

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

The Valley Business Today: On Cue Sports Bar & Grill

We were in the studio for The Valley Business Today – Front Royal/Warren County edition – with Niki Cales, President of the Front Royal/Warren County Chamber of Commerce and her guest, Danielle Whited from On Cue Sports Bar & Grill. Danielle told us about the transformation from Breaktime Billiards to On Cue Sports Bar & Grill that she & her husband have been working on for months. They offer various pool leagues from beginners and up, have a full food menu with alcohol, offer live music on Fridays, as well as seven TV's for watching sporting events. Niki also gave us details for a few upcoming chamber events and we talked about podcasts and the Lunch & Learn the chamber is hosting on January 16, 2019 about podcasts: what they are, who's listening to them & how businesses can take advantage of this growing industry.

Duration: 25:22 | Recorded on January 2, 2019

Shenandoah Arts Council

We were in the studio today with Christy Broy, Artist Liaison & Program Manager for the Shenandoah Arts Council to talk about the organization, it's membership and a few upcoming events.

Duration: 25:34 | Recorded on January 3, 2019

Weight Loss Tips from Valley Health Metabolic & Bariatric Program

We were in the studio today with Katlyn Frye, MS, RD, CSOWM, ACSM-CPT, from Valley Health Metabolic & Bariatric Program to get some tips on losing weight in 2019. We talked about the process, how to make smart goals, learn your motivators, identify your barriers and prioritize your goals.

Duration: 25:18 | Recorded on January 4, 2019

Winchester on the Rocks 2019

We were in the studio today with Jennifer Bell, Old Town Winchester's Downtown Manager and her guest, Charlie Fish, owner of Murphy's Beverage Company to talk about the upcoming Winchester on the Rocks event happening January 13 – 19, 2019 in Old Town Winchester. Now in it's 3rd year, the event is a cocktail contest between many Old Town area restaurants that is judged in 2 categories: People's Choice and Judge's Choice. Charlie gave us all the details including which restaurants are participating this year & the addition of a "mocktail" to the contest. Jennifer also gave us details for several other events happening in Old Town Winchester throughout the month of January.

Duration: 25:45 | Recorded on January 7, 2019

Tourism Tuesday: Mountain Home Bed & Breakfast

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 guests, Scott & Lisa Jenkins, owners of Mountain Home Bed & Breakfast located at 3471 Remount Road in Front Royal, VA to talk about the massive renovation and its impact on hikers of the Appalachian Trail.

Duration: 26:04 | Recorded on January 8, 2019

John Huddy, Library Director for Handley Regional Library System

We were in the studio today with John Huddy, Library Director for Handley Regional Library System to talk about Handley Library, Bowman Library & Clarke County Library. John told us about his role as the director of the library system, some upgrades and changes he's made since taking over 5 years ago and discussed more changes he has in the works for the coming year. We talked about several of the services the library system offers that many people may not realize, such as free classes, foreign language classes, etc. that can be accessed from your phone or computer – all by virtue of having a library card; we talked about the new website coming in the spring for the library and got the details for upcoming children's programs & those offered by Friends of Handley Library.

Duration: 26:34 | Recorded on January 9, 2019

LFCC's Pathways Program

We were in the studio today with Guy Curtis, Director of Marketing for LFCC's Workforce Solutions and his guest, Taylor Luther, Career & Academic Advisor for Lord Fairfax Community College to talk about their Pathways Program. This new portal on LFCC's website allows anyone to explore programs, careers, job outlook and more. The new pages feature a FREE Online Career Coach where students can further dive into careers, look at wages, education requirements and retail time job postings in the LFCC service region.

Duration: 25:35 | Recorded on January 10, 2019

Suzanne's Studio

We were in the studio with Suzanne Soliday, owner of Suzanne's Studio, a paint your own pottery, canvas & clay studio located at 130 W Court St. in Woodstock, VA. We talked about a few popular New Year's resolutions people make to learn a new hobby/skill and spend more time with friends and family, and how the creative outlet she affords her clients can check both of those boxes. Her classes and projects are for beginners up to professionals; individuals or groups; and, you don't even have to finish your project the same day you start!

Duration: 27:14 | Recorded on January 11, 2019

The Snow Day Episode with Dylan Nicholls

We were in the studio for a "Snow Day" show with News Director, Dylan Nicholls to talk about how weather impacts the delivery of the news. We discussed the fact that the news must go on whether there is an inch of snow or ten feet of snow; and how he receives and delivers the information to our listeners.

