



Call Letters: WDNY

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2024

Show # 2024-01

Date aired: 1/7/24 Time Aired: 6:00 a.m.

Steve Elek, Senior Automotive Data Analyst at Consumer Reports

Mr. Elek shared results of Consumer Reports' newly-released annual car reliability survey, which found that electric vehicle owners continue to report far more problems with their vehicles than owners of conventional cars or hybrids. He said that on average, EVs from the past three model years had 79 percent more problems than cars powered by internal combustion engines. He outlined the most common problems cited by EV owners, and the potential reasons behind this trend.

Issues covered:

**Electric Vehicles
Consumer Matters**

Length: 8:44

Mariah M. Kalmin, PhD, epidemiologist, Health Policy Researcher at RAND, a nonprofit research organization

Dr. Kalmin was the lead author of a Rand study that found that spending on mental health services for children and adolescents has risen by more than one-quarter since the beginning of the COVID-19 pandemic, continuing to rise even as the use of telehealth services plateaued. She explained why telehealth care for mental health filled a critical need for pediatric patients, but added that it may not be appropriate in some cases.

Issues covered:

**Mental Health
Telehealth
Youth Issues**

Length: 8:41

Show # 2024-02

Date aired: 1/14/24 Time Aired: 6:00 a.m.

Annie Grace, recovering alcoholic, author of "*This Naked Mind*," founder of the This Naked Mind community

Ms. Grace shared her personal experience of overcoming alcohol addiction by asking herself why she drank so much and doing research on the effects of alcohol. She explained how alcohol affects the body and the brain, and how quitting alcohol can restore the natural pleasure system. She also advised people who want to quit alcohol to be compassionate with themselves, and to treat drinking as a habit that can be changed with the right approach.

Issues covered:

Alcoholism

Length: 8:48

Nusrat Jung, D.Sc., Assistant Professor of Civil Engineering in the Lyles School of Civil Engineering at Purdue University

Prof. Jung led a study of Americans' typical morning grooming routines and found that several volatile chemicals are released when common hair care products are heated with flat irons or hair dryers. She said the chemicals linger in the air after use and may have dangerous effects on health. She recommends the use of a bathroom exhaust fan when using hair care products, and using the products less frequently.

Issues covered:

**Personal Health
Environment
Consumer Matters**

Length: 8:39

Show # 2024-03

Date aired: 1/21/24 Time Aired: 6:00 a.m.

Jared Walczak, Vice President of State Projects, Tax Foundation

More and more homeowners are struggling as property values across the nation are rising rapidly, and property taxes are following suit. Mr. Walczak said typical property valuations have risen 30% to 40% over the past three years. He explained that at least some homeowners who are already grappling with high inflation may get a brief reprieve, because property taxes typically take one to three years to catch up to home prices.

Issues covered:

**Property Taxes
Inflation
Home Ownership**

Length: 8:54

Satchin Panda, PhD, Professor in the Regulatory Biology Laboratory at the Salk Institute for Biological Studies

When and what we eat for dinner makes a significant difference in how we sleep. Prof. Panda explained how to determine the optimal time to have dinner. He said the most important factor in the dinnertime calculus is melatonin, the hormone that signals it's time to sleep. He also talked about the effect that highly processed food and carbohydrates have on sleep quality.

Issues covered:

**Personal Health
Nutrition**

Length: 8:29

Show # 2024-04

Date aired: 1/28/24 Time Aired: 6:00 a.m.

Vijay Boyapati, Bitcoin expert, author of "*The Bullish Case for Bitcoin*"

Mr. Boyapati explained the basics of what bitcoin is and why many investors have an interest in it. He explained the recent government approval that allows ordinary investors to purchase bitcoin through spot bitcoin exchange traded funds and why it will expose bitcoin to a much bigger retail audience. He also outlined the most common misconceptions about the digital currency.

Issues covered:

**Digital Currencies
Personal Finance**

Length: 8:58

Laura Stack, founder of Johnny's Ambassadors, a Colorado-based organization that aims to educate teens, parents, and communities about the dangers of today's high-THC marijuana

Mrs. Stack why she founded Johnny's Ambassadors, after her 19-year-old son Johnny died by suicide after he became psychotic from using dabs, which are a potent marijuana concentrate. She explained how today's marijuana and THC products are drastically different than that of years ago. She says parents need to cast aside what they think they know about the drug and recognize that marijuana causes brain damage and mental health issues in ways that other substances do not.

Issues covered:
Substance Abuse
Parenting

Length: 8:15

Show # 2024-05

Date aired: 2/4/24 Time Aired: 6:00 a.m.

Rachel Slade, author of *"Making It in America: The Almost Impossible Quest to Manufacture in the U.S.A. (And How It Got That Way)"*

The US has fallen from the top spot, to now the 10th largest manufacturing economy in the world. Ms. Slade discussed how America can revive manufacturing and why is it so important. She explained why manufacturing is vital for the country's independence, economy and innovation. She also talked about the impact of the great resignation, the resurging role of unions, and the new priority for a work-life balance among workers.

Issues covered:
Manufacturing
Economy
Government

Length: 8:43

Gary Taubes, journalist, author of *"Rethinking Diabetes: What Science Reveals About Diet, Insulin, and Successful Treatments"*

Diabetes affects one out of every nine Americans. Mr. Taubes believes that treatment approaches to diabetes need to change, with renewed focus on diet—particularly, fewer carbohydrates and more fat—over a reliance on insulin. He also criticized the role of the food industry in promoting unhealthy foods and influencing diabetes research. He said that the current diabetes epidemic is driven by overeating and obesity, and that the best way to prevent and treat diabetes is to avoid the poison, not take the antidote.

Issues covered:
Personal Health
Science

Length: 8:37

Show # 2024-06

Date aired: 2/11/24 Time Aired: 6:00 a.m.

Mariel Buqué, PhD, psychologist, author of *"Break the Cycle: A Guide to Healing Intergenerational Trauma"*

Many Americans are living with the effects of trauma and long-term stress. Dr. Buqué discussed scientific research that suggests that if trauma is not addressed, it can be genetically passed down from generation to generation, and even be transmitted to entire communities. She said most forms of abuse typically begin in childhood. She talked about therapeutic practices than can pass down strength instead of pain, thereby breaking the cycle.

Issues covered:

**Mental Health
Child Abuse**

Length: 8:41

Greg Hammer, PhD, recently retired professor at Stanford University School of Medicine, pediatric intensive care physician, pediatric anesthesiologist, author of "*GAIN Without Pain*"

Despite the pandemic, US life expectancy has increased slightly in the past 20 years. Dr. Hammer discussed what he terms the tripod of health: sleep, exercise and nutrition, and the latest science behind all three. He also talked about recent research into the longevity effects of intermittent fasting, dietary supplements and mindfulness and meditation.

Issues covered:

**Personal Health
Longevity**

Length: 8:35

Show # 2024-07

Date aired: 2/18/24 Time Aired: 6:00 a.m.

Bridget Freisthler, PhD, Professor in the College of Social Work at Ohio State University

Child abuse and neglect cases have been on the rise since the pandemic and its aftermath. Prof. Freisthler led a study of an alcohol control project in Sacramento. The program's purpose was to reduce alcohol-related problems in two neighborhoods in the city, but it discovered an unexpected byproduct: in one of the neighborhoods, total entries into foster care were reduced by nearly 12%. She discussed factors behind child abuse and why she believes additional research is needed before trying to duplicate the program elsewhere.

Issues covered:

**Child Abuse & Neglect
Alcohol Abuse
Foster Care**

Length: 9:27

Megan Henly, PhD, Research Assistant Professor in the Institute on Disability at the University of New Hampshire

Older Americans, low-income workers, and people with disabilities are over-represented in rural parts of the US. But enrollment in federal and state programs in these regions tends to be low. Prof. Henly discussed the numerous barriers to getting information about, and enrolling in, programs like Social Security disability and retirement benefits, the Supplemental Nutrition Assistance Program and the Medicaid health insurance program, and what can be done to reduce the problem.

Issues covered:

**Government Assistance
Disabilities
Rural Concerns
Aging**

Length: 7:46

Show # 2024-08

Date aired: 2/25/24 Time Aired: 6:00 a.m.

Jeremy Nobel, MD, MPH, founder of the nonprofit Foundation for Art & Healing, author of "*Project UnLonely: Healing Our Crisis of Disconnection*"

Dr. Nobel said loneliness has increased dramatically since the pandemic. He outlined the three types of loneliness. He also discussed the negative health consequences—both mental and physical—of loneliness or isolation. He said the answer to loneliness is connection through activities like creative expression and serving other people. He believes it all begins with being aware of loneliness and having the courage to address it.

