

WAQX Issues/Programs January-March 2018

“Street Talk” weekly program 30 minutes including some commercial content. Sundays 6:00-6:30am

1/7/18 **Joanne Lenweaver, Debbie Titus, WISE Women’s Business Center:** The WISE Women’s Business Center continues to offer mainly free services to women in Central New York in their downtown Syracuse location who are either starting their own business or expanding their current one. Joanne Lenweaver is at the helm at WISE along with this month’s featured female entrepreneur, Debbie Titus, owner of Half Moon Bakery and Bistro in Jamesville. For more information on the WISE Women’s Business Center, visit wisecenter.org. For more information on The Half Moon Bakery, see thehalfmoonbakery.com.

1/14/18 **Dan Seiberg, Gina Rapasadi, Rescue Mission:** The Rescue Mission’s Freeze Out 5 K fundraiser is right around the corner. Our own Jack Ryan talks to the new CEO of the Rescue Mission Dan Seiberg and Director of Special Events Gina Rapasadi about being homeless during the cold winter months, and how important the Freeze Out 5 K is, both symbolically and also to raise much needed funds. For more on the Freeze Out 5 K, visit FreezeOut5K.org. **Trista Rosen, Lung Cancer fundraiser:** “Miss Tammy” Humiston is a long time school bus driver for the North Syracuse School District. She is also battling lung cancer. Her daughter Trista Rosen fills us in on a special fundraiser happening for Tammy on Saturday January 20th. Find out more about the fundraiser under Benefit to Support Tammy Humiston in fight to beat lung cancer on Facebook. **Shari Constantine, United Way of Central New York:** The United Way of Central New York is continuing their fundraising efforts to “Bridge The Gap” to attain their annual goal. Shari Constantine is the Division Manager of Wegmans and this year’s campaign chair. See more and donate at unitedway-cny.org.

1/21/18 **Pam Brunet, Leadership Greater Syracuse:** Leadership Greater Syracuse graduated 54 people this past Fall in their 27th annual community leadership training program. Since 1991, there have been over 13 hundred alumni of the program, which every year has a waiting list to get in. For more, visit their website at leadsyr.org. **Alena Anthony, Pete Way, Cazenovia College:** Cazenovia College will be hosting their inaugural You, Me, We: Empower and Succeed event on Saturday, February 3rd in honor of National Girls and Women in Sports Day. Alena Anthony, Senior Woman Administrator and Strength and Conditioning Coach at Cazenovia College, and Director of Athletics Pete Way explain it. For more information, visit Cazenovia.edu or cazenoviawildcats.com.

1/28/18 **Rob Earle, Two Brothers Light:** The Inaugural Josh Martineau Memorial Scholarship and Suicide Awareness Acoustic Mega Jam is happening Saturday, February 10th from noon to seven pm at 916 Riverside in Brewerton. Josh Martineau, who was a graduate of CNS High School and SUNY Cobleskill, and owned his own landscaping business, took his own life just over a year ago. His friends and family are working with Two Brothers’ Light, a local non-profit which provides support and resources for those affected by suicide. Organizer Rob Earle explains how this fundraiser came to be. For more information, see Acoustic Mega Jam on Facebook. **Gary Lucas, Ron Prett, United Financial Services:** Tis the season for getting your tax stuff together and maybe to make some changes when it comes to investments and saving for retirement. For more information, visit ufsteam.org. **Maureen Davidson,**

Misfits Animal and Rescue: Misfits Animal and Rescue is a newly formed nonprofit organization that provides rescue, foster care and adoption of special needs dogs and cats. To volunteer or donate, or just to see pictures of the animals that Maureen discussed, go to Misfits Animal Rescue and Sanctuary on Facebook.

2/4/18 **Joanne Lenweaver, Barbara McQueeney, WISE Women's Business Center:**

The WISE Women's Business Center continues to offer mainly free services to women who are starting their own business or expanding their current one at the downtown Syracuse location. We get an update from Joanne Lenweaver, who is at the helm at WISE. And this month's female entrepreneur who is part of the WE, Women's Entrepreneur Series, is Barb McQueeney, the president of Allied Electric. For more on the WISE Women's Business Center, go to wisecenter.org. For more on the WE series, you can visit 93Q.com. **Kathy Fedrizzi, Maria DeSantis, Guardian Angel Society:**

The Guardian Angel Society was formed in 1997 by Rev. Msgr. Joseph Champlin when he realized too many students were not graduating from high school. He wanted to help students at Cathedral School with tuition and other support to make sure they continued, and ultimately completed, their education. Father Champlin passed away ten years ago but his legacy continues with the Guardian Angel Society. Kathy Fedrizzi is the Executive Director. She is joined by Maria DeSantis, longtime supporter of the Guardian Angel Society and organizer of the annual Sweet Cabaret. For more on the event, see guardianangelsoc.org. **Kira Maddox, Family Times/ Speed Skating Club:**

The February edition of Family Times is out on shelves across Central New York. It's all locally written and absolutely free. This month's cover story features the Syracuse Speedskating Club. Pick up a copy of the Family Times at grocery stores, doctor's offices, gyms, schools and many other locations across Central New York.

