



Call Letters: WDNY

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, APRIL-JUNE, 2023

Show # 2023-14

Date aired: 4/2/2023 Time Aired: 6:00 a.m.

H Penny Mishkin, Columbia University occupational therapist, author of *"How I See It: A Personal and Historical View of Disability"*

Ms. Mishkin discussed the difficulties faced by disabled children, and the crucial importance of therapy, services and support to help them. She shared her personal story of severe vision disabilities as a child, and eventual blindness as an adult. She said living with a disability is akin to taking a detour in life, and that with the right outlook, disabled people can still live a purposeful and happy life.

Issues covered:

Length: 8:40

Disability Awareness and Support

Rob Docters, Partner and Head of Ethics Practices at Abbey Road, LLP, co-author of *"Ethics and Hidden Greed: Your Defense against Unethical Strategies and Violations of Trust"*

Consumer scams, frauds, and unethical gouging are on the rise, causing significant financial and emotional harm to unsuspecting individuals and exacerbating economic inequalities. Mr. Docters discussed the factors behind the jump in fraud. He explained why it is often hard to recognize fraud or scams on social media.

Issues covered:

Length: 8:43

Crime

Consumer Matters

Ethics

Beau Kilmer, PhD, McCauley Chair in Drug Policy Innovation, at the RAND Corporation and Co-Director, RAND Drug Policy Research Center

Alcohol is the third-leading cause of preventable death in the US, with alcohol-impaired driving alone claiming 11,654 lives in 2020. Dr. Kilmer shared the results of a RAND study of a unique statewide alcohol-monitoring program in South Dakota. The 24/7 program requires repeat drunk drivers to be tested twice per day for alcohol use. The study found that the participants in the program had a roughly 50% lower chance of death.

Issues covered:

Length: 5:09

Drunk Driving Prevention

Substance Abuse

Show # 2023-15

Date aired: 4/9/2023 Time Aired: 6:00 a.m.

Stephen Kohn, attorney, Executive Director of the National Whistleblower Center, author of *"The Whistleblower's Handbook: A Step-By-Step Guide To Doing What's Right And Protecting Yourself"*

Every year, criminals and fraudsters rip off the federal government by committing tax fraud—stealing billions of taxpayer dollars in the process. However, it's becoming much more difficult to do so, thanks to a massive increase in whistleblower disclosures. Mr. Kohn discussed recent changes in laws that have made it much easier to report wrongdoing. He also explained what steps to take to weigh the pluses and minuses of blowing the whistle.

Issues covered:

Length: 8:53

Whistleblowing

Crime

Government Regulations

Mary Norris, longtime copy editor at "The New Yorker," author of *"Between You & Me: Confessions of a Comma Queen"*

Ms. Norris discussed the most common mistakes in spelling, punctuation and word usage, and why it is so important. She explained how new technologies and changes in our nation's education system have made proper grammar less "cool."

Issues covered:

Length: 8:21

Education

Career

Kevin Fiscella, MD, MPH, Associate Professor of Family Medicine and Community & Preventive Medicine at the University of Rochester School of Medicine & Dentistry

Dr. Fiscella discussed his groundbreaking research that found that the lives of nearly 8,000 black Americans could be saved each year if doctors could figure out a way to bring their average blood pressure down to the average level of whites. He talked about the reasons behind the gap between the races in controlling blood pressure, and the possible ways to reduce that gap.

Issues covered:

Length: 4:54

Personal Health

Minority Concerns

Show # 2023-16

Date aired: 4/16/2023 Time Aired: 6:00 a.m.

ChatGPT, an artificial-intelligence (AI) chatbot

ChatGPT was launched as an artificial intelligence prototype on November 30, 2022, quickly gaining global attention for its detailed responses and articulate answers across many topics. It explained how it was trained and learns, and what its biggest weakness are. It acknowledged that the concerns about potential biases in its answers are legitimate. It also outlined the top 5 human endeavors in which it anticipates making the biggest impact.

Issues covered:

Length: 9:29

Artificial Intelligence

Technology

Employment

Andrew Houtenville, PhD, Professor of Economics at the University of Hampshire, Research Director of the UNH Institute on Disability

Prof. Houtenville discussed recent findings from the National Trends in Disability Employment report, issued by Kessler Foundation and the University of New Hampshire. He explained what is driving historic highs in employment of people with disabilities, and why disabled employment has outstripped the non-disabled since the start of pandemic lockdowns.

Issues covered:

Length: 7:59

**Disabilities
Employment**

Erin Dooley, PhD, Assistant Professor of Epidemiology at the University of Alabama at Birmingham School of Public Health

Prof. Dooley was the lead researcher of a study that measured the number of daily steps that may make a difference in the risk of heart problems in senior citizens. Her study of people ages 70 and older found walking an additional 500 steps per day (that is, an additional quarter mile of walking) was associated with a 14% lower risk of heart disease, stroke or heart failure.

Issues covered:

Length: 5:06

**Personal Health
Senior Citizens**

Show # 2023-17

Date aired: 4/23/2023 Time Aired: 6:00 a.m.

Matthew Berger, Executive Director of the non-profit Foundation to Combat Antisemitism

According to FBI statistics, Jews make up approximately 2.4% of the U.S. population yet are victims of nearly 1 in 10 of all hate crimes. Mr. Berger's organization launched a \$25 million national effort to combat indifference and ignorance surrounding antisemitism. He explained how people can stand up to fight antisemitism, the same way they would fight racism, gender inequality or other injustices in their community.

Issues covered:

Length: 7:59

**Antisemitism
Crime**

Mark R. Rank, PhD, Herbert S. Hadley Professor of Social Welfare at Washington University in St. Louis, author of "*The Poverty Paradox: Understanding Economic Hardship Amid American Prosperity*"

Prof. Rank discussed the reasons why the wealthiest country in the world also has the highest rates of poverty among industrialized nations. He said an average of 10-15% of the US population is below the poverty line at any given time. He blames low-paying jobs that make it difficult to escape poverty, plus what he views as an inadequate social safety net.

Issues covered:

Length: 9:24

**Poverty
Economy
Government Policies**

Sarah J. Clark, MPH, Research Scientist in the Department of Pediatrics and Co-Director of the C.S. Mott Children's Hospital National Poll on Children's Health at the University of Michigan

For many teens, that first formal job is a rite of passage. Prof. Clark shared the results of her organization's survey of parents, exploring their views of the pluses and minuses of teenage employment. She said 3/4s of parents of working teens believe a job has had a positive impact on the teen's money management skills and self-esteem.

Issues covered:
Teen Employment
Parenting

Length: 5:12

Show # 2023-18

Date aired: 4/30/2023 Time Aired: 6:00 a.m.

Malia Hollowell, National Board-Certified teacher, Founder/CEO of The Reading Roadmap, which develops literacy training for teachers, author of "*The Science of Reading in Action: Brain-Friendly Strategies Every Teacher Needs to Know*"

67% of American students are unable to read at grade-level. Ms. Hollowell said there are decades of research available to improve reading programs, but it is generally ignored. She said it's critical that teachers and parents learn about the research. She also addressed the special challenges faced by children whose native language is not English.

Issues covered:
Child Literacy
Education

Length: 7:50

Laura Tremaine, podcaster, author of "*The Life Council: 10 Friends Every Woman Needs*"

Ms. Tremaine discussed the complexities of friendships. She said making, keeping, and even releasing friends doesn't need to be as hard as we make it. She explained the importance of creating a circle of genuine friends over a lifetime, as opposed to social media "acquaintances."

Issues covered:
Personal Relationships
Mental Health
Women's Issues

Length: 9:26

Joseph Alton, MD, board-certified obstetrician and pelvic surgeon, co-author of the "*The Survival Medicine Handbook: The Essential Guide for When Help is NOT on the Way*"

Dr. Alton offered tips to be prepared in the event that a natural disaster took away the high-technology medical services we take for granted. He outlined the basic supplies that every household should have on hand in a medical kit. He also explained the steps need to provide emergency assistance to someone who is bleeding badly.

Issues covered:
Emergency Preparedness
Personal Health

Length: 4:57

Show # 2023-19

Date aired: 5/7/2023 Time Aired: 6:00 a.m.

Sarah Foster, Analyst and Principal U.S. Economy Reporter at Bankrate.com

While inflation may be cooling, Ms. Foster explained why Americans could be feeling its impact for years to come. She discussed the economy's impact on emergency savings, retirement contributions and covering day-to-day expenses. She also explained why even when inflation eventually slows, prices won't necessarily fall across the board.

Issues covered:

**Inflation
Personal Finance**

Length: 7:23

Paul McLane, Editor in Chief of Radio World, a publication for technology-minded broadcast owners, managers and engineers

Automakers like Tesla, BMW and Ford have recently announced their intentions to cut AM radio from new models, particularly electric vehicles. Mr. McLane discussed the valuable service AM radio still provides for public safety and entertainment, and explained what AM's 84 million listeners can do to voice their opinion to automakers and legislators. He also discussed the potential danger posed to FM radio by the new trend.

Issues covered:

**Media
Emergency Preparedness
Consumer Matters**

Length: 9:54

Robert Hyldahl, PhD, Assistant Professor of Exercise Sciences, Brigham Young University

Dr. Hyldahl co-authored a study that found that running appears to reduce inflammation in the knee joint—not increase it, as commonly believed. He said his research suggests that running may actually protect knees during the aging process, and safeguard against degenerative diseases like osteoarthritis.

Issues covered:

**Personal Health
Aging**

Length: 5:01

Show # 2023-20

Date aired: 5/14/2023 Time Aired: 6:00 a.m.

Sarah J. Clark, M.P.H., Associate Research Scientist, Department of Pediatrics at the University of Michigan's C.S. Mott Children's Hospital

Ms. Clark co-authored a poll that found that 62 percent of parents report difficulties finding childcare facilities that meet their health and safety standards. The poll also found that only half of parents considered themselves "very confident" at discerning which childcare options were truly safe and healthy. She outlined the most important questions that parents should ask when evaluating childcare providers. She said 82% of parents would be in favor of a national standard for health and safety for childcare centers and in-home childcare providers.

Issues covered:

**Child Safety
Parenting**

Length: 9:27

Benjamin H. Schnapp, MD, Assistant Professor, Assistant Emergency Medicine Residency Program Director in the University of Wisconsin School of Medicine and Public Health

Medical errors cause roughly 250,000 deaths per year in the U.S. Dr. Schnapp co-authored a study that examined errors in Emergency Rooms. He found that, even in chaotic ERs, doctors typically have the right medical information but might not act on it in the best way. He talked about the patterns he found in patients who are most vulnerable to errors. He offered suggestions for patients who want to prevent errors when they visit an ER.

Issues covered:
Medical Errors
Emergency Care

Length: 7:44

Jill Gonzalez, Senior Analyst at WalletHub, a personal finance website

Ms. Gonzalez discussed her report that examined today's at-risk youth. She said about one in nine young Americans today is neither working nor in school, exposing them to greater risk of poverty, violence, drug abuse and homelessness. She explained how these risk factors follow young people into adulthood. She discussed the importance of education and social services.

