

**PROGRAMS LIST**  
**WFTR-AM/WZRV-FM**  
**FRONT ROYAL, VIRGINIA**  
**The Valley Today**  
**ALL SHOWS HOSTED BY JANET MICHAEL**  
**Weekdays 12:30pm – 1pm**  
**July 1, 2017 – September 29, 2017**

**Old Town Winchester: Rockin' Independence Eve and other downtown events**

Recorded on July 3, 2017

We were in the studio with Jennifer Bell, Winchester's Downtown Manager to talk about all the events happening in July in Old Town Winchester. She gave us all the details for Rockin' Independence Eve and tons of other events happening throughout the month of July.

**The Valley Business Today: C & C Frozen Treats**

Recorded on July 5, 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. This week, we were in the studio with Niki Cales, President of the Front Royal Warren County Chamber of Commerce and one of their member businesses: C & C Frozen Treats. We chatted with owners, William & Nina Huck about their new business, how it started and what their future goals are for their location on Main Street in downtown Front Royal.

**Managing Your Money Series with Virginia Cooperative Extension Office**

Recorded on July 6, 2017

We were in the studio talking money today with Karen Poff, Senior Extension Agent With Virginia Cooperative Extension's Northern Shenandoah Valley Financial Education Program along with her summer intern, Charley Han. Their new Managing Your Money Series begins across the Shenandoah Valley this month.

**First Friday: The Chef's Market in Downtown Winchester**

Recorded on July 7, 2017

We chatted with Bonnie Jones, co-owner of The Chef's Market on Indian Alley in downtown Winchester for our First Friday segment this month. She told us about their original company, My Buddy's Nuts and how that journey brought them to Winchester to open The Chef's Market in April. They're a gourmet food market, featuring local artisans & farmers in the Winchester area. They offer produce, dairy, meats, cheese & the finest grocery items; serve lunch, dinner; and, even offer catering!

### **Shenandoah University Football & Youth Football Camps with Coach Scott Yoder**

Recorded on July 10, 2017

We were joined in the studio today by Coach Scott Yoder, head football coach for Shenandoah University. We talked a bit about the past season, his incoming class/squad and his expectations/schedule for the 2017 SU Hornets season. Scott also told us about his Youth Football Camps that run July 24 – July 26th from 9am – 4:30pm. The camps are open to boys and girls in first through eighth grade. The cost is \$150 for the 3-day camp and includes lunch.

### **Tourism Tuesday: National Sheepdog Finals**

Recorded on July 11, 2017

Every week we go county to county talking tourism and this week we were in the studio with my favorite tourism guy Justin Kerns from the Winchester/Frederick County Convention & Visitors Bureau and he let this show go to the dogs ... in a good way!! We were joined by Linda Tesdahl, Tom Wilson, Peter Hall, Stacey Payne and Kristen from Belle Grove Plantation to talk about the 2017 USBCHA National Sheepdog Finals.

### **The Valley Business Today: Will Dudley, Associate Broker with Bill Dudley and Associates Real Estate**

Recorded on July 12, 2017

Every week, we chat with local chambers of commerce and one of their members about what's happening in their world & their business. We were in the studio today with Gina Hilliard from Luray-Page Chamber of Commerce and her guest, Will Dudley, Associate Broker with Bill Dudley & Associates Real Estate. Will chatted with us about the real estate market in Luray/Page County. We talked about average home prices, staging tips and what to consider when choosing a real estate agent as well as determining your asking price.

### **LFCC Workforce Solutions: Workforce Credential Grant and Eligible Programs**

Recorded on July 13, 2017

We were in the studio today with Guy Curtis, Director of Marketing for Lord Fairfax Community College Workforce Solutions and Continuing Education to talk about his department, their Workforce Credential Grant, and their Fast Track Career Training Programs. His guests were Tracey O'Leary, Program Manager (Manufacturing, Industry And Construction Trades), and Anna Teter, Program Manager (Healthcare Programs, Welding And Small Engine Repair) to talk about their specific fields.

### **MusicFest: Piedmont Symphony Orchestra in-studio concert preview**

Recorded on July 14, 2017

We were in the studio for a "super-sized" episode of The Valley Today with Dennis Lynch from Shenandoah Valley Music Festival & the Piedmont Symphony Orchestra's Rock Band for a live concert preview of their upcoming show: Sgt Pepper & the Summer of Love.

