

PROGRAMS LIST
WFTR-AM/WZRV-FM
FRONT ROYAL, VIRGINIA
The Valley Today
ALL SHOWS HOSTED BY JANET MICHAEL
Weekdays 12:30pm – 1pm
April 1, 2017 – June 30, 2017

Warren County Resource Fair

Duration: 25:57 | Aired on April 3, 2017

We had a full house in the studio today with Samantha Greenfield, Placement Counselor for the Virginia Division of Rehabilitative Services, Colin Miller, Transitions Coordinator for Warren County Public Schools' Special Education Program, Ingrid Thompson, Employment Support Specialist with ShenPaco Industries and Dena Lee, Supervisor of Special Services for Warren County Public Schools. The group gave us details about the Warren County Resource Fair happening on Thursday, April 6th from 4pm – 6pm at the Warren County Community Center. The event is open to the public and will provide a wealth of information and resources for those in our community with disabilities. Community partners will be available to share information on:

- Employment Options
- Transitioning to post-secondary life & independent living
- Medicaid Waiver Resources
- Mental Health and Counseling Services

Tourism Tuesday with Tim Smith, Front Royal Visitor's Center Manager & his guest, Bonnie Baker with the Garden Club of Warren County

Duration: 27:48 | Aired on April 4, 2017

We were joined in the studio for Tourism Tuesday by Tim Smith, Front Royal Visitor's Center Manager & his guest, Bonnie Baker with the Garden Club of Warren County. We talked about VA Garden Week and the tours hosted by their 46-club community located across the Commonwealth. As a member of the state organization, the Garden Club of Warren County hosts tours during the odd numbered years and this year will be featuring homes from members in the town of Washington.

The Valley Business Today with Dian & Steve DiPasquale from Front Royal Premier Copiers

Duration: 26:37 | Aired on April 5, 2017

We were joined in the studio for The Valley Business Today by Dian & Steve DiPasquale from Front Royal Premier Copiers. We talked about the services they offer along with their business philosophy of always putting their customers first. Front Royal Premier Copiers provides "premier" service, sales, solutions and supplies for all of your office equipment needs. They have been in the copier/printer service industry for over 30 years and service the northern Shenandoah Valley region. They are an authorized dealer and service center for the Copystar/Kyocera product line; as well as an authorized service center for Brother products.

They also service most other major brands like HP, Canon, Savin, Samsung, Konica Minolta and Lexmark.

Frederick County Sheriff, Lenny Millholland & Traffic Division Commander, Lt. Warren Gosnell talk about our previous “Alcohol Lab” shows

Duration: 22:57 | Aired on April 6, 2017

We were joined in the studio today by Frederick County Sheriff, Lenny Millholland & Traffic Division Commander, Lt. Warren Gosnell to talk about our previous “Alcohol Lab” shows. The River 95.3 (Royal Broadcasting) recently won two Associated Press awards for Outstanding News Operation of the Virginias for The Valley Today Alcohol Lab (recap show), Best Documentary or In-Depth for The Valley Today Alcohol Lab (live drinking) and we were proud to present these awards to Sheriff Millholland & Lt. Gosnell and thank them for their partnership. We talked about the shows, the importance of the topic and why it’s something we’ll continue to discuss on future shows.

Rally In The Alley & Other Downtown Winchester Events with Jennifer Bell & Joel Richardson

Duration: 27:24 | Aired on April 7, 2017

We were joined in the studio today to talk about Rally in the Alley & other downtown Winchester events with Jennifer Bell, Winchester’s Downtown Manager & Joel Richardson, organizer of Rally in the Alley. Joel gave us an overview of the events planned for Rally in the Alley happening on Saturday, April 15 from 12pm – 6pm on the downtown walking mall. He told us about the vendors who will be participating along with the music groups who will be performing. Jennifer also told us about several new businesses opening downtown and gave us details for a few other upcoming events.

Northern Shenandoah Valley Quilt Show

Duration: 26:08 | Aired on April 10, 2017

We were joined in the studio today by Mary DeMott & Kelley Bova to talk about the Northern Shenandoah Valley Quilt Show now in it’s 28th year happening from Friday, April 21st through Sunday, April 23rd at the Clarke County Recreation Center. They gave us details about the new things added to the show this year: an artisan boutique and a community service table; plus shared with us about the 100+ quilts that will be on display and the schedule of free demonstrations that are planned throughout the 3-day show.

Tourism Tuesday with Katie Long from Luray-Page Chamber of Commerce

Duration: 27:01 | Aired on April 11, 2017

We were joined in the studio for Tourism Tuesday by Katie Long from Luray-Page Chamber of Commerce. She gave us all the details for Festival of Spring happening on May 13th in downtown Luray along with information about free concerts, plus date nights & the Easter buffet at the Mimslyn Inn. She also told us about the upcoming Earth Day Walk.

