

**PROGRAMS LIST**  
**WFTR-AM/WZRV-FM**  
**FRONT ROYAL, VIRGINIA**  
**The Valley Today**  
**ALL SHOWS HOSTED BY JANET MICHAEL**  
**Weekdays 12pm – 12:30pm**  
**October 1, 2019 – December 31, 2019**

**Tourism Tuesday: Pints for Paws, Grilled Cheese/Tomato Soup, and ICE CREAM!!**

We were in the studio for Tourism Tuesday – Shenandoah County edition – with Kary Haun from Shenandoah County Tourism and her guest, Olivia Hilton, Community Development Coordinator for the Town of Strasburg. Kary gave us the details for a variety of events: AutumnFest, Arsenic & Old Lace opening at Theatre Shenandoah, American Fright Night Haunted Attraction at Shenandoah Caverns. Our conversation with Olivia included details for the upcoming (free admission) Pints for Paws event. The Town of Strasburg has partnered with the Strasburg High FCCLA to bring you puppies, pints, and pumpkins in the Strasburg Square. The event will feature: pumpkin painting, raffle baskets, a puppy kissing booth, live music and a puppy costume parade at 1pm. All pups are welcome to enter for a small donation and their chance to win in several categories. All proceeds will go to the Humane Society of Shenandoah County who will be on-site with local pet-friendly vendors and adoptable pups. Olivia also gave us details for the Grilled Cheese & Tomato Soup Festival – now in it's 3rd year.

Duration: 28:46 | Recorded on October 1, 2019

**The Valley Business Today: Fireball Arcade**

We were in the studio for The Valley Business Today – Front Royal/Warren County edition – with Niki Cales, President of Front Royal/Warren County Chamber of Commerce and her guest, Steve Ontiveros, owner of Fireball Arcade that recently opened on Main Street in downtown Front Royal. Steve told us about how and why he opened the arcade and explained the work that goes into finding and maintaining the video games and pinball machines. We talked about several of the games he has, options to host birthday parties and future competitions. Niki gave us a quick rundown of upcoming chamber events from ribbon cuttings to the Candidates Forum which will take place over 2 nights.

Duration: 27:31 | Recorded on October 2, 2019

**Art at the Mill**

We recorded today's show from the Burwell-Morgan Mill in Millwood with Nathan Stalvey, Director of Clarke County Historical Association & Len Capelli, Director of Economic Development & Tourism for Clarke County.

We talked about the twice yearly art show that happens at the mill, the artists who participate and why it's an important fundraiser for the Clarke County Historical Association, who maintains and operates the centuries old mill. We also chatted with one of the artists, Harriet Maloney, a local wood-turner about her craft.

Duration: 25:51 | Recorded on October 3, 2019

### **Winchester Brew Works**

We recorded today's show in the taproom at Winchester Brew Works. Our conversation with co-owner, Holly Redding included information about their Fall Festival happening on Saturday, October 5, 2019 as well as the different types of beer they have on tap, their brewing process and how it's changed since they opened their doors a few years ago.

Duration: 22:32 | Recorded on October 4, 2019

### **Blue Ridge Hospice**

We were in the studio today for a conversation with Annie Bradfield, Chief Marketing & Development Officer for Blue Ridge Hospice, and Dr. Brendan Flynn, their Chief Medical Director. We talked about a few upcoming events: the 17th Annual Butterfly Walk/Run at Blandy Experimental Farm; and, One More Song Benefit Concert featuring Bill Kirchen with Wayne Lee Ray We also discussed their music therapy program and the positive impact it has on many of their patients. Dr. Flynn also explained some common misconceptions regarding hospice care.

Duration: 24:54 | Recorded on October 7, 2019

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

We were in the studio for Tourism Tuesday – Front Royal/Warren County edition – with Felicia Hart, Director of Community Development & Tourism for the Town of Front Royal. Tim Arndt, head brewer & Kari Harleth, chef with Front Royal Brewing Company joined Felicia to talk about the addition of Kari to the staff, the new menu and upcoming events. Felicia gave us the details for Hometown Halloween

Duration: 23:06 | Recorded on October 8, 2019

### **The Business of Chamber Membership in Luray/Page County**

We were in the studio for The Valley Business Today with Edie Emmons from the Luray/Page County Chamber of Commerce. We talked about the various aspects of chamber membership, the benefits it can provide to businesses large and small as well as several networking & educational events coming up in the next few weeks.

