

PROGRAMS LIST
WFTR-AM/WZRV-FM
FRONT ROYAL, VIRGINIA
The Valley Today
ALL SHOWS HOSTED BY JANET MICHAEL
Weekdays 12:30pm – 1pm
January 1, 2018 – March 31, 2018

Tourism Tuesday: Bryce Resort

We were in the studio for Tourism Tuesday – Shenandoah County edition – with Jenna French from Shenandoah County Department of Tourism and her guest Morgan Breeden from Bryce Resort. We talked about all the activities available year-round at Bryce. Morgan also gave us an update on the recent renovations at the Copper Kettle Restaurant and Bar.

Duration: 28:07 | Recorded on January 2, 2018

The Valley Business Today with Dr. Sherri Yoder and Crystel Smith

We were in the studio with Niki Cales, President of the Front Royal – Warren County Chamber of Commerce for The Valley Business Today along with her two guests, Dr. Sherri Yoder and Crystel Smith. It was quite a lively conversation about being grateful, making positive change in your life and steps to help reach your goals. Dr. Yoder and Crystel will be hosting the chamber's Brown Bag Luncheon on Wednesday, January 17.

Duration: 40:34 | Recorded on January 3, 2018

Winchester on the Rocks

We were in the studio with Downtown Winchester Manager, Jennifer Bell and her guest, Charlie Fish, owner of Murphy's Beverage on the downtown walking mall to talk about their upcoming event: Winchester on the Rocks. The event kicks off on Sunday, January 14, 2018 and continues through Saturday, January 20th. Visit participating restaurants to enjoy their special Winchester on the Rocks signature cocktail, fill out your ballot and vote for your favorite! Restaurants will feature traditional cocktails as well as experimental libations! Awards will be presented for both People's Choice and Judges' Choice cocktails.

Duration: 27:29 | Recorded on January 4, 2018

Warren County Fire & Rescue Volunteers Needed

We were in the studio with Warren County Fire Marshal Gerry Maiatico & Brenda Diehl, Recruitment & Retention Coordinator to talk about the important role every single volunteer plays within Warren County Fire & Rescue system. We talked about all the different volunteer opportunities available for all ages and skill set, including those with disabilities.

Duration: 27:20 | Recorded on January 5, 2018

Amber Koehler, Owner of Twice is Nice – A Consignment Boutique

We were in the studio with Amber Koehler, owner of Twice is Nice – A Consignment Boutique in Winchester to talk about her path to owning a successful business, making her own dream job and how she helps women look and feel their best. We talked about her consignment shop, her events and special services such as personal styling. Our conversation continued even after the show ended on-air and you can hear the whole thing here.

Duration: 56:50 | Recorded on January 8, 2018

Tourism Tuesday: The Kiln Doctor

We were in the studio for Tourism Tuesday – Front Royal/Warren County edition – with Felicia Hart, Director of Community Development & Tourism for the Town of Front Royal and her guest, Arline Link with The Kiln Doctor. We talked about all the services offered by The Kiln Doctor from kiln sales, service and repair, to classes, workshops and supplies for potters of all skill-sets. Felicia also told us a bit about Front Royal's recent CDBG award, what those funds will be allocated for and how the community can get involved to see the many projects to a successful end.

Duration: 27:51 | Recorded on January 9, 2018

The Valley Business Today: United Way of Northern Shenandoah Valley & Page County

We were in the studio for The Valley Business Today – Luray/Page County edition – with Gina Hilliard from the Luray/Page County Chamber of Commerce and her guest, Nadine Pottinga from United Way of Northern Shenandoah Valley. We talked about the recent merge of the United Way of Page County into the United Way of NSV and how that impacts those non-profits in Luray/Page County and what the new structure will look like.

Duration: 26:56 | Recorded on January 10, 2018

LFCC Workforce Solutions: Healthcare Programs

We were in the studio today with Guy Curtis from LFCC Workforce Solutions and his guests, Anna Teter, Program Director (Healthcare) & Brandi Harrison, Allied Health Program Lead. We talked about local, in-demand jobs in healthcare, career pathway options to get started, how to find those jobs and what one could expect. Prospective students can get more information at their upcoming event: Healthcare Professionals Information Session on January, 18, 2018 from 5 PM – 6 PM, Middletown Campus or Fauquier Campus.

Duration: 27:16 | Recorded on January 11, 2018

Ants, Spiders and Bedbugs Oh My! with Dodson Pest Control

We were in the studio today with Vince Kidwell, District Manager and Tim Michael, Service Manager for Dodson Pest Control to talk about pests. Vince gave us a brief history of Dodson from their original "office" in the corner of a gas station in 1944 to today with 37 offices serving Virginia, West Virginia, North Carolina, South Carolina, Eastern Tennessee, and the District of Columbia metropolitan area. We talked about the importance of pest control maintenance, the types of services they offer and about bedbugs. Vince & Tim gave us an overview of how you get them, how to spot them and what to do to get rid of them.

