

WAQX Issues/Programs January – March 2023

“Street Talk” Weekly Program 30 minutes including some commercial content.

Sundays 6:00am-6:30am.

1/8/2023: Windy Shore Cardarelli and Phoenix Merrit: The Manlius Library begins the new year by continuing to offer a lot of different services at their facility along with many specialized programs from pre-school to teens to adults.

Herb Smith, Breathe Easy of CNY Heating and Cooling: Everyone is paying more to heat their homes these days. There are a couple of tips for making it more affordable. See more at BreatheEasyCNY.com

Joe Stanley, Stanley Law Offices: The days are starting to get a bit longer but there is still a lot of darkness this time of year. Add snow and it makes it very dangerous for pedestrians and anyone else not in a car.

1/15/2023: Dr. Rebecca Reeves, IV Wellness Therapy: IV Wellness Hydration, Ketamine Therapy – it may be something that sounds a little bizarre to you but these types of treatments have been around for a long time. They are just pretty new to the Syracuse area and Captivate Wellness is one of the first to offer them, plus other holistic approaches to self care.

Joe Stanley, Stanley Law Offices: A new year brings new laws to the books in New York State. Lawyer Joe Stanley explains some of the new legislation to look for.

Natalie Martin, Cuse Pit Crew: Getting a puppy or dog means a lifetime commitment but the area shelters are telling another story. See more at CusePitCrew.org.

1/22/2023: Colleen Merced, McMahon Ryan Child Advocacy Center: January is National Human Trafficking month. Colleen Merced is the Executive Director of McMahon Ryan Child Advocacy Center and she explains what their mission is all about, plus more about human trafficking and how we can help. See more at McMahonRyan.org

Bridget Dun and Andrew Frasier, Syracuse Flag Initiative: For the first time in over 100 years, the City of Syracuse is designing a new city flag! And they need your ideas! See more at SyracuseFlag.com.

Jason Smorol, Syracuse Mets: The upcoming season with the Syracuse Mets will help non profits in the area this season with something they are calling We Care Wednesdays. See more and apply to be one of the non profits at SyracuseMets.com.

1/29/2023: Rory Edwards, Syracuse City School District

The Syracuse City School District continues to work with us to focus on Good News coming out of the district as we enter 2023. Our next interview is with Rory Edwards, Director of Fine Arts for the Syracuse City School District. For more Good News, go to SyracuseCitySchools.com

2/5/2023: Spotlight on local business - Kristyna Giancola, Captivate Wellness and Beauty Bar: Captivate Wellness and Beauty Bar is a relatively new business in Dewitt the focuses on a number of services they say will reestablish physical and mental vitality and wellness. We recently talked about their IV Wellness Infusions and Ketamine Therapy. And this week we focus on injectables and aesthetics. See more at CaptivateWellness.com.

Spotlight on local business: Joel Proegler, Sola Salon Services: We continue on the business front by looking at an innovative business in Clay called Sola Salon Studios. They are a concept called a Studio Salon that incorporates a number of different salon services as stand alone businesses but they are all under one roof. See more at SolaSalonStudios.com.

Steve Becker, Winter Fair: Winter Fair returned this weekend with a special focus on Black History Month. See more at NYSWinterFair.com.

2/12/2023: Cathy James, Alzheimer's Association: The Alzheimer's Association has some very exciting news when it comes to a breakthrough drug for treatment. For more information see ALZ.org/cny.

Patrick Casey, Elmcrest Children's Center: Elmcrest Children's Center is at the help of a new Children's Mental Health Respite Program which is opening soon to address the major mental health crisis facing the youth of today. See more at Elmcrest.org/NotAlone

2/19/2023: Dr. Ajeet Gajra, Hematology Oncology Associates of CNY:

While cancer remains the second leading cause of death in the United States – progress is being made every day in the form of new research, treatments and technologies. See more at HOACNY.com.

Renee McCaffrey, Sarah's Guest House: Sarah's Guest House provides lodging, transportation, meals and comfort to patients and families of patients receiving medical care in Central New York. Find out more about the Gala of Giving, volunteering or donations at SarahsGuestHouse.org.

2/26/2023: Joe Horan, Syracuse City School District: The Good News continues with the Syracuse City School District. This month we focus on a program called The Building Men Program. Learn more about the nutrition program and more by visiting SyracuseCitySchools.com.

Laurie Black, United Way of Central New York: Book Buddies is a partnership with them and the United Way of Central New York that pairs up students within the district to get more one on one reading practice. See more at CNYBookBuddies.org

Onondaga County Executive Ryan McMahon: If you are in need of child care in Onondaga County, you may be eligible for their child care assistance program which covers most and sometimes all of their cost of care. To find out more and to see if you qualify, call 315-435-5683.

3/5/2023: Amy Kypers, ClickOnSupplies.com: ClickOnSupplies.com is a non profit run through Central Association for the Blind and Visually Impaired which sells basic office essentials. Their warehouses employ the blind and visually impaired and proceeds from their site go back to support the rehab and therapy programs for their clients. See more at ClickOnSupplies.com.

Caitlin Sloane, IV Immunity Wellness: We've heard the last couple of months about IV Immunity Wellness which is gaining in popularity across the country but is really just getting going here in Central New York. Caitlin Sloane is a registered nurse and one of the founders of Captivate Wellness. See more at CaptivateWellness.com.

3/12/2023: Emily Januseski, National Nutrition Month: March is National Nutrition Month and the Central New York Academy of Nutrition and Dietetics works hard throughout the year to bring awareness about nutrition to the Syracuse community. To find out more about National Nutrition Month, their events, or you have questions or needs in the local community, see their website at CNYAND.org.

Spotlight on local business, Luke Nicolette, Purple Banana: Speaking of good nutrition, Purple Banana Acai Shop is now open on Crouse Ave. in Syracuse, offering fresh and healthy choices at the area's first acai focused business. Visit the Purple Banana on the SU Hill next to Varsity Pizza!

03/19/2023: Michelle Lester, Donor Family Network: New wedding gowns, prom dresses and Military ball dresses are being given away, yes, given away, next weekend in honor 23 year old Lucy Ruff who passed away suddenly in January of 2019. Her family and friends are holding a We Love Lucy Dress Giveaway with donations being taken to benefit the Donor Family Network. Donations are expected for the Donor Family Network. For more information, see Donor Family Network USA on Facebook.

Ahmeed Turned, Say Yes Syracuse: Say Yes Syracuse helps Syracuse City School District and Syracuse Charter School students and their families prepare for college and afford its expense, setting the next generation up for a successful future with financial independence. For more go to SayYesSyracuse.org.

3/26/2023: Dr. Ajeet Gajra, Hematology-Oncology Associates of CNY: Our monthly visit focuses on what is new in cancer care. The topic this month focuses on colon cancer. See more on our 93Q.com website under features or HOAcny.com.

Colleen Merced. McMahan Ryan Child Advocacy Center: We are heading into April as National Child Abuse Awareness month and the first event highlighting this is coming up on March 31st. See more on all of the April events focusing on Child Abuse Awareness Month at McMahanRyan.org.

