



Call Letters: WDNY

Weekly Public Affairs Program

## **QUARTERLY ISSUES REPORT, OCTOBER-DECEMBER, 2023**

Show # 2023-40

**Date aired: 10/1/23 Time Aired: 6:00 a.m.**

**Timothy W. Fong, MD**, Clinical Professor of Psychiatry at the Jane and Terry Semel Institute for Neuroscience and Human Behavior at UCLA, Director of the UCLA Addiction Psychiatry Consultation Service, Co-Director of the UCLA Gambling Studies Program

In just five years, legalized sports betting has swept the nation, now embraced as a revenue source by at least 37 states. Dr. Fong discussed gambling addiction, who is most at risk and how to recognize it, particularly in teenagers. Some well-known universities have signed deals with sportsbooks or casinos to advertise on campus, in athletic venues and in some cases, directly in students' university email inboxes. He offered advice for parents to prevent the start of addictive behavior in their teen.

**Issues covered:**

**Gambling Addiction  
Government  
Parenting**

**Length: 9:54**

**Lee Newman, MD, MA**, Distinguished Professor in the Department of Environmental & Occupational Health and Department of Epidemiology at the University of Colorado, Director of the Colorado School of Public Health's Center for Health, Work, and Environment

Today, the average American lives just 76 years, the shortest lifespan the country has seen since 1996. Dr. Newman talked about growing data that suggests that employers can dramatically affect the quality—and perhaps even length—of an employee's life. A recent report by Deloitte claimed life span could increase by an average of 12 years, and the number of years a person spends in good health by 19 years by 2040, if employers not only made sure their employees are safe on the job, but also addressed their health and well-being in other less traditional ways.

**Issues covered:**

**Longevity  
Personal Health  
Employment**

**Length: 7:22**

**Baia Lasky, MD**, board-certified physician in Blood Banking and Transfusion Medicine, Medical Director of the American Red Cross of Georgia

Dr. Lasky explained how several natural disasters this summer have contributed to a national blood shortage that could have far-reaching effects across America. She said the national blood supply has fallen by nearly 25%. She explained why the problem is so serious and how a first-time blood donor can get started.

**Issues covered:**

**Blood Donation  
Public Health**

**Length: 4:59**

Show # 2023-41

**Date aired: 10/8/23 Time Aired: 6:00 a.m.**

**Matt Levendusky, PhD**, Professor in the Department of Political Science at the University of Pennsylvania, Stephen & Mary Baran Chair in the Institutions of Democracy at the Annenberg Public Policy Center

Many Americans do not know what rights are protected under the First Amendment and a substantial number cannot name all three branches of government, according to the 2023 Annenberg Constitution Day Civics Survey. Prof. Levendusky shared other findings from the survey, discussed the reasons behind today's widespread civic ignorance and explained why the trend is so worrisome.

**Issues covered:**

**Length: 9:06**

**Constitutional Rights  
Citizenship  
Education**

**Marlene Schwartz, PhD**, Director of the University of Connecticut's Rudd Center for Food Policy and Health

Registered dietitians and other online influencers are being paid to post videos that promote diet soda, sugar and supplements on Instagram and TikTok. Prof. Schwartz discussed the little-known tactic often used by the multibillion-dollar food, beverage and pharmaceutical industries to sway consumers faced with often-contradictory health messages about popular products. She offered suggestions to help viewers recognize these paid messages.

**Issues covered:**

**Length: 8:11**

**Consumer Matters  
Personal Health/Nutrition**

**Jill Ciminillo**, Managing Editor for the website Pickup Truck + SUV Talk, co-host of the Consumer Guide Car Stuff podcast

Minivans are frequently the go-to vehicle for families, not only for passenger comfort but also their ability to hold a lot of stuff. However, the Insurance Institute for Highway Safety recently updated their methods for testing minivan safety, with disturbing results. Ms. Ciminillo outlined the new data and what consumers need to know.

**Issues covered:**

**Length: 5:10**

**Vehicle Safety  
Consumer Matters**

Show # 2023-42

**Date aired: 10/15/23 Time Aired: 6:00 a.m.**

**Devin Mann, MD**, Professor in the Departments of Medicine and Population Health at NYU Grossman School of Medicine

Dr. Mann led a study of healthcare consumers that found that most of ChatGPT's responses to people's healthcare-related queries are nearly indistinguishable from those provided by human physicians. He believes the chatbots will be great tools for healthcare providers to communicate with patients, improve quality of care and reduce misdiagnoses and errors.

**Issues covered:**

**Length: 9:02**

**Artificial Intelligence  
Personal Health**

**Gary Painter, PhD**, Academic Director of the Carl H. Lindner College of Business real estate program, Professor of Real Estate at the University of Cincinnati

Prof. Painter shared his research that Americans who pay more than 30% of their income toward rent are forced to make trade-offs in other areas of their lives that can last for years and contribute to many social ills. He said while some trade-offs, such as buying less clothing, might not have severe long-term consequences, some rent-burdened residents reported cutting back on medicine and other health care that could have cascading effects.

**Issues covered:**

**Length: 8:18**

**Housing  
Poverty  
Economy**

**Jim Lorraine**, military veteran, President of America's Warrior Partnership

Mr. Lorraine said the suicide rate of military veterans is roughly twice that of the general population, and is often spurred by more than just post-traumatic stress syndrome or depression. He said underemployment, irregular housing and other economic issues also play a large role in suicidal behavior. He talked about the resources that are available to veterans. He said that risk factors for veterans at risk of suicide vary significantly from one state to another, and his organization helps to identify the differences and develop strategies to help.

**Issues covered:**

**Length: 5:03**

**Suicide Prevention  
Veterans' Concerns  
Mental Health**

Show # 2023-43

**Date aired: 10/22/23 Time Aired: 6:00 a.m.**

**Adia Harvey Wingfield, PhD**, sociologist, Mary Tileston Hemenway Professor of Arts & Sciences and Vice Dean for Faculty Development and Diversity at Washington University in St. Louis, author of "*Gray Areas: How the Way We Work Perpetuates Racism and What We Can Do to Fix It*"

While explicit discrimination no longer occurs and organizations make internal and public pledges to honor and achieve diversity, black employees remain less likely to be hired, stall out at middle levels, and rarely progress to senior leadership positions. Prof. Wingfield discussed what she calls "gray areas:" the relationships, networks, and cultural dynamics that exist apart from specific expectations and duties required for any given job. She offered suggestions to address the problem.

**Issues covered:**

**Length: 8:33**

**Racism  
Workplace Matters**

**Lisa Damour, PhD**, Senior Advisor to the Schubert Center for Child Studies at Case Western Reserve University, author of "*The Emotional Lives of Teenagers: Raising Connected, Capable, and Compassionate Adolescents*," co-host of the Ask Lisa podcast

Dr. Damour offered advice for parents to understand their teenagers' intense and often fraught emotional lives—and how to support teens through this critical developmental stage. She discussed some of the most common myths relating to teenage emotions and distress, and offered tips to help teenagers maintain or regain emotional control.

**Issues covered:**  
**Adolescent Mental Health**  
**Parenting**

**Length: 8:45**

**Shahab Haghayegh, PhD**, Research Fellow at the Brigham and Harvard Medical School

Getting enough sleep has never been more difficult. Prod. Haghayegh shared his research that found that women who struggled with getting enough sleep were at greater risk of developing hypertension, or high blood pressure. He said hypertension and sleep disorders are becoming increasingly prevalent among American adults. He also noted that, while his study only included women, it's likely the findings apply to men, as well.

**Issues covered:**  
**High Blood Pressure**  
**Personal Health**

**Length: 5:03**

Show # 2023-44

**Date aired: 10/29/23 Time Aired: 6:00 a.m.**

**Ivan Misner PhD**, founder of BNI, the world's largest business networking organization, author of *"The 3rd Paradigm: A Radical Shift to Greater Success"*

Mr. Misner discussed effective ways to complain at work. He explained the importance for businesses to take deliberate actions to be sure their staff is heard. He said scheduling regular "complaining meetings" can change the entire mood of the workplace, and lead to innovation and new ideas.

**Issues covered:**  
**Workplace Matters**  
**Business**

**Length: 8:33**

**Nathalie Huguet, PhD**, Associate Professor of Family Medicine, at the Oregon Health & Science University School of Medicine

Prof. Huguet led a study that revealed gaps in health insurance coverage for seniors residing in the US. She found that about a quarter of low-income patients receiving care at community health centers remain uninsured when they turn 65. The main reason is that they are not eligible for Medicare because they never paid into the Social Security system, in many cases because they are not legal US citizens. She said 20% of the uninsured patients had five or more health conditions, such as diabetes or high blood pressure, that need frequent treatment and management.

**Issues covered:**  
**Health Insurance**  
**Immigration**  
**Senior Issues**

**Length: 8:45**

**Rachel Cruze**, personal finance expert, author of *"Know Yourself, Know Your Money: Discover WHY You Handle Money the Way You Do, and WHAT to Do About It!"*

40% of Americans during the pandemic could not cover a \$400 emergency in cash. Ms. Cruze explained the psychology that influences how we spend and save money, and how to change those ingrained habits.

**Issues covered:**  
**Personal Finance**

**Length: 5:10**

Show # 2023-45

**Date aired: 11/5/23 Time Aired: 6:00 a.m.**

**David S. Prerau, PhD**, author of *“Seize the Daylight: The Curious and Contentious Story of Daylight-Saving Time”*

Mr. Prerau discussed the history of Daylight-Saving time. He dispelled the myth that farmers are the main proponents of DST. He also explained where efforts stand to end the annual time change, and outlined the possible options that Congress would choose from.

**Issues covered:**

**Length: 8:30**

**Government  
Personal Health**

**Martha Khlopin**, Medicare expert, nationally syndicated radio host, founder of Get2insurance.com

Vague and misleading advertisements for Medicare Advantage policies are flooding the airwaves and mailboxes of Medicare recipients. Ms. Khlopin explained what Medicare Advantage is and how it differs from original Medicare. She also shared examples of complaints from seniors who had their plans changed without their consent or knowledge, and how the scams work. She warned that some TV ads and phone calls may give the impression that they are affiliated with the federal Medicare system, when they are not. She advised seniors to be careful and seek help from legitimate sources.

