

WGTH PROBLEMS & PROGRAMS LIST

SECOND QUARTER 2015

APRIL – JUNE

COPING WITH EMOTIONS AND STRESS

Handling life's stressful situations can be difficult for even well-adjusted individuals. People often have trouble coping with the situations in which they find themselves and with their seemingly uncontrollable emotions. Feelings of being overwhelmed and losing hope are fairly common along with anger, frustration, depression, etc. Counselors can usually help people realize that their problems are not insurmountable and work with them to develop coping strategies.

Program: "Healing Waters" weekly podcast

Dates: April 20 – June 30, 2015 on Mondays at 4:45 pm

Guest: Brad Kinder, Healing Waters licensed counselor & spokesperson

Brad Kinder is a licensed counselor and the business owner of Healing Waters Counseling Center. He oversees a team of counselors at the center. They see many clients each week and have a good grasp of the problems that people are encountering and the mental health needs in the community.

In an effort to reach out to those that are hurting in our community, Brad has begun a weekly podcast that airs once a week on WGTH. The topics that Brad covers are usually areas of probable stress that trigger emotional troubles. For example, he and the other counselors work with a lot of children. "Bullying" has been one of Brad's topics, because he knows that it is a key issue in the lives of many school age children. With this and other topics, Brad offers affirmation of the reality of the problem and assurance of hope that there are ways to deal with the problem. He also gives practical coping strategies.

INFORMATION DISPERSAL REGARDING COMMUNITY EVENTS

One of the many important and anticipated services of a broadcasting station is the announcement of upcoming events. The success of festivals and other events is closely linked with the publicity they receive beforehand, including the dispersal of specific information regarding dates, times, locations, etc. For many of our smaller communities, the business that goes on in conjunction with the event plays an important role in the local economy.

Program: Infobits regarding the Honaker Redbud Festival

Dates: April 14-18, 2015 throughout the day

Guests: The following members of the Honaker Redbud Festival Committee –

Jim Baldwin – General overview & a segment about the festival's Bird Walk

C. H. Wallace – 3 segments: Family Fun Day (games & entertainment), Canoe Race, and Breakfast

Ann Taylor – Arts & Crafts Show and the Homecoming Dinner

Diane Fuller – Pet Show and Idol Show

Jim Taylor – Car & Truck Show

Each Honaker Redbud Festival Committee member gave the date, times, and location of the specific event with which they were most familiar. Other interesting information was included as well.

Program: Infobits regarding Appalachian Agency for Senior Citizens' Spring Fling

Dates: May 12-16, 2015 throughout the day

Guest: Chase Meade-Patton, spokesperson

The Appalachian Agency for Senior Citizens (AASC) hosts a "Spring Fling" to provide health screenings, information about programs for the aging, recognition of special seniors, and family entertainment for all ages. Chase Meade-Patton gave an overview of the opportunities afforded to attendees prior to the event.

Program: Infobits regarding the "Mountain Man Primitive Rendezvous"

Dates: May 19-23, 2015 throughout the day

Guest: Charlotte Whitted, Executive Director of the Historic Crab Orchard Museum

The "Mountain Man Primitive Rendezvous" is a gathering of people that are interested in preserving the history and the heritage of the Appalachian Mountain region. Many are reenactors and some are directly associated with the Historic Crab Orchard Museum where the event takes place. Charlotte Whitted, the Executive Director of Historic Crab Orchard Museum, recorded a compelling invitation over a bed of dulcimer music.

Program: Infobits regarding the Richlands Freedom Festival

Dates: June 23-27, 2015 throughout the day

Guest: Jan White, Mayor of Richlands and festival spokesperson

The Town of Richlands started the Richlands Freedom Festival a few years ago in order to celebrate the birth and history of our nation as well as the history and development of the Town of Richlands and adjacent communities. Mayor Jan White worked hard to organize the festival and gave detailed information in her audio invitation.

TEACHING OUR YOUTH TO EXERCISE CAUTION AND THAT ACTIONS HAVE CONSEQUENCES

Every spring concerns rise above the normal level over the safety of our young people... especially on the roadways. The prom is one occasion that has a reputation for increasing the possibility that young drivers may use poor judgment. The temptation to drive while distracted, to drink alcoholic beverages or pop pills, or to drive too fast increases when youth are around friends they want to impress.

Program: News byte reporting on the "Prom Promise" activities held at Richlands High School

Date: May 2, 2015 at 8:42 am (aired adjacent to the local news)

Guest: Rick Blevins, Richlands High School biology and EMT teacher

Rick Blevins is a biology and EMT teacher at Richlands High School. He is also a former coach. He is known for his love for kids. Tragically, he has lost some of his former students and athletes in vehicular accidents. He has seen, firsthand, the consequences and suffering that follow tragic loss. These experiences have given him a desire to do what can be done to prevent accidents from happening due to carelessness or poor decision-making.