2/11/18 **Katie Flahery, Kielan Whitner, For A Day Foundation:** For a Day

Foundation is a non profit organization committed to providing emotionally therapeutic experiences for children with serious illnesses. They are holding their next event locally at Golisano Children's Hospital and the Upstate Cancer Center on February 12th. For more information, call their Northern NY Chapter at 315-944-8080. **Pat Driscoll, Boys and Girls Club of Syracuse:**

The Boys and Girls Club of Syracuse is celebrating their 125th anniversary this year, and are planning a huge event this May. They are currently looking for those who have benefitted from the Boys and Girls Club throughout the years. See more at bcgsyracuse.org. **Joe Stanley, Stanley Law Offices:** Social media and the work place is becoming more and more complicated, according to Lawyer Joe Stanley. Stanleylawoffices.com. **Karrie Damm, Child Advocacy Center Of Oswego County:**

Child Advocacy Center of Oswego County just moved to a new facility to work with children who are abused and or neglected. See oswegocac.org for more.

2/18/18 **Elaine Wolf, Life Force Sanctuary:** Life Force Sanctuary is relatively new in Syracuse. They specialize in NIA classes, which stands for neuromuscular integrative action. See more at lifeforcesanctuary.com. **Chris Sackett, Meals on Wheels:** This is a

tough time of year for Meals on Wheels of Syracuse, as they lose a lot of their volunteers during the winter months. To volunteer or see more about the organization, visit meals.org. **Jim Reed, Excellus Community Health Awards:** Monday, February 19th is the deadline to submit applications to receive a Community Health Award from Excellus Blue Cross Blue Shield. See more at excellusbcbcs.com/community.

2/25/18 **Michael Conner, Centers at St. Camillus:** The Centers at St. Camillus has been around for almost 50 years and is known for their long term senior care, as well as short term rehabilitation. Find out more at st-camillus.org. **Marsha Tait, Literacy CNY:** Literacy CNY recently held their very successful annual Scrabblemania to help raise funds for promoting literacy in Central New York. Find out more at literacycny.org.

3/4/18 **Joanne Lenweaver, Agi Letkiewicz, WISE Women's Business Center and Active Joy Apparel:** The WISE Women's Business Center continues to provide mainly free services to women who are either starting their own business or expanding their current one. For more on the WISE Women's Business Center, and the WISE Symposium, visit wisecenter.org. For more on Active Joy Apparel, visit myactivejoy.com. **Dr. Stephanie Hook, SOS Podiatrist:** The older you get, the easier it is to have foot problems. But did you know that a lot of foot problems develop when you're younger, some even when you're a child? For more on SOS services, visit sosbones.com.

3/11/18 **Kevin Nickels, Nickels Energy Solutions:** The Home and Garden Show is one of the largest events of its kind in the Northeast, and is running at the New York State Fairgrounds March 15th through the 18th. For more on the Home and Garden Show, visit cnyhomeandgarden2018.com. **Gary Lucas, United Financial Services:** The stock market has been a little volatile lately. Visit UFSTeam.org for more information.

3/18/18 **Jason Jacquays-Tarbox, Elevate Fitness:** What do you mean, you haven't gone back to the gym since joining in January? Well, it's never too late to start that New Year resolution. Visit elevatesyracuse.com for more information. **Joe Stanley, Stanley Law:** Valentine's Day has come and gone, but if you are thinking you no longer want to be with your sweetie, you should plan a bit first before you break it to them, according to Lawyer Joe Stanley. Joe also spoke to us about the current climate where everything is on social media and whether that is good or bad when it comes to legal issues. For more information, visit stanleylawoffices.com.

3/25/18 **Wendy Meyerson, Dr. Josh Axe, Spring Into Health Fair:** Natur-Tyme is holding their 18th annual "Spring Into Health" Health Fair on Sunday, April 8th at the New York State Fairgrounds from 9 am to 5 pm inside the Horticulture Building. Natur-Tyme owner Wendy Meyerson discusses the growth of her business and how she comes from a long line of those who thought outside the box. Dr. Josh Axe is a certified doctor of natural medicine, doctor of chiropractic and clinical nutritionist with a passion to help people get healthy by using food as medicine. We spoke to him earlier about his appearance in Syracuse. Tickets including VIP tickets to meet and greet all of the speakers, can be purchased online at natur-tyme.com.