

Preparing for the Show

Thank you for agreeing to be a guest on our show! We very much appreciate your time and insight, and we know our guests and their willingness to share their experience and expertise are what will get our viewers to tune in. We know you will do a great job, and we want to make sure you look great, too. Here are some tips for how to dress for the show.

Filming information

In advance of the filming, we will provide draft questions for your review. Participation in finalizing those questions is encouraged, as you may have other or additional topics to discuss. Please review the questions, especially with consideration of what you want to make sure we hit during a 7-minute segment. During filming, it is encouraged to be as conversational as possible.

Individual names, titles, websites, phone numbers or additional information can be super-imposed on the screen during segments. We encourage you to say, "Visit our website..." or "contact us by phone, etc."

On the day of filming, it is suggested to arrive 15 minutes prior to scheduled taping. Guests will gather in the Video Express Productions conference room immediately to the right of the main door. There may be a short delay before your segment is recorded and are welcome to bring items with you to make the most of your time. WiFi is available at Video Express Productions.

Clothing suggestions

Some patterns, especially smaller or intricate patterns, come across fuzzy or look like they are "buzzing" on camera, so please do not wear any clothing with checkered, herringbone or pinstriped patterns. Wearing solid colors is your best bet, but some colors do not always work well on camera. Avoid fluorescent or overly bright colors, as they can "flare," or look like they are glowing. Please also avoid solid white or bright red shirts or jackets, as white and red can draw attention to your attire rather than to your face. Solid black can also look harsh on camera, so if you want to wear a black jacket or sweater, wear a contrasting color underneath to break up the black.

Collared or button-up shirts are ideal for attaching the microphone. Shirts or jackets without collars can show the mic and its cord. The mic will be placed just below your collarbone, so please try to avoid necklaces that may hang near the mic. Choose longer or shorter necklaces instead. Please also avoid necklaces that may rub against the mic and/or jewelry that could make clinking or other metallic noises when you move. The set has cushioned chairs in which you and the host will be sitting. There is no table or desk, so your pants or skirt will also be seen. If you are wearing pants, wear over-the-calf socks so skin will not show if you cross your legs.

Remember: We want our viewers to focus on you and what you are saying, not on what you are wearing. Anything flashy, dangly or noisy can distract from your message. The best rule of thumb is to keep your attire simple.

Where and when your episode will air

Airtimes are 8:00 a.m. on Sunday mornings for the following stations:

- KTMF ABC Missoula/Kalispell
- KWYB ABC Butte/Bozeman
- KFBB ABC Great Falls
- KHBB ABC Helena

Airtimes are 5:30 a.m. on Sunday for KULR Billings and Saturday at 9:30 a.m. for SWX (ABC Montana sister stations statewide).

Typically, episodes air four to six weeks after taping. Shows will be archived and posted online as well.

If you have any further questions, please contact Beth Brown at (406) 457-5857.