**First on WTOP: New safety directive finds Metro workers unaware of known radio dead zones**



The Federal Transit Administration has sent Metro a new directive that finds most Metro workers have no idea where the known radio dead spots are across the system.

January 19<sup>th</sup>

**Metro Board set to approve refund policy for train delays**



Metro's Board is set to vote on Thursday to approve a new "Rush Hour Promise" program that would leave the details of what trips and riders would qualify for refunds to Metro General Manager Paul Wiedefeld.

January 22<sup>nd</sup>

**Metro has plans to expand cell and radio service, improve fire alarms**



Expanded cellphone service for riders in Metro tunnels, a completely new radio system and fire alarm upgrades are among safety fixes proposed in Metro's latest capital budget.

January 24<sup>th</sup>

**I-66 Express Lane tolls were up to \$46.75 Wednesday**



It's among the highest prices since tolling began Dec. 4. At the very same time one week ago, the toll was just \$13.25.  
January 25<sup>th</sup>

**Track work to disrupt all Metro lines this weekend**



Track work will disrupt all Metro lines this weekend, with the longest waits scheduled on the Red, Orange, Silver and Blue lines.  
January 25<sup>th</sup>

**'Compromised' track showed signs of rust in Metro train derailment**



The base of the 8-foot section of rail appeared to be rusting, Metro said, even though previous automated and human inspections had not identified any problems.  
January 25<sup>th</sup>

**New bill in Congress promises more money for Metro if...**



A new proposal from House Democrats would provide billions more in funding for Metro over the next two decades. But there are competing Metro bills in Congress, and the prospects for the new Democratic bill appear dim at best.  
January 30<sup>th</sup>

**Water main break closes portion of Lee Highway for hours**



An early morning water main break closed all lanes on Lee Highway in Fairfax County, Virginia, for hours on Wednesday.  
January 31<sup>st</sup>

**Rockville mayor: Restore full Metrorail service to city**



"Every other train" stops at Grosvenor-Strathmore instead of running to the Red Line's end, said Rockville's mayor, and Metro's proposed budget doesn't fulfill a promise to restore it this summer.  
February 1<sup>st</sup>

**Radio failure during Metro derailment may not be isolated incident**



When a Red Line train derailed inside a tunnel between Metro Center and Farragut North, the train operator and a transit police officer's radios lost contact for at least 10 minutes.  
February 2<sup>nd</sup>

 **Don't ride Metro but park there? You could pay more**



Starting Feb. 5, more Metro garages will charge extra to weekday drivers who pay with a credit card or a SmarTrip card that has not just been used to pay for a rail trip.  
February 5<sup>th</sup>

 **Metrorail Safety Commission members gather for the first time**



It began with a three-hour orientation. The commission's first official meeting could happen within weeks. Members include two former NTSB officials and a former president of New York City Transit.  
February 8<sup>th</sup>

 **AAA: Drowsy driving more widespread and dangerous**



A new report shows that drivers are sleeping behind the wheel in greater numbers than originally believed, and dozing off can lead to fatal consequences.  
February 8<sup>th</sup>

 **Virginia Senate panel endorses taxes for ride services, fuel**



A Va. Senate panel has endorsed extending sales taxes to ride services like Uber and Lyft and to impose a motor fuels tax in the state's western region.  
February 8<sup>th</sup>

 **More track work and competition have Metro expecting ridership decline**



Metro's Finance Committee was told that track work, delays and increased competition from Uber and Lyft could play a part in driving riders away from the Metro system.  
February 8<sup>th</sup>

 **Metro this weekend: Ongoing track work and first Saturday of parking fees**




The worst Metro track work disruptions will affect Virginia riders will along the Orange Line. Single-tracking is planned on the Green and Red lines.  
February 9<sup>th</sup>

 **Md. lawmakers consider 'unspecified' gender option for drivers licenses**



A debate over assigning gender to Maryland driver's licenses boiled over Thursday as a legislator called a transgender woman "sir."  
February 9<sup>th</sup>

 **Metro inspector general's audits include cyberattacks, rail car carpets, sexual harassment investigations**



A report by Metro's inspector general explored concerns about how the transit agency handles cyberattack threats, sexual harassment investigations, railcar carpet and more.  
February 9<sup>th</sup>

 **Emergency repairs: Baltimore metro to close up to 4 weeks**



After an inspection this weekend, Maryland officials announced they would need to close the entire Baltimore metro subway system for up to four weeks.  
February 11<sup>th</sup>

