

WIOX Quarterly Program/Issues Report

4th Quarter 2022

Submitted

1/3/2023

WIOX is an NCE first service broadcast licensee serving a rural, mountainous region of upstate New York. Regularly scheduled programming is live, locally produced, community oriented, and serves a wide variety of public interests. Local issues are determined by the local community stakeholders and addressed by them on the air. During this quarter WIOX became an affiliate of the Pacifica Network.

Significant aspects of regular programming on WIOX include reports on the region's economic development, culture and cultural events, experiential learning and education; housing, insurance, food pantries; public health, healthcare and wellness; tourism and the environment; farming, forestry, agriculture, local news, and local emergency broadcasts.

In addition to the issues-related long-form programs found below, WIOX broadcasts include issues-oriented short-form programming such as local weather alerts, local writers and performance artists material, and other locally focused content that reflects and responds to local issues, needs, and interests, including Covid-19 news and information from local, state, and federal authorities. WIOX also serves the public interest by providing training and public access to the local airwaves.

Saturday, 10/1/2022

Unidos por las Montanas (United for the Mountains) (8am – 10am): Raul Silva Rosas discusses relevant social issues featuring music and guests. In Española. Topic: *Huracan Ian salvacion y restauracion.*

Monday, 10/3/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews.

Through The Looking Glass (9am – 10am): Local news and music magazine exploring current issues and past events. Guest Darcy Burla discusses California water.

Mark Birman Sports (11am – 12pm): Local, regional and national sports reports and commentary.

Spiritual Solutions (1pm – 2pm): Spiritual exploration of the various paths people find in our mountains to live a serene, happy, productive life. Topics: repatriation; indigenous peoples.

The Farm Hour (6pm – 7pm): Perspectives on local agriculture, interviews with farm owners, local farming events. Topic: biochar.

Mark Birman Sports (7pm – 8pm): Local, regional and national sports reports and commentary.

Graffiti Dog Super Art Now (10pm – 12am): Local graffiti artist teaches drawing and creative expression.

Tuesday, 10/4/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. Average gasoline prices dropped again last week in the mid-Hudson Valley. A state task force recommends that stretch limousines be equipped with side-impact protection devices and other protective measures. Fall foliage is expected to be at or beyond the midpoint of change this weekend in several regions of the state.

Mark Birman Today (9am – 10am): Politics, national issues, interviews and commentary.

Catskill Folk (6pm – 8pm): Folkways of diverse cultures of the Catskill Mountains region. Topic: Ukraine revisited.

Graffiti Dog Super Art Now (10pm – 12am): Local graffiti artist teaches drawing and creative expression.

Wednesday, 10/5/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. President Joe Biden visits IBM in Poughkeepsie tomorrow to talk about jobs in the region. State Police Superintendent Kevin P. Bruen is facing allegations that he shielded a former human resources official from internal complaints due to a close working relationship.

First Voices Radio (1pm – 2pm): exploration of global topics and issues of indigenous peoples. Guest Gregg Deal (Pyramid Lake Paiute Tribe) discusses his art, and guests Rose Ramirez and Deborah Small discuss their documentary *Saging The World*.

HealthCetera in the Catskills (2pm – 3pm): Local health care and wellbeing. Topics: cancer treatment decisions; living with quadriplegia.

From The Forest (6pm – 7pm): Issues impacting local forests with Catskill Forest Association educators Ryan Trapani and John MacNaught. Topic: turkey vultures.

Catskills People (7pm – 8pm): Woodsman, chainsaw sculptor, and longtime Catskills resident Hoppy Quick visits with the people who populate the mountains, speaking about life in the Catskills, the journeys that brought them here, and all that we have in common. Guest: Janet Nelson.

Thursday, 10/6/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. Democratic congressional candidate Matt Castelli trails incumbent Rep. Elise Stefanik (R-Saratoga) in fundraising. Micron announces plans to spend as much as \$100 billion over the next 20 years to build a computer chip fabrication complex in upstate New York.

The Last Negroes at Harvard (9am – 10am): Discussion of civil rights, race relations, and historical reflections of the Harvard class of 1963, moderated by local reporter and author Kent Garrett. Guest Ted Rall, political cartoonist, talks about cartoons and politics.

Poetry, Religion & Basketball (1pm – 2pm): Local SUNY professor considers connections between diverse populations.

Friday, 10/7/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. President Joe Biden predicts that a \$20 billion investment by IBM in New York's Hudson River Valley will help give the United States a technological edge against China.

Tip Off (9am – 10am): Coverage of local school sports; interviews with local athletes and coaches. Topics: Kareem Abdul-Jabbar blasts Kyrie Irving; Angela and Cleon Jones rebuilding their home town; pickleball – the fastest growing sport in America.

Music Matters (10am – noon): Features music of the times with matters of the day using thematic tunes from different decades while discussing local, state, and national news. Broadcasting from WIOX' studio on the campus of State University of New York (Delhi) and discussing the institution.

Saturday, 10/8/2022

Unidos por las Montañas (United for the Mountains) (8am – 10am): Raul Silva Rosas discusses relevant social issues featuring music and guests. In Española. Topic: *Cristobal Colon*.

Monday, 10/10/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. Two people were shot outside the Long Island home of Rep. Lee Zeldin (R-NY), Republican candidate for governor of New York. Several sheriffs in upstate New York state that they have no intention of enforcing new gun laws passed by state lawmakers.

Through The Looking Glass (9am – 10am): Local news and music magazine exploring current issues and past events. Topic: all things Canada.

New York's Table (1pm – 2pm): Focuses on educating the community on local farm products, wine, beer, cider and spirits, and the people who make them. Topic: winter cocktails.

The Farm Hour (6pm – 7pm): Perspectives on local agriculture, interviews with farm owners, local farming events. Topics: master garden volunteer program; recreation center corn garden.

Graffiti Dog Super Art Now (10pm – 12am): Local graffiti artist teaches drawing and creative expression.

Tuesday, 10/11/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. Sen. Kirsten Gillibrand (D-NY) and union organizers visit Amazon's warehouse in Schodack, New York ahead of an upcoming union organizational vote. New York State Education Department cautions school administrators that corporal punishment is illegal in school settings.

Planet Poet (1pm – 2pm): Writers and the written word with a local perspective.

The Open Eye Theater Playtime (6pm – 7pm): Radio theater and stories performed by local creative artists, actors, playwrights, adults, and children addressing important cultural, interpersonal, and societal issues.

