

**PROGRAMS LIST**  
**WFTR-AM/WZRV-FM**  
**FRONT ROYAL, VIRGINIA**

**The Valley Today**

**ALL SHOWS HOSTED BY JANET MICHAEL**

**Weekdays 12:30pm – 1pm**

**October 1, 2018 – December 31, 2018**

**\*\*prepared 12/31/18 – Was not uploaded to the station's online public inspection file prior to January 10, 2019 due to the government shutdown**

**Winchester Children's Business Fair**

We were in the studio today with Jennifer Bell, Winchester's Downtown Manager and her guests, Jessi Edwards & Katie Moody to talk about their upcoming event: Winchester Children's Business Fair. The Children's Business Fair will feature (15) kids who develop a brand, create a product or service, build a marketing strategy, and then open for customers at this one-day marketplace.

Duration: 36:57 | Recorded on October 1, 2018

**Tourism Tuesday: Strasburg Events**

We were in the studio for Tourism Tuesday – Shenandoah County edition – with Kary Haun from Shenandoah County Tourism and her guest, Olivia Hilton, Marketing & Events Coordinator for the Town of Strasburg. Olivia gave us details for several upcoming events: Downtown Living Home Tour; The Festival That Must Not Be Named; and the Grilled Cheese & Tomato Soup Festival. Kary filled us in on AutumnFest & American Fright Night at American Celebration on Parade.

Duration: 23:25 | Recorded on October 2, 2018

**The Valley Business Today: MDUB Chauffeur Services**

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 member/guest, Michael Williams with MDUB Chauffeur Services. Michael gave us details about the services he offers, talked about what makes him different from a taxi company and told us about his special offer in the month of November to offer free rides to and from the VA Center(s) in Stephens City & Martinsburg to all veterans. Niki told us about the chamber's upcoming Candidate's Forum happening on Thursday, October 11, 2018 at the Warren County Government Center beginning at 7pm.

Duration: 23:51 | Recorded on October 3, 2018

**National Alliance on Mental Illness (NAMI) – Northern Shenandoah Valley**

We were in the studio today with Connie Nutter, President of the National Alliance on Mental Illness of the Northern Shenandoah Valley to talk about her organization and all the programs, support groups and resources they offer to those suffering from mental illness.

She also gave us the details for their upcoming walkathon – NAMI 2018 Walk of Mental Health

Duration: 24:46 | Recorded on October 4, 2018

### **Community Tourism – Shenandoah National Park**

We were in the studio with Katie Cooper from Luray-Page County Chamber of Commerce along with Emily Guss, Park Ranger & Sally Hurlbert, Management Specialist for Shenandoah National Park to talk tourism, park perks and to learn how businesses and community members can take advantage of park visitors to grow their business. The show idea came from a Community Tourism Workshop hosted by the Luray-Page Chamber of Commerce in late August 2018 for their tourism industry related members.

Duration: 54:00 | Recorded on October 5, 2018

### **The Laurel Center: Domestic Violence Awareness Month**

We were in the studio with Cindy Marzullo from The Laurel Center to talk about Domestic Violence Awareness Month. We chatted about how women (and men) can remove themselves from unsafe domestic situations. Cindy also talked about what friends and family members can do if they suspect domestic violence in the home. She gave us the details on the many (free) programs they offer through The Laurel Center. Their main event of Domestic Violence Awareness Month is the 27<sup>th</sup> Annual Candlelight Vigil on Thursday, October 18<sup>th</sup>. The vigil is held to remember victims of domestic violence and sexual assault, to honor and support survivors, and to recognize those who work to end the cycle of violence. During the candlelight ceremony, there will be entertainment, poetry readings, and an open mike for survivors to speak. Luminaries representing the number of women and children who stayed in shelter during the past year will be lit along the courthouse walls.

Duration: 25:26 | Recorded on October 8, 2018

### **Tourism Tuesday: Festival of Leaves & Blue Ridge Heritage Project**

We had a packed studio for today's episode of Tourism Tuesday – Front Royal edition – with co-host, Felicia Hart, Director of Tourism & Community Development for the Town of Front Royal and her guests: Alan Fox & Bryon Biggs, board members with the Warren Heritage Society to talk about the Festival of Leaves. Also joining us was Darryl Merchant with the Blue Ridge Heritage Project to talk about their memorial dedication happening on (460) E. Criser Road. The (local) Blue Ridge Heritage Project is a grassroots effort to honor the sacrifices made by Warren County families and landowners who were displaced so that the Shenandoah National Park could be established. The mission of the project is to create a monument, in the form of a stone chimney with a bronze plaque, to honor these families and their sacrifices. Additionally, the group plans to educate visitors about the families, their stories, and what their life was like on the mountain through cultural displays.