Duration: 24:47 | Recorded on October 9, 2019

### **LFCC's Job & Internship Fair**

We were in the studio today with Brandy Boies, Director of Marketing and Outreach for Lord Fairfax Community College to have a conversation about the Job & Internship Fair. The event will feature over 70 local and regional businesses offering jobs, career advancement opportunities, and in some cases, tuition assistance and internships. We talked about all the different situations that create a job search from being a current or former student, retired or simply interested in a career change.

Duration: 24:24 | Recorded on October 10, 2019

### **FredCo Parks & Rec: Upcoming Races, Events & Trips**

We were in the studio for a fun conversation today with Tony Baker & Chris Konyar from Frederick County Parks & Recreation Department. We talked about a few upcoming races

happening in November, learned the details for Winter Wonderland at Clear Brook Park kicking off on Black Friday and chatted a bit about the upcoming trip to New York City that's usually a sellout every year.

Duration: 28:22 | Recorded on October 11, 2019

### **Phoenix Project: Domestic Violence Awareness**

We were in the studio for a conversation with Tana Hoffman, Board President for Phoenix Project, to talk about her organization and the services it provides to those in abusive situations throughout Front Royal & Warren County. Phoenix Project began providing services to those affected by domestic violence who are living in Front Royal/Warren County in May 2014.

Services were made possible through a grant from the United Way Front Royal/Warren County.

Duration: 24:20 | Recorded on October 14, 2019

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

We were in the studio for Tourism Tuesday – Luray/Page County edition – with Edie from Luray/Page County Chamber of Commerce, and her guest Dakota Baker from Luray Parks & Recreation Department. Dakota gave us all the details for the Halloween events happening in downtown Luray.

Duration: 20:28 | Recorded on October 15, 2019

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

We were in the studio today for a conversation with Matt Peterson, Executive Director for Blue Ridge Habitat for Humanity. Matt gave us an update on what's been happening with the organization, talked about the importance of low income & affordable housing in all the communities served by his organization, told us about additional services that the organization may be implementing in the future and how community & collaborations are an important part of their success. We also discussed the personal transition he'll be making at the end of November to help start a new foundation focusing on educational opportunities for at-risk youth.

Duration: 25:10 | Recorded on October 16, 2019

### **Community Health: Dr. Virginia Baker, Board-Certified OB-GYN**

We were in the studio for a conversation with Dr. Virginia Baker as part of our continuing community health series in partnership with Valley Health. Dr. Baker is a board-certified OB-GYN with Valley Health Warren Memorial Hospital Multispecialty Clinic | Commerce Avenue.

We discussed a variety of women's health issues from breast cancer awareness & the importance of regular mammograms, to other necessary screenings, immunizations & menopause misconceptions. Dr. Baker also gave us a list of community health resources if insurance or finances are an issue. After the show, Dr. Baker chatted a bit longer in the studio and we talked about additional women's health misconceptions involving birth control, immunizations, and menopause.

Duration: 38:14 | Recorded on October 17, 2019

### **The 411 on Warren County 4-H**

We were in the studio for a conversation with Stacy Swain, 4-H Youth Development Educator from Warren County's Extension Office. Stacy told us about the wrap up of 4-H's year, the fairs, livestock sales and recent regional, state & national awards. We talked about all the elements involved with 4-H including leadership skills, equine programs, shooting skills programs and more. She explained that 4-H is more than just county fairs and livestock shows. We talked about re-enrollment for the new 4-H year, the ages for children who are interested, their monthly meetings and all the activities that are available. Stacy also told us about an upcoming Managing Your Money Series hosted by the extension office.

Duration: 25:31 | Recorded on October 18, 2019

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

We were in the studio for our monthly conversation with Warren County Administrator, Doug Stanley for an update on all the projects happening in and around Warren County from zoning changes, road construction and building projects. Doug addressed some of the misleading information that's been posted on social media regarding the credit card use of county personnel. We also got an update on the progress of the joint Tourism Committee, the status of the Crooked Run West development, and the bond refinance. We discussed the completion of the Seide Park Splash Pad project, Rivermont Fire Station's construction status, and learned why Morgan Ford Bridge is currently closed and when it's expected to reopen.

Duration: 24:50 | Recorded on October 21, 2019

### **Tourism Tuesday: Marker-Miller Orchards Farm Market**

We were in the studio for a great conversation with Justin Kerns, our Winchester tourism guy & his guest, Heather McKay from Marker-Miller Orchards Farm Market to talk about their century farm, agri-tourism and apple cider donuts!

Duration: 30:58 | Recorded on October 22, 2019

### **Top of Virginia Regional Chamber's Workforce Development Committee**

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 have a conversation about the chamber's workforce development committee. Jody's guests were committee members, Missy McDonald, Work-Based Learning Coordinator at Frederick County Public Schools & Bonnie Zampino, Center Manager with Virginia Career Works. We talked about the workforce development committee's work, it's importance in developing a local, skilled workforce and how these two committee members' organizations collaborate with community members, local employers and those seeking employment.

