

PROGRAMS LIST
WFTR-AM/WZRV-FM
FRONT ROYAL, VIRGINIA
The Valley Today
ALL SHOWS HOSTED BY JANET MICHAEL
Weekdays 12pm – 12:30pm
April 3, 2023 – June 30, 2023

Rooted in Wellness: Physical Wellness

Apr 3, 2023 / 30:22

Our conversation today with Cori Pence, Communications Specialist with Northwestern Community Services Board Prevention & Wellness Services is part of a year-long partnership with Northwestern Community Services Board highlighting eight different dimensions of wellness. Today's conversation featured Gabriel Lee with Northwestern Prevention Collaborative to talk about this month's topic: physical wellness. We talked about all the dimensions of physical wellness that include diet, exercise, and sleep. Gabriel explained the importance of just getting started at whatever level you're at and encouraged listeners to set reachable goals. We discussed how to frame your motivation to make it work for you and talked about including friends & family in your workout routine. Cori told us about the two challenges they're offering this month.

Tourism Tuesday: Jon Henry General Store

Apr 4, 2023 / 27:24

Our conversation for Tourism Tuesday - Shenandoah County edition - with Kary Haun from Shenandoah County Tourism took us to New Market to chat with Jon Henry, owner of Jon Henry General Store. Jon gave us a bit of the history of the building and how the old-fashioned general store came into existence. The store will also be expanding to add an additional 1500 square feet so that nutrition classes can also be offered courtesy of Virginia Tech students. We talked about his food boxes and the perks of participating in the SNAP/EBT program.

Garcia & Gavino Bakery

Apr 5, 2023 / 21:53

Our conversation today for The Valley Business Today with Niki Foster from Front Royal/Warren County Chamber of Commerce featured Melissa Garcia from Garcia & Gavino Bakery. Niki & I met up with Melissa at the bakery to learn more about how her business got started and how much it's grown in just two short years. Melissa told us about many of the yummys on her menu which includes empanadas, breakfast burritos, cupcakes, cookies, cinnamon rolls, and macarons - all in a variety of flavors. She even offers pup treats!

Traffic Safety Thursday: Crashes

Apr 6, 2023 - 26:07

We were live in the studio for Traffic Safety Thursday with Lt. Warren Gosnell from the Frederick County Sheriff's Office. Lt. Gosnell explained why they are called crashes and not accidents and talked about all the reasons for that differentiation. He explained the role of law enforcement and insurance companies. We also talked about why there are citations issued for those at fault.

United Way Day: The Collins Center

Apr 7, 2023 / 42:37

Our conversation today with Kaycee Childress, CEO of United Way Northern Shenandoah Valley featured Anita Lunsford from The Collins Center. Anita gave a brief history and origin story of Collins Center and explained how long they have served Page County and surrounding counties and the value in now having a physical presence there. She told us of the four areas of service Collins Center provides and explained what a Child Advocacy Center (CAC) and how it works. She also told us about forensic interviews, how they work and why they're vital to recovery from the trauma. She told us about their collaborative partners and how United Way impact grant makes these partnerships possible. We talked about statistics regarding child sexual abuse and sexual harm over a lifetime and the impact it has for the victim and their families. She also gave us signs of potential child sexual abuse, talked about risk factors and protective factors and most importantly, how and why you should always report.

Winchester Book Gallery: Independent Bookstore Day

Apr 10, 2023 / 26:04

Our conversation today with Christine Patrick from Winchester Book Gallery gave all the details for Independent Bookstore Day. Christine told us what to expect in her store that day which is featuring a theme of puzzles. She will have all types of puzzles throughout the shop that include jigsaw, word finds, crosswords, and more. The community is invited to come by and put a few pieces together or fill in a few blanks. We also discussed the important role independent bookstores play in our local economy as well as our day-to-day lives. She told us about a few books she's reading and touted audiobooks as another great way to enjoy a book.

Old Town Winchester Upcoming Events

Apr 11, 2023 / 23:41

Our conversation for Tourism Tuesday with Alex Flanigan, Main Street Program for the City of Winchester gave details for several upcoming events that are happening in the next several weeks. Alex explained some of the preparation already underway for the Shenandoah Apple Blossom Festival and told listeners that the city has created a document that answers nearly every question residents & visitors might have about the festival. We talked about the improvements that are happening on Piccadilly Street and the anticipation of a new bakery opening later this month.

Luray/Page County Chamber Membership Benefits

Apr 12, 2023 / 23:24

Our conversation for The Valley Business Today with Edison Emmons from Luray/Page County Chamber of Commerce also included Clancey Arnold, Membership Development & Investment Administrator to talk about all the benefits that come with chamber membership. We talked about networking opportunities, marketing opportunities, as well as educational opportunities. Clancey walked us through the process of becoming a member and gave a few reasons that make it a good fit for any size business.

