

WGTH ISSUES & PROGRAMS LIST

SECOND QUARTER 2021

APRIL – JUNE

HEALTH CARE FOR SENIORS

Senior citizens make up a large portion of those needing health care of some kind. Even with Medicare, a knowledge of what is available and options within those products and services is extremely helpful. Seniors and their caregivers, often, require assistance in finding the best products and services for their individual needs.

Program: Interview during a live remote at the Senior Health Fair... an event associated with Richlands Summer Fest

Date/Time/Duration: June 25, 2021/10:08 – 10:16 am/8 minutes

Guest: Mike Carter, Co-coordinator of the Senior Health Fair

Mike Carter participated in a live interview during the Senior Health Fair... the first of all the events associated with Richlands Summer Fest. Mike explained that it was held outdoors as a precaution to help prevent the transmission of COVID-19. It was held at the Farmers' Market in the center of town. The venue was covered, set up to accommodate any necessary tables and chairs, had restroom facilities, was handicapped-accessible, offered easy access for those with ambulatory issues, as well as, nearby parking.

Mike praised the collaborative efforts of all the participants. Even though there were several competitors in attendance, everyone worked well together in focusing on the needs of the seniors and caregivers. This was true to the extent that the representatives would, in certain circumstances, recommend a competitor to a participating attendee.

Although most senior health fairs offer several quantitative health checks, Mike said the participants felt that it was too soon to eliminate precautionary measures. Additionally, there was concern that anything puncturing the skin outdoors might be a little difficult to disinfect properly. Mike said that Clinch Valley Medical Center (the nearby hospital) was the only agency or organization doing checks that day and theirs were limited to blood pressure and one other service.

Other than the hospital, those represented included: hospice agencies, home health care agencies, assisted living facilities, mobile imaging resources, and others. Mike encouraged listeners to attend and pick up some nice bags that contained snacks and useful items. Also, several agencies were allowing seniors to register to win nice door prizes.

Program: Pre-recorded interview from a representative at the Senior Health Fair

Date/Time/Duration: June 25, 2021/11:38-11:48 am/10 minutes

Guest: Lynna Mitchell, Grant Writer for AASC, also representing the Appalachian Agency for Senior Citizens (AASC) @ the Senior Health Fair

Lynna Mitchell is a grant writer for the Appalachian Agency for Senior Citizens (AASC); but, like so many other employees, she wears a lot of extra hats... including the representation of AASC at the Senior Health Fair. In the interview that was recorded at the health fair and broadcast shortly afterward, Lynna gave a broad overview of the numerous services of AASC. AASC is a non-profit organization whose main goal is to improve the quality of life for the elderly and disabled in Tazewell, Russell, Buchanan, and Dickenson counties in southwest Virginia.

Although COVID-19 restrictions changed the look of some of the programs and services available to area seniors through AASC, Lynna

was happy to report that they are moving in the direction of a return to normalcy. One of their premier and award-winning programs that Lynna highlighted as returning soon is their intergenerational day care center in which seniors and young children interact to the benefit of both groups. The residential community, adjacent to the agency's main office, is another premier program that Lynna featured. In this location, seniors and disabled citizens that qualify can receive meals, in-home care, and other provisions in a community setting. These services are provided at seniors' homes and in other locations, also, but the opportunity for fellowship and community is more pronounced at the residential community.

Lynna expressed great enthusiasm for a new facility that is being built in the Falls Mills area of Tazewell County. This will provide a much more convenient location for low income senior citizens and disabled residents in the eastern portion of the county. Among other programs and services discussed were "Meals on Wheels," in-home care, caregiver support, and the public transportation system that is operated by AASC.

DEALING WITH COVID-19 DURING ALLERGY SEASON

Many of the symptoms of the COVID-19 virus and those of allergies, especially seasonal ones, are the same or very similar. Many people that suffer from allergies may be confused and concerned about whether they are experiencing allergic reactions or may have the COVID-19 virus. People that seldom have allergies may, also, be tempted to excuse symptoms they are experiencing to a newly acquired allergy... especially if they retain their senses of smell and taste.

Program: Pre-recorded interview with a Medical Professional

Date/Time/Duration: May 11, 2021/7:07 pm/5 minutes 26 seconds
(repeated on) May 12, 2021/2:06 pm

Guest: Dr. Nancy Fitch, former Emergency Medical Physician, now working with MedExpress as the Area Medical Director for Urgent Care

Dr. Nancy Fitch answered questions and offered medical advice regarding what to do in situations when the symptoms a patient is experiencing could be allergies or, possibly, COVID-19. Her initial advice was to be evaluated by a medical professional if someone is aware of being exposed, or possibly exposed, to an individual who has been diagnosed with COVID-19. A COVID test should be done in this situation. Otherwise, an allergy patient should take their allergy medications in order to keep their symptoms at bay. Whether or not the symptoms remain, the patient may want to get COVID-tested as a precaution.

