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

July 1, 2018 – September 30, 2018

Rockin' Independence Eve in Old Town Winchester

We were in the studio today with Jennifer Bell, Winchester's Downtown Manager to get all the details about their Rockin' Independence Eve celebration happening on Tuesday, July 3rd from 5pm – 11pm. Jennifer also told us about a few new businesses coming to Old Town Winchester and a few who are relocating to new spaces within the walking mall. We also discussed all the other events happening downtown throughout the month of July including classic movies, kids movies, the farmer's market and more.

Duration: 25:19 | Recorded on July 2, 2018

Tourism Tuesday: BryceFest & Shenandoah County Fireworks

We were in the studio today with Jenna French, Director of Economic Development & Tourism for Shenandoah County along with her guest Morgan Breeden from Bryce Resort. Morgan filled us in on details for their BryceFest happening on Saturday, July 7, 2018 from 11am – 10pm. Jenna told us about all the fireworks that are happening across Shenandoah County including those in New Market, Woodstock & Strasburg. We also talked about the mural project that's in full swing in Strasburg.

Duration: 27:56 | Recorded on July 3, 2018

Our Health: Healthy Living Event & Farmer's Market

We were in the studio today with Sharen Gromling, Executive Director for Our Health and Dr. Robert Kendall, Chairman Emeritus to talk about their new healthy living events as well as their upcoming 17th Annual Charity Golf Shoot-Out at Shenandoah Valley Golf Club on Tuesday, July 10, 2018.

Duration: 27:44 | Recorded on July 5, 2018

Warren County Resources iTunes App

We were in the studio today with Michelle Smeltzer, Warren County Community Liasion to talk about the new app for the county that lists all the resources available to residents & visitors alike. We also talked about an upcoming golf tournament fundraiser at Bowling Green Country Club that will benefit Humane Society of Warren County & the Warren County Department of Social Services.

Duration: 26:31 | Recorded on July 6, 2018

SU Hornets Coach Scott Yoder – Youth Football Camp

We were joined in the studio today by Coach Scott Yoder, head football coach for Shenandoah University. We talked a bit about the past season, his incoming class/squad and his expectations for the 2018 SU Hornets season. Scott also told us about his Youth Football Camps that run July 23 – July 25th from 9am – 4:30pm. The camps are open to boys and girls in first through eighth grade. The cost is \$150 for the 3-day camp and includes lunch.

Duration: 27:26 | Recorded on July 9, 2018

Tourism Tuesday: Brewstock 2018

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 and her guest, Chris from Backroom Brewery to talk about their upcoming event – Brewstock 2018 – happening on August 11, 2018 from 1pm – 10pm.

Duration: 27:41 | Recorded on July 10, 2018

The Valley Business Today: LFCC Luray-Page County Center

We were in the studio for The Valley Business Today – Luray/Page County edition – with Gina Hilliard, President of the Luray-Page Chamber of Commerce and her guest, Kim Blosser, President of Lord Fairfax Community College. We talked about LFCC's current capital campaign to build a new LFCC Luray-Page County Center. Kim gave us details on the process, where they are on the fundraising numbers, and we talked about the impact the new center will have on residents and businesses in Page County.

Duration: 27:35 | Recorded on July 11, 2018

LFCC Workforce Solutions: FastForward Career Credentials

We were in the studio with Guy Curtis, Director of Marketing for LFCC Workforce Solutions and his guest, Sherry Pinto, FastForward Career Coach to talk about their FastForward Credential Programs. The FastForward Credentials are an initiative for Virginia residents to: create and sustain demand-driven supply of credentialed workers in high-demand occupations; expand the affordability of workforce training and credentialing; and increase the interest of current and future Virginians in technically-skilled occupations. Most of the programs are short-term classes and financial assistance may be available to cover 2/3 of the tuition cost and, in some cases, up to 90% of the remaining 1/3 could also be covered through various additional financial assistance programs.

Duration: 14:24 | Recorded on July 12, 2018

Pedestrian Safety with News Director, Dylan Nicholls

We were in the studio today with Dylan Nicholls, News Director at The River 95.3 to talk about a newsmaker interview (listen here) he conducted earlier today on the News at Noon with Front Royal Town Councilman, Bill Sealock and Sgt. Robbie Seal with the Front Royal Police Department. They discussed the spike in pedestrian related accidents and deaths and discussed possible options including a new ordinance to aid in the prevention of this issue.

