



Call Letters: WDNY-FM

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2023

Show # 2023-01

Date aired: 1/1/2023 Time Aired: 5:00 a.m.

Jacquelyn C. Campbell, PHD, RN, FAAN, expert on domestic violence, violence against women and intimate partner violence, Professor and the Anna D. Wolf Chair at the Johns Hopkins School of Nursing, National Program Director for the Robert Wood Johnson Foundation's Nurse Faculty Scholars Program

Dr. Campbell developed the Danger Assessment, a groundbreaking questionnaire designed to assess a woman's risk of being killed by an abusive partner. She talked about recent updates to the tool that address concerns for immigrant women and same-sex partners. She said it's helpful for an abused woman to document for herself how often abuse is happening, levels of abuse and other patterns.

Issues covered:

**Domestic Violence
Women's Concerns**

Length: 9:21

Bryan Caplan, PhD, Professor of Economics at George Mason University, blogger for EconLog, author of "*The Case against Education: Why the Education System Is a Waste of Time and Money*"

Although it is immensely popular--and immensely lucrative--Dr. Caplan believes that higher education is grossly overrated. He said that decades of growing access to education have not resulted in better jobs for the average worker, but instead in runaway credential inflation. He is in favor of serious cuts in government education funding to curb this wasteful rat race, along with a renewed emphasis on vocational education.

Issues covered:

**Education
Career
Government Spending**

Length: 8:01

Cyrus Farivar, Senior Business Editor at Ars Technica, author of "*Habeas Data: Privacy vs. the Rise of Surveillance Tech*"

Mr. Farivar discussed how judges and activists have thought about privacy and surveillance in America in recent decades. He believes that laws need to be updated to address advances in surveillance technology, such as the mass use of license plate readers and facial recognition software.

Issues covered:

**Constitutional Rights
Privacy**

Length: 5:04

Show # 2023-02

Date aired: 1/8/2023 Time Aired: 5:00 a.m.

Todd Spencer, President of the Owner-Operator Independent Drivers Association

Trucking is critical to virtually every aspect of the US economy. Mr. Spencer talked about the biggest challenges faced by truck drivers. He said drivers often spend 30% of their work week being detained by inefficiencies in the supply chain, waiting for shippers and receivers. He discussed the lack of adequate training of new truckers. He also talked about road congestion and needed improvements in the nation's highway system to better accommodate trucks.

Issues covered:

Length: 8:39

Transportation

Supply Chain Issues

Employment

Natasha Slesnick, PhD, Professor of Human Development and Family Science in the Department of Human Sciences, and EHE Associate Dean for Research and Administration at Ohio State University

Prof. Slesnick led a study that suggests that giving some homeless mothers with young children a place to live may do little to help them if it is not combined with support services. She outlined the most significant challenges faced by homeless mothers and their children, and the most effective forms of support.

Issues covered:

Length: 8:45

Homelessness

Government Programs

Drug Abuse

Donna Thompson, PhD, MBA, retired college educator, an advocate for children's literacy and creator of The Adventures of Carly and Charly, a book series "written" by cats for kids

Ms. Thompson discussed the importance of encouraging reading in young children, and the major obstacles created by electronic screens. She talked about the long-lasting health and wellness benefits connected to reading, and why it is so important for parents to set a good example in reading habits.

Issues covered:

Length: 5:01

Literacy

Parenting

Show # 2023-03

Date aired: 1/15/2023 Time Aired: 5:00 a.m.

Nora Volkow, MD, Director of the National Institute on Drug Abuse, part of the National Institutes of Health

Fentanyl overdoses are the leading cause of death for Americans ages 18 to 49, more than car accidents or suicides. On average, one person dies of a fentanyl overdose in the United States every seven minutes, and the number of Americans killed by the drug has jumped 94 percent since 2019. Dr. Volkow discussed why the problem has skyrocketed and what steps the federal government is taking to address it. She said that, while the epidemic was worse in certain rural areas of the US in past years, the problem has now overwhelmed every city and state. She talked about the importance of education and treatment programs, and also explained why fentanyl is a particularly troubling issue for pregnant women.

Issues covered:
Substance Abuse and Treatment
Government Policies

Length: 17:52

Sam Quinones, author of *“The Least of Us: True Tales of America and Hope in the Time of Fentanyl and Meth”*

The opioid crisis’ damage to US communities cost the economy \$1.5 trillion in 2020 alone, according to a congressional analysis. Mr. Quinones talked about steps that cities and towns can take to try to repair community bonds, most effectively on the neighborhood, school and church level. He believes that stronger law enforcement is necessary to force drug abusers into treatment, whether they want it or not.

Issues covered:
Substance Abuse and Treatment
Community Rehabilitation
Law Enforcement
Homelessness

Length: 5:08

Show # 2023-04

Date aired: 1/22/2023 Time Aired: 5:00 a.m.

Lauren Fleshman, one of the most decorated American distance runners of all time, winner of five NCAA championships at Stanford University and two national championships as a professional, author of *“Good for A Girl: A Woman Running in a Man’s World”*

Girls drop out of organized sports at twice the rate of boys at age 14, and half have quit by 17. Sixty-five percent develop disordered eating habits that compromise their ease around food, sometimes irreparably. Ms. Fleshman talked about emerging research on the physiology and psychology of young athletes, and what coaches and parents should know. She outlined changes in organized sports to empower and encourage young women to join and stay.

Issues covered:
Women’s Concerns
Youth Sports

Length: 9:21

Chris Bailey, productivity expert, author of *“How to Calm Your Mind: Finding Presence and Productivity in Anxious Times”*

Mr. Bailey shared the inspiration to write his book--a panic attack he had onstage in front of an audience of over 100. He outlined simple steps he took in the moment and in the long-term to conquer burnout, and explained how he gradually restored calm and tranquility to his life. He talked about sources of hidden stress buried within our days, often activities and people that we voluntarily subject ourselves to.

Issues covered:
Mental Health
Personal Productivity
Career

Length: 8:01

Tim Lohrentz, Program Manager of the Insight Center for Community Economic Development, a non-profit organization that focuses on policies to build economic health in lower income communities

Mr. Lohrentz conducted a study of payday loans and their net impact on the US economy. He found that the burden of repaying the high-interest loans results in \$774 million in lost consumer spending and 14,000 job losses annually. He outlined the alternatives to payday loans that are available to low-income borrowers.

Issues covered:

Payday Loans

Poverty

Government Regulations

Length: 5:10

Show # 2023-05

Date aired: 1/29/2023 Time Aired: 5:00 a.m.

Alvin E. Roth, PhD, Craig and Susan McCaw Professor of Economics at Stanford University, Gund Professor of Economics and Business Administration Emeritus at Harvard University, author of *Who Gets What — and Why: The New Economics of Matchmaking and Market Design*

Dr. Roth is one of the world's leading experts on matching markets, where "sellers" and "buyers" must choose each other, and price isn't the only factor that determines who gets what. He explained how market designs affect many less obvious aspects of life, such as the chances of getting a job or whether a university accepts a prospective student.

Issues covered:

Economics

Career

Education

Length: 9:17

Joel Kahn, MD, Clinical Professor of Medicine at Wayne State University School of Medicine and Director of Cardiac Wellness, Michigan Healthcare Professionals PC, author of "The Whole Heart Solution"

According to Dr. Kahn, more than 75 percent of cases of heart attacks, strokes and other cardiovascular disease events are preventable. He explained how lifestyle choices can make a huge difference in the development of heart disease and he said changes in diet and exercise can often reverse the disease.

Issues covered:

Personal Health

Length: 8:01

Paul Tough, former editor at the New York Times Magazine, nationally recognized writer on poverty, education and the achievement gap

Mr. Tough discussed a groundbreaking anti-poverty initiative called the Harlem Children's Zone. The creator of the program theorized that in order for poor kids to compete with their middle-class peers, everything in their lives—their schools, neighborhoods, parenting practices—all must be changed at once.

Issues covered:

Poverty

Education

Minority Concerns

Parenting

Length: 5:00

Show # 2023-06

Date aired: 2/5/2023 Time Aired: 5:00 a.m.

Ismail Karabas, PhD, Marketing Professor at Murray State University

Tipping for food at the end of a dining experience has traditionally been the norm at full-service restaurants. Prof. Karabas shared his research into a new trend: tip requests at businesses where customers order at the counter, pay for their items before getting their food, and receive minimal-to-no service. He explained the reasons behind the change. He found that some consumers are so annoyed by the requests that they take their business elsewhere.

