

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

Winchester Children’s Business Fair

We were in the studio for our monthly conversation with Jennifer Bell, Winchester’s Downtown Manager to talk about upcoming events happening throughout April in Old Town Winchester. Jennifer brought Jessie Edwards & Katie Moody to tell us about the Winchester Children’s Business Fair. The event features local children (ages 6-17) who develop a brand, create a product or service, build a marketing strategy, and then open for customers at the one-day marketplace.

Duration: 26:44 | Recorded on April 1, 2019

Tourism Tuesday: Vintage in the Valley, Gardens, Galleries & Grapes and more!

We were in the studio for Tourism Tuesday – Shenandoah County edition – with Kary Haun from Shenandoah County Tourism and her guest, Olivia Hilton, Marketing & Events Coordinator for the Town of Strasburg. Olivia gave us all the details for Vintage in the Valley. The free event will showcase over 200 vendors of vintage goods, antiques, and handmade crafts; local bands; a wine garden in the Strasburg Square; and a vintage car show. Kary gave us details about Gardens, Galleries & Grapes. Hosted by Shenandoah County Artisan Trail and Shenandoah County Tourism, the event is now in its sixth year.

Duration: 25:27 | Recorded on April 2, 2019

The Valley Business Today: Front Royal Chamber Festivals & Events

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 upcoming events. Niki gave us an update for the 33rd Annual Wine & Craft Festival. We talked about the Virginia wineries the festival features, how to get tickets, and got some behind the scenes info about how the festival is organized. We also talked about upcoming marketing and social media workshops that a recent member survey showed were needed by local business owners; and, the chamber’s Job Fair.

Duration: 26:50 | Recorded on April 3, 2019

Advance Care Planning with Valley Health

As part of our Community Health Partnership with Valley Health, we were in the studio today for conversation about Advance Care Planning. Jodi Young and Tina Carter talked about the nuts and bolts of advance directives and why it’s so important to have a conversation NOW with loved ones about end-of-life wishes if they become unable to speak for themselves. Jodi and Tina encourage listeners to honor National Healthcare Decisions Day on April 16, 2019 by

picking up advance care planning information and guidance at their local Valley Health hospital. There are several opportunities throughout the month of April.

Duration: 25:33 | Recorded on April 4, 2019

Community Earth Day Celebration

We were in the studio today with Matt Wendling with the Warren County Planning Department & President of the Front Royal/Warren County Anti-Litter Council and Kara Lewallen, a teacher at Skyline High School. We talked about the Community Earth Day Celebration. Kara gave us a rundown of all the activities happening that day and the organizations who are participating in the event. Kara also told us about a Skyline High School action project, “Buy One Give One” bag and book. For each one purchased, one set will be donated to a local kindergartner. Matt gave us an overview of their “Make a Difference in your Community” program that loans supplies to school clubs & civic organizations for roadside litter clean-up efforts. We also talked about the cargo nets (in three sizes for large and small pick-up trucks and utility trailers) available to town and county residents at no cost. Finally, Matt gave us the details about a competitive state grant they were awarded to fund a project to build & install Monofilament Fishing Line Collection Tubes at boat landings in Clarke, Frederick, Shenandoah and Warren Counties.

Duration: 26:05 | Recorded on April 5, 2019

VDOT’s Work Zone Awareness Week

We were in the studio with Ken Slack, VDOT Staunton District Communications Specialist & Ed Carter, VDOT Edinburg Residency Administrator to talk about Work Zone Awareness Week that kicks off nationally on Monday, April 8, 2019. We talked about the importance of staying alert when driving through work zones, learned about some statistics for accidents and fatalities over the course of the last year, and got some “do’s and don’ts” in work zones.

Duration: 30:26 | Recorded on April 8, 2019

Tourism Tuesday: Front Royal Tree Stewards

We were in the studio for Tourism Tuesday – Front Royal/Warren County edition – with Felicia Hart, Director of Community Development & Tourism for the Town of Front Royal and her guest, Melody Hotek from Front Royal Tree Stewards. Melody told us about the work Front Royal Tree Stewards perform across our community; we talked about their upcoming Arbor Day event in partnership with Community Earth Day; plus Melody explained the Tree City, USA designation granted to the town for the last 20 years. Felicia talked about the importance of being positive about our community when tourists are asking questions about our area.