Duration: 24:35 | Recorded on October 9, 2018

### **The Valley Business Today: Blake & Co Hair Spa**

We were in the studio for The Valley Business Today with Blake Pierpoint, owner of Blake & Co Hair Spa. We talked about how she started her salon, some speed bumps she encountered along the way, and she gave some advice to others in our community who are thinking of starting their own business. She also told us about the services they offer, why they chose to expand to offer spa services and teased a bit about some big news coming soon.

Duration: 25:06 | Recorded on October 10, 2018

### **LFCC: Career Fair, Job Portal & Spring Registration**

We were in the studio today with Brandy Boies, Director of Marketing and Outreach along with her guest, Taylor Luther, Career & Academic Advisor with Lord Fairfax Community College. We talked about the Career & Internship Fair event is open to current students, alumni & the general public. Spaces are also still available for employers who wish to set up a table. Taylor also told us about all the services her department offers that include resume review & writing services, job interview skills as well as their job portal. Brandy gave us the details for Spring Registration and told us about a few upcoming events: Violence Prevention Week at LFCC will be October 15 – 19, 2018 and includes a self-defense class for women.

Duration: 24:32 | Recorded on October 11, 2018

### **Dr. Thomas Gromling, DDS**

We were in the studio today with Dr. Thomas Gromling, DDS to talk about Sleep Apnea. We talked about symptoms, causes and the three main treatment options available to those who suffer from the disorder. Dr. Gromling explained his treatment method which involves being fitted for a medical device that you insert into your mouth at night while sleeping. He told us the mechanics of why this device is successful and talked about the use of CPAP machines and how/why they aren't always as effective for treating Sleep Apnea in 60-80% of patients.

Duration: 24:07 | Recorded on October 12, 2018

### **Municipal Monday: Warren County Administrator, Doug Stanley**

We were in the studio for Municipal Monday with Warren County Administrator, Doug Stanley to get an update on all the projects and happenings in and around Warren County. We discussed: Openings for various committees and boards; Warren County's Annual Residential Clean-Up Day; Reassessments; Rivermont Volunteer Fire Station's new building; Lake Front Road construction and Coats for Kids fundraiser.

Duration: 23:26 | Recorded on October 15, 2018

### **Tourism Tuesday: Halloween in Downtown Luray**

We were in the studio for Tourism Tuesday – Luray/Page County edition – with Gina Hilliard, President of the Luray/Page County Chamber of Commerce and her guests, Dakota Baker, Superintendent for Luray Parks & Recreation Dept. and Steve Burke, Luray's Town Manager, to talk about the Halloween activities that will be happening in and around Luray/Page County. Gina talked about Small Business Saturday and the chamber's holiday open house which are both just around the corner.

Duration: 25:16 | Recorded on October 16, 2018

### **Pumpkin Patch Festival at Riverton United Methodist Church AND Camping for Hunger 2018**

We were in the studio for the first segment of today's show with Pastor Marc & his wife, "T" to talk about Riverton United Methodist Church's Pumpkin Patch Festival happening on Saturday, October 20, 2018 from 10am – 5pm & Sunday, October 21, 2018 from 12pm – 5pm. The event will feature hay rides, bounce houses, kids games (where everyone gets a prize), a corn maze, a giant slide, face painting and more. It's free admission with a nominal fee should you decide to purchase food, AND there's a magic show on Sunday! In the second half of the show, Lonnie joined us in the studio to talk about our upcoming Camping for Hunger that runs from Monday, November 12, 2018 until the morning of Saturday, November 17, 2018 at Royal Plaza.

Duration: 25:03 | Recorded on October 17, 2018

### **Spirits of the Valley, Half Marathons, Turkey 5k and Youth Basketball with FredCo Parks & Rec**

We were in the studio today with Tony Baker & Chris Konyer from Frederick County Parks & Recreation to talk about a few of their upcoming programs & activities.

Duration: 24:29 | Recorded on October 18, 2018

### **Warren County 4-H**

We were in the studio with Stacy Swain from the Virginia Extension Office (Warren County) to talk about Warren County 4-H clubs. Stacy told us about the different age groups in 4-H, the types of activities they have at their meetings as well as the impact being involved in 4-H has on it's members. We also talked about their projects and she gave us the date for an upcoming fundraiser as well as their Clarke/Warren Summer Camps.

