

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

**Old Town Winchester Events**

We were in the studio with Jennifer Bell, Downtown Manager for Old Town Winchester and her guest, Cindy Marzullo from The Laurel Center. We talked about Cindy's upcoming Walk A Mile In Her Shoes fundraiser for The Laurel Center happening on Saturday, April 14, 2018 in Old Town Winchester. Jennifer also gave us a rundown of other events such as the 24 hours of Jazz, Rally in the Alley and more.

Duration: 29:21 | Recorded on April 2, 2018

**Shenandoah County's Gardens, Galleries & Grapes MEGA show**

We were in the studio with a host of participants in this year's Garden's Galleries & Grapes happening across Shenandoah County on April 28 & 29th. There were so many people and activities, that we kept talking even after the show went off the air.

Duration: 1:09:15 | Recorded on April 3, 2018

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

We were in the studio for The Valley Business Today with cohost, Niki Cales, President of the Front Royal/Warren County Chamber of Commerce and her guests, Brian Jones from Blue Ridge Shadows Golf Club & Sally Ann Chandler from Holiday Inn – Blue Ridge Shadows to talk about their new wedding group and upcoming event: Vows in the Valley – a bridal showcase happening Sunday, April 8, 2018 at Holiday Inn – Blue Ridge Shadows from 11am – 3pm. Niki also filled us in on details for the chamber's Boots & Business Annual Dinner & Gala on Thursday, April 26.

Duration: 27:24 | Recorded on April 4, 2018

**Rock & Roll Religion with Pastor Marc from Riverton United Methodist Church**

We were in the studio today with Pastor Marc Roberson from Riverton United Methodist Church. We talked about bit about the church's long history in our community, their different types of services no matter your age or "sermon preference" and Pastor Marc gave us some insight into his inspiration for his Rock & Roll Religion series. Our own Lonnie Hill joined us in the studio as well and talked about his experience participating in the live event and encouraged musicians (and non-musicians) to come out and enjoy some fellowship & music.

Duration: 27:26 | Recorded on April 5, 2018

### **Sustainability Matters**

We were in the studio today with Sari Carp, Joan Comanor from the Lord Fairfax Soil & Water Conservation District and Amanda Scheetz to talk about their new organization: Sustainability Matters. Sustainability Matters is a new collaborative: individuals and organizations working together for sustainability oriented education and community building. Their themes include gardening, nature conservation, environmental awareness and animal welfare. Partners include non-profits, town & county governments, public libraries and museums. Sustainability Matters programs currently span 5 counties, in an arc from Berryville to Harrisonburg.

Duration: 28:12 | Recorded on April 6, 2018

### **Warren County Resource Fair**

We were in the studio with Samantha Greenfield, Placement Counselor with Dept of Aging & Rehabilitative Services and Colin Miller, Transition Coordinator for Special Services with Warren County Public Schools to talk about the Warren County Resource Fair happening in Front Royal. Learn more about programs, local service agencies and non-profit organizations that assist individuals with disabilities at one FREE event.

Duration: 27:58 | Recorded on April 9, 2018

### **Tourism Tuesday – Front Royal/Warren County Edition**

We were in the studio for Tourism Tuesday – Front Royal/Warren County edition with Front Royal's Director of [Community Development](#) & [Tourism](#), Felicia Hart. We talked about the recent CDBG grant the town was awarded and the impact it will have on several downtown areas and tourism in general. Felicia outline the requirements for how the \$700,000 will be spent, talked about the various projects included in the grant and what their deadline is moving forward.

Duration: 27:45 | Recorded on April 10, 2018

### **What's News With You Dylan Nicholls?**

We were in the studio today with our News Director, Dylan Nicholls to talk a bit about some of the stories that have been making the news lately. We talked about some new details for a few that hadn't yet made the air plus we discussed a few new projects that Dylan & Janet are working on.

Duration: 28:21 | Recorded on April 11, 2018

### **LFCC: Early Childhood Development Programs**

We were in the studio today with Brandy Boies from Lord Fairfax Community College and her guest, Lori Killough, Assistant Professor of Education to talk about their Early Childhood Development programs. We discussed the multiple degree options from a career studies certificate to their Associate degrees.