Issues covered:
Consumer Matters
Employment
Economy

Length: 8:58

Dan Martell, entrepreneur, productivity expert, author of *"Buy Back Your Time: Get Unstuck, Reclaim Your Freedom, and Build Your Empire"*

Mr. Martell shared his story of a traumatic childhood and arrest as a teenager, which amazingly led to an interest in software coding and entrepreneurship. He offered suggestions for entrepreneurs to value and use time more productively. He also offered advice to avoid burnout.

Issues covered:
Entrepreneurism
Personal Productivity
Career

Length: 8:18

Les Bernal, Executive Director of Stop Predatory Gambling, a national grassroots citizen's movement

Americans in dozens of states can now buy lottery tickets in a growing number of ways. Mr. Bernal talked about the increasingly aggressive ways that governments are marketing new lottery products, and how the targets are typically lower income citizens. He believes that governments have created a mindset that discourages saving and personal responsibility and promotes state-sponsored wagering.

Issues covered:
Gambling Addiction
Government Policies

Length: 5:07

Show # 2023-07

Date aired: 2/12/2023 Time Aired: 5:00 a.m.

Andrew Smith, PhD, cognitive psychologist and Assistant Professor at Iowa State University

Some studies claim that 4-6% of those in US prisons are not guilty of the crime for which they were convicted. Prof. Smith and his team of researchers developed a new procedure to capture more information from eyewitnesses during police investigations and better detect a suspect's guilt or innocence. He explained how the innovation improves the reliability of police lineups.

Issues covered:
Criminal Justice
Legal Reform

Length: 9:12

Andrew McDiarmid, Senior Fellow at the Discovery Institute, a non-profit, non-partisan organization focused on research, education, action, and cultural renewal

A recent study reported in the Journal of Experimental Psychology suggests that the act of “just thinking” can be more rewarding than we might realize. Mr. McDiarmid outlined the study’s findings and explained why Americans should resist the urge to pull out their phones so frequently and spent some time just thinking, instead.

Issues covered:

Length: 8:10

Mental Health

Personal Productivity

Tom Appel, Publisher of Consumer Guide Automotive

Mr. Appel talked about the affordability of electric vehicles and how the EV marketplace has been changing, partly as a result of revised federal laws and rebates. He also explained who is the best candidate to own an EV and whether now is a wise time to buy.

Issues covered:

Length: 4:53

Electric Vehicles

Consumer Matters

Environment

Show # 2023-08

Date aired: 2/19/2023 Time Aired: 5:00 a.m.

Shevaun Neupert, PhD, Professor of Psychology at North Carolina State University

Prof. Neupert wrote a report that analyzed two new studies that found that young adults who utilize preemptive stress-reduction steps that focus on the future are better able to avoid negative health outcomes. She talked about the most effective proactive techniques, and where young adults should be taught how to deal with stress.

Issues covered:

Length: 9:12

Mental Health

Stress

Angie Morgan Witkowski, Leadership and Career Coach, author of “*Bet on You: How to Win with Risk*”

Ms. Witkowski outlined the most common misconceptions about risk and why people should be much more comfortable making decisions in the face of uncertainty. She talked about the reasons that fear and failure are such important components in taking risks in business, career and life.

Issues covered:

Length: 8:10

Career

Personal Productivity

Mental Health

Lindsey Parnarouskis, MS, doctoral candidate, Department of Psychology, University of Michigan

Ms. Parnarouskis was the first author of a study that examined the connection between food insecurity and the overconsumption of processed foods. She found that that women experiencing food insecurity more frequently report symptoms of food addiction, such as compulsive eating of certain types of food, unsuccessful attempts to cut down and withdrawal symptoms.

Issues covered:
Nutrition
Hunger
Women's Issues

Length: 4:53

Show # 2023-09

Date aired: 2/26/2023 Time Aired: 5:00 a.m.

Lauryn Williams, Certified Financial Planner, founder of Worth Winning, a company that helps young professionals organize their finances

A recent Fidelity survey found that half of Gen Zers say they don't see a point in saving money until things return to 'normal.' Ms. Williams said young people may be seeking some sort of control, in the face of runaway inflation and economic uncertainty. She said many Gen Zers are choosing to invest in themselves and their professional growth, such as starting their own businesses or furthering their education. She explained why it is critical to start early to build retirement savings.

Issues covered:
Consumer Matters
Economy
Employment

Length: 9:12

Elisa Villanueva Beard, CEO of Teach For America, a nonprofit organization dedicated to improving educational outcomes for low-income students

Ms. Villanueva Beard outlined the mission of her organization, and explained why it is so important to recruit college graduates from top universities around the United States to serve as teachers in urban and rural schools. She talked about the biggest obstacles in recruiting quality teachers and how interested students can apply to be a part of Teach For America.

Issues covered:
Education
Poverty

Length: 8:10

Matthew A. Miller, PhD, MPH, Executive Director for VA Suicide Prevention for the U.S. Department of Veterans Affairs

Dr. Miller shared VA's latest data that showed meaningful downward trends in veteran suicide counts and rates. He discussed the growing use of the Veterans Crisis Line (dial 988 then press 1) and other resources available to veterans in crisis. He also outlined the potential warning signs and what family members or friends can do to help.

Issues covered:
Veterans' Concerns
Suicide
Mental Health

Length: 4:53

Show # 2023-10

Date aired: 3/5/2023 Time Aired: 5:00 a.m.

Yvette M. Miller, MD, Executive Medical Officer for the American Red Cross Donor and Client Support Center, helping to lead the Red Cross' national Sickle Cell Initiative

Sickle cell disease is the most common genetic blood disorder in the US, and regular blood transfusions are critical to manage extreme pain and life-threatening complications. Dr. Miller discussed Red Cross efforts to promote diversity in the blood supply, increase donor recruitment and retention in the black community to support the transfusion needs of patients with sickle cell disease.

Issues covered:
Sickle Cell Disease
Blood Donations
Diversity

Length: 8:32

Candy Valentino, finance and wealth advisor, author of *“Wealth Habits: Six Ordinary Steps to Achieve Extraordinary Financial Freedom”*

Ms. Valentino believes that turbulent financial times are often historic opportunities to invest more in real estate and the financial markets. She outlined six steps to grow wealth. She explained why owning real estate or a small business are her favorite investment vehicles. She conducted a study that found 75% of wealthy people had one thing in common: either they or their family owned a business.

Issues covered:
Personal Finance
Entrepreneurism

Length: 8:51

Samuel West, PhD, Assistant Professor of Psychology at Virginia State University

Dr. West led an analysis of psychological crises exhibited by 177 mass shooters. He found that social isolation was the most important external indicator leading up to the attacks. He believes that social isolation is an ideal target for intervention because it can be addressed both at the individual level and the societal level.

Issues covered:
Mass Shootings
Mental Health

Length: 5:07

Disc # 2023-11

Date aired: 3/12/2023 Time Aired: 5:00 a.m.

Pamela Gockley, Certified Bullying Prevention Specialist, Founder and Executive Director of The Camel Project, a non-profit organization focused on deconstructing the culture of bullying in America

1 in 5 students report being bullied at school. However, Ms. Gockley said the CDC believes 50 to 75% of bullying incidents are never reported. She discussed the culture of bullying in America, how to parents can protect their children from it, and how parents of bullies can recognize the behavior in their own child and address it.

Issues covered:
Bullying
Parenting
Youth at Risk

Length: 8:44

Brock L. Eide M.D., M.A., learning disabilities expert, co-author of *“The Dyslexic Advantage: Unlocking the Hidden Potential of the Dyslexic Brain”*

Dyslexia has traditionally been defined as a reading and spelling disorder. But Dr. Eide said recent research has proven that these challenges are not dyslexia’s main features. He explained how these

characteristics are actually trade-offs resulting from an entirely different pattern of brain organization and information processing and that it has powerful advantages.

Issues covered:
Learning Disabilities

Length: 8:41

Samuel Zahinoor Ismail, MD FRCPC, Professor of Psychiatry, Neurology, Epidemiology, and Pathology at the Hotchkiss Brain Institute and O'Brien Institute for Public Health at the University of Calgary

Dr. Ismail was the lead author of a large 10-year study that found 40 percent fewer dementia diagnoses in people who took vitamin D supplements. The study also found that those who take vitamin D are more likely to have more years of dementia-free life. In addition, he found that vitamin D had a significantly greater effect on women, than men.

Issues covered:
Alzheimer's disease
Nutrition
Aging

Length: 5:05

Show # 2023-12

Date aired: 3/19/2023 Time Aired: 5:00 a.m.

Juliet B. Schor, PhD, Professor of Sociology, Boston College

The four-day week is becoming more of a reality in the contemporary workplace, and Prof. Schor co-authored a landmark international study of the trend. She said the vast majority of companies that tried the shorter workweek for the study stuck with it afterwards. She talked about the benefits that result from a 32-hour workweek, both for employees and companies.