Duration: 27:09 | Recorded on April 9, 2019

The Valley Business Today: Apex Network Physical Therapy

We were in the studio for The Valley Business Today with Katie Cooper from Luray/Page County Chamber of Commerce and her guest, Mitch Lovinger from Apex Network Physical Therapy. Mitch told us about his road to entrepreneurship that brought him to purchase Apex Network. We discussed all the services offered at his practice that include: Aquatic Therapy, Industrial Rehabilitation, Physical Therapy + Sports Rehabilitation, and Occupational Therapy.

Duration: 26:35 | Recorded on April 10, 2019

Lord Fairfax Community College: SO Many Options!

We were in the studio today with Brandy Boies, Director of Marketing & Outreach for Lord Fairfax Community College to talk about education options. We discussed all the options available to students today that include attending 4-year universities; those who, for whatever reason, may decide not to finish at university; online options for LFCC classes even while enrolled at other schools; plus the wide range of certificate and trades programs.

Duration: 27:47 | Recorded on April 11, 2019

Sustainability Matters

We were in the studio today with Sari Carp & Paula Brownlee from Sustainability Matters. We talked about how they've grown, the number of successful programs and projects they've implemented in the last year and what they hope to accomplish in the coming year. They're on the path to becoming a full 501(c)3. This year, they're spear-heading projects like a pollinator habitat at the Shenandoah County landfill, workshops and art series at Barns of Rose Hill and Shenandoah Earth Day & Community Plant Swap

Duration: 25:45 | Recorded on April 12, 2019

Municipal Monday: Warren County Administrator, Doug Stanley

We were in the studio with Warren County Administrator, Doug Stanley to get an update on all the projects happening in Warren County. We discussed the recent grand jury that was empaneled to investigate the EDA as well as other governmental agencies; the FY19-20 budget cycle; the possible change in zoning for Crooked Run North; as well as topics covered at the Development Review Committee meeting; and status updates on several other projects.

Duration: 26:47 | Recorded on April 15, 2019

Tourism Tuesday: Festival of Spring in Luray

We were in the studio for Tourism Tuesday with Katie Cooper from Luray/Page County Chamber of Commerce and her guests Dakota Baker & Morgan Housden from Luray Parks & Recreation Department to talk about Festival of Spring. Dakota & Morgan gave us all the details for the upcoming festival and also told us about their free family movie nights, free concert series and several other programs offered by the department throughout the summer.

Duration: 27:58 | Recorded on April 16, 2019

Medical Directives, Wills and Other Healthcare Decisions with Local Attorney, Suzan Herskowitz

We were in the studio for a conversation with local attorney, Suzan Herskowitz to talk about medical directives, wills and other end-of-life decisions that can be made today, before there's a crisis. She explained what the various terms mean, what decisions they actually authorize and walked us through some scenarios about having (and not having) medical directives & wills in place when the need for them arise.

Duration: 23:50 | Recorded on April 17, 2019

Floyd Heater & Terri Mayes with Warren Memorial Hospital

We were in the studio with Floyd Heater, President of Warren Memorial Hospital, and Terri Mayes, Vice-President of Warren Memorial Hospital as part of our community health partnership with Valley Health. Terri told us about the hospital's recent Pathways to Excellence designation that was developed by the American Nurses Credentialing Center. Currently, there are 173 hospitals worldwide that have achieved this recognition, and Warren is one of just four hospitals in Virginia. Being a Pathway of Excellence hospital has shown to improve patient and staff satisfaction; increase recruitment efforts and advance nursing standards. Floyd gave us a snapshot of the new facility. We discussed the upcoming Community Safety & Wellness Fair. The event will feature more than 70 exhibitors, comprehensive blood work & free screenings. Duration: 37:18 | Recorded on April 18, 2019