 **I-66 toll lane project ramping up soon**



Next month, construction that will last for four years begins on the new toll lanes outside the Beltway. The work not only will close lanes, but also will affect Metro service.  
February 12<sup>th</sup>

 **Benchmark Road closed for emergency repair after rain causes 8-foot deep hole**



The weekend's heavy rain caused a road frequently used by VRE commuters in Spotsylvania County to collapse into an 8-foot deep hole. Here are the alternative routes.  
February 13<sup>th</sup>

 **Some Union Station entrances closed Tuesday afternoon**



Train passengers will only be able to access Union Station through the two Metro entrances starting at 4 p.m. on Tuesday. All other entrances will be closed for a special event.  
February 13<sup>th</sup>

 **Traffic shift on Georgia Avenue is part of multimillion-dollar upgrade**



The Maryland Department of Transportation State Highway Administration will switch traffic at the Georgia Avenue/Randolph Road intersection in Wheaton into a new configuration beginning at 6 a.m. on Saturday.  
February 13<sup>th</sup>

 **I-66 tolls surge to near-record levels during Tuesday morning commute**



Morning tolls on Interstate 66 surged to near-record levels Tuesday, at one time topping out at \$46.50 between the Beltway and Rosslyn.  
February 13<sup>th</sup>

 **Metro funding, ban on drivers' handheld phone use advance on Va. assembly's 'crossover day'**



In a major milestone for Metro funding, each house of Virginia's General Assembly approved on Tuesday more than \$100 million per year for the system. Legislators also banned handheld cellphone use behind the wheel. February 13<sup>th</sup>

 **Part of Rock Creek Parkway closed Thursday**



Parts of Rock Creek Parkway and Potomac Parkways near the Kennedy Center will be closed for several hours Thursday. February 15<sup>th</sup>

 **Construction work ramps up at Reagan National Airport; traffic jams to come**



Driving to or through Reagan National Airport is expected to include detours and delays for at least the next year, as construction ramps up next week on two new security checkpoint buildings. February 15<sup>th</sup>

 **'Unexpected wear' on tracks led to Baltimore metro shutdown**

Emergency funding is paying for shuttle bus bridges along the route while track repairs are conducted. Repairs will continue through March 11. February 15<sup>th</sup>

 **Presidents Day weekend work disrupts all Metro lines**



All six Metro lines are expected to undergo work during the holiday weekend, with some stations experiencing closures and single-tracking. February 16<sup>th</sup>

 **Green Line no longer single-tracking after earlier track work**



Metro is no longer single-tracking on the Green Line following earlier track repairs a brief shutdown between U Street and Fort Totten. February 16<sup>th</sup>

 **Ex-VDOT superintendent sentenced in \$11M bribe scheme**



Anthony Willie and another VDOT supervisor took cash bribes in exchange for about \$11 million in snow removal contracts and other benefits, court documents show. February 16<sup>th</sup>

**Route 7 widening, bus rapid transit through Tysons set to move forward**



The board is due to approve up to \$950,000 to study how the widening of Route 7 between the Beltway and Route 123 will be implemented and how dedicated bus lanes and improved stops will be integrated in the area.  
February 17<sup>th</sup>

**Route 28 widening project set to be approved after delay**



About 1.4 miles of Route 28 — from the Prince William Parkway interchange to Linton Hall Road — will be widened from four lanes to six.  
February 19<sup>th</sup>

**I-66 toll change revived in Va. budget plan; other toll, Legion bridge plans included**



Attempts to overhaul tolls on Interstate 66 inside the Beltway are among the transportation changes approved by the General Assembly's budget committees.  
February 19<sup>th</sup>

**4 people taken to the hospital in crash on Georgia Ave. in Montgomery Co.**



Four people, including one child, were taken to the hospital after a two-car crash on Georgia Avenue near Wheaton in Montgomery County.  
February 20<sup>th</sup>

**Northam transition panel pushes for new Potomac crossing**



Virginia Gov. Ralph Northam's transportation transition team said that Virginia needs another crossing between the Chain Bridge and Point of Rocks, but getting Maryland to agree to a new bridge across the Potomac River could be difficult.  
February 21<sup>st</sup>

**I-66 tolls, longer HOV hours not slowing alternative routes, data show**



A new analysis also found that the average daily toll paid in January was \$12.37, Virginia transportation officials said Tuesday.  
February 21<sup>st</sup>