Duration: 29:09 | Recorded on October 23, 2019

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

We were in the studio for Traffic Safety Thursday with Lt. Warren Gosnell from the Frederick County Sheriff's Office for our monthly conversation about traffic safety topics. Today we discussed cyclists and proper protocol if you encounter one on a narrow road regardless of the speed limit. Lt. Gosnell gave us some insight from both the cyclist's perspective as well as the

driver's. We talked about speed limits and why obeying them is an important safety mechanism for anyone using the roadways. We also talked about the upcoming Frederick County Public safety 911 Career Fair. On the spot interviews & training will be given at the event. Lt. Gosnell also reminded us with the time change around the corner that it will be getting dark sooner and to be extra focused on potential hazards such as children playing, joggers & cyclists as it gets darker.

Duration: 31:07 | Recorded on October 24, 2019

### **United Way NSV: Lord Fairfax Community College**

We were in the studio for United Way Day with Elise from United Way of Northern Shenandoah Valley and her guest, Mia Dezura, Asso. Dean of Students for Lord Fairfax Community College. We talked about the college's food pantry & mental health counseling program offered to students through grants from United Way NSV. Mia told us about the impact of the food pantry on her students; and, we talked about the role mental health plays in the success of students. Elise told us about the upcoming Poverty Simulation and details for the Rubbermaid Sale

Duration: 27:48 | Recorded on October 25, 2019

### **Educating the Valley: Shenandoah County Public Schools**

We started our conversation with Dr. Mark Johnston, Superintendent of Shenandoah County Public Schools. Our conversation with Dr. Johnston included discussion about the school system in general, their accreditation process for 2018; teacher salaries and the budget process; as well as solar power coming to Triplett Tech.

Duration: 29:31 | Recorded on October 28, 2019

### **Tourism Tuesday: Clarke County Heritage Day**

We were in the studio for Tourism Tuesday – Berryville/Clarke County edition – with Nathan Stalvey, Executive Director for Clarke County Historical Association and President of Berryville Main Street. Nathan gave us all the details for Clarke Heritage Day; the Christmas Tree Lighting & Christmas Parade dates & times; and, we learned how to participate in the parking meter decorating contest.

Duration: 25:40 | Recorded on October 29, 2019

### **FredCo Economic Development Authority: Talent Solutions Strategy**

We recorded today's episode of The Valley Business Today in the boardroom of the Frederick County Economic Development Authority. We had a conversation with Patrick Barker, Executive Director of the organization about economic development on a local & regional level. We talked about the roadblocks that sometimes exist including a limited talent pool. Patrick explained a regional effort to learn about attracting & keeping talent through a study/survey currently underway.

Duration: 24:42 | Recorded on October 30, 2019

### **RappAtHome**

We were in the studio today for a conversation with MK Ishee, Executive Director for RappAtHome and Sharon Pierce, the organization's board president. We discussed how & why

the organization was formed in Rappahannock County; the senior population it serves and why the services they offer are important.

Duration: 26:48 | Recorded on October 31, 2019

### **Front Royal Thermal Shelter**

We were in the studio today for a conversation about the Front Royal Thermal Shelter with Michelle Smeltzer. While Michelle's full-time job is with Warren County Department of Social Services, she explained that neither the county nor the town provide any kind of funding for the thermal shelter. They hope to open the temporary thermal shelter on December 14, 2019 and remain open for 14 consecutive weeks. This is directly dependent on support from many local churches as well as the community at-large.

Duration: 27:53 | Recorded on November 1, 2019

### **ALICE Awareness Week: Janet gives up orange AND espresso!**

We were in the studio for a conversation with Jennifer Hall from Valley Assistance Network (VAN), a program of United Way of Northern Shenandoah Valley. We talked about ALICE (Asset Limited Income Constrained Employed) Awareness week and how the community can get involved from an educational perspective as well as donating to the cause. We also talked about the services and successes of Valley Assistance Network and the upcoming Poverty Simulation.

Duration: 30:02 | Recorded on November 4, 2019

### **]Tourism Tuesday: Star in the Valley Winery**

We were in the studio for Tourism Tuesday – Shenandoah County edition – with Kary Haun from Shenandoah County Tourism and her guests, Shane Waller & Cara Mroczek from Star in the Valley Estate Winery. We talked about how their vineyard got started, the often-forgotten farming that's behind growing grapes as well as several events they host each year in their tasting room. We also learned why they chose Shenandoah County as the home for their vineyard and how they chose their name.

