

RADIO STATION WSMW-FM HD 1 GREENSBORO, NORTH CAROLINA

**Issues and program report
For**

First Quarter 2013

January-March

Issues in this report include:

**Bus safety, Child Abuse Awareness Month, Farmer's Market events,
Habitat for Humanity, arts in the Triad, Asthma, Children's mental
health issues, Allergy issues, summer childhood hunger problems,
Native American events, water safety, local artists, language
education, care of impaired adults, Stroke Awareness Month, Lupus,
homelessness, refugees, human trafficking, and military assistance**

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Issues/Programs List**WSMW-FM, HD1****Greensboro****January 2013 to March 2013****ALL PROGRAMS AIRED FROM 6:00AM TO 6:30AM ON THE DATE NOTED**

| <u>Issue</u> | <u>Program Title</u> | <u>Brief Description</u> | <u>Date/Time of Broadcast</u> |
|------------------------------------|----------------------|---|-------------------------------|
| The Arts/ Youth At Risk | Radio Health Journal | Many schools are slashing music education as "a costly frill" so students can concentrate on the 3 R's. But new research shows that music education changes the brain. Students who learn a musical instrument are much better learners in all subjects. Experts explain. Cheerleading, with its pyramids and throws, is the most dangerous school activity that a high school girl can pursue. An expert and study co-author explains changes advocated by the nation's pediatricians that would reduce catastrophic injuries. | 6-Jan |
| Consumer Protection/ Public Health | Radio Health Journal | Drug contamination from a compounding pharmacy led to dozens of deaths and hundreds of illnesses this fall, calling into question the lack of regulation that could allow such an incident to happen. Experts discuss how compounding is regulated in pharmacies, loopholes that allow drug manufacture in the guise of compounding, and how consumers can protect themselves. Research is showing that premonitions may be real, and explainable through quantum physics. A noted expert discusses the research and how premonitions could be exploited to people's benefit. | 13-Jan |
| Health Care/ Public Health | Radio Health Journal | This flu season is shaping up to longer and worse than usual. Experts discuss influenza and impediments to the development of a "universal" flu vaccine that would protect against all forms of flu for years at a time. Eye exams are looking for a lot more than just eye diseases or how well you see. The eye is the window to the rest of our body's health, and many diseases can be spotted there first. An ophthalmologist explains. | 20-Jan |

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| Health Care/ Media and Society | Radio Health Journal | <p>All too often, people who've been released from the hospital quickly get sick again and need to be readmitted, resulting in wasteful spending. Medicare now financially penalizes hospitals whose readmission rates are above average, so hospitals are embarking on measures to check up on released patients and keep them well. Experts discuss. Societies have attempted to stamp out carnival freak shows, but they always return. Many experts believe reality TV shows are this generation's incarnation of this phenomenon. Experts discuss the purposes they may serve society, efforts to legitimize such shows and the seemingly irresistible pull they have on many of us.</p> | 27-Jan |
| Interpersonal Relationships/ Pop Culture | Radio Health Journal | <p>Once the domain of pop psychologists, science has now tackled romantic relationships to show the secrets of success. Experts discuss what research shows couples need to know to maintain their relationship. Research shows that about half of Americans are superstitious. Studies also show that superstitious rituals may improve performance by boosting confidence. Experts discuss the psychology of superstitions.</p> | 3-Feb |
| Health Care/ Public Health | Radio Health Journal | <p>As many as five percent of people diagnosed with Parkinson's or Alzheimer's diseases may in reality have a treatable disorder caused by "water on the brain." An expert and patient discuss. A unique 90-year study has uncovered how personality is one of the most important factors determining lifespan. One of the researchers involved in the study explains their groundbreaking findings.</p> | 10-Feb |
| Health Care/ Interpersonal Relationships | Radio Health Journal | <p>A new study finds that about 80 times per week in the US, errors occur in surgery that experts agree should never happen: operating on the wrong body part or the wrong person, or leaving an instrument or sponge behind in the patient. Experts discuss how these egregious mistakes happen and new efforts to prevent them. Most people consider eavesdropping to be rude, but one expert explains that the behavior has been vital to survival. Our psychological need to eavesdrop is so pronounced that today we outsource the practice.</p> | 17-Feb |

