

M-F We record a newscast with the latest information for listeners.

Police officers provide a weekly PSA for Crime Stoppers and Crime Solvers to close open cases.

Every Wednesday at 10:03am Gary Flowers interviews Superintendent Jason Kamras on all things RPS.

At 10:12 a.m., on Tuesday, April 11th, 2023, Gary Flowers interviewed toxicologist, Dr. Louis Brown about airborne dangers as well as chemicals in our products and allergens during the Spring season.

At 10:05 a.m. on Wednesday, April 12th, 2023, Gary Flowers interviewed transplant surgeon and kidney specialist Dr. Layla Kamala about kidney health.

At 9:30 a.m. on Thursday April 13th, Gary Flowers interviewed Psycrodosis patient Zerena about Psycrodosis.

At 10:03 a.m. on Thursday April 13th, Gary Flowers interviewed OBJYN / Maternal Health Expert Dr. Jeudy about Maternal Health Week.

At approximately 10:35 a.m., Gary Flowers phone interviewed Randy Cooper, CEO of the Richmond Heritage Federal Credit Union, and they discussed issues concerning local finance and development for the community's awareness.

At approximately 10:10 a.m. on Monday, April 24th, 2023, Gary Flowers interviewed President / C.E.O. of the Richmond Redevelopment and Rehousing Authority, Mr. Steven Nesmith about the conditions of Creighton Court and other areas, financial assistance, credit building, and homeownership.

On Monday, May 1st, 2023, Gary Flowers interviewed Dr. Mingion Guy, representing the Campaign for Tobacco Free Kids, in studio for a conversation on the effects of menthol cigarettes on the Black community.

On Tuesday, May 9th, 2023, in the 10:00 hour (a.m.). Gary Flowers had Dr. Jessica Johns as a guest who discussed National Stroke Awareness Month.

On Monday, May 29th, 2023 in the 10:00 a.m. hour, Gary Flowers interviewed Officer Adams of Richmond, Virginia on topics of law enforcement, community safety, and

crime prevention.

In the 10:00 a.m. hour, Gary Flowers interviewed former Chief Justice of Virginia, His Honor John Charles Thomas.

At approximately 10:05 a.m. on Monday, June 12th, 2023, Jim Jacobs (sitting-in for Gary Flowers) phone-interviewed Dr. India Sessler about Sickle Cell Disease and treatment options for patients.

At approximately 10:30 a.m. on Monday, June 12th, 2023, Jim Jacobs (sitting-in for Gary Flowers) phone interviewed Nurse Practitioner Ginger Mary to speak about Asthma and its complications.

At approximately 9:40 a.m. on Monday, June 26th, 2023, Cheryl Garland of The Gabriel Project of VCU was interviewed about local updates on

At approximately 10:12 a.m. on Monday, June 26th 2023, Dr. Steven Mesmith of the Richmond Housing Authority was interviewed by Gary Flowers