

PROGRAMS LIST
WFTR-AM/WZRV-FM
FRONT ROYAL, VIRGINIA
The Valley Today
ALL SHOWS HOSTED BY JANET MICHAEL
Weekdays 12pm – 12:30pm
January 1, 2021 – March 31, 2021

Potomac Appalachian Trail Club

We pre-recorded today's conversation via Zoom with Kristine Villatoro, Supervisor of Outreach for the Potomac Appalachian Trail Club (PATC) and the President of the Blue Ridge Chapter of the PATC. Kristine explained the work her organization does, it's long history and even told us how the Appalachian Trail began one hundred years ago.

Duration: 24:09 | Recorded on January 4, 2021

Tourism Tuesday: Bryce Resort

We pre-recorded today's conversation via Zoom with Jenna French, Shenandoah County's Director of Tourism & Economic Development, Kary Hahn from Shenandoah County's Tourism department and Andrew Devier-Scott, marketing associate for Bryce Resort. In the first segment, Andrew told us about all the outdoor activities that are available at Bryce Resort: skiing, tubing, ice skating and more. In the second segment, Jenna & Kary talked about the importance of continuing to support local businesses even after the holidays.

Duration: 30:35 | Recorded on January 5, 2021

Getting Business Advice

We pre-recorded today's conversation for The Valley Business Today with Niki Cales, President of the Front Royal/Warren County Chamber of Commerce and her guest Jim Martin, District Director with SCORE. We talked about all the different options for getting business advice through the SCORE organization. January is National Mentoring Month and we discussed the benefits of having a business mentor.

Duration: 31:00 | Recorded on January 6, 2021

Making it Work: Easely Created

We pre-recorded today's conversation via Zoom with Melanie Hoffman from Easely Created. Easely Created is a local, independent, family owned & operated business located in Old Town Winchester at 47 W. Boscawen Street that opened in June of 2018. Melanie explained how she's changed up her paint parties that include safety precautions in place for in-person lessons and the option for virtual parties with or without a paint kit. She has several classes with openings in the future.

Duration: 26:17 | Recorded on January 7, 2021

Winchester SPCA's Light a Path Campaign

We pre-recorded today's conversation via Zoom with Lavenda Denney, Executive Director for Winchester/Frederick/Clarke SPCA to get details about their Light a Path campaign to benefit their Pets for Life program. The Pets for Life program at the Winchester SPCA invites you to purchase a light on behalf of your pet and help Light a Path to end pet homelessness. Your donation will help keep loved pets with their families and out of the overcrowded shelter system. Lights will be illuminated throughout the month of February on the SPCA campus located at 111 Featherbed Lane in Winchester. All lights are lit at once and remain on throughout the duration of the campaign. The vision is to illuminate the love we have for our furry valentines and show the community how they light up our lives.

Duration: 22:20 | Recorded on January 8, 2021

Code Ninjas

We pre-recorded our conversation via Zoom with Kimberly Hancock, owner of Code Ninjas located at 217 E. Main Street (Suite 4) in Front Royal. Code Ninjas serves the local area by teaching children computer coding and problem-solving skills while having fun building video games. Kimberly explained how she came to open the center and why it was important to her to provide a creative outlet to kids in our community. She told us about the COVID-19 safety precautions in place and talked about several new programs such as Parents Night Out.

Duration: 25:00 | Recorded on January 11, 2021

Clarke County Historical Association Looks to the Future

We pre-recorded today's conversation via Zoom with Nathan Stalvey, Executive Director of Clarke County Historical Association. Nathan told us about the many educational resources available through the association, their hybrid programs and events, and the introduction of Patreon for those interested in attending/supporting events without a membership. We talked about how his staff rallied during the pandemic to create a new vision for the future that includes a new website, a new name for the museum, and a new slogan. He also gave us details about a few programs starting in February and March.

Duration: 25:54 | Recorded on January 12, 2021

Paycheck Protection Program Questions/Answers

We pre-recorded today's conversation via Zoom with Niki Cales, President of Front Royal/Warren County Chamber of Commerce & her guest Herb Melrath, chamber board member and business consultant for Maryland Small Business Development Center's Hagerstown office. Our conversation centered around the Paycheck Protection Program – both the first and second releases – including how it works, who should apply and the process for applying through local banks.

Duration: 49:06 | Recorded on January 13, 2021

LFCC Stories: Judy Rinker

I didn't pre-record today's conversation over Zoom; but, I DID pre-record it several months ago at Lord Fairfax Community College as part of our new podcast series in partnership with the

school. This conversation is part of that podcast series. It's just one of over 2 dozen podcast conversations. In the series, we take a walk down memory lane with several current & former professors; we talk with current students and graduates about how and why they chose the college to pursue a higher education. Today's episode is a conversation with Judy Rinker. She was a member of the first graduating class of Lord Fairfax Community College.