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| Women's Issues/ Evolution | Radio Health Journal | Doctors are on the lookout for postpartum depression in new mothers. However, around 10 percent of new fathers may also experience depression in the first six months after their child's birth. Experts discuss differences in symptoms, warning signs, and preventive strategies. An expert discusses his study of traditional native societies, which shows how human genetics have not adapted to change. | 24-Feb |
| Technology/ Evolution | Radio Health Journal | Researchers have succeeded in treating a small number of leukemia patients using their own immune systems. The patient's T-cells are altered to recognize and destroy cancer cells while affecting very few healthy cells, similar to the way T-cells kill a virus. It could mark a breakthrough in cancer treatment if further trials are successful. Fear keeps many people from doing what they want, even when fear isn't reasonable or justified. A journalist who investigated the brain's fear pathways and roots discusses how this most ancient instinct often doesn't work in the modern world. | 3-Mar |
| Work Place/ Public Health | Radio Health Journal | Studies estimate that at some point in their careers, 35 percent of workers will be bullied badly enough to affect their health. Experts discuss the reasons for workplace bullying, the outcomes, and some of the few ways to prevent it. Tinnitus, or ringing in the ears, affects millions of Americans, though many of them do nothing about it. Some who seek treatment cannot be helped with common masking solutions. An audiologist and inventor of a new technology for tinnitus symptoms discusses the issue. | 10-Mar |
| Youth At Risk/ Consumerism | Radio Health Journal | New studies show dating abuse among teenagers may be twice as prevalent as previously thought, and that it has bad effects on behavior years later. Experts discuss this new research, why such behavior may be so common, and resources for teens who may find themselves in abusive relationships. A few studies have shown that treatment of frown muscles can effectively treat many cases of depression. The developer of the technique discusses how brain-muscular "feedback loops" affect mood. | 17-Mar |

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| You At Risk/ Crime | Radio Health Journal | A man who went mostly deaf at age six but did not realize it explains his survival skills honed over 25 years. He and several experts discuss implications of hearing loss, use of cochlear implants, and teaching sign language to children. Science is a routine part of today's criminal investigations (and TV shows about them). An expert discusses how the forensics revolution came about as a result of one man and a now-forgotten French serial murder case. | 24-Mar |
| Infrastructure/ Consumerism | Radio Health Journal | America's infrastructure is falling apart. Hundreds of bridges have failed the last 20 years, and thousands more are structurally deficient. Experts fear that the Minnesota bridge collapse in 2013, killing 13 and injuring 145, may be only the first of many tragedies or, at the very least, severe economic loss if state and federal governments fail to address the issue. Doctors now accept that mental illness is often the result of chemical imbalance in the brain. A researcher discusses the genetic inability of some people's bodies to process some nutrients, leading to imbalances, and the nutritional therapy that might correct them. | 31-Mar |

Issues/Programs List**WSMW-FM, HD1****Greensboro****January 2013 to March 2013****ALL PROGRAMS AIRED FROM 6:30AM TO 7:00AM ON THE DATE NOTED**

| <u>Issue</u> | <u>Program Title</u> | <u>Brief Description</u> | <u>Date/Time of Broadcast</u> |
|--------------------------------------|-----------------------------|---|--------------------------------------|
| Disability Issues/ Arts & Literature | Viewpoints | We all know how Seeing Eye dogs help the blind, but dogs help the disabled in other ways...and so do other animals. We talk to two women who have experience with unusual service animals and hear about how these companions help when illness strikes and provide their owners with friendship and the independence they wouldn't have had without them. What makes writing sing? How is it that some books and speeches make you fall asleep, while others put you on the edge of your seat? We talk to a writer and teacher about the use of "verbs" in their various forms, and how they can spice up writing, create a mood and resonate with readers long after they close the book. | 1/6/2013 |
| Employment/ Housing | Viewpoints | With unemployment high, more people are vying for fewer jobs. It's important to get an edge on the competition, and one way that's possible is with your appearance. We talk to two authors who explain why it's important to "dress for success," and how men and women can accomplish that goal whether it's in a job interview, an important meeting or a "business casual" event. A small, niche market is building for an alternative type of neighborhood: co-housing. We talk to the man who helped bring the concept to the U.S. from Europe, and find out how it works, who is best served by the plan, how it encourages sustainable living options, and hear about the different types of residences there are around the country. | 1/13/2013 |

Mental
Health/Business

Viewpoints

We all know people who have lost a loved one, or perhaps a job, or spouse in divorce, and we want to comfort them, but we don't know what to say. We talk to two grief experts about just what grief is, and how it affects the grief-stricken person, their family and friends. We'll also hear some advice on what to do and not do when comforting a grieving person. Have you ever wondered what goes on behind the desk at the major hotels in the U.S.? How come some guests always get the best rooms and service, and you end up in a room overlooking the alley? Why is it that you have to pay for your mini-bar peanuts and some guests never pay? We talk to a hospitality industry insider about his experiences in two large hotels; how hotels figure out who to put where; how the mini-bar and movies work; and how to get the best service from the staff that counts.