Catskill Folk (7pm – 8pm): Folkways of diverse cultures of the Catskill Mountains region. Topics: Indian classical music; flute folk music.

Graffiti Dog Super Art Now (10pm – 12am): Local graffiti artist teaches drawing and creative expression.

Wednesday, 10/12/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. The state health department's Office of the Medicaid Inspector General agrees to settle a federal lawsuit over allegations by department investigators in the New York City office that they had been improperly passed over for promotion in favor of younger white male candidates.

First Voices Radio (1pm – 2pm): exploration of global topics and issues of indigenous peoples. Guest Marley Shebala (Diné and A:shiwí), investigative journalist, photographer, videographer and blogger, discusses her work identifying and addressing issues for the Navajo nation.

The Stream (3pm – 4pm): Delhi natives Anna Janiszewski and Chelsea Frisbee explore topics such as mindfulness, mental health, self-care, and the ways we move through life. Topic: W.I.D.E. (Women for Inclusion Diversity and Equity).

From The Forest (6pm – 7pm): Issues impacting local forests with Catskill Forest Association educators Ryan Trapani and John MacNaught. Topic: pandemic & wood products.

Catskills People (7pm – 8pm): Woodsman, chainsaw sculptor, and longtime Catskills resident Hoppy Quick visits with the people who populate the mountains, speaking about life in the Catskills, the journeys that brought them here, and all that we have in common. Guest: David N. McIlvaney.

Thursday, 10/13/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. County staffing shortages were discussed at the meeting of the Delaware County Board of Supervisors. A federal appeals court allowed New York to continue enforcing its new gun law as it considers a lower court ruling that would block key provisions.

The Last Negroes at Harvard (9am – 10am): Discussion of civil rights, race relations, and historical reflections of the Harvard class of 1963, moderated by local reporter and author Kent Garrett.

Catskill Mountain Dreamer (1pm – 2pm): Birth & rebirth doula Nell Tomassen Reboh explores reality through nuanced discussions and eclectic music. Guests Adam & Lexi Gulun discuss music.

Wingin' It (6pm – 8pm): Listen for what's going on in the Catskills and where the happenings are to be found.

Friday, 10/14/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. New York is poised to become the sixth state to approve an alternative burial process called Natural Organic Reduction. Child and earned income tax payments are being sent to about 1.8 million New Yorkers just as voters are headed to the polls.

Tip Off (9am – 10am): Coverage of local school sports; interviews with local athletes and coaches. Topics: banned books – a loss of democracy; from bad to good in a single season.

Music Matters (10am – noon): Features music of the times with matters of the day using thematic tunes from different decades while discussing local, state, and national news.

Music Matters (1pm – 2pm): Broadcasting from WIOX' studio on the campus of State University of New York (Delhi) with news and interviews.

Saturday, 10/15/2022

Unidos por las Montanas (United for the Mountains) (8am – 10am): Raul Silva Rosas discusses relevant social issues featuring music and guests. In Española.

Monday, 10/17/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews.

Through The Looking Glass (9am – 10am): Local news and music magazine exploring current issues and past events. Guests: Allison Esposito and Michael Kane.

Music Matters (10am – noon): Features music of the times with matters of the day using thematic tunes from different decades while discussing local, state, and national news.

Spiritual Solutions (1pm – 2pm): Spiritual exploration of the various paths people find in our mountains to live a serene, happy, productive life.

The Farm Hour (6pm – 7pm): Perspectives on local agriculture, interviews with farm owners, local farming events. Topics: agroforestry; wildcrafting.

Graffiti Dog Super Art Now (10pm – 12am): Local graffiti artist teaches drawing and creative expression.

Tuesday, 10/18/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. Striking workers picketed the entrances to Amphenol Aerospace in Sidney for a second day yesterday. Gov. Kathy Hochul has made text messages between Rep. Lee Zeldin and Mark Meadows, chief of staff to then-President Donald Trump, over political strategy regarding the still-undetermined outcome of 2020 election, an issue in her gubernatorial campaign.

Talk Of The Town (6pm – 7pm): Interviews with local leaders and educators. Guest: Shelly Bennet-Johnson, Delaware County director of planning.

Graffiti Dog Super Art Now (10pm – 12am): Local graffiti artist teaches drawing and creative expression.

Wednesday, 10/19/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. Workers at an Amazon warehouse in upstate New York rejected a bid to unionize. A complex of giant tents is set to open as New York City's latest temporary shelter for single, adult men in response to an influx of international migrants being bused into the city by southern border states.

First Voices Radio (1pm – 2pm): exploration of global topics and issues of indigenous peoples. Guest Linford D. Fisher, associate professor of history at Brown University, discusses his work on indigenous experiences of settler colonialism and its legacies.

From The Forest (6pm – 7pm): Issues impacting local forests with Catskill Forest Association educators Ryan Trapani and John MacNaught. Guest Gary Mead discusses fall foliage.

Thursday, 10/20/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews.

The Last Negroes at Harvard (9am – 10am): Discussion of civil rights, race relations, and historical reflections of the Harvard class of 1963, moderated by local reporter and author Kent Garrett. Guest Kevin Hazzard discusses his book *American Sirens: The Incredible Story of the Black Men Who Became America's First Paramedics*.

Friday, 10/21/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews.

Tip Off (9am – 10am): Coverage of local school sports; interviews with local athletes and coaches. Topics: Jerry West – his charmed, tortured life; local roller derby; Robin Williams.

Music Matters (10am – noon): Features music of the times with matters of the day using thematic tunes from different decades while discussing local, state, and national news. Topics: inflation, poverty, and making it in the Catskills.

Saturday, 10/22/2022

Unidos por las Montanas (United for the Mountains) (8am – 10am): Raul Silva Rosas discusses relevant social issues featuring music and guests. In Española.

Monday, 10/24/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. The tentative 2023 Greene County budget of \$122.2 million includes no property tax levy. The gubernatorial race in New York has emerged as a close contest between incumbent Democratic Governor Kathy Hochul and her challenger, Rep. Lee Zeldin (R-NY).

Through The Looking Glass (9am – 10am): Local news and music magazine exploring current issues and past events. Topic: news of the past week.

New York's Table (1pm – 2pm): Focuses on educating the community on local farm products, wine, beer, cider and spirits, and the people who make them. Topic: cook books.