Rick challenged his students to develop a "Prom Promise" mock car crash scenario followed by a series of possible consequences. The enthusiastic students set to work on a script and appropriate music for insertion at appropriate junctures. A funeral, a day in court, and conversations by grieving friends, parents, and other loved ones were included. Additionally, a scene from a number of years in the future was added for the long-lasting impact of death and injury.

Initially, Rick contacted local emergency personnel. The first Prom Promise mock car crash looked and sounded like a mock disaster drill. Every policeman, firefighter, rescue squad EMT, etc. responded on cue as they would in a real life situation... sirens blaring and all. They have been a part of the mock crash ever since... even using their "Jaws of Life" to get some of the victims out of the badly damaged vehicles. The area body shops have donated already wrecked vehicles for the crash scene. A local funeral home allows the use of one of its coffins. The response of the community has been wonderful. Whenever they are not actually responding to a call or the weather conditions prevent them from doing so, the State Police Med-Flight helicopter and the crew on board fly in and do their part to demonstrate the gravity of the real life situation.

In the WGTH interview, Rick explained what took place on the afternoon prior to the airing of the interview and why he and his students are so committed to such a laborious task as the organization of the mock crash. The purpose is to encourage prom-goers to enjoy the event as a special part of their lives and to make students aware of the need to exercise caution and good judgment so that the event is memorable for the right reasons.

THE FIGHT AGAINST CANCER CONTINUES

Cancer is considered a dreaded enemy. So many people's lives have been lost to cancer and so many others have suffered pain and sickness due to this potentially deadly disease. Friends and family members have suffered as well... having to watch cancer's cruel attack on those they love.

Thankfully, great strides have been made to counterattack cancer. Discoveries in the causes and behaviors of cancer in the body have helped researchers develop new strategies for battling its assaults against the health and welfare of its victims. New treatment options and aggressive medications are being developed all the time. The cost of research is enormous as is the development of new drugs to use as weaponry. However, the money spent on research and on helping cancer patients obtain the necessary treatments and most effective drugs to cure them or, at least, put them in remission is money well spent.

Program: Report from the Tazewell County Relay for Life

Dates: June 6, 2015 at 4:10 pm and June 7, 2015 at 8:40 am

Guest: Amber Johnson, event coordinator

Tazewell County's Relay for Life event has been blessed with very committed teams raising money all year in anticipation of the next June's Relay. Although a major thrust of the event is the fundraising for research and to help with patients' burdensome expenses, there are other event activities that emphasize the human aspect of dealing with cancer. The heartwarming recognition and celebration of survivors and the heart-wrenching luminary observance and balloon release for victims are very emotional. The atmosphere is laden, however, with an enormous amount of hope for the cure and encouragement for patients and participants to remain in the fight.

In an interview with the Tazewell County Relay for Life coordinator, Amber Johnson, the day's events were discussed. Amber gave statistics regarding the vast presence of cancer; but she emphasized progress, a great number of survivors, and hope for continued progress toward a cure. She also recognized the wonderful hard work of the participants in the Relay for Life.

RECOGNIZING THE ACCOMPLISHMENTS OF LOCAL YOUTH

The youth in any area are the future leaders of their communities. The Richlands area is blessed with some very talented and hard-working youth. Giving them recognition and encouragement is important in helping them become well-respected, contributing citizens.

Program: Interviews following the Richlands Girls Varsity Soccer Team's postseason games

Dates: May 29, June 1, and June 3, 2015

Guests: LaRhonda Lindsey, coach (all 3 dates), players: Nadia Ashiq, Montana Hearl, and Mia Holmes (individual games)

The Richlands Girls Varsity Soccer Team had an incredibly outstanding season. They were undefeated with only one tie in regular season play. In fact, their only postseason loss came in the regional semi-finals which was also their season-ending game. The community – not known as a soccer town – really rallied behind the girls and many listened to the broadcasts to stay informed when the distance and game times made travel prohibitive.

The acknowledgement of the girls' accomplishments was an important part of local news. Coach LaRhonda Lindsey had a large role in establishing youth soccer in the Richlands area and seeing it grow in popularity for the last couple decades. Although high school level soccer has been on the scene for fewer years, the teams had only limited success against neighboring teams prior to this season. Only a few individuals stood out on the previous teams. However, this year's girls' team demonstrated an amazing amount of athleticism, fine-tuned soccer skills, good cooperative effort, and a will to win.

The degree of effort and fortitude that this team demonstrated was way above and beyond that of most high school girls' teams in any sport in the past. The determination exhibited was impressive. The interviews revealed a passion for the game and a good work ethic. Coach Lindsey was honest when their play was less than their best, but the majority of each game contained an enormous amount of effort and an obvious display of skill. The girls deserved all the recognition they received.

