

PROGRAMS LIST
WFTR-AM/WZRV-FM
FRONT ROYAL, VIRGINIA
The Valley Today
ALL SHOWS HOSTED BY JANET MICHAEL
Weekdays 12:30pm – 1pm
October 2, 2017 – December 29, 2017

Downtown Winchester Events: Oktoberfest

We were in the studio today with Jennifer Bell, Winchester's Downtown Manager to talk about the fall happenings in [downtown Winchester](#) this month. She also brought a guest, Dr. Steven Cooksey, Professor Emeritus with [Shenandoah University](#) to chat about an upcoming music festival: Shape Note Festival that happens from October 6th – 8th in downtown Winchester. You can download more details for the festival including times, locations and activities here: [Shape Note Festival 2017](#)

Jennifer also filled us in on details for Oktoberfest happening on October 13th & 14th on the walking mall. You can check out their Facebook events page here: <https://www.facebook.com/events/125801618081298>

For details on all the other events we discussed on air, visit their website: <http://www.enjoyotw.com/>

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Podcast: [Download file](#) | [Play in new window](#) | Recorded on October 2, 2017

Tourism Tuesday: Taste of Shenandoah



We were in the studio for Tourism Tuesday – Shenandoah County edition with Kary Haun from [Shenandoah County Tourism](#) and her guests Kim Woodwell, Executive Director for [Shenandoah Forum](#) & Vicki Ruckman, Event Coordinator with [Taste of Shenandoah](#), a farm to table food, wine, & beer tasting event happening on Saturday, October 14 at [Cave Ridge Vineyard](#) from 12pm – 4pm. Shenandoah Forum works to promote adherence to the Shenandoah County Comprehensive Plan ensuring that Shenandoah County retains its rural, agricultural and historic character; supports a healthy environment; promotes a sustainable economy; and, provides a high quality of life for the people who live there.

Kary filled us in on details for [Autumnfest](#) that's also happening on October 14th at the Shenandoah County Fairgrounds.

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Podcast: [Download file](#) | [Play in new window](#) | | Recorded on October 3, 2017

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

We were in the studio for The Valley Business Today with Niki Cales from the [Front Royal/Warren County Chamber of Commerce](#) and her guest, Crystel Smith, writer, speaker (and guest extraordinaire) to talk about Crystel's journey to becoming a published author and how she's now helping others to realize that same goal. You can get more information about Crystel on her website: <http://crystalclear.biz/>

Niki also gave us an recap of Brew & Blues and talked about [Golftoberfest](#) happening on Friday, October 13th at [Blue Ridge Shadows Golf Club](#).

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LFCC's Knowledge to Work Portal & Adult Education Programs

We were in the studio today with Lyda Kiser, Director of Grants & Title IX Coordinator for [Lord Fairfax Community College](#) along with Sharon Hetland, Regional Program Specialist for their Adult Education programs. Lyda filled us in on all the opportunities – mostly at no cost – for individuals, job seekers and business owners to learn and train their employees through their Knowledge to Work portal: <https://www.knowledgetowork.com>

Sharon talked about the college's FREE adult education programs that help adults develop math, reading, and writing skills for employment, career advancement, and post-secondary education. You can get more information about those programs here: <https://lfcc.edu/areas-of-study/need-my-ged/>

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Podcast: [Download file](#) | [Play in new window](#) | | Recorded on October 5, 2017

Piedmont Symphony Orchestra's Rock Band – Rock 4 Relief



The poster features the Piedmont Symphony Orchestra logo at the top, followed by the text 'Presents' and 'Rock 4 Relief' in large, stylized red and blue letters. Below this, it states 'A BENEFIT CONCERT FOR THOSE IMPACTED BY HURRICANES HARVEY, IRMA & MARIA'. It lists the performers: 'Featuring the Piedmont Symphony Orchestra & the PSO Rock Band Performing Rock Hits from the 60's to Today... PLUS...Special Appearances by: The Reston Chorale (Emily Casey, Soprano / The Silver Tones: Jason Love, Cello / Nakia Vernez, Alto / Jason Labrador, Tenor)'. It also includes the date and time: 'Sunday, October 8, 2017 - 6PM' at the 'Highland Center for the Arts, Warrenton'. Ticket information: 'RESERVED SEATING TICKETS: \$40' and 'TO PURCHASE: www.piedmontsymphony.org'. At the bottom, there are logos for 'The Reston Chorale' and 'SiriusXM' over a background of colorful hands.