Duration: 26:04 | Recorded on October 19, 2018

### **Valley Health/Page County's UPCARE (Undergraduate Primary Care and Rural Education) Project**

We were in the studio with Ben Dolewski, Operations Manager for Page Memorial Hospital and Tina Switzer, UPCARE Partnership Liaison. We talked about the new program coming to Page County in 2019 thanks to a new partnership between Page Memorial Hospital (Valley Health) clinics and James Madison University School of Nursing. A grant of \$2.7 million was made to the School of Nursing for the newly established UPCARE (Undergraduate Primary Care and Rural Education) Project. The project, which will focus on training nurses to work in primary care in rural areas, will ensure the availability of resources for more Care Gaps visits, as well as for chronic disease management, pediatric risk assessment, and mental health treatment.

Duration: 25:27 | Recorded on October 22, 2018

### **Tourism Tuesday: Winchester/Frederick County Halloween-ish Events**

We were in the studio for Tourism Tuesday with Justin Kerns, our "Winchester Tourism Guy," to talk tourism, events, planning & the Shenandoah Spirits Trail. Justin told us about the work that has begun on their first tourism strategic plan and how that will help with future planning, growth & promotion of the area. We talked about a new Instagram promotion for the Shenandoah Spirits Trail and Justin gave us a rundown of nearly a dozen events (for kids, families and adults) happening across Winchester & Frederick County over the next few weeks.

Duration: 24:28 | Recorded on October 23, 2018

### **Top of Virginia Regional Chamber Valor Awards**

We were in the studio with Ashley from Top of Virginia Regional Chamber to talk about the Valor Awards with committee members, Katrina Meade (City National Bank – sponsor of the event) & Chief Allen Baldwin (Winchester Fire & Rescue) were her guests. The sixth annual Valor Awards Dinner serves to recognize law enforcement and fire and rescue efforts in Winchester, Frederick and Clarke Counties. We talked about the awards that celebrate those who have gone above and beyond the call of duty to protect our community; the important role they play to highlight our public safety personnel & citizens as well as spotlight all the great things that are happening in our community that don't always rate a headline in local news. The event also serves as a fundraiser each year. This year will benefit Winchester City Sheriff's Office Foundation and the project the funds will support is a Project Lifesaver System. This is a tracking system which helps people who suffer from Alzheimer's or autism that causes them to wander. Funding will cover initial startup fees and provide "scholarships" to local families that deal with this situation but cannot afford the cost of the equipment.

Duration: 27:21 | Recorded on October 24, 2018

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

We were in the studio today with Lt. Warren Gosnell with the Frederick County Sheriff's Office. We covered a wide range of topics including the recent rash of car break-ins in the county and the importance of locking your car(s) at all times, including when they're parked in your driveway. We talked about appropriate following distance when driving in town, on rural roads and especially on I-81 where tractor trailers are concerned; and we talked about being aware of the time change & how it impacts those who have issues driving when it's dark earlier. Plus, Lt. Gosnell warned everyone to be extra careful & vigilant when traveling through neighborhoods on Halloween night to be aware of the children who are out trick-or-treating.

Duration: 25:58 | Recorded on October 25, 2018

### **United Way NSV: ALICE Awareness Week**

We were in the studio today with Elise from United Way of Northern Shenandoah Valley to talk about their current fundraising campaign & the much needed financial resources it provides to many non-profits (and their clients) in our community. We talked about upcoming fundraisers such as Beer & Bingo for Charity. We also talked about ALICE Awareness Week, where you combine personal challenges, fundraising, advocacy and community conversations to help your neighbors. ALICE is a project that focuses on community members who are **A**sset **L**imited, **I**ncome **C**onstrained, and **E**mployed. ALICE households earn more than the official US poverty level but less than the basic cost of living – in other words households who are working in needed jobs that don't pay enough to afford the basics necessities, including housing, food, childcare, health care, and transportation. ALICE often doesn't qualify for governmental aid or social service programs, so they are virtually invisible to the system, their struggle unseen and unknown.

Duration: 26:06 | Recorded on October 26, 2018

### **Shenandoah Senior Living**

We were in the studio with Susan Bell, Activities Director for Shenandoah Senior Living to talk about their facility. She gave us some tips and signs to look for when it's time (possibly) consider an assisted living facility for yourself or your parents/family members. We talked about the various activities she plans for residents, their 24/7 nursing care, the massive renovations that have happened since the new management team was put in place, along with answering questions about insurance, costs and even financial aid available via the Veterans Administration.

Duration: 25:47 | Recorded on October 29, 2018

### **Tourism Tuesday: Clarke County Edition – Berryville Main Street & Barns of Rose Hill**

We were in the studio for Tourism Tuesday – Clarke County edition – with Nathan Stalvey, President of Berryville Main Street & Morgan Morrison, Program Director for Barns of Rose Hill. We talked about upcoming concerts & other events happening over the next several weeks at Barns of Rose Hill. Nathan gave us the details, dates and times for upcoming events such as the Tree Lighting, the Christmas Parade as well as the parking meter contest set to kick off later in November.

