

**PROGRAMS LIST**  
**WFTR-AM/WZRV-FM**  
**FRONT ROYAL, VIRGINIA**  
**The Valley Today**  
**ALL SHOWS HOSTED BY JANET MICHAEL**  
**Weekdays 12pm – 12:30pm**  
**January 1, 2024 – March 31, 2024**

**Bright Futures Community Food Pack**

29 Mar 2024 / 27:50

Elise Stine Dolinar from Bright Futures gives details about the organization's mission to help school-age children in the community by providing them with basic needs like food, clothing, and hygiene items.

**Community Health: Colorectal Cancer Awareness Month**

28 Mar 2024 / 24:16

Dr. Devin Flaherty, Director of Surgical Oncology for Valley Health talks about colon cancer and the importance of awareness and prevention strategies.

**Top of Virginia Regional Chamber Greater Good Award Winners**

27 Mar 2024 / 29:34

Cynthia Schneider, CEO of Top of Virginia Regional Chamber, and Bob Claytor from HN Funkhouser talk about being recognized with a Lifetime Community Impact Award. He shares advice for residents and business owners to engage with the community through organizations like the Chamber of Commerce and nonprofits. We also talk with Logan Thompson from Carmeuse Lime & Stone, named Large Business of the Year. Logan talks about the history of the company, their product range including lime, limestone, and ground limestone, community engagement, and the challenges they face. He also touches upon CTE education and its impact on individuals' lives.

**Tourism Tuesday: Back to the Media**

26 Mar 2024 / 31:08

Our conversation for Tourism Tuesday with Justin Kerns from Winchester/Frederick County Convention & Visitors Bureau features Mark & Dani Canoles. They are the owners of Back to the Media, a video game/vinyl record store located on the Old Town Walking Mall in Downtown Winchester. They highlight Back to the Media's diverse inventory, including retro video games, vinyl records, comic books, and more. We learn details about their newly planned retro arcade space, expected to open in late April/early May, aimed at creating that nostalgic experience for visitors

### **Shenandoah 2045: Reviewing the Report**

25 Mar 2024 / 33:31

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 planning process. Tyler walked us through the recently released report that gives an overview of what's included in the plan.

### **The George Washington Hotel Celebrates 100 Years**

22 Mar 2024 / 20:38

Our conversation today with Suzi Smith, General Manager for the George Washington Wyndham Grand Hotel includes a bit about the hotel's history and details about their "Century of Harmony" concert series to celebrate 100 years of the GW in Old Town Winchester. Suzi talks about the renovations and their event spaces which are ideal for weddings and corporate events. We discuss the dining options and upcoming centennial celebrations.

### **Ciao Italy!**

21 Mar 2024 / 19:20

Our conversation for Tourism Tuesday - Luray/Page County edition - with Gina Hilliard from Luray/Page County Chamber of Commerce gave lots of details about a chamber-sponsored trip to Italy happening in October of this year.

### **Small Business Administration: Winchester Brew Works**

20 Mar 2024 / 29:39

Our conversation today is part of an ongoing partnership with the US Small Business Administration highlighting small businesses in the Shenandoah Valley as well as offering advice and resources to all small businesses. My co-host for this monthly series is Carl Knoblock, Virginia District Director for the SBA. We met at Winchester Brew Works to talk with Holly Redding, one of the co-founders of the brewery about their entrepreneurial journey. Holly tells of about the brewery's origin, challenges, and the community's involvement.

### **Upcoming Events in Luray**

19 Mar 2024 / 20:48

Our conversation for Tourism Tuesday - Luray/Page County edition - with Edison Emmons from Luray/Page County Chamber of Commerce also includes Megan Pettit, Events & Marketing Coordinator for the Town of Luray. Megan gives details for various events including the Trout Derby, Movies on Main, Concerts on Main, and the 4th of July celebration.

### **Love to Nic**

18 Mar 2024 / 23:27

Our conversation today with Holly Roberts, founder of the nonprofit 'Love to Nic' gives us the history and background of her organization. Holly shares the heartfelt story behind the nonprofit, dedicated to helping the homeless by providing shoes and other essentials in memory of her son, Nic. She talks about the inspiration behind the nonprofit, their focus on shoes, meals, partnerships with other organizations, volunteer opportunities, and the impact they have made in the community.