**DC's 'Transit Score' falls compared to other major cities**



Where do Washington and Baltimore rate compared to other major cities?  
February 21<sup>st</sup>

 **Metro officer sentenced to 15 years in prison for aiding ISIS**



Nicholas Young, a former transit-agency police officer convicted in a sting operation of attempting to help the Islamic State, was sentenced Friday to 15 years in prison and 15 years of supervised release to follow.  
February 21<sup>st</sup>

 **Region set to follow rules on tracking transportation dollars**



States, regional entities and public transportation providers are required to collect and track data related to highway and transit issues, such as safety, system reliability and environmental sustainability.  
February 21<sup>st</sup>

 **Now Foggy Bottom residents are feeling vibrations from Metro trains**



There have been similar complaints along the Green Line in D.C.'s Petworth area since 2016. The results of a study there are expected soon.  
February 22<sup>nd</sup>

 **As Metro touts performance, no plans to increase service**



Metro's General Manager Paul Wiedefeld said the agency has no plans to significantly increase service at any point in the near future despite its metrics showing about 90 percent of rush-hour riders arrive on time.  
February 22<sup>nd</sup>

 **Terror fears prompt DC parking changes**



February 23<sup>rd</sup>

Fears of terror attacks involving vehicles — like what happened in Charlottesville and New York City last year — have prompted D.C. police to institute new parking rules along race and parade routes that could force thousands more people to move their cars during major events.

 **Is crime on Metro up or down? Depends on how you look at it**



While the number and rate of the most serious crimes in the Metro system have fallen, the numbers of less serious crimes, arrests and citations have spiked over the last five years.  
February 23<sup>rd</sup>

 **Jessup man dead after slamming car into tractor-trailer on Beltway**

A man is dead after his car struck and remained lodged underneath a tractor-trailer on the Inner Loop of the Capital Beltway Thursday night.  
February 23<sup>rd</sup>



 **Behind the numbers: Best and worst I-66 toll alternatives**



As the Virginia Department of Transportation promotes faster speeds along much of the Interstate 66 corridor, more detailed data has led to a nuanced picture of where traffic speeds up and slows down.  
February 23<sup>rd</sup>

 **Metro this weekend: Red Line station closure, Foggy Bottom single-tracking**



The station closure at Glenmont and single-tracking on all other Metro lines will disrupt some Metro trips this weekend.  
February 23<sup>rd</sup>

 **Maryland lawmakers want to streamline aggressive driving laws**



A handful of Maryland lawmakers are trying to streamline the law again, making it easier for police to stop aggressive drivers.  
February 25<sup>th</sup>

 **Temporary cooling fix in the cards at 2 DC Metro stations for summer**



A plan to fix the pipes — which connect the cooling tower on top of a building along Connecticut Avenue to the chiller plant that pumps the cold water through pipes in stations to lower temperatures in the summer — has not moved forward because a solicitation last year failed to lead to a contract.

February 26<sup>th</sup>

 **Video of DC traffic cam vandal released**



D.C. police are asking for the public's help in finding the person responsible for vandalizing 11 traffic cameras in Southeast and Northeast D.C. on Feb. 20.

February 26<sup>th</sup>

 **DC considers plan to replace streetcar fleet, still has no plans to make riders pay**



Only two years after the D.C. Streetcar launched, the District is already seriously considering a plan to replace its vehicles. There have already been problems with getting spare parts to complete repairs in a timely manner.  
February 26<sup>th</sup>

 **One of DC region's worst traffic merges off the Beltway gets a new look**



The off-ramp from the Inner Loop onto southbound New Hampshire Avenue is gaining a new traffic signal and seeing other changes this week.  
February 26<sup>th</sup>

 **DC's most dangerous intersections revealed**



According to a District Department of Transportation analysis, D.C.'s single most-dangerous intersection is located along a busy bus corridor and near a Metro station. See a map of the D.C.'s worst intersections.  
February 27<sup>th</sup>

 **Major pothole problems plague drivers on BW Parkway**



If you're one of many traveling on the Baltimore-Washington Parkway Tuesday — or any other day, for that matter — you could be in for a bumpy ride due to new potholes opening up.  
February 27<sup>th</sup>

 **DDOT: DC generally favors dockless bike share so far; dozens stolen**



The District Department of Transportation is still evaluating the pilot program. Initial permits for the five companies operating in D.C. run through April.  
February 27<sup>th</sup>