Duration: 23:30 | Recorded on July 13, 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 all the projects happening in and around Warren County. Doug talked about the Comprehensive Plan Update currently underway within the county and encouraged residents to participate in the community survey. We also talked about the Joint Judicial Hearing earlier in the day regarding the possible move of the ATF canine training facility and the economic impact it could potentially have on the community. Doug gave us an update on what's been happening in the Development Review Committee including the possibility of a Taco Bell coming to Riverton Commons & a Burger King coming to Linden as well as other housing projects and Afton Inn architectural plans.

Duration: 27:32 | Recorded on July 16, 2018

Tourism Tuesday: Page Valley Fair

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, Louise Mauck to talk about the Page Valley Fair that officially kicks off on Saturday, August 18 and runs through Saturday, August 25, 2018. The Page Valley Fair Scholarship Pageant will be held prior to the fair opening on Sunday, August 5, 2018.

Duration: 27:46 | Recorded on July 17, 2018

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

We were in the studio for The Valley Business Today with Niki Cales, President of the Front Royal/Warren County Chamber of Commerce. We talked about the recent Joint Judicial Hearing held earlier in the week regarding the possible move of ATF from Front Royal to Alabama and the impact it will have economically on the community. We also discussed the community survey, Warren County is currently conducting to aid in the vision for the Comprehensive Plan Update. Niki filled us in on upcoming chamber events such as their July Business After Hours hosted by NVDaily & No Doubt Accounting on Tuesday, July 24 at 5:30pm; and the Brew & Blues Festival happening on Saturday, September 22, 2018 from Noon til 6pm.

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

Piedmont Symphony Orchestra's Rock Band Performs Pink Floyd

We were in the studio for a super-sized episode of The Valley Today with Piedmont Symphony Orchestra's rock band. They gave us a preview concert for their upcoming performance on Saturday at Shenandoah Valley Music Festival.

Duration: 1:01:23 | Recorded on July 19, 2018

Virginia Extension Office: Spotted Lanternfly

We were in the studio today with Mark Sutphin, a VA extension agent based in the Frederick County office along with his intern, Kailyn Orgen to talk about the Spotted Lanternfly – a threat to may fruit crops and trees. Mark & Kailyn told us about the current "containment area" in northern Frederick County and their efforts to notify landowners in that area to educate and encourage them to participate in a study to locate and eradicate the pests.

Duration: 14:01 | Recorded on July 20, 2018

Lt. Matthew Tidman with Front Royal Salvation Army

We were in the studio with Lt. Matthew Tidman to talk about the fundraising projects currently underway with the local Salvation Army, their Family Store refresh and the opportunity for local residents and non-profit groups to participate during the holiday season's bell ringing program.

Duration: 26:58 | Recorded on July 23, 2018

Tourism Tuesday: Pembroke Springs Retreat

We were in the studio for Tourism Tuesday – Winchester/Frederick County edition – with Justin Kerns from Winchester/Frederick County Convention & Visitors Bureau along with his guest, Lisa Floyd, General Manager at Pembroke Springs Retreat located in Star Tannery. Pembroke Springs Retreat is a small, family-run bed, breakfast & bath with a distinct flavor of Japan. They feature five guest rooms, each with private bathrooms; a spacious living room with television; two large Japanese-style baths of mineral water along with miles of nature trails, a private pond for fishing and an all-weather tennis court.

Duration: 26:52 | Recorded on July 24, 2018

The Valley Business Today: Doing Better Business

We were in the studio for The Valley Business Today with Emily Buhl, Marketing Director for the Top of Virginia Regional Chamber and her guest, Mark Andrews with Doing Better Business. Duration: 22:10 | Recorded on July 25, 2018

Strasburg Film Festival

We were in the studio for part of today's show with Daniel Feldbush, Director of the Shenandoah Film Collaborative that's hosting the Strasburg Film Festival November 9-11, 2018. We talked about his vision for the festival, why it's important to him, the community & the independent filmmakers. During the last segment of the show, we were joined in the studio by Dylan Nicholls, News Director at The River to ask for our audience input for a potential new show. Have a listen and text your suggestions, thoughts (good or bad) to 540-635-4121 or send an email to news@royalbroadcasting.net or janet@theriver953.com

Duration: 23:43 | Recorded on July 26, 2018

United Way of Front Royal/Warren County: The Laurel Center

We were in the studio today with Dawn Graves, Executive Director for the United Way of Front Royal/Warren County and her guest, Kelliann Harris from The Laurel Center's Warren County office. Kelliann filled us in on the various services offered to Warren County residents from their Front Royal office and also explained the difference between what services are provided by The Laurel Center and those from The Phoenix Project. We talked about support groups, prevention programs and more.

