

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

Colonial Kids Day at Burwell-Morgan Mill

Jul 1, 2022

Nathan Stalvey, Director of Clarke County Historical Association joined the conversation today to talk about a few upcoming events and give us a bit of a history lesson. Burwell-Morgan Mill, also known as the Millwood Mill, is a historic grist mill located at Millwood, Clarke County, Virginia. Nathan explained it's history and told us how it came to be in the possession of the Clarke County Historical Association. We discussed it's maintenance and upkeep as well as the grants that help with costs.

Shenandoah Valley Music Festival

Jul 5, 2022

We recorded today's conversation at the offices of the Shenandoah Valley Music Festival to chat with Director, Dennis Lynch. Dennis gave us a quick rundown of the musical acts that are booked for this year's summer concert series. We talked about the preparations that go into kicking off the music festival each year. Dennis reminded us of the experience concertgoers have when attending any of the performances.

Calling All Potential Teachers!

Jul 6, 2022

We were on the screen today with Niki Foster from Front Royal/Warren County Chamber of Commerce and her guests from Warren County Public Schools. Joining us for the conversation was Shane Goodwin, Human Resources Director and Hope Petty, Teacher Support Coordinator to talk about the dire need for new teachers across the region but specifically in Warren County. Shane explained the qualifications and how someone who's interested can receive tuition reimbursement and even reimbursement for taking the Praxis if they already have a bachelor's degree.

Traffic Safety Thursday: Motorcycles, Mopeds & ATV's

Jul 7, 2022

We were live in the studio for today's conversation with Lt. Warren Gosnell from Frederick County Sheriff's Office for our monthly "Traffic Safety Thursday" episode. Our conversation focused on common sense when operating motorcycles, mopeds, and ATV's. Lt. Gosnell talked about safety issues for all those types of vehicles. We talked about being reckless and the danger that creates for the driver as well as others on the roadways. He explained the various laws that apply to motorcycle riders and how those differ from mopeds and ATV's.

Strolling Strasburg: Strasburg Farmer's Market

Jul 8, 2022

We recorded today's show at Strasburg Town Square in the Market Pavilion to chat with Olivia Hilton, Director of Strategic Initiatives for the Town of Strasburg for our monthly Strolling Strasburg episode. Joining us was Ally Thomas, manager for Strasburg Farmer's Market. Ally gave us all the details about what goes into putting the market together each season from April to October.

Concern Hotline

Jul 11, 2022

We met up on the Zoom screen with Rusty Holland, Executive Director from Concern Hotline to talk about his organization. Concern Hotline is a free 24/7/365 anonymous information & referral, crisis intervention, and suicide prevention hotline serving the Northern Shenandoah Valley of Virginia. Rusty explained the current climate across the Shenandoah Valley as it relates to suicide deaths - in particular in Warren County - which is considered to be in an "outbreak." He talked about the differences between acute and chronic mental health issues which factor into suicidal thoughts and actions.

Old Town Winchester Events

Jul 12, 2022

Our conversation for Tourism Tuesday - Old Town Winchester edition - with Alex Flanigan, Main Street Program Manager for the City of Winchester was all about events and experiences in Old Town Winchester. We talked about what goes into putting together city-sponsored events and why it's important to cater to both residents and tourists alike. We talked about First Fridays, Old Town Spirit, and the joy children get from the Splash Pad that's now open for the season.

Economic Development in Rural Communities

Jul 13, 2022

Our conversation today is part of an ongoing partnership with the US Small Business Administration highlighting small businesses as well as offering advice and resources to small businesses. Our topic today was economic development in rural communities. We talked with John Fleming, Mid-Atlantic Regional Administrator for the US Small Business Administration and Alfreda Jarrett Reynolds, Director of Economic Development for Brunswick County, VA. John explained what the SBA is doing to support small businesses and economic development in rural communities. We talked about what constitutes a rural area and he told us how the SBA is providing more access to capital to rural communities through various loan programs. Alfreda gave us information about GO Virginia.

Laurel Ridge Community College Engineering Camps & Programs

Jul 14, 2022

Our conversation today with Guy Curtis, Director of Marketing for Laurel Ridge Community College featured engineering professors Liz Palffy and Alex Peebles. Alex & Liz gave details for their upcoming "Exploring Engineering with 3D Design & Robotics" camp that will happen at each campus. The camps are geared towards rising high school junior or seniors interested in pursuing an engineering degree. Liz walked us through the various programs available to students interested in engineering. She talked about their transfer programs, their technology programs, and the access to G3 funding. She also explained the various fields of engineering that exist aside from the actual degree. Guy gave us a few statistics about those careers including the high demand in our area.