Duration: 26:43 | Recorded on October 30, 2018

### **Worlds of Work (WoW!) Expo with Sally Michaels, Frederick County EDA**

We were in the studio with Sally Michaels from the Frederick County EDA to talk about the Worlds of Work (WoW!) Expo that took place on Wednesday & Thursday, October 24/25, 2018. Worlds of Work Expo is a career exploration event managed by Lord Fairfax Community College Career Pathways Consortium, in partnership with Barrett Machine, Inc., Northern Shenandoah Valley Regional Commission, Frederick County Economic Development Authority, and Winchester Economic Development Authority. Over a two day period, WoW! hosts nearly 3,000 seventh grade students from the region. More than 70 businesses showcase equipment, vehicles, and machinery that students climb into, fix, and manipulate. There are also animals students can touch and care for as well as life-like mannequins they might splint and stitch. The event is designed to be a hands-on exploration of possible careers. We talked about the outcome of the event and our experience(s) as a vendor this year. Our News Director, Dylan Nicholls joined the conversation and talked about the interactive news setup he was able to showcase for the kids in attendance.

Duration: 53:38 | Recorded on October 31, 2018

### **Clarke County Historical Association's Heritage Day**

We were back in the studio with Nathan Stalvey, Executive Director for the Clarke County Historical Association. He gave us an update on several events including Trivia Night at Barns of Rose Hill on election night and Heritage Day happening on Saturday, November 3, 2018 at the Burwell-Morgan Mill. We also talked about the fall Art at the Mill show and he gave artist's interested in showing at the spring show details for how to get registered. Plus, we discussed annual giving to help support other events for Clarke County Historical Association along with their current exhibit featuring the history of baseball in Clarke County.

Duration: 27:17 | Recorded on November 1, 2018

### **Shenandoah County Artisan Trail Trunk Show**

We were in the studio today with Kary Haun – Kary Haun Pottery Studio, Tom Rodriguez – Birdhouse Engineering, Tina Roberts – Tina Roberts Studios Bath & Body Boutique, and Steve – DeblImage Photography to talk about the Shenandoah County Artisan Trail Trunk Show happening on Saturday, November 3, 2018 at Fort Valley Nursery. The pop-up shop will feature each of the vendors with their products available for sale at a wide range of prices.

Duration: 25:26 | Recorded on November 2, 2018

### **Holiday Events in Old Town Winchester**

We were in the studio today with Jennifer Bell, Winchester's Downtown Manager to get details about all the holiday events that are happening in Old Town Winchester.

We talked about which restaurants are offering Thanksgiving dinner, historical food tours and she gave us dates and details for Plaid Friday, the Old Town Holiday Parade & Tree Lighting. Entries are being accepted until noon on November 7, 2018. Jennifer also told us about 3 new businesses that have recently opened on the Old Town Walking Mall.

Duration: 23:52 | Recorded on November 5, 2018

### **Tourism Tuesday: Shenandoah UnCorked & Strasburg Film Festival**

We were in the studio for Tourism Tuesday – Shenandoah County edition – with Kary Haun and her guests, Jessica Sager from Shenandoah Caverns & Daniel Feldbush from the Strasburg Film Festival. Jessica gave us the details for their upcoming event: Shenandoah UnCorked happening on Saturday, November 10, 2018 from 10am – 4:30pm at Shenandoah Caverns/American Celebration on Parade. Daniel gave us the details for the Strasburg Film Festival happening Friday, November 9 – 11, 2018 at various locations around Strasburg.

Duration: 25:47 | Recorded on November 6, 2018

### **The Valley Business Today: Quality Title's 'Homes for Heroes'**

We were in the studio for The Valley Business Today – Front Royal/Warren County edition – with Niki Cales, President of the Front Royal/Warren County Chamber of Commerce and her member/guest, Will Carroll from Quality Title to talk about their Homes for Heroes program.

Duration: 10:51 | Recorded on November 7, 2018

### **Election 2018 Recap with Dylan Nicholls & Niki Cales**

We were in the studio for The Valley Business Today with Niki Cales, President of the Front Royal/Warren County Chamber of Commerce. In the second half of the show, Dylan Nicholls, News Director joined Niki & I to do an election recap. We talked about the final results from across the Shenandoah Valley including the Front Royal Town Council race, the local results from the Senate, VA 6th district, VA 10th district and about politics and the political climate in general.

Duration: 49:25 | Recorded on November 7, 2018

### **LFCC Workforce Solutions: Professional Development**

We were in the studio today with Guy Curtis from LFCC Workforce Solutions & Becky McKee, Director of Programs to highlight several of the programs offered targeting working professionals who are seeking skills, credentials and continuing education to better themselves for a new career, new promotion or become more proficient in their current position.