**Issues covered:**

**Length: 8:38**

**Medicare  
Scams  
Senior Issues**

**Michal Schnaider Beeri, PhD**, Professor of Psychiatry, Director of the Herbert and Jacqueline Krieger Klein Alzheimer’s Research Center at Rutgers Brain Health Institute

Prof. Beeri shared results of her study that found that people who were diagnosed with attention deficit hyperactivity disorder at midlife had a threefold increased risk of developing dementia later in life, compared to those without ADHD. She also discussed possible explanations for the link between ADHD and dementia, and what role ADHD medications may play.

**Issues covered:**

**Length: 5:15**

**Alzheimer’s Disease  
ADHD**

Show # 2023-46

**Date aired: 11/12/23 Time Aired: 6:00 a.m.**

**David Newman-Toker, M.D., PhD**, Lead Investigator and Director of the Johns Hopkins Armstrong Institute Center for Diagnostic Excellence

Dr. Newman-Toker led what is believed to be the first rigorous national estimate of permanent disability and death from diagnostic error. He estimates that 795,000 Americans die or are permanently disabled by diagnostic error each year. He said vascular events, infections and cancers cause 75% of the serious harms, and that stroke is the top cause of serious harm from misdiagnosis. He believes that a serious campaign to target diseases with high error and harm rates may reduce diagnostic errors and improve patient outcomes.

**Issues covered:**

**Length: 8:30**

**Medical Errors & Misdiagnoses  
Public Health**

**Johnnye Lewis, PhD**, Professor Emerita in the Department of Pharmaceutical Sciences at University of New Mexico Health Sciences, Co-Director of Community Environmental Health Program, Director of the UNM METALS Superfund Research Program

Prof. Lewis' research found that water from many wells and community water systems across the US contains unsafe levels of toxic contaminants. She discussed the health effects of seven contaminants, which include cancer, developmental delays, and preterm birth, and how they affect vulnerable populations and communities with lower income levels. She also talked about the challenges of removing these contaminants from water supply systems, and how larger systems tend to have more resources and monitoring than smaller systems

**Issues covered:**

**Drinking Water Safety  
Pollution  
Government**

**Length: 8:54**

**Tom Appel**, Publisher of Consumer Guide Automotive, co-host of the Consumer Guide Car Stuff podcast

7.9% of cars sold in the US in the third quarter of 2023 were electric vehicles. Mr. Appel outlined what consumers need to know about the three levels of EV charging currently available, and the pluses and minuses of each.

**Issues covered:**

**Electric Vehicles  
Consumer Matters**

**Length: 5:11**

Show # 2023-47

**Date aired: 11/19/23 Time Aired: 6:00 a.m.**

**Hilarie Gamm**, tech industry expert, author of "*Billions Lost: The American Tech Crisis and The Road Map to Change*"

Ms. Gamm explained why parents, educators, and employers urgently need to understand today's generation of teens and young adults. She talked about the revolutionary effect that technological advances have had on education and the development of the human mind. She said every American needs to have a basic understanding of current technology because of the wide-ranging ramifications these changes have on legislation, regulation and privacy.

**Issues covered:**

**Education  
Career  
Parenting**

**Length: 8:48**

**Kelsey Graham, PhD**, pollinator conservation specialist at Michigan State University

Dr. Graham explained the importance of bees to the nation's food supply. She also discussed the role that pesticides and climate change may be having on bee populations in North America. She outlined simple steps that people can take to increase bee populations in their communities.

**Issues covered:**

**Agriculture  
Environment**

**Length: 8:27**

**Kristin Rosenthal**, pedestrian and bike safety expert from Safe Kids Worldwide

About every five days, a child in the U.S. dies from a train collision. Ms. Rosenthal said young people, particularly teenagers, do not understand how dangerous railroad tracks and crossings are. She offered advice to parents to teach their kids to not walk or take selfies on railroad tracks, to not walk with earbuds in, and to never try to beat a train at a railroad crossing.

**Issues covered:**

**Child Safety  
Traffic Safety**

**Length: 4:52**

Show # 2023-48

**Date aired: 11/26/23 Time Aired: 6:00 a.m.**

**Chris Bailey**, productivity expert, author of "*Hyperfocus: How to Be More Productive in a World of Distraction*"

Mr. Bailey said that the human brain has two powerful modes that can be unlocked when we use our attention well: a focused mode and a creative mode. He explained how to unlock each of these mental modes in order to concentrate more deeply, think more clearly, and work and live more deliberately every day. He explained how to minimize distractions that can cause problems at work and in personal relationships.

**Issues covered:**

**Workplace Matters  
Career**

**Length: 8:31**

**Janet Murnaghan**, journalist, author of "*Saving Sarah: One Mother's Battle Against the Health Care System to Save Her Daughter's Life*"

Ms. Murnaghan's young daughter desperately needed a set of donor lungs. A set of lungs was available and there was nothing standing in the way medically, but a federal policy barred children under the age of 12 from receiving adult lungs. Ms. Murnaghan talked about her quest to save Sarah and other kids in similar situations. After a court fight and through the use of social media, she eventually convinced the government to change organ donation rules permanently.

**Issues covered:**

**Organ Donation  
Government Regulation**

**Length: 8:44**

**KJ Dell'Antonia**, editor of the Motherlode blog in the New York Times from 2011 until 2016, author of "*How to be a Happier Parent: Raising a Family, Having a Life, and Loving (Almost) Every Minute*"

Ms. Dell'Antonia said that in her research and writing about family life over the years, one topic keeps coming up again and again: parents crave a greater sense of happiness in their daily lives. She discussed the most common problem areas that cause parents the most grief, and suggested steps parents can take to make them better.

**Issues covered:**

**Parenting**

**Length: 5:12**

Show # 2023-49

**Date aired: 12/3/23 Time Aired: 6:00 a.m.**

**Edward McFowland III, PhD**, Assistant Professor in the Technology and Operations Management Unit at Harvard Business School

Prof. McFowland co-authored a recent study that found that the use of artificial intelligence tools elevates the skills of the lowest performers across a wide range of fields to, or even far above, what was previously average performance. Across a set of 18 tasks designed to test a range of business skills - from analysis to idea generation to persuasion - consultants who had previously tested in the lower half of the group increased the quality of their outputs by 43% with AI help, while the top half only gained 17%. He discussed likely limitations in what AI can do well in modern professional work. He believes that AI will not be able to replace most human creativity and problem-solving.

**Issues covered:**

**Length: 8:51**

**Artificial Intelligence  
Employment**

**Morgan Frank, PhD**, Assistant Professor in the University of Pittsburgh's School of Computing and Information

Prof. Frank studies job prospects for fossil fuel workers in the green energy transition. He said that fossil fuel workers have skills that are compatible with green jobs, but they face geographic and social barriers to relocate. He also explained why green jobs will span across different skill levels and sectors, but they are not well aligned with the current locations of fossil fuel workers.

**Issues covered:**

**Length: 8:32**

**Energy  
Employment  
Environment**

**Adrienne Lawrence**, former ESPN anchor and legal analyst, author of "*Staying in the Game: The Playbook for Beating Workplace Sexual Harassment*"

Ms. Lawrence explained how most companies mishandle sexual harassment cases and why. She also discussed the mental health consequences faced by those who report sexual harassment and how to deal with it. She talked about the impact of the MeToo# movement and what she sees as the future of dealing with sexual harassment as a society.

**Issues covered:**

**Length: 5:03**

**Sexual Harassment  
Women's Concerns  
Workplace Matters**

Show # 2023-50

**Date aired: 12/10/23 Time Aired: 6:00 a.m.**

**Tyra Fainstad, MD**, Associate Professor at the University of Colorado School of Medicine

Burnout is highly prevalent across most healthcare careers, but especially among trainee physicians. Dr. Fainstad developed a pilot program that successfully reduced burnout among female medical residents. She explained that while the program is digital, including videoconferencing coaching calls, she found that the group aspect was especially important in its effectiveness. She discussed the potential hurdles in expanding the training to hospitals and medical schools nationwide.



**Issues covered:**

**Public Health  
Mental Health**

**Length: 8:37**

**Jason M. Nagata MD**, Associate Professor of Pediatrics in the Division of Adolescent and Young Adult Medicine at the University of California San Francisco

Dr. Nagata's study of US adolescents found that both victims and perpetrators of cyberbullying were more likely than other youth to experience eating disorder symptoms, including worrying about weight gain, self-worth tied to weight, and binge eating. He believes it is important that teachers and parents are aware that these experiences are relatively common among teens, and encourage kids to report online harassment if it occurs.

**Issues covered:**

**Cyberbullying  
Eating Disorders  
Discrimination**

**Length: 8:44**

**Ana Lorena Fábrega**, Chief Evangelist at Synthesis and author of "*The Learning Game: Teaching Kids to Think for Themselves, Embrace Challenge, and Love Learning*"

Ms. Fabrega traditional approaches to education, contrasting them with the ways kids really learn. She believes current methods of teaching children are outdated. She explained how her experience as a child who attended ten schools in seven different countries gave her an unconventional perspective. She suggested allowing children to learn through projects rather than strict curriculum, and explained why teaching kids of differing ages as a group, rather than segregating them in conventional grades and ages, can have major benefits.

**Issues covered:**

**Education**

**Length: 5:05**

Show # 2023-51

**Date aired: 12/17/23 Time Aired: 6:00 a.m.**

**Laurence J. Kotlikoff, PhD**, Professor of Economics and William Warren Fairfield Professor at Boston University, former Senior Economist on the President's Council of Economic Advisers, co-author of "*Social Security Horror Stories: Protect Yourself From the System & Avoid Clawbacks*"

Prof. Kotlikoff explained the problem of Social Security clawbacks. He said each year more than a million unsuspecting Americans receive letters from the Social Security Administration, demanding repayment of thousands of dollars of overpaid benefits, due to SSA mistakes that occurred sometimes decades earlier. He shared examples of elderly people who suffered from clawbacks, and proposed reforms to stop them.