 **Va. announces timeline for initial HOV work on I-66 outside Beltway**



VDOT, WMATA and construction project teams considered shutting down the Orange Line near Dunn Loring for two months, but decided against it.  
February 28<sup>th</sup>

 **The Wharf water taxi service to National Harbor starts**



The first departure from The Wharf to National Harbor is 7:15 a.m., and the first departure from National Harbor to The Wharf is at 8:15 a.m. The one-way trip takes about 35 minutes.  
March 1<sup>st</sup>

 **How to get around during the 2018 National Cherry Blossom Festival**



The crowd size could be a more humanity than you're accustomed to. The good news is you have several options for getting around there. Here's some guidance so you can strategize accordingly.  
March 1<sup>st</sup>

 **DC's plans to fix confusing street signs**



Is it a tow zone or not? The District has more than 200,000 parking signs. Some are confusing and some even seem to contradict each other. DDOT and the Department of Public Works have long-term and short-term plans to address the problems.  
March 2<sup>nd</sup>

 **Multiple Metro shutdowns, single-tracking this weekend**



Total shutdowns of multiple stretches of the Blue and Yellow lines, plus major delays along the entire Red Line, are set to disrupt Metro trips this weekend.  
March 2<sup>nd</sup>

 **Getting around Saturday after the wind storm: Here's what to expect**



After Friday's blustery weather brought power outages, scattered debris and shattered windshields to the D.C. area, those who are looking to leave the house Saturday may still experience travel hiccups.  
March 3<sup>rd</sup>

 **Getting around Sunday amid windstorm cleanup? Here's what to expect**



After the blustery winds, cleanup and power restoration is underway. Find out how it could affect your Sunday travels.  
March 4<sup>th</sup>

 **Southbound lanes of I-95 open after leaning Potomac Mills sign removed (Video)**



The southbound lanes of Interstate 95 have reopened after being closed since Friday due to a sign that began to lean due to record winds on Friday. Crews removed the Potomac Mills sign on Sunday.  
March 4<sup>th</sup>

 **Metro could extend rush-hour service to Shady Grove and Rockville**



Metro staffers have expressed concerns about the financial and logistical impacts of extending rush-hour service to Shady Grove and Rockville, but the transit agency will get public input and study the issue before any changes are made.

March 5<sup>th</sup>

 **Metro's new on-demand cab program for disabled slowly picks up steam**



As part of the program, eligible customers use on-demand cab services at a discounted rate. Metro estimates that in less than five months, 8,219 trips saved \$287,665.

March 6<sup>th</sup>

 **Va. House kills bill to require more use of turn signals on the road**



Drivers in Virginia are often not legally required to use their turn signals, and the House of Delegates voted down a bill Tuesday that would have expanded that requirement to cover situations where pedestrians are around.

March 7<sup>th</sup>

**Amtrak runs on modified train schedule Thursday in Northeast**



Expect Amtrak Northeast Regional and Acela Express services between D.C. and Boston and surrounding areas to be affected.  
March 7<sup>th</sup>

**Report: Rusting under rail caused Metro Red Line derailment**



A Metro consultant found that a Jan. 15 Red Line train derailment in D.C. was caused by undetectable rusting under a rail, that was sliding slightly back and forth, under pressure from trains.  
March 8<sup>th</sup>

**Committee votes to further delay Montrose Parkway East project**



By a 2-to-1 vote, the Montgomery County Council's transportation committee declared that construction work on Montrose Parkway East should be pushed back by three years. The recommendation now heads to the full council.  
March 8<sup>th</sup>

**Metro expects huge crowds as gun control march and cherry blossom festival collide**



The March 24 "March for Our Lives" gun control rally will take place during the National Cherry Blossom Festival. Metro is urging potential riders to order Smart Trip cards online this week.  
March 8<sup>th</sup>

**Beltway lane closures begin next week for nighttime bridge work**



Closures in both directions are planned on Interstate 495 between Georgia and Connecticut avenues as work proceeds on the Seminary Road Bridge.  
March 8<sup>th</sup>

**Northeast Amtrak service returns as scheduled on Friday**



However, customers on Acela Express train 2190, traveling between New York City and Boston, will instead get on Northeast Regional train 190 at close to the same time.  
March 8<sup>th</sup>