Laurel Ridge Community College Nursing Programs

Apr 13, 2023 / 26:07

Our conversation today with Guy Curtis from Laurel Ridge Community College included Kristina Simpson, Director of Health Professions to talk with us about their nursing programs. Kristina gave us an overview of the types of jobs available (and salaries) in the field of nursing that not only include clinical settings but in academic settings as well. We talked about the various programs, how they work, and the G3 funding that is available for many of them.

Strolling Strasburg: Sammy Lou's Bake Shop / Cherry On Top Boutique

Apr 14, 2023 / 24:02

Today's Strolling Strasburg conversation with Olivia Hilton, Director of Strategic Initiatives for the Town of Strasburg took us down King Street to chat with two brand new businesses: Sammy Lou's Bake Shop & Cherry On Top Boutique. Sam gave us some history about her love of baking and told us how the shop came to fruition. She talked of the strong family support she has and the family recipes she uses. Our next stop was to chat with Johanna Pearson, owner of Cherry On Top Boutique. Johanna was a guest on the show a year ago where she told us that her 5-year plan included opening a storefront. She started the business in a refurbished camper that she still takes to craft shows and local events. She explained how her 5-year plan became a one-year plan and talked about the variety of clothing & accessories she offers in a wide range of styles and sizes.

Honor Flight Top of Virginia

Apr 17, 2023 / 27:01

Our conversation today with Dianne Klopp, founder & President of Honor Flight Top of Virginia included one of her board members Bill North. The pair gave a history of the organization and explained how the Top of Virginia "hub" was formed. Bill told us about his experience on one of the missions where his son accompanied him. Dianne walked us through how the trips work, and the itinerary for the day and encouraged listeners to participate in the "welcome home" receptions they host after each trip. She gave us dates and details for the next three missions they have planned. Honor Flight Network currently honors those who served during World War II, the Korean War, the Vietnam War, and veterans of any service era who are critically ill.

Page County Equine Connection

Apr 18, 2023 / 22:01

Our conversation for Tourism Tuesday with Edison Emmons from Luray/Page County Chamber of Commerce featured Kris Garrett & Abigail Bullock from Page County Equine Connection. They told us about their organization and gave details for the Spring Fun Horse Show. We talked about the benefits of having a local arena to host their shows & events and they discussed the boarding opportunity at River's Bend Ranch as well.

Art at the Mill

Apr 19, 2023 / 23:23

Our conversation today with Nathan Stalvey, Director for the Clarke County Historical Association included all the details for the spring Art at the Mill art show. Nathan told us that the show features almost 300 different artists, all local and regional. Sales primarily support the Burwell-Morgan Mill and its operations, but a portion also supports Sarah P. Trumbower Memorial Scholarship fund awarded to a Clarke County student pursuing a university education in fine arts.

Community Health: Reconstructive Microsurgery

Apr 20, 2023 / 20:40

As part of our community health partnership with Valley Health, our conversation this month focused on plastic & reconstructive microsurgery. Dr. Neal Topham with Valley Health Plastic & Reconstructive Surgery joined me for the conversation. Dr. Topham explained the term microsurgery and talked about the various reconstructive surgery options that can aid in recovery (both mentally and physically) for cancer patients, bariatric patients, and others. He explained how flap surgery works and gave reasons why it can be beneficial. We talked about the types of surgery that insurance will cover and those it typically does not.

How to Complain Effectively

Apr 21, 2023 / 41:19

It was Extension Office Friday on the show today with Karen Poff. Karen manages the Northern Shenandoah Valley Financial Education Program for the area extension offices. Our topic today was "How to Complain Effectively." Karen explained options for making contact, the importance of keeping documentation, and gave us several options of other agencies that could help obtain a resolution. She walked us through the process of complaining properly & effectively and included examples of successful cases.

Shenandoah 2045: The Time Machine

Apr 24, 2023 / 26:24

Our conversation today with Tyler Hinkle, Shenandoah County's Planner is part of an ongoing series following the work on Shenandoah 2045 - Shenandoah County's comprehensive plan. Today's chat featured several community members who have played some role in past (and present) comprehensive plan development and implementation. Joining us was Hank Zimmerman who worked on the plan in the '80s; Phoebe Kilby who served as county planner and administrator from 1994 - 1996 and worked on the implementation of "Hank's plan;" and Vito Gentile reviewed the plan from 1990, worked on the 2005 plan, and currently serves as chair of the Citizens Advisory Committee working on the 2045 plan. We talked about the process each used during their planning process and we played the time machine game where they discussed what/how information they have now would've been useful then.