Duration: 27:21 | Recorded on November 5, 2019

### **The Valley Business Today: Turnmeyer Galleries**

We were in the studio for The Valley Business Today – Front Royal/Warren County edition – with co-host Niki Cales, President of Front Royal/Warren County Chamber of Commerce and her guest, Scott Turnmeyer, professional photographer & owner of the newly opened Turnmeyer Galleries. Scott told us how & why he opened a gallery, and about the unique assortment of art, photography and artisan gifts that are featured in his shop. We talked about his photography business, his workshops and classes & his commitment to the community. Niki gave us the details about a few upcoming chamber events including the Christmas parade.

Duration: 31:02 | Recorded on November 6, 2019

### **Tourism Thursday: The Valley Cork**

We recorded a special episode of "Tourism Thursday" at The Valley Cork in Luray with Edie Emmons from Luray/Page County Chamber of Commerce & Chris Jenkins, owner of The Valley

Cork. We talked about how Chris & his wife Lindy decided to open the wine bar, their existing winery/vineyard: Faithbrooke Farm & Vineyard and several events happening in both locations.  
Duration: 25:39 | Recorded on November 7, 2019

### **Jon Bridgan's Focus on the Valley Photography**

We were in the studio for a conversation with Jon Bridgan, owner of Focus on the Valley Photography about how he got started as a professional photographer and learned about the special offer he's extending throughout the month of November for those on a tight budget.  
Duration: 25:41 | Recorded on November 8, 2019

### **Traffic Safety Thursday ... on a Monday**

We were in the studio today for our regular monthly segment – Traffic Safety Thursday – with Lt. Warren Gosnell from the Frederick County Sheriff's Office. We talked about his experience(s) on the drive to the station today from Winchester – the 2 incidents he encountered – as well as the multiple deer carcasses that he saw along 522. We discussed the importance of being extra aware now that it's getting dark earlier and the season for deer on the roadside.  
Duration: 27:07 | Recorded on November 11, 2019

### **Tourism Tuesday: Holiday Events for All Ages**

We were in the studio for Tourism Tuesday – Front Royal/Warren County edition – with Felicia Hart, Director of Tourism & Community Development for the Town of Front Royal. Her guests were: Arline Link from Explore Art & Clay and Teresa Henry from Strokes of Creativity. Our conversation included discussion of upcoming events, holiday markets, workshops and maker-classes for both businesses above as well as The Studio for Learning located on Main Street in Front Royal.

Duration: 25:41 | Recorded on November 12, 2019

### **Rappahannock Electric Coop: United We Light – Project Bolivia**

We were in the studio for a conversation with John Medved, Director of Safety & Compliance and Ryan White, Digital Media Specialist with Rappahannock Electric Cooperative to talk about their recent experiences participating in United We Light: Project Bolivia. On September 4, 2019, seventeen Cooperative employees from eight different co-ops boarded a plane bound for Bolivia with the goal of establishing electricity to five remote villages. John & Ryan were among the group from REC who made the trip. They told me about the 36-hour journey to reach the village; what was involved with pulling line and getting connected without the use of bucket trucks and many of the modern conveniences they use here; and we talked about their experiences with the villagers, the food and the new relationships they've created.

Duration: 23:40 | Recorded on November 13, 2019

### **LFCC Workforce Solutions: Corporate Training**

We were in the studio today with Guy Curtis, Director of Marketing, Business & Industry Training with LFCC Workforce Solutions and his guest, Carlene Hurdle, Workforce Director at the Fauquier Campus. Our conversation focused on their corporate training options available to local companies and organizations; the issues businesses are facing today like keeping a skilled

and talented workforce, an aging workforce retiring quickly – known as the silver tsunami, as well as a workforce being forced into supervisory roles without the proper training. We talked about the advantages of utilizing their programs that bring the experts to your business (or their campus) on a variety of topics on your timetable to effectively identify and design training programs specific to your needs.

Duration: 28:07 | Recorded on November 14, 2019

### **SNAP Education: Healthy Eating Tips**

We were in the studio for a conversation with SNAP-Ed agents Molly Beardslee, housed in Page County; and Morgan Martindell, housed in Augusta County. We talked about the Family Nutrition Program’s mission to “teach limited-resource families and youth how to make healthier food choices and become better managers of available food resources for optimal health and growth.” Their programs focus on basic nutrition, physical activity, safe food handling, and thrifty food shopping. The Family Nutrition Program is offered through Virginia Cooperative Extension, an educational outreach partnership between Virginia Tech and Virginia State University. Molly & Morgan gave us some healthy eating tips, food preparation tips, ways to work being more active into your daily routine and more.