The Farm Hour (6pm – 7pm): Perspectives on local agriculture, interviews with farm owners, local farming events. Topics: winter schedule for the Phoenicia Farmers Market; interview with Asian American farmer.

Mark Birman Sports (7pm – 8pm): Local, regional and national sports reports and commentary.

Graffiti Dog Super Art Now (10pm – 12am): Local graffiti artist teaches drawing and creative expression.

Tuesday, 10/25/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. Gov. Kathy Hochul is placing an emphasis in her gubernatorial campaign on the state's attempts to seize firearms from people deemed to be a danger to themselves or others.

Mark Birman Today (9am – 10am): Politics, national issues, interviews and commentary.

Planet Poet (1pm – 2pm): Writers and the written word with a local perspective.

Talk Of The Town (6pm – 7pm): Interviews with local leaders and educators. Topic: acting.

Graffiti Dog Super Art Now (10pm – 12am): Local graffiti artist teaches drawing and creative expression.

Wednesday, 10/26/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. Gov. Kathy Hochul faced her challenger, Rep. Lee Zeldin (R-NY) in the campaign's only televised gubernatorial debate. Topics included crime, abortion, and the Jan. 6 attack on the U. S. Capitol. The non-profit Tax Foundation has ranked New York 49th in an analysis of the impact of state fiscal policies on employers.

Mark Birman Today (9am – 10am): Politics, national issues, interviews and commentary.

First Voices Radio (1pm – 2pm): exploration of global topics and issues of indigenous peoples. Guests Lynn Murphy and Alnoor Ladha discuss the transition from our current meta-crisis to adjacent possible futures.

HealthCetera in the Catskills (2pm – 3pm): Local health care and wellbeing. Topics: housing; update on Covid-19 and the flu.

The Stream (3pm – 4pm): Delhi natives Anna Janiszewski and Chelsea Frisbee explore topics such as mindfulness, mental health, self-care, and the ways we move through life. Topic: curiosity.

From The Forest (6pm – 7pm): Issues impacting local forests with Catskill Forest Association educators Ryan Trapani and John MacNaught. Guest Jason Delbaine discusses biotech and forests.

Thursday, 10/27/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. The only two drug overdose prevention centers operating in the U.S. are both located in New York. They report that they have successfully intervened in some 600 overdoses in their first year of operation. If elected to Congress Democrat Josh Riley will work to bring the manufacturing industry back to upstate New York.

The Last Negroes at Harvard (9am – 10am): Discussion of civil rights, race relations, and historical reflections of the Harvard class of 1963, moderated by local reporter and author Kent Garrett. Guest Benjamin Carter Hett discusses his book *The Death of Democracy: Hitler's Rise To Power and the Downfall of the Weimer Republic*.

Catskill Mountain Dreamer (1pm – 2pm): Birth & rebirth doula Nell Tomassen Reboh explores reality through nuanced discussions and eclectic music.

Wingin' It (6pm – 8pm): Listen for what's going on in the Catskills and where the happenings are to be found.

Friday, 10/28/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. Jury selection is complete for the tax fraud trial of Donald Trump's company.

Tip Off (9am – 10am): Coverage of local school sports; interviews with local athletes and coaches. Topics: sports-themed Halloween stories; baseball's best two-way star ever.

Music Matters (10am – noon): Features music of the times with matters of the day using thematic tunes from different decades while discussing local, state, and national news.

SUNY Delhi Radio Show (1pm – 2pm): Broadcasting from the WIOX studio on the campus of State University of New York (Delhi), focuses on campus news and issues and matters of local and regional interest.

Saturday, 10/29/2022

Unidos por las Montanas (United for the Mountains) (8am – 10am): Raul Silva Rosas discusses relevant social issues featuring music and guests. In Española. Topic: *Día de Muertos*.

Monday, 10/31/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews.

Through The Looking Glass (9am – 10am): Local news and music magazine exploring current issues and past events. Guest: Bobby Ann Cox, Esq.

Spiritual Solutions (1pm – 2pm): Spiritual exploration of the various paths people find in our mountains to live a serene, happy, productive life. Guest Jesse Hilson discusses poetry.

The Farm Hour (6pm – 7pm): Perspectives on local agriculture, interviews with farm owners, local farming events. Topics: allium planting; nut storage.

Mark Birman Sports (7pm – 8pm): Local, regional and national sports reports and commentary.

Graffiti Dog Super Art Now (10pm – 12am): Local graffiti artist teaches drawing and creative expression.

Tuesday, 11/1/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews.

Mark Birman Today (9am – 10am): Politics, national issues, interviews and commentary.

Talk Of The Town (6pm – 7pm): Interviews with local leaders and educators. Guests Mina Takahasi and Dan Gashler discuss Russians seeking asylum.

Graffiti Dog Super Art Now (10pm – 12am): Local graffiti artist teaches drawing and creative expression.

Wednesday, 11/2/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews.

Mark Birman Today (9am – 10am): Politics, national issues, interviews and commentary.

First Voices Radio (1pm – 2pm): exploration of global topics and issues of indigenous peoples. Tiokasin talks with Kerri Kelly, author of *American Detox: The Myth of Wellness and How We Can Truly Heal*, about the wellness culture and the economy.

HealthCetera in the Catskills (2pm – 3pm): Local health care and wellbeing. Topics: Medicare; Ukraine; chemical sensitivities.

The Stream (3pm – 4pm): Delhi natives Anna Janiszewski and Chelsea Frisbee explore topics such as mindfulness, mental health, self-care, and the ways we move through life. Topic: curiosity.

From The Forest (6pm – 7pm): Issues impacting local forests with Catskill Forest Association educators Ryan Trapani and John MacNaught. Guest: Charlie Blume.

Thursday, 11/3/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews.

The Last Negroes at Harvard (9am – 10am): Discussion of civil rights, race relations, and historical reflections of the Harvard class of 1963, moderated by local reporter and author Kent Garrett. Lorgia Garcia Pena, associate professor of race, colonialism, and diaspora studies at Tufts University, discusses her book *Community as Rebellion: A Syllabus for Surviving Academia as a Woman of Color & Translating Blackness: Latinx Colonialities in Global Perspective*.

Friday, 11/4/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews.

Tip Off (9am – 10am): Coverage of local school sports; interviews with local athletes and coaches. Topics: racism and the Kyrie Irving movie controversy; leadership from an athlete's perspective.