The Valley Business Today with John Venskoske from J&W Farm

Duration: 25:40 | Aired on April 12, 2017

We were joined in the studio for The Valley Business Today by John Venskoske from J&W Farm. He told us about how his business got started just a few short years ago from idea to product development, manufacturing, marketing and distribution. They produce an apple cider mustard, apple cider syrup, a gluten-free, vegan chocolate cake mix & spice cake mix, birdseed wreaths and their newest product: Maddies Patties, “Chicken treats for your backyard pets”

LFCC’s Open Education Resource Initiative

Duration: 26:07 | Aired on April 13, 2017

We were joined in the studio today by Brandy Boies, Marketing Director for Lord Fairfax Community College and her guest, Karen Kellison, Dean of Business, Education & Technology to talk about LFCC’s Open Education Resource Initiative. Lord Fairfax Community College is a proud member of the Achieving the Dream OER Degree Grant with the Virginia Community College Consortium. The mission of the grant strives to reduce the costs of textbooks to students. LFCC currently offer DOZENS of CLASSES using OER with textbook costs to students of \$40 or less! When registering for summer and fall courses look for “**Materials cost less than \$40**” in the notes section. Brandy also gave us the details for the Wits for Wellness 5k Run/Walk happening on Saturday, April, 22 beginning at 9am.

Warren County Rotary Club’s 2017 Gala

Duration: 25:38 | Aired on April 14, 2017

We had an impromptu Warren County Rotary Club meeting today with guests: Jean Plauger, Brian Barbour & Brittany Cook from the club along with Mary Ann Biggs from House of Hope to talk about their gala coming up on Saturday, April 22 being held at Shenandoah Valley Golf Club beginning at 6pm. We got an overview of what Rotary (International) is and the local community involvement offered by the Warren County club. Brittany gave us details about the fundraiser and Mary Ann told us about House of Hope (this year’s recipient) and how they plan to use the money to grow their much needed program.

Municipal Monday with Doug Stanley, Warren County Administrator

Duration: 25:54 | Aired on April 17, 2017

We were joined in the studio for Municipal Monday by Doug Stanley, Warren County Administrator. Doug gave us updates on several county projects including: FY 2017-2018 budget, the increase in the Transient Occupancy Tax, 2017 Board of Supervisor goals and the addition of delinquent personal property taxes to the “Top Ten” list. He also gave us status reports on construction projects such as the 2nd middle school, Ressie Jeffries Elementary, the Rivermont Fire Station, Leach Run Parkway, Morgan Ford Bridge & VDOT/South Fork Bridge. Plus he filled us in on the trolley service that may be starting to serve the 340/522 corridor.

Tourism Tuesday with Kary Haun from Shenandoah County Tourism

Duration: 25:40 | Aired on April 18, 2017

We were in the studio for Tourism Tuesday with Kary Haun from Shenandoah County Tourism. She gave us all the details about Gardens, Galleries and Grapes: A Shenandoah County Artisan

Trail event happening this weekend, April 22 & 23rd from 10am – 5pm. Some examples of what you'll find during the weekend of Gardens Galleries & Grapes are:

- Artisan Studios open for tours
- Shops and galleries open with artists giving live demonstrations.
- Wineries, Restaurants, and Breweries will showcase food specials and live music on site.
- Farms and Garden Centers will have fresh spring plants plus gardening and beekeeping demonstrations.

The Artisan Trail encourages its visitors to drive the scenic back roads and visit Trail Sites owned by locals and not always visible from the main highways.

Now in its fifth year, Gardens Galleries and Grapes is a weekend to celebrate the beginning of warm weather, the beauty and abundance of our agricultural landscape, and the artists, craftsmen, farmers and chefs who make it beautiful and flavorful.

The Valley Business Today with Dr. Miles Davis

Duration: 26:14 | Aired on April 19, 2017

We hit the road for today's edition of The Valley Business Today with Dr. Miles Davis broadcasting live from Shenandoah University's Byrd School of Business. His topic today: 5 questions that good leaders should always be thinking about. Dr. Davis discussed each of the questions, various scenarios in which they could/should be asked & the importance of each for positive growth both professionally and personally.

The Valley Women Today with Beth Bates, owner of Web Strategies

Duration: 23:56 | Aired on April 20, 2017

Every month on the third Thursday, we highlight a woman who's making a difference in our community and feature her on a segment we call The Valley Women Today. This can be a woman who is successfully running a business, making an impact with non-profits in her community or even someone who has a unique history that I think might be of interest to our listeners. Today we talked to a brilliant woman who checks all of those boxes and has a special connection to us at The River 95.3. Beth Bates is the owner of Web Strategies, a web development and design firm based in Winchester and founder of gooddogz.org a nonprofit organization dedicated to educating potential dog owners on dog selection and care and supporting the efforts of rescue groups.