**No fare hikes, services cuts or expansions as Metro budget moves to final vote**



Metro's \$1.84 billion operating budget is scheduled to increase less than 1 percent. But ridership is projected to continue to decline, cutting revenues 2 percent.  
March 8<sup>th</sup>

 **Single-tracking to limit service March 16-18 on portion of Blue, Silver lines**



Crews will repair a cracked concrete slab that supports the rails between the Benning Road and Capitol Heights stations March 16 through March 18.  
March 9<sup>th</sup>

 **Audit: Poor oversight contributed to 2016 Baltimore fatal bus crash**



An audit of Baltimore schools' transit office found a lack of leadership and oversight contributed to errors leading to a 2016 bus crash that killed six people.  
March 10<sup>th</sup>

 **Road closures in DC for Rock 'n' Roll Marathon start to lift**



The 2018 Rock 'n' Roll Marathon is rocking through the District Saturday. Major roads have been affected, but are now reopening. See photos of the event.  
March 10<sup>th</sup>

 **Transit center could imperil northern Virginia 'slug line'**

Fairfax County is planning to build a \$63.8-million transit center at the site of Bob's Slug Line.  
March 11<sup>th</sup>

 **Changes for passengers as makeover begins at Reagan National**



Traffic shifts for passengers at Reagan National Airport are underway as the airport starts a billion-dollar improvement project.  
March 12<sup>th</sup>

 **Northam says he'll tweak Va. Metro funding bill**



March 12<sup>th</sup>

Virginia Gov. Ralph Northam said the total amount — \$154 million in annual funding — would remain the same, but he wants to see changes in where funding comes from so that other Northern Virginia transportation projects aren't affected.

 **Growing number of fatal crashes involve older drivers**



Americans are living longer and driving later in their lives, but a newly released report shows a growing threat to the safety of older motorists.  
March 13<sup>th</sup>

 **Amtrak service suspended between NYC and Boston; 2 trains from DC canceled**



Amtrak service between New York City and Boston has been suspended for the rest of the day Tuesday as the third major winter storm in two weeks bore down on the Northeast. Two trains from D.C. to New York were also canceled Tuesday morning.

March 13<sup>th</sup>

 **Amtrak train strikes car on tracks in Va. after man makes wrong turn**



Fairfax County police tweeted that a senior citizen ended up on the tracks after making a wrong turn, but he wasn't injured.

March 13<sup>th</sup>

 **More people hurt, killed on D.C. area roads; many fatal crashes blamed on drugs, alcohol**



More people are getting hurt or killed as traffic crashes increase across the Washington area, and a significant number of fatal crashes are tied to alcohol or drugs, a new report finds. Find which jurisdiction has the most alcohol-related traffic arrests.

March 13<sup>th</sup>

 **Exclusive: Metrorail Safety Commission holds first meeting**



Almost a decade ago, a fatal crash on the Red Line led to a call for an independent Metrorail Safety Commission. On Tuesday, the panel held its first procedural meeting.

March 13<sup>th</sup>

 **Cars in DC 'know' when traffic lights will turn green**



New technology enables certain cars to communicate with the District's traffic signal network, in an effort to smooth commutes and reduce aggressive driving.

March 15<sup>th</sup>

 **Truck driver dies after striking Lorton power lines**



A truck driver died in Lorton, Virginia, Thursday morning after his truck made contact with some power lines at Mordor Drive and Furnace Road.

March 15<sup>th</sup>

 **Reagan National traffic jams likely to start March 21; airport adds free parking**



Starting next week, major lane closures will likely cause significant delays at Reagan National Airport. The bright side? With them will come temporary, limited free parking in airport garages.  
March 15<sup>th</sup>

 **'We're going all in': DC mayor promises dedicated dollars for Metro**



D.C. Mayor Muriel Bowser said the city will support Virginia's plan to provide a permanent funding stream for Metro in her State of the District speech Thursday night.  
March 15<sup>th</sup>

 **PHOTOS: Remembering the Metro shutdown 2 years later**



Crowded bus stops. Jammed commuter routes. Fenced off Metro stops. Here are the top photos from the 29-hour Metro shutdown two years ago.  
March 16<sup>th</sup>

 **St. Patrick's Day weekend Metro track work**



Metro plans major disruptions St. Patrick's Day weekend on the Silver and Blue lines, in addition to other evening single-tracking.  
March 16<sup>th</sup>

 **Self-driving cars: Benefits, risks and where they stand now**



Self-driving cars have promise: a significant reduction in deadly crashes. But the cars do not really exist yet and still face significant questions about security, ownership and how people and regular vehicles interact with them.  
March 19<sup>th</sup>

 **Guide to getting to, through or around cherry blossom, March For Our Lives traffic**



March 19<sup>th</sup>

Massive crowds are expected in downtown D.C. on Saturday, March 24, as cherry blossom season mixes with an anti-gun violence march. The crowds and road closures are expected to create significant traffic delays and lead to crowded trains and buses. Here's what you need to know.