Music Matters (10am – noon): Features music of the times with matters of the day using thematic tunes from different decades while discussing local, state, and national news. Topic: upcoming elections.

Catskills Commerce (1pm – 2pm): Regional focus on economic challenges and opportunities. Topic: workforce.

Saturday, 11/5/2022

Unidos por las Montañas (United for the Mountains) (8am – 10am): Raul Silva Rosas discusses relevant social issues featuring music and guests. In Español.

Monday, 11/7/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. 9 people were arrested after a drug bust at an Oneonta motel. Polling continues to show a close race in New York's new 19th Congressional District which includes Delaware County where Democrat Josh Riley is running against Dutchess County Executive Marc Molinaro.

Through The Looking Glass (9am – 10am): Local news and music magazine exploring current issues and past events. Guest: Dr. Michael Nerradakakis.

New York's Table (1pm – 2pm): Focuses on educating the community on local farm products, wine, beer, cider and spirits, and the people who make them. Topic: Thanksgiving.

The Farm Hour (6pm – 7pm): Perspectives on local agriculture, interviews with farm owners, local farming events.

Graffiti Dog Super Art Now (10pm – 12am): Local graffiti artist teaches drawing and creative expression.

Tuesday, 11/8/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. The race for governor, hard-fought congressional contests, and the largest environmental bond act in New York history will be decided today. State Assembly and Senate races will also be determined in an election in which nearly 1.2 million New Yorkers have already participated through early voting.

Planet Poet (1pm – 2pm): Writers and the written word with a local perspective. Guest Ellen G. Stuart discusses her new book *Elephants: Up Close and Personal*.

The Open Eye Theater Playtime (6pm – 7pm): Radio theater and stories performed by local creative artists, actors, playwrights, adults, and children addressing important cultural, interpersonal, and societal issues. Topics: new play; live feed rebroadcast.

Catskill Folk (7pm – 8pm): Folkways of diverse cultures of the Catskill Mountains region. Topic: Appalachian Regional Commission.

Graffiti Dog Super Art Now (10pm – 12am): Local graffiti artist teaches drawing and creative expression.

Wednesday, 11/9/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. Cornell University announced the temporary suspension of fraternity parties after a student reported being sexually assaulted Sunday and four others were reportedly drugged at off-campus housing in recent weeks. Democrat Kathy Hochul has become the first woman elected New York governor, winning the office outright that she took over in 2021 when former Gov. Andrew Cuomo resigned. She defeated Republican Congressman Lee Zeldin, an ally of Donald Trump who ran a campaign focused on fear of crime.

First Voices Radio (1pm – 2pm): exploration of global topics and issues of indigenous peoples. Dr. Tink Tinker, Clifford Baldrige Emeritus Professor of American Indian Cultures and Religious Traditions at Iliff School of Theology, discusses the 50th anniversary of the publication of *God is Red* by Vine Deloria, Jr.

HealthCetera in the Catskills (2pm – 3pm): Local health care and wellbeing. Topics: Medicare Advantage scams; lead and venison.

The Stream (3pm – 4pm): Delhi natives Anna Janiszewski and Chelsea Frisbee explore topics such as mindfulness, mental health, self-care, and the ways we move through life. Topic: curiosity.

From The Forest (6pm – 7pm): Issues impacting local forests with Catskill Forest Association educators Ryan Trapani and John MacNaught. Topics: deer processing and cooking, field to fork.

Thursday, 11/10/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews.

The Last Negroes at Harvard (9am – 10am): Discussion of civil rights, race relations, and historical reflections of the Harvard class of 1963, moderated by local reporter and author Kent Garrett.

Wingin' It (6pm – 8pm): Listen for what's going on in the Catskills and where the happenings are to be found.

Friday, 11/11/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. Delaware County Budget Director Art Merrill presented the Board of Supervisors with the 2023 tentative budget of \$110 million, a decrease from \$114 million spent in 2022.

Tip Off (9am – 10am): Coverage of local school sports; interviews with local athletes and coaches. Topics: continuing saga of Kyrie Irving; Houston Astros manager Dusty Baker.

Music Matters (10am – noon): Features music of the times with matters of the day using thematic tunes from different decades while discussing local, state, and national news. Broadcasting from the WIOX studio on the campus of SUNY Delhi.

SUNY Delhi Radio Show (1pm – 2pm): Broadcasting from the WIOX studio on the campus of State University of New York (Delhi), focuses on campus news and issues and matters of local and regional interest.

Saturday, 11/12/2022

Unidos por las Montanas (United for the Mountains) (8am – 10am): Raul Silva Rosas discusses relevant social issues featuring music and guests. In Española. Topic: *Dedicado a los Beteranos*.

Monday, 11/14/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. Rep. Elise Stefanik (R-NY) is endorsing Donald Trump for president in 2024. Stefanik, who represents the North Country in upstate New York, has been mentioned as a possible vice-presidential candidate on a Trump ticket. Gov. Kathy Hochul secured a full term Tuesday as New York governor, defeating Rep. Lee Zeldin (R-NY) by more than

320,000 votes. All counties in the state reported an increase in Republican Party margins compared to the 2020 presidential election.

Through The Looking Glass (9am – 10am): Local news and music magazine exploring current issues and past events. Guest: Prof. Ralph Schuellman.

Spiritual Solutions (1pm – 2pm): Spiritual exploration of the various paths people find in our mountains to live a serene, happy, productive life. Guest: Renee Samuels.

The Farm Hour (6pm – 7pm): Perspectives on local agriculture, interviews with farm owners, local farming events. Topics: elections; cranberries; science.

Graffiti Dog Super Art Now (10pm – 12am): Local graffiti artist teaches drawing and creative expression.

Tuesday, 11/15/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. The state attorney general's office has issued cease and desist letters to 39 ammunition dealers to curtail online ammunition purchases by New Yorkers. There is a new addition to *The 8:01* lineup: Don Mathisen, a long time New York City radio journalist and former program host here at WIOX. Don lives in Oneonta and will be joining us every Tuesday morning to talk about whatever is on his mind. Today he is thinking about the turmoil in the state marijuana industry.

Talk Of The Town (6pm – 7pm): Interviews with local leaders and educators. Guests: Dan Gashler, Marie Boris. Topic: Russians seeking asylum.