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

Recorded on July 17, 2017

We were in the studio today with Doug Stanley, Warren County Administrator for his monthly update on projects and happenings in and around the county. He brought Karen Taylor from the Northern Shenandoah Valley Regional Commission to talk about the (new) transit service that will begin on July 31st. We talked about the benefits of the system, it's routes/stops, the cost and community shareholders who helped to finance the project. Doug also gave us an update on: building permits/inspections; the progress of the new middle school; the completion of Leach Run Parkway; and, what's happening at Ressie Jeffries Elementary School.

### **Tourism Tuesday: Massanutten Regional Library**

Recorded on July 18, 2017

We were in the studio for this week's edition of Tourism Tuesday – Page County edition with Katie from the Luray – Page County Chamber of Commerce and her guest, Michael Evans, Director of Advancement for Massanutten Regional Library. We talked about the Adult Summer Reading Programs, their annual Summer Reading Games for kids as well as several of their other services and programs.

### **The Valley Business Today: Dr. Miles Davis talks about Employee & Personal Motivation**

Recorded on July 19, 2017

We were joined in the studio for The Valley Business Today by Dr. Miles Davis, Dean of the Byrd School of Business & Professor of Management at Shenandoah University. Our topic today was motivation – for both employers to employees, personal motivation and the important role it plays not just in our day-to-day lives, but in the workplace as well.

### **Kelly Walker, Local Artist & Owner of The Studio on Main Street in Front Royal**

Recorded on July 20, 2017

We were in the studio today with Kelly Walker, local artist and owner of The Studio on Main Street in Front Royal. We talked about her art camps for kids, paint parties, art lessons and an upcoming retreat at Capon Springs in October. Kelly also told us about her 3rd Anniversary/Birthday Party coming up at The Studio on August 1.

### **Virginia Extension Office Interns**

Recorded on July 21, 2017

Through a partnership with the Virginia Cooperative 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. Today we were in the studio with Karen Poff, Senior Extension Agent With Virginia Cooperative Extension's Northern Shenandoah Valley Financial Education Program and 2 of their summer interns, Charley and Brooke to talk about their experience and how they will apply what they've been learning to their studies and future careers.

### **Piedmont Symphony Orchestra in Tinseltown**

Recorded on July 24, 2017

We were joined in the studio by members of the Piedmont Symphony Orchestra for a live mini-concert preview of their upcoming show “PSO in Tinseltown” on Saturday, July 29th at 8pm at the Shenandoah Valley Music Festival. Soloists, Annie Gill & Jason Labrador performed with help from conductor Glenn Quader, their keyboardist & several violinists.

### **Tourism Tuesday with Billie Clifton from Backroom Brewery**

Recorded on July 25, 2017

We were in the studio for Tourism Tuesday – Front Royal edition – with Billie Clifton from Sunflower Cottage and Backroom Brewery located just off Reliance Road at 150 Ridgemont Rd. in Warren County. Billie gave us the history of Sunflower Cottage and how in it’s backroom – Backroom Brewery was born. The brewery was established in 2012 and has won several prestigious awards in just a few short years. We talked about the different brews they offer, their hop harvest event coming up in mid to late August as well as all their other events happening at the brewery.

### **The Valley Business Today: White House Foods**

Recorded on July 26, 2017

We were in the studio for The Valley Business Today with Emily Buhl from Top of Virginia Regional Chamber and her guests, Belladean Mashingaidze (Social Media/Marketing Specialist) and Tracey Scott (Brand Manager) for White House Foods based in Winchester, VA. We talked about their product line including a few new products and the recent grand opening of “Let’s Be Honest” presented by White House Cares, a place where you can shop, pick up fresh products “straight off the press” and learn about our community while following their Honor Code policy. They simply ask guests to shop, learn about why our community needs help, taste and give feedback to their R&D team on NEW products and simply pay by dropping your payment in the box. The store is located in the former scale house on the White House Foods property at 701 Fairmont Avenue in Winchester.

