

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

**Misty Mountain Meadworks**

We were in the studio for a conversation about mead with Rick Copeland, MeadMeister at Misty Mountain Meadworks. We talked about the history of mead; his journey to become a mead-maker; and the important role bees play in his mead-making business.

Duration: 41:57 | Recorded on July 1, 2019

**Tourism Tuesday: 2019 Shenandoah Valley Music Festival**

We were in the studio for a conversation with Dennis Lynch, Executive Director of Shenandoah Valley Music Festival about this year's concert series that kicks off on Friday, July 19, 2019. We talked about the history of the event, it's association with Shrine Mont, the concert schedule and some special additions to this year's lineup.

Duration: 25:45 | Recorded on July 2, 2019

**The Valley Business Today: Engaged Communities are Successful Communities**

We were in the studio for The Valley Business Today with Niki Cales, President of Front Royal/Warren County Chamber of Commerce for a serious conversation about community. We talked about the importance of being engaged and involved in your community; of not sitting on the sidelines & complaining without seeking solutions; about volunteering with non-profits; about leadership; and more. Niki told us about the recent Leadership Program graduates and how to get information about the new class that will begin in October

Duration: 25:12 | Recorded on July 3, 2019

**WCFR: Rivermont Fire Station and New Training Facility**

We were in the studio for a conversation with Warren County Fire & Rescue's Chief Mabie, Asst. Chief of Rivermont Volunteer Fire & Rescue, Joe Woodall, and Warren County Fire Marshal, Gerry Maiatico. We talked with Joe about the current physical state of the Rivermont's building including all the issues that make most of it unsafe to utilize. We also talked about the new building; the impact that the airport location will have on response times; and the many times he's reached out to community members to answer their questions & address their concerns with no response. We spoke with Gerry about the new training facility recently approved by the Warren County Board of Supervisors, the cost of developing the site and where that money will come from; the training schedule they will use as well as the types of training that will be offered there. Chief Mabie weighed in on both topics and talked about the long-term planning that went into both projects and compared budget amounts for both.

Duration: 59:43 | Recorded on July 5, 2019

### **Theatre Shenandoah: Next to Normal**

We recorded today's show (and after the show podcast) last week live, on-site at Theatre Shenandoah where we had a conversation with Lori Staley, Artistic Director for Theatre Shenandoah and most of her cast & crew. Our conversation included the history of the theatre in Edinburg, how shows are chosen, the obstacles and perks to being a small community theatre, plus all the details for their upcoming performance of Next to Normal that opens on Friday, July 12, 2019.

Duration: 1:08:21 | Recorded on July 8, 2019

### **Tourism Tuesday: Backroom Brewery**

We were in the studio today 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, Billie Clifton, owner of Backroom Brewery. Our conversation included some history of how and why Billie started Backroom Brewery in 2012 and a quick lesson about hops. Billie told us about the new Amish pole barn recently constructed on her property that will serve as their new events center.

Duration: 26:51 | Recorded on July 9, 2019

### **Clarke History Day**

We were in the studio for a conversation with Nathan Stalvey, Executive Director of the Clarke County Historical Association about his organization. We talked about the museum located at 32 E. Main Street in Berryville, the permanent and temporary exhibits on display there as well as their archives. Their archivist, Mary Morris is retiring, and Nathan invited everyone to a retirement celebration for her. Nathan also gave us the details for Colonial Kids Day & the Virginia Beer Talk & Tasting

Duration: 26:50 | Recorded on July 10, 2019

### **Guaranteed Interviews with LFCC Workforce Solutions CompTIA Certification**

We were in the studio today with Guy Curtis, Director of Marketing, Business & Industry Training with LFCC Workforce Solutions for a conversation about their recent partnership with Syntelligent Analytic Solutions to offer guaranteed interviews to graduates of the their IT certification programs. John Hutt, Director of IT & Security Programs for Syntelligent joined us for the conversation. We talked about the various programs, why there is a demand for IT professionals in our area and what skill-sets employers are looking for. We also discussed what type of people should consider an IT career as well as the benefits and advancement opportunities in the career long-term. Guy told us about the short period of time, a few weeks to a few months, and flexibility of class schedule for working individuals. John gave us some background about Syntelligent Analytic Solutions and the types of clients they serve and job opportunities available. He talked about the important role the IT certifications offered by LFCCWS will play in the career path for any future employee.