Duration: 27:43 | Recorded on April 12, 2018

### **Child Abuse Prevention Month with Warren County Dept of Social Services**

We were in the studio today with DeAnna Cheatham, Director of Warren County Social Services and Michelle Smeltzer, Community Liaison with the department to talk about Child Abuse Prevention Month. DeAnna & Michelle talked about local statistics, what to do if you suspect child abuse or neglect and the fact you can remain anonymous when making a report.

Duration: 26:10 | Recorded on April 13, 2018

### **Warren County Administrator, Doug Stanley**

We were in the studio today for our monthly update from Warren County Administrator, Doug Stanley. Doug gave us an update on the 2018-2019 budget process that slated for a vote on April 17, 2018. We also talked about the Memorandum of Agreement between the town and county in relation to corridor development & fees, plus Doug told us about projects that are included in the 2018-2020 Capital Improvement Plan that's scheduled for public hearing on April 17, 2018 as well. Doug also filled us in on progress with various school construction projects and road/bridge work happening throughout the county.

Duration: 26:42 | Recorded on April 16, 2018

### **Tourism Tuesday: Visit Luray Page (.com)**

We were in the studio for Tourism Tuesday – Luray/Page County edition – with Katie Long from Luray/Page County Chamber of Commerce to talk about the complete redesign of their websites. We talked about the important role digital marketing and these websites will play in driving traffic to Luray/Page County along with the benefits of being a chamber or tourism member in relation to the website.

Duration: 27:49 | Recorded on April 17, 2018

### **The Valley Business Today: Dr. Miles Davis Talks Transitions**

We were live for The Valley Business Today at Shenandoah University's Byrd School of Business to chat with Dr. Miles Davis, Dean of the Byrd School of Business. His topic today was transitions. We discussed how organizations might (should) manage the transitions of staff members as they move on (and usually up) in their careers, as well as the personal and emotional perspective when making a decision to accept an opportunity that will create a change in their professional or personal lives.

Duration: 27:51 | Recorded on April 18, 2018

### **Tourism Thursday: Clarke County Farm Tour**

We were in the studio for Tourism "Thursday" with Christian Bentley, Marketing & Operations Director for L'Auberge Provencale and Lizzy Ryan, Executive Director for Berryville Main Street – both were filling in for Len Capelli, Director of Economic Development and Tourism for Clarke County. We talked about the Clarke County Farm Tour happening on Saturday, April 21, 2018 from 10am – 3pm that will feature Audley Farm, Silver Maple Farm & Shenandoah Seasonal. You can get the details for that event here: <http://clarktourism.com/farm-tour/>

We also talked about other upcoming events such as the Point to Point Races, Lucketts Spring Fair, and Art at the Mill that happens from April 28 through May 13.

Duration: 27:47 | Recorded on April 19, 2018

### **Warren/Clarke County 4-H Camps**

We were in the studio chatting with Stacy Swain, 4-H Youth Development Educator with the Warren County Extension Office to talk about the Warren/Clarke County 4-H camps Stacy also asked listeners to please take their survey. The purpose of this survey is to gather information about community issues and to identify needs in Clarke, Frederick, Page, Shenandoah, and Warren Counties.

Duration: 27:29 | Recorded on April 20, 2018

### **Winchester Book Gallery – Independent Bookstore Day**

We were in the studio today with Christine Patrick, owner of Winchester Book Gallery to talk about her bookstore and all the activities & fun stuff planned for Independent Bookstore Day on Saturday, April 28. She'll be open from 10am – 10pm that day with discounts, special "independent bookstore only" items for sale and an author's book signing!

Duration: 27:43 | Recorded on April 23, 2018

### **Tourism Tuesday: Virginia Center for Literary Arts**

We were in the studio for Tourism Tuesday with our "Winchester Tourism Dude" Justin Kerns, Executive Director of the Winchester/Frederick County Convention & Visitors Bureau and his guest, Sean Murphy, Founder and Executive Director of the Virginia Center for Literary Arts. The Virginia Center for Literary Arts is a nonprofit organization seeking to advance the appreciation of and passion for the literary arts through programs that support expression, education, and the sharing of writing and literature. VCLA serves as a writer's residency, a writing retreat center, workshop space, a place of learning and creativity, and a vibrant community in support of writing and the literary arts.