Duration: 23:58 | Recorded on January 14, 2021

Clarke/Warren 4-H Winter Fest

We pre-recorded today's conversation via Zoom with Stacy Swain from Warren County's Extension Office. She manages the Warren County 4-H program. She gave us details about Winter Fest – the 4-H Camp in a box program that will feature various activities from camp such as bracelet making, arts and crafts, designing your own 4-H camp mask, a Winter Fest 2021 camp shirt and a virtual campfire.

Duration: 26:31 | Recorded on January 15, 2021

Local Attorney Suzan Herskowitz: Don't Wait For An Emergency To Get Your Affairs In Order

We pre-recorded today's conversation via Zoom with local attorney, Suzan Herskowitz to talk about getting your affairs in order BEFORE a crisis occurs. Suzan explained who needs a will & why; how a medical directive is an important part of your estate planning; plus, she talked about the current pandemic and the impact it's had on getting appointments with local attorneys to finalize your plans. We discussed the "Five Wishes" document that you can get from your local hospital.

Duration: 26:11 | Recorded on January 18, 2021

Tourism Tuesday: Moonshadows Restaurant

We pre-recorded today's conversation via Zoom for Tourism Tuesday – Luray/Page County edition – with Edie Emmons from Luray/Page Chamber of Commerce and her guests, John & Maureen Moss – owners of Moonshadows Restaurant. John & Maureen told us about their restaurant and nine years of sweat equity they put in to prep the home to open. We talked about their menu items & the safety protocols they've put in place for their guests.

Duration: 22:49 | Recorded on January 19, 2021

The Valley Business Today: InnoVault Co-Working Space

We pre-recorded today's conversation via Zoom with Alex Skinner, founder of InnoVault – a co-working and event space on the walking mall in Old Town Winchester. Alex told us about finding & falling in love with the building and then transforming it to fit as a co-working space as well for events. We talked about the benefits of working from home without working from your actual home; and, the different professional events that are hosted in the space. He also described his vision for using the space to promote local musicians and creating the Jazz Club that kicked off several months ago.

Duration: 23:01 | Recorded on January 20, 2021

Community Health: Dr. Troy Glembot explains VH Metabolic & Bariatric Program

We pre-recorded today's conversation via Zoom with Dr. Troy Glembot, Medical Director of the Valley Health Metabolic & Bariatric Program. We discussed: How long has metabolic and bariatric surgery been done; Who may consider metabolic and bariatric surgery; Why is it called *metabolic* and bariatric surgery; What types of procedures are offered

Duration: 26:05 | Recorded on January 21, 2021

United Way NSV: Literacy Volunteers – Winchester Area

We pre-recorded today's conversation via Zoom with Elise from United Way of Northern Shenandoah County and her guest, Andy Gail. Andy is the Executive Director of Literacy Volunteers Winchester Area. Andy explained how the pandemic has affected their ability to serve the community and told us about the various services and programs his organization offers that include: The Adult Basic Education program; Basic Computer Literacy trainings; Tutoring for English Language Learners (ELL) In order for a person to become a naturalized U.S. citizen they must pass the naturalization test. LVWA provides citizenship and naturalization tutoring for legal permanent residents throughout the region.

Duration: 27:38 | Recorded on January 22, 2021

Warren County SALT/TRIAD Council

We pre-recorded today's conversation via Zoom to discuss Warren County's SALT/TRIAD Council with Lt. Robbie Seal & Deputy Terry Fritts from Warren County Sheriff's Office and Carol Miller from Synergy Home Care. They explained what the TRIAD Council is, how it got started and the role SALT plays within the council.

Duration: 27:21 | Recorded on January 25, 2021

Tourism Tuesday: Mount Skylight

We pre-recorded today's conversation via Zoom to chat about the film Mount Skylight with Justin Kerns from Winchester/Frederick County Convention & Visitors Bureau and his guest director/producer Ryan Cudahy. Ryan explained the decision to turn the short Mount Skylight into a feature film and the obstacles he's overcome due to the pandemic. We talked about the Winchester tourism office also serving as the film office and role movie-making plays in the local economy. Ryan told us about the film's plot and how drug and substance abuse recovery is a main piece of the characters' story.

Duration: 28:24 | Recorded on January 26, 2021

2021 State of the Chamber

We pre-recorded today's conversation via Zoom to chat about the state of the Top of Virginia Regional Chamber going into 2021 with Cynthia Schneider, CEO and John Fox, Chairman of the Board for the chamber. We talked about the transition of board members and the integral role the board has played in managing & maintaining the services & programs offered by the chamber. John explained his goals moving into 2021 and Cynthia told us what to expect at their annual membership meeting happening on Wednesday, January 27 at 12:30.

Duration: 26:44 | Recorded on January 27, 2021

Traffic Safety Thursday

We pre-recorded today's conversation in the studio with Lt. Warren Gosnell from the Frederick County Sheriff's Office for our regular monthly chat about traffic safety. Our topics included: The safety of driving with a pet in your lap. Lt. Gosnell referenced House Bill 2077 currently before the Virginia General Assembly; The primary offense law for brake lights/tail lights, etc. that goes into effect in March and the possibility that it might be rescinded; The current "Hands-Free" law and how the sheriff's office has begun enforcement; The overall safety message for wearing your seatbelt – Frederick County suffered it's first traffic fatality last week – as well as keeping your registration and inspections current; Lt. Gosnell also explained that Frederick County is currently seeking Emergency Dispatchers.