Duration: 27:08 | Recorded on January 12, 2018

Municipal Monday with Warren County Administrator, Doug Stanley

We were in the studio for Municipal Monday with Warren County Administrator, Doug Stanley. Every month Doug gives us an update on projects happening in and around the county. We talked about the recent payment from the county to the town in accordance with the corridor agreement, the county's bond rating, various construction projects including VDOT projects such as the Morgan Ford Bridge, home construction in the county being on the rise, and more.

Duration: 25:59 | Recorded on January 15, 2018

Tourism Tuesday: River's Bend Ranch in Stanley, VA

We were in the studio with Katie from the Luray/Page Chamber of Commerce for Tourism Tuesday – Page County edition. Her guest was Susan Corbett from River's Bend Ranch in Stanley, VA. Susan gave us all the details for what you can expect on a visit to her ranch, from lodging (small or large groups), wedding & events, trail rides and horse boarding. She told us about the sustainability efforts she's put in place along with some new things they'll be implementing in the future.

Duration: 27:06 | Recorded on January 16, 2018

The Valley Business Today with Dr. Miles Davis & Bill Long

We were at the Byrd School of Business on the campus of Shenandoah University for our live broadcast of The Valley Business Today with co-host, Dr. Miles Davis, Dean of the Byrd School of Business & Professor of Management at Shenandoah University along with his guest, Bill Long, owner of Auto Care Clinic in Front Royal.

Dr. Davis & Bill talked about Bill's business and how's he's managed the growth he's experienced since opening his business. Bill gave us his tips for managing a small, community based business such as his that included marketing, employees and even customers. It was an insightful conversation with lots of useful information.

Duration: 28:14 | Recorded on January 17, 2018

Setting SMART Goals for your Health & Wellness with Valley Health

We were in the studio with Tracy Mitchell, Valley Health's Director of Community Health & Wellness Services and Ben Dolweski from Page Memorial Hospital's Wellness & Fitness Center. We talked about the importance of setting SMART (Specific, Measurable, Achievable, Realistic, Timely) goals in 2018. They both gave some tips for focusing on nutrition, physical fitness and overall health & wellness that included some free programs for nutrition counseling, personal trainers, and pre-diabetes screenings.

Tracy also told us about their upcoming FREE Smoking Cessation Classes that start in February at Warren Memorial Hospital.

Duration: 27:22 | Recorded on January 18, 2018

Karen Poff, Northern Shenandoah Valley Financial Education Program

We were in the studio talking money today with Karen Poff, Senior Extension Agent With Virginia Cooperative Extension's Northern Shenandoah Valley Financial Education Program. We talked about their Diabetes Prevention Program that starts on January 25 at the Warren County Government Center. The deadline to register is today, January 16, 2018 and registration is required. You can download the flyer here: 2018 DPP flyer_WC_Final.docx Please contact Rebecca Davis via phone: 540-665-5699 or email: rdavis58@vt.edu

We also talked about their "Reality Store" event happening on Tuesday, January 23, 2018 at James Wood High School. You can help give students a firsthand look at the cost of daily life! During "Reality Store" students visit stations representing typical spending categories such as housing, transportation, child care, and food, making budget decisions based on their scenario. They need lots of adult volunteers to staff the booths and make this program a success! Sign up to help at: <https://tinyurl.com/RealityStoreVol1-23-18>

Karen also filled us in on their upcoming Money Management Series that starts in mid-February. You can download that flyer here: Managing Your Money Flyer, All Counties, Winter 2018 with the dates, times & locations. We'll be doing a special podcast in the next few weeks to talk more in-depth about the different segments of the series, what you can learn and why it's important. Stay tuned to our Facebook page for those details.

Duration: 26:10 | Recorded on January 19, 2018

Warren County Social Services Foster Care & Adoption Program

We were in the studio with Pam Smith from Warren County Social Service's Foster Care & Adoption program to talk about their need for foster care (& adoptive) families for children in this area. We talked about the ratio of children to foster families and the importance of giving children in their care a supportive and safe place to grow up.

Pam told us about an upcoming "training" series (she called it more of an orientation) that begins on February 22 at their office from 6pm – 9pm weekly for five weeks.

Duration: 27:40 | Recorded on January 22, 2018

Tourism Tuesday: Genealogy at Handley Regional Library

We were in the studio today for Tourism Tuesday with Justin Kerns, our Winchester "tourism dude" from Winchester-Frederick County Convention & Visitors Bureau and his guest, Becky Ebert, an archivist with Handley Regional Library. Justin & Becky talked about the number of tourists that come to our area each year to research their genealogy and find a pathway back in history to their roots.

