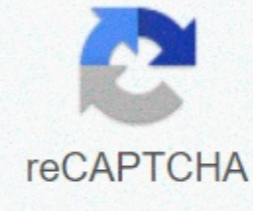




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managing his job. After seven years with the News 13 team, he decided to expand his professional career to become news director at WTVH-TV in Syracuse, New York. It was there in 2006 that Frank suffered a traumatic brain injury, spent time recovering, then took the opportunity to return to work at WLOS in 2010. Frank began his broadcasting career in 1979. He did it all in his first job—anchoring, reporting, shooting and editing his own stories. From there he moved to Cincinnati, San Francisco, Seattle, followed by our Beautiful Land Sky. Frank was the recipient of many honours, including the George Foster Peabody award, for excellence in reporting the 1989 San Francisco earthquake. He holds a Bachelor of Science degree from Southern Illinois University, and was born and raised in snow Chicago. (He prefers our relatively light mountain winter.) Frank and his wife, artist Barbara Fisher, made their home in Asheville's historic Montford neighborhood. Their daughter Melissa, a graduate of North Carolina State, lives in Brooklyn, New York and works in the fashion industry. Over the years, Frank has been involved in various community activities, most recently focused on promoting the NC Brain Injury Association. News of our audience's 13 families and families have always been so supportive, and welcoming, and that's very appreciated. It's good to be home. WLOS television anchored at Asheville has read promotions ordered by the parent company Sinclair Broadcast Group over the past few days. The remarks, which described the fake news, have been criticized as corporate violations of local news and pro-Trump propaganda. CNN first broke the story about a promotion run by Sinclair, a company that owns more local television stations in the United States than any other company. The WLOS-TV promotion was broadcast at 6 a.m., noon, early and late night news releases. There are two versions. One features Frank Fraboni and Darcel Grimes, while others include morning anchors Jay Siltzer and Holly Headrick. Promotion starts March 23 and will end on Friday. Here's the promotion: Our biggest responsibility is to serve our mountain community. We are very proud of the quality, balanced journalism produced News 13. But we are concerned about the in troublesuing trend of unscrupulous news stories, one side that plagues our country. Biased and fake news partnerships have become too common on social media. More worryingly, some media outlets published similar false stories without first examining the facts. Unfortunately Unfortunately media members use their platform to refuse their own personal bias and agenda to control exactly what people think. This is particularly dangerous to our democracy. At News 13, it is our responsibility to report and pursue the truth. We understand the truth is not politically left or right. Our commitment to fact reporting is the cornerstone of our credibility, moving more than ever. But we are human beings and sometimes our reporting may fall short. If you believe our coverage is unfair, please contact our News 13 website by clicking on the content concerns. We appreciate your comment. We will respond to you. We work hard to find the truth and strive to be fair, balanced and factual. We consider it an honor, a privilege, to deliver the news responsibly every day. Thanks for watching and we appreciate your feedback. FRANK FRABONI anchored the evening news at 5:30 p.m., 6 and 11 p.m. on News 13 and news 6:30 and 10 p.m. on My 40. He is also an award-winning journalist responsible for the Tanya 13 station segment that gets answers to audience questions. He spent years as the lead investigator for News 13's Reality Check, stories addressing tough issues and holding government officials and being elected in charge. He is also a leading journalist on political and electoral issues with live coverage experience on various local, state and national election campaigns, including presidential elections of the most recent. Frank was one of a handful of journalists given one on an interview with a Trump candidate during a campaign stop in Fletcher. He also provided live campaign coverage of his major victory in South Carolina. You'll also find Frank addressing tough community issues during your Voice town hall meeting, Your Future. Frank joined WLOS in 2007 after moving from the sister station, WXLV and WUPN at Winston Salem where he anchored the evening news. He began his broadcasting career as a radio announcer in his home town of Watkins Glen, New York. In 1983 he moved to North Carolina as a journalist and anchored at the legendary WNCT-TV Park Broadcasting in Greenville. His story assignments include President Ronald Reagan's visit to Camp LeJeune after the Beirut bombings, lethal hurricanes and tornadoes and annual rituals of the tobacco market. He then moved to Winston-Salem as bureau chief for WXII-TV, covering everything from campfire in the mountains to the \$31 billion takeover of RJR Nabisco, the largest commercial purchase in American history at the time. His career later to