Duration: 29:37 | Recorded on January 28, 2021

Warren Coalition: Trauma Informed Training

We pre-recorded today's conversation via Zoom to chat about Warren Coalition's Trauma Informed Training with their Executive Director, Christa Shifflett. Christa explained all the different programs offered by Warren Coalition and told us how the agency got it's start in 1994. We discussed the Trauma Informed Training that will take place virtually on Tuesday mornings from 10am – 12noon beginning on February 9, 2021 OR Thursday evenings from 6:30pm – 8:30pm beginning on February 11, 2021.

Duration: 26:22 | Recorded on January 29, 2021

GNC Online Auctions

We pre-recorded today's conversation via Zoom to chat with Scott Haines & Felicia Hart about their business, GNC Online Auctions. GNC Online Auctions is a local online auction company where all bids are placed via their website and then the items are picked up locally (or shipped if you win something and live outside of driving distance.) 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. Many collectors also bring items on a regular basis to auction. They explained that in addition to their "in-house" auctions each week, they also offer "off-site" auctions for those who have an entire house to clean out, a business to close or an estate to settle. All bids for each auction start at \$5.

Duration: 26:10 | Recorded on February 1, 2021

Celebrating Your Valentine in Shenandoah County

We pre-recorded today's episode via Zoom to have a conversation with the movers and shakers in Shenandoah County when it comes to events and small businesses. Kary Haun (Shenandoah County Tourism), Olivia Hilton (Community Development Coordinator, Town of Strasburg), Katie Mercer (Enhancement Coordinator, Town of Woodstock), and Amber Smoot (Events & Marketing Director, Town of New Market) gave us a list of all the deals and happenings in their localities to celebrate Valentine's Day in Shenandoah County.

Duration: 26:43 | Recorded on February 2, 2021

Front Royal Chamber Looks Back to Move Forward

We pre-recorded today's conversation via Zoom with Niki Cales, President of Front Royal/Warren County Chamber of Commerce for our monthly catch-up. We talked about all the successes the chamber has had in 2020 in spite of the pandemic and several of the lessons they've learned. Niki explained how those successes will help them make their plans moving forward into 2021. We discussed the status of future events such as the Wine & Craft Festival and their golf tournament, as well as a new virtual series that will feature a "town hall" type of interaction.

Duration: 24:19 | Recorded on February 3, 2021

Behind the Curtain at Shenandoah University's COVID-19 Mass Vaccination Site

We pre-recorded today's conversation via Zoom to learn the details about the COVID-19 mass vaccination site at Shenandoah University with Mitch Moore, SU's senior vice-president. Mitch explained the partnership between the university, Lord Fairfax Health District and Valley Health. We talked about the processes in place for distributing the vaccine and the logistics to pull the entire thing together. This clinic is the largest of the four clinics in partnership with Valley Health and opened in mid-January. They vaccinate between 1500-2500 people per day getting them out the door in many cases in less than 30 minutes. Post-shot patients are required to wait at least 15 minutes before leaving the site and are treated to live music and in some cases able to watch the various sports teams during their practice. We also talked about how James R. Wilkins, Jr. Athletics & Events Center was practically built for administering mass vaccinations. The 77,000-square-foot indoor athletic facility is the largest space within 70 miles of Winchester. It serves the university's 22 athletics teams, the entire university community, and the local and regional communities. It also serves as the location for the university's saliva-based surveillance testing program.

Duration: 34:56 | Recorded on February 4, 2021

Winchester Tales

We pre-recorded today's conversation via Zoom to chat with local author and historian, Mike Robinson about his books Winchester Tales. He's hosting a book signing at Solenberger's True Value Hardware on Saturday, February 6 from 10am – 4pm. Mike talked about his love of local history, how he researches his stories and explained this book series began as a pandemic project and has blossomed into a community-based passion project.

Duration: 31:14 | Recorded on February 5, 2021

Meet Cheryl Hamilton Fried – Blue Ridge Hospice New President/CEO

We pre-recorded today's conversation via Zoom to chat with Cheryl Hamilton Fried – the new President/CEO for Blue Ridge Hospice. Cheryl described her professional hospice background and talked about the impact suddenly losing her husband had on her continuing hospice career. She explained the difference between a for-profit and a not-for-profit hospice and gave us some insight for her goals with the organization.

Duration: 27:35 | Recorded on February 8, 2021

Preparing for Clarke County Farmer's Market

We pre-recorded today's conversation via Zoom to learn about the planning & preparation that goes into opening Clarke County Farmer's Market each season. Market Manager Karie Griffin joined me on the Zoom screen to give me details about the location for the the 2021 market, how & who they hope to have as vendors, and the planning & pivot that went into making the 2020 season a success. The market will open on May 1, 2021 and open each Saturday from 8am – 12pm (rain or shine) through October 2021 at 317 West Main Street in Berryville.

