

Issue	Name of Program/Segment	Date of Airing	Time of Airing	Duration	Narrative
Aging; health; arts and culture	Hear Together: Art for the Journey	11/2/23-present	Throughout the day. Aired approximately 35 times.	90 seconds	Art for the Journey is a Richmond-based nonprofit that aims to transform lives through art and community. Comprised of a group of artists and volunteers, the organization brings art classes to marginalized communities, including children who have experienced trauma, veterans who have been diagnosed with PTSD, women incarcerated at the Virginia Correctional Facility for Women, and seniors living with dementia. Art for the Journey provides certification in Opening Minds through Art (OMA), an award-winning, evidence-based, inter-generational art-making program developed by gerontologist Dr. Elizabeth Lokon. Through OMA, dementia patients are paired with
Poverty	Community Connection: The United Way of Greater Charlottesville	11/9/23-1/9/23	Throughout the day. Aired approximately 10 times.	60 seconds	The United Way of Greater Charlottesville is one in seven families in our region cannot afford the essentials of life, leaving over 9,000 families without items like groceries, diapers, or medicine. Their ENVISION initiative aims to empower local families like this to lift themselves out of poverty. More information about this program and others, as well as tax-deductible donations can be found at unitedwaycville.org . The United Way of Greater Charlottesville is a proud financial supporter of WNRN.
Transportation	Hear Together: Giving Words	11/14/23-present	Throughout the day. Aired approximately 49 times.	90 seconds	Giving Words is a nonprofit that facilitates access to transportation by gifting cars and providing car repairs at little to no cost for single parents in Louisa, Charlottesville, Staunton, Chesterfield, and surrounding areas. Giving Words' efforts are twofold through their partnerships with career and technical education programs in the region, giving students the opportunity to work on a donated car and then to participate in the process of gifting it to a family in need. We spoke with Executive Director Eddie Brown and a single mom shares her journey with Giving Words in this Hear Together profile.
Health	Community Connection: Girls on the Run Central Virginia and Blue Ridge	11/15/23-1/13/23	Throughout the day. Aired approximately 14 times.	60 seconds	Girls on the Run Central Virginia and Blue Ridge are currently in their 18th year of bringing this life-changing program to the girls in their communities, and have served over 13,000 participants. With your help, they look forward to helping even more girls reach their limitless potential this year and beyond. They are back in more schools this Spring and will be in need of volunteer coaches. The coaches lead small teams of 8-15 participants, over a period of ten weeks, through lessons that nurture physical and emotional health while training to complete a 5K. Their Spring season will begin in early February. If you are interested in bringing Girls on the Run to your location, volunteering as a coach, or registering your child for one of our programs, you can visit: girlsontheruncenva.org .
Technology; Veteran's services	Hear Together: Tech for Troops	11/16/23-present	Throughout the day. Aired approximately 82 times.	90 seconds	Tech for Troops is a Richmond-based nonprofit serving veterans in Virginia and beyond. They accept donations of electronics like servers, routers, drones, cameras, desktops, and laptops, destroy any data on the device, and gift it to a veteran. Along with the refurbished device, Tech for Troops provides extensive technological training for each veteran, covering everything from computer basics like keyboard shortcuts to personal cyber security and even financial literacy. The nonprofit also uses technology to address mental health. Through Game Corps, their Aiming for Zero suicide prevention initiative forges connection through online gaming and facilitates peer-to-peer veteran support as mental health triage. We spoke with President Mark Casper and Game Master Jason Parker for this Hear Together profile.
Disabilities resources	Community Connection: The Arc of Central Virginia	11/20/23-2/15/24	Throughout the day. Aired approximately 45 times.	60 seconds	The Arc of Central Virginia, for more than 60 years, has supported people with Intellectual and Developmental Disabilities in leading a life that they choose and has meaning to them. People with disabilities often do not have the services, supports, and personal relationships they want, and need, to reach their desired potential. With your help, we are working every day to build a future for inclusive work, play, travel and community. You can follow The Arc on Facebook and Instagram or check out arcofca.org to learn more.
Dementia services	Community Connection: Joyful Voices	12/7/23-2/7/24	Throughout the day. Aired approximately 37 times.	60 seconds	Joyful Voices is a community chorus for singers with Alzheimer's or other dementias and their caregivers. The aim of the Joyful Voices Chorus is to serve as a resource for people in the greater Richmond area in the early-to-mid-stages of memory loss and their caregivers by sharing the power of music through a true choral experience in a safe environment and welcoming space. They seek to foster joy, a sense of well-being, and purpose among those with memory loss as well as promote a greater community understanding of the capabilities of those with early-stage memory loss.

Agriculture	Community Connection: VABF	12/7/23-1/18/24	Throughout the day. Aired approximately 17 times.	60 seconds	<p>The Virginia Association for Biological Farming is a nonprofit working throughout Virginia to promote biological farming and gardening. For their farming conference this year, they are partnering with the VSU Small Farm Educational Outreach Program to present the first annual VABF-SFOP Summit, happening January 19th - 21st in Roanoke.</p> <p>They invite you to join them for a weekend focused on sustainable, biological, and organic agriculture. The three day summit includes: intensive workshops and a Farm Tour on Friday; more than 40 concurrent sessions on Saturday and Sunday on topics ranging from seed saving and urban farming, to homesteading and regenerative ranching; Additional highlights include a Youth & Teen Program, local farm meals, and the Taste of Virginia Expo & Market.</p>
Homelessness	Community Connection: Housing Families First	12/17/23-1/31/24	Throughout the day. Aired approximately 31 times.	60 seconds	<p>Housing Families First is a nonprofit in Richmond that gives families facing homelessness the opportunity to build a legacy for their families by providing a path to a permanent home. Their vision is a Richmond region where all children and their families have a safe place to call home. More information about their services and ways to get involved is online at housingfamiliesfirst.org.</p>
Education	Community Connection: CHAT Richmond	12/17/23-1/31/24	Throughout the day. Aired approximately 28 times.	60 seconds	<p>Workforce Development at Church Hill Activities & Tutoring, or CHAT, is a nonprofit based in Richmond's East End. Through the After School Program, Church Hill Academy, and Workforce Development Program, CHAT provides educational opportunities to students and young adults, creating pathways for them to discover their potential. You can learn more about their programs and ways to get involved on their website: chatrichmond.org.</p>
Women Services	Community Connection: The Women's Initiative	12/17/23-1/31/24	Throughout the day. Aired approximately 29 times.	60 seconds	<p>The Women's Initiative is a nonprofit organization serving Central Virginia that provides vital mental health services to individuals regardless of ability to pay. Their mission is to provide women with support to transform life challenges into positive change and growth. The Women's Initiative offers culturally responsive counseling, social support, and education programs that serve more than 2,500 women annually. Throughout the year, they host both in-person and virtual opportunities to connect with yourself and the community, such as support groups, art for relaxation, LGBTQ+ social hours, and 'Chee-HAM-bah' West African dance. If you are interested in individual counseling or support groups, you can access their walk-in and call-in clinics, which are open to the public, four days a week as a way to get started. The Women's Initiative also provides affinity-based healing through their Sister Circle program for Black women and Bienestar program, which serves the Latinx community.</p>