Beth told us about how she got into web design, started and grew her company along with how the non-profit GoodDogz came to fruition. They have a fundraiser, Hop Blossom is on June 10, 2017 in Old Town Winchester from 12pm-6pm focusing on craft beer education and exposing participants to the growing popularity and love for great craft beer. This year they'll feature 40+ breweries, live entertainment, and their 5th annual homebrew competition and more! Beth's company, Web Strategies also designed our new website which won an award at the Associated Press Broadcaster's Luncheon for "Best Website in a Non-Metro Market"

Shenandoah County 4-H Camps

Duration: 25:50 | Aired on April 21, 2017

Through a partnership with the Virginia Extension Office, we chat with one of their extension agents or program directors on the third Friday of every month. The extension office has agents in each of our surrounding counties and we've talked with them about financial management classes, their master gardener series and of course their 4h camps. We were in the studio today with Susan St. Amand who gave us details on Shenandoah County's 2017 4-H summer programs.

Clarke County Farm Tour details with Len Capelli & Forrest Pritchard

Duration: 22:32 | Aired on April 24, 2017

We were in the studio today with Len Capelli, the Economic Development Coordinator for Clarke County. He brought with him Forrest Pritchard. He's a 2 time New York Times best selling author and owner of Smith Meadows Farm in Clarke County. They gave us the details on the Clarke County Farm Tour that's happening this Saturday, April 29th from 10 til 5. We talked about the tour and the importance of using local farmers not just for produce, livestock, etc. but to help grow the agricultural economic base of the county.

Tourism Tuesday with Justin Kerns (Our Winchester Tourism Guy) & his guest, Becky Wisecarver talking about United Bank Bloomin' Wine Fest

Duration: 25:52 | Aired on April 25, 2017

We were joined in the studio for Tourism Tuesday – Winchester/Frederick County edition with co-host, Justin Kerns, our Winchester Tourism Guy and his guest, Becky Wisecarver, one of three co-chairs for the United Bank Bloomin' Wine Fest that kicks off the Apple Blossom festivities this Friday at 3pm on the downtown walking mall in Old Town Winchester. The two-day event is from 3 to 10 p.m. on Friday, April 28 (tasting will end at 9:30 p.m.) and from 11 a.m. to 6 p.m. on Saturday, April 29 (tasting will end at 5:30 p.m.).

Becky gave us the details about ticket prices, participating vendors and the live music that will be offered throughout the event.

The Valley Business Today with Emily Buhl from Top of Virginia Regional Chamber & her guest, Marion Schottelkorb, Executive Director for WATTS

Duration: 25:58 | Aired on April 26, 2017

Every Wednesday our show has a "business theme" based on a partnership with the surrounding chambers of commerce. We chat with them and one of their member businesses about what's happening in their world. Today, we were in the studio with **Emily Buhl, Marketing Director for the Top of Virginia Regional Chamber**. She brought with her **Marion Schottelkorb, Executive Director of WATTS (Winchester Area Temporary Thermal Shelter)** who told us about their mission, their shelters and several upcoming fundraisers.

R-MA's 125th Anniversary Celebration

Duration: 25:41 | Aired on April 27, 2017

We were in the studio today with Celeste and Cooper from Randolph Macon Academy to get all the details for their 125th Anniversary Celebration that starts on Friday afternoon and runs

through Sunday afternoon. Cooper filled us in on the history of R-MA in Front Royal over the past 125 years and Celeste told us about all the activities, entertainment and 5k run that's happening on their campus as part of the Community Celebration.

Elise with United Way of Northern Shenandoah Valley and her guest, Pam Murphy from Shenandoah Community Health Clinic

Duration: 26:00 | Aired on April 28, 2017

We were in the studio today with Elise with United Way of Northern Shenandoah Valley and her guest, Pam Murphy from Shenandoah Community Health Clinic. Elise filled us on a few of the details of their Community Assessment 2017-2010 that will be released on their website on Saturday, April 29, 2017.

Pam gave us an overview of the services offered by Shenandoah Community Health Clinic such as medical services, dental services and affordable health care. Her organization is also the recipient of all profits from this month's Rubbermaid Sale happening on Saturday, April 29th in the Belk parking lot at Apple Blossom Mall from 8am – 12pm.

Old Town Winchester events with Jennifer Bell, Downtown Manager

Duration: 26:26 | Aired on May 1, 2017

We were in the studio today with Jennifer Bell, Winchester's Downtown Manager talking about the post-Apple Blossom events that are happening in May. She gave us details about the Farmer's Market opening May 13 and continuing on Saturdays from 9am til 1pm; KidzFest on Saturday, May 20 from 11am til 5pm and about a few new businesses slated to open downtown in the coming weeks.

Front Royal Civil War Weekend

Duration: 26:15 | Aired on May 2, 2017

We were in the studio today with Tim Smith, Front Royal Visitor Center Manager & Suzanne Silek from Warren Heritage Society to talk about the Front Royal Civil War Weekend happening Saturday & Sunday, May 6 & 7.

The Valley Business Today with Niki Cales from Front Royal – Warren County Chamber of Commerce

Duration: 24:03 | Aired on May 3, 2017

Niki Cales from the Front Royal – Warren County Chamber of Commerce joined us in the studio today. She gave us an recap for the chamber's recent Annual Dinner & Awards Ceremony and talked about the local business owners & community members who were recognized during the event. She also filled us in on details for the Wine & Craft Festival happening on Saturday, May 20 from 10am – 6pm on Main Street in downtown Front Royal. Along with wine tastings, craft vendors, live musical entertainment and lots of food, they've added an escape room activity to this year's festival and a VIP admission.