Issues covered:
Workplace Matters
Mental Health
Productivity

Length: 8:40

Deepa L. Sekhar, MD, Associate Professor of Pediatrics at the Penn State College of Medicine, Executive Director of Penn State PRO Wellness

Suicide death rates have increased significantly among adolescents in the U.S. in recent years. Dr. Sekhar said while children are typically screened for health, vision and hearing problems in school, mental health screening has not been standardized in school settings. She led a study that evaluated the effectiveness of a school-based, adolescent suicide risk screening and found that it successfully identified at-risk adolescents and increased initiation of mental health services. She explained how the screening works and the reasons some schools or parents may be reluctant to give it a chance.

Issues covered:
Youth Suicide
Mental Health Services
Parenting

Length: 8:43

John P. Thyfault, PhD, Professor of Nutrition and Exercise Physiology, Director of the Health Activity Center at the University of Missouri

Statins, the most widely prescribed type of cholesterol-lowering drugs, have prevented millions of heart attacks and saved countless lives. But Dr. Thyfault conducted a study that found that statins may

also counteract the benefits of exercise, the other tried-and-true way to boost cardiac health. He explained why doctors usually prescribe drugs, rather than recommending exercise or dietary change. He also talked about how much exercise can be effective for people dealing with high cholesterol.

Issues covered:
Personal Health

Length: 5:09

Show # 2023-13

Date aired: 3/26/2023 Time Aired: 5:00 a.m.

Elizabeth Wallace, co-author of “*The Ambition Decisions: What Women Know About Work, Family, and the Path to Building a Life*”

Over the last sixty years, women’s roles at home and on the job have radically changed, and the question of whether they can really “have it all” is still debated. Ms. Wallace outlined three distinct paths where a woman’s life and career choices may lead. She talked about the importance of the support of husbands when ambitious women move into high-level corporate positions. She offered advice for women who are facing today’s complex career choices.

Issues covered:
Women’s Concerns
Career
Marriage

Length: 9:22

Thomas Lickona, PhD, Developmental Psychologist, Professor of Education Emeritus at the State University of New York at Cortland, author of “*How to Raise Kind Kids: And Get Respect, Gratitude, and a Happier Family in the Bargain*”

Dr. Lickona has led the character education movement in schools for forty years. He outlined the tools that parents need to foster peace and cooperation at home. He explained how changes in our culture have made it harder than ever to raise kind kids. He offered suggestions for parents to deal with technology and the use of media by kids.

Issues covered:
Parenting
Children’s Issues

Length: 7:52

Irwin Reyes, Researcher in the Usable Security and Privacy Group at the International Computer Science Institute, a laboratory affiliated with the University of California at Berkeley

Mr. Reyes led a study that found that more than 3300 Android apps from the Google Play Store are improperly tracking kids and are potentially violating federal law. He outlined the types of data that is being collected and what is being done with it. He believes similar results are likely with iPhones, but Apple’s closed system prevents a similar study of its users. He offered advice to parents who are concerned about their children’s privacy.

Issues covered:
Privacy
Children’s Issues
Parenting

Length: 4:56



Quarterly Report of Compliancy Issues & Programs List 2023-Q1 (January - March) Viewpoints Radio Broadcast at 5:30 a.m. Sundays on WDNY-FM

- Accounting
- Aging
- American Diet
- American Expansion
- American History
- Animal Welfare
- Archaeology
- Artificial Intelligence
- Arts
- Biology
- Business
- Career
- Child Development
- Climate
- Climate Change
- Communication
- Companionship
- Conscious Gifting
- Consumer Protection
- Cooking Science
- Corruption
- Creative Arts
- Creativity
- Criminal Justice
- Cultural Trends
- Culture
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- Debt
- Democracy
- Diet
- Disease
- Disease Prevention
- Domestic Terrorism
- Drug Policy
- Economy
- Education
- Electricity
- Emotional Development
- Emotional Well-being
- End-of-life Planning
- Engineering
- Entertainment Regulation
- Entrepreneurship
- Environment
- Film
- Film Industry
- Food History
- Food Policy
- Food Systems
- Forensic Science
- Free Expression
- Gambling Addiction
- Gender Equality
- Gendered Norms
- Global Culture
- Global News
- Global Train
- Government
- Government Regulation
- Health
- Healthcare Policy
- Higher Education
- History
- Hobby
- Homelessness
- Incarceration
- Industry Regulation
- Inequality
- Inflation
- Information Technology
- Infrastructure
- Innovation
- Invention
- Labor Rights
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- Personal Finance
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- Psychology
- Public Health
- Public Housing
- Public Policy
- Public Resources
- Public Safety
- Relationships
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- Self-care
- Sexism
- Small Business
- Social Media
- Society
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- Travel
- TV
- U.S. Economy
- Utilities
- Veterinary Care
- Wage Inequity
- War
- Women's Rights
- Women's History
- Women's Issues
- Workers' Rights
- Writing
- Youth Development

Program 23-01

Air Week: 1/1/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: THE FALLOUT FROM INDUSTRY MONOPOLIES

Time: 1:47

Duration: 10:27

Synopsis: This past November, thousands of Taylor Swift fans were left frustrated and disappointed after Ticketmaster's platform failed to deliver on general sale tickets for her upcoming tour. We discuss how this recent failure has stirred a larger conversation about the consequences & long-term effects of monopolies.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Diana Moss, president, American Antitrust Institute; Krista Brown, senior policy analyst, American Economic Liberty Project.

Compliance issues: Government Regulation, Economy, Small Business, Politics, Consumer Protection

Links for more info:

[Taylor Swift Fans Are Suing Ticketmaster Again Over 'Eras' Tour Controversy | HuffPost Entertainment](#)
[Contacting U.S. Senators](#)
[Find Your Representative | house.gov](#)

SEGMENT 2: WHO IS GEN-Z?

Time: 14:16

Duration: 7:56

Synopsis: There are more than 68 million young people in the U.S. who make up Generation Z – that is anyone born between 1997 and 2012. Research shows that this cohort is the most racially and ethnically diverse than any other previous generation and are progressive in their mindsets. On top of this, they're extremely tech-savvy and believe that mental health is equally as important as physical health. Culture expert John Schlimm helps us understand who Gen Z is and what impact they'll have on the future world.

Host: Marty Peterson

Producer: Amirah Zaveri, Grace Galante

Guests: John Schlimm, researcher, professor, author, What Would Gen-Z Do? Everything You Don't Know About Gen-Z But Should.

Compliance issues: Social Media, Psychology, Technology, Culture, Mental Health, Cultural Trends

Links for more info:

[Where Millennials end and Generation Z begins | Pew Research Center](#)
[What Would Gen-Z Do?: Everything You Don't Know About Gen-Z but Should by John Schlimm, Hardcover | Barnes & Noble®](#)
[How Gen Z Could Transform American Politics | FiveThirtyEight](#)

Time: 21:12

Duration: 1:10

Synopsis: We explore how different cultures and countries ring in the New Year.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Global Culture, Traditions, Customs, Diet

CULTURE CRASH: 2023 FILM RELEASES

Time: 24:22

Duration: 2:05

Synopsis: We highlight some of the movies we're looking forward to in 2023.

Host & Producer: Evan Rook

Compliance issues: Film, Culture

Air Week: 1/8/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: FALLING ASLEEP IN SPACE

Time: 1:47

Duration: 8:47

Synopsis: Do you have trouble falling or staying asleep? If so, you'll know that not getting good rest can take a big toll on how you feel both physically and mentally. This is amplified in space for astronauts who sleep in a zero-gravity environment that relies on an artificial day/night cycle. This week, we explore the fascinating science and study of how humans sleep in space and its effects on the body.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Dr. Fred Turek, professor, biology, Northwestern University, director, Center for Sleep and Circadian Biology, Northwestern University; Dr. Emmanuel Urquieta, chief medical officer, Translational Research Institute for Space Health, assistant professor, Center for Space Medicine, Baylor College of Medicine.

Compliance issues: Health, Medicine, Disease, Biology, Science, Innovation, Space Travel, Technology

Links for more info:

[Center for Circadian & Sleep Medicine](#)

[NASA: Sleeping In Space](#)

SEGMENT 2: A PATHWAY TO EXONERATION

Time: 12:36

Duration: 8:37

Synopsis: Experts estimate that between 4-6 percent of prisoners behind bars are innocent. We explore what factors feed into these wrongful convictions and how advocates in the arena are fighting for justice.