**Issues covered:**

**Social Security  
Government  
Consumer Matters**

**Length: 8:44**

**Andrew Perry**, postdoctoral scholar in the Department of Educational Studies at Ohio State University

Mr. Perry was the lead author of a study that examined how teachers rate different approaches to student violence. He said teachers believe that removing or expelling students from school after a violent incident is the least effective response, because it may increase the risk of violence against teachers, as the student may come back bitter or angry. He said most teachers prefer proactive strategies, which aim to create a positive learning environment and a sense of community through socioemotional learning and school counseling.

**Issues covered:**  
**School Violence**

**Length: 8:41**

**Joel Kaufman, PhD**, physician, Professor of Environmental and Occupational Health Sciences at the University of Washington

Dr. Kaufman led a recent study that found a link between highway air pollution and higher blood pressure. He said the impact is significant enough to be comparable to other blood pressure factors such as sodium intake and medication. He also suggested some ways to reduce the exposure to traffic pollution both for motorists, and those who live near highways.

**Issues covered:**  
**Air Pollution**  
**High Blood Pressure**

**Length: 5:08**

Show # 2023-52

**Date aired: 12/24/23 Time Aired: 6:00 a.m.**

**Ryan Kalember**, Senior Vice President of Cybersecurity Strategy for online security company Proofpoint

Scammers have devised a new scheme to steal thousands of dollars from homebuyers who are about to close on a house. Mr. Kalember said buyers are often tricked into wiring their down payment on the day of closing to a fraudulent offshore account, by criminals who have hacked their real estate agent's or title company's email account. He explained how consumers can protect themselves.

**Issues covered:**  
**Crime**  
**Online Security**  
**Personal Finance**

**Length: 7:43**

**Diane Redleaf**, family defense attorney, author of "*They Took the Kids Last Night: How the Child Protection System Puts Families at Risk*"

The number of children in the U.S. foster care system is at record levels, thanks in part to the opioid crisis. With nearly 450,000 children in the system, Ms. Redleaf discussed what happens when caseworkers make mistakes, taking children from parents who are neither abusive nor neglectful. She noted that minority families are disproportionately affected by this trend. She also said that once children are taken, parents and their attorneys sometimes can't learn where the children are being housed.

**Issues covered:**  
**Foster Care**  
**Minority Concerns**  
**Parenting**

**Length: 9:24**

**Andrew Gewirtz, PhD**, Professor in the Institute for Biomedical Sciences at Georgia State University

Dr. Gewirtz was the co-author of a surprising study that found that adding highly refined fiber to processed foods could have negative effects on human health, including liver cancer. He explained what ingredients consumers need to watch for on processed food labels. He said the simplest solution is to eat fruits and vegetables naturally rich in soluble fiber, rather than processed foods.

**Issues covered:**

**Nutrition  
Cancer  
Personal Health**

**Length: 5:01**

Show # 2023-53

**Date aired: 12/31/23 Time Aired: 6:00 a.m.**

**Brandi Britton**, District President of Office Team, a staffing service providing temporary administrative and office support staff

Ms. Britton discussed the most common social media mistakes that take job seekers out of the running for a position. She noted that negative or inappropriate comments and questionable photos are the most common social media issues. She said a job hunter should always assume that a company has combed through their social media profile before even scheduling an interview.

**Issues covered:**

**Employment  
Career  
Social Media**

**Length: 7:28**

**Jennifer Bradley**, co-author of "Make it Zero: The Movement to Safeguard Every Child"

Ms. Bradley discussed the issue of human trafficking in the U.S. She said five main factors contribute to the problem, including poverty, abuse and isolation. She explained the shocking role that the foster child system plays in the issue, and she offered suggestions for individuals to make a difference in preventing and stopping human trafficking.

**Issues covered:**

**Human Trafficking  
Child Abuse  
Poverty**

**Length: 9:43**

**Richard Thaler, PhD**, Professor of Behavioral Science and Economics at the University of Chicago Booth School of Business, President of the American Economic Association

Prof. Thaler discussed what happens when economics meets psychology and how irrational human beings greatly influence the US and world economies. He explained how research is in progress to understand human miscalculations, with the goal of developing better decision-making in business, government and life in general.

**Issues covered:**

**Economics  
Consumer Matters  
Mental Health**

**Length: 4:49**

# Quarterly Report of Compliancy Issues & Programs List 2023-Q4 (October - December) Radio Health Journal Airs 6:30 a.m. Sundays

- Accidents
- Achilles Heel
- Acupuncture
- Aggressive Cancer
- Air Pollution
- Animals
- Anxiety
- Arthritis
- Asherman's Syndrome
- Atomic Bomb
- Atrial Fibrillation
- Autopsy
- Bioaccumulates
- Biology
- Blood Test
- Blood Thinners
- Body Language
- Bone Defect
- Bone Health
- Bone Spurs
- Brain Bleed
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- Cardiovascular Health
- Cataracts
- CBD
- Celebrities
- Cell Replacement
- Therapy
- Charity
- Chemicals
- Childhood Trauma
- Children At Risk
- Chronic Conditions
- Chronic Disease
- Chronic Inflammation
- Cigarettes
- Cleaning
- Climate Change
- Clinical Trials
- Colorectal Cancer
- Community
- Computer Science
- Confession
- Conflict Resolution
- Consumerism
- Contamination
- COPD
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- Deforestation
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- Detergent
- Diabetes
- Diet
- Disability
- DNA
- Dopamine
- Driving
- Dust Mites
- Earthquake
- Efficient Travel
- Elderly Population
- Emergency Medicine
- Emotional Maturity
- Empathy
- Endangered Species
- Environment
- Exercise
- Facial Deformities
- Factory Workers
- False Confessions
- Family Relations
- FDA
- Fear Conditioning
- Fertility
- Fire
- Fire Safety
- Flat Foot
- Flooding
- Flu
- Foot Health
- Forensic Toxicology
- Forest Fires
- Genetics
- Goals
- Gun Violence
- Habitats
- Hazard Prevention
- Healthcare
- Healthy Lifestyle
- Heart Attack
- Heart Health
- Heart Surgery
- Heel Stability
- Herbal Remedies
- Holistic Healthcare
- Home Health
- Immortality
- Immune Disease
- Immune System
- Infectious diseases
- Infertility
- Inflammation
- Injectable Medication
- Integrative Health
- Integrative Medicine
- Intensive Care Unit
- International Issues
- Interrogation
- Invasive Species
- Invention
- Investigations
- Invisible Illness
- Ionizing Radiation
- IVF
- Judicial System
- Kidnapping
- Kitchen Safety
- Labor
- Law Enforcement
- Leadership Skills
- Lethal Injections
- Lifestyle
- Longevity
- Lung Disease
- Lying
- Mammograms
- Manhattan Project
- Medical Insurance
- Medicine
- Meditation
- Mental Health
- Miscarriage
- Mold
- Morgue
- Movement
- mRNA
- multiple sclerosis
- Murder
- Natural Disasters
- Nervous System
- Neurobiology
- Neurology
- Nuclear Industry
- Nuclear Workers
- Nursing Home
- Occupational Health
- Oncology
- Ophthalmology
- Optimism
- Overbite
- Parkinson's Disease
- Pathological Liars
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- Physical Therapy
- Placenta
- Plantar Fasciitis
- Podiatry
- Poisons
- Police Officers
- Political Espionage
- Pollution
- Population Control
- Pregnancy
- Preventative Testing
- Prison
- Protein
- Psychiatric Conditions
- Psychology
- PTSD
- Public Health
- Public Safety
- Radiation
- Radiology
- Recovery
- Relapsing Diseases
- Religion
- Resilience
- Respiratory Illness
- Reward System
- Rheumatoid Arthritis
- Road Safety
- Role Models
- RSV
- Rural Areas
- Scar Tissue
- Schizophrenia
- Science Fair
- Seizure
- Self-exams
- Smoke Detectors
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- Vitamin D
- Vitamins
- Volatile Organic
- Chemicals
- Vulnerable Population
- Vulnerable Populations
- Wildlife
- Women's Health
- World Population
- World War II
- Wrongful Convictions
- X-ray

**Program 23-40**

**Air Week:** 10/1/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: “OWN YOUR CHOICES”: GETTING HEALTHY WITHOUT MEDICATION**

**Time:** 1:50

**Duration:** 11:18

**Synopsis:** Modern medicine has found incredible solutions for acute illnesses, but have we become too reliant on drugs to fix our problems? Integrative medicine approaches medical issues by treating the body as a whole instead of just cherry-picking symptoms. Our experts explain some of the lifestyle changes we can make to decrease our dependence on medication.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Tieraona Low Dog, Globally-Recognized Expert in Integrative Medicine, Founding Director, Medicine Lodge Ranch; Dr. David Katz, Specialist in Preventive Medicine and Public Health, Founder of Yale-Griffin Prevention Research Center, Yale University, Chief Executive Officer, Diet ID

**Compliance issues:** Chronic Conditions, Diabetes, Healthcare, Supplements, Acupuncture, Herbal Remedies, Holistic Healthcare, Integrative Medicine, Lifestyle, Meditation, Pharmaceuticals, Traditional Medicine, Vitamins

**Links for more info:**

[Diet ID](#)

[Dr. David Katz](#)

[X: @DrDavidKatz](#)

[LinkedIn: Dr. Tieraona Low Dog](#)

[Dr. Low Dog](#)

[Instagram: @lowdogmd](#)

**SEGMENT 2: HOW TO GET A STEP AHEAD OF YOUR FOOT HEALTH**

**Time:** 14:10

**Duration:** 8:52

**Synopsis:** Even though the APMA estimates that three out of four people will develop serious foot pain, foot health is often neglected until it's too late. Plantar fasciitis is one of the most common causes of foot discomfort – and it's preventable in many cases. Dr. Marlene Reid, a podiatric surgeon, explains proper foot care and how to mitigate any pain flare-ups

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Dr. Marlene Reid, Podiatric Surgeon, National Spokesperson, American Podiatric Medical Association