Clarke County Farmer's Market

Duration: 24:50 | Aired on May 4, 2017

We were in the studio today with Mary Kay & Turner Kobayashi from Audley Farm & Geo Giordano from The Sanctuary talking about the Clarke County Farmer's Market that is slated to open for the season on Saturday, May 6 at 8am in Berryville at 100 S. Church Street. They told us about their vendors, live entertainment and gave us some history of the market. We also talked about the important role farmer's markets play in our community and the value of locally sourcing as much of our diets as possible.

First Friday: Featured artist – Suzanne Soliday with Suzanne's Studio

Duration: 25:22 | Aired on May 5, 2017

We kicked off a new feature today called First Friday. Every first Friday throughout the summer we'll be talking with a local artist, musician, author, or some sort of artistic character. Today, we were in the studio with Suzanne Soliday; she's a local artist, paint party host and owner of Suzanne's Studio, a mobile art studio. We talked about her background, how she came to focus on her art full-time and the various events, classes, parties and fundraisers she offers. We talked about her teaching style and the over-riding goal of ensuring every participant has fun while they paint their masterpiece.

Front Royal: Smart Towns Observe Pedestrian Safety

Duration: 21:46 | Aired on May 8, 2017

We were in the studio today with Officer Robbie Seal, Community Resource Officer for the Front Royal Police Department along with Front Royal Town Councilman Bill Sealock to talk about the pedestrian safety campaign. The campaign is targeted towards pedestrians, motorists and bicyclists and includes information about devices designed to enhance pedestrian safety; such as important points for use of crosswalks, pedestrian warning signs, pedestrian signal indications and reflective materials for nighttime visibility. The campaign focuses on three main areas: public education, infrastructure improvements and enforcement to provide a safe environment for all users of the road. The Town's goal is zero fatalities. For more information or to ask questions, the town is hosting a Business Forum at 6pm on May 10 in the Council Chambers of Town Hall on Main Street. The town manager & 2 councilmen will be available to answer questions.

Tourism Tuesday: Of Ale & History Festival

Duration: 26:35 | Aired on May 9, 2017

We were in the studio today for Tourism Tuesday with Justin Kerns, our Winchester Tourism Guy and his guest, Rich Coyle from Belle Grove Plantation to talk about Of Ale & History Festival happening on Saturday, May 13 from 11am – 6pm.

The Valley Business Today with Ben Dolewski from Page Memorial Hospital's Wellness & Fitness Center

Duration: 24:04 | Aired on May 10, 2017

We were in the studio today for The Valley Business Today with Gina Hilliard, President of Luray-Page Chamber of Commerce and her guest, Ben Dolewski from Page Memorial Hospital's

Wellness & Fitness Center. Ben told us about all the services the fitness center offers, it's affiliation with Valley Health/page Memorial Hospital and gave us details on several upcoming events.

LFCC: Forensic Science & Administration of Justice programs

Duration: 25:27 | Aired on May 11, 2017

We were in the studio today with Brandy from Lord Fairfax Community College and her guest, Professor George Crump talking about LFCC's Forensic Science & Administration of Justice programs. Professor Crump told us about the different aspects of his Forensic Science class, what they learn and the types of real-life labs they perform. Brandy also told us about the Administration of Justice program for people more interested in law enforcement.

Tim Farmer with Blandy Experimental Farm talking about their Garden Fair

Duration: 25:30 | Aired on May 12, 2017

We were in the studio today with Tim Farmer from Blandy Experimental Farm getting the details for their upcoming Garden Fair that's happening Saturday, May 13 & Sunday, May 14 from 9am – 4:30pm. It happens rain or shine and is a great way to check out Blandy, pick up some plants, do a little shopping and enjoy the day outside.

Municipal Monday with Doug Stanley, Warren County Administrator

Duration: 25:06 | Aired on May 15, 2017

We were in the studio today with Doug Stanley, Warren County Administrator and Brandy Rosser, Grants and Special Projects Coordinator to get an update on all the projects happening in and around Warren County including, construction projects like the new middle school & Ressie Jeffries Elementary as well as several road projects.

Tourism Tuesday: Dennis Lynch with Shenandoah Valley Music Festival

Duration: 25:53 | Aired on May 16, 2017

We were in the studio with Dennis Lynch from Shenandoah Valley Music Festival for Tourism Tuesday today to talk about their upcoming concert season.

The Valley Business Today with Dr. Miles Davis, Dean of Byrd School of Business at Shenandoah University

Duration: 26:07 | Aired on May 17, 2017

We were in the studio with Dr. Miles Davis, Dean of Byrd School of Business & Professor of Management at Shenandoah University for The Valley Business Today talking about the impact technology has on jobs and job creation in today's economy.