1/20/2013

Higher Education/
Education

Viewpoints

Millions of Americans attend community colleges, and these institutions have changed over the years to accommodate their diverse needs. We talk to two education experts about how these schools have evolved through the years; what their mission is now, and how the educational experience can be improved for both the students and their teachers. Some young students and some older Americans are looking forward to graduating from high school so they can get right into the workforce. These workers would rather have a more hands-on learning experience than 2- or 4-year colleges usually provide. We talk to two men about the alternatives to a college degree: one who says the skilled trades are a great place to start a lifelong, good-paying and rewarding career; the other who took an entrepreneurial approach to his life's work.

1/27/2013

Crime/ Diet &
Exercise

Viewpoints

The United States has had a number of mass killings during the past few years and the same questions come up each time: Why do people do such things? What's their motivation? We talk to a nationally renowned forensic psychiatrist about why people commit mass murder, what they have in common and how we might identify and help these individuals before they become dangerous. : It's the first week of February and your New Year's resolution is beginning to falter. Why can't you stay on track with your diet, exercise or stop smoking program? We talk to two resolution specialists about why we make resolutions, how we can make them better and what we can do to keep focused on our goals long after the new year.

2/3/2013

Homeland Security/
Women's Issues

Viewpoints

Cyber attacks on government and business are on the rise, and hackers from around the world are stealing valuable information for international espionage, to sell or to embarrass countries and industries. We talk to two computer specialists about who is mounting these attacks, how much damage it could do to our country and what's being done to stop it. Girls these days are expected to do so many things: get good grades, excel in athletics, volunteer, be popular and make it into a good college and complete a degree program. This can put a lot of stress on anyone, but our guest says that teenage girls are especially susceptible to pressure and the idea that they have to be "perfect" in everything they do. We discuss how girls can be successful in school and life without over-taxing themselves physically and emotionally.

2/10/2013

Children & Family/
Personal Finance

Viewpoints

There are thousands of deaths each year due to distracted driving. Anytime a driver takes his or her eyes off the road, hands off the wheel or mind of what they're increasing their chances of a crash. We talk to a driving instructor who is also a father and author about how we become distracted in the car; what we can do to teach kids about the dangers of cell phone use and texting; and how we can make them better, more attentive drivers. Personal finances are still tight, and people in all walks of life are looking for ways to get more for their money. We talk to two financial experts about how young people can deal with credit card debt, mortgages, and student loans; and how older people can make the most of their retirement funds by learning a few lessons about investing and the stock market.

2/17/2013

The Presidency/
Mental Health

Viewpoints

The film "Lincoln" has been out for a few months now and by just about everyone's measure it's a blockbuster. The movie just touches on the events surrounding the 13th Amendment to the Constitution that abolished slavery, without going into great detail about the events that led up to the activities in the film. We talk to a historian and author about the film, the men and events that led to the passage of the amendment and how the actors and craftspeople brought the people and the era to life. Millions of men and women didn't celebrate Valentine's Day – not because they're killjoys but because their sweetheart dumped them. A romantic break-up can be hard to take, and it can monopolize your thoughts, keep you from working, sleeping and getting on with your life. We talk to two break-up experts about some strategies for coming back from a romantic disaster stronger and wiser for the experience.

2/24/2013

Children & Family
Issues/ Senior Citizens

Viewpoints

Are kids today growing up too fast? Or do parents hover around them, "infantilizing" their kids by making decisions for them? We talk to three psychologists who specialize in young people about maturity, and hear some ideas on how moms and dads can help their children grow up to be happy kids and independent adults. When a loved-one becomes ill, their caretakers can suffer just as much as the patient. Navigating hospital rules and regs; trying to discuss the case with doctors – if you can find them – and dealing with nurses who seem more like wardens, can wear a caregiver out and change them into resentful relatives rather than loving spouses or children. We talk to an author who has been there about how she combined common sense, perseverance and humor to take care of her chronically ill husband in and out of the hospital.

