

PROGRAMS LIST
WFTR-AM/WZRV-FM
FRONT ROYAL, VIRGINIA
The Valley Today
ALL SHOWS HOSTED BY JANET MICHAEL
Weekdays 12pm – 12:30pm
Show Duration: 22-28 minutes each episode
April 1, 2022 – June 30, 2022

Grand Re-Opening of Old Town Cidery

Apr 1, 2022

We recorded today's conversation on location to chat with the owners and makers of Old Town Cider in Winchester. Joining me in their office for the conversation was David & Philip Glaize, co-owners of Old Town Cidery, cidemaker Stephen Kelly, and Tasting Room Manager Kelley Kinsey. They gave me some history for how the dream of making cider from their family apples became a reality. We talked about the high value they place on local agriculture and supporting their community. Kelley gave us details for the grand re-opening celebration We discussed the different varieties of hard cider they produce and the all-important apple to their final product.

Sustainability Matters: It's Easier Than You Think

Apr 4, 2022

During our conversation today with Sari Carp, Executive Director at Sustainability Matters, we talked about how small things can make a big impact on sustainability and she offered a few tips for things that any person can do to reduce their carbon footprint. Sari gave us an update on their "Making Trash Bloom" project and talked about upcoming partnerships with Rappahannock & Fairfax Counties to make their landfills more sustainable. She also gave us all the details for several of their upcoming events.

Frozen Foot Challenge/Woodstock Town Trek

Apr 5, 2022

We recorded today's Tourism Tuesday conversation on location at Muse Vineyards with Kary Haun from Shenandoah County Tourism. Her guests were Christi Manning from Rev3 Endurance & Katie Mercer, Director of Marketing & Events for the Town of Woodstock. We learned the details for the upcoming Seven Bends Adventure Race. Christi explained the concept of adventure racing and told us how it's perfect for any experience level. We wrapped up our conversation with a quick chat with Sally Cowal, co-owner of Muse Vineyards to learn a bit of history about the winery.

Front Royal Chamber: Valor Awards plus Wine and Craft Festival

Apr 6, 2022

We recorded our Valley Business Today conversation with Niki Foster from Front Royal/Warren County Chamber of Commerce via Zoom to learn details for two upcoming events.

The Front Royal-Warren County Chamber of Commerce will host a Valor Award Program to recognize members of the Front Royal Police Department, Warren County Fire & Rescue, and Warren County Sheriff's Department. This event will recognize the service, bravery, and heroism of men and women in Front Royal and Warren County who protect our community daily. Niki also gave us details for the Wine & Craft Festival happening on Saturday, May 21, 2022 from 10am - 6pm up and down Main & Chester Streets in downtown Front Royal. We learned about the wineries, meaderies and cideries that have signed up to participate and talked about the wide range of crafters she's already confirmed.

Traffic Safety Thursday: Apple Blossom & Learning the Law

Apr 7, 2022

We talked via Zoom from Lt. Warren Gosnell from Frederick County Sheriff's Office "mobile studio" about the behind the scenes things that happen to make Apple Blossom safe. He explained the role of the sheriff's office and talked about the "perks" he's had from working the festival over the years. He also wanted to be sure everyone practiced safety over convenience and assured me there is a plan in place should some sort of crisis occur. In the second segment we chatted a bit about a few road construction projects and the patience that's required from all who travel Rt. 277 through Stephens City and Rt. 522 near Armel Elementary School. Lt. Gosnell also explained a few traffic laws and how deputies stay educated on the codes that are required when writing citations.

Strolling Strasburg: Mayfest

Apr 8, 2022

Our strolling took Olivia Hilton from the Town of Strasburg and me to Preslee Real Estate for a conversation with several committee members planning Mayfest. Joining us for this episode of Strolling Strasburg was Abby Walters, chairperson of the Mayfest committee; Wendy Williams who coordinated the pageant; and Jaynelle Bowers, board member for the Shenandoah County Chamber of Commerce. Jaynelle explained the structure of the Strasburg Business Alliance which hosts the event each year.

Buy Fresh Buy Local

Apr 11, 2022

We were on the Zoom screen for a conversation today with French Price, Value Chain Coordinator for Virginia Cooperative Extension's Buy Fresh Buy Local program. French explained how the program worked and told us how important & far-reaching farming is to our communities. *Buy Fresh Buy Local Shenandoah Valley* supports local farms, retailers, restaurants and food businesses by promoting local farm and food products to consumers. She gave us several reasons to Buy Fresh Buy Local. She also told us about the wide range of farm-related businesses that can be listed in the guide. Being listed in the guide is free.

Tourism Tuesday: Art at the Mill

Apr 12, 2022

Our conversation for Tourism Tuesday - Clarke County edition - with Nathan Stalvey, Director at Clarke County Historical Association gave us all the details for their Spring Art at the Mill show. Nathan told us about the record number of artists who will participate this year and the wide variety of art that will be on display/available for purchase. Nathan also told us about a few upcoming events. Finally, we talked about how the pandemic has influenced their thinking, their programs and their future events.