Spotted Lanternfly Update & Quarantine Details

Jul 15, 2022

Our conversation for Extension Office Friday welcomed back Extension Agents Mark Sutphin & Joanne Royaltey from the Frederick County Extension Office. Mark & Joanne work out of the VCE-Frederick County office but also serve Clarke, Page, Shenandoah, and Warren Counties. Today we got an update on the Spotted Lanternfly invasion and talked about the expanded quarantine area. Mark & Joanne explained why the quarantine is in place and was expanded and let us know that reporting SLF on your property is no longer necessary. Joanne gave some do's and don'ts for "disposing" of the pest and examples for getting kids involved.

Old Town Winchester Guided Walking Tours

Jul 18, 2022

Our conversation today with Renee Bayliss, Creative Design & Visitor Services Manager for the Winchester/Frederick County Convention & Visitors Bureau was all about the guided walking tours of Old Town Winchester. Joining us for the chat was Mike Robinson, local author, historian, and tour guide. Renee gave us a quick history of how long the tours have been happening and told us of a few others hosted by local organizations across the city and county. Mike walked us through (pun intended) how the tours work, the route they take and how much he enjoys the interactions with those on the tour. He gave us a few snippets of Winchester history and explained how it's always been his passion

Tourism Tuesday: Brookside Cabins

Jul 19, 2022

Our conversation for Tourism Tuesday - Luray/Page County edition - with Edison Emmons from Luray/Page County Chamber of Commerce featured guest Kristina Abbatiello, Hospitality Manager at Brookside Cabins. Kristina gave us some history of Brookside Cabins and talked about the types of guests they typically see. She gave us a description of the nine different cabins they offer, and we talked about a few items on the restaurant menu.

Building an Entrepreneurial Ecosystem

Jul 20, 2022

Our conversation for The Valley Business Today welcomed back Shenandoah Community Capital Fund to talk about their newest cohort and how they're making changes to their organization to serve more entrepreneurs/small business in more ways. Joining me for the conversation was Ryan Hall & Katie Overfield-Zook. Ryan gave us a quick overview of the organization and talked about a few of the changes they're making which include his job duties. SCCF is 501(c)3 nonprofit entrepreneurial support organization serving the entire Shenandoah Valley. Katie gave details for their latest S2V cohort currently accepting applications. She explained the application process, what types of industries are eligible for this round and talked about all the benefits of participation in the virtual program.

Community Health: Strokes and Aneurysms

Jul 21, 2022

Our conversation today gave information about detecting, responding and treating strokes and aneurysms. It is part of our community health partnership with Valley Health where we talk each month with administrators, physicians, and other Valley Health staff about health topics, events, and the community. Joining me today was Dr. Habibullah Ziayee, a fellowship-trained interventional neurologist with advanced expertise in the minimally invasive treatment of acute ischemic stroke and brain aneurysm. Dr. Ziayee first explained the additional experience & insight that comes with being fellowship-trained. He also walked us through the field of neurology and what role an interventional neurologist plays. We then discussed his work with strokes & brain aneurysms. We talked about the critical importance of reacting quickly to a potential stroke and the acronym BE FAST. He explained the different types of treatment and how far both surgery and imaging have come to increase the likelihood of full recoveries for stroke patients.

United Way NSV: Dental Clinic of Northern Shenandoah Valley

Jul 22, 2022

Our conversation for United Way Day featured CEO of United Way Northern Shenandoah Valley, Kaycee Childress and her guest, Dr. Tom Gromling from Dental Clinic of Northern Shenandoah Valley. Dr. Gromling gave us some history of the organization and talked about the population they serve. Their mission is to provide basic dental care for patients of all ages who normally don't have access to dentistry. They partner with local dentists who volunteer their time and work with other dental practices to offer low/no-cost services they are unable to provide at the clinic. We discussed the obstacles that keep many of the underserved population from seeing a dentist and how the clinic collaborates with other community partners.