We talked about the different services offered by the library (most are free of charge) and the helpful staff that can point you in the right direction when doing your family history research. Handley Library also gives it's patrons access to many of the genealogy websites as well. For more information, visit their website: <http://www.handleyregional.org/>

Justin also gave us an overview of a few events happening in and around Winchester/Frederick County in the next few weeks.

Duration: 27:24 | Recorded on January 23, 2018

The Valley Business Today: Winchester Imaging & Winchester Radiologists

We were in the studio for The Valley Business Today with Emily Buhl from Top of Virginia Regional Chamber and her guest, Ardy Wunder from Winchester Imaging & Winchester Radiologists. Ardy told us a bit about his group, the services they provide and how you have a choice in who you choose for your MRI's, CAT scans, etc.

Duration: 27:25 | Recorded on January 24, 2018

Warren Memorial Hospital's New Facility

We were in the studio with Floyd Heater, President of Warren Memorial Hospital & Vice President of Valley Health's Southern Region, and Terri Mayes, Vice President, Warren Memorial Hospital to talk about the plans for the new facility as well as all the services offered (or in the planning stages) for Warren Memorial Hospital.

We talked about all the reasons the hospital needs to relocate to a new campus and how the changing demographics of Front Royal & Warren County will impact the various services they offer. We also talked about the transition of Obstetric Services from Warren Memorial Hospital to Winchester Medical Center. Some of the reasons behind that decision were:

- For the last five years they've averaged less than one birth per day (annual average = 333 births). It's challenging to sustain a high quality staff and service when numbers are low.
- Of the 485 babies born to Front Royal/Warren County residents in 2016, 38% were delivered at Warren Memorial Hospital and 33% were delivered at Winchester Medical Center. The other 29% had their babies elsewhere.
- A third of our residents are already choosing Winchester Medical Center, which has made extensive enhancements to its obstetrical services including a new hospital wing with a state-of-the-art 30 bed NICU, an emergency department just for obstetric patients and expanded midwifery services.

We discussed the new Cardiac Catheterization Lab which will open next month (new construction to the right of the Main entrance) that will offer residents advanced diagnostic and interventional services closer to home & work closely with Valley Health Heart & Vascular Center at Winchester Medical Center to provide coordinated care for patients who need additional testing or interventions. Cardiac catheterization is a minimally invasive way to access blood vessels around the heart in order to capture diagnostic images and/or treat blockages. Certain heart attacks require treatment in Cardiac Cath Lab to open up blocked vessels to permit blood flow to the heart.

Duration: 28:42 | Recorded on January 25, 2018

Front Royal United Way: House of Hope

We were in the studio today with Dawn Graves, Executive Director for Front Royal/Warren County United Way and her guest, Michelle Smelzer, board member for House of Hope. We talked about their mission and programs as well as their hopes for expansion to a new facility in 2018. Michelle also told us about their upcoming Empty Bowl fundraiser happening in March. Dawn filled us in on details for their Day of Caring happening in April, 2018.

Duration: 27:51 | Recorded on January 26, 2018

Radio + Digital Marketing = Results

We did a bit of a switch-up today and Lonnie Hill hosted the show with Janet Michael & Liz Trumbull (station manager) as the guests to talk about digital marketing. Janet gave some insight into the difference between social media & digital marketing and the importance and proper use for both. We talked about The River's website, various digital options available for marketing your business such as podcasts, video's and blogs and how new content is the cornerstone to increasing traffic on every business's website and/or storefront. Liz also explained our team concept when it comes to working with advertisers/clients and how offering a digital media consultant like Janet sets our station apart from the competition. Janet asked for feedback on the types of content our web viewers want to find on our website and requested emails to: janet@theriver953.com with those suggestions (good or bad.)
Duration: 28:10 | Recorded on January 29, 2018

Tourism Tuesday: Berryville Main Street

We were in the studio for Tourism Tuesday – Clarke County edition with Len Capelli, Economic Development & Tourism Director and his guest, Lizzie Ryan, Executive Director for Berryville Main Street. We talked about the history of Berryville's Main Street accreditation, the services it provides to it's members, plus we talked about their business incubator and a new restaurant coming to Main Street.

We also chatted about the broad spectrum tourism covers in Clarke County from agriculture to retail and how those all come together for a great tourist experience.

Duration: 27:09 | Recorded on January 30, 2018

The Valley Business Today: Shawn Hershberger, Development Services Director for the City of Winchester

We were in the studio for The Valley Business Today with Shawn Hershberger, Development Services Director for the City of Winchester. We talked about all the different areas his office manages along with some projects that are currently in process such as the old Taylor Hotel, the former site of Winchester Towers, the Polly's Cab parcel & the recent purchase by the Winchester EDA of the Creamery Building.