Issues covered:

Length: 9:33

**Mental Health
Personal Health**

Elizabeth Comen, MD, Medical Oncologist specializing in breast cancer at Memorial Sloan Kettering Cancer Center, Assistant Professor of Medicine at Weill Cornell Medical College, author of *"All in Her Head: The Truth and Lies Early Medicine Taught Us About Women's Bodies and Why It Matters Today"*

Dr. Comen said centuries of medical care often dismissed women's health problems as hysteria, but the term used today is anxiety. She said 80% of autoimmune diseases are found in women but the illnesses are often not properly diagnosed, and research in the area is woefully lacking. She also said concussions or even strangulations are often not recognized as domestic abuse by emergency room physicians. She offered three tips for women to advocate for themselves.

Issues covered:

Length: 7:47

**Women's Health
Domestic Abuse
Mental Health**

Show # 2024-09

Date aired: 3/3/24 Time Aired: 6:00 a.m.

James E. Rogers, PhD, Director of Food Safety Research and Testing, Acting Head of Product Safety Testing at Consumer Reports

Plasticizers--used to make plastic more flexible and more durable--are so widely used that today, they show up inside almost every American's body. Dr. Rogers talked about Consumer Reports' recent tests, which found that nearly all foods contain phthalates and bisphenols, often at very high levels. He talked about the potential health consequences, and offered steps for consumers to try to reduce their exposure.

Issues covered:

Length: 8:14

**Food Safety
Personal Health
Consumer Matters**

Harvey Miller, PhD, Professor of Geography at Ohio State University

Prof. Miller led a recent study that examined the circumstances behind who is found at fault when cars hit pedestrians in an urban area. He found that pedestrians were more likely to be blamed when they were crossing busy highways where crosswalks were few and far between. In congested downtown areas, where there were more marked intersections with pedestrian crossings, drivers were more likely to be found at fault. He believes that street and highway designs should be re-imagined, to put a greater emphasis pedestrian safety.

Issues covered:

Length: 8:54

**Traffic Fatalities
Government**

Show # 2024-10

Date aired: 3/10/24 Time Aired: 6:00 a.m.

Angela Fagerlin, Ph.D., Chair of Population Health Sciences at University of Utah Health, Research Scientist with the VA Salt Lake City Health System's Informatics Decision-Enhancement and Analytic Sciences (IDEAS) Center for Innovation

Dr. Fagerlin was the senior author of a study that found that 60 to 80 percent of people surveyed are not honest with their doctors about information that could be relevant to their health. She explained why people are sometimes reluctant to be truthful with their doctors, and why that can be a dangerous practice.

Issues covered:
Personal Health

Length: 7:29

Teresa Gil, PhD, psychotherapist, author of *“Women Who Were Sexually Abused As Children: Mothering, Resilience and Protecting the Next Generation”*

Dr. Gil estimates that there are approximately 21 million mothers in America who experienced childhood sexual abuse. She discussed how that trauma may affect their own parenting. She talked about the value of strong mother-daughter relationships, spiritual beliefs, and therapy in coping.

Issues covered:
Sexual Abuse
Parenting
Mental Health

Length: 9:40

Show # 2024-11

Date aired: 3/17/24 Time Aired: 6:00 a.m.

David Rein, PhD, Senior Fellow at the National Opinion Research Center at the University of Chicago

Dr. Rein led a recent study of hearing loss rates, and found that where a person lives and their occupation have a surprisingly large impact. He found that that the occupations most associated with hearing loss besides mining were in retail and restaurant settings. Rates of hearing loss are higher among men, non-Hispanic whites, and residents of rural areas, and increases significantly starting at age 35. He talked about the reasons behind the study's findings, along with the societal stigma of wearing hearing aids.

Issues covered:
Personal Health
Aging

Length: 8:50

Christy Faith, author of *“Homeschool Rising: Shattering Myths, Finding Courage, and Opting Out of the School System”*

Ms. Faith is a work-from-home mom who also homeschools her children. She discussed the rapid growth of homeschooling in the aftermath of the pandemic, and the reasons families choose to do it. She talked about the wide array of private and public resources available to homeschoolers, and the biggest challenges families face. She also addressed concerns about socialization for children who are homeschooled.

Issues covered:
Education
Parenting

Length: 8:31

Show # 2024-12

Date aired: 3/24/24 Time Aired: 6:00 a.m.

Michael Redlener, MD, Associate Professor of Emergency Medicine at the Icahn School of Medicine of Mount Sinai

Dr. Redlener led a study that found that emergency medical service (EMS) systems are not consistently providing optimal care, based on new national standards of quality, for patients who call 911. He explained the significant differences in EMS care he found in comparing urban, suburban, and rural services. He explained why the unnecessary use of lights and sirens, which he found is common in rural areas, is a dangerous practice.

Issues covered:
Emergency Services
Public Health

Length: 8:12

Chelsey Goodan, academic tutor and mentor, author of "*Underestimated: The Wisdom and Power of Teenage Girls*"

Teenage girls struggle with a wide variety of issues. Ms. Goodan outlined the most common things that concern teenage girls, and why they are reluctant to share them with their parents. She offered advice to parents to improve dialogue with their daughters, through listening and asking non-judgmental questions. She also talked about the value of sports in helping girls find their voices.

Issues covered:
Teenager Concerns
Parenting
Mental Health

Length: 9:12

Show # 2024-13

Date aired: 3/31/24 Time Aired: 6:00 a.m.

Charles L. Marohn Jr, land-use planner, municipal engineer, author of "*Escaping the Housing Trap: The Strong Towns Response to the Housing Crisis*"

Housing costs have risen dramatically in the past few years. Mr. Marohn talked about the tension between housing as a financial product versus basic shelter. He advocated for a new approach that can rapidly produce housing on a local scale in response to local needs. He said that regulations, financial incentives, and cultural expectations often undermine organic efforts of urban renewal.

Issues covered:
Housing
Community Development
Government

Length: 8:53

Sanja Jelic, MD, critical care medicine specialist and sleep researcher at Columbia University Vagelos College of Physicians and Surgeons

Obstructive sleep apnea affects about 25% of adults, and it often goes untreated. Dr. Jelic discussed the condition and the most common treatment, CPAP machines. She has led several studies that have determined that, contrary to long-held medical beliefs, the machines do not lower a patient's risk of heart disease, which is about two to three times higher than average.

Issues covered:
Personal Health

Length: 8:30

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Quarterly Report of Compliancy Issues & Programs List 2024-Q1 (January - March) Radio Health Journal

Aired Sundays at 6:30 a.m.

- 3D Printing
- Addiction
- African American Issues
- Aging
- Agriculture
- Alzheimer's Disease
- Amputations
- Anatomy
- Anxiety
- Artificial Intelligence
- Bacteria
- Bacterial Infection
- Bedside Manner
- Black History Month
- Blood
- Brain Imaging
- Breast Cancer
- Burnout
- Cancer
- Cancer Prevention
- Cervical Cancer
- Chemotherapy
- Childhood Cancers
- Children At Risk
- Chronic Conditions
- Chronic Disease
- Colon Cancer
- Community Care
- Compulsions
- Confirmation Bias
- Consumerism
- Coping Strategies
- Covid-19
- Cranial Drill
- Criminals
- Cuticles
- Deception
- Dementia
- Depression
- Diabetes
- Diagnostic Tools
- Diet
- Discrimination
- Disease
- Disease Progression
- Drill
- Drug Shortages
- Economics
- Ecosystems
- Education
- Elementary School
- Emergency Medicine
- Emotions
- Empathy
- Endometriosis
- Environment
- Equality
- Evolution
- Family Issues
- Family Medicine
- Farming
- FDA
- Federal Drug Regulations
- Female
- Entrepreneurship
- Female Issues
- Fiber
- Foot Health
- Gender Issues
- Generic Drugs
- Genetics
- Genius
- Geriatrics
- Gut Microbes
- Gut Microbiome
- Gynecology
- Habitats
- Habits
- Hallucinations
- Handwriting
- Health Care
- Health Policy
- Healthcare
- Healthy Lifestyle
- Heart Disease
- Hemorrhage
- Hiking
- History
- HIV
- Hospitalization
- Housing
- Illness
- Immunity
- Incarceration
- Individuality
- Infection
- Infectious Disease
- Infrastructure
- Intensive Care Unit
- Invasive Species
- Jail
- Ketamine
- Kidney
- Kidney Stones
- Learning
- Lying
- Manufacturing and Industry
- Medical Applications
- Medical Device
- Medical Devices
- Medical History
- Medical Imaging
- Medical Intervention
- Medical Knowledge
- Medical Technology
- Medicine
- Mental Health
- Mental Illness
- Mental Institutions
- Military
- Military Families
- Minority Populations
- Motor Movement
- Nails
- Native Animals
- Neurology
- Neurosurgery
- Nightmares
- Nutrition
- Obesity
- Offspring
- Opioid Crisis
- Opioids
- Oral Health
- Organ Failure
- Organ Transplant
- Pain
- Pain Management
- Pancreatitis
- Pandemic
- Pathological Liars
- Patient Safety
- Patriarchy
- Pediatric Care
- Pediatric Illness
- Politics
- Population Control
- Pre-cancer
- Pregnancy
- Prevention
- Preventive Medicine
- Prison
- Productivity
- Psychedelics
- Psychology
- Psychosis
- PTSD
- Public Health
- Public Health Organizations
- Public Policy
- Public Safety
- Racial Disparities
- Rare Disease
- Raw Materials
- Relationships
- Reproductive System
- Science Policy
- Scientific Terminology
- Self-esteem
- Septic Shock
- Service Animals
- Service Dogs
- Sexually Transmitted Infections
- Siblings
- Sick Days
- Skin Condition
- Skull
- Social Anxiety
- Social Media
- Stethoscope
- Stigma
- Stress
- Student Safety
- Supplements
- Supply Chain Issues
- Surgery
- Technology
- Telehealth
- Testicular Cancer
- Therapy
- Trauma
- Twins
- Ultrasound
- Vaccination
- Vaccine
- Veteran Issues
- Veterans
- Virus
- Visual Stimuli
- Volunteering
- Vulnerable Populations
- Women's Health
- Women's History
- Women's Issues