Issues covered:
Youth At Risk
Violence
Poverty

Length: 4:50

Show # 2023-21

Date aired: 5/21/2023 Time Aired: 6:00 a.m.

Burton Malkiel, Chemical Bank Chairman's Professor of Economics at Princeton University, author of the classic finance book "*A Random Walk Down Wall Street: The Best Investment Guide That Money Can Buy*"

Mr. Malkiel's book, written 50 years ago, pioneered the advent of index mutual funds for the average investor. He explained why an individual who saves consistently over time and buys a diversified set of index funds can achieve above-average investment results. He believes that most average investors do not need an investment advisor in order to prepare for retirement.

Issues covered:
Personal Finance
Retirement Planning

Length: 8:30

Theresa Gildner, PhD, Assistant Professor of Biological Anthropology in Arts & Sciences at Washington University in St. Louis

Most Americans view parasitic infections as a problem of the past or one that only impacts low-income countries. However, Prof. Gilder shared new research that discovered that the problem is likely widespread in low-resource communities throughout southern US. Her study found that environmental conditions, combined with infrastructural neglect and inadequate access to health care, create the perfect breeding ground for these infections. She explained how to recognize the infection and what treatments are available.

Issues covered:
Public Health
Poverty
Food Safety

Length: 8:37

Eduardo Cotilla-Sanchez, PhD, Associate Professor in the School of Electrical Engineering and Computer Science at Oregon State University

Prof. Coteilla-Sanchez outlined his concerns that the nation's power transmission grid is at risk of cyber-attack. He has researched a scenario in which hackers manipulate smart meters to create an oscillation in electricity demand, potentially creating brown-outs or even a massive power outage affecting much of the country. He outlined steps that power companies need to take to guard against this form of attack.

Issues covered:
Infrastructure
Cyber Attacks

Length: 5:10

Show # 2023-22

Date aired: 5/28/2023 Time Aired: 6:00 a.m.

Catherine Hodder, estate planning attorney, author of "*Estate Planning for the Sandwich Generation: How to Help Your Parents and Protect Your Kids*"

Ms. Hodder explained the importance of estate planning for those who are caring for both kids and aging parents. She outlined the critical documents that everyone should have in addition to a basic will. She also talked about the importance of communication with aging parents, and the usefulness of an emergency binder that organizes important documents in one place.

Issues covered:
Estate Planning
Senior Citizens
Parenting

Length: 8:22

Caitlin Cavanagh, Assistant Professor in the School of Criminal Justice at Michigan State University

Prof. Cavanagh led a study at Michigan State that found that mothers don't lose hope to see their sons graduate from high school, get married, find a good job and so on— even if they are arrested as a minor. Her findings were consistent, even for higher income families.

Issues covered:
Juvenile Crime
Parenting

Length: 8:54

Noreen Springstead, Executive Director of WhyHunger, a non-profit organization that focuses on grassroots solutions to end hunger and poverty

Ms. Springstead discussed the current scope of the hunger problem in the U.S. She explained why, even in a booming economy, the issue of hunger and food insecurity rarely changes. She outlined how people can get assistance if they are in need, and how volunteers can get involved in their local communities.

Issues covered:
Hunger
Poverty
Government Programs
Volunteerism

Length: 4:58

Show # 2023-23

Date aired: 6/4/2023 Time Aired: 6:00 a.m.

Adam Katchmarchi, PhD, Executive Director of the National Drowning Prevention Alliance, Assistant Professor in the Department of Kinesiology, Health, and Sport Sciences at Indiana University of Pennsylvania

Drowning is the leading cause of death among children ages 1-4 and the second leading cause of injury-related death among children up to age 14. As the busiest water activity season is upon us, Prof. Katchmarchi offered five recommendations for parents to keep their children safe.

Issues covered:
Drowning Prevention

Length: 8:31

Heidi K. Gardner, PhD, Distinguished Fellow at Harvard Law School's Center on the Legal Profession and Program Chair of the Sector Leadership Master Class and Smarter Collaboration Master Class, author of "*Smarter Collaboration: A New Approach to Breaking Down Barriers and Transforming Work*"

Prof. Gardner discussed recent research and offered advice to help companies thrive by collaborating more effectively. She said collaboration skills are surprisingly rare, especially among men. She explained why firms that collaborate smarter consistently generate higher revenues and profits, boost innovation, strengthen client relationships, and attract and retain better talent.

Issues covered:
Workplace Matters
Diversity
Career

Length: 8:52

Susan Carpenter, Native Plant Garden Curator at the University of Wisconsin-Madison Arboretum

"No mow" initiatives are becoming an increasingly popular springtime effort to help support bees, butterflies and other pollinators. Ms. Carpenter explained why mowing grass too short can cut the tops off flowering plants, creating lawns that are inhospitable for pollinators seeking habitats in which to feed, rest and nest. She said a good first step to help pollinators is to stop treating a lawn with chemicals, then allow grass to grow to around six inches before it's cut to roughly four inches.

Issues covered:
Environment

Length: 5:08

Show # 2023-24

Date aired: 6/11/2023 Time Aired: 6:00 a.m.

Andres Lares, Managing Partner at Shapiro Negotiations Institute, co-author of "*Persuade: The 4-Step Process to Influence People and Decisions*"

Millions of college students have graduated recently and are ready to enter the workforce. Mr. Lares said the more a job applicant prepares, the more confident they will feel — and projecting confidence is essential to doing well in a job interview. He explained how to research a company and the position prior to a job interview, how to negotiate the compensation and how prepare questions for the interviewer.

Issues covered:
Employment
Career

Length: 8:35

Jean M. Twenge, PhD, Professor of Psychology at San Diego State University, author of *"Generations: The Real Differences between Gen Z, Millennials, Gen X, Boomers, and Silents—and What They Mean for America's Future"*

Prof. Twenge outlined the unique characteristics and experiences of different generations, explaining how they shape America's future. She said the era in which person grows up has a much greater influence than their parents on their personality traits. She also talked about the huge influences of technological advances on each generation and the recent increase in clinical depression in teens, which directly correlates with the advent of smartphones and social media.

Issues covered:

Length: 8:45

**Parenting
Mental Health
Substance Abuse**

Karen Tiber Leland, Marketing and Management Consultant, Founder and President of Sterling Marketing Group, a branding and marketing strategy firm, author of *"The Brand Mapping Strategy: Design, Build and Accelerate Your Brand"*

Ms. Leland said ignoring the trend of AI and chatbots in business and personal branding is a significant mistake. She offered seven tips to optimize the value of AI language models (such as the hyper-popular ChatGPT) to build thought leadership, raise capital, find investors, sell a company, entice potential employees or convert customers.

Issues covered:

Length: 5:00

**Entrepreneurship
Career**

Show # 2023-25

Date aired: 6/18/2023 Time Aired: 6:00 a.m.

Martin J. Schreiber, former Governor of Wisconsin, Alzheimer's caregiver and advocate, author of *"My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver"*

More than 11 million Americans currently care for someone with Alzheimer's disease or other forms of dementia. Gov. Schreiber took care of his wife, Elaine, for nearly 20 years, until her death from Alzheimer's in 2022. He shared their story, and offered advice and encouragement for the millions of Americans in similar circumstances.

Issues covered:

Length: 8:40

Alzheimer's Disease

Jessie Ryan, Vice President of The Campaign for College Opportunity

Each year, hundreds of thousands of students start at community colleges, hoping to transfer to a university later. However, for some students, the transfer process becomes a maze so confusing, it derails their college plans. Ms. Ryan explained a problem described as "credit loss," when students take classes that never end up counting toward a degree. She discussed the reasons that universities refuse to accept credits, sometimes from classes that utilize the identical textbook as the university's class.

Issues covered:

Length: 8:44

**Community College
Higher Education**

Robert Wilson, PhD, Assistant Professor of Psychology and Cognitive Science, Arizona State University

Educational scholars have long recognized that there is something of a "sweet spot" when it comes to learning. Prof. Wilson led a study using artificial intelligence that determined the sweet spot is when failure occurs 15% of the time. Put another way, it's when the right answer is given 85% of the time. He explained what parents and teachers can learn from the study.

Issues covered:
Education
Parenting

Length: 5:06

Show # 2023-26

Date aired: 6/25/2023 Time Aired: 6:00 a.m.

Read Hayes, PhD, Research Scientist at the University of Florida, Director of the Loss Prevention Research Council

Retailers, politicians and police departments have sounded the alarm about a rapid increase in retail theft, and are calling for stricter enforcement and prosecution to fight it. Prof. Hayes outlined the scope of the problem, and the role of organized theft rings in its growth. He also explained the multiple impacts on consumers, and what steps may slow down the problem.

Issues covered:
Crime
Consumer Matters

Length: 8:40

Kevin Lanza, PhD, Assistant Professor at UTHouston School of Public Health at The University of Texas

Prof. Lanza led a recent study that found that children and teenagers who had volunteered in the past year were in better physical health, had a more positive outlook on life, and were less likely to have anxiety, depression, or behavioral problems compared to their peers who did not volunteer. He outlined the many volunteering opportunities available to young people.

Issues covered:
Volunteerism
Youth
Parenting

Length: 8:44

Beth C. Truesdale, PhD, Research Fellow at the W.E. Upjohn Institute for Employment Research, Visiting Scholar at the Harvard Center for Population and Development Studies, co-editor of "*Overtime: America's Aging Workforce and the Future of Working Longer*"

Many retirement planners advise clients to try to delay retirement to age 70 and spend more years in the paid labor force. Prof. Truesdale discussed the myriad of reasons that goal may be impossible for many people in their 50s and 60s, particularly those who are already disadvantaged.