The Tea Cart at the Old Water Street Inn

Apr 25, 2023 / 29:13

Our conversation today for Tourism Tuesday with Justin Kerns from Winchester/Frederick County Convention & Visitors Bureau featured Allison Ritter, owner of The Tea Cart. Allison told us a bit about The Tea Cart which currently operates a tearoom in Berryville. She explained the many opportunities that will come with the second location. The first-floor space will allow them to host larger groups for afternoon tea as well as smaller, more intimate groups in any one of the individual rooms upstairs. Allison gave us an overview of what to expect when coming for tea and talked about the experiences that many travel several hours to have.

Top of Virginia Regional Chamber Community Groups

Apr 26, 2023 / 23:40

Our conversation for The Valley Business Today featured Danita Roble, Director of Membership Development for the Top of Virginia Regional Chamber & her guest, Lisa Talbott with Talbott Training Group. Danita explained the transformation of the chamber's leadshare groups to networking community groups and talked about the value of putting relationship-building first when networking within your industry. The chamber has created several of these groups with a specific focus. Lisa leads the Victory Veteran Networking Community Group and told us why it's important, how it's structured, and gave details for the types of information and resources they hope to provide to veterans who want to start a business, veterans who have an existing business, and business owners who want to employ veterans.

Community Foundation NSV Opens Grant Portal

Apr 27, 2023 / 25:53

Our conversation today with Nancy Silva, Executive Director for the Community Foundation of the Northern Shenandoah Valley gave us all the details about five grants they are offering to local nonprofits. Nancy explained the mission of CFNSV and told us how they got started and the types of grants will be offering in this grant cycle. We talked about who their organization serves and she told us how most anyone interested in setting up a trust, scholarship, or grant fund can reach out to them for help managing it.

United Way NSV: Seniors First

Apr 28, 2023 / 25:32

Our conversation today with Kaycee Childress, CEO of United Way Northern Shenandoah Valley featured Allison Mondell, Director of Development for Seniors First, The Shenandoah Area Agency on Aging. Allison gave us an overview of several programs offered by her organization such as Meals on Wheels, WellTran, senior centers, in-home services, and an ombudsman. She also told us of the new, larger location where the Warren County Senior Center will move this summer.

Rooted in Wellness: Emotional Wellness

May 1, 2023 / 25:54

Our conversation today with Cori Pence, Communications Specialist with Northwestern Community Services Board Prevention & Wellness Services is part of a year-long partnership with Northwestern Community Services Board highlighting eight different dimensions of wellness. Today's conversation featured Patience Yoder, Intake Therapist from their Woodstock office to talk about this month's topic: emotional wellness. Patience gave us an overall definition of what emotional wellness looks like and explained that it presents itself differently for different people. We talked about the impact the pandemic had on our emotional wellness and in some cases, continues to have. She gave some advice for how to recognize when our emotional wellness might be failing and talked about tools that we can use in our everyday lives to improve it. Cori told us that May is Mental Health Awareness Month and she talked about the important role practicing positive self-talk, eating well, and getting enough sleep play in our emotional wellness. She also told us about the different challenges they are offering this month to help those who may be struggling.

Skydive Shenandoah

May 2, 2023 / 28:38

Our conversation today for Tourism Tuesday with Kary Haun from Shenandoah County Tourism featured Shauna Finley from Skydive Shenandoah. Shauna told us about her first jump and talked about her journey to becoming an instructor and now a business owner. We talked about their business - now in it's fifth year - and she gave details about several upcoming. Kary gave a quick overview of several events happening across Shenandoah County.

35th Annual Virginia Wine & Craft Festival

May 3, 2023 / 26:22

Our conversation today with Niki Foster from Front Royal/Warren County Chamber of Commerce gave us all the details for the 35th Annual Virginia Wine & Craft Festival.

Traffic Safety Thursday: Parades & Processions

May 4, 2023 / 28:01

Our conversation today for Traffic Safety Thursday with Lt. Warren Gosnell from Frederick County (VA) Sheriff's Office gave safety tips and information about what has to happen behind the scenes for large-scale events such as Shenandoah Valley Apple Blossom Festival and funeral processions for fallen first responders. Goz told us about the role that FCSO plays in transporting and in some cases acting as security for celebrities who are in town for the AB Festival. He talked about the expanded footprint of the festival these days and how the FCSO is responsible for those events happening in the county in addition to all their regular responsibilities. He also walked us through how decisions are made when large-scale funeral processions are happening, such as the one recently for Deputy Chief Chester Lauck. We talked about the importance of being prepared when attending events in downtown Winchester this week and he gave some safety information to consider about parking and being part of the large crowds.

Strolling Strasburg's Historic Walking Trail

May 5, 2023 / 28:31

Today's Strolling Strasburg conversation with Olivia Hilton, Director of Strategic Initiatives for the Town of Strasburg included Carla Wallen from Strasburg Heritage Association and Emily Reynolds representing Strasburg Museum to talk about the newly updated Historic Strasburg Walking Trail. The group explained why the trail needed to be updated and what improvements have been made to make it more accessible. We talked about the collaboration between the town, Strasburg Heritage Association, and Strasburg Museum along with the work of many committee members and historians from the community. Emily told us about some upcoming events and a few renovations that have happened at Strasburg Museum during their off-season. Carla gave us information about Strasburg Heritage Association and encouraged listeners to join.