Program 24-01

Air Week: 1/7/2024

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: BEING A GOOD PATIENT TAKES WORK: HOW TO FEEL EMPOWERED AT THE HOSPITAL

Time: 1:50

Duration: 12:59

Synopsis: We, as patients, are making more decisions about our health than ever before. From which brand of medicine we want to which supplements we take, a lot of the choices depend on being a smart consumer. Our expert reveals why this is a double-edged sword and how you can feel empowered walking into your next doctor's appointment.

Host: Elizabeth Westfield

Producer: Libby Foster

Guests: Dr. Talya Miron-Shatz, Visiting Researcher, University of Cambridge, Author, Your Life Depends On It

Compliance issues: Health Care, Medicine, Patient Safety, Social Media, Vulnerable Populations, Confirmation Bias, Medical Knowledge, Scientific Terminology, Telehealth

Links for more info:

[Talya Miron-Shatz](#)

[Talya Miron-Shatz, PhD. Medical decision making \(@TalyaMironShatz\) / X](#)

[Talya Miron-Shatz, PhD - Visiting Researcher - University of Cambridge | LinkedIn](#)

SEGMENT 2: DOES A GOOD BEDSIDE MANNER SAVE LIVES?

Time: 15:50

Duration: 7:02

Synopsis: Dr. Wes Ely, an intensive care specialist, says the early days of his career were spent more worried about the beeps and buzzers rather than the patients that the machines were monitoring. He gives us a unique look into how physicians can humanize patients in the ICU and, in turn, save more lives.

Host: Greg Johnson

Producer: Polly Hansen

Guests: Dr. Wes Ely, Professor of Medicine, Associate Director of Aging Research, Vanderbilt University, Author, Every Deep-Drawn Breath

Compliance issues: Burnout, Consumerism, Covid-19, Empathy, Health Care, Healthcare, Pandemic, Patient Safety, Public Health, Vaccination, Bedside Manner, Intensive Care Unit

Links for more info:

[E. Wesley Ely, MD, MPH](#)

[X: @WesElyMD](#)

[E. Wesley Ely, MD, MPH | Vanderbilt Scholars in HIV and Heart, Lung, Blood and Sleep Research](#)

[LinkedIn: Dr. Wes Ely](#)

Program 24-02

Air Week: 1/14/2024

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: 3D PRINTING ORGANS AND AI SURGERIES: THE FUTURE OF MEDICINE

Time: 1:48

Duration: 11:52

Synopsis: Dr. Thomas Kolon is using 3D-printed models to successfully operate on cases thought to be inoperable. Another physician brings AI into his surgeries to give patients the most accurate hip replacements possible. This is the future of medicine and our experts are here to explain it all.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. George Haidukewych, Director of Orthopedic Trauma & Chief of Complex Joint Replacement, Orlando Health Jewett Orthopedic Institute; Dr. Thomas Kolon, Expert in Pediatric Disorders, Chief of Urology, Children's Hospital of Philadelphia

Compliance issues: 3D Printing, Artificial Intelligence, Cancer, Children At Risk, Consumerism, Medical Technology, Vulnerable Populations, Cancer Prevention, Childhood Cancers, Kidney

Links for more info:

[George Haidukewych - Orlando Health - One of Central Florida's Most Comprehensive Healthcare Networks](#)

[Thomas F. Kolon, MD | Children's Hospital of Philadelphia](#)

[Thomas F. Kolon \(@ThomasKolon\) / X](#)

[LinkedIn: Dr. Thomas Kolon](#)

SEGMENT 2: NERVOUS NAIL-BITER? IT HARMS MORE THAN JUST AESTHETICS

Time: 14:42

Duration: 7:50

Synopsis: So many of us have experienced the compulsion to bite our nails. Even though it's a detriment to our wellbeing, we still do it – so why? Is it a product of our genetics or evolution? Our experts discuss where this impulse stems from and all the ways it harms our health.

Host: Greg Johnson

Producer: Morgan Kelly

Guests: Dr. Dana Stern, Assistant Clinical Professor of Dermatology, Mount Sinai Medical Center; Dr. Fred Penzel, Psychologist & Executive Director of Western Suffolk Psychological Services

Compliance issues: Bacteria, Consumerism, Evolution, Genetics, Public Health, Trauma, Bacterial Infection, Compulsions, Cuticles, Ecosystems, Habits, Hemorrhage, Nails, Oral Health

Links for more info:

[Dana K Stern - Dermatology | Mount Sinai - New York](#)

[Dr. Dana Stern](#)

[Dr.Dana Stern \(@hamptonderm\) • Instagram photos and videos](#)

[LinkedIn: Dr. Dana Stern](#)

[Fred Penzel, Ph.D.](#)

[Fred Penzel \(@DrFredPenzel\) / X](#)

Program 24-03

Air Week: 1/21/2024

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: MENTALLY ILL INMATES: SAFETY AND JUSTICE OR SUFFERING AND VENGEANCE?

Time: 1:47

Duration: 12:28

Synopsis: American prisons are full of people with mental illness, but does the system actually fulfill its promise of reform for these inmates? Dr. Christine Montross, a psychiatrist, says many of them aren't getting the correct help that will make a difference in their lives – and make our society a safer place when they're released. She breaks down the prison system and offers alternative programs to solve this crisis.

Host: Elizabeth Westfield

Producer: Reed Pence

Guests: Christine Montross, Associate Professor of Psychiatry and Human Behavior, Brown University

Compliance issues: Consumerism, Health Care, Healthcare, Incarceration, Mental Illness, Public Health, Public Policy, Public Safety, Community Care, Criminals, Health Policy, Jail, Mental Institutions, Prison, Psychosis

Links for more info:

[Montross, Christine | Brown University](#)

[Waiting for an Echo by Christine Montross | PenguinRandomHouse.com: Books](#)

[Christine Montross - Bio](#)

SEGMENT 2: DO YOU SUPPORT GIVING CHILDREN MENTAL HEALTH DAYS OFF OF SCHOOL?

Time: 15:17

Duration: 7:43

Synopsis: We're quick to pull our kids out of school when they're running a fever or throwing up, but what about when they've become burnt out or severely stressed? Just because we can't see the physical symptoms doesn't mean there isn't a problem. Dr. Andrea Bonior explains the benefits of giving your children mental health days and how to prepare them for future obstacles.

Host: Greg Johnson

Producer: Kristen Farrah

Guests: Dr. Andrea Bonior, Licensed Clinical Psychologist, Author

Compliance issues: Anxiety, Children At Risk, Consumerism, Coping Strategies, Depression, Mental Health, Public Health, Vulnerable Populations, Emotions, Sick Days, Stress

Links for more info:

[Dr. Andrea Bonior](#)

[Andrea Bonior, Ph.D. \(@drandreabonior\) • Instagram photos and videos](#)

[Professional Speaker - Andrea Bonior, Ph.D. | LinkedIn](#)

[Youth Risk Behavior Surveillance System \(YRBSS\) | CDC](#)

Program 24-04

Air Week: 1/28/2024

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: EATING INVASIVE SPECIES: DOES YOUR DIET HELP THE ENVIRONMENT?