**Compliance issues:** Patient Safety, Public Health, Achilles Heel, Bone Spurs, Flat Foot, Foot Health, Foot Pain, Heel Stability, Plantar Fasciitis, Podiatry

**Links for more info:**

[Dr. Marlene Reid, DPM - Family Podiatry Center](#)

[American Podiatric Medical Association](#)

[LinkedIn: Dr. Marlene Reid](#)

**Program 23-41**

**Air Week:** 10/8/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: RHEUMATOID ARTHRITIS: LIVING WITH AN INVISIBLE ILLNESS**

**Time:** 1:50

**Duration:** 13:18

**Synopsis:** Rheumatoid arthritis is a life-changing condition but can also be invisible to everyone around you. Between finding the right medication and managing the illness, it's often a long and frustrating process for many patients. Our experts explain the importance of community support and how to cope with an inflammatory arthritis diagnosis.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Linda Li, Professor of Physical Therapy, University of British Columbia, Leading Scientist in Arthritis Research; Talisa King, Co-Lead of the National African Americans Connect Group, Arthritis Foundation

**Compliance issues:** Public Health, Rheumatoid Arthritis, Arthritis, Cardiovascular Health, Chronic Inflammation, Community, Heart Conditions, Inflammation, Invisible Illness, Patient Support, Physical Therapy

**Links for more info:**

[Arthritis Foundation](#)

[Talisa King | LinkedIn](#)

[Linda Li | Department of Physical Therapy](#)

[Linda Li | VCH Research Institute](#)

[An Interview with Dr. Linda Li - Featured Researcher](#)

**SEGMENT 2: WHAT TO DO WHEN ANIMALS INVADE OUR HABITAT**

**Time:** 16:10

**Duration:** 6:19

**Synopsis:** In a world where deforestation and environmental pollution runs rampant, it's no surprise that wild animals have started to creep into our backyards and – in some cases – inside our homes. Mary Roach, a science author, dives into the reasons behind this steady rise of wildlife lawbreakers.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Mary Roach, Science Author, Fuzz

**Compliance issues:** Invasive Species, Public Safety, Wildlife, Animals, Deforestation, Endangered Species, Habitats

**Links for more info:**

[Mary Roach](#)

[Fuzz: When Nature Breaks the Law: Roach, Mary: Amazon.com: Books](#)

[Mary Roach \(@mary\\_roach\) / X](#)

**Program 23-42**

**Air Week:** 10/15/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: WHAT CRIME SHOWS WON'T TELL YOU ABOUT HOW TO SPOT A LIAR**

**Time:** 1:51

**Duration:** 11:28

**Synopsis:** Many of us think that we can spot a liar by their eye movements or facial expressions, but for true deception artists those methods won't work. Our experts explain the psychology behind why people lie and how you can avoid being duped.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah, Polly Hansen

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

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

**Links for more info:**

[Christian Hart](#)

[Big Liars](#)

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

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

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

[Curtis Deception Lab](#)

**SEGMENT 2: HOW THE MRNA VACCINE HAS REVOLUTIONIZED INFECTIOUS DISEASE PREVENTION**

**Time:** 14:21

**Duration:** 8:01

**Synopsis:** The FDA recently approved a new booster shot for COVID-19 and many people are still wondering what exactly we're injecting into our bodies. Dr. William Schaffner, an infectious disease expert, breaks down the revolutionary technology and why we should feel safe going into this winter season.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Dr. William Schaffner, Professor of Preventive Medicine and Health Policy, Vanderbilt University, Spokesperson and Past President, National Foundation for Infectious Diseases

**Compliance issues:** Clinical Trials, Covid-19, DNA, FDA, Vaccine Fatigue, Vaccines, Vulnerable Populations, Flu, Infectious diseases, mRNA, RSV, Viral Infections, Viral Mutations

**Links for more info:**

[William Schaffner, M.D. | Department of Health Policy](#)

[William Schaffner, MD – NFID](#)

[The new COVID boosters: What doctors and patients need to know | AAMC](#)

**Program 23-43**

**Air Week:** 10/22/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: CURING CANCER WITH VACCINES OF THE FUTURE**

**Time:** 1:50

**Duration:** 12:18

**Synopsis:** The pandemic introduced many of us to mRNA vaccines. Now, researchers are hard at work figuring out how to use this technology to fight cancer. This delivery method would not only stop cancer from growing, but also allow our immune system to eradicate the disease. An expert explains the science behind how we may soon be able to cure cancer.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Jordan Green, Professor, Vice Chair of Biomedical Engineering, Johns Hopkins University School of Medicine

**Compliance issues:** Breast Cancer, Cancer, Colorectal Cancer, Diabetes, Immune System, Oncology, Patient Safety, Public Health, Vaccines, Virus, Vulnerable Populations, mRNA, multiple sclerosis, protein

**Links for more info:**

[Jordan J. Green, Ph.D., Professor of Biomedical Engineering | Johns Hopkins Medicine](#)

[Jordan Green Lab](#)

[Biodegradable lipophilic polymeric mRNA nanoparticles for ligand-free targeting of splenic dendritic cells for cancer vaccination | PNAS](#)

[Green Group \(@JGreenGroup\) / X](#)

**SEGMENT 2: DO IT SCARED: HOW TO BECOME A MORE RESILIENT PERSON**

**Time:** 15:10

**Duration:** 7:49

**Synopsis:** Are resilient people born or built? Dr. Dennis Charney, an expert in neurobiology, says it's a little of both. Dr. Dennis Charney breaks down what common characteristics resilient people share and how you can overcome hardships in your own life.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Dr. Dennis Charney, Dean of the Icahn School of Medicine, Mount Sinai, Expert in Neurobiology and Mood & Anxiety Disorders, Author, Resilience

**Compliance issues:** Anxiety, Depression, Environment, Genetics, Neurology, Resilience, Community, Fear Conditioning, Goals, Gun Violence, Optimism, Religion, Role Models, Social Support, Stalking

**Links for more info:**

[Dennis S. Charney | Mount Sinai - New York](#)

[Icahn School of Medicine at Mount Sinai \(@IcahnMountSinai\) / X](#)

[Dennis S. Charney, MD - President for Academic Affairs - Mount Sinai Health System | LinkedIn](#)

[Resilience: The Science of Mastering Life's Greatest Challenges](#)



**Program 23-44**

**Air Week:** 10/29/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: DOPAMINE AND PARKINSON'S: CHALLENGING OVER 100 YEARS OF RESEARCH**

**Time:** 1:49

**Duration:** 12:15

**Synopsis:** Emerging research is changing everything we thought we knew about dopamine. The connection between Parkinson's Disease and dopamine has been documented in the past, but a new study uncovers mechanisms of the chemical that were previously thought to be impossible. Our experts dive into the research and explain how this affects the future of Parkinson's treatment.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Zachary Gaertner, Neuroscientist, Northwestern University Feinberg School of Medicine; Dr. Raj Awatramani, Sir John Eccles Professor of Neurology, Northwestern University; Dr. Daniel Dombeck, Professor of Neurobiology, Northwestern University

**Compliance issues:** Parkinson's Disease, Patient Safety, Cell Replacement Therapy, Dopamine, Movement, Neurobiology, Neurons, Reward System, Schizophrenia, Stem Cell

**Links for more info:**

[Unique functional responses differentially map onto genetic subtypes of dopamine neurons | Nature Neuroscience](#)

[Zachary Gaertner \(@Z\\_Gaertner\) / X](#)

[Rajeshwar Awatramani: Faculty Profiles](#)

[raj.awatramani \(@AwatramaniRaj\) / X](#)

[Daniel A Dombeck: Faculty Profiles](#)

[Daniel A Dombeck \(@DanielDombeck\) / X](#)

**SEGMENT 2: HOW TO PROTECT YOUR HOME FROM TOXIC MOLD AND BAD AIR QUALITY**

**Time:** 15:06

**Duration:** 7:54

**Synopsis:** As the temperature drops and we're spending more time inside, it's important to keep our homes disease-free. Things like mold and dust mites can compromise your health. Our experts explain how to properly clean your space and give easy steps you can take to keep your family safe.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Caroline Blazovsky, Home Inspector, Founder, My Healthy Home; Dr. Gregory Charlop, Anesthesiologist, Author, Dr. Greg's Green Home Makeover

**Compliance issues:** Public Health, Virus, Vulnerable Populations, Chemicals, Cleaning, Detergent, Disease, Dust Mites, Home Health, Mold, Pets, Volatile Organic Chemicals

**Links for more info:**

[My Healthy Home](#)

[Caroline Blazovsky - Healthy Home Expert® \(@healthyhomeexp\) / X](#)

[Caroline Blazovsky \(@healthyhomeexpert\) • Instagram photos and videos](#)

[Dr. Gregory Charlop](#)

[Gregory Charlop, Wellness MD \(@gregorycharlopm\) • Instagram photos and videos](#)

[Gregory Charlop Wellness MD](#)

**Program 23-45**

**Air Week:** 11/5/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: SHOULD BUSY CITIES START BANNING LEFT-HAND TURNS?**

**Time:** 1:51

**Duration:** 11:53

**Synopsis:** If you're waiting at a streetlight to turn left, you'll probably never be joined by a UPS truck. The company's computer routing system has shown that left-hand turns waste time and fuel – but Dr. Vikash Gayah says they could also be dangerous to our health. Experts dive into these road rules and offer solutions to simplify your daily errands.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Vikash Gayah, Professor of Civil Engineering, Interim Director of the Larson Transportation Institute, Pennsylvania State University; Patrick Browne, Retired Vice President of Sustainability, UPS; Dan McMackin, Public Relations Manager, UPS

**Compliance issues:** Psychology, Public Safety, Speeding, Driving, Efficient Travel, Road Safety, Traffic, Vehicle Crashes, Vehicle Safety

**Links for more info:**

[Pennsylvania State University College of Engineering](#)

[LinkedIn: Dan McMackin](#)

[LinkedIn: Dr. Vikash Gayah](#)

[LinkedIn: Patrick Browne](#)

**SEGMENT 2: BRACE FACE: AUTHOR WHO WAS BULLIED FOR HER OVERBITE OFFERS**

**GUIDANCE**

**Time:** 14:46

**Duration:** 7:49

**Synopsis:** Christina Wyman was born with a craniofacial deformity and spent her childhood dodging bullies -- at school and at home. After two jaw surgeries as an adult, her extreme overbite is fixed, but the trauma lives on. She offers guidance on how parents can successfully support their kids through these tough times.