VMFA Artmobile at Samuels Public Library

May 7, 2023 / 26:00

Our conversation today with Michelle Ross, Executive Director of Samuels Public Library and Sharon Fisher, Program Committee Chair for Friends of Samuels Library gave all the details for an upcoming event featuring the VMFA (Virginia Museum of Fine Art) on the Road Artmobile. The pair walked through the itinerary of events that will happen throughout the week as well as during the times the Artmobile will be at the library. In addition to the works in the Artmobile, there will be talks/lectures, other art on display, a bake sale, and Carmine the Painting Dog!

Old Town Winchester's KidzFest

May 9, 2023 / 24:11

Our conversation for Tourism Tuesday with Alex Flanigan, Main Street Program Manager for the City of Winchester took place in the secret garden at Espresso Bar & Cafe on the Old Town Walking Mall. I met up with Alex to get all the details for KidzFest. She told us why this event is one of her favorites despite the rain-out TWICE last year and we talked about all the FREE activities available for children and families to enjoy.

SBA: Virginia's Richmond District Person of the Year

May 10, 2023 / 26:27

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 Carl was Tyrone Logan, CEO and Co-Founder of Obsidian Solutions Group. Obsidian Solutions Group is an analysis, systems integration and training company that focuses on national security. Tyrone has been named Virginia's – Richmond District 'Small Business Person of the Year' by the Small Business Administration (SBA). Tyrone told us how his business started and the growth they've experienced - expanding recently into manufacturing. We talked about the role that SBA played in his business journey and he offered advice to other small business owners looking to start or grow their business. Carl talked about the changes in manufacturing with the advances in technology and explained that blue-collar jobs, once considered "dirty," are now "blue sky" clean jobs.

Laurel Ridge Community College Outstanding Graduates

May 11, 2023 / 20:29

Our conversation today with Guy Curtis from Laurel Ridge Community College included Pamela Neff who was named 2023 Outstanding Graduate for the Middletown Campus, and Theresa Akyaa who was named 2023 Outstanding Graduate for the Fauquier Campus. They both told us their stories about what led them to continue their education and talked about their experience with classes and professors.

Sustainability Matters: Recycling Webinar & Volunteer Opportunities

May 12, 2023 / 09:07

Our conversation today with Sari Carp, Executive Director for Sustainability Matters gave us details for free webinar: What's Up With Recycling?

Winchester City Parks Programs, Camps, & Projects

May 12, 2023 / 18:03

Our conversation today with Chris Konyar, Director of Winchester City Parks was full of information about upcoming sports camps, aquatic programs, and a few projects. Chris told us about the sports camps that are gearing up for summer. He talked about the impressive list of instructors for volleyball, basketball, football, wrestling, tennis, and even a camp that features a different sport everyday as sort of a trial for kids ages 5-8. We talked about their many aquatic programs and Chris gave us the date when the outdoor pool will open. We discussed swim lessons as well as a few pool events.

Newtown Heritage Festival

May 15, 2023 / 24:58

Our conversation today with Stephens City Mayor, Mike Diaz included Gina McIntire, Committee President for the Newtown Heritage Festival. The pair gave all the details for the festival.

Main Street Bakery in Luray

May 16, 2023 / 28:33

Our conversation today for Tourism Tuesday with Edison Emmons from Luray/Page County Chamber of Commerce featured Chef Chuck Arnaud from Main Street Bakery. He told us about his baking inspiration, when and why he decided to make a career change, and we talked about all the deliciousness that you can find at Main Street Bakery. He explained his philosophy not just in the kitchen, but in how he does business and the value of locally sourcing what he can and serving his community.

Reaching Out Now: Safe at Home

May 17, 2023 / 24:01

Our conversation today with Samantha Barber, Founder/President of Reaching Out Now gave us background and history about the inception of her organization. Reaching Out Now offers mentoring and community support programs that promote leadership growth and challenge students and families to rise above life's experiences to become their best selves and provide unique opportunities for all volunteers to give to give back. Sam gave details for Safe at Home - The Un4gettable Series - Community Day that will feature three timed exhibition baseball games featuring various athletes from the Warren County baseball community, along with games for children, a 50/50 raffle, and concessions.

Community Health: Loneliness

May 18, 2023 / 21:21

As part of our community health partnership with Valley Health, our conversation this month focused on loneliness. Joining me to give some insight and advice were therapists Whitney Maddox & Amariah Williams from Winchester Medical Center Outpatient Behavioral Health. The pair explained the symptoms of loneliness and talked about it's impact on those who are struggling. We discussed why we're seeing an increase in loneliness and they gave some advice and strategies for coping.