Duration: 24:08 | Recorded on January 14, 2019

Tourism Tuesday: Faithbrooke Barn & Vineyards/The Valley Cork

We were in the studio for Tourism Tuesday – Luray/Page County edition – with Katie Cooper from the Luray/Page Chamber of Commerce and her guest, Lindi Jenkins from Faithbrooke Barn & Vineyards and The Valley Cork. Lindi gave us the history of Faithbrooke Barn & Vineyards and talked about how their vision came to life when they decided to move back to their native Page County and start the vineyard on family land. We also talked about how, just a few short years later, their latest business venture – The Valley Cork – a wine bar has opened on Main Street in Luray.

Duration: 24:44 | Recorded on January 15, 2019

Bill & Sandy Long from Auto Care Clinic

We were in the studio with Bill & Sandy Long from Auto Care Clinic to talk about how they got started in the auto repair industry and to get the details of their 2nd Annual Car Giveaway. They are seeking nominations for someone in need of a good, used vehicle to get back and forth to work, school or medical appointments, who can afford to own a vehicle, but can't afford to buy one.

Duration: 25:22 | Recorded on January 16, 2019

Talking Film with Andy Gyurisin from Alamo Drafthouse

We were in the studio today with Andy Gyurisin from Alamo Drafthouse in Winchester to talk about his film club, and an upcoming showing of *To Kill A Mockingbird* on Martin Luther King, Jr. Day (Monday, January 21, 2019.) We talked about how the Alamo Winchester Film Club got its start and about the growth it's experienced since partnering with Alamo; plus, Andy shared some insight into his passion for film of all types and encouraged listeners to experience movies with friends and family to open a dialogue.

Duration: 25:15 | Recorded on January 17, 2019

Money Saving Tips for the New Year

We were in the studio with Karen Poff, an extension agent in the Northern Shenandoah Valley serving Clarke, Frederick, Page, Shenandoah, and Warren counties. Karen gave us a dozen different ways – both small and large – to save money in the new year, along with some strategies for maintaining those habits. She also told us about the upcoming volunteer training.

Duration: 29:13 | Recorded on January 18, 2019

Municipal Monday: Warren County Administrator, Doug Stanley

We were in the studio for Municipal Monday with Warren County Administrator, Doug Stanley to get an update on all the projects happening in and around Front Royal/Warren County. We discussed snow removal, the county's comprehensive plan updates, real estate reassessments, the new Rivermont Fire Station, and more.

Duration: 25:07 | Recorded on January 21, 2019

Tourism Tuesday: Curves to Cores 2019 HOG Rally

We were in the studio for Tourism Tuesday – Winchester/Frederick County edition – with Justin Kerns, our Winchester “Tourism Guy” from Winchester/Frederick County Convention & Visitors Bureau and his guest, Jo Ann Emmons, HOG Rally Coordinator. The 2019 Rally will be centered in Winchester from June 19-23, 2019 and feature outstanding rides, community events, demos, music, and more!

Duration: 25:59 | Recorded on January 22, 2019

The Valley Business Today: White House Foods

We were in the studio for The Valley Business Today with co-host Danita Roble, Director of Membership for the Top of Virginia Regional Chamber and her guests, Belladean Mashingaidze & Rachel Fish from White House Foods. Belladean gave us a bit of history for White House Foods and we discussed the importance of research when adding new products & services; knowing your customers and what they want/expect from your company.

Duration: 25:39 | Recorded on January 23, 2019

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

We were in the studio for our monthly chat with Lt. Warren Gosnell with the Frederick County Sheriff's Office to talk traffic safety, distracted driving and about Lt. Gosnell's experience with the General Assembly earlier this week. We discussed House Bill 181: Improper driving; use of handheld communication device while driving vehicle that Lt. Gosnell spoke with Senators about yesterday (01/23/18). Lt. Gosnell encouraged residents to contact their elected officials, including their Senators to give their feedback on the proposed legislation.

Duration: 25:24 | Recorded on January 24, 2019

United Way of Northern Shenandoah Valley: Page Free Clinic

We were in the studio for “United Way Day” with Nadine Pottinga, Executive Director for the United Way of Northern Shenandoah Valley and her guest, Ben Dolewski from member agency, Page Free Clinic. We talked about the services offered by Page Free Clinic and the importance of their facility in the Luray/Page County community. Nadine gave us an update on their latest campaign that just ended and talked about the next step – fund distribution. She asked for community volunteers to sit on panels to help determine which organizations receive funding and how much it may be.