Duration: 21:38 | Recorded on November 15, 2019

### **Camping for Hunger 2019: Valley Assistance Network**

As Camping for Hunger 2019 kicked off, we were broadcasting The Valley Today from the Camping for Hunger bus parked at Royal Plaza Shopping Center. All week, Valley Today guests will speak about the under-served populations in our community and the ways we can help improve their quality of life through donations, services & support. Today, Jennifer Hall from Valley Assistance Network (a program of United Way Northern Shenandoah Valley) joined me on the bus to talk about the program and the ALICE (Asset Limited Income Constrained Employed) they serve.

Duration: 29:36 | Recorded on November 18, 2019

### **Camping for Hunger 2019: Warren County Social Services**

As Camping for Hunger 2019 continues, we were broadcasting The Valley Today from the Camping for Hunger bus parked at Royal Plaza Shopping Center. All week, Valley Today guests will speak about the under-served populations in our community and the ways we can help improve their quality of life through donations, services & support. Today, we had a conversation with DeAnna Cheatham, Director of Warren County Department of Social Services. We talked about the different programs they offer, who qualifies and the impact public assistance can have on their day-to-day lives. We also discussed the importance of giving year-round, the lack of budget funding for their foster care program & the current Coats for Kids project.

Duration: 28:44 | Recorded on November 19, 2019

### **Camping for Hunger 2019: Front Royal/Warren County CCAP**

As Camping for Hunger 2019 continues, we were broadcasting The Valley Today from the Camping for Hunger bus parked at Royal Plaza Shopping Center. All week, Valley Today guests



will speak about the under-served populations in our community and the ways we can help improve their quality of life through donations, services & support. Today we had a conversation with Larry Elliott, President of Front Royal/Warren County CCAP. His organization is the recipient of all the monetary & food donations we collect during Camping for Hunger week. We talked about their organization, the people they serve and the impact food donations of this scale have on our community. We also talked with local student, Aaden Atwood about his contribution to CCAP. Aaden tends a garden in the spring/summer and donates half the proceeds from his produce stand to the organization.

Duration: 30:00 | Recorded on November 20, 2019

### **Camping for Hunger 2019: Valley Health Community Health & Wellness**

As Camping for Hunger 2019 continues, we were broadcasting The Valley Today from the Camping for Hunger bus parked at Royal Plaza Shopping Center. All week, Valley Today guests will speak about the under-served populations in our community and the ways we can help improve their quality of life through donations, services & support. Today we had a conversation with Liz Savage, Vice President of Community Health & Wellness for Valley Health; and Pam Murphy, Executive Director of Shenandoah Community Health Clinic. Liz told us about the \$19 million+ in charity care provided by Valley Health's various facilities in 2018; the more than 150 organizations and non-profits that they partner with throughout the year including the free medical clinics. Pam told us about the services offered through Shenandoah Community Health Clinic including the newest program offering mental health counseling through Shenandoah County Schools.

Duration: 25:44 | Recorded on November 21, 2019

### **Camping for Hunger 2019: United Way NSV**

As Camping for Hunger 2019 wraps up, we were broadcasting The Valley Today from the Camping for Hunger bus parked at Royal Plaza Shopping Center. All week, Valley Today guests have spoken about the under-served populations in our community and the ways we can help improve their quality of life through donations, services & support. Today we had a conversation with Nadine Pottinga, Executive Director for United Way of Northern Shenandoah Valley. We talked about the myths & misconceptions surrounding public assistance as well as the stigma that is sometimes associated with it. We also discussed the senior population and how they are especially susceptible to food insecurity and fall into that ALICE population that we've been discussing throughout the week.

Duration: 29:57 | Recorded on November 22, 2019

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

We were in the studio for Municipal Monday, our regular monthly conversation with Warren County Administrator, Doug Stanley where we get an update on projects, budget discussions and other issues facing Warren County. Today, our conversation included discussion about the newest supervisors elected earlier this month as well as those who will be leaving their post in January. We talked about the upcoming budget season and the process it involves; road construction updates, public hearings & rezoning requests.

Duration: 31:00 | Recorded on November 25, 2019

### **Tourism Tuesday: Holiday Markets & Shenandoah Valley Discovery Museum**

We were in the studio for Tourism Tuesday – Winchester/Frederick County edition – with Justin Kerns from the Winchester/Frederick County Convention & Visitors Bureau to talk about several holiday markets around the area. Dawn Devine, Executive Director for Shenandoah Valley Discovery Museum also joined our conversation which included details about the museum and the impact it has on the children (and adults) who come to “play.”