**Host:** Greg Johnson

**Producer:** Polly Hansen

**Guests:** Christina Wyman, author, Jawbreaker

**Compliance issues:** Bone Health, Empathy, Bone Defect, Bullying, Childhood Trauma, Children At Risk, Conflict Resolution, Craniofacial Anomaly, Dentistry, Emotional Maturity, Facial Deformities, Family Relations, Overbite

**Links for more info:**

[Christina Wyman Books](#)

[Instagram: @christina.wyman.books](#)

[X: @cwymanbooks](#)

[Facebook: christinawymanbooks](#)

**Program 23-46**

**Air Week:** 11/12/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: OPPENHEIMER’S LEGACY: RISING CANCER RISKS DUE TO IONIZING RADIATION**

**Time:** 1:51

**Duration:** 11:54

**Synopsis:** Researchers have been studying the lasting health effects of the atomic bomb for decades – but there’s a new type of radiation scientists are worried about. Nuclear workers, medical physicians, and the public are all being exposed to low-dose, long-term ionizing radiation. It causes cancer, radiation cataracts, and impaired cognition. Experts explain how we can protect ourselves from these dangerous rays.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. David Richardson, Professor of Environmental and Occupational Health, University of California, Irvine, Internationally Recognized Expert in Occupational Health; Dr. Mina Makary, Interventional Radiologist, The Ohio State University Wexner Medical Center

**Compliance issues:** Cancer, Manhattan Project, Radiation, World War II, Atomic Bomb, Cataracts, Ionizing Radiation, Nuclear Industry, Nuclear Workers, Occupational Health, Radiology, X-ray

**Links for more info:**

[Mina Makary MD | Ohio State University Wexner Medical Center](#)

[Mina S. Makary, MD \(@MinaMakaryMD\) / X](#)

[David Richardson, PhD](#)

[Cancer mortality after low dose exposure to ionising radiation in workers in France, the United Kingdom, and the United States \(INWORKS\): cohort study | The BMJ](#)

**SEGMENT 2: EVERYONE HAS LUMPS AND BUMPS – MAKE SURE YOURS AREN’T DEADLY**

**Time:** 14:47

**Duration:** 7:40

**Synopsis:** The US Preventive Services Task Force has recently updated its guidelines for breast cancer screenings to help curb the 42,000 yearly deaths. Our experts explain these changes, how to perform at-home exams, and why aggressive breast cancer may no longer be a death sentence.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Dr. Katharine Yao, Chair of the National Accreditation Program, Breast Centers of the American College of Surgeons; Dr. Peter Schmid, Medical Oncologist & Director of the Breast Cancer Center, St. Bartholomew’s Hospital

**Compliance issues:** Breast Cancer, Aggressive Cancer, Breast Density, Breast Tissue, Mammograms, Medical Insurance, Preventative Testing, Self-exams

**Links for more info:**

[NAPBC Board | ACS](#)

[Katharine Yao | Profiles RNS](#)

[Professor Peter Schmid - Barts Cancer Institute](#)

[Pembrolizumab for Early Triple-Negative Breast Cancer](#)

[Peter Schmid](#)

**Program 23-47**

**Air Week:** 11/19/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: FROM HOLLYWOOD TO THE HOSPITAL: JAMIE-LYNN SIGLER'S BATTLE WITH MS**

**Time:** 1:51

**Duration:** 11:39

**Synopsis:** Jamie-Lynn Sigler was cast in *The Sopranos* as a teenager, but was soon fighting for more than just her spot in Hollywood. After being diagnosed with multiple sclerosis, Sigler found herself on a long journey of figuring out how to manage her disease while living a fulfilling life. She explains the steps she took in hopes of helping others in similar situations.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Jamie-Lynn Sigler, Actress; Dr. Sharon Stoll, Neuroimmunologist, Assistant Professor in the Department of Neurology, Yale School of Medicine

**Compliance issues:** Genetics, Immune System, Neurology, Public Health, Vulnerable Populations, Immune Disease, Multiple Sclerosis, Ophthalmology, Relapsing Diseases, Vision, Vitamin D

**Links for more info:**

[Jamie Lynn Sigler \(@jamielynnsigler\) • Instagram photos and videos](#)

[Jamie-Lynn Sigler \(@JamieLSigler\) / X](#)

[Jamie-Lynn Sigler's Relapsing MS Treatment Journey](#)

[Sharon Stoll \(@drsharonstoll\) • Instagram photos and videos](#)

[Dr. Sharon S Stoll](#)

[Sharon S Stoll \(@DrSharonStoll\) / X](#)

**SEGMENT 2: MODERN DAY WITCH HUNTS: THE PSYCHOLOGY OF FALSE CONFESSIONS**

**Time:** 14:32

**Duration:** 7:56

**Synopsis:** False confessions seem far and few between, but our experts say they're more common than most of us think. In this first installment of the two-part series, we explain the different types of false confessions and what drives people to confess to a crime they didn't commit.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Dr. Allison Redlich, Distinguished University Professor in the Department of Criminology, Law, and Society, George Mason University

**Compliance issues:** Crime, Law Enforcement, Murder, Psychology, Public Health, Public Safety, Body Language, Confession, Criminal Justice, Criminology, False Confessions, Interrogations, Kidnapping, Lying, Wrongful Convictions

**Links for more info:**

[Allison D. Redlich – Innocence Research](#)

[Allison D. Redlich](#)

[PROTOCOL: Interview and interrogation methods and their effects on true and false confessions: An update and extension - PMC](#)

**Program 23-48**

**Air Week:** 11/26/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: THE INFERTILITY-CAUSING DISEASE THAT MAY NOT BE AS RARE AS WE  
THOUGHT**

**Time:** 1:50

**Duration:** 10:39

**Synopsis:** Lisa McCarty experienced four miscarriages before finally being diagnosed with Asherman's Syndrome, a condition where scar tissue forms in the uterus or cervix. She and Dr. Sigal Klipstein, a reproductive endocrinologist, explain the signs of Asherman's – and when you should see a specialist.

**Host:** Elizabeth Westfield

**Producer:** Polly Hansen

**Guests:** Dr. Sigal Klipstein, Reproductive Endocrinologist and Infertility Specialist, InVia Fertility; Lisa McCarty, Asherman's Syndrome Patient

**Compliance issues:** Fertility, IVF, Pregnancy, Surgery, Vulnerable Populations, Asherman's Syndrome, Infertility, Labor, Miscarriage, Placenta, Scar Tissue, Women's Health

**Links for more info:**

[LinkedIn: Lisa McCarty](#)

[LinkedIn: Dr. Sigal Klipstein](#)

[Dr. Sigal Klipstein, M.D., F.A.C.O.G. | InVia Fertility](#)

[Asherman's syndrome | Fertility & Reproductive Medicine Center](#)

**SEGMENT 2: FALSE CONFESSIONS PT.2: USING SCIENCE TO CATCH THE REAL CRIMINALS**

**Time:** 13:31

**Duration:** 8:59

**Synopsis:** Last week our experts broke down the psychology of false confessions, and today we're discussing the aftermath of wrongful convictions. Why do people who've been wrongly convicted die earlier? How can law enforcement make sure they're catching the real criminals? Our experts explain it all.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Dr. Allison Redlich, Distinguished University Professor in the Department of Criminology, Law, and Society, George Mason University; Mary Catlin, Doctoral Student & Graduate Research Assistant in Criminology, Law and Society, George Mason University

**Compliance issues:** Crime, Law Enforcement, Public Safety, Criminology, False Confessions, Interrogation, Judicial System, Police Officers, Prison, Victims, Wrongful Convictions

**Links for more info:**

[Allison D. Redlich – Innocence Research](#)

[Allison D. Redlich](#)

[PROTOCOL: Interview and interrogation methods and their effects on true and false confessions: An update and extension - PMC](#)

[Mary Catlin](#)

[Mary CATLIN | Research Assistant | Master of Science | George Mason University, VA | GMU | Department of Criminology, Law and Society | Research profile](#)

**Program 23-49**

**Air Week:** 12/3/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: CAN ACUPUNCTURE HELP PATIENTS RECOVER FROM OPEN HEART SURGERY?**

**Time:** 1:49

**Duration:** 10:53

**Synopsis:** Since the heart is part of a larger system in our body, treating cardiac conditions means healing the full person instead of just the one organ. Dr. Kim Feingold, a cardiac psychologist, has researched the use of acupuncture therapy as an integrative approach to treating cardiac patients. She explains her findings and how this needle stimulation may aid in recovery from open heart surgery.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Kim Feingold, Assistant Professor of Surgery and Psychiatry, Northwestern University Feinberg School of Medicine, Founder & Director of Cardiac Behavioral Medicine, Bluhm Cardiovascular Institute; Ania Grimone, Acupuncturist & Chinese Medicine Clinician, Northwestern Medicine

**Compliance issues:** Anxiety, Patient Safety, Public Health, Acupuncture, Atrial Fibrillation, Cardiac Health, Heart Attack, Heart Surgery, Integrative Health, Intensive Care Unit, Recovery, Stress, Stroke

**Links for more info:**

[Kim L Feingold: Faculty Profiles](#)

[LinkedIn: Dr. Kim Feingold](#)

[Ania Grimone, LAc | Northwestern Medicine](#)

[Ania Grimone M.S., L.Ac., C.H., CPCC - Owner and CEO - Venus Core Leadership | LinkedIn](#)

**SEGMENT 2: ‘EVERYONE CAN BE MADE PSYCHOTIC’ – THE TRUTH BEHIND SCHIZOPHRENIA**

**Time:** 13:44

**Duration:** 8:42

**Synopsis:** Hollywood often portrays schizophrenia in its most extreme form, but the disorder’s progression is much more complicated. Dr. Christoph Correll, a schizophrenia expert, pulls back the curtain on this condition. Dr. Christoph Correll explains why it’s often misdiagnosed, left untreated, and can affect anyone – including you.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Dr. Christoph Correll, Professor of Psychiatry, Zucker School of Medicine, Medical Director of the Recognition and Prevention Program, Zucker Hillside Hospital

**Compliance issues:** Anxiety, Depression, Mental Health, Public Health, Vulnerable Populations, Injectable Medication, Psychiatric Conditions, Schizophrenia

**Links for more info:**

[Christoph Correll Profile | Zucker School of Medicine](#)

[Interplay between negative symptoms, time spent doing nothing, and negative emotions in patients with schizophrenia spectrum disorders: results from a 37-site study](#)

[NIMH » Schizophrenia](#)

**Program 23-50**

**Air Week:** 12/10/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: NATURAL DISASTERS ARE ONLY GETTING WORSE – HOW CAN YOU HELP?**

**Time:** 1:51

**Duration:** 10:08

**Synopsis:** Natural disasters are often devastating to the surrounding communities and environment. And since they're becoming more frequent – and occurring in places they've never been before – it's more important than ever to know how to support the victims and prepare yourself for these catastrophes.