### **National Night Out: Front Royal Police Department**

Recorded on July 27, 2017

We were in the studio today with Sgt. Robbie Seal, Community Resource Officer with the Front Royal Police Department to talk about the details and history of National Night Out happening on Tuesday, August 1, 2017 from 6pm – 9pm at the gazebo in downtown Front Royal.

### **Lovesick Blues AND United Way (Front Royal) discusses the ALICE report**

Recorded on July 28, 2017

We were in the studio for the first part of today’s show with local musicians Robbie Limon and Tracey Wygal Withrow to get the details for their upcoming concert Lovesick Blues: A Tribute to Hank Williams, Sr. & Patsy Cline being held on August 19 at 7:30 at James Wood Middle School to benefit James Wood Choral Program. For the second part of the show we talked with Front

Royal United Way Executive Director, Dawn Graves about the organization's recently released ALICE report.

### **Local Radio Freedom Act Plus Meet Our Newbies!**

Recorded on July 31, 2017

We were in the studio with Andrew Shearer, owner of Royal Broadcasting, parent company to The River 95.3 & Sports Radio AM 1450 to talk about the Local Radio Freedom Act and its impact on community radio stations such as ours. The bipartisan resolution opposes "any new performance fee, tax, royalty, or other charge" on local broadcast radio stations.

### **Tourism Tuesday: Shenandoah County Edition – Route 11 Yard Crawl**

Recorded on August 1, 2017

We were in the studio with Kary Haun from Shenandoah County Tourism to talk about all the things happening this month including musical performances at the Shenandoah Valley Music Festival; the Route 11 Yard Crawl and the activities associated with the event this year; and Rev Up Marketing hosted by the Shenandoah County Chamber of Commerce.

### **Appaloosa Festival & Wine & Nine Golf Tournament to benefit Blue Ridge Arts Council**

Recorded on August 2, 2017

We were in the studio for The Valley Business Today with co-host Niki Cales, President of the Front Royal – Warren County Chamber of Commerce and her guests: Jim Clarke with the Appaloosa Festival long with Kym Crump & Monte Goff to talk about the upcoming Wine & Nine Golf Tournament being held at Shenandoah Valley Golf Club to benefit the Blue Ridge Arts Council.

### **Allison & Kevin Blahut with Flavor Pourfection**

Recorded on August 3, 2017

We were in the studio today chatting with Allison & Kevin Blahut, owners of Flavor Pourfection located on the walking mall in downtown Winchester. We talked a bit about their shop, their massive tap room of olive oils, balsamic vinegars & other local products. Allison told us about special events and even gave us some history & tips for storing and using their oils and vinegars.

### **First Friday: The Museum of the Shenandoah Valley**

Recorded on August 4, 2017

We were in the studio for First Friday with Nancy Huth, Deputy Director of Arts & Education at The Museum of the Shenandoah Valley. We talked about current exhibits such as: **Art & The Animal, This Must be the Place**, as well as **Art on View in the Glen Burnie House by Radford Wine**. Nancy also told us about some upcoming exhibits: Barry Vance – opening Aug. 26; and LEGO coming later this year.

### **Downtown Winchester Events with Jennifer Bell**

Recorded on August 7, 2017

We were in the studio today with Jennifer Bell, Winchester's Downtown Manager to talk about all the events happening this weekend: Bluemont Concert Series, Farmer's Market, Classic Movie Night; along with events happening throughout the rest of August.

### **Tourism Tuesday: Front Royal – Warren County edition**

Recorded on August 8, 2017

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 along with her guests from the Virginia Air Show. We talked about the upcoming air show, the events and activities happening on Saturday, August 26th from 10am – 6pm including the car show that's returning for its third year. Felicia also filled us in on what's happening with tourism across the town and county including new partnerships, events and even gave us a few tourism numbers about who's visiting, how often and from where.

### **The Valley Business Today: Colin J Mason with Mirandum Pictures**

Recorded on August 9, 2017

We were in the studio for The Valley Business Today chatting with local filmmaker & owner of Mirandum Pictures, Colin J. Mason about his recent competition in the 48-Hour Film Festival.