Duration: 24:25 | Recorded on January 25, 2019

Richards Fruit Market

We were in the studio today with Kayla Richard Lawrence, a 5th generation farmer from Richard's Fruit Market to talk about sustainable farming, their new beef box subscriptions/CSA as well as several of the new things they'll be offering when the market opens for the season on May 24, 2019.

Duration: 24:29 | Recorded on January 28, 2019

Tourism Tuesday – Clarke County Edition

We were in the studio for Tourism Tuesday – Berryville/Clarke County edition – with Len Capelli, Director of Economic Development & Tourism for Clarke County, and his guest, Nathan Stalvey, Board President of Berryville Main Street & Executive Director of Clarke County Historical Association. We talked about the changes and new things happening with Berryville Main Street including hiring a new Executive Director, IDA funding for a feasibility study for a boutique hotel, and a few new businesses that have opened in recent months. Nathan also talked about Clarke County Historical Association's newest staff member, Education Coordinator, Taylor Coumes, new exhibits and upcoming events. Our conversation included discussions about business development, the important role Main Street organizations play in both economic development and tourism, plus Len gave us a preview of some events happening in the Spring.

Duration: 24:16 | Recorded on January 29, 2019

The Valley Business Today: The 2019 Employer Expo

We were in the studio for The Valley Business Today with Sally Michaels from the Frederick County Economic Development Authority. Sally told us about the Workforce Initiative & its vision; we discussed the Employer Expo happening on May 23, 2019.

Duration: 25:14 | Recorded on January 30, 2019

Armstrong Irish Dance Academy

We were in the studio today with Sarah Armstrong, owner of Armstrong Irish Dance Academy to talk about her academy, dance lessons for people of all ages and get some insight into Irish dancing. Sarah talked about the benefits of Irish Dance that include: a fun way to exercise, social interaction, competitions and local performances.

Duration: 24:23 | Recorded on January 31, 2019

Valley Assistance Network

We were in the studio today with Jennifer Hall, Director of Community Engagement, and Joseph Jablonski, Volunteer Coordinator for Valley Assistance Network. We talked about their program, what it does, who it serves and the important role it plays in the community to help residents and families in the Shenandoah Valley to navigate community resources on their path to financial stability. We also discussed the area's first ever Code Blue that was issued from January 19th to January 21st of 2019 in response to temperatures around six degrees those nights. VAN and Faithworks worked to make temporary emergency shelter possible for the homeless those nights with a special focus on families, collecting donations and supplying shelter to ten additional people.

Duration: 43:30 | Recorded on February 1, 2019

Chocolate Escape & Other Events in Old Town Winchester

We were in the studio today with Jennifer Bell, Old Town Winchester's Downtown Manager to talk about some of the upcoming events happening throughout the month of February in Old Town Winchester. Jennifer gave us details for the Chocolate Escape happening on Saturday, February 9, 2019 from 2pm – 5pm. We also talked about several other events that are happening throughout the month for Valentine's Day and beyond.

Duration: 24:27 | Recorded on February 4, 2019

Tourism Tuesday: Bryce Resort

We were in the studio for Tourism Tuesday – Shenandoah County edition – with Kary Haun from Shenandoah County Tourism and her guest, Jackie Moe, Event & Sales manager for Bryce Resort. Jackie told us about skiing conditions at Bryce Resort, some upcoming events and gave us the details for their new Shenandoah Center that recently opened to the public. Kary told us about several Valentine's Day events that are happening throughout Shenandoah County.

Duration: 24:06 | Recorded on February 5, 2019

The Valley Business Today: SaVida Health

We were in the studio for The Valley Business Today with Niki Cales, President of the Front Royal/Warren County Chamber of Commerce and her guests, Tom Purkins & Howie Lewin from SaVida Health – a recently opened opioid & alcohol addiction treatment facility located at 316 Warren Ave. in Front Royal. SaVida Health is a healthcare practice with licensed and trained physicians, nurse practitioners, counselors, social workers and support staff. They specialize in providing medication assisted treatment (MAT) including counseling and recovery support services for those struggling with opioid and/or alcohol use disorder.