Host: Marty Peterson

Producer: Amirah Zaveri | Polly Hansen

Guests: Isaac Wright Jr., practicing attorney, author, *Marked for Life: One Man's Fight for Justice From the Inside*; Samuel Gross, Thomas and Mabel Long Professor Emeritus of Law at the University of Michigan – Ann Arbor, founder, senior editor, *The National Registry of Exonerations*.

Compliance issues: Law, Law Enforcement, Forensic Science, Criminal Justice

Links for more info:

[The National Registry of Exonerations](#)

[Amazon: Marked for Life: One Man's Fight for Justice from the Inside](#)

VIEWPOINTS EXPLAINED: AN INADEQUATE DIET

Time: 22:13

Duration: 1:42

Synopsis: We discuss the sad state of prison meals in the U.S. All too often, these dishes are spoiled, full of preservatives and don't have enough calories. If the end goal of incarceration is rehabilitation, shouldn't these meals adequately feed and nourish prisoners?

Host: Ebony McMorris

Producer: Amirah Zaveri

CULTURE CRASH: THE CAREER OF AARON SORKIN

Time: 23:55

Duration: 2:32

Synopsis: Aaron Sorkin's screenplays have been praised for their pace and structure. We look into why the Oscar winner's writing style is so effective in film and on TV.

Host & Producer: Evan Rook

Compliance issues: Writing, Film, Culture

Air Week: 1/15/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HOW TO BETTER DEAL WITH STRESS THIS YEAR

Time: 1:47

Duration: 8:47

Synopsis: We speak with University of California – San Francisco professor and health psychologist Dr. Elissa Epel about how listeners can better manage their stress this year by employing certain lifestyle habits.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Dr. Elissa Epel, health psychologist, professor, vice chair, Department of Psychiatry and Behavioral Sciences, University of California – San Francisco, author, *The Stress Prescription: Seven Days to More Joy and Ease*.

Compliance issues: Lifestyle, Stress Management, Literature, Psychology, Mental Health, Health

Links for more info:

[Dr. Elissa Epel](#)

[UCSF Profiles: Dr. Elissa Epel](#)

[Amazon: The Stress Prescription: Seven Days to More Joy and Ease \(The Seven Days Series\)](#)

SEGMENT 2: A KEY VULNERABILITY: U.S. POWER GRIDS

Time: 12:36

Duration: 8:37

Synopsis: In recent years, power attacks on electric power stations in the U.S. have become more common. We discuss what's driving this uptick, how power companies and government organizations are responding and what you should know as a consumer.

Host: Marty Peterson

Producer: Grace Galante

Guests: Adrienne Lotto, senior vice president, Grid Security, Technical, and Operations at the American Public Power Association.

Compliance issues: Infrastructure, Domestic Terrorism, Public Health, Private Security, Utilities, Power Generation, Electricity

Links for more info:

[American Public Power Association](#)

[Ready.gov](#)

VIEWPOINTS EXPLAINED: WINTER IN UKRAINE

Time: 23:09

Duration: 1:15

Synopsis: As winter takes hold on Europe, Ukrainian soldiers defending their country face subzero temperatures, power outages and increasing challenges.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: War, Climate, Health, Global News

Time: 23:55

Duration: 2:32

Synopsis: We discuss the new film, "Glass Onion: A Knives Out Mystery" now streaming on Netflix.

Host & Producer: Evan Rook

Compliance issues: Film, Culture

Air Week: 1/22/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: THE DAMAGING WORLD OF WOMEN'S ELITE RUNNING

Time: 1:48

Duration: 8:37

Synopsis: Long-distance runner Lauren Fleshman won five NCAA championships and two U.S. national championships in women's track and field. Early on in her career, she was a prized hopeful for bringing home the Olympic gold, but this dream came crashing down after a series of injuries and setbacks. Fleshman joins us this week to talk about the toxic culture present in many elite running organizations and what needs to change to better support these young, vulnerable athletes.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Lauren Fleshman, former elite long-distance runner, author, Good for a Girl: A Woman Running in a Man's World.

Compliance issues: Health, Women's Issues, Sports Culture, Youth Development, Parenting, Mental Health

Links for more info:

[Instagram @fleshmanflyer](#)

[LauraFleshman.com](#)

[twitter @laurenfleshman](#)

SEGMENT 2: HOW DID PAST CIVILIZATIONS KEEP TIME?

Time: 12:27

Duration: 9:16

Synopsis: From sundials to mechanical clocks to atomic clocks, humans – throughout the centuries – have kept track of time using many different methods. Physics and astronomy professor Chad Orzel joins us this week to highlight just how much we rely on accurate clocks and how timekeeping technology has evolved across human history.

Host: Marty Peterson

Producer: Grace Galante

Guests: Chad Orzel, associate professor, physics, astronomy, Union College.

Compliance issues: Innovation, Timekeeping, Culture, History, Engineering, Invention, Archaeology

Links for more info:

[Union College: Chad Orzel](#)

[twitter @orzelt](#)

VIEWPOINTS EXPLAINED: ALCOHOL'S CONNECTION TO CANCER

Time: 22:43

Duration: 1:42

Synopsis: The World Health Organization recently reported that no amount of alcohol is healthy to consume. In fact, the agency says even light or moderate alcohol intake has been linked to cause seven different types of cancer.

Host: Ebony McMorris

Producer: Amirah Zaveri

CULTURE CRASH: A TOUGH MONTH FOR THE NFL AHEAD OF THE SUPER BOWL

Time: 24:25

Duration: 2:02

Synopsis: Ahead of the year's biggest game, we discuss the state of the NFL following the serious injury suffered by Bills player Damar Hamlin.

Host & Producer: Evan Rook

Compliance issues: Sports, Culture

Air Week: 1/29/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: FOR THE LOVE OF CROSSWORDS

Time: 1:47

Duration: 7:34

Synopsis: The first crossword was published in 1913 by journalist Arthur Wynne. Since then, the timeless puzzle has stayed in style and graces newspapers from the New York Times to USA Today. Self-acclaimed lovers of crosswords are known as ‘cruciverbalists’ and compete online as well as create these puzzles for publishing. We speak with crossword expert Adrienne Raphel to find out more about this beloved word game.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Adrienne Raphel, author, Thinking Inside the Box.

Compliance issues: History, Hobby, Language, Literature, Education

Links for more info:

[Crossword Puzzles Online – Play Daily for Free | Arkadium](#)

[USA Today: Crossword Puzzles](#)

[The New York Times Crossword](#)

SEGMENT 2: BANNED BOOKS: TWO SIDES TO THE STORY

Time: 11:23

Duration: 11:37

Synopsis: Books have been taken off shelves since the colonial period, but, in recent years, more books than ever have been deemed unsuitable for young readers. We discuss the controversy by highlighting two differing perspectives on the debate.

Host: Marty Peterson

Producer: Grace Galante

Guests: Jonathon Friedman, director, free expression & education programs, Pen America; Tia Bess, volunteer, Moms for Liberty

Compliance issues: Education, Free Expression, Public Policy, Literature, Government

Links for more info:

[ALA.org: Banned & Challenged Books](#)

[CBS News: The 50 most banned books in America](#)

[twitter @jonfreedom](#)

[Moms For Liberty](#)

CULTURE CRASH: HOW CHATGPT IS CHANGING THE ARTS SCENE

Time: 24:00

Duration: 2:27

Synopsis: We discuss how new AI technology platforms like DALL-E and ChatGPT are making waves in the creative landscape.

Host & Producer: Evan Rook

Compliance issues: Culture, Arts

Air Week: 2/5/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: THE MANY CAUSES OF SUPPLY CHAIN & INFLATION WOES

Time: 1:50

Duration: 7:22

Synopsis: Economic uncertainty is on the minds of millions of Americans. Part of this uncertainty stems from continuing inflation and instability plaguing global markets. We speak with longtime economist and banker, James Rickards about the factors feeding into these rising costs and supply chain woes.

Host: Gary Price

Producer: Amirah Zaveri

Guests: James Rickards, economist, former Wall Street banker, author, *Sold Out: How Broken Supply Chains, Surging Inflation, and Political Instability Will Sink the Global Economy*

Compliance issues: Inflation, Personal Finance, Supply Chain Management, Global Train, U.S. Economy

Links for more info:

[Amazon: Sold Out: How Broken Supply Chains, Surging Inflation, and Political Instability Will Sink the Global Economy](#)

twitter: [@JamesGRickards](#)

SEGMENT 2: A CHANGING PALATE ACROSS PERIODS OF ECONOMIC UNCERTAINTY

Time: 11:14

Duration: 10:37

Synopsis: Higher prices at the grocery store – from eggs to meat to specialty items – dictate what many Americans buy and cook throughout the week. While it can be difficult to pull back on the items we like, this shift in diet is nothing new. Across history – war, famine, and economic instability has affected what Americans choose to spend their money on. Even today, the current economic uncertainty has shifted recipes and food trends. This week, we rewind back to the Great Depression, which forced millions of Americans to find new recipes and get creative with the limited number of ingredients they could afford.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Jane Ziegelman, food historian, author, *A Square Meal: A Culinary History of the Great Depression*.