 **Metro expects huge crowds as gun control march and cherry blossom festival collide**



The March 24 "March for Our Lives" gun control rally will take place during the National Cherry Blossom Festival. Metro is urging potential riders to order SmarTrip cards online this week.  
March 19<sup>th</sup>

 **Metro fare, service budget set for final approval, as capital side faces yet another 1-year deal**



Metro is set for yet another one-year extension of a regional funding agreement this week, as the agency waits on potential dedicated funding and sizes up Silver Line service due to extend to Dulles Airport and into Loudoun County by 2020.

March 19<sup>th</sup>

 **Maryland State Police looking for vehicle that caused I-270 crash**



State police say an unidentified tractor-trailer made an unsafe lane change that triggered Monday morning's crash on southbound Interstate 270 in Germantown.

March 19<sup>th</sup>

 **New DC express bus serves wealthy riders, prompting Metro adjustments**



A review of Metro's G9 bus service along Rhode Island Avenue found that riders on the line are predominantly white and wealthier than the average Metrobus rider. Metro is expected to make some changes to make up for that discrepancy.

March 20<sup>th</sup>

 **DCA Uber/Lyft pickup moved again as construction ramps up**



The Metropolitan Washington Airports Authority said Tuesday that traffic from the ride hailing services and the shuttles had become too much.

March 20<sup>th</sup>

 **Dulles Toll Road upgrades could give drivers some toll-paying options**

Conceptual View of Ramp Toll Plaza



The new system will include upgrades on the existing 30-year-old tolling technology, allowing drivers to pay with cash or credit cards on a machine.

March 20<sup>th</sup>

 **Snow slams MARC, VRE, Metro, Amtrak services**



The snow slamming the D.C. area is seriously hampering Virginia Railway Express, Metro and Amtrak service Wednesday. Here's what you need to know.

March 21<sup>st</sup>



 **Wicked weather cancels hundreds of flights in DC region**



The boards at Reagan National Airport are filled with cancellations for both arriving and departing flights because of both current conditions and what is expected.  
March 21<sup>st</sup>

 **Fairfax Co. pushes for changes to landmark Va. Metro funding deal**



“The only worse thing than the bill on the governor’s desk would be if it wasn’t there,” a Fairfax County supervisor said this week. “The funding mechanism — next to not having one — it’s about as bad as it could be.”  
March 21<sup>st</sup>

 **Snow’s cold aftermath could make for tough nighttime, morning drives**



The spring snow is leaving the area, tapering to snow showers across the region that are predicted to end around midnight. But dropping temperatures will likely cause slick road surfaces in the nighttime and into the morning.  
March 21<sup>st</sup>

 **Future Metro SmarTrip options may include key fobs, stickers**



Metro’s fare payment system remains in place for now but it is in the process of replacing all fare gates in the rail system and lining up a new contractor to provide SmarTrip cards or other payment technologies in the future.  
March 22<sup>nd</sup>

 **Uber, Lyft will cost you more under DC’s new budget plan**



Under the \$14.5 billion budget D.C.’s mayor unveiled, D.C. would raise a handful of taxes to come up with a large chunk of the \$178.5 million it would owe Metro each year. Uber and Lyft would be among those taxed.  
March 22<sup>nd</sup>

 **Weather affects some Thursday transit services**



Amtrak will continue to operate on a modified schedule for Thursday, which means service for dozens of Northeast regional trains has been canceled. Find out whether Wednesday’s weather will affect more transit systems.  
March 22<sup>nd</sup>

 **Metro offers advice to March For Our Lives, cherry blossom riders**



March 22<sup>nd</sup>

Metro is putting all hands on deck for the massive crowds expected due to the March For Our Lives, the National Cherry Blossom Festival and spring break tourist season, and the transit agency is offering some specific advice for the hundreds of thousands of people expected to ride Saturday.