Duration: 23:51 | Recorded on February 6, 2019

Belle Grove Plantation

We were in the studio today with Kristen Laise, Executive Director for Belle Grove Plantation to talk about their 2019 "Hite of Excellence Extraordinary Series of Sumptuous Feasts." The series includes 13 private events held throughout the year. Proceeds from ticket sales will directly support Belle Grove's education, research, and historic preservation projects.

Duration: 25:27 | Recorded on February 7, 2019

Blandy Experimental Farm

We were in the studio today with Tim Farmer from Blandy Experimental Farm, home of the State Arboretum. Tim told us about the history of Blandy Farm, the purpose it serves and the difference between the farm and the arboretum even though they share the same property. We talked about their programs, walking tours, upcoming events and membership options.

Duration: 24:23 | Recorded on February 8, 2019

Infidels Motorcycle Club

We were in the studio today with “Saint,” Chapter President for the Infidels Motorcycle Club and “Rocket Man” (a return guest on the show) to talk about their organization that supports local veterans across the Shenandoah Valley. We talked about their upcoming Chapter Anniversary Party that’s happening on Saturday, February 16, 2019 at Back Seat Bar & Grill in Winchester. For the second year, proceeds from the event that evening will benefit K-9 Line, an organization that trains shelter dogs as support animals for veterans.

Duration: 25:45 | Recorded on February 11, 2019

Tourism Tuesday: Shenandoah River State Park

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, Travis Wyman, Conservation Officer & Park Ranger at Shenandoah River Raymond R. “Andy” Guest Jr. State Park. We talked about all the activity and lodging choices at the park, Travis walked us through a typical day during the winter season, plus we talked about what’s involved with maintaining the park year-round including how new trails are cut. The park is open 365 days a year.

Duration: 25:55 | Recorded on February 12, 2019

The Valley Business Today: Hearing at Home

We were in the studio for The Valley Business Today – Luray/Page County edition – with Gina Hilliard, President of the Luray/Page County Chamber of Commerce and her guests, Michael Combs & Jimmy Stewart from Hearing at Home. This was a fascinating & informative conversation about the impact both physically & mentally that hearing loss can have on an individual. We discussed how Hearing at Home’s mobile hearing centers are revolutionizing the industry and making it so much easier for people to overcome obstacles such as transportation and busy schedules in order to improve their hearing.

Duration: 41:12 | Recorded on February 13, 2019

LFCC: Computer Science Programs

We were in the studio today with Brandy Boies from Lord Fairfax Community College, along with her guest, Melissa Stange, Professor of Computer Science. Melissa told us about the computer science programs at LFCC, including Cybersecurity & IT. We also talked about some of her students and the projects they’ve worked on through the program.

Duration: 24:43 | Recorded on February 14, 2019

2019 Gardening in the Valley Symposium

We were in the studio with Mark Sutphin, Unit Coordinator Extension Agent with Virginia Cooperative Extension Office. Bob Gail, President of the NSV Master Gardeners & Lynn Hoffmann, Chairperson for the Gardening in the Valley Symposium, joined us for a conversation about the upcoming gardening symposium, now in it’s 9th year, happening on Saturday, March 9, 2019 from 8am – 4pm in the Hester Auditorium at Shenandoah University.

Duration: 26:34 | Recorded on February 15, 2019

Warren County Administrator, Doug Stanley

We were in the studio for Municipal Monday with Doug Stanley, Warren County Administrator to get an update on a few of the projects happening in and around Warren County.

We talked about the budget, the reassessment review process that's still going on, and future development in the 522 corridor. Doug also gave us an overview of the first draft findings for the County's updated vision.

Duration: 25:21 | Recorded on February 18, 2019

Tourism Tuesday: Compass Tea Room

We were in the studio for Tourism Tuesday – Luray/Page County edition – with Katie Cooper from Luray/Page County Chamber of Commerce and her guest, Lisa Smith, owner of Compass Tea Room located at 5 Broad Street in downtown Luray. Lisa told us about how she became a tea proprietor, gave us a mini-education on tea and it's varietals, and of course we talked about upcoming Luray events with Katie.

Duration: 25:23 | Recorded on February 19, 2019

Blue Ridge Habitat for Humanity

We were in the studio for a conversation with Matt Peterson, Executive Director for Blue Ridge Habitat for Humanity. We discussed their recent "State of Habitat" annual address. Matt told us about the event itself and we talked about some of the information that was shared during the 3rd annual meeting. We also got details for the upcoming 2019 Housing Summit.