Duration: 28:51 | Recorded on November 26, 2019

### **The Valley Business Today: Shenandoah Center for Immersive Learning at SU**

We recorded today’s episode of The Valley Business Today from “under the rotunda” at Shenandoah University. Danita Roble, Director of Membership for Top of Virginia Regional Chamber was my co-host and arranged for us to chat with J.J. Ruscella, Executive Director of the Shenandoah Center for Immersive Learning (SCIL) at Shenandoah University. Shenandoah University launched an immersive learning initiative this summer that infuses augmented reality (AR) and virtual reality (VR) simulation models into teaching and learning experiences to enhance how students learn, first responders train and health care professionals gain new skills. JJ told us about his students and their projects; plus we discussed several different uses for AR & VR and the economical & personal impact it could have.

Duration: 27:53 | Recorded on November 27, 2019

### **Diabetes Education with Valley Health**

As part of our community health partnership with Valley Health, our conversation this month was with Karen Doane, R.N. and Certified Diabetes Educator based at Shenandoah Memorial Hospital; and, Courtney Miller, Health Educator based at Page Memorial Hospital. November is American Diabetes Month. According to the Centers for Disease Control (CDC) over 30 million Americans, almost ten percent of the U.S. population, have diabetes. Currently diabetes is the seventh leading cause of death in the United States, and individuals with type 2 diabetes are at increased risk of heart attack, stroke, blindness, kidney failure, and loss of toes, feet or legs. We talked about the different types of diabetes, symptoms, prevention, myths & misconceptions as well as who’s at risk. Both Karen & Courtney offer diabetes education programs at their respective facilities. Valley Health offers a fully-compliant and robust diabetes management program, which has been recognized by the American Diabetes Association since 1993 for the quality of their education program. They provide support and resources through individual and group sessions.

Duration: 27:30 | Recorded on November 29, 2019

### **Camping for Hunger Wrap-Up with Front Royal/Warren County C-CAP**

We were in the studio for a conversation with Larry Elliott, President of Front Royal/Warren County CCAP to talk about the results from our recent Camping for Hunger food drive & the long-term impact it will have on his organization and people they serve. We talked about the types of donations we received, the types of donations they need, and the different ways they’re able to utilize everything that we collected during Camping for Hunger. Larry told us about their clothing donation needs, their fresh food pantry and coolers, as well as details about his all-volunteer staff’s shopping skills.

Duration: 25:29 | Recorded on December 2, 2019

### **Christmas Parades & Holiday Events in Shenandoah County**

We were in the studio for Tourism Tuesday – Shenandoah County edition – with Kary Haun from Shenandoah County Tourism for a conversation about all the Christmas Parades & holiday events happening throughout Shenandoah County.

Duration: 24:18 | Recorded on December 3, 2019

### **The Valley Business Today: UPS Store & White Picket Fence**

We were in the studio for The Valley Business Today – Front Royal/Warren County edition – with Niki Cales, President of Front Royal/Warren County Chamber of Commerce and her guests: Art McArther, owner of the newly opened UPS Store at 424-A South Street in Front Royal; and, Chris & Sue Laurence, owners of White Picket Fence located at 405 E Main Street in Front Royal & Key Move Properties in the same location. We talked about all the services Art offers at the UPS Store, got packing tips and learned the latest we can ship something to family or friends for it to arrive by Christmas. Sue & Chris told us about how they find the items they sell in their shop and gave us some insight into the real estate market during the holiday season. Niki filled us in on all the details for the Front Royal Christmas Parade

Duration: 26:47 | Recorded on December 4, 2019

### **Holiday Fire Safety with Warren County Fire Marshal**

We were in the studio today to have a conversation about fire safety during the holiday and winter season with Warren County Fire Marshal, Gerry Maiatico. We talked about things to consider (and inspect) with a live Christmas tree AND an artificial tree. Gerry gave us some Christmas Tree safety tips to ensure your safety throughout the holiday season. We also discussed fireplace & wood stove safety including how to properly dispose of ashes and the importance of maintaining your chimney and keeping fresh batteries in your smoke alarms and carbon monoxide detectors.

Duration: 28:54 | Recorded on December 5, 2019

### **The Traveling Art Club**

We were in the studio for a conversation with Julia Young & Cheryl Abbott, founders of The Traveling Art Club about their organization, it's programs, and the community they serve. The Traveling Art Club, is a local 501(c)3 organization dedicated to providing sustainable NO COST arts programming, mentorship, education, and supplies to the youth of Winchester City, Frederick, Clarke, Warren, & Shenandoah Counties. We talked about how their organization got started, where they offer their art programs and how the community can help through monetary donations, donating art supplies, volunteering or even serving on their board. They are also looking for local artists to teach classes.