Duration: 22:35 | Recorded on February 9, 2021

Appreciating the History of Green Hill Cemetery

We pre-recorded today's conversation via Zoom to learn about Green Hill Cemetery in Luray and how the community is coming together to restore the grounds. Rose Ann Smythe with Friends of Green Hill Cemetery explained the history of the cemetery and how it came to be in it's current state. The group works with community members who volunteer their time for maintenance & upkeep; research the history of those interred there; and offer monetary donations to repair and restore the cemetery.

Duration: 25:03 | Recorded on February 10, 2021

Get yourself a Workforce Coach

We pre-recorded today's conversation via Zoom to learn about the new Workforce Coach available from Workforce Solutions at Lord Fairfax Community College. Guy Curtis, LFCCWS Marketing Director introduced us to Julia Bridgen, their new Workforce Coach and the two explained what her role is in helping potential students define their college/learning experience. Guy told us about several programs that allow certifications within weeks and at little to no out-of-pocket expense to the student. Julia explained how she works with those who are unsure of a career path or those who know where they want to go but are unsure of the steps necessary.

Duration: 30:17 | Recorded on February 11, 2021

Joining the Team at Navy Federal Credit Union

We pre-recorded today's conversation via Zoom to talk about an upcoming virtual information session hosted by Virginia Career Works and Navy Federal Credit Union. The event happens on Wednesday, February 17, 2021 from 2pm – 4pm via Zoom. Joining me on the Zoom screen to discuss the event: Bonnie Zampino, Workforce Services Director of the Northern Region for Virginia Career Works and Kristy Powers, Vice President of Winchester Operations for Navy Federal Credit Union. At this information session, you'll learn about what it's like to work at Navy Federal, how the application process works, and what jobs will soon be coming available in their call center. Bonnie will also explain the various services available from her organization that include resume writing, interview etiquette and even a clothes closet.

Duration: 31:14 | Recorded on February 12, 2021

Meet the New Warren County Fire/Rescue Chief James Bonzano

We pre-recorded today's conversation in the studio with Warren County Fire & Rescue's new Chief – James Bonzano, and Warren County Fire Marshal Gerry Maiatico. Gerry introduced us to the new chief and we talked about his experiences in the month since taking over the department. He explained his background and what drew him to Warren County to serve as the head of fire & rescue. We talked about some of his goals moving forward that include rebooting the Citizens Fire Academy as well as more community outreach to build a closer relationship with Warren County residents.

Duration: 30:17 | Recorded on February 15, 2021

Tourism Tuesday: Jordan Hollow Stables

We pre-recorded today's conversation via Zoom for Luray/Page County's edition of Tourism Tuesday with Edie Emmons from Luray/Page County Chamber of Commerce and her guest, Lisa Cabbage from Jordan Hollow Stables. Lisa walked us through a typical day at the horse farm and explained how the trail rides she offers work. We discussed the long-term relationships she builds with her guides and the COVID-19 safety precautions she's put in place.

Duration: 26:40 | Recorded on February 16, 2021

People Inc. Offer Microloans to Area Small Businesses

We pre-recorded today's conversation via Zoom to learn about the microloan program offered by People Inc. to area small businesses. Joining me on the Zoom was Rachel Fogg, Public Information Officer for People Inc. and their Director of Community Economic Development, Shane Simmons. Shane explained the small business microloan program is customized to meet the needs of each individual borrower. Loans can be as little as \$500 or as much as \$50,000. They can have terms of as little as seven months or up to six years. The first round of SBA assisted loans was offered May through Sept. 2020, and 56 small business owners were able to use borrowed funds to keep their businesses open during the pandemic while the SBA paid some of – in some cases, most of – their monthly payments for that loan. He gave us examples of the money borrowed could be allocated for: equipment, inventory, payroll, working capital, etc. The SBA will help borrowers make payments on qualifying loans closed between February 1, 2021 and Sept. 30, 2021. This opportunity is available for small businesses in Clarke County, Frederick County, Page County, Shenandoah County and Warren County.

Duration: 23:11 | Recorded on February 17, 2021

Community Health: The 411 on Heart Disease & Treatment

We pre-recorded today's conversation (via Zoom) during American Heart Month as part of our monthly Community Health series in partnership with Valley Health. We talked about heart disease and treatment options with Dr. Edward Kofsky, a cardiothoracic surgeon with Valley Health Cardiothoracic Surgeons. Dr. Kofsky is also the Surgical Director of the Coronary Heart Disease Clinical Council at Winchester Medical Center and the Surgical Director of the Valvular Heart Disease Clinical Council at Winchester Medical Center. Dr. Kofsky explained that heart disease is really a series of separate issues related to various aspects and elements of the heart itself. In the second segment we discussed treatment options and the advancements in

technology that have impacted recovery times and a patients ability to potentially avoid surgery completely.