Issues covered:
Employment
Retirement Planning

Length: 5:06

Quarterly Report of Compliancy Issues & Programs List 2023-Q2 (April - June) Radio Health Journal

Sundays at 6:30 a.m. on WDNY

- Active Lifestyle
- Addiction
- Adrenal Dysfunction
- Adrenal Glands
- Aging
- Alcohol Consumption
- Ambulance
- Anxiety
- Artificial Flavors
- Artificial Intelligence
- Artificial Sweeteners
- Autoimmune Disease
- Beauty Industry
- Behavioral Science
- Bereaved Parents
- Bereavement
- Bereavement Support
- Biochemistry
- Bone Structure
- Brain Disease
- Brain Fog
- Brain Function
- Breast Cancer
- Burnout
- Caffeine
- Cancer
- Caregivers
- Chemistry
- Childhood Obesity
- Children and Youth at Risk
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- Covid-19
- Death
- Deformity
- Depression
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- Diagnoses
- Diet
- Donation
- Early Pregnancy Loss
- Economy
- Education
- Emergency Medicine
- Employment
- Environment
- Estrogen
- Evolution
- Exercise
- Explosion
- Father's Day
- FDA
- FDA Regulations
- Federal Law
- Female Athletes
- Fine Arts
- First Aid
- First Responders
- Flat Head Syndrome
- Flavor
- Food Marketing
- Functional Neurologic Disorder
- Gaslighting
- Gender Bias
- Gender Issues
- Gender Research Bias
- Governmental Organizations
- Grief
- Gun Violence
- Gut Health
- Health
- Health Insurance
- Healthcare
- Healthy Food
- Heart Disease
- Hobbies
- Hormone Therapy
- Hormones
- Hot Flashes
- Human Physiology
- Immunodeficiency
- Incest
- Incontinence
- Individuality
- Infant Health
- Inflammation
- Ingredients
- Loss of a Child
- Loss of a Parent
- Lupus
- Mass Murder
- Mass Shootings
- Mass Violence
- Medicaid
- Medical Myths
- Medical Records
- Medical Research
- Medical School
- Medical Student
- Medical Technology
- Medicare
- Men's Health
- Menopause
- Mental Health
- Mental Illness
- Minorities
- Miscarriage
- Motherhood
- Muscle Strength
- Music
- Natural Flavors
- Neurology
- Non-hormonal Therapy
- Non-profit
- Nutrition
- Nutrition Labels
- Obesity
- Older Populations
- Ophthalmology
- Overuse Injury
- Ozempic
- Pandemic
- Paramedics
- Parenting
- Patient Safety
- Pickleball
- Pre-hospital Care
- Pregnancy Loss
- Private Hospitals
- Protein
- Psychiatry
- Psychology
- Puberty
- Public Health
- Public Health System
- Rape
- Safety Net Hospitals
- Scientific Research
- Sexual Abuse
- Sexual Assault
- Sexual Trauma
- Snacks
- Social Media
- Socializing
- Sports Injuries
- Sports Science
- State and Federal Regulations
- State Government
- Stress
- Sugar
- Supplements
- Therapy
- Vitamins
- Vulnerable Populations
- Weight Gain
- Women's Health

Program 23-14

Air Week: 04/02/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: SAVING YOURSELF: WHAT TO DO IN AN EMERGENCY SITUATION

Time: 1:50

Duration: 11:18

Synopsis: When Rebecca Fogg's toilet exploded, she knew she had to do two things: call 911 and stop the bleeding from her arm. But how would you react in her situation? An expert explains the most important steps to take when you're in a crisis that will give you the best chances of survival.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Rebecca Fogg, Author, Beautiful Trauma; Dr. Claire Park, Consultant in Pre-Hospital Emergency Medicine, London's Air Ambulance Charity

Compliance issues: Ambulance, Emergency Medicine, Explosion, First Aid, First Responders, Healthcare, Patient Safety, Public Health, Paramedics, Pre-hospital Care, Trauma Victims

Links for more info:

[LinkedIn: Dr. Claire Park](#)

[twitter: @RebFogg](#)

[Penguin Random House: Beautiful Trauma](#)

[London's Air Ambulance Charity](#)

SEGMENT 2: HAPPY ACCIDENTS IN SCIENCE THAT CREATED THE PRODUCTS WE USE EVERY DAY

Time: 14:10

Duration: 8:21

Synopsis: Not all scientific discovery is on purpose. In fact, many important breakthroughs were by accident, like insulin and X-rays. Our experts discuss why we should look at failures as a starting point rather than the end of the road.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Erin Heath, Director of Federal Relations, The American Association for the Advancement of Science; Dr. Jean Carruthers, Clinical Professor of Ophthalmology, University of British Columbia, Pioneer of Cosmetic Botox

Compliance issues: Beauty Industry, Consumerism, Cosmetic Botox, Patient Safety, Ophthalmology

Links for more info:

[The American Association for the Advancement of Science](#)

[Dr. Jean Carruthers Cosmetics](#)

[The Golden Goose Award](#)

[Instagram: @carrutherscosmetic](#)

[twitter: @PublicHeath](#)

[AAAS.org: Erin Heath](#)

[Jean Carruthers LinkedIn](#)

Program 23-15

Air Week: 04/09/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: TIKTOK TICS: CAN SOCIAL MEDIA CAUSE NEUROLOGIC DISORDERS?

Time: 1:50

Duration: 12:29

Synopsis: Cases of functional tic-like disorder skyrocketed during the pandemic across the world, and experts believe the culprit is social media. Though classic tic disorders are mostly diagnosed in boys, this condition mainly affects women aged 18 to 21. Our experts explain the cause and how to successfully recover from the disorder.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Danielle Larson, Movement Disorder Specialist, Northwestern Medicine; Dr. Nicole Zahka, Pediatric Psychologist, Cincinnati Children's Hospital Medical Center

Compliance issues: Anxiety, Chronic Tics, Covid-19, Depression, Pandemic, Psychology, Social Media, Therapy, Vulnerable Populations, Functional Neurologic Disorder, Modeling, Tourette Syndrome

Links for more info:

[Wiley Online Library: The spectrum of functional tic-like behaviours: Data from an international registry](#)

[Northwestern Medicine: Dr. Danielle Larson](#)

[Cincinnati Children's Hospital Medical Center: Dr. Nicole Zahka](#)

[twitter: @dLarsonMD4](#)

SEGMENT 2: BREAKING THE SILENCE ON INCEST AND SEXUAL TRAUMA

Time: 15:21

Duration: 7:04

Synopsis: Dr. Patti Feuereisen says incest is one of the most common forms of sexual assault, but is almost never talked about. For the survivors, this silence can lead to more events of trauma down the road. Feuereisen explains how to support victims of sexual abuse and why starting the conversation is necessary.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Patti Feuereisen, Psychotherapist, Author, Invisible Girls; Speaking the Truth about Sexual Abuse

Compliance issues: Incest, Psychology, Rape, Sexual Abuse, Sexual Assault, Therapy, Sexual Trauma

Links for more info:

[GirlThrive Inc.](#)

[Seal Press: Invisible Girls](#)

Program 23-16

Air Week: 04/16/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HOW SAFETY NET HOSPITALS INCREASE ACCESS TO HEALTH CARE

Time: 1:49

Duration: 10:46

Synopsis: Health insurance has long been connected with a person's employment – leaving many without coverage. Safety net hospitals help ensure that anyone who needs medical care can get access to it, no matter their insurance status. Dr. Ricardo Nuila discusses why this model may be more effective than the standard, privatized healthcare.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Ricardo Nuila, Associate Professor of Medicine, Baylor College of Medicine, Author, The People's Hospital

Compliance issues: Emergency Medicine, Health Insurance, Healthcare, Patient Safety, Vulnerable Populations, Medicaid, Medicare, Private Hospitals, Public Health System, Safety Net Hospitals

Links for more info:

[Simon And Schuster: The People's Hospital](#)

[RicardoNuila.com](#)

[Baylor College of Medicine: Ricardo Nuila](#)

SEGMENT 2: KITCHEN CHEMISTRY: NATURAL FLAVORS – HOW NATURAL ARE THEY?

Time: 13:38

Duration: 9:13

Synopsis: We see natural flavor listed as an ingredient in many of our products, but what does that mean? Dr. David Andrews explains the process of creating natural flavors, the FDA guidelines, and how safe they are for consumption.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. David Andrews, Senior Scientist, Environmental Working Group

Compliance issues: Addiction, Artificial Flavors, Chemistry, Consumerism, Diet, FDA Regulations, Flavor, Ingredients, Natural Flavors, Nutrition Labels, Organic, Processed Foods

Links for more info:

[Environmental Working Group](#)

[EWG: Synthetic ingredients in Natural Flavors and Natural Flavors in Artificial flavors](#)

[EWG: Food Scores](#)

[twitter: @dqasci](#)

Program 23-17

Air Week: 04/23/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: IS MENTAL HEALTH A SCAPEGOAT FOR MASS VIOLENCE?

Time: 1:50

Duration: 10:38

Synopsis: Unfortunately, mass violence has become a common topic. And though many perpetrators we see on the news have been diagnosed with a mental illness, that attribute may be blinding us to the real issue. Experts explain what the statistics point to as the underlying cause of mass violence.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Joseph Parks, Medical Director, National Council for Mental Wellbeing; Dr. Jeffrey Lieberman, Professor of Psychiatry, Columbia University

Compliance issues: Education, Federal Law, Mass Shootings, Mental Health, Mental Illness, State and Federal Regulations, Gun Violence, Mass Murder, Mass Violence, State Government

Links for more info:

[National Council for Mental Wellbeing](#)

[Columbia University Department of Psychiatry](#)

[LinkedIn: Dr. Joseph Parks](#)

SEGMENT 2: KITCHEN CHEMISTRY: SWEET PROTEINS MAY BE THE FUTURE OF SUGAR

Time: 13:30

Duration: 8:44

Synopsis: Dr. Jason Ryder, an adjunct professor of chemical and biomedical engineering, says humans weren't designed to eat this much sugar every day. Many alternative sweeteners have tried to solve this sugar dilemma, but Ryder believes the best solution can be found in plant proteins.
Host: Nancy Benson. **Producer:** Kristen Farrah.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Jason Ryder, Adjunct Professor of Chemical and Biomolecular Engineering, University of California, Berkeley, Co-Founder, Oobli

Compliance issues: Artificial Sweeteners, Chemistry, Consumerism, Diet, Evolution, Health, Public Health, Protein, Snacks, Sugar, Sugar Alternatives

Links for more info:

[Berkeley College of Chemistry](#)

[Oobli.com](#)

[Sage Journals: Safety evaluation of oubli fruit sweet protein \(brazzein\) derived from Komagataella phaffii, intended for use as a sweetener in food and beverages](#)

[LinkedIn: Dr. Jason Ryder](#)

Program 23-18

Air Week: 04/30/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: “I’M NOT DYING, BUT IS THAT GOOD ENOUGH?”: IMPROVING LUPUS RESEARCH

Time: 1:50

Duration: 10:31

Synopsis: Lupus ABC is the first of its kind public-private partnership with the FDA. It will allow researchers and patients to work together, hopefully leading to breakthroughs in lupus treatments. Experts explain why the patient perspective is so important for successful outcomes.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Teodora Staeva, Vice President of Research and Chief Scientific Officer, Lupus Research Alliance; Veronica Vargas Lupo, Co-Lead of the Lupus Voices Council, Lupus ABC

Compliance issues: Autoimmune Disease, FDA, Governmental Organizations, Non-profit, Patient Safety, Scientific Research, Lupus

Links for more info:

[Lupus Research Alliance](#)

[FDA launches Lupus Treatment Consortium in partnership with the Lupus Research Alliance | FDA](#)
[Veronica Vargas Lupo - Business Development Leader | Adobe Strategic Partnership - IBM | LinkedIn](#)
[Dr. Teodora Staeva](#)

SEGMENT 2: REWIRING YOUR BRAIN TO CREATE HEALTHIER HABITS

Time: 13:22

Duration: 9:02

Synopsis: Dr. Greg Hammer believes our health is a big piece of overall happiness. Unfortunately, it can be hard to break bad habits and be motivated to create healthier ones. Hammer offers tips and tools that can help us be more intentional with our health.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Greg Hammer, Professor of Anesthesiology, Perioperative and Pain Medicine, and of Pediatrics, Stanford University