 **Metro approves budget: No fare hikes or service cuts**



The new Metro budget maintains the fares and service put in place last summer and forecasts significant capital projects that will require more service disruptions to complete.  
March 22<sup>nd</sup>

 **Metro lengthens Yellow, Green Line trains after service cuts cause crowding**



Metro is adding more cars — but not more trains — to the Green and Yellow lines after crowding increased following service cuts last June.  
March 22<sup>nd</sup>

 **Maryland poised to boost Metro funding**



Maryland lawmakers have confirmed their intention to fully fund the state's share of a Metro funding agreement between leaders from the state, Virginia and D.C.  
March 23<sup>rd</sup>

 **Will speed cameras make Indian Head Highway safer?**



Despite current and planned improvements on one of the region's deadliest highways, Thursday's fatal crash continues to elicit debate about speed cameras along Md. 210.  
March 23<sup>rd</sup>

 **Your guide to March For Our Lives**



March 24<sup>th</sup>

March For Our Lives — a rally promoting gun control efforts — arrives in Washington Saturday. It is expected to draw hundreds of thousands of people to the area, which will have a major impact on traffic and transit. WTOP has all the information you need.

## **WTOP PET OF THE WEEK**

WTOP Living partners with the Humane Rescue Alliance to feature a Pet of the Week available for adoption. The Humane Rescue Alliance's mission includes rescuing, rehabilitating and finding homes for animals that have nowhere else to go. The organization also supports animals through affordable veterinary care, community outreach and education.

### **Pet of the Week: Nino**



Meet Nino! This big boy is tall and lanky with a brindle coat that features coarse “wirey” patches of hair around his neck and feet. Unfortunately, Nino’s ears were cropped at some point. Those features combine to give this 5-year old a unique (and serious) look. But Nino is a wallflower –

December 26<sup>th</sup>

### **Where are they now? 2017’s Pets of the Week**



Here’s a look back at our featured four-legged pals and where they are now. For more information on animals up for adoption, visit the alliance’s [website](#).

December 28<sup>th</sup>

### **Pet of the Week: Willie**



Meet Willie, a 92-pound lovable lug of a dog who just loves life. This handsome, strong and happy dog has a beautiful gray and white short coat and perhaps the largest head you’ve ever seen! He’s extremely friendly, great with kids of all ages and, at 2 years old, has lots of energy.

January 1<sup>st</sup>

### **Pet of the Week: Bronx**



Meet Bronx! This sweet 6-month old puppy found herself with a fractured front leg that caused nerve damage and did not heal well. Amputation was the recommended course of action and today – now a “tripawd” - Bronx is pain free! Bronx hasn’t let this challenge hold her back in the least and she hasn’t...

January 8<sup>th</sup>

### **Pet of the Week: Otto**



Meet Otto! Otto is an easy-going, affectionate guy looking for a forever home where he can lean in for lots of doggie love. Found as a stray in D.C., Otto is very people-friendly and fun-loving, and wants to be with his human on walks and runs and meeting friends. At 6 years old...

January 8<sup>th</sup>



### Pet of the Week: Mac



Meet Mac! Mac is a 2 year-old “hunk” of a dog! This guy weighs approximately 60 pounds, but he’s not overly large – he’s just built like a cement block. Mac is very sweet and loves to be around people. He had a rough start (found as a stray in D.C.), but he’s learning more ...  
January 22<sup>nd</sup>



### Pet of the Week: Bella



Meet Bella! This 1 year-old is waiting for her adopter to come and scoop her up! She came to the Humane Rescue Alliance when her owners moved and couldn’t take her with them. Bella is a terrific dog and would do well with an active family with no small children or other animals, as she’s still ...  
January 29<sup>th</sup>



### Pet of the Week: Jessie



Meet Jessie! This young girl has had a rough initial 20 months of life. Jessie was found as a stray in D.C. and was very shy when she arrived. During her stay at the Humane Rescue Alliance, the behavior and training team worked closely with her in an effort to build her confidence and bring her out of her shell.  
February 5<sup>th</sup>



### Pet of the Week: Dante



Meet Dante! This sweet 6 year-old came to the Humane Rescue Alliance as a stray. The car ride made him nervous and he had to sit on the driver’s lap! Dante loves belly rubs and long walks, but he’s still working on his manners. He’s looking for a calm home where he can be the only...  
February 12<sup>th</sup>