We were in the studio today for a super-sized show with Piedmont Symphony Orchestra's Rock Band. They played several songs and gave us all the details for their upcoming concert, Rock 4 Relief happening on Sunday, October 8th at 6pm at Highland Center for the Arts in Warrenton. All the proceeds will benefit hurricane victims. You can get your tickets here for what's sure to be a sold out show:

<http://www.piedmontsymphony.org/>

We also live-streamed the show on our Facebook page – you can watch it here:

<https://www.facebook.com/TheRiver953/videos/10155929868377089/>

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Podcast: [Download file](#) | [Play in new window](#) | | Recorded on October 6, 2017

The River 95.3 Website – A Community (and Advertising) Resource

We were in the studio today with Janet (and Joe) to talk about all the options our website: <http://theriver953.com/> has to offer non-profit and community groups via our [calendar of events](#); expanding advertising options for our clients; and, our plans for future expansion of our online presence.

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Podcast: [Download file](#) | [Play in new window](#) | Recorded on October 9, 2017

Tourism Tuesday: Festival of Leaves

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 guest, Susan Jeffery with Warren Heritage Society to talk about the 47th Annual Festival of Leaves happening on Saturday, October 14th from 9am – 6pm. You can get all the details, register for the parade, become a vendor, etc. here:

http://www.warrenheritagesociety.org/programs_festival.php

Felicia also filled us in on several other events happening in and around town in the coming weeks such as: [Helltown Half/Shenandoah Leaf Peeper 10k](#) race, a local blood drive, the farmers market and more. Get a full list of events on their website: <https://frontroyalva.com/101/Visiting>

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The Valley Business Today: Colin J Mason with Mirandum Pictures



We were in the studio for The Valley Business Today with a regular guest – Colin J Mason, local filmmaker and owner of [Mirandum Pictures](#) to talk about a few of his projects and the “business of film-making” on a local, regional and national level.

Colin told us about his upcoming projects: [48-hour \(Horror\) Film Festival](#) that he’s still scouting locations for as well as potential actors; we talked about a sequel to a [Goldvein](#) music video that will (hopefully) drop on Halloween as well as a few other projects he’s got in the works.

You can get more information about Mirandum Pictures from his website:

<http://www.mirandumpictures.com/>

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Podcast: [Download file](#) | [Play in new window](#) | | Recorded on October 11, 2017

LFCC Workforce Solutions: Heavy Equipment Operators Fast Track Career Program

We were in the studio today with Guy Curtis from [Lord Fairfax Community College](#)'s Office of [Workforce Solutions](#) along with his guest, Ken Garrison, Executive Director of the [Heavy Construction Contractors Association](#) to talk about the college's Heavy Equipment Operators Fast Track Career Program. We discussed how the program came to fruition, it's benefits and the availability of grants for financial assistance.

You can get more information here: <https://lfccworkforce.com/heavy-equipment-operator-fast-track-career-training-program/>

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Washington Nationals 2016 Draftee, RHP Phil Morse



We were in the studio today talking with [RHP Phil Morse](#). He was a standout pitcher at [Shenandoah University](#) who was drafted by the [Washington Nationals](#) in 2016. We talked about his baseball journey, what it's been like as part of the Nationals organization and what happens next. Our conversation continued even after the show went off the air. You can hear the whole thing here.

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Warren County Administrator, Doug Stanley

We were in the studio today with Warren County Administrator, Doug Stanley to get an update on all the projects happening in and around Warren County.

