

WNTQ Issues/Programs October-December 2019

“Street Talk” weekly program 30 minutes including some commercial content. Sundays 11:30pm-12:00am

10/6/19 **Lynn Hy, Karie Ballway, Food Bank of CNY:** Calling all residents, lovers of Central New York and lovers of board games: the Food Bank of Central New York has a unique way to raise funds this Fall. It's in the form of a City Of Syracuse Monopoly game. To pre-purchase this classic board game, visit: www.syracusemonopoly.com.

Rich Synek, Feed Our Vets: Since 2009, Feed Our Vets has provided free food assistance to more than 25,000 Veterans and their family members, distributing 1.1 Million pounds of food, and over \$100,000 in gift cards. FeedOurVets.org for more information and to donate. **Dr. Michael Grossman, Syracuse Straight Smiles:** Ted had a chance recently to sit down with his dentist Dr. Michael Grossman from Syracuse Straight Smiles to talk about the latest in cosmetic dentistry. Find out more at SyracuseStraightSmiles.com.

10/13/19 **Joanne Lenweaver, Shamin Thakur, WISE Women's Business Center, Wellness of Being:** The WISE Women's Business Center continues to provide mainly free services to women who are starting their own business, expanding their current one, or are an “intrepeneur” which means they are running someone else's business. A little bittersweet as we check in with the woman in charge at WISE, Joanne Lenweaver, as she is retiring as of this month. For more on the WISE Women's Business Center, visit wisecenter.org. For more on Shamin go to WellnessOfBeing.life.

10/20/19 **Kate Houck, David's Refuge:** David's Refuge is at the helm of the inaugural Luncheon for Those Who Care to launch National Family Caregivers Month. It's happening at the Destiny USA Sky Deck on Friday, November 1st beginning at 11:30 am. Tickets are \$15. For more information visit DavidsRefuge.org. **Dr. Jessica Young, Roswell Park Comprehensive Cancer Center:** October is Breast Cancer Awareness Month and Dr. Jessica Young runs the high risk breast program at Roswell Park Comprehensive Cancer Center. For more information visit RoswellPark.org. **Lisa Dolbear, Family Times:** Local writer Lisa Dolbear has an article in this month's Family Times about book clubs. Family Times is all locally written and you can find it on shelves across Central New York, free of charge, at grocery stores, doctor's offices, schools and gyms. **Marc Saltzman, Tech advice:** Marc Saltzman is our go to guy when it comes to what's new and exciting in the tech world. He already has some great ideas for holiday gift giving. Find Marc Saltzman on Facebook.

10/27/19 **Dr. Kim Townsend, Loretto:** Loretto has implemented new advanced technology for cardiac patients at their facilities here in Central New York, the first and only provider in the area to offer this cutting-edge technology. For more information see LorettoCNY.org

11/3/19 **Hannah Fuller, Vera House:** Vera House is holding their annual “New Beginnings” Gala on Saturday, December 7th. Get tickets today for the Vera House New Beginnings Gala at verahouse.org. **Annette Peters, Mentoring Monday:** One on one coaching sessions in a speed-networking session is how Mentoring Monday is explained. It is happening on Monday, November 4th from 5 – 7:30 pm at Sheraton Syracuse University Hotel and Conference Center. See more at events.syracuse.com.

Stephanie Maksymiw, Tyler Robinson Foundation: Central New Yorker Stephanie Maksymiw has recently published a children's book on Amazon called “A Dragon's

Purpose". Proceeds will be donated to the Tyler Robinson Foundation. Find Stephanie's book on Amazon under "A Dragon's Purpose".

11/10/19 **Veterans Joseph Makowiec, Anne Stene, Mervyn Roberts, Richard Madden, Michael (Mick) Henson, speaking about Honor Flight Mission 14:** Amy and Rick Roberts were able to accompany some 80 veterans and their caregivers on Honor Flight Syracuse Mission 14 back on September 28th. Honor Flight Syracuse serves ten counties in the greater Central New York area by flying our local veterans to Washington DC to see the memorials honoring those who served our nation. We are featuring five veterans who were on the latest Honor Flight who spoke about their experience in the military, as well as how much Honor Flight meant to them. For more on Honor Flight Syracuse and to nominate the veteran in your life for an upcoming flight, visit HonorFlightSyracuse.org. **Gina Lazara, Salvation Army:** A win-win if you donate to the Salvation Army for a 48 hour period on November 12th and 13th. Laci's Tapas Bar will send you a gift card worth 48 dollars. For more information, visit sasyr.org.