Nine Ways Hackers Will Use Your Personal Information

We were in the studio for a conversation with Karen Poff, Senior Extension Agent with Virginia Cooperative Extension Office. We talked about life after the Equifax breach & the nine ways hackers can use your personal information and steps you can take to safeguard your information. Karen also told us about resources available to both victims of identity theft and those who suspect it has happened to them. Duration: 1:02:46 | Recorded on April 19, 2019

Blue Ridge Singers

We were in the studio for a conversation with several members of Blue Ridge Singers to talk about their upcoming Spring Concert Series. We spoke with Joe West, Joe Powell, Sue Correll, and conductor, Jeff Alban about the organization's history, their music choices and the work that goes into each performance. Duration: 26:03 | Recorded on April 22, 2019

Tourism Tuesday: Winchester Wings & Wheels event

We were in the studio for Tourism Tuesday with Justin Kerns from Winchester/Frederick County Convention & Visitors Bureau and his guests, Nick Sabo, Director of Winchester Regional Airport & Chris Daniels, owner of 0-60 Energy Cafe, to talk about their upcoming event Winchester Wings & Wheels. We talked about how the event came together and got all the details about this first-time, family-friendly, free event that will highlight classic cars and a variety of aircraft. While admission is free, a donation will be accepted to benefit The Arc of Northern Shenandoah Valley. Duration: 25:47 | Recorded on April 23, 2019

The Valley Business Today: Roxtar Inc.

We were in the studio with Danita Roble, Director of Membership for Top of Virginia Regional Chamber and her guest, Jim Bowie, President of Roxtar, Inc., & adjunct professor at Shenandoah University. Roxtar Inc., a service-disabled veteran-owned small business, works with both large and small businesses and non-profits to identify & address issues in their work process and then develop and implement solutions to both internal and external issues. Duration: 25:16 | Recorded on April 24, 2019

Traffic Safety Thursday with Lt. Warren Gosnell, FredCo Sheriff's Office

We were in the studio for our monthly conversation about traffic safety with Lt. Warren Gosnell from the Frederick County Sheriff's Office. We talked about distracted driving issues such as eating, listening to loud music, loose pets in your vehicle and of course, use of cell phones. Lt. Gosnell explained the current status of the hands-free law and his expectations for it's passing in 2020. We also discussed pedestrian safety and the need for those who walk, jog or ride bikes near public roadways to be aware of their surroundings as well.

Duration: 25:33 | Recorded on April 25, 2019

United Way NSV: The Kids Club of Northern Shenandoah Valley

We were in the studio for a conversation with Elise from United Way of Northern Shenandoah Valley and her guest, Heather Forman, Executive Director at The Kids Club of Northern Shenandoah Valley. Heather told us about her organization, the families and children they serve and we talked about how the community can help with food & monetary donations. Elise told us about Youth Day of Caring & the importance of getting our children involved in their community.

Duration: 24:40 | Recorded on April 26, 2019

Educating the Valley: Randolph-Macon Academy

We were in the studio today with Randolph-Macon Academy President, Brigadier General David Wesley. We talked about their ROTC program, the Hadeed Innovation Lab, athletics and even their award winning marching band. Our conversation included discussion about their financial stability through tuition, fundraising and endowments for educational programs at R-MA, the international experience of learning for local students, and the high rate of college acceptance and scholarship dollars awarded to R-MA students.

Duration: 26:34 | Recorded on April 29, 2019

Tourism Tuesday: Clarke County Events

We were in the studio with Len Capelli, Director of Economic Development & Tourism and his guest, Nathan Stalvey, Executive Director for Clarke County Historical Association to talk about several upcoming events. Nathan gave us a quick rundown of Art at the Mill, Historic Mill Training, Colonial Kids Day at the Mill, Trivia Night, plus we talked about *Saddle Up! The Horse in Sport and Art in Clarke County*. Len told us about the success of the 2019 Clarke County Farm Tour and the plans to potentially expand it in 2020; plus we talked about Fiesta in the Garden, Spring Market (Lucketts Store) and a few other events happening in Clarke County.