NSV Master Gardener's GardenFest

May 19, 2023 / 30:25

Our conversation today with Joanne Royaltey gave all the details for Northern Shenandoah Valley Master Gardener's GardenFest. We talked a bit about the history of NSV Master Gardener Association - 30 years - plus we discussed the current status of the Spotted Lanternfly.

Shenandoah 2045: Community Services/Facilities, Health, & Recreation

May 22, 2023 / 30:10

Our conversation today with Tyler Hinkle, Shenandoah County's Planner is part of an ongoing series following the work on Shenandoah 2045 - Shenandoah County's comprehensive plan. Today's chat featured Rochelle Dornatt, District 5 Representative & Vice Chair of the Citizens Advisory Committee (CAC). Rochelle's group is working on Chapter Six: Community Services and Facilities, Chapter 8: Health, and Chapter 10: Recreation. She walked us through the draft of those chapters and explained why they've been broken out into separate chapters from the former plan.

Frederick County Homesteaders Spring Farm Crawl

May 23, 2023 / 27:40

Our conversation today for Tourism Tuesday with Justin Kerns from Winchester/Frederick County Convention & Visitors Bureau also featured Samantha Armel from Frederick County Homesteaders and Caleb Fahnestock from Back to Basics Farm. Sam told us how her organization came into existence and talked about the importance of knowing where your food comes from AND being able to afford it. Caleb told us how his farm life began and how much its grown. The pair gave us details for their upcoming Farm Crawl that offers attendees the opportunity to spend a day exploring Frederick County's local farms and homesteads while participating in farm-related activities, sampling local farm fare, touring each farm, and getting to know local farmers.

Top of Virginia Regional Chamber Events & Programs

May 24, 2023 / 31:07

Our conversation for The Valley Business Today with Top of Virginia Regional Chamber took Kory Campbell & me to West Oaks Farm Market to talk about a few events the chamber recently hosted as well as get details about several upcoming events & programs.

Local Author Laura Elliott

May 25, 2023 / 51:06

Laura is an award-winning Washington-based magazine journalist, covering women's issues, mental health, and the performing arts, before becoming a *New York Times* best-selling author of historical and biographical fiction. Her novels explore a variety of eras (the Italian Renaissance, the American Revolutionary War, WWII, and the Cold War), and are written for a variety of ages. Today, we talked about several of her books including the two that she'll be featuring during a book event at Winchester Book Gallery.

UWNSV: Blue Ridge Legal Services

May 26, 2023 / 27:23

Our conversation today with Jennifer Hall, Senior Director of Community Impact for United Way Northern Shenandoah Valley featured Jennifer Locke, Managing Attorney for Blue Ridge Legal Services. Blue Ridge Legal Services is a nonprofit legal aid society providing free civil legal assistance to low-income residents of the Shenandoah Valley and Roanoke Valley of Virginia. Jennifer explained a popular misconception that everyone is entitled to free legal representation but the reality is that that only applies to criminal matters. Their legal assistance ranges from advice or brief service to ongoing representation in negotiations and litigation in state and federal courts and administrative agencies, depending on the needs of the client, the type of case, and available resources.

Barns of Rose Hill Upcoming Events & Concerts

May 30, 2023 / 27:08

Our conversation for Tourism Tuesday featured Sarah Ames, Executive Director for Barns of Rose Hill, and Nathan Borger, Director of Operations & Programs. We talked about memberships & endowments plus art shows & exhibits. Through a collaboration with Shenandoah Arts Council, their next exhibition "Opposites Attract" will showcase the diverse talents of fifty ShenArts members of all ages. The artists work in various media including photography, sculpture, fiber, oils, acrylics, watercolors, digital, and collage. Nathan told us about several upcoming music performances.

FredCo EDA: Work Based Learning at FredCo Public Schools

May 31, 2023 / 29:00

Our conversation for The Valley Business Today happened in the conference room at the Frederick County Economic Development office. Shayla Rickard, Business Retention Manager for FredCo EDA joined me for the chat with her guest, Alison Post, Work-Based Learning Coordinator for Frederick County Public Schools. We talked about all the options available to students now for work-based learning from job shadow programs to internships. Alison explained how students get involved in the programs, and the role parents play and talked about the successful partnerships between education and business. Shayla told us of the wide range of businesses she works with that are interested in partnering with the school system to expand their workforce.

Traffic Safety Thursday: Pets in Cars, Wipers/Headlights

Jun 1, 2023 / 30:06

Our conversation today for Traffic Safety Thursday with Lt. Warren Gosnell from Frederick County (VA) Sheriff's Office gave advice, information, and explanations for a variety of topics. We discussed your options if you see a pet inside a car on a warm day; what happens if you mow your grass into the roadway; when your wipers AND headlights need to be on; the new move over law taking effect July 1.