3/3/2013

National Security/
Visual Arts & Music

Viewpoints

When the movie "Argo" won the Oscar for "Best Picture" last month, Producer/Director/Actor Ben Affleck thanked a former CIA operative for sharing the story of the amazing caper with him. Eleven years ago, we talked to that operative and his wife who was also a spy, about what it was like to work undercover, how Hollywood contributes to spycraft and how the couple used simple and complex methods of deception to fool the enemy. If you're a baby boomer then you know all about the excitement and frenzy that occurred when the Beatles first arrived on the scene and traveled to America. We talk to a photographer who not only took many memorable pictures of the Fab Four, but who also became their good friend. We discuss what the musicians were like, how he gained their trust, what it was like to photograph the Beatles and other luminaries of the time, and how the profession of news photographer has changed in the last 50 years.

3/10/2013

How often do you walk around your neighborhood without noticing what really makes it interesting? Do you know what kinds of trees, wildlife, signage and minerals inhabit your little corner of the world? No? That's probably because you see your habitat, but you don't observe much about it. We talk to two psychologists about the difference between seeing and observing, find out how your neighborhood can become a whole new world if you walk with people with different perspectives, and discuss how anyone can learn to become more observant of their surroundings with company or alone. Watching the Best Picture clips during the Oscars® last month reminds us how technologically sophisticated movies are these days with special effects, gorgeous cinematography and amazing sound. It really wasn't that long ago when just seeing a few pictures move for a very few seconds was as exciting as 3-D movies are to us today. But who made the pictures first come to life? Was it Thomas Edison? Or someone else?

Race/ Religion

Viewpoints

Baseball is quite a different game today than it was 45 years ago, when players made middle-class wages, lived in the neighborhoods in which they played and were, for the most part, wholly-owned employees of their team owners. What a difference a season makes! We talk to an author about the events of the 1968 baseball season and how they changed the players, the business of baseball and the country forever. Can race be taught as a school subject, like chemistry and foreign language? Are we doing those different from us a disservice by trying to "walk a mile in their shoes" as a way of understanding them? Are news stories giving the public a skewed view of what different factions in society and the world think of each other? Are racial tensions brought about just because of skin color? Or are there other factors in play? We talk to two researchers about the answers to these questions and take a slightly different look at race, ethnicity, religion and how they affect our perceptions of the world.

3/24/2013

Justice System/
Agriculture

Viewpoints

The U.S. Supreme Court will decide a number of high-profile cases this term, including ones on same-sex marriage, voting rights and election funding. The deliberations of the justices on these and other cases are done behind closed doors, so the public has little to no idea of how they make their decisions. To get an idea of how the system works, we talk to two Supreme Court specialists about how the process works, and look at how decisions were crafted in past cases. Cocktails are making a comeback, and the distilled spirits that go in them have very interesting and complex histories. We talk with an author who researched how many popular liquors are created, the myths that surround some of them and what fruits, vegetables and shrubs are used in the creation of some of your favorite drinks.

3/31/2013

Triad Today

January-February-March 2013

Aired HD1 and HD2

Aired: January 27th, 2013

- Spoke with Dawn Sternal, executive director of Christmas Cheer. Christmas Cheer is an organization that provides Christmas for the needy children and elderly of Burlington and Alamance County. They get their funding from donations and fundraising. The Cheers for Chocolate Festival is a fundraising event that they put on every year as a starting off point for the year ahead. They sell chocolate samples, have a bake sale, entertainment, and much more! The event will take place on February 2nd, 2013 from 11am to 3pm.
- Spoke with Sands Hetherington, a native of Greensboro, N.C., who is the author of the Night Buddies series of children's books. He talked about how he came up with the main character, Crosby, a red crocodile. He spoke about the adventures Crosby and John (based on his own son) have, and how these books serve the purpose of being bed time stories for children.
- Spoke with Kimberly Jewell from Project Racing Home in Randleman, NC, an organization that takes retired racing greyhounds and places them with their forever homes. They are holding a fundraising event on February 2nd that includes dinner & entertainment by an Elvis Impersonator, and all proceeds will go to Project Racing Home.