Shenandoah 2045: The Role of the Shenandoah River

Jul 25, 2022

Our conversation with Tyler Hinkle, Shenandoah County's Planner is part of an ongoing series following the work on Shenandoah 2045 - Shenandoah County's comprehensive plan. Joining us to talk about the role of the Shenandoah River was Dave Brotman, Executive Director of The Friends of the Nork Fork of the Shenandoah River. Dave explained the mission of the organization and talked about projects they're currently undertaking. We talked about how the river impacts land use, water resources, and recreational activities. We discussed our "watershed address" and talked about the various types of pollution that create issues.

Tourism Tuesday: The Monument

Jul 26, 2022

We recorded today's conversation at The Monument on the Old Town Walking Mall in downtown Winchester with Justin Kerns from Winchester/Frederick County Convention & Visitors Bureau. Joining us was Justin Tenpenny (Director of Operations) and Chryssi Elfstrom (Events Manager) from The Monument. We learned the history of how the event venue came to be located at 186 N. Loudoun Street and the plans for growing the entertainment campus that also encompasses Ellie's Irish Pub. Chryssi gave us a quick rundown of some upcoming performances and told us how we can book the space for a variety of private events. We also discussed the importance they place on being involved in the community through collaborations with local nonprofit organizations.

The Valley Business Today: YES Conference

Jul 27, 2022

Our conversation for The Valley Business Today with Cynthia Schneider, CEO at Top of Virginia Regional Chamber featured Samantha Barber, Founder & President of Reaching Out Now. Sam gave us all the details for their upcoming YES Conference (Youth Empowered for Success.) Reaching Out Now is partnering with Shenandoah University to provide students (10-12th grade) with a series of presentations and interactive panels around wellness, networking, and leadership skills.

Laurel Ridge Community College Drone Day

Jul 28, 2022

We traveled to Laurel Ridge Community College for a conversation with Melissa Stange, Professor of Computer Science to get details for Drone Day happening on the Middletown campus. The event will include live demonstrations from agencies such as Virginia Department of Aviation, Virginia Space Grant Consortium, Skydio, and more. We talked about all the uses that drones have these days and the impact they can have for all types of businesses.

National Night Out in Strasburg/Middletown/Stephens City

Jul 29, 2022

We did a bit of traveling for today's conversation. We started at the Strasburg Visitor's Center to chat with Olivia Hilton, Director of Strategic Initiatives for the town of Strasburg and Strasburg Police Chief, Wayne Sager. The pair gave me all the details for Strasburg's National Night Out event. Chief Sager talked about community policing and the important role it plays in his department's day-to-day interactions with the public. In the second segment, I traveled over to Laurel Ridge Community College to talk with Laurel Ridge Police Chief Bruce Coor, Stephens City Police Chief Bill Copp, and Sgt. Thomas from Middletown Police Department about their National Night Out event.

Nana's Blue Greenhouse

Aug 1, 2022

Our conversation for today's show took place on Saturday at the Strasburg Farmer's Market. Joining me to talk about their growing business was Rachel Butler & Janel Louk, owners of Nana's Blue Greenhouse. The pair explained how they came to be business partners and talked about their love of flowers and how it all started with a blue greenhouse.

Tourism Tuesday Shenandoah County

Aug 2, 2022

Kary Haun from Shenandoah County Tourism joined me for a conversation today at Woodstock Garden Cafe. She gave me a quick overview of the Route 11 Yard Crawl and talked about how to be a vendor as well as the Traipse app component that's been added this year. Kary also talked about the "Five Things Friday" posts that she's been making to celebrate Shenandoah County's 250th.

The Valley Business Today: Kell's Belles

Aug 3, 2022

Our conversation for The Valley Business Today - Front Royal/Warren County edition - with Niki Foster from Front Royal/Warren County Chamber of Commerce took place at Kell's Belles on Main Street in downtown Front Royal. Joining us for the chat was Kelly Wahl, owner of Kell's Belles. She told us how this business came to fruition and gave us details on the types of clothing, shoes & accessories she sells in the shop.

Traffic Safety Thursday: School Buses, School Zones & Student Drivers

Aug 4, 2022

We were live in the studio for our Traffic Safety Thursday conversation with Lt. Warren Gosnell from the Frederick County Sheriff's Office. Our topic today was Back to School safety. We discussed school bus safety including when you should stop (almost always) and being alert when children are present. Lt. Gosnell explained the laws regarding school bus stops on roads & highways that do and do not have a median. We also talked about school zones being active in the coming weeks and why it's important to slow down when approaching them. Finally, we discussed student drivers both in marked vehicles and those newly licensed. Patience in both instances is always appreciated.

