



### **Quarterly Issues and Programs List Programs Information**

The following is a list of programs which WKLR-FM, Richmond, Virginia, aired from January 1 to March 31, 2023. These programs addressed issues that were determined to be of significant concern to the Richmond, Virginia community during the first quarter of 2023.

**Focus Richmond** (six hours per quarter) – a twenty-five-minute talk show hosted by Local Midday Show Host from K95, Lori Kelly, and airing Sunday mornings at 0630. The program focuses on local public affairs and community issues.

**Viewpoints** (six hours per quarter) – a thirty-minute issues program produced by Mediatracks airing Sunday mornings at 0600.

**Local News Stories** - WKLR-FM has locally-produced newscasts weekday mornings between 5:00 and 9:00. These newscasts are approximately 60 seconds each and cover pertinent topics for the day ranging from local schools and weather to national politics and health concerns.

**Public Service Announcements** – announcements provided by not-for-profit groups, local charities, and the Ad Council aired at various times on all days of the week.

These programs focused on the following issues of importance to the local community:

- A) Personal Finance
- B) Sports
- C) Cancer Patient Support
- D) Environment
- E) Education
- F) Military Service
- G) Technology
- H) Culture
- I) Health

- J) Women's Issues
- K) Pet Adoption



### **Quarterly Issues and Programs List General Issues**

The following is a sampling of our coverage of significant issues to which WKLR-FM, Richmond, Virginia, responded from January 1 to March 31, 2023, along with the most pertinent treatments of those issues.

#### **A. Personal Finance**

##### **Focus Richmond**

#### **United Way Launches Annual Free Tax Preparation Service**

Cara Cardotti

United Way of Greater Richmond & Petersburg has launched its [Volunteer Income Tax Assistance \(VITA\) program](#) that helps families work toward financial stability by providing free tax assistance through in-person tax sites as well as a new virtual tax assistance service.

United Way's team of IRS-certified tax preparers and volunteers will prepare income tax returns for qualifying families and individuals with incomes of \$60,000 or less at 12 tax prep sites located throughout the city of Richmond and in the counties of Goochland, Chesterfield, Henrico and Hanover.

"Our VITA program has been supporting the community since 2002 and could not exist without our dedicated volunteers," said Cara Cardotti, United Way's Director of Tax Assistance Programs. "Each volunteer successfully navigates required IRS certification tests annually to work with the program."

The VITA program offers multiple ways for customers to receive tax assistance. Options include scheduling an appointment, dropping off tax documents with a tax preparer, or visiting one of the first come, first serve tax locations. Virginia residents can also complete taxes online through United Way's online tax assistance site, [GetYourRefund.org/uwgrp](https://www.getyourrefund.org/uwgrp).

Hours of operation for each tax site are subject to change and can be found on [United Way's website](#).

The Sacred Heart location in Richmond will offer assistance for customers who speak Spanish and Portuguese.

"While our program offers free tax preparation for people with incomes up to \$60,000, the reality is that most community members served by the program earn far less per year, on average \$25,380," said Angela Otto, United Way's Interim President and CEO. "Our volunteers not only provide free tax preparation services but also help many individuals and families claim the Earned Income Tax Credit (EITC), which helps to bring even more dollars into the households who need it most."

In 2022, VITA volunteers helped file 2,256 tax returns, recover \$2.9 million in tax returns, claim \$847,963 in earned income tax credit refunds and save \$556,000 in tax preparation fees.

A Do-It-Yourself option is also available for individuals who make up to \$73,000 with free coaching from an IRS-certified volunteer to help customers successfully file tax returns. For more information on the service, individuals can contact [tax@yourunitedway.org](mailto:tax@yourunitedway.org).