Luray Chamber Events & Member Perks

Apr 13, 2022

Our conversation for The Valley Business Today with Edison Emmons from Luray/Page County Chamber of Commerce was full of information about upcoming chamber events & some insight into chamber membership. He explained how membership worked, talked about the priority the chamber places on member success, and encouraged residents to consider being a patron member of the chamber.

Open Houses & Virtual Information Sessions at Laurel Ridge Community College

Apr 14, 2022

Our conversation today with Guy Curtis, Director of Marketing for Laurel Ridge Community College included details for several upcoming virtual information sessions and open houses planned in the coming months. Joining us for the chat was Michelle Cribbs, Director of Outreach for the college. Michelle explained her role as Director of Outreach and talked about the valuable partnerships they've established with local businesses, non-profits, and government agencies such as Virginia Career Works. She gave us the details for a few upcoming virtual information sessions and talked about how anyone can start/return to college virtually or in-person. She also busted a few myths about financial aid and learning ability.

Meet the Spotted Lanternfly Lady

Apr 15, 2022

Our conversation today with Joanne Royaltey - aka the Spotted Lanternfly Lady - from Virginia Cooperative Extension (Frederick County office) was full of information about the invasive pest including practical ways that you can "remove" it from your property. She gave us a bit of history for how the SLF came to this country and then our area. She told us about the danger it poses to trees, crops, and our sanity but reminded us it does not bite or sting.

Blue Ridge Singers Spring Concert

Apr 18, 2022

We recorded today's conversation on location at Front Royal United Methodist Church to chat with Jeff Alban, Artistic Director and a few choir members with Blue Ridge Singers. Jeff gave us the details for their upcoming Spring Concert series: How Can I Keep From Singing.

Tourism Tuesday: Luray Parks & Rec Events

Apr 19, 2022

Our Tourism Tuesday conversation today with Edison Emmons from Luray/Page County Chamber of Commerce featured Jen Jenkins from Luray Parks & Recreation. Jen gave us details for a few upcoming events.

2022 Greater Good Award Winners

Apr 20, 2022

We recorded today's conversation for The Valley Business Today on location at Shaffer's BBQ & Market in Middletown. Shaffer's owner, Matt was recently named the Top of Virginia Regional Chamber's Small Business of the Year at their Greater Good Awards which took place on Thursday, March 24, 2022 at Shenandoah Valley Golf Club. Vanessa McAllister, Director of Programs & Events for the chamber was my co-host today. Joining us for the conversation was Frederick County Sheriff, Lenny Millholland who was recently named Citizen of the Year, and Barry Lee who received the Lifetime Community Impact Award. We talked about the event and what winning meant to each of them. Before we wrapped our conversation, Vanessa gave us a few details for some upcoming events

Community Health: Advance Medical Directives

Apr 21, 2022

We were on the screen today for a conversation with Dr. James VanKirk, Director of Palliative Care for Valley Health, based at Winchester Medical Center about advance medical directives. Dr. VanKirk explained what palliative care is: a specialized, interdisciplinary approach to improving comfort and quality of life at any stage of serious illness by addressing symptoms, communications, and next steps. We talked about National Healthcare Decision Day that happens on April 16 each year. He told us that it's actually observed for the entire week but advance medical directives can be done at any time of year. Dr. VanKirk talked about the different types of advance medical directives, how to start the conversation with loved ones, how to decide who you'd like to be "your person" and the steps you should take to ensure your wishes are on file somewhere like your local hospital.

United Way NSV: Blue Ridge Habitat for Humanity

Apr 22, 2022

We were on the screen for United Way Day with Elise from United Way of Northern Shenandoah Valley and Kim Herbstritt from Blue Ridge Habitat for Humanity. Kim gave us some background on her organization and explained how their affordable housing program works. She talked about the types of families they're looking for and their transition from being an affordable home builder to an affordable home developer. The agency is still seeking families for homes that are under construction in Winchester & Strasburg. She also told us about their home repair program. Elise gave us a quick rundown of upcoming United Way NSV projects and events

Shenandoah 2045: Collaboration

Apr 25, 2022

Our conversation with Tyler Hinkle, Shenandoah County's Planner is part of an ongoing series following the work on Shenandoah 2045 - Shenandoah County's comprehensive plan. Joining us to talk about the collaboration that happens between the localities was Erick Moore, Director of Planning & Development for the town of Mount Jackson and his counterpart in Woodstock: Jill Jefferson, Urban Designer & Neighborhood Planner. Each explained their comprehensive plan development/updating process and talked about past plans. Tyler told us about a few upcoming community collaboration sessions where they'll be set up at local events happening in May across the county. As always, we discussed all the ways that residents of Shenandoah County can (and should) participate in the planning process.

