

PROGRAMS LIST
WFTR-AM/WZRV-FM
FRONT ROYAL, VIRGINIA
The Valley Today
ALL SHOWS HOSTED BY JANET MICHAEL
Weekdays 12pm – 12:30pm
July 1, 2023 – September 30, 2023

Handley Regional Library Programs

Jul 3, 2023 / 28:00

Our conversation today with John Huddy, Director of Handley Regional Library System took place at Handley Library in Old Town Winchester. We talked about a myriad of things including upcoming events, and a recap of their recent Rockin the Library event, plus we learned more about all the different services offered by the library that are not just books. He explained how the books are chosen for the library(s) and encouraged readers/patrons to ask about a particular book - physical or audio - if they don't see it in their collection. We talked about what happens to books once they've become outdated or are in poor condition.

The Valley Business Today: Honey & Hops Brew Works

Jul 5, 2023 / 24:20

Our conversation for The Valley Business Today with Niki Foster from Front Royal / Warren County Chamber of Commerce featured Ian & Isaac Rushing - two of the three brothers behind Honey & Hops Brew Works. Ian gave a bit of history for how the business started with the brothers and talked about the crazy growth they've seen since opening their doors in April 2020. The pair explained the mead-making process, talked about their flavor profiles and the experience that guests can expect when they visit. We talked about their various distribution points across the valley. Niki gave us details for an upcoming seminar of the chamber's non-profit committee, plus New Teacher's Reception, and Valor Awards.

Traffic Safety Thursday: New Traffic Laws Take Effect July 1

Jul 6, 2023 / 27:18

Our conversation for Traffic Safety Thursday was live in the studio with Lt. Warren Gosnell from Frederick County Sheriff's Office. He gave an update on a few new/updated traffic laws that took effect on July 1, 2023.

Wetlands Trading Company

Jul 7, 2023 / 29:38

Our conversation today with Kary Haun from Shenandoah County Tourism took us to Basye to chat with Eric & Jennifer Luvaas at Wetlands Trading Company. The pair gave us a bit of history for how the business got started and explained how it's changed and grown since opening in December 2022. Jennifer told us about the types of items you can find in the gourmet market and why it was a much-needed enterprise for the area. Eric explained what types of things you can find in the garden.

Summer Gardening Tips from Natural Art Garden Center

Jul 10, 2023 / 21:48

Our conversation today with Lynne Phillips from Natural Art Garden Center was full of summer gardening tips. She talked about what you can plant in July, how to measure the amount of water you're giving your plants, plus we talked about bugs! She explained things to keep in mind if planting in pots, how to spot & remove bugs on your roses, and gave a strategy for tackling those weeds.

Northern VA 4H Educational & Conference Center

Jul 11, 2023 / 24:45

Our conversation today with Katie Tennant, Executive Director at the Northern Virginia 4H Educational & Conference Center included Chirs Newlon, Reservation & Events Manager, and Megan Babcock, Outdoor Recreation Specialist. They gave me a bit of history about the organization and explained how the center was built. We discussed the various programming they offer, including team-building events and a full-service conference center with AV, lodging, and a dining hall. We talked about the pool, 4H camps, field trips, and their recent fireworks display. Katie reminded everyone that while they are affiliated with 4H, they are able to offer all sorts of activities and accommodations for groups outside of those that are 4H-related.

SBA Community Navigator Pilor Program: B³

Jul 12, 2023 / 28:31

Our conversation today is part of an ongoing partnership with the US Small Business Administration highlighting small businesses and offering advice and resources to small business owners. We talked about the Community Navigator Pilot Program with Martin Short, Lead Economic Development Specialist & Public Information Officer at the Virginia-Richmond District Office for the US Small Business Administration. Joining Martin was Chris Jones, Harrisonburg City Council Member to talk about one of their programs: B³. Chris told us how the B³ program started and the impact it's having on black and brown-owned small businesses across Rockingham County. B³ is a holistic approach to growing **Black and Brown Owned Businesses** in Harrisonburg and Rockingham County.

Laurel Ridge Community College EMS Programs

Jul 13, 2023 / 26:16

Our conversation today with Guy Curtis from Laurel Ridge Community College included Paul Cissel, Program Director - EMS Education, and Dr. Craig Santicola, Dean of Professional Programs to talk about their various EMS programs. They explained what they are, how they work and the wide variety of jobs/careers that are available for those who choose the different certification(s). We talked about the opportunity for G3 Funding which could potentially cover the entire cost of the program.