Here are a few of the projects Doug updated for us:

- Rural Addition Program
- Development Review Committee
- Real Estate Reassessment
- Citizen Appointments
- VDOT projects
- Rivermont Fire Station

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Tourism Tuesday: Luray Parks & Recreation Halloween Events



TOWN OF LURAY
HALLOWEEN
SPECIAL ACTIVITIES

JOIN US!

2 Haunted Houses [1 for children & 1 scary]
Pumpkin Painting • Moon Bounce
Local Businesses Trick-or-Treating: in the Parking Lot
Food • Barrel Train Rides: on Field 4
Costume Contest: 7pm [Age Categories: 6 & under; 7-12; 13 & Up]
Doggy Costume Contest: 7:40pm
& More

Luray Police Department:
 Candy Check • Froo Candy & Glowsticks
Page County Sheriff's Department:
 Spooky Activities and Candy

WHERE:
RALPH H. DEAN RECREATION PARK

WHEN:
OCTOBER 31ST
 Gate opens at 6 PM
 Activities: **6:30 - 8:30 PM**
 Rain Date: November 1st

Luray
 FOUR SEASONS OF ADVENTURE

Sponsored by: Town of Luray • Luray Police Dept.
 Luray Downtown Initiative
 Dr. Harry H. Heard III, DDS
 Luray Tree & Beautification Committee • Sprint

We were in the studio for Tourism Tuesday today with Katie from [Luray-Page Chamber of Commerce](#) and her guest, Dakota McCoy from [Luray Parks & Recreation Dept.](#) to talk about the Halloween events the town is hosting later this month.

Gina filled us in on details for their [91st Annual Banquet & Business Meeting](#) happening on November 2nd. Nominations are still being accepted for their awards as well as reservations for the dinner. You can get all that information here: <http://luraypage.com/chamber-of-commerce/annual-banquet/>

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The Valley Business Today: Managing Creativity with Dr. Miles Davis

We were at the [Byrd School of Business](#) on the campus of [Shenandoah University](#) for today's edition of The Valley Business Today with co-host, [Dr. Miles Davis](#). He's the Dean of the Byrd School of Business and Professor of Management at Shenandoah University. Each month Dr. Davis hosts us for an informal, yet insightful business conversation. This month's topic was managing creativity.

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The Laurel Center: Domestic Violence Awareness Month

We were in the studio today with Cindy & Kasey from [The Laurel Center](#) talking about an important topic: domestic violence. October is Domestic Violence Awareness Month. Cindy & Kasey filled us in on all the services (they're not just a shelter anymore) that The Laurel Center offers to victims of domestic violence & sexual assault. We also talked about how you can support them financially, through volunteerism, physical donations and most importantly by recognizing and supporting those in our community who are victim of domestic violence.

Cindy invited our listeners to their Candlelight Vigil tonight from 7pm – 8pm on the Courthouse steps in Winchester. You can hear stories from survivors and music from Sherando High School Choir. You can also purchase a ticket to their upcoming [Empty Bowl Fundraiser](#) happening on Friday, November 10 from 5pm – 7pm at Fellowship Bible Church located at 3217 Middle Road in Winchester.

We continued our discussion after the show went off the air and Kasey talked about specific situations, what signs you can look for if you or a friend, family member or coworker may be being abused and what you can do to help them, get them help or remove them from the abusive situation. We also talked about the process once the victim has made the decision to leave the situation. Kasey also told us about the reasons – many of them valid – for why so many stay in an abusive relationship or situation.

For more information about The Laurel Center, visit their website:
<http://www.thelaurelcenter.org/>

You can also call their 24-hour hotline at: 540-667-6466

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Warren County Extension Office with a few 4-H'ers

Through a partnership with the Virginia Extension Office, we chat with one of their extension agents or program directors each month. Their office has agents in each of our surrounding counties. This month we were in the studio with [Warren County Extension](#) Agent, [Stacy Swain](#) and a few of her 4-H'ers: Autumn Thomas, Allison Cooper, and Sophia Poe. They told us about their experiences in 4-H and how that's helped them in other areas of their life.