Duration: 25:49 | Recorded on November 8, 2018

### **Blue Ridge Habitat for Humanity**

We were in the studio today with Matthew Peterson, Executive Director for Blue Ridge Habitat for Humanity to talk about the organization and his team's recent mission trip to Paraguay to participate in a home building project there.

Duration: 26:13 | Recorded on November 9, 2018

### **Larry Elliott with Front Royal CCAP – Camping for Hunger 2018 Kick-Off**

We were on the Camping for Hunger bus today as we kick off the 10th Annual Camping for Hunger food drive to benefit Front Royal/Warren County CCAP. We chatted with Larry Elliott, President of the organization about the types of donations they need, how even the smallest donation can do a lot of good, and why giving back is an important part of being part of your community.

Duration: 25:46 | Recorded on November 12, 2018

### **Camping for Hunger Day Two: DeAnna Cheatham, Warren County Social Services**

We were on the Camping for Hunger bus today with DeAnna Cheatham, Director of Warren County Social Services to continue our "community snapshot" series this week as we collect non-perishable food items, grocery gift cards & monetary donations for Front Royal/Warren County CCAP. DeAnna talked about income levels, community needs and the types of services most requested by their clients. We "busted some myths" about the people they serve and got an overview of the many and varied services available through her department. We also got information about their upcoming Open House as well as their Coats for Kids program currently underway.

Duration: 25:35 | Recorded on November 13, 2018

### **Camping for Hunger Day 3: Andrew Shearer, President of Royal Broadcasting**

We were on the bus broadcasting live for day three of Camping for Hunger talking to President of Royal Broadcasting, Andrew Shearer. Andrew talked about community service and the important role it plays in our daily lives and why it's the foundation for his business plan.

Duration: 27:05 | Recorded on November 14, 2018

### **Camping for Hunger Day 4: Dylan's First Night**

We were broadcasting live from the Camping for Hunger bus (yes, even through the snow/ice storm) with Dylan Nicholls, News Director at The River 95.3. We talked about the donations we've received so far, what's still needed and Dylan told us about his Camping for Hunger firsts.

Duration: 26:26 | Recorded on November 15, 2018



### **Camping for Hunger Day 5: Nadine with United Way of NSV**

We were broadcasting live from the Camping for Hunger bus on our final day with Nadine Pottinga, Executive Director for the United Way of Northern Shenandoah Valley. We talked about the ALICE population (Asset Limited Income Constrained Employed) and the important role food banks play in making ends meet in their daily lives. Nadine also told us about her experience last week as she and several staff members undertook ALICE Awareness Week challenges that included living on the SNAP food budget (\$4.50/day); the ALICE food budget (\$5.40/day) as well as the transportation and clothing challenges.

Duration: 25:44 | Recorded on November 16, 2018

### **Municipal Monday with Warren County Administrator, Doug Stanley**

We were in the studio for Municipal Monday with Warren County Administrator, Doug Stanley to get an update on the projects and happenings going on in and around Warren County. We discussed reassessments including the assessors hearings that are scheduled to begin on Monday, November 26, 2018. Discussion also included a reminder about the county tax bills and a delinquent tax sale happening on December 12, 2018 at 11am at the Warren County Government Center. Doug gave us an overview of a few of the topics discussed at the Development Review Committee that included Backroom Brewery's expansion, a proposed communications tower on Happy Creek Road as well as several new restaurants opening in downtown and Riverton Commons Shopping Center.

In addition we talked about the holiday schedule for the Warren County Transfer Station & Warren County Citizen's Convenience Sites, plus got an update on projects such as Rivermont Fire Station, a potential new fire & rescue training facility as well as the current status of the potential Clarke County/Warren County boundary readjustment at Shenandoah Farms.

Duration: 27:06 | Recorded on November 19, 2018

### **Tourism Tuesday: Copper Fox Distillery**

We were in the studio for Tourism Tuesday with Rick Wasmund from Copper Fox Distillery, located in Sperryville, VA. Rick told us about his inspiration for starting the distillery, opening his second location in Williamsburg, VA and why his whisky is missing an 'e'. We also discussed how Copper Fox got its name, his unique process using hand malted barley smoked with American fruitwoods and aged with innovative wood treatments.

Duration: 26:42 | Recorded on November 20, 2018

### **Camping for Hunger 2018 Breaks Record for Food & Monetary Donations**

We were in the studio with Larry Elliott, President of Front Royal/Warren County CCAP to discuss Camping for Hunger 2018 and the final numbers of food & monetary donations collected during the weeklong food drive. Larry told us about the impact this year's donations will have on CCAP's ability to serve those in our community who need their services. We talked about the "trickle down" effect that having access to no-cost food & supplies has for families struggling to pay for their other basic needs such as heat & housing. This year's final numbers: 45,820 pounds of food along with \$8000.57 in cash/check/grocery gift card donations was collected.