Lord Fairfax EMS Council: CPR Week

Jun 2, 2023 / 22:59

Our conversation today with Kendra Sours, CPR Coordinator for Lord Fairfax EMS Council was very insightful. She talked about the statistics surrounding cardiac events & cardiovascular disease. She gave details about the types of training they offer to a wide variety of individuals. We discussed the value of learning (and feeling confident in performing) CPR in any circumstance. Kendra walked me through what I should do if someone near me at Target for example suffers a cardiac event. She explained how AED's work and gave some tips for using them correctly and safely.

Rooted in Wellness: Occupational Wellness

Jun 5, 2023 / 28:13

Our conversation today with Cori Pence, Communications Specialist with Northwestern Community Services Board Prevention & Wellness Services is part of a year-long partnership with Northwestern Community Services Board highlighting eight different dimensions of wellness. Today's conversation featured Tracy Mitchell, Director of Wellness Services for Valley Health to talk about this month's topic: occupational wellness. Much of our discussion focused on defining, achieving, and recognizing work/life balance. We talked about how to learn if your company offers an employee wellness program and if not, how to get one started. We talked about how to know whether your work/life balance might be out of whack and the pair gave some tips and suggestions for making improvements such as monitoring the amount of sleep you get and mastering the art of saying no. This month, Cori is planning a panel discussion surrounding the topic of occupational wellness and has posted several articles with advice and techniques to find work/life balance.

Wholesome Foods Butcher & Deli

Jun 6, 2023 / 27:12

Our conversation today for Tourism Tuesday with Kary Haun from Shenandoah County Tourism took us to Woodstock to chat with Darren Ward from Wholesome Foods Butcher & Deli. Darren gave us some Wholesome Foods history and talked about his long relationship with the family-owned business. He told us about all the different food products - mostly local - both markets offer and explained the difference between the two. Darren told us about several products they produce for large national/international companies and partnerships with local producers.

Front Royal Chamber Upcoming Events

Jun 7, 2023 / 18:51

Our conversation for The Valley Business Today - Front Royal/Warren County edition - with Niki Foster from Front Royal/Warren County Chamber of Commerce to earn details about several upcoming events.

Laurel Ridge Community College: Fauquier Trades Center

Jun 8, 2023 / 24:09

Our conversation today with Guy Curtis, Director of Marketing for Laurel Ridge Community College gave details about the new Fauquier Trades Center set to open in a few months on their Fauquier campus. Joining us to talk about their trades programs was Donna Comer, Program Manager at Laurel Ridge Workforce Solutions/Fauquier County Economic Development Coordinator and Anna Teter, Program Manager at Laurel Ridge Workforce Solutions. Anna told us about a few of their programs and was particularly excited that welding will be added to the trades center in Fauquier when the new center opens. She explained how the 8000 sq. ft. space will work and talked about the classrooms & training spaces that will be available. Donna explained her dual role and the benefit to both the college and Fauquier County's workforce. She talked about the demand for jobs in the trades and gave actual numbers for positions available and median salaries. Guy gave us details about an upcoming FREE Trades Fast-Track Program Information Session.

Strolling Strasburg: Summer Events

Jun 9, 2023 / 27:16

Today's Strolling Strasburg conversation with Olivia Hilton, Director of Strategic Initiatives for the Town of Strasburg was a rundown of several events and happenings going on in June & July. First, Olivia gave us a recap of "Pizza Week" and told us about the winners and community involvement. Then we dived in to talk about the lineup for Front Porch Fridays Music Series which features a local/regional band, plus brews/snacks for sale from a local non-profit. The community is invited to bring their lawn chair, snacks, to enjoy live entertainment at the Strasburg Square every Friday in June, July, and August. Olivia gave details for the 5th Annual Fish Fry Float for Father's Day. We learned about a new partnership with Strasburg Museum that will take over the existing museum space within the Visitors Center, plus we got details for July 4 fireworks. Before we wrapped up, Olivia talked about the new Sensory Music Garden that will be coming to Strasburg Town Park in July.

Shenandoah Reel Women: Overnight Fly Fishing Camp

Jun 12, 2023 / 27:05

Our conversation today with Joan Chapman from Shenandoah Reel Women included Julia Sargent, Director of Programs for Friends of the North Fork of the Shenandoah River to talk about their upcoming overnight camp for girls to learn flyfishing. The pair explained why the camps are important, walked me through a typical day, and talked about the mentorship and growth that has come from the camps. Joan also explained that there are scholarships available for both camps and encouraged interested parents, coaches, and school personnel to reach out to her personally.

