

WGTH PROBLEMS & PROGRAMS

SECOND QUARTER 2017

APRIL – JUNE

PROVIDING FASHIONABLE SCHOOL CLOTHING/ BUILDING SELF-ESTEEM/ERADICATING BULLYING

One major source of bullying in the public schools comes in the form of ridicule toward those students whose clothing is not fashionable or does not have a brand name label on it. Students that cannot afford such attire are frequent targets of bullies and often suffer from low self-esteem. Living in an area with high unemployment and with numerous families suffering from the effects of drug abuse, many area students are at-risk for such bullying.

Program: Interview and news bytes regarding “Operation Wardrobe”

Dates: April 10, 2017 – Interview broadcast at 11:08 am

April 10 – 13, 2017 – News bytes broadcast at 8:40 am

April 14, 2017 – News byte broadcast at 7:40 am

Guest: Angie Johnson, organizer of “Operation Wardrobe”

Sometimes it seems as though one individual can make a big difference by developing an idea they have and, then, rallying the troops to see their dream come to fruition. Angie Johnson is one of those ordinary individuals called to perform an extraordinary task. Her idea, or dream, is called “Operation Wardrobe.”

Born out of a Christmas shopping experience that Angie had with an impoverished girl from the local high school, the goal of “Operation Wardrobe” is to supply as many needy students as possible with nice

school clothing, accessories, and toiletries. In the interview and one of the news bytes, Angie explained that her heart was broken by the realization of how few material goods this teenage girl had in her possession. Additionally, the young lady was most appreciative for the things that Angie bought for her – some of which Angie was amazed that the girl did not already have.

Having now realized that there was a tremendous need in the community, Angie was inspired to do something to help. She decided that she would organize a one-day boutique in which students could have access to nice new and gently used clothing and accessories, and new toiletries at no cost to them. She made contact with the local schools and received recommendations for who to invite to “shop” during the event. The limitation would be according to the number of students involved and how many outfits and other items were donated.

Angie gave other details in the interview and newsbytes. For example, Gethsemane Baptist Church is hosting the event in their Family Life Building on a Saturday in August. She explained how the listeners could get involved by donating clothing and other items and by helping with the event on the day it takes place. Her plans for the boutique include a professional and attractive display of the available items in a very classy setup. A contact number was given in order to make arrangements for pickup and a location for drop-off was mentioned.

The issue of bullying was discussed with fashion being the focus. There had been an incident recently reported in which some well-to-do girls went down a row of tables in the cafeteria and looked at each student’s tag on the back of their shirt or dress. The purpose of this activity was to mock students whose clothes were not name brand. Angie was aware of some of these cruel actions and was hoping that “Operation Wardrobe” would help to eradicate bullying that is related to what a student wears.

MAKING PROM NIGHT A CELEBRATION & NOT A TRAGEDY

Accidents happen, but their intentional avoidance can make life so much better. When someone looks back on the special times in their lives, it is so much sweeter if the memories are pleasant and not reminders of tragedy or painful regrets. High school proms are particularly susceptible to being ruined by needless drug or alcohol abuse associated with vehicular accidents.

Program: Interview regarding the “Prom Promise” mock car crash

Dates: April 13, 2017, Interview broadcast in full at 4:15 pm

April 14, 2017, Broadcast in shorter versions at 7:40 am & 8:40 am

Guests: Melissa Addison, EMT teacher at Richlands High School

Several EMT students that took part in the mock car crash

Retired teacher, Rick Blevins, had begun the “Prom Promise” mock car crash event quite a few years ago. Because the impact of the event was so powerful and the value of saving even one life by putting it on was considered to be worth it, Melissa Addison had the blessing of the administration of Richlands High School when she decided to carry on the tradition. As in the past, students in the EMT classes wrote the script and assisted in the production of the mock crash and the accompanying storyline. Local emergency personnel and the Virginia State Police med-flight helicopter and its crew participated voluntarily, as they have in the past, with a strong show of support for the project.

During the interview, Mrs. Addison and various student participants explained the details of the production to listeners and shared this year’s particular storyline – as there is usually a new and diverse twist each year. Different music is usually chosen to emphasize the plot – sometimes original music is written and recorded. Students were, also, asked to share their feelings about the intent of the event to call attention to safety and sobriety during prom weekend.

ALZHEIMER'S AND OTHER FORMS OF DEMENTIA

Among the most frustrating problems with aging and the aged is Alzheimer's disease and other forms of dementia. Communication difficulties that result from these mental processing problems can make preservation of relationships and living in general seem next to impossible. Thankfully, some very insightful studies and some very discerning professionals are making advances in breaking through the communication barrier.