Duration: 26:13 | Recorded on July 11, 2019

### **More Summer Baseball with the Winchester Royals**

We were in the studio for our second conversation with Nate Crandell, board member with the Winchester Royals. Nate brought two of his players: OF Aaron Palensky and 2B/SS Masen Prosocki. We talked about their experience so far playing summer baseball with the Winchester Royals, their future plans once they graduate from college; and how their participation on last year's team influenced their decision to return to Winchester this season. Nate gave us a quick rundown of some upcoming games (with admission – \$5) and sponsored games which require no admission. We also talked about community support; other sponsorship opportunities; and about how the season is going overall and prospects for making the playoffs.

Duration: 25:47 | Recorded on July 12, 2019

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

We got a late start on today's episode of Municipal Monday with Warren County Administrator, Doug Stanley. Our shortened conversation included discussion about The Power of Change – a program of Rappahannock Electric Cooperative (Warren County's main power company); Backroom Brewery's grand opening of their new event space in Warren County – they were the first farm brewery in the state of Virginia; plus we discussed a few road projects and some boundary adjustments with Frederick & Clarke Counties.

Duration: 13:45 | Recorded on July 15, 2019

### **Winchester Ciderworks**

We recorded today's show in the tasting room at Winchester Ciderworks where we had a conversation with Diane Kearns, a 5th generation orchardist on the property, and Stephen Schuurman, the cidemaker. Diane gave me some history about the orchard, talked about the generations that came before her and role the property and buildings play in today's cidemaking business. Stephen gave me a quick history about cider in England before they walked me through the process from tree to bottle. I learned about the effects of fermentation on apples, the aging time it takes for various "flavors" plus, we talked about their cider selection.

Duration: 26:23 | Recorded on July 17, 2019

### **Community Health: Varicose & Spider Veins with Dr. Matthew Borkon**

As part of our Community Health Partnership with Valley Health, we were in the studio today with Dr. Matthew Borkon, a vascular surgeon with Valley Health Vascular Surgeons for a conversation about varicose & spider veins. Dr. Borkon explained the cause, risk factors & symptoms for both varicose and spider veins. We talked about treatment options that include "topical" options such as compression socks; and, he walked us through a few of the minimally invasive surgical procedures that allow a patient, in most cases, to return to work the the same day with long-term results.

Duration: 25:24 | Recorded on July 18, 2019

### **Extension Office Friday: Meet the Interns!**

We were in the studio for a conversation with several of the interns from the extension offices in Warren County, Shenandoah County & Clarke County about their experience so far as an intern, what they've learned and how they hope it will impact their future.

Duration: 25:57 | Recorded on July 19, 2019

### **PSO's Rock Band Performs LIVE in-studio**

We were in the studio with Piedmont Symphony Orchestra's Rock Band for a preview of their upcoming concert at Shenandoah Valley Music Festival on Saturday, July 27, 2019: "Still Stardust, Still Golden – Woodstock at 50." Kate from Piedmont Symphony Orchestra & Dennis from Shenandoah Valley Music Festival gave us some background on their organizations before the group performed several songs that will be showcased at their performance this weekend.

Duration: 38:25 | Recorded on July 22, 2019

### **Tourism Tuesday: Frederick County Fair**

We were in the studio for Tourism Tuesday – Winchester/Frederick County edition – with Justin Kerns from the Winchester-Frederick County Convention & Visitors Bureau and his guest, Mary Jane Leight for a conversation about the Frederick County Fair that starts on Monday, July 29, 2019 and runs through Saturday, August 3, 2019. Mary Jane told us about several of the events happening during fair week; we talked about the focus on kids activities and events as well as their philosophy about booking musical entertainment for the event.

Duration: 29:51 | Recorded on July 23, 2019

### **The Valley Business Today: Dr. Dave Miles, Leadership Expert**

We were in the studio today for The Valley Business Today with Danita Roble, Director of Membership for the Top of Virginia Regional Chamber and her guest, Dr. Dave Miles. Our conversation included the importance of leadership; leadership development; and, building a leadership culture in an organization. We talked about the high, yet sometimes hidden, price an organization pays for lack of engagement and turnover and discussed the importance of reducing turnover from the point of hiring. Danita gave us the details for two upcoming chamber events.

Duration: 25:00 | Recorded on July 24, 2019

### **Traffic Safety Thursday: Grass Clippings, Work Zones, ATV's & School Bus Safety**

We were in the studio for our regular monthly conversation with Lt. Warren Gosnell from the Frederick County Sheriff's Office to talk traffic safety. Our discussion included the impact & legal implications of grass clippings in roadways, traffic patterns in work zones, ATV safety and a quick reminder that Frederick County Public Schools start on August 15, 2019.