Duration: 28:39 | Recorded on February 18, 2021

Gardening in the Valley Symposium 2021 Goes Virtual

We pre-recorded today's conversation via Zoom to get the details about Gardening in the Valley Symposium 2021 with Northern Shenandoah Valley Master Gardener Association. Joining me on the Zoom screen was Bob Gail, Immediate Past President of NSVMGA and Lynn Hoffman & Helen Lake, Co-Chairs of the event which will take place virtually on March 6, 2021 from 9am – 4pm. During our conversation they explained how they came to the decision to move forward with the event this year virtually as opposed to cancelling. Lynn walked us through the day's events, told us about the various speakers who will present and included information about the 50/50 raffle and silent auction.

Duration: 27:20 | Recorded on February 19, 2021

Strolling Strasburg

We pre-recorded today's conversation with Olivia Hilton, Community Development & Events Coordinator for the Town of Strasburg as we strolled Strasburg on a Sunday morning to talk to several local businesses. Our first stop was at The Strasburg Emporium where we talked with General Manager, Ron Andrews and building owner, Paul Mott about how the business (and vendor list) has grown and will expand even further in the coming months. Our second stop was at Lydia's Closet to chat with Kath Stanley about the non-profit and how the community can help by donating items as well as purchasing items from the thrift store. We then stopped at Burg Nutrition to chat with Chelsea about her shakes, smoothies and teas that offer a low calorie treat in a wide variety of flavors. Finally we came back to The Strasburg Emporium to finish out stroll and grab a hot, homemade pretzel from one of their newest editions: Bretzels Handcrafted Breads & Treats. We chatted with one of the owners, James who told us why they opened the cafe inside the Emporium and even treated us to a freshly baked pretzel.

Duration: 31:55 | Recorded on February 22, 2021

Winchester Restaurant Week 2021

We pre-recorded today's conversation via Zoom for Tourism Tuesday – Winchester/Frederick County edition – to chat with John David Smith about Winchester's Restaurant Week happening February 22 – 27, 2021. The event is organized each year by Winchester Main Street Foundation, a nonprofit organization that focuses on bringing in quality events, beautification projects and youth education programs to build Winchester's unique brand in an attempt to improve quality of life, support and work with other nonprofit organizations and build a Main Street community. John David Smith is the owner of Village Square Restaurant & V2 Oyster Bar & Lounge, the co-owner of Water Street Kitchen, AND the Mayor of Winchester. He's also a founding member of the foundation. He explained how the week started as a once a year event, but has grown to twice a year. He told us which restaurants are participating & what specials you can expect to find on many of the menus.

Duration: 22:25 | Recorded on February 23, 2021

Top of Virginia Regional Chamber: Greater Good Awards 2021

We pre-recorded today's conversation via Zoom to chat with Danita Roble, Director of Programs & Events for the Top of Virginia Regional Chamber to get the details for their Greater Good Awards happening on Thursday, March 18, 2021 at The Alamo Drafthouse. The purpose of the "Greater Good Awards" is to celebrate outstanding individuals and businesses for the contributions they make to the quality of life and economic stability of our region through genuine community commitment, dedication to excellence, and ethical and creative business practices.

Duration: 28:44 | Recorded on February 24, 2021

Traffic Safety Thursday with Lt. Warren Gosnell, Frederick County Sheriff's Office

We were LIVE in the studio for today's conversation with Lt. Warren Gosnell from the Frederick County Sheriff's Office. Our Traffic Safety Thursday topics included: Left Lane Violators – and what those violations are; Speed Limits – how and why they are determined; How to respond when approached by an emergency vehicle. We also discussed the recent crash and talked about how pursuits are handled by the Frederick County Sheriff's Office.

Duration: 33:07 | Recorded on February 25, 2021

United Way NSV: Horizon Goodwill Industries

We pre-recorded our conversation via Zoom for United Way day to chat with Elise Stine-Dolinar from United Way of Northern Shenandoah Valley & her guest, Brooke Grossman, Chief Mission Officer for Horizon Goodwill Industries. We talked about the programs and services offered by Horizon Goodwill Industries – specifically the job training programs that help those train or re-train for new career opportunities. Brooke also explained how Horizon Goodwill has begun a new in-house program to offer many of their programs/services to their own staff to facilitate advancement within the organization. Elise told us how important these programs are to the clients that UWNSV serve and reminded us about the Rubbermaid sale happening on Saturday, February 27, 2021 from 8am – 12 in the Belk parking lot at Apple Blossom Mall.

Duration: 31:45 | Recorded on February 26, 2021

Exploring Handley Regional Library

We pre-recorded today's conversation via Zoom to chat with Handley Regional Library System's Executive Director: John Huddy for an update on the library system. We discussed: COVID updates & changes to service; New Air Systems; 2 Virtual Book Clubs for Adults that Help Connect Each Other during the pandemic; Career Services & Help at Your Local Library; Virtual Programs for Adults – with a special focus on the 3-part series called Exploring the Library. These virtual sessions will be offered through Zoom with registration required and are ideal for new, prospective, and current users of all library system locations – Bowman Library, Clarke County Library, and Handley Library. Topics include tips and tricks on using the online catalog to access materials and online content, hidden treasures on the library website, and a deep-dive session exploring the 24/7 Digital Library. Sessions run March 10, 17, and 24 at 7pm.