Compliance issues: Brain Function, Caffeine, Chronic Conditions, Diabetes, Diet, Exercise, Nutrition, Obesity, Public Health, Alcohol Consumption, Heart Disease, Sleep Health, Sugar, Whole Foods

Links for more info:

[GregHammerMD.com](#)

[Stanford University: Dr. Greg Hammer](#)

[Instagram: @grehammermd](#)

Program 23-19

Air Week: 05/07/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HOW AI IS THRUSTING US INTO THE FUTURE OF MEDICINE

Time: 1:50

Duration: 12:36

Synopsis: From improving the patient experience to speeding up protein evolution, artificial intelligence is rocketing the field of medicine into the future. Our experts discuss the many different applications of AI and how we can expect to interact with the technology in the years to come.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. David Liebovitz, Co-Director, Institute for Augmented Intelligence in Medicine, Associate Professor of Medicine, Northwestern University; Dr. David Baker, Professor, University of Washington, Director, Institute for Protein Design

Compliance issues: Artificial Intelligence, Biochemistry, Consumerism, Environment, Evolution, Medical Records, Medical Technology, Patient Safety, Public Health, Protein, Viruses

Links for more info:

[David M Liebovitz : Faculty Profile](#)

[David L. - Associate Vice-chair, Department of Medicine - Northwestern Medicine | LinkedIn](#)

[David Baker | UW Biochemistry](#)

[Baker Lab](#)

[Institute for Protein Design](#)

SEGMENT 2: WHAT YOU NEED TO KNOW ABOUT YOUR BABY'S FLAT HEAD

Time: 15:28

Duration: 6:56

Synopsis: Flat head syndrome occurs when a baby's head develops a long-lasting flat spot. However, Dr. Peter Taub, a professor of pediatrics, says the deformity isn't a syndrome at all and doesn't cause any neurologic symptoms. He explains what causes it and successful treatments to reshape your child's head.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Peter Taub, Professor of Pediatrics and Neurosurgery, Icahn School of Medicine at Mount Sinai, New York

Compliance issues: Bone Structure, Children and Youth at Risk, Consumerism, Deformity, Flat Head Syndrome, Neurology, Patient Safety, Infant Health

Links for more info:

[Peter Taub - Plastic and Reconstructive Surgery | Mount Sinai - New York](#)

[Peter J. Taub - Professor of Medical Education - Icahn School of Medicine at Mount Sinai | LinkedIn](#)

[Flat Head Syndrome \(Deformational Plagiocephaly\)](#)

Program 23-20

Air Week: 05/14/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HONORING THE MOTHERS WHO NEVER GOT TO MEET THEIR CHILDREN

Time: 1:49

Duration: 11:54

Synopsis: Miscarriage is the most common form of pregnancy loss – so why aren't we talking about it? Dr. Jessica Zucker says this silence promotes a societal stigma of shame and isolation. This week, we open the conversation around miscarriage in an effort to normalize this common experience.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Jessica Zucker, Psychologist, Expert in Reproductive Health, author of I Had A Miscarriage; Wendy Dwyer, Mother

Compliance issues: Bereavement, Death, Depression, Healthcare, Parenting, Psychology, Early Pregnancy Loss, Miscarriage, Motherhood, Pregnancy Loss, Stigma

Links for more info:

[Dr. Jessica Zucker](#)

[Jessica Zucker, Ph.D. \(@ihadamiscarriage\) • Instagram photos and videos](#)

[Jessica Zucker, PhD \(@DrZucker\) / Twitter](#)

SEGMENT 2: HAS THE FOOD MARKETING INDUSTRY CONTRIBUTED TO CHILDHOOD OBESITY?

Time: 14:46

Duration: 7:38

Synopsis: Childhood obesity is one of the most common chronic diseases for children in the US. Experts say that the marketing of ultra-processed foods to kids has grown exponentially in recent years – promoting unhealthy diets. These experts break down the marketing strategies used to get product attention in grocery stores and online.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Frances Fleming-Milici, Director of Marketing Initiatives, Rudd Center for Food Policy and Health, University of Connecticut; Dr. Ashley Gearhardt, Associate Professor of Psychology, Director of the Food and Addiction Science and Treatment Lab, University of Michigan

Compliance issues: Addiction, Childhood Obesity, Children and Youth at Risk, Chronic Conditions, Consumerism, Diabetes, Diet, Food Marketing, Obesity, Heart Disease, Ultra-processed Food

Links for more info:

[Frances Fleming-Milici | UConn Rudd Center for Food Policy and Health](#)

[Fran Fleming-Milici \(@franflamingPhD\) / Twitter](#)

[Ashley Gearhardt | U-M LSA Department of Psychology](#)

Program 23-21

Air Week: 05/21/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: IT'S JUST EASIER TO NOT INCLUDE WOMEN': THE GENDER BIAS IN HEALTH CARE

Time: 1:50

Duration: 12:15

Synopsis: Why are male bodies the standard for human health? Why did researchers refuse to conduct studies on female mice? Why don't we have widespread information on puberty, the menstrual cycle, and menopause? Experts discuss the dangerous reality of gender bias in health care.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Nieca Goldberg, Cardiologist, Clinical Associate Professor of Medicine, New York University School of Medicine, Medical Director, Atria New York City; Christine Yu, Award-Winning Journalist, Author, "Up To Speed"

Compliance issues: Gender Bias, Healthcare, Vulnerable Populations, Female Athletes, Heart Disease, Medical Research, Men's Health, Puberty, Sports Science, Women's Health

Links for more info:

[Nieca Goldberg, MD | NYU Langone Health](#)

[Dr. Nieca Goldberg](#)

[Christine Yu](#)

[Christine Yu \(@cyu888\) • Instagram photos and videos](#)

[Christine Yu \(@cyu888\) / Twitter](#)

SEGMENT 2: FOOD MARKETING TO CHILDREN PART 2: HOW TO MAKE HEALTHIER CHOICES

Time: 15:07

Duration: 7:18

Synopsis: Last week we discussed how food marketers spend billions to get kids to eat unhealthy food. Today, we're giving you some tips on how to add more nutritious options back into your family's diet. Experts reveal small actions that can make a big difference in the health of America's children.

Host: Nancy Benson

Producer: Polly Hansen

Guests: Meryl Fury, Registered Nurse, President and CEO, Plant Based Nutrition Movement; Sheriza Hernandez, Student; Dr. Ashley Gearhardt, Associate Professor of Psychology, University of Michigan, Director, Food and Addiction Science and Treatment Lab

Compliance issues: Addiction, Childhood Obesity, Children and Youth at Risk, Diet, Food Marketing, Gut Health, Obesity, Vulnerable Populations, Healthy Food, Heart Disease, Ultra Processed Food

Links for more info:

[Meryl Fury - President, CEO - Plant Based Nutrition Movement | LinkedIn](#)

[Meryl Fury](#)

[Ashley Gearhardt | U-M LSA Department of Psychology](#)

Program 23-22

Air Week: 05/28/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: ADRENAL DYSFUNCTION MAY BE CAUSING YOUR BRAIN FOG AND WEIGHT GAIN

Time: 1:50

Duration: 11:49

Synopsis: Our adrenal glands produce numerous hormones that help us regulate stress. Unfortunately, these glands can easily be disrupted and make us feel tired and forgetful. Dr. Izabella Wentz, a thyroid expert, explains the lifestyle changes you can make to fix your hormone imbalance.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Izabella Wentz, Thyroid Specialist, author, Adrenal Transformation Protocol

Compliance issues: Depression, Weight Gain, Adrenal Dysfunction, Adrenal Glands, Brain Fog, Cortisol, Heart Disease, Hormones, Inflammation, Stress, Survival, Undiagnosed Diseases

Links for more info:

[Thyroid Pharmacist](#)

[Dr. Izabella Wentz- Thyroid Pharmacist \(@izabellawentzpharmd\) • Instagram photos and videos](#)

SEGMENT 2: OZEMPIC: A LOOK INTO HOLLYWOOD'S MAGIC WEIGHT LOSS PILL

Time: 14:41

Duration: 7:57

Synopsis: Ozempic is an anti-obesity and anti-diabetic drug that's being touted as a miracle weight loss drug on social media. But is there such a thing as a magic pill? Dr. Disha Narang, an obesity medicine expert, says there's no fast track to healthy and sustainable weight loss. Instead, Dr. Disha Narang explains how these types of therapies need to be paired with long-term, strict daily routines in order to be effective.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Disha Narang, Endocrinologist and Director of Obesity Medicine, Northwestern Medicine Lake Forest Hospital

Compliance issues: Consumerism, Diet, Exercise, Mental Health, Obesity, Ozempic, Patient Safety, Public Health, Social Media, Weight Gain, Heart Health, Medical Weight Loss

Links for more info:

[Disha Narang, MD | Northwestern Medicine](#)

[Twitter: @DishaKumarMD](#)

[Instagram: @dishanarangmd](#)

Program 23-23

Air Week: 06/04/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HELPING PATIENTS FEEL LIKE KIDS AGAIN: THE MAGIC OF CHILDREN'S HOSPITALS

Time: 1:50

Duration: 12:26

Synopsis: Children's hospitals do a lot more than cure diseases. For many long-term, young patients, these institutions become their entire world and not just the place where they receive treatment. Learn how some of these hospitals go above and beyond to help our sick kids every day.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Amar Bryant, Lead Inpatient Social Worker, Boston Children's Hospital; Marie Osmond, Co-Founder, Children's Miracle Network Hospitals; Camryn Kellam, Ambassador, Maria Fareri Children's Hospital; April Kellam, Mother

Compliance issues: Consumerism, Healthcare, Non-profit, Patient Safety, Vulnerable Populations, Caregivers, Children's Hospital, Chronic Disease, Donation, Immunodeficiency, Rare Disease, Sickle Cell

Links for more info:

[Children's Miracle Network Hospitals](#)

[Marie Osmond](#)

[After Undergoing Stem Cell Transplant to Combat Sickle Cell Disease Girl, 7, Named Maria Fareri](#)

[Children's Hospital Ambassador | News and Announcements](#)

[Amar Khalsa, MSW, LICSW | Boston Children's Hospital](#)

SEGMENT 2: DON'T LET AN INJURY KEEP YOU FROM PLAYING THE GAME

Time: 15:19

Duration: 7:04

Synopsis: Pickleball is quickly becoming America's favorite pastime. It's a low-impact sport that's great for people of all ages, but like any activity, it comes with its own injury risks. Dr. Fotios Tjoumakaris has some tips to keep you healthy on and off the court.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Fotios Tjoumakaris, Associate Professor of Orthopedic Surgery, Rothman Orthopedics at AtlantiCare

Compliance issues: Patient Safety, Public Health, Active Lifestyle, Aging, Muscle Strength, Older Populations, Overuse Injury, Pickleball, Socializing, Sports Injuries, Sports Medicine

Links for more info:

[Fotios P. Tjoumakaris, M.D. | Rothman Orthopaedic Institute](#)

[Fotios Tjoumakaris | LinkedIn](#)

Program 23-24

Air Week: 06/11/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: WHY DOCTORS SHOULD HAVE CREATIVE PASSIONS OUTSIDE OF MEDICINE