Duration: 25:51 | Recorded on February 20, 2019

Celebrating Heart Month with Valley Health

It's National Heart Month, so we invited Dr. Neal Gaither, interventional cardiologist with Winchester Cardiology & Vascular Medicine and Valley Health to have a conversation about heart disease — its risk factors, causes, symptoms, and treatments – and what you can do to prevent and manage it. We discussed how expanded access to heart care at Warren Memorial Hospital and other Valley Health sites is making a difference in the Valley.

Duration: 24:47 | Recorded on February 21, 2019

United Way NSV: Shenandoah Area Agency on Aging

We were in the studio for United Way Day with Nadine Pottinga, Executive Director for United Way of Northern Shenandoah Valley and her guest, Roberta Lauder from member agency, Shenandoah Area Agency on Aging. Roberta gave us an overview of all the services offered to our aging population from SAAA including senior centers, Meals on Wheels, the Senior Helpline, transportation for medical visits and more.

Duration: 24:44 | Recorded on February 22, 2019

Educating the Valley: Winchester Public Schools

We were in the studio for a new monthly segment we're kicking off, "Educating the Valley." We'll be having a conversation with each of the surrounding 6 school system superintendents. Today, we talked with Dr. Jason Van Heukelum, Superintendent of Winchester Public Schools. We discussed his background in education; the upcoming budget season and his goals & reasoning for increasing teacher salaries; capital projects; and new programs within the school system.

Duration: 24:09 | Recorded on February 25, 2019

Tourism Tuesday: Back 2 the Grind

We were in the studio for Tourism Tuesday – Winchester/Frederick County edition – with Justin Kerns from Winchester/Frederick County Convention & Visitors Bureau, and his guest, Mike Hess, owner of Back 2 the Grind coffee shop opening on March 11, 2019. Mike told us about his entrepreneurial journey to the Shenandoah Valley and explained his concept and mission for his coffee shop that is slated to open in early March at 166 Costello Drive (across from Costco.)

Duration: 25:15 | Recorded on February 26, 2019

The Valley Business Today: Greater Good Award Winners

We were in the studio for The Valley Business Today with Jody Wall from the Top of Virginia Regional Chamber and several of the Greater Good award winners to talk about their business and the award's impact on them personally and professionally.

Duration: 24:55 | Recorded on February 27, 2019

Traffic Thursday with Lt. Warren Gosnell from Frederick County Sheriff's Office

We were in the studio today with Lt. Warren Gosnell from Frederick County Sheriff's Office to talk traffic safety. This is a monthly conversation with Lt. Gosnell on a wide range of topics. Today's included: the failure of the hands-free law recently before Virginia lawmakers, the dangers of using your device while driving; myths about law enforcement and how traffic fines are disbursed, and safe driving in wintry conditions. Lt. Gosnell also told us about the Community Connections program for area senior citizens offered by the Frederick County Sheriff's Office.

Duration: 24:17 | Recorded on February 28, 2019

Frederick County Parks & Recreation New Events & BasicREC Registration

We were in the studio with Chris Konyar & Jason Brown from Frederick County Parks & Recreation Department to get an update on new events like Trails 4 Miles Race for Autism happening on Saturday, April 6, 2019; the resurrection of KiteFest; as well as important registration information for their Summer BasicREC program. These slots fill quickly so Jason recommended signing up for their e-newsletter to be in the know when registration opens.

Duration: 26:26 | Recorded on March 1, 2019

Old Town Winchester Events: Celtic Festival and More

We were in the studio for our monthly conversation with Jennifer Bell, Old Town Winchester's Downtown Manager, to talk about upcoming events happening throughout the month of March in Old Town Winchester. Jennifer gave us all the details for the St. Paddy's Day Celtic Festival happening on March 9, 2019 from Noon til 9pm. Jennifer brought Katie Chinn, Tap Room Manager for Broken Window Brewing Company to give us details about their 1-year Anniversary Celebration happening on Saturday, March 30 from Noon til 6pm.

Duration: 25:49 | Recorded on March 4, 2019

Tourism Tuesday: Shenandoah County – Shamrock Social, Bye, Bye, Birdie & Vintage in the Valley

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. We talked about Olivia's upcoming events: Shamrock Social on Saturday, March 16, 2019 & Vintage in the Valley on Saturday, April 6, 2019. Kary gave us details about Bye, Bye, Birdie stage production at Theatre Shenandoah.