Dr. Fitch acknowledged the similarity in symptoms: runny nose, coughing, itchy eyes, sneezing, scratchy throat, and post-nasal drip. She advised that the first thing a person should do when experiencing one or more of these symptoms is to assess their risk factors.

- *Have they, knowingly been exposed to anyone with COVID?

- *Have they attended a gathering with a significant number of people in attendance?

- *Do they, normally, experience allergies? If they have never had them in the past, that is suspicious.

- *Are they a high risk patient with asthma or other respiratory issues? COVID, usually, affects the airways.

Dr. Fitch suggested that people not let down their guard and continue to do all the precautionary measures that have been recommended. Wash hands well for at least 20 seconds. Use hand sanitizer with, at least, 60% alcohol. Wear a mask when in public. Avoid close contact with others. Stay home if you don't feel well.

Whereas Dr. Fitch believes that choosing to take the vaccinations is a personal decision, she said that the vaccines seemed to be safe for the most part. If taken, they should – at the very least – allow you to avoid symptoms or experience reduced symptoms. She stated that evidence indicated that there was no slowdown of the virus in warm weather.

OVERCOMING ADDICTIONS TO DRUGS, ALCOHOL, & PORNOGRAPHY

Lives spiral miserably out of control when people are no longer able to control their desires for things that are not healthy for them... physically, mentally, emotionally, and spiritually. Once drugs, alcohol, and/or pornography take hold of people's lives, breaking the chains of addictions is nearly impossible. Hope and help are required.

Program: Pre-recorded interview

Date/Time/Duration: May 28, 2021/7:08 pm/26 minutes 37 seconds

Guest: Evangelist D. R. Harrison with Voice of Hope Ministries

Evangelist D. R. Harrison participated in an interview in anticipation of a tent crusade that will be coming to the area for at least two weeks beginning July 5th. The Virginia Awakening Tent Crusade will feature Evangelist D. R. Harrison speaking each night, along with special guests, and beloved Southern Gospel singing groups. The crusade will take place on a farm not far from Route 19, the main route between Richlands and Lebanon, Virginia, under a tent that can cover 3,000 chairs.

D. R. shared a portion of his testimony with the radio listening audience. He grew up in a loving Christian home. His father is a minister, and D. R. went to church all of his young life. Even though he

actively participated in church activities, his heart was not in what he was doing.

As a young man, D. R. began to get involved with drug and alcohol abuse, illicit sexual activity, and pornography. Before too long, he was addicted to the things that he had started dabbling in and could not control these addictions. Furthermore, he fell in love with a woman who was an adult entertainer. She, too, was “trapped” in a world that was neither glamorous nor satisfying.

In May of 2016, D. R. and his wife, Laura, were rescued from a life of dependence on unhealthy substances and bondage to unwholesome sexual activities. The only way they were able to find hope and the ability to have their “chains” broken from the addictions that controlled their thoughts and emotions was through a personal relationship with the Lord Jesus Christ. The message of the Gospel and the power of the Holy Spirit were what rescued them from misery and carried them to victory.

Immediately upon being set free from the toxic lifestyles that they were living, both D. R. and Laura were determined to follow the call they knew was on their hearts and lives to share the same Gospel that had caused the dramatic transformation in their lives. Voice of Hope Ministries is dedicated to spreading the hope found in the life-transforming Gospel of the Lord Jesus Christ. Starting with a change in the spiritual component of their lives, people can go on to experience healing in their physical, mental, and emotional lives, as well.

Having suffered from a personal inability to conquer so many of life’s problems, D. R. can speak from his former need to find a solution to his numerous addictions. Now, he lives with a hope that is certain and permanent. Now, he has found purpose in life and complete satisfaction. He plans to spend the rest of his life helping others to find the way to fill the void in their lives with hope, peace, and joy that last.

ANNOUNCEMENTS OF IMPORTANT EVENT INFORMATION

The celebrations of Independence Day, the Fourth of July, take various forms and are staggered throughout the area... not celebrated only on July 4th. Radio announcements have provided event information recorded by the various organizers or representatives. Each highlights their own crucial information and has the ability to add additional specifics regarding their celebratory event.

Program/Times: Infobits recorded by event coordinators and played throughout the day at various times

Dates/Durations & Guests (listed below)

June 23 – 26, 2021/28 seconds – Josh Barrett, from the Honaker Lions' Club, represented the Town of Honaker, Virginia. Josh invited listeners to the celebration in Honaker on Saturday, June 26th, that would involve live entertainment, vendors, children's games, and culminate with fireworks.

June 28 – 30, 2021/1 minute 59 seconds – Cindy Farmer, Executive Director of Historic Crab Orchard Museum and Pioneer Park, spoke on behalf of the museum's Independence Day Celebration held on Saturday, July 3rd. In addition to the hours and other specifics, Cindy talked about the special activities going on that day, including: live music performances, old-fashioned kids' games, a kids' craft trail, a colonial reenactment, costumed demonstrations throughout the Pioneer Park, and various food vendors.