Valley Women Today: Top of Virginia Regional Chamber's Valley Business Women Luncheon

Duration: 25:23 | Aired on May 18, 2017

Every month on the third Thursday, we highlight a woman who's making a difference in our community and feature her on a segment we call The Valley Women Today. This can be a woman who is successfully running a business, making an impact with non-profits in her

community or even someone who has a unique history that host, Janet Michael, thinks might be of interest to our listeners. Today we were in the studio with **Emily Buhl and Jody Wall from the Top of Virginia Regional Chamber along with Darcus Brenneman**, chair of their **Valley Business Women committee** to tell us about their next luncheon. It will be held on Wednesday, June 14 from 11:30am – 1:30pm at George Washington Hotel in downtown Winchester. The featured speaker is Adriana Trigiani, New York Times best-selling author, playwright and screen writer. She wrote the screenplay and directed the movie **Big Stone Gap** based on her popular novel by the same name.

NSV Master Gardener's Garden Fest

Duration: 25:27 | Aired on May 19, 2017

Through a partnership with the Virginia Extension Office, we chat with one of their extension agents or program directors on the third Friday of every month. Today, we were in the studio with **Mark Sutphin, Agriculture and Natural Resources Associate Extension Agent**. Mark works out of the VCE-Frederick County office but also serves Clarke, Page, Shenandoah, and Warren Counties and is the lead agent working with the Northern Shenandoah Valley Master Gardener volunteers. His guest was **Master Gardener & President of the Northern Shenandoah Valley Master Gardeners Association, Cy Haley** to talk about Garden Fest coming up on June 3rd from 8am til 3pm at Belle Grove in Middletown. GardenFest is NSVMGA's annual fundraiser & includes: Master Gardener grown plant sale; garden talks, displays & workshops; children's activities, petting farm, sheep herding demonstration, Belle Grove house tours, an array of garden-centered vendors and non-profit organizations, raffles, music, & great food. Parking is free, event entry is free & families are welcome! Mark also filled us in on several other workshops & lectures happening throughout the Shenandoah Valley.

Behind-the-Scenes with Royal Broadcasting: The River 95.3 & Sports Radio 1450

Duration: 25:30 | Aired on May 22, 2017

Joe stood in as the engineer for today's show so that Janet could chat with our "royal" guests. Our scheduled guest for today had a medical emergency and was unable to chat with us on The Valley Today this afternoon. As a stand-in(s), we chatted with owner of Royal Broadcasting, Andrew Shearer, Afternoon Traffic Jam host, Lonnie Hill and Production Manager, Joe Woodall about what they love about working here at The River 95.3. Andrew shared his philosophy on local, community radio stations and why being involved in our community is priority one for him and all of us here at Royal Broadcasting. It was quite an insightful and entertaining half hour.

Tourism Tuesday: Town of Shenandoah's 20th Anniversary Memorial Day Festival & Parade

Duration: 26:49 | Aired on May 23, 2017

We were in the studio for Tourism Tuesday – Page County edition with Katie Long from Luray-Page County Chamber of Commerce and her guest, Juanita Roudabush, Town of Shenandoah's Town Manager to talk about their 20th Anniversary Memorial Day Festival & Parade happening this Saturday, May 27, 2017. For the 20th consecutive year, the Town of Shenandoah (in Page

County, Virginia) will gather to honor, remember, and say thanks to Veterans for their service to our country. There are several events happening throughout the day as well as a few starting on Thursday, May 25th.

The Valley Business Today: Corporate Challenge Golf Tournament hosted by Top of Virginia Regional Chamber

Duration: 23:37 | Aired on May 24, 2017

We were in the studio for The Valley Business Today with Emily Buhl, Marketing Director for the Top of Virginia Regional Chamber and one of her board members and golf tournament chairperson, Bryan Biddle. We talked about their upcoming Corporate Challenge Golf Tournament happening on June 30, 2017 at Blue Ridge Shadows Golf Course. Teams and individual golfers are still welcome as well as hole sponsors and those interested in contributing to the golfer goodie bags. Emily also filled us in on other events happening at the chamber such as their upcoming, Business After Hours, their Young Professionals Group and their Centennial Club and coordinating car raffle sponsored by Jim Stutzman Chevrolet.

Capon Springs and Farm

Duration: 25:50 | Aired on May 25, 2017

We were in the studio today with Jonathon Bellingham from Capon Springs and Farms to kick off their 85th season. Capon Springs is an all-inclusive historic mountain resort surrounded by 4,700 acres of West Virginia wilderness, its run like a camp and cared for like a B&B. Jonathon told us about the history of the resort that started as a spring and filled us in on all the activities available such as: fishing, tennis, swimming, hiking, badminton, frisbee golf, basketball, pickle ball, horse-shoes, croquet, ping pong, shuffleboard, volleyball and indoor puzzles, cards and games. They're also hosting a paint party with local artist, Kelly Walker on June 9.

Front Royal United Way with House of Hope

Duration: 24:33 | Aired on May 26, 2017

We were in the studio today with Dawn Graves, Executive Director of Front Royal United Way and her guest, Beth Reavis from House of Hope. Beth told us about the services offered by House of Hope and the difference it made in one man's life. She also told us about their financial need and how our listeners can help support their cause. Dawn gave us a recap of their Day of Caring and told us about a few upcoming meetings and their kickoff event in August.