### **Lord Fairfax Community College's Quality Enhancement Plan**

Recorded on August 10, 2017

In 2017, LFCC will complete the 10-year re-affirmation process through the Southern Association of Colleges and Schools Commission on Colleges (SACSCOC). One very important part of re-affirmation is the Quality Enhancement Plan (QEP). Their QEP topic is Information Literacy. So, we were in the studio today with Brandy Boies, Stacey Ellis and Miriam Moore from Lord Fairfax Community College to talk about what it is, why it's important and how it works. Brandy also talked about fall registration and the variety of classes that are available and busted the myth that you need to know your major before you register. We also talked about the new Corridor Connector bus service that allows Warren County residents access to and from classes at LFCC.

### **Shenandoah County Fair's 100th Anniversary**

Recorded on August 11, 2017

We were in the studio today with Tom Eshelman to talk about the Shenandoah County Fair that's celebrating their 100th anniversary.

### **Local attorney, Suzan Herskowitz discusses wills, estate planning & the difference between Medicare and Medicaid**

Recorded on August 14, 2017

We were in the studio today with local attorney, Suzan Herskowitz talking about the importance of having a will – regardless of your financial situation – including living wills (or as she prefers: Advanced Medical Directives.) Suzan also explained the difference between Medicare & Medicaid and the varying requirements for each.

### **Tourism Tuesday: Page Valley Agricultural & Industrial Fair**

Recorded on August 15, 2017

We were in the studio for this week's edition of Tourism Tuesday – Page County edition with co-host, Katie Long from Luray-Page County Chamber of Commerce and her guest, Louise Mauck with Page Valley Agricultural & Industrial Fair. We talked about all the fair events that kick off on Sunday, August 20 and continue through Saturday, August 26.:

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

Recorded on August 16, 2017

We were broadcasting live from the Byrd School of Business on the campus of Shenandoah University for The Valley Business Today with co-host, Dr. Miles Davis, Dean of the Byrd School of Business & Professor of Management at Shenandoah University. We expanded on our conversation from last month's show about Employee Motivation and discussed expectations and the importance of communication with staff and co-workers.

### **Travel Tips & Tricks with Ginny Leser, Owner of Main Street Travel**

Recorded on August 17, 2017

We were in the studio today with Ginny Leser, owner of Main Street Travel in Front Royal to talk travel tips and myths/misconceptions about travel agents in general. We talked about the importance of passports & travel insurance no matter where you're traveling, and she gave us some packing tips for your next trip.

### **4-H at Shenandoah County Fair**

Recorded on August 18, 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 each month. Today, we were in the studio with Carol Nansel, Shenandoah County Extension Agent and her guest, Bethany Gochenour, a lifelong 4-H'er about the upcoming Shenandoah County Fair and what it takes to compete in the 4-H shows.

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

Recorded on August 21, 2017

We were in the studio today getting an update on all things Warren County with Doug Stanley, Warren County Administrator.

### **Tourism Tuesday: Stephens Jazz Cafe**

Recorded on August 22, 2017

We were in the studio for this week's edition of Tourism Tuesday with co-host, Justin Kerns (and his intern Lauren) from the Winchester-Frederick County Convention & Visitors Bureau. His guest was Nat from Stephens Jazz Cafe.

### **The Valley Business Today: Hob Nob in the Valley**

Recorded on August 23, 2017

Every Wednesday we take a business theme for the show and partner with one of the surrounding chambers of commerce to chat with them and/or one of their member businesses about what's happening in their world. Today, we were in the studio with co-host, Emily Buhl, Marketing Director for the Top of Virginia Regional Chamber along with her guest, John Fox. He's the chair of the committee planning this year's Hob Nob in the Valley event happening on Friday, September 8 from 5:30pm – 8pm at The Corron Center on the Middletown campus of Lord Fairfax Community College.

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

Recorded on August 24, 2017

We were in the studio today talking traffic safety with Lt. Warren Gosnell, Traffic Division Commander with Frederick County Sheriff's Office. We talked about school bus safety/laws, how to handle a traffic stop if you are carrying a licensed concealed weapon, and proper pull-over procedures during a traffic stop.

