

File: April 1, 2014

**ISSUES/PROGRAMS**  
**1st Quarter**  
**WBQB**

**January 1, 2014-March 31, 2014**

1. Raising Children with Disabilities

**Date:** February 23

**Time of Broadcast:** 8:15-8:30 (15 minutes)

**Topic:** Nancy Masnbat with Fredericksburg Parent and Family Magazine and Kim Lett with the disability Resource Center talked about the challenges of kids with disabilities. They also talked about the rewards.

2. Substance Abuse

**Date:** March 2

**Time of Broadcast:** 8-8:15 (15 minutes)

**Topic:** Licensed professional counselor Kimberly Harris talked about understanding substance abuse. Warning signs, how family and friends should respond and the treatment options available locally and around the region

3. Becoming a Strong Leader in your Community

**Date:** March 9

**Time of Broadcast:** 8-8:15 (15 minutes)

**Topic:** Fredericksburg Regional Chamber of Commerce President Susan Spears talked about the need for women to take a more vocal and stronger place in the community. Spears told her own story and gave examples of women who had taken the lead in the Fredericksburg area.

4. A Home for Every Child

**Date:** March 16

**Time of Broadcast:** 8:15-8:30 (15 minutes)

**Topic:** Michelle Matthews—a family services specialist with the City of Fredericksburg and Laura Ash-Brackley-Director of Social Work at the

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Children's Home Society of Virginia discussed the need for adoption and foster care in Virginia. Both told stories. Both contrasted children in homes and those not in homes. The process of adoption or foster care discussed. Possible changes in state and federal law also discussed.

### 5. Domestic Violence

**Date:** March 9

**Time of Broadcast:** 8:15-8:30 (15 minutes)

**Topic:** Kathy Anderson and Tammy Appel from EmpowerHouse talked about the problem in this area. Topics included rising numbers—why? Challenges women face—many. Ways the community is trying to meet a need. One way has been thru the opening of a second Transition House where women and their kids can stay up to six months.

### 6. Eat Well. Live Well

**Date:** February 9

**Time of Broadcast:** 8:15-8:30 (15 minutes)

**Topic:** Registered Dietician Nancy Farrell talked about the importance of eating well. She talked about food portions, reading labels, establishing good habits. Farrell talked about cutting down on sugar.

### 7. Hopelessly Hoarding

**Date:** January 26

**Time of Broadcast:** 8-8:15 (15 minutes)

**Topic:** Melissa Badillo with Paper Clips professional organizing in Fredericksburg and Ann Henley with Family Solutions talked about strategies for eliminating hoarding. They talked about stopping bad habits and learning to organize.

File: July 1, 2014

**ISSUES/PROGRAMS**  
**2<sup>nd</sup> Quarter**  
**WBQB**

**April 1, 2014-June 30,2014**

1. Family Fun Fest

**Date:** April 12

**Time of Broadcast:** 9am-4pm

**Duration:** 7 hours

**Topic:** Live broadcast from the event at Spotsylvania Towne Centre. Emphasis on anti-bullying campaign featuring Captain McFinn. Live sharks and an emphasis on the environment. Focus on family-friendly organizations in the community.

2. Spotsylvania Stars and Stripes

**Date:** June 28

**Time of Broadcast:** 3pm-10pm

**Duration:** 7 hours

**Topic:** Focus on community events and safety. Spotsylvania Sheriff's Office unveiled their equestrian unit. Fireworks safety discussed. The 40-thousand people in attendance event celebrates community and putting differences aside to remember the birth of the country. Frequent traffic and weather reports.

3. Does your Child Need Speech Therapy

**Date:** June 1

**Time of Broadcast:** 8am-8:15

**Duration:** 15 minutes

**Topic:** Carrie Fleming—a Speech-Language Pathologist and President and CEO of Fleming Therapy Services talked about warning signs and what to do when those warning signs developed. (don't wait. Seek help)

4. Pet Diets

**Date:** June 1

**Time of Broadcast:** 8:15-8:30am

**Duration:** 15 minutes

**Topic:** Dr Trisha Metzger with Aquia-Garrisonville Animal Hospital talked

about the need for pet owners to feed their pet's healthy food. Discussion also  
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included exercise, foods to stay away from and pet care as the weather starts to get hot and humid.

5. Picking the right pre-school

**Date:** May 25

**Time of Broadcast:** 8:15-8:30

**Duration:** 15 minutes

**Topic:** Wendy Cannon with Fredericksburg Pre-School Inc. talked about when parents of preschoolers needed to start thinking about registering Mary and Johnny. She talked about what to look for in a pre-school and how to prepare the often nervous child for their first times away from home.

6. Flu

**Date:** June 19

**Time of Broadcast:** 6am/8am (newscasts)

**Duration:** 2 minutes

**Topic:** Rappahannock Health District Director, Dr. Rossheim talked about the flu season from last winter. Did the long winter lead to more flu? (No) He talked about when a person should think about a flu shot (Late September) He talked about how technology is helping the CDC fight flu.

7. Kids and Sports Injuries

**Date:** May 18

**Time of Broadcast:** 8-8:15

**Duration:** 15 minutes

**Topic:** Aimie Williams with Mary Washington Healthcare talked about not overworking kids in sports. She talked about bone development. The need for a healthy diet and lots of rest. And she talked about how parent and kids should treat injuries—and the difference between serious injuries and the more common ones most kids have growing up.