Program: Interview and news bytes regarding Alzheimer's and dementia

Dates: May 15, 2017, Interview broadcast at 11:05 am,

May 17 and 22, 2017, News bytes broadcast at 8:45 am

May 19, 2017, News byte broadcast at 7:45 am

Guest: Alice Reynolds from Commonwealth Senior Living

Jennifer Payne from the Richlands First United Methodist Church

The initial conversation and content in every news byte included specifics about some informational gatherings for family members and people interested in how to deal with Alzheimer's and dementia patients. These free-of-charge luncheon meetings were being held at the Richlands First United Methodist Church. Jennifer represented the church and invited interested listeners to attend these very informative meetings. She shared some of the topics that had been covered in prior meetings and shared some stories of her own frustration in not being able to communicate with a grandfather that she loved very dearly.

Alice Reynolds from Commonwealth Senior Living spoke both from a professional perspective and from personal experience with a loved one about the difficulties that families encounter when Alzheimer's or any other form of dementia is involved. She, also, quoted some staggering statistics regarding its prevalence and the trend toward earlier onset. Alice's involvement with Commonwealth's Memory Care

facility afforded her some very interesting insights into breakthroughs in communication between family members and particular patients based on their former careers, interests, hobbies, etc.

One example of a particular communication breakthrough was when, unbeknownst to him, one young man's Alzheimer's stricken father had been a bartender in order to work his way through college decades earlier. The staff at the memory care facility found out about this former career and suggested to the son that he might pretend to set up a "bar" in front of his father. This worked quite well as the dad appeared to mix drinks and talked with his son as though he was a customer. Although this situation did not provide their typical father/son relationship experience, it did allow for communication that had not taken place for a long while and had frustrated the son to the point where he had considered his visits fruitless. Now, they could bond in an unexpected way.

Alice, also, shared what she eventually discerned about her own loved one. When she was growing up, he had always turned his coffee mug with the handle facing in the same direction. In her youth, she would turn it in order to pester him. She learned that if she did that, now that he had Alzheimer's, and he turned it to his preferred direction, they would be able to communicate to some degree. If he did not make the adjustment, there was little point in attempting to converse at all.

Jennifer and Alice discussed the upcoming meeting which will feature a book by Paula Harder Kenemore, My Life, My Care, My Way: My Advance Personal Care Plan. The book is a workbook for an individual to complete ahead of the time when they can no longer communicate their wishes to their caregivers whether they are family members or healthcare workers. According to the author, three out of five people will depend on someone else to take care of them at some point in their lives. The author encourages people to fill out the book as both a keepsake for family members and a directive for caregivers.

Personal information that the family may not have known otherwise is included and personal preferences about a wide variety of comfort and care options can be expressed. For example, personal appearance, daily and sleep routines, hobbies and favorites are covered along with many other things that no one might be certain about a patient that cannot communicate.

PROMOTION OF AREA EVENTS

Promotion of area events is a chief responsibility of a small town radio station. The success of an event is often measured by turnout and economic profit (when applicable). Allowing listeners to plan for events and to know specifics is essential to maximizing the potential for an event's success.

Program: Infobits regarding the Honaker Redbud Festival

Dates: April 3 – 9, 2017, aired throughout the day

Guests: C. H. Wallace, Mayor of Honaker & festival committee member

Ann Taylor, Chairperson for the Redbud Festival

Jim Taylor, festival committee member

The Honaker Redbud Festival is one of three big events hosted by the Town of Honaker every year. (The other two being the Christmas Parade and the Fourth of July celebration.) The Redbud Festival is the only one exclusive to the Town of Honaker. The Town has received the title, "The Redbud Capital of the World."

The infobits include specific information about the various events – where and when they will take place and what will be involved. Mayor C. H. Wallace highlighted the Bird Walk, the Canoe Poker Run, and the Breakfast. Ann Taylor presented information about the Arts & Crafts Show, Family Fun Day, the Pet Show, and the Homecoming Dinner. Jim Taylor gave information about the Car & Truck Show.

Program: Infobits regarding Honaker's Fourth of July celebration

Dates: June 28 – 30, 2017, aired throughout the day

Guest: Cathy Ray, spokesperson for the Fourth of July celebration

The Town of Honaker's Fourth of July celebration was actually being held on Saturday, July 1st, Therefore, the promotional information needed to be dispersed at the end of June. Kathy Ray told of town activities that would be occurring during the day and the time that the fireworks were to begin.

PATRIOTISM AND VETERAN RECOGNITION

Although no major military bases or air stations are nearby, there is a very strong patriotic sentiment in this region. Many went to war from this area and a significant number gave their lives for the protection of the United States of America and to preserve freedom elsewhere as well. Recognition of veterans is considered a duty and a privilege.

Program: Interview (via phone) regarding Flags & Fallen Warriors

Date: May 17, 2017, broadcast live at 3:16 pm

Guest: Ernie Lowe of the Fallen Warriors

In a live interview (via phone), Ernie Lowe explained what the organization, "Fallen Warriors," is currently pursuing and about an upcoming Memorial Day ride. Ernie shared that the Fallen Warriors organization consists of a group of veterans and several non-veterans who ride motorcycles and pay their respects to America's deceased veterans by escorting them from the funeral home to the cemetery while carrying the flags that represent the nation and the Armed Forces.