June 28 – 30, 2021/30 seconds – Joyce Reed, Activities Coordinator for the Jewell Ridge Community Center, invited the listeners... especially those who had grown up in the Jewell Ridge community... to come to Jewell Ridge to celebrate on July 3rd. Joyce specified what groups would be singing and some interesting foods that vendors would be offering.

June 28 – 30, 2021/1 minute 6 seconds – Amanda Hoops, Executive Director of “Tazewell Today” (Community Development Director), represented the Town of Tazewell, Virginia. Amanda explained that, last year, the celebration had been moved to the former Ramey/McCann (car lot) parking lot in order to allow for social distancing. The new location was so well received that the Town of Tazewell decided to have it there, again, this year. The celebration was set for July 4th, and would have food trucks, a special concert featuring a popular local group, free “stuff” for kids and, of course, fireworks.

EXPERIENCING HOPE AMIDST THE MEMORIES OF LOVED ONES

People mourn in different ways. Most are better able to deal with loss over a period of time. Others grieve with incredible sorrow. Hope is an important ingredient in healing and in continuing to live life in the absence of a special loved one.

Program: Live broadcast of the Easter Sunrise Service at Greenhills Cemetery

Date/Time/Duration: April 4, 2021/7:00 – 7:43 am/43 minutes

Guests: Evangelist Allen Gross, Minister at Restart Worship (worship for youth) at Claypool Hill Church of Christ, Shane Wicks, and the Claypool Hill Church of Christ Choir

Many families in the Richlands area have made it a tradition to attend the sunrise service where their loved ones are buried. This year, in particular, was a difficult one. There were quite a few deaths that were COVID-related. New widows and widowers, as well as other family members, were seeking comfort in the hope of the Resurrection of the Lord Jesus Christ and the fact that they would be reunited with their

loved ones someday. The service is aimed at providing the hope and comfort that those in attendance are seeking,

CHANGES IN THE PRIMARY FOCUS OF COMMUNITY ENTERTAINMENT

High school football is big in Southwest Virginia. In fact, it is the most popular local sport by far. Richlands High School football fans have been willing to travel great distances to follow their team. When they cannot be there in person, they almost always listen to the radio broadcast of the game. Richlands had enjoyed the security of having the same, talented head football coach for years until this past season. After the arduous task of selecting a new head coach was completed, the town held great hope for a continued successful program.

Program: Live postgame interview

Date/Time/Duration: April 3, 2021/4:35 – 4:39 pm/4 minutes

Guest: Thad Wells, Head Football Coach for the Richlands High School Blue Tornado

Expectations were high when former Richlands High School quarterback, Thad Wells, was hired to take the place of the beloved former head football coach, Greg Mance. Thad was an offensive genius and, although still fairly young, had some impressive coaching experiences under his belt... including a state championship.

The first season with Thad at the helm ended with a 3 – 3 record. Overall, fans were pretty happy just to be back on the field, since the COVID restrictions had pushed football from the fall to an abbreviated spring season. Sadly, only a few fans per player and coach were allowed in the stadiums in order to follow social distancing requirements.

In an interview with Thad following a game with a lot of controversial calls, he remained – as always – calm and positive. He

realized the team and the fans were, probably, disappointed. He likes to win so he was disappointed, too. However, he was very positive about the team, the coaching staff, and the future of RHS football.

Fast forward to the next week. Richlands had not qualified to make the playoffs. All teams that didn't make the playoffs were told they were guaranteed a "plus one" game in order to extend the season and allow one more opportunity for teams to play.

Program: Live postgame interview

Date/Time/Duration: April 10, 2021/3:44 – 3:53 pm/9 minutes

Guest: Jeff Tarter, Interim Head Football Coach

A lot can change in a week. The Town of Richlands was buzzing. People were starting to hear that the new head football coach, Thad Wells, had resigned. Regrettably, yet understandably, Thad made a decision that could launch his career at the next level and better provide for his growing family. He accepted a job at a prestigious university.

Thad had told the team and coaches about his resignation the evening prior to this "plus one" game. He was, then, told he could not coach in the final game. In an unusual series of events, a longtime assistant coach that had just turned in his resignation from football coaching was asked to act as interim head coach.

During the postgame interview with Interim Head Coach Jeff Tarter, he discussed the irony of the situation with a great sense of humor and a very positive spin. Jeff, as a younger man, had envisioned himself as a head coach one day. When Greg Mance was enjoying a great career and the team – including the assistant coaches – was flourishing, Jeff was content with his job coaching special teams and doing very well at it. He had given up the idea of head coaching. Now, the day after he turns in his letter of resignation from coaching football,

he finally gets the fulfillment of his dream... for what appeared to be one day.

[Spoiler Alert: Jeff Tarter was talked into staying on as Head Coach.]