Duration: 27:05 | Recorded on July 25, 2019

### **United Way NSV: ChildSafe Center**

We were in the studio for United Way Day with Elise from United Way of Northern Shenandoah Valley and her guest, Greg Vossler, Chairman-Elect with ChildSafe Center – CAC. Greg told us about the services ChildSafe Center provides to abused children in our community (over 250 each year.) Their efforts focus on creating the most child-focused approach to the investigation, prosecution and treatment of child abuse. ChildSafe Center – CAC works side by side with local law enforcement, prosecutors, child protective service workers, and treatment providers to provide a team of professionals investigating child abuse in an efficient and effective way that not only supports and advocates for the rights of the child, but also has the added benefit of a cost savings to the community.

Duration: 26:57 | Recorded on July 26, 2019

### **WATTS Fundraiser: The Wizard of Oz**

We were in the studio for a conversation with Sue Nixson from Winchester Area Temporary Thermal Shelter (WATTS) about the organization and their upcoming fundraiser.

The WATTS program is driven by a mission to offer a safe haven for homeless and at-risk individuals in the Winchester region during the cold weather months. Direct program support for WATTS is dependent on the generosity of individuals, corporations, foundations, church, and civic groups. WATTS is a 501(c)(3) charitable organization.

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

### **Tourism Tuesday at Clarke County Museum**

We recorded today's episode of Tourism Tuesday at Clarke County Historical Association's museum. Our conversation with Director Nathan Stalvey included some history about the museum, the temporary and permanent exhibits on display, trivia night, and an update on their event: Virginia Beer: From Colonial Days to Craft's Golden Age. We also talked about a few other upcoming events happening in and around Berryville/Clarke County in the coming weeks.

Duration: 25:24 | Recorded on July 30, 2019

### **Worlds of Work (WoW!) Expo 2019**

We recorded today's show inside the James R. Wilkins, Jr. Athletic & Events Center at Shenandoah University because it's the new location of the WoW! Worlds of Work Expo is a career exploration event managed by Lord Fairfax Community College Career Pathways Consortium. Over the course of the day, WoW! hosts nearly 3,000 seventh grade students from the region. More than 70 businesses showcase equipment, vehicles, and machinery that students climb into, fix, and manipulate. The event is designed to be a hands-on exploration of possible careers. We had a conversation today with Sally Michaels (Frederick County Economic Development Authority), Jane Baker (Director of Career & Technical Education/Principal of Blue Ridge Technical School with Warren County Public Schools), and Darcus Breneman (Exhibitor Vice Chair) included the importance of career conversations with our children, the hands-on learning process at the event and what parents can do to encourage their children to tell them about their experience.

Duration: 26:36 | Recorded on July 31, 2019

### **Front Royal/Warren County National Night Out**

We were in the studio with Sgt. Robbie Seal, Community Resource Officer with Front Royal Police Department to get all the details about National Night Out happening on Tuesday, August 6, 2019 from 6pm – 9pm at the gazebo on Main Street in downtown Front Royal.  
Duration: 26:15 | Recorded on August 1, 2019

### **FredCo Parks & Rec Fall Programs, Deadlines & basicREC**

We were in the conference room at Frederick County Parks & Recreation Department to record today's conversation with Tony Baker & Chris Konyar about the release of the Fall Guide full of their programs, sports leagues and events. Chris gave us the details about deadlines for several sports leagues and we talked about basicREC programs now that Frederick County Public Schools are about to start. Tony told us about the new outdoor weight equipment being installed at Sherando Park, a few pet-related events happening at Clear Brook Park, plus we talked briefly about the Battlefield Half Marathon registration information.  
Duration: 26:10 | Recorded on August 2, 2019

### **Front Royal VFW Post 1860**

We were in the studio today with Commander Jeff Cook, Junior Vice Commander & Adjutant Mark Brown, and Quartermaster Scott Simmons from Front Royal's VFW Post 1860 for a conversation about the history of their post, the devastating effects of the fire on July 12, 2015 and their goals and status for the rebuilding of the post. Jeff gave us an overview of VFW's in general and talked about the embezzlement and then fire that has impacted the post's ability to contribute to our community. Mark gave us a bit of history surrounding the name. Scott told us about his duties as Quartermaster and provided some insight into life "before the fire" at the post. We also discussed the future plans for rebuilding and their current fundraiser/raffle that will raise funds towards that project.  
Duration: 26:26 | Recorded on August 5, 2019

### **Tourism Tuesday: 2019 Route 11 Yard Crawl**

We were in the studio for Tourism Tuesday – Shenandoah County edition – with Jenna French, Director of Economic Development & Tourism for Shenandoah County, and her guest, Amber Smoot, Events & Marketing Director for the Town of New Market. Our conversation included details for the Route 11 Yard Crawl; upcoming events in New Market.  
Duration: 25:52 | Recorded on August 6, 2019

