

PROGRAMS LIST
WFTR-AM/WZRV-FM
FRONT ROYAL, VIRGINIA
The Valley Today
ALL SHOWS HOSTED BY JANET MICHAEL
Weekdays 12pm – 12:30pm
October 1, 2023 – December 31, 2023

Rooted in Wellness: Environmental/Physical Wellness

Oct 2, 2023 / 27:40

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: Environmental Wellness and Physical Wellness. We met up at Flour & Water to talk about how we incorporate things into our schedule to improve both of these wellness categories. We gave tips and tricks for getting out of the house, changing your scenery, and giving yourself permission to take care of yourself.

Wolf Gap Vineyard & Winery

Oct 3, 2023 / 27:56

Our conversation today for Tourism Tuesday with Kary Haun from Shenandoah County Tourism featured Janel Laravie, owner and proprietor of Wolf Gap Vineyard & Winery. Janel explained how she & her husband came to own the nearly 20-year-old vineyard and told us about the experience they've had so far. We talked about the grapes they grow which produce the outstanding wines they offer. She told us about updates and improvements they've made since taking over nearly two years ago including a new, beautifully constructed and the conversion of the barn to a much larger winemaking facility.

Bungalow Furniture & Home Decor

Oct 4, 2023 / 29:27

Our conversation for The Valley Business Today with Niki Foster from Front Royal/Warren County Chamber of Commerce included James Jackson and Catherine McKay from Bungalow Furniture & Home Decor. The pair recently opened their shop on Main Street in Front Royal and gave us a bit of background about how the idea happened and what types of things you can find in their shop. We talked about the journey of the furniture they feature and talked about their experience with refinishing and staging homes.

Traffic Safety Thursday: Notifying the Public / Traffic Laws Across State Lines

Oct 5, 2023 / 27:46

Our conversation for Traffic Safety Thursday with Lt. Warren Gosnell from Frederick County Sheriff's Office covered several different topics. He recently attended a conference in Tennessee where he earned a certification through the University of Tennessee's Master Public Information Officer course. He explained what types of things they covered during the class and gave some insight into the protocols that go into disseminating information to the public. We talked about how he took on the role of Public Information Officer (in addition to his traffic duties) and some of the challenges he's faced. We also discussed a few situations he faced on his trip. He encouraged listeners to be educated on laws if you're traveling to other states and gave advice as to where to find such information.

Stephens City Out of the Darkness Community Walk

Oct 6, 2023 / 25:58

For today's show, I met up with Winter Brooks at Espresso Bar Cafe to have a conversation about the Stephens City Out of the Darkness Community Walk. Winter serves as the co-chair for this year's suicide prevention walk, now in its ninth year, as well as Executive Board Team Chairperson for the Virginia chapter of the American Foundation for Suicide Prevention. She gave us details about the walk. We talked about the significance of the honor beads and the camaraderie that happens at the event, plus she told me about all the resource partners who will be on hand to offer valuable information. Winter also gave details about several new activities that have been added this year and told us about the two new Hope Benches that they've recently acquired.

Be Red Cross Ready

Oct 9, 2023 / 28:26

Our conversation today with Stacy McFarland, Executive Director for the Greater Shenandoah Valley Chapter of the American Red Cross was FULL of information. Stacy educated us on several different programs and services offered by her organization and explained her chapter's coverage area: Washington County, MD, the five counties in the Eastern Panhandle of WV, and all of the top of Virginia including Shenandoah, Page, Warren, and Clarke Counties plus the City of Winchester. We talked about being "Red Cross Ready" for any situation whether it impacts your home and family or your workplace and business. She gave details for their Ready Rating program and explained that any business with ten or more employees is required by OSHA to have an emergency preparedness plan in place. Stacy also reminded us that checklists and apps are also available on their website to help you be prepared for a short or long-term emergency. Stacy reminded us that they still have free smoke detectors for area residents. Stacy also gave an update on the critical need for blood donations. She explained why blood donations are important, educated us on the treatment of Sickle Cell Disease, and encouraged everyone in our black and brown communities to consider blood donation. We discussed how blood drives work and the number of volunteers needed to make them successful.

Celebrating October in Old Town Winchester with HalloWinchester

Oct 10, 2023 / 25:07

Our conversation for Tourism Tuesday - Old Town Winchester edition - featured Jenny McDonald from the City of Winchester to talk about several events happening in October, November, and December.