United Way of Greater Richmond & Petersburg empowers individuals and addresses systemic problems to provide everyone with a clear path to success. We do this by conducting research, funding programs and organizations, driving systems-level change and engaging with individuals in 11 localities across the region. Learn more at [www.YourUnitedWay.org](https://www.YourUnitedWay.org). [[yourunitedway.org](https://yourunitedway.org)]

## **Viewpoints**

**Program 23-06**

**Air Week:** 2/5/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

### **SEGMENT 1: THE MANY CAUSES OF SUPPLY CHAIN & INFLATION WOES**

**Time:** 1:50

**Duration:** 7:22

**Synopsis:** Economic uncertainty is on the minds of millions of Americans. Part of this uncertainty stems from continuing inflation and instability plaguing global markets. We speak with longtime economist and banker, James Rickards about the factors feeding into these rising costs and supply chain woes.

**Host:** Gary Price

**Producer:** Amirah Zaveri

**Guests:** James Rickards, economist, former Wall Street banker, author, *Sold Out: How Broken Supply Chains, Surging Inflation, and Political Instability Will Sink the Global Economy*

**Compliance issues:** Inflation, Personal Finance, Supply Chain Management, Global Trade, U.S. Economy

**Links for more info:**

[Amazon: Sold Out: How Broken Supply Chains, Surging Inflation, and Political Instability Will Sink the Global Economy](#)

twitter: [@JamesGRickards](#)

## **B. Sports**

### **Focus Richmond**

## **RVA ADAPTIVE SPORTS FESTIVAL APRIL 15**

### **Sportable Hosts Accessible Experience Day at Glen Allen High School**

Matt Steilberg

Sportable has created opportunities and transformed the lives of individuals with physical disabilities and visual impairments through sport since 2005. For more information about Sportable, please visit [www.sportable.org](http://www.sportable.org).

Sportable, Central Virginia's premier accessible sports club, is proud to host the third annual RVA Adaptive Sports Festival presented by C&F Bank and C&F Mortgage on Saturday, April 15, 2023, 10am-2pm, at Glen Allen High School. The free event

is the largest exposition in the region of sports and recreational opportunities for people of all ages with disabilities. Registration is available now at [Sportable.org](http://Sportable.org).

“We are thrilled to bring the RVA Adaptive Sports Festival back this year,” commented Hunter Leemon, Sportable Executive Director. “The support of our presenting sponsors C&F Bank and C&F Mortgage and community partners allows us to provide the opportunity to showcase our accessible sports programs to the community. Whether you want to play for fun, are searching for a competitive team, or want to get involved as a volunteer or a fan, save the date for this action-packed event.”

The accessible and inclusive experience day will provide the opportunity to try sports equipment adapted for individuals of all ages with limited mobility, physical disabilities, and visual impairments. Additionally, community partners will be in attendance showcasing resources for the disability community in Virginia.

“Sportable’s mission to provide sporting opportunities to members of our communities with disabilities is one that we strongly admire and support,” said Matthew Steilberg, Executive Vice President and Director of Retail Banking for C&F Bank. “The RVA Adaptive Sports Festival is fun and exciting, so we encourage everyone to stop by and learn more about the difference Sportable is making in the lives of others.”

The event is open to the public and community members are invited to cheer on some of the top wheelchair sports teams in the region, including the Sportable Possums wheelchair rugby team, Sportable Rim Riders wheelchair basketball team, and Sportable Hive power soccer team, when they host exhibition games throughout the day. Adaptive sports such as archery, boccia, cycling, goalball, pickleball, racing, rowing, and tennis will also be featured through demonstrations, pickup games, and skills clinics.

For more than 17 years, Sportable has created opportunities and transformed lives through sport for individuals with physical disabilities and visual impairments. The non-profit organization provides sporting opportunities to more than 400 athletes of all ages by offering competitive and recreational adaptive sports programs year-round. By fostering a fun, inclusive, competitive, and accessible environment, Sportable transforms the lives of athletes and frees them to see beyond their disabilities, enhances their peer relationships and helps them to reach their personal finish line. To make an impact today, visit [Sportable.com/donate](http://Sportable.com/donate).

## **Viewpoints**

**Program 23-07**

**Air Week:** 2/12/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**VIEWPOINTS EXPLAINED: BRADY BOWS OUT**

**Time:** 23:08

**Duration:** 1:08

**Synopsis:** Longtime NFL quarterback Tom Brady is leaving the game for good. We cover why this prominent athlete has decided to step back again after coming out of retirement only a year back.

