

File: March 31, 2015

ISSUES/PROGRAMS
1st Quarter
WBQB

January 1-March 31, 2015

1. Diabetes

Date: January 4

Time of Broadcast: 8-8:15

Duration: 15 minutes

Topic: Mary Washington Healthcare Dr. Asfaw talked about living and managing diabetes. Emphasis on every-day living tips.

2. The Choking Game

Date: February 1

Time of Broadcast: 8am

Duration: 15 minutes

Topic: Melissa Hall and Jennifer Brown with the Mary Washington Hospital Trauma Center talked about the choking game and the dangers involved for kids who participate. How many cases are they seeing? Is it an issue around here? What are signs parents should look for?

3. Theft Protection

Date: February 15

Time of Broadcast: 8am

Duration: 30 minutes

Topic: Deputy Amanda Trippett with the Spotsylvania Sheriff's Office talked about simple home security. Things like locking your car, keeping valuables out of sight. Not leaving boxes out for the trash that indicate what kind of high-tech toys you have in your home. She also talked about getting to know your neighbors and reporting suspicious activity to the sheriff's office.

4. Measles

Date: March 1

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

Duration: 15 minutes

PAGE 2

Topic- There's measles among us. Cases of measles are again showing up. Dr William Reese of Reese Medical Associates talks about why and some of the warning signs. Also discussed: vaccines and why they are important for keeping diseases away.

5. Setting reasonable goals

Date: January 4

Time of Broadcast: 8:15-8:30

Duration: 15 minutes

Topic: New Year's Resolutions. Fredericksburg psychotherapist Allison Sullivan talked about setting goals that were attainable. How not get off-track and if you do get off-track, how to get back.

6. New parents: Having a baby

Date: February 1

Time of Broadcast: 8:15

Duration: 15 minutes

Topic: Kimberly Good, a parent/child educator with Mary Washington Healthcare gave tips to first-time parents. (get ready for no sleep!) She talked about changes and adjustments in running the household and changes that can occur in the husband-wife relationship.

File: July 1, 2015

ISSUES/PROGRAMS
2nd Quarter
WBQB

April 1-June 30, 2015

1. Esophageal Awareness Month

Date: April 12

Time of Broadcast: 8-8:15

Duration: 15 minutes

Topic: Mary Washington Healthcare Dr. Pai and Lynette Dubowski talked about the illness—it's signs and treatments. They also discussed the latest research .

2. Investments

Date: June 28

Time of Broadcast: 8am

Duration: 15 minutes

Topic: Nicole Hawkins-Norman—an investment counselor—discussed investment issues. What was safe. What was risky right now. She also talked about the ongoing turmoil in Greece and how that could play into the U-S market.

3. Busy, Busy, Busy

Date: June 21

Time of Broadcast: 8am

Duration: 30 minutes

Topic: Therapist Kimberly Harris talked about our everyday busy lives. Good or bad. (mainly bad) She talked about the need to unplug technology. To get away from work responsibilities. She said chilling out frequently will keep you away from becoming a health risk later on.

4. Measles

Date: May 17

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

Duration: 30 minutes

Topic-Andi McConnell with the Fairy Godmother Project talked about their work with families of kids with cancer. How big an issue in this area? How do

PAGE 2

parents cope after hearing the words—"Your child has cancer." She talked about the stress on marriages and finances. She talked about how they are trying to help and some of the programs she envisions someday for the region.

5. Successful co-parenting

Date: May 10

Time of Broadcast: 8:00-8:30

Duration: 30 minutes

Topic: Don't go it alone if you don't have to. So said Dr. Leslie Cook. She talked about the need for co-parenting. She talked about how it benefited couples and how it benefited the children—how they would go into life with a healthier view of relationships.

6. Secrets to Healthy Living

Date: April 12

Time of Broadcast: 8:15-8:30

Duration: 15 minutes

Topic: Dr. Leslie Shippee from Fairfax talked about nutrition and how proper nutrition will mean you get more out of life. She talked about sleep and exercise and the power of positive thinking.

7. Family FunFest

Date: April 18

Time Broadcast: 9am-5pm

Duration: 2-3 minutes-three times an hour

Topic: Broadcast from the Spotsylvania Towne Centre. Annual event provides activities for families.