The Business of Giving: Page One of Page County

Oct 11, 2023 / 23:39

Our conversation for The Valley Business Today - Luray/Page County edition - with Edison Emmons from Luray/Page Chamber of Commerce featured Justin Horn, Executive Director for Page One of Page County. Justin explained the services they offer, the history of the organization, and the other nonprofits that have spawned from Page One. He talked about the huge need within Page County. He encouraged listeners to support the organization in multiple ways that included volunteering, donating food, donating items to their thrift stores, as well as monetary donations that help them assist residents in a variety of situations.

Expanded Programs at New Fauquier Skilled Trades Center

Oct 12, 2023 / 25:55

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 were Donna Comer who serves as a Program Manager at Laurel Ridge Workforce Solutions and Fauquier County Economic Development Coordinator, plus AnnaJane Cribbs, also a Program Manager at Laurel Ridge Workforce Solutions. The group discussed the newly opened Fauquier Skilled Trades Center and Donna explained the role Fauquier County played in its establishment. They highlighted the new building with labs for skill-based programs like welding and construction project management, noting an increase in student interest and the potential for future employers. They also discussed the hands-on nature of the labs and the equipment available, plus plans to expand the popular welding program to the Fauquier campus.

Frederick County FFA Fruit & Meat Sale

Oct 13, 2023 / 24:21

There were newbies on the show today to talk about Frederick County Public School's FFA Fruit & Meat Sale. Joining me for the conversation with all the details were: Devon Smith, an Ag teacher at Millbrook High School, Caroline Fox, a sophomore at Millbrook High School, Braelyn Durbin, a senior at James Wood High School, and Kaydan Shonaker, a senior at Sherando High School. The group explained how the fruit and meat sales work and why they're an important fundraiser. We talked about the variety of options for each school and learned about some of the "extras" they each offer. They also shared how they came to be involved in FFA.

Front Royal Corps of Salvation Army

Oct 16, 2023 / 26:33

Our conversation today with Captain Ann Hawk from the Front Royal Corps of Salvation Army included many details about their Angel Tree program, their Red Kettle Kickoff plans, and their upcoming Thanksgiving Meal. Capt. Hawk explained that they are currently accepting applications from families to participate in their Angel Tree program. She told us about the requirements and we spent time talking about the children who receive them and the ideal types of gifts that can be purchased.

Pretty On Y'all

Oct 17, 2023 / 23:36

Our conversation for Tourism Tuesday - Luray/Page edition - with Edison Emmons from Luray/Page Chamber of Commerce took us to Pretty on Y'all to meet owner, Catalina Cenich. Catalina told us how she and her mother moved their business from Pittsburgh to Luray and their lifelong love of all things artistic. We talked about the many, many options that people of all ages have when they come to the crafting studio and she gave details for hosting events and private parties.

5-Star Executive Chauffeuring

Oct 18, 2023 / 27:31

Our conversation for The Valley Business Today featured Scott Fink, owner of 5-Star Executive Chauffeuring, and Michael Williams, President of Rotary Club of Warren County. Scott and Michael became friends through operating similar businesses, and Michael recently partnered with Scott for an event Rotary was hosting. Scott gave us a bit of background on how his business started and how much it's grown, emphasizing the convenience and comfort of their service, particularly for airport runs, and highlighted his ability to cater to clients' preferences and anxieties. He told us about his fleet and the geographic area that he covers. We discussed the challenges faced by small business owners, with a particular focus on managing adversity and adapting to unexpected situations.

Community Health: Advance Care Planning

Oct 19, 2023 / 27:30

As part of our community health partnership with Valley Health, we talked with Dr. Jim VanKirk, a board-certified palliative care specialist and Medical Director of Valley Health's palliative care program. Dr. VanKirk explained the role of palliative medicine, which is to work with patients with serious (possibly life-threatening) illnesses and help alleviate burdensome symptoms, while the patient is still pursuing aggressive treatments. He clarified that hospice care is a later stage of palliative medicine, often when the patient stops further life-prolonging therapies and focuses on comfort. Dr. Jeff Harris joined Dr. VanKirk to talk about advance care planning. Dr. Harris discussed the importance of discussing end-of-life plans with patients through the use of an Advance Directive, such as '5 Wishes'.

