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## CAREER PROFILE

**Emmy and Associated Press Award-Winning Anchor / Reporter / Storyteller / Host** with 20+ years experience across multiple disciplines: public speaking, interviewing, emceeing, field anchoring, sports announcing, and ad libbing; thrives in a fast-paced environment where my warm personality adds a touch of sunshine to viewers' day!

- Smart, energetic, dedicated, passionate, and personable team player with a proven track record for handling high pressure, live entertainment/broadcasting scenarios with ease, professionalism, and enthusiasm
- True affection and enjoyment for interacting with people in the community, on set, and in the newsroom
- Natural leader and team player, always willing to step in and help for the betterment of the end product
- Skilled with social media, creating an engaged following for IG personal (25.6K) & professional (25K) brands

## KEY STRENGTHS & SKILLS

▪ Anchor Delivery/Reporting	▪ Interviewing/Hosting/Emceeing	▪ Storytelling/Writing
▪ Social Media Content Creation	▪ Connecting with the Community	▪ "Smiling" Disposition

## ACHIEVEMENTS & RECOGNITION

- Capital Emmy Award-Winning Talent: Reporter – Medical 2023
- Capital Emmy Nominated – Health/Medical – News 2023 – “Sam’s Purpose: Make Every Breath Count”
- Virginia’s Associated Press Broadcasters: 1<sup>st</sup> Place – Best Speciality Reporting 2023
- Virginia’s Associated Press Broadcasters: 1<sup>st</sup> Place – Best Light Feature 2023
- Virginia Association of Broadcasters: 2<sup>nd</sup> Place Outstanding Newscast – 6pm Newscast 12/13/23
- National Press Photographers Association (NPPA) East Division – 1<sup>st</sup> Place News Feature – No Time Limit (4<sup>th</sup> Qtr 2023) | 3<sup>rd</sup> Place In Depth Award (1<sup>st</sup> Qtr 2023) | 3<sup>rd</sup> Place News Feature (1<sup>st</sup> Qtr 2024)
- Scripps National #WinsoftheWeek Spotlight for Storytelling– February 2023, May 2023
- Team Player of the Game – Washington Commanders Game Day Entertainment, 2019, 2021, 2022 and 2023

## MEDIA EXPERIENCE

**CBS NEWS ▪ WTVR ▪ Richmond, VA**

**EVENING NEWS ANCHOR & FIELD ANCHOR**

**JANUARY 2023 – PRESENT**

- Anchor the primetime evening news (5pm, 6pm, 11pm); Anchor all other time slots, as needed
- Execute live hits in the field serving as a Field Anchor and develop related packages/stories for air
- Develop feature stories and packages
- Serve as a community anchor getting the voice of the viewers and sharing their stories
- Volunteer at community service activities and various community events as a guest host and emcee

**NFL WASHINGTON COMMANDERS ▪ FedEx Field ▪ Largo, MD**

**IN-GAME HOST & THE WOW! SHOW CO-HOST**

**AUGUST 2019 - PRESENT**

- Provide in-game entertainment, interviews, and promo spots before, during and after NFL Washington Football Team home games at FedEx Field
- Host various events (virtual and in person) for Fan Appreciation, Rallies, Charitable Foundation, Washington Salute, Women of Washington, and Washington Entertainment Team
- Former Co-Host for the NFL’s Best Practice Award-Winning Podcast: Women of Washington (WOW!)

**WASHINGTON SPIRIT ▪ Audi Field ▪ Washington, D.C.**

**IN-GAME HOST**

**OCTOBER 2021 – PRESENT**

- Provide in-game entertainment, interviews, and promo spots before matches and during halftime at NWSL Washington Spirit Women’s Soccer home games at Audi Field
- Interact with and greet fans at home games
- Served as the full-time host from 2021 to 2023; Part-time host for the 2024 season



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**ABC NEWS ▪ WOAY ▪ Oak Hill, WV**  
**PRIMETIME NEWS ANCHOR**

**FEBRUARY 2022 – DECEMBER 2022**

- Produce and anchor the primetime evening news for the 5pm, 6pm and 11pm newscast, and some weekends
- Serve as assignment editor, writer and producer for all shows
- Interview key community leaders and politicians for the evening news and local community show

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**CTV NEWS CHANNEL 76 ▪ Comcast/FiOS ▪ Largo, MD**  
**PRODUCER/ANCHOR/REPORTER 2000 – 2003 | 2007- 2010**

**OCT 2014 – MARCH 2020**

- Anchor, produce, write Readers, VO's and VO/SOT's ensuring accurate, concise, objective and fair coverage
- Interview news sources from the field to develop, write and edit VO/SOT's and packages to deadline
- Create, research and follow up on leads for stories and generate story ideas
- Coordinate field shooting with photojournalists, making suggestions in a collaborative manner to ensure thorough visual coverage of stories

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**OFFICE OF CABLE TELEVISION, FILM, MUSIC & ENTERTAINMENT ▪ OCTFME TV ▪ Washington, DC**  
**PRODUCER/HOST 2011 - 2013**

**AUGUST 2019 – MARCH 2020**

- Producer and Host for OCTFME new programming, 202Creates, and other entertainment series
- Hosted *The Sound*, Office of Cable Television's entertainment television show highlighting artists that are native to the District of Columbia [2011 - June 2013]

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**MONUMENTAL NETWORK ▪ Verizon Center ▪ Washington, DC & Baltimore, MD**  
**WASHINGTON MYSTICS & BALTIMORE BRIGADE IN-ARENA HOST**

**MAY 2017 - 2019**

- Provide in-game entertainment, field games, and promo spots during the WNBA Mystics' home games at the Verizon Center and the AFL's Baltimore Brigade at the Royal Farms Arena
- Delivers pre-game hits, court contests, fan games, interviews for segments, commercials and player interviews

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**UNITED STATES ARMY MWR ▪ Pentagon Channel ▪ Fort Sam Houston, TX**  
**HOST**

**2008 - 2017**

- Hosted *Operation Rising Star*, U.S. Army Morale, Welfare and Recreation's military version of "American Idol"
- Delivered effective messaging through show promotions and commercials
- Hosted the LIVE to tape semi-finals, the finals, and reveal show annually in front of a studio audience

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**MONUMENTAL NETWORK ▪ Verizon Center ▪ Washington, DC**  
**WASHINGTON WIZARDS & MYSTICS IN-ARENA HOST AND CORRESPONDENT**

**2010 - 2015**

- Provided in-game entertainment, interviews, and promo spots during the NBA Wizards' (2011 to 2014) and WNBA Mystics' (2010 to 2012) home games at the Verizon Center
- Correspondent for NBA's Washington Wizards and WNBA's Washington Mystics feature stories and Emcee for promotional, season ticket holder, and charity events for Monumental Network

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**EDUCATION**

GEORGE WASHINGTON UNIVERSITY ▪ Washington, DC ▪ PROJECT MANAGEMENT CERTIFICATE

- *Project Management Professional (PMP) Designation* THROUGH PROJECT MANAGEMENT INSTITUTE
- UNIVERSITY OF RICHMOND ▪ Richmond, VA ▪ BACHELOR OF SCIENCE IN BUSINESS ADMINISTRATION
- *Graduated cum laude* ▪ E. Claiborne Robins School of Business

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**TECHNICAL EXPERIENCE**

AP ENPS, Inception News newsroom computer system, Non-linear (Premier, Final Cut Pro) and Linear (DVC Pro, SVHS, Beta) editing; Camera and Teleprompter operation; MS Word, MS Excel, MS PowerPoint, WordPress