Homelessness	Community Connection: Park View Community Mission	12/17/23-1/31/24	Throughout the day. Aired approximately 32 times.	60 seconds	<p>Park View Community Mission is a nonprofit in Lynchburg that will serve 80,000 neighbors this year through six programs that provide food, clothing, resources, and education. If you would like to participate in what they do, you may check out their website at parkviewmission.org and click on the "donate" or "volunteer" tabs.</p>
Health	Community Connection: CARES Clinic	12/17/23-1/31/24	Throughout the day. Aired approximately 31 times.	60 seconds	<p>The Community Accessible Rehabilitative Exercise Services, or CARES Clinic, is a nonprofit, pro-bono physical therapy clinic run by Doctor of Physical Therapy students with the goal of providing care to the uninsured community across the greater Richmond area. More information about what they do and how to support the clinic is online at rampages.us/caresclinic.</p>
Animal Welfare	Community Connection: Anicura Veterinary Center	12/17/23-1/31/24	Throughout the day. Aired approximately 21 times.	60 seconds	<p>Anicura Veterinary Center in Harrisonburg is a veterinary hospital that works to end animal suffering and provides accessible and affordable veterinary care. Through their assistance programs, they offer veterinary services for the most vulnerable pets in the community - those with nowhere else to go. Anicura's Pet Food Pantry distributes thousands of nutritious meals to pets each month. You can learn more about their veterinary services and assistance programs that support pet families on their website,</p>
Arts	Community Connection: Court Square Theater	12/17/23-1/31/24	Throughout the day. Aired approximately 30 times.	60 seconds	<p>Court Square Theater is a nonprofit in Harrisonburg serving as the community's performing arts venue and cinema. The theater hosts live events such as community theater productions, multi-cultural events, dance recitals, live bluegrass concerts- as well as local and regional bands of varying genres, stand-up comedy shows, civic organization gatherings, world premieres, documentaries, award-winning films and independent movies. They have also launched an education component called ACT ONE, which includes summer camps for rising 1st-12th grade students as well as theatrical productions for adults and students. These productions provide anyone from the community the opportunity to learn any aspect of stage production- performing and technical skills. The entire event calendar, casting calls, and more information is online</p>

Environmental	Community Connection: Charlottesville E-bike Lending Library	12/17/23-1/31/24	Throughout the day. Aired approximately 30 times.	60 seconds	Charlottesville E-bike Lending Library is a nonprofit working to expand access to electric bicycles in the Charlottesville area. They have commuter bikes, folding bikes, and cargo bikes that can carry a load of groceries or even a passenger. You are invited to test ride one of the e-bikes from their collection, and all bikes can be checked out for up to a week. If you aren't sure which style would fit best, you're welcome to try a few different ones. Charlottesville C-bike Lending Library is there to help you get started, answer your questions, and help you determine if an electric bike is the right choice for you. More information is online at ebikelibraryville.org.
Autism Services	Community Connection: May Center for ABA Services	12/17/23-1/31/24	Throughout the day. Aired approximately 30 times.	60 seconds	The May Center for ABA Services, located in Henrico, is a non-profit organization with more than 65 years of experience providing services to individuals with autism and related disorders. The program in Henrico offers center-based autism services to help children reach their potential and live a more independent life. The Center is currently accepting new patients! You can learn more about the May Center for ABA Services on their website, mayinstitute.org or email infoVA@mayinstitute.org.
Social Justice	Community Connection: CARE Rockbridge	12/19/23-1/14/24	Throughout the day. Aired approximately 13 times.	60 seconds	CARE Rockbridge is a nonprofit organization dedicated to standing up for justice, love, and equality. They invite you to their Martin Luther King Jr. Day Parade on Monday, January 15th. They step off at 10:30AM from in front of Randolph Street United Methodist Church at 118 S. Randolph Street in Lexington. This parade is open to the public, and hot chocolate and soup will be provided afterwards.
Media	Community Connection: Charlottesville Tomorrow	12/20/23-1/15/23	Throughout the day. Aired approximately 14 times.	60 seconds	Charlottesville Tomorrow is a local nonprofit newsroom covering Charlottesville, Albemarle County and the region. By signing up for our emails at cvlletomorrow.org, you can get information about important issues and ways you can take action to make our neighborhoods stronger. Charlottesville Tomorrow is an open resource and they invite you to start 2024 informed about our community.
Medical/Housing	Community Connection: The Doorways	12/20/23-3/1/24	Throughout the day. Aired approximately 58 times.	60 seconds	The Doorways is a nonprofit hospitality house in downtown Richmond that provides lodging and support for patients and their families traveling to Richmond for medical care. As they celebrate 40 years of being a compassionate Doorway between healing and home, they invite you to join them on Saturday, March 2nd for their 15th SAVOR event which brings together award-winning chefs from around the country for an epicurean evening to benefit The Doorways. There will be a gourmet dinner and silent and live auctions featuring home entertainment, fine wine, fine dining, and travel options. If you're unable to join them in March, you can contact them at any time to schedule a tour of The Doorways and learn about how they have fulfilled their mission since opening their doors to guests in 1984.
Disability resources	Hear Together: SOAR365	12/21/23-current	Throughout the day. Aired approximately 81 times.	90 seconds	SOAR365 was founded in 1954 to provide life-fulfilling opportunities for individuals with disabilities and support systems for their families. The Richmond-based nonprofit has expanded to include pediatric therapy for infants, programming for school-aged kids, employment programs, and resources for seniors. Their award-winning playground, Park365, was created as an all-inclusive park where children with and without disabilities can play together, featuring an accessible treehouse and merry-go-round, supportive swings and sensory play areas. We spoke with CEO and President John Walker for this Hear Together profile.
Food security	Community Connection: Lynchburg Daily Bread	1/1/24-3/1/24	Throughout the day. Aired approximately 58 times.	60 seconds	The Lynchburg Daily Bread, a soup kitchen located in downtown Lynchburg, invites you to join in feeding the hungry of Central Virginia, 365 days a year. Their dedicated staff and volunteers prepare and serve 700-800 hot and nutritious meals per day to those in need, no questions asked. They are helping more and more people make ends meet, including young families and retirees who have never needed assistance before. They are especially in need of proteins like ground beef and chicken, as well as paper supplies and cleaning supplies. Donations are welcome every day from 6:30am-12:30pm at their Clay Street location. More information is online at lynchburgdailybread.com.
