

WGTH ISSUES & PROGRAMS LIST

FIRST QUARTER 2022

JANUARY – MARCH

SUPPORT FOR VETERANS WITH PTSD

Post-traumatic stress disorder (PTSD) is one of the many remnants of combat that veterans would like to leave behind. PTSD has devastating effects on the veteran's mental health and his or her ability to function normally at work and to maintain relationships with family and friends, along with other difficulties. Its prevalence is overwhelming to a nation that finds the existence of PTSD horrific and regrettable. Those who appreciate veterans would like to fix the problem so that the brave men and women who have protected and defended our nation feel honored and not forsaken. Whereas there is no "fix," there are some therapeutic methods that offer assistance and a measure of comfort and healing to those in distress.

Program: The Richlands Winter Honey Grand Exposition (live remote)

Date/Time/Duration: February 12, 2022/10:43am/5 minutes

Guest: Kathy Bennett, local advocate for promoting patriotism and honoring veterans, representing Trustpoint Insurance

Kathy Bennett grew up in a home where patriotism and respect for veterans were profound. Her father, John R. McCall, was proud of his military service. She explained how this inspired her to promote patriotism as an elementary school teacher. Patriotic holidays were celebrated in sincerity at Cedar Bluff Elementary School, where she taught, and local veterans were honored as heroes. Organizing parades and sending cards and care packages to those in combat were some of the ways the students showed their respect and appreciation. Kathy spoke of how some servicemen from other states, who had fought in

Desert Storm, came to visit the small town of Cedar Bluff after their overseas deployments were complete. They wanted to meet the children who had shown them kindness and to express their thanks in person.

Kathy talked about the heartbreaking situation that many of our veterans are in due to PTSD. Trustpoint Insurance, a company that Kathy's family was instrumental in establishing years ago, has an annual project in which all the employees participate. Every year for the benefit of their Service Dog Project (in cooperation with the area's Fallen Warriors), the company's employees gather to make a large amount of apple butter. Then, they sell jars of apple butter in order to raise money to purchase a service dog for a deserving local veteran that is suffering with PTSD. The cost, with training, is around \$5,000 so that is their annual goal. Many folks in the community make a large donation for their jar(s) of apple butter or simply make a contribution. Knowing that the companionship of a service dog has proven to be an effective form of therapy makes Kathy, and the others at the local Trustpoint Insurance office, extremely grateful for this opportunity to make a real difference in the life of the veteran they choose to honor.

Program: The Richlands Winter Honey Grand Exposition (live remote)

Date/Time/Duration: February 12, 2022/*10:20am/*3 minutes

Guest: Dr. John Willis, Winter Honey Festival Director

One of several lesser known, but valuable, assets of keeping honeybees is the calming effect it has on the beekeepers. When this interesting phenomena was mentioned in regards to the keeping of honeybees as a therapeutic agent for veterans and others with PTSD, Dr. Willis explained that many people have an erroneous idea of what goes on in the hive. To many outsiders, it appears as though there is chaos and danger associated with the hive. It is quite the contrary, insists Dr. Willis. Beekeepers that are wearing their protective gear have nothing to worry about. Unless the honeybees are disturbed, a very peaceful,

calming sound is generated from the bees' activities in the hive as they work together in unity and in harmony. He concurred that he is familiar with beekeeping as a very special activity to soothe those with PTSD.

PROMOTING READING, LOCAL AUTHORS, AND THE PUBLIC LIBRARY

The benefits of reading for citizens of all demographics probably could not be measured. Whether the reader is employing hard copy or a digital source, reading is an important skill and a desirable activity in people's lives. Although the internet is the preferred site for most research people do these days, the usefulness of the public library and of delightful hard copy books has not ceased. In fact, partially thanks to reading programs in the schools, reading as a source of enjoyment seems to have made a comeback.

In fact, in Tazewell County, there is a significant number of older citizens that do not own computers, do not own or understand how to use smart phones, or do not have internet capabilities where they reside. When they must access the internet, as life seems to require in this cyber culture, they go to the public library to do so. Going to the library for necessary internet use also affords them the assistance they may need to navigate the web.