### **The Valley Business Today: Royal Cinemas & Royal Family Bowling Center**

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 Rick Novak, owner of Royal Cinemas & Royal Family Bowling Center. Our animated conversation included discussion of a few different movies, Thursday night releases, and upcoming shows. Rick also told us about the new HyperBowling now available at Royal Family Bowling Center. He also offered listeners a special deal if you mention you heard the radio show.  
Duration: 47:26 | Recorded on August 7, 2019

### **Transfer Programs & Agreements at Lord Fairfax Community College**

We recorded today's show from a beautiful room at Lord Fairfax Community College for a conversation with Brandy Boies, Director of Marketing & Outreach, and her guest, Dr. James (Jay) Gillispie, Dean of Humanities, Social Sciences & Student Development. We talked about transfer programs and 2 plus 2 agreements and the important role they play in the college path for many LFCC students.

Duration: 26:02 | Recorded on August 8, 2019

### **Shenandoah Valley Beekeepers Association**

Today's conversation was all about the bees! Fred Hollen, a VA Master Beekeeper with Shenandoah Valley Beekeepers Association drove over to the station from Waynesboro, VA to chat for a bit and educate me on all the bee things. We talked about the average life cycle of a honey bee; got some beekeeper tips; learned about the important role bees/pollinators play in our everyday lives.

Duration: 38:19 | Recorded on August 9, 2019

### **Handley Regional Library System**

We recorded today's show from the Henkel Board Room at the Handley Regional Library in Old Town Winchester. Our conversation with John Huddy, the library system's director, included information about new technology available at the library, audio/digital books, children's programs and of course we talked a little building history.

Duration: 50:40 | Recorded on August 12, 2019

### **Tourism Tuesday: Appaloosa Roots Music Festival**

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, and her guest Dan Fedoryka from the Appaloosa Roots Music Festival. Dan is one of the organizers of the event, now in it's 5th year, as well as a founding member of Scythian, one of the headlining bands. Dan gave us all the details for the 3-day event, talked about special promotions such as Friday Night Happy Hour – a new addition to the event.

Duration: 26:29 | Recorded on August 13, 2019

### **The Valley Business Today: CTE Programs at Page County Technical Center**

We were in the studio for The Valley Business Today with Gina Hilliard, President of Luray/Page County Chamber of Commerce, and her guest, Leigh Ann Pettit, Principal of Page County Technical Center. We discussed the history of career & technical education as a whole, how it's transformed, and what those classes (and jobs) look like for today's students.

Duration: 26:14 | Recorded on August 14, 2019

### **Valley Health – Home Health Care**

We were in the studio today for a conversation with members of the Valley Health Home Health Care team: Lori Brown, MS, RN, Director; Dennis V. Horton, Jr., PT, MPT, DPT, GCS, CSCS, Physical Therapist/Case Manager, Geriatric Clinical Specialist/Certified Strength and Conditioning Specialist; and, Lisa Rector, LPN as part of our community health series with Valley Health. We talked about what services are provided within Valley Health’s Home Health Care program and the important role home health care practitioners play in the recovery of Valley Health patients. Both Lisa & Dennis gave us an overview of a typical day; plus we talked about the “definition” of homebound, insurance requirements, as well as how someone can get a referral for home health care.

Duration: 26:05 | Recorded on August 15, 2019

### **Shenandoah County Fair 4-H/FFA Livestock Show and Sale**

We were in the studio for a conversation with Carol Nansel, 4-H Extension Agent for Shenandoah County, Lizzie Funkhouser, an intern with the program, and several students: Samuel Steed (15), Lindsey Rigsby (15), Lindsey Hamrick (17) about their upcoming 4-H and FFA Livestock Show and Sale happening at the Shenandoah County Fair. The students talked about the animals they’ll be showing, the work that goes into raising & training them, as well as how the judging and sale works.

Duration: 26:19 | Recorded on August 16, 2019

### **Municipal Monday: Warren County Planning Director, Taryn Logan**

We were in the studio for Municipal Monday with Warren County Planning Director, Taryn Logan for an update on projects & plans happening in and around Warren County. Taryn gave us an update on the Comprehensive Plan currently being updated. We talked about the current comp plan and why updates are not only needed every few years but are also required by law. We talked about the different components involved in the plan, why having one is important, and got an update on where they are in the process. We also got status updates on Rivermont Fire Station, the splash pad project at Seide Park, the music park project at Lions Park & Burrell Brooks Park, plus construction/opening updates for Taco Bell & Marriott. Taryn also told us about an opening for a citizen appointment to the Board of Zoning Appeals.