Duration: 27:59 | Recorded on December 6, 2019

### **Gifts Giving Back**

We were in the studio today for a conversation with Ashley Miller and Lani Pendleton, founders of Gifts Giving Back. Inspired by a third grade teacher encouraging her students to read and

communicate more, Gifts Giving Back fosters a love for reading, one book at a time. With a special emphasis on Title 1 schools in Winchester City, Gifts Giving Back is a book gifting program that delivers high quality books to students to develop the critical early foundation and skills which young children need to be successful in life. We talked about how the program began, how it works, the role of sponsors and the community as a whole, and we discussed the long-term impact reading for fun will have on these third grade students.

Duration: 29:08 | Recorded on December 9, 2019

### **Tourism Tuesday: Front Royal Tourism Initiatives & Holiday Events**

We were in the studio for Tourism Tuesday – Front Royal/Warren County edition – with Felicia Hart, Director of Community Development & Tourism for the Town of Front Royal. Felicia gave us an update on several of the projects included in the Community Development Block Grant they received in 2018. We discussed the facade grant program, the parking analysis currently underway, wayfinding signage, and marketing components as part of the grant. Felicia also told us about a change to the town trolley route and reminded us the town’s Business Forum in the town council chambers.

Duration: 28:31 | Recorded on December 10, 2019

### **The Valley Business Today: K3 Solutions**

We were in the studio for The Valley Business Today – Luray/Page County edition – with Edie Emmons from Luray/Page County Chamber of Commerce and her guest, Alison Waters with K3 Solutions, a HUBZone company located in Luray, VA.

Duration: 24:00 | Recorded on December 11, 2019

### **LFCC: Tech Bytes**

We were in the studio with Brandy Boies, Director of Marketing and Outreach for Lord Fairfax Community College and her guest, Melissa Stange, Professor of Computer Science to talk about their Computer Science programs and their Tech Bytes talk series. Tech Bytes is a FREE monthly technology talk program open to the public. The program is coordinated and sponsored by the Computer Science program through a grant and in partnership with the Lord Fairfax Community College student technology organization CS<sup>2</sup> Playground and the IEEE NoVA Section Education Society.

Duration: 30:42 | Recorded on December 12, 2019

### **Embrace Treatment Foster Care**

We were in the studio for a conversation with Leroy Ford, Recruitment Coordinator with Embrace Treatment Foster Care about his organization, the foster care system and what sets Embrace TFC apart from other foster placement agencies. We talked about some myths and misconceptions about foster children, becoming a foster parent and the changing expectations to qualify, as well as the types of support offered by Embrace TFC.

Duration: 28:56 | Recorded on December 13, 2019

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

We were in the studio today for Municipal Monday with Warren County Administrator, Doug Stanley. Our conversation included a look back at completed projects in 2019 as well as status updates for projects that will start or finish in 2020. Doug explained the process involved with the supervisors to set the goals for the coming year and how those may change from election year to election year based on new officials coming on board. He told us the newly elected supervisors will be sworn in on December 18, 2019 at 4pm at the Warren County Courthouse. We also talked about the number of committee positions that are currently open. We also talked about the Development Review Committee, how it works, why it's important, and what was discussed during their November meeting. Finally, Doug reminded us of the holiday hours that will be in place on Christmas Eve & Christmas Day at the local transfer stations and citizen's convenience sites. We talked briefly about Morgan Ford Bridge reopening for public traffic and why it was closed for repairs.

Duration: 26:51 | Recorded on December 16, 2019

### **Tourism Tuesday: Page Alliance for Community Action**

We were in the studio for Tourism Tuesday – Luray/Page County edition – with (sick) Edie Emmons from Luray/Page County Chamber of Commerce & her guest, Megan Gordon, Program Director from Page Alliance for Community Action (PACA). Megan told us about her organization, it's goals and funding sources. We also talked about the vaping epidemic among our youth and the programs PACA offers to educate parents and the community to prevent addiction. Megan also gave us the details for an upcoming fundraiser: ***Polar Bear Plunge***.

Duration: 27:51 | Recorded on December 17, 2019

### **The Business of Membership at Top of VA Regional Chamber**

We were at the Top of Virginia Regional Chamber for today's episode of The Valley Business Today for a conversation with CEO, Cynthia Schneider. We talked about her first 6 months as the CEO of the chamber and her perspective changes since moving from the finance department to lead the organization. Our discussion included several of the programs that have become a staple of chamber membership such as LeadShare groups, networking events, marketing opportunities, and events such as Valor Awards, Hob Nob and more. Cynthia also told us about some new initiatives that were introduced in 2019 that are expected to grow in the coming year. Those included Marketing Mindshare, and the Hispanic Coalition. Cynthia told us about new board members who will be installed for 2020; and, we talked about the different roles each of her staff members play. She also gave us all the details for the upcoming Greater Good Awards including a few new things being added to this year's event.