Arts and culture	Community Connection: Three Notch'd Road Baroque Ensemble January Concert	1/5/24-1/25/24	Throughout the day. Aired approximately 19 times.	60 seconds	Three Notch'd Road: The Virginia Baroque Ensemble is a nonprofit based in Charlottesville that seeks to enrich the culture of Central Virginia through historically informed performances that reveal the beauty of early music. They are presenting the third program of their thirteenth season in Staunton, Crozet, and Charlottesville public concerts January 26th through 28th. This program, entitled "Clarinet Quintet," will feature clarinetist Dominic Giardino and violinist Aisslinn Nosky and will celebrate Mozart's Birthday weekend with one of his masterpieces played on period instruments, along with other Viennese chamber works. More information is on their website, tnbaroque.org.

Disability resources	Community Connection: Wall Opportunities and Wishes (WoW)	1/5/24-3/4/24	Throughout the day. Aired approximately 56 times.	60 seconds	<p>Wall Opportunities and Wishes, also known as WOW, was recently awarded a grant from the Greater Lynchburg Community Foundation to help adults with disabilities who need financial assistance for guardianship proceedings.</p> <p>Often times, the State will fund a Guardian Ad Litem – an attorney who represents the individual in court – but there are still costs for the petitioning attorney and court filing fees that someone with limited income may not be able to afford. Guardians are especially important when a person has no relatives to provide informed consent for services and necessary medical procedures.</p> <p>If you know an adult with a developmental or mental health disability who could use help with their guardianship costs, you can email wownonprofit@gmail.com or call (434) 660-0958.</p>
Arts and culture	Community Connection: BRIMS January Concert	1/5/24-1/19/24	Throughout the day. Aired approximately 13 times.	60 seconds	<p>BRIMS is hosting fiddle player and songwriter Maura Shawn Scanlin in concert on Saturday, January 20th at 7:00 p.m. at Albemarle Ciderworks. Maura is gaining notoriety among the Celtic and Acoustic music scenes across the country and her playing is hailed for its inventiveness, fluidity, and tone. She'll be joined by musicians Adam Hende, Conor Hearn & Julian Pinelli. More information is online at brimstunes.org</p>
Environmental	Community Connection: Shenandoah National Park Trust Banff Film Festival	1/10/24-3/1/24	Throughout the day. Aired approximately 52 times.	60 seconds	<p>The Shenandoah National Park Trust–the official non-profit partner of Shenandoah National Park–is hosting the Banff Film Festival at the Paramount Theater in Charlottesville on Saturday, March 2nd & Sunday, March 3rd.</p> <p>This two-day festival features short films from all over the world on mountain sports, culture, human endurance, and outdoor adventures! The Shenandoah National Park Trust invites you to the Banff Film Festival March 2nd & March 3rd – all proceeds benefit conservation, education, and more in Shenandoah National Park.</p>
Arts and culture	Community Connection: BRIMS February Concert	1/20/24-2/15/24	Throughout the day. Aired approximately 27 times.	60 seconds	<p>BRIMS is hosting a double bill of Irish music and song on Friday, February 16th at 7:00 p.m. at Potter's Craft Cider. This concert features Seán Gavin on Irish flute, whistles & uilleann pipes; Colm Gannon on Irish button accordion; singer and guitarist Tommy O'Sullivan with accompanying vocals by Sandra O'Sullivan.</p> <p>More information is online at brimstunes.org</p>
Education	Community Connection: Jefferson-Madison Regional Library Same Page Community Read	1/20/24-2/29/24	Throughout the day. Aired approximately 28 times.	60 seconds	<p>This March, JMRL and Virginia Humanities invite all Central Virginians to read and discuss Florence Adler Swims Forever by Rachel Beanland, the 2024 Same Page Community Read selection.</p> <p>The annual community-wide reading initiative gives book groups, classrooms, and individuals the opportunity to explore the themes of a single book by an author appearing at the Virginia Festival of the Book. Paperback copies of Florence Adler Swims Forever are available at all JMRL branches and the Bookmobile while supplies last. You can learn more about Same Page programs and events, including an appearance by Rachel Beanland, at JMRL.org.</p>
Arts and Culture	Community Connection: Zephyrus February Concerts	1/20/24-2/16/24	Throughout the day. Aired approximately 28 times.	60 seconds	<p>Zephyrus, Central Virginia's early music vocal ensemble, is a non-profit dedicated to the study and performance of music from the Medieval, Renaissance and Baroque eras.</p> <p>They invite you to join them for their upcoming concert Polyphony & Prejudice: Music by Vicente Lusitano. Performances will take place at 8 p.m. on Saturday, February 17th, at St. Thomas Aquinas University Parish, in Charlottesville, and at 7:30 p.m. on Friday, February 23rd, at Cove Presbyterian Church, in Covesville.</p> <p>Lusitano was an early 16th century composer of mixed race in Renaissance Portugal. A collection of his motets was printed in 1551 in Rome, becoming the first known publication of music by a Black composer.</p> <p>You can find more information on their website zephyrus-va.org, on Facebook, or by calling 434-963-4690. Both concert venues are wheelchair accessible.</p>

Arts and Culture	Community Connection: Richmond Performing Arts Alliance DJ Harrison Concert	1/20/24-2/23/24	Throughout the day. Aired approximately 34 times.	60 seconds	<p>Richmond Performing Arts Alliance is a nonprofit located in downtown Richmond that supports the artists of today, nurtures the artists of tomorrow, and provides spaces for the arts to thrive.</p> <p>Legends on Grace continues this season with Butcher Brown's DJ Harrison on Saturday, February 24th at 8:00pm at the Dominion Energy Center. RPAA invites you to join them for an intimate conversation and performance by the Richmond producer and musician hosted by Style Weekly journalist, Peter McElhinney.</p> <p>More information is available online at rpaalliance.com.</p> <p>RPAA is a proud financial supporter of WNRN.</p>
Education	Community Connection: Ivy Creek Natural Area and Historic River View Farm Legacy Ale	1/20/24-2/7/24	Throughout the day. Aired approximately 18 times.	60 seconds	<p>Ivy Creek Natural Area and Historic River View Farm in Charlottesville works to connect people to the past and present by honoring the land, history, and community.</p> <p>In collaboration with Three Notch'd Brewery, they're launching the River View Farm Legacy Ale on Thursday, February 8th at Three Notch'd Craft Kitchen and Brewery in Charlottesville. They welcome you to join them in celebrating Black History Month and the legacy of the Carr/Greer families, along with the history of Historic River View Farm.</p> <p>More information is on their website, ivycreekfoundation.org.</p>