Duration: 28:55 | Recorded on April 24, 2018

### **The Valley Business Today: AMVETS VA Post 18**

We were in the studio for The Valley Business Today with co-host Emily Buhl from the Top of Virginia Regional Chamber and her guests: Shari Fletcher, 1st Vice Commander & Fundraising Chair for AMVETS Post 18 and Jay Marts, Finance Chair for AMVETS Post 18. They talked about their organization and upcoming Military Appreciation Banquet happening on May 17, 2018. They are currently seeking table sponsors and advertisers for the dinner's program.

Duration: 28:21 | Recorded on April 25, 2018

### **Traffic Safety with Lt. Warren Gosnell**

We were in the studio today with Lt. Warren Gosnell, Traffic Division Commander for the Frederick County Sheriff's Office to talk traffic safety & driving infractions. We talked about FCSO's recent crackdown on aggressive & distracted drivers across the county. Lt. Gosnell also answered a few questions regarding vehicle infractions, designated speed limit areas & cautioned potential drivers to be extra diligent during the upcoming Apple Blossom Festival when getting behind the wheel.

Duration: 26:27 | Recorded on April 26, 2018

### **United Way of Northern Shenandoah Valley and The Laurel Center**

We were in the studio for “United Way Day” with Nadine Pottinga from United Way of Northern Shenandoah Valley and her guest, Cindy Marzullo from The Laurel Center. We talked about Youth Day of Caring, the opening of the Valley Assistance Network and Denim Day. Cindy also told us about some upcoming fundraisers to benefit The Laurel Center as well as what people can do if they are in an unsafe situation or know someone who might be.

Duration: 28:05 | Recorded on April 27, 2018

### **The River 95.3 Recognized by VA/WV Associated Press**

We were in the studio today with several staff members to talk about the recent awards bestowed upon The River 95.3 (Royal Broadcasting, Inc.) by the VA/WV Associated Press during their recent luncheon. Randy Woodward, host of the Wake-Up Crew along with station manager, Liz Trumbull talked about the pool of submissions and the different awards we won. Randy told us what an honor it was for him to win given his lifelong love of sports. Mike O’Dell, VP of Royal Broadcasting and the voice of Shenandoah University Basketball joined us via phone to talk about being awarded “Best Play-By-Play.” Liz and host, Janet Michael also talked about the 4th award – “Best Website” that the station has won for the second year in a row.

Duration: 28:06 | Recorded on April 30, 2018

### **Tourism Tuesday: Be A Tourist in Shenandoah County**

We were in the studio for Tourism Tuesday with Kary Haun from Shenandoah County Tourism to talk about National Travel and Tourism Week and all the things local tourist attractions are offering to Shenandoah County residents.

Duration: 28:35 | Recorded on May 1, 2018

### **Front Royal/Warren County Chamber: VA Wine & Craft Festival**

We were in the studio today with Niki Cales, President of the Front Royal/Warren County Chamber of Commerce to talk about their recent Annual Dinner & Awards banquet along with the upcoming VA Wine & Craft Festival happening on Saturday, May 19, 2018.

Duration: 28:32 | Recorded on May 2, 2018

### **A Little More News with Dylan Nicholls**

We were in the studio today with News Director, Dylan Nicholls to talk about a few of his recent news stories in a bit more detail than his time normally allows. We also talked about a few new projects in the pipeline, like “Another Look” podcast with Dylan & Janet as well as “Should I See,” a podcast about movies with Dylan, Janet & Liz. Another point of discussion was the importance of audience feedback. Listeners are encouraged to text: 540-635-4121 with comments, suggestions and constructive criticism about our news, Valley Today guests, etc.

Duration: 27:58 | Recorded on May 3, 2018

### **Garden Fair 2018 at Blandy Experimental Farm – Mother’s Day Weekend**

We were in the studio with Tim Farmer from Blandy Experimental Farm to get all the details about their upcoming Garden Fair which happens Mother’s Day Weekend: May 12 & 13, 2018 from 9am – 4:30pm. We also talked about their spring programs and all the options the general public has for enjoying the grounds at Blandy.