4-H Youth Development Programs

Oct 20, 2023 / 28:51

Our conversation today for Extension Office Friday featured 4-H Extension Agents from three of our surrounding counties discussing the uniqueness of each county's program and the importance of addressing community needs. The group discussed the diverse opportunities available through 4-H and stressed that 4-H is not strictly focused on livestock, but offers a range of activities including leadership, citizenship, community service, food and nutrition, health projects, public speaking, and shooting education. They highlighted the program's adaptability, with options for homeschool clubs and in-school programs. They acknowledged the challenges of reaching all types of families and kids in their respective areas.

Advisory Committee for Environmental Sustainability (ACES)

Oct 23, 2023 / 27:58

Our conversation today featured Justin Proctor and Mike Shotton, committee members representing ACES - Advisory Committee for Environmental Sustainability for the Town of Front Royal. Mike gave a bit of history for the group and talked about their goals. Justin explained that small, individual changes can have a significant impact on our environment. The pair gave details about several upcoming events and projects. Mike encouraged listeners to attend one of their monthly meetings for more information and/or to get involved.

The Hideaway Cafe

Oct 24, 2023 / 27:52

Our conversation today with Victoria Kidd Armstrong at The Hideaway Cafe gave us a bit of insight into the community she's created around her business. We talked about their coffees, of course, but also their full bar menu with an award-winning bartender that was added in recent years. She gave details about several upcoming events and explained that post-pandemic they will be offering even more fun, inclusive things to do at the coffeehouse.

Top of Virginia Regional Chamber's Economic Summit

Oct 25, 2023 / 22:08

Our conversation for The Valley Business Today featured Cynthia Schneider, CEO of Top of Virginia Regional Chamber and her guest, Scott Harvard, CEO of First Bank. The pair gave details for the chamber's Economic Summit. The Economic Summit gives the Top of Virginia Regional Chamber members a chance to forecast their business through insight from national, state, and local experts.

ARTEINMOVIMENTO Dance Company

Oct 26, 2023 / 26:42

Our conversation today at the Espresso Bar & Cafe with Eve Stanley, Founder and Artistic Director of ARTEINMOVIMENTO Dance Company gave details for how her nonprofit started and where she hopes it will grow. Joining us were two of her dancers, Becca Hopkins & Lainey Griffin who both shared their experiences working with Eve, their plans for the future, and talked about their excitement for their upcoming performances. She also shared details for their Inspire by Dance Giving Campaign.

United Way Northern Shenandoah Valley's Annual Campaign Explained

Oct 27, 2023 / 28:00

Our conversation for United Way Day featured United Way Northern Shenandoah Valley's CEO, Kaycee Childress and Dr. Yolanda Barbier Gibson, VP for Student Affairs at Shenandoah University and this year's Campaign Chair, to discuss the annual campaign. The theme for this year's campaign is "Be the Change. Empowering with Passion to make the Impossible Happen." The pair explained how the campaign works, its importance, and where the money goes. We discussed workplace campaigns, and how individuals can make donations. Kaycee told us how some local businesses create events for their staff to participate in and raise funds. Yolanda gave us quite an eye-opening rundown of how far a small donation can go to make a big impact in our community.

Shenandoah 2045: Chapter Four - Economic Development

Oct 30, 2023 / 29:00

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. Joining Tyler & I today was McKenzie Allen, an associate planner to discuss Chapter Four: Economic Development.

Things To Do In & Around Winchester / Frederick County

Oct 31, 2023 / 25:58

Our conversation for Tourism Tuesday - Winchester/Frederick County edition - with Justin Kerns from Winchester/Frederick County Convention & Visitors Bureau was FULL of things to do in the coming weeks.

Front Royal Chamber Upcoming Events

Nov 1, 2023 / 31:58

Our conversation for The Valley Business Today with Niki Foster from Front Royal/Warren County Chamber of Commerce gave us details for several chamber & community events happening in the coming weeks. We talked about the kickoff of the latest leadership class and learned about two new businesses that will host a ribbon cutting. We also spent some time talking about the importance of shopping local and shopping small and the return on investment it gives to the community. Before we wrapped up our conversation, we talked a bit about the Christmas Parade and Merry Market.

Traffic Safety Thursday: Lessons Learned

Nov 2, 2023 / 26:37

Our conversation for Traffic Safety Thursday with Lt. Warren Gosnell from Frederick County Sheriff's Office covered several topics including state inspections, humanizing the badge, and even a few listener questions.

The 2000th Episode: Behind the Mic

Nov 3, 2023 / 44:26

We recorded today's episode at The Hideaway Cafe with guest host Olivia Hilton to go behind the mic for my 2000th consecutive episode. Olivia asked questions about how guests are chosen, what kind of time goes into editing the show for air, and several other questions that I'm often asked about the show.