**Host:** Elizabeth Westfield

**Producer:** Amirah Zaveri

**Guests:** Dr. Vickie Mays, Clinical Psychologist, Professor, Department of Psychology at University of California Los Angeles

**Compliance issues:** Anxiety, Climate Change, Depression, Flooding, Mental Health, Natural Disasters, PTSD, Psychology, Trauma, Vulnerable Populations, Charity, Earthquake, Forest Fires, International Issues

**Links for more info:**

[Vickie M. Mays](#)

[Dr. Vickie Mays \(@drvickiemays\) / X](#)

[Vickie M. Mays, PhD, MSPH](#)

[Vickie M. Mays, Ph.D., MSPH - Distinguished Professor of Psychology and Distinguished Professor of Health Policy and Management - University of California, Los Angeles | LinkedIn](#)

**SEGMENT 2: “IT’S A CRITICAL AGE”: WHY YOUNG KIDS SHOULD BE INVOLVED IN STEM**

**Time:** 12:59

**Duration:** 9:19

**Synopsis:** Research shows that children involved in STEM courses, like engineering and science, have better reading comprehension and are more likely to be successful later in life. One national science fair is helping to keep kids, like award-winner Shanya Gill, interested in these industries and foster their passion for science.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Raeva Ramadorai, Director, Thermo Fisher Scientific Junior Innovators Challenge; Shanya Gill, Ascend Award Winner

**Compliance issues:** Consumerism, Public Safety, Vulnerable Populations, Computer Science, Fire, Fire Safety, Hazard Prevention, Invention, Kitchen Safety, Leadership Skills, Science Fair, Smoke Detectors

**Links for more info:**

[Society For Science: Raeva Ramadorai](#)

[LinkedIn: Raeva Ramadorai](#)

[Thermo Fisher Scientific Junior Innovators Challenge](#)

[Society For Science: Shanya Gill](#)

[LinkedIn: Shanya Gill](#)



**Program 23-51**

**Air Week:** 12/17/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: CELEBRITY DEATHS & POLITICAL POISONINGS: INSIDE FORENSIC TOXICOLOGY**

**Time:** 1:51

**Duration:** 12:22

**Synopsis:** Why do autopsy reports take so long to come back? While TV shows can make it seem like a two-step process, forensic toxicology can take weeks or months to figure out a person's cause of death. Our expert takes us through this process and how it's used in everyday life.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Barbarajeen Magnani, Professor of Anatomic and Clinical Pathology Emerita, Tufts University School of Medicine, Spokesperson, College of American Pathologist, Former Chair of the Toxicology Committee, College of American Pathologists, Author; Dr. Lily Robinson Thriller Series

**Compliance issues:** Autopsy, Death, Law Enforcement, Blood Test, Celebrities, Forensic Toxicology, Investigations, Lethal Injections, Morgue, Poisons, Political Espionage, Toxicology

**Links for more info:**

[Barbarajeen Magnani PhD, MD - Professor, Anatomic and Clinical Pathology, and Medicine - Tufts Medical Center | LinkedIn](#)  
[BJ Magnani](#)

**SEGMENT 2: IS SCIENCE CLOSE TO CREATING IMMORTAL HUMANS?**

**Time:** 15:15

**Duration:** 7:05

**Synopsis:** The key to living a long life? Chip Walter says it's more about having less 'bad' genes rather than having more 'good' ones. But as we inch closer to finding immortality, there are some questions to be answered, such as "should we even be able to live hundreds of years?"

**Host:** Greg Johnson

**Producer:** Polly Hansen

**Guests:** Chip Walter, Explorer, National Geographic, Author, Immortality, Inc.

**Compliance issues:** Biology, Consumerism, Diet, Exercise, Genetics, Patient Safety, Public Health, Public Safety, Elderly Population, Immortality, Longevity, Population Control, World Population

**Links for more info:**

[Chip Walter - National Geographic Society](#)  
[Chip Walter - Author - The Human Light and Power Co. | LinkedIn](#)



**Program 23-52**

**Air Week:** 12/24/2022

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: MINUTE BY MINUTE: EVERYTHING YOU NEED TO KNOW ABOUT STROKE PREVENTION**

**Time:** 1:51

**Duration:** 11:03

**Synopsis:** Nearly 800,000 Americans have a stroke each year, so make sure you know how to help if your loved one has a sudden attack. Our experts give you the tools to know the signs, symptoms, and actions you can take to save a life. Remember to BE FAST, every minute matters.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Sheryl Martin-Schild, Vascular Neurologist, Stroke Medical Director, Louisiana Emergency Response Network; Meghan McKee, Stroke Survivor

**Compliance issues:** Emergency Medicine, Neurology, Vulnerable Populations, Blood Thinners, Brain Bleed, Brain Health, Disability, Healthy Lifestyle, Heart Health, Stroke, Stroke Survivors

**Links for more info:**

[Sheryl Martin-Schild, MD | LCMC Health](#)

[Dr. Sheryl Martin-Schild, MD, PhD, FANA, FAHA](#)

[Sheryl Martin-Schild, M.D., Ph.D., FANA, FAHA](#)

**SEGMENT 2: “NO SMOKE IS GOOD SMOKE” HOW VAPING IS INCREASING CASES OF COPD**

**Time:** 13:54

**Duration:** 8:30

**Synopsis:** COPD is a silent killer – but it doesn't have to be. Smoking cigarettes and vaping are among the main causes of the lung disease, but manufacturing plants and air pollution can make even the healthiest person sick. Our experts explain ways to reduce your risk and how to manage COPD once you're diagnosed.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Dr. Tony Punturieri, Program Officer in the Division of Lung Disease, National Heart, Lung, and Blood Institute; Dr. Siva Sivaraman, Pulmonologist, Director of the Respiratory Therapy Department, AtlantiCare Regional Medical Center

**Compliance issues:** Air Pollution, COPD, Chronic Disease, Consumerism, Lung Disease, Pollution, Cigarettes, Factory Workers, Respiratory Illness, Rural Areas, Vapes, Vulnerable Population

**Links for more info:**

[Dr. Sivashankar Sivaraman, MD - Galloway, NJ - Pulmonary Critical Care - Book Appointment](#)

[Chronic Obstructive Pulmonary Disease \(COPD\)/Environment | NHLBI, NIH](#)

[Punturieri, Antonello | Pri-Med](#)

[Learn More Breathe Better® | NHLBI, NIH](#)

**Program 23-53**

**Air Week:** 12/31/2022

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: IF YOU HAVE A BRAIN, YOU'RE AT RISK FOR A SEIZURE - LET'S TALK ABOUT IT**

**Time:** 1:49

**Duration:** 10:51

**Synopsis:** While seizures are more common in very young and old age groups, they can happen to anyone. Our experts break down what causes seizures, who is a candidate for brain surgery, and why cannabis is becoming a popular treatment option.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Dipali Nemade, Epileptologist and Neurologist, Orlando Health Neuroscience Institute; Dr. Barry Gidal, Professor of Pharmacy and Neurology, University of Wisconsin-Madison, Medications Co-Editor, Epilepsy.com

**Compliance issues:** Consumerism, FDA, Neurology, Vulnerable Populations, Bioaccumulates, Brain Surgery, Cannabinoids, Cannabis, CBD, Contamination, Deep Brain Stimulation, Nervous System, Seizure, THC

**Links for more info:**

[Barry E Gidal, PharmD, RPh](#)

[LinkedIn: Dr. Barry Gidal](#)

[Barry Gidal, PharmD | Epilepsy Foundation](#)

[Dipali Nemade, MD](#)

[Dipali Nemade, MD MPH \(@drdips23\) / X](#)

**SEGMENT 2: "THEY'RE ACTIVELY TRYING TO DIE": INSIDE THE MIND OF A TRAUMA SURGEON**

**Time:** 13:42

**Duration:** 9:16

**Synopsis:** With the constant stress and chaos of emergency rooms, how do doctors keep a clear head to make life or death decisions? Dr. Stephen Cohn has been a trauma surgeon for more than 40 years. He takes us through a day-in-the-life, giving us an inside look at the hectic lives of emergency medicine physicians.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Dr. Stephen Cohn, Trauma Surgeon, Hackensack Meridian Health, Author, All Bleeding Stops

**Compliance issues:** Consumerism, Death, Emergency Medicine, Medicine, Patient Safety, Public Health, Trauma, Vulnerable Populations, Accidents, Nursing Home, Stroke, Trauma Surgery

**Links for more info:**

[Dr. Stephen Cohn, MD - Hackensack, NJ - Surgical Critical Care](#)

[All Bleeding Stops: Life and Death in the Trauma Unit by Stephen M. Cohn M.D. | Barnes & Noble®](#)