Time: 1:50

Duration: 11:32

Synopsis: Hannah Boone entered medical school with a degree in music instead of having a typical science background. While this may seem unwise, some experts think it may be the best prerequisite for a career in medicine. Find out why this educational path is thought to create more involved and empathetic physicians.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Barton Thiessen, Associate Professor of Anesthesiology & Assistant Dean of Admissions for the Faculty of Medicine; Memorial University of Newfoundland; Dr. Danielle Ofri, Primary Care Physician & Clinical Professor of Medicine, New York University, Editor, Bellevue Literary Review; Hannah Boone, Senior Medical Student, Memorial University of Newfoundland

Compliance issues: Healthcare, Music, Burnout, Fine Arts, Hobbies, Medical School, Medical Student

Links for more info:

[Dr. Danielle Ofri](#)

[Danielle Ofri | NYU](#)

[Dr. Barton Thiessen](#)

[Hannah BOONE | Memorial University of Newfoundland, St. John's | Discipline of Medicine | Research profile](#)

SEGMENT 2: MEDICAL GASLIGHTING: WHAT TO DO WHEN DOCTORS STOP LISTENING TO YOU

Time: 14:24

Duration: 8:00

Synopsis: Doctors told Karen DeBonis that her son's concerning tics were normal, and he'd grow out of them. But when she got a second opinion, an MRI scan showed that he had a large brain tumor. This week - DeBonis shares how she was forced to advocate for herself when doctors didn't listen or take her seriously.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Karen DeBonis, Author, Growth; Dr. Stacey Rosen, Senior Vice President, The Katz Institute of Women's Health, Partners Council Professor of Cardiology and Women's Health, Donald and Barbara Zucker School of Medicine

Compliance issues: Cancer, Healthcare, Patient Safety, Public Health, Brain Disease, Chronic Symptoms, Gaslighting, Minorities

Links for more info:

[Karen DeBonis](#)

[Stacey Rosen Profile | Zucker School of Medicine](#)

[twitter: @KarenDeBonis](#)

[Stacey E. Rosen, MD, FACC, FACP, FAHA - Partners Council Professor of Women's Health - Hofstra North Shore-LIJ School of Medicine at Hofstra University | LinkedIn](#)

[Stacey Rosen, M.D. \(@drstaceyrosen\) / Twitter](#)

Program 23-25

Air Week: 06/18/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: THE PSYCHOLOGICAL TRENDS OF THE EVER-GROWING GIG ECONOMY

Time: 1:49

Duration: 12:14

Synopsis: The gig economy seems to only be growing, especially with the boom of businesses like Uber and Grubhub. Workers now get to choose their own hours, but is the freedom worth the lack of regulation, protections, and benefits like health insurance? Experts explain the societal perception and personal psychology of gig workers.

Host: Elizabeth Westfield

Producer: Kristen Farrah, Reed Pence

Guests: Dr. David Liebovitz, Co-Director, Institute for Augmented Intelligence in Medicine, Associate Professor of Medicine, Northwestern University; Dr. David Baker, Professor, University of Washington, Director, Institute for Protein Design

Compliance issues: Consumerism, Economy, Mental Health, Psychology, Public Health, Behavioral Science, Employment, Individuality

Links for more info:

[Jeff Kreisler](#)

[Twitter: @jeffkreisler](#)

[Jeff Kreisler - Managing Director, Head of Behavioral Science - JPMorgan Chase & Co. | LinkedIn](#)

[Caza, Brianna | Bryan School of Business and Economics](#)

[Brianna Caza](#)

[Brianna Caza | LinkedIn](#)

SEGMENT 2: DEALING WITH LOSS THIS FATHER'S DAY

Time: 15:05

Duration: 7:52

Synopsis: Whether you lost your father ten days ago or ten years ago, Father's Day can be a hard time of the month. Dr. Sanam Hafeez, a clinical neuropsychologist, says it doesn't have to be something to dread. Dr. Sanam Hafeez offers advice on how to turn this time of year into an experience of healing and growth.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Sanam Hafeez, Clinical Neuropsychologist, Founder, Comprehensive Consultation Psychology, Professor, Teachers College Columbia University

Compliance issues: Mental Health, Psychology, Public Health, Bereaved Parents, Bereavement Support, Father's Day, Grief, Loss of a Child, Loss of a Parent

Links for more info:

[Dr. Sanam Hafeez - Comprehensive Consultation Psychological Services](#)

[Sanam Hafeez - Faculty; Ph.D program - Teachers College, Columbia University | LinkedIn](#)

[Sanam Hafeez \(@drsanamhafeez\) | Instagram](#)

[Sanam Hafeez \(@ComprehendMind\) / Twitter](#)

Program 23-26

Air Week: 06/25/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: MENOPAUSE: WHAT TO EXPECT WHEN YOU'RE FINISHED EXPECTING

Time: 1:51

Duration: 12:51

Synopsis: Every female on earth will eventually go through menopause, so why don't women know more about the process? If you've been suffering with menopausal symptoms or are confused about this life transition, our experts are here to help. They discuss how you can stay in control of your body and feel like yourself again during this time.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Mary Jane Minkin, Clinical Professor, Yale School of Medicine, Podcast Host, Madame Ovary; Jancee Dunn, Author, Hot and Bothered

Compliance issues: Diagnoses, Neurology, Patient Safety, Psychiatry, Psychology, Public Health, Supplements, Human Physiology, Medical Myths, Vitamins

Links for more info:

[Mary Jane Minkin, MD](#)

[Madame Ovary About Dr. Minkin](#)

[Jancee Dunn](#)

[Jancee Dunn \(@janceedunn\) • Instagram photos and videos](#)

SEGMENT 2: HAVE YOU BEEN FOOLED BY THESE COMMON MEDICAL MYTHS?

Time: 15:44

Duration: 6:46

Synopsis: Can you take too many vitamins? Does everyone need eight hours of sleep? Dr. James Hamblin answers these common questions and many more on this week's segment. He explains how to tell if a persistent itch or bothersome joint pain has a simple fix or needs to be checked by a professional.

Host: Nancy Benson

Producer: Kristen Farrah, Reed Pence

Guests: Dr. James Hamblin, Lecturer in Public Health, Yale School of Public Health, Author, If Our Bodies Could Talk

Compliance issues: Breast Cancer, Gender Issues, Patient Safety, Estrogen, Gender Research Bias, Hormone Therapy, Hot Flashes, Incontinence, Menopause, Non-hormonal Therapy, Perimenopause, Progestin, Vaginal Dryness

Links for more info:

[James Hamblin, MD, MPH](#)

[James Hamblin \(@jameshamblin\) • Instagram photos and videos](#)

[James Hamblin \(@jameshamblin\) / Twitter](#)

[If Our Bodies Could Talk: A Guide to Operating and Maintaining a Human Body: Hamblin, James](#)

1...Holy Week Services at Wayland United Methodist Church, 1 East Ave. Maundy **Thursday, April 6** at 8pm, Easter **Sunday, April 9** at 10:45am.

2...Penny Social, **Tuesday, April 4** at Dansville Presbyterian Church, 3 School St. Doors open 5:30, drawings start 6:30pm. Refreshments, door prizes, gift baskets, raffle items, baked goods.

3...Celebrate 50 years of the Good Friday Cross Walk, **Friday, April 7** for the 2 ½ mile trek to and up to Selbig Hill, renamed Calvary for the occasion. Along the way, walkers stop for prayers and hymns at 14 stations and ends at the base of a 25 ft tall I-beam steel cross to receive a sermon. Meet mid-day at the Wayland Town Hall.

4...Spaghetti Dinner & Raffle, **Saturday, April 8** from 4 til gone to benefit Bob Schwingel at Cohocton American Legion, 6 Wilcox St. \$10, no take-outs.

5...Annual Easter Egg Hunt at Stony Brook State Park, **Saturday, April 8** at 11am for ages 10 & under, free. Must register before April 3 by calling park office at 585-335-8111 or stop by main park entrance and fill out registration slip.

6...Second **Saturday** Dansville takes place **April 8** from 11a-2p in downtown Main St business district. This month's theme is 'Our Friends in Law Enforcement' where various law enforcement groups host activities and share information. Enjoy vendors, shopping, family activities, dining, music & more.

7...Perkinsville Fire Dept Pancake Breakfast, **Sunday, April 9** from 8-11am. Menu: Pancakes, eggs, sausage, ham, homefries, toast, beverage. \$9, under 12 \$5, under 5 free. 1904 Main St.

8...Easter Egg Hunt, **Sunday April 9** at 1pm held at Williams Park on Clara Barton St for ages up to 12. Open to the public.

9...Conesus Lake Riders all you can eat breakfast, **Sunday, April 9 & April 23** held at the motorcycle club, 6199 Liberty Pole Rd, Dansville from 9a-12noon. Held the 2nd & 4th Sunday of each month. Supports Camp Good Days, Teresa House, Wounded Warriors, Christmas meals and many more.

10...Take-Out Spaghetti Dinner, **Wednesday, April 12** from 4:30-6pm at United Methodist Church of Livonia, 21 Summer St. Spaghetti w/ sauce, meatballs, salad, & garlic bread. Donations accepted.

11...Free Rabies Clinic for Livingston County residents only for dogs, cats, & ferrets, **Thursday, April 13** from 5-7pm at 4 Corners Campus, 4279 Avon Caledonia Rd (corner of River Rd & Rt 5). Pre-registration is required by calling 585-243-7280 or 585-243-1717.

12...Town of Wayland Drive Thru Rabies Clinic, **Saturday, April 15** from 9-11am at Victory Park, Pine St. Dogs & cats. Must be a Steuben County resident. \$5 donation. Questions call Deb Matthews at 585-384-9501.

13...Out of the Darkness Walk to Fight Suicide, **Saturday, April 15** at the College Green, Geneseo. Registration 11am. Walk program starts at noon. Information contact: lpp2@geneseo.edu

14...Take out Roast Beef Dinner, **Saturday, April 15** at Webster's Crossing United Methodist Church, Rt 15, between Springwater and Conesus. Cost \$12.

15...Chicken BBQ Dinner, **Sunday, April 16** from noon-2pm. Dine-in or take-out at Sparta Center Church, 8455 Sparta Center Rd, Dansville. Chicken by Stearns, oven roasted potatoes, baked beans, cole slaw, roll & dessert. Tickets available at Sparta Center Church or Dansville Methodist Church or call 585-335-2091.

16...Pop Up Pantry Free Food Distribution **Mondays, April 17, May 15 & June 12** from 4-6pm at 9384 Main St, Dansville, the old Shay's bldg.

17...Turkey Biscuit Dinner to benefit Vincent House, **Thursday, April 20**. Pick-up 5-7pm at Union Hose, 66 Elizabeth St, Dansville. Pre-sale \$12/meal. Call 585-728-2427

18...Annual Lions Show 'Spring Break' with songs, jokes and acts by local talent, **April 20, 21 & 22** at 7pm at Dansville HS Auditorium, open seating. Thurs \$6. Fri and Sat \$8. Tickets available night of show or pre-sale at Dogwood Floral.