Geraghty's Micro Farm & Market

Apr 26, 2022

We traveled to Geraghty's Micro Farm & Market for our conversation today with Justin Kerns from Winchester/Frederick County Convention & Visitors Bureau. Joining us for our Tourism Tuesday chat was Dayna Geraghty, co-owner (with her husband Josh) of Geraghty's Micro Farm & Market. Dayna explained the concept of homesteading and how their farm started off as a way to simply feed their family in a healthier, more sustainable way. Dayna explained that unless you grow your own food or personally know your local farmer that it's impossible to truly know what you're eating.

LFSBDC: Food & Beverage Accelerator Program

Apr 27, 2022

We were on the screen for The Valley Business Today with Christine Kriz, Director of the Lord Fairfax Small Business Development Center to chat about their business counseling services and a new program they're offering through a partnership with the Loudoun County Small Business Development Center. She explained the different services that Lord Fairfax Small Business Development Center offers as the counseling arm of the Small Business Administration. Christine gave details for their newest program - a food and beverage accelerator cohort in partnership with the Loudoun County Small Business Development Center. She said there have been four previous cohorts around the state of Virginia and that AMAZING partnerships and new opportunities have come from these cohorts!

Winchester City Parks & Programs

Apr 28, 2022

We recorded today's conversation on location in the Active Living Center in the War Memorial Building at Jim Barnett Park to chat with Winchester City Parks Director, Chris Konyar and Maggie McCampbell Lien their Public Information Officer. The pair explained their current undertaking: surveying city residents to get feedback about the parks in their neighborhoods. There are nearly 16 neighborhood parks scattered throughout the City of Winchester with the ultimate goal of having a park within 10 walking minutes of every neighborhood. Chris talked about the importance of these local parks and why getting feedback will be vital to maintain and grow them to fit the neighborhoods they serve. Maggie gave us details about the summer camps the parks department offers, talked about when the pool will open and gave some insight into the benefits the recent partnership with Shenandoah University provides through no-cost sports camps for children in the area.

Season 27 of Clarke County Farmer's Market

Apr 29, 2022

Today's conversation with Karie Griffin, Market Manager for Clarke County Farmer's Market was the official kickoff to our summer series: Farmer's Market Fridays. Karie gave us all the details for the opening season - 27th - of Clarke County Farmer's Market. Karie explained what kind of planning goes into making the market a success each year including the committee that works behind the scenes year-round to secure vendors and sponsors. She gave us a rundown of the vendors you can expect to see throughout the season and told us that some are there every week while others have a rotating schedule or come later in the season depending on their offerings/growth schedule. We talked about the other things you can find at the market like the products from local makers in our area as well as local, live entertainment. She highlighted their location at 317 W. Main Street in Berryville and told us how moving there during the pandemic proved to be a good decision that will continue for years (hopefully) to come.

Blandy's 32nd Annual Garden Fair Weekend

May 2, 2022

Our conversation today gave us details for Blandy's 32nd Annual Garden Fair Weekend. Joining the chat was Stephanie Swaim, Public Relations & Marketing Coordinator and Carrie Whitacre, Assistant Curator of Herbaceous Gardens both from the State Arboretum of Virginia at Blandy Experimental Farm. Carrie gave us some insight into the growing process as well as the vendor process each year. She told us about the food vendors, plant vendors, garden vendors and more that will be in attendance over the 3-day event.

Sugar Creek Snowy & Sweet Ice Cream Shop

May 3, 2022

We recorded today's conversation on location at Sugar Creek Snowy & Sweet Ice Cream Shop at 150 S. Main Street in Woodstock. This is part of our Tourism Tuesday series - Shenandoah County edition - so joining me for the chat was Kary Haun from Shenandoah County's tourism office. Kary's guest: Melissa Rader is the owner of the ice cream shop who graciously agreed to host our conversation. Melissa told us how her business got started (in Strasburg) and how it's grown to the location in Woodstock, mobile events at local schools, and most recently with a bus that will park in Strasburg & Mount Jackson in the coming weeks.

The Valley Business Today: Fussell Florist

May 4, 2022

Our conversation for The Valley Business Today with co-host Niki Foster from Front Royal/Warren County Chamber of Commerce featured Katie Bonnett, owner at Fussell Florist. Katie told us about her dreams to be an entrepreneur and how she became the owner of Fussell Florist. We talked about the flower business and a few of the changes she's planning for the exterior of the building. Katie also explained ending the relationship with Teleflora and the opportunities and creativity it allows her staff.

Traffic Safety Thursday: Be Safer on the Roads

May 5, 2022

We recorded today's conversation at Frederick County's Public Safety Building with Frederick County Sheriff Lenny Millholland and Lt. Warren Gosnell. This is part of our monthly traffic safety show where we chat about new laws, safety precautions and learn about things we can do to be safer on the roads. Our conversation today included discussion about Distracted Driving Awareness Month and the importance of not being distracted behind the wheel all year long, not just the month of April. We talked about the Click It or Ticket campaign and Lt. Gosnell explained what it is and why it's important. We also talked about the change in weather and the increase in motorcycles and bicycles in the roadway. The pair warned about being aware of them when traveling and reminded homeowners about mowing grass into our streets and the danger it creates.