Strolling Strasburg: The End of the Stroll

Jul 14, 2023 / 30:40

Our Strolling Strasburg series comes to an end with today's conversation. Olivia Hilton & I met at Nancy's Coffee Bar to have a look back at all that she's accomplished in the last five years she's been with the Town of Strasburg. We talked about events, partnerships, big projects, and she spoke about her pride of staff and the community as a whole. We talked about the new adventure she will begin on August 14 in Mount Jackson when she will take over as town manager. She told us about her excitement to begin this new chapter and talked about the potential she sees in Mount Jackson.

North Fork Conservation Corps

Jul 17, 2023 / 26:40

Our conversation today with Dave Brotman, Executive Director for Friends of the North Fork Shenandoah River, and Seven Bends State Park Ranger Tom Stevens gave us all the details for their North Fork Conservation Corps. The pair explained how the program came to existence and told how it works and the benefits it provides to participating teenagers aged 13-17. We discussed the types of projects they complete and the commitment the teens have to the program which also includes recreation days. We also talked about their respective "Friends" organizations. Dave explained how Friends of Seven Bends State Park and his organization form a perfect partnership to keep the North Fork of the Shenandoah River clean, healthy, and beautiful through advocacy, community-based stewardship, education, and science.

Shenandoah River Outfitters

Jul 18, 2023 / 26:43

Our conversation for Tourism Tuesday with Edison Emmons from Luray/Page County Chamber of Commerce featured Christian Goebel from Shenandoah River Outfitters. Christian gave some history about how the business began in the early 1970's and told us all the ways that it's grown over the years. He talked of all the activities they offer including canoeing, kayaking, tubing, and rafting the Shenandoah River. He explained their 'Keep the River Clean' program including Operation CleanWater where as many as 100 volunteers each year remove tons of tires, flood debris, etc. from the Shenandoah River.

Blue Ridge Baking Company

Jul 19, 2023 / 28:19

Our conversation today with Margaret Jones Kilmartin, owner of Blue Ridge Baking Company gave us all the yummy details for her bakery that recently opened a retail space at 7726 Main Street in Middletown. Margaret gave us some history about the bakery which has operated a successful wholesale division for many years. We talked about the retail space now open in Middletown plus got a long list of things that will be coming in the next few months. We talked about her products, the high value she places on quality, local ingredients, and the very popular vegan and gluten-free baked goods in her shop. We discussed her passion for community and talked about the partnership she has created with Grafton and those she hopes to create with local nonprofits.

Project Connect

Jul 20, 2023 / 24:32

Our conversation today with Jennifer Hall, Sr Director of Community Investment with United Way Northern Shenandoah Valley was a refresher for their upcoming Project Connect resource fair. She explained what the event is, how it works, and why it's an important part of their mission to serve the ALICE (Asset Limited Income Constrained Employed) population. Project Connect is a project of United Way NSV and Valley Assistance Network that strengthens and utilizes collaborations with agencies, businesses, organizations, and the community to provide comprehensive services through an in-person resource fair event for those who are at risk of becoming homeless, are currently experiencing homelessness, or are living on the cusp of making it or not.

Fun & Learning at Clarke/Warren 4H Camp

Jul 21, 2023 / 25:46

Our conversation for Extension Office Friday happened at Northern Virginia 4H Educational & Conference Center with Stacy Swain, a Warren County Extension Agent who manages the Warren County 4H Program. The Clarke/Warren 4H Camp was in full swing and we talked with adult counselors, teen counselors, and several of the campers about their experiences and what 4H camp means to them.

Rooted in Wellness: Intellectual Wellness

Jul 24, 2023 / 25:37

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. This month's topic was Intellectual Wellness. Cori explained what that is and we talked about several approaches to improving your intellectual wellness. We also shared our personal tips, tricks, and struggles. We discussed the importance of having actual conversations with each other and listening to opposing opinions with an open mind.