### **Extension Office Friday: Meet Emily! Warren County 4H**

15 Mar 2024 / 21:15

Extension Office Friday features Karen Poff, Senior Extension Agent, Family & Consumer Science, Virginia Cooperative Extension office. Joining Karen was Emily Schultz. Emily manages the 4H program for Warren County. We talked about Emily's background & experiences in 4H. She also gave details for upcoming events like 4H Camp, the different clubs within 4H, and explained ways to get involved.

### **Art Programs & Events at Laurel Ridge Community College**

14 Mar 2024 / 24:41

Our conversation today with Guy Curtis from Laurel Ridge Community College included Monica James, Professor of Art & Program Lead to talk about the art programs at Laurel Ridge as well as a few art-related events that are happening in the coming weeks. We discuss the vibrant arts program at the college, emphasizing the diverse career opportunities in the art field beyond traditional painting.

### **The Valley Business Today: Summit Events**

13 Mar 2024 / 26:07

Our conversation for The Valley Business Today features Ben Savory from Summit Events, who was recently named Top of Virginia Regional Chamber's Entrepreneur of the Year. Ben shares his journey from humble beginnings selling bean bags to building a successful event services company. He also touches on the value of entrepreneurship, community engagement, and providing exceptional experiences at events.

### **Upcoming Exhibits & Performances at Barns of Rose Hill**

12 Mar 2024 / 23:27

Our conversation for Tourism Tuesday - Clarke County edition - featured Martha Reynolds, Executive Director of Barns of Rose Hill. We discuss various topics including the recent Citizen of the Year Award from Top of Virginia Regional Chamber to Barns of Rose Hill founder, Diana Kincannon, the Inspired by the Nation's Capital Quilt Exhibition, and upcoming events such as the Jazz and Blues concert series, trivia nights, and yoga sessions. We touch upon membership benefits, fundraising goals, and sponsorship opportunities at Barns of Rose Hill.

### **NW Works: Empowerment Through Employment**

11 Mar 2024 / 29:46

Our conversation today takes us onsite to NW Works to talk with Skip Phillips, President/CEO, and Morgan Towle, Communications Coordinator. We discuss the purpose, programs, and initiatives of NW Works, which focus on helping adults with developmental abilities gain employment and social skills. We delve into the organization's approach to helping individuals, their partnerships with local businesses, and fundraising events.

### **Winchester City Parks: Preston's Turf Field, Pollinator Meadow, & Pickleball**

08 Mar 2024 / 25:21

Our conversation today with Chris Konyar, Director of Winchester City Parks & Recreation took place at Jim Barnett Park and included details for several new programs. Chris gave an update on Preston's turf fields which are now open and in use. He gave details on the progress of the pollinator meadow that will be coming to the arboretum. We discussed summer planning for activities like summer camps, the outdoor pool and the need for lifeguards.

### **Traffic Safety Thursday: Traffic Cameras in School Zones**

07 Mar 2024 / 31:36

Our conversation for Traffic Safety Thursday with Lt. Warren Gosnell from Frederick County Sheriff's Office gives details about the process involved with adding traffic cameras to school zones. He talks about why it's needed, how it works, and the fines associated with violations.

### **Front Royal Chamber: Main Street Geek**

06 Mar 2024 / 25:26

Our conversation for The Valley Business Today with Niki Foster from the Front Royal Warren County Chamber of Commerce included Charles Nowlin & Karen Monroe, owners of Main Street Geek. We discuss the store's history and the wide range of merchandise that includes comic books, jewelry, toys, dice varieties, lego, and more. Charles also shares insights on running the business, participating in conventions, and hosting Free Comic Book Day.

### **ShenCo Tourism: Civil War Trail Markers & Upcoming Events**

05 Mar 2024 / 24:15

Our conversation today for Tourism Tuesday - Shenandoah County edition - with Kary Haun also includes Katie Mercer, Director of Marketing & Events for the town of Woodstock, and Zach Hottel, archivist at Shenandoah County Library. We learn details about the Civil War Trails marker that was recently installed in Woodstock. The marker tells the story of the "Valley Turnpike," which was influential in the movement of both sides during the Civil War.

### **Red Cross Month**

04 Mar 2024 / 29:29

Our conversation today with Stacy McFarland, Executive Director for the Greater Shenandoah Valley chapter of the American Red Cross includes a discussion about the significance of Red Cross Month and the various services provided by the Red Cross. Stacy explains the need for disaster responder volunteers in Shenandoah and Page County and what's required of them.