Time: 1:49

Duration: 10:53

Synopsis: Many people choose their diet based on what tastes good, but what if you could have great food while helping your local environment? Dr. Joe Roman, a conservation biologist, explains the dangers of invasive species and how we can do our part in saving the environment by strapping on an apron.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Joe Roman, Conservation Biologist, University of Vermont; Dr. Cindy Tam, Biological Threats and Invasive Species Research Program Coordinator, US Geological Survey

Compliance issues: Agriculture, Consumerism, Diet, Disease, Environment, Infrastructure, Invasive Species, Public Health, Public Safety, Virus, Farming, Habitats, Native Animals, Population Control

Links for more info:

[Joe Roman | Rubenstein School of Environment and Natural Resources | The University of Vermont](#)
[Joe Roman](#)

[Eat The Invaders](#)

[US Geological Survey: Dr. Cindy Tam](#)

[LinkedIn: Dr. Cindy Tam](#)

SEGMENT 2: MENTAL HEALTH IN THE MILITARY: STIGMAS, RESOURCES, AND ROADBLOCKS

Time: 13:44

Duration: 8:39

Synopsis: As a psychologist, Dr. Chuck Weber helped a lot of soldiers during his time in the military. However, limited resources held him back from being able to fully help the families of active-duty soldiers. He explains why this is such an important area of service and how he fought to prioritize mental health services.

Host: Greg Johnson

Producer: Kristen Farrah

Guests: Dr. Chuck Weber, Psychologist, Chief Medical Officer and Founder, Family Care Center

Compliance issues: Health Care, Healthcare, Mental Health, Military, PTSD, Psychology, Public Health, Public Safety, Veterans, Vulnerable Populations, Family Medicine, Military Families

Links for more info:

[Charles Weber | LinkedIn](#)

[Family Care Center](#)

Program 24-05

Air Week: 2/4/2024

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

**SEGMENT 1: WHAT IS A WOMAN WORTH? NEEDLESS DEATHS FROM A PREVENTABLE
CANCER**

Time: 1:48

Duration: 12:10

Synopsis: Cervical cancer is almost completely preventable, so why does it continue to kill thousands of women each year? Dr. Linda Eckert, an expert in cervical cancer prevention, believes the answer involves gender inequalities and sexual stigmas. She discusses these issues and offers life-saving prevention methods for women.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Linda Eckert, Professor of Obstetrics and Gynecology, University of Washington Department of Obstetrics and Gynecology and Global Health, Author, Enough

Compliance issues: Cancer, Consumerism, Gender Issues, Prevention, Vaccination, Vulnerable Populations, Cervical Cancer, Pre-cancer, Sexually Transmitted Infections, Women's Issues

Links for more info:

[Linda Eckert | University of Washington - Department of Global Health](#)

[Dr. Linda Eckert](#)

[Linda Eckert MD \(@drlindaeckert\) • Instagram photos and videos](#)

[Linda Eckert, MD \(@drlindaeckert\) / X](#)

**SEGMENT 2: BLACK ANGELS: THE BLACK NURSES INVOLVED IN THE FIGHT AGAINST
TUBERCULOSIS**

Time: 15:00

Duration: 7:59

Synopsis: Dr. Herbert Fox helped discover a cure for tuberculosis, but his work wouldn't have been possible without the help of the black nurses who monitored and cared for each patient. When all of the white nurses refused to work, these women stepped up. Our expert details their bravery that's gone largely unrecognized in society.

Host: Greg Johnson

Producer: Polly Hansen

Guests: Maria Smilios, Author, The Black Angels

Compliance issues: African American Issues, Consumerism, Health Care, Healthcare, Infectious Disease, Medical History, Mental Health, Patient Safety, Public Health, Black History Month, Vaccine

Links for more info:

[Maria Smilios](#)

[Maria Smilios \(@mariasmilios\) • Instagram photos and videos](#)

[X: @MariaSmilios](#)

Program 24-06

Air Week: 2/11/2024

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: BIG LIARS: IS HONESTY ALWAYS THE BEST POLICY?

Time: 1:48

Duration: 10:38

Synopsis: Are you good at sniffing out lies? Many people aren't. The typical 'tells,' like eye movement, won't expose a true deception artist. Luckily, Our experts explain the psychology behind why people lie and how you can avoid being duped.

Host: Elizabeth Westfield

Producer: Polly Hansen

Guests: Dr. Christian Hart, Professor of Psychology, Texas Woman's University, Director, Human Deception Laboratory, Co-Author, Big Liars; Dr. Drew Curtis, Associate Professor of Psychology, Angelo State University, Director, the Curtis Deception Lab, Co-Author, Big Liars

Compliance issues: Children At Risk, Psychology, Public Health, Public Safety, Vulnerable Populations, Deception, Lying, Pathological Liars

Links for more info:

[Christian L. Hart, Ph.D.](#)

[Big Liars](#)

[Chris Hart \(@chrishartpsych\) / X](#)

[Drew A. Curtis, Ph.D.](#)

[Dr.Curtis \(@Dr_CurtisPhD\) / X](#)

[Curtis Deception Lab](#)

SEGMENT 2: NOT SO RARE: WHAT'S CAUSING THE RISE IN PEDIATRIC KIDNEY STONES?

Time: 13:28

Duration: 9:34

Synopsis: While kidney stones have historically affected middle-aged men, an unusual population has been seeing a rise in cases – young girls. Dr. Greg Tasian, a pediatric urologist, has been researching the reason behind this rise. He explains what causes kidney stones and how to reduce your child's risk.

Host: Greg Johnson

Producer: Kristen Farrah

Guests: Dr. Greg Tasian, Attending Pediatric Urologist, Children's Hospital of Philadelphia

Compliance issues: Chronic Disease, Infection, Patient Safety, Public Health, Surgery, Vulnerable Populations, Disease Progression, Gut Microbes, Kidney Stones, Organ Transplant, Pediatric Care

Links for more info:

[Gregory E. Tasian, MD, MSc, MSCE | Children's Hospital of Philadelphia](#)

[Gregory Tasian, MD, MSc, MSCE \(@GregoryTasian\) / X](#)

[ClinicalTrials.gov: Pediatric KIDney Stone \(PKIDS\) Care Improvement Network \(PKIDS\)](#)

Program 24-07

Air Week: 2/18/2024

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: “EAT TO SURVIVE”: WHY AMERICANS LACK PROPER EDUCATION ABOUT NUTRITION

Time: 1:48

Duration: 10:35

Synopsis: Many children in America are taught about nutrition through the USDA’s balanced food plate known as MyPlate. Unfortunately, these graphics don't accurately portray a proper (and realistic) diet, which leaves many people feeling confused and frustrated. Loni Love, a comedian, explains the obstacles she’s faced during her journey towards a healthier lifestyle.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Loni Love, Comedian, Television Host, Spokesperson, Metamucil; Dr. Christopher Gardner, Rehnborg Farquhar Professor of Medicine, Stanford University

Compliance issues: Cancer, Chronic Disease, Diabetes, Diet, Gut Microbiome, Immunity, Nutrition, Obesity, Public Health, Supplements, Fiber, Healthy Lifestyle, Heart Disease, Illness

Links for more info:

[Loni Love \(@comiconilove\) • Instagram photos and videos](#)

[Loni Love \(@LoniLove\) / X](#)

[Loni Love - Facebook](#)

[Christopher Gardner | Stanford Medicine](#)

[Christopher Gardner \(@GardnerPhD\) / X](#)

SEGMENT 2: SERVICE DOGS ARE IN HIGH DEMAND – HERE’S HOW YOU CAN HELP

Time: 13:25

Duration: 9:30

Synopsis: Service dogs have been used throughout history but were legally recognized by the US government in 1990. These animals can help people with physical challenges, like grocery shopping, and mental health struggles such as PTSD and anxiety. Our experts discuss the importance of service dogs and how you can get involved.

Host: Greg Johnson

Producer: Kristen Farrah

Guests: James Schenck, CEO, PenFed Foundation; Kirsten Holley, US Army Veteran

Compliance issues: Anxiety, Depression, Family Issues, Mental Health, Neurology, PTSD, Therapy, Veterans, Nightmares, Service Animals, Service Dogs, Social Anxiety, Veteran Issues, Volunteering

Links for more info:

[James Schenck - PenFed Foundation](#)

[James Schenck - Pentagon Federal Credit Union | LinkedIn](#)

[Canine Companions](#)

Program 24-08

Air Week: 2/25/2024

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: THERAPY FOR TWINS: THE MYTH OF THE 'PERFECT' TWIN CONNECTION

Time: 1:48

Duration: 11:28

Synopsis: Twins are thought to have a special bond – a built-in friend. But this idea can lead to resentment and harmful codependence if the two siblings never experience individuality. Dr. Joan A. Friedman, a twin expert, explains how parents can help foster a healthy relationship and treat their twins as separate children.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Joan A. Friedman, Psychotherapist & Twin Expert

Compliance issues: Education, Family Issues, Housing, Pregnancy, Psychology, Public Health, Public Safety, Relationships, Therapy, Individuality, Offspring, Self-esteem, Siblings, Twins

Links for more info:

[Joan A. Friedman](#)

[Joan A. Friedman \(@Joanafriedman\) / X](#)

[Dr. Joan Friedman \(@dr.joanfriedmantwinexpert\) • Instagram photos and videos](#)

SEGMENT 2: WHY SCIENCE SAYS KIDS SHOULD STILL LEARN TO WRITE IN CURSIVE

Time: 14:18

Duration: 7:59

Synopsis: In the age of cell phones and laptops, is handwriting obsolete? Our experts say that there's still a great benefit for students to write their notes down with pen and paper. Even cursive has its benefits. They discuss the research that shows why elementary students should still know how to use pens and pencils.