Compliance issues: American History, Nutrition, Poverty, Food History, Culture, American Diet, Economy

Links for more info:

[Amazon: 97 Orchard: An Edible History of Five Immigrant Families in One New York Tenement](#)
[Culinary Historians: "A Square Meal: A Culinary History of the Great Depression"](#)

VIEWPOINTS EXPLAINED: STRIVING FOR A POLICE FORCE THAT BETTER REPRESENTS SOCIETY

Time: 22:51

Duration: 1:37

Synopsis: Just 12 percent of police officers are women and only 3 percent are in leadership positions. We cover one initiative that's dead set on getting more women into this sector."

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Law Enforcement, Gender Equality, Police Reform

Time: 24:28

Duration: 1:56

Synopsis: Some of our favorite throwback bands are back together in 2023. From Blink 182 to Fall Out Boy, big names are putting out new music after years away from the limelight.

Host & Producer: Evan Rook

Compliance issues: Music, Culture

Air Week: 2/12/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: FORGING OPPORTUNITY: THE EARLY WOMEN OF THE WEST

Time: 1:47

Duration: 9:07

Synopsis: The Wild, Wild West: cowboys, shootouts, open prairies & gold mines galore. While this is a common stereotype surrounding the colonial West, there's much more about this region and period than meets the eye. For thousands of women, living out West meant greater independence, and an opportunity to start anew. Historian and author Winifred Gallagher joins us to share how the women of the Old West paved the way for women across the U.S.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Winifred Gallagher, historian, author, *New Women in the Old West*.

Compliance issues: Society, Women's Rights, American Expansion, Politics, Gendered Norms, Culture, Gender Equality, History, Sexism

Links for more info:

[Penguin Random House: *New Women in the Old West*](#)

SEGMENT 2: A DISTENGRATING FRAMEWORK

Time: 12:57

Duration: 9:11

Synopsis: Last month, the Federal Aviation Administration grounded all departing flights across the U.S., leading to thousands of delayed flights and major headaches for travelers. In short, this outage was caused by a widespread system failure of the air traffic control system. Without it, pilots are essentially flying dark with no news of ground conditions, weather updates, etc. In the days and weeks following, this incident has raised many questions about the aging software and systems that we heavily rely upon. We speak with two aviation experts about this recent fiasco and what it means for all technology-reliant industries.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Laurie Garrow, professor, co-director of the Center for Urban and Regional Air Mobility at the Georgia Institute of Technology; Michael McCormick, assistant professor, air traffic management, Embry-Riddle Aeronautical University.

Compliance issues: Software Engineering, Industry Regulation, Consumer Protection, Information Technology, Travel, Government

Links for more info:

[Federal Aviation Administration: FAA NOTAM Statement](#)

[Reuters: U.S. FAA adopts new safeguards after computer outage halted flights](#)

[USA Today: Southwest Airlines executive to testify before Senate panel following flight cancellation 'meltdown'](#)

Time: 23:08

Duration: 1:08

Synopsis: Longtime NFL quarterback Tom Brady is leaving the game for good. We cover why this prominent athlete has decided to step back again after coming out of retirement only a year back.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Sports, Aging, Culture, Retirement, Health

CULTURE CRASH: ACADEMY AWARD NODS

Time: 24:16

Duration: 2:11

Synopsis: The Oscars are right around the corner. Here are some of our faves that've received an Oscar nod.

Host & Producer: Evan Rook

Compliance issues: Film, Culture

Air Week: 2/19/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: IN AWE: A RENEWED LENS ON LIFE

Time: 1:47

Duration: 9:24

Synopsis: It can be hard to explain what it's like to feel in awe. For me, I can remember feeling this way after reaching the top of a mountain after an hours-long climb and looking onto the vast horizon, or after watching the film Inception in theaters for the first time and being blown away by the soundtrack. We speak with renowned social psychologist Dacher Keltner about awe and what experiences elicit this emotion.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Dacher Keltner, professor, psychology, University of California-Berkeley, author, Awe: The New Science of Everyday Wonder and How It Can Transform Your Life.

Compliance issues: Science, Creativity, Psychology, Mental Health, Emotional Well-being

Links for more info:

[Amazon: Awe: The New Science of Everyday Wonder and How It Can Transform Your Life Hardcover](#)

[University of California-Berkeley Psychology: Dacher Keltner](#)

[New York Times: An 'Awe Walk' Might Do Wonders for Your Well-Being](#)

SEGMENT 2: THE UNSEEN FACES OF HOMELESSNESS

Time: 13:13

Duration: 9:05

Synopsis: At the beginning of 2020, there were about 580,000 Americans homeless on a given night, according to the National Alliance to End Homelessness. Fast forward almost three years and this number has stayed about the same. With basic living prices and rent still high, we share the many faces of homelessness and one inspiring story about resilience in the face of several challenges.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Nikita Stewart, reporter, The New York Times, author, Troop 6000: The Girl Scout Troop That Began in a Shelter and Inspired the World.

Compliance issues: Public Resources, Homelessness, Wage Inequity, Child Development, Poverty, Public Housing

Links for more info:

[National Alliance To End Homelessness: State of Homelessness: 2022 Edition](#)

[U.S. Department of Housing and Urban Development: Rental Assistance](#)

VIEWPOINTS EXPLAINED: TIME FOR TAXES

Time: 23:18

Duration: 1:12

Synopsis: The most dreaded time of year is soon upon us: tax season. We talk about tax help resources and what to expect once you file.

Host: Ebony McMorris

Producer: Amirah Zaveri

CULTURE CRASH: A NEW MURDER MYSTERY

Time: 24:30

Duration: 1:57

Synopsis: We talk about the new murder mystery TV show, "Poker Face" that's now streaming on Peacock.

Host & Producer: Evan Rook

Compliance issues: TV, Culture

Air Week: 2/26/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: LOOKING UP: THE PATH TO FINANCIAL WEALTH

Time: 1:47

Duration: 8:12

Synopsis: For Scarlett Cochran, money management wasn't a topic of conversation growing up. Her parents never went to college and money was always a touchy subject for her family. It wasn't until she was in her early twenties and struggling with money that she realized the importance of budgeting and accruing savings. We sit down and speak with Cochran to learn about her inspiring journey and path to financial wealth.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Scarlett Cochran, attorney, financial expert, author, *It's Not About the Money: A Proven Path to Building Wealth and Living the Rich Life You Deserve*.

Compliance issues: Personal Finance, Poverty, Personal Wealth, Personal Development, Parenthood

Links for more info:

[Penguin Random House: It's Not About the Money: A Proven Path to Building Wealth and Living the Rich Life You Deserve.](#)

[Instagram: @onebighappylyfe](#)

SEGMENT 2: GREEN BURIALS

Time: 12:01

Duration: 9:10

Synopsis: Have you thought about end-of-life planning? Would you like to be buried or cremated – or possibly have a green burial? While death may be a topic that's shied away from, it's something that each one of us eventually confronts head on. This week – We talk about the importance of being involved in the death process of loved ones and learning about what burial options are available when that time comes.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Hayley Campbell, journalist, author, *All the Living and the Dead*; Cassie Barrett, Director, Cemetery Operations, Carolina Memorial Sanctuary.

Compliance issues: Environment, Climate Change, Health, Culture, End-of-life Planning, Death

Links for more info:

[All the Living and the Dead](#)

[CarolinaMemorialSanctuary.org](#)

Time: 22:11

Duration: 2:05

Synopsis: The massive earthquake earlier this month in the Middle East is nearing 50,000 lives lost. It's been discovered that more than 75,000 buildings within the earthquake zone in Turkey were improperly constructed and did not meet earthquake resistant regulations.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Natural Disaster, Public Safety, Government, Corruption

CULTURE CRASH: A RETURN TO PARAMORE

Time: 24:16

Duration: 2:11

Synopsis: We discuss Paramore's latest album release after a long hiatus.