File: October 1, 2014

**ISSUES/PROGRAMS**  
**3rd Quarter**  
**WBQB**

**July 1-September 30, 2014**

1. Kid's Convention

**Date:** September 13

**Time of Broadcast:** 9am-4pm

**Duration:** 7 hours

**Topic:** Live broadcast from the event at Spotsylvania Towne Centre. Focus on family's and kids. Animal shows, booths with various family and kid-friendly products. A Disney Channel celebrity also made an appearance.

2. Race for Grace/Via Colori/Alzheimer's Walk

**Date:** September 1/September 15<sup>th</sup>/August 29

**Time of Broadcast:** 7:35am

**Duration:** 7 minutes each

**Topic:** Community events were spotlighted in pre-event interviews. The Race for Grace was for pediatric cancer facilities in this area. Via Colori was a downtown art festival. The Alzheimer's Walk raised money for research for the deadly disease. Topics included ways people could become involved.

3. Adopting the right pet for your home

**Date:** September 7

**Time of Broadcast:** 8am-8:15

**Duration:** 15 minutes

**Topic:** Debra Joseph with the Fredericksburg Regional SPCA talked about adopting a pet. Go see it first. No surprises for people. Make sure on the size and whether you have the time to devote to an animal. She talked about the need for adoptions and the opening of a spay-neuter clinic.

4. Eye Health

**Date:** August 10

**Time of Broadcast:** 8:15-8:30am

**Duration:** 15 minutes

**Topic:** Dr. Dang with Mary Washington Healthcare talked about how to spot potential eye problems and what to do. She explained the various procedures and

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risks. And we talked about heredity and how that plays a role in eye health.

### 5. Suicide Prevention

**Date:** August 3

**Time of Broadcast:** 8:15-8:30

**Duration:** 15 minutes

**Topic:** Allison Sullivan of LCSW in Fredericksburg discussed the problem locally. She said local statistic mirror national ones. We discussed warning signs; things to say, things not to say. How to act on your concerns and who to turn to.

### 6. Packing for School Lunches

**Date:** August 24

**Time of Broadcast:** 8:15-8:30

**Duration:** 15 minutes

**Topic:** Dr. Nimali Fernando of Yum Pediatrics in Spotsylvania talked about the keys to a successful and healthy lunch. Her advice: don't stress. She talked about quick, easy and healthy ways to feed your kids during the school year.

### 7. Trials on Trails

**Date:** September 19

**Time of Broadcast:** 5-9 (newscasts)

**Duration:** 1 minute each

**Topic:** Fredericksburg Public Works Director Doug Fawcett discussed changes on the roads at Lafayette Blvd and the Blue Gray Parkway because of the opening of a pedestrian trail. People will now be crossing the road at that area. WARNING, WARNING..new signs and lights now at that intersection. If someone is waiting to cross there will be no turn on red.

File: December 31, 2014

**ISSUES/PROGRAMS**  
**4th Quarter**  
**WBQB**

**October 1-December 31, 2014**

1. Children's National

**Date:** November 14-15

**Time of Broadcast:** 5am-6pm Fri/9am-5pm Sat

**Duration:** 21 hours

**Topic:** Fundraising focus of the work of Children's National in DC. They also staff the NICU at Mary Washington Hospital. Stories from local patients of Children's National were presented. Parents and kids talked about the treatment. Nurses and doctors talked about what was available. About 34-thousand dollars was raised during the radiothon.

2. Local technology in medical care

**Date:** October 5

**Time of Broadcast:** 8am

**Duration:** 15 minutes

**Topic:** Wendy Tabor with Mary Washington Healthcare talked about da Vinci Robotic Surgery. She talked about its history and its use. She also talked about the future of the surgery.

3. Going back to college

**Date:** November 2

**Time of Broadcast:** 8am

**Duration:** 15 minutes

**Topic:** Kimberly Viarella and Kim Rodenberg with Germanna Community College talked about why you should think about going back to college. How much will it cost? The benefits? How big a time commitment.

4. STAB Rehab program

**Date:** October 26

**Time of Broadcast:** 8:15-8:30am

**Duration:** 15 minutes

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**Topic-** Kathy Duval, Director of Rehab, Mary Washington Healthcare talked about who benefited from the STAB Rehab program. She talked about success stories and plans for the future.

5. Eat right

**Date:** October 12

**Time of Broadcast:** 8:15-8:30

**Duration:** 15 minutes

**Topic:** Are You Hungry or Satisfied? Kelley Raetzsch Registered Dietician with Vibrant Life Nutrition talked about healthy foods to eat. She discussed the benefits of certain foods.

6. Underage Drinking

**Date:** October 5

**Time of Broadcast:** 8:15

**Duration:** 15 minutes

**Topic:** Captain Lisa Wright with the Spotsylvania Sheriff's Office talked about the law. Who can drink and when. What are the penalties? What

7. Christmas scams

**Date:** November 26

**Time of Broadcast:** newscasts 5-8am

**Duration:**

**Topic:** Deputies with the Stafford and Spotsylvania Sheriff's Office talked about things to watch out during the holidays. Things like—don't leave opened gifts outside to be picked up by the trash. Lock your car. Don't leave gifts in view in the car. Be careful when ordering online. Deputies offered local and personal examples.

8. Domestic Violence

**Date:** December 5

**Time of Broadcast:** 8-9am

**Time of Broadcast:** 8-9

**Duration:** 1 hour

**Topic:** Kathy Anderson and Jen Galantro of Empower House talked about domestic violence in the area. They focused on a new program to teach doctors and



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nurses the questions to ask women.