Rooted in Wellness: Social/Financial Wellness

Nov 6, 2023 / 31:34

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: Social Wellness and Financial Wellness. We met up at Flour & Water to talk about how we incorporate things into our lives to improve both of these wellness categories. We gave tips and tricks for getting out of the house, making new friends, and saving money.

Shenandoah Cup at The Yellow Barn at Shenandoah Caverns

Nov 7, 2023 / 25:42

Our conversation today for Tourism Tuesday with Kary Haun from Shenandoah County Tourism featured Vicki Ruckman, Secretary and Event Coordinator for the Shenandoah Valley Wine Trail, and Ashley Proctor, Director of Events and Group Sales for Shenandoah Caverns. Vicki gave us some background for The Shenandoah Cup and explained how the judging works and what attendees can expect at the event. Ashley told us about the many updates and renovations that have happened at The Yellow Barn in the last year and talked about the flexibility that all of their spaces offer for weddings, family gatherings, and corporate events.

WinReady: City of Winchester's Public Transit Upgrade

Nov 8, 2023 / 21:29

Our conversation today with Kit Redmer, Communications Director for the City of Winchester included Kenny Johnson, the city's Transportation Operations Manager to give details about WinReady, a microtransit system being rolled out this coming spring. WinReady is a new initiative that is expected to have a significant positive impact on public transit users, particularly students and families, across Winchester. The service will allow people to travel on-demand from point to point using an app or via phone reservations. The new system would be an overhaul of the current one and Kenny explained that it's especially suitable for the size of Winchester, with many trips expected to take only 10 or 15 minutes. The new system uses the same fleet of buses, covers the entire city of Winchester, and will run from 6am to 8pm on weekdays and 9am to 5pm on Saturdays. All public transit in Winchester is free to ride until July 1, 2024. Kenny told us about the changes coming to the existing bus routes when this new initiative rolls out - likely in March 2024 - and the decrease in wait times at bus stops due to the new "loop system." Kit emphasized the radical change this service represents and encouraged community members to provide feedback through a focus group on the city's website.

The Many Faces of Laurel Ridge Community College

Nov 9, 2023 / 27:34

Our conversation today with Guy Curtis, Director of Marketing for Laurel Ridge Community College welcomed Katherine Werner, a content and digital marketing specialist at Laurel Ridge Community College. Katherine shared her personal story as a transfer student from Laurel Ridge, emphasizing the pivotal role the college played in her academic and career success. The discussion highlighted the benefits of Laurel Ridge's transfer program, which provides a stepping stone for students who may not be ready for or able to afford a four-year college. We discussed the misconceptions and benefits of attending a community college, such as Laurel Ridge, and how it provides a cost-effective and quality education.

United Way NSV: Who Is ALICE?

Nov 10, 2023 / 27:10

The conversation today with Kaycee Childress, CEO, and Jennifer Hall, Sr. Director of Community Investment of United Way Northern Shenandoah Valley featured a discussion about the ALICE (Asset Limited. Income Constrained. Employed) report, with Jennifer providing details about its origins and scope. The three discussed the challenges faced by 'ALICE' families, who are typically low-income, working-class individuals often employed in service sector jobs. They emphasized that these families are frequently struggling to make ends meet due to wages not keeping up with the cost of living. Kaycee highlighted the role of these families in various industries, noting that they are often relying on multiple jobs without benefits to support their families. Janet and Jennifer also discussed the housing situation in the Shenandoah Valley, noting that many individuals seek help from the Valley Assistance Network (VAN) for housing-related issues. They aim to connect families with existing community resources to determine their eligibility since high rental costs can make some families ineligible for government programs.

Volunteer Opportunities at JustServe.org

Nov 13, 2023 / 29:28

Today's conversation took place in two parts in two different locations on Saturday morning. In the first segment, we spent some time with Melinda Topham from JustServe.org and a few of the youth volunteers from the Church of Jesus Christ of Latter-Day Saints who came to Winchester CCAP to help pack Thanksgiving boxes, sort diapers and be personal shoppers during CCAP's Saturday free food giveaway. In the second segment, Shannon Ganoë & Melinda Topham from JustServe.org were joined by Melinda's 17-year-old son Zachary, her daughter Heather, and Heather's friend, Nicole. We talked about the ease of using the JustServe app to find volunteer opportunities, the group gave examples of organizations that are looking for volunteers, and the "kids" told us about their experiences doing service projects.