If you're interested in getting your child involved in 4-H – click here to visit the Warren County Extension Office's website: <http://warren.ext.vt.edu/programs/4h-clubs.html> or their Facebook page: <https://www.facebook.com/WarrenCounty4HVA/>

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Middletown Police Chief Gary Benedict, Jr.

We were in the studio today to chat with the new Middletown Police Chief, Gary Benedict. We talked about his long history/experience in law enforcement that includes being a Police Chief in another jurisdiction as well as a New York State Trooper. He also told us about some of his goals and plans for the [Middletown Police Department](#) along with a few misconceptions regarding coverage area & phone calls to report crimes.

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Tourism Tuesday: Worlds Away Escape Room

We were in the studio for Tourism Tuesday – Winchester/Frederick County edition with Justin Kerns – our Winchester Tourism Guy and his guest, Jason Shaffer from Worlds Away Escape Room.

We talked about Jason's business and it's inception and first year as World's Away Events located in Middletown and the recent move and name change to Worlds Away Escape Room now located in the Bright Center on the Old Town Walking Mall in Winchester. Jason gave us details about his escape rooms, how they work, their changing themes, the cost and how to book your experience. For more details, visit their website: <https://worldsawayescape.com/> or follow them on Facebook: <https://www.facebook.com/WorldsAwayEscapeLLC/>

Justin highlighted a few events that are happening in the coming weeks. You can view a full list of events on their website: <http://www.visitwinchesterva.com/events>

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Top of Virginia Regional Chamber Valor Awards

We were in the studio for The Valley Business Today with Emily Buhl, Marketing Director with the [Top of Virginia Regional Chamber](#) and her guests, Katrina Meade & Denise Snapp from [City National Bank](#) – sponsors and committee members for the chamber’s Valor Awards happening on November 2, 2017 from 6pm – 8:30pm. They told us about the awards history, the types of nominations and the importance of recognizing our public safety personnel (and individual citizens) for their bravery, courage and quick action in various situations.

You can purchase tickets, sponsor a public safety official for the dinner, or become a sponsor on the chamber’s website: <https://www.regionalchamber.biz/events/details/valor-awards-2017-4519>

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Podcast: [Download file](#) | [Play in new window](#) | | Recorded on October 25, 2017

Valley Health FREE Workshop: Injury Prevention for the Student Athlete



Injury Prevention Workshop for the Student Athlete

Athletes, parents and coaches invited

Saturday, November 4 • 9 A.M.
Strasburg High School

Education session followed by clinic

Presenters will include licensed physical therapists and certified athletic trainers.

Topics include:

- Emphasis on lower body
- Footwear/shoe assessment
- Speed and agility
- Injury recovery

Seats will fill fast, reserve your spot today.

Register for FREE by calling 540-635-0741 (Warren Memorial Fitness Department)

Please remember to bring your athletic shoes



We were in the studio with Stephanie Austin, a physical therapist at [Page Memorial Hospital](#) and Mary Presley, Director Of Outpatient Rehabilitation Services at [Warren Memorial Hospital](#) to chat about their **FREE** [Injury Prevention Workshop for the Student Athlete](#) happening on Saturday, November 4 at 9am at Strasburg High School.

We talked about why this is an important workshop for student athletes, parents, and coaches to attend. Stephanie is the workshop's featured speaker and will talk about lower extremity injuries and prevention strategies to reduce the risk of injury. After her presentation, Valley Health PTs,

athletic trainers and fitness instructors will staff a clinic with interactive stations to help students put what they learned into practice. (Remember to bring your athletic shoes!)

You can watch Stephanie's video on Warren Memorial Hospital's Facebook Page:
<https://www.facebook.com/warrenmemorialhospital/videos/1445556502160294/>

To reserve your seat, call Warren Memorial Hospital's Fitness Department at 540-635-0741.