19...Chicken BBQ, **Saturday, April 22** from 11a-1p at Cohocton Hood & Ladder, 43 Maple Ave. \$12. See a firefighter to get your ticket.

20...Wayland Rotary Club Brisket & Pulled Pork Dinner, **Saturday, April 22**. Pick up at Wayland Historical Society between 12-2:30. Pre-sale tickets available until 4/15 at Quinlan's, rotary members or FB page. \$12. Beef brisket, pulled pork, roasted potatoes, baked beans, salad, roll.

21...Woodchuck Round-Up, **Saturday, April 29** from 8a-2p and Raffle & Benefit from 2-5p at NCA Sports Club, County Rt 36, Atlanta to benefit the O'Neal family. Cash bar & food. No weigh-in after 2pm. Cash prizes for largest & smallest. Donation \$20. Info call Kevin at 585-737-7587.

22...Reminder – Open burn ban **in effect** from March 16 thru May 14.

23...Go on a walking tour of the tiny, whimsical Fairy Doors in the village of Dansville. Doors are in place **year round!** Use the maps located in participating businesses to find the fairy doors and match the door numbers with their locations.

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

25...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.

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

27...CANN is located at the Kennedy House, Chapel St in Perkinsville and is **open** to serve those in need with clothing, household goods and furniture. CANN serves everyone! Call 585-335-6973.

28...Support your community...**Donate** to a non-profit.

29...Local fire departments remind you to **check** furnace filters and check batteries in smoke and CO2 alarms.

30...**Stay Local** – Shop. Dine. Enjoy. Seek out small businesses when in need of products or services. Small businesses have a big impact on the national economy. The feel good factor, create job opportunities, keep more money in the community, enjoy a more local flavor.

- 1...Town of Wayland rescheduled Drive-thru Rabies Clinic, **Tuesday, April 25** from 6-8pm at Village Highway Garage, 1 Third Ave Ext. \$5 donation per animal. Questions call 585-384-9501. Dogs / Cats. Steuben County residents.
- 2...Community Spaghetti Dinner, **Thursday, April 27** at Webster's Crossing United Methodist Church, Rt 15 between Springwater and Conesus from 4:30-7pm. Dine in or take out by donation. Followed by music jam.
- 3...Publick Musick – The Classical Clarinet, **Friday April 28** at 7pm at St Paul's Lutheran Church, 21 Clara Barton St. Free admission. Featuring Dominic Giardino.
- 4...Woodchuck Round-Up, **Saturday, April 29** from 8a-2p and Raffle & Benefit from 2-5p at NCA Sports Club, County Rt 36, Atlanta to benefit the O'Neal family. Cash bar & food. No weigh-in after 2pm. Cash prizes for largest & smallest. Donation \$20. Info call Kevin at 585-737-7587.
- 5...Chicken BBQ, **Saturday, April 29** from 11:30a-1:30p at Tuscarora First Presbyterian Church, \$12, take-out only available at the door until sold out. To reserve call 585-281-6413 or 585-750-1351.
- 6...Dansville Moose Lodge Sportsman Raffle, **Saturday, April 29**. Doors open 12:30, drawings start 1:00. \$10 donation. Buffet meal & beverage for ticket holders. Tickets available at club or from members.
- 7...Billy Martin's Cole All Star Circus, **Saturday, April 29** at 6:30pm at Dansville HS Gym. Regular adult ticket \$20. \$5 off adult ticket with coupon in PennySaver and up to 2 free children 12 yrs & under with coupon.
- 8...Middlesex Hose Co Roast Beef Dinner, **Saturday, April 29** at the firehall, 5537 Water St from 4-7pm. Adults \$15, children to age 12 \$10, preschool free. Menu: Roast beef, gravy, potatoes, corn, pie, salad, roll, beverage. To be held on the last Saturday of each month thru October.
- 9...Stuffed Chicken Breast Dinner with mashed potato, veg, roll & dessert, **Friday, May 5** from 4:30-6:30 or until sold out at Garwoods United Methodist Church, 10524 County Road 15B, Canaseraga. Eat-in or take-out \$12. Curbside available.

10...Annual Round & Square Dance, **Saturday, May 6** from 7-10pm at York Central School Gym, 2578 Genesee St, Retsof. Come learn the steps at 6:30pm. Featuring Kelly's Old Timers and the Geneseo String Band. \$5 Adult, \$3 student/spectator, 18 & under free.

11...Chicken & Biscuit Dinner, **Saturday, May 6** from 3-6pm at York Baptist Church, 2738 Main St. Drive-thru only. \$12 adults, \$8 students, children 5 & under free.

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

13...Reminder – No open burning **thru May 14**.

14...Conesus Lake Riders all you can eat breakfast, **Sunday, May 14** held at the motorcycle club, 6199 Liberty Pole Rd, Dansville from 9a-12noon. Held the 2nd & 4th Sunday of each month. Supports Camp Good Days, Teresa House, Wounded Warriors, Christmas meals and many more.

15...Pop Up Pantry Free Food Distribution **Mondays, May 15 & June 12** from 4-6pm at 9384 Main St, Dansville, the old Shay's bldg.

16...Free Rabies Clinic for Livingston County residents only for dogs, cats, & ferrets, **Wednesday, May 24** from 5-7pm at Nunda Kiwanis Park, 28 Portage St, back corner of ball field. Pre-registration is required by calling 585-243-7280 or 585-243-1717.

17...Go on a walking tour of the tiny, whimsical Fairy Doors in the village of Dansville. Doors are in place **year round!** Use the maps located in participating businesses to find the fairy doors and match the door numbers with their locations.

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.

21...CANN is located at the Kennedy House, Chapel St in Perkinsville and is open to serve those in need with clothing, household goods and furniture. CANN serves everyone! Call 585-335-6973.

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- 1...Stuffed Chicken Breast Dinner with mashed potato, veg, roll & dessert, **Friday, May 5** from 4:30-6:30 or until sold out at Garwoods United Methodist Church, 10524 County Road 15B, Canaseraga. Eat-in or take-out \$12. Curbside available.
- 2...Opening Day Chicken BBQ, **Saturday, May 6** from 11:30-2p at Victory Park, Wayland. ½ chicken, salt potatoes, baked beans, roll, dessert. \$12/half. \$6/quarter. Includes bottle of water. To benefit St Peter's UCC, Perkinsville.
- 3...Town of Sparta Residents Spring Clean Up, **Saturday, May 6** from 8a-1p at the former Transfer Station on Sweet Rd. Questions call town clerk 585-335-9290.
- 4...Annual Round & Square Dance, **Saturday, May 6** from 7-10pm at York Central School Gym, 2578 Genesee St, Retsof. Come learn the steps at 6:30pm. Featuring Kelly's Old Timers and the Geneseo String Band. \$5 Adult, \$3 student/spectator, 18 & under free.
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- 7...Annual Ham & Leek Dinner, **Sunday, May 7** from noon til gone at Canaseraga American Legion. Donation for eat-in. \$15 for take-out.
- 8...Take-out Spaghetti Dinner, **Wednesday, May 10** from 4:30-6:30pm at United Methodist Church of Livonia, 21 Summer St. Spaghetti, meatballs, salad & garlic bread. Donations accepted.
- 9...Spring Fling Fest Craft & Vendor Fair, **Saturday, May 13** from 10a-2p at Maxfield Hose Co Memorial Hall, 8181 Maxfield Rd.
- 10...Sparta Center FD Mother's Day Chicken BBQ, **Sunday, May 14** from noon til sold out. \$13 each. Dining closes at 3pm. Chicken, baked beans, mac salad, salt potatoes & roll. 8479 Reed Corners Rd.
- 11...Reminder – No open burning **thru May 14**.

12...Conesus Lake Riders all you can eat breakfast, **Sunday, May 14** held at the motorcycle club, 6199 Liberty Pole Rd, Dansville from 9a-12noon. Held the 2nd & 4th Sunday of each month. Supports Camp Good Days, Teresa House, Wounded Warriors, Christmas meals and many more.

13...Pop Up Pantry Free Food Distribution **Mondays, May 15 & June 12** from 4-6pm at 9384 Main St, Dansville, the old Shay's bldg.

14...Hot Dog BBQ Fundraiser, **Friday, May 19** from 11:30a-1:30p at Dansville Free Methodist Church, 25 Franklin St. \$10 meal includes 2 hot dogs, mac salad, baked beans or \$2 / hot dog.

15...Al Lorenz Park Family Fest, **Saturday, May 20** from 9a-3p in Mt Morris. Free admission, rain or shine, shuttle service available from Murray Hill Campus. Something for everyone. Races, face painting, fishing, scavenger hunts.

16...Cornhole Tournament, **Sunday, May 21** at Dansville American Legion, 34 Elizabeth St. \$50/team. Registration 11am, bags fly at noon. 50/50 raffles, food and drink available for donation. Sign up at legion.

17...Free Rabies Clinic for Livingston County residents only for dogs, cats, & ferrets, **Wednesday, May 24** from 5-7pm at Nunda Kiwanis Park, 28 Portage St, back corner of ball field. Pre-registration is required by calling 585-243-7280 or 585-243-1717.

18...Middlesex Hose Co Roast Beef Dinner, **Saturday, May 27** at the firehall, 5537 Water St from 4-7pm. Adults \$15, children to age 12 \$10, preschool free. Menu: Roast beef, gravy, potatoes, corn, pie, salad, roll, beverage. To be held on the last Saturday of each month thru October.

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

2...Noyes Health Auxiliary Flower Sale, **Thursday, May 11** from 7:30a-4:30p at Brae Burn parking lot, off Red Jacket St, Dansville. All baskets are \$25.

3...Dansville's Second **Saturday, May 13** from 11a-2p, Main St business district. This month's theme is 'Get Out & Cruise In'. Celebrate spring, car show, live music, vendors, shopping, family fun activities & more.

4...The Dansville Police Dept will close Main St between Perine St & Ossian St from 9a-2:15p on Second **Saturday, May 13** to allow safe space for Cruise In participants.

5...Spring Fling Fest Craft & Vendor Fair, **Saturday, May 13** from 10a-2p at Maxfield Hose Co Memorial Hall, 8181 Maxfield Rd.

6...Pancake Breakfast, Mother's Day, **Sunday, May 14** from 8-11a at Perkinsville FD, 1904 Main St. Pancakes, eggs, sausage, ham, homefries, toast, beverage. Adults \$9, 12 & under \$5. Under 5 free.

7...Sparta Center FD Mother's Day Chicken BBQ, **Sunday, May 14** from noon til sold out. \$13 each. Dining closes at 3pm. Chicken, baked beans, mac salad, salt potatoes & roll. 8479 Reed Corners Rd.

8...Reminder – No open burning **thru May 14**.

9...Conesus Lake Riders all you can eat breakfast. Held the 2nd & 4th Sunday of each month. There will be **no breakfast Mother's Day**.

10...Pop Up Pantry Free Food Distribution **Mondays, May 15 & June 12** from 4-6pm at 9384 Main St, Dansville, the old Shay's bldg.