Strolling Strasburg: Paranormal Preservation

May 6, 2022

Our conversation for Strolling Strasburg this month with Olivia Hilton, Director of Strategic Initiatives for the Town of Strasburg at the Strasburg Visitors Center included details for upcoming events. Olivia told us about the The Strasburg Historical Paravation. This event is a union of paranormal and preservation to raise funds to renovate the historic Heater House, which is over 270 years old. Olivia also gave us details for Front Porch Fridays which will begin in June 2022 and feature local, regional, and international performers. She explained how artists are chosen and gave details for who sponsors the events each month and provide snacks, food, etc. We also talked about the difference between a "town sponsored" event and a "town supported" event.

Newtown Heritage Festival

May 9, 2022

Our conversation today with Tootie Rinker and Stephens City Mayor, Mike Diaz gave us all the details for Newtown Heritage Festival. We talked a bit about the history of the event and then learned all the details for the pageant, the parade, the Memorial Day Veterans ceremony, the live music, vendors and food concessions.

Tourism Tuesday: Old Town Winchester Events

May 10, 2022

We recorded today's conversation at the office of Alex Flanigan, Main Street Program Manager for the City of Winchester to learn more about upcoming events being planned in Old Town Winchester. Alex explained her role as Main Street Program Manager and gave us an overview of the Virginia Main Street Program's impact on Old Town Winchester's success. We talked about the impact weather can have on their events, particularly the larger ones and she explained the work that goes into have backups in place that include indoor spaces.

Alex also talked about the upcoming mural project slated to start this summer on Piccadilly Street.

Jeri Prophet/IntellecTechs: Virginia's Small Business of the Year

May 11, 2022

Our conversation today is part of an ongoing partnership with the US Small Business Administration highlighting small businesses as well as offering advice and resources to small businesses. My co-host today was Carl Knoblock, Virginia District Director for the SBA. Joining him was Jeri Prophet, CEO and Founder of IntellecTechs. Her company was chosen as Virginia's Small Business of the Year. Carl explained how the awards work and their part in the overall celebration of National Small Business Week. We talked about the number of small businesses that prioritize community involvement and the greater impact it has on their success. Jeri gave us some background on how she started her business in 2008. We talked about the struggles her business overcame since starting in one of the worst (pre-pandemic) economic years. She offered advice to other businesses and praised the information and resources she's found on the SBA website ([sba.gov](https://www.sba.gov)) We spent some time chatting about what it's like to lead a team through a pandemic and how they've weathered the changes.

Laurel Ridge Community College: A Better Way to Learn

May 12, 2022

We were on the screen for today's conversation with Gannon Nordberg, an instructional technologist at Lord Fairfax (becoming Laurel Ridge) Community College to learn about the role diversity plays in how professors are teaching their courses. Gannon explained his position and talked about the support he offers to the faculty at the college. We talked about the changes in learning and teaching brought about during the pandemic and how many of those will remain as things settle into a new normal. We talked about diversity in a new way, from a learning perspective.

Selah Theatre Project: A Production of Terms of Endearment

May 13, 2022

Today's conversation with LaTasha Do'zia, Artistic Director at Selah Theatre Project was a "take two." We talked in March of 2022 about their upcoming production of Terms of Endearment that was slated to open later that month. I was able to salvage the audio from cast members Paige Ulevich (Aurora) and Beau Bostock (Emma) which you can hear in the second segment. They talk about their personal relationship, their relationship to the characters they portray, and what it's like to be part of a community theatre group such as Selah. LaTasha gave us the updated details for the show's production and opening. LaTasha also gave us information about their upcoming summer camps and talked about what goes into her decision-making process when choosing which plays should take the stage.

Shenandoah Reel Women: Fly Fishing Camps

May 16, 2022

Our conversation today with Joan Chapman from Shenandoah Reel Women was all about fly fishing. She explained how/why the group was formed and the comradery she's found by being a part of it. Shenandoah Reel Women was founded in 2018 by three women who wanted to get out on the river fishing with other women. The goal of SRW is to get more women and girls into the river to try their hand at fly fishing and, also, to engage in other outdoor pursuits like hiking, birding, tree and wildflower spotting, and nature photography. In the past day camps had been offered to encourage a younger generation of women (ages 12-18) to experience fly fishing. This year an overnight camp has been added. Both flyfishing camps are made possible by the 2021/22 Virginia Wildlife Grant Program through a partnership between the Virginia Department of Wildlife Resources and the Wildlife Foundation of Virginia and awarded to Friends of North Fork Shenandoah River. In these camps, young women will be mentored by established SRW members and volunteers. They will be introduced to the art of fly fishing, learn the basics of knot tying, the use of appropriate equipment, good casting techniques, river entomology and watershed conservation education.