He also gave us some insight into how development works within the city limits and talked about the city's Economic Development Strategic Plan (2018) currently underway. It's objective is to establish a unified vision and direction for the city that results in greater economic vitality and prosperity for its residents. Crafting a strategy involves a disciplined process of analysis, stakeholder input, and community feedback to establish a shared foundation of information to develop a vision, targets, redevelopment priorities, and a tactical plan of action

Duration: 28:11 | Recorded on January 31, 2018

Bryan Williams & Janice Hart with Front Royal's Liberty Tax

We were in the studio today with Bryan Williams, owner of the Front Royal Liberty Tax office along with Janice Hart, his marketing manager. We talked about identity stealing scams involving the IRS (they will NEVER call you) as well as potential emails scams, along with tips for preventing your information from being stolen.

Bryan also talked about the changes in the tax laws and how it may affect the incomes of various individuals and families. He reminded us that those tax changes do not affect the current filing year and will not apply until January of 2019 for the tax year 2018.

Duration: 27:35 | Recorded on February 1, 2018

Flashback Friday with Dr. Miles Davis and Regina from Thistle Farms

We aired a special "Flashback Friday" show for you today. We're paying tribute to long-time Valley Business Today co-host Dr. Miles Davis, Dean of the Byrd School of Business at Shenandoah University. He recently announced that he will be leaving our community to become the new president at Linfield College in Oregon. The show we aired today won Dr. Davis an award for "Best Documentary or Public Affairs Program" the Virginia Association of Broadcasting awards ceremony in June, 2017. This show was originally broadcast on September 21, 2016. We were on site at Shenandoah University talking with Regina from Thistle Farms, who's mission is to HEAL, EMPOWER, AND EMPLOY women survivors of trafficking, prostitution, and addiction by providing safe and supportive housing, the opportunity for economic independence, and a strong community of advocates and partners.

Thank you Dr. Davis for your incredible support of us here at The River 95.3 and to the Winchester community as a whole. You will be deeply missed but our loss is certainly Linfield's gain.

Duration: 25:56 | Recorded on February 2, 2018

Chocolate Escape & Restaurant Week in Old Town Winchester

We were in the studio today with Jennifer Bell, Winchester's Downtown Manager to get a rundown of all the events happening throughout February in Old Town Winchester. She gave us an update that included winners of last month's Winchester on the Rocks cocktail contest; details for Chocolate Escape happening on Saturday, February 10, 2018 from 2pm – 5pm (download the flyer with participating stores and map here: [2018-Chocolate-Escape-Flyer-with-Map-for-web-v2](#)); and, we talked about Winchester's Restaurant Week that runs from Monday, February 19 through Saturday, February 24, 2018.

Duration: 26:43 | Recorded on February 5, 2018

Tourism Tuesday: Woodstock's Chili Fest

We were in the studio for Tourism Tuesday – Shenandoah County edition – with Kary Haun from Shenandoah County Tourism office to talk about a few upcoming events. She told us about an opportunity for both amateur and professional chili makers to compete in the Woodstock Chili Fest coming up on April 7, 2018. You can download the application and get details for the event on their website: <http://www.woodstockvachilifest.com/>
We also talked about upcoming Valentine's Day events at North Mountain Vineyard & Bryce Resort along with a new initiative from the Virginia Tourism Corporation "Crush Friday."
Duration: 27:39 | Recorded on February 6, 2018

The Valley Business Today: Jean's Jewelers

We were in the studio for The Valley Business Today with Niki Cales, President of the Front Royal/Warren County Chamber of Commerce and her guest, Jean Plauger, owner of Jean's Jewelers located at 407 E. Main Street in Front Royal.
We talked about Jean's success over her 20 years in business, changes she's had to make along the way, and advice she'd give to other small business owners to grow their business in a changing economical & social climate.
Duration: 27:34 | Recorded on February 7, 2018

LFCC's New President: Kim Blosser

We were in the studio today with Brandy Boies from Lord Fairfax Community College and her guest, LFCC's new president, Kim Blosser. We chatted with Kim about her local roots (she's from Page County), her education path and how those decisions in her early college years shaped the outcome of her current position along with her advice and vision for students who are still unsure what their career/college path may be. We also talked about her plans for building a new education center in Page County to replace the existing (and outdated) facility.
Duration: 27:08 | Recorded on February 8, 2018

House of Hope's Empty Bowl Supper

We were in the studio today with Arline Link from The Kiln Doctor & Tom Howarth, board member for House of Hope to talk about their Empty Bowl Supper fundraiser happening on Thursday, March 22 from 5pm – 7pm at Front Royal Fire Department.
Arline told us of her need for volunteers to come by her shop to paint the bowls that will be given away with a ticket purchase to the event. She estimates that 200+ bowls will need to be painted prior to the event and invited the community – and non-profit groups such as Girl Scouts, church groups, etc. – to come by for a few hours and decorate the bowls. There's also still a need for donations for their silent auction. You can contact Mary Anne Biggs at 540-636-6753. You can download the flyer with all the information here: [Empty Bowl Supper 2018 Flyer](#)
Tom gave us some insight into the House of Hope program, it's participants and talked about the importance of fundraisers such as these that allow them to continue to provide existing services and potentially expand those services as well.
Duration: 27:29 | Recorded on February 9, 2018

The Laurel Center Intervention for Domestic & Sexual Violence

We were in the studio with Cindy Marzullo, Development Director & Volunteer Coordinator for The Laurel Center in Winchester. She gave us an overview of the programs and services offered to victims of domestic & sexual violence and abuse in the Winchester, Frederick, Clarke & Warren County area. She also told us about their new facility located at 402 N. Cameron Street and how the large space will allow them to serve more people in our area.