11...Dansville's 55th Annual Dogwood Festival from **Monday, May 15 to Sunday, May 21**. This year's theme 'Farm to Home'. Enjoy sports, contests, concerts, parade, fundraisers, yard sales, carnival, and so much more! See schedule of events in the Genesee Valley Penny-Saver.

12...Dansville Area Historical Society presents Quinn Golden, Storyteller at North Dansville Town Hall, 14 Clara Barton St, **Wednesday, May 17** at 6:30pm. Free admission, donations are gratefully accepted.

13...Hot Dog BBQ Fundraiser, **Friday, May 19** from 11:30a-1:30p at Dansville Free Methodist Church, 25 Franklin St. \$10 meal includes 2 hot dogs, mac salad, baked beans or \$2 / hot dog.

14...Safety & Wellness Fair sponsored by CCE Livingston & Genesee Valley Health Partnership, **Saturday, May 20** from 11a-2p at Livingston County Campus, Mt Morris. Featuring sidewalk chalk art, child seat check event, bike safety, balloon animals & crafts, vendors, free food and more!

15...Al Lorenz Park Family Fest, **Saturday, May 20** from 9a-3p in Mt Morris. Free admission, rain or shine, shuttle service available from Murray Hill Campus. Something for everyone. Races, face painting, fishing, scavenger hunts.

16...Monte Carlo Night, **Saturday, May 20** from 6-10pm at Maxfield Hose Memorial Hall, Naples to benefit Hospeace House. Info call 585-374-2090 or online at hospeacehouse.org/mcn.

17...St Peter's Cemetery Cleaning Bee, **Saturday, May 20** at 9am at St Peter's Church, Perkinsville.

18...Drive-thru Hoagie Sale, **Saturday, May 20** from 11a til gone at Wayland United Methodist Church parking lot. Choice of turkey or Italian. \$5 each.

19...Cornhole Tournament, **Sunday, May 21** at Dansville American Legion, 34 Elizabeth St. \$50/team. Registration 11am, bags fly at noon. 50/50 raffles, food and drink available for donation. Sign up at legion.

20...Footin' It For Family 5K Run/Walk, **Sunday, May 21** to benefit Ann & Carl Myers Cancer Center, Dansville. Registration forms found online at www.footinitforfamily.com

21...Free Rabies Clinic for Livingston County residents only for dogs, cats, & ferrets, **Wednesday, May 24** from 5-7pm at Nunda Kiwanis Park, 28 Portage St, back corner of ball field. Pre-registration is required by calling 585-243-7280 or 585-243-1717.

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23...WNY Garden Tractor Pull, **Saturday, May 27** at 11am. Rain date May 28. Wyoming County Fairgrounds, Pike, NY. Food & drink available.

24...Conesus Lake Riders all you can eat breakfast, **Sunday, May 28** held at the motorcycle club, 6199 Liberty Pole Rd, Dansville from 9a-12noon. Held the 2nd & 4th Sunday of each month. Supports Camp Good Days, Teresa House, Wounded Warriors, Christmas meals and many more.

25...Springwater Farmer's Market at Hillside Gardens Country Store, 8148 S Main St **every Thursday** from 3-7pm thru Oct 26th. Vendors welcome.

26...Go on a walking tour of the tiny, whimsical Fairy Doors in the village of Dansville. Doors are in place **year round!** Use the maps located in participating businesses to find the fairy doors and match the door numbers with their locations.

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

28...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.

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- 2...Dansville Area Historical Society presents Quinn Golden, Storyteller at North Dansville Town Hall, 14 Clara Barton St, **Wednesday, May 17** at 6:30pm. Free admission, donations are gratefully accepted.
- 3...Rummage Sale, **Thursday & Friday, May 18 & 19** from 9-2 each day at North Cohocton Methodist Church, 10 University Ave.
- 4...Hot Dog BBQ Fundraiser, **Friday, May 19** from 11:30a-1:30p at Dansville Free Methodist Church, 25 Franklin St. \$10 meal includes 2 hot dogs, mac salad, baked beans or \$2 / hot dog.
- 5...Safety & Wellness Fair sponsored by CCE Livingston & Genesee Valley Health Partnership, **Saturday, May 20** from 11a-2p at Livingston County Campus, Mt Morris. Featuring sidewalk chalk art, child seat check event, bike safety, balloon animals & crafts, vendors, free food and more!
- 6...Al Lorenz Park Family Fest, **Saturday, May 20** from 9a-3p in Mt Morris. Free admission, rain or shine, shuttle service available from Murray Hill Campus. Something for everyone. Races, face painting, fishing, scavenger hunts.
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- 8...St Peter's Cemetery Cleaning Bee, **Saturday, May 20** at 9am at St Peter's Church, Perkinsville.
- 9...Drive-thru Hoagie Sale, **Saturday, May 20** from 11a til gone at Wayland United Methodist Church parking lot. Choice of turkey or Italian. \$5 each.
- 10...Cohocton Ambulance Open House, **Saturday, May 20** from 11a-2p at our new facility at 12 Wilcox St. Take a tour and enjoy a hot dog and think about volunteering with a great organization!

- 11...Cornhole Tournament, **Sunday, May 21** at Dansville American Legion, 34 Elizabeth St. \$50/team. Registration 11am, bags fly at noon. 50/50 raffles, food and drink available for donation. Sign up at legion.
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- 16...WNY Garden Tractor Pull, **Saturday, May 27** at 11am. Rain date May 28. Wyoming County Fairgrounds, Pike, NY. Food & drink available.
- 17...3 on 3 Basketball Tournament, **Saturday, May 27** at Grace Baptist Church, 9316 Main St, Dansville. Brackets ages 12 & under, 13-15, 16 & up. Register 10:30am, star 11:30am. Free concession stand food. Info 585-335-6190.
- 9...Dansville Ambulance Open House, **Saturday, May 27** from 10a-2p at 18 Ossian St. See what they have to offer to help our community and become a member!
- 18...Conesus Lake Riders all you can eat breakfast, **Sunday, May 28** held at the motorcycle club, 6199 Liberty Pole Rd, Dansville from 9a-12noon. Held the 2nd & 4th Sunday of each month. Supports Camp Good Days, Teresa House, Wounded Warriors, Christmas meals and many more.
- 19...Wayland Farmer's Market, **Sundays, May 28, June 11 & 25, July 9, 16 & 30** located behind Wayland American Legion, 102 N Main St from 10a-1p.

20...The Wayland American Legion Honor Guard will be holding **Memorial Day** ceremonies on **Monday, May 29** as follows: East Wayland Cemetery 7:30am. North Loon Lake Cemetery 7:45am. Lake Side Cemetery 8:00am. Old Catholic Cemetery 8:45am. New Catholic Cemetery 8:55am. St Peter's Cemetery 9:50am. Sacred Heart Cemetery 10:00am. Wayland Cemetery 11:00am. All are encouraged to attend.

21...Dansville's Second **Saturday, June 10** from 11a-2p, Main St business district. This month's theme is 'Fairy Fest'. Delight in the magic of fairies with Fairy Doors of Dansville creators, live music, vendors, shopping, family fun activities & more.

22...Pop Up Pantry Free Food Distribution **Monday, June 12** from 4-6pm at 9384 Main St, Dansville, the old Shay's bldg.

23...Springwater Farmer's Market at Hillside Gardens Country Store, 8148 S Main St **every Thursday** from 3-7pm thru Oct 26th. Vendors welcome.

24...Go on a walking tour of the tiny, whimsical Fairy Doors in the village of Dansville. Doors are in place **year round!** Use the maps located in participating businesses to find the fairy doors and match the door numbers with their locations.

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- 1...Blood Drive, **Wednesday, June 7** at St. Paul's, Cohocton from 1-6pm.
- 2...Conesus Lake Riders all you can eat breakfast, **Sunday, June 11 & June 25** held at the motorcycle club, 6199 Liberty Pole Rd, Dansville from 9a-12noon. Held the 2nd & 4th Sunday of each month. Supports Camp Good Days, Teresa House, Wounded Warriors, Christmas meals and many more.
- 3...Wayland Farmer's Market, **Sundays, June 11 & 25, July 9, 16 & 30** located behind Wayland American Legion, 102 N Main St from 10a-1p.
- 4...Dansville's Second **Saturday, June 10** from 11a-2p, Main St business district. This month's theme is 'Fairy Fest'. Delight in the magic of fairies with Fairy Doors of Dansville creators, live music, vendors, shopping, family fun activities & more.
- 5...Chicken BBQ, **Saturday, June 10** from 4-7pm at W Sparta FD, 4451 Red School Rd, Dansville. Adult \$12, children \$6. Stearns chicken, mac or potato salad, baked beans, roll & brownie. Eat-in or take-out, Tickets available from any firefighter or call 585-301-3300.
- 6...Pro Pulling League tractor and truck pull, **Saturday, June 10** at Dansville Airport, rt 63 & Shay Rd. Gates open 2pm, pull starts 4pm. Food & beverage stands, beer tent, free parking, bring chairs, no coolers, no pets. Adults advance \$18, at gate \$20, kids 7-12 advance \$5, at gate \$7, ^ & under free.
- 7...Grand Opening & Community Appreciation Event, **Saturday, June 10** at 11am at to celebrate our new library! E.J. Cottrell Memorial Library, 3 Beecher St, Atlanta. Snacks & refreshments will be served.
- 8...Pancake Breakfast, Open Trap Shoot, Lawn & Garden Extravaganza, **Sunday, June 11** from 8-11am at the Middlesex Conservation Club,6087 S Hill Rd. Youth activities include free archery & indoor pellet range.
- 9...Pop Up Pantry Free Food Distribution **Monday, June 12** from 4-6pm at 9384 Main St, Dansville, the old Shay's bldg.

10...Dansville Summer Concerts are back! First concert will be **Monday, June 12** at 7pm with the rock sounds of "Broad Band" featuring Kenny Moses and Jim Sullivan from EZ Money. **Monday, June 19** at 7pm will feature REALLY Oldies Night: 'Warsaw Barbershop Group' AND 'Swing Set' (music of the Swing era). All concerts are held in the Williams Park gazebo, corner of Washington and Red Jacket Streets. Lawn chairs or blankets are recommended, and food and beverages are encouraged.

11...Take-Out Spaghetti Dinner, **Wednesday, June 14** from 4:30-6pm at United Methodist Church of Livonia, 21 Summer St. Spaghetti, meatballs, salad & garlic bread. Donations accepted.

12...Beef on Weck, **Saturday, June 17** from 11:30 til sold out at First Presbyterian Church of Cohocton, 54 Maple Ave to benefit Camp Whitman Fund to send kids to Christian Camp on Seneca Lake. Drive thru only. \$12 for beef on kimmelweck roll, salt potatoes, mac salad, fruit salad.

13...Come celebrate the Dansville Senior Class of 2023 with the Send Off Parade, **Thursday, June 22** at 7pm. Route starts at Ralph Clements field and ends at HS parking lot. Enjoy Connie's Waffles and Sugary Delights set up on Main St & Home Grown will be open.