### **United Way NSV: A Spotlight on Fund Distribution Panels**

01 Mar 2024 / 30:09

Our conversation for United Way Day with United Way Northern Shenandoah Valley's CEO, Kaycee Childress, and Jeff Stern, Director of Community Engagement includes a variety of topics. We talk about the distribution of impact grants and the vital role of community volunteers to help make those decisions.

### **2024 Sherando Showcase**

29 Feb 2024 / 23:21

Our conversation today with Kayla Wright, Director of the Color Guard for Sherando High School gives details for the 2024 Sherando Showcase, a band competition that includes indoor percussions and winter guards. Kayla explains who is participating, the judging process, and the opportunity for promotion to a different class based on scores. She tells of their community involvement and the preparations required for the competition.

### **Top of Virginia Regional Chamber Events & Programs**

28 Feb 2024 / 20:30

Our conversation for The Valley Business Today included Jenny Stover, Director of Marketing & Communications and Kaleigh Fincham, Director of Programs & Events for the Top of Virginia Regional Chamber to give details about Greater Good Awards, Policymaker series, Business at the Bloom, Arising Leadership Program, and the Young Professionals Group.

### **Planning for Tourism**

27 Feb 2024 / 25:48

Our conversation for Tourism Tuesday with Justin Kerns from Winchester/Frederick County Convention & Visitors Bureau gives a bit of insight into the planning for tourism that happens behind the scenes. Justin explains how the strategic plan for tourism was developed through community surveys and consultation with small business owners, elected officials, and city staff. The strategic plan helps guide the development of the community and the destination. We discuss the importance of tourism in economic development and how quality of life in a destination influences people's decisions to move or open businesses there.

## **Shenandoah 2045: Conservation Easements**

26 Feb 2024 / 27:33

Our conversations with Tyler Hinkle, Shenandoah County's Planner are part of an ongoing series following the work on Shenandoah 2045 - Shenandoah County's comprehensive planning process. Joining us for that conversation was McKenzie Allen, an associate planner with Shenandoah County, and E.C. Myers from Conservation Partners. E.C. explained conservation easements, their benefits, and the process of creating one.

## **BikeWalk Winchester**

23 Feb 2024 / 21:36

Our conversation today featured Steve Policastro and Kara Capelli to talk about BikeWalk Winchester, an advocacy group focused on promoting bicycling and walking in Winchester. They discuss the purpose of the group, which is to make walking and biking safe and accessible in the city. They mention the need for a network of bike lanes and routes, as well as improved infrastructure to connect different parts of the city.

## **ARC of Warren County**

22 Feb 2024 / 19:43

Our conversation today featured Lynn Downs, Executive Director of ARC of Warren County to give a bit of background about their organization and details for their upcoming fundraiser. Lynn explains the organization's advocacy for individuals with intellectual and developmental disabilities and their caregivers and talks about ARC's mission to advocate, educate, and promote inclusion for these individuals, discussing the importance of Medicaid waivers and the challenges faced in obtaining them.

## **Small Business Administration: Wellness 8**

21 Feb 2024 / 20:25

Our conversation today is part of an ongoing partnership with the US Small Business Administration highlighting small businesses in the Shenandoah Valley as well as offering advice and resources to all small businesses. My co-host for this monthly series is Carl Knoblock, Virginia District Director for the SBA. We met at Wellness 8 to talk with owner, Marie Imoh about her business and the challenges she faces. Marie shares her deep-seated passion and process of counseling people, molding family ties, and helping members of the community to function better in their personal and professional lives.

## **Heartfelt Events**

20 Feb 2024 / 23:22

Our conversation for Tourism Tuesday - Luray/Page County edition - with Edison Emmons from Luray/Page County Chamber of Commerce also includes Jackie Moe, the owner of Heartfelt Events. We discuss various topics related to event planning, including the range of events that Heartfelt Events can organize, the benefits of having a single point of contact for wedding planning, the customization options for catering, and the additional services Heartfelt Events offers for cabin owners.

### **WATTS Coldest Night of the Year**

19 Feb 2024 / 21:05

Our conversation today welcomes back Robyn Miller, Executive Director for WATTS (Winchester Area Temporary Transitional Shelter) and Cindee Steele to talk about their Coldest Night of the Year fundraising walk. The pair provide an overview of WATTS and its low-barrier shelter operations, as well as the day program they offer. We also highlight the need for affordable housing and the challenges faced by individuals experiencing homelessness.