Duration: 26:25 | Recorded on November 21, 2018

### **Skyline High School Benefit Concert Featuring Ryan Jewel**

We were in the studio with Rich Follett, teacher at Skyline High School and local performer along with Ryan Jewel, Rich's former student and rising country music star to talk about their upcoming fundraiser concert happening on Friday, November 30, 2018 at 7pm at Skyline High School. The proceeds will benefit Skyline's PBIS program. **PBIS** Rewards is an affordable schoolwide **PBIS** management system that assists schools in their Positive Behavioral Interventions and Support **program**. The multi-device platform makes it easy to continuously recognize students for meeting behavior expectations from anywhere in the school, not just the classroom. Ryan performed one of his songs live for us in the studio. The conversation continued after the show finished on-air and you can hear the entire interview here.

Duration: 39:29 | Recorded on November 23, 2018

### **Temporary Thermal Shelter of Front Royal**

We were in the studio today with Michelle Smeltzer, Warren County's Community Liaison to talk about the temporary thermal shelter for Front Royal slated to open on December 22, 2018. Michelle gave us some background on the shelter: how it got started, who it benefits, why it's important, and how churches and the community at-large can support it and be involved.

Duration: 25:35 | Recorded on November 26, 2018

### **Tourism Tuesday: Clouse's Pine Hill (Christmas Tree) Farm**

We were in the studio for Tourism Tuesday – Winchester/Frederick County edition – with Justin Kerns from Winchester/Frederick County Convention & Visitors Bureau and his guest, Ryan Clouse, from Clouse's Pine Hill Farm. We talked about the history of Clouse's Christmas tree farm – Ryan is the second generation – along with the year-round planning & work that goes into a successful tree planting and growing season with weather and deer having a major impact from year to year. We discussed the types of trees they offer at Clouse's along with which types of trees are best sellers and best suited to various types of decorating. He also gave us some insight into the future selections that may or may not be available in the coming year as circumstances affect tree growing from as far back as 10 years or more.

Duration: 43:24 | Recorded on November 27, 2018

### **Top of VA Regional Chamber's Greater Good Awards with Gore's Meats**

We were in the studio for The Valley Business Today – Top of Virginia Regional Chamber edition – with Danita Roble, Director of Membership for the Top of Virginia Regional Chamber and her guest, Keighley Gore from Gore's Meats. They were recognized as last year's Small Business of the Year at the Greater Good Awards dinner. We discussed the important role that small businesses play in our local economy, plus Keighley told us what winning the award has meant to her team at Gore's Meats.

Duration: 27:03 | Recorded on November 28, 2018

### **Holiday Open Studio Tour**

We were in the studio today with Kary Haun from Kary Haun Studio & Susie Wilburn from Laughing Orange Studio to talk about the Holiday Open Studio Tour happening this Saturday, December 1, and Sunday, December 2, 2018 from 10am – 5pm. Kary & Susie are hosting this year's 6th annual event with Chickadee's Pottery (open only on Sunday) and told us about the different types of pottery and items you'll be able to purchase while visiting. They also gave us some insight into the creative process and talked about the studio tours that are available during the open house.

Duration: 27:13 | Recorded on November 29, 2018

### **What's A Podcast and Why Should You Listen to Them?**

We were in the studio today with News Director, Dylan Nicholls for The River 95.3 to talk about podcasts. Dylan and I host a weekly podcast – Another Look – where we recap the news from the week in a bit more detail than what is normally allowed on the air. We talked about what a podcast is, who the average listener is and how often and where they listen and discussed the new initiative for 2019 focusing on digital marketing and podcast productions for The River 95.3 advertisers and the benefit to having an longer conversation with potential customers. We also shared a few podcasts that we listen to on a regular basis.

Duration: 25:45 | Recorded on November 30, 2018

### **Old Town Winchester Holiday Events 2018**

We were in the studio today with Jennifer Bell, Old Town Winchester's manager to talk about the whole host of events happening in the downtown area this holiday season. Jennifer also brought Alisa Daum from Shenandoah University's Conservatory to give us the details about their upcoming event, Unsilent Night happening on the Old Town walking mall on Saturday, December 8, 2018.

Duration: 26:55 | Recorded on December 3, 2018

### **Tourism Tuesday: Shenandoah County Holiday Events**

We were in the studio for Tourism Tuesday – Shenandoah County edition – with Kary Haun. She gave us a rundown of several events happening throughout Shenandoah County that included: wine tastings, community theatre plays, events at Bryce Resort and more.