Valley Assistance Network: ALICE Emergency Fund

Nov 14, 2023 / 30:56

We recorded today's conversation in Jennifer Hall's office (Sr. Director of Community Investment for United Way of Northern Shenandoah Valley) at Valley Assistance Network (VAN). Joining us to share a few stories about their clients and the situations they encounter was Yoli De Leon, Interim Manager at VAN. We talked a bit about the population that VAN serves - mainly ALICE (Asset Limited. Income Constrained. Employed) and the types of services they're able to provide through their network of partner agencies. Yoli told us about several of the clients she's currently helping and what that process looks like. Jennifer explained how the ALICE Emergency Fund works and shared several examples of ways they've been able to help people out of an unforeseen emergency to move them towards economic stability.

Winchester CCAP's Freedges & Other Area Food Pantries

Nov 15, 2023 / 20:43

Our conversation today began with Andrea Cosans, Director of Winchester CCAP to talk about her organization, specifically the three "freedges" that she has located in Winchester & Frederick County. She explained what they are, how they work, and the value & convenience they bring to those wishing to donate food as well as receive food in our area. She also talked of the great need for volunteers in a wide range of capacities. In the second segment, I ran through a list of food pantries across the Shenandoah Valley.

Community Health: Social Determinants

Nov 16, 2023 / 29:56

As part of our community health partnership with Valley Health, we talked today with Jason Craig, Director of Community Health for Valley Health. Jason explained what Community Health looks like and talked about the social determinants from housing and food insecurity to transportation issues that can affect a person's physical health. It was an eye-opening conversation that encouraged everyone listening to be more engaged in their community.

Virginia Cooperative Extension: Super Pantry Program, Food Preservation, & Community Gardens

Nov 17, 2023 / 26:53

Our conversation today covered several food-related topics as we chatted with several Virginia Cooperative Extension agents about their various programs. Karen gave details about the Super Pantry program. Hannah gave us some insight into the food and nutrition programs she offers and talked about the benefits of food preservation. Joanne talked about the positive impact gardening - no matter the size - can have on food insecurity. She encouraged anyone interested in starting a community garden to reach out to extension for advice.

Shop Small Saturday with the SBA: The Hideaway Cafe / Winchester Book Gallery

Nov 20, 2023 / 46:52

Our conversation today for a "Shop Small Saturday" edition of The Valley Today with Carl Knoblock, Virginia District Director of the Small Business Administration featured two small business owners. First, we talked with Victoria Kidd Armstrong, owner of The Hideaway Cafe about what shopping small means to her as a business owner and the power of community. In the second segment, we talked with Christine Patrick, owner of Winchester Book Gallery about what shopping small means to her as a business owner and how the community shapes the way she operates her business and the inventory she carries.

8th Annual Luray/Page Chamber Holiday Festival

Nov 21, 2023 / 21:20

Our conversation today with Gina Hilliard and Edison Emmons from Luray/Page Chamber of Commerce gave us all the details for their 8th Annual Holiday Festival. This is a FREE event for all to attend! We also talked about their Shop Small in Page County campaign.

Growing Your Business at Top of Virginia Regional Chamber Events

Nov 22, 2023 / 23:46

Our conversation for The Valley Business Today featured Cynthia Schneider, CEO of Top of Virginia Regional Chamber, to recap their recent Economic Summit and talk about several upcoming events.

Shop Small Saturday with the SBA: Clementine Vintage / The ButterCup

Nov 24, 2023 / 38:21

Our conversation today for part two of a "Shop Small Saturday" edition of The Valley Today with Carl Knoblock, Virginia District Director of the Small Business Administration featured two small business owners. First, we talked with Sue Haynes, owner of Clementine Vintage about what shopping small means to her as a business owner, and how it impacts our community. We talked a bit about the products she carries and how she discovers them. In the second segment, we talked with Cristi Coryell, owner of The ButterCup in Woodstock about what shopping small means to her as a business owner and the personal struggles and successes she's experienced.