Duration: 27:57 | Recorded on May 4, 2018

### **Farmers Market Opening & Kidzfest in Old Town Winchester**

We were in the studio today with Jennifer Bell, **Old Town Winchester’s** Downtown Manager, to talk about a few upcoming events happening in downtown. Jennifer gave us the yummy details about the **Farmer’s Market** opening on Saturday, May 12 from 9am – 1pm, plus we talked about **Kidzfest** happening on Saturday, May 19 from 11am – 5pm. Jennifer also told us about several Civil War & history events happening in the downtown area throughout the month along with information about the **Loudoun Street Mile** on Memorial Day.

Duration: 27:47 | Recorded on May 7, 2018

### **Tourism Tuesday: Front Royal Tree Stewards**

We were in the studio for Tourism Tuesday with Felicia Hart, Director of Community Development & Tourism for the Town of Front Royal and her guest, Vicki Althaus, a Front Royal tree steward. Felicia pointed out all the things that happen in our community that residents may “think” are done by local government agencies that are actually done by “hidden helpers” like the Front Royal Tree Stewards. Vicki told us about the organization, it’s goals and about a few of the projects they are currently partnering with the town to complete and/or maintain such as the Royal Shenandoah Greenway that recently opened. Royal Shenandoah Greenway is a system of paths and trails to support active and healthy living and appreciation of nature for local residents and visitors of all ages. The Greenway connects Front Royal’s educational, recreational, historical, and commercial areas.

Duration: 27:19 | Recorded on May 8, 2018

### **The Valley Business Today: Luray Chamber with Subsidium/LaunchPoint PEO**

We were in the studio for The Valley Business Today with Gina Hilliard, President of the Luray/Page Chamber of Commerce and her guest, Chris Clark, CEO of Subsidium/LaunchPoint PEO (Professional Employment Organization.) LaunchPoint helps companies by handling the Human Resources (HR) burden, and providing lower cost benefits to employees and companies. Chris talked about their varied list of services that include: providing cost-effective benefit package for their clients, improving their HR processes, assisting with attracting and retaining quality employees, managing and controlling the cost of employee benefits, processing payroll, keeping up with changes to Federal and State employment laws, managing liability and risk and handling all general HR administration.

Duration: 27:19 | Recorded on May 9, 2018

### **LFCC Workforce Solutions: Kids College Youth Camps**

We were in the studio today with Guy Curtis (Director of Marketing), Samantha Brill (Program Manager), and Stefany Fuentes (LFCC Student Ambassador) from LFCC Workforce Solutions to talk about Kids College Youth Camps. LFCC Workforce Solutions has partnered with industry experts to bring unique enrichment and educational programs to children and young adults. Their distinct programs in Career Exploration, Science, Technology, Engineering, Art, and Math (STEAM), and Digital Arts focus on the intersection of creativity and technology. Each course emphasizes self-empowerment, cognitive reasoning, and divergent thinking through hands-on learning. Their mission is to help ignite, unleash, and enhance these distinct talents. Children learn by doing—by nature, they love to experiment.

Duration: 27:32 | Recorded on May 10, 2018

### **Skyline Chimers**

We were in the studio today with several talented kids: Sam Adams, a 2017 graduate of Warren County High School, Jason Becker, a 7th grader at Warren County Middle School, and Jonathan McGee, a freshman at Blue Ridge Technical Center along with Allyson Gillispie from Skyline Chimers. We talked about their upcoming concert on Saturday, May 19 at 7pm being held at Front Royal United Methodist Church. Each of the kids talked about their love of music, how they've prepared for the concert and what they're most looking forward to about performing.

Duration: 27:44 | Recorded on May 11, 2018

### **Newtown Heritage Festival**

We were in the studio today with Tootie Rinker & Michael Diaz from the Newtown Heritage Festival planning committee. We talked about all the events that will take place during the festival that begins on Friday, May 25, 2018 and ends on Saturday, May 26 (Memorial Day Weekend) on Main Street in Stephens City. New this year, there will be a scavenger hunt and an apple pie eating contest in addition to the traditional activities such as the parade, live entertainment and fireworks.

Duration: 28:07 | Recorded on May 14, 2018

### **Tourism Tuesday: Memorial Day Festival & Parade in Shenandoah**

We were in the studio for Tourism Tuesday – Luray/Page County edition with Katie Cooper from the Luray/Page Chamber of Commerce and her guests, Sarah Dean & Nancy Karnes from the Town of Shenandoah to talk about their Memorial Day Festival and Parade. The festivities will include a memorial service, food, music & kiddie rides, a car & truck show, a tractor show and a live performance by The Bluegrass Brothers.