Duration: 28:27 | Recorded on February 12, 2018

Tourism Tuesday (Front Royal): Adventure Enablers

We were in the studio for Tourism Tuesday – Front Royal/Warren County edition – with Felicia Hart, Director of Community Development & Tourism for the Town of Front Royal along with her guest, Mark Harris from Adventure Enablers.

We talked about the upcoming events Mark's company is hosting in the coming months around the country as well as right here in Front Royal/Warren County. Those include Shenandoah Epic Adventure Race & Shenanduro. If you're interested in registering for either of these events, enter code TT10 for a discount!

Duration: 28:07 | Recorded on February 13, 2018

Colin J. Mason with Mirandum Pictures

We were in the studio chatting with Colin J. Mason from Mirandum Pictures today about using video as a tool to grow your customer and donor base. Colin talked about the process, the various non-profits and businesses that he's worked with and explained why video is a great marketing vehicle for those looking to tell a story. Mirandum Pictures offers a discount for non-profits and encourages them to start a conversation about what their options could be using video.

Duration: 30:13 | Recorded on February 14, 2018

Traffic Safety with Lt. Warren Gosnell, Frederick County Sheriff's Office

We were in the studio with Lt. Warren Gosnell, Traffic Division Commander for the Frederick County Sheriff's Office to talk traffic safety. We subtitled today's show "The Little Things" and discussed a range of topics including parking in fire lanes & handicapped spaces, smoking in cars with children & disposing of cigarette butts while driving, following too closely and right on red AFTER stop.

Duration: 27:47 | Recorded on February 15, 2018

Managing Your Money Series with Northern Shenandoah Valley Financial Education Program

We were in the studio with Karen Poff, Senior Extension Agent with Virginia Cooperative Extension's Northern Shenandoah Valley Financial Education Program.

We talked about their Managing your Money Series, the topics covered at it's 6 different sessions as well as cost (\$15), and who should attend.

Duration: 27:10 | Recorded on February 16, 2018

Warren County Administrator, Doug Stanley

We were in the studio getting an update from Warren County Administrator, Doug Stanley about all the projects happening in and around Warren County. He told us about Chick-Fil-A coming to the Riverton Commons Shopping Center, the current status of Michael's in the Crooked Run Shopping Center along with a proposed farm stand/small-scale garden center on Route 340.

We also talked about new construction numbers, the current reassessment process as well as other projects such as: Ressie Jeffries Elementary School, Health & Human Services Complex and bridge work. Doug also encouraged listeners to check out the county's new website: <http://www.warrencountyva.net/>

Duration: 28:28 | Recorded on February 19, 2018

Tourism Tuesday – Page County edition: Destinations Unlimited

We were in the studio for Tourism Tuesday – Luray/Page County edition – with Katie from Luray/Page Chamber of Commerce and her guests, Candice Gordon & Wes Shifflett from Destinations Unlimited.

We talked about the business of travel, how Candice & Wes got into the travel agency business and all the different services they provide that include more than just cruises.

Duration: 27:30 | Recorded on February 20, 2018

The Valley Business Today with Dr. Miles Davis

We were at the Byrd School of Business at Shenandoah University for The Valley Business Today chatting with Dr. Miles Davis, Dean of the Byrd School of Business talking about “winning” and how that mindset impacts a team environment in the workplace. Dr. Davis used Philadelphia Eagles quarterback, Nick Foles, as an example.

Duration: 28:32 | Recorded on February 21, 2018

2018 Gardening in the Valley Symposium

We were in the studio today with Lynn Hoffmann, Master Gardener with the Northern Shenandoah Valley Master Gardener Association to talk about the 2018 Gardening in the Valley Symposium happening on Saturday, March 3 from 8am – 4pm at Shenandoah University.

Lynn told us a bit about the Master Gardener program and then talked about the symposium, it's speakers and who would benefit from attending. You can get more information about this and the scholarship program we discussed during the show today on their website:

<http://nsvmgga.org/>

Duration: 27:38 | Recorded on February 22, 2018

United Way of Northern Shenandoah Valley with Literacy Volunteers Winchester Area

We were in the studio with Elise from United Way of Northern Shenandoah Valley and her guest, Mark Sieffert, Executive Director for Literacy Volunteers Winchester Area to talk about the many programs they offer.