Tips for the Local Real Estate Market & a Peek Behind the Scenes of OldTownist Magazine

Nov 27, 2023 / 25:13

Our conversation today with Misty Weaver was twofold. As a local real estate agent with the Dream Weaver Team, Misty gave us a few tips and some insight into the local market. In the second segment, we talked about her role as publisher of OldTownist magazine. We discussed the current state of the real estate market & Misty clarified common misconceptions about the market, including the impact of holidays, interest rates, and sales volume on prices. She explained that despite lower sales, prices were still rising due to high demand. She also dispelled the myth that clients only need a lawyer for legal paperwork and highlighted the valuable services real estate agents provide, such as property preparation and negotiation. We also learned about the Oldtownist magazine, a free, local publication focused on the Winchester/Frederick County market.

Winchester Winter Village in Old Town

Nov 28, 2023 / 26:03

Today's conversation for Tourism Tuesday with Justin Kerns from Winchester/Frederick County Convention & Visitor's Bureau also featured Andy Gail from Literacy Volunteers and Donnie McGhee from The Ivy Chest. The group gave many of the details for the Winchester Winter Village. The event will resemble a traditional European Christmas market with food and crafts vendors located throughout the Old Town Walking Mall. Many shops will be fully decked out for the holidays and offering specials for shoppers young and old.

FredCo EDA: Virginia Talent + Opportunity Program

Nov 29, 2023 / 27:52

Our conversation for The Valley Business Today with Shayla Rickard, Business Retention Manager for Frederick County Economic Development Authority featured Mary Sullivan. Mary is the Project Coordinator for the Valley Internship Experience Workgroup (VIEW) of Virginia Talent + Opportunity Program (VTOP). VTOP is a program aimed at connecting students with companies through internships - paid and unpaid. Mary explained that the program's goal is to help businesses access talent and retain graduates, while also providing students with work experience. Mary encouraged interested parties to visit the program's website where they can access free resources such as an employer readiness toolkit and online courses.

Blue Ridge Singers: On Christmas Night Concert Series

Nov 30, 2023 / 26:29

Our conversation today with Jeff Alban, Artistic Director and Steve Hommowun, First Tenor with Blue Ridge Singers gave us all the details for their upcoming Christmas concert Series - ***On Christmas Night***. We talked about what goes into creating the choirs sound, the audience experience, and the learning curves for each of the three venues. The concerts are free to attend, although a \$15 free will offering is appreciated.

United Way NSV: Just Neighbors

Dec 1, 2023 / 34:45

Our conversation for United Way Day featured United Way Northern Shenandoah Valley's CEO, Kaycee Childress and her guest, Tori Babbington. Tori is the managing attorney for rural programs with Just Neighbors. Just Neighbors is a nonprofit 501(c)(3) tax-exempt organization dedicated to serving and supporting the immigrant community of Washington, D.C., Maryland, and Virginia. Tori discussed her organization's mission to provide free legal representation to non-citizens earning under 200% of the federal poverty guidelines. She highlighted the complexities and lengthy process of the immigration system, often taking many months or years, particularly for temporary residents or undocumented individuals. We discussed the issue of veteran deportation and the challenges faced by deported veterans who have made significant contributions to the country.

Rooted in Wellness: Spiritual Wellness / Occupational Wellness

Dec 4, 2023 / 28:20

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. As the year (and campaign) is coming to a close, we recapped the last two of the wellness topics we've covered in-depth: Spiritual Wellness and Occupational Wellness. We met up at Flour & Water to talk about how we incorporate things into our lives to improve both of these wellness categories. We gave tips and tricks for separating our work life from home life, and talked about spiritual wellness outside of the religion perspective.

Shenandoah County Events in December

Dec 5, 2023 / 22:05

Our Tourism Tuesday conversation with Kary Haun from Shenandoah County Tourism gave us quite a list of things to do throughout Shenandoah County in the month of December.

Front Royal Chamber: Christmas Parade & Christmas Movies

Dec 6, 2023 / 25:30

Our conversation today for The Valley Business Today with Niki Foster from Front Royal/Warren County Chamber of Commerce gave us a recap of the Christmas Parade that happened last weekend as well as a look forward to some upcoming events.

Traffic Safety Thursday: Be Prepared for Winter Driving

Dec 7, 2023 / 26:06

Our conversation for Traffic Safety Thursday with Lt. Warren Gosnell from Frederick County Sheriff's Office covered several topics. He told us about a recent traffic situation that caused a several mile backup on I81 in BOTH directions and encouraged listeners to always be prepared for such situations. In particular, we talked about being ready for winter driving and what types of things you should keep in your vehicle for an emergency or a traffic backup. We also discussed traffic control situations and road etiquette.