Duration: 26:07 | Recorded on May 15, 2018

### **Dr. Miles Davis & Andrew Shearer, President of Royal Broadcasting Discuss “Aspirations”**

We were in the studio for the final (on-air) episode of Valley Business Today with Dr. Miles Davis, Dean of the Byrd School of Business at Shenandoah University. Dr. Davis will become the President of Linfield College in McMinnville, Oregon on July 1, 2018. He & Andrew (owner of The River 95.3FM & Sports Radio 1450) talked about aspirations and the important role they play in personal and professional growth. Andrew was Dr. Davis’ first guest when he began co-hosting the show in 2006.

Duration: 34:57 | Recorded on May 16, 2018

### **Selah Theatre Project**

We were in the studio today with La Tasha Do’zia-Earley, founder of Selah Theatre Project to talk about the organization, their workshops & productions and how you can volunteer. Selah Theatre Project is a fiscal not-for-profit organization with Fractured Atlas. Since, it’s founding, Selah Theatre has become the leading year-round dramatic arts education programming in the Shenandoah Valley and surrounding areas. Today, Selah Theatre has reached over 650 children and families through its main stage productions, arts education and youth development programs.

Duration: 26:45 | Recorded on May 17, 2018

### **GardenFest at Belle Grove on June 2, 2018**

We were in the studio today with Mark Sutphin, extension agent with the Virginia Cooperative Extension office & his guests, Lynn Hoffmann & Cy Haley with the Northern Shenandoah Valley Master Gardeners Association to talk about their biggest yearly fundraiser, GardenFest happening on June 2, 2018 from 8am – 3pm at Belle Grove Plantation. The event is open to the public and is rain or shine, PLUS, it’s free! Mark also told us about upcoming 4-H summer camps/programs.

Duration: 26:53 | Recorded on May 18, 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 all the projects happening in and around Front Royal/Warren County. This month we talked about Chick-Fil-A and the hope they will still locate in Warren County. Doug told us about the reassessments currently underway throughout the county, delinquent property taxes, tourism, and sanitary districts. We also discussed various construction and road updates for Ressie Jeffries Elementary, Rivermont Fire Station, and VDOT projects (Royal Farms), Happy Creek & Morgan Ford Bridge.

Duration: 27:15 | Recorded on May 21, 2018

### **Tourism Tuesday: Amuse Art & Craft Fair**

We were in the studio today for Tourism Tuesday with Justin Kerns from the Winchester-Frederick County Convention & Visitors Bureau and his guests, Kerry Stavely, owner of Tin Top Art & Handmade & one of the organizers of the Amuse Art & Craft Fair; and Cory Garman, Director of Exhibitions for the Museum of the Shenandoah Valley, where the art fair is being held on May 27 & 28th from 10am – 5pm (rain or shine.) We talked about the art fair that will feature over 50 artisan and craft vendors, food, wine & beer vendors as well as art installations and live demos. The event is free and open to the public.

Duration: 27:54 | Recorded on May 22, 2018

### **The Valley Business Today: Comfort Keepers**

We were in the studio for The Valley Business Today with Emily Buhl from the Top of Virginia Regional Chamber and her guests, Jenny Cubbage, owner of Comfort Keepers and her general manager, Elizabeth Campbell. We talked about the services Comfort Keepers can provide, discussed questions you should ask to help determine when/if it's time to consider in-home care, plus we talked about their grandPad tablet and associated apps to help seniors keep in touch with friends and family.

Duration: 27:40 | Recorded on May 23, 2018

### **Blue Ridge Hospice: Camp Hope**

We were in the studio today with Marcie Fairbanks, Director of Social Work & Family Services for Blue Ridge Hospice to talk about Camp Hope – an overnight camp to help children and teens heal after experiencing the death of a loved one. The camp is free to attend for children ages 6-17 but an application is required for attendance.

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

### **St. Luke's Community Clinic**

We were in the studio for "United Way Day" with Dawn from United Way of Front Royal/Warren County and her guest, Vicki Davies, Executive Director of St. Luke's Community Clinic. We talked about the medical services St. Luke's provide to low income residents and families in Front Royal/Warren County. Vicki explained the eligibility requirements and talked a bit about the importance of making all their patients feel comfortable.