FredCo Parks & Rec: Summer/Fall Programs & Events

Aug 5, 2022

Tony Baker, Director of Marketing for Frederick County Parks & Recreation joined me for a chat along with Allie Bodenschatz, a summer marketing intern. Tony gave us details for basicREC. The basicREC program is available to all Frederick County Elementary School aged children and provides participants with recreational opportunities before and after school. This year, FCPRD is bringing back middleREC for middle school students at Admiral Byrd and James Wood Middle School.

Sustainability Matters: Making Trash Bloom & Mowing for Monarchs

Aug 8, 2022

Our conversation today with Sari Carp & Hannah Bement from Sustainability Matters gave us an update on their Making Trash Bloom pilot project. We also learned details about Mowing for Monarchs as well as how the community can be more involved in the organization from volunteering and/or becoming a member to joining their board or their staff. Hannah clarified the recent news about monarchs being endangered and the pair explained the importance of native plants and pollinator gardens. They also told us the difference between a butterfly bush (not good for butterflies) and butterfly week milkweed (excellent for butterflies.)

Old Town Winchester: Fiddles & Fifths Festival

Aug 9, 2022

Our conversation for Tourism Tuesday with Alex Flanigan, Main Street Program Manager for Old Town Winchester gave us all the details for the Fiddles & Fifths Festival.

The Valley Business Today: LD&B Insurance

Aug 10, 2022

Our conversation for The Valley Business Today featured Edison Emmons from Luray/Page County Chamber of Commerce and his guest, Danielle Painter from LD&B Insurance. Danielle gave us information about Medicare plans and things to consider when making your choice. We talked about all the different factors that go into that decision as well as when you're choosing personal health insurance, car insurance, etc. She explained LD&B's philosophy of customers first and talked about how their involvement in the community is an extension of that.

Looking Ahead Together: 2022 and Beyond

Aug 11, 2022

Our conversation today with Guy Curtis, Director of Marketing for Laurel Ridge Community College featured Jelise Ballon from Laurel Ridge Community College Workforce Solutions. Jelise gave us the details for their upcoming webinar, Looking Ahead Together: 2022 and Beyond. The webinar will release data collected post-COVID about what issues small businesses now face. She gave us some insight into what the data shows regarding workforce issues as well as how doing business has changed.

Strolling Strasburg: Alforno's Italian Cuisine

Aug 12, 2022

Olivia Hilton, Director of Strategic Initiatives for the Town of Strasburg & I strolled to Alforno's Italian Cuisine for a conversation with the new owner, Brandon. He told us how he came to be the owner of Alforno's and gave us a quick rundown of items on his menu. We talked about dough-making, marinara simmering, and the high priority he places on the customer experience. For the second half of the conversation, Olivia gave me details for several events coming up in the next few weeks.

Municipal Monday: Frederick County Administrator

Aug 15, 2022

Our conversation for Municipal Monday featured Frederick County Administrator, Mike Bollhoefer. Mike took over as Administrator in November 2021 after serving for many years as the City Manager in Winter Garden, FL. We talked about the differences between the two localities and the adjustments he's made since relocating. He also gave us a quick rundown of several road projects and talked about the broadband expansion coming to Frederick County.

Tourism Tuesday: Shenandoah River State Park

Aug 16, 2022

Our conversation for Tourism Tuesday with Edison Emmons from Luray/Page County Chamber of Commerce featured Davey Allen, a park interpreter at Shenandoah River State Park. Davey gave us a quick overview of the park and all the amenities it offers. We talked about the overnight accommodations, fishing opportunities, and the ways visitors can spend time on the water. We learned the details for a few upcoming events and talked about enjoying all the nature the park has to offer.

Richard's Fruit Market: Farming & Festivals

Aug 17, 2022

We took a trip over to Richard's Fruit Market to chat with Eddie Richard & his daughter, Kayla Richard Lawrence about the fruit stand, farming, and some upcoming festivals. We chatted with Eddie about the farming business and all the uncontrollable factors that go into producing his peach and apple crops each year. We talked about raising livestock and the importance of knowing where your food comes from. Kayla told us about her effort to make the market a "local only" spot for visitors to purchase artisan items, food stuffs from other local farmers, as well as local wine, beer & cider. She also gave us details for their upcoming Peach Festival.