FredCo Parks: Walking in a Winter Wonderland

Dec 8, 2023 / 21:41

Our conversation today with Jeremy Sanders (Marketing Manager) and Ashley Ferguson (Program Supervisor) from Frederick County Parks & Recreation gave details for Walking in a Winter Wonderland and several other events like their Holiday Scavenger Hunt Fun Run, upcoming trips, and the 2024 Someone Special Dance.

The Homestead Farm at Fruit Hill Orchard Christmas Market

Dec 11, 2023 / 19:52

Our conversation today with Katherine Solenberger from The Homestead Farm at Fruit Hill Orchard gave us a bit of family history that included how her property has evolved over the years. We talked about the Christmas Market that features fresh-cut Christmas trees, local artisan gifts, and fresh baked goods. Our conversation included discussion about their wedding venue and the value in their organic farming practices.

Celebrate the Magic of Old Town Winchester

Dec 12, 2023 / 22:42

Our conversation for Tourism Tuesday - Old Town Winchester edition - featured Jenny McDonald from the City of Winchester to talk about the importance of shopping small this holiday season and throughout the year. She told us how successful WINdependent Weekend was and gave several statistics about how shopping small has a positive impact on our local economy. Jenny also explained a few changes that are coming to how the Main Street Program is managed within the city's framework and told us about the new non-profit that's been formed to take over. We talked about what that might look like in 2024 and how it will allow for more collaborations, events, and resources for businesses in Old Town.

Luray/Page Chamber: Mend My Mobile

Dec 13, 2023 / 20:20

Our conversation for The Valley Business Today - Luray/Page County edition - with Edison Emmons from Luray/Page Chamber of Commerce included Jeremy Seal. Jeremy is the owner of Mend My Mobile. Jeremy explained the services he offers at his mobile (and tablet) repair shop and talked about the types of repairs such as screens, camera lenses, batteries, and charging ports - some which can be fixed in 2 hours or less.

Laurel Ridge Community College Data Center Technician Program

Dec 14, 2023 / 23:30

Our conversation today with Guy Curtis, Director of Marketing for Laurel Ridge Community College gave details about their Data Center Technician program offered at the Middletown campus. Samantha Brill, who serves as a Program Manager at Laurel Ridge Workforce Solutions and Raphael Caballero, an adjunct IT professor, joined us to talk about the program. We discussed the high demand for data center technicians and other IT-related jobs. Raphael explained how the program works and gave details about class structure. We talked about the availability of FastForward & G3 funding and the wide variety of jobs that are available at data centers in the Shenandoah Valley.

NSV Master Gardener Class of 2024

Dec 15, 2023 / 31:40

Our conversation for Extension Office Friday included Joanne Royaltey, Program Associate based in the Frederick County Extension Office. Our topic was the 2024 class for becoming a Master Gardener. Joining Joanne was Chris Jorgenson & Kate Reed. Both are Master Gardeners and will serve as program leads for the upcoming class alongside Joanne. The women gave details for what the class entails, who should apply, and talked about the various projects that can be done for volunteer hours.

Shenandoah 2045: (Ch.9) Emergency Services, Infrastructure & Technology (Ch. 11)

Transportation

Dec 18, 2023 / 28:39

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 walked us through Chapter Nine: Emergency Services, Infrastructure, & Technology, and Chapter Eleven: Transportation. He explained the goals that have been set for both chapters and gave some details about things they will consider by way of strategies and actions.

Tourism Tuesday Luray/Page County: TripForth

Dec 19, 2023 / 23:44

Our conversation for Tourism Tuesday - Luray/Page County edition - with Edison Emmons from Luray/Page County Chamber of Commerce featured Karin Crawford from TripForth, a vacation rental property management company. Karin explained how their services work and the wide range of properties they manage in a variety of ways. We talked about the different booking/marketing platforms available to those who choose to offer short term or long-term rentals. She told us about a few rules and regulations that some localities have implemented and encouraged listeners to reach out for a projection or to book your next trip/vacation at one of their properties.

The Valley Business Today: GNC Online Auctions

Dec 20, 2023 / 26:19

Our conversation for The Valley Business Today featured Scott Haines & Felicia Hart to talk about their business, GNC Online Auctions. We talked about the types of items they auction that range from furniture (new & antique), coins, sports cards, housewares, tools and much more. All of the items come from consignors who are looking to clean out their basements, their garages, or a spare bedroom.