Homelessness	Community Connection: Miriam's House Coldest Night of the Year Fundraising Walk	1/25/24-2/23/24	Throughout the day. Aired approximately 8 times.	60 seconds	<p>Miriam's House is a local nonprofit with a mission to end homelessness and rebuild lives. In 2023 they served 538 of our homeless neighbors by placing them in stable housing and providing them with support to remain housed.</p> <p>On February 24th, they are hosting our Coldest Night of the Year fundraising walk and invite you to participate. Walkers will begin at Miriam's House and walk a 5k route along Rivermont Avenue. Proceeds from this fundraiser support their programs serving homeless families.</p> <p>You can learn more online at miriamshouse.org.</p>
Aging	Community Connection: The Center at Belvedere Open House	1/25/24-2/18/24	Throughout the day. Aired approximately 25 times.	60 seconds	<p>The Center at Belvedere is a nonprofit community resource in Charlottesville creating opportunities for healthy aging.</p> <p>If you're age 50 or better, they invite you to Come and Connect from Monday, February 19th through Saturday, February 24th. At this special week-long open house, you'll be able to explore all aspects of Center membership—fitness, learning, art, support groups, live music, social gatherings, and more—all proven to increase your years in good health.</p> <p>This event is open to the public.</p> <p>You can learn more online at thecentercv.org.</p>
Arts and culture	Community Connection: Renaissance Theatre Company Performances	1/25/24-3/31/24	Throughout the day. Aired approximately 58 times.	60 seconds	<p>Renaissance Theatre Company is an all-volunteer nonprofit in Lynchburg that serves the community by providing live theatre productions for audiences of all ages.</p> <p>This year, they are performing Second Samuel in April, Willy Wonka & the Chocolate Factory in June, Agatha Christie's And Then There Were None in September, and more.</p> <p>More information is online at renaissancetheatrelynchburg.org or on Facebook and Instagram.</p>
Education	Hear Together: Scholars Latino Initiative	1/28/24-present	Throughout the day. Aired approximately 56 times.	90 seconds	<p>Scholars Latino Initiative (SLI) is a Harrisonburg-based nonprofit that partners with high schools in Harrisonburg, Richmond, and Winchester to provide academic support systems, leadership development, and mentorships for Latino students with the ultimate goal of college attendance. They also provide scholarships and financial aid for dual-enrollment classes for college credit, computers and technology needed for success, and tuition assistance.</p> <p>Since 2012, SLI has served 181 scholars who have attended 24 different colleges and universities and awarded more than \$542,000 in financial support.</p> <p>For this Hear Together profile, we spoke with Director of Development, Christopher Clymer Kurtz, and Managing Director Stephania Cervantes.</p>

Environmental	Community Connection: Alliance for the Chesapeake Bay Wild and Scenic Film Festival	2/1/24-3/6/24	Throughout the day. Aired approximately 31 times.	60 seconds	<p>The Alliance for the Chesapeake Bay is a local environmental nonprofit that aims to create clean lands and waters in Richmond and throughout the entire Chesapeake Bay watershed. On Thursday, March 7th, they're hosting the 6th annual Wild and Scenic Film Festival at Studio Two-Three in Richmond's Manchester neighborhood.</p> <p>This year's festival features films on nature, community, activism, adventure, conservation, water, climate change, wildlife, and more. Proceeds from the festival benefit the Alliance's mission to plant more trees, engage more communities, and create clean water for all. More information is available online at allianceforthebay.org/filmfest.</p>
Homelessness	Community Connection: The Haven Run for Home 8k	2/1/24-3/8/24	Throughout the day. Aired approximately 32 times.	60 seconds	<p>The Haven—a day shelter and housing resource center in downtown Charlottesville—has provided shelter, food, basic services, and housing for people at risk of or experiencing homelessness for the last 14 years.</p> <p>They're hosting their 14th annual Run For Home 8k on Saturday, March 9th and welcome you to walk or run your way through historic downtown Charlottesville as they work to make homelessness rare, brief, and nonrecurring in our community.</p> <p>Each participant is invited to stick around for a post-race breakfast.</p>
Education	Community Connection: Virginia Festival of the Book	2/1/24-3/19/24	Throughout the day. Aired approximately 41 times.	60 seconds	<p>The Virginia Center for the Book is hosting the 30th Anniversary of the Virginia Festival of the Book in Charlottesville from March 20th-24th.</p> <p>More than 100 authors will be joining for featured events, including bestseller Roxane Gay and U.S. Poet Laureate Ada Limon at the Paramount Theater. Their historical fiction breakfast will feature bestsellers Adriana Trigiani and Jeannette Walls. And they're hosting a Wordy Thirty anniversary party with food, a D.J., dancing, the headlining authors and more.</p> <p>The Virginia Festival of the Book is a program of Virginia Humanities. More information is online at vabook.org.</p>
Education	Community Connection: Lexington Rotary Road and River Relay	2/3/24-5/3/24	Throughout the day. Aired approximately 49 times.	60 seconds	<p>The Lexington Sunrise Rotary Club is hosting the 47th Lexington Road and River Relay on Saturday, May 4th.</p> <p>This event's 16-mile course consists of running, riding, and paddling legs and is open to solo participants or teams of up to 5 members.</p> <p>Proceeds from this event go towards our Rotary club as they provide help to people and grants to organizations in the community with a focus on health and education.</p> <p>More information and registration is online at lexingtonroadandriverrelay.org.</p>
	Hear Together: James River Association	2/4/24-present	Throughout the day. Aired approximately 50 times.	90 seconds	<p>In 1976, the James River was considered one of the most polluted rivers in the United States. As a result, a group of concerned citizens formed the James River Association, the only organization dedicated solely to the care of the James River.</p> <p>The nonprofit's mission is twofold: to protect the James River and to connect community members to it. Their initiatives are comprehensive and take many forms. They work to enact policy change on the local, state, and federal levels and even take community members out onto the river in order to facilitate nature play and connection. From planting trees along streams and creeks to helping green under-served and disadvantaged urban areas, they tackle hands-on projects that address everything from restoration to shoreline erosion. Through the River Rats program, they train volunteers to keep an eye on the river and to report any issues to the river keeper.</p> <p>The results have been impactful. In 2019, they were awarded the Thiess International River Prize, which has only been given to 20 other water bodies around the world.</p> <p>We spoke with President and CEO Bill Street for this Hear Together profile.</p>