Duration: 27:15 | Recorded on February 23, 2018

Lord Fairfax Small Business Development Center

We were in the studio with Christine Kriz with the Lord Fairfax Small Business Development Center to discuss all the FREE services and programs they offer to budding business owners, experienced entrepreneurs and even those who are ready to retire and sell their business. We talked about the information they can provide regarding market data, importing & exporting, veterans services and more.

Duration: 27:01 | Recorded on February 26, 2018

Tourism Tuesday – Winchester/Frederick County Edition

We were in the studio for this week's edition of Tourism Tuesday with Justin Kerns, Executive Director for the Winchester/Frederick County Convention & Visitors Bureau. We talked about different tourism aspects from a planning perspective: how Justin finds/chooses his guests, what things are happening behind the scenes during their "off season" and he told us about the committee working on bringing Virginia Tourism Corporation's LOVE letters to our area.

Duration: 27:56 | Recorded on February 27, 2018

Top of Virginia Regional Chamber's Greater Good Award Winners

We were in the studio for The Valley Business Today with Emily Buhl from the Top of Virginia Regional Chamber along with her guests – Greater Good award winners:

Christy Foltz was here from American Woodmark: **American Woodmark was the recipient of the Large Business of the Year award. Timothy Coyne was the recipient of the Citizen of the Year Award. Jacqueline Shoemaker, owner of Winchester Weight Loss, was the recipient of the Entrepreneur of the Year award. Gore's Meats was the recipient of the Small Business of the Year award.**

Duration: 28:06 | Recorded on February 28, 2018

Sharen Gromling with Our Health

We were in the studio today with Sharen Gromling, Executive Director for Our Health. She told us about the inception of the organization, how it's grown and the different services it provides to its partner agencies from reduced lease options for office space on their campus, to help with grant funding and writing and even through volunteer matching and partnering through their Volunteer Action Center.

We also talked about the recent recognition they received from the American Medical Association Foundation for their "founding champion," Dr. Robert Kendall, who was given the Jack B. McConnell, MD, Award for Excellence in Volunteerism in 2010.

For more information about Our Health, its partner agencies and their services, visit their website: <http://www.ourhealthva.org/> If you're interested in participating in the 17th Annual Charity Golf Tournament that Sharen mentioned, being held on Tuesday, July 10, 2018 at Shenandoah Valley Golf Club, you can download the brochure here: Event Brochure – 2017

Duration: 28:29 | Recorded on March 1, 2018

John Eckman, Executive Director of Friends of the North Fork of the Shenandoah River

We were in the studio today with John Eckman, Executive Director for the Friends of the North Fork of the Shenandoah River to talk about their upcoming events, the importance of keeping kids engaged in the outdoors and their needs, both financially and through volunteers to keep the river clean.

We discussed their upcoming rain barrel workshops, their lecture series and their kids summer camps.

Duration: 27:56 | Recorded on March 2, 2018

Old Town Winchester Events

We were in the studio with Jennifer Bell, Winchester's Downtown Manager to talk about all the events happening throughout the month of March in Old Town Winchester. We got updates on the St. Paddy's Celtic Fest happening on Saturday, March 10 from Noon til 10pm along with several other events like theatre performances, musical performances and an Easter egg hunt.

Duration: 27:58 | Recorded on March 5, 2018

Tourism Tuesday – Shenandoah County Heritage Day

We were in the studio for Tourism Tuesday – Shenandoah County edition – with Kary Haun from Shenandoah County Tourism Department and her guest, Barbara Adamson. Barbara is the president of the Shenandoah County Historical Society and told us about Shenandoah County Heritage Day happening on April 14, 2018 from 11am – 3pm. You can get more details here: <https://visitshenandoahcounty.com/event/heritage-day/>

Barbara is also a board member for Shenandoah Alliance for Shelter, so she filled us in on a few upcoming fundraisers like Pottery Bingo & the Rubbermaid Sale. You can get details for these events on their website: <http://www.allianceforshelter.com/>

Kary told us about some chili events and Easter egg hunts happening in the next few weeks.

You can get a complete list of upcoming events on their website:

<https://visitshenandoahcounty.com/>

Duration: 27:43 | Recorded on March 6, 2018

The Valley Business Today: Niki Cales – Front Royal/Warren County Chamber of Commerce

We were in the studio for The Valley Business Today with Front Royal/Warren County Chamber of Commerce President, Niki Cales. Niki talked about all the different chamber events that are coming up. You can download flyers for them below and get more information on the chamber's website: <http://www.frontroyalchamber.com/>

Duration: 28:17 | Recorded on March 7, 2018

LFCC Workforce Solutions' CDL Training Program

We were in the studio today with Guy Curtis from LFCC's Workforce Solutions and his guest, Tamara Hash from CDS Tractor Trailer Training, their training partner. We talked about the CDL-A training program now being offered in some form at all LFCC campuses, the new simulator experience, the massive number of job openings for this skill-set along with potential pay upgrades associated with this licensing.

