

# THE CAPITOL.NET, INC.

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## **Frederica Leighton Completed Communication and Advocacy Certificate from TheCapitol.Net**

**ALEXANDRIA, VA** – (May 19, 2010) – Frederica Leighton completed her Certificate in Communication and Advocacy from TheCapitol.Net. The Certificate in Communication and Advocacy is awarded to participants in the program who have completed more than 75 hours of communication and advocacy training.

Frederica Leighton is a founding member and former President of The Lackawaxen River Conservancy (TLRC), a 501c(3) located in Northeastern Pennsylvania, whose mission is the protection and preservation of the Lackawaxen River, its wildlife, watershed and natural beauty.

“Working through the Certificate Program in Communication and Advocacy was a meaningful experience. The program brought me in contact with seasoned media experts and gave me the tools to work with communications professionals and congressional staffers,” said Ms. Leighton.

In her nine years with the all-volunteer TLRC, Frederica Leighton has secured grant monies from state and private organizations. Most recently, through the efforts of TLRC, the Pennsylvania Department of Conservation and Natural Resources selected the Lackawaxen River as 2010 PA River of the Year. TLRC is the lead agency coordinating the year’s events. “I’ve been wearing two hats for nine years,” said Ms. Leighton, “one in the business world and one in the non-profit.”

Currently, Frederica Leighton acts as Steering Coordinator for the 2010 Pennsylvania River of the Year Celebration. Her prior efforts have brought TLRC recognition as an outstanding volunteer group by the Upper Delaware Council and a Pennsylvania Environmental Partnership Award from the Pennsylvania Environmental Council. She is an Associate Director of the Pike County Conservation District, Hawley, PA.

Frederica Leighton is a former database administrator with the National Rural Electric Cooperative Association in Arlington, VA. She intends to combine her technical background with her communications and advocacy experience to focus her career in the area of Energy Efficiency and Green Living.

Always communications oriented, Frederica Leighton obtained her third class radio operator's license when she was fifteen years old. She became high school newspaper editor, local press stringer, college radio show host, local cable TV producer in Princeton, NJ, board member of Princeton University's W-PRB radio, associate director of Images/Imagenes at New Jersey Network, Trenton NJ and public affairs coordinator at WDVR, a public radio station in Sergeantsville, NJ.

Frederica Leighton graduated from Princeton University in Latin America Studies and holds an associate degree in Radio/Television Communications from Mercer County Community College, Ewing NJ.

TheCapitol.Net's Communication and Advocacy certificate gives professionals the knowledge and skills they need to effectively communicate and advocate in Washington, DC. The courses help participants hone their skills in media relations, crisis communications, executive briefings, speechwriting, critical thinking and writing, strategies for working with Congress, and advocacy campaigns.

To receive more information about the Communication and Advocacy certificate go to [http://www.thecapitol.net/PublicPrograms/certificate\\_communicationadvocacy.html](http://www.thecapitol.net/PublicPrograms/certificate_communicationadvocacy.html)

**ABOUT THE COMPANY:**

TheCapitol.Net is a privately held, non-partisan publishing and training company based in Alexandria, VA. For over 30 years, TheCapitol.Net and its predecessor, Congressional Quarterly Executive Conferences, have been training professionals from government, military, business, and NGOs on the dynamics and operations of the legislative and executive branches and how to work with them.

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