Duration: 21:18 | Recorded on March 1, 2021

Tourism Tuesday: Shenandoah County Women in Business

We pre-recorded today's conversation via Zoom for Tourism Tuesday Shenandoah County edition with Kary Haun from Shenandoah County Tourism. The show today was a shout-out to women-owned businesses in Shenandoah County in honor of Women's History Month. Joining us on the Zoom screen, Cristi Coryell, owner of The Buttercup – a women's fashion, accessories & home decor boutique located at 9431 S. COngress Street in New Market, VA. Meredith Norris also joined us from The Pantry at 117 located inside Woodstock Cafe and told us about her newest business venture, a bakery focused on providing handcrafted breads, pastry, sweets and treats – Flour & Water Co – located at 124 S, Main Street in Woodstock, VA. We talked about how important community was to the women when they started their businesses and spoke of the partnerships they've formed and the success they've had. They are hosting a joint "Girls Night Out" event on March 19 at Flour & Water Co.

Duration: 28:48 | Recorded on March 2, 2021

The Valley Business Today: ReWed Bridal

We pre-recorded today's conversation via Zoom with Niki Cales from Front Royal/Warren County Chamber of Commerce and her guest, Stephanie Myers from ReWed Bridal that recently opened at 114 E. Main Street in Front Royal. At ReWed Bridal, you are able to choose from new, samples, or gently pre-owned wedding dresses, formal gowns and rental tuxedos. After the wedding, sell your dress by consigning it with them.

Duration: 26:25 | Recorded on March 3, 2021

BlueScreen Computer Services

We pre-recorded today's conversation via Zoom with Jesse Mueller from BlueScreen Computer Services to talk about scams & the hazards of the internet. BlueScreen Computer Services provides friendly REMOTE computer service to clientele throughout the Shenandoah Valley and beyond! Jesse explained several different internet scams & talked about how the scammers are successful with otherwise smart, educated victims. He gave some insight and tips for what to do if you've been the victim. We talked about how to avoid malware & adware as well as the safety of removing what he called "shovelware" from new computers.

Duration: 27:46 | Recorded on March 4, 2021

Frederick County Parks & Rec Programs & Events

We pre-recorded today's conversation via Zoom to chat with Tony Baker & Chris Konyar from Frederick County Parks & Recreation about some upcoming events and spring programs. Chris told us about Trails for Miles for Autism race that will happen on April 10, 2021 at Sherando Park. This second annual race is a combination four mile race through the paved paths and wooded trails of Sherando Park. Proceeds from the race will benefit the I'm Just Me Movement and The Arc of the Northern Shenandoah Valley as April is Autism Awareness Month. Due to COVID, pre-registration is required for this event. Chris also gave us the details for the Youth Trout Derby that will happen at Clear Brook Park on Friday, May 7, 2021 from 5:30pm – 8pm. Families are encouraged to bring their young anglers (ages 4-14) for this FREE event to catch

stocked trout and other fish. This is a rain or shine event with no registration required, but a RSVP is helpful to get event updates and future fishing adventures. Participants must bring their own fishing pole, bait, tackle and gear to reel in that big one. We also talked about other programs that are currently open for registration or have/will be starting in the coming weeks such as tennis, Little League, adult softball and more. Finally, Tony reminded us about the new exercise equipment at Clear Brook Park, the Story Walk & trails now open at Bowman Library, and their new program in partnership with PRO Physical Therapy/PRO Motion: Frederick County Community Fitness.

Duration: 30:57 | Recorded on March 5, 2021

SU eSports: Spinandoah Showcase

We pre-recorded today's conversation via Zoom with Joey Gawrysiak, Director of eSports at Shenandoah University to get the details about the Spinandoah Showcase happening March 13-14, 2021. We talked about the misconceptions surrounding eSports as a degree program and learned what the event will look like as well as who should attend. High school students and college transfers (and their parents) interested in being recruited to play esports in college are invited to the inaugural SPINandoah Showcase at Shenandoah University. The event will be held March 13-14 on Shenandoah's main campus in Winchester, in conjunction with Stay Plugged IN (SPIN), a North Carolina-based esports company with a mission to aid in collegiate esports recruiting. At least 12 colleges/universities are expected to attend, including from as far away as Kansas (Ottawa University) and South Carolina (Converse College).

Duration: 27:44 | Recorded on March 8, 2021

Norman Rockwell Exhibit at The Museum of the Shenandoah Valley

We pre-recorded our conversation today via Zoom to chat with Nancy Huth, Deputy Director of Arts & Education for The Museum of the Shenandoah Valley and Julie Armel, their Deputy Director of Community Relations. We chatted with Nancy about the new Norman Rockwell exhibit at The MSV through August 8, 2021. She gave us some background on Norman Rockwell and talked about the various pieces you can expect to see when visiting the exhibit. Julie filled us in on the opening date for the gardens (April 1, 2021) and told us about the new trails that are open to the public – admission free.

