



Call Letters: WDNY-FM

Weekly Public Affairs Program

## **QUARTERLY ISSUES REPORT, OCTOBER-DECEMBER, 2023**

Show # 2023-40

**Date aired: 10/1/23 Time Aired: 5:00 a.m.**

**Timothy W. Fong, MD**, Clinical Professor of Psychiatry at the Jane and Terry Semel Institute for Neuroscience and Human Behavior at UCLA, Director of the UCLA Addiction Psychiatry Consultation Service, Co-Director of the UCLA Gambling Studies Program

In just five years, legalized sports betting has swept the nation, now embraced as a revenue source by at least 37 states. Dr. Fong discussed gambling addiction, who is most at risk and how to recognize it, particularly in teenagers. Some well-known universities have signed deals with sportsbooks or casinos to advertise on campus, in athletic venues and in some cases, directly in students' university email inboxes. He offered advice for parents to prevent the start of addictive behavior in their teen.

**Issues covered:**

**Gambling Addiction  
Government  
Parenting**

**Length: 9:54**

**Lee Newman, MD, MA**, Distinguished Professor in the Department of Environmental & Occupational Health and Department of Epidemiology at the University of Colorado, Director of the Colorado School of Public Health's Center for Health, Work, and Environment

Today, the average American lives just 76 years, the shortest lifespan the country has seen since 1996. Dr. Newman talked about growing data that suggests that employers can dramatically affect the quality—and perhaps even length—of an employee's life. A recent report by Deloitte claimed life span could increase by an average of 12 years, and the number of years a person spends in good health by 19 years by 2040, if employers not only made sure their employees are safe on the job, but also addressed their health and well-being in other less traditional ways.

**Issues covered:**

**Longevity  
Personal Health  
Employment**

**Length: 7:22**

**Baia Lasky, MD**, board-certified physician in Blood Banking and Transfusion Medicine, Medical Director of the American Red Cross of Georgia

Dr. Lasky explained how several natural disasters this summer have contributed to a national blood shortage that could have far-reaching effects across America. She said the national blood supply has fallen by nearly 25%. She explained why the problem is so serious and how a first-time blood donor can get started.

**Issues covered:**

**Blood Donation  
Public Health**

**Length: 4:59**

Show # 2023-41

**Date aired: 10/8/23 Time Aired: 5:00 a.m.**

**Matt Levendusky, PhD**, Professor in the Department of Political Science at the University of Pennsylvania, Stephen & Mary Baran Chair in the Institutions of Democracy at the Annenberg Public Policy Center

Many Americans do not know what rights are protected under the First Amendment and a substantial number cannot name all three branches of government, according to the 2023 Annenberg Constitution Day Civics Survey. Prof. Levendusky shared other findings from the survey, discussed the reasons behind today's widespread civic ignorance and explained why the trend is so worrisome.

**Issues covered:**

**Length: 9:06**

**Constitutional Rights  
Citizenship  
Education**

**Marlene Schwartz, PhD**, Director of the University of Connecticut's Rudd Center for Food Policy and Health

Registered dietitians and other online influencers are being paid to post videos that promote diet soda, sugar and supplements on Instagram and TikTok. Prof. Schwartz discussed the little-known tactic often used by the multibillion-dollar food, beverage and pharmaceutical industries to sway consumers faced with often-contradictory health messages about popular products. She offered suggestions to help viewers recognize these paid messages.

**Issues covered:**

**Length: 8:11**

**Consumer Matters  
Personal Health/Nutrition**

**Jill Ciminillo**, Managing Editor for the website Pickup Truck + SUV Talk, co-host of the Consumer Guide Car Stuff podcast

Minivans are frequently the go-to vehicle for families, not only for passenger comfort but also their ability to hold a lot of stuff. However, the Insurance Institute for Highway Safety recently updated their methods for testing minivan safety, with disturbing results. Ms. Ciminillo outlined the new data and what consumers need to know.

**Issues covered:**

**Length: 5:10**

**Vehicle Safety  
Consumer Matters**

Show # 2023-42

**Date aired: 10/15/23 Time Aired: 5:00 a.m.**

**Devin Mann, MD**, Professor in the Departments of Medicine and Population Health at NYU Grossman School of Medicine

Dr. Mann led a study of healthcare consumers that found that most of ChatGPT's responses to people's healthcare-related queries are nearly indistinguishable from those provided by human physicians. He believes the chatbots will be great tools for healthcare providers to communicate with patients, improve quality of care and reduce misdiagnoses and errors.