Community Health: National Breastfeeding Awareness Month

Aug 18, 2022

August is National Breastfeeding Awareness month so our conversation today gave us great information about the ins and outs of breastfeeding. It is part of our community health partnership with Valley Health where we talk each month with administrators, physicians, and other Valley Health staff about health topics, events, and the community. Two lactation consultants from Winchester Medical Center joined me today: Tammy Alkire, RNC, IBCLC and Anna Stewart, NP, IBCLC (in training.) We discussed: Prenatal education and breastfeeding preparation prior to delivery; tools for getting off to a good start with breastfeeding; and, the importance of mother's follow-up with a primary care provider to ensure good health and birth recovery. We also discussed all health benefits for mom and baby that breastfeeding offers as well as ancillary benefits that some moms (and particularly employers) might not realize. We also talked about situations where medications may have an impact on the breastfeeding process. Finally, Anna discussed the "fourth trimester" and how it's changing how parents and doctors look at pregnancies, their long-term treatment and planning.

United Way NSV: Response Inc.

Aug 19, 2022

Our conversation for "United Way Day" featured Jenna DeHaven, Director of Advancement for United Way of Northern Shenandoah Valley and Beth Ogle, Executive Director of Response, a partner agency at UWNSV. Response is a Shenandoah County community organization dedicated to preventing and helping people overcome the problems of sexual and domestic violence and other forms of abuse through outreach, advocacy, education, and supportive services. Beth explained all the different services offered by Response to those in the community - including men - and gave us details for several upcoming fundraisers and event.

Labor Day Weekend STAYcation with Concern Hotline Fish Fry & SABF BBQ & Brews

Aug 22, 2022

We met up with Rusty Holland, Executive Director of Concern Hotline and Brad Veach, Executive Director of Shenandoah Apple Blossom Festival at Brad's office to learn the details about their upcoming event collaboration happening Labor Day weekend. The pair explained how and why this partnership was formed and discussed all the benefits of teaming up going into their second year working together.

Tourism Tuesday: Celebrating Patsy Cline

Aug 23, 2022

Our Tourism Tuesday conversation with Justin Kerns from Winchester/Frederick County Convention & Visitors Bureau featured Karen Helm, board member for Celebrating Patsy Cline. Karen gave us some history about her organization and talked about the impact Patsy Cline has had on our area. She talked about the historic Patsy Cline house and the large number of visitors it receives each year for tours.

Top of Virginia Regional Chamber Valor Awards

Aug 24, 2022

Our conversation for The Valley Business Today with Top of Virginia Regional Chamber gave us all the details for their upcoming Valor Awards. Joining me to talk about the event was Scott Harvard, CEO of First Bank (the title sponsor) & Executive Chair of the chamber board and Vanessa McAllister, Director of Programs & Events for the chamber. We talked about the importance of awards like this, the move back to a venue for this year's event, and why sponsorships for this particular event are a little different for businesses.

Shenandoah County 4-H/FFA Livestock Show & Sale

Aug 25, 2022

Our conversation today with Carol Nansel, a Shenandoah County extension agent focusing on 4-H youth development was all about the 2022 Shenandoah County 4H/FFA Livestock Show & Sale. Joining us to talk about the show and sale was Lindsey Rigby and Chad Biby. We discussed their past experiences showing at the fair and talked about what they're showing this year. Lindsey told us about the large number of new exhibitors this year and explained the workshops they've offered to encourage new participants. Chad talked about all the positives surrounding purchasing a beef (or other market animal) from the show and sale. He suggested "going in" with a friend or family member to make it an economical endeavor.

WoodsTACO Street Festival

Aug 26, 2022

Today's conversation with Katie Mercer, Director of Events & Marketing for the town of Woodstock gave us all the details for their WoodsTACO Street Festival. The FREE event will feature live music by JunkFood as well as a beer & wine garden hosted by Woodstock Rotary. There will be games and lots of tacos to enjoy.