The project in which they are currently involved is the sale of United States flags in memory of service men and women who gave the ultimate sacrifice – their very lives – in combat. The flags cost \$35 and

will have a brass tag that will identify the particular veteran for which the flag will fly. The flags are scheduled to be displayed throughout Richlands from May 20th through June 3rd and will be presented to the families of those veterans at a Fallen Warriors Tribute ceremony to be held at 6 pm on June 30th at the Richlands Police Department. The ceremony is being held in conjunction with the Richlands Freedom Festival.

Mr. Lowe, also, invited listeners to participate in a Memorial Day motorcycle ride on May 29th that will leave from the Claypool Hill Mall parking lot at 9 am and go to Dublin, Virginia. There will be a lunch served and they will join other veterans and those wishing to honor veterans from all over Southwest Virginia. People who wish to attend in vehicles other than motorcycles were welcomed to ride behind the motorcycles.

PRESERVATION OF LOCAL HISTORY

The preservation of an area's history is important in understanding the local heritage and culture. Knowing the history of a region gives its residents a greater appreciation for the significance of its place in history and for the blood, sweat, and tears of those who established it. For those who have grown up there, a realization of the problems encountered by their ancestors and how they found ways to overcome difficulties may give modern residents a greater respect for the foundations that were laid for them.

Program: Infobits promoting the Mountain Man Rendezvous and a live remote

Dates: May 24 – 27, 2017, infobits were aired throughout the day

Guest: Charlotte Whitted, executive director of the Historic Crab Orchard Museum

Date: May 27, 2017, live remote from 1:00 pm – 2:30 pm

Guests: Ellis Cole, Zach Cole, Richard Vogel, and other museum volunteers & visitors

The Mountain Man Rendezvous has become an annual event at the Historic Crab Orchard Museum in Tazewell, Virginia. The event highlights the days in which the area was settled by pioneers. Charlotte Whitted, the museum's executive director, does a marvelous job describing to the listeners what they can expect to see, hear, and do at the Rendezvous in her infobits.

During the remote broadcast of the event, volunteers described their authentic period garb and what the various pieces were made from and how they were made. Each volunteer described their area of expertise and what they were there to demonstrate. Examples include: pioneer cooking, children's games, woodworking, tanning hides, primitive weaponry and tool making. Detailed descriptions were given of the guns and knives that were used and how a camp was set up.

Prior to the interviews with the volunteers, WGTH staff conducted an audio tour of the museum's current indoor exhibit, "For the Ultimate Peace." The exhibit commemorates the 100th anniversary of the entry of the United States into World War I.

AWARENESS OF SERVICES AVAILABLE TO SENIORS

A vast number of services are available to senior citizens, and the number and quality seem to grow constantly. Unfortunately, seniors cannot use these services, if they are unaware of their availability. The availability of free health fairs and screenings, also, seems to be on the rise. With the cost of health care being so high for many seniors, they can benefit, significantly, from free health screenings. These screenings have been known to reveal health issues from the very treatable to life-threatening conditions. Some lives have been saved because of the findings of a simple, free screening. Again, it is crucial that seniors and their caregivers be made aware of such opportunities.

**Program: Infobits regarding the Appalachian Agency for Senior Citizens
“Spring Fling”**

Dates: May 11 – 20, 2017, aired throughout the day

Guests: Chase Meade-Patton from the Appalachian Agency for Senior Citizens and Sally Presnell, representing Clinch Valley Medical Center

Chase Meade-Patton invited the listeners of all ages to come to the annual “Spring Fling” that is hosted by the Appalachian Agency for Senior Citizens (AASC). Chase gave all the important specifics: date, location of AASC, times of various activities, etc. She emphasized that all the health screenings and activities are free.

Sally Presnell spoke on behalf of Clinch Valley Medical Center (CVMC). Sally advised the listeners of the free health screenings that hospital healthcare workers would make available. She recommended fasting before certain screenings.

**Program: Live remote from the Appalachian Agency for Senior Citizens
“Spring Fling”**

Date: May 20, 2017 from 10 am to noon

Guests: Chase Meade-Patton and Brian Beck from the AASC

Tammy Richardson from CVMC

**Various representatives from agencies that could be beneficial to
the aging**

Chase Meade-Patton and Brian Beck gave lengthy rundowns of the services that are available through the Appalachian Agency for Senior Citizens (AASC). Brian talked about current and future plans for purchasing affordable housing for seniors that would allow them to live in close proximity to the AASC building and be nearby for activities at the AASC and for well-being checks. Chase and Brian both spoke very highly of the Generations Day Care where young and old intermingle to the benefit of both groups. Meals-on-Wheels, the PACE program, and many other services were covered.

Tammy Richardson told listeners what health screenings were available from the healthcare workers from Clinch Valley Medical Center (CVMC) that day. She emphasized that they were all at no cost. Tammy discussed the benefits of health screenings and healthy lifestyle practices.

Other agencies were on-site. Some had information to distribute while others had giveaways and activities. A few that were interviewed were:

Clinch Valley Community Action (CVCA)

Centers for Independent Living (CILS)

Convenience Driving School