Old Town Winchester: Summer Events & New Beginnings

Jun 13, 2023 / 27:47

It was our final conversation today with Alex Flanigan in her role as Main Street Program Manager for the City of Winchester. She explained what will happen with the Main Street Program moving forward. Joining her was Katie Mooney-Buzby, Executive Director of the Peter Bullough Foundation and Chair for the (soon to be named) new Main Street non-profit organization. We talked about the changes that will be coming as the new organization finalizes its structure/non-profit status to become the agency of record for Old Town Winchester. Alex explained why this was the chosen path and told us all the reasons why it makes sense to have a new organization to maintain and manage many of the facets of downtown. Katie explained the purpose of Main Street organizations and talked about their goals and objectives for moving forward.

Page Valley News & PVN Sports

Jun 14, 2023 / 30:18

Our conversation for The Valley Business Today with Edison Emmons from Luray/Page County Chamber of Commerce featured Randy Arrington, Publisher of PageValleyNews.com and PVN Sports. Randy told us about his long history in media and explained how it's come full circle with Page Valley News & PVN Sports. We talked about the role of news and media in rural communities and the value local news brings to small towns everywhere. We talked about how he chooses what gets covered, his extensive scheduling system, and his passion for local sports. We also talked about larger issues such as funding for public notices and the disappearance of local journalism in the valley.

Samuels Library Funding: Policy Changes & Book Collections

Jun 15, 2023 / 28:29

Our conversation today with Michelle Ross, Executive Director at Samuels Public Library and Melody Hotek, Vice President/President-Elect of the library's board of trustees gave some insight into the current status of library funding, new policies, and how decisions are made about administrative matters. Michelle & Melody explained the inner workings of the library that included where their funding comes from, how books are chosen for their collections, and who determines the category of those books. We talked about the role of the Board of Trustees as a governing board. The pair also discussed the library's commitment to transparency and emphasized that all their policies, staff information, book information, etc. can be found at ANY time on their website. We talked about their current funding situation and the ongoing conversations with the Warren County Board of Supervisors. Michelle explained two of the policy changes that are currently in the works which include new card classifications that give parents more control over the types of books their young children can check out; and, a new adult collection in a new location that will include much of the content currently in question for young adults.

NSV Master Gardeners: Gardening in the Valley Tour

Jun 16, 2023 / 26:16

Our conversation today for "Extension Office Friday" featured Northern Shenandoah Valley Master Gardeners, Elaine Specht & Dianne Lacy to give details for the Gardening in the Valley Tour. The pair told us about the featured gardens and the unique things you will encounter when visiting each. There are four featured gardens that can be visited in any order and for any length of time.

Shenandoah Valley Wine Festival

Jun 19, 2023 / 24:20

Our conversation today with Vicki Ruckman, Secretary & Event Coordinator for the Shenandoah Valley Wine Trail and Lee Hartman, winemaker at Bluestone Vineyards gave all the details for the Shenandoah Valley Wine Festival. The rain or shine event will feature wine tastings, music, craft vendors and food trucks. Vicki gave us a quick rundown of the wineries that will be in attendance as well as details for the craft vendors and food options. She encouraged listeners to purchase their tickets in advance and reminded MSV members that they will receive an additional discount. Lawn chairs, blankets, and umbrellas/canopies are welcome however pets should be left at home. Lee told us about the Shenandoah Valley Wine Trail and talked about the options it affords wine drinkers across the valley as well as those visiting the area to experience all that the wineries have to offer.

Luray Parks Rec: July 4th Downtown GetDown

Jun 20, 2023 / 22:17

Our conversation for Tourism Tuesday with Edison Emmons from Luray/Page County Chamber of Commerce featured Ryan Cubbage, Assistant Superintendent of Luray Parks & Recreation. Ryan gave us all the details for Downtown GetDown. The event will feature live music at Ruffner Plaza & Mechanic Street lot, food trucks, lawn games & inflatables, the PACA Duck Race, LDI's Star Spangled Cruise-In at the Main Street Bridge, and fireworks at the fairgrounds to end the evening. He also told us about Concerts on Main and Movies on Main.

Phoenix Project: Serving Survivors of Sexual Assault & Domestic Violence

Jun 21, 2023 / 24:19

Our conversation today with Avery Harper, a domestic violence advocate, and Kristen Gregg, a children's advocate, both with Phoenix Project included information about their programs and prevention tips for parents. At the start of this year, Phoenix Project was recognized as a dual agency that now serves survivors of sexual assault AND survivors of domestic violence. Avery explained what that process looked like and why it's essential in their service to the Front Royal/Warren County community. Kristen explained their children's advocacy program and offered tips for parents to begin teaching their children. Avery gave us an overview of the types of services they offer and shared statistics about the families and people they've served in the last year. She also gave details for their Summer Support Series.