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Podcast: [Download file](#) | [Play in new window](#) | | Recorded on October 26, 2017

United Way Northern Shenandoah Valley with WATTS

We were in the studio with Elise from [United Way of Northern Shenandoah Valley](#) and her guest, Marion Schottelkorb, Executive Director for [WATTS – Winchester Area Temporary Thermal Shelter](#). Marion told us about her organization, the services it provides at no cost to the homeless men & women in our community and how so many other businesses, organizations & volunteers come together each winter to allow them to offer a safe, warm place for our community's homeless population to sleep.

Elise gave us an update on the United Way's campaign that's now in full swing and told us about their latest initiative: One Black Dress. You can get more details about that here:
<http://theriver953.com/news/united-way-launches-one-black-dress-initiative/>

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Podcast: [Download file](#) | [Play in new window](#) | | Recorded on October 27, 2017

VDOT Construction Updates plus Quadrant Roadway Intersection (QRI) Details



We were in the studio today with Sandy Myers, Staunton District Communications Manager and Ken Slack, Staunton District Communications Specialist to get road construction updates and an explanation for how the QRI will work once the South Fork Bridge/Rt.55 Interchange is complete. You can access video(s) that will map your specific route on their website: <http://www.qrivirginia.org/>


Our discussion continued after the show with talk of Winchester construction projects, traffic light timing and more.

HOW TO DRIVE THE QRI

When The Warren County Quadrant Roadway Intersection is open


See where it is and how it works

**Eastbound to Northbound
(School to I-66)**



Route 55 eastbound traffic from area of A.S. Rhodes Elementary School takes right turn at Quadrant Road (quarter-loop), stays in two left-most lanes and turns left onto Route 340/522 toward Interstate 66.

**Westbound to Southbound
(Churches to Front Royal)**



Route 55 westbound traffic from area of Riverton United Methodist Church and Greater Joy Baptist Church stays in the left lane, crosses Route 340/522 and stays in the far left-lane, turning left onto Quadrant Road (quarter loop), then traveling in the two far right-lanes on the loop. Turn right onto Route 340/522 southbound and head towards the Town of Front Royal.

QRIVirginia.org


Traffic-simulation videos, maps and project information

The QRI project in Warren County is located at the Route 340/522 (North Shenandoah Avenue) and Route 55 (Strasburg Road) intersection. The quarter loop is named Quadrant Road.

Route 340/522 is a north-south roadway with Interstate 66 located north and the Town of Front Royal located south of this intersection.


Route 55 is an east-west highway. Familiar landmarks are A.S. Rhodes Elementary School on the western side of this intersection and Riverton United Methodist and Greater Joy Baptist churches on the eastern side.

**Eastbound to Southbound
(School to Front Royal)**




Route 55 eastbound traffic from area of A. S. Rhodes Elementary School takes right turn at Quadrant Road (quarter loop), stays in two right-most lanes and turns right onto Route 340/522 toward the Town of Front Royal.

**Northbound to Westbound
(Front Royal to School)**



Route 340/522 northbound traffic from Town of Front Royal area stays in two left-most lanes and turns left onto Quadrant Road (quarter loop) and then turns left onto Route 55 westbound toward A. S. Rhodes Elementary School.

**Southbound to Eastbound
(I-66 to Churches)**



Route 340/522 southbound traffic from area of I-66 stay in two right-most lanes. Go past intersection of Route 55 (Strasburg Road). Get in the right lane and turn right onto Quadrant Road (quarter loop) and then turn right onto Route 55 (Strasburg Road) eastbound. Cross Route 340/522 toward the area of Riverton United Methodist Church and Greater Joy

The Warren County QRI is part of the South Fork Bridge construction project. The QRI is an innovative and cost-effective solution for a congested traffic area. It handles more vehicles and offers fewer delays than a conventional four-way signalized intersection. This is achieved by moving left-turns away from the intersection of Route 340/522 and Route 55, and relocating them to the intersections with Quadrant Road. The QRI provides substantially more green-light time for north-south traffic on Route 340/522, which is the dominant traffic pattern at this intersection.