Shenandoah 2045: Planning for the Region

Aug 29, 2022

Our conversation with Tyler Hinkle, Shenandoah County's Planner is part of an ongoing series following the work on Shenandoah 2045 - Shenandoah County's comprehensive plan. Joining us to talk about the role of the Northern Shenandoah Valley Regional Commission was Amanda Kerns. Amanda also serves as the planner for Toms Brook. She gave us an overview of the NSVRC and told us about a few local and regional projects they're working on. We talked about her role as the planner for Toms Brook and how she works with not only the county but surrounding localities as well. Tyler explained the importance of engagement AND involvement and told us what to expect in the coming months.

Watermelon Pickers' Fest

Aug 30, 2022

Our Tourism Tuesday conversation today with Dave Van Devender from Shepherd's Ford Productions gave us all the details for the 18th Annual Watermelon Pickers' Fest. Watermelon Pickers Fest is a family-friendly music festival created by Shepherds Ford Productions that is located just outside of Berryville, VA. Festivities include Concerts, Dances, Workshops, Band & Pickin' Contests, Kid's Activities, Open Jams, Food & Craft Vendors, and more!

Live Love Shenandoah

Aug 31, 2022

Our conversation for The Valley Business Today featured Patrick Barker, Executive Director of the Frederick County EDA and Jenna French, Director of Economic Development & Tourism for Shenandoah County to talk about Live Love Shenandoah. The program focuses on empowering employers/employees and raising awareness for both locals and those looking to relocate to the area for jobs. Information about the region's workforce, recreation, and commuting calculators can be found on the website. Patrick & Jenna explained why the program is needed and how the data collection was done. We talked about the multi-pronged approach of educating local kids in middle/high schools about the job opportunities in the region as well as attracting those from outside the area to relocate to the Shenandoah Valley.

Traffic Safety Thursday: Enforcement

Sep 1, 2022

We were live in the studio for today's Traffic Safety Thursday with Lt. Warren Gosnell from the Frederick County Sheriff's Office. Our topic was enforcement. Lt. Gosnell explained the two priorities for enforcement: safety & compliance. Enforcement typically falls into three categories: proactive, reactive, and preventative. He gave examples of all three and talked about how checkpoints fit into their enforcement efforts. He also gave us numbers for stops and infractions at recent checkpoints.

Strolling Strasburg: Strasburg Pharmacy & Harvest Festival

Sep 2, 2022

We recorded our Strolling Strasburg conversation with Olivia Hilton, Director of Strategic Initiatives for the town of Strasburg at the Strasburg Visitors Center. In the first segment, we talked with Naresh Boini, owner & pharmacist at Strasburg Pharmacy. He told us why he chose Strasburg to open his independent pharmacy and explained how important they are to small communities. We talked about the different services he offers such as prescription delivery, flu shots, COVID vaccines, and more. In the second segment, Sam Haines joined us to talk about Melted Dreams Cafe - a food truck that offers a huge menu of items from grilled cheese to ice cream & smoothies.

Shenandoah County's 250th Commemoration Festival

Sep 6, 2022

Our Shenandoah County Tourism Tuesday conversation kicked off with Barbara Adamson & Kary Haun giving all the details for Shenandoah County 250th Festival. Visitors will enjoy the early 1800s farmhouse, Loom House Museum, springhouse, historic exhibits and demonstrations, local preservation organizations, cultural exhibits, craft vendors, historic military encampments, music, a variety of food trucks and serving Dunmore's Old Style Ale a collaboration thanks to Box Office Brewery, Woodstock Brew House and Swover Creek Farms and Brewery!

Shenandoah Valley Axe Throwing Company

Sep 7, 2022

We recorded the first segment of today's conversation for The Valley Business Today with Niki Foster from Front Royal/Warren County Chamber of Commerce at Shenandoah Valley Axe Throwing Company. Holly Leach gave us the history of their family-run business and talked about their recent move to a new location at 20 South Street in Front Royal. Holly explained how axe throwing works, the safety precautions they take and the family-friendly environment they offer. We talked about their menu and got the details for their grand opening. In the second segment, Niki gave us details for the Civic Pride Workshop.

Student Life & Engagement at Laurel Ridge Community College

Sep 8, 2022

Our conversation today with Guy Curtis from Laurel Ridge Community College included Chris Lambert, Student Life & Engagement Coordinator for the college. Chris explained the value of student activities and clubs as part of the overall college experience. He talked about how they made changes to keep students engaged during the pandemic. We discussed the misconception that community colleges don't often offer extracurricular activities like a traditional university might. Chris gave us a quick overview of some of the clubs, explained what's required for a student to start a new club, and previewed some new initiatives.