CARING FOR THE NEEDS OF THE AGING

Many seniors in Southwest Virginia cannot afford to take good care of themselves on the little money they have. Additionally, many families are not able to care for the senior members of their extended family as well as they wish they could. Sadly, there are even some situations where seniors have no family or – worse yet – they have families that do not want to care for them or even acknowledge their existence.

The cost of health care, general living expenses, transportation, etc. makes it difficult for many seniors – even those of a fairly reasonable financial status – to live comfortably. Good nutrition, necessary medications, health checkups, and other important factors that extend and improve life often seem unaffordable to seniors. Although things may look bleak, there are numerous programs available to seniors and most of them are free. Opportunities are also available for free or minimal cost health screenings.

Program: Remote from the Appalachian Agency for Senior Citizens' (AASC's) "Spring Fling"

Date: May 16, 2015 from 9:05-11:00 am

Guests: Chase Meade-Patton, event coordinator and representative from AASC

Regina Sayers and Brian Beck, also from AASC

Sally Presnell, Nutritionist from Clinch Valley Medical Center and health screening coordinator

Senior veterans that received recognition for distinguished service to the country

Representatives from various programs available to seniors

Chase, Regina, and Brian from AASC discussed the activities and entertainment that would be available to people of all ages. The opportunities for various free health screenings were discussed as well. The various programs that AASC oversees were explained in detail and their benefits to participants.

One of the most innovative programs is the "Generations Day Care" project that provides day care with the help of seniors. The seniors become grandparent figures in the lives of the children. "Generations" has been highly successful.

Other people that were interviewed explained their presence at the Spring Fling. Veterans were honored during a special ceremony and participated in an interview about their military service. Nutritionist Sally Presnell participated in a lengthy interview... answering numerous questions about nutrition for all ages. She gave information, specifically, about senior nutrition needs that was most useful.

THE PRESERVATION OF LOCAL/REGIONAL HERITAGE, HISTORY AND PATRIOTISM

The Merriam Webster definition of heritage is “the traditions, achievements, beliefs, etc., that are part of the history of a group or nation.” The preservation of these key ingredients of community and national pride is important. Heritage and historic preservation gives individuals understanding of their past and how it shaped today and affects the future.

Program: Remote from the “Mountain Man Primitive Rendezvous” at Historic Crab Orchard Museum in Tazewell, Virginia

Date: May 23, 2015 from 1:00-3:00 pm

Guests: Joan Yates, museum education director – detailed explanation of the event

Jerry Vencill, storyteller – defined a primitive mountain man and his way of life, including his food and clothing and his guns and knives

Richard Vogel – talked about woodworking... its importance and types of wood used and techniques for carving and construction

Abby Cole – explained the intern program and opportunities for young people to volunteer

Ellis Cole and adult sons Zach and Josh – gave detailed information about encampments, tent materials and structure, cooking, foods, utensils, tools and weapons, etc. and explained the benefits of Cole family participation in historical reenactments... especially for the grandchildren

Ron Chambers and Cecil Richardson – explained the life of the primitive mountain man and his guns

Sandy Mosolgo – benefits of hands-on historical preservation experiences

Program: Remote from the Richlands Freedom Festival

Date: June 27, 2015 from 11:00 am-1:00 pm

Guests: Jan White, Mayor and festival coordinator, gave an overview of festival activities with specific times and locations and expressions of patriotism.

Gaynelle Thompson and Raymond Patrick are local historians with a wealth of information, pictures, and memorabilia from the very beginnings of what has become the Town of Richlands and quite a bit from the neighboring Town of Cedar Bluff. They shared this information in a display in the Incubator building and with the use of a prepared presentation on CD.

Vickie England, coordinator of the historical display, talked about some of the interesting and lesser known facts about Richlands.

Ellen Elmes, an amazingly gifted local artist, was commissioned to paint a mural on a freestanding wall adjacent to the Railroad Section House. The mural captures the importance of the railroad to the town and its growth and development. Ellen discussed the various memories of townspeople that inspired specific portions of the mural. (The Section House is being prepared for renovation and should be ready by the next festival.)

An ammunition expert and cannonball collector and the characters representing Mrs. Robert E. Lee and President Abraham Lincoln were some of the other historical contributors that were interviewed.

Ethel Watson, Mary Gobble, and Carol Mullins were some of the quilters interviewed at the quilt display at the Richlands Police Department. In keeping with the theme of the festival, most of the quilts were patriotic in design. The emphasis of the discussions was the "comfort quilt" project in which the ladies participate. Lap quilts are made for children that experience some kind of trauma... especially being removed from the home. The police in Tazewell and Russell counties participate in the distribution as needed.

Brian Tegeler spoke about a local camp that has a great summer program for youth. Area businessman, Travis Hackworth, discussed his recent acquisition of a millworks factory (now called Appalachian Millworks) and the soon-to-open Huddle House. Representatives of the local animal shelter spoke about the need for neutering and the adoption of pets.