**Issues covered:**

**Length: 9:02**

**Artificial Intelligence  
Personal Health**

**Gary Painter, PhD**, Academic Director of the Carl H. Lindner College of Business real estate program, Professor of Real Estate at the University of Cincinnati

Prof. Painter shared his research that Americans who pay more than 30% of their income toward rent are forced to make trade-offs in other areas of their lives that can last for years and contribute to many social ills. He said while some trade-offs, such as buying less clothing, might not have severe long-term consequences, some rent-burdened residents reported cutting back on medicine and other health care that could have cascading effects.

**Issues covered:**

**Length: 8:18**

**Housing  
Poverty  
Economy**

**Jim Lorraine**, military veteran, President of America's Warrior Partnership

Mr. Lorraine said the suicide rate of military veterans is roughly twice that of the general population, and is often spurred by more than just post-traumatic stress syndrome or depression. He said underemployment, irregular housing and other economic issues also play a large role in suicidal behavior. He talked about the resources that are available to veterans. He said that risk factors for veterans at risk of suicide vary significantly from one state to another, and his organization helps to identify the differences and develop strategies to help.

**Issues covered:**

**Length: 5:03**

**Suicide Prevention  
Veterans' Concerns  
Mental Health**

Show # 2023-43

**Date aired: 10/22/23 Time Aired: 5:00 a.m.**

**Adia Harvey Wingfield, PhD**, sociologist, Mary Tileston Hemenway Professor of Arts & Sciences and Vice Dean for Faculty Development and Diversity at Washington University in St. Louis, author of "*Gray Areas: How the Way We Work Perpetuates Racism and What We Can Do to Fix It*"

While explicit discrimination no longer occurs and organizations make internal and public pledges to honor and achieve diversity, black employees remain less likely to be hired, stall out at middle levels, and rarely progress to senior leadership positions. Prof. Wingfield discussed what she calls "gray areas:" the relationships, networks, and cultural dynamics that exist apart from specific expectations and duties required for any given job. She offered suggestions to address the problem.

**Issues covered:**

**Length: 8:33**

**Racism  
Workplace Matters**

**Lisa Damour, PhD**, Senior Advisor to the Schubert Center for Child Studies at Case Western Reserve University, author of "*The Emotional Lives of Teenagers: Raising Connected, Capable, and Compassionate Adolescents*," co-host of the Ask Lisa podcast

Dr. Damour offered advice for parents to understand their teenagers' intense and often fraught emotional lives—and how to support teens through this critical developmental stage. She discussed some of the most common myths relating to teenage emotions and distress, and offered tips to help teenagers maintain or regain emotional control.

**Issues covered:**  
**Adolescent Mental Health**  
**Parenting**

**Length: 8:45**

**Shahab Haghayegh, PhD**, Research Fellow at the Brigham and Harvard Medical School

Getting enough sleep has never been more difficult. Prof. Haghayegh shared his research that found that women who struggled with getting enough sleep were at greater risk of developing hypertension, or high blood pressure. He said hypertension and sleep disorders are becoming increasingly prevalent among American adults. He also noted that, while his study only included women, it's likely the findings apply to men, as well.

**Issues covered:**  
**High Blood Pressure**  
**Personal Health**

**Length: 5:03**

Show # 2023-44

**Date aired: 10/29/23 Time Aired: 5:00 a.m.**

**Ivan Misner PhD**, founder of BNI, the world's largest business networking organization, author of "*The 3rd Paradigm: A Radical Shift to Greater Success*"

Mr. Misner discussed effective ways to complain at work. He explained the importance for businesses to take deliberate actions to be sure their staff is heard. He said scheduling regular "complaining meetings" can change the entire mood of the workplace, and lead to innovation and new ideas.

**Issues covered:**  
**Workplace Matters**  
**Business**

**Length: 8:33**

**Nathalie Huguet, PhD**, Associate Professor of Family Medicine, at the Oregon Health & Science University School of Medicine

Prof. Huguet led a study that revealed gaps in health insurance coverage for seniors residing in the US. She found that about a quarter of low-income patients receiving care at community health centers remain uninsured when they turn 65. The main reason is that they are not eligible for Medicare because they never paid into the Social Security system, in many cases because they are not legal US citizens. She said 20% of the uninsured patients had five or more health conditions, such as diabetes or high blood pressure, that need frequent treatment and management.