Host: Greg Johnson

Producer: Libby Foster

Guests: Dr. Danny Oppenheimer, Professor of Decision Sciences, Carnegie Mellon University; Dr. Virginia Wise Berninger, Professor Emerita, University of Washington

Compliance issues: Education, Learning, Psychology, Public Health, Student Safety, Brain Imaging, Elementary School, Handwriting, Motor Movement, Productivity, Visual Stimuli

Links for more info:

[Virginia Wise Berninger, PhD., - Handwriting Collaborative Conference](#)

[Carnegie Mellon University: Dr. Danny Oppenheimer](#)

[Psychology: The Comic Book Introduction](#)

Program 24-09

Air Week: 3/3/2024

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HOW TO COMBAT MEDICAL IGNORANCE OF RARE DISEASES

Time: 1:48

Duration: 11:12

Synopsis: Having a rare disease means that not all doctors will know how to treat you. For Christyn Taylor's daughter, who was diagnosed with pediatric pancreatitis at age 7, this meant countless physicians who either didn't believe she had the condition or knew nothing about it – factors that continually worsened her illness. To help other families in similar situations, Taylor created a document that gives patients with rare diseases a credible back-up of medical history and current treatment plans when dealing with stubborn physicians.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Christyn Taylor, CEO, Rebecca's Wish; Lisa Morgan, Parent of Patient

Compliance issues: Chronic Conditions, Education, Healthcare, Patient Safety, Surgery, Vulnerable Populations, Hospitalization, Pain, Pancreatitis, Pediatric Illness, Rare Disease

Links for more info:

[Pediatric Pancreatitis Patient Passport](#)

[Rebecca's Wish](#)

[Rebecca's Wish - Facebook](#)

[Rebecca's Wish \(@rebeccaswishus\) • Instagram photos and videos](#)

SEGMENT 2: THE FEMALE GENIUSES THROUGHOUT HISTORY YOU NEED TO KNOW ABOUT

Time: 14:02

Duration: 9:04

Synopsis: If you're asked to name a genius, who do you think of? Albert Einstein or Galileo may come to mind, but there's a good chance you're forgetting the brilliant women who deserve a spot at this table. In honor of Women's History Month this March, our expert tells the stories of a few female geniuses whose accomplishments deserve greater recognition.

Host: Greg Johnson

Producer: Polly Hansen

Guests: Janice Kaplan, Author, The Genius of Women; Catherine Whitlock, Author, Ten Women Who Changed Science and the World

Compliance issues: Consumerism, Education, Gender Issues, History, Medical History, Politics, Public Health, Vulnerable Populations, Equality, Genius, Patriarchy, Women's History

Links for more info:

[Janice Kaplan](#)

[Janice Kaplan \(@janice.kaplan\) • Instagram photos and videos](#)

[Janice Kaplan \(@JaniceKaplan2\) / X](#)

[Catherine Whitlock](#)

Program 24-10

Air Week: 3/10/2024

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: CULTURAL COMPETENCE: ADDRESSING RACIAL DISPARITIES IN HEALTHCARE

Time: 1:48

Duration: 13:01

Synopsis: Racial disparities have existed in medicine throughout history. Research is finally starting to not only recognize these inequalities but create actionable plans to close the gaps. Our guests discuss sectors of healthcare and disease where racial disparities continue to block minority populations from quality care.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Ladson Hinton, Professor and Director of Geriatric Psychiatry, University of California Davis School of Medicine; Dr. Toyin Nwafor, Infectious Disease Physician, Senior Medical Director for HIV Prevention, ViiV Healthcare

Compliance issues: Alzheimer's Disease, Discrimination, HIV, Infectious Disease, Patient Safety, Psychology, Public Health, Dementia, Minority Populations, Racial Disparities, Stigma

Links for more info:

[Ladson Hinton, M.D. for UC Davis Health](#)

[LinkedIn: Dr. Ladson Hinton](#)

[Toyin Falusi Nwafor \(she/her\) \(@TfalNwaforMD\) / X](#)

[Mapping racial and ethnic healthcare disparities for persons living with dementia: A scoping review](#)

[Toyin Falusi Nwafor, MD - ViiV Healthcare | LinkedIn](#)

[Medical Experts - ViiV Healthcare](#)

SEGMENT 2: GOT FOOT PROBLEMS? IT MAY BE A RARE BLOOD CANCER

Time: 15:51

Duration: 7:04

Synopsis: Gary Lenahan was diagnosed with polycythemia vera after nearly a decade of symptoms. It's a rare blood cancer that can sneak up on anyone – especially as we age. Dr. Brandi Reeves, a hematologist, explains the subtle warning signs and reveals treatment options that can help slow the disease progression.

Host: Greg Johnson

Producer: Kristen Farrah

Guests: Dr. Brandi Reeves, Hematologist, Assistant Professor of Medicine, University of North Carolina, Chapel Hill; Gary Lenahan, Patient

Compliance issues: Aging, Cancer, Chemotherapy, Consumerism, Geriatrics, Patient Safety, Public Health, Blood, Foot Health, Hiking, Medical Intervention, Skin Condition

Links for more info:

[Brandi Reeves, MD - Division of Hematology](#)

[Brandi Reeves \(@BrandiReeves1\) / X](#)

[Polycythemia vera - Symptoms & causes - Mayo Clinic](#)

Program 24-11

Air Week: 3/17/2024

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: “THIS IS MEDIEVAL” – THE 24-YEAR-OLD WHO’S REINVENTING MEDICAL DEVICES

Time: 1:48

Duration: 11:12

Synopsis: During emergency bedside situations in the ICU, neurosurgeons often use manual cranial drills to break through a patient’s skull. It’s been the standard for years – but it’s not the best option. Casey Qadir, CEO of Hubly Surgical, has created a safer, more efficient drill for these operations. She explains the advantages of this new device and her experience as a female entrepreneur in a male-dominated space.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Matthew Potts, Neurosurgeon & Associate Professor of Neurological Surgery, Northwestern Feinberg School of Medicine; Casey Qadir, Co-Founder & CEO, Hubly Surgical

Compliance issues: Consumerism, Emergency Medicine, Medical Technology, Neurology, Patient Safety, Surgery, Anatomy, Cranial Drill, Drill, Female Entrepreneurship, Medical Device, Neurosurgery, Skull

Links for more info:

[Matthew B Potts: Faculty Profiles](#)

[Matthew Potts \(@matthewpottsmid\) • Instagram photos and videos](#)

[Matthew Potts - Program Director - Neurological Surgery Residency](#)

[Matthew Potts \(@MatthewPottsMD\) / X](#)

[Hubly Surgical](#)

[Hubly Surgical \(@hublysurgical\) • Instagram photos and videos](#)

[Casey Qadir 🧠🔪 \(@BrainDrillGirl\) / X](#)

[LinkedIn: Casey Qadir](#)

SEGMENT 2: KNOCKING ON DEATH’S DOOR: THE AT-HOME MEDICAL DEVICE THAT COULD SAVE LIVES

Time: 14:02

Duration: 8:23

Synopsis: Mark Opauszky knows exactly how important access to medical devices can be - even something as simple as a thermometer. After a near-death experience, Opauszky entered the medical technology industry to help give the public access to helpful tools at home. He discusses how his new phone application, Stethophone, can help patients be an active part of their own care team and stay on top of their health.