Tourism Tuesday: Northern Virginia 4-H Educational Center

Duration: 25:07 | Aired on May 30, 2017

We were in the studio today with Tim Smith, Front Royal Visitor Center Manager and his guest Lorlei Dreibelbis from the Northern Virginia 4-H Educational Center pool. We talked about the pool hours, special activities and how visitors can save some money with a pool pass. Lorlei also gave us some details on their July 1st fireworks celebration.

The Valley Business Today: Richard's Fruit Market

Duration: 25:09 | Aired on May 31, 2017

Every Wednesday we take a business theme for the show and we partner with one of the surrounding chambers of commerce or a local business and chat with them about what's happening in their world. Today, we were in the studio with Eddie Richard and his daughter Kayla Lawrence from Richard's Fruit Market to talk about the business of farming. Richard's Fruit Market is the oldest "country classic" open air farmers market located on the Richard's fifth generation family farm (est. 1878) in Frederick County, Virginia. They offer everything you need to enjoy a complete meal at home including beef, fruit, vegetables, fresh baked desserts, wine and even pick-your-own flowers for your table.

They open for the season on June 8 and are located at 6410 Middle Road just outside of Winchester.

Rivermont Volunteer Fire Department End of Summer Fling

Duration: 25:02 | Aired on June 1, 2017

We were in the studio today with Assistant Chief Greenbacker, Firefighter/EMT Ashley Woodall and Captain Joe Woodall from Rivermont Volunteer Fire Department. We talked about the number of calls they run in a year, their volunteer and paid staff as well as the poor state of their current building. In addition, they are in a funding crunch to cover costs for major repairs to their tanker truck which has been out of service since October 2016.

To help raise the more than \$45,000 needed for the repairs, they are hosting an End of Summer Fling fundraiser on Saturday, August 5, 2017 from 8am – 4pm. The event is free to the public and will feature vendors, yard sale spaces, kids activities, a silent auction, food, tours of the station and more.

First Friday: Susie Wilburn with Laughing Orange Studio

Duration: 25:13 | Aired on June 2, 2017

Every first Friday throughout the summer we'll be talking with a local artist, musician or some sort of artistic character. Today, we were in the studio with **Susie Wilburn**. She's a local artist, potter and owner of **Laughing Orange Studio** located at 3397 Hillcrest Drive in Toms Brook. Susie told us about her journey to becoming a full-time potter, her creative process and the different types of pieces she creates. She'll be set up at North Mountain Vineyard on June 17 for their 35th Anniversary & Summer Solstice Celebration.

Downtown Winchester Events: Law Enforcement Torch Run, Family Movie Night, Hop Blossom and MORE

Duration: 24:06 | Aired on June 5, 2017

The first Monday of every month we're joined in the studio by **Jennifer Bell, Winchester's Downtown Manager** to talk about upcoming events and happenings that are going on in Old Town Winchester. This was a full show with quite a few things happening in June. Jennifer gave us the details for all the events below, but for more information & a full calendar, visit their website.

Law Enforcement Torch Run for the Special Olympics VA starts on Tuesday, June 6th at 7am on the downtown walking mall. Lt. Lahman joined us in the studio to talk about the path officers will run with the torch from downtown Winchester through Virginia passing the torch at each locality on their way to Richmond for the opening ceremony on Friday, June 9.

Family Movies on the Mall kicks off on Thursday, June 8th with a showing of *The Secret Life of Pets!* This family-friendly event remains free to attend. This event is a great opportunity to gather the family and enjoy a night in Old Town under the stars while viewing blockbuster hits. The movies will be screened by Winchester Parks and Recreation. Moviegoers are encouraged to bring seating.

Tourism Tuesday: Town of Stanley's Homecoming Celebration

Duration: 25:16 | Aired on June 6, 2017

We were in the studio for Tourism Tuesday – Page County edition with Katie Long from Luray – Page County Chamber of Commerce and her guests, Stanley Mayor, Mike Knight and Stanley Town Manager, Terry Pettit to talk about the **51st Annual Stanley Homecoming** that will take place from Wednesday, June 28th through Saturday, July 1st at Ed Good Memorial Park in Stanley, VA. The event will feature a carnival, live entertainment each evening, a beauty pageant, "I've Got A Voice" singing competition along with a parade on Saturday afternoon, fireworks followed by more live music. You can still sign up to compete in the pageant & singing competition.

The Valley Business Today: Front Royal Chamber

Duration: 24:13 | Aired on June 7, 2017

Every Wednesday we take a business theme for the show and talk to one of the surrounding chambers or their members about what's happening in their world. Today, we were in the studio with Niki Cales, President of the Front Royal – Warren County Chamber of Commerce to talk about their upcoming events. Niki gave us the details for a joint networking event with Fauquier County Chamber of Commerce to be held on Thursday, June 8th at Rappahannock Cellars from 5pm – 7pm. We also talked about their regularly scheduled Business After Hours to be held at Shenandoah Valley Golf Club on Tuesday, June 20 from 5:30pm – 7pm that will also feature the graduation of participants in the Community Leadership Class. In addition the chamber will be hosting a Brown Bag Luncheon at the chamber office on Wednesday, June 21st from 11:30am – 1pm (registration required) on the topic: "Driving more traffic to your website through SEO" with presenter, Nathan Scott, owner of Queen Consulting & Technologies.