**Issues covered:**  
**Health Insurance**  
**Immigration**  
**Senior Issues**

**Length: 8:45**

**Rachel Cruze**, personal finance expert, author of "*Know Yourself, Know Your Money: Discover WHY You Handle Money the Way You Do, and WHAT to Do About It!*"

40% of Americans during the pandemic could not cover a \$400 emergency in cash. Ms. Cruze explained the psychology that influences how we spend and save money, and how to change those ingrained habits.

**Issues covered:**  
**Personal Finance**

**Length: 5:10**

Show # 2023-45

**Date aired: 11/5/23 Time Aired: 5:00 a.m.**

**David S. Prerau, PhD**, author of *“Seize the Daylight: The Curious and Contentious Story of Daylight-Saving Time”*

Mr. Prerau discussed the history of Daylight-Saving time. He dispelled the myth that farmers are the main proponents of DST. He also explained where efforts stand to end the annual time change, and outlined the possible options that Congress would choose from.

**Issues covered:**

**Length: 8:30**

**Government  
Personal Health**

**Martha Khlopin**, Medicare expert, nationally syndicated radio host, founder of Get2insurance.com

Vague and misleading advertisements for Medicare Advantage policies are flooding the airwaves and mailboxes of Medicare recipients. Ms. Khlopin explained what Medicare Advantage is and how it differs from original Medicare. She also shared examples of complaints from seniors who had their plans changed without their consent or knowledge, and how the scams work. She warned that some TV ads and phone calls may give the impression that they are affiliated with the federal Medicare system, when they are not. She advised seniors to be careful and seek help from legitimate sources.

**Issues covered:**

**Length: 8:38**

**Medicare  
Scams  
Senior Issues**

**Michal Schnaider Beeri, PhD**, Professor of Psychiatry, Director of the Herbert and Jacqueline Krieger Klein Alzheimer’s Research Center at Rutgers Brain Health Institute

Prof. Beeri shared results of her study that found that people who were diagnosed with attention deficit hyperactivity disorder at midlife had a threefold increased risk of developing dementia later in life, compared to those without ADHD. She also discussed possible explanations for the link between ADHD and dementia, and what role ADHD medications may play.

**Issues covered:**

**Length: 5:15**

**Alzheimer’s Disease  
ADHD**

Show # 2023-46

**Date aired: 11/12/23 Time Aired: 5:00 a.m.**

**David Newman-Toker, M.D., PhD**, Lead Investigator and Director of the Johns Hopkins Armstrong Institute Center for Diagnostic Excellence

Dr. Newman-Toker led what is believed to be the first rigorous national estimate of permanent disability and death from diagnostic error. He estimates that 795,000 Americans die or are permanently disabled by diagnostic error each year. He said vascular events, infections and cancers cause 75% of the serious harms, and that stroke is the top cause of serious harm from misdiagnosis. He believes that a serious campaign to target diseases with high error and harm rates may reduce diagnostic errors and improve patient outcomes.

**Issues covered:**

**Length: 8:30**

**Medical Errors & Misdiagnoses  
Public Health**

**Johnnye Lewis, PhD**, Professor Emerita in the Department of Pharmaceutical Sciences at University of New Mexico Health Sciences, Co-Director of Community Environmental Health Program, Director of the UNM METALS Superfund Research Program

Prof. Lewis' research found that water from many wells and community water systems across the US contains unsafe levels of toxic contaminants. She discussed the health effects of seven contaminants, which include cancer, developmental delays, and preterm birth, and how they affect vulnerable populations and communities with lower income levels. She also talked about the challenges of removing these contaminants from water supply systems, and how larger systems tend to have more resources and monitoring than smaller systems

**Issues covered:**

**Drinking Water Safety  
Pollution  
Government**

**Length: 8:54**

**Tom Appel**, Publisher of Consumer Guide Automotive, co-host of the Consumer Guide Car Stuff podcast

7.9% of cars sold in the US in the third quarter of 2023 were electric vehicles. Mr. Appel outlined what consumers need to know about the three levels of EV charging currently available, and the pluses and minuses of each.