### **Extension In Our Communities**

16 Feb 2024 / 25:36

Our conversation for Extension Office Friday included Joanne Royalty, Program Associate for Frederick County Extension to discuss various topics related to extension programs and gardening. We talked about the popularity of the Northern Shenandoah Valley Master Gardener's Symposium and how it sold out quickly. Joanne highlighted the wide range of programs and services offered by extension offices, including financial workshops, youth development through 4-H, and support for people of all ages.

### **Valley Health's Community Wellness Festival**

15 Feb 2024 / 20:10

Mike Wade, chair of Valley Health's Community Wellness Festival gives details for the event. The free festival includes exhibitors from various organizations, providing information and resources for all age groups, from prenatal to senior adults. There are also free and low-cost screenings available, such as blood pressure checks and lab tests. Additionally, there will be fitness and wellness demonstrations, as well as opportunities to learn about volunteer and community engagement.

### **Luray/Page Chamber Membership Has Its Benefits**

14 Feb 2024 / 24:35

Our conversation for The Valley Business Today features Edison Emmons and Clancey Arnold from the Luray/Page Chamber of Commerce. They discuss the value and benefits of Luray/Page chamber membership, highlighting networking, business connections, professional development, and advocacy opportunities. They also mention specific programs like Women in Business, job fairs, and wedding forums provided by the chamber.

### **West Oaks Farm Market**

13 Feb 2024 / 23:16

For today's conversation, I took a trip to West Oaks Farm Market for a conversation with Levi Snapp about their business, their events, and the importance of supporting local businesses and enjoying the farm experience offered at West Oaks Farm Market

### **Pembroke Springs Retreat**

12 Feb 2024 / 23:12

Our conversation today welcomes back Lisa Floyd, General Manager at Pembroke Springs Retreat located in Star Tannery. We discuss the changes at the retreat since Lisa's last appearance on the show in July 2018, including the transformation of the retreat into a group rental type of booking system in addition to single room rentals. Lisa talks about the Japanese-themed aspects of the retreat, such as the Japanese baths and Japanese breakfasts.

### **Old Town Winchester Upcoming Events**

09 Feb 2024 / 23:20

Our conversation for Tourism Tuesday featured Jenny McDonald from the City of Winchester to talk about various events and happenings in and around the city of Winchester, particularly in Old Town. We talked about the release of the 2024 events calendar, the logistics of putting it together, and the inclusion of popular events like Apple Blossom. Jenny highlighted the upcoming Black History Month Art Walk and Heritage Trolley tours.

### **Laurel Ridge Community College: Five New Programs Being Offered This Fall**

08 Feb 2024 / 28:01

Our conversation today with Guy Curtis from Laurel Ridge Community College included Dr. Craig Santicola, Dean of Professional Programs to talk about several new programs coming to the college in the fall. Those certificate programs include Artificial Intelligence (AI) & Machine Learning, Immersive Technology, Robotics & Automation, Financial Services, and HR Management.

### **Front Royal Chamber: Front Royal Womens Resource Center / Pink Thread Financial**

07 Feb 2024 / 25:26

Our conversation for The Valley Business Today with Niki Foster from Front Royal Warren County Chamber of Commerce included Liz Conn Rishel, a board member of the Front Royal Women's Resource Center and new business owner. Liz gave an overview of the Women's Resource Center's programs, initiatives, and events. She told us about her new business ventures: The Pink Thread Co-op and Pink Thread Financial. Our conversation also touched on financial literacy for women and the importance of setting goals and understanding personal finances.

### **Shenandoah County Tours: Parks & Rec / Woodstock Gardens**

06 Feb 2024 / 22:02

Our conversation(s) today for Tourism Tuesday - Shenandoah County edition - with Kary Haun also included several other guests as we tagged along on a Shenandoah County Tour of the new Shenandoah County Parks & Rec facility and Woodstock Gardens. The first stop was the Shenandoah County Parks and Recreation's new facility. The director, Jered Hoover, detailed the process of acquiring the facility that Valley Health previously leased. The second stop was Woodstock Gardens, a commercial garden center & cafe.



### **The Scouts: Exploring the Past, Present, and Future**

**05 Feb 2024 / 27:17**

Our conversation today with Jon Elliott, District Executive for Shawnee & Shenrappawa Districts of the Shenandoah Area Council of Boy Scouts of America includes a discussion about the inclusion of girls in scouting, the history and terminology of their roles, and upcoming events.