Graffiti Dog Super Art Now (10pm – 12am): Local graffiti artist teaches drawing and creative expression.

Wednesday, 11/16/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. A fire destroyed M&M Motors in Stamford last Monday night. Oneonta police have identified the man who fell off his bicycle and died in Huntington Park last week as 50-year-old Traver Brown.

First Voices Radio (1pm – 2pm): exploration of global topics and issues of indigenous peoples. Guests Jonathan Gonzales, Lucas Jatobá, and Christian Matute Sagbay discuss their work.

HealthCetera in the Catskills (2pm – 3pm): Local health care and wellbeing. Topics: OTC contraception; housing & health.

From The Forest (6pm – 7pm): Issues impacting local forests with Catskill Forest Association educators Ryan Trapani and John MacNaught. Guest: Gary Mead. Topic: white oak.

Thursday, 11/17/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. New York's county attorneys are struggling with the departure of talented lawyers leaving for better paying jobs and to escape the demands brought on by paperwork mandates enacted by the state legislature.

The Last Negroes at Harvard (9am – 10am): Discussion of civil rights, race relations, and historical reflections of the Harvard class of 1963, moderated by local reporter and author Kent Garrett.

Friday, 11/18/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. Heavy snowfall that has pounded parts of western New York state will persist into today, when the worst of the potentially historic storm may cause significant property damage.

Tip Off (9am – 10am): Coverage of local school sports; interviews with local athletes and coaches. Topics: gambling & baseball – readmit Pete Rose; *Pretty Women* review; the long, hard road for black National Football League quarterbacks.

Music Matters (10am – noon): Features music of the times with matters of the day using thematic tunes from different decades while discussing local, state, and national news. Topic: being unreasonable.

Catskills Commerce (1pm – 2pm): Regional focus on economic challenges and opportunities. Topic: new local business.

Saturday, 11/19/2022

Unidos por las Montañas (United for the Mountains) (8am – 10am): Raul Silva Rosas discusses relevant social issues featuring music and guests. In Española. Topic: *20 de Noviembre – el Aniversario de la Revolucion Mexicana.*

Monday, 11/21/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. The Buffalo region was covered with record-setting amounts of snow and experienced “thundersnow,” a combination of thunder and lightning during a snow storm. Two men were arrested at New York’s Penn Station in what authorities said was a “developing threat to the Jewish community.” They have been charged with multiple felony counts, including criminal possession of a weapon and making a terroristic threat.

Through The Looking Glass (9am – 10am): Local news and music magazine exploring current issues and past events. Guests: Nicole Gelinias, Ann Cox Berry.

New York’s Table (1pm – 2pm): Focuses on educating the community on local farm products, wine, beer, cider and spirits, and the people who make them. Topic: Thanksgiving

The Farm Hour (6pm – 7pm): Perspectives on local agriculture, interviews with farm owners, local farming events. Guest Donna Boyle discusses beekeeping and continuing farm education.

Graffiti Dog Super Art Now (10pm – 12am): Local graffiti artist teaches drawing and creative expression.

Tuesday, 11/22/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. A New Jersey man died Sunday in a utility terrain vehicle crash in the town of Tompkins. Police agencies across the state are increasing their use of aerial drones, but some lawmakers and civil liberties advocates warn that police-operated drones pose a threat to the privacy rights.

Planet Poet (1pm – 2pm): Writers and the written word with a local perspective. *Poem Talk* on Emily Dickinson.

Catskill Folk (6pm – 7pm): Folkways of diverse cultures of the Catskill Mountains region.

The Open Eye Theater Playtime (6pm – 7pm): Radio theater and stories performed by local creative artists, actors, playwrights, adults, and children addressing important cultural, interpersonal, and societal issues. Amie Brockway hosts with guests Ron Brockway and Brenda C. Kayne.

Graffiti Dog Super Art Now (10pm – 12am): Local graffiti artist teaches drawing and creative expression.

Wednesday, 11/23/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. The Delaware County Board of Supervisors unanimously passed the 2023 county budget of \$110 million, which is a decrease from \$114 million. New state legislation would remove the National Rifle Association from the list of organizations authorized to certify handgun instructors.

First Voices Radio (1pm – 2pm): exploration of global topics and issues of indigenous peoples. Today's show digs into its 30-year-old archive and to give listeners another interpretation and observations surrounding the American holiday known as Thanksgiving.

HealthCetera in the Catskills (2pm – 3pm): Local health care and wellbeing. Topics: Thanksgiving and wellness; Ukrainian war.

From The Forest (6pm – 7pm): Issues impacting local forests with Catskill Forest Association educators Ryan Trapani and John MacNaught. Topic: pileated woodpecker.

Thursday, 11/24/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. A state bill that aims to remove barriers to the installation of electric vehicle charging stations on private property has been signed into law. Gov. Kathy Hochul signed legislation to create the first-in-the-nation temporary pause on new permits for fossil fuel power plants that house proof-of-work cryptocurrency mining, which is a process used in the transaction of digital money.

The Last Negroes at Harvard (9am – 10am): Discussion of civil rights, race relations, and historical reflections of the Harvard class of 1963, moderated by local reporter and author Kent Garrett. Harvard classmate Adam Hochschild discusses his new book *American Midnight: The Great War, a Violent Peace, and Democracy's Forgotten Crisis*.

Wingin' It (6pm – 8pm): Listen for what's going on in the Catskills and where the happenings are to be found.

Friday, 11/25/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. An attorney for former Gov. Andrew M. Cuomo has asked a federal judge to deny the state attorney general's motion to quash a subpoena that would require the office to turn over all of its files on the investigation that led to Cuomo's resignation.

Tip Off (9am – 10am): Coverage of local school sports; interviews with local athletes and coaches. Topics: Max Charles, 16 year old switch hitting and switch pitching baseball player; nepotism in the National Football League stifling coaching diversity; Olivia Richards, first female NCAA Division I baseball player.

Music Matters (10am – noon): Features music of the times with matters of the day using thematic tunes from different decades while discussing local, state, and national news. Topic: mass shootings.

SUNY Delhi Radio Show (1pm – 2pm): Broadcasting from the WIOX studio on the campus of State University of New York (Delhi), focuses on campus news and issues and matters of local and regional interest.

Saturday, 11/26/2022

Unidos por las Montañas (United for the Mountains) (8am – 10am): Raul Silva Rosas discusses relevant social issues featuring music and guests. In Española. Topic: *Día de Acción de Gracias*.