Duration: 27:23 | Recorded on May 25, 2018

### **Tourism Tuesday: Barns of Rose Hill**

We were in the studio for Tourism Tuesday – Clarke County edition – with Len Capelli, Director of Economic Development & Tourism for Clarke County and his guest, Diana Kincannon, Chairwoman of the Board for Barns of Rose Hill. We talked about the history of Barns of Rose Hill, the different programs and performances they host each year as well as upcoming events happening throughout Clarke County in the month of June.

Duration: 27:40 | Recorded on May 29, 2018

### **The Valley Business Today: Frederick County EDA**

We were in the studio for The Valley Business Today with Patrick Barker, Executive Director for the Frederick County Economic Development Authority. We talked about what a critical role a skilled workforce plays in the attraction of large businesses & industry to the area. He also explained how the process works and gave us some background into what information is wanted & how it may be prioritized by companies looking to locate in Frederick County.  
Duration: 27:54 | Recorded on May 30, 2018

### **Winchester Craft Beer Week**

We were in the studio today with Bonnie Landy & Holly Redding from Winchester Brew Works to talk about Winchester Craft Beer Week and Hop Blossom.  
Duration: 27:51 | Recorded on May 31, 2018

### **What's a Podcast & How Do I Get One?**

We were in the studio today with Liz Trumbull, Station Manager & Dylan Nicholls, News Director for The River 95.3 & Sports Radio 1450 to talk about podcasts. The station offers multiple options for businesses to create their own podcast (video or audio) or blog on a wide range of topics as well as the opportunity sponsor our station-produced podcasts.  
June 1, 2019

### **Enjoy Old Town Winchester**

We were in the studio with Jennifer Bell, Old Town Winchester's Downtown Manager to talk about what's happening downtown. We talked about upcoming events, businesses and a bit about beer!  
Duration: 27:47 | Recorded on June 4, 2018

### **Tourism Tuesday: Shenandoah Valley Music Festival**

We were in the studio for Tourism Tuesday with Dennis Lynch, Executive Director for the Shenandoah Valley Music Festival which kicks off it's season on Friday, July 20 in Orkney Springs. Dennis also talked about their show featuring Piedmont Symphony Orchestra on Saturday, July 28 that will feature a video showing the history of the Shenandoah Valley – he called it “music for your eyes” and asked that if anyone has vintage video or footage of historical places, workers, cars, etc. to please get in touch with him.  
Duration: 27:52 | Recorded on June 5, 2018

### **The Valley Business Today: River & Peak Outfitter**

We were in the studio for The Valley Business Today with Niki Cales, President of the Front Royal/Warren County Chamber of Commerce and one of her members, John Simms with River & Peak Outfitter. John told us about how his business started and all the products, services & knowledge that he shares with customers. Niki also gave us some details (and a discount) for their Millionaire Maker Golf Tournament happening on Friday, June 29, 2018. She also told us about several ribbon-cuttings for local businesses coming up in the next few weeks. Plus, the chamber is hosting a Job Fair on Tuesday, June 19.

Duration: 27:46 | Recorded on June 6, 2018

### **Lord Fairfax House**

We were in the studio today with Bill North, Executive Director for Lord Fairfax House and Cherie Cave, Executive Assistant to talk about their facility. The Lord Fairfax is a residential halfway house for men and women recovering from substance abuse. The program helps recovering individuals learn to live in society without drugs or alcohol.

Duration: 27:06 | Recorded on June 7, 2018

### **White Post Village Association Restoration Project**

We were in the studio with Pete Engel from White Post Village Association to talk about the massive community renovation of the former Sinclair Gas Station.

Duration: 27:06 | Recorded on June 8, 2018

### **International Affair of Food & Wine**

We were in the studio today with Winchester Rotarians, Tootie Rinker & Ed White to talk about the Rotary Club of Winchester's upcoming fundraiser: International Affair of Food & Wine, to benefit the Tom & Sheila Baker Fund which supports Special Love (Camp Fantastic) and the Youth Development Center – both in Winchester. Ed sits on the board of Special Love and gave us some insight into it's inception (by Tom Baker) and the incredible service it provides to children with cancer along with their parents, siblings and friends. Tootie gave us a run-down of the local restaurants and wine choices that will be available at the fundraising event being held on Saturday, June 16 from 6pm – 10pm at Chateau Renard, 1281 Merriman's Lane, Winchester. Enjoy small plates prepared by local executive chefs from our great area restaurants paired with 90+ point wines curated by a Master Sommelier. For tickets, please call 540-247-8035; tickets are \$100 each.