Duration: 25:08 | Recorded on March 5, 2019

Selah Theatre Project: Night, Mother

We were in the studio today with Neel Gill & Katherine Sparger from Selah Theatre Project to talk about their upcoming production of Night, Mother as well as future events, some behind the scenes info about productions, and how the community can help through donations including volunteering your time and skills to any of their productions.

Duration: 23:29 | Recorded on March 6, 2019

Our Health: National Volunteer Week

We were in the studio today with Sharen Gromling, Executive Director for Our Health to talk about National Volunteer Week happening April 7-13, 2019. Sharen gave us some insight into the vital role volunteers play within our non-profit community and told us about local events Our Health is hosting to celebrate. We also discussed the timeline of plantings for their community garden and got a "teaser" about their 18th Annual Charity Golf Shoot-out.

Duration: 25:02 | Recorded on March 7, 2019

Children's Book Author, Dawn McCarty: Being Different Rocks

We were in the studio today with local author, Dawn McCarty to talk about her children's book: Being Different Rocks. We talked about her relationship with Mickie-D, a German Shepherd she rescued from Virginia German Shepherd Rescue; how he was different from other dogs and how that difference was the inspiration for her first children's book. We also talked about her publishing journey, future books based on her other dogs and her book signing event at Winchester Book Gallery on Saturday, March 9 from 2pm – 4pm.

Duration: 25:04 | Recorded on March 8, 2019

Silver Maple Farm Goats

We were in the studio with Alisha McMaster from Silver Maple Farm in Berryville so she could tell us about her Nigerian Dwarf Goats and I (Janet) could gush about their cuteness.

Duration: 25:00 | Recorded on March 11, 2019

Northern Virginia 4H Center

We were in the studio for Tourism Tuesday – Front Royal/Warren County edition – with Jeremy Stanford, Director of the Northern Virginia 4H Center along with Avery Harper, the center’s Program Director. We talked about the conference center, it’s ties to Virginia Cooperative Extension and Virginia Tech along with how that all relates to the events it hosts for 4H camps and other events. We also discussed all the “non” 4H related options for hosting retreats, conferences, meetings and more. Jeremy also gave us a quick rundown of some upcoming events including their July 5, 2019 fireworks celebration.

Duration: 25:54 | Recorded on March 12, 2019

11th Annual Shenandoah University Business Symposium

We were in the studio today with Julia Duke, Chair of the Shenandoah University Business Symposium to get details about the event, the keynote speakers and breakout sessions offered during the day long symposium happening on March 29, 2019.

Duration: 24:37 | Recorded on March 13, 2019

LFCC Workforce Solutions: CompTIA Certification

We were in the studio today with Guy Curtis from LFCC Workforce Solutions to talk about their CompTIA Certification Programs. Sam Brill, Program Manager of Computers and Technology Courses for LFCC Workforce Solutions and Rafael Caballero, Computer/Software Certifications Instructor joined us to talk about the program, the four core certifications, and what jobs/careers getting the certifications could lead to. Guy also told us about the potential for low-cost tuition for the certifications through Fast-Forward Credential Funding.

Duration: 25:08 | Recorded on March 14, 2019

Frederick – Page 4-H Camp

We were in the studio to get all the details for the Frederick County/Page County 4-H camp happening July 7 – 11, 2019. We spoke to Nicole Clem from Page County 4-H and Dyllan Chapins from Frederick County 4-H about the 4-H program, what happens at the camps and the important role they play in the development of those who participate.

Duration: 25:59 | Recorded on March 15, 2019

Warren County Administrator, Doug Stanley

We were in the studio for Municipal Monday with Warren County Administrator, Doug Stanley. We discussed the current budget process including funding priorities; a potential change to the zoning and development plans for Crooked Run North; got a status update on the construction bid for Rivermont Fire Station, and discussed the upcoming move for the Registrar’s office to the Health & Human Services Complex.

Duration: 25:34 | Recorded on March 18, 2019

Tourism Tuesday: Appalachian Adventures

We were in the studio for Tourism Tuesday – Luray/Page County edition – with Katie Cooper from Luray/Page County Chamber of Commerce and her guests, Nina Fox & Patricia Long from Appalachian Adventures to talk about their new lodging packages for couples that include adventure as well as a communications experience.