Shenandoah Valley ArtFest

Jun 22, 2023 / 25:20

Our conversation today with Katie Mercer, Director of Marketing & Events for the Town of Woodstock gave us all the details for the Shenandoah Valley ArtFest. Katie told us about the various artists who will be selling their pieces, offering demonstrations, performing, and showcasing their talents during the free event. Before we wrapped up, she also gave us details for the July 4th fireworks happening at the Shenandoah County Fairgrounds, and two upcoming (FREE) Woodstock ROCS (Riley Outdoor Concert Series.)

United Way NSV: Project Connect

Jun 23, 2023 / 26:26

Our conversation today with Kaycee Childress, CEO, and Jennifer Hall, Senior Director of Community Investment for United Way Northern Shenandoah Valley gave us all the details for Project Connect. The pair explained how the event started, how it's grown, and why it's an important piece of serving the community. Kaycee told us about the recent event held in Woodstock and gave some statistics for those who were served. Jennifer told us about the upcoming event in Winchester and encouraged potential attendees to register to attend. They also spoke of the need for volunteers (particularly bilingual Spanish and Dari) and talked about the experiences of those who've volunteered as guides in the past. Project Connect is the Shenandoah Valley's one-stop FREE resource fair where attendees can receive assistance from more than 50 service providers, all under the same roof in one day.

Shenandoah 2045: Education

Jun 26, 2023 / 28:41

Our conversation today with Tyler Hinkle, Shenandoah County's Planner is part of an ongoing series following the work on Shenandoah 2045 - Shenandoah County's comprehensive plan. Today's chat featured Laura Bennett, District 4 Representative of the Citizens Advisory Committee (CAC). Laura's group is working on Chapter Seven: Education. She walked us through the draft of those chapters and explained why breaking the topic of education into its own chapter was important. We discussed several of the goals and objectives that are part of the chapter seven draft and Laura told us about the research and community input they invested into the draft. She encouraged listeners to reach out to her with any questions or suggestions. Tyler reminded us of all the different communication options available which include email, their website, social media, as well as stopping by the planning department.

Knead Bread Artisan Bakery

Jun 27, 2023 / 29:00

Our conversation for Tourism Tuesday with Justin Kerns from Winchester/Frederick County Convention & Visitors Bureau featured Lenore Schmecko and Vincenzo Mazzone, the new owners of Knead Bread Artisan Bakery. They gave us a bit of family history and talked about how the bakery started and the generations of bakers that have come before them. We spoke of the various breads, rolls, sweets, and new breakfast sandwiches found on their menu in addition to locally roasted Black Dog Coffee.

Top of Virginia Regional Chamber: Hob Nob in the Valley

Jun 28, 2023 / 20:44

Our conversation for The Valley Business Today with Top of Virginia Regional Chamber's CEO Cynthia Schneider and Director of Media Services Kory Campbell gave all the details for NEW Hob Nob in the Valley. Cynthia gave us a bit of history for the event that's been a signature chamber event for 20 years. It went on hiatus during the pandemic and will return in 2023 with a new perspective and without a straw poll. The nonpartisan gathering will bring together elected officials, current public office candidates, government leaders, and the local business community for a unique occasion of networking and socializing. Cynthia explained that one of the purposes for this event is to build and maintain strong synergy between local government and the business community, leading to proactive engagement.

Winchester City Parks: New Fields, Pocket Parks, and Fireworks

Jun 29, 2023 / 29:12

Our conversation today with Chris Konyar, Director of Winchester City Parks & Recreation was full of updates about construction projects, pocket park improvements, park events, and of course, fireworks. Chris explained a few construction projects happening at Jim Barnett Park that include two new rectangular turf fields for soccer (primarily) that will also have lights, six new pickleball courts being installed in the former FamilyLand location, and talked about updates and improvements happening to several of the fourteen pocket parks located around the city. He told us about a new survey - similar to the facilities survey they conducted some time ago - that will focus on programming for the department. He encouraged city residents to fill out the quick survey and share their wish list for programs, trips, and other classes/services they'd like Parks & Recreation to offer. He also gave a quick rundown of several upcoming events such as Fun in the Sun, Cardboard Boat Regatta, and of course, the Independence Eve Fireworks display that also includes free admission earlier in the evening to the Winchester Royals Valley League Baseball game.

Shenandoah Valley Music Festival

Jun 30, 2023 / 25:31

Our conversation today with Dennis Lynch, Director at the Shenandoah Valley Music Festival gave all the details for the upcoming season. He told us about each of the performances, the return of picnic food and ice cream for sale, new parking attendants, and he even shared a few deals! The Shenandoah Valley Music Festival is a not-for-profit performing arts presenter that has been bringing great music to the Valley since 1963. Each summer, SVMF presents eight to ten concerts on select weekends, featuring performing artists from a wide variety of genres. The concert venue is an outdoor pavilion on the grounds of Shrine Mont, a beautiful, historic retreat and conference center in Orkney Springs, VA.