Duration: 31:02 | Recorded on December 18, 2019

### **Community Health: Outpatient Behavioral Health**

We were in the studio for a conversation with Molly Tahmaseb & Tim Vaughn, counselors at Winchester Medical Center's Outpatient Behavioral Health as part of our continuing community health series in partnership with Valley Health. Our discussion centered around some of the challenges that face people this time of year, including holiday stress and depression. We talked about: Seasonal Affective Disorder (SAD) – a type of depression that comes and goes with the

seasons, typically starting in the late fall and early winter and going away during the spring and summer – symptoms and strategies for coping/prevention; Setting boundaries year-round with friends & family members will help make holiday stress easier to manage; Creating new & celebrating old traditions as a way of coping with grief during the holidays; Why so many New Year’s resolutions fail & strategies to be more successful in setting and fulfilling them

Duration: 25:52 | Recorded on December 19, 2019

### **Master Gardeners Seed Exchange at Blandy Experimental Farm**

We were in the studio for “Extension Office Friday” with Mark Sutphin, horticulture agent for the Virginia Cooperative Extension office based in Frederick County and his guest, Elaine Specht with the Northern Shenandoah Valley Master Gardeners Association to get all the details about the (FREE!) Seed Exchange at Blandy Experimental Farm

Duration: 24:24 | Recorded on December 20, 2019

### **Last Minute Christmas Shopping in Old Town Winchester**

We spent some time in Old Town Winchester for Holly Jolly Saturday and talked to a few of my favorite shop owners to get some last minute Christmas gift ideas. Check out their websites below: Lanita with Espresso Bar & Cafe; Emily with Polka Dot Pot; Susan with Nibblins; Christine with Winchester Book Gallery; Janie with Once Upon A Find; Victoria with Hideaway Cafe

Duration: 29:03 | Recorded on December 23, 2019

### **BBQ in the Shenandoah Valley**

We recorded today’s Tourism Tuesday in the conference room at the Winchester/Frederick County Convention & Visitor’s Center. Justin Kerns invited several BBQ restaurants for a conversation about their story, their food & their commitment to community. We chatted with Mark from Up in Smoke BBQ, Matt from Shaffers BBQ & Market, and Olivia from Jordan Springs Market BBQ & Catering.

Duration: 26:13 | Recorded on December 24, 2019

### **VDOT Snow Show!**

We were in the studio for a “snow show” conversation with Ken Slack, Communications Specialist with VDOT, Staunton District, to talk about how they plan for the winter season, snow removal and road priorities.

Duration: 28:24 | Recorded on December 26, 2019

### **United Way Northern Shenandoah Valley: Page One**

We were in the studio for our monthly conversation with Elise from United Way of Northern Shenandoah Valley. She gave us the details for the Rubbermaid Sale; plus, she told us about all the different ways you can support UWNSV throughout the year as well as now, when the year is coming to an end. Elise’s guest today was Lois Shaffer from member agency, Page One of Page County. Page One’s mission is to provide family assistance to those in our community who find themselves unemployed, sick or for some unforeseen situation, unable to feed their family or meet their financial needs. Lois told us about their programs, their need for various

donations and about the impact their services have had on those in the Page County community.

Duration: 25:21 | Recorded on December 27, 2019

### **Traffic Safety Monday with Lt. Warren Gosnell, FredCo Sheriff's Office**

We were in the studio for our regular monthly conversation (on a Monday instead of Thursday this month) with Lt. Warren Gosnell from Frederick County Sheriff's Office to talk about traffic safety, holiday drinking and NOT driving, traffic laws, driving with Christmas lights INSIDE your vehicle, seat belt laws, and even addressed a listener question.

Duration: 37:39 | Recorded on December 30, 2019

### **Youth Development Center: For Our Tomorrow**

We were in the studio for a conversation with LaTasha Do'zia, Executive Director at the Youth Development Center in Winchester. The Youth Development Center's mission is to foster physical, academic and individual growth through community partnerships, engaged staff and a safe sustainable environment. LaTasha told me about the variety of educational and recreational programs they offer to both children and adults in Winchester and the surrounding area. We talked about how & why the organization was founded, their campus, and discussed it's upkeep and their current capital campaign: ***For Our Tomorrow***.

Duration: 27:35 | Recorded on December 31, 2019