File: October 1, 2015

ISSUES/PROGRAMS
3rd Quarter
WBQB

July 1-September 30, 2015

1. Body Image

Date: July 12

Time of Broadcast: 8-8:15

Duration: 15 minutes

Topic: How does it impact teenage girls? How can parents/teachers/adults help? Dianna Flett with GirlsSmarts gave suggestions and practical ideas.

2. Female Empowerment

Date: July 15

Time of Broadcast: 8am

Duration: 15 minutes

Topic: Psychotherapist Alison Sullivan talks about what is required for female empowerment. She gave hints to parents and especially moms. And she talked about a female's future who didn't feel they had empowerment.

3. Underage Drinking

Date: July 15

Time of Broadcast: 8:15am

Duration: 15 minutes

Topic: Captain Lisa Wright with the Spotsylvania Sheriff's Office discussed the problem of underage drinking. She also talked about the penalties adults faced for aiding teen drinking.

4. Ceili

Date: September 1, September 30

Time of Broadcast: 8:15-8:20am

Duration: 10 minutes

Topic: Ceili is an 18 year old college student who decided to stop cancer treatment when treatment for a first type of cancer resulted in a more deadly form of leukemia developing. She discussed her decision and her wish to see the Rockies before she died. The community got behind the effort because of our interview and a plane, fuel, and place to stay in Colorado was secured. She

PAGE 2

returned to talk about her trip and thank the community and talk about her cancer journey.

5. Kids Convention

Date: September 19

Time of Broadcast: 9am-6pm (various times/lengths)

Duration:

Topic: Live broadcast from the Spotsylvania Towne Center. Interviews with participants in the annual Kids Convention. Among them, police officers from the area talking about keeping kids safe.

6. Getting your kids ready for school

Date: August 9

Time of Broadcast: 8:15

Duration: 15 minutes

Topic: Nina Parrish with the Parrish Learning Zone gave hints for parents getting their kids ready to return to school. Among them: get them on a schedule a few weeks before school starts. Don't let them stay up too late as the summer wanes. If going to a new school, go visit the school and its teachers.

File: January 1, 2016

ISSUES/PROGRAMS
4th Quarter
WBQB

October 1-December 31, 2015

1. TAVR-New Heart Service

Date: October 11

Time of Broadcast: 8-8:15

Duration: 15 minutes

Topic: Physicians with Mary Washington Healthcare talk about the new heart service offered at MWH. TAVR-transcatheter aortic valve replacement-is minimally invasive.

2. Living with Diabetes

Date: Oct 11

Time of Broadcast: 8:30-8:15

Duration: 15 minutes

Topic: Dr Asfaw talks about diabetes: the symptoms. The different types. The treatment. The long-term prognosis. He talked about the past, what they've learned and the future.

3. Children's National

Date: November 5-7

Time of Broadcast: 5am-7pm Thursday and Friday. 10am-4pm on Saturday

Duration: 32 hours

Topic: Telethon to raise money for Children's National. Local stories of kids and families impacted by the free services from Children's National. Over 90-thousand dollars raised locally.

4. Spinal Surgery

Date: December 13th

Time of Broadcast: 8-8:15

Duration: 15 minutes

Topic: Mary Washington Healthcare doctors discussed spinal surgery. It's changed. Discussion on when surgery is advised and rehab and long-term outlook.

PAGE 2

5. Divorce

Date: November 18

Time of Broadcast: 8-8:15

Duration: 15 minutes

Topic: Dr. Kim Harris talks about the impacts of divorce: How it impacts the family long and short term.

6. Operation Blue Christmas-Spotsy

Date: December 1

Time of Broadcast: 10:30-10:40

Duration: 10 minutes

Topic: Members of the Spotsylvania Sheriff's Office talked about their goals in the upcoming campaign to collect toys and money for kids and senior citizens. First Sgt Shaun Jones and Lt Robert Owens talked about hoping to help 400 kids and 35 senior citizens. Discussion on collection places.

7. Eat right for Thanksgiving

Date: November 22

Time of Broadcast: 8:20-8:30

Duration: 10 minutes

Topic: Local nutritionist Nancy Farrell talks about what to eat and how to eat at Thanksgiving and the holidays. And what to do if you totally break all the rules during the holidays.