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Podcast: [Download file](#) | [Play in new window](#) | | Recorded on October 30, 2017

Tourism Tuesday: Shenandoah Spirits Trail



We were in the studio for Tourism Tuesday with Justin Kerns, our “Winchester Tourism Guy” from the [Winchester-Frederick County Convention & Visitors Bureau](#) and Felicia Hart, Director of Development & [Tourism for the Town of Front Royal](#) to talk about the [Shenandoah Spirits Trail](#).

Justin gave us the background for how and why the trail got started and we discussed the important role it plays for tourism in the Shenandoah Valley as well as the wineries, cideries, breweries and distilleries who participate.

You can get more information about the trail including an interactive Google map here: <https://www.shenandoahspiritstrail.com/>

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Podcast: [Download file](#) | [Play in new window](#) | | Recorded on October 31, 2017

The Valley Business Today: Small Business Saturday in Front Royal/Warren County

We were in the studio for the Valley Business Today with Niki Cales from the [Front Royal/Warren County Chamber of Commerce](#) and er guest, Kym Crump with the Blue Ridge Arts Council.

Niki filled us in on [all the great things the chamber is putting together](#) to help small businesses take advantage of [Small Business Saturday](#) throughout Front Royal/Warren County.



Kym filled us in on her upcoming Deck the Halls event happening on Friday, November 17 at 6:30pm and Holly Jolly Saturday happening on Saturday, November 18. You can get more details for those events here: <http://blueridgearts.org/>

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

We were in the studio talking traffic safety with Lt. Warren Gosnell, Traffic Division Commander with the [Frederick County Sheriff's Office](#). We discussed the time change and it's

affect on traffic patterns and driving habits along with hunting season starting that typically brings more deer into the roadways. We also talked about the coming holiday season and the increase in DUI checkpoints that will be happening across Frederick County and what you should and shouldn't do when stopped for one – or anytime.

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Podcast: [Download file](#) | [Play in new window](#) | Recorded on November 2, 2017

Worlds of Work Expo Recap



We were in the studio with Sally Michaels, Existing Business Coordinator with [Frederick County Economic Development Authority](#) and Jane Baker, [Warren County Public School](#)'s Director of Career & Technical Education. She's also the principal of [Blue Ridge Technical Center](#). We talked about the Worlds of Work Expo (WoW) that happened last week.

[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. There are also animals students can touch and care for as well as life-like mannequins they might splint and stitch.

We continued our conversation after the show and added the kids' liners we've been playing all week.

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Old Town Winchester Holiday Events

We were in the studio with Jennifer Bell, Winchester's Downtown Manager to talk about the upcoming events happening on the walking mall. We talked about Plaid Friday (downtown's version of Black Friday), Small Business Saturday, the new Traipse app for downtown and welcomed the newest restaurant to open – Sexi-Mexi Burrito Bar.

You can get more details about what's happening downtown on their website:

<http://www.enjoyotw.com/>

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Podcast: [Download file](#) | [Play in new window](#) | | Recorded on November 6, 2017

Tourism Tuesday: Shenandoah Uncorked

We were in the studio today with Kary Haun from [Shenandoah County Tourism](#) along with her guest, Jessica Sager from [Shenandoah Caverns Family of Attractions](#). Jessica filled us in on the details for their upcoming event, [Shenandoah Uncorked](#) happening on Saturday, November 11 from 10am – 4:30pm at [The Yellow Barn at Shenandoah Caverns](#).

Kary filled us in on all the Christmas Parades that will be happening in Shenandoah County beginning the weekend of November 30. Plus she told us about the [Holiday Open Studio Tour](#) hosted by local potters that's happening on December 2-3.

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Podcast: [Download file](#) | [Play in new window](#) | | Recorded on November 7, 2017

Employee Motivation: Dr. Miles Davis

We were at the [Byrd School of Business](#) on the campus of [Shenandoah University](#) for The Valley Business Today to chat with [Dr. Miles Davis](#), Dean of the Byrd School of Business & Professor of Management at Shenandoah University. This month's topic was a continuation of a topic we've discussed in the past few months: Employee Motivation. We talked about the different types of motivation for leaders and employees and how to adjust expectations and incentives to increase productivity.