14...AARP Driver Safety Course. 6-hour course takes place **Thursday & Friday, June 29 & 30** from 11:45-3pm each day. Call Tom Fellion at 585-335-8935 to register and for more information.

15...Springwater Farmer's Market at Hillside Gardens Country Store, 8148 S Main St **every Thursday** from 3-7pm thru October. Vendors welcome.

16...Dansville Farmer's Market on Maple St across from Tractor Supply **every Friday** thru October from 11a-4p. New vendors welcome.

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- 1...Take-Out Spaghetti Dinner, **Wednesday, June 14** from 4:30-6pm at United Methodist Church of Livonia, 21 Summer St. Spaghetti, meatballs, salad & garlic bread. Donations accepted.
- 2...Music in the Park with 'Kelly's Old Timers', **Friday, June 16** at 6:30pm in the Town Park Pavilion, 8302 Kysorville-Byersville Rd, West Sparta. A free concert of old time square dance and classic American dance standards.
- 3...Beef on Weck, **Saturday, June 17** from 11:30 til sold out at First Presbyterian Church of Cohocton, 54 Maple Ave to benefit Camp Whitman Fund to send kids to Christian Camp on Seneca Lake. Drive thru only. \$12 for beef on kimmelweck roll, salt potatoes, mac salad, fruit salad.
- 4...Hot Dog Fundraiser for Missions, **Saturday, June 17** from 11:30-1:30pm at Dansville Free Methodist Church, 25 Franklin St. \$2/hot dog or \$10 meal (2 hot dogs, mac salad & baked beans)
- 5...Father's Day Breakfast, **Sunday, June 18** from 8-11am at Cohocton American Legion, 6 Wilcox St. Pancakes, eggs, sausage gravy w/ biscuits, home fries, sausage, beverage. Father's \$7, all others \$10, 5 & under free.
- 6...Dansville Summer Concerts are back! **Monday, June 19** at 7pm will feature REALLY Oldies Night: 'Warsaw Barbershop Group' AND 'Swing Set' (music of the Swing era). **Monday, June 26** the pop sound of 'Busted Stuff' with wonderful fiddle and vocals. All concerts are held in the Williams Park gazebo, corner of Washington and Red Jacket Streets. Lawn chairs or blankets are recommended, and food and beverages are encouraged.
- 7...Come celebrate the Dansville Senior Class of 2023 with the Send Off Parade, **Thursday, June 22** at 7pm. Route starts at Ralph Clements field and ends at HS parking lot. Enjoy Connie's Waffles and Sugary Delights set up on Main St & Home Grown will be open.
- 8...Community Spaghetti Dinner, **Thursday, June 22** at Webster's Crossing United Methodist Church, Rt 15 between Springwater and Conesus from 4:30-7pm. Dine in or take out. Donation. Followed by music jam.

- 9...Conesus Lake Riders all you can eat breakfast, **Sunday, June 25, July 9 & 23**, held at the motorcycle club, 6199 Liberty Pole Rd, Dansville from 9a-12noon. Held the 2nd & 4th Sunday of each month. Supports Camp Good Days, Teresa House, Wounded Warriors, Christmas meals and many more.
- 10...Wayland Farmer's Market, Sundays, **June 25, July 9, 16 & 30** located behind Wayland American Legion, 102 N Main St from 10a-1p.
- 11...Trivia Night, **Wednesday, June 28** at 6pm at Cohocton American Legion, 6 Wilcox St. No charge to play, based on point system. Teams 2-4 players, sign up from 4-5:50pm. Prizes.
- 12...AARP Driver Safety Course. 6-hour course takes place **Thursday & Friday, June 29 & 30** from 11:45-3pm each day. Call Tom Fellion at 585-335-8935 to register and for more information.
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3...Middlesex Hose Co Roast Beef Dinner, **Saturday, June 24** from 4-7pm. Dinners held the last Saturday of the month through October at the Firehall, 5537 Water St. Adults \$15, children \$10, preschool free. Menu: roast beef, potatoes, gravy, salad, rolls, relish dish, corn, pie, beverage.

4...Pancake Breakfast, Open Trap Shoot, **Sunday, June 25** from 8-11a at the Middlesex Conservation Club, 6087 South Hill Rd. Youth activities include free archery & indoor pellet range.

5...Conesus Lake Riders all you can eat breakfast, **Sunday, June 25, July 9 & 23**, held at the motorcycle club, 6199 Liberty Pole Rd, Dansville from 9a-12noon. Held the 2nd & 4th Sunday of each month. Supports Camp Good Days, Teresa House, Wounded Warriors, Christmas meals and many more.

6...Dansville Summer Concerts are back! **Monday, June 26** at 7pm the pop sound of 'Busted Stuff' with wonderful fiddle and vocals. Monday, July 3 at 7pm listen to the country sound of 'Flint Creek' All concerts are held in the Williams Park gazebo, corner of Washington and Red Jacket Streets. Lawn chairs or blankets are recommended, and food and beverages are encouraged.

7...Wayland Farmer's Market, **Sundays, June 25, July 9, 16 & 30** located behind Wayland American Legion, 102 N Main St from 10a-1p.

8...Trivia Night, **Wednesday, June 28** at 6pm at Cohocton American Legion, 6 Wilcox St. No charge to play, based on point system. Teams 2-4 players, sign up from 4-5:50pm. Prizes.

9...AARP Driver Safety Course. 6-hour course takes place **Thursday & Friday, June 29 & 30** from 11:45-3pm each day. Call Tom Fellion at 585-335-8935 to register and for more information.

10...Leicester Field Day & Fireworks, **Saturday, July 1** (rain date 7/2) on the grounds of York Central School from 7-11pm featuring games, prizes, music, refreshments and free treats for youngsters. Admission is free, but donations are appreciated. Super fireworks display at dusk. No pets, alcohol, smoking or outside vendors.

11...Celebrating Independence Day, "Faith, Family, Freedom Walk" hosted by the West Sparta United Methodist Church on **Tuesday, July 4** from 9a-10a covering about 2 miles with 8 remembrance stops. Walk starts at Williams Park, 61 Clara Barton St. Bring family, strollers, wheelchairs. Flags and bracelets for participants, snacks at completion.

12...Geneseo Rotary Summer Festival, **Friday & Saturday, July 7 & 8** at the Geneseo Village Park. Two day event filled with fun, food, music, crafters & activities. Teddy Bear parade Saturday morning and the Skycoasters Saturday night.

13...Dansville's Second **Saturday, July 8**. This month's theme is 'Baseball, Mom & Apple Pie'. The Dansville Gliders collegiate baseball team plays at Babcock Park, pie eating contest, time TBA. No special activities downtown.

14...Free Rabies Clinic for Livingston County residents, **Tuesday, July 18** from 5-7p at Livingston County Highway Dept, Hampton Corners, 4389 Gypsy Lane, Groveland. For dogs, cats & ferrets. Pre-registration is required by calling 585-243-7280 or 585-243-1717.

15...Under the Stars Movie Night, **Saturday, July 29** at 8pm at Cohocton Hook & Ladder, 43 Maple Ave featuring 'Fire Heart' animated movie for all ages. Bring blankets, chairs, etc. Refreshments available for purchase. Family fun!

16...Springwater Farmer's Market at Hillside Gardens Country Store, 8148 S Main St **every Thursday** from 3-7pm thru October. Vendors welcome.

17...Dansville Farmer's Market on Maple St across from Tractor Supply **every Friday** thru October from 11a-4p. New vendors welcome.

18...Go on a walking tour of the tiny, whimsical Fairy Doors in the village of Dansville. Doors are in place **year round!** Use the maps located in participating businesses to find the fairy doors and match the door numbers with their locations.

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

20...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.

21...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...Trivia Night, **Wednesday, June 28** at 6pm at Cohocton American Legion, 6 Wilcox St. No charge to play, based on point system. Teams 2-4 players, sign up from 4-5:50pm. Prizes.
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- 4...Dansville Summer Concert, **Monday, July 3** at 7pm listen and dance to the country sound of 'Flint Creek'. **Monday, July 10** at 7pm enjoy the traditional/Americana sound of 'The Pearlz Band'. All concerts are held in the Williams Park gazebo, corner of Washington and Red Jacket Streets. Lawn chairs or blankets are recommended, and food and beverages are encouraged.
- 5...Celebrating Independence Day, "Faith, Family, Freedom Walk" hosted by the West Sparta United Methodist Church on **Tuesday, July 4** from 9a-10a covering about 2 miles with 8 remembrance stops. Walk starts at Williams Park, 61 Clara Barton St. Bring family, strollers, wheelchairs. Flags and bracelets for participants, snacks at completion.
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- 8...Drive-thru Chicken BBQ, **Saturday, July 8** from noon til gone at Wayland United Methodist Church, 1 East Ave. \$12/dinner. Pick up in church parking lot.
- 9...Perry Chalk Art Festival, **Saturday, July 8** from 8:30-4:30pm downtown Perry. Rain date, July 15. Chalk masterpieces, vendors, dining, live music, family fun, activities.

10...Conesus Lake Riders all you can eat breakfast, **Sunday, July 9 & 23**, held at the motorcycle club, 6199 Liberty Pole Rd, Dansville from 9a-12noon. Held the 2nd & 4th Sunday of each month. Supports Camp Good Days, Teresa House, Wounded Warriors, Christmas meals and many more.

11...Wayland Farmer's Market, **Sundays, July 9, 16 & 30** located behind Wayland American Legion, 102 N Main St from 10a-1p.

12...Take-Out Spaghetti Dinner, **Wednesday, July 12** from 4:30-6:00pm at the United Methodist Church of Livonia, 21 Summer St. Spaghetti, sauce, meatballs, salad, garlic bread. Donations accepted.

13...Naples Valley Vendor & Craft Fair, **Saturday, July 15** from 10a-4p at Naples Memorial Town Hall, 135 N Main St. Join the fun and support our vendors and crafters. Vendor fee proceeds donated to Naple VFD.

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15...Under the Stars Movie Night, **Saturday, July 29** at 8pm at Cohocton Hook & Ladder, 43 Maple Ave featuring 'Fire Heart' animated movie for all ages. Bring blankets, chairs, etc. Refreshments available for purchase. Family fun!

16...Drive-thru Steak Dinner, save the date! **Saturday, July 29** at Loon Lake Community Chapel, 10009 State Rt 21 South. (3 miles south of I-390) \$10/dinner.

17...Middlesex Hose Co Roast Beef Dinner, **Saturday, July 29** from 4-7pm. Dinners held the last Saturday of the month through October at the Firehall, 5537 Water St. Adults \$15, children \$10, preschool free. Menu: roast beef, potatoes, gravy, salad, rolls, relish dish, corn, pie, beverage.

18...West Sparta Old Fashioned Day, Arts, Crafts, Wares! **Saturday, July 29** from 10a-4p at the W Sparta Town Hall & Park. Details, Lisa - 585-315-2053

19...Springwater Farmer's Market at Hillside Gardens Country Store, 8148 S Main St **every Thursday** from 3-7pm thru October. Vendors welcome.

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