**Issues covered:**

**Electric Vehicles  
Consumer Matters**

**Length: 5:11**

Show # 2023-47

**Date aired: 11/19/23 Time Aired: 5:00 a.m.**

**Hilarie Gamm**, tech industry expert, author of "*Billions Lost: The American Tech Crisis and The Road Map to Change*"

Ms. Gamm explained why parents, educators, and employers urgently need to understand today's generation of teens and young adults. She talked about the revolutionary effect that technological advances have had on education and the development of the human mind. She said every American needs to have a basic understanding of current technology because of the wide-ranging ramifications these changes have on legislation, regulation and privacy.

**Issues covered:**

**Education  
Career  
Parenting**

**Length: 8:48**

**Kelsey Graham, PhD**, pollinator conservation specialist at Michigan State University

Dr. Graham explained the importance of bees to the nation's food supply. She also discussed the role that pesticides and climate change may be having on bee populations in North America. She outlined simple steps that people can take to increase bee populations in their communities.

**Issues covered:**

**Agriculture  
Environment**

**Length: 8:27**

**Kristin Rosenthal**, pedestrian and bike safety expert from Safe Kids Worldwide

About every five days, a child in the U.S. dies from a train collision. Ms. Rosenthal said young people, particularly teenagers, do not understand how dangerous railroad tracks and crossings are. She offered advice to parents to teach their kids to not walk or take selfies on railroad tracks, to not walk with earbuds in, and to never try to beat a train at a railroad crossing.

**Issues covered:**

**Child Safety  
Traffic Safety**

**Length: 4:52**

Show # 2023-48

**Date aired: 11/26/23 Time Aired: 5:00 a.m.**

**Chris Bailey**, productivity expert, author of "*Hyperfocus: How to Be More Productive in a World of Distraction*"

Mr. Bailey said that the human brain has two powerful modes that can be unlocked when we use our attention well: a focused mode and a creative mode. He explained how to unlock each of these mental modes in order to concentrate more deeply, think more clearly, and work and live more deliberately every day. He explained how to minimize distractions that can cause problems at work and in personal relationships.

**Issues covered:**

**Workplace Matters  
Career**

**Length: 8:31**

**Janet Murnaghan**, journalist, author of "*Saving Sarah: One Mother's Battle Against the Health Care System to Save Her Daughter's Life*"

Ms. Murnaghan's young daughter desperately needed a set of donor lungs. A set of lungs was available and there was nothing standing in the way medically, but a federal policy barred children under the age of 12 from receiving adult lungs. Ms. Murnaghan talked about her quest to save Sarah and other kids in similar situations. After a court fight and through the use of social media, she eventually convinced the government to change organ donation rules permanently.

**Issues covered:**

**Organ Donation  
Government Regulation**

**Length: 8:44**

**KJ Dell'Antonia**, editor of the Motherlode blog in the New York Times from 2011 until 2016, author of "*How to be a Happier Parent: Raising a Family, Having a Life, and Loving (Almost) Every Minute*"

Ms. Dell'Antonia said that in her research and writing about family life over the years, one topic keeps coming up again and again: parents crave a greater sense of happiness in their daily lives. She discussed the most common problem areas that cause parents the most grief, and suggested steps parents can take to make them better.

**Issues covered:**

**Parenting**

**Length: 5:12**

Show # 2023-49

**Date aired: 12/3/23 Time Aired: 5:00 a.m.**

**Edward McFowland III, PhD**, Assistant Professor in the Technology and Operations Management Unit at Harvard Business School

Prof. McFowland co-authored a recent study that found that the use of artificial intelligence tools elevates the skills of the lowest performers across a wide range of fields to, or even far above, what was previously average performance. Across a set of 18 tasks designed to test a range of business skills - from analysis to idea generation to persuasion - consultants who had previously tested in the lower half of the group increased the quality of their outputs by 43% with AI help, while the top half only gained 17%. He discussed likely limitations in what AI can do well in modern professional work. He believes that AI will not be able to replace most human creativity and problem-solving.

**Issues covered:**

**Length: 8:51**

**Artificial Intelligence  
Employment**

**Morgan Frank, PhD**, Assistant Professor in the University of Pittsburgh's School of Computing and Information

Prof. Frank studies job prospects for fossil fuel workers in the green energy transition. He said that fossil fuel workers have skills that are compatible with green jobs, but they face geographic and social barriers to relocate. He also explained why green jobs will span across different skill levels and sectors, but they are not well aligned with the current locations of fossil fuel workers.