Tampa, Florida where he docked over the weekend for WFLA-TV before moving on to the morning anchor on WFTS-TV also in Tampa. After 8 years in the sunshine state, Frank returned to North Carolina to anchor the evening news on WFMY-TV before joining Sinclair Broadcasting in a career winning the Winston-Salem award. Frank reached more than 30 30 with honor for reporting and anchoring. He studied broadcasting and journalism at SUNY College in Buffalo. During training, Frank worked undercover with an investigative reporter on WIVB-TV in Buffalo. Their work produced several honors, including the UPI Best Investigative Award for a story that captured New York Phone workers routinely drinking at work. Frank received the award for Emmy nominations in Asheville, Best News from the Associated Press in Greenville and Best Feature from the Professional Journalists Association in Tampa where he documented the homeless fortunes by staying for three days on the streets of Tampa city. Frank and wife Sara are parents to 4 children who are adults and love to travel and spend time with the family in Eastern North Carolina. Frank is an outdoor man who loves relaxing, skiing, fishing, kayaking and camping and all that is offered by the West Carolina mountains. Send Frank an idea of your story ffraboni@wlos.com. News Anchor Commercial Announcer Presenter Sports Coach Counselor Advisor Trainer Business Administrator Host Bachelor of Science Training and Professional Coaching Professional Development Specialist Corporate Executive Corster Chief Executive Corporate Executive Chief Executive Chief Executive Corporate: News Anchor Fill-Host in Chief Career Coach, Voice Over Location: Fletcher, North Carolina Industry: Media Work History Broadcasting: Clear Channel Asheville - Asheville, NC News Anchor Fill-Host since Dec 2010 Universiti South Alabama - Mobile, Alabama Area Sports Release Consultant May 2009 - June 2010 Training, Posts, Event Planning, Coaching, Organization ... You can tell it's sweeping when every news starts with BIG NEWS, GIGANTIC BREAKING! We get it people. The other day, I was disqualaring some old WLOS-TV personalities. Some of you might think I'm shallow to capitalize on how newsreregres look and move and sound, but the fact is that TV news is a medium-driven personality. (That's why Wickersham Googles its own name is every day.) There is no content to evaluate. So I'm all about personalities. The Ohio Connection Some of you may remember Mark Pompilio. Slightly pompous. Pompilio lacks position but high community engagement. He was a good journalist and anchored. But he overstayed welcome, and like some male newsreaders at WLOS for years, he gained weight-ho because one-day management saw a declining rating and decided the man lacked glitz or something like that. The move really burned Pompilio. It always surprises me when people The TV acted hurt by such a decision. Reminder – it's all about looks and personality, people. Keep it fresh, or you're on the street. He now keeps it fresh at Fox station in Dayton – another Sinclair property like WLOS. WLOS. True Ashvegas native will remember Hagit Limor. What a great name. He was a journalist for WLOS back when. He's too good for the station. He is now an investigative reporter for Cincinnati station. In the next WLOS installment: How Reuben became Ruby. ACME Shopping sprees, ultimate eagle tailgate package, Automatic stuff, ACME gift cards, personal jerseys and more! 1 Buy \$10 in a product that participates 2 NEW! Your receipt at the time of payment will contain a gift code* 3 Enter your code under *Limit 5 codes per transaction. See the customer service desk for complete rules and details. No purchase is required to enter or win. Invalid where prohibited by law. The last day to get code 1/7/2021. All codes must be entered at 11:59 pm EST on 1/14/2021. I love playing stores, PLAYING, WIN!® Collect & Win Games featuring MONOPOLY in Vons! Here are some tips and tricks on how to play, how to make the most of the game, and how to win! This post was sponsored by Vons. All thoughts and opinions are my own. We appreciate your support This post may contain affiliate links. Life Currents participates in several different affiliate programs. Links in this post may be affiliate links. As an Amazon Associate I get from a decent purchase. For more information, see here. I have readers of all levels of comfort and experience in the kitchen on my website – and I get a lot of questions about the recipes: what ingredients to use, where to find ingredients, how and why. To better serve all readers on mainstream Life, I have made a commitment to put a lot of information in my post, including useful tips, tricks, important cooking information, and the idea of similar delicious recipes. If you have any questions, or if you win, please go back and leave a comment below telling us how it happened. Or, let us know by @lifecurrents instagram. Or you can upload photos (I'd like to see) via pin. SHOPPING, PLAYING, WINNING!® Collecting & Win a Game featuring MONOPOLY back for 2020! All of you, I've learned that SHOP, PLAY, WIN!