Duration: 22:49 | Recorded on July 27, 2018

Energy Saving Tips from Rappahannock Electric Cooperative

We were in the studio today with Louis O'Berry, an Energy Management Advisor with Rappahannock Electric Cooperative to get some tips on saving energy & money on our electric bills. We talked about REC's SmartHub app and the benefits of using this tool to monitor your energy usage. Louis gave us some summer-specific tips and we got quite an education on things that may use more kilowatts during the summer months as well as how we can curtail those "energy busters" to keep our usage and therefore our bills low(er).

Duration: 43:00 | Recorded on July 30, 2018

Tourism Tuesday: Clarke County Historical Association

We were in the studio for Tourism Tuesday – Clarke County edition – with Len Capelli, Director of Economic Development & Tourism for Clarke County along with his guest, Nathan Stalvey. Nathan is the Director of the Clarke County Historical Association as well as the Board Chair for Berryville Main Street.

Nathan told us a bit about the Clarke County Historical Association and some upcoming events they're hosting in August & October. He also told us about the Summer's End Cruise In happening up and down Main Street on Saturday, August 25, 2018.

Duration: 24:09 | Recorded on July 31, 2018

The Valley Business Today: Performance Sport & Spine

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, Dr. Jeremy Busch from Performance Sport & Spine. Dr. Busch told us about the different services his practice offers along with new technologies and work he's been doing with PGA professionals & Olympic athletes.

Duration: 22:52 | Recorded on August 1, 2018

Frederick County Parks & Recreation basicREC & Fall Programs

We were in the studio today with Tony Baker, Marketing Coordinator and Jason Brown, basicREC Program Manager with Frederick County Parks & Recreation. Jason gave us the details for registrations and activities available through the basicREC programs that are available at all the Frederick County elementary schools. Tony filled us in in other activities such as the deadline for softball registrations, a new event Spirits of the Valley happening on October 26 & 27, 2018, plus information about their running programs including the Battlefield Half-Marathon happening on November 3, 2018.

Duration: 19:44 | Recorded on August 2, 2018

National Night Out in Front Royal

We were in the studio today with Front Royal Police Chief Kahle Magalis and Sgt. Robbie Seal, Community Resource Officer to talk about all the activities for National Night Out happening on Tuesday, August 7, 2018 from 6pm – 9pm at the gazebo in Front Royal. Chief & Robbie also spoke about the importance of events like National Night Out to help educate and improve the relationship between residents and local law enforcement.

Duration: 23:08 | Recorded on August 3, 2018

Concerts, Classic Movies & Farmer's Market events 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 in Old Town Winchester throughout the month of August. We talked about Winchester Police Department's National Night Out, the last Friday Night Live of the season, Classic Movie Night, Shape Up Sunday, Farmer's Market deals & more.

Duration: 23:29 | Recorded on August 6, 2018

Tourism Tuesday: Route 11 Yard Crawl & Shenandoah County Fair

We were in the studio for Tourism Tuesday – Shenandoah County edition – with Kary Haun from Shenandoah County Tourism. Kary filled us in on the details for the Route 11 Yard Crawl happening on Saturday, August 11, 2018 and the different contests & special deals that will be offered along the 43-mile path of the event. Kary's guest was Tom Eshelman who gave us all the details for the Shenandoah County Fair which unofficially kicks off on Saturday, August 25, 2018 with the full fair beginning on Monday, August 27, 2018.

Duration: 23:36 | Recorded on August 7, 2018

Warren County Fire Marshal Gerry Maiatico

We were in the studio today with Warren County Fire Marshal, Gerry Maiatico to talk about WCFR's experience at National Night Out in Front Royal as well as recruitment updates, the Citizen's Fire Academy, fire safety tips, water rescues and how burn bans work.

Duration: 23:23 | Recorded on August 8, 2018

LFCC's Fauquier Campus: Cybersecurity Program and RappU

We were in the studio today with Brandy Boies from Lord Fairfax Community College and her guest, Caroline Wood, LFCC's Fauquier Campus Dean. We talked about their accelerated cybersecurity program at Vint Hill and RappU – their new credit/dual enrollment courses in starting in Sperryville.