Duration: 27:55 | Recorded on March 19, 2019

A Conversation with Rappahannock Electric Cooperative CEO, Kent Farmer & Board Member, Chris Shipe

We were in the studio for a conversation with Rappahannock Electric Cooperative CEO, Kent Farmer & Board Member, Chris Shipe. We discussed their community involvement, expanding renewables, energy efficiency, and reliability. We talked about the history of cooperatives, the importance of member involvement as well as the technology available through their SmartHub and SmartHub app.

Duration: 32:29 | Recorded on March 20, 2019

National Colon Cancer Awareness Month

It's National Colorectal Cancer Awareness Month so we were in the studio for a conversation with gastroenterologist Dr. Grace Shih with Winchester Gastroenterology Associates. As part of our continuing health series in partnership with Valley Health, we talked with Dr. Shih about lifestyle choices to keep your colon healthy, who's most at risk for colorectal cancer, symptoms to watch for, and MOST OF ALL the importance of colonoscopy for early detection and treatment.

Duration: 25:29 | Recorded on March 21, 2019

United Way NSV: The Laurel Center

We were in the studio today with Nadine Pottinga, Executive Director for United Way of Northern Shenandoah Valley and her guest, Cindy Marzullo, Development Director/Volunteer Coordinator with The Laurel Center. Cindy gave us an update on The Laurel Center's recently completed capital campaign and told us about a few events happening in April, which is Sexual Assault Awareness Month.

Duration: 25:00 | Recorded on March 22, 2019

Educating the Valley: Warren County Public Schools

As part of our new series, Educating the Valley, we were in the studio with Dr. Greg Drescher, Superintendent of Warren County Public Schools. Greg gave us an overview of the school system; told us about many of the programs offered to students as young as just a few months; and he provided an update on capital projects. We discussed the current budget season and the high priority and reasoning behind increasing teacher salaries within the district.

Duration: 35:11 | Recorded on March 25, 2019

Tourism Tuesday: Justin Kerns, Winchester/Frederick County Convention & Visitors Bureau

We were in the studio today for Tourism Tuesday with Justin Kerns from Winchester/Frederick County Convention & Visitors Bureau. He gave us some insight into some of the behind-the-scenes planning that goes into promoting tourism to our area. We talked about organizing “fam tours” with travel writers, soliciting organizations to host their events in our community and how he cultivates partnerships with all the businesses that benefit from tourism to the Winchester/Frederick County area.

Duration: 24:48 | Recorded on March 26, 2019

The Valley Business Today: Lightbulb Marketing LLC

We were in the studio for The Valley Business Today with Danita Roble, Director of Membership for the Top of Virginia Regional Chamber and her guest, chamber member, Jaime Karalis, President of Lightbulb Marketing, LLC located at 147 Creekside Lane in Winchester, VA. We had a great conversation about marketing that offered suggestions and advice for business owners to get the most effective reach from their marketing efforts. We discussed the importance of creating a marketing plan, sticking to that plan, creating clear & realistic goals, and identifying your strengths & weaknesses. In addition, we talked about creating top of mind awareness for your business and what that entails; and, how understanding your market & demographics is crucial for success.

Duration: 38:21 | Recorded on March 27, 2019

Pedestrian Safety with Lt. Warren Gosnell

We were in the studio for our monthly traffic safety conversation with Lt. Warren Gosnell from the Frederick County Sheriff’s Office. Lt. Gosnell told us that he recently celebrated his 21-year anniversary in law enforcement. We talked about personal experiences in his life that led not only to his choice to pursue the career, but how they’ve shaped his actions and perspective as a deputy. We also discussed the recent increase in pedestrian incidents in the county and talked about how drivers and pedestrians should be aware of their surroundings and things you should and shouldn’t do whether you’re behind the wheel or standing in a crosswalk.

Duration: 27:06 | Recorded on March 28, 2019

Atlas LC Heating & Air Conditioning

We were in the studio for a lively conversation with Rob Gault, owner of Atlas LC Heating & Air Conditioning, and Collette Gault, his mother, office manager and original guinea pig. They told us how their company got started, what services they can provide to homeowners in the surrounding areas, and gave us details about their heat pump maximizer & **The Groundhog™** their new geothermal heat pump that combines air source and ground technology to produce a superior geothermal/air source combination heat pump system.

Duration: 36:39 | Recorded on March 29, 2019