Explore Recreation & Outdoor Leadership Programs at Lord Fairfax Community College

Duration: 25:50 | Aired on June 8, 2017

We were in the studio today with Brandy Boies from Lord Fairfax Community College and her guest, Stacey Ellis, Assistant Professor and Program Lead of Health, Physical Education, and Recreation to talk about the Recreation & Outdoor Leadership programs offered by LFCC. The Recreation and Outdoor Leadership Specialization focuses on quality classroom instruction, experiential learning in the outdoor environment, as well as practicum experiences in various

realms of Recreation and Outdoor Leadership in order to fully prepare students for transfer programs or entry into recreation based employment.

Warren County Fire Marshal, Gerry Maiatico

Duration: 24:46 | Aired on June 9, 2017

We were in the studio today with Gerry Maiatico, Warren County Fire Marshal. We talked about the American Heart Association Lifeline EMS Recognition awards the county recently received in Virginia Beach & Gerry gave us details for the upcoming Citizen's Fire Academy slated to start in August. We also discussed Juvenile Fire Awareness and several programs and tips for parents now that the kids are out of school for the summer and fighting boredom.

Clarke County Community Band

Duration: 25:14 | Aired on June 12, 2017

We were in the studio today with John Hudson, vocalist, announcer and long-time member of the Clarke County Community Band along with Katie Baker, secretary & clarinetist, and their new conductor, Paul Shoremount. We talked about the history of their band, who performs and their upcoming schedule of concerts.

Tourism Tuesday: Strasburg Museum

Duration: 25:55 | Aired on June 13, 2017

We were in the studio today for Tourism Tuesday – Shenandoah County edition with Kary from Shenandoah County Tourism and her guest, John from the Strasburg Museum. John told us about the history of the museum, it's artifacts, outdoor (train) attractions and the different exhibits on display. Kary told us about a few upcoming events such as Vintage Woodstock, North Mountain Winery's 35th Anniversary & Summer Solstice Party plus a murder- mystery dinner "The Butleress" at Rouss Center in New Market.

The Valley Business Today: Colin J. Mason with Mirandum Pictures

Duration: 25:45 | Aired on June 14, 2017

We were in the studio for The Valley Business Today with Colin J. Mason, local filmmaker and owner of Mirandum Pictures. We chatted about his background and his passion for film. He told us about the different types of projects he's worked on including an upcoming project – 48 hour Film Project – that requires help from the community. We also talked about the strong film community that exists up and down the Shenandoah Valley.

The Valley Women Today: Adriana Trigiani, New York Times Best-Selling Author & Screenwriter of Big Stone Gap

Duration: 27:25 | Aired on June 15, 2017

Every month on the Third Thursday, we highlight a woman who's making a difference in our community and feature her on a segment we call the Valley Women Today. This can be a woman who is successfully running a business, making an impact with non-profits in her community or just someone who has a unique history that might be of interest to our listeners.

Today's show was actually Aired yesterday. We had the amazing opportunity to attend the Valley Business Women's Luncheon hosted by the Top of Virginia Regional Chamber and speak with Adriana Trigiani. She's has written best-selling novels, screenplays, and two memoirs. Plus she has written and directed documentaries and a major motion picture – Big Stone Gap based on her book series. It was a great conversation with insight to the struggles women face in her industry and as a whole. We talked about her journey, her accomplishments and creative processes.

Warren County Summer 4-H Day Camps

Duration: 25:06 | Aired on June 16, 2017

Through a partnership with the Virginia Extension Office, we chat with one of their extension agents or program directors on the third Friday of every month. The extension office has agents in each of our surrounding counties and we've talked with them about financial management classes, their master gardener series and of course their 4h programs which is what **Ken Mathews**, their summer intern was here to tell us about today. Ken told us the dates/times, ages, cost as well as the topics that participants will learn during the week long day camp.

Municipal Monday with Doug Stanley, Warren County Administrator

Duration: 26:00 | Aired on June 19, 2017

We were in the studio today with Doug Stanley, Warren County Administrator to get an update on all things Warren County. Doug talked to us about the new ordinance allowing for the increase by 3% of the transient occupancy tax to be spend specifically on tourism; the RFP for management of the Front Royal Golf Course; and, tax collection and real estate auctions recently held. He also gave us some background on the new Director of Social Services for Warren County, DeAnna Cheatham. We got an update on construction projects including recent meetings with the Development Review Committee, Leach Run Parkway's completion and ribbon-cutting, the 2nd middle school and Ressie Jeffries Elementary School.