Duration: 27:14 | Recorded on August 19, 2019

### **Tourism Tuesday: Events at Shenandoah National Park**

We were in the studio for Tourism Tuesday – Luray/Page County edition – with Gina Hilliard from Luray/Page County Chamber of Commerce and her guest, Helen Morton from Delaware North at Shenandoah National Park. Our conversation included details about several events happening in the park: movie nights, trivia nights, Night Skies, Apple Butter Celebration, and more. Helen explained the role Delaware North plays in the lodging management of the park and told us about all the renovations and cabin updates that have happened in the past season.

Duration: 25:42 | Recorded on August 20, 2019



### **We Are REC podcasts**

Today's show was a little different. I shared a few podcasts that I've been producing in partnership with Rappahannock Electric Cooperative (REC). Today's show featured 2 episodes. The first one is a conversation with Louis O'Berry, an energy management advisor with REC that we titled Thermostat Wars. The second one is a conversation with Casey Hollins, Director of Communications & Public Relations for REC where we bust a few energy saving myths.

Duration: 27:26 | Recorded on August 21, 2019

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

We were in the studio for our monthly conversation with Lt. Warren Gosnell from the Frederick County Sheriff's Office to talk school bus safety now that most area schools are back in full swing. We also discussed the end of summer and, Lt. Gosnell reminded us about the dangers of drinking then getting behind the wheel.

Duration: 28:04 | Recorded on August 22, 2019

### **Dylan's Farewell Interview**

While we didn't say it while we were chatting on today's show; Dylan's last day with us at Royal Broadcasting will be Friday, September 6, 2019. So, today we talked about a few things he's learned over the last few years he's been with us. I know he will be missed by the entire staff. I will miss him terribly but am also very proud & excited for the adventure he's about to begin.

Duration: 26:10 | Recorded on August 23, 2019

### **From Farm to Film at Thorndale Farm**

We recorded today's show from the parlor of Thorndale Farm in Middletown. Our conversation with owner, Bob Clark included topics about the home, the history and an upcoming event: From Farm to Film – An Evening with Filmmakers. We talked about how his farm came to be featured in the film, Free!

Duration: 24:17 | Recorded on August 26, 2019

### **Tourism Tuesday: Ravenwood Faire**

We were in the studio for Tourism Tuesday with Justin Kerns from the Winchester/Frederick County Convention & Visitors Bureau, and his guest, Jill Edlich, organizer of Ravenwood Faire. Jill told us about how the festival came to be a reality, the events & activities that will happen during the 2-day event – including a jousting match! Justin gave us a rundown of a few events happening this weekend.

Duration: 26:44 | Recorded on August 27, 2019

### **ToVRC: Hob Nob in the Valley 2019**

We were in the studio for The Valley Business Today with Jody Wall, Director of Program Development for the Top of Virginia Regional Chamber, and her guest, Jim Guisewhite, Chairman of the planning committee for Hob Nob in the Valley. We talked about all the details for the fundraising event for the chamber; is non-partisan; but, provides the opportunity for attendees to meet, mingle and converse with current public servants as well as those currently running for office. State & local officials will be in attendance – Jody gave us the list of those who have confirmed to date.

Duration: 26:52 | Recorded on August 28, 2019

### **On Exhibit at The Museum of the Shenandoah Valley**

We recorded today's show on location at The Museum of the Shenandoah Valley with Cory Garman, Director of Exhibitions, and Julie Armel, Deputy Director of Community Relations for the organization. During our show conversation, Cory explained what goes into choosing, preparing and showing the various exhibits. We talked about some that he has chosen not to feature for various reasons and talked about the actual "construction" that is involved in most cases. Julie told us a bit about the permanent exhibits, the upcoming collections and we talked about Yappy Hour happening on Saturday, August 31, 2019.

Duration: 26:12 | Recorded on August 29, 2019

### **NSV Master Gardener's Class of 2020**

We were in the studio for a conversation with Mark Sutphin (VA Cooperative Extension), Stacey Smith & Elaine Specht (Master Gardeners, class of 2014) about the upcoming Master Gardener's Class of 2020 and FallFest happening on September 8, 2019 at Belle Grove Plantation. We talked about all the details for the class including that it's going digital this year – well partially digital. Stacey & Elaine explained how the sessions work, what the labs will involve and most importantly, who should become a master gardener and what's expected after they receive their certification.

Duration: 25:31 | Recorded on August 30, 2019

**The Valley Today**  
**ALL SHOWS HOSTED BY JANET MICHAEL**  
**Weekdays 12:10pm – 12:40pm**  
**September 1, 2019 – September 30, 2019**

**Edinburg Ole Time Festival & WoodsTACO Street Taco Festival**

We were in the studio for Tourism Tuesday – Shenandoah County for a conversation with Kary Haun from Shenandoah County Tourism and her guest, Katie Mercer, Director of Marketing & Events for the Town of Woodstock. Kary gave us all the details for Edinburg's Ole Time Festival. Now in its 39th year, the event will feature a parade, crafters, food (including the Pioneer Breakfast), bed races, beard contests, and more. Katie told us about the newest event/festival happening in Woodstock: WoodsTACO Street Taco Festival. The event will feature live music, lots of food and the opportunity for both professional and amateur taco makers to enter the competition.