Hungry for History Food Event

Jul 25, 2023 / 24:36

Our conversation for Tourism Tuesday with Renee Bayliss from Winchester/Frederick County Convention & Visitors Bureau also included Kristen Laise from Belle Grove Plantation and Rick Kriebel from Newtown History Center. The group gave details for Hungry for History - a food event showcasing fifteen historical sites in the City of Winchester, Clarke & Frederick Counties that will highlight food's role in history. Museums and historic sites in our community will offer a variety of programs and special events such as presentations, cooking demonstrations, children's activities, food tastings, displays of historical recipes, & agriculture-related programs.

Top of Virginia Regional Chamber: Meet Blair!

Jul 26, 2023 / 27:38

Our conversation for The Valley Business Today - Top of Virginia Regional Chamber edition - with Kory Campbell included Blair Jewell. Kory explained his transition to Director of Media Services and introduced Blair who is the new Director of Marketing & Communications. Blair shared her story and told us how happy she is to have returned to the area where she was raised. The pair also gave details for Hob Nob in the Valley, Valor Awards, and The Economic Summit.

Community Health: Allergies, Colds, & Strep

Jul 27, 2023 / 25:33

As part of our community health partnership with Valley Health, this month, we talked with Dr. Jennifer Cunningham, a board-certified family medicine physician, about the vital relationship with your family practitioner. She also gave some insight into the differences between allergies, the common cold, and strep throat. We talked about the symptoms of each of the ailments and discussed treatment options.

United Way NSV: Winchester/FredCo CCAP

Jul 28, 2023 / 28:34

Our conversation today with Kaycee Childress, CEO of United Way Northern Shenandoah Valley featured Andrea Cosans, Executive Director for Winchester CCAP. Andrea gave us an overview of the various services they offer the Winchester/Frederick County community and talked about the 20% increase they've seen in need and requests for service. We talked about their "freedge" program and the immediate impact it has had on our community. We discussed other items that CCAP needs including clothing, and size 6 diapers. Andrea also gave us details for their 3rd Annual Benefit Bike Tour Event.

Shenandoah 2045: Water Resources / Agricultural, Forestal, & Geological Resources

Jul 31, 2023 / 27:48

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 Mike Liskey & Jacob Bowman, District 2 Representative of the Citizens Advisory Committee (CAC). They gave us an update on the two chapters that they're working on: Chapter Two: Water Resources, and Chapter Three: Agricultural, Forestal, and Geological Resources. They explained how these chapters were created and the importance of breaking them out into standalone components from the previous plan.

Civil War Trail Signage Upgrades in Shenandoah County

Aug 1, 2023 / 23:47

Our conversation today for Tourism Tuesday - Shenandoah County edition - featured Drew Gruber, Executive Director for Civil War Trails. Drew gave us an update on two new signage upgrades that recently happened in Shenandoah County. We talked about where the signs were (and are now) as well as the reasons behind the upgrades. He explained the tourism value civil war signs provide to the localities where they're located.

A Busy Season for Front Royal/Warren County Chamber

Aug 2, 2023 / 23:36

Our conversation for The Valley Business Today with Niki Foster from Front Royal/Warren County Chamber gave us a recap of recent events such as Business After Hours, ribbon cuttings, New Teacher Reception, and Valor Awards. Plus, she gave us a preview of upcoming events such as more ribbon cuttings, a Candidates Forum, their Annual Dinner, the Community Leadership Program, and even the Christmas Parade.

Traffic Safety Thursday: Janet's Questions Answered

Aug 3, 2023 / 28:47

Our conversation for Traffic Safety Thursday was live in the studio with Lt. Warren Gosnell from Frederick County Sheriff's Office. We discussed whether it's legal to drive with your minivan door open; why speed limits are different for some local school zones; and whether having "mean" stickers on your car is some type of violation. We also discussed scenarios for speeding vs reckless driving based on a recent Washington Commanders player being charged with 114mph in a 45mph zone.

How To Compete in WoodsTACO

Aug 4, 2023 / 15:13

Our conversation today with Katie Mercer, Director of Marketing & Events for the Town of Woodstock gave all the details for competing in their upcoming WoodsTACO Street Taco Festival. Katie explained how the competition works - there are professional and amateur competitions - that feature five different categories: Authentic/ Traditional, Tex-Mex/Non-Traditional, Dessert, Vegetarian, and Showmanship.