Host & Producer: Evan Rook

Compliance issues: Culture, Music

Air Week: 3/5/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: A NEW VIEWPOINT: SPEAKING WITH ACCLAIMED PASTRY CHEF JOANNE CHANG

Time: 1:47

Duration: 8:32

Synopsis: A young Joanne Chang envisioned a prominent career in business. She graduated from Harvard University with a degree in applied mathematics and economics and went into consulting in her twenties. Despite career success, she decided to switch gears and become a chef. We sit down with Chang to hear about her culinary career journey and the advice she has for others who may be in a similar boat.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Joanne Chang, pastry chef, owner, Flour Bakery, Myers + Chang.

Compliance issues: Entrepreneurship, Business, Cooking Science, Career, Creative Arts, Personal Development, Relationships

Links for more info:

BostonChefs.com: [Joanne Chang](#)

[Instagram](#) – [@joannebchang](#)

[Twitter](#) – [@jbchang](#)

SEGMENT 2: ONLINE SPORTS BETTING: A LUCRATIVE NEW INDUSTRY OR A GATEWAY TO GAMBLING ADDICTION?

Time: 12:19

Duration: 9:11

Synopsis: Online sports betting is a multi-billion-dollar industry and is only increasing in size year over year. We cover this burgeoning sector, the lack of overhead regulation in the U.S. and the risks this pervasive form of gambling has on a younger population.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Dr. Lia Nower, professor, School of Social Work, Rutgers University, director, Center for Gambling Studies, Rutgers University; Dr. Timothy Fong, clinical professor, psychiatry, University of California-Los Angeles, co-director, UCLA Gambling Studies Program.

Compliance issues: Public Health, Youth Development, Social Media, Psychology, Entertainment Regulation, Parenting, Gambling Addiction, Technology, Mental Health

Links for more info:

[Mayo Clinic](#): [Compulsive Gambling](#)

[GamTalk.org](#)

[National Problem Gambling](#)

National Problem Gambling Helpline: [1-800-522-4700](tel:1-800-522-4700)

Time: 22:30

Duration: 1:43

Synopsis: We cover the ongoing push to improve inmates' meals in prison systems across the country.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Incarceration, Criminal Justice, Diet, Nutrition

CULTURE CRASH: HOW WE FEEL ABOUT "YOU" SEASON 3

Time: 24:12

Duration: 2:15

Synopsis: "You" is so good at providing the audience with the unexpected, and it does it largely by completely changing the characters' setting and circumstances every season.

Host & Producer: Evan Rook

Compliance issues: TV, Culture

Air Week: 3/12/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: REAL SELF-CARE IS SETTING BOUNDARIES

Time: 1:47

Duration: 7:37

Synopsis: Acclaimed therapist and social worker Nedra Glover Tawaab joins us this week to talk about boundaries. We often don't think about our own boundaries and the boundaries we need in our relationships – whether it be with friends, colleagues, family, or romantic relationships. Tawaab breaks down how to set these boundaries and approach difficult conversations.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Nedra Glover Tawaab, licensed therapist, social worker, relationship expert, author, Drama Free: A Guide to Managing Unhealthy Family Relationships.

Compliance issues: Psychology, Communication, Mental Health, Self-care, Emotional Development, Relationships

Links for more info:

[Amazon: Drama Free: A Guide to Managing Unhealthy Family Relationships](#)

[Instagram: @nedratawwab](#)

[Psychology Today](#)

[Positive Psychology: How to Set Healthy Boundaries & Build Positive Relationships](#)

SEGMENT 2: ANIMAL CONTROL AND RESCUE

Time: 11:26

Duration: 9:31

Synopsis: More than six million companion animals enter U.S. shelters each year, and a little over four million are adopted. Sadly, shelters still rely on euthanizing when facilities are overcrowded, and an animal has been there for a while. Author Laurie Zaleski has made it her life's work to rescue hundreds of these unwanted pets and care for them on her farm. We speak with Zaleski as well Dr. Joshua Fisher, an animal expert, about the importance of caring for these animals and heading to shelters to adopt instead of a pet store or breeder.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Laurie Zaleski, author, Funny Farm: My Unexpected Life with 600 Rescue Animals; Dr. Joshua Fisher, Director of Animal Services, Charlotte, Mecklenburg County, North Carolina.

Compliance issues: Pet Ownership, Pet Adoption, Animal Welfare, Conscious Gifting, Veterinary Care, Companionship

Links for more info:

[Funny Farm Rescue](#)

[ASPCA: How to Avoid Cruelty](#)

[Amazon: Funny Farm: My Unexpected Life with 600 Rescue Animals](#)

Duration: 2:11

Synopsis: We discuss the future of the student loan cancellation program that was heavily touted by the Biden administration last year.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Personal Finance, Debt, Politics, Government, Higher Education

CULTURE CRASH: THE RELEASE OF CREED III

Time: 24:08

Duration: 2:20

Synopsis: That's right – Creed III is the newest installment in the boxing drama. We cover whether this early 2023 blockbuster is worth the watch.

Host & Producer: Evan Rook

Compliance issues: Culture, History, Film

Air Week: 3/19/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: FOOD'S CONNECTION TO OUR MENTAL HEALTH

Time: 1:47

Duration: 10:47

Synopsis: You're probably familiar with the saying: 'You are what you eat.' It's no secret that the foods we consume directly correlate to how we feel, look and more. But there's more to food than just providing us with energy and nourishment. A lack of certain nutrients can exacerbate depression, anxiety, and other mental health disorders. We speak with food expert and author, Mary Beth Albright about food's intimate connection to how we feel.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Mary Beth Albright, food systems & policy expert, food correspondent, The Washington Post, author, *Eat & Flourish: How Food Supports Emotional Well-Being*.

Compliance issues: Diet, Education, Culture, Food Policy, Mental Health, Food Systems, Health, Nutrition

Links for more info:

[The Washington Post – Mary Beth Albright](#)
[twitter @MaryBeth](#)

[Eat & Flourish: How Food Supports Emotional Well-Being](#)

SEGMENT 2: WHAT LED TO THE LARGEST HIGHER EDUCATION STRIKE IN U.S. HISTORY?

Time: 14:37

Duration: 7:21

Synopsis: Late last year, more than 48,000 graduate students, researchers and teaching assistants unionized and went on strike against the University of California system, encompassing nine college campuses. Across the state, schools like Berkeley, UCLA and University of California-San Diego to name a few came to a standstill as thousands demanded higher pay, better healthcare and other improved benefits. We speak with master's student, Kelsey Wardlaw (who went on strike) about her experience and why unionizing felt like the right path forward.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Kelsey Wardlaw, masters candidate, Latin American Studies, University of California-San Diego.

Compliance issues: Inflation, Higher Education, Labor Rights, Inequality, Workers' Rights, Poverty, Living Costs

Links for more info:

[Cal Matters: Six takeaways for Californians after the UC graduate student worker strike](#)
[Office of Labor-Management Standards: Union Resources](#)

Time: 22:58

Duration: 1:24

Synopsis: Pharmaceutical giant, Eli Lilly, has decided to cap their monthly insulin costs at \$35/month. For millions who rely on insulin to treat Type I Diabetes, this high price tag was something they've long been fighting to change.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Personal Finance, Drug Policy, Healthcare Policy, Public Health

CULTURE CRASH: THE POPULARITY OF THE NETFLIX SERIES, "WEDNESDAY"

Time: 24:22

Duration: 2:05

Synopsis: We discuss why "The Addams Family" spinoff, "Wednesday" is faring so well with younger audiences.

Host & Producer: Evan Rook

Compliance issues: TV, Culture

Air Week: 3/26/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: THE UNTOLD STORY OF EDITH WILSON

Time: 1:47

Duration: 10:18

Synopsis: Women's History Month is a time to look back and honor the women of the past who've made a difference. One of these stories is that of Edith Wilson. On paper, she's known as Woodrow Wilson's second wife and first lady, but her story is much more fascinating than what meets the eye. Author Rebecca Roberts joins us to share the story of this fierce and independent woman.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Rebecca Roberts, author, *Untold Power: The Fascinating Rise and Complex Legacy of First Lady Edith Wilson*.

Compliance issues: Women's History, Entrepreneurship, Women's Rights, American History, Politics

Links for more info:

[Untold Power: The Fascinating Rise and Complex Legacy of First Lady Edith Wilson](#)

[Edith Bolling Galt Wilson | The White House](#)

[Biography of first lady Edith Wilson examines the complexities of women and power](#)

SEGMENT 2: A WITHHOLDING OF PUBLIC INFORMATION

Time: 14:07

Duration: 7:02

Synopsis: Did you know that our federal government classifies more than 50 million pieces of documents each year? Why are so many documents marked as classified? And why is there such a long lag time for them to be unsealed? We uncover this outdated process and focus on one new method that's aiming to make this process more efficient and speedier.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Matthew Connelly, professor, International and Global History, Columbia University, principal investigator, History Lab, author, *The Declassification Engine: What History Reveals About America's Top Secrets*.