Duration: 23:26 | Recorded on August 9, 2018

Another Look on The Valley Today

We were in the studio for a Valley Today that was masquerading as our news podcast, Another Look with Dylan Nicholls, News Director at The River 95.3/Sports Radio 1450. We talked about the format of the weekly podcast that's available on our website:

https://theriver953.com/another-look/ that includes an extended conversation about the news stories Dylan has covered throughout the week ending in a segment called "Stupid News" where we compete with each other to find the dumbest news story from across the country/world. Today's show was a "filtered" version of the podcast.

Duration: 23:14 | Recorded on August 10, 2018

Winchester Area Temporary Thermal Shelter (WATTS)

We were in the studio today with Sue Nixson with Winchester Area Temporary Thermal Shelter (WATTS) to talk about the work their organization does to provide a safe, warm shelter to the homeless population in Winchester/Frederick County.

Duration: 24:41 | Recorded on August 13, 2018

Tourism Tuesday: Appaloosa Music Festival

We were in the studio for Tourism Tuesday – Front Royal edition – with Felicia Hart, Director of Development & Tourism for the Town of Front Royal along with her guest, Dan from the Appaloosa Music Festival. Dan filled us in on the history of the event, the bands that will be performing as well as the music workshops, food trucks and beer garden this year's event will feature. Felicia talked about the importance of tourism to the local economy and how events such as this one along with the "leaf peepers" provide a valuable source of income to the Front Royal/Warren County community.

Duration: 23:39 | Recorded on August 14, 2018

The Valley Business Today: Cordial Coffee Company

We were in the studio for The Valley Business Today with Brandon Belland, owner of Cordial Coffee Co. to talk business, passion and of course, coffee. Our conversation covered topics such as knowing when it's time to start a business, being passionate about what you do and managing employees effectively to lighten the workload for business owners and create a culture of leadership. Brandon also told us about his most recent business venture. Earlier this year, he became the owner of Cristina's Cafe in Strasburg.

Duration: 24:14 | Recorded on August 15, 2018

Meet Cooper! Our Newest News Guy

We were in the studio today with Chris Cooper, our newest news guy. He's actually been our "Saturday news guy for several months but will be filling in next week for News Director, Dylan Nicholls while he's on vacation. We chatted with Cooper about his background in radio. Dylan joined us for the final 2 segments & we talked about Cooper's training this past week.

Duration: 24:17 | Recorded on August 16, 2018

Shenandoah County 4-H

We were in the studio with Carol Nansel from the Shenandoah County Extension Office along with Jacob Coffey, a senior at Central High School & Lindsay Zirkle, a senior at Stonewall Jackson High School to talk about the upcoming 4-H competitions at the Shenandoah County Fair. We talked about the work and long hours that go into raising, showing and training their animals for a successful (and profitable) show.

Duration: 25:15 | Recorded on August 17, 2018

Municipal Monday with Warren County Administrator, Doug Stanley

We were in the studio for Municipal Monday with Warren County Administrator, Doug Stanley. Doug gave us an update on: the public hearing happening on Tuesday, August 21, 2018 during the Warren County Board of Supervisors meeting regarding the Front Royal Golf Club; comprehensive Plan Update; Building Inspections; Delinquent taxes & the recent sale of property; Fall Clean-Up Day on Saturday, October 27, 2018; New businesses that are coming (or changing) from the recent Development Review Committee meeting; Reassessments; Conservation Easements; and project updates for VDOT/Marlow-Silek Revenue Sharing Project (522 road improvements at Royal Farms); VDOT/Morgan Ford Bridge; Shangri-La & Lake Front Road revenue sharing projects; Ressie Jeffries Elementary School construction; Health & Human Services Complex construction; and, the closing of the Warren County Transfer Station from September 12-16, 2018 for repairs.

Duration: 22:44 | Recorded on August 20, 2018

Tourism Tuesday: Shenandoah National Park

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, Helen Morton from Delaware North at Shenandoah National Park to talk about some upcoming events happening in September at the park. Katie gave us an update on the 5th Annual Blue Ridge Mountain Mudurance 5K Mud Race happening on Saturday, September 29, 2018. The event will be returning to Ralph H. Dean Recreation Park (625 Sixth Street) in Luray, VA for the 3rd year in a row. Get additional details and race registration information at www.raceluraypage.com. Duration: 24:13 | Recorded on August 21, 2018

Top of Virginia Regional Chamber: Hob Nob in the Valley 2018

We were in the studio for The Valley Business Today with Jody Wall, Director of Program Development for the Top of Virginia Regional Chamber to talk about Hob Nob in the Valley happening on Friday, September 14, 2018 from 5:30pm – 8pm at Handley High School. Her guests were Suzanne Conrad, Committee Chair, and Harry Smith with United Bank – the presenting sponsor of this year's event.