Get Involved in Your Community

Aug 4, 2023 / 10:27

There wasn't an actual conversation for the second segment of today's show. A last-minute guest cancellation gave me an opportunity to step onto my "soapbox" and spend a few minutes talking about the importance of being involved in your community.

Dakotas Dream

Aug 7, 2023 / 26:42

Our conversation today featured Alicia Aston from Dakota's Dream Animal Rescue to learn more about the non-profit. Randy Woodward joined us to discuss a fundraiser he's hosting to help one of the cats in their care. Alicia told us how the animal rescue got started and talked about the types of animals - mostly cats - that they take and provide medical care for. She told us how Liam came to them and explained the extensive medical treatments he requires.

Old Town Winchester: New Businesses, Piccadilly Updates, Upcoming Events

Aug 8, 2023 / 24:57

Our conversation for Tourism Tuesday featured Jenny McDonald from the City of Winchester to give several updates about new businesses, Piccadilly Street renovations, and upcoming events. Jenny spoke about the current transformation that is happening on Piccadilly Street which includes building renovations, painted parking spaces, and new townhouses.

Anthony Craft, Edward Jones Financial Advisor

Aug 9, 2023 / 25:01

Our conversation for The Valley Business Today with Edison Emmons from Luray/Page Chamber of Commerce featured Anthony Craft, a financial advisor with Edward Jones. Anthony explained how a high school class led him to his career as a financial advisor. We talked about the different services he offers, and how his core values make him different from other advisors.

Laurel Ridge Workforce: Workplace Wellness Series

Aug 10, 2023 / 24:41

Our conversation today with Guy Curtis from Laurel Ridge Community College included Jodi Navin, a Corporate Training Instructional Designer for Laurel Ridge Workforce Solutions. The pair gave details for an upcoming Workplace Wellness series that will begin mid-September. Jodi explained the five topics that will be covered on alternating Wednesday evenings during the classes on the Middletown Campus: Managing Emotions at Work, The Golden Rule and Respect, Developing Positive Relationships in the Workplace, Resilience, and Balancing Priorities. We talked about who should attend - she recommends employers, managers, supervisors, and employees all consider it. She also walked us through a few scenarios that will be covered during the different classes.

Rooted in Wellness: Environmental Wellness

Aug 11, 2023 / 24:24

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. This month's topic was Environmental Wellness. Seven Bends State Park Ranger Tom Stevens joined us to discuss the role a public park can play in achieving environmental wellness. We also touched on how our interior surroundings can have an impact. Cori offered tips for organization, setting up a specific space if working from home, and how to create boundaries between household chores and work tasks. Tom reminded us that Seven Bends State Park also has a tale trail and play space for parents to bring their children.

Opportunity Scholars

Aug 14, 2023 / 24:37

Our conversation today with Rachel Shaefer, Executive Director for Opportunity Scholars & Heather Waugh, their Outreach & Fundraising Manager included details about an upcoming event and an overview of their non-profit. Rachel explained their mission and the work they do to connect with students and their families to facilitate a pathway for further education and a solid career in a number of different fields. She talked about the guidelines for those who wish to apply and the long-term relationships they establish.

South Court Inn

Aug 15, 2023 / 31:31

Our conversation for Tourism Tuesday with Edison Emmons from Luray/Page Chamber of Commerce took me to South Court Inn in Luray to chat with innkeeper, Shannon Socolosky. Shannon told us the story of how she & her husband Joe came to be innkeepers at the 1875 property which includes the manor house, a cottage, and beautiful outdoor gardens. She walked us through the process from making your reservation til you sit at the breakfast table, including what that breakfast consists of.

Stephanie Lillard: People Inc.'s Director of Community Economic Development

Aug 16, 2023 / 25:15

Our conversation for The Valley Business Today featured Stephanie Lillard, People Incorporated's Director of Community Economic Development and Rachel Fogg, Director of Communications. We discussed what community development & economic development look like within their organization and talked about the large geographical footprint they serve. Stephanie told us about a few of the loan programs, training, and technical services they offer to small businesses as well as personal loans for qualified individuals. She explained who qualifies for their programs and the value their organization brings to rural communities.