Compliance issues: Democracy, Artificial Intelligence, Government, National Security, Technology

Links for more info:

[Columbia University: Matthew Connelly](#)

[twitter: @mattspast](#)

[Amazon: The Declassification Engine: What History Reveals About America's Top Secrets](#)

VIEWPOINTS EXPLAINED: A NEW CLEAN WATER INITIATIVE

Time: 22:10

Duration: 2:00

Synopsis: The Environmental Protection Agency recently announced a new initiative aimed at removing some of the most toxic forever chemicals from Americans' water supply

Host: Ebony McMorris

Producer: Amirah Zaveri

CULTURE CRASH: BACK TO THE THEATRE

Time: 24:10

Duration: 2:14

Synopsis: The box office is on a hot streak. We highlight some of our favorites so far this year.

Host & Producer: Evan Rook

Compliance issues: Film Industry, Local Business, Culture

1...Pancake Breakfast, **Sunday, January 8** from 8-11am at Perkinsville Fire Dept, 1904 Main St. Menu includes pancakes, eggs, sausage, ham, homefries, toast, beverage. Adults \$9, children 12 & under \$5, under 5 free.

2...Mobile Mammography Center comes to Catholic Charities, 34 E State St, Mt Morris, on **Thursday, January 12** from 9:30am to 4pm. For more information or to make an appointment call 1-833-922-7465

3...Go on a walking tour of the tiny, whimsical Fairy Doors in the village of Dansville. Doors are in place **year round!** Use the maps located in participating businesses to find the fairy doors and match the door numbers with their locations.

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

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

6...Springwater Community Food Pantry, located at 8148C Main St, next to the Ice Cream Shop, is open **every Saturday** from 9-11am.

7...CANN is located at the Kennedy House, Chapel St in Perkinsville and is **open** to serve those in need with clothing, household goods and furniture. CANN serves everyone! Call 585-335-6973.

- 1...Pancake Breakfast, **Sunday, February 12** from 8-11am at Perkinsville Fire Dept, 1904 Main St. Menu includes pancakes, eggs, sausage, ham, homefries, toast, beverage. Adults \$9, children 12 & under \$5, under 5 free.
- 2...Mobile Mammography Center comes to Catholic Charities, 34 E State St, Mt Morris, on **Thursday, January 12** from 9:30am to 4pm. For more information or to make an appointment call 1-833-922-7465
- 3...Dansville's Second **Saturday, January 14** from 11a-2p featuring 'Do you want to find a Snowman? Meet Olof & Elsa at the Star Theatre from 11-1. Pick up scavenger hunt forms at local businesses to join the 'Snowman Scavenger Hunt' taking place from Jan 14-31. Prizes awarded! Enjoy vendors, shopping, family activities, dining, music and more!
- 4...Dansville Chamber Meet & Greet, **Tuesday, January 24** from 7:30-9am at Hometown Coffee Bar, 104 Main St and 5-6:30p at Scovill's Grill, 60 Red Jacket St. Light refreshments available, beverages can be purchased. Bring your marketing materials and business cards to share with others.
- 5...Go on a walking tour of the tiny, whimsical Fairy Doors in the village of Dansville. Doors are in place **year round!** Use the maps located in participating businesses to find the fairy doors and match the door numbers with their locations.
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- 2...Dansville Chamber Meet & Greet, **Tuesday, January 24** from 7:30-9am at Hometown Coffee Bar, 104 Main St and 5-6:30p at Scovill's Grill, 60 Red Jacket St. Light refreshments available, beverages can be purchased. Bring your marketing materials and business cards to share with others.
- 3...Springwater FoodLink Pop Up Pantry, **Tuesday, January 31** beginning at 3pm at Springwater Fire Dept, 8145 S Main St. Bring your own bag/cart.
- 4...Go on a walking tour of the tiny, whimsical Fairy Doors in the village of Dansville. Doors are in place **year round!** Use the maps located in participating businesses to find the fairy doors and match the door numbers with their locations.
- 5...Wayland Food Pantry at Light House Wesleyan Church on S Lackawanna St on **Wednesdays** from 4-6p.
- 6...Cohocton Food Pantry **every 1st & 3rd Wednesday** of each month from 1-3p & 6-7p at Stermer Hall, 35 Maple Ave next to St Pius Catholic Church.
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- 1...Take-out Spaghetti Dinner, **Wednesday, February 8** from 4:30-6pm at the United Methodist Church of Livonia, 21 Summer St. Spaghetti w/sauce, meatballs, salad, & garlic bread. Donations accepted.
- 1...Wayland American Legion, 106 N Main Street will host a spaghetti dinner fundraiser on **Saturday, February 11** from 2-6pm to benefit the re-opening of the Wayland Laundry Services.
- 3...Dansville Chamber of Commerce 2nd **Saturday, February 11** from 11a-2p. This month's theme 'Board Game Day'. Enjoy vendors, shopping, family activities, dining, music and more!
- 4...Pancake Breakfast, **Sunday, February 12** from 8-11am at Perkinsville Fire Dept, 1904 Main St. Menu includes pancakes, eggs, sausage, ham, homefries, toast, beverage. Adults \$9, children 12 & under \$5, under 5 free.
- 5...Drive-thru take-out dinner on Super Bowl **Sunday, February 12** from 2-4:30pm at the Groveland Federated Parish, 6616 Groveland Hill Rd. Call 704-0771 for advance tickets. \$10. Menu: chili or corn chowder, egg salad or ham salad, chocolate or white cake.
- 6...AARP Driver Safety Course held at Dansville Public Library, 200 Main St. The 6 hour course takes place **Thursday, February 16** and **Friday, February 17** from 12-3pm each day. To register call Tom Fellion at 585-335-8935.
- 7...Huge winter clothes give-away, **Saturday, February 18** from 10a-noon at Pleasant Valley Baptist Church, 4631 Lakeville Rd, Geneseo. Bring your own bag.
- 8...Dansville Rotary Trivia Night, **Saturday, February 18** at Dansville Community Center, 43 West Ave. Doors open at 6pm, trivia starts at 6:30pm. Teams of up to 8, tables of 8 for \$125. Limited tables available, call 335-6503 to book now. BYO food, drinks, & friends.
- 9...Go on a walking tour of the tiny, whimsical Fairy Doors in the village of Dansville. Doors are in place **year round!** Use the maps located in participating businesses to find the fairy doors and match the door numbers with their locations.
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- 2...AARP Driver Safety Course held at Dansville Public Library, 200 Main St. The 6 hour course takes place **Thursday, February 16** and **Friday, February 17** from 12-3pm each day. To register call Tom Fellion at 585-335-8935.
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- 5...WCCS Teacher's Association will host a chicken BBQ with curbside pick up at cafeteria back entrance, **Thursday, March 2** from 3:45-6pm. Any remaining meals for sale at 6:10 until gone. Catered by Smitty's, \$12 meal includes ½ chicken, coleslaw, baked beans, roll & dessert. Tickets available from teachers or link on facebook.
- 6...Chicken & Biscuit Dinner, **Thursday, March 2** from 5-7 pm at Dansville Fire Hall, 11 Franklin St. \$12. Take out only.
- 7...Go on a walking tour of the tiny, whimsical Fairy Doors in the village of Dansville. Doors are in place **year round!** Use the maps located in participating businesses to find the fairy doors and match the door numbers with their locations.
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3...Spaghetti Dinner Fundraiser, **Saturday, March 4** from 4pm til sold out at the Cohocton American Legion, 6 Wilcox St. Cost \$10 per ticket.

4...Take-out Spaghetti Dinner, **Wednesday, March 8** from 4:30-6pm or sold out at the United Methodist Church of Livonia, 21 Summer St. Spaghetti, meatballs, salad, garlic bread. Donations accepted.

5...Dansville Chamber of Commerce 2nd **Saturday, March 11** from 11a-2p. This month's theme is 'Rainboots & Umbrellas (plus parade). Enjoy vendors, shopping, family activities, dining, music and more!

6...Annual 'Boup' Chili Cook-Off on **Saturday, March 11** at Springwater American Legion, 7998 School St. Open to the public, entry fee \$5. Doors open at 4pm to drop off chili, judging starts at 5pm. Drawings 50/50 raffle, prizes.

7...Pancake Breakfast, **Sunday, March 12** from 8-11am at Perkinsville Fire Dept, 1904 Main St. Menu includes pancakes, eggs, sausage, ham, homefries, toast, beverage. Adults \$9, children 12 & under \$5, under 5 free.