Shenandoah Valley Apple Harvest Festival

Sep 9, 2022

Our conversation today with Tootie Rinker from Rotary Club of Winchester gave us all the details for the Shenandoah Valley Apple Harvest Festival.

Inside Bright Box Theater

Sep 12, 2022

We recorded today's conversation on location at Bright Box Theater on the Old Town Walking Mall in Downtown Winchester with General Manager, Nick Helmut, and Chief Strategy Officer, Matt Martz. The pair gave a history of the building and the business. They explained all the different types of entertainment that can be hosted in the space as well as weddings, parties, dinners, and corporate events. We talked about the different performances they've offered and learned about some great upcoming shows. In the second segment, we learned about the newly formed Bright Box Foundation. Creating this non-profit will allow the organization to broaden its community reach and impact as well as ensure its longevity for many years to come. Matt explained why this was an important move for them and how it's always been bubbling under the surface.

Bonnie Blue Southern Market & Bakery

Sep 13, 2022

Andy Gail from Literacy Volunteers Winchester Area talked about their upcoming event, Oktoberfest. Joining us for the conversation was Brian Pellatt, chef and owner at Bonnie Blue Southern Market & Bakery. Brian explained his history as a chef and how that journey brought him to Winchester to open the restaurant with three friends. We talked about his menu items and the high priority he places on being involved in the community and giving back. Andy gave us an update on new classes starting at LVWA, told us about the expansion of Dolly Parton's Imagination Library.

Hometown Hustle TV

Sep 14, 2022

Our conversation today is part of an ongoing partnership with the US Small Business Administration highlighting small businesses as well as offering advice and resources to small businesses. We talked with Martin Short, Lead Economic Development Specialist & Public Information Officer at the Virginia-Richmond District Office for the US Small Business Administration and Natalie Hodge from Hometown Hustle. Hometown Hustle is a video/TV series that highlights small businesses in rural counties across Virginia. Natalie explained her background in television and how the concept came to fruition. She just finished shooting season two and gave some insight into what we can expect when it's released in October. Martin told us about National Small Business Week Awards and encouraged small business owners to nominate their business

Community Health: Peripheral Artery Disease

Sep 15, 2022

September is Peripheral Artery Disease (PAD) Awareness month so our conversation today gave us great information about the unfortunate consequences of ignoring PAD symptoms, especially if diabetic. It is part of our community health partnership with Valley Health where we talk each month with administrators, physicians, and other Valley Health staff about health topics, events, and the community. Joining me today: Ayorinde Akinrinlola, MD, Valley Health Vascular Surgeons and medical director of the Peripheral Vascular Disease Clinical Council at WMC; and Eric McBride, NP, wound care/limb preservation specialist and clinical manager, Center for Advanced Wound Care & Hyperbaric Medicine on WMC campus. Dr. A. and Eric answered several questions about Peripheral Artery Disease – what it is, how to know you've got it, treatment options, and most importantly how you can prevent it.

Money Questions Answered

Sep 16, 2022

We welcomed back Karen Poff to the show today. Karen manages the Northern Shenandoah Valley Financial Education Program through Virginia Cooperative Extension. The goal of the program is to help people manage money more effectively. They offer workshops, series classes, speakers for groups, and individual consultations about personal finances, budgeting, credit, banking, insurance, recordkeeping, getting out of debt, identity theft, planning for retirement, and other topics that can help you secure a healthy financial future. These programs are funded through tax dollars and in most cases there is no fee to the participant. We tackled six of the most popular questions that are asked during the Managing Your Money Series that Karen offers several times a year.

Just Serve: Community Connect & Serve

Sep 19, 2022

Our conversation today with Shannon Atkinson-Ganoë & Melinda Topham from JustServe.org gave us all the details for their upcoming event, Community Connect & Serve. JustServe.org is a website where the volunteer needs of organizations may be posted and volunteers may search for places to serve in the community, providing opportunities to help those in need and enhance the quality of life in the community. The women explained how people and nonprofits/community groups can sign up to volunteer or post their volunteer needs on the website as well as their app.