**Host:** Ebony McMorris

**Producer:** Amirah Zaveri

**Compliance issues:** Sports, Aging, Culture, Retirement, Health

### **C. Cancer Patient Support**

#### **Focus Richmond**

##### **CancerLINC**

Chris Williams

CancerLINC's 2023 Beyond Bags was held on Thursday, March 30th from 6-9pm at The Virginia Museum of History & Culture\* located at 428 N Arthur Ashe Blvd, Richmond, VA 23220.

Beyond Bags is an annual fundraising event that features plentiful food & beverages, fun-filled activities, and an auction of beautiful designer and luxury handbags, accessories, and unique dining and experience packages.

All proceeds from the event support CancerLINC's mission to provide legal, financial, and community resource assistance for local cancer patients.

The VMHC featured the new exhibit [\*Apollo: When We Went to the Moon\*](#), chronicling the timeline from the beginning of the Space Race to the collaborative culture of the International Space Station program and beyond.

\*The Virginia Museum of History & Culture is not a sponsor of this event.

CancerLINC connects local cancer patients with volunteer attorneys to provide an array of legal assistance. Most clients meet the federal guidelines for low-income households, and we ask our volunteer professionals to provide services to those clients at no charge.

CancerLINC connects local cancer patients with volunteer financial counselors to provide financial advice and planning. Most clients meet the federal guidelines for

low-income households, and we ask our volunteer professionals to provide services to those clients at no charge.

CancerLINC hosts FREE life planning clinics for eligible cancer patients and their families. All documents are prepared virtually and executed in private. Another part of CancerLINC's mission is to connect patients in need to community resources.

### **Viewpoints**

**Program 23-04**

**Air Week:** 1/22/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**VIEWPOINTS EXPLAINED: ALCOHOL'S CONNECTION TO CANCER**

**Time:** 22:43

**Duration:** 1:42

**Synopsis:** The World Health Organization recently reported that no amount of alcohol is healthy to consume. In fact, the agency says even light or moderate alcohol intake has been linked to cause seven different types of cancer.

**Host:** Ebony McMorris

**Producer:** Amirah Zaveri

**Compliance issues:** Health, Disease Prevention, Research, Science

## **D. Environment**

### **Focus Richmond**

#### **Friends of the James River – 5 K**

Steve Forrest

Last year was the inaugural Wood River Run 5K, and it was a great success. This race was created in the memory of Christian Wood, a talented young kayaker who lost his life on the James in 2018. This year's race will be on April 15th. A portion of the proceeds from the race will benefit our efforts and programs that help more children experience the James River Park System. Learn more and find a link to register [JamesRiverpark.org](http://JamesRiverpark.org)

We are citizen stewards of the James River Park. We do this by providing ongoing support for

conservation, enhancement, and recreational enjoyment of the James River Park, while protecting its natural and historic environments.

## **Viewpoints**

**Program 23-09**

**Air Week:** 2/26/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

### **SEGMENT 2: GREEN BURIALS**

**Time:** 12:01

**Duration:** 9:10

**Synopsis:** Have you thought about end-of-life planning? Would you like to be buried or cremated – or possibly have a green burial? While death may be a topic that's shied away from, it's something that each one of us eventually confronts head on. This week – We talk about the importance of being involved in the death process of loved ones and learning about what burial options are available when that time comes.

**Host:** Marty Peterson

**Producer:** Amirah Zaveri

**Guests:** Hayley Campbell, journalist, author, *All the Living and the Dead*; Cassie Barrett, Director, Cemetery Operations, Carolina Memorial Sanctuary.

**Compliance issues:** Environment, Climate Change, Health, Culture, End-of-life Planning, Death

**Links for more info:**

[All the Living and the Dead](#)

[CarolinaMemorialSanctuary.org](http://CarolinaMemorialSanctuary.org)

## **E. Education**

### **Focus Richmond**

#### **2023 Parater Day of Giving**

Liz Grapes

Join us for our 2023 Parater Day of Giving, a 24-Hour event to fund Parater Middle-Class Scholarships for Benedictine and Saint Gertrude.

