

VOX Pop 1st QIR 2024

January 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
NO SHOW	Birds with Rich Guthrie	Tom Werman	Science Forum	Food Friday - Indian cuisine with Shiwanti Widyathna from Cinammon Indian Cuisine - Rhinebeck NY		
8	9	10	11	12	13	14
OB-GYN - Dr. Ashanda Saint Jean - Health Alliance Kingston	Cars with Gordon Fricke	Pets and Vets - Carrie O'Loughlin	Artificial Intelligence - Jim Hendler	Food Friday - French Food - Kevin Tighe		
15	16	17	18	19	20	21
Pain medicine - Dr. Niraj Sharma	Genealogy - Tracy Skrabut	Real Estate with Renata Lewis and Alex Monticello	UFO - Garrett Graff	Aneesa Waheed		
22	23	24	25	26	27	28
Alzheimers - David Hart, VA hospital	History with Kathy Sheehan	Eric Yager - cold and flu season	Astronomy with Bob Berman/Valerie Rapson	Food Friday - Ric Orlando "beating the winter blues."		
29	30	31	1	2	3	4
Albany Med - Physiatry - Dr. Jennifer Miller	Outdoors with NY DEC	Antiques with Mark Lawson				
5	6	Notes				

February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	31	1	2	3	4
			Gardening	Nutrition/diet:Holly Shelowitz		
5	6	7	8	9	10	11
Podiatry - Doug Tumen	Birds with Rich Guthrie	Stamps and Coins - David Tripp/Bob Scott	Science Forum	Food Friday - Gail Sokol		
12	13	14	15	16	17	18
Cardiology - SPHP - DR. Akash Garg	Cars with Gordon Fricke	Romantic movies with Audrey Kupferberg	Travel with Jean Gagnon	Julie Gale - "The View From My Kitchen Window."		
19	20	21	22	23	24	25
No Show	FUND DRIVE	FUND DRIVE	FUND DRIVE	FUND DRIVE		
26	27	28	29	1	2	3
Albany ENT and Allergy - Dr. Siobhan Kuhar	Climate Change - Dan Delurey	Pets and Vets - Kris Dallas/Susan Sikule	Astronomy with Bob Berman/Valerie Rapson			
4	5	Notes				

Mar-24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
25	27	28	29	1	2	3			
				Food Friday - Deanna Fox					
4	5	6	7	8	9	10			
St. Petes - Colorectal surgery. Dr. Ragavan Siddharthan	Birds with Rich Guthrie	Copyright Forum - Paul Rapp, Polly Law, Bill Westwood	Gardening	Pie with Ellen Gray					
11	12	13	14	15	16	17			
Orthopedics - Dr. Bart Szczech - Lake Placid Sports Medicine	Cars with Gordon Fricke	Computers with Tony Yang	Science Forum	Food Friday - Flour hour with Amy Halloran					
18	19	20	21	22	23	24			
NUVANCE OB-GYN Dr. Laura Twist	Weather with Reid Kisselback	Pets and Vets - Carrie O'Loughlin	Gardening	Tamar Adler - The Kitchen Shrink					
25	26	27	28	29	30	31			
Dermatology - Dr. Alexis Perlmutter	OUTDOORS with DEC	Taxes - Judy Cahee/Dawn Doherty	Astronomy with Bob Berman/Valerie Rapson	Nutrition - Nicole Rodriguez					
1	2	Notes							