Community Health: Telemedicine

Aug 17, 2023 / 23:52

As part of our community health partnership with Valley Health, we talked with Aubrey Presha, Director of Telemedicine for Valley Health. We discussed the systems behind making telemedicine work for patients and how it's changed and grown since the pandemic when it became a necessity. We talked about the value and convenience of telemedicine, plus Aubrey explained how much room there is for it to grow and expand in the future.

2023 Shenandoah County 4H/FFA Livestock Show & Sale

Aug 18, 2023 / 26:33

Our conversation today for Extension Office Friday with Carol Nansel, a Shenandoah County Extension Agent who works with the 4H program also featured several students who will be showing in the 2023 Shenandoah County 4H/FFA Livestock Show & Sale. Lindsey Rigby talked about her long-term goals and how much she enjoys engaging with the younger kids who are participating. Maggie Eaton explained the process to show dairy cows and talked about their new Dairy Lease Program. Nate Farmer talked about the responsibility of raising a heifer to show at the event. Hannah Biby told us about her goats and the difference between a breeding goat and a market goat. Chad Biby told us about the hogs that he will be showing and explained all the non-animal things that go into making top dollar for your animal at the auction. Carol walked us through how the sale works and gave a variety of ways for people to participate.

Overdose Awareness Vigil

Aug 21, 2023 / 31:04

Our conversation today with Celeste Brooks, Community Outreach Coordinator for Northwestern Prevention Collaborative and Warren Coalition also included Cori Pence, Communications Specialist for Northwestern Community Services Board. The pair gave details for the Overdose Awareness Vigil. There will be a resource fair to help you learn about prescription drug safety, preventing opioid misuse, and local treatment and recovery services. The event will also feature several speakers. Cori explained the Rapid Revive course that will be offered during the resource fair portion of the event and talked about how easy the training is and encouraged everyone to participate.

Laurel Grove Wine Farm

Aug 22, 2023 / 41:48

Our conversation today for Tourism Tuesday with Justin Kerns from Winchester/Frederick County Convention & Visitors Bureau took us out in the county to Laurel Grove Wine Farm where we met up with Jaclyn Mommen. Jaclyn with her husband, Dustin, are transforming one hundred acres of their 400-acre property into a fully functioning regenerative farm and vineyard. She explained what regenerative farming is and why it's important. We talked about the role that sheep saliva enzymes will play in the growing of her grapes. Plus, we touched on a wide range of other topics from organic peanut butter, to bone broth and how important it is to know what kind of food you're putting in your body.

Top of Virginia Regional Chamber 2023 Valor Awards

Aug 23, 2023 / 21:53

Our conversation for The Valley Business Today featured Blair Jewell and Vanessa McAllister from the Top of Virginia Regional Chamber. The pair gave details for their Valor Awards. The event recognizes public safety professionals, volunteers, and citizens who have gone above and beyond the call of duty in protecting our community. Public safety agencies nominate recipients they believe performed courageous and selfless acts, and a committee consisting of local leaders select the award winners in various categories.

Community Connect & Serve Event

Aug 24, 2023 / 24:08

Our conversation today with Melinda Topham from JustServe.org gave us all the details for their Community Connect & Serve event. The event is free for nonprofits to set up and free to the public as well. Now in its second year, the event gathers nonprofits together for networking and fellowship from 3pm - 5pm where they meet each other and learn more about other services available in the City of Winchester, Frederick & Clarke County area. At 5pm the doors open to the public where residents can come to learn about volunteer opportunities and community service projects.

United Way NSV: Shenandoah Valley Discovery Museum

Aug 25, 2023 / 36:45

Our conversation for United Way Day with Kaycee Childress, CEO of United Way Northern Shenandoah Valley featured Dawn Devine, Executive Director and Tammy Stevenson, Director of Development & Marketing for Shenandoah Valley Discovery Museum. We learned all the details for several of their upcoming events including the return of their Sunset Series and the "Wander the Waters" gala. The pair gave us the scoop on a new exhibit that will open mid-September on the 2nd floor. Before we wrapped up our conversation, we talked about the Community Impact Grant that SVDM was recently awarded from United Way NSV and how it is changing the lives of children in our community.

Shenandoah 2045: Chapter Five - Housing

Aug 28, 2023 / 28:31

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 Vito Gentile, Chair of Citizens Advisory Committee (CAC) and District 1 Representative to talk about Chapter Five: Housing.