Program: The Richlands Winter Honey Festival infobits

Dates/Times/Duration: February 1 – 26, 2022/Throughout the day at various times and varying lengths

Promotional infobits regarding the Winter Honey Festival activities included information about the festival-sponsored children's Winter Honey Festival activity kits. These free kits were available at all locations of the Tazewell County Public Library. The kits emphasized the value of honeybees.

Program: The Richlands Winter Honey Grand Exposition (live remote)

Date/Time/Duration: February 12, 2022/10:08am/*5 minutes

Guest: Dr. John Willis, Winter Honey Festival Director

During an interview about the Richlands Winter Honey Festival with the director, Dr. John Willis, he explained that the Richlands Area Friends of the Library had a large part in the promotion of the festival. The Friends of the Library would be helping with several festival events in which the Tazewell County Public Library Foundation would be the beneficiary on behalf of the Richlands Library Revitalization Project. Dr. Willis noted that it had been decades since the Richlands Branch of the Tazewell County Public Library had been renovated, and the sketches for the planned revitalization were on display at the exposition.

One of the specific fundraising projects for the benefit of the library (during Winter Honey Month) was highlighted by Dr. Willis. The used book and yard sale was held on Saturday, February 26th from 10 am until 3 pm at the Richlands Police Department Complex where the Grand Exposition was being held. (This event was, also, promoted on the infobits and on public service announcements related to the Winter Honey Festival.) Dr. Willis said that all proceeds from the used book and yard sale would go to the Tazewell County Public Library Foundation to benefit the Richlands Library Revitalization Project.

Program: The Richlands Winter Honey Grand Exposition (live remote)

Date/Time/Duration: February 12, 2022/*10:23am/*4 minutes

Guest: Dr. John Willis, Winter Honey Festival Director

Dr. Willis brought attention to the culminating event of Winter Honey Month. Bestselling author, Dr. Jerry Jones, was invited to speak at the Richlands Railroad Section House about his book, “Go and Come Again.” The presentation was set for 7 pm on Monday, February 28th. The topic of the book, according to Dr. Willis, has to do with a multi-

generational look at black/white relationships in a nearby, small town area in Southwest Virginia. Dr. Willis and Dr. Jones were friends growing up and he shared some of their experiences together. Although there were many areas of inequality for black students in Dr. Jones' childhood, he has a positive attitude and holds no bitterness, according to Dr. Willis. Dr. Willis encouraged people to come and hear this remarkable man. Autographed copies of his book were to be sold at the event.

Program: The Richlands Winter Honey Grand Exposition (live remote)

Date/Time/Duration: February 12, 2022/11:53am/3 minutes

Guest: Linda Hudson Hoagland, local author

Linda Hudson Hoagland is a popular local author who frequents area festivals. She has written a variety of books for both adults and children. Most of her books are mysteries, although she writes poetry and books of other genres. Linda's writing contains information, especially historical or geographical, about the area in which she lives. She changes the names of the places, sometimes, such as "Stillwell" for Tazewell. However, the veiled references would allow readers from the area significant clues with which to figure out the authentic locations. The use of mystery and history makes Linda's books attractive to avid readers.

THE VALUE AND NECESSITY OF HONEYBEES AMID SERIOUS THREATS TO THEIR WELL-BEING

In addition to the aforementioned value of honeybee beekeeping to calm those with anxiety and, particularly those with PTSD, there are other services of value that are performed by honeybees. Probably the two best-known are the production of honey and the pollination of fruits, vegetables, and other plants and trees. Lesser-known benefits from honeybees exist, as well.

The increasing threat to honeybees from pesticide use, and other sources, has been a serious issue. In order to help combat the danger of honeybee extinction, beekeepers and other apiarian advocates are encouraging more people to join in keeping bees.