Town of Shenandoah's Memorial Weekend Celebration

May 17, 2022

We were on the screen for Tourism Tuesday - Luray/Page County edition - with Edison Emmons from Luray/Page County Chamber of Commerce and his guests: Lora Jenkins, Shenandoah town clerk & Nancy Karnes from Shenandoah Heritage Center. We learned all the details for their 25th Annual Memorial Festival and Parade

Lockett's Spring Market

May 18, 2022

We recorded today's conversation on location at Cordial Coffee in Berryville to chat with Suzanne Eblen, founder of Lockett's Store. The store will be hosting their Lockett's Spring Market at the Clarke County Fairgrounds on Friday, May 20 through Sunday, May 22, 2022. Suzanne gave us a bit of history for how the store got started and how it's grown - even in the midst of a pandemic. We talked a bit about the spring market and how it came to fruition. Lockett's Spring Market showcases more than 200 of the best "vintage hip" vendors on the East Coast. It features painted furniture, vintage garden gems, architectural salvage, crusty antiques, and all kinds of crazy-good finds.

Community Health: Robot Assisted Joint Replacement

May 19, 2022

We recorded today's conversation on location at Warren Memorial Hospital with Mesfin Shibeshi DO, *fellowship-trained orthopedic surgeon* and Grace Speicher, *Program and Operations Manager, Valley Health Orthopaedic Clinics, Southern Region*. Dr. Shibeshi shared his knowledge and experience with respect to robot-assisted total knee replacement. Using this technology, Dr. Shibeshi is able to create a 3D model of a patient's knee before surgery, allowing for precise planning of incisions and implant placement. The robotic surgical technology offers a level of personalization and precision that can limit soft tissue damage, preserve bone and reduce post-surgical pain for some patients.

Extension Office Friday: New Farmer's Market Coming to Page County

May 20, 2022

Our conversation today for Extension Office Friday featured Molly Beardslee & Elizabeth Mullins from Virginia Cooperative Extension about a new partnership bringing a farmer's market to Page County. Molly serves as the FCS SNAP-Ed Agent in Clarke, Culpeper, Fauquier, Frederick, Madison, Orange, Page, Rappahannock, Shenandoah and Warren counties. Elizabeth is an agriculture and natural resources extension agent serving Page County. The pair gave details about the Page County Farmer's Market.

Shenandoah 2045: Economic Development

May 23, 2022

Our conversation with Tyler Hinkle, Shenandoah County's Planner is part of an ongoing series following the work on Shenandoah 2045 - Shenandoah County's comprehensive plan. The planning process will unfold over the next four years with the majority of the community collaboration occurring from 2020-2022, with input in 2023-2024. Joining us to talk about the economic development chapter was Jenna French, Shenandoah County's Director of Economic Development/Tourism and Sarah Mauck from District Six (Strasburg) of the Citizen's Advisory Committee (CAC) to talk about their roles in the planning process. Jenna explained how economic development factors into the comprehensive plan and gave us some background on the economic development strategic plan which comes from information in the overall plan.

Hop Blossom Returns in 2022

May 24, 2022

We traveled to Winchester Brew Works for our conversation today with Justin Kerns from Winchester/Frederick County Convention & Visitors Bureau. Joining us for our Tourism Tuesday chat was Holly Redding, co-owner of Winchester Brew Works who are hosting this year's Hop Blossom on the Old Town Walking Mall in downtown Winchester. Holly gave us all the details for the event, now in it's 9th year and talked about how excited she and the planning committee are to bring the event back after a two-year pandemic hiatus. Hop Blossom is also a fundraiser supporting the efforts of Dakota's Dream - a small, volunteer-run, no-kill, non-for profit animal rescue group and Winchester Main Street Foundation - a nonprofit organization focusing on producing and bringing in quality events through music and the arts, beautification projects, and youth education programs to build Winchester's unique brand, improve the quality of life in Winchester, support and work with other nonprofit organizations, and build our Main Street Community.

The Valley Business Today: Winchester Rescue Mission

May 25, 2022

We were on the screen for our "Valley Business Today" conversation with Kory Campbell, Director of Marketing & Communications with Top of Virginia Regional Chamber. Joining us was Pastor Brandan Thomas from Winchester Rescue Mission to give us details about his organization and their current expansion to Valley Avenue in Winchester. Brandan told us about the services that Winchester Rescue Mission offers to members in need in our community & what the expansion to Valley Avenue will mean to the number of people they will be able to serve in our community - nearly double. They will also be able to expand their services to women and families, classroom space, and year-round emergency shelter.

FredCo Parks & Rec Welcomes Summer

May 26, 2022

We were on the screen recording with Tony Baker from Frederick County Parks & Recreation to get the rundown on upcoming events, camps, and of course - when the pools open. FREE swim lessons are offered to rising 2nd graders and there's a new swim team based at Clear Brook Park. Tony reminded us that the Youth Triathlon is coming up at the end of June.