### Pet of the Week: Roberto



Meet Roberto! This 5 year-old terrier mix loves people and playtime. Roberto came to the Humane Rescue Alliance after being picked up as a stray in Washington, D.C. He’s very social with a warm, playful personality that is sure to charm anyone looking to add a furry family member.  
February 20<sup>th</sup>



### Pet of the Week: Beemer



Beemer is a handsome, 9-year-old Standard Poodle mix who cannot wait to find his new forever home. He was surrendered to the Humane Rescue Alliance when his family moved and could not take him with them. Beemer is a very friendly dog who absolutely loves to meet new people.  
February 26<sup>th</sup>



**Pet of the Week: Red Gerard**



Meet Red Gerard: This happy, playful, 10-year-old snuggle bug loves stuffed toys and rope toys — really, he just loves to play. True to his name, this guy deserves a gold medal for his friendliness. Red Gerard loves other dogs; he wants to be active, explore everything and meet everyone.  
March 5<sup>th</sup>



**Pet of the Week: Lucky**



Is today your “lucky” day? Meet Lucky, a handsome 3-year-old who can’t wait to please! Lucky came to Humane Rescue Alliance when his family could no longer care for him. He is a sweet dog who walks well on leash and is friendly to other dogs. He loves running with his foster mama and when he’s ready to nap...  
March 12<sup>th</sup>



**Pet of the Week: Vern**



Meet Vern! This handsome 6-year-old can’t wait to find his new home. Vern was found as a stray in D.C. and came to HRA with hopes of meeting a family that will give him the home he deserves. He is a happy guy who loves to play fetch — outside or inside. He seems to get along well with other dogs.  
March 19<sup>th</sup>

## **COMMUNITY OUTREACH**

### JANUARY

Easter Seals (Charity of the month)  
Ask the Governor, Governor Terry McAuliffe (VA)

### FEBRUARY

Casey Cares (Charity of the month)  
Ask the Governor, Governor Ralph Northam McAuliffe (VA)

### MARCH

Central Union Mission (Charity of the month)  
Ask the Governor, Governor Terry McAuliffe (VA)

































## **WTOP CHARITIES & EVENTS**

WTOP works to make a difference in our community. Below are featured charities and events we've promoted and continue to support:

-  Around the World Cultural Food Festival
-  Boys and Girls Clubs of Greater Washington
-  Butler Wyatt Clubhouse
-  Bright Stars at Disney on Ice (Easter Seals)
-  Casey Cares Galaxy Gala
-  CASA of Prince George's County
-  Freedom Eagle Athletic Booster Club & South Loudoun Basketball
-  Leukemia Ball
-  March for Babies
-  Newseum – Free School Admission Program
-  Partnership for Drug-Free Kids
-  PenFed Foundation
-  PenFed Night of Heroes Gala
-  Potomac Nationals
-  Project Healing Waters Fly Fishing
-  Sisters 4 Fitness
-  Walk for Wishes (Make-A-Wish Mid-Atlantic)
-  Wrap it Up! For the Washington Literacy Center
-  Zero – The End of Prostate Cancer Run/Walk Capital Area

**PUBLIC SERVICE ANNOUNCEMENTS**

WTOP News, in addition to its public affairs programming, broadcasts the following public service campaigns:

-  Advocates for Homeless Families
-  American Cancer Society
-  Boys & Girls Club of Greater Washington (Geico)
-  Breast Reconstruction (Plastic Surgery Foundation)
-  Casey Cares
-  Child Abuse Prevention (ChildHelp)
-  Court Appointed Special Advocates (CASA of Prince George's County)
-  Disney on Ice – Easter Seals
-  FEABC – South Loudoun Basketball
-  Help Heal Vets
-  Hope for the Warriors
-  INMED Family and Youth Opportunity Center
-  Journey to Hope DC
-  Leukemia Ball (Leukemia & Lymphoma Society)
-  March for Babies
-  NAMI of Northern Virginia
-  Newseum
-  Oldies But Goodies Cocker Rescue
-  Pioneer Youth Baseball
-  Prince George's County Board of Elections
-  Prince George's County Memorial Library System
-  Project Horse
-  Puppy Mills (Bestfriends.org)
-  Ribbon Run/Walk (Step Sisters)
-  River Blindness 5K (International Eye Foundation)
-  Sarcoma
-  Scope It Out 5K (Colorectal Alliance)
-  Sisters 4 Fitness 5K
-  Smoking Cessation (CDC)
-  Virginia Lottery – Gambling help
-  Walk for Wishes
-  Zero Prostate Cancer