Duration: 27:47 | Recorded on March 8, 2018

Front Royal Thermal Shelter

We were in the studio with Michelle Smeltzer, Warren County's Community Liaison to talk about her position as a "community connector" of people and resources. She also told us about the Front Royal Thermal Shelter that started in late February. It provides a safe, warm place for homeless in our area to sleep and receive a hot meal. You can learn more about the organization by joining their Facebook group:

<https://www.facebook.com/groups/622818811221703/>

Duration: 27:46 | Recorded on March 9, 2018

Women's History Month at Shenandoah University

We were in the studio today with Petra Schweitzer, Professor of Comparative Literature (French and German) & Director of Gender and Women's Studies at Shenandoah University, and Gina Daddorio, Professor and Chair, Mass Communication at Shenandoah University to talk about Women's History Month and all the events SU has planned. All events are free and open to the public. You can get more details on their website: <https://www.su.edu/womenshistorymonth/>. You can download the flyer here: SUwhm Final Program

Duration: 27:48 | Recorded on March 12, 2018

Tourism Tuesday – Front Royal Edition: Appalachian Trail

We were in the studio for Tourism Tuesday – Front Royal/Warren County edition – with Felicia Hart, Director of Development & Tourism for the Town of Front Royal and her guests, Sonja Carlborg, Chair of the Front Royal/Warren County Appalachian Trail Community Committee and Kerry Barnhart, Main Street Front Royal property & business owner.

We talked about the impact being an Appalachian Trail designated community has on tourism and commerce in Front Royal. Sonja gave us some history and statistics about the AT hikers, while Kerry talked about the importance of offering products & services to the hikers to improve the bottom line of small businesses in our community.

Kerry also gave us expected opening dates for several of the businesses that are located in her buildings, such as Front Royal Brewery as well as the art gallery and Try Thai in the former Weaver Building.

You can get more information about the Appalachian Trail by visiting this website:

<http://www.appalachiantrail.org/home/conservation/a-t-community-program/at-community-partners/front-royal-warren-county-va> or simply stopping in to the Visitors Center on Main Street.

Duration: 27:50 | Recorded on March 13, 2018

The Valley Business Today – Page County: Home Instead Senior Care

We were in the studio for The Valley business Today with Gina Hilliard, President of the Luray-Page County Chamber of Commerce and her guest, Gina Mullins, Community Liaison for Home Instead Senior Care. She told us about the different types of in-home care services they offer & the comfort having someone take care of you or your loved ones in their own homes can provide. She also told us about the 18th Annual Senior Safety & Crime Prevention Conference being held on May 10th from 8:00am – 2:00pm at Rileyville Baptist Church. The conference is free for seniors and their families in Page County and promises to be a fun time and learning experience for all. For additional information and transportation schedule, contact Sergeant Steve Owens at the Page County Sheriff's Office at 540-843-3382.

Duration: 27:18 | Recorded on March 14, 2018

Infidels Motorcycle Club Fundraiser for K-9Line

We were in the studio today with “Kilo” and “Rocket Man” from Infidels Motorcycle Club to talk about their organization and a fundraiser they're hosting on Saturday March 17, 2018 at Backseat Bar & Grill from 6pm -10pm. The event will feature live music, door prizes and a raffle along with donation buckets and IMC merchandise. Funds raised from the event will support K-9Line – an organization that trains and provides canines rescued from local animal shelters (mostly) as support animals for returning veterans.

Kilo & Rocket Man told us about their motorcycle club, their service to veterans and why it's so important for them to give back to this often forgotten community.

Duration: 27:19 | Recorded on March 15, 2018

Nicole Clem with Page County Extension Office

We were in the studio today with Nicole Clem from the Page County Extension Office. We talked about the Page/Frederick County Summer 4-H Camp coming up July 1- 5, 2018 at Northern Virginia 4-H Center in Front Royal. Page County residents can register their children for the camp on Tuesday, April 10, 2018 from 11am – 7pm at the Page County Extension Office on 215 W. Main Street in Stanley. You can download the flyer with more details here: [Page County 4H Summer Camp Flyer](#)

We also talked about the Winter/Spring 2018 Community Needs Survey currently being conducted by the extension offices in all 5 surrounding counties. You can take the survey here: <https://tinyurl.com/VCE2018Needs>

Duration: 27:00 | Recorded on March 16, 2018

Warren County Administrator, Doug Stanley

We were in the studio for “Municipal Monday” with Warren County Administrator, Doug Stanley to get an update on projects happening in and around Warren County. We talked about the budget process currently in progress and the types of things that impact funding for various departments including the school system. Doug also updated us on construction projects such as Eastham Trail, Ressie Jeffries Elementary School, the Health & Human Services Complex along with multiple road projects throughout the county. We also discussed the FY 2018-2019 Capital Improvement Plan.