Duration: 25:45 | Recorded on April 30, 2019

The Valley Business Today: Mac's Roller Rink

We were in the studio for The Valley Business Today with Niki Cales, President of Front Royal/Warren County Chamber of Commerce and her guests, Madeline Heflin & Taylor Lynch, new owners of Mac's Roller Rink. They told us about how they came to be the newest owners of the community landmark and we talked about their plans to host fundraisers, \$5 skate nights, fitness classes and more.

Duration: 26:10 | Recorded on May 1, 2019

2019 Garden Fair at Blandy

We were in the studio with Tim Farmer from the State Arboretum at Blandy Experimental Farm to get all the details about the 2019 Garden Fair at Blandy. Tim told us about the vendors who will be participating that day, the large number of native plants that will be available for purchase, food vendors, kids activities and arboretum tours that will take place throughout the day. We also talked about memberships to Blandy and the benefits they offer.

Duration: 26:06 | Recorded on May 2, 2019

Becoming a Foster Parent with Children's Services of VA

May is National Foster Care Month so we were in the studio with Jennifer Allen, Resource Parent Recruiter for Children's Services of VA and Jessica Phillips, one of their foster parents. We talked about the important role foster parents play in the lives of many children in our communities. Jennifer told us about the process to becoming a foster parent and Jessica told us about her experiences in the last 9 years as a foster parent. We discussed the many different situations that create the need for a foster parent in a child's life, how long the typical stay with a family is and other ways people can support foster families even if becoming a foster parent isn't for them.

Duration: 51:07 | Recorded on May 3, 2019

Old Town Winchester Farmer's Market & KidzFest

We were in the studio today with Jennifer Bell, Old Town Winchester's Downtown Manager to get an update on several events happening in Old Town Winchester this month. Jennifer told us about the Farmer's Market opening for the season with live music, specials and giveaways. She also gave us the details for KidzFest. This free, family-friendly event features over 50 interactive exhibits highlighting education, art, music, sports and more.

Duration: 25:56 | Recorded on May 6, 2019

Tourism Tuesday: National Tourism Week & ShenCo Local History Weekend

We were in the studio today with Kary Haun from Shenandoah County Tourism and her guest, Zach Hottle, Archivist with Shenandoah County Library. Kary told us about National Tourism Week. Shenandoah County uses this week to encourage LOCALS to enjoy all of the cool things that a tourist might enjoy. Local businesses and attractions will be offering special incentives and discounts to locals only during the week. Zach told us about the eight Shenandoah County sites co-sponsoring an inaugural "Local History Weekend" designed to welcome individuals to visit the museums, archives, and historic sites that help care for and share the stories from our area's past.

Duration: 25:03 | Recorded on May 7, 2019

Skyline High School's Community Based Instruction Program

We were in the studio today with Sally Meredith & Sarah Griffin, Special Education teachers at Skyline High School to talk about their Community Based Instruction program. The class practices skills such as budgeting, making healthy food choices, and appropriate social skills by going to local area restaurants. They practice vocational skills through partnerships with local area businesses. Mary, Sam & Edwin, students in the program, also joined us in the studio to talk about their favorite things in the program and what their goals are after graduation. We talked about the coffee shop and crock pot meals businesses the students run within the school and the skills it provides them for working after they leave Skyline High School.

Duration: 25:38 | Recorded on May 8, 2019

Leadercast 2019: Leading Healthy Teams

We were at Lord Fairfax Community College for a conversation with Guy Curtis, Director of Marketing, Business & Industry Training for LFCC Workforce Solutions and Jeanian Clark, Vice President of Workforce Solutions and Continuing Education. We talked about their upcoming event: Leadercast 2019: Leading Healthy Teams. We discussed the important role healthy teams play in businesses of all sizes.