#TwoSchoolsOneGoal

Every gift will be matched dollar-for-dollar up to \$125,000 for each school...but it begins with YOU! Your gift will help even more middle-class families send their children to Benedictine and Saint Gertrude.

Last year, our Day of Giving provided Parater Scholarships to 27 deserving Gators and Cadets.

Each gift makes a difference, and we are counting on you. When combined with hundreds of gifts from fellow parents, alumni, and friends, your gift adds up to big support for our schools. Your participation matters! Please give today.

The Parater Middle-Class Scholarship was introduced in Benedictine's 2017-18 school year with one objective in mind: to make attending a superb Catholic high



school affordable for middle-class families. After the unification of Saint Gertrude and Benedictine in 2021, this scholarship is now available to both Saint Gertrude and Benedictine students and is awarded annually to incoming freshmen. The scholarship is funded through an annual Day of Giving. This single day's activities, and generosity that accompanies it, are the sole means by which the Parater Scholarships are funded. Between Benedictine and Saint Gertrude, there are currently 85 Parater Scholars enrolled at the Benedictine Schools of Richmond. Data shows that middle-class families are increasingly pinched and the most burdened. They make too much money to qualify for financial aid but don't have enough expendable income to afford raising tuition costs for private schools.

### **Viewpoints**

**Program 23-12**

**Air Week:** 3/19/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

### **SEGMENT 1: FOOD'S CONNECTION TO OUR MENTAL HEALTH**

**Time:** 1:47

**Duration:** 10:47

**Synopsis:** You're probably familiar with the saying: 'You are what you eat.' It's no secret that the foods we consume directly correlate to how we feel, look and more. But there's more to food than just providing us with energy and nourishment. A lack of certain nutrients can exacerbate depression, anxiety, and other mental health disorders. We speak with food expert and author, Mary Beth Albright about food's intimate connection to how we feel.

**Host:** Gary Price

**Producer:** Amirah Zaveri

**Guests:** Mary Beth Albright, food systems & policy expert, food correspondent, The Washington Post, author, *Eat & Flourish: How Food Supports Emotional Well-Being*.

**Compliance issues:** Diet, Education, Culture, Food Policy, Mental Health, Food Systems, Health, Nutrition

**Links for more info:**

[The Washington Post – Mary Beth Albright](#)

[twitter @MaryBeth](#)

[Eat & Flourish: How Food Supports Emotional Well-Being](#)

## **F. Military Service**

### **Focus Richmond**

#### **Paws for Purple Hearts**

Danielle Stockbridge

pawsforpurplehearts.org

Paws for Purple Hearts is the first program of its kind to offer Canine Assisted Warrior Therapy, also known as Canine Assisted Therapeutic Intervention, to Veterans and active-duty military personnel.

Dr. Bonita (Bonnie) Bergin invented the concept of the Service Dog to assist people with mobility limitations in 1975. At that time, she founded [Canine Companions for Independence](#) (CCI), the first nonprofit to train and place Service Dogs.

After leaving CCI in 1991, Dr. Bergin founded the Assistance Dog Institute, which was formally designated a university in early 2004. Today, the growing [Bergin College of Canine Studies](#) is the only college dedicated to teaching service dog trainers in the world.

We are dedicated to improving the lives of America's Warriors facing Mobility Impairment challenges and trauma related conditions such as Post-Traumatic Stress Disorder and Traumatic Brain Injury by providing the highest quality Service Dogs and Canine Assisted Therapeutic programs in which the Warriors themselves actively train Service Dogs for their injured comrades.

A PPH Puppy Petter is a volunteer trained to handle our very special service dog puppies. Petting begins the very day the puppies are whelped, and follows a precise protocol. Every inch of the puppy's body is stroked, and the puppy is carefully handled in ways that instill confidence and positive associations with handling. Touch facilitates a puppy's neurological development, which prepares them to be more successful service dogs.