Duration: 24:20 | Recorded on August 22, 2018

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

We were in the studio today with Lt. Warren Gosnell from the Frederick County Sheriff's Office to get some traffic safety tips. We talked about the importance of paying attention, concentrating and being engaged while driving & the impact it has on potentially preventing an accident. We also talked about school bus safety and what's required by law for drivers when encountering a stopped school bus. Finally, we discussed the upcoming Labor Day holiday and discussed how listeners should plan ahead to have a safe ride home.

Duration: 23:18 | Recorded on August 23, 2018

United Way NSV: Northern Shenandoah Valley Substance Abuse Coalition

We were in the studio for United Way Day with Nadine Pottinga, Executive Director for the United Way of the Northern Shenandoah Valley and her guest, Tiffany Cadoree, Drug Court Coordinator with the Shenandoah Valley Substance Abuse Coalition. We talked about her organization, how one qualifies for participating in the drug court, the process once accepted and expectations for those in the program. Nadine also gave us details for their upcoming Day of Caring and asked for volunteers as well as projects for the event happening on Wednesday, September 12, 2018 (for Winchester Frederick & Clarke Counties) and September 13th, 2018 (for Shenandoah and Page Counties.)

Duration: 22:04 | Recorded on August 24, 2018

Families Reaching Out Group (FROG) - Froggy's Closet

We were in the studio today with Anne Marie Utz, a board member for Families Reaching Out Group (FROG), a Winchester-based non-profit organization (501c3) dedicated to making a positive difference in the lives of foster children and other children who have been victims of abuse, neglect, or are at-risk. Anne Marie explained how the organization got started and the services they offer: provide clothing and other essentials for foster children, children at risk, and children in need; support, educate and mentor families through the challenges of foster, respite, kinship, and adoptive processes; provide after school enrichment activities for foster children; and, provide household items for children aging out of foster care.

Duration: 23:46 | Recorded on August 27, 2018

Tourism Tuesday with Justin Kerns – Winchester/Frederick County Convention & Visitors Bureau

We were in the studio for Tourism Tuesday – Winchester/Frederick County edition – with Justin Kerns, Executive Director for Winchester/Frederick County Convention & Visitor's Bureau to talk about all the events happening in and around the area over the Labor Day weekend and beyond. We also talked about the Annual Harley Owner's Group Rally that will be coming to Winchester in June 2019 and the impact it will have on the local economy.

Duration: 23:08 | Recorded on August 28, 2018

The Workforce Initiative with Sally Michaels, Frederick Co. EDA

We were in the studio today with Sally Michaels, Business Retention Manager with the Frederick County Economic Development Authority to talk about their Workforce Initiative, Manufacturing Week and the upcoming Worlds of Work (WoW!) Expo.

Duration: 24:12 | Recorded on August 29, 2018

Community Block Party with Our Health & Top of VA Building Association

We were in the studio today with Sharen Gromling, Executive Director for Our Health and Sheila McKee, event coordinator for the Community Block Party hosted by Top of Virginia Building Association to benefit Our Health & TVBA scholarship program. We got all the details about the event that will be a celebration of Our Health's 15th year, on Saturday, September 8, 2018 from 12pm – 8pm on the Our Health campus located at 329 N. Cameron Street.

Duration: 23:07 | Recorded on August 30, 2018

Meet the New CEO at Blue Ridge Hospice: Constance Morrison

We were in the studio today with the new President/CEO of Blue Ridge Hospice, Constance Morrison. We chatted about her background in health/hospice care, what she's enjoying most about the Winchester area, how her first 6 months as CEO have gone, plus she talked about the services Blue Ridge Hospice offers and told us about a few of their upcoming events/fundraisers.