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LFCC Workforce Solutions: How Prospective College Students Can Gain A Competitive Edge

We were in the studio today with Guy Curtis from [LFCC Workforce Solutions](#) to talk about how prospective college students can gain a competitive edge through their credentialed programs and fast track career programs as a supplement or in place of a 4-year degree.

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Podcast: [Download file](#) | [Play in new window](#) | | Recorded on November 9, 2017

Shenandoah University's Veterans to BSN Program

We were in the studio today with Sherry Rawls-Bryce, MSN, RN, FCN, Assistant Professor & V-BSN Faculty Leader at [Eleanor Wade Custer School of Nursing](#) at [Shenandoah University](#) to talk about their Veteran to Bachelor of Science in Nursing (BSN) program. We talked about who can apply, the benefits of the program, how it's different from other nursing programs at SU, the students who've completed the program as well as other ways SU supports veterans.

Those interested in the program can visit: SU.edu/nursing to find a list of undergraduate degrees, including the Veteran to BSN specialty. You can also contact Sherry in the school of nursing via email to: srawlsbr@su.edu or call (540) 678-4384 to schedule a tour, review your military transcripts, or answer any questions. Sherry says interested veterans are always welcome to drop in as well.

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Podcast: [Download file](#) | [Play in new window](#) | | Recorded on November 10, 2017

Camping For Hunger Kick-Off

We were on the [Camping For Hunger](#) bus for the show today with Lonnie Hill talking about the 9th Annual Camping for Hunger food drive to collect non-perishable food items & monetary donations for [Front Royal Warren County CCAP](#).

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Podcast: [Download file](#) | [Play in new window](#) | | Recorded on November 13, 2017

Kelly Walker from The Studio for Learning

We were on the [Camping for Hunger](#) bus with Kelly Walker to talk about her holiday classes at [The Studio](#) on Main Street in Front Royal as well as get her perspective on the changes that are happening downtown.

Page Alliance for Community Action

We were on the Camping for Hunger bus today with Megan Gordon, Program Director for Page Alliance for Community Action (PACA) to talk about their services, programs and upcoming Turkey Trot fundraiser.

Page Alliance for Community Action (PACA) is a non-profit coalition of agencies, parents, youth and concerned citizens. Their main goal is to promote healthy life choices for the youth and families in Page County. They work to provide a healthy, drug-free environment for those in our community. With the volunteers in their coalition, the funding from state and foundation grants, they have focused their attention on preventing substance abuse among our youth and combating childhood obesity with physical activities and nutritional education.

PACA strives to implement environmental strategies to impact our community and to provide real solutions that promote positive changes. For more information about PACA, contact pageallianceforcommunityaction@gmail.com. **PACA** is a [Drug Free Communities Grantee](#).

Turkey Trot 5K/1K On the Greenway

When: Saturday, Nov 18, 2017

1K begins at 9:30am, 5K begins at 10am

Where: Luray Greenway Mechanic Street Parking Lot

Registration: You can register online: [HERE](#) (\$1 additional for each online registration purchased and all registration information must be completed) OR [download a printable application](#) and then send payment to: Page Alliance for Community Action, PO Box 723, Luray, VA 22835

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Podcast: [Download file](#) | [Play in new window](#) | | Recorded on November 15, 2017

United Way of Northern Shenandoah Valley's A.L.I.C.E report on hunger

We were on the bus today with Nadine Pottinga, President/CEO of the [United Way of Northern Shenandoah Valley](#) to talk about their recently released Asset Limited Income Constrained Employed (ALICE) report. We specifically talked today about food insecurities in our surrounding 5-county community. Nadine gave us some stunning facts and statistics and some suggestions for how we can help those in need in our backyard(s). You can download the full report here: [17UW ALICE Report VA](#)

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Podcast: [Download file](#) | [Play in new window](#) | | Recorded on November 16, 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.