Host: Greg Johnson

Producer: Kristen Farrah

Guests: Mark Opauszky, CEO, Sparrow BioAcoustics

Compliance issues: Amputations, Infection, Medical Technology, Patient Safety, Preventive Medicine, Public Health, Technology, Trauma, Medical Applications, Medical Devices, Organ Failure, Septic Shock, Stethoscope

Links for more info:

[Mark Attila Opauszky | LinkedIn](#)

[Sparrow BioAcoustics](#)

[OBSTACLEson startups, struggles and stoicism](#)

[X: @Opauszky](#)

Program 24-12

Air Week: 3/24/2024

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: PAIN IS NOT WOMANHOOD: EARLIER DIAGNOSING FOR ENDOMETRIOSIS

Time: 1:49

Duration: 11:37

Synopsis: Many women with endometriosis unknowingly deal with the symptoms for years before receiving a diagnosis. Dr. Jodie Avery, an epidemiologist, is hoping to close this gap through new technology that utilizes AI. She explains why America's current process isn't aiding women with this disorder.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Jodie Avery, Epidemiologist, Senior Research Fellow, University of Adelaide Medical School; Asha Dickens, patient

Compliance issues: Consumerism, Patient Safety, Public Health, Surgery, Diagnostic Tools, Endometriosis, Female Issues, Gynecology, Medical Imaging, Reproductive System, Ultrasound, Women's Health

Links for more info:

[Uterine Health Guide](#)

[LinkedIn: Asha Dickens](#)

[Endo Black](#)

[Dr Jodie Avery | Researcher Profiles](#)

[Noninvasive diagnostic imaging for endometriosis part 1 - Fertility and Sterility](#)

[LinkedIn: Dr. Jodie Avery](#)

[Dr Jodie Avery \(@Jodie_Avery\) / X](#)

SEGMENT 2: PUBLIC HEALTH AND POLITICS: A LOOK AT THE MISTAKES MADE DURING THE PANDEMIC

Time: 14:28

Duration: 8:31

Synopsis: Science has long been an influence of public policy, but some argue that public health organizations became too visible during the pandemic. Dr. Sandro Galea, author of *Within Reason*, dissects the role that public health has played in recent years and asks the question: what are we willing to give up for the sake of our health?

Host: Greg Johnson

Producer: Kristen Farrah

Guests: Dr. Sandro Galea, Dean & Robert A. Knox Professor, Boston University School of Public Health, Author, *Within Reason*

Compliance issues: Covid-19, Medicine, Pandemic, Patient Safety, Politics, Public Health, Public Safety, Social Media, Virus, Vulnerable Populations, Public Health Organizations, Science Policy

Links for more info:

[Sandro Galea | SPH](#)

[Sandro Galea](#)

[Within Reason: A Liberal Public Health for an Illiberal Time, Galea](#)

[Sandro Galea - Dean - Boston University School of Public Health | LinkedIn](#)

[Sandro Galea \(@sandrogalea\) / X](#)

[Sandro Galea \(@sandro_galea\) • Instagram photos and videos](#)

Program 24-13

Air Week: 3/31/2024

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: CANCER DRUG SHORTAGE: DECIDING WHO LIVES AND WHO DIES

Time: 1:49

Duration: 11:08

Synopsis: When a manufacturing plant in India halted production in 2022, cancer patients in America were told their chemotherapy drugs were experiencing a shortage and doctors had to decide who would get the remaining supply. Our experts explain the effects of this ongoing shortage and how we can make sure it doesn't happen again.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Barbara Barnett, Cancer Patient; Dr. Julie Gralow, Chief Medical Officer & Executive Vice President, American Society of Clinical Oncology; Mark Fleury, Policy Principal, American Cancer Society Cancer Action Network

Compliance issues: Cancer, Manufacturing and Industry, Generic Drugs, FDA, Chemotherapy, Drug Shortages, Economics, Consumerism, Raw Materials, Breast Cancer, Supply Chain Issues, Testicular Cancer, Colon Cancer, Patient Safety

Links for more info:

[Julie R. Gralow, MD, FACP, FASCO | ASCO](#)

[Julie Gralow - Chief Medical Officer - American Society of Clinical Oncology \(ASCO\) | LinkedIn](#)

[Mark Fleury - Principal, Policy Development, Emerging Science - American Cancer Society Cancer Action Network \(ACS CAN\) | LinkedIn](#)

[Mark Fleury \(@ME_Fleury\) / X](#)

[Julie Gralow \(@jrgralow\) / X](#)

[ASCO \(@ascocancer\) • Instagram photos and videos](#)

[The American Cancer Society \(@americancancersociety\) • Instagram photos and videos](#)

SEGMENT 2: KETAMINE REGULATIONS -- "WE DON'T WANT TO REPRODUCE THIS OPIOID PROBLEM"

Time: 13:59

Duration: 8:32

Synopsis: Ketamine is FDA-approved as an anesthetic, but it's now being used as a therapy to treat pain, depression, and addiction. However, many worry the rise of psychedelics will bring about a second iteration of the opioid crisis. Our expert shares the history of ketamine and how he believes it should be regulated to lessen the risk of addiction.

Host: Greg Johnson

Producer: Kristen Farrah

Guests: Dr. Howard Kornfeld, Pain Management & Addiction Specialist, Founder & Medical Director, Recovery Without Walls

Compliance issues: Ketamine, Opioids, Addiction, Patient Safety, Public Safety, Pain Management, Opioid Crisis, Psychedelics, Therapy, Hallucinations, Consumerism, Federal Drug Regulations

Links for more info:

[Dr. Howard Kornfeld | Pain Management & Addiction Specialist](#)

[LinkedIn: Dr. Howard Kornfeld](#)

[Recovery Without Walls \(@recoverywowalls\) • Instagram photos and videos](#)

PPR February 2024

Entertainment Adult 2/3-2/17

Dansville Rotary Trivia Night, Sat Feb 17 at Dansville Community Center. Doors open 6pm, trivia starts 6:30pm. BYO food, drink & friends. Call 447-3623 to book now.

Community Seniors 2/1-2/29

Livingston County Office for the Aging invites residents age 60+ to our Social & Dining sites for a meal and a variety of programs. Visit website for more info.

Entertainment Children / Youth 2/10-2/24

Family Movie, Sat Feb 24 at 11am featuring 'Cloudy with a Chance of Meatballs' at the Dansville Public Library, 200 Main St.

PPR January 2024

Community Seniors 1/1-1/31

Livingston County Office for the Aging invites any county resident age 60+ to our Social & Dining sites located in Avon, Dansville, Mt Morris and Livonia for a meal and a variety of programs. Visit website for more information.

Health All Ages 1/1-1/17

Cohocton Food Pantry every 1st & 3rd Wednesday of each month from 1-3pm and 6-7p at Stermer Hall, 35 Maple Ave.

Community All Ages 1/15-1/28

Spaghetti Dinner of benefit family of Zaiden Blackman, Sunday, January 28 from 1-4pm at Dansville Moose Club, 6 Main St. \$12. Gift baskets, 50/50 raffles, lottery board.

- 1...Annual Easter Egg Hunt, **Saturday, March 30** at 11am sharp at Stony Brook State Park for children 10 yrs old and younger. Call 335-8111 to register. Bring your own basket or bag. Easter Bunny will be there!
- 2...Easter Breakfast, **Saturday, March 30** from 8:30-11am at Dansville American Legion, 34 Elizabeth St. \$10 donation, children age 5 & under free. Menu: pancakes, eggs, biscuits, sausage grave, toast, homefries, bacon, sausage, beverage. Picture with the Easter Bunny!
- 3...Easter Egg Hunt, **Saturday, March 30** at 11am at Church Park Gazebo in Dansville. Event is free and open to all! Easter Bunny & bounce house, face painting & other activities.
- 4...Easter Egg Hunt, **Saturday, March 30** at 1pm, rain or shine, at West Sparta Town Hall, 8302 Kysorville Byersville Rd, Dansville. Bring your own basket. Food & drink will be provided.
- 5...Easter Egg Hunt, **Sunday, March 31** at 1pm sharp at Williams Park on Clara Barton St across from Dansville athletic field. Ages 0-12, candy, hard boiled eggs, money eggs, bring your own basket, open to the public.
- 6...Chicken & Biscuit Dinner, **Sunday, April 7** from noon-3pm at Canaseraga American Legion, \$12 per dinner, take out only.
- 7...Dansville Chamber Second **Saturday, April 13** from 11a-2p in downtown Dansville. This month's theme is 'Our Friends in Law Enforcement' featuring mini festivals, vendors, shopping, family activities, dining & more.
- 8...Chicken & Biscuit Dinner, **Saturday, April 13** from 4p til gone at Livonia American Legion, 3850 Federal Rd. \$10 advance, \$12 at the door.
- 9...Pancake Breakfast, **Sundays, April 14 & May 12** from 8-11a at Perkinsville FD, 1940 County Rt 90. Adults \$9, age 6-12 \$8, under 5 free. Pancakes, eggs, sausage, ham, homefries, toast, beverage.
- 10...Pop Up Pantry, free food distribution, **Mondays, April 15 & May 13** from 4pm until food's gone. Location is 9384 Main St, Dansville (old Shays/Main Tire). Drive thru event so trunks must be able to open.

11...Free Rabies Clinic for dogs, cats, & ferrets for Livingston County residents only, **Tuesday, April 23** from 5-7pm at 4 Corners Campus, 4279 Avon Caledonia Rd, Caledonia, corner of River Rd & Rt 5. Donations accepted. Pre-registration is required at 585-243-7280 or 243-1717 or livingstoncounty.us/932/rabies-clinics.