Duration: 27:09 | Recorded on December 4, 2018

### **The Valley Business Today: Front Royal/Warren County Chamber of Commerce**

We were in the studio today with Niki Cales, President of the Front Royal/Warren County Chamber of Commerce to get an update on chamber events and happenings going on throughout the month of December.

Duration: 26:47 | Recorded on December 5, 2018

### **Clarke County Historical Association & Berryville Main Street**

We were in the studio today with Nathan Stalvey, Executive Director of the Clarke County Historical Association and President of Berryville Main Street. We talked about a few events the CCHA has planned in 2019, gift memberships to the organization as well as the real estate listing for Carter Hall. He also gave us some insight into the recent fire which resulted in the total loss of the 101 year old Clermont Barn. Nathan also told us about a new bakery opening on Main Street in Berryville, talked about the holiday parking meter decorations, the mission of the Berryville Main Street organization as well as the fact they are currently hiring for a new part-time executive director.

Duration: 26:07 | Recorded on December 6, 2018

### **Front Royal Rotary's Coats for Kids & Doc Smith Baskets**

We were in the studio today with DeAnna Cheatham, Director of Warren County Social Services & Doug Stanley, Warren County Administrator to talk about Front Royal Rotary's Coats for Kids fundraiser. We also talked about Rotary's Doc Smith baskets and how the community can help those in need by making a donation or simply letting the Social Services Department know if there are people they know (work, family, social circles) that would benefit from receiving these "gifts."

Duration: 25:56 | Recorded on December 7, 2018

### **Taste Winchester History Food & Beer Tours**

We were in the studio today with Misty Weaver from Taste Winchester History Food Tours. She told us how her food & beer tour company got started, walked us through what the tours include and even taught us a bit of history about some of the locations she features in her tours of Old Town Winchester. We talked about the beer tours that she'll be offering in the future and the opportunity to book a private food tour with your own group of friends, family or co-workers.

Duration: 24:18 | Recorded on December 10, 2018

### **Tourism Tuesday: Mount Hideaway**

We were in the studio for Tourism Tuesday – Front Royal edition – with Felicia Hart, Director of Community Development & Tourism for the Town of Front Royal along with her guests, Mikayla Lebovich & Brett Monk. They recently wrote, directed & produced "Mount Hideaway Mysteries: Exes and Oh No's," a family-friendly mystery romance movie filmed in various locations throughout the Shenandoah Valley including many spots in Front Royal & Winchester. Mikayla & Brett told us about the process of writing and producing the film and how finding & choosing locations plays an integral role in the success of their project. They also talked about the number of locals that helped to scout locations, offered their own locations for filming as well as many students from Shenandoah University & Front Royal Christian School who also participated as parts of staff & crew.

Duration: 26:46 | Recorded on December 11, 2018

### **The Valley Business Today: Syntelligent Analytic Solutions**

We were in the studio for The Valley Business Today – Luray/Page County edition – with Gina Hilliard, President of Luray/Page County Chamber of Commerce, and her guest, Stephen Synnott, President/CEO of Syntelligent Analytic Solutions and chamber board member. Steve explained to us what a HUBZone is and why it's an important tool for economic growth in Page County. He told us why he chose to locate his company there, his vast involvement in the community and discussed a few of the benefits he provides to his staff.

Duration: 27:35 | Recorded on December 12, 2018

### **Lord Fairfax Community College Alumni Profile: Jessie Stewart**

We were in the studio today with Brandy Boies, Director of Marketing & Outreach for Lord Fairfax Community College and her guest, Jessie Stewart. Jessie is an LFCC alum, current student at Liberty University & future participant in the Disney College program. Jessie told us about her path from high school to LFCC and while it wasn't her first choice, she couldn't have ultimately made a better one than the school. We talked about all the opportunities she was able to take advantage of, along with the experiences that made her time at LFCC most memorable and more importantly, educational. She talked about her transfer to Liberty University and her acceptance into the highly competitive Disney College program, which she feels was made possible by her experience at LFCC.

Duration: 26:11 | Recorded on December 13, 2018

### **Dr. Colin Greene, Director of Lord Fairfax Health District**

We were in the studio today with first-time guest, Dr. Colin Greene, Director of the Lord Fairfax Health District. He gave us some background on the local health departments he manages in all 5 surrounding counties along with the services they typically offer for free or at low-cost to their clients. We also talked about the recent Hepatitis A scare in Warren County, the one that happened in Winchester, Kentucky that caused a stir in our area and the symptoms, precautions and vaccinations available for Hepatitis A. Our conversation included information about this season's flu strain and Dr. Greene "busted some myths" about the flu shot and told us about who should get the vaccine and why. He also recommended three websites as resources for information regarding diseases, health issues and the like.