Therapeutic touch is an important aspect of healing from trauma, too. So while helping puppies develop, the PPH Puppy Petters reap their own therapeutic benefit from the relaxing, nurturing interaction of petting young puppies. Every PPH Warrior who participates in a Paws for Purple Hearts program is trained to become a PPH Puppy Petter.

#### **Veterans Band Aid Music Festival**

Pam Layton

Proceeds benefit Coastal Authority Care Foundation, a nonprofit organization who provides grants to veterans with service-connected injuries, especially the "invisible wounds" of mild traumatic brain injury, post traumatic stress disorder and chronic

pain. Our grant program will help pay for cutting-edge therapies, such as hyperbaric oxygen therapy and neurotherapy, that is not covered by insurance, which provides symptom relief, helps restore quality of life and ultimately helps prevent suicide. Additionally, we may help pay for travel and lodging expenses associated with treatment.

**A GREAT PARTY FOR A GREAT CAUSE** - The 4th annual Veterans Band Aid Music Festival is an outdoor concert fundraiser featuring live music from national bands, some of the hottest local award-winning bands, food trucks, drinks, activities, live auction, 50/50 raffle, camping and artist vendors.

**FRIDAY JUNE 2**, Doors 4:00 PM; Show 4:30-9:30 PM Rock & Blues. Headliner: 38 Special. Other Acts include Anthony Rosano and The Conqueroos, Roosterfoot and The Gold Sauce.

**SATURDAY JUNE 3**, Doors 2:00 PM; Show 3:00 - 9:30 PM Country. Headliner: Larry Fleet. Other Acts include Buck Shot, The Piedmont Boys, The Daniel Jordan Band and Chase Payne.

**TICKETS** on sale now. GA, VIP and 2-Day ticket options available. 12 & UNDER FREE! See Ticket Link below.

**GENERAL ADMISSION** - Includes all-day admission. Food and drink sold separately.

## **G. Technology**

### **Focus Richmond**

#### **Data Privacy Week**

Ken Pfeil

Data Privacy Week begins next week on Jan. 22, 2023, in Virginia. The Virginia Information Technologies Agency (VITA) and Virginia's Office of Data Governance and Analytics (ODGA) are encouraging people and organizations in the Commonwealth to use Data Privacy Week, which runs through Jan. 28, as an opportunity to learn about online privacy and take the steps needed to keep their information safe.

"Cybersecurity is a critical priority in the Commonwealth and it goes hand-in-hand with data privacy," said Chief Information Officer of the Commonwealth Robert Osmond. "The more people and organizations understand about data privacy, the easier it will be for them to protect themselves and their customers."

"As we share more and more of our information online it is important to be mindful of how easy it is for others to build a profile even by knowing only your phone

number,” said Chief Data Officer of the Commonwealth Ken Pfeil. “Another place to exercise caution is when responding to social media quizzes that could give away answers to security questions such as the model of your first car or where you went to elementary school.”

“For individuals, remember that all your online activity generates a trail of data. Websites, apps and services collect data on your behaviors, interests and purchases. It’s also important for organizations and businesses to respect the privacy of customers, staff and all other stakeholders to inspire trust in your organization,” said Chief Information Security Officer of the Commonwealth Michael Watson. “There are a few simple actions that individuals, organizations and businesses can take to deter bad actors and hackers and stay cyber safe.” More info at <https://www.vita.virginia.gov/>

### **Viewpoints**

#### **Program 23-13**

**Air Week:** 3/26/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

#### **SEGMENT 2: A WITHHOLDING OF PUBLIC INFORMATION**

**Time:** 14:07

**Duration:** 7:02

**Synopsis:** Did you know that our federal government classifies more than 50 million pieces of documents each year? Why are so many documents marked as classified? And why is there such a long lag time for them to be unsealed? We uncover this outdated process and focus on one new method that’s aiming to make this process more efficient and speedier.

**Host:** Marty Peterson

**Producer:** Amirah Zaveri

**Guests:** Matthew Connelly, professor, International and Global History, Columbia University, principal investigator, History Lab, author, *The Declassification Engine: What History Reveals About America’s Top Secrets*.