Duration: 26:18 | Recorded on September 3, 2019

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

Niki Cales, President of the Front Royal/Warren County Chamber of Commerce joined me in the studio with her guest, board member Katie Tewell from The Apple House/Fork'd Food Truck. Katie gave us all the details about an upcoming fundraiser hosted by The Apple House to benefit the Warren County Backpack program. "Raise Some Dough for the Warren County Backpack Program!" \$0.40 from EVERY donut will be donated to the Warren County Backpack program! Niki gave us a quick rundown of a few upcoming chamber events

Duration: 25:06 | Recorded on September 4, 2019

**United Way Day: Healthy Families of Northern Shenandoah Valley**

We recorded today's show from the board room at United Way of Northern Shenandoah Valley with Elise Stine-Dolinar, Director of Marketing & Outreach, and her guest, Jill Williams, Program Supervisor for Healthy Families of Northern Shenandoah Valley. Jill described their program, the many different services they offer to families and expectant families in the NSV, and the benefits of those services. We talked about the impact they've had on families in their 20 years of service to the community. Their program goals include increasing parent knowledge of early childhood development and improve parenting practices; to provide early detection of developmental delays and health issues; and increase children's school readiness and school success. Elise talked about Day of Caring which brings together teams of volunteers to help non-profit organizations across Winchester, Frederick County, Clarke County, Shenandoah County and Page County. Volunteers take to the streets, offices, playgrounds and schools of our community. They dedicate their day to painting, landscaping, cleaning and more.

Duration: 29:30 | Recorded on September 5, 2019

### **Skyline Indie Film Festival – 2019**

We were in the studio today with Brian Patrick from the Skyline Indie Film Festival. We talked about the history of the event (now in it's 7th year), the planning, the submissions, the screenings and ultimately the judging to determine which films will be shown during the festival. This year, the films will be screened in locations across Winchester.

Duration: 23:22 | Recorded on September 6, 2019

### **Nature Nurtures at Blandy Experimental Farm**

We recorded today's show from under the conifers at the State Arboretum of Virginia at Blandy Experimental Farm with Tim Farmer, Public Relations Coordinator at Blandy. Our conversation included some history of Blandy & the buildings on the property, along with all the natural elements and learning experiences available to visitors as well as the students from University of Virginia. Tim also gave the details for their upcoming event, Nature Nurtures, with vendors, demonstrations, workshops, nature crafts and more.

Duration: 23:39 | Recorded on September 9, 2019

### **Tourism Tuesday: Virginia Native Plant Society**

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. Her guests today were Karen Hendershot, President of the Piedmont Chapter of the VA Native Plant Society and Marjorie Prochaska, Past President of the organization. They explained the history of their organization, their purpose and mission and the important role it plays in protecting and preserving the native plants of Virginia. They talked about their membership opportunities, their programs, and about their upcoming Annual Meeting & Conference. Felicia gave us an update on the current projects in progress under the Community Development Block Grant. That included an explanation of the Facade Grant program and a call for contractors to reach out to Jeremy Camp in the town's Planning & Zoning Department to submit bids for the 16 approved projects. We also talked about other projects that are part of this grant such as wayfinding signage, public restrooms & a pavilion in the gazebo area and more. Felicia also gave us a quick rundown of some upcoming events happening in the next few weeks.

Duration: 27:13 | Recorded on September 10, 2019

### **The Workforce Initiative: Manufacturing Week**

We recorded today's show from the board room of Frederick County Economic Development Authority where we had a conversation with Sally Michaels from FredCo EDA and George Hoddinott, Business Retention/Expansion Manager for Winchester Economic Development about The Workforce Initiative. The mission of The Workforce Initiative is to foster partnerships that support workforce opportunities and career journeys. This is accomplished through a number of programs. Today, we talked about one of those programs: Manufacturing Week. Students from middle and high schools in Winchester, Frederick County, and Clarke County, visited over 20 area manufacturers to learn about career opportunities. Businesses host Open Door Tours and manufacturing partners attend invitation-only events. The week kicks off on Monday, September 30, 2019 and runs through Saturday, October 5, 2019.