8...**Singers Wanted** for the Dansville Lions Club Annual Show. Rehearsals are held on Monday evenings at 7pm in the North Dansville Town Hall auditorium beginning March 6.

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- 1...Spaghetti & Meatball Dinner, **Wednesday, March 15** from 5:30-7:30pm at Dansville American Legion, 34 Elizabeth St. \$12 eat-in or take-out. Tickets available from any member or call 585-739-1779.
- 2...St Patrick's Day Dinner, **Friday, March 17** serving from 4pm til gone at Springwater American Legion, 7998 School St. \$12 eat-in or take-out.
- 3...Venison / Wings / Walleye Dinner, **Saturday, March 18** from 3-6pm at the Wayland American Legion, 102 North Main St to benefit the Wayland-Cohocton School Trap Team. Donations only.
- 4...Conesus Lake Riders all you can eat breakfast, **Sunday, March 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.
- 5...Spring Drive-thru Chicken BBQ, **Sunday, March 26** from 12noon-3pm at the Dansville Moose Lodge, 6 Main St. \$12, first come-first served, no pre-sale. Menu: ½ chicken by Stearns, salt potatoes, baked beans & roll.
- 6...**Singers Wanted** for the Dansville Lions Club Annual Show. Rehearsals are held on Monday evenings at 7pm in the North Dansville Town Hall auditorium beginning March 6.
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- 3...Pancake Breakfast Fundraiser by Friends of Letchworth State Park, **Saturday, March 18 & 25, Sunday, March 19 & 26** from 10a-2p. \$8 per person, 4 & under free. Advance tickets at friendsofletchworth.com or purchase at the door.
- 4...Pop Up Pantry Free Food Distribution **Mondays, March 20, April 17, May 15 & June 12** from 4-6pm at 9384 Main St, Dansville, the old Shay's bldg.
- 5...Conesus Lake Riders all you can eat breakfast, **Sunday, March 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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- 1...Remember to Vote! In your local elections, **Tuesday, March 21**.
- 2...Livingston County Job Fair, **Tuesday, March 21** from 4-6pm at Livingston Co Government Center, 6 Court St, Geneseo.
- 3...Pancake Breakfast Fundraiser by Friends of Letchworth State Park, **Saturday, March 25 & Sunday, March 26** from 10a-2p. \$8 per person, 4 & under free. Advance tickets at friendsofletchworth.com or purchase at the door.
- 4...Pop Up Pantry Free Food Distribution **Mondays, March 20, April 17, May 15 & June 12** from 4-6pm at 9384 Main St, Dansville, the old Shay's bldg.
- 5...'Raise the Roof' Concert Series held **Friday, March 24** at 7pm at St Michael's Episcopal Church, 23 Main St, Geneseo. The first concert features, 'The Southside Boys', 'Between the Lines' & 'Dawson and Good'. Admission \$10, \$5 for SUNY students. Fundraiser for new slate roof with reception to follow.
- 6...Vietnam Veteran's Recognition Day, **Saturday, March 25** from 1-4pm for veterans, spouses & families. Informal & fun get together, lunch provided at Daniel Goho Post 87, 34 Elizabeth St, Dansville.
- 7...Conesus Lake Riders all you can eat breakfast, **Sunday, March 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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- 9...St Peter's UCC of Perkinsville Annual Penny Social, **Tuesday, March 28** at Perkinsville Fire Hall, Doors open 6pm, drawings start at 7pm. Refreshments will be served.
- 10...Spring Vendor Show, **Saturday, April 1** from 2-6pm at Wayland American Legion, 102 N Main St. Local vendors, baked goods, crafts, handmade goods, paintings & more. Cub Scouts will be serving food & Krispy Kreme donuts.

- 11...Easter Egg Hunt, **Saturday, April 1** at 1pm at Victory Park, Wayland. 4 different age groups, also special needs children have fun. Easter bunny will be joining the fun. Info, call Jamie at 585-474-6472.
- 12...Free Movie: War Room, rated PG, **Saturday, April 1** at 11am at Star Theatre, 144 Main St, Dansville sponsored by LTF Ice Cream & Letson Tree Farm.
- 13...Ossian Ladies Aide Easter Cookie Sale, **Saturday, April 1** from 10a-2p at the Heath Homestead, 4760 Ossian Hill Rd, Dansville.
- 14...Easter Egg Hunt, **Saturday, April 1** at 9:30am for sign in, hunt starts at 10am for ages 2-10 years old at United Methodist Church of Livonia, 21 Summers St followed by a craft, story time & snacks. Free event, all welcome.
- 15...Spaghetti Dinner & Raffle, **Saturday, April 8** from 4 til gone to benefit Bob Schwingel at Cohocton American Legion, 6 Wilcox St. \$10, no take-outs.
- 16...Annual Easter Egg Hunt at Stony Brook State Park, **Saturday, April 8** at 11am for ages 10 & under, free. Must register before April 3 by calling park office at 585-335-8111 or stop by main park entrance and fill out registration slip.
- 17...Second **Saturday** Dansville takes place **April 8** from 11a-2p in downtown Main St business district. This month's theme is 'Our Friends in Law Enforcement' where various law enforcement groups host activities and share information. Enjoy vendors, shopping, family activities, dining, music & more.
- 18...Perkinsville Fire Dept Pancake Breakfast, **Sunday, April 9** from 8-11am. Menu: Pancakes, eggs, sausage, ham, homefries, toast, beverage. \$9, under 12 \$5, under 5 free. 1904 Main St.
- 19...Woodchuck Round-Up, **Saturday, April 29** from 8a-2p and Raffle & Benefit from 2-5p at NCA Sports Club, County Rt 36, Atlanta to benefit the O'Neal family. Cash bar & food. No weigh-in after 2pm. Cash prizes for largest & smallest. Donation \$20. Info call Kevin at 585-737-7587.
- 20...**Singers Wanted** for the Dansville Lions Club Annual Show. Rehearsals are held on Monday evenings at 7pm in the North Dansville Town Hall auditorium beginning March 6.
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7...Pancake Breakfast with the Easter Bunny, **Saturday, April 1** from 9a-12noon at the Dansville Moose Lodge, 6 Main St to benefit Dansville Girl Scouts. \$10/ticket. Pre-sale only available from scouts, leaders, and at Dog House Café. Pancakes, sausage, hashbrowns, juice & coffee. Call Amy at 585-245-3005 or Jess 585-350-9687. Food, fun & more!

8...Holy Week Services at Wayland United Methodist Church, 1 East Ave. Palm **Sunday, April 2** at 10:45am. Maundy **Thursday, April 6** at 8pm, Easter **Sunday, April 9** at 10:45am.

9...Penny Social, **Tuesday, April 4** at Dansville Presbyterian Church, 3 School St. Doors open 5:30, drawings start 6:30pm. Refreshments, door prizes, gift baskets, raffle items, baked goods.

10...Celebrate 50 years of the Good Friday Cross Walk, **Friday, April 7** for the 2 ½ mile trek to and up to Selbig Hill, renamed Calvary for the occasion. Along the way, walkers stop for prayers and hymns at 14 stations and ends at the base of a 25 ft tall I-beam steel cross to receive a sermon. Meet mid-day at the Wayland Town Hall.

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16...Take-Out Spaghetti Dinner, **Wednesday, April 12** from 4:30-6pm at United Methodist Church of Livonia, 21 Summer St. Spaghetti w/ sauce, meatballs, salad, & garlic bread. Donations accepted.

17...Free Rabies Clinic for Livingston County residents only for dogs, cats, & ferrets, **Thursday, April 13** from 5-7pm at 4 Corners Campus, 4279 Avon Caledonia Rd (corner of River Rd & Rt 5). Pre-registration is required by calling 585-243-7280 or 585-243-1717.

18...Town of Wayland Drive Thru Rabies Clinic, **Saturday, April 15** from 9-11am at Victory Park, Pine St. Dogs & cats. Must be a Steuben County resident. \$5 donation. Questions call Deb Matthews at 585-384-9501.

19...Pop Up Pantry Free Food Distribution **Mondays, April 17, May 15 & June 12** from 4-6pm at 9384 Main St, Dansville, the old Shay's bldg.

20...Chicken BBQ, **Saturday, April 22** from 11a-1p at Cohocton Hood & Ladder, 43 Maple Ave. \$12. See a firefighter to get your ticket.

21...Woodchuck Round-Up, **Saturday, April 29** from 8a-2p and Raffle & Benefit from 2-5p at NCA Sports Club, County Rt 36, Atlanta to benefit the O'Neal family. Cash bar & food. No weigh-in after 2pm. Cash prizes for largest & smallest. Donation \$20. Info call Kevin at 585-737-7587.

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