### **United Way NSV: Literacy Volunteers Winchester Area**

**02 Feb 2024 / 28:37**

Our conversation for United Way Day with United Way Northern Shenandoah Valley's CEO, Kaycee Childress, included Andy Gail, Executive Director for Literacy Volunteers Winchester Area to discuss the United Way's Impact Grant program, which funds various community projects. Andy shares his experiences as both a recipient of the grants and a former panel member. Andy gives details about Dolly Parton's Imagination Library, the significance of collaboration among nonprofits, and how you can also support his organization.

### **Traffic Safety Thursday: The Ride-Along**

**01 Feb 2024 / 30:12**

Our conversation for Traffic Safety Thursday with Lt. Warren Gosnell from Frederick County Sheriff's Office includes details about our "mini ride-along" that happened prior to our live show today. We discuss the two traffic stops that we made and talk a bit about what the process looks like, the technology that's used, and the importance of collecting data.

### **Cultivating Your Agribusiness Conference**

**31 Jan 2024 / 24:41**

Our conversation today with Wendy May, the marketing manager of the Frederick County Economic Development Authority, also features Christine Kriz, Director of Laurel Ridge Small Business Development Center to give details about an upcoming conference called "Cultivate Your Agribusiness." The half-day conference focuses on various aspects of agribusiness, including financial best practices, protecting businesses, and agritourism.

### **African American Heritage Trolley Tours, Restaurant Week(s) & SU Conservatory Events**

**30 Jan 2024 / 22:15**

Our conversation for Tourism Tuesday with Justin Kerns & Renee Bayliss from Winchester/Frederick County Convention & Visitors Bureau includes details for various events and activities happening in Winchester and Frederick County. The pair gives information for the African American Heritage Trolley tours, FredCo Eats Restaurant Week AND Winchester Restaurant Week, Chocolate Escape in Old Town Winchester, as well as performances at Shenandoah University. Justin excitedly speaks about their new Beer & Cider Trail and reminds listeners of the importance of supporting local businesses and attractions particularly this time of year.

### **Shenandoah 2045: Managing the Edits, Expectations, & Capacity**

29 Jan 2024 / 23:31

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 planning process. We discuss the types of conversations and planning that's happening behind the scenes as the next draft of the comprehensive plan is being prepared. Tyler highlights the need for feasibility studies, collaboration with different organizations and agencies, and the challenges of balancing community needs and resources. He explains the significance of compromise and the complexity of planning for diverse communities within the county, emphasizing the need for thoughtful decision-making and community involvement.

### **ShenArts Council Upcoming Exhibits, Events & Programs**

26 Jan 2024 / 21:46

Our conversation today with Lisa Sipp, Executive Director for ShenArts Council is full of details about staff promotions, membership benefits, the ArtScape project, Teen Art Club, Kids Art Club, Youth Art Month, and the ShenArts Fest. Lisa emphasizes the importance of supporting the arts and the impact it has on the community.

### **Upcoming Events at Horton's Nursery & Garden Center**

25 Jan 2024 / 24:45

Our conversation today with Nancy Horton and her son Chris, from Horton's Nursery and Garden Center gives the history of their business, which started in 1976 as a wholesale operation out of their garage, and later expanded to include a full-service nursery and garden center. They discuss upcoming events and explain different products they offer, such as hardscaping supplies, a variety of pots, and hydroponic supplies.

### **Top of Virginia Regional Chamber Leadership Academy**

24 Jan 2024 / 22:50

Our conversation for The Valley Business Today features Kaleigh Fincham, Director of Programs & Events for the Top of Virginia Regional Chamber and her guest, Andy Gail, Director of Literacy Volunteers Winchester Area and chamber board member. We discuss various leadership programs offered by the chamber, including the Community Leadership Program (CLP), Business Leadership Program (BLP), and Arising Leadership Program for juniors and seniors in high school. These programs highlight leadership development, community involvement, and have a positive impact on participants and the community.

### **FredCo Eats Restaurant Week**

23 Jan 2024 / 24:30

Our conversation today with Wendy May, the marketing manager of the Frederick County Economic Development Authority, gave details about FredCo Eats Restaurant Week. She explained the event's growth over the last two years and the variety of restaurants participating, ranging from food trucks to coffee shops. The event aims to support local restaurants and promote the diverse food economy in Frederick County.