Page Valley Sunflower Festival

Aug 29, 2023 / 26:16

Our conversation today with Megan Gordon, Executive Director for Page Alliance for Community Action (PACA) and Ryan Cabbage, Asst. Superintendent of Luray Parks/Rec gave all the details for the Page Valley Sunflower Festival. Megan gave us a bit of history and Ryan told us about the work that goes into growing and maintaining the sunflower field.

Frederick County EDA: Monoflo International

Aug 30, 2023 / 21:45

Our conversation for the Valley Business Today featured Shayla Rickard, Business Retention Manager for Frederick County Economic Development Authority, and Ben Waterman, Head of Business Development for Monoflo International. We met at their logistics facility in Stonewall Industrial Park where Ben gave us a tour and gave us some history of the company. We talked about the types of products they produce and for whom, plus learned details about the recent expansion and the impact it will have on their business and future jobs in our community.

Shenandoah Arts Council Events & Upcoming Shows

Aug 31, 2023 / 26:07

Our conversation today with Lisa Sipp, Executive Director for Shenandoah Arts Council gave us plenty of details for ShenArtsFest, upcoming shows, and ArtScape banners. Lisa gave details for their various youth art programs.

Clarke History: Trivia Night, Growing Up At Mt.Vernon, Art at the Mill

Sep 1, 2023 / 22:20

Our conversation today with Nathan Stalvey, Executive Director for Clarke County Historical Association gave us details for several upcoming events and programs. Nathan told us about the return of Trivia Nights at Barns of Rose Hill. Dr. Cassandra Good from Marymount University will present her research on what it was like for George Washington's step-grandchildren to grow up at Mount Vernon and their lives as adults. One of those step-grandchildren was Nelly Lewis, who lived at Audley Farm later in her life. The fall art show returns to the Burwell-Morgan Mill as it's transformed into a one-of-a-kind art gallery featuring works for purchase by over 300 local artists.

Harness Racing at Shenandoah Downs

Sep 5, 2023 / 23:06

Our conversation for Tourism Tuesday with Kary Haun from Shenandoah County Tourism also featured Darrell Wood, Director of Operations at Shenandoah Downs. Darrell gave us bit of history for harness racing in Woodstock and quite an education on how it works, the terminology, and the entertainment value it provides to visitors, families, and residents across the Shenandoah Valley. Darrell gave details about their season at described the atmosphere you'll find in the stands and additional special events they host.

Melania's Gourmet

Sep 6, 2023 / 26:16

Our conversation for The Valley Business Today with Niki Foster from the Front Royal/Warren County Chamber of Commerce featured Ryland Greenhouse and Melania Castegnaro, owners of Melania's Gourmet. Melania's Gourmet is a Pastry Shop, Chocolaterie, and Boho Cafe offering a selection of rotating house-made pastries, decadent cakes, pies, tarts, cookies, hand-painted bonbon chocolates, and rich Costa Rican coffee. Ryland and Melania explained how they arrived at opening their new business and talked about the types of things you'll be able to enjoy in their shop. They talked about collaborations and sang the praises of the community that has supported them along the way.

Traffic Safety Thursday: Drought Conditions, Compliance, and Mopeds

Sep 7, 2023 / 24:34

Our conversation for Traffic Safety Thursday was live in the studio with Lt. Warren Gosnell from Frederick County Sheriff's Office. Goz explained how compliance issues can spill over into other public safety issues. We talked about the wider consequences during this drought of tossing a lit cigarette from a moving vehicle or parking a running car on dry grass. I asked about moped laws and regulations, which were much more complicated than I realized.

53rd Annual Bluemont Fair

Sep 8, 2023 / 28:56

Our conversation today with Cynthia Morris gave SO many details about the 53rd Annual Bluemont Fair. She gave the history of how the event started and talked about how it's grown over the decades. She described the magical 200-year-old village nestled in the foothills of the Blue Ridge mountains that is Bluemont. The event spans most of the village and features a fibre field with demonstrations, juried artisan crafts, a beer & wine garden, two food courts, a Children's Fair, petting zoo, pony rides, live music, as well as other demonstrations, documentary viewings, and historical education opportunities.