United Way NSV: Substance Abuse Coalition

May 27, 2022

Our conversation for "United Way Day" featured Elise Stine-Dolinar from United Way NSV and her guest, Lauren Cummings, Director of NSV Substance Abuse Coalition. Lauren gave us an update on local statistics for overdoses and talked about the impact the pandemic has had on their programs and their participants. We talked about the use of NARCAN and the trainings NSVSAC provide to citizens who wish to have it on hand for overdose emergencies. Elise told us about a few upcoming events and gave details about Project Connect.

GardenFest 2022

May 31, 2022

Our conversation today with Elaine Specht, President of the Northern Shenandoah Valley Master Gardeners Association gave us all the details for GardenFest happening on Saturday, June 4, 2022 from 8am - 2pm at Belle Grove Plantation. We talked about all the activities, plants, flowers, shrubs, vendors, food, and more that will be at the event.

Are You Smarter Than A 4th Grader?

Jun 1, 2022

Our conversation today with Dawn Devine (Executive Director) and Tammy Stevenson (Director of Development & Marketing) from Shenandoah Valley Discovery Museum gave details about their upcoming event: Are You Smarter Than A 4th Grader? Three teams of 4th graders representing Middletown Elementary, Boyce Elementary, and Winchester City Schools will compete against three teams of adults. Two of the adult teams include staff from Yount, Hyde & Barbour as well as members of the SVDM board of directors. The third team will be a "surprise." Dawn & Tammy explained how and why the idea for the event was conceived and their expectations for a fun-filled afternoon to kick off this (hopefully yearly) fundraiser. Before we wrapped up our conversation, we also learned about Free First Fridays, Summer Camps, their EBT acceptance program, and the new exhibit coming in September.

Traffic Safety Thursday

Jun 2, 2022

We recorded our conversation for Traffic Safety Thursday at Frederick County Public Safety Building with Lt. Warren Gosnell from the Frederick County Sheriff's Office. We talked about the school year ending soon and the need for drivers to be more aware that children will be playing in or near streets in their neighborhoods throughout the day and evening. He also reminded us that once school is on summer break that school zone speed limits will also be on break. We discussed motorcycle safety and what happens if someone mowing their lawns damages a passing vehicle with a projectile from their mower. Finally, we talked about DUI prevention. Lt. Gosnell explained a few scenarios for disaster and offered suggestions for how to avoid them.

Front Royal Chamber: Golf, New Teachers, and Leadership

Jun 3, 2022

Our conversation today with Niki Foster from Front Royal/Warren County Chamber of Commerce was a few days later than our normal monthly chat. Niki gave us an overview of the Wine & Craft Festival and talked about it's success in spite of the heat. She gave us the details for a few upcoming chamber events

Shenandoah Shrooms

Jun 6, 2022

Our conversation today with Carly Stoliker from Shenandoah Shrooms was all about mushroom farming. We talked about growing them, eating them, foraging for them and got some tips for identifying them. Carly explained how the idea to become mushroom farmers came to be, what's been involved so far, and she walked us through the process.

Swover Creek Farm Brewery

Jun 7, 2022

Our Tourism Tuesday conversation with Kary Haun from Shenandoah County Tourism landed us at Swover Creek Farm Brewery to chat with Lynn & Dave St. Clair about the brewery. Dave told us how they converted old family barn/loafing shed into their farm brewery and gave us some insight into how and why they decided to brew full time. We talked about growing hops and a collaboration with Box Office Brewery & Woodstock Brewhouse to create a beer for the 250th celebration of Shenandoah County. Lynn gave us the rundown of all the other things you can do when you come to enjoy the brewery.

Gardening in the Valley Tours

Jun 8, 2022

Our conversation for The Valley Business Today with Edie Emmons from Luray/Page County Chamber of Commerce included Lesley Mack, owner of Birdsong Pleasure Garden and a NSV Master Gardener. Lesley gave us all the details for the upcoming Gardening in the Valley Tours which will feature Luray/Page County gardens this year. Lesley gave us an overview of the featured gardens this year and explained that you can do them in any order and reminded us that in addition to the five featured gardens. She also told us that Master Gardeners will be on-site at each garden to point out various features and information tables staffed by Master Gardeners will be at several locations to answer gardening questions. Each location will also feature an educational component such as flower arranging, creating/maintaining a bonzai, etc.

Leadercast 2022 - The One Thing

Jun 9, 2022

Our conversation today with Guy Curtis, Director of Marketing for Laurel Ridge Community College and Carlene Hurdle, Director of Corporate Training for Laurel Ridge Workforce Solutions focused on the details for Leadercast 2022 - The One Thing. The live rebroadcast will be hosted at both Laurel Ridge campuses later this month. Carly explained these local events offer excellent networking opportunities and she's seen great relationships begin to form throughout the duration of the event. There are facilitated exercises to share experiences with others, get you out of your seat, and reflecting on concepts you want to apply. Carlene reminded us that your job title doesn't always determine whether you're a leader but your willingness to grow and positively impact those around you does.

