

vab VIRGINIA ASSOCIATION OF BROADCASTERS  
**88TH ANNUAL  
SUMMER  
CONVENTION**  
Marriott Oceanfront, Virginia Beach



CHARLOTTESVILLE, Va. (June 20, 2025) - The Virginia Association of Broadcasters awarded five outstanding Virginia citizens and a Norfolk radio station on Friday, June 20th for their contributions to broadcasting in the Commonwealth.

Recipients were presented with the awards during the 88th Annual Summer Convention Awards Banquet held at the Marriott Virginia Beach Oceanfront Hotel. The presentation preceded the Annual Virginia Broadcast Station Awards, which recognizes excellence in broadcasting at member television and radio stations (please see separate release).

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#### 2025 C.T. Lucy Distinguished Service Award

*Named for the founder of the VAB, the C.T. Lucy Distinguished Service Award honors a broadcaster who spent a significant part of his or her career at one or more Virginia broadcast properties and who has become a leader in the state's broadcast industry.*



**Carol Ward**  
WAVY-TV / WVBT-TV  
Portsmouth, VA

Carol Ward is Vice President and General Manager of WAVY (NBC), WVBT (FOX43), CW Hampton Roads, WAVY+, and their associated digital platforms—including WAVY.com—serving the Hampton Roads region of Virginia and Northeastern North Carolina. Since her appointment in March 2017, Carol has led these operations with a strong vision for innovation, journalistic integrity, and community service. A veteran of the television industry with 36 years of experience, Carol has built a distinguished career rooted in leadership, strategic growth, and service. From 2012 to 2017, she served as Director of Sales for WAVY, WVBT, and all digital properties, driving record-breaking revenue and market share.

growth. Her earlier roles include General Sales Manager positions at KIRO (Seattle) and WNCN (Raleigh), with additional leadership roles at WFLA (Tampa), WATL (Atlanta), and both KMGH and KUSA (Denver). Carol is a past Chair of the Virginia Association of Broadcasters and remains an active voice in the Commonwealth's broadcast industry. Her commitment to service extends far beyond her station walls—she currently serves on the Board of the American Diabetes Association, is a Trustee Member of the Hampton Roads Chamber, and has previously served on the boards of the American Heart Association, United Way, and JDRF. Her personal and professional legacy reflects the spirit of the C. T. Lucy Distinguished Service Award: a broadcaster deeply committed to industry excellence, civic leadership, and the communities she serves. Carol and her husband, Rich, have been married for 31 years. They are proud parents to daughters Ali and Kaleigh, son-in-law Kevin, and grandparents to Reagan. Their family also includes two dogs, Murphy and Finley, and two "granddogs," Cooper and Wrigley.

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### 2025 J. Jerry Freeman Engineering Award

*The J.J. Freeman Engineering Achievement Award honors those who have made an outstanding contribution to broadcasting and who have shown technical knowledge, dedication, dependability and leadership in broadcast engineering affairs.*



**Bill Sewell**  
WTKR-TV  
Norfolk, VA

Bill Sewell is the Director of Engineering at WTKR & WGNT in Norfolk, Virginia. A native of Louisville, KY, he fell in love with TV news while working in college as a part-time production assistant at WAVE-TV (NBC, Gray Media). He attended the University of Louisville, where he graduated with a degree in MIS in 2002. At some point along the way, he realized that his interests in both broadcast production and computer science could actually merge into a career. He transitioned into the engineering & IT department at WAVE in 2001, eventually moving to Norfolk to take the Chief Engineer position at WTKR in 2010. He is an alumnus of the 2017 VAB Best of the Best class and is the current president of the Society of

Broadcast Engineers, chapter 54. He and his wife of twenty years, Melanie, have three children—Sam, 16; Griffin, 12, and Maisy, 10.

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## 2025 George A. Bowles, Jr. Broadcast Journalism Award

*The George A. Bowles, Jr. Award is presented to a reporter or news director who is distinguished in the field of broadcast news, has longevity in Virginia broadcasting, is respected by peers and exhibits enthusiasm for his or her work and the community.*



**Frank Jones**  
WWBT-TV / WUPV-TV  
Richmond, VA

Frank Jones serves as the News Director at WWBT-TV in Richmond and has held that position for more than a decade. He joined the station in 1992 after spending three years at WJHL-TV in Johnson City, Tennessee where he served as a reporter, anchor, fill-in weather talent and producer. When he joined WWBT in the early 90's, the station only aired about three-and-a-half hours of news per day. Under his leadership, the station now produces 13 hours of news per day for WWBT, CW Richmond and Fox Richmond in addition to content on its digital platforms. During his tenure, Jones has led his team through some of the most defining news events over three decades including 9/11, 24 hours of coverage during Hurricane Isabel and Tropical Storm Gaston, the removal of Confederate statues in Richmond, and who could forget the Covid 19 pandemic. Under his leadership, his team has earned numerous awards, including here at the Virginia Association of Broadcasters, AP Awards, multiple Emmy awards and numerous Edward R. Murrow Awards including the National Murrow for Overall Excellence in 2018. Most recently WWBT's Investigative team won a prestigious headliner award. Beyond newsroom success, Jones is passionate about mentoring the next generation of journalists, helping many young reporters grow into strong newsroom leaders and on-air talents. He graduated from the University of Tennessee with honors earning a Bachelor of Science in Communications.