Duration: 27:43 | Recorded on March 19, 2018

Tourism Tuesday – Page County: Festival of the Arts

We were in the studio for Tourism Tuesday – Page County edition – with Katie from Luray-Page Chamber of Commerce & her guests, Susan Rocke (owner of Shenandoah Moon) & Jim Mayes (President of Page Valley Arts Council) to talk about the Festival of the Arts happening in downtown Luray this weekend (March 23-25). The weekend-long event will feature live music, art/craft vendors and artisan demonstrations in 4 different venues. Local restaurants are also offering specials throughout the festival. You can get more details and a list of participants on their website: <https://pagevalleyartscouncil.org/festival-of-the-arts/>

Duration: 26:30 | Recorded on March 20, 2018

The Valley Business Today with Dr. Miles Davis, Dean of the Byrd School of Business at Shenandoah University

We were on the phone with Dr. Miles Davis, Dean of the Byrd School of Business at Shenandoah University for The Valley Business Today. The weather prevented us from being in the same room, but it couldn't keep us from an interesting conversation. We talked about the upcoming SU Business Symposium (you can get details and register here:

<https://events.bizzabo.com/BSBSymposium2018/home>), as well as how employees and management can develop leadership skills & qualities that will help promote a culture of creativity & respect in the workplace that build a platform for a successful business.

Duration: 28:29 | Recorded on March 21, 2018

News Director, Dylan Nicholls

We were in the studio today chatting with our very own news director, Dylan Nicholls. We talked about the impact weather sometimes has on news gathering and getting cancellations disseminated to the public. We talked about how he maintains a balance between news people need to know, making sure it's relevant to our large audience and ensuring it's not always "bad" news. Dylan says he lives "by the inbox" and welcomes any and all news press releases, event & fundraiser announcements as well as public interest stories. You can send those directly to him at: news@royalbroadcasting.net

Duration: 27:41 | Recorded on March 22, 2018

United Way of Front Royal with Healthy Families

We were in the studio with Dawn Graves, Executive Director for United Way of Front Royal/Warren County and her guest, Jill Williams from Healthy Families of the Northern Shenandoah Valley to talk about her organization, the services it provides to families and the importance of raising healthy families.

Dawn also told us about an upcoming golf tournament fundraiser. You can download the flyer for that here: [UNFRWC Golf Tournament Flyer 2018](#)

Duration: 27:48 | Recorded on March 23, 2018

Ray & Tina Bramble with Aire Serv of the Shenandoah Valley

We were in the studio with Ray & Tina Bramble, owners of Aire-Serv of the Shenandoah Valley to talk about all things heating and cooling. We talked about the importance of having your

heating/cooling ducts cleaned, VOC (volatile organic compounds) testing they perform, free filter Fridays and why you should maintain your heating/cooling system to keep the warranty valid and prevent many common problems.

Duration: 27:48 | Recorded on March 26, 2018

Tourism Tuesday: Annual Orchid Show & Sale at Museum of the Shenandoah Valley

We were in the studio for Tourism Tuesday – Winchester/Frederick County edition – with Justin Kerns, our “Winchester Tourism Dude” and his guest, Zita Winzer with Lord Fairfax Orchid Society to talk about the Annual Orchid Show & Sale happening on March 30 & 31st from 11am – 4pm at Museum of the Shenandoah Valley. Zita gave us some “care & feeding” tips for orchids, told us about the free lectures that will be offered at the show and event talked about some misconceptions people may have about orchids, where they grow and the fact that they are a protected species.

Duration: 27:53 | Recorded on March 27, 2018

The Valley Business Today with Bojangles

We were in the studio for The Valley Business Today with Emily Buhl from the Top of Virginia Regional Chamber and her guest, Dale Haywood, Director of Operations for Bojangles. We talked about the Bojangles business model, their commitment to our community and their employees, and of course, their menu items.

Duration: 27:14 | Recorded on March 28, 2018

Frederick County Parks & Rec Spring/Summer Programs

We were in the studio with Tony Baker & Jason Brown from Frederick County Parks & Rec Department to talk about all their upcoming spring & summer programs. You can download their new guide here: [2018SummerGuideWeb](#)

We also talked about the basicREC summer camps, Kite Fest, Youth Running Club & softball league registrations. You can details for all of these programs on their website:

<http://www.fcprd.net/>

Duration: 28:11 | Recorded on March 29, 2018

2017 Warren County Fire & Rescue Annual Report

We were in the studio chatting with Warren County Fire Marshal, Gerry Maiatico about the recently released 2017 Warren County Fire & Rescue Annual Report. You can download a copy of the report here: [2017 WCFR Annual Report](#)

Duration: 27:08 | Recorded on March 30, 2018