### **United Way NSV: Habitat for Humanity**

Recorded on August 25, 2017

We were in the studio today with co-host Elise from United Way of the Northern Shenandoah Valley and her guest, Matt Peterson from Habitat for Humanity. Matt gave us an overview of the services provided by Habitat along with an update on the new Habitat ReStore location on Battaile Drive in Winchester. We talked about UWNSV's upcoming Day of Caring and the scope of projects/volunteers including those for Habitat for Humanity. Elise also reminded us of their Rubbermaid Sale happening on Saturday morning at 8am in the Belk parking lot at Apple Blossom Mall. This month's recipient is Salvation Army.

### **Alzheimer's Association with Joni Runzo & Trudy Burgess**

Recorded on August 28, 2017

We were joined in the studio today by Trudy Burgess, owner of Still River Days Antiques on Congress Street in New Market, VA and her guest, Joni Runzo, Development Manager with the Alzheimer's Association's Central & Western Virginia Chapter. We talked about the 10 warning signs of the disease, and the resources available to those who suffer from it (and their families.) Trudy told us about her stepfather who is in the advanced stages of the disease and about an upcoming fundraiser at her store to raise awareness and funds for an upcoming Alzheimer's Walk in Harrisonburg on October 21.



### **Tourism Tuesday: Len Capelli – Clarke County’s Economic Development & Tourism Director**

Recorded on August 29, 2017

We were in the studio for Tourism Tuesday – Clarke County edition with Len Capelli, Economic Development & Tourism Director. We talked about the important relationship between economic development & tourism in a county as unique as Clarke. Len also filled us in on some events happening in and around Berryville/Clarke County in the coming weeks.

### **The Valley Business Today: Explore the WoW!**

Recorded on August 30, 2017

We were in the studio for The Valley Business Today with Sally Michaels, Existing Business Coordinator with the Frederick County Economic Development Authority. She brought with her Jane Baker, Warren County Public School’s Director of Career & Technical Education and Principal of Blue Ridge Technical Center along with Stacy Barrett with Barrett Machine. We talked about the upcoming Worlds of Work (WoW) expo happening on October 23 & 24th. Worlds of Work Expo is a career exploration event managed by Lord Fairfax Community College Career Pathways Consortium, in partnership with Barrett Machine, Inc., Northern Shenandoah Valley Regional Commission, Frederick County Economic Development Authority, Winchester Economic Development Authority, and Winchester Wealth Management. Over a two day period, WoW! hosts nearly 3,000 seventh grade students from the region, which includes the counties of Clarke, Frederick, Page, Rappahannock, Shenandoah, Warren, and the City of Winchester. More than 65 businesses showcase equipment, vehicles, and machinery that students climb into, fix, and manipulate.

### **Warren County Fire & Rescue Emergency Management**

Recorded on August 31, 2017

We were in the studio today with Warren County Fire Marshal Gerry Maiatico and Rick Ferrell, Deputy Emergency Manager to talk about things local citizens can do to be prepared in case of any type of emergency. Rick gave us an overview of Smart911 and the benefits for every resident to register their information on the website: <http://smart911.com>

### **First Friday: Robert Foster**

Recorded on September 1, 2017

We were in the studio for our last First Friday of the season with Robb Foster, local musician, author and vocalist with the Piedmont Symphony Orchestra Rock Band. We talked about his musical journey and he even played us one of his original tunes during the show. He also announced at the beginning of the show PSO’s “Rock 4 Relief” to benefit Hurricane Harvey victims.

### **Tourism Tuesday – Shenandoah County**

Recorded on September 5, 2017

We were in the studio for Tourism Tuesday with Kary Haun from Shenandoah County Tourism Office. Kary filled us in on upcoming events such as Vintage Woodstock, Hops & Hooves (craft beer tasting event) and Wine & Trotter (regional wine tasting) both happening at Shenandoah Downs, plus we got all the details for the Edinburg Ole Time Festival.

### **The Valley Business Today: Front Royal Brewing Company**

Recorded on September 6, 2017

We were in the studio for The Valley Business Today with co-host Niki Cales from the Front Royal – Warren County Chamber of Commerce and her guest, Tim Arndt from Front Royal Brewing Company. We talked about the craft beer industry and why Tim decided Main Street in Front Royal was a great place to open his new brewery/restaurant. Niki also filled us in on details for the Brew & Blues Festival coming up on September 23 in downtown Front Royal.