Duration: 22:31 | Recorded on August 31, 2018

Tourism Tuesday: Shenandoah County

We were in the studio for Tourism Tuesday – Shenandoah County edition – with Kary Haun from Shenandoah County Tourism to talk about some upcoming events happening throughout the county in the month of September:

Duration: 23:09 | Recorded on September 4, 2018

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

We were in the studio for The Valley Business Today with Niki Cales, President of the Front Royal/Warren County Chamber of Commerce to talk about some upcoming chamber events. We also talked about their September Brown Bag Luncheon and the Candidates Forum happening on October 11, 2018.

Duration: 19:05 | Recorded on September 5, 2018

Downtown Winchester Events: Green Neighborhood Expo

We were in the studio today with Jennifer Bell, Winchester's Downtown Manager, and her guest, Chad Braun-Duin to talk about the city's Green Neighborhood Expo happening on Saturday, September 15, 2018 from 11am – 3pm on the Old Town Walking Mall featuring information about: Sustainability practices; Energy, soil and water conservation; Gardening; Native plants to Winchester; Recycling; Tree care; and more. There will be educational displays, interactive demos and experts available to answer your questions.

Duration: 24:33 | Recorded on September 6, 2018

Dandelion Meadow

We were in the studio today with Elise Sweeney, Board Chair, Angie Schroeder, Director of Program Development, Steve Lowry, Governance & Strategic Planner & Andrew Kozak, event chair for Art from the Heart. They represent Dandelion Meadow, a new non-profit based in Loudoun County working towards developing a recovery home and program with a community support network for women survivors of substance use. Their goals include offering a 2-year program to provide safe housing and wellness services, such as access to medical and psychological care, educational and vocational development, financial counseling, and access to the recovery community. We talked about their organization, how it got started, it's long-term goals and about their upcoming fundraiser.

Duration: 25:07 | Recorded on September 7, 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 their recent expansion into Shenandoah County. We discussed their organization as a whole, how it works, and the impact it has on residents and their options for affordable housing in our community. We talked about their new repair program that was started in Clarke County in 2017, as well as the ReStore's expansion and product offerings. Matthew also told us about his upcoming trip with other Habitat staff/volunteers to Paraguay. Duration: 22:15 | Recorded on September 10, 2018

Tourism Tuesday: Art in the Valley

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 Mike & Tiffany Budzisz from Art in the Valley. Felicia filled us in on the latest tourism numbers from the Virginia Tourism Corporation and what dollars they represent for our community. Mike & Tiffany told us about their new gallery located at 205A E. Main Street in Front Royal, a few of the events they have coming up as well as classes they offer.

Duration: 24:38 | Recorded on September 11, 2018

The Valley Business Today: ALCOVA Mortgage, Luray

We were in the studio for The Valley Business Today – Luray/Page County edition – with Clancey Arnold, Membership Development & Investment Administrator for the Luray/Page County Chamber of Commerce and her guests, Jason Helmintoller, Branch Partner, and Leslie Currle, Branch Manager (Luray) with ALCOVA Mortgage.

Jason told us how ALCOVA got started and talked about their business philosophy while Leslie filled us in on her new location at 1 Painter Street in Luray, VA along with a few of the community events the company supports.

Duration: 21:52 | Recorded on September 12, 2018

LFCC Workforce Solutions: FastForward a Career in the Trades

We were in the studio today with Guy Curtis from LFCC's Workforce Solutions and his guest Carlene Hurdle, Workforce Director for the Fauquier campus to talk about their FastForward Credential programs that help individuals get good paying jobs/careers in a short period of time with minimal investment. FastForward Credential Programs help Virginians get the jobs they want and the salaries they need. FastForward programs are short-term training courses offered through Lord Fairfax Community College and other Virginia's Community Colleges to help you fast-track your career. While funds last, eligible students will pay just one-third or less on the cost of tuition for select FastForward Credential Programs. In many cases, current or future employers will help cover class costs and some programs offer a guaranteed interview after completion.

Duration: 23:09 | Recorded on September 13, 2018

VA Foodie

We were in the studio today with Shanna Mueller, Creative Manager with VA Foodie – a brand of Water Street Designs. They're on a mission to "connect food producers that care about the quality of their product with shoppers who care about the quality of their food." We talked about how they got started, how much they've grown, who a "foodie" actually is, and the importance of supporting local farmers, and restaurants & brands that source local products. You can be a part of their community by sharing your food-related photos, info and events on any of their social media pages below.