Duration: 26:01 | Recorded on September 11, 2019

### **LFCCWS: Heavy Equipment Operator Fast-Track Program**

We were in the studio today for a conversation with Guy Curtis from LFCC Workforce Solutions about their Heavy Equipment Operator Fast-Track Career Program. Danny Funderburk from Willam A. Hazel, Inc. was Guy's guest today to talk about their partnership with the program. We talked about the state of the workforce, the impact of the "silver tsunami," and why Funderburk offers guaranteed interviews for graduates of this program. Guy told us about the program itself including: time commitment, locations available for training, and the (minimal) investment with FastForward Funding. We talked about the simulators used in the training as well as the newest hybrid version of the program.

Duration: 22:23 | Recorded on September 12, 2019

### **Nashville Recording Artist Ryan Jewel**

We were in the studio today for a conversation with Nashville recording artist and Warren County native, Ryan Jewel. We talked about his journey to Nashville, his passion for music, and his upcoming CD Release Party. During the show, we previewed one of the songs on his newest CD, and talked about how he chooses songs and the recording process. He also told us about his most recent trip to Nashville where he spent time with Blake Shelton, Luke Bryan & Jason Aldean during a tribute concert for Earl Thomas Conley.

Duration: 28:59 | Recorded on September 13, 2019

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

We were in the studio for our regular monthly conversation with Warren County Administrator, Doug Stanley. We talked about the recent purchase of the former Atlantic Skyline Building on Baugh Drive by the EDA (with the backing of the Warren County Board of Supervisors) and the impact it will have on the tax base, potential new jobs, and overall economic development for the county. He also explained the importance of utilizing the properties and buildings to the maximum benefit of the county & its residents especially since the county is somewhat land-locked for new industrial development. We also discussed the EDA's recent embezzlement issues and got an explanation about the relationship/connection between the EDA and Warren County government. Doug explained how the finances of the EDA had been handled prior to July 1, 2019 and talked about the change on that date that enabled the county to become the fiscal agent for the EDA. He told us about the steps the current EDA leadership & board are taking to recover funds including using Sands Anderson. Part of this conversation also included an explanation of the role of the various agencies & firms participating in the recovery process. Finally, we got an update on several projects:

- Wayfinding signage through the Tourism Committee;
- Crooked Run West zoning changes;
- Status of the county's audit;
- Rivermont Fire Station's construction progress;
- Splash Pad at Seide Park;
- Road construction: Rocky Lane, Ashby Station Road, Tomahawk Way, Oregon Hollow Road

Duration: 25:17 | Recorded on September 16, 2019

### **Tourism Tuesday: Page Heritage Festival**

We were in the studio for Tourism Tuesday – Luray/Page County edition – with Edie Emmons from Luray/Page County Chamber of Commerce and her guest, Nancy Cotter. Nancy is the secretary for the Page County Heritage Association. She gave us all the details for the Page Heritage Festival. The event is now in its 50th year and will feature crafters, food, live music and lots of activities for the young and old. Edie gave us all the details for the upcoming Blue Ridge Mountain Mudurance.

Duration: 24:31 | Recorded on September 17, 2019

### **Rappahannock Electric Coop Member Benefits**

We were in the studio today for a conversation with Terry Bevers, Member Engagement Specialist with Rappahannock Electric Cooperative. Terry told us about several benefits for REC member/owners. REC's Water Heater Replacement program can assist with arranging delivery and installation of a new water heater, as well as give you up to 36 months to pay for it – interest free. SurgeAssist is REC's newest electronics protection program that covers surge-related issues that affect most home electronics and appliances, including refrigerators, HVAC, well pumps, TVs, microwaves, computers, washers, dryers, stoves, and wall ovens. Co-op Connections gives you access to local and national discounts, as well as healthy savings and much more!

Duration: 24:45 | Recorded on September 18, 2019

### **Community Health: Dr. Erik Mitchell, Valley Health Orthopaedics**

As part of our community health partnership with Valley Health, our conversation this month was with Dr. Erik Mitchell from Valley Health Orthopaedics in Front Royal. We talked about his patients and how their injuries & care are sometimes very similar. We also learned some tips for staying active, avoiding injury & recovering properly.

Duration: 19:55 | Recorded on September 19, 2019

### **BE AWARE of the Spotted Lanternfly**

Our conversation today with Mark Sutphin from Virginia Cooperative Extension's Frederick County office was all about the Spotted Lanternfly (SLF). He told us about its short history in our area, the potential damage it could cause, and what to do if you suspect you have an egg mass or any variation of the pest. Below are links and photos that we discussed during the show along with information regarding the current quarantine in place. The Virginia Department of Agriculture and Consumer Services (VDACS) announced on May 28, 2019, the establishment of the Spotted Lanternfly Quarantine for Frederick County and the city of Winchester, effective immediately. The purpose of the quarantine is to slow the spread to uninfested areas of the Commonwealth.