### **Downtown Winchester Events with Jennifer Bell**

Recorded on September 7, 2017

We were in the studio today with Jennifer Bell, Winchester's Downtown Manager to get an update on all the happenings going on in Old Town Winchester throughout the month of September. We talked about the Skyline Indie Film Festival, the LOVE letters at Handley Regional Library, Restaurant Week and more.

### **Front Royal – Warren County Anti-Litter Council & Warren County Fall Clean Up Day**

Recorded on September 8, 2017

We were in the studio today with Matt Wendling, President of the Front Royal/Warren County Anti-Litter Council and his guest, Mike Berry, Warren County's Director of Public Works to talk about the county's Annual Residential Clean-Up Day and Household Hazardous Waste Collection Day along with awards and projects for the Anti-Litter Council.

### **Front Royal/Warren County Senior Safety Carnival**

Recorded on September 11, 2017

We were in the studio today with Sgt. Robbie Seal, Community Resource Officer for the Front Royal Police Department & his guest, Carol Miller, President/Owner of Synergy HomeCare and committee member of the SALT/TRIAD organizing the event. We talked about details for the Senior Safety Carnival that's happening on September 21st from 9am – 1pm at the Health & Human Services Complex located at 465 W. 15th Street in Front Royal. The event will feature vendors offering a wealth of information to seniors and their families/caregivers along with games, speakers and musical entertainment.

### **Tourism Tuesday: River Valley Festival**

Recorded on September 12, 2017

We were in the studio for Tourism Tuesday – Front Royal edition – with Felicia Hart, Director of Community Development & Tourism for the Town of Front Royal along with her guests, Chris & Mike to talk about the River Valley Festival happening on September 30th from 11:30am – 10pm at VFW Post 1860. The guys filled us in on all the details for the festival including the food, musical entertainment and kids games & activities that will be happening throughout the day and into the evening.

### **The Valley Business Today: Blue Ridge Bank**

Recorded on September 13, 2017

We were in the studio today with Gina Hilliard, President of the Luray-Page Chamber of Commerce for The Valley Business Today. Her guest was Brian Plum, President of Blue Ridge Bank. Brian told us a bit about the bank and the important role community banks play in our local economies. We also touched on a few of their services like the Jackpot Savings Account and he gave us some advice for dealing with the recent Equifax data breach.

### **LFCC's Dr. Cheryl Thompson-Stacy**

Recorded on September 14, 2017

We were in the studio today with Brandy from Lord Fairfax Community College and her guest, Dr. Cheryl Thompson-Stacy. Dr. Stacy is LFCC's President but announced she would be retiring effective February 1, 2018. We chatted about her accomplishments during her 9-year tenure at the college and what she hopes her legacy will be. Brandy gave us some insight as to what it's like to work with Dr. Stacy and shared a few stories of her involvement and impact not just with her staff but with the students as well.

### **Warren County Extension Office**

Recorded on September 15, 2017

We were in the studio today with Stacy Swain & Karen Poff to chat about a few programs offered by the Warren County VA Extension office. Stacy gave us a wrap up of 4H and fair activities and talked a bit about the outpouring of support from local businesses, the 4H families and citizens for the 4H programs at the Warren County Fair this year.

Karen filled us in on a new savings program: Shenandoah Valley Saves. Sign up today and start saving – you may even win a desktop cornhole board (complete with little bags) in addition to the satisfaction of putting something away for a rainy day, a vacation, etc.

Karen also told us about their upcoming Master Financial Education Volunteers training that begins in Winchester on Monday, September 18, 2017. Master Financial Education Volunteers (MFEVs) receive training on topics such as developing a spending and savings plan, managing credit, risk management, predatory lending, and more. These tools allow the volunteers to provide financial education to learning partners through classroom sessions, individual mentoring, and other Virginia Cooperative Extension programs.

### **Warren County Administrator, Doug Stanley**

Recorded on September 18, 2017

We were in the studio today with Warren County Administrator, Doug Stanley for our monthly update on all things Warren County. Doug talked about the current real estate reassessment now underway and how that impacts the local economy. He also gave us an update on projects just as: Ressie Jeffries Elementary School renovations, roof work being performed on the Youth Center, Community Center and McKay House, along with VDOT bridge and road construction progress.