Monday, 11/28/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews.

Through The Looking Glass (9am – 10am): Local news and music magazine exploring current issues and past events. Guest: Patrick Wood.

Spiritual Solutions (1pm – 2pm): Spiritual exploration of the various paths people find in our mountains to live a serene, happy, productive life. Guest: Sahra Motalebi. Topic: art.

The Farm Hour (6pm – 7pm): Perspectives on local agriculture, interviews with farm owners, local farming events. Topic: succession plan at Lucky Dog Farm (Hamden, NY).

Graffiti Dog Super Art Now (10pm – 12am): Local graffiti artist teaches drawing and creative expression.

Tuesday, 11/29/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. The city of Oneonta announced that it has been awarded a \$500,000 grant to assist in the stabilization of the historic Oneonta Theatre. The white gunman who killed 10 black shoppers and workers at a Buffalo supermarket pleaded guilty yesterday to murder and hate-motivated terrorism charges and will spend the rest of his life in prison.

Talk Of The Town (6pm – 7pm): Interviews with local leaders and educators. Guest: Ed McNamara, Margaretville Hospital.

Graffiti Dog Super Art Now (10pm – 12am): Local graffiti artist teaches drawing and creative expression.

Wednesday, 11/30/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. A public hearing on the city of Oneonta's proposed 2023 budget was held yesterday at City Hall. The state attorney general's office is proposing the creation of a new state agency modeled after the federal Occupational Health and Safety Administration, motivated in part by concern over workplace safety during the spread of Covid-19. Demand for food and cash assistance for low-income residents in New York has risen to levels not seen in years. Experts said the rising need is likely fueled by inflation, effects of the Covid-19 pandemic on the economy and workforce, and the winding down of many pandemic-assistance programs.

First Voices Radio (1pm – 2pm): exploration of global topics and issues of indigenous peoples. Panel discussion recorded at the Rooted Resources Festival on the movement to return Indigenous lands back into Indigenous hands. Panelists featured were Kapi'olani A. Laronal of the Hawaiian, Haida (Eagle), Tsimsian and Filipino Nations, and Tiokasin Ghosthorse of the Mnikwojou/Itazipcola Lakota Nation.

HealthCetera in the Catskills (2pm – 3pm): Local health care and wellbeing. Topic: adverse childhood experiences.

From The Forest (6pm – 7pm): Issues impacting local forests with Catskill Forest Association educators Ryan Trapani and John MacNaught. Topic: horse chestnut.

Thursday, 12/1/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. Hartwick College announced it will receive \$500,000 to promote STEM education for students, particularly those belonging to historically excluded groups.

The Last Negroes at Harvard (9am – 10am): Discussion of civil rights, race relations, and historical reflections of the Harvard class of 1963, moderated by local reporter and author Kent Garrett.

Friday, 12/2/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. A watchdog is urging the state Department of Corrections and Community Supervision to require annual anti-bias training for all staffers. A study found that black inmates are more likely to be disciplined than white prisoners incarcerated in the same facilities.

Tip Off (9am – 10am): Coverage of local school sports; interviews with local athletes and coaches. Topics: messages of joy and hope from singing audition videos; local high school sports roundup; Part 1 of the Don Newcombe baseball story.

Music Matters (10am – noon): Features music of the times with matters of the day using thematic tunes from different decades while discussing local, state, and national news. Topic: violence in health care.

Catskills Commerce (1pm – 2pm): Regional focus on economic challenges and opportunities.

Saturday, 12/3/2022

Unidos por las Montanas (United for the Mountains) (8am – 10am): Raul Silva Rosas discusses relevant social issues featuring music and guests. In Española.

Monday, 12/5/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. Advocates for low-wage workers and business groups are poised for a clash over a proposal to boost the minimum wage throughout the state. The U.S. Department of Veteran Affairs will open a medical clinic tomorrow at the FoxCare Center in Oneonta.

Through The Looking Glass (9am – 10am): Local news and music magazine exploring current issues and past events. Guest: Forrest Maready.

New York's Table (1pm – 2pm): Focuses on educating the community on local farm products, wine, beer, cider and spirits, and the people who make them. Topic: Prohibition.

The Farm Hour (6pm – 7pm): Perspectives on local agriculture, interviews with farm owners, local farming events. Topics: turkey farming; Federal Drug Administration.

Graffiti Dog Super Art Now (10pm – 12am): Local graffiti artist teaches drawing and creative expression.

Tuesday, 12/6/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. John B. King Jr., former U. S. Secretary of Education who ran unsuccessfully this year as a Democratic candidate for governor of Maryland, was appointed yesterday as chancellor of State University of New York, a system facing a decline in enrollment. The Oneonta Common Council is scheduled to vote on the 2023 budget, sewer and water rates, and parking changes during its meeting today.

Planet Poet (1pm – 2pm): Writers and the written word with a local perspective. Topic: *Penn Sound* Podcast #175.

The Open Eye Theater Playtime (6pm – 7pm): Radio theater and stories performed by local creative artists, actors, playwrights, adults, and children addressing important cultural, interpersonal, and societal issues. Guests Ron Nash, Marge Herenchilef, and Michelle Maucau discuss directing.

Catskill Folk (7pm – 8pm): Folkways of diverse cultures of the Catskill Mountains region. The music of Cherish The Ladies.

Graffiti Dog Super Art Now (10pm – 12am): Local graffiti artist teaches drawing and creative expression.

Wednesday, 12/7/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. A New York jury found the Trump Organization, a group of business entities owned by the former president, guilty of tax fraud and other crimes. The Oneonta Common Council approved the city's 2023 budget, water and sewer rates, historic preservation, and discussed zoning during its meeting yesterday. New York consumers with no accidents or driving violations often find they nonetheless have to pay high car insurance premiums.

HealthCetera in the Catskills (2pm – 3pm): Local health care and wellbeing. Topics: empire of dirt; gun violence and public health.

The Stream (3pm – 4pm): Delhi natives Anna Janiszewski and Chelsea Frisbee explore topics such as mindfulness, mental health, self-care, and the ways we move through life. Topics: ritual and ceremony.

From The Forest (6pm – 7pm): Issues impacting local forests with Catskill Forest Association educators Ryan Trapani and John MacNaught. Topic: tree myths and misconceptions.