Duration: 27:10 | Recorded on March 9, 2021

Learning About Leadership with Dr. Dave Miles

We pre-recorded our conversation via Zoom today with Dr. Dave Miles from Dr. Dave Leadership Corporation to chat about leadership and the impact it can have on your workforce. Dr. Dave explained that leadership can be taught and the value it can have to any sized business to increase the productivity and culture in the workforce. He told us about assessments and how they're helpful to understanding the mindset of employees and management. We also discussed his Live to Lead series and how incorporating local and national leaders on the platform is a benefit for all who attend.

Duration: 40:56 | Recorded on March 10, 2021

Changing the Name of Lord Fairfax Community College

We pre-recorded our conversation via Zoom to chat with Chris Coutts, Provost for the Fauquier campus of Lord Fairfax Community College & VP of Communications & Planning about the upcoming name change to the college. Chris explained how the initial discussion came about and the different perspectives that went into making the decision to move forward with a name change. We discussed what will be considered for a new new name and he gave a tentative timeline for when they hope to release the final choice. He also said that there will be a period of public input where they will create a website and welcome comments from the community. Duration: 26:46 | Recorded on March 11, 2021

A Vaccination Update from Valley Health

We pre-recorded today's conversation via Zoom with Dr. Jeff Feit, VP of Population Health at Valley Health to get an update about the vaccination process happening throughout the Shenandoah Valley. Dr. Feit explained some of the side effects associated with the various vaccines and busted a few myths about why a person would – or would not – experience side effects. We talked about the vaccine registration process and he told us how it works and the statewide system they'll be moving to in the near future. We also discussed the current eligibility group, how they are being vaccinated and when the next eligibility group may open up. Plus, we talked about the safety of vaccines for children under the age of 16 and when they might be available.

Duration: 27:04 | Recorded on March 12, 2021

Strolling Strasburg: Clementine Vintage & Pot Town Organics

We pre-recorded today's conversation with Olivia Hilton, Director of Community Development for the Town of Strasburg as we strolled Strasburg on a Friday afternoon to chat with two local businesses. Our first stop was Clementine Vintage to chat with owner, Sue Haynes. Sue told us how the business started and then grew into a brick-and-mortar location from an online Etsy shop. We talked about the different products she offers in the store and the importance to her of showcasing other small businesses. Our last stop was Pot Town Organics to chat with owner, Janet Heishman. Janet told us how about the various items you can purchase at her gardeners supply store and explained why being a community partner is an important part of how she operates the business.

Duration: 27:19 | Recorded on March 15, 2021

Tourism Tuesday: Copper Fox Distillery

We pre-recorded today's conversation via Zoom for Tourism Tuesday – Luray/Page County edition – with Edie Emmons from Luray/Page County Chamber of Commerce and Cheryl Targos, Marketing Director for Copper Fox Distillery. Cheryl told us how (and why) her brother Rick started Copper Fox Distillery and recently expanded to a second facility in Williamsburg, VA. She explained the different varieties of whiskey and bourbon they offer and how they're created. Edie gave us the details for Page County Restaurant Week happening March 14-20, 2021.

Duration: 23:09 | Recorded on March 16, 2021

Rappahannock Electric Cooperative CEO, John Hewa

We pre-recorded today's conversation via Zoom with Rappahannock Electric Cooperative's new CEO, John Hewa. John explained the basics of the electric industry, REC's business model, REC's commitment to our local communities through a variety of ways and how they are working to be a community partner.

Duration: 31:49 | Recorded on March 17, 2021

Community Health: Virtual Health Fair

We pre-recorded our conversation via Zoom today to chat with Valley Health's Mike Wade, chair of the Valley Health Virtual Health Fair happening (online) March 20 – 27, 2021. Mike explained what went into making the decision to take the health fairs that Valley Health does twice a year to an online platform this year. He also gave us a quick rundown of what you can expect to find/learn at the event this year.

Duration: 22:57 | Recorded on March 18, 2021

Quick Money Chats

We pre-recorded today's Extension Office Friday conversation via Zoom with Karen Poff, Senior Extension Agent, Family & Consumer Science, Virginia Cooperative Extension office. Karen is based in the Warren County office, but serves all five surrounding counties. She also manages the Northern Shenandoah Valley Financial Education Program. Today, Karen told us about their newest program: Quick Money Chats where an individual will be able to get a financial question answered by someone on Karen's team of volunteers. She gave us background for how/why the program began, why it's a reliable resource (as opposed to Google), and walked us through the process to submit a question. She also told us about the types of questions they expect to receive. This is a free program.

Duration: 29:25 | Recorded on March 19, 2021

An Update from Clarke County Public Schools Superintendent

We pre-recorded today's conversation via Zoom for an update from Dr. Chuck Bishop, Superintendent of Clarke County Public Schools. Dr. Bishop gave us an update on their current learning model and explained when and how they plan to begin transitioning to more in-person classes for most students. We discussed summer school, testing, athletics and what he hopes the new school year will look like.