Duration: 26:11 | Recorded on May 9, 2019

Summer Fun with Frederick County Parks & Recreation

We were in the studio today with Tony Baker & Chris Konyar from Frederick County Parks & Recreation for our Spring/Summer rundown of all the events, programs and fun things their department offers for kids & adults. We talked about the Youth Triathlon, a youth Track & Field event, several aquatics programs including swim team and swimming lessons, the Great American Campout, and more.

Duration: 26:48 | Recorded on May 10, 2019

Front Royal Police Chief Kahle Magalis

We were in the studio today with Front Royal Police Chief Kahle Magalis to talk about the new Front Royal Police Department Headquarters located at 900 Monroe Avenue. Chief Magalis told us about features of the new building and how they afford his officers and staff a way to do their jobs better and more efficiently.

Duration: 20:36 | Recorded on May 13, 2019

Tourism Tuesday: Front Royal's Appalachian Trail Community

We were in the studio for Tourism Tuesday – Front Royal/Warren County edition – with Felicia Hart, Director of Community Development & Tourism for the Town of Front Royal, and her guest, Garry Green, owner of Mountain Trails located at 120 E. Main Street in Front Royal (and 115 N. Loudoun Street, Winchester.) We talked about the important role the Appalachian Trail plays in our community from both a tourism perspective as well as economically. We talked about the hikers who take on the trail and Garry gave us some insight into why they do it and what life is like during their experience. He also told us about his new “base camp” located at his shop.

Duration: 28:11 | Recorded on May 14, 2019

Newtown Heritage Festival 2019

We were in the studio today with Stephens City Mayor, Michael Diaz & Tootie Rinker to get all the details for the Newtown Heritage Festival. The event, now in its 27th year, will feature several musical performances, a parade, food, craft vendors, a guided wagon tour, fireworks and more.

Duration: 29:03 | Recorded on May 15, 2019

MythBusting: Weight Loss, Obesity & Metabolic Disorders

As part of our Community Health Partnership with Valley Health, we were in the studio today with Rick Northcraft, board certified Family Nurse Practitioner and certified Bariatric Nurse with the Valley Health Metabolic & Bariatric Program. We talked about metabolic disorders; the difference between being overweight vs. being obese; how to determine your body mass index (BMI); plus, we discussed factors that affect weight gain (and weight loss) and treatment options regardless of your weight loss goal.

Duration: 28:54 | Recorded on May 16, 2019

GardenFest 2019 at Belle Grove Plantation

We were in the studio with Mark Sutphin, Unit Coordinator Extension Agent with Virginia Cooperative Extension Office and Cy Haley for the conversation about GardenFest. We talked about all the activities and purchases that will be available during the event that day – which is a huge fundraiser for the NSV Master Gardeners Association.

Duration: 25:35 | Recorded on May 17, 2019

Warren County Administrator, Doug Stanley

We were in the studio with Warren County Administrator, Doug Stanley to get an update on projects happening in Warren County. Doug told us about the FY19-20 budget process, the recently passed real estate tax increase and the impact it will have on salaries for Warren County teachers in particular. We discussed road projects, progress on the Rivermont Fire Station, discussions from the Development Review Committee and we talked about the recent recognition given to John Vance by the Northern Shenandoah Valley Regional Commission.

Duration: 27:14 | Recorded on May 20, 2019

Tourism Tuesday: Town of Shenandoah's Memorial Day Celebration

We were in the studio with Gina Hilliard, President of Luray/Page Chamber of Commerce and her guest Sarah Dean from the Town of Shenandoah to talk about their upcoming events including their Memorial Day Celebration

Duration: 25:55 | Recorded on May 21, 2019

The Valley Business Today: TOVRC 2019 Corporate Challenge

We were in the studio for The Valley Business Today with Jody Wall from the Top of Virginia Regional Chamber to talk about their 2019 Corporate Challenge. Her guests were Michelle Brune from BB&T (the event's corporate sponsor) and Jeremy Shen from Yount Hyde & Barbour, reigning champion of last year's event.