12...The Livingston County Office for the Aging would like to invite any county resident age 60+ to our Social & Dining sites located in Avon, Dansville, Mt Morris and Livonia for a meal and a variety of programs. Visit their website for more information, daily menu, list of events and phone numbers to RSVP.

13...NYS Burn Ban in effect **thru May 14**. For more info go to 'Open Burning NYDEC'

14...Dansville Food Pantry **every Wednesday** from 10a-2p at Dansville Foursquare Church, 49 West Ave. You are able to use the service two times a month.

15...Wayland Food Pantry at Light House Wesleyan Church on S Lackawanna St on **Wednesdays** from 4-6p.

16...Cohocton Food Pantry **every 1st & 3rd Wednesday** of each month from 1-3p & 6-7p at Stermer Hall, 35 Maple Ave next to St Pius Catholic Church.

17...Springwater Community Food Pantry, located at 8148C Main St, next to the Ice Cream Shop, is open **every Saturday** from 9-11am.

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1...Livingston County Job Fair, Tuesday, March 19 from 4-6pm at Livingston County Gov Center, 6 Court St, Geneseo. 27 employers with over 400 openings.

10...Penny Social, Tuesday, March 19 at Perkinsville Fire Hall. Doors open at 6pm, drawings start at 7pm. Basket raffles, refreshments will be served.

5...Fundraiser Pancake Breakfast, **Saturday & Sunday, March 23 & 24** from 10a-2p at Humphrey Nature Center, 6773 Trailside Rd, Castile. Tickets available at friendsofletchworthstatepark.com \$10, under 5 free. Pancakes, sausage, eggs, beverage. Use Castile entrance only.

8...Livingston Office for the Aging is hosting a 1 week Aging Mastery Program at the Dansville Public Library, 200 Main St, **March 18-22** from 9:30a-noon. This program is free for Livingston County residents age 60+. Call 585-243-7520 to sign up.

11...Spring Vendor Show, **Saturday, March 23** from 2-6pm at Wayland American Legion, 102 N Main St. Baked goods, crafts, local vendors, food served by scouts, visit w/ Easter Bunny 2:30-3:30p.

12...Spring Drive-Thru Chicken BBQ, **Sunday, March 24** from noon til 2pm at the Dansville Moose Lodge, 6 Main St. \$12, no pre-sale, first come, first served. Menu: 1/2 chicken by Stearns, baked beans, salt potatoes, roll & cookie.

13...Annual Easter Egg Hunt, Saturday, March 30 at 11am sharp at Stony Brook State Park for children 10 yrs old and younger. Call 335-8111 to register. Bring your own basket or bag. Easter Bunny will be there!

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9...Pop Up Pantry, free food distribution, Mondays, April 15 & May 13 from 4pm until food's gone. Location is 9384 Main St, Dansville (old Shays/Main Tire). Drive thru event so trunks must be able to open.

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19...Cohocton Food Pantry **every 1st & 3rd Wednesday** of each month from 1-3p & 6-7p at Stermer Hall, 35 Maple Ave next to St Pius Catholic Church.

20...Springwater Community Food Pantry, located at 8148C Main St, next to the Ice Cream Shop, is open **every Saturday** from 9-11am.

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- 1...Steuben County Pop Up Food Pantry, **Wednesday, March 13** starting at 3:30pm at Canaseraga Village Park.
- 2...Take-Out Spaghetti Dinner, **Wednesday, March 13** from 4:30-6pm at the United Methodist Church of Livonia, 21 Summer St. Donations accepted. Spaghetti, meat balls, salad, garlic bread.
- 3...Dansville Drama Club presents 'Joseph and the Amazing Technicolor Dreamcoat' on **March 15-17**. Tickets available online or at the door.
- 4...Wayland-Cohocton Jr Eagles Football & Cheer Spaghetti Dinner Fundraiser, **Saturday, March 16** from 4-? At the Cohocton American Legion, 6 Wilcox St. \$10.
- 5...Fundraiser Pancake Breakfast, **Saturday & Sunday, March 16, 17, 23 & 24** from 10a-2p at Humphrey Nature Center, 6773 Trailside Rd, Castile. Tickets available at friendsofletchworthstatepark.com \$10, under 5 free. Pancakes, sausage, eggs, beverage.
- 6...St Patrick's Day Corned Beef Dinner, **Sunday, March 17** from 2pm til gone. Cost \$15, eat in or take out held at Springwater American Legion, 7998 School St.
- 7...NYS Burn Ban in effect from **March 16 thru May 14**. For more info go to 'Open Burning NYDEC'
- 8...Livingston Office for the Aging is hosting a 1 week Aging Mastery Program at the Dansville Public Library, 200 Main St, **March 18-24** from 9:30a-noon. This program is free for Livingston County residents age 60+. Call 585-243-7520 to sign up.
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15...Pancake Breakfast, **Sundays, April 14 & May 12** from 8-11a at Perkinsville FD, 1940 County Rt 90. Adults \$9, age 6-12 \$8, under 5 free. Pancakes, eggs, sausage, ham, homefries, toast, beverage.

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17...Dansville Food Pantry **every Wednesday** from 10a-2p at Dansville Foursquare Church, 49 West Ave. You are able to use the service two times a month.

18...Wayland Food Pantry at Light House Wesleyan Church on S Lackawanna St on **Wednesdays** from 4-6p.

19...Cohocton Food Pantry **every 1st & 3rd Wednesday** of each month from 1-3p & 6-7p at Stermer Hall, 35 Maple Ave next to St Pius Catholic Church.

20...Springwater Community Food Pantry, located at 8148C Main St, next to the Ice Cream Shop, is open **every Saturday** from 9-11am.

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- 1...Chicken & Biscuits Dinner, **Thursday, March 7** from 5-7pm. Take-out only, no tickets at the door. Tickets available from any firefighter or at Dogwood Floral. Pick up at Dansville Fire Hall, 11 Franklin St. \$13.
- 2...Dansville Chamber Second **Saturday, March 9** from 11a-2p in downtown Dansville. This month's theme is 'Rainboots & Umbrellas' featuring a parade along with mini festivals, vendors, shopping, family activities, dining & more.
- 3...Pulled Pork take away lunch and Variety Booth sale, **Saturday, March 9** from noon til gone held at the Heath Homestead, 4760 Ossian Hill Rd, Dansville. Pulled pork sandwich, baked beans, coleslaw & brownie. \$14.
- 4...Spaghetti Dinner & Pie Auction, **Saturday, March 9** from noon – 3pm at West Sparta Fire Dept, corner of Red School Rd & Kysorville-Byersville Rd. Adults \$10, children under 12 \$4.
- 5...Pancake Breakfast, **Sundays, March 10 & April 14** from 8-11a at Perkinsville FD, 1940 County Rt 90. Adults \$9, age 6-12 \$8, under 5 free. Pancakes, eggs, sausage, ham, homefries, toast, beverage.
- 6...The Dansville Chamber of Commerce has teamed up with Livingston County Economic Development for a free training event: 'Social Media for Your Small Business', **Monday, March 11** at 6pm at the Event Space, 170 Main St. Register at growlivco.com/events.
- 7...Penny Social, **Tuesday, March 12** at Perkinsville Fire Hall. Doors open at 6pm, drawings start at 7pm.
- 8...Take-Out Spaghetti Dinner, **Wednesday, March 13** from 4:30-6pm at the United Methodist Church of Livonia, 21 Summer St. Donations accepted. Spaghetti, meat balls, salad, garlic bread.
- 9...Dansville Drama Club presents 'Joseph and the Amazing Technicolor Dreamcoat' on **March 15-17**. Tickets available online or at the door.
- 10...Wayland-Cohocton Jr Eagles Football & Cheer Spaghetti Dinner Fundraiser, **Saturday, March 16** from 4-? At the Cohocton American Legion, 6 Wilcox St. \$10.

11...Fundraiser Pancake Breakfast, Saturday & Sunday, March 16, 17, 23 & 24 from 10a-2p at Humphrey Nature Center, 6773 Trailside Rd, Castile. Tickets available at friendsofletchworthstatepark.com \$10, under 5 free. Pancakes, sausage, eggs, beverage.

12...NYS Burn Ban in effect from March 16 thru May 14. For more info go to 'Open Burning NYDEC'

13...Livingston Office for the Aging is hosting a 1 week Aging Mastery Program at the Dansville Public Library, 200 Main St, March 18-24 from 9:30a-noon. This program is free for Livingston County residents age 60+. Call 585-243-7520 to sign up.

14...Pop Up Pantry, free food distribution, Mondays, March 18 & April 15 from 4pm until food's gone. Location is 9384 Main St, Dansville (old Shays/Main Tire). Drive thru event so trunks must be able to open.