Community Health: Valley Health MyChart / MyValleyHealth App

Dec 21, 2023 / 24:42

As part of our community health partnership with Valley Health, we talked today with Dr. Jeff Feit, Chief Population Health Officer / Chief Medical Information Officer for Valley Health along with Anna Kemp, a Marketing Manager for Valley Health. Dr. Feit and Anna discussed their recent implementation of Epic, a platform for electronic health records. The project involved hundreds of people and took 18 months to complete, going live on time and on budget. Anna explained that Epic includes a patient-accessible function, MyChart, which allows patients to track their health and records online. The benefits of the MyChart account were highlighted, including its ability to gather all health information in one place and the availability of proxy access. Anna also gave details for the MyValleyHealth mobile app, enabling easy login to your MyChart account, provider location finding, and appointment scheduling. Dr. Feit explained the "Care Everywhere" function, which allows for information transfer between various Epic systems. He also talked about "actionable findings" that can enhance patient care by synthesizing data points from a patient's chart and identify potential health issues.

United Way NSV: WATTS

Dec 22, 2023 / 30:06

Our conversation for United Way Day with United Way Northern Shenandoah Valley's CEO, Kaycee Childress, included Robyn Miller (Executive Director) and Cindee Steele (Communications & Community Outreach Coordinator) with WATTS (Winchester Area Temporary Transitional Shelter) to talk about their organization. We discussed a range of issues related to homelessness, including the challenges faced by homeless individuals, the importance of providing a support system and services, and the funding of these services. We also touched on the issue of housing affordability, particularly for the ALICE population, and the efforts of organizations to address these issues through fundraising and collaboration.

Streets and Alleys of Winchester, VA

Dec 26, 2023 / 30:35

Our conversation for Tourism Tuesday with Justin Kerns from Winchester/Frederick County Convention & Visitors Bureau featured Tim Youmans, Winchester's City Planner. Tim recently published a book: ***Streets and Alleys of Winchester, VA***. We talked about the 20+ years of research that went into the book and he told us several stories of how and why certain streets were named in the city. We discussed the history behind a few notable streets changing from Turnpike to Pike to Avenue and learned the origin of Cedar Creek Grade.

New Programs & Team Members at Top of Virginia Regional Chamber

Dec 27, 2023 / 29:19

Our conversation for The Valley Business Today with Cynthia Schneider, CEO at Top of Virginia Regional Chamber introduced us to two new team members. Joining us to talk about their new roles at the chamber were Jenny Stover, Director of Marketing & Communications and Kaleigh Fincham, Director of Programs & Events. The group gave details for several upcoming events including their Business Leadership Program and a new Arising Leadership Program which will focus on rising juniors & seniors in high school. Applications are currently open for both programs. We also discussed the Greater Good Awards which is also accepting nominations for a variety of categories.

Sleep in Heavenly Peace

Dec 28, 2023 / 22:55

Our conversation today with Tootie Rinker, Byron Brill, and Kathy Kanter gave details for a new non-profit getting started in our area, Sleep in Heavenly Peace. The group gave details for the organization, told of their history and leadership and explained why there is a need for it in our area. Sleep in Heavenly Peace is a group of volunteers dedicated to building, assembling and delivering top-notch bunk beds to children and families in need. Tootie pointed out that while we have many great charities that provide clothing, meals, and toys to families in need, none offer suitable beds and bedding to the kids in these families. They explained that volunteers are needed at all skill levels. They will offer a trained team of volunteers on hand to help you through the build process.

Concern Hotline

Dec 29, 2023 / 29:17

Our last conversation of the year featured Rusty Holland from Concern Hotline. He explained the history and purpose of Concern Hotline, a local philanthropic initiative established in 1968 to support those in crisis, particularly veterans returning from the Vietnam War. He highlighted the hotline's role in providing a platform for people to share their struggles and the importance of giving them trained listeners to help them through their challenges. Rusty emphasized the hotline's significance during the holiday season, a time when people often experience emotional distress. We discussed the emergence of the national lifeline number, 988, and the importance of educating people about its availability. Rusty highlighted the issue of isolation as a significant concern in behavioral health, a consequence of the pandemic, stressing that their role is not to advise but to offer support. We discussed the dynamics of family gatherings and how they can be a source of distraction from important issues. Rusty spoke metaphorically of the mask people often wear during the holidays and the emotional overload it can cause. He stressed the importance of not feeling alone and the help available. Rusty mentioned upcoming training programs and the transition towards 988 services.