Outdoor Access	Community Connection: Blue Sky Fund Outdoor Leadership Initiative	2/9/24-4/11/24	Throughout the day. Aired approximately 41 times.	60 seconds	<p>Blue Sky Fund is a youth development non-profit that provides transformational experiences for Richmond area youth through outdoor education.</p> <p>They are currently recruiting for the next cohort of rising 9-12th grade students from across the Richmond metro area for their Outdoor Leadership Institute, a year-long program that brings together students from diverse economic and cultural backgrounds for connecting, leadership training, a 5-day wilderness trip to Virginia's highest peak, and monthly community service projects, designed to foster individual growth, increase personal resiliency, and cultivate leadership skills.</p> <p>If you are interested in applying or know someone who might be, more information is at blueskyfund.org/programs/high-school.</p>
Housing	Community Connection: Better Housing Coalition Stay Home RVA	2/9/24-4/11/24	Throughout the day. Aired approximately 40 times.	60 seconds	<p>The Better Housing Coalition's mission is to change lives and transform communities through high-quality, affordable housing. They are raising awareness of the need for more affordable housing in our region, and invite you to join them for the seventh annual Stay Home RVA, non-event gala, on Friday, April 12.</p> <p>Here's how it works: Donors can stay home and make a tax-deductible contribution in lieu of attending a traditional gala event. All proceeds from the non-event will go towards supporting their resident services programs that enrich the lives of children, families and seniors in our communities. The Better Housing Coalition is also collaborating with local businesses, creating a Stay Home RVA playlist, and compiling recipes curated by local chefs.</p> <p>More information is at stayhomerva.org.</p>
Education	Community Connection: Virginia School for the Deaf and the Blind Open Enrollment	2/9/24-3/11/24	Throughout the day. Aired approximately 24 times.	60 seconds	<p>The Virginia School for the Deaf and the Blind (VSDB) is a school (and state agency) in Staunton that provides a superior education for students who are deaf/hard of hearing/blind/vision impaired/deafblind, and deaf or blind with other disabilities.</p> <p>Their comprehensive, state-aligned education programs serve students from age 2 through 21 with residential and day options. At VSDB, students are "one of many" instead of being the only one, allowing students to grow, do, and become capable adults who succeed in post-secondary education, in the workforce, and as citizens in their communities.</p> <p>VSDB invites you to explore their website at vsdb.k12.va.us to learn more about their unique educational programs, extra-curricular activities, admissions process, and how to begin the referral process with your local school district.</p>
Education	Community Connection: Women United in Philanthropy Human Trafficking Panel	2/9/24-3/13/24	Throughout the day. Aired approximately 25 times.	60 seconds	<p>Women United in Philanthropy is a crowd-funded giving group which award grants to nonprofits serving women and children in the Charlottesville region.</p> <p>On Thursday, March 14th at 9am at the Hillsdale Conference Center, they are hosting their annual Education Event. This year's event will be a panel discussion of experts on the topic of Human Trafficking.</p> <p>There will be light refreshments offered. This event is open to the public and all are invited to attend and learn.</p> <p>There is more information about the panel discussion and Women United at womenunitedcville.org.</p>
Health	Community Connection: Free Clinic of Central Virginia 5k	2/13/24-3/22/24	Throughout the day. Aired approximately 32 times.	60 seconds	<p>The Free Clinic of Central Virginia is a non-profit located in downtown Lynchburg that offers medical and dental health services to the uninsured and underinsured community.</p> <p>The Free Clinic of Central Virginia is having their 2nd annual Colon Cancer 5k on Saturday, March 23rd at Peaks View Park! They invite you to run (or walk) alongside them because they believe "No One Fights Alone" in the battle against cancer.</p> <p>Proceeds from their 5k will go towards Free Clinic services and the promotion of early cancer screenings for early detection.</p> <p>More information can be found online at freeclinicva.org</p>

Disability resources	Community Connection: craveABLEs Disability Employment	2/13/24-3/31/24	Throughout the day. Aired approximately 37 times.	60 seconds	<p>CraveABLEs, a new nonprofit serving the hearts and bellies of Lynchburg, provides supported employment for individuals with intellectual disabilities and aim to pave the way for inclusion—one scoop at a time.</p> <p>Starting this April, they'll be serving the community through our mobile ice cream trailer, followed by the opening of their storefront this summer. Customers will not only have the chance to purchase Homestead Creamery ice cream, but can also help change the lives of their employees!</p> <p>For more information about the grand opening, or ways to become involved, visit craveables.org.</p>
Disability resources	Community Connection: SOAR365 Ladybug Fund Wine Tasting & Silent Auction	2/13/24-4/26/24	Throughout the day. Aired approximately 38 times.	60 seconds	<p>SOAR365, a Richmond-based nonprofit that works to create life-fulfilling opportunities for individuals with disabilities is hosting their annual Ladybug Fund Wine Tasting and Silent Auction on Saturday, April 27th from 6-10PM. They welcome you to enjoy a wide selection of wine varieties from the world's wine regions including Tuscany, the Rhone Valley, Napa Valley, Washington State and Oregon. While you eat and drink, you can listen to live jazz and learn more about how SOAR365 helps people with disabilities in our community.</p> <p>Proceeds from this event go towards programs for children and youth with disabilities. More information is online at soar365.org</p>
Health	Community Connection: Trillium Birth Center Open House	2/13/24-4/20/24	Throughout the day. Aired approximately 36 times.	60 seconds	<p>Trillium Collaborative's mission is to provide accessible, holistic, individualized maternity care to families who value and desire it, by supporting Trillium House, Lynchburg's only birth center. The birth center provides a unique setting where expecting mothers receive prenatal and postpartum care from our team of professional midwives; where they can take part in classes and workshops to help prepare them for birth; and a place where they can give birth, in one of three birth suites.</p> <p>They're hosting an Open House at Trillium House on Saturday, April 21st, from 1 to 5pm and welcome you to join them if you would like to know more about community options for birth and pregnancy care, or if you are just curious about what happens at a birth center. They'll have midwives there to answer your questions and light refreshments to snack on. You can learn more and RSVP on their website, lynchburgbirthcenter.org</p>
Arts and culture	Community Connection: Vector Space Maker Faire	2/13/24-3/23/24	Throughout the day. Aired approximately 32 times.	60 seconds	<p>Vector Space, a nonprofit makerspace nestled in the heart of Midtown Lynchburg is hosting Lynchburg's 5th Maker Faire in collaboration with Randolph College's Science week on Sunday, March 24th from 11am-4pm.</p> <p>They welcome you to join them for this family-friendly event featuring Power Racing, Lego Printing, the Marble Chaos Machine, Screen Printing, Beer Tasting & many more science & STEM-based activities.</p> <p>More information is online at lynchburg.makerfaire.com</p>