### **Dr. Miles Davis: Turning Weaknesses Into Strengths**

Recorded on September 20, 2017

We were on location at the Byrd School of Business at Shenandoah University for The Valley Business Today with Dr. Miles Davis, Dean of the Byrd School of Business and Professor of Management at Shenandoah University. We chatted about our weaknesses as employees, as employers and as human beings. Miles talked about the importance of recognizing our weaknesses and putting a plan in place to turn those into our strengths. It was a very insightful conversation.

### **Northern Shenandoah Valley Substance Abuse Coalition**

Recorded on September 21, 2017

We were in the studio today with Lauren Cummings, Executive Director for the Northern Shenandoah Valley Substance Abuse Coalition. We talked about the opioid crisis both nationally and more importantly, on a local level. She talked about the numbers of overdoses in the valley, the inception of her organization and gave us some details about the Drug Treatment Court. We covered a pretty broad range of topics and talked about their upcoming Addicted to Hope Rally happening on Saturday, September 23 from 4pm – 8pm in front of Handley High School.

### **United Way Front Royal with Phoenix Project**

Recorded on September 22, 2017

We were in the studio for United Way Day with Executive Director, Dawn Graves from United Way of Front Royal – Warren County and her guest, Melanie Stull from Phoenix Project. Melanie told us about the organization, the services and resources it offers and talked about Domestic Violence Awareness Month happening nationally in October. Dawn showed us the newest board game/fundraiser offered by United Way: Front Royal Block Party.

### **Servicing Your Vehicle with Shenandoah Buick GMC & Shenandoah Ford**

Recorded on September 25, 2017

We spent some time in the studio today with one of our loyal advertisers talking about what they do and why it's important. Glenn Williams, Service Manager for Shenandoah Buick GMC along with his counterpart, Tony Pearson, Service Manager with Shenandoah Ford gave us some tips and great advice about why maintaining your vehicle (no matter it's age) is important. We talked about the multi-point inspection, what it includes and how you get one free with every service visit; how many miles should you really be changing your oil & rotating your tires; and how to know if there's been a recall on your vehicle. Both gentlemen talked about their respective dealerships and the important role customer service plays in their success. They also told us about an upcoming Car Care Clinic happening mid-October.

### **Tourism Tuesday: Winchester – Frederick County Edition**

Recorded on September 26, 2017

Jennifer Bell, Winchester's Downtown Manager stood in for Justin Kerns today from the Winchester-Frederick County Convention & Visitors Bureau for this week's edition of Tourism Tuesday. She told us about all the farm market festivals happening throughout the month of October around the county, free concerts at Shenandoah University, and a potpourri of other events for tourists and locals to enjoy next month.

### **The Valley Business Today: Top of VA Regional Chamber Centennial Celebration**

Recorded on September 27, 2017

We were in the studio for The Valley Business Today with Emily Buhl, Marketing Director for the Top of VA Regional Chamber and her guest, Jimmy Wilkins to talk about the Chamber's history and upcoming Centennial Celebration. Jimmy gave us some history about his family's long-time involvement with the chamber – he's the oldest, living Past President of the organization. He told us about a few of the important initiatives that his father, Jim Wilkins, Sr. helped to spearhead in partnership with the chamber, including bringing Shenandoah University to Winchester and the development of the industrial park/water pipeline.

### **Front Royal – Warren County C-CAP**

Recorded on September 28, 2017

We were in the studio with Larry Elliott from Front Royal – Warren County C-CAP to talk about their organization, the services they provide to needy residents and families in our community along with ways the community can offer their assistance to his organization.

### **Butterfly 5K/10K to Benefit Blue Ridge Hospice**

Recorded on September 29, 2017

We were in the studio for the extra Friday this month with Jeanne Mezzatesta from Blue Ridge Hospice to talk about their Butterfly 5K/10K fundraiser happening on Saturday, October 21 at 9am at Blandy Farm. Jeanne filled us in on all the details for walking or running in the race, how

to get registered, how to raise a little extra money and get your registration fee waived and about the importance of sponsors to this fundraiser and to Hospice as a whole.