Program: The Richlands Winter Honey Grand Exposition (live remote)

Date/Time/Duration: February 12, 2022/*10:13am/*7 minutes

Guest: Dr. John Willis, Winter Honey Festival Director

In conjunction with some of the history of Winter Honey Month and of the festival in Richlands, Dr. Willis talked about the honeybee and its importance to plant and, ultimately, to human and animal life. While many people think of honeybees as enemies and pests, the reality is that they can be very useful to human beings. Dr. Willis brought up the necessity of pollination for fruits and vegetables to provide food for people and animals. Additionally, the prime focus of the Winter Honey Festival – HONEY – would not exist without honeybees. He emphasized the value of local, unfiltered honey in helping people who suffer from allergies. Apitherapy involves some wonderful uses of substances that come from bees for medical purposes. For example, bee venom therapy (BVT) is, sometimes, used to help relieve pain caused by rheumatoid arthritis. It has anti-inflammatory and pain relief qualities.

Since the Winter Honey Grand Exposition began, warnings about the use of pesticides that are harmful to honeybees have increased as have serious concerns regarding declining honeybee populations. However, in recent years, quite a few area residents have taken up beekeeping... some as a result of educational classes and accessibility to beekeeping equipment made available at the Richlands Winter Honey Grand Exposition. This increase in hives may help solve the problem.

Program: The Richlands Winter Honey Grand Exposition (live remote)

Date/Time/Duration: February 12, 2022/11:38am/5 minutes

Guests: Jake Ratliff, a teenage beekeeper, and Dr. Thomas Bays, a retired dentist and mentor to Jake

In consecutive interviews, Jake Ratliff and Dr. Thomas Bays discussed their enjoyment of beekeeping as a hobby with unexpected benefits. Jake was the youngest person selling honey as a beekeeper at the festival. Although he is now 14 years-old, Jake said that he was only eleven when he began keeping bees and that it was Dr. Bays who encouraged him to get started. Jake has found beekeeping to be a really great hobby, and he has done well selling the product of his hobby.

Dr. Thomas Bays, a well-known citizen of the area and retired dentist, shared that he took up beekeeping about eleven years ago. As he spoke of the hobby, it seemed as though he was somewhat surprised by how much he enjoyed beekeeping when he began and by how much it continues to satisfy. Dr. Bays was very humble about his influence in Jake's participation in beekeeping, but indicated that he would gladly help anyone that was interested in beekeeping to get started.

Program: The Winter Honey Festival Grand Exposition (live remote)

Date/Time/Duration: February 12, 2022/11:43 am/4 minutes

Guest: Peter Hicks, owner and operator of Spring City Bee Farm

Peter Hicks, owner and operator of Spring City Bee Farm, is an experienced, professional beekeeper. Although he was selling honey and bee-related products, Peter was willing to share information about honeybees, honey, and beekeeping, in general. Peter shared how he began keeping bees and told about his farm. One point that he emphasized was that raw, unfiltered honey was the most beneficial... especially for people looking for potential allergy relief. Apparently, filtered honey is of little to no benefit in fighting seasonal allergies.

INSPIRING LEADERSHIP WITH INTEGRITY AND SOLID WORK ETHIC

Business owners, teachers, and community leaders raise concerns about the lack of good work ethic among laborers today... especially those just beginning to enter the work force. The media is constantly telling us of CEO's and other professionals that have demonstrated moral failure and have stolen from companies and clients. There is an overall unwillingness to put forth one's best effort in society today. Entitlement mentality has, apparently, become widespread, and a "something for nothing" attitude has replaced gratitude in the workforce.

Although there are people with leadership skills available, few have had good mentors to help them by example and to show them how to continue to hone their skills. Good leadership, also, requires a keen ability to motivate others. This can be developed with coaching from experienced motivational teachers.

There is, probably, no way to put a value on integrity and honesty in leadership positions and practices. Integrity and good work ethic are two essential components of outstanding leaders. Inspiring future leaders to display these qualities through demonstration and encouragement will help them to become the best and most successful leaders they can be.