Tourism Tuesday: Front Royal edition

Duration: 20:57 | Aired on June 20, 2017

We were in the studio for Tourism Tuesday with Tim Smith, Front Royal Visitor Center Manager. He gave us a run-down of all the things to do in Front Royal over the summer from activities to events.

The Valley Business Today with Dr. Miles Davis, Dean of Byrd School of Business & Professor of Management at Shenandoah University

We chatted with Dr. Miles Davis, Dean of Byrd School of Business & Professor of Management at Shenandoah University for The Valley Business Today about what it takes to innovate and grow your business.

Virginia Association of Broadcasting Awards – Royal Broadcasting: The River

95.3FM/SportsRadio 1450AM

Duration: 26:54 | Aired on June 22, 2017

We were in the studio talking with Royal Broadcasting owner, Andrew Shearer along with Production Manager Joe Woodall about the upcoming Virginia Association of Broadcasters awards ceremony happening on Friday, June 23rd in Virginia Beach. Royal Broadcasting – including both stations – are up for a combined 7 awards (see list below.) Andrew talked about the awards process, the pool of competitors and the fact that these nominations solidify his vision for the the station’s sound, quality of product and reflect listener feedback.

The River 95.3 (FM)

- Best Commercial – C&C Frozen Treats
- Best Documentary or Public Affairs Program – The Valley Today (Alcohol Lab)
- Best Station Promotion – Flag a Day

Sports Radio 1450 (AM)

- Best Documentary or Public Affairs Program – The Valley Today (Dr. Miles Davis/Thistle Farms)
- Best Public Service/Community Event – Camping for Hunger
- Outstanding Newscast-News at Noon
- Outstanding Sports Coverage – High School Sports

United Way Northern Shenandoah Valley with Child Safe Center

Duration: 27:13 | Aired on June 23, 2017

Every month we chat with United Way and one of their member agencies about what’s happening in their world and talk about the good they’re doing throughout our communities. Elise from United Way of Northern Shenandoah Valley joined us in the studio with her guest, Kelly Bober, Executive Director for Child Safe Center to talk about their agency and the services her non-profit provides to children who are victims of abuse.

Valley Baseball League: Strasburg Express

Duration: 25:46 | Aired on June 26, 2017

We were in the studio talking Valley League Baseball today with Head Coach, Nate Ramsey, Assistant Coach, Joe Grato, and Outfielder, Jacob Hirsh with Strasburg Express. We talked about the VBL, where the players and coaches come from, the importance of host families and how coaching players from all over the country for the summer is a unique experience. Coach Ramsey & Coach Grato also talked about their coaching style and what, as full time coaches at Wilkes University in Pennsylvania, they look for in a player. Outfielder, Jacob Hirsh also gave us his perspective about playing in the VBL and what his short term (and long term) playing goals are.

Tourism Tuesday: Justin Kerns & Shawn Hershberger

Duration: 24:37 | Aired on June 27, 2017

Every week we go county to county talking tourism. This week we were in the studio with our “Winchester Tourism Guy” – Justin Kerns from Winchester-Frederick County Convention & Visitors Bureau and his guest, Shawn Hershberger, Winchester’s Community Services Director. We talked about Shawn’s newly created role – the position of Development Services Director is new to the City and was created with the FY17 adopted budget. This position will oversee the

City's Planning, Zoning and Inspections, Tourism, Economic Redevelopment, Workforce and Business Development and Old Town departments. The Development Services Director also replaces the City's Economic Redevelopment Director position which was eliminated in the FY17 budget.

Justin talked about the important relationship between economic development & tourism and how his department serves as an amplification (marketing) tool for small businesses and organizations throughout our community.

The Valley Business Today: Top of Virginia Regional Chamber Centennial Celebration

Duration: 25:48 | Aired on June 28, 2017

We were in the studio for The Valley Business Today with Emily Buhl, Marketing Director for the Top of Virginia Regional Chamber along with her guest, Jim Stutzman, owner of Jim Stutzman Chevrolet Cadillac to talk about the chamber's centennial celebration and car raffle. Emily gave us some history and background on the chamber along with all the different ways a business can benefit from being involved. Jim talked about the importance of community service as a business owner and how the chamber has helped the community to succeed. He's offering a 2017 Chevy Cruze for the chamber's raffle.

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

Duration: 25:54 | Aired on June 29, 2017

We were in the studio today with Lt. Warren Gosnell, Traffic Division Commander with the Frederick County Sheriff's Office to talk about new traffic safety laws that take effect in Saturday, July 1st. We also talked about older laws that people tend to misunderstand, the Sheriff's office campaign "Arrive Alive" and the pitfalls of drinking and driving.

We also presented Lt. Gosnell with the certificate we received from the Virginia Association of Broadcasters for the Best Documentary or Public Affairs Program for a radio station in a medium market for his Alcohol Lab.

Blue Ridge Hospice: Grief Counseling Groups and Camp Hope

Duration: 24:28 | Aired on June 30, 2017

We were in the studio today with Beth Rudy, she's the counseling manager for Blue Ridge Hospice to talk about their upcoming grief counseling groups, Camp Hope and a fundraiser that's happening on Saturday, July 8.