Thursday, 12/8/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. Unionized staffers at *The New York Times* went on strike today as negotiations with the newspaper's management failed to result in a new contract 20 months after the last one expired. Pay is a major issue for the striking workers. After gaining congressional and state legislative seats last month, state Republicans are now seeking their next party chairman in preparation for the 2024 elections. The Otsego County Board of Representatives has approved a new scale for weighted voting during its meeting yesterday.

The Last Negroes at Harvard (9am – 10am): Discussion of civil rights, race relations, and historical reflections of the Harvard class of 1963, moderated by local reporter and author Kent Garrett. Professor Victor Pickard from the University of Pennsylvania Annenberg School for Communication discusses his book *Democracy Without Journalism?: Confronting the Misinformation Society*.

Catskill Mountain Dreamer (1pm – 2pm): Birth & rebirth doula Nell Tomassen Reboh explores reality through nuanced discussions and eclectic music.

Wingin' It (6pm – 8pm): Listen for what's going on in the Catskills and where the happenings are to be found. Commentary and community updates on Roxbury Kirkside and other projects.

Friday, 12/9/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. Rep. Elise Stefanik (R-Saratoga County) became the sole member of the House GOP leadership to vote in favor of a measure giving federal recognition to same sex and interracial unions. Cazenovia College, a private college in Madison County, announced that it will cease operations after the spring 2023 semester.

Tip Off (9am – 10am): Coverage of local school sports; interviews with local athletes and coaches. Topics: Part 2 of the Don Newcombe baseball story; New York Mets pitcher Jacob DeGrom opts for free agency and pitcher Justin Verlander signed a two-year contract with them.

Music Matters (10am – noon): Features music of the times with matters of the day using thematic tunes from different decades while discussing local, state, and national news.

SUNY Delhi Radio Show (1pm – 2pm): Broadcasting from the WIOX studio on the campus of State University of New York (Delhi), focuses on campus news and issues and matters of local and regional interest.

Saturday, 12/10/2022

Unidos por las Montañas (United for the Mountains) (8am – 10am): Raul Silva Rosas discusses relevant social issues featuring music and guests. In Española.

Monday, 12/12/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. New York lawmakers may soon vote soon to give themselves a \$20,000 raise in their annual pay. The annual salary for state lawmakers is currently \$110,000, though some earn more money for leadership roles on committees.

Through The Looking Glass (9am – 10am): Local news and music magazine exploring current issues and past events. Guest: Jeanna Hoch.

Spiritual Solutions (1pm – 2pm): Spiritual exploration of the various paths people find in our mountains to live a serene, happy, productive life.

The Farm Hour (6pm – 7pm): Perspectives on local agriculture, interviews with farm owners, local farming events. Topic: Burnett Farms (Bovina Center, New York).

Mark Birman Sports (7pm – 8pm): Local, regional and national sports reports and commentary.

Graffiti Dog Super Art Now (10pm – 12am): Local graffiti artist teaches drawing and creative expression.

Tuesday, 12/13/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. A Republican political organization is being criticized for hosting Rep. Marjorie Taylor Greene (R-Georgia) at a gala where she joked about the militant protest on Jan. 6, 2021 at the U. S. Capitol. The Delaware County Department of Social Services plans to renovate its mental health building in Walton in order to improve future services.

Talk Of The Town (6pm – 7pm): Interviews with local leaders and educators. Guest Sarah J. Nanchin discusses publishing and writing.

Graffiti Dog Super Art Now (10pm – 12am): Local graffiti artist teaches drawing and creative expression.

Wednesday, 12/14/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews.

First Voices Radio (1pm – 2pm): exploration of global topics and issues of indigenous peoples. In the first half-hour Co-Host Anne Keala Kelly (Kanaka Maoli) talks with Mikilani Young, Kanaka Maoli cultural practitioner and kahu. Their conversation begins with a prayer for one Hawaiian elder, and then goes onto the cultural and spiritual connections between Indigenous peoples, the protection of Mauna Kea, and Mikilani Young’s own prayerful path. The second half-hour features several selections from *First Voices Radio*’s “Top Listener Favorite Songs of 2022.”

HealthCetera in the Catskills (2pm – 3pm): Local health care and wellbeing. Topics: Covid-19 and flu in older adults; pilates.

From The Forest (6pm – 7pm): Issues impacting local forests with Catskill Forest Association educators Ryan Trapani and John MacNaught. Topics: Christmas trees and wreathes.

Thursday, 12/15/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. The Delaware County Board of Supervisors approved funding for a new homeless shelter in the village of Delhi. A major lobbying battle is growing between physicians and trial lawyers concerning a proposed revision to a wrongful death statute that has been on the books for 175 years.

The Last Negroes at Harvard (9am – 10am): Discussion of civil rights, race relations, and historical reflections of the Harvard class of 1963, moderated by local reporter and author Kent Garrett.

Friday, 12/16/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. The National Weather Service in Albany issued a winter weather advisory through Saturday morning as forecasters predict snowfall of between 4 and 10 inches west of the Hudson River, with up to 20 inches in the higher elevations in the Catskills and Adirondacks.

Tip Off (9am – 10am): Coverage of local school sports; interviews with local athletes and coaches. Topics: new Brooklyn Nets coach Jacque Vaughn; NBA legend Paul Silas passes.

Music Matters (10am – noon): Features music of the times with matters of the day using thematic tunes from different decades while discussing local, state, and national news. Topics: gratitude; update on winter storm Diaz.

Saturday, 12/17/2022

Unidos por las Montanas (United for the Mountains) (8am – 10am): Raul Silva Rosas discusses relevant social issues featuring music and guests. In Española. Topic: *Navidad*.

Monday, 12/19/2022

Through The Looking Glass (9am – 10am): Local news and music magazine exploring current issues and past events. Topics: data on Covid-19; year-end review.

New York's Table (1pm – 2pm): Focuses on educating the community on local farm products, wine, beer, cider and spirits, and the people who make them.

The Farm Hour (6pm – 7pm): Perspectives on local agriculture, interviews with farm owners, local farming events. Topics: farm labor; prison gardens.

Mark Birman Sports (7pm – 8pm): Local, regional and national sports reports and commentary. Guest host Nick Vajtay.

Graffiti Dog Super Art Now (10pm – 12am): Local graffiti artist teaches drawing and creative expression.