Medical	Community Connection: Blue Ridge Free Clinic Music Medical Benefit with Scott Miller	2/16/24-3/15/24	Throughout the day. Aired approximately 20 times.	60 seconds	<p>The Blue Ridge Free Clinic in Harrisonburg is a nonprofit, all-volunteer clinic that offers a bridge to health, medical for the uninsured in our community, and prescription assistance for anyone in need.</p> <p>They are hosting a Night of Musical Medicine benefit concert with musical guest Scott Miller on Saturday, March 16th at the Loft on Liberty St. All proceeds will support medical services at the Blue Ridge Free Clinic!</p>
Arts and culture	Community Connection: VA Quilt Museum Great Community Give	2/16/24-4/16/24	Throughout the day. Aired approximately 30 times.	60 seconds	<p>The Virginia Quilt Museum is a nonprofit in Harrisonburg that cultivates and preserves the quilting arts in Virginia. They are participating in the seventh annual Great Community Give on Wednesday, April 17 and invite you to participate online at vaquiltmuseum.org/events or by stopping by the museum. The Virginia Quilt Museum is a proud financial supporter of WNRN.</p>

Disability resources	Community Connection: Adagio House Summer Day Camp	2/16/24-5/13/24	Throughout the day. Aired approximately 32 times.	60 seconds	<p>Adagio House is a nonprofit in Harrisonburg that aims to reimagine care for caregivers and their loved ones living with disabilities.</p> <p>They're hosting their second annual summer day camp for people living with intellectual and developmental disabilities ages 13 to 25 from Monday through Thursday from June 10th through August 8th.</p> <p>This day-long camp will feature music, visual arts and crafts, nature exploration, and more!</p> <p>More information is online at adagiohouse.org</p> <p>Adagio House is a proud financial supporter of WNRN.</p>
Arts and culture	Community Connection: BRIMS St. Paddy's Day Event	2/19/24-3/9/24	Throughout the day. Aired approximately 12 times.	60 seconds	<p>Blue Ridge Irish Music School (BRIMS) in Charlottesville. BRIMS is hosting a "Get Ready for St. Paddy's Day" family event at Albemarle Ciderworks on Sunday, March 10th, from 12:30-3:00 p.m.</p> <p>This event will include live Irish music and dancing performed by BRIMS, face painting, activities for kids, an instrument petting zoo and more.</p> <p>More information is online at brimstones.org</p> <p>BRIMS is a proud financial supporter of WNRN.</p>
Outdoor Access	Community Connection: Wildrock Summer Camps	2/19/24-5/1/24	Throughout the day. Aired approximately 31 times.	60 seconds	<p>Wildrock is a nonprofit that promotes nature play through camps, field trips, and outreach programs because they believe that kids should be outside for their health and happiness.</p> <p>They still have space remaining for 2024 summer camps at their Nature Play and Discovery Center in Crozet.</p> <p>If you are interested, you can check out their website wildrock.org.</p>
Arts and culture	Community Connection: 14th Annual Rooster Walk Music and Arts Festival	2/19/24-4/20/24	Throughout the day. Aired approximately 31 times.	60 seconds	<p>You're invited to bring your family and friends to the 14th Annual Rooster Walk Music and Arts Festival in Martinsville, Virginia. Rooster Walk will take place over Memorial Day weekend, May 23rd through May 26th at the scenic Pop's Farm in the foothills of the Blue Ridge Mountains. The family-friendly festival's lineup features Emmylou Harris, Corey Wong, Broke Mountain Bluegrass Band, and North Mississippi All-Stars, plus camping, outdoor adventures, healing arts, and food and drink.</p> <p>Proceeds from the festival will go to the Memorial Scholarship Fund, public school band programs and local charities. Roosterwalk.com has all the info, including the full band lineup.</p> <p>Rooster Walk is a proud financial supporter of WNRN.</p>
Music education	Hear Together: The Rhapsody Project	2/20/24-present	Throughout the day. Aired approximately 32 times.	90 seconds	<p>The Rhapsody Project brings roots music back to youth in underserved communities without being expensive for the youth participating.</p> <p>The programs and community-building strategies developed by The Rhapsody Project inspired lifelong Virginian and professional musician Justin Golden to found the first new chapter outside of its original home in Seattle.</p> <p>By founding a monthly, all ages blues jam, and working to expand to add an after-school music program for youth in fall of 2022, Justin has worked for over two years to develop the Richmond chapter of the organization.</p>

Outdoor Access	Community Connection: Virginia Capital Trail Foundation Cap2Cap	2/23/24-5/9/24	Throughout the day. Aired approximately 29 times.	60 seconds	<p>The Virginia Capital Trail Foundation is hosting the 19th Sentara Cap2Cap presented by Dominion Energy, a community cycling event on Friday, May 10th and Saturday, May 11th.</p> <p>They invite you to bring your family and friends to enjoy a supported ride on the Virginia Capital Trail, a paved trail stretching from Williamsburg to Richmond. Customizable rides offer multiple distances ranging from 10 to over 100 miles. There's also a Family Fun Ride, a 2-Day challenge, and a half-century shuttle option. Throughout the ride, you will be supported by mechanics, stocked rest stops, multiple restroom facilities, and can enjoy a community Party Zone that is open to the public with beverages, vendors, and music. Registration includes an event shirt, rider's bib, and Cap2Cap items.</p> <p>Proceeds from this fundraiser go towards helping protect and enhance the Virginia Capital Trail and supporting local trail development. You can learn more online at viriniacapitaltrail.org/cap2cap</p>
Legal Support	Community Connection: Greater Richmond SCAN CASA Training	2/23/24-4/22/24	Throughout the day. Aired approximately 28 times.	60 seconds	<p>Greater Richmond SCAN is a nonprofit in Richmond City that works to prevent and treat child abuse and neglect throughout the greater Richmond area.</p> <p>They will be having their spring Court Appointed Special Advocate, or CASA, training starting on April 23rd. This comprehensive, 35-hour training teaches volunteers how to advocate for the best interest of a child currently involved in Richmond's court system due to abuse or neglect. Once training is complete, CASAs are assigned to a case, advocating for the child until the case is closed.</p> <p>You can learn more about the role and application process at www.grscan.com/casa.</p>
Arts and culture	Community Connection: The Branch Museum of Architecture and Design Mad Hatter Fundraiser	2/28/24-4/18/24	Throughout the day. Aired approximately 24 times.	60 seconds	<p>The Branch Museum of Architecture and Design is a nonprofit museum in Richmond that explores the impact of design in everyday life.</p> <p>On Friday April 19th, they are hosting our annual Mad Hatter Garden Party and Design Auction. The night consists of a silent and live auction of pieces from Virginian artists and designers. Guests can design and wear their own hats. They can even compete head-to-head — or hat-to-hat — for the Milliner's Award, given to the most inventive hat.</p> <p>All proceeds benefit The Branch, Virginia's only design museum, and support the Branch House a nationally recognized historic landmark.</p> <p>More information is available at branchmuseum.org</p>