Strolling Strasburg: All the F's

Jun 10, 2022

This month's conversation for Strolling Strasburg with Olivia Hilton, Director of Strategic Initiatives for the Town of Strasburg featured all the F's: Front Porch Fridays and 4th Annual Fish Fry Float for Father's Day. We recorded the show at Strasburg's Town Park with several of Olivia's volunteer team and staff. Mary Ruth Follett from Strasburg Rotary joined us to talk about her organization's role in Front Porch Fridays. In the second segment we were joined by Allyson Thomas (Olivia's BFF) from Lord Fairfax Soil and Water Conservation District to get details about the FREE Fish Fry Float for Father's Day happening in the Strasburg Town Park. The day will feature: live music, ax throwing, food trucks, live wildlife presentations, free kayak/tube float, a cornhole tournament, Star in the Valley Winery, bouncy houses/water slides, face painting, fast pitch radar, a watermelon eating contest and more. Marissa Varley, Assistant Park & Pool Manager also gave us a quick rundown of some great events and park features she plans to highlight in the coming months.

Shenandoah Valley ArtFest

Jun 13, 2022

Our conversation today with Katie Mercer, Director of Marketing & Events for the Town of Woodstock gave us all the details for Shenandoah Valley Artfest. Shenandoah Valley ArtFest will feature over 30 artists representing a variety of mediums from paintings and fiber arts, to woodworking, and more. Several artists will also be hosting demonstrations of their craft. The event will have a few food trucks, but it's encouraged to try out the local restaurants. Be sure to swing by the wine & beer garden that's hosted by the local Rotary club.

First Fridays & Fireworks in Old Town Winchester

Jun 14, 2022

Our conversation for Tourism Tuesday this afternoon featured Alex Flanigan, Main Street Program Manager for Old Town Winchester. Alex gave me an update on a few events and we talked about the premise behind many of them. On the first Friday of every month, Old Town Winchester becomes an immersive gallery where visitors to the historic business district can shop, dine, and stroll while taking in local art, live music, and artisan crafts. Artists will be on-site to show their works and wares, and free open air concerts at the Taylor Pavilion make this the perfect chance to come down and experience all that Old Town has to offer!

The Valley Business Today: Green to Ground Electrical

Jun 15, 2022

Our conversation for The Valley Business Today featured Frank Stankiewicz, owner of Green to Ground Electrical Services and his apprentice/marketing administrator, Jake Fries. Frank gave a bit of history of the company and told us about his 18+ years of experience in the electrical field. The pair also answered a few questions about panel boxes - they do have a shelf life - and explained how newer appliances may not be compatible with older boxes. They also educated us on the benefits of a "whole house" surge protector. We discussed how community involvement is a key part of their business model and Frank's core values. Jake told us about their partnership with Front Royal Little League and Frank talked about the importance of mentoring our youth.

(New) Warren Memorial Hospital Celebrates One Year

Jun 16, 2022

This month we talked with Jennifer Coello: Vice President, Operations and Administrator for Warren Memorial Hospital and Mary Presley: Director of Rehabilitative Services for Warren Memorial Hospital. The pair gave all the details for two events that will celebrate the one year anniversary of the new Warren Memorial Hospital campus. Jennifer filled us in on all the activities that will be available from 11am - 2pm during their one-year anniversary celebration.

Warren County 4-H Summer Camps

Jun 17, 2022

Our conversation today with Stacy Swain from Warren County's Virginia Cooperative Extension 4-H program gave us all the details for their upcoming 4-H summer camps. Both the day camps and overnight camps have slots still available for kids 5-13 years old. Stacy explained the camp experience that includes the ability to enjoy the great outdoors, make friends, learn new skills, become more independent, and spend time with positive role models like teen counselors, summer staff, and adults.

Shenandoah 2045: Town of New Market

Jun 20, 2022

Our conversation with Tyler Hinkle, Shenandoah County's Planner is part of an ongoing series following the work on Shenandoah 2045 - Shenandoah County's comprehensive plan. The planning process will unfold over the course of four years with the majority of the community collaboration occurring from 2020-2022, with input in 2023-2024. Joining us to talk about the role of localities was Town Planner & Zoning Administrator for the Town of New Market: Meghan Rupkey. She explained their comprehensive plan, talked about what the future of New Market might include and gave some insight into why community feedback is so valuable.

55th Annual Stanley Homecoming

Jun 21, 2022

Our Tourism Tuesday conversation today with Edison Emmons from Luray/Page County Chamber of Commerce featured Leon Stout, Stanley's town treasurer and organizer of Stanley's Homecoming celebrations. Now in it's 55th year, the event will feature a pageant, a carnival, a parade, live music, and more.