**Compliance issues:** Democracy, Artificial Intelligence, Government, National Security, Technology

**Links for more info:**

[Columbia University: Matthew Connelly](#)

[twitter: @mattspast](#)

[Amazon: The Declassification Engine: What History Reveals About America’s Top Secrets](#)

## H. Culture

### **Focus Richmond**

#### **Richmond Jewish Food Festival**

Wanda Goodridge

The Richmond Jewish Food Festival is back for its 15th annual celebration.

Attended by community members and foodies alike, the festival is set to take place at the Weinstein Jewish Community Center, 5403 Monument Avenue, from 11:30 a.m. to 7:30 p.m. Sunday, Jan. 15 through Monday, Jan. 16.

Are you a foodie? If so, the Annual Richmond Jewish Food Festival at the Weinstein Jewish Community Center is for you. The festival will include food, music, including Jewish reggae, Eastern European, Balkan and Mediterranean folk and a Gershwin piano performance, and vendors. If you're planning on attending in person, you'd better go Sunday. According to the festival schedule, Monday is "Take Home – Heat 'n Eat" only.

"Park easily in the neighborhood across Monument Ave from the Weinstein JCC, then catch the free festival shuttle to the JCC," the event website states. "Shuttles pick up passengers on Lake Ave, Cutshaw Ave, Treboy Ave, and W. Grace St. When it's time to leave, the shuttles pick up passengers at the rear of the Weinstein JCC and drop them off north of Monument. It's easy and it's free!"

### **Viewpoints**

#### **Program 23-01**

**Air Week:** 1/1/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

#### **SEGMENT 2: WHO IS GEN-Z?**

**Time:** 14:16

**Duration:** 7:56

**Synopsis:** There are more than 68 million young people in the U.S. who make up Generation Z – that is anyone born between 1997 and 2012. Research shows that this cohort is the most racially and ethnically diverse than any other previous generation and are progressive in their mindsets. On top of this, they're extremely tech-savvy and believe that mental health is equally as important as physical health. Culture expert John Schlimm helps us understand who Gen Z is and what impact they'll have on the future world.

**Host:** Marty Peterson

**Producer:** Amirah Zaveri, Grace Galante

**Guests:** John Schlimm, researcher, professor, author, What Would Gen-Z Do? Everything You Don't Know About Gen-Z But Should.

**Compliance issues:** Social Media, Psychology, Technology, Culture, Mental Health, Cultural Trends

**Links for more info:**

[Where Millennials end and Generation Z begins | Pew Research Center](#)

[What Would Gen-Z Do?: Everything You Don't Know About Gen-Z but Should by John Schlimm, Hardcover | Barnes & Noble®](#)

[How Gen Z Could Transform American Politics | FiveThirtyEight](#)

## I. Health

### **Focus Richmond**

#### **VCU's Give Kids a Smile Event to Provide Free Dental Care to Underinsured Families**

VCU School of Dentistry's Pediatric Dental Clinic will be hosting Give Kids a Smile, an annual event that provides free dental care to underinsured families in Richmond and surrounding communities. Patients have been scheduled in advance and the clinic expects to serve approximately 90 children throughout the day, providing services such as dental cleanings, sealant applications, tooth extractions and crown placements. The care is provided by faculty, residents and dental students at the school.

Richmond Mayor Levar Stoney plans to attend the event to show his support for oral health issues affecting children throughout the city, and experts from VCU School of Dentistry will be available to speak to the importance of children's oral health.

### **Viewpoints**

**Program 23-02**

**Air Week:** 1/8/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: FALLING ASLEEP IN SPACE**

**Time:** 1:47

**Duration:** 8:47

**Synopsis:** Do you have trouble falling or staying asleep? If so, you'll know that not getting good rest can take a big toll on how you feel both physically and mentally. This is amplified in space for astronauts who sleep in a zero-gravity environment

that relies on an artificial day/night cycle. This week, we explore the fascinating science and study of how humans sleep in space and its effects on the body.