Aired: February 3rd, 2013

- Spoke with Sarah Fedele from the American Heart Association about the "Go Red For Women" campaign. We discussed the warning signs of heart disease for women, risks, and preventative measures.
- Spoke with Greg Fisher, who is the Publicity Chair for the Greensboro Tarheel Chorus. They raise money for their Barbershop Quartet organization each year by selling "Singing Valentine's." Each \$50 performance donation includes a fresh-cut rose, greeting card, and 2 barbershop love songs performed in four-part harmony.
- Spoke with Starr Sargent who is the Controller of the Girl Scouts – Peaks To Piedmont Organization. She talked about the upcoming Cookie Delivery Day, and what selling the cookies and the Girl Scout Organization in general do to help young girls in every aspect of their lives.
- Spoke with Sands Hetherington, a native of Greensboro, N.C., who is the author of the Night Buddies series of children's books. He talked about how he came up with the main character, Crosby, a red crocodile. He spoke about the adventures Crosby and John (based on his own son) have, and how these books serve the purpose of being bed time stories for children.

Aired February 10th, 2013

- Spoke with Michael Maieli, the secretary of the Raleigh Aquarium Society. We discussed the group, their mission to help educate, conserve, and enjoy the many aspects of the home aquatic hobby for our members and affiliates, and their upcoming workshop weekend event, February 15-17, at the NC State Campus & Fairgrounds.
- Spoke with Donna Meyers with the Greensboro Farmer's Curb Market about the non-profit organization. She also talked about upcoming events and classes that take place at the Curb Market.
- Had a few characters from the cast of "Annie" come in and talk about the production. It is being put on by the High Point Community Theatre and it runs from February 22nd – March 3rd.
- Spoke with Greg Fisher, who is the Publicity Chair for the Greensboro Tarheel Chorus. They raise money for their Barbershop Quartet organization each year by selling "Singing Valentine's." Each \$50 performance donation includes a fresh-cut rose, greeting card, and 2 barbershop love songs performed in four-part harmony.

Aired February 17th, 2013

- Spoke with Sheri Delluva about the problem with puppy mills in NC, some bills that are on the table for the state, and an upcoming demonstration at Hanes Mall in Winston Salem on Saturday, February 23rd.
- Spoke with Sam Futterman, the owner of a Triangle-based restaurant called "Tossed", about ways people can make healthy choices and substitutions in their diet to boost their immune systems and prevent the flu and heart disease.
- Spoke with Tiffany Gladney and Peg O'Connell from the March of Dimes organization. They spoke about Advocacy Day, and the partnership they have with the American Heart Association. Also spoke with Valerie King, who is the mother of a child with Congenial Heart Disease. She spoke about how the organization has helped her out, and what she does with the Mended Little Hearts organization.
- Spoke with Dr. David Ramsey with Digestive Health Specialists. March is Colon Cancer Awareness Month, and Digestive Health Specialists will be conducting free colonoscopies for those who qualify.

Aired February 24th, 2013

- Spoke with Delton Mingia, the Veterans' Supervisor of the Division of Workforce Solutions about their programs to help recently discharged veterans find employment and career opportunities. They offer placement, workshops, and training to help veterans re-adjust to the civilian workforce and get on the path to successful careers.

- Spoke with Dr. Charles Katopes from Digestive Health Specialists in recognition of Colon Cancer Awareness Month. He discussed the need for colonoscopies before symptoms arrive, changes you can make in your diet and lifestyle to help prevent colon cancer, and free colonoscopies during the month of March for those who qualify.
- Spoke with Keith Lockhart, the conductor of the Boston Pops Esplanade Orchestra. He talked about their upcoming concert in Winston-Salem, and other upcoming shows.
- Spoke with Don Milholin, the founder of Out Of The Garden Project. This non-profit organization helps deliver lunches to less fortunate children. He told us the importance of feeding these children, and how we all can help.

Aired March 3rd, 2013

- Spoke with Kathy Walker, a board member of the Family Life Council. The non-profit organization is putting on "Lunch by the Ladle," a soup tasting event to raise money for Family Life Education Services. The organization helps many people in many walks of life, from divorce, to planned- parenthood, to just beginning relationships.
- Spoke with Dr. Charles Katopes from Digestive Health Specialists in recognition of Colon Cancer Awareness Month. He discussed the need for colonoscopies before symptoms arrive, changes you can make in your diet and lifestyle to help prevent colon cancer, and free colonoscopies during the month of March for those who qualify.
- Spoke with Don Milholin, the founder of Out Of The Garden Project. This non-profit organization helps deliver lunches to less fortunate children. He told us the importance of feeding these children, and how we all can help.
- Spoke with Eddie McGhee & Taylor Vaden from the Stokes County Arts Council. They discussed what the council does, how it interacts with local schools & the community, how the council raises funds, and upcoming performances and events sponsored by the council.