Community Leadership Program: A Leader's Perspective

Jun 22, 2022

Our conversation for The Valley Business Today with Top of Virginia Regional Chamber featured Kory Campbell, Director of Marketing & Communications and Vanessa McAllister, Director of Programs and Events to talk about the chamber's recent move to Winchester Regional Airport and the Community Leadership Program. The Community Leadership Program - now entering it's 26th year - is a nine-month program that runs from September through May. Joining us for the conversation was Ben Savory, owner of Summit Events and a recent graduate of the Community Leadership Program who gave us his perspective on the importance of programs like this. He told us about the things that he learned about the community and explained what he plans to do with his newly obtained knowledge and insight.

Ask a Master Gardener!

Jun 23, 2022

We recorded our conversation today on location at the Frederick County Extension Office to chat with several NSV Master Gardeners. Joanne Royaltey, a Program Associate in the Consumer Horticulture & Invasive Species department of Virginia Cooperative Extension led the conversation. Joining us to chat about gardening issues and the Master Gardener class itself was: Lucy Carlson, Master Gardener; Linda Bartlett, MG Class of 2022; Evelyn Garland, MG Class of 2022; Lisa Robertson, MG Class of 2022. The group talked about their experiences in the class, why they joined and what they've learned from their participation. We also got answers to several questions that they are asked through their "Ask a Master Gardener" help line (aka GreenHelpLine.) We talked about mulching, tree-topping, growing tomatoes, propagating African Violets, the importance of soil testing and learned about choosing the right space for the right plant.

UWNSV: Literacy Volunteers Winchester Area

Jun 24, 2022

Our monthly conversation with United Way of Northern Shenandoah Valley with Jennifer Hall, Director of Community Investment featured Andy Gail (for his 8th visit to the show and finally a "repeat" topic) from Literacy Volunteers Winchester Area. Andy gave us an update on all the programs they have happening throughout the summer and explained how they've changed things up by offering events out of the classroom and in the community. He gave us details too, for the Collab on Cameron. In the second segment we talked with Jennifer and Andy about the impact grant they were awarded to help fund their Campaign for Grade Level Reading and Dolly Parton's Imagination Library. Jennifer gave us a recap of the Project Connect events and talked about the need for volunteers at Valley Assistance Network (VAN.)

Long COVID, Monkeypox, and Community Health

Jun 27, 2022

For our conversation today, we caught up with Dr. Jeffrey Feit, Valley Health's Population Health & Community Health Officer to talk about long COVID, Monkeypox, and the broad range of issues that affect community health. Dr. Feit gave us an update on the current COVID situation in our communities. He talked about hospitalization numbers and vaccines. He explained that one of the far-reaching issues for those who have had COVID is something called "long COVID." He talked about the current studies and the difficulty in trying to pinpoint some ongoing issues to having been infected with COVID. We discussed the role vaccines are playing in treating some cases of long COVID and we talked about the vaccines in general, including boosters and now their availability for younger children. Dr. Feit pointed to greater availability of home tests as a way of keeping COVID spread to a minimum and encouraged listeners to be diligent in their testing methods - particularly when a result is negative initially.

After the break, we talked about Monkeypox: it's origins and how it is spread. There are still a relatively small number of cases in the US. We also learned a bit of history for "pox" illnesses as well. Finally, we talked about community health. Dr. Feit explained what it is and the larger role Valley Health hopes to play in addressing many issues that aren't directly health related but impact the ability for members of our community to be healthier. We talked about grant writing and fundraising as well as issues such as food and housing insecurity, suicide and gun violence.

Wild Feather Farm

Jun 28, 2022

We were on location for our Tourism Tuesday conversation with Justin Kerns from the Winchester/Frederick County Convention & Visitors Bureau to talk with James & Cynthia Powell from Wild Feather Farm. The couple, joined by their children/farm partners, Levi & Emerson gave us a history of how their home became their farm. We talked about the family run venture and Cynthia's passion for the farm life.

Why Work-Based Learning is Vital to Economic Development

Jun 29, 2022

Our conversation for The Valley Business Today happened in the conference room at the Frederick County Economic Development office as it does whenever there is an "extra" Wednesday in the month. Shayla Rickard, Business Retention Manager for FredCo EDA joined me for the chat along with her guest, Missy Spielman, Work-Based Learning Coordinator for Frederick County Public Schools. We talked about all the options that are available to students now for work-based learning from job shadow programs to mentoring. Missy explained how the program works and talked about the many success stories she's had. She encouraged local business no matter their size, to reach out to their work-based learning coordinators to be part of the program. Shayla told us the benefit on the business side of these types of programs and talked about the vital role they play in economic development for our community.

Have a Blind Date at Warren County Humane Society

Jun 30, 2022

We recorded today's conversation on location at Humane Society Warren County to chat with Executive Director, Meghan Bowers about Olive's Fund, their longest resident, and the ability to schedule a blind date in the month of July. While we were at the shelter, I had the opportunity to meet Tina (check out the video on the station's Facebook page) and hear about her injuries and path to recovery. Meghan explained the various ways the shelter helps the animals in their care but also spoke about Olive's Fund and the Hand in Paw fund which helps pet owners keep their animals during a financial hardship. She told us how people can help support both those funds through monetary donations or by donating food, supplies, etc.