Tuesday, 12/20/2022

Planet Poet (1pm – 2pm): Writers and the written word with a local perspective. Topic: William Blake.

The Open Eye Theater Playtime (6pm – 7pm): Radio theater and stories performed by local creative artists, actors, playwrights, adults, and children addressing important cultural, interpersonal, and societal issues. Guests Anne Barone and Darlene Demaille read Dylan Thomas' *A Child's Christmas In Wales*.

Catskill Folk (7pm – 8pm): Folkways of diverse cultures of the Catskill Mountains region. Topic: unusual Christmas.

Graffiti Dog Super Art Now (10pm – 12am): Local graffiti artist teaches drawing and creative expression.

Wednesday, 12/21/2022

First Voices Radio (1pm – 2pm): exploration of global topics and issues of indigenous peoples. Guests Jonathan Gonzales, Lucas Jatobá, and Kapi'olani A. Laronal, MA, Ed. discuss their work in support Native communities.

HealthCetera in the Catskills (2pm – 3pm): Local health care and wellbeing. Topics: vaping; private equity and health care.

The Stream (3pm – 4pm): Delhi natives Anna Janiszewski and Chelsea Frisbee explore topics such as mindfulness, mental health, self-care, and the ways we move through life. Topic: the meaning of life.

From The Forest (6pm – 7pm): Issues impacting local forests with Catskill Forest Association educators Ryan Trapani and John MacNaught. Topics: tree dormancy and damage.

Thursday, 12/22/2022

The Last Negroes at Harvard (9am – 10am): Discussion of civil rights, race relations, and historical reflections of the Harvard class of 1963, moderated by local reporter and author Kent Garrett.

Catskill Mountain Dreamer (1pm – 2pm): Birth & rebirth doula Nell Tomassen Reboh explores reality through nuanced discussions and eclectic music. Guest John Gilmore of Children's Health Defense discusses the Autism Action Network, national and state advocacy legislation, and vaccine choice. Guest Zoey O'Toole, editor of *Turtles All The Way Down – Vaccine Science and Myths*, discusses this self-published work containing contributions from anonymous authors determined to keep the attention on vaccine science.

Wingin' It (6pm – 8pm): Listen for what's going on in the Catskills and where the happenings are to be found.

Friday, 12/23/2022

Tip Off (9am – 10am): Coverage of local school sports; interviews with local athletes and coaches. Topics: sports roundup and sports themed holiday songs.

Music Matters (10am – noon): Features music of the times with matters of the day using thematic tunes from different decades while discussing local, state, and national news. Topic: Christmas.

SUNY Delhi Radio Show (1pm – 2pm): Broadcasting from the WIOX studio on the campus of State University of New York (Delhi), focuses on campus news and issues and matters of local and regional interest.

Saturday, 12/24/2022

Unidos por las Montanas (United for the Mountains) (8am – 10am): Raul Silva Rosas discusses relevant social issues featuring music and guests. In Española. Topic: *Navidad*.

Monday, 12/26/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews.

Spiritual Solutions (1pm – 2pm): Spiritual exploration of the various paths people find in our mountains to live a serene, happy, productive life.

The Farm Hour (6pm – 7pm): Perspectives on local agriculture, interviews with farm owners, local farming events. Topic: Part 2 of succession planning at Lucky Dog Farm in Hamden, New York.

Mark Birman Sports (7pm – 8pm): Local, regional and national sports reports and commentary. Guest host Nick Vajtay.

Graffiti Dog Super Art Now (10pm – 12am): Local graffiti artist teaches drawing and creative expression.

Tuesday, 12/27/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. Buffalo residents are recovering from one of the worst weather-related disasters ever to hit western New York, a winter storm in which at least 28 people died. New York Attorney General Letitia James is investigating reports of price gouging by stores facing shortages of painkillers and fever reducers for children.

Talk Of The Town (6pm – 8pm): Interviews with local leaders and educators. Peg DiBeneditko discusses “Silver Girls,” and Alan Reynolds, host of WIOX’ *Pure Country*, discusses country music.

Graffiti Dog Super Art Now (10pm – 12am): Local graffiti artist teaches drawing and creative expression.

Wednesday, 12/28/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. State and military police were sent yesterday to keep people off Buffalo’s snow-covered roads. Officials are still counting fatalities three days after western New York’s deadliest storm in at least two generations.

First Voices Radio (1pm – 2pm): exploration of global topics and issues of indigenous peoples. This show is a repeat of a popular broadcast from this past May.

From The Forest (6pm – 7pm): Issues impacting local forests with Catskill Forest Association educators Ryan Trapani and John MacNaught. Topic: 2022 year in review.

Thursday, 12/29/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. The death toll in Buffalo, New York and surrounding areas rose to at least 37 as warming temperatures allowed search and rescue crews to accelerate efforts. Federal prosecutors in New York are investigating the finances of Rep.-elect George Santos, who has admitted to lying about key parts of his biography. Santos has faced questions over his wealth and loans totaling more than \$700,000 he made to his successful 2022 campaign.

The Last Negroes at Harvard (9am – 10am): Discussion of civil rights, race relations, and historical reflections of the Harvard class of 1963, moderated by local reporter and author Kent Garrett.

Friday, 12/30/2022

The 8:01 (8:01am – 9am): Regional focus on world and national news, sports, politics, local weather and interviews. Roads reopened yesterday in Buffalo as authorities continue searching for people who may have died or are stuck and suffering after last week's blizzard. Christian Vitek, a 2019 graduate of O'Neill High School in Walton, was appointed as deputy press secretary to Gov. Kathy Hochul. New York's first legal recreational marijuana dispensary opened yesterday in the heart of Manhattan. The dispensary is run by the nonprofit group Housing Works, which is dedicated to fighting homelessness and AIDS.

Tip Off (9am – 10am): Coverage of local school sports; interviews with local athletes and coaches. Topics: America loses sports queen of golf legend Kathy Whitworth; a baseball legend you never knew – Spottswood Poles, an early star of the Negro leagues; J. J. Watt, defensive football great and civic leader, retires from professional football.

Catskills Commerce (1pm – 2pm): Regional focus on economic challenges and opportunities. Topics: cannabis and funds for business development.

Saturday, 12/31/2022

Unidos por las Montanas (United for the Mountains) (8am – 10am): Raul Silva Rosas discusses relevant social issues featuring music and guests. In Española. Topic: *El Año Viejo*.