15...Spring Vendor Show, Saturday, March 23 from 2-6pm at Wayland American Legion, 102 N Main St. Baked goods, crafts, local vendors, food served by scouts, visit w/ Easter Bunny 2:30-3:30p.

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20...Springwater Community Food Pantry, located at 8148C Main St, next to the Ice Cream Shop, is open every Saturday from 9-11am.

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- 1...Spaghetti Dinner, **Thursday, February 29** from 5-7pm, dine in or take out. Held at Dansville American Legion, 34 Elizabeth St. \$15 per person. Children under 5 free. All welcome. Sponsored by North Dansville Republican Committee.
- 2...Naples VFW Auxiliary famous fish fry, **Friday, March 1** from 5 until sold out at 7811 State Route 21. Proceeds benefit Auxiliary.
- 3...Chicken & Biscuits Dinner, **Thursday, March 7** from 5-7pm. Take-out only. Pick up at Dansville Fire Hall, 11 Franklin St. \$13.
- 4...Dansville Chamber Second **Saturday, March 9** from 11a-2p in downtown Dansville. This month's theme is 'Rainboots & Umbrellas' featuring a parade along with mini festivals, vendors, shopping, family activities, dining & more.
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16...Springwater Community Food Pantry, located at 8148C Main St, next to the Ice Cream Shop, is open **every Saturday** from 9-11am.

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1...AARP Driver Safety Course at Dansville Public Library, 200 Main St. Six hour course takes place **Thursday & Friday, February 22 & 23** from 11:45-3pm each day. To register call Tom Fellion at 585-335-8935.

2...Family Movie, **Saturday, February 24** at 11am featuring 'Cloudy with a Chance of Meatballs' at the Dansville Public Library, 200 Main St.

3...Spaghetti Dinner, **Thursday, February 29** from 5-7pm, dine in or take out. \$15 per person. Children under 5 free. Sponsored by North Dansville Republican Committee.

4...Dansville Chamber Second **Saturday, March 9** from 11a-2p in downtown Dansville. This month's theme is 'Rainboots & Umbrellas' featuring a parade along with mini festivals, vendors, shopping, family activities, dining & more.

5...Pancake Breakfast, **Sundays, March 10 & April 14** from 8-11a at Perkinsville FD, 1940 County Rt 90. Adults \$9, age 6-12 \$8, under 5 free. Pancakes, eggs, sausage, ham, homefries, toast, beverage.

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12...Springwater Community Food Pantry, located at 8148C Main St, next to the Ice Cream Shop, is open every Saturday from 9-11am.

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1...Dansville Chamber Second **Saturday, February 10** from 11a-2p in downtown Dansville. This month's theme is 'Board Game Day' featuring mini festivals, vendors, shopping, family activities, dining & more.

2...Chicken & Ribs at Grizzly's, **Sunday, February 11** from noon til 3pm or sold out. \$15 Chicken BBQ includes ½ chicken, salt potatoes, beans, cole slaw & roll. \$17 Chicken & Ribs, \$17 Ribs. 10042 S River Rd, Hunt.

3...Pancake Breakfast, **Sundays, February 11 & March 10** from 8-11a at Perkinsville FD, 1940 County Rt 90. Adults \$9, age 6-12 \$8, under 5 free. Pancakes, eggs, sausage, ham, homefries, toast, beverage.

4...Pop Up Pantry, free food distribution, **Mondays, February 12 & March 18** from 4pm until food's gone. Location is 384 Main St, Dansville (old Shays/Main Tire). Drive thru event so trunks must be able to open.

5...Take-out Spaghetti Dinner, **Wednesday, February 14** from 4:30-6pm at Livonia United Methodist Church, 21 Summer St. Spaghetti, meatballs, salad, garlic bread. Donations accepted.

6...Dansville Rotary Trivia Night, **Saturday, February 17** at Dansville Community Center, 43 West Ave. Doors open 6pm, trivia starts at 6:30pm. Teams of up to 8, tables of 8 for \$125. BYO food, drink & friends. Call 447-3623 to book now!

7...Chicken BBQ Fundraiser, **Saturday, February 17** from 1-5pm at Conesus American Legion, 6317 Marshall Rd. \$12 each, basket raffles, pre-sale tickets available at the legion.

8...AARP Driver Safety Course at Dansville Public Library, 200 Main St. Six hour course takes place **Thursday & Friday, February 22 & 23** from 11:45-3pm each day. To register call Tom Fellion at 585-335-8935.

9...Family Movie, **Saturday, February 24** at 11am featuring 'Cloudy with a Chance of Meatballs' at the Dansville Public Library, 200 Main St.

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14...Springwater Community Food Pantry, located at 8148C Main St, next to the Ice Cream Shop, is open every Saturday from 9-11am.

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- 1...Fish Fry & Live Music, **Friday, February 2** starting at 5pm at Naples VFW, 7811 State Route 21. \$15 cash only. Music with Herman & Betts at 7pm. Proceeds benefit the Naples VFW and Auxiliary and their many projects.
- 2...Venison / Wings / Walleye Dinner to benefit the Wayland-Cohocton School Trap Team, **Saturday, February 3** from 2-5pm at the Wayland American Legion, 102 N Main St. Donations only.
- 3...Pancake Breakfast, **Sundays, February 11 & March 10** from 8-11a at Perkinsville FD, 1940 County Rt 90. Adults \$9, age 6-12 \$8, under 5 free. Pancakes, eggs, sausage, ham, homefries, toast, beverage.
- 4...Pop Up Pantry, free food distribution, **Mondays, February 12 & March 18** from 4pm until food's gone. Location is 384 Main St, Dansville (old Shays/Main Tire). Drive thru event so trunks must be able to open.
- 5...Take-out Spaghetti Dinner, **Wednesday, February 14** from 4:30-6pm at Livonia United Methodist Church, 21 Summer St. Spaghetti, meatballs, salad, garlic bread. Donations accepted.
- 6...Dansville Rotary Trivia Night, **Saturday, February 17** at Dansville Community Center, 43 West Ave. Doors open 6pm, trivia starts at 6:30pm. Teams of up to 8, tables of 8 for \$125. BYO food, drink & friends. Call 447-3623 to book now!
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- 11...Springwater Community Food Pantry, located at 8148C Main St, next to the Ice Cream Shop, is open **every Saturday** from 9-11am.

1...Spaghetti Dinner to benefit family of Zaiden Blackman, **Sunday, January 28** from 1-4pm at Dansville Moose Club, 6 Main St. \$12. Gift baskets, 50/50 raffles, lottery board. Zaiden bracelets available at various Dansville businesses.

2...Venison / Wings / Walleye Dinner to benefit the Wayland-Cohocton School Trap Team, **Saturday, February 3** from 2-5pm at the Wayland American Legion, 102 N Main St. Donations only.

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- 1...Pop Up Pantry, free food distribution, **Mondays, January 22 & February 12** from 4pm until food's gone. Location is 384 Main St, Dansville (old Shays/Main Tire). Drive thru event so trunks must be able to open.
- 2...Drive Thru Chicken & Biscuits Dinner, **Thursday, January 25**, from 5-7pm, take out only. Pick up at Dansville Fire Hall, 11 Franklin St. \$13/person.
- 3...Spaghetti Dinner to benefit family of Zaiden Blackman, **Sunday, January 28** from 1-4pm at Dansville Moose Club, 6 Main St. \$12. Gift baskets, 50/50 raffles, lottery board. Zaiden bracelets available at various Dansville businesses.
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2...Pancake Breakfast, **Sunday, February 11** from 8-11a at Perkinsville FD, 1940 County Rt 90. Adults \$9, age 6-12 \$8, under 5 free. Pancakes, eggs, sausage, ham, homefries, toast, beverage.

3...Dansville Rotary Trivia Night, **Saturday, February 17** at Dansville Community Center, 43 West Ave. Doors open 6pm, trivia starts at 6:30pm. Teams of up to 8, tables of 8 for \$125. BYO food, drink & friends. Call 447-3623 to book now!

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1...Take out Spaghetti Dinner, **Wednesday, January 10** from 4:30-6pm at the United Methodist Church of Livonia, 21 Summer St. Spaghetti, meatballs, salad, garlic bread. Donations accepted.

2...Pancake Breakfast, **Sunday, January 14** & **Sunday, February 11** from 8-11a at Perkinsville FD, 1940 County Rt 90. Adults \$9, age 6-12 \$8, under 5 free. Pancakes, eggs, sausage, ham, homefries, toast, beverage.

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- 1...Fish Fry, **Friday, January 5** at Naples VFW. \$15 cash at the door.
- 2...Take out Spaghetti Dinner, **Wednesday, January 10** from 4:30-6pm at the United Methodist Church of Livonia, 21 Summer St. Spaghetti, meatballs, salad, garlic bread. Donations accepted.
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