Duration: 26:54 | Recorded on May 22, 2019

Traffic Safety Thursday: Click It or Ticket

We were in the studio for our monthly conversation with Lt. Warren Gosnell from the Frederick County Sheriff's Office to talk traffic safety. We discussed the current Click It or Ticket campaign in Frederick County, the dangers of children & ATV's on roadways & Lt. Gosnell told me of some popular police misconceptions.

Duration: 25:01 | Recorded on May 23, 2019

United Way NSV: Valley Assistance Network (VAN)

We were in the studio for "United Way Day" with Elise from United Way of Northern Shenandoah Valley and Jennifer from Valley Assistance Network, a program of United Way NSV created to help families navigate community resources and create a path to financial stability. Jennifer gave us some background on the services offered by VAN and the impact it has on the people, families and our community. We talked about a particular disabled, homeless veteran they're trying to help with housing.

Duration: 26:45 | Recorded on May 24, 2019

Tourism Tuesday: SO Many Events in Winchester/Frederick County

We were in the studio with Justin Kerns from Winchester/Frederick County Convention & Visitors Bureau to talk about several events happening over the next several weeks. Justin reminded us the Curves to Cores Hog Rally is coming to the area. We talked about the events they're planning and learned the potential economic impact of their rally could be over \$6 million. In addition, we talked about kids movies, classic movies, trolley tours, a pottery show, and more!

Duration: 26:53 | Recorded on May 28, 2019

The Impact of Education on Economic Development

We were in the studio for The Valley Business Today with Sally Michaels from the Frederick County Economic Development Authority to talk about the important role education plays in economic development across the Shenandoah Valley. Sally told us about all the programs that help local students learn about all their options for finding jobs and careers in our community at various levels of required continuing education.

Duration: 26:47 | Recorded on May 29, 2019

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

We were in the studio today with Sharen Gromling, Executive Director of Our Health and Dario Savarese, Executive Officer for Top of Virginia Building Association to talk about their upcoming Community Block Party. We discussed details of the event that include live music, local breweries, food truck and a dunking booth filled with local celebrities. Sharen also gave us a few details about their 18th Annual Charity Golf Shoot-Out

Duration: 25:27 | Recorded on May 30, 2019

Blue Ridge Wildlife Center

We were in the studio for a conversation with Hillary Davidson, Executive Director & Jennifer Burghoffer, Manager of Education from Blue Ridge Wildlife Center about their organization. We talked about the animals they help to rescue, rehab and release back to their native environment; the areas they serve; how they obtain funding; and what the public can do to help further their work. We also discussed the details for their upcoming fundraiser/education event, WildFest.

Duration: 26:56 | Recorded on May 31, 2019

Old Town Winchester Events

We were in the studio today with Jennifer Bell, Winchester's Downtown Manager to get all the details about the events happening in Old Town Winchester throughout the month of June. We talked about Family Movie Nights on the Mall; First Fridays Celebration of the Arts; Hop Blossom; Classic Movies at the Taylor Pavilion; Friday Night Live events and more!

Duration: 27:31 | Recorded on June 3, 2019

Tourism Tuesday: Bike Virginia 2019, ShenValley ArtFest & Vintage Woodstock

We were in the studio with Kary Haun from Shenandoah County Tourism and her guest, Katie Mercer, Enhancement Coordinator for the Town of Woodstock. We talked about upcoming events: Bike Virginia, Shenandoah Valley ArtFest, Vintage Woodstock and more!

Duration: 26:43 | Recorded on June 4, 2019

The Valley Business Today: Millionaire Maker Golf Tournament at Blue Ridge Shadows

We were in the studio with Niki Cales, President of Front Royal/Warren County Chamber of Commerce and Brian Jones from Blue Ridge Shadows Golf Club to get the details on the chamber's upcoming golf tournament. We discussed the role golf often plays in networking and business deals as well as details and logistics of the event including sponsorships and the 15" hole being used for the event.

Duration: 26:28 | Recorded on June 5, 2019

Rappahannock Electric Cooperative's Get Connected Member Event

We were in the studio today with Jeff Hinson, Director of Member Services & Community Relations with Rappahannock Electric Cooperative to get all the details for their member event, Get Connected. The free event is open to all REC members and will feature information booths about solar power, electric cars, live demos, free BBQ dinner and more.