® Collect & Win Games featuring MONOPOLI will go back to Vons! I LOVE playing monopoly they collect &; Win games! They always have great gifts, which I adore. I was able to try out the new store stuff when I won. I always talked to my cashier, and we compared what I had won. MONOPOLY Collecting & Win a rock game! I Will share some tips with you today on how to play MONOPLY Collect & Win games for anyone who is new or needs a refresher on the game. I played a monopoly collecting & winning games at my local Vons, but you can Shop, Play, Win! at any Albertsons Company stores such as Albertsons, Safeway, ACME Markets, Jewel-Osco, Pavilions, Randalls, Tom Thumb, Shaw's, Star Market, Carrs/Safeway, United Supermarkets, Amigos, Albertsons Market and Market Street stores. I decided to do some research into the game, and I learned a ton! I read reading I can be about the game, from official rules for tips and tricks. I learned that I didn't participate in the game completely! I'll be this time for sure! And, I decided to share some of my new information with you in this post! Winning Big This is a great opportunity for you to win big prizes with MONOPLY Collecting & Win games and online at www.ShopPlayWin.com. Playing and you can win. There are over \$250 million in prizes and money-saving deals. Plus play online for extra prizes and chances of winning. Vons I love my Vons, and I'm talking about them all the time. The cashier all knew me by name. They asked how I did. I also shared it with them when I won the cool prize from the game in their store. I took some products participating in monOPOLY games Collecting && Win this year. I found these products on icele snacks and biscuit cookies. I felt quite a snack that day! And, this snack will be great for munch while I play monopoly collect & win games. I'm excited for this year's MONOPO Collecting & Win games. I always won something cool. And, there are several ways to win. Do you plan to participate in STORE, PLAY, WIN!® Collect & Winning a Game featuring MONOPOLY? You can win big! And, it's easy to play. To start Head to your local Vons for your groceries from February 5, 2020 to May 5, 2020. Every time you make a purchase, you get a game ticket. Additionally, you will get a bonus game ticket for every purchase of a specially marked product. While you're there, be sure to take a free MONOPOLY Collect &; Win game board. Tickets Receive game tickets: with every purchase transaction in a store in any of the participating stores for each participating bonus vendor product purchased in the store for every ten (10) bonus products purchased in one transaction at the How To Play Rip two edges of a ticket shelled. Inside the ticket, look for either special discount deal (coupon); MONOPOLI online game code; instant winners of free products, cash, or gift cards; or two (2) free game ticket coupons. Also inside are four game markers (or tokens), designed to punch into the game board. Special discount offer (coupon) I like discount deals. I mean, who can't use a sum of money from the products they buy too?! Make sure you open all those tickets to see if you get a discount offer! MONOPOLI Online Game CODE If your ticket is code games, use STORE, PLAY, WIN!® to scan the code. The app will tell you what you are winning. You can also type in an online code on their official website using your Just for U account. Instant winners of free products, cash, or gift cards last year when they ran this game, I got so many free products. I like to get this because often I can try new food, which I end up really loving, or I've got free stuff from all over the store that I've got dear and will buy anyway. Of course, win cash or stone gift cards too! I won cash several times last year! Game markers or tokens Use game markers to fill in MONOPOLY Collect & Win the game board. Sluggish the glue strip behind the official game marker. Then, place the game marker on the corresponding matching space on the official game board. Collect all game markers printed under the prize and win the prize (subject to verification). You can also use SHOP, PLAY, WIN!® to track your game marker code for you, making it very easy to track your game. Photo above: I want you to be able to see where to find a 2-D square barcode behind game tickets. That's it, a small square inside the ticket. Find a 2-D square barcode behind game tickets. Scan the barcode with SHOP, PLAY, WIN!® to help keep track of four game markers from those tickets. Make sure you save the original game marker so that your gift can be verified. All of you, I can't wait to pay and win with SHOP, PLAY, WIN!® Collect & Win Games featuring MONOPOLY at Vons! Be sure to read the complete rules and possibilities posted in stores and online at ShopPlayWin.com Let's Connect If you like seeing my recipes & posts that are fun subsceding via email at the top right, or with push notifications using a red stomach. Or, get in touch with me on your favorite social media channels for recipes, photos, and more: Pinterest, Facebook, Instagram, and Twitter! And find my store on Amazon for recommendations on cool gadgets

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