Employment	Community Connection: Downtown Ashland Association Entrepreneur Workshops	2/28/24-4/27/24	Throughout the day. Aired approximately 24 times.	60 seconds	<p>Downtown Ashland Association is a nonprofit in Ashland that contributes to our town's vitality by deploying our time, funding, and voice on behalf of the community.</p> <p>We are hosting practical workshops with local experts on strategies and tactics small businesses can use immediately. Entrepreneurs of all kinds, at all stages are invited to join us at The Gathering Place through the spring. More information is online at AshlandVirginia.com/2024</p>
Legal Support	Community Connection: The Greater Richmond Bar Association Jazz4Justice	2/28/24-3/13/24	Throughout the day. Aired approximately 10 times.	60 seconds	<p>The Greater Richmond Bar Foundation is a nonprofit in Richmond that works to provide meaningful access to legal services to clients who may not be able to afford them by helping attorneys do pro bono.</p> <p>We invite you to join us for the 10th Annual Jazz4Justice concert with VCUarts on March 14th, featuring Guest Artist and 2-time GRAMMY nominee René Marie. Proceeds from the event will benefit the Greater Richmond Bar Foundation's access to justice programs, as well as provide scholarships to VCU Jazz students. More information is online at grbf.org/jazz</p>

Education	Community Connection: Montessori School of Charlottesville Truck Touch	2/28/24-5/3/24	Throughout the day. Aired approximately 25 times.	60 seconds	<p>Montessori School of Charlottesville is hosting their annual Truck Touch event on Saturday, May 4th from 10AM-1PM at Fairview Swim Club. This family-friendly event allows children to explore some of their favorite trucks and will be their reintroduction as they have not held a Truck Touch since pre-2020!</p> <p>There will also be food vendors, face painting, a strider bike course and more activities.</p> <p>All proceeds from this event will go toward increasing their scholarship fund so that they can continue to broaden access to early childhood education in our community!</p> <p>More information is online at trucktouchville.com</p>
Agriculture	Community Connection: Jones Gardens Nourishing Strides 5k	3/6/24-5/10/24	Throughout the day. Aired approximately 19 times.	60 seconds	<p>Jones Gardens are a nonprofit in Staunton with the mission to nourish and unify communities with the creation of vibrant urban garden spaces.</p> <p>On Saturday, May 11th they're hosting their Nourishing Strides 5K fundraiser at Montgomery Hall Park at 9AM. Participants can walk or run through the trails and fields of this historic park.</p> <p>All proceeds support their community garden operations in Staunton and help bring fresh, affordable food to our local community.</p> <p>You can learn more and register online at jonesgarden.org.</p>
Education	Community Connection: James Madison's Montpelier We the Kids Day	3/6/24-4/4/24	Throughout the day. Aired approximately 20 times.	60 seconds	<p>On Friday, April 5th, James Madison's Montpelier invites you, your family, and friends to join them for We the Kids Day for open house tours and drop-in activities. There will be opportunities to learn about historic preservation, walk in the woods, and catalog artifacts – along with podcasting for kids, visiting with Mr. Madison and a variety of community organizations, and more. Raclette on the Run Food Truck will be onsite.</p> <p>Through June, they're offering family-friendly specialty tours that highlight the majestic trees of Montpelier, spring ephemerals, the Annie duPont Formal Garden, pollinators on parade, the US Constitution, and the Bill of Rights.</p> <p>They invite you to visit Montpelier to study the US Constitution, the Madisons and the enslaved community, and the preservation of the American storied past. You can find out more about events, tours, trails, and exhibits online at montpelier.org.</p> <p>Montpelier is a proud financial supporter of WNRN.</p>
Arts and culture	Community Connection: Frontier Culture Museum of Virginia Spring Lecture Series	3/7/24-4/1/24	Throughout the day. Aired approximately 17 times.	60 seconds	<p>The Frontier Culture Museum of Virginia in Staunton is hosting their 2024 Spring Lecture Series exploring the relationship between local history and American history on Tuesday evenings from 7-8PM at their Dairy Barn Lecture Hall. Guest speakers will discuss aspects of early American history through the lenses of art history, food history, local archaeology, and anthropology.</p> <p>This series is open to the public.</p> <p>More details about upcoming lectures including dates and topics are online at frontiermuseum.org.</p>
Food security	Community Connection: Beard League Beard Prom	3/20/24-4/19/24	Throughout the day. Aired approximately 7 times.	60 seconds	<p>The RVA Beard League, Founded in 2011, is a social volunteer organization that aims to improve Richmond through the three C's of community service, charitable fundraising, and camaraderie.</p> <p>On Saturday, April 20th, they're hosting the Mid-Atlantic Beard & 'Stache Championships 10 Beard Prom, a charity facial hair competition and dance party to benefit the Feed the Streets RVA, whose programs provide food and hygiene essentials to the less fortunate and advance grassroots efforts that address symptoms of poverty.</p> <p>The Mid-Atlantic Beard & 'Stache Championships consists of 13 different facial hair categories covering a diverse variety of styles and lengths, with 3 categories devoted to fake beards so that everyone — including ladies and kids — can compete! Whether you have a full-on lumberjack beard, rock a mustache, or just have some scruff, they have a category for you to help support Feed the Streets RVA on April 20th!</p> <p>You can learn more about the event and the work they do at BeardLeague.org.</p>

Arts and culture	Community Connection: Coalition Theater Comedy Fundraiser	3/20/24-4/11/24	Throughout the day. Aired approximately 8 times.	60 seconds	<p>The Coalition Theater is a nonprofit comedy theater in the arts district of Richmond, whose mission is to spread laughter equitably in the Richmond community through comedy shows and classes. They invite you to Common House Richmond on Friday, April 12th for their fundraiser gala, the Palm Springs Fling from 7-11pm. This cocktail-style prom will have tapas, beer, wine, prizes as well as dancing and of course a few laughs. Proceeds from this event will be used toward providing diversity equity and inclusion scholarships for their comedy classes and help them as they fundraise to move into a bigger space. Tickets can be found online at rvacomedy.com.</p>