Duration: 25:17 | Recorded on June 6, 2019

Upcoming Events in Berryville/Clarke County

We were in the studio with Nathan Stalvey, Director of Clarke County Historical Association to get a rundown of several events happening in the coming weeks and months in Berryville/Clarke County. We talked about Brews in the Blue Ridge; Virginia Beer Talk & Tasting; Colonial Kids Day and more!

Duration: 25:46 | Recorded on June 7, 2019

eSports at Shenandoah University

We were in the studio with Dr. Joey Gawrysiak, Director of eSports & Associate Professor of Sports Management & eSports at Shenandoah University. Dr. Joey G gave us an education on what eSports is, the lucrative career it can be and told us about all the other life skills students in this program will learn for wide ranging career options. We also talked about the competitive team as well as an upcoming summer camp for local youth ages 10-18.

Duration: 24:45 | Recorded on June 10, 2019

Tourism Tuesday: The Impact of Tourism & Revitalization in Front Royal/Warren County

We were in the studio with Felicia Hart, Director of Tourism & Community Development and her guest, Jeremy Camp, Director of Planning & Zoning for the Town of Front Royal. We discussed the work that went into applying for the Community Development Block Grant (CDBG) – Envision 2.0, the application review process and what's been accomplished since it was awarded to Front Royal in January 2018. Jeremy told us about an upcoming pre-bid meeting for contractors interested in bidding on work for facade grants for downtown buildings. Felicia revealed the latest tourism numbers.

Duration: 28:03 | Recorded on June 11, 2019

The Valley Business Today: Page Free Clinic

We were in the studio with Gina Hilliard, President of Luray/Page County Chamber of Commerce & her guest, Ben Dolewski, Director of Page Free Clinic. Ben told us about the services Page Free Clinic offers to residents of Page County and explained the difference between Medicare & Medicaid as well as what the recent expansion for Medicaid means for Virginia residents.

Duration: 26:31 | Recorded on June 12, 2019

LFCC: Adult Education Programs

We had a great conversation with Brandy Boies, Director of Marketing & Outreach for Lord Fairfax Community College and her guest, Amy Judd, LFCC's Adult Education Program Director. We talked about her program that offers free classes throughout the region. Classes help adults develop math, reading, and writing skills for employment, career advancement, and post-secondary education.

Duration: 24:16 | Recorded on June 13, 2019

Summer Baseball with Winchester Royals

We were in the studio today for a conversation about the Winchester Royals with Nate Crandell, board member & Patrick Bankemper, board member & former player. We talked about the history of their organization, the community's support of the team, sponsorship opportunities and got a quick list of upcoming sponsored (free admission) games.

Duration: 28:19 | Recorded on June 14, 2019

Municipal Monday: Warren County Administrator, Doug Stanley

We were in the studio for a conversation with Warren County Administrator, Doug Stanley about all the projects happening in Warren County. We talked about the groundbreaking ceremony for the new Rivermont Fire Station and a public hearing for a new Warren County Fire & Rescue training facility. We also discussed items from the agenda of the Development Review Committee. County related items included: conditional use permits for short-term tourism rentals; a cell tower on Happy Creek Road; the opening of Valvoline; and, a potential pet store locating to the former Sweet Frog shop in Riverton Commons. Town related items included: a proposed Harbor Freight in Gateway Plaza; the opening of Dunkin Donuts; a dog training facility on 11th Street; a proposed cross-fit gym on Jackson Street; and the potential for a hair salon to move into the former Vintage Swank building on Main Street. He also gave a status update for the new Marriott/TownePlace Suites and the Taco Bell at Riverton Commons and told of the progress and timeline for the new Warren Memorial Hospital construction project. Doug also talked about the status of reassessments, the extended deadline (to June 21, 2019) of first half 2019 taxes, tourism committee updates that include wayfinding signage, the town's new tourism website as well as a marketing focus on the county's many golf courses. We also learned about a new splash pad being constructed at Seide Park.