Duration: 27:44 | Recorded on June 11, 2018

### **Tourism Tuesday: Front Royal Brewing Company**

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 guests, Tim Arndt & Jeffrey Carroll from Front Royal Brewing Company. We talked about their recent opening, the process to get to that point along with all the beers, food & entertainment they'll offer at the brewery.

Duration: 28:03 | Recorded on June 12, 2018

### **Richard's Fruit Market**

We were in the studio (albeit late) with Eddie Richard & Kayla Richard Lawrence from Richard's Fruit Market to talk about their opening for the season on Thursday, June 14, 2018. Richard's Fruit Market opened in 1953 and is oldest "country classic" open air farmers market conveniently located on the Richard's fifth generation family farm (est. 1878) in Frederick County, Virginia. Eddie & Kayla talked about the market offerings, new events that are happening this season and Eddie gave us some insight into the large role weather plays in running his business.

Duration: 26:33 | Recorded on June 13, 2018

### **LFCC Student Ambassadors**

We were in the studio today with Kelli Dayrit, Outreach and Alumni Coordinator with Lord Fairfax Community College along with two of her former Student Ambassadors: Emily Hammersley, class of 2018 & Eric Bittner, class of 2017. Emily & Eric told us about their experience as Student Ambassadors, what they learned, and how it has (and will continue) to help them further their education and careers. Emily has chosen to become a mentor within the I'm Just Me Movement before transferring to GMU. Eric has joined the marketing team with Mayor Harbaugh and the Middletown Fourth of July Celebration. In the future, he plans to run for public office to advocate for his fellow Virginians.

Kelli also told us about the opportunity for LFCC alumni to become more involved with the college. She asked that any former LFCC graduates contact her to discuss how they can support current students and further the school's goals in the community. You can email Kelli:

kdayrit@lfcc.edu

Duration: 28:01 | Recorded on June 14, 2018

### **VA Cooperative Extension Office: Water Testing Clinics**

We were in the studio today with Mark Sutphin, Unit Coordinator Extension Agent, Agriculture and Natural Resources Horticulture with the Virginia Cooperative Extension Office. We talked about the drinking water testing clinics the extension office will be conducting in the five surrounding counties. Virginia Cooperative Extension is offering Northern Shenandoah Valley residents the opportunity to have their water tested in July for 14 common contaminants. The Drinking Water Clinics give people with private water systems access to affordable water testing, help interpreting their water test results, and information about possible treatment options.

Duration: 28:00 | Recorded on June 15, 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, road construction, reassessments, delinquent taxes and more. We discussed: Morgan's Ford Bridge and the recent flooding along with when the bridge will celebrate it's ribbon-cutting; projects in discussion with the Development Review Committee; Comprehensive Plan Updates; Reassessments; Delinquent Taxes & an upcoming sale; VDOT/Smart Scale Applications; along with details about Ressie Jeffries, Health & Human Services building and other road projects.

Duration: 22:10 | Recorded on June 18, 2018

### **Tourism Tuesday: Stanley Homecoming**

We were in the studio for Tourism Tuesday – Luray/Page County edition – with Katie Cooper from Luray/Page Chamber of Commerce and her guests: Jenny Knight & Mark Stroupe from the Stanley Homecoming Committee to talk about their event happening from July 4 – 7, 2018.

Duration: 27:53 | Recorded on June 19, 2018

### **Shenandoah University's Sports Management Program**

We were in the studio today with Dr. Fritz Polite, Assistant Dean of Student Affairs at Shenandoah University. He brought with him several past and current students – Michael Nguyen (2019); Kit Gould (2018); Damon Mackin (2018)- to talk about their experiences in the program, what they've learned and how participating in events like the PyeongChang 2018 Olympic Winter Games, the NCAA College Football Championship Game and Super Bowl have impacted their education and professional development. Joining us in the studio was Shenandoah University's Harry F. Byrd, Jr. School of Business Executive in Residence, Dan Kaseman, of Atoka Properties to give his insight into why he's involved with the school and students and the impact it's had on his life.