Duration: 28:53 | Recorded on March 22, 2021

Tourism Tuesday: Glazed & Confused Doughnut Shop

We pre-recorded today's conversation via Zoom with Justin Kerns from Winchester/Frederick County Convention & Visitors Bureau and his guest, Courtney Turner, owner of Glazed & Confused Doughnut Shop. Courtney told us how she came to be a doughnut maker and the success the shop has experienced since opening in mid-February on Piccadilly Street in Old Town Winchester. She gave us an overview of the different varieties of doughnuts she offers, how to place a special order and told us about her coffee partner – Sibling Coffee Roasters.

Duration: 23:50 | Recorded on March 23, 2021

2021 Greater Good Award Winners

We pre-recorded today's conversation via Zoom for The Valley Business Today with Kory Campbell from Top of Virginia Regional Chamber for an update from the 2021 Greater Good Award ceremony. Kory's guests were Adrian Taylor & Jeremy Shen from YHB, recent winners of the Large Business of the Year award; and Greg Vossler, recent winner of the Emerging Leader award. Kory gave us a recap of the evening's (in-person) events and told us who won each of the awards. Greg, Adrian & Jeremy told us how excited and honored they were to win the award(s) and sang the praises of the chamber for the success of the event.

Duration: 24:54 | Recorded on March 24, 2021

Public Safety Thursday with Frederick County Sheriff Lenny Millholland & Lt. Warren Gosnell

We were live in the studio for Public Safety Thursday with Sheriff Lenny Millholland and Lt. Warren Gosnell from the Frederick County Sheriff's Office. We discussed the pandemic and took a look back at the impact COVID had on the sheriff's office, their staff and procedures in general. Sheriff Millholland and Lt. Gosnell also explained the new laws regarding victims of heroin overdoses. Plus, we talked about the warmer weather and the effects it has on traffic and overall public safety.

Duration: 35:41 | Recorded on March 25, 2021

United Way NSV: Healthy Families of Northern Shenandoah Valley

We pre-recorded our conversation for United Way Friday with Elise from United Way of Northern Shenandoah Valley and her guest, Sara Schooner-Martin, Executive Director for Healthy Families of Northern Shenandoah Valley. Sara explained the history & mission of her organization which was established in 1998. They offer support, in a positive and productive way, for the process of parenting – especially among first-time families. We talked about April as Child Abuse Prevention month and the partnership with Families Forward VA. Elise reminded us that Saturday is the monthly Rubbermaid sale from 8am – Noon in the Belk parking lot at Apple Blossom Mall. This month is a "double trucker" and will benefit ARE & Blue Ridge Housing Network.

Duration: 27:22 | Recorded on March 26, 2021

Warren Memorial Hospital Construction Update

We pre-recorded our conversation today to get an update on the construction progress of Warren Memorial Hospital with: Floyd Heater, Vice President of Valley Health System Southern Region and President of Warren Memorial Hospital; Terri Mayes, Vice President of Warren Memorial Hospital; and, Jenny Grooms, Executive Director for Valley Health Foundations. Floyd brought us up to date on what's been completed at the new site, talked about the need for the new facility and explained how convenient having the new medical building attached to the hospital will be to future patients. As of March 2021, approximately 90% of construction is complete. Terri told us what the moving process will look like, when it will start and how they will manage training once inside the new facility. Hospital departments begin moving June 16, 2021. Patient move scheduled for June 23, 2021. Emergency Department will be operational at

the new hospital beginning June 23, 2021. Front Royal Family Practice (3rd Floor) will move on June 25, 2021. Valley Health Multispecialty Clinic (2nd Floor) will move on July 16, 2021. Jenny told us about the fundraising process and the role community partnerships played in funding the trails & MyChart Bedside. Terri explained the benefits to patients for accessing their care with this tool. Community members can be part of the history at the new facility by purchasing a 4"x8" brick paver engraved with your special message that will become part of the outdoor patio in the hospital's courtyard.

Duration: 25:06 | Recorded on March 29, 2021

Tourism Tuesday: Luray Modern & Broad Porch Coffee

We pre-recorded our conversation today with Ryanne Hodson from Luray Modern to talk about her short-term rentals located in Luray, VA. She told us how they found their way to Luray and walked us through their process for finding, renovating and renting their three vacation rentals – in particular the 1850's farmhouse. Ryanne also told us about a new business venture in partnership with Broad Porch Coffee Co based in Harrisonburg. They have moved the roaster to downtown Luray and plan to open Broad Porch Coffee at 20 W. Main Street in the near future. She explained how the partnership came together and told us how she became a certified Q-grader.

Duration: 28:13 | Recorded on March 30, 2021

Frederick County Economic Development Q&A

We pre-recorded our conversation today with Patrick Barker, Executive Director of Frederick County Economic Development Authority for a Q&A session about the area's population, workforce and whether it's considered a "bedroom community." We talked about what companies look for when choosing Frederick County as a business location. Patrick also answered some trivia questions about the businesses located in Frederick County & talked about the impact the pandemic has had on our workforce at home and those commuting.

Duration: 38:41 | Recorded on March 31, 2021