Duration: 26:12 | Recorded on June 17, 2019

Tourism Tuesday: Stanley's 53rd Homecoming Celebration

We were in the studio with Gina Hilliard, President of Luray/Page County Chamber of Commerce and her guest, Terry Pettit, Stanley's Town Manager to talk about their 53rd Annual Homecoming Celebration

Duration: 24:27 | Recorded on June 18, 2019

75th Anniversary of Harper's Ferry National Historical Park

We were in the studio today with Autumn Cook, Park Ranger & Public Information Officer for Harper's Ferry National Historical Park and Cathy Baldau, Executive Director of Harper's Ferry Park Association to talk about the park's upcoming 75th anniversary celebration. Our conversation included details about the event that will span 3 days and feature speakers, living history events, kids activities and live entertainment. We also talked about the park's history and it's offerings throughout the year. Cathy explained the role her association plays in assisting the park with planning events, fundraisers, and more.

Duration: 26:29 | Recorded on June 19, 2019

Community Health: Warren Memorial Hospital Rehabilitation & Wellness

As part of our Community Health Partnership with Valley Health, we were in the studio for a conversation with Mary Presley, Director of Rehabilitation & Wellness at Warren Memorial Hospital; and, a few members of her team: Noah, Rebecca & Sara. We talked about the various therapies offered by her team for any number of injuries and illnesses; their philosophy for providing care; and the training her team has obtained.

Duration: 43:43 | Recorded on June 20, 2019

Warren/Clarke County 4H Overnight Camp

We were in the studio for a conversation with Stacy Swain, from Warren County Extension Office and Dakota Funkhouser, a summer intern (and future teacher at Clarke County High School) about the upcoming Warren/Clarke County 4H overnight camps happening July 14-18, 2019.

Duration: 25:53 | Recorded on June 21, 2019

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

We were in the studio for our monthly conversation with Lt. Warren Gosnell from the Frederick County Sheriff's Department. Today we talked about a few of the traffic safety laws set to take effect on July 1, 2019 in Virginia.

Duration: 25:48 | Recorded on June 24, 2019

Tourism Tuesday: Cedar Creek & Belle Grove National Historical Park

We were in the studio today with Justin Kerns from Winchester-Frederick County Convention & Visitors Bureau and his guest, Eric Campbell, Park Ranger at Cedar Creek & Belle Grove National Historical Park. During our conversation, Eric explained the relationship the National Park Service has with the various organizations and associations affiliated with the "partnership park," plus, he filled us in on a few of their upcoming programs.

Duration: 27:02 | Recorded on June 25, 2019

The Valley Business Today: Top of VA Regional Chamber CEO, Cynthia Schneider

We were in the studio with new Top of Virginia Regional Chamber CEO, Cynthia Schneider. We discussed the chamber's strategic plan; the opportunities chamber membership provides to businesses of all shapes and sizes; and the benefits for members & the community as a whole when their chamber is successful. Cynthia also told us about a few new programs and events.

Duration: 25:31 | Recorded on June 26, 2019

Little Red & Ryding Hood

We were in the studio for a conversation with Todd Strader about his upcoming art exhibit at George Washington Hotel. It's a fundraiser to help finish his children's book – ***Little Red & Ryding Hood*** – a fractured fairy tale. Proceeds from the book will help fund the effort to save the red wolves.

Duration: 26:12 | Recorded on June 27, 2019

United Way NSV: Literacy Volunteers Winchester Area

Our United Way Day conversation was with Elise from United Way Northern Shenandoah Valley and Mark Sieffert, Executive Director of Literacy Volunteers Winchester Area. Literacy Volunteers Winchester Area is a nonprofit organization working to improve the community by advancing essential literacy skills for adults through education and advocacy in the City of Winchester, Frederick County, and Clarke County. Mark told us about the services his organization offers including adult basic education (reading, writing & math); basic computer training; English Language Learners; as well as citizenship & immigration services.

Duration: 25:29 | Recorded on June 28, 2019