Duration: 53:35 | Recorded on June 20, 2018

### **Mid-Atlantic Women's Motorcycle Rally**

We were in the studio today for a special "Tourism Thursday" with Felicia Hart, Director of Community Development & Tourism for the Town of Front Royal and her guests, Dawn McDermott, President of Mid-Atlantic Women's Motorcycle Rally and Tamela Rich, a 2nd year participant. This is the group's second year hosting their event in Front Royal – it's the longest running women's motorcycle rally that creates a positive environment for female motorcyclists and enthusiasts. In their 26th year, over 4,000 women have attended and the group has raised almost \$400,000 for women's cancer charities.

Duration: 28:25 | Recorded on June 21, 2018

### **United Way NSV: Adult Care Center**

We were in the studio for United Way Day with Elise from the United Way of the Northern Shenandoah Valley and her guest Jane Bauknecht, Executive Director for the Adult Care Center. We talked about the programs and services offered by the Adult Care Center, the types of activities they offer their clients and how most people can qualify and/or cover the costs of their program. Elise also talked of the need for volunteers for the Luray Triathlon, open registration for Day of Caring and the upcoming Rubbermaid Sale.

Duration: 27:00 | Recorded on June 22, 2018

### **Virginia Association of Broadcasters Awards**

We were in the studio today with Liz Trumbull, Station Manager at Royal Broadcasting (The River 95.3FM/SportsRadio 1450AM) to talk about the recognition and awards the station recently received at the Virginia Association of Broadcasters 80th Annual Summer Convention at Virginia Beach, VA.

Duration: 27:42 | Recorded on June 25, 2018

### **Peak Leaf Music & Brewers Festival at Valley Roots Farm**

We were in the studio for Tourism Tuesday with Justin Kerns, our "Winchester Tourism Guy" from Winchester-Frederick County Convention & Visitors Bureau along with his guests: Tyler & Angel Wakeman (and baby Olive) from Valley Roots Farm to talk about their farm and Peak Leaf Music & Brewers Festival happening on October 20, 2018 on their property in Middletown.

Duration: 27:12 | Recorded on June 26, 2018

### **Chamber Night at the Ballpark with Winchester Royals**

We were in the studio for The Valley Business Today with Emily Buhl from the Top of Virginia Regional Chamber and her guests: John Doleman with Apps TwentyFour Seventeen (sponsor of Chamber Night at the Ballpark); Nate Crandell, Winchester Royals board member & Jordan Huntley CF with Winchester Royals. Nate gave us a brief history of Valley League Baseball and talked about the Winchester Royals' team, host families and the community spirit their dedicated players embrace while in the area playing baseball. Jordan talked about his experience as a player, his host family and the importance of seizing every opportunity when it comes to being successful on and off the field. John talked about his new business and how it can give small businesses and non-profits the added advantage they need that comes with offering a mobile app to promote their products and services.

Duration: 27:25 | Recorded on June 27, 2018

### **Alcohol Lab with Lt. Warren Gosnell, Frederick County Sheriff's Office**

We were in the studio with Lt. Warren Gosnell with the Frederick County Sheriff's Office to conduct our twice-yearly "Alcohol Lab." Our participants were Dylan Nicholls, News Director at The River 95.3 and Chris Cooper, our Saturday "news guy." Each of them consumed controlled amounts of alcohol (beer) within certain time constraints with BAC tests given at timed intervals in between. Lt. Gosnell chatted with them about the effects, their drinking patterns and compared their body makeups (height, weight, etc.) and discussed the impact all of these factors have on how the alcohol affected their bodies and the BAC readings. We also talked about a few myths that people may believe regarding ways to "sober up" or to avoid DUI situations.

Duration: 41:28 | Recorded on June 28, 2018

### **Volunteering Opportunities with Blue Ridge Hospice**

We were in the studio with Kelly Miller, Manager of Volunteer Services with Blue Ridge Hospice to talk about all the different volunteer opportunities available from patient care to events to administrative. Kelly also gave us details about a few upcoming fundraiser events. You can get more information on their website: <http://www.blueridgehospice.org/>

Duration: 28:35 | Recorded on June 29, 2018