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*The Broadcast Advertising Hall of Fame Award recognizes a Virginia ad, man, woman, or direct advertiser whose leadership, creative contributions and support of broadcast advertising helped lead to their success.*



***Eather White***  
***WAVY-TV***  
***Portsmouth, VA***

Eather White is a proud Portsmouth native, a devoted mother of two sons, and a loving grandmother to four grandchildren. She has a brother, a sister-in-law, two daughters-in-law, and a significant other. For over five decades, she has been a cornerstone of WAVY-TV, dedicating an extraordinary 52 years to the station and the broadcast advertising industry. Eather began her career in traffic, entering the field when every aspect of the job was manual—long before the digital systems of today. Through constant change and rapid technological evolution, she adapted with grace and resilience, rising to the role of Traffic Manager and becoming an indispensable force behind the scenes. Over the years, Eather has managed billions of dollars in advertising, both political and commercial, with unmatched precision and strategy. Her expertise has saved the station millions in revenue, ensuring that every commercial spot is maximized and no opportunity is left behind. From election cycles to Olympic broadcasts, she has expertly navigated high-stakes, high-pressure seasons with calm, focus, and professionalism. Her accolades are numerous: a three-time Circle of Excellence Award winner and multiple-time Employee of the Month, Eather is known for her work ethic, leadership, and unshakable commitment. She has been the steady hand through times of transition, staffing shortages, system upgrades like Wide Orbit, and even moments of personal and professional loss—always ensuring that the station runs smoothly and efficiently. Often called the “rock” of her department, Eather is admired for her integrity, mentorship, and unwavering loyalty. She leads with heart and inspires those around her through her dedication, adaptability, and quiet brilliance behind the scenes. Eather White exemplifies excellence in broadcast advertising. Her contributions have not only driven the success of WAVY-TV but have also



## 2025 Francis E. Wood Community Service Award

*Named for a lifelong broadcaster, VAB Past President, mentor, and small market radio pioneer, the Francis E. Wood Community Service Award is an annual award given by the VAB to the Virginia station that provides exemplary local community service.*



*La Selecta Radio  
Norfolk, VA*

La Selecta is southeastern Virginia's only full-time Hispanic radio station. Broadcasting in Spanish at 103.3 FM / 1050 AM, it provides music, news, events and social media content, with a passionate commitment to public service. La Selecta first went on the air over two decades ago as an AM station and in 2017, it began simulcasting on FM. In 2020, long-time La Selecta announcers Ricardo Alegria and Jhirber Galva formed Dos Media, Inc. and assumed management of the station. This step fulfilled their dream of running their own radio station and centering it even further on the wellbeing of the community. Three years later, Dos Media officially acquired La Selecta, with Alegria and Galva still at the helm. They continue to host daily programs in addition to leading the organization. Under Dos Media, La Selecta has built new studios in its home base of Norfolk, expanded the station staff, and added further events and initiatives to serve and engage with the community. The public has responded enthusiastically, embracing the enhanced programming as well as La Selecta's app and digital platforms -- the station's Facebook page has earned over five million views. Alegria and Galva say their success is about more than just the station. In making their dream come true, they hope to inspire others to reach for the stars, too. VAB will make a generous donation to La Selecta's non-profit of choice, and they have chosen the following Latinos in Virginia Empowerment Center (LIVE) whose goal is to ensure no Latino feels it is safer to continue suffering domestic or sexual abuse than it is to seek help and empowers Virginia's Latinos to break free from violence. Visit their website to learn more:

<https://latinosenvirginia.org/en>

## 2025 Career Achievement Award

*The Career Achievement Award recognizes extraordinary dedication, impact, and excellence in the broadcasting industry and celebrates individuals whose work has shaped the landscape of media and inspired generations to come.*



**Mike Arlo**  
WNOR/WAFX  
Chesapeake, VA

Mike Arlo has entertained and informed Hampton Roads listeners for an impressive 50 years! His journey in radio began with the launch of “Arlo On Your Radio” on FM99 WNOR in early 1975. Over the years, Arlo has become a beloved figure in the community, known for his vast knowledge of Rock and Roll, his infectious enthusiasm, and his distinctive handlebar mustache. In 1996, he made a move to sister station 106.9 The Fox WAFX, where he continued to share his passion for music and connect with his audience. Arlo’s roots run deep in Hampton Roads, where he has spent his entire life. Coming from a military family, he understands the values of service and dedication. Arlo himself served in the Navy Air Reserve from 1966 to 1972. Throughout his career, Arlo has been actively involved in various charitable organizations, including the March of Dimes, the American Heart Association, St. Jude’s, and the SPCA. His involvement in WNOR’s “Rock and Roll Up Your Sleeve” annual blood drive for the American Red Cross and his unwavering support for the 3 area Foodbanks, particularly through the FM99 and 106.9 The Fox Mayflower Marathon Food Drive, highlight his dedication to making a positive impact. Among Arlo’s career highlights is his involvement in the Living Flag celebration in 1991, where thousands of Hampton Roads’ residents gathered at Mt. Trashmore to create a Living Flag to honor the troops serving in the Gulf War. Arlo is a pioneer in various areas of radio, including his own pre-MTV video show on local television, and he is an original cast member on the long-running Dr. Madblood late-night TV show. Beyond his professional achievements, he enjoys spending time tinkering in his garage and woodshop, where he can unleash his creativity and craftsmanship. Nature hikes and photography allow him to connect with the beauty of the outdoors, while gardening provides a peaceful and rewarding pastime. Arlo finds excitement in the fast-paced world of NASCAR racing. Arlo’s family is a cornerstone of his happiness. He has been happily married to his wonderful wife Lauren for

over three decades. Together, they have raised two daughters, Monique and Brigitte, and two beloved fur children, Keagan and Noel.

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