### **Catholic Charities St. Lucy Food Project**

22 Jan 2024 / 24:18

Our conversation today with Vince Cannava, Program Manager for St. Lucy Food Project, and Tina Bearden, Pantry Manager for Loaves & Fishes Food Pantry in Front Royal included a discussion about the operations and services of Catholic Charities of the Diocese of Arlington and the St. Lucy Food Project. They provide a wide range of services including food assistance, rental and utility help, medical and mental health counseling, child adoption services, transitional housing for the homeless, education, and refugee services. Vince discussed the scope of Catholic charities' food distribution network, mentioning their warehouse located in Manassas and their collaboration with 55 pantries across 21 counties and 7 cities. He also mentioned their distribution to places such as homeless shelters, medical clinics, and pregnancy centers, while Tina provided a more detailed overview of the food distribution in Warren County.

### **Extension Office Friday: 2024 Seed Exchange**

19 Jan 2024 / 26:26

Our conversation for Extension Office Friday included Joanne Royaltey, Program Associate based in the Frederick County Extension Office (though she serves all five counties.) Our topic was the Northern Shenandoah Valley Master Gardener Association's 2024 Seed Exchange. Joining Joanne to give details about the free event was NSVMGA President Jennifer Flitton Adams, and Project Lead, Rochelle Dornatt. Rochelle shared that they have over 7,000 seed packets to distribute, with more than half coming from Master Gardeners' own backyards. The seeds come from various sources including community retailers and local nurseries, ensuring a variety of quality seeds.

### **Community Health: Robotic Assisted Spine Surgeries**

18 Jan 2024 / 22:50

Dr. Charbel Fawaz, a board-certified general neurosurgeon with Valley Health Virginia Brain & Spine discusses the benefits of robotic-guided surgeries and the use of technology in spine surgery. Dr. Fawaz emphasized the advantages of minimally invasive surgical methods, the importance of training and expertise in utilizing these technologies effectively, and the evolution of surgery over the years. He also highlighted the common spinal problems encountered in our community and the benefits of minimally invasive or robotic surgery for these conditions.

### **Small Business Administration: Daily Buzz Cafe**

17 Jan 2024 / 29:58

Our conversation today is part of an ongoing partnership with the US Small Business Administration highlighting small businesses in the Shenandoah Valley as well as offering advice and resources to all small businesses. My co-host for this monthly series is Carl Knoblock, Virginia District Director for the SBA. We met at Daily Buzz Cafe in Middletown to talk with Chris Daniels, the owner and CEO. We discussed the cafe's history, business model, and the importance of innovation. Chris highlighted the role the cafe plays in community buzz and relationships with local businesses. Carl explained potential tax benefits for businesses centered on research and development and we talked about global tourism, food tourism, and grants that are available for small businesses to increase their marketing to those targets.

### **Faithbrooke Barn & Vineyard**

16 Jan 2024 / 23:37

Our conversation for Tourism Tuesday with Edison Emmons from Luray/Page Chamber of Commerce included Cort Maddox, one of the new owners of Faithbrooke Barn & Vineyard. We discussed the unique features and attractions of the venue, such as its scenic location perched on top of a mountain, surrounded by breathtaking views of the mountains and vineyards.

### **Winchester Fire & Rescue: Community Risk Reduction Programs**

15 Jan 2024 / 29:55

Our conversation today took place in the conference room at Winchester Fire & Rescue's administrative offices. Joining me to chat was Jeremy Luttrell, Deputy Chief of Community Risk Reduction and the Fire Marshal along with Shannon Ganoe, Winchester's Community Paramedic. Jeremy gave an overview of the structure and operations of the Winchester Fire and Rescue, defined Community Risk Reduction, and explained several of their programs. Jeremy gave some history for how the community paramedic program came into existence and talked about how unique it is to this part of the state. Shannon shared her past experiences as an EMT, touching on the lack of aftercare in the system. She then explained her new role as Community Paramedic and gave examples of what happens in the field.

### **Give Blood. Save a Life**

12 Jan 2024 / 25:21

Our conversation today with Stacy McFarland, Executive Director for the Greater Shenandoah Valley chapter of the American Red Cross included a discussion about the nationwide blood shortage and the importance of blood donation. Stacy emphasized the need for O-positive and O-negative blood donors, as these types can be used in emergency situations and are always in demand. She also cited a loss of over 40% of the Red Cross's donor base over the past 20 years as a contributing factor to the shortage. Despite the situation not being critical yet, Stacy highlighted the importance of replenishing the blood supply particularly in the coming weeks.

