



FOR IMMEDIATE RELEASE

November 17, 2008

The Morning Sludge Hosts Annual “Show Us Your Cans”
Y101 Morning Show Hosts Five Day Food Drive

RICHMOND, VA – Starting this morning through Friday, November 21st Y101 Morning Show hosts Sludge, Abe and Dash from “The Morning Sludge” will broadcast live 24 hours a day at the Carytown Kroger in order to raise food donations for the Central Virginia Foodbank. Special guests including the band “Forever the Sickest Kids” will entertain the crowd during the five day broadcast. Richmonders are encouraged to bring their food donations and enjoy various entertainment acts during the broadcast.

There has been a steady increase in demand recently, due to rough economic times and the increased number of local businesses that have closed. In 2007, Show Us Your Cans raised over 33,000 pounds of food. The Morning Sludge plans to exceed this number for 2008.

Donation bins are on site at the Carytown Kroger, as well as all other Richmond Kroger locations. Monetary donations can also be made at the register. Online donations can be made by credit card at y101rocks.com.

Show Us Your Cans is sponsored by the US Army and AirTran.

About Cox Radio-Richmond:

Cox Radio-Richmond is one of the largest radio companies serving the Richmond area. Located on Richmond’s Southside, Cox Radio-Richmond owns and operates country station WKHK-FM (K95), adult contemporary station WMXB-FM (The New Mix 103-7), classic rock station WKLR-FM (96.5 KLR), and alternative rock station WDYL-FM (Y101).

About Cox Radio, Inc.

Cox Radio is one of the largest radio companies in the United States based on revenues. Cox Radio owns, operates, provides sales or marketing services for 80 stations (67 FM and 13 AM) clustered in 18 markets, including major markets such as Atlanta, Houston, Miami, Orlando, San Antonio and Tampa. Cox Radio shares are traded on the New York Stock Exchange under the symbol: CXR.

Media Contact:

Katie LaRue
Director of Customer Care
804.327.0835
Katie.LaRue@coxradio.com

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