- 1...Shopping locally matters! Feel-good factor, create job opportunities, keep more money in the community, enjoy a more local flavor.
- 2...Tree of Warmth set up at Cohocton Public Library now through Saturday, December 30.
- 3...A fire safety message from your local fire departments. Keep Christmas trees watered, check light cords, and do not put cords under carpets!
- 4...Christmas Concert & Dessert Buffet, Wednesday, December 20 at 6pm at First Presbyterian Church, 54 Maple Ave, Cohocton. Featuring Chad Slayton. Free will offering.
- 5...The Vincent House annual luminary event, Thursday, December 21 at the Springwater Church of the Nazarene to be lit in honor or memory of loved ones from 5:30-8pm. \$10 per luminary or 12 for \$100. More info call 585-728-2427.
- 6...Community Spaghetti Dinner, Thursday, December 21 from 4:30-7pm at Webster's Crossing United Methodist Church, Rt 15 between Springwater and Conesus. Eat in or take out by donation. Music jam to follow.
- 7...Free movie: Christmas Angel, Thursday, December 28 at 3pm at the Star Theatre, 144 Main St, Dansville. Approved for all ages.
- 8...Your Centers Senior Day Program, 161 Main St Dansville is accepting new clients. Call Tina at 585-204-4099 for more information.
- 9...The Livingston County Office for the Aging would like to invite any county resident age 60+ to our Social & Dining sites located in Avon, Dansville, Mt Morris and Livonia for a meal and a variety of programs. Visit their website for more information, daily menu, list of events and phone numbers to RSVP.
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- 5...Holiday Open House & Cookie Exchange, Wednesday, December 13 from 6-7:30pm at Livingston County Government Center, 8 Court St Geneseo. Bring the kids to see Santa, exchange cookies (bring some – take some home). Sponsored by Livingston County Democrats.
- 6...Springwater Winter Wonderland, Saturday, December 16 from 9a-dusk. Vendors at both the Fire Hall and Town Hall as well as local businesses. Kids visit with Santa, parade at 5pm. No charge for events.
- 7...Spaghetti Dinner Fundraiser for Ray Sellers, Saturday, December 16 from 4-7pm at the Dansville Fish & Game, 35 Gibson St. Spaghetti w/meatballs & sausage, salad, bread. \$12. Eat in or drive thru pick up. Also a basket raffle.
- 8...Holiday Concert featuring Dansville & LeRoy HS Chorus Groups, Saturday, December 16 at 2pm at the Presbyterian Church, 3 School St, Dansville followed by refreshments. Free admission, donations gratefully accepted.
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- 5...Christmas Bake Sale & Variety Booth Sale, Saturday, December 9 from 10a-2p at Heath Homestead, 4760 Ossian Hill Rd, Dansville. Homemade breads, cakes, candies, cookies, muffins and more. Afghans, aprons, skates, quilts & more.
- 6...Christmas at the Legion, Saturday, December 9 from 12-4pm. 102 N Main St, Wayland. Craft vendors, food, baked goods, 50/50, free kids raffles, visit with Santa.
- 7...Make & Take Ornaments, Saturday, December 9 from 1-3pm at the United Methodist Church of Livonia, 21 Summer St for children ages 2 years to 5<sup>th</sup> grade. Craft supplies provided. Coffee, hot chocolate & snacks available while the glue is drying. Parents are asked to stay with children.
- 8...Conesus Lake Riders all you can eat breakfast, Sundays, December 10 & 24, 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.
- 9...Pancake Breakfast, Sunday, December 10 from 8-11am at Perkinsville FD, 1940 CR 90. Pancakes, eggs, sausage, ham, homefries, toast & beverage. Adults \$9, children 6-12 \$8, under 5 free.
- 10...Santa will be arriving for all Sparta children, Sunday, December 10 from 1-3pm at the Sparta Center Vol Fire Dept, 8479 Reeds Corners Rd. Come join the fun! Crafts, games, snacks and sing along.

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- 3...Christmas Craft & Bake Sale, **Saturday, December 2** from 9a-1p at Sparta Center Church, 4 miles north of Dansville on rt 256. Soup & Sandwich available for purchase.
- 4...Dansville Rotary presents 'A Christmas Carol', **Sunday, December 3** at 2:30pm at Dansville HS Auditorium. A dramatic one-man performance that brings to life over 30 characters. Tickets \$10 from any Rotarian. Recommended for ages 13+. Optional prologue starts at 1:45.
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7...Veteran's Day lunch, **Saturday, November 11** from 11-1pm at Cohocton American Legion, 6 Wilcox St.

8...Veteran's Day Chicken Parm Dinner, **Saturday, November 11** from 3-7pm at Naples VFW. Veterans free, family \$5.

9...Meat Raffle, **Saturday, November 11** at 4pm at Sonyea Legion, 7150 Rt 36. Refreshments available.

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11... Lions Club Harvest Pork Dinner with all the trimmings, **Sunday, November 12** from 11:30-1:30pm at St Peter's Episcopal Church, 25 Clara Barton St, Dansville. \$15 tickets available at Dogwood Floral or any Lions member.

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17...Springwater Fire Dept Turkey Raffle, **Saturday, November 18** at 7pm. Turkey, ham & meat bundle raffles. Refreshments, hot dogs, popcorn. Sportsman raffle tickets \$10.

18...Dansville Historical Society Turkey Dinner & Program, **Saturday, November 18** featuring restored Nathaniel Rochester Home at Genesee Country Village. Tickets \$30 each and available at Dogwood Floral & Dogwood Trading Co. Social hour 5pm, dinner 6pm, program to follow. Held at Dansville American Legion, 34 Elizabeth St.

19...Penny Social, **Saturday, November 18** at West Sparta United Methodist Church, 4287 Redmond Rd. Events start at 1pm with drawings at 2:30p. Cookie walk selling favorites by the pound, numbers drawn for baskets & bake sale. Refreshment available.

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4...Election Day Ham Dinner, **Tuesday, November 7** from 5-6:30pm at Perkinsville Fire Hall. Take out or limited seating inside. Ham and all the trimmings with homemade pies. \$14.

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- 1...Dansville Trick or Treating, **Tuesday, October 31** from 6-8pm. Halloween Parade starts at 6pm in front of the Town Hall. Donuts & cider from 6-7p.
- 2...Village of Wayland Trick or Treating, **Tuesday, October 31** from 6-8pm.
- 3...Noyes Auxiliary Craft Boutique, **Thursday & Friday, November 2 & 3** from 9a-3p in the hospital conference room (downstairs). Handcrafted items, holiday, kitchen, kids, quilted, etc.
- 4...W Sparta FD Turkey, Beef, Ham Raffle, **Friday, November 3** at 7pm at 4451 Red School Rd, Dansville. Auction & door prizes.
- 5...Pre-Holiday Craft Sale, **Saturday, November 4** from 10a-3p at Cohocton American Legion, 6 Wilcox St. Craft vendors, basket raffles, 50/50, refreshments.
- 6...Dansville Lioness Club Luncheon & Craft Sale, **Saturday, November 4** from 10a-2pm at the Dansville Moose Lodge, 6 Main St. Local vendors & artisans, homemade soups, chili, desserts, vendor raffle, theme basket raffle, lottery board, 50/50.
- 7...Meat Raffle, **Saturday, November 4** at 7pm at Atlanta Fire Hall, University Ave, refreshments available.
- 8...Penny Social, **Monday, November 6** at Dansville Presbyterian Church, 3 School St. Doors open 5:30, drawings at 6:30pm. Refreshments, door prizes, gift baskets, baked goods, raffle items.
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21...Cohocton Food Pantry **every 1<sup>st</sup> & 3<sup>rd</sup> Wednesday** of each month from 1-3p & 6-7p at Stermer Hall, 35 Maple Ave next to St Pius Catholic Church.

22...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...Hornell Area Wind Ensemble presents a free concert 'Beyond the British Invasion' on **Tuesday, October 24** at 7:30pm at Dansville HS Auditorium.
- 2...Community Free Luncheon, **Tuesday, October 24** from noon to 2pm at the South Livonia United Church of Christ, 5087 S Livonia Rd (Rt15). Menu includes soup & sandwich, dessert & beverage.
- 3...Community Spaghetti Dinner, **Thursday, October 26** from 4:30-7pm at Webster's Crossing United Methodist Church, Rt 15 between Springwater and Conesus. Dine in or take out, donation, music jam.
- 4...Kid friendly / family oriented Spooktacular, **Saturday, October 28** at 2pm at the West Sparta Town Park, 8302 Kysorville Byersville Rd. Pumpkins, pizza party, food, games, contests & prizes, hay rides, arts & crafts.
- 5...Trick A Trunk, **Saturday, October 28** from 12-2pm in parking lot of American Legion, 34 Elizabeth St, Dansville. Cider & donuts, pumpkin painting, K9 unit, treats & more.
- 6...Trunk or Treat, **Saturday, October 28** from 1-4pm at Canaseraga Village Park.
- 7...Wayland Halloween Parade, **Saturday, October 28** at 1pm with a 'Trunk or Treat' across from the Historical Society.
- 8...Naples VFW is hosting a Trunk or Treat on **Saturday, October 28** from 12-4pm. Bounce house, games & prizes! All welcome.
- 9...Indoor Yard Sale by the Ladies Aid of the First Presbyterian Church of Ossian, **Saturday, October 28** from 10a-3p at the Heath Homestead, 4760 Ossian Hill Rd. Items include household goods, clothes, electronics, baby essentials & more.
- 10...Roast Beef Dinner, **Saturday, October 28** from 4-7pm at the Middlesex Hose Company, 5537 Water St. Adults \$15, children \$10, preschool free. Dinner includes roast beef, gravy, tossed salad, rolls, relish dish, potatoes, corn, pie, beverage.
- 11...Dansville Trick or Treating, **Tuesday, October 31** from 6-8pm. Halloween Parade starts at 6pm in front of the Town Hall. Donuts & cider from 6-7p.

12...Noyes Auxiliary Craft Boutique, **Thursday & Friday, November 2 & 3** from 9a-3p in the hospital conference room (downstairs). Handcrafted items, holiday, kitchen, kids, quilted, etc.

