

ISSUES/PROGRAMS
1st Quarter
WBQB

January 1-March 31, 2019

1. Minimally invasive surgery

Date: March 12

Time of Broadcast: 8-8:30am

Duration: 30 minutes

Topic: Mary Washington Healthcare's Dr. Thott talks about the benefits. Besides less down time, the actual surgery and recovery time is often much less. Dr. Thott talks about advances in technology. When minimally invasive is used and some of the questions to ask.

2. The Table

Date: January 23

Time of Broadcast: 7:15-7:30

Duration: Newscasts 15 minutes

Topic: St. George's Episcopal Church in downtown Fredericksburg set up a food and fresh vegetable food give away for those impacted by the government shutdown. Several organizers from the church discussed some of the hardships and how they were quickly able to mobilize supporters to come up with food and other supplies for those furloughed. Info given on how the community could help and ways to reach out to family and friends.

3. Beating the winter blues

Date: February 17

Time Broadcast: 8:00-8:30

Duration: 30 minutes

Topic: Therapist Allison Sullivan with ideas to beat the winter blues. She says it's important to eat the proper foods and get enough rest. Get plenty of exercise and eat the right foods---she talks about the right foods to eat. She says it's easy to fall into traps and become depressed during the winter. She gives ideas on how to break out of the blahs.

4. Cooking Autism

Date: March 18

Time of Broadcast: 5-8am

PAGE 2

Duration: newscast: 30 seconds

Topic: Cooking Autism. It's a way to teach skills to children on the autism spectrum. Those skills can translate to confidence, trying new things and new foods and capabilities that can often be used later in life. Two teachers from Conway Elementary in Stafford and the parent of two autistic children talked about how the program is now being implemented in other county schools and in the area.

5. Organize Me!

Date: January 13

Time of Broadcast: 8-8:30am

Duration: Gwen Cassidy from The Personal Organizer talks about how to declutter in the new year. How difficult? Can it be done? Can I do it? The new year is about new starts. She talks about how organizing will make you feel better and it can help others who may have great needs for some of "treasures" you say you have.

6. Taking on sexual assault in the region

Date: March 20

Time of Broadcast: 5-8am

Duration: newscasts: 30 seconds

Topic: Two representatives of the Rappahannock Council Against Sexual Assault and a Stafford County supervisor talk about the organization and how it's providing education, support and counseling to victims. From the first meeting with an officer or ER nurse to future counseling—comments on a sensitive topic that continues to be a major issue in the region.

7. Baseball in Fredericksburg

Date: February 15

Time of Broadcast: 5-8am

Duration: newscasts 1 min

Topic: Groundbreaking for a new 5-thousand seat stadium in Fredericksburg. The yet unnamed Fredericksburg team will begin play in April 2020. Comments from the team owner and city council members. In a region filled with history—another historic day.