**Host:** Gary Price

**Producer:** Amirah Zaveri

**Guests:** Dr. Fred Turek, professor, biology, Northwestern University, director, Center for Sleep and Circadian Biology, Northwestern University; Dr. Emmanuel Urquieta, chief medical officer, Translational Research Institute for Space Health, assistant professor, Center for Space Medicine, Baylor College of Medicine.

**Compliance issues:** Health, Medicine, Disease, Biology, Science, Innovation, Space Travel, Technology

**Links for more info:**

[Center for Circadian & Sleep Medicine](#)

[NASA: Sleeping In Space](#)

## **J. Women's Issues**

### **Focus Richmond**

#### ***VPFW Period Drive – Virginia Physicians for Women***

Dr. Kim Lincoln

Help us break the cycle of period poverty by donating supplies at any VPFW location through March 30th.

For women and students who don't have access to period products, getting your period can mean huge setbacks in life: missing work, school, and other outings. This past year, 1 in 4 female students in the U.S. has missed school because they didn't have period supplies.

There is currently no federal aid program that can be used to purchase period products. Luckily, we have a wonderful local organization called Sylvia's Sisters, which distributes period products to communities in need. These include Communities in Schools of Richmond (CIS of Richmond), CIS of Chesterfield, and CIS of Petersburg, that help keep menstruating students in school and on track for graduation.

Learn how a lack of access to period supplies can affect physical and mental health, and how you can help by donating to VPFW's period supplies drive for Sylvia's Sisters through March 30th.

Why Access to Period Products Matters

VPFW knows how important it is for teens to have access to the period supplies they need each and every month.

“Lack of access to affordable menstrual products (pads, tampons, menstrual cups, etc.) can negatively impact both physical and mental health,” says Dr. Maggie Lincoln, OB/GYN at VPFW. Dr. Lincoln notes that reusing pads or having to resort to using toilet paper, rags, and/or paper towels can not only lead to acute vaginal, vulvar, and urinary infections, but it can also cause increased stress and anxiety. “That anxiety may evolve into (or at least contribute to) chronic mental health issues.”

According to Sylvia’s Sisters, aside from resulting health problems, the ramifications of period poverty include lower graduation rates, earlier marriage, and loss of income or job.

### **Viewpoints**

**Program 23-04**

**Air Week:** 1/22/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: THE DAMAGING WORLD OF WOMEN'S ELITE RUNNING**

**Time:** 1:48

**Duration:** 8:37

**Synopsis:** Long-distance runner Lauren Fleshman won five NCAA championships and two U.S. national championships in women’s track and field. Early on in her career, she was a prized hopeful for bringing home the Olympic gold, but this dream came crashing down after a series of injuries and setbacks. Fleshman joins us this week to talk about the toxic culture present in many elite running organizations and what needs to change to better support these young, vulnerable athletes.

**Host:** Gary Price

**Producer:** Amirah Zaveri

**Guests:** Lauren Fleshman, former elite long-distance runner, author, *Good for a Girl: A Woman Running in a Man’s World*.

**Compliance issues:** Health, Women’s Issues, Sports Culture, Youth Development, Parenting, Mental Health

**Links for more info:**

[Instagram @fleshmanflyer](#)

[LauraFleshman.com](#)

[twitter @laurenfleshman](#)



## **K. Pet Adoption**

### **Focus Richmond**

#### **Richmond SPCA's 21st Annual Dog Jog, 5K and Block Party slated for March 25**

The Richmond SPCA's signature Dog Jog and 5K Run spring fundraiser expands this year with the addition of a block party. The family- and pet-friendly event is presented by Holiday Barn Pet Resorts and will be held Saturday, March 25, 2023, at the nonprofit's humane center on Hermitage Road.

Building upon the success of last year's 20-Years No Kill Anniversary Block Party celebration, the Richmond SPCA is growing its annual Dog Jog and 5K Run to include an afternoon with bands, food trucks, an outdoor marketplace and adult beverages for purchase.

"We had such great feedback after last year's block party," said Richmond SPCA Chief Executive Officer Tamsen Kingry. "We had a wonderful turnout from former adopters, family, friends and the Richmond animal-loving community at large; we wanted to have an opportunity to celebrate an event like that every year. It made sense to add a festival-like atmosphere to the Dog Jog, which is already a beloved family-friendly event."