13...W Sparta FD Turkey, Beef, Ham Raffle, **Friday, November 3** at 7pm at 4451 Red School Rd, Dansville. Auction & door prizes.

14...Pre-Holiday Craft Sale, **Saturday, November 4** from 10a-3p at Cohocton American Legion, 6 Wilcox St. Craft vendors, basket raffles, 50/50, refreshments.

15...Dansville Lioness Club Luncheon & Craft Sale, **Saturday, November 4** from 10a-2pm at the Dansville Moose Lodge, 6 Main St. Local vendors & artisans, homemade soups, chili, desserts, vendor raffle, theme basket raffle, lottery board, 50/50.

16...Meat Raffle, **Saturday, November 4** at 7pm at Atlanta Fire Hall, University Ave, refreshments available.

17...Penny Social, **Monday, November 6** at Dansville Presbyterian Church, 3 School St. Doors open 5:30, drawings at 6:30pm. Refreshments, door prizes, gift baskets, baked goods, raffle items.

18...Election Day Dinner, **Tuesday, November 7** from 4:30 til ? held at Heath Homestead, 4760 Ossian Hill Rd, Dansville. Roast beef, potatoes, vegetable, roll, and pie. \$14. Also cookie sale & variety booth.

19...Take out Spaghetti dinner, **Wednesday, November 8** from 4:30-6pm at the United Methodist Church of Livonia, 21 Summer St. Includes meatballs, salad, garlic bread. Donations accepted.

20...Dansville Second **Saturday, November 11** celebrates 'Simple Abundance' as we partner with C.A.N.N. to collect items for community members in need. Sign up to be a collection site. Enjoy vendors, shopping, family activities, dining, music and much more in the downtown Main St business district.

21...Benefit for Vicki Curry (motorcycle accident victim) to help with expenses. Held at Dark Horse Saloon, 10516 Rt 36 Dansville. **Saturday, November 11** from 1-5pm. \$20 includes food, cash bar, band, Chinese auction, 50/50 drawing. Info or donations call 716-860-9087 or 585-519-2070.

22...Pancake Breakfast, **Sunday, November 12** from 8a-11a at Perkinsville Fire Dept, 1940 CR 90. Pancakes, egg, sausage, ham, homefries, toast, beverage. Adults \$9, children 6-12 \$8, under 5 free.

23...Conesus Lake Riders all you can eat breakfast, **Sunday, November 12 & 26**, 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.

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

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

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

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

29...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...North Dansville Republican Committee Chicken & biscuit dinner, **Thursday, October 19** from 5-7p at the Union Hose Clubrooms, 66 Elizabeth St. Dine in or take out, \$15/person, children under 5 free. All are welcome.

2...AARP Smart Driver Safety Course. The 6 hour course takes place at the Dansville Public Library, 200 Main St. **Thursday & Friday, October 19 & 20** from 11:45-3pm each day. Call 585-335-8935 to register.

3...Chicken BBQ and basket raffle, **Saturday, October 21** from noon-3pm at Sturmer Hall in Cohocton, Maple St. Eat in and try your chances to win a basket. Take-outs will be available. Chicken by Stearns is \$12.50.

4...Fundraiser Lobster or Steak Dinner at Wayland American Legion, 102 N Main St to benefit Point Project. **Saturday, October 21** from 5-8pm. Delmonico dinner \$25, Lobster dinner \$25, Steak & Lobster dinner \$40, double Lobster \$40. Raffles, 50/50, music. Tickets at legion.

5...Lasagna Dinner w/ fixin's, dessert & beverage, **Saturday, October 21** from 4:30 til gone at Howard Union Church, 3611 CR 70A. \$10 donation, eat-in or take-out, handicap accessible.

6...Walk for Vincent House fundraising throughout the month of October. Registration forms available on facebook page and at the Vincent House. Join virtually for the month or join the group walk **Saturday, October 21** at 2pm at the Canadice Lake Walking Trail for a 5K or do both. Registrants receive a fanny pack. Further information call 585-728-2427.

7...Roast Beef Dinner, **Sunday, October 22** from nnoon-2pm at Sparta Center Church, Rt 256, Dansville. Roast beef, potatoes, cole slaw, squash, rolls & pie. Eat in or take out. Adults \$12, children ages 10 & under \$6.

8...Conesus Lake Riders all you can eat breakfast, **Sunday, October 22, November 12 & 26**, 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.

9...Penny Social, **Monday, October 23** at Perkinsville Fire Hall. Doors open at 6pm. Drawings start at 7pm. Refreshments served, door prizes, 50/50.

10...Livonia Boy Scout Troop 4074 will holding their annual Blood Drive on **Monday, October 23** from 3-7:30pm at the Lakeville Training Grounds, 5939 Stone Hill Rd.

11...Community Spaghetti Dinner, **Thursday, October 26** from 4:30-7pm at Webster's Crossing United Methodist Church, Rt 15 between Springwater and Conesus. Dine in or take out, donation, music jam.

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19...W Sparta FD Turkey, Beef, Ham Raffle, **Friday, November 3** at 7pm at 4451 Red School Rd, Dansville. Auction & door prizes.

20...Pre-Holiday Craft Sale, **Saturday, November 4** from 10a-3p at Cohocton American Legion, 6 Wilcox St. Craft vendors, basket raffles, 50/50, refreshments.

21...Dansville Lioness Club Luncheon & Craft Sale, **Saturday, November 4** from 10a-2pm at the Dansville Moose Lodge, 6 Main St. Local vendors & artisans, homemade soups, chili, desserts, vendor raffle, theme basket raffle, lottery board, 50/50.

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1...Take out spaghetti dinner, **Wednesday, October 11** from 4:30-6pm at the United Methodist Church of Livonia, 21 Summer St. Spaghetti, meatballs, salad, garlic bread. Donations accepted.

2...Free Rabies Clinic for Livingston County residents, **Wednesday, October 11** from 5-7p at Babcock Park Pavilion, Morey Ave, Dansville. For dogs, cats & ferrets. Pre-registration is required by calling 585-243-7280 or 585-243-1717.

3...Rummage Sale at North Cohocton Methodist Church, 10 University Ave, **Thursday & Friday, October 12 & 13** from 9-2.

4...Winter Clothing Give-away, **Friday, October 13** at 4pm and **Saturday, October 14** at 10am at Cohocton Public Library, 8 Maple Ave.

5...Second Saturday Dansville, **Saturday, October 14** from 11a-2p in the Main St district. It's harvest time! Celebrate Fall Fest and all things Fall related! Fun activities for kids and families, live music. Enjoy vendors, shopping, activities, dining & more.

6...Dansville United Methodist Church will be taking orders for their Pizza Sale during the Second Saturday event, **Saturday, October 14**. They will be located at 115 Main St. You can contact church at 335-5354

7...Turkey dinner, **Saturday, October 14** from 2-7p or until sold out at Livonia United Methodist Church, 21 Summers St. Drive-thru Take-out only. Turkey, stuffing, mashed potatoes, gravy, squash & dessert. Adults \$15, Children \$10.

8...GVH Races, **Saturday, October 14** from 10a-4p at 3330 Nations Rd, Geneseo \$15 pre-sale at gvhraces.com, kids under 12 free. Horse & dog activities throughout the day. Boutique shopping, craft beverages, pony rides, wagon rides, stick horse races and more! Lots of events taking place!

9...Dansville Drama Club presents 'Afraid of the Dark', **Saturday, October 14** at 7pm at the Dansville Auditorium. Appropriate for all ages.

10...St peter's UCC Fall Bazaar, **Saturday, October 14** from 10a-2p at Perkinsville Fire Hall, 1904 CR 90. \$7 soup & sandwich luncheon w/ pie & drink. 50/50 raffle, basket raffle.

11...Roast Beef Dinner, **Saturday, October 14** from 4:30-7pm at Webster's Crossing United Methodist Church, 7242 Webster Crossing Rd, Springwater. Drive-thru – take out only. \$14, homemade desserts.

12...Wayland and Dansville Historical Societies will present 'The Life of Mary Jamison', **Sunday, October 15** at 2pm at the Wayland Historical Society, corner of S Main St & Washington St. Presented by Gretchen Murry Sepik.

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- 1...October Fall Foliage Festival, **Friday, Saturday & Sunday, October 6, 7 & 8.** Park Ave & S Main St Gazebo grounds. Arts, crafts, parade, car show & lots of food!
- 2...Spaghetti Dinner, **Friday, October 6** from 4-7 at Cohocton Presbyterian Church during Fall Foliage Festival.
- 3...Chicken BBQ, **Saturday, October 7** from 11a-2p at Cohocton Hook & Ladder, 43 Maple Ave during the Fall Foliage Festival. \$12
- 4...Dansville Fire Dept Open House, 11 Franklin St, **Saturday, October 7** from noon til 3pm. See firefighters in training, live demo, games, prizes, activities.
- 5...Chicken & Biscuit Dinner, **Saturday, October 7** from 4:40-6:30pm at Garwoods United Methodist Church 10524 County 15B, Canaseraga. Eat in or take out – donation. Dinner includes mashed potatoes, squash & homemade fruit cobbler.
- 6...Publick Musick, 'A Companionable Afternoon', **Saturday, October 7** at 4pm at St Paul's Lutheran Church, 21 Clara Barton St, Dansville. A varied program of music from Germany, France, and Italy. Free admission.
- 7...Farmer's Breakfast, **Sunday, October 8** at Cohocton Fire Hall from 8-noon during Fall Foliage Festival.
- 8...Roast Pork & Sauerkraut Dinner, during Fall Foliage Festival **Sunday, October 8** from noon to 3pm at St Paul's Lutheran Church, 97 Maple Ave, Cohocton. Drive thru, take out, eat in. \$12. Roast pork, sauerkraut, potatoes, gravy, rolls, green beans, applesauce, cupcake.
- 9...Pancake Breakfast, **Sunday, October 8, November 12** from 8a-11a at Perkinsville Fire Dept, 1940 CR 90. Pancakes, egg, sausage, ham, homefries, toast, beverage. Adults \$9, children 6-12 \$8, under 5 free.
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