11/17/19 **Rina Hart, Helena Zera, Food Bank of CNY:** The WISE Women's Business Center continues to offer mainly free services to women who are looking to start a business or expand their current one. Board Member Rina Hart takes over the reins this month. To find out more about The Wise Women's Business Center, visit wisecenter.org. To see more on Helena and Vyana Yoga, go to VyanaYoga.com.

11/24/19 **Ken and Nicole Mitchell, Action ABCs:** Ken and Nicole Mitchell of Marcellus are the parents of four kids and have combined efforts to write, illustrate and self-publish a children's book called Action ABCs. Their goal is to make reading a more interactive experience for young kids. Order your book today at the locations they mentioned and online at ActionABCs.com. They'll also be selling at a couple of area holiday craft shows throughout the month. **Christina Cole and Bob Halligan Jr., Music for the Mission:** Speaking of the holidays, the musicians behind Music for the Mission have rereleased their song "We Are One". It has been retooled as a Christmas song in hopes that many people will download it as part of their holiday celebration and raise a lot of money for the hungry and homeless right here in Central New York. Again, order your copy of We Are One (Christmas Is Here) at MusicForTheMission.org. **Courtney Kless, Family Times:** Still time to pick up a copy of the November issue of Family Times, available free of charge at numerous locations across Central New York. Editor in Chief Courtney Kless is one of the local writers with an article this month. She focuses on the new welding lab at Corcoran High School.

12//1/19 **Cassandra Rucker, Special Olympics:** Special Olympics is holding their annual Polar Plunge on Sunday December 8th at Oneida Shores. This is the time to sign up to join up to 12 hundred people who will be jumping into the cold waters of Oneida Lake for a tremendous cause. For more and to sign up, visit polarplungency.org/cny. **Tori Shires, Christin Mixon, Brent Peach, Rescue Mission:** The 18th Thrifty Shopper store just opened in Central New York, all to benefit the Rescue Mission. See more at IShopThrifty.org and RescueMissionAlliance.org. **Larry Crabtree, CNY Arts:** Dasher's Magical Gift is an annual production presented by CNY Arts and this year, the public performance is Saturday, December 7th at 11 am at the Civic Center. Get ticket information at dashersmagicalgift.org.

12/8/19 **Ellen Beckerman, The Haven at Skanda:** The Haven at Skanda in Cazenovia has been rescuing animals since their major wild horse rescue back in 2013. And now,

they are about to accept ten 500 pound pigs to their animal sanctuary. For more information, visit thehavenatskanda.org or see them on Facebook. **Christy Perry Tuohey, Family Times:** The December Issue of Family Times is out, free of charge, across Central New York featuring all local writers. Christy Perry Tuohey is one of those local writers and this month, she focuses on local family owned businesses.

12/15/19 **Kathy Adams, Amanda McCarty, WISE Women's Business Center and 315 Beauty Bar:** The WISE Women's Business Center continues to offer mainly free services to women who are starting their own business or expand their current one. A new Executive Director has just been hired, who we will meet next month. For information on the WISE Women's Business Center, visit wisecenter.org. For more on Amanda's salon, go to 315beautybar.com. **Jon Wright, Chris Hussak, Sleep in Heavenly Peace:** Sleep in Heavenly Peace is an organization that is just over a year old in Syracuse that builds and delivers beds for children who have none. They have a special goal to deliver 78 beds this month. For more information on how to help Sleep in Heavenly Peace, go to their website shpbeds.org.

12/22/19 **Dr. Frances Adamo-Cass, Karen Rodriguez, Bryant and Stratton:** Listen up parents of high school juniors and seniors – Bryant and Stratton is offering a FREE two credit course, which is an introduction to Occupational Therapy. It's happening Wednesday evenings beginning January 15th. For more information, email Shannon Bednarek in Admissions at: stbednarek@bryantstratton.edu. **Marc Saltzman, Tech Christmas gifts:** Tech guru Marc Saltzman is ready for a tech laden holiday and he's here to talk about the latest and greatest tech gadgets, games and appliances. You can find Marc Saltzman on Facebook.

12/29/19 Program did not air due to holiday break.