Aired March 10th, 2013

- Spoke with Eddie McGhee & Taylor Vaden from the Stokes County Arts Council. They discussed what the council does, how it interacts with local schools & the community, how the council raises funds, and upcoming performances and events sponsored by the council.

- Spoke with Emily Parks from the NC Lung Cancer Awareness Partnership. She discussed lung cancer & the signs, preventative measures, and the Free to Breathe events that happen in the Triad to raise funds and lung cancer awareness.
- Spoke with Nichole Alston with The Greensboro Juniors Women's Club. They are auctioning off basketballs to kick off the NCAA Tournament. All proceeds go to the club to help with finances, and other things the club has going on!

Aired March 17th, 2013

- Spoke with Janet Mayer, a Registered Dietician with the Guilford County Department of Public Health. March is National Nutrition Month, and Janet talked to us about the importance of eating the right foods, portion size, and fitting exercise into your daily routine!
- Spoke with Jason Scott, store manager for Belk in High Point, and Bobby Smith from the United Way of Greater High Point, about the upcoming Belk Charity Sale on April 27th. Mr. Scott discussed Belk's involvement in the community, and the semi-annual Sale that allows charities to make money from ticket sales and customers to enjoy deep discounts. Mr. Smith discussed how the United Way has been involved in the Sale and the many ways his organization has benefitted from it.
- Spoke with Keith Holiday, CEO of the Carolina Theatre. He talked about the importance of the theatre, the impact it has had on the community, and the importance of donations and attendance of people at the theatre! They are having a Celebration Gala on April 18th featuring KC and the Sunshine Band, that will help raise money for the theatre!

Aired March 24th, 2013

- Spoke with Brian Sutow from the No Rules Theatre Company. The company was created by students from the NC School of the Arts in Winston-Salem, and brings professional productions to the Hanes Brands Theater in Winston-Salem. He discussed the performance of "Black Comedy" that runs March 20th – April 7th, plus funding for the company and other events.
- Spoke with August Vernon, the Operations Manager for Forsyth County Emergency Management. He talked with us about emergency preparedness, essentials for an emergency kit, and the upcoming "Are You Prepared?" Zombie Walk/Run! This family event is designed to promote emergency, disaster and zombie apocalypse preparedness. Many agencies, organizations and emergency management partners will participate in this event to encourage community safety and preparedness. You do not have to participate in race activities to view the emergency and disaster displays, but we do ask that you donate canned food items for the food drive.
- Spoke with Bob Kucab, Executive Director of the North Carolina Housing Finance Agency, about the NC Foreclosure Prevention Fund. We discussed who is eligible, how to apply, and how the

fund can help people who have become unemployed or under-employed make their mortgage payments and keep their houses with the assistance of this fund.

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Aired March 31st, 2013

- Spoke with Jason Scott, store manager for Belk in High Point, and Bobby Smith from the United Way of Greater High Point, about the upcoming Belk Charity Sale on April 27th. Mr. Scott discussed Belk's involvement in the community, and the semi-annual Sale that allows charities to make money from ticket sales and customers to enjoy deep discounts. Mr. Smith discussed how the United Way has been involved in the Sale and the many ways his organization has benefitted from it.
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- Spoke with Darrell Johnson, the Executive Director of ESGR North Carolina Committee. ESGR stands for Employer Support of the Guard and Reserve, a Department of Defense operational committee. Every year they chose companies around the United States that have shown outstanding support of employees in the Guard and Reserve, and present them with the Freedom Award.
- Spoke with August Vernon, the Operations Manager for Forsyth County Emergency Management. He talked with us about emergency preparedness, essentials for an emergency kit, and the upcoming "Are You Prepared?" Zombie Walk/Run! This family event is designed to promote emergency, disaster and zombie apocalypse preparedness. Many agencies, organizations and emergency management partners will participate in this event to encourage community safety and preparedness. You do not have to participate in race activities to view the emergency and disaster displays, but we do ask that you donate canned food items for the food drive.