Rooted in Wellness: Emotional/Intellectual Wellness

Sep 11, 2023 / 24:37

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. This month we recapped two of the wellness topics we've covered in-depth: Intellectual Wellness and Emotional Wellness. Cori also gave us details about the 2nd Annual Suicide Prevention Motorcycle Ride and Awareness Event. September is National Suicide Prevention Awareness Month so NWCSB and local partner organizations will host the event as a way to come together and show support for those who have lost loved ones to suicide and give access to resources for individuals in need.

Old Town Winchester: Fiddles & Fifths Bluegrass/Bourbon Festival

Sep 12, 2023 / 20:39

Our conversation for Tourism Tuesday - Old Town Winchester edition - featured Jenny McDonald from the City of Winchester to give all the details for Fiddles & Fifths - a Bluegrass & Bourbon Festival. Daytime events taking place from noon til 4pm will be FREE to the public and located in indoor and outdoor venues across Old Town Winchester.

SBA: FamMat (Family Matters) Services

Sep 13, 2023 / 34:17

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 Ti'Juana & Lawrence Gholson, owners of FamMat (Family Matters) Services based in Williamsburg. Ti'Juana & Lawrence told us how FamMat Services started and talked about the other businesses and community organizations that they're involved in. FamMat Services provides innovative supports, resources, and quality community services for people with intellectual and/or other developmental disabilities, and mental health issues to prevent and/or eliminate institutionalization. We learned why community is a priority for them both and they each gave advice for other business owners.

Laurel Ridge Community College TRIO Program

Sep 14, 2023 / 29:15

Our conversation today with Guy Curtis from Laurel Ridge Community College included Vivi Meder, TRIO Director to tell us about the program, qualification requirements, and what those accepted can expect from the program. Vivi explained the community that has formed among students in the program and gave details for how to qualify. Plus, she told us a few stories about students who've been successful in the program. Vivi gave told us the history of the federal program and how long it's been offered at the college. The program provides academic advising, tutoring, transfer planning, financial aid assistance, financial literacy education, free printing, and other wrap-around support for participants.

Extension Office Friday: Meet Hannah Copp

Sep 15, 2023 / 24:17

Our conversation today for Extension Office Friday featured Karen Poff, a Senior Extension Agent with Virginia Cooperative Extension who manages the NSV Financial Education Program, and Hannah Copp, an Associate Extension Agent in Family and Consumer Sciences, focusing on foods, nutrition, & health. We talked about several classes and programs that she has offered (food preservation, making baby food) and a few that are on the horizon (diabetes prevention) as she settles into her position. Hannah focuses on improving wellness for individuals and their families through educational and outreach programs that provide people with skills needed to make positive changes and improve their overall well-being.

Shenandoah 2045: Community Engagement

Sep 18, 2023 / 30:36

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, Tyler and I talked about Chapter One: Historic, Cultural, and Scenic Resources in the first segment. In the second segment, we dived into the community engagement and feedback they've received.

Main Street Flavors

Sep 19, 2023 / 23:41

Our conversation for Tourism Tuesday with Edison Emmons from Luray/Page Chamber of Commerce took me to Main Street Flavors to meet owner, Tydel Wilson. Tydel gave us a bit of background for how he came to be the owner of the ice cream shop that features Hershey's Ice Cream as well as several flavors from local creamery, Smiley's in Bridgewater, VA. Main Street Flavors also carries a large variety Dippin' Dots flavors plus offers milkshakes, smoothies and even ice cream(s) for dogs complete with biscuits for toppings.

WoodsTACO Street Taco Festival

Sep 20, 2023 / 23:54

Our conversation today with Katie Mercer, Director of Marketing & Events for the Town of Woodstock gave all the details for attending their upcoming WoodsTACO Street Taco Festival.