Duration: 26:44 | Recorded on December 14, 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 several of the projects happening in and around Warren County.

We discussed: VDOT/Rockland Road grade separated crossing & the grant the county received to fund the project; 2019 VDOT road construction projects including Lake Front Road; the current status of the reassessment process; new businesses coming to Front Royal/Warren County as discussed in the recent Development Review Committee meeting; and, an upcoming sale early in 2019 of property associated with delinquent taxes.

Duration: 26:22 | Recorded on December 17, 2018

### **Tourism Tuesday: Escape 211**

We were in the studio for Tourism Tuesday – Luray/Page County edition – with Katie Cooper from the Luray/Page County Chamber of Commerce and her guest, Jessica Turner. Jessica is the owner of a new escape room: Escape 211, opening in Luray in February. She explained what an escape room is & how they work, plus gave us some insight into what participants can expect when they visit her facility in February.

Duration: 26:17 | Recorded on December 18, 2018

### **Innovation & Leadership at Randolph-Macon Academy**

We were in the studio today with Celeste Brooks, Director of Communications from Randolph-Macon Academy and her guest, Dr. Tess Hegedus, Dean of Instructional Leadership & Innovation at R-MA. We talked about the Hadeed Innovation Wing at R-MA, it's purpose and how it's playing a key role in transforming not just the curriculum, but also the interaction between teachers and students at the school. We discussed their various programs, and Celeste gave us a quick rundown of upcoming events including an Open House, second semester registration and talked a bit about their summer programs.

Duration: 27:24 | Recorded on December 19, 2018

### **Master Gardener Class of 2019**

We were in the studio with Mark Sutphin, a VA extension agent based out of the Frederick County office to talk about the Master Gardener class of 2019. Mark gave us the details for the upcoming class that will begin on Tuesday, February 19, 2019 and be held on Tuesdays and Thursdays from 6pm – 9pm at the Warren County Community Center. We discussed the different class topics, what you'll learn and from who as well as what's expected once you receive your Master Gardener certification.

Duration: 27:04 | Recorded on December 20, 2018

### **Holiday Alcohol Lab with Lt. Warren Gosnell**

We were in the studio today for our holiday alcohol lab with Lt. Warren Gosnell from the Frederick County Sheriff's Office. Twice a year, we host a live alcohol lab with a staff member drinking under the supervision of Lt. Warren Gosnell and discuss things like alcohol tolerance, blood alcohol levels, safety measures you can take if you'll be drinking with friends or families over the holidays and more. Today, our "drinker" was Dylan Nicholls, News Director here at The River 95.3.

Duration: 58:06 | Recorded on December 21, 2018

### **Top of VA Regional Chamber Membership in 2019**

We were in the studio for the last Valley Business Today of 2018 with Danita Roble, Director of Membership for the Top of Virginia Regional Chamber along with Ashley Miller, Director of Marketing for the chamber, to talk about member benefits, some changes coming in 2019 and got a few tips for getting the most out of your membership in the coming year.

Duration: 27:40 | Recorded on December 26, 2018

### **Tourism Thursday: First Night Winchester 2019**

We were in the studio for Tourism Tuesday – Winchester/Frederick County edition – with Justin Kerns from Winchester/Frederick County Convention & Visitors Bureau and his guest, Kathy Nerangis, Board Member Emeritus of First Night Winchester. Kathy gave us some history of the event that included how and why the first, First Night Winchester happened 32 years ago. We also talked about the performers, schedule and locations of the various events taking place on New Year's Eve.

Duration: 41:38 | Recorded on December 27, 2018

### **UWNSV: Dr. Terry Sinclair Health Clinic**

We were in the studio for "United Way Day" with Elise from United Way of Northern Shenandoah Valley and her guest, Brandon Jennings, Executive Director of the Dr. Terry Sinclair Health Clinic (formerly known as the Free Medical Clinic) in Winchester. We discussed the history of the Free Medical Clinic, it's name change, the services they offer to whom and why.

Duration: 28:34 | Recorded on December 28, 2018

### **2019 New Year's Resolutions with The River Staff**

We were in the studio today with Lonnie Hill, host of the Afternoon Traffic Jam & Operations Manager for Royal Broadcasting & Hannah Reno from our sales staff here at The River 95.3 to talk about New Year's resolutions. We chatted about the origin of resolutions, why some people fail (and how many), and what the most popular resolutions were at the start of 2018. Lonnie & Hannah also gave their own perspective on resolutions and whether (and what) they would be working on them in the new year. We also gave a shout out to a few of our Facebook fans who posted their resolutions on our page and texted us during the show.

Duration: 26:43 | Recorded on December 31, 2018