Tourism Tuesday: Wisteria Farm & Vineyard

Sep 20, 2022

I took a trip to Wisteria Farm & Vineyard in Stanley, VA, to record today's conversation with Edison Emmons from Luray/Page Chamber of Commerce and Cassandra Wallace, owner of Wisteria Farm & Vineyard. Cassandra explained how she & her husband came to be owners of the farm and vineyard. We talked about their animals, their wine, and their experiences as they navigate the first year of it all.

Beats on the Bend Concert

Sep 21, 2022

Joan Chapman from Seven Bends State Park joined me for a conversation today about an upcoming concert hosted at the park. The event will feature The Rogue Farmers who will perform a mix of Gypsy Americana & Alternative Bluegrass music. The backbone of "The Rogue Farmers" is inspired by traditional mountain music approached with a contemporary drive giving a simple and familiar "front porch" feel, while at the same time crossing musical barriers.

Shenandoah Valley Discovery Museum BUILDS New Exhibit

Sep 22, 2022

Our conversation today was all about FUN! In the first segment, I chatted with Tammy Stevenson, Director of Development & Marketing for the Shenandoah Valley Discovery Museum, about unveiling their full-floor exhibit, BUILD! She gave me the inside scoop on logistics and explained how a BUILD of this magnitude doesn't happen in a vacuum. This was the first new full-floor exhibit since moving into their current location in 2014. She talked about local sponsors, supporters, and the staff that all came together over a few days to make it work. In the second segment, Dawn Devine, Executive Director for the organization joined us to talk about the Farm to Fork Gala.

United Way NSV: Blue Ridge Housing Network

Sep 23, 2022

It was United Way Day on the show today with Jenna DeHaven, Director of Advancement for United Way of Northern Shenandoah Valley and her guest, Lori Noakes, Executive Director for Blue Ridge Housing Network. The Blue Ridge Housing Network is a HUD-Approved Housing Counseling Agency that provides households with one-on-one support as well as free classes to navigate housing and financial decisions. Lori gave us an overview of the services they offer to Clarke, Page, Shenandoah, Warren Counties and the City of Winchester.

Shenandoah 2045: Town of Edinburg

Sep 26, 2022

I took a quick trip to Shenandoah County for today's conversation with Tyler Hinkle, Shenandoah County's Planner and Dan Harshman, Mayor of Edinburg about Shenandoah 2045 - Shenandoah County's comprehensive planning process. Dan gave me some background on Edinburg and talked about his path to being mayor. We talked about the struggles small towns sometimes face regarding water issues and how that plays into the county's larger role.

Tourism Tuesday: Ravenwood Faire

Sep 27, 2022

Our (Winchester/Frederick County) Tourism Tuesday conversation with Justin Kerns featured Jill Edlich from Ravenwood Faire - a Medieval Faire - happening over the course of three days at Frederick County Fairgrounds. Jill gave us some background for Ravenwood Foundation and told us how Ravenwood Faire was created as a fundraiser to support it's mission. She talked about her goal of finding a permanent home not just for the festival, but to offer year-round activities.

Top of Virginia Regional Chamber Upcoming Events

Sep 28, 2022

Our conversation today with Kory Campbell, Director of Marketing & Communications for the Top of Virginia Regional Chamber gave us all the dates, times & details for several upcoming events hosted by the chamber as well as events they've partnered with other organizations.

Stephens City Out of the Darkness Community Walk

Sep 29, 2022

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 as well as a volunteer board member for the Virginia chapter of the American Foundation for Suicide Prevention. She gave us details about the walk that kicks off with an opening ceremony at Sherando High School's football field and continues into Sherando Park. We talked about the significance of the honor beads, the camaraderie that happens at the event and she told me about all the resource partners who will be on hand to offer valuable information.

United Way NSV Merging Communities

Sep 30, 2022

Today's conversation with Kaycee Childress, CEO for United Way of Northern Shenandoah Valley was a news-breaker. Joining us to chat was Heather Clatterbuck, President of United Way Front Royal/Warren County and Amanda Kindall, board member of UW FR/WC. Heather announced that effective Saturday, October 1, 2022, United Way Front Royal/Warren County will merge into United Way of Northern Shenandoah Valley. We discussed the struggles UWFRWC has faced in the last several years finding staff, inconsistent board involvement, and overwhelming community needs. This merger will solve many of those issues. In addition, a myriad of new services and opportunities will be available to nonprofits, thereby community members throughout Front Royal/Warren County.