## **Laurel Ridge Community College: Adult Education Programs at Northwestern Regional Adult Detention Center**

11 Jan 2024 / 26:15

Our conversation with Laurel Ridge Community College today included Guy Curtis (Director of Marketing), Sharon Hetland (Director of Adult Education), as well as several guests from Northwestern Regional Adult Detention Center. Joining us from there was Kirk Jordan, an adult education instructor, Captain Dan Cotrill, and two inmates: Ricky Arbogast & Carl Funk. Sharon explained the adult education programs that are offered at NRADC including GED, Heavy Equipment Operator, and Horticulture certification classes. We talked about the positive impact of offering these programs to inmates can have on their futures once they're released. Capt. Cotrill explained the vetting process for those who were chosen to participate in those programs and Kirk walked us through what the classes entailed. Both Ricky & Carl shared their experiences while going through the class and talked about their future plans using the knowledge and certifications they've earned.

## **The 411 on the Employee Retention Credit**

10 Jan 2024 / 26:27

Our conversation for The Valley Business Today featured Dean Francis, Senior Consultant and Partner at OneBridge Advisors. Dean provided a wealth of information about the Employee Retention Credit, a tax benefit introduced during COVID-19 that many businesses are not aware of. Dean explained that despite the ERC being available for businesses that kept paying their employees during the pandemic, many are not utilizing it due to misconceptions and lack of awareness. He gave several examples for businesses and nonprofits alike and talked about how qualifying is done for certain quarters in 2020 and 2021.

## **Clarke History Programs & Projects**

09 Jan 2024 / 24:40

Our conversation for Tourism Tuesday - Berryville/Clarke County edition - with Nathan Stalvey, Executive Director for Clarke County Historical Association gave details for several upcoming events, programs and projects. He also told us about a large undertaking they're planning this year rebuilding the mill dam.

## **Municipal Monday: Olivia Hilton, Town Manager - Mount Jackson, VA**

08 Jan 2024 / 23:19

Municipal Monday returns to The Valley Today with guest Olivia Hilton. Olivia is the town manager for the Town of Mount Jackson. We talked about a few projects including the new EQ basin at the town's water treatment facility. It's estimated to cost \$4 million but will improve the town's water quality and prepare them better for stormwater runoff. Olivia gave a bit of history of the town and shared information about some of the businesses that are headquartered in Mount Jackson.

### **United Way NSV: St Luke Community Clinic**

05 Jan 2024 / 26:17

Our conversation for United Way Day with United Way Northern Shenandoah Valley's CEO, Kaycee Childress, included Vicki Davies (Executive Director) from St. Luke Community Clinic. Vicki gave an overview of the types of services they provide to people without health/dental insurance or Medicaid. She explained their ability to now offer dentures to clients thanks to a community impact grant from United Way NSV in 2023.

### **Traffic Safety Thursday: Winter Driving Lessons / 2023 Traffic Fatalities**

04 Jan 2024 / 25:14

Our conversation for Traffic Safety Thursday with Lt. Warren Gosnell from Frederick County Sheriff's Office included discussion about teaching your young driver how to be safe in winter conditions. He explained the safety issues with using empty parking lots and talked about the legal differences between licensed drivers and those with a learner's permit. We also talked about the 2023 traffic fatalities in Frederick County. According to the current numbers, they were down 50% from 2022. We talked about why this could be the case and he explained how data is collected and how it can be used to make the roadways safer.

### **Looking Forward into 2024 with Front Royal Chamber**

03 Jan 2024 / 22:52

Our conversation for The Valley Business Today with Niki Foster from Front Royal/Warren County Chamber of Commerce also included Lizi Lewis, Director of Community Development & Tourism for the Town of Front Royal. She told us about the need for volunteers at the visitor's center and encouraged listeners to reach out to her about events. Niki spoke of the reboot of the NonProfit Committee of the chamber and talked about how engaged the group has been since late last year. She encouraged nonprofits in the area to become active in the group by attending the meetings and engaging with the private Facebook group that has been established.

### **Touring Shenandoah County**

02 Jan 2024 / 21:41

Our conversation today with Kary Haun from Shenandoah County Tourism also included Brenda Black. Brenda gave several details for Shenandoah County Tours which happen each month in 2024 and feature a wide variety of businesses from wineries to museums, and even a town or two. She explained how the tours work and the types of insight you can gain from participating.