Community Health: 5000 Robot-Assisted Surgeries at Valley Health

Sep 21, 2023 / 24:19

As part of our community health partnership with Valley Health, we talked with Dr. Devin Flaherty, Director of Surgical Oncology for Valley Health, and Dr. Jorge Posadas, a general surgeon with Valley Health Surgical Partners to learn more about their use of the da Vinci® Xi™ Surgical System. The pair explained the vast and various types of surgeries that are being performed at Valley Health with the assistance of robotics including bariatric surgery, acute care surgery, appendicitis, acute gallbladder surgery, perforated ulcers, surgery for obstruction, bowel obstruction, general surgical oncology, urologic oncology, colorectal surgery, and gynecologic procedures like pelvic floor disorders. We discussed the benefits that range from smaller incisions, decreased recovery time, surgeons can get to hard-to-reach areas, decreased pain, decreased risk of infection, more precise/better accuracy, and decreased complications which all lead to improved outcomes. Dr. Flaherty explained how surgeons are trained to use the da Vinci® Xi™ Surgical System and talked about how having this advanced surgical option is invaluable in recruiting trained & talented physicians.

United Way NSV: The Laurel Center

Sep 22, 2023 / 24:28

Our conversation for United Way Day with Kaycee Childress, CEO of United Way Northern Shenandoah Valley featured Cindy Marzullo, Development Director for The Laurel Center. Kaycee gave us a few details about Day of Caring which was underway as the show aired with over 800 volunteers working on dozens of projects across the Shenandoah Valley for non-profits and their clients in need. Cindy gave us some background and history of the organization and talked about several of the programs they offer to victims of domestic violence. She reminded us that October is Domestic Violence Awareness Month and told us of several events The Laurel Center will be hosting throughout the month.

Literacy Volunteers: Imagination Library, Lost Weekend, Oktoberfest

Sep 25, 2023 / 25:47

Our conversation today with Andy Gail, Executive Director for Literacy Volunteers Winchester Area gave us an update on several of their adult learning programs as well as details about the wide variety of topics they cover through classes and tutoring. Andy also gave a few statistics about how many books they're sending to children in the city of Winchester, Frederick & Clarke Counties through their partnership with Dolly Parton's Imagination Library.

North South Skirmish Association Fall National Competition

Sep 26, 2023 / 25:22

Our conversation today for Tourism Tuesday with Renee Bayliss from Winchester/Frederick County Convention & Visitors Bureau also included Dave Cole, Deputy National Commander of the North-South Skirmish Association. Dave told us about the organization and explained the shooting competitions they host. Member units compete in live-fire matches with original or authentic reproduction Civil War-period muskets, carbines, breech-loading rifles, revolvers, mortars, and cannons.

Top of Virginia Regional Chamber: Community Connect & Serve

Sep 27, 2023 / 28:09

Our conversation for The Valley Business Today with Top of Virginia Regional Chamber's CEO Cynthia Schneider included Melinda Topham from JustServe.org to talk about the upcoming Community Connect & Serve event. Melinda walked us through how the event will work, and who should attend, plus we discussed the value of volunteerism in our community. Cynthia gave us a recap of a few recent chamber events such as Hob Nob in the Valley & Valor Awards. She also gave a few details for the Economic Summit they're hosting.

Winchester City Parks: Pickleball, FamilyLand, Trips, & a Parade!

Sep 28, 2023 / 28:42

Our conversation today with Chris Konyar, Director of Winchester City Parks took place under the pavilion at Christianson FamilyLand. Chris talked about the six new pickleball courts recently completed and opened in the FamilyLand area. He explained the popularity of the sport and the need for additional courts in the park. Chris also gave an update on the Preston Field construction and talked about the Winchester Parks Foundation. We also talked about the upgrade to the indoor fitness room and he invited listeners to attend open houses that will be scheduled in the coming months. We also discussed two upcoming trips, the PB&J Club, free swim lessons for beginners, as well as their Spooky Fun event. Before we wrapped up our conversation, we talked about the Annual Holiday Parade in Old Town Winchester.

Family Promise Northern Shenandoah Valley

Sep 29, 2023 / 26:59

Our conversation today with Sandi Webster, Board President for Family Promise Northern Shenandoah Valley and Robin Russell, program coordinator, gave some insight into the homeless family crisis in our community. We talked about the need, learned the organization's history, how we can help individually and as a community, and got details for their upcoming Night Without a Bed. Family Promise NSV is a faith-based, non-profit, registered tax-exempt charitable organization managed by a volunteer board of directors. They are one of more than 200 affiliates in 43 states in the nationwide Family Promise network. They are working to address the crisis of family housing instability and homelessness. Family Promise NSV serves families with children who are experiencing homelessness and those who are unstably housed and at imminent risk of becoming homeless.