Education	Community Connection: Oakland School Summer Camps	3/20/24-5/1/24	Throughout the day. Aired approximately 7 times.	60 seconds	<p>For 75 summers, Oakland School in Troy's day and sleepaway camp has been a destination for young learners who want to supercharge their academic skills and grow in confidence, combining academics with the joys of traditional summer fun.</p> <p>At Summer Camp at Oakland School, kids can dive into nature on a 450-acre farm, saddle up for riding lessons, practice their swimming skills, and engage in field sports, archery, and art activities—all while attaining just under 60 hours of phonics, reading and writing, and nearly 25 hours of math instruction in personalized, small classroom settings.</p> <p>For those seeking an immersive experience, their summer boarding program is designed to foster independence, teamwork, and lifelong friendships - while enhancing organizational and executive functioning skills.</p> <p>They welcome you to join them for an upcoming Open House event to discover firsthand how Oakland School and Camp can help transform your child's academic journey.</p> <p>You can register for an Open House or learn more about Oakland School and their upcoming 75th Summer online at oaklandschool.net.</p>
Education	Community Connection: Junior League of Richmond Book and Author Event	3/20/24-5/1/24	Throughout the day. Aired approximately 8 times.	60 seconds	<p>The Junior League of Richmond is a nonprofit organization of women committed to the mission of promoting voluntarism, developing the potential of women, and improving the community through the effective action and leadership of trained volunteers.</p> <p>They are hosting the 79th Annual Book & Author Event on Thursday, May 2nd and invite you to join them virtually or in-person at the Virginia Museum of History & Culture to hear from a panel of six distinguished authors. There will also be a luncheon and book signing event with the authors earlier that day.</p> <p>Proceeds support the mission of the Junior League of Richmond.</p> <p>You can learn more online at bookandauthorevent.org.</p>
Health and wellness	Community Connection: Innerwork Center Keynote	3/20/24-4/17/24	Throughout the day. Aired approximately 7 times.	60 seconds	<p>The Innerwork Center is a nonprofit in Richmond that aims to serve as a catalyst for well-being through programs designed to inspire curiosity, cultivate mindfulness, and awaken the spirit. They envision an individual and collective human experience rich with compassion, authenticity, and meaning.</p> <p>They are hosting Alixa Garcia as their Spring Keynote Speaker. Alixa will present an experiential talk entitled, "Imagination, Courage, and Enchantment in Times of Planetary Transformation."</p> <p>This discussion will delve into the roles of imagination, courage, and enchantment in the face of planetary challenges.</p> <p>This event will take place on Thursday, April 18th at First Unitarian Universalist Church in Richmond and be streamed live. Doors will open at 6:00 with Live Music by Matt Waller.</p> <p>More information about the Innerwork Center Spring Keynote can be found online at innerworkcenter.org/keynotespeakers.</p>

Environmental	Community Connection: UVA Sustainability Earth Day Celebration	3/20/24-4/21/24	Throughout the day. Aired approximately 7 times.	60 seconds	<p>UVA Sustainability wishes you a Happy April and Happy Earth Month!</p> <p>Every year, organizations at the University of Virginia and across the Charlottesville-area community host over 40 events from clean ups and gardening workshops to e-bike demos, clothing swaps, book talks, festivals and more!</p> <p>Whether you plan to take in a tour, a talk, a swap or a sale, UVA Sustainability welcomes you to celebrate our shared planet by joining any one of the dozens of Earth Month celebrations.</p> <p>A full list of events is available online at sustainability.virginia.edu/earthmonth2024</p>
Arts and culture	Community Connection: UVA Voice Center World Voice Day	3/20/24-4/19/24	Throughout the day. Aired approximately 7 times.	60 seconds	<p>The UVA Voice Center is presenting the eighth annual World Voice Day concert on Saturday, April 20th from 5-8pm. They invite you to bring your friends and family to Eastwood Farm & Winery in Charlottesville for a concert featuring folk duo Robin & Linda Williams, Deloy Moore, The La La Las, and Tyler Dick, among others. World Voice Day is celebrated world-wide during the month of April. This event is open to the public and is a celebration of the human voice, its beauty, imperfections, and resilience. You can learn more by emailing Joanna Lott at jlott@virginia.edu.</p>
Health	Community Connection: YMCA of Central VA John Bell Memorial Bike Ride	3/25/24-5/18/24	Throughout the day. Aired approximately 5 times.	60 seconds	<p>The YMCA in Lynchburg invites you to join your friends and fellow cyclists in the Blue Ridge Mountains of Central Virginia on Sunday, May 19th for the 15th annual Storming of Thunder Ridge – The John Bell Memorial bicycle ride. This event offers fellowship and challenge for every cyclist's ability with a choice of five route lengths, ranging from 27 to 100 miles, allowing you to ride your bicycle at your own pace along well-marked country roads. This is a fully-supported ride with rest stops every 15-20 miles, and SAG vehicles along the route.</p> <p>Registration helps fund various community outreach programs at the YMCA of Central Virginia. More information is online at YMCACVA.org/storming-thunder-ridge.</p>
Education	Community Connection: Virginia Community Healthcare Association Golf Tournament	3/25/24-4/11/24	Throughout the day. Aired approximately 4 times.	60 seconds	<p>The Virginia Community Healthcare Association is hosting their inaugural Golf Tournament on Friday, April 12th at Ford's Colony Country Club in Williamsburg.</p> <p>They invite you to gather your friends and colleagues and get your clubs ready for an afternoon of golf. The shotgun start begins at 1 p.m.</p> <p>Proceeds from this tournament go to the VCHA Community Health Scholarship, which is for full-time students who are pursuing a a graduate level or professional degree in the field of public health, psychology, and social work at a Virginia college or university. This scholarship prepares students for careers in the public health and community healthcare professions.</p> <p>More information is online at vcha.org.</p>
Veteran Services	Community Connection: Richmond Bluegrass Jam	3/26/24-5/3/24	Throughout the day. Aired approximately 3 times.	60 seconds	<p>The Richmond Bluegrass Jam invites you to join them on Saturday, May 4, from 11 a.m. to 8 p.m. for their 13th annual event featuring 14 local bluegrass and Americana bands playing on two stages. Open jam areas will also be available. The event will take place at American Legion Post 354 in Midlothian, on the banks of the James River, and all proceeds go to support military families through the Richmond Fisher House and Liberation Veteran Services.</p> <p>More information is online at rvbluegrassjam.com. The Richmond Bluegrass Jam is a proud supporter of WNRN.</p>
Health	Community Connection: Fit4Kids Eat and Greet	3/26/24-5/16/24	Throughout the day. Aired approximately 4 times.	60 seconds	<p>Greater Richmond Fit4Kids is a nonprofit in the Richmond area that is dedicated to improving children's health and wellness through physical activity and healthy eating.</p> <p>They are hosting Eat and Greet in Richmond on Friday, May 17th from 6:30-9:30pm. This year's theme is "back to school" and attendees can enjoy live music and engagement stations showcasing Fit4Kids' work with students reaching more than 40 schools across the Richmond region. All tickets include food, drinks, and entertainment and guests must be 21 or older to attend.</p> <p>You can learn more about Fit4Kids' Eat and Greet event on our website grfit4kids.org.</p>