There is one big difference, though. This year, a generous sponsorship from Moore Subaru is making the block party free for everyone to attend.

"We will happily accept a suggested donation of \$5, which will contribute to our goal to raise \$205,000 that day to support our important work in the year ahead," said Kingry.

Funds raised will benefit approximately 4,000 homeless animals who will be sheltered at the Richmond SPCA this year as well as the lifesaving programs and services the nonprofit provides for pets and people, including low-cost veterinary care, a free behavior helpline, training classes and youth activities.

In addition to sponsorships, funds will be raised via peer-to-peer fundraising and registration fees from participants in the chipped-timed 5K and the leisurely 1-mile Dog Jog. Early bird pricing is available through March 1 and includes \$10 off the \$45 per-event registration fees. The first 1,000 race registrants will receive a T-shirt, medal and other items in a goodie bag filled with swag from event sponsors. This year's shirt is being designed by local tattoo artist Jelena N. and features the Richmond SPCA's 2022-2023 mascots Nita and Willa.

The event timeline includes activities for pets and people of all ages throughout the day:

- 5K, 10 a.m. (people only)
- Little Paws Kids Fun Run, 11 a.m. (free for kids 4-10 years old)
- Dog Jog, 11:30 a.m.
- Free Block Party, noon to 5 p.m.

For more information or to register, please visit [richmondspca.org/dogjog](https://richmondspca.org/dogjog).

## **Viewpoints**

**Program 23-11**

**Air Week:** 3/12/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

### **SEGMENT 2: ANIMAL CONTROL AND RESCUE**

**Time:** 11:26

**Duration:** 9:31

**Synopsis:** More than six million companion animals enter U.S. shelters each year, and a little over four million are adopted. Sadly, shelters still rely on euthanizing when facilities are overcrowded, and an animal has been there for a while. Author Laurie Zaleski has made it her life's work to rescue hundreds of these unwanted pets and care for them on her farm. We speak with Zaleski as well Dr. Joshua Fisher, an animal expert, about the importance of caring for these animals and heading to shelters to adopt instead of a pet store or breeder.

**Host:** Marty Peterson

**Producer:** Amirah Zaveri

**Guests:** Laurie Zaleski, author, *Funny Farm: My Unexpected Life with 600 Rescue Animals*; Dr. Joshua Fisher, Director of Animal Services, Charlotte, Mecklenburg County, North Carolina.

**Compliance issues:** Pet Ownership, Pet Adoption, Animal Welfare, Conscious Gifting, Veterinary Care, Companionship

**Links for more info:**

[Funny Farm Rescue](#)

[ASPCA: How to Avoid Cruelty](#)

[Amazon: Funny Farm: My Unexpected Life with 600 Rescue Animals](#)



### **Quarterly Issues and Programs List Public Service Announcements**

WKLR-FM broadcasts traffic and weather reports for the Greater Richmond area each weekday morning and afternoon.

The following is a list of local non-profit and not-for-profit groups for which WKLR-FM, Richmond, Virginia, aired public service announcements from January 1 to March 31, 2023. WKLR-FM also airs public service announcements for national non-profit and not-for-profit groups.

- VA Dept of Veteran Services - Hire a Vet | VDVS2104
- Threat Assessment – Self | THAS2102
- VDH OPIOD – Tamera | VHDO2108
- Fentanyl - It Only Takes a Little | FENT2102
- WIC – Enrollment | WVIC2103
- VA Tourism – Outdoor | VATC2160
- Liberty - Pursue Degree | LUVA2163
- ABLENOW – Unique | ABLE2106
- VDH Behavioral Services - Survey (male) | VBHS2101
- VA Lottery - Play Responsibly | VLOT2110
- VA Free Clinics – Awareness | AOFC2101
- Liberty - MilitarFirstResponders Hannah | LUVA2161
- VA Ctr for School&Campus Safety- SuicidePrevUpdate | CSCS2103
- Diabetes - Take the Test | PRED2102
- Virginia Tourism – Foodies | VATC2161

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