Program: The Winter Honey Festival Grand Exposition (live remote)

Date/Time/Duration: February 12, 2022/*10:27am/*3 minutes

Guest: Dr. John Willis, Winter Honey Festival Director

In discussing upcoming events for Winter Honey Month, Dr. John Willis encouraged attendance at the Ward Leadership Class to be held in conjunction with the Winter Honey Festival. Ron Ward, author of the best-selling book, *The Dirty Side of Leadership*, is the scheduled speaker. (Dr. Willis said an autographed copy of the book is included in the price of the class.) Ron is a former resident of the area with years of

experience in martial arts, in training law enforcement personnel, and in teaching classes about leadership. He was a well-known church leader, especially ministering to youth, when he lived locally.

Dr. Willis invited everyone to come and hear the teaching of Ron Ward regarding the crucial elements of integrity and honesty in good leadership. Dr. Willis, especially, urged younger leaders to participate in the class. He spoke very highly of Ron Ward's teaching with an emphasis on demonstrating a good, hard work ethic in today's entitlement culture. This class is intended to encourage moral excellence in leadership... according to Dr. Willis.

DOMESTIC VIOLENCE AWARENESS

Among the many unpleasant topics of discussion that most people like to avoid is the topic of domestic violence. Sadly, domestic violence is all too present in the listening area. Awareness, often, leads people to greater sensitivity to the issue and, hopefully, will encourage victims to try to escape from the abuse they are enduring before it is too late.

Program: The Winter Honey Festival Grand Exposition (live remote)

Date/Time/Duration: February 12, 2022/9:52am/2 minutes

Guest: Debbie Damron, President of the Richlands Woman's Club

January had been "National Slavery and Human Trafficking Prevention Month." Debbie Damron, the newly elected president of the Richlands Woman's Club, invited all area women to the club and shared connection information. She had information regarding domestic violence available at the club's booth. It was one of the important topics that the club recognizes as an issue that needs attention and awareness.

PROMOTION OF AREA FESTIVALS & EVENTS

Among the many public service responsibilities of a radio station is the promotion of community events. These events represent hours of hard work by community leaders, a source of important information about various topics (depending on the nature of the event), a source of entertainment, and a way in which the citizens of a community can connect with one another. Another extremely important reason for promotion of area festivals and events is for greater economic benefit to the participating vendors and the community at large.

Radio promotion is particularly beneficial in that changes and updates to schedules can be made very rapidly. If an event has to change locations, change times, or even be cancelled for some reason, the dispersion of information on the radio can be accomplished almost immediately.

Program: Infobits featuring information about almost all of the specific events and related features of the Winter Honey Festival (pre-recorded)

Dates/Times/Durations: January 31 – February 26, 2022/74 total announcements were broadcast at various times throughout the day at varying lengths (at least 5 or 6 different announcements)

From the Kick-Off Celebration for the Winter Honey Festival at the Historic Crab Orchard Museum in cooperation with the Virginia Association of Museums' traveling exhibition: CROSSROADS: Change in Rural America starting February 1, 2022, to the reading of Dr. Jerry Jones from his best-selling book, "Go and Come Again," on Monday, February 28, 2022, almost every activity related to the festival was announced. (The events and activities were grouped together in audio segments in order to emphasize the ones coming up soon, then changed to stay current or to update information when changes had to be made.)

In addition to the events highlighted in the aforementioned list, there were numerous beekeeping educational classes that were offered at no charge and some with a fee, some facts about the history of Winter Honey Month, a professional drama presentation for children and adults, opportunities for hiking and trail riding, a birding trip, an elk viewing trip, a honey barn quilt square painting class, a photography competition, and opportunities to taste a variety of culinary creations made with honey... including two honey pancake breakfasts with the proceeds going to charity. Weather, sickness, and other disruptions forced changes in several of the events and activities.

*Approximate times and durations are listed for the portions of the thirty minute interview featuring Dr. John Willis, the Winter Honey Festival Director.