Duration: 22:57 | Recorded on September 14, 2018

Municipal Monday: Warren County Administrator, Doug Stanley

We were in the studio for Municipal Monday talking with Doug Stanley, Warren County's Administrator to get an update on projects happening in and around the county, a comprehensive plan update, construction delays at the Warren County Transfer Station, the county surplus auction, and, the county's bond rating. We also talked about the status of Rivermont Fire Station's new facility, the latest discussions in the Development Review Committee as well as the current status of Front Royal Golf Club and a new land donation made to the county.

Duration: 24:05 | Recorded on September 17, 2018

Tourism Tuesday: Luray Downtown Initiative

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, Meredith Dees, Program Director for Luray Downtown Initiative. We talked about LDI's upcoming event, Construction & Cocktails happening on Thursday, September 27, 2018 from 5pm – 8pm in the green space on West Main Street. Meredith also gave us a construction update on the West Main Bridge replacement and told us about new businesses coming to downtown Luray.

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

Manufacturing Week & Explore the WoW!

We were in the studio today with Sally Michaels, Business Retention Manager with the Frederick County Economic Development Authority to talk about their Workforce Initiative, Manufacturing Week and the upcoming Worlds of Work (WoW!) Expo.

Duration: 24:35 | Recorded on September 19, 2018

High Tea Fundraiser for Rotary Club of Warren County

We were in the studio today with Jean Plauger & Kathy Napier from the Rotary Club of Warren County to talk about their club, the good it does in our community and about their upcoming fundraiser, High Tea, happening on Friday, September 28, 2018 at Shenandoah Valley Golf Club from 11am – 2pm.

Duration: 24:33 | Recorded on September 20, 2018

Managing Your Money Series and Things You Maybe Didn't Know About Our Local Extension Offices

We were in the studio with Karen Poff, an extension agent based out of the Warren County office. Karen's main focus is on the Northern Shenandoah Valley Financial Education Program and we talked about the upcoming Managing Your Money Series as well as a survey for people interested in volunteering to be teachers of those classes. We also talked for a bit about all the different services offered by the local extension offices in the 5 surrounding counties. Plus, Karen talked about her efforts to spread the word about her programs and gave some tips and suggestions for how people can help via sharing & commenting on social media.

Duration: 24:36 | Recorded on September 21, 2018

Clarke County Historical Association Upcoming Events

We were in the studio today with Nathan Stalvey, Executive Director of the Clarke County Historical Association to talk about their upcoming events. Nathan gave us details on Art at the Mill, Live Trivia that happens the first Tuesday of each month (beginning in October) at the Barns of Rose Hill, Survey Day, Broken Bones & Rotten Teeth, and Heritage Day.

Duration: 24:27 | Recorded on September 24, 2018

Tourism Tuesday: Three Wineries Make a Trail!

We were in the studio for Tourism Tuesday with Justin Kerns from the Winchester/Frederick County Convention & Visitors Bureau to talk wine! His guests were: Shawn Steffey from Valerie Hill Vineyard & Winery, Justin Bogaty from James Charles Winery & Vineyard/Veramar Vineyard, and Loretta Briede from Briede Family Vineyards. We talked about their individual wineries, the types of wines they produce and what it takes to be a winemaker in the Shenandoah Valley.

Duration: 56:18 | Recorded on September 25, 2018

The Valley Business Today: Winchester Wireless

We were in the studio for The Valley Business Today with Ashley Miller from the Top of Virginia Regional Chamber and her guests, David & Jordan Williamson from Winchester Wireless. We talked about the services Winchester Wireless provides such as unlimited data Internet service to rural Winchester, VA and surrounding areas; fiber optic cable for businesses; and, computer sales, service & networking.

Duration: 24:21 | Recorded on September 26, 2018

Taste of Shenandoah at Cave Ridge Vineyard

We were in the studio today with Vicki Ruckman & Olivia Helsley to talk about their upcoming event, Taste of Shenandoah that's happening on Saturday, September 29, 2018 from Noon til 4pm at Cave Ridge Vineyard. Local vendors will pair their food with Cave Ridge wines & Woodstock Brewhouse craft beer. Tickets are \$25 and can be purchased by clicking here or you can buy them at the gate.

Duration: 24:09 | Recorded on September 27, 2018

United Way of Front Royal: Blue Ridge Housing Network

We were in the studio with Dawn Graves, Executive Director for United Way of Front Royal and her guest, Lorie Noakes, Executive Director for Blue Ridge Housing Network. We talked about the programs and services offered by Lorie's agency, including the various free counseling services, classes and workshops they offer.

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