Duration: 25:54 | Recorded on September 20, 2019

### **2019 Senior Safety & Wellness Expo**

We were in the studio for a conversation with Carol Miller, President of the of Front Royal/Warren County Council of TRIAD & Lt. Jennifer Laney-Kirkland from the Warren County Sheriff's Office. We talked about S.A.L.T. (Seniors and Law Enforcement Together) and TRIAD, plus got all the details for the upcoming Senior Safety & Wellness Fair. Triad is a cooperative effort of law enforcement agencies (police/fire/sheriffs), senior citizens, and senior organizations, focused on reducing crimes against our most vulnerable citizens: our seniors. The goal of Triad is to reduce the fear of crime and victimization among seniors by increasing awareness of scams and frauds targeting them, strengthening communication between the law enforcement and senior communities, and educating seniors on local and state resources that are available in their community.

Duration: 21:49 | Recorded on September 23, 2019

### **Tourism Tuesday: Taste of Winchester Food Festival**

We recorded today's Tourism Tuesday episode at Bonnie Blue Southern Market & Bakery with Justin Kerns from the Winchester/Frederick County Convention & Visitors Bureau and his guest, Misty Weaver from Taste Winchester Food & Beer Tours. We got all the details for the upcoming food festival that will include 23 restaurants across Winchester.

Duration: 28:12 | Recorded on September 24, 2019

### **Top of VA Regional Chamber 2019 Valor Awards**

We were in the studio for The Valley Business Today with Jody Wall, Director of Program Development for the Top of Virginia Regional Chamber and 2019 Valor Awards committee members: Katrina Meade from City National Bank & Frederick County Sheriff, Lenny Millholland. Jody gave us the information for the 2019 Valor Awards dinner, now in it's 7th year. The ceremony recognizes members of the various public safety departments, as well as every day citizens who have gone above and beyond to ensure the safety of others. Funds from this year's Valor Awards event will go to the **Frederick County/Winchester Law Enforcement Foundation** to be used to benefit community events coordinated by the Winchester Police Department the purpose of which is to increase transparency, build relationships, and educate the public on law enforcement and trends that may affect them. Some of these events include community fairs, Cookies with Cops, Coloring with Cops, the North End Summer Kickoff, and the Junior Academy.

Duration: 22:53 | Recorded on September 25, 2019

### **Traffic Safety Thursday with Lt. Warren Gosnell (FredCo Sheriff's Office)**

We were in the studio for our usual monthly conversation with Lt. Warren Gosnell from the Frederick County Sheriff's Office about traffic safety. In this episode we discussed DUI-D – driving under the influence of drugs. Lt. Gosnell explained that this isn't always illegal drugs. We talked about the opioid epidemic, as well as prescription drugs and the impact they can have on people who take them and then get behind the wheel. We also discussed the recent regional MADD Awards Luncheon where Deputies, Officers and Troopers from our area were recognized for their work in the prevention of impaired driving. Lt. Gosnell was nominated by Sheriff Lenny Millholland in recognition of the many public presentations he gives on the topic

Duration: 28:21 | Recorded on September 26, 2019

### **United Way NSV: Northern Shenandoah Valley Substance Abuse Coalition**

We recorded today's show in the board room at United Way NSV with Elise Stine Dolinar, Director of Marketing & Outreach for UWNSV and her guest, Lauren Cummings from Northern Shenandoah Valley Substance Abuse Coalition. The Northern Shenandoah Valley Substance Abuse Coalition (NSVSAC) is a coalition of law enforcement, health care, substance abuse treatment and youth advocacy organizations and families impacted by substance abuse and addiction in the Winchester region. The group formed in May 2014 following a community heroin summit in Winchester convened by the Northwest Virginia Regional Drug Task Force. Our conversation included discussion about the UW grant for peer-to-peer counseling and the impact that program has on those in recovery. Lauren also told us about the recent CVS Health/Aetna Foundation's \$1 million grant to the organization which will help fuel the Coalition's new Law Enforcement Overdose Intervention Program

Duration: 32:08 | Recorded on September 27, 2019

### **Warren County Fire Marshal: Fire Prevention Week**

We were in the studio today with Warren County Fire Marshal, Gerry Maiatico to talk about Fire Prevention Week happening October 6 – 12, 2019. We discussed all the educational initiatives Warren County Fire & Rescue performs throughout the year and how the month of October is a time to bring all those outreach efforts full circle. Our conversation also included smoke detector safety, the importance of testing and swapping new batteries as well as creating an escape plan and practicing it under various circumstances.

Duration: 26:08 | Recorded on September 30, 2019