**Issues covered:**

**Length: 8:32**

**Energy  
Employment  
Environment**

**Adrienne Lawrence**, former ESPN anchor and legal analyst, author of "*Staying in the Game: The Playbook for Beating Workplace Sexual Harassment*"

Ms. Lawrence explained how most companies mishandle sexual harassment cases and why. She also discussed the mental health consequences faced by those who report sexual harassment and how to deal with it. She talked about the impact of the MeToo# movement and what she sees as the future of dealing with sexual harassment as a society.

**Issues covered:**

**Length: 5:03**

**Sexual Harassment  
Women's Concerns  
Workplace Matters**

Show # 2023-50

**Date aired: 12/10/23 Time Aired: 5:00 a.m.**

**Tyra Fainstad, MD**, Associate Professor at the University of Colorado School of Medicine

Burnout is highly prevalent across most healthcare careers, but especially among trainee physicians. Dr. Fainstad developed a pilot program that successfully reduced burnout among female medical residents. She explained that while the program is digital, including videoconferencing coaching calls, she found that the group aspect was especially important in its effectiveness. She discussed the potential hurdles in expanding the training to hospitals and medical schools nationwide.



**Issues covered:**

**Public Health  
Mental Health**

**Length: 8:37**

**Jason M. Nagata MD**, Associate Professor of Pediatrics in the Division of Adolescent and Young Adult Medicine at the University of California San Francisco

Dr. Nagata's study of US adolescents found that both victims and perpetrators of cyberbullying were more likely than other youth to experience eating disorder symptoms, including worrying about weight gain, self-worth tied to weight, and binge eating. He believes it is important that teachers and parents are aware that these experiences are relatively common among teens, and encourage kids to report online harassment if it occurs.

**Issues covered:**

**Cyberbullying  
Eating Disorders  
Discrimination**

**Length: 8:44**

**Ana Lorena Fábrega**, Chief Evangelist at Synthesis and author of "*The Learning Game: Teaching Kids to Think for Themselves, Embrace Challenge, and Love Learning*"

Ms. Fabrega traditional approaches to education, contrasting them with the ways kids really learn. She believes current methods of teaching children are outdated. She explained how her experience as a child who attended ten schools in seven different countries gave her an unconventional perspective. She suggested allowing children to learn through projects rather than strict curriculum, and explained why teaching kids of differing ages as a group, rather than segregating them in conventional grades and ages, can have major benefits.

**Issues covered:**

**Education**

**Length: 5:05**

Show # 2023-51

**Date aired: 12/17/23 Time Aired: 5:00 a.m.**

**Laurence J. Kotlikoff, PhD**, Professor of Economics and William Warren Fairfield Professor at Boston University, former Senior Economist on the President's Council of Economic Advisers, co-author of "*Social Security Horror Stories: Protect Yourself From the System & Avoid Clawbacks*"

Prof. Kotlikoff explained the problem of Social Security clawbacks. He said each year more than a million unsuspecting Americans receive letters from the Social Security Administration, demanding repayment of thousands of dollars of overpaid benefits, due to SSA mistakes that occurred sometimes decades earlier. He shared examples of elderly people who suffered from clawbacks, and proposed reforms to stop them.

**Issues covered:**

**Social Security  
Government  
Consumer Matters**

**Length: 8:44**

**Andrew Perry**, postdoctoral scholar in the Department of Educational Studies at Ohio State University

Mr. Perry was the lead author of a study that examined how teachers rate different approaches to student violence. He said teachers believe that removing or expelling students from school after a violent incident is the least effective response, because it may increase the risk of violence against teachers, as the student may come back bitter or angry. He said most teachers prefer proactive strategies, which aim to create a positive learning environment and a sense of community through socioemotional learning and school counseling.

**Issues covered:**  
**School Violence**

**Length: 8:41**

**Joel Kaufman, PhD**, physician, Professor of Environmental and Occupational Health Sciences at the University of Washington

Dr. Kaufman led a recent study that found a link between highway air pollution and higher blood pressure. He said the impact is significant enough to be comparable to other blood pressure factors such as sodium intake and medication. He also suggested some ways to reduce the exposure to traffic pollution both for motorists, and those who live near highways.

**Issues covered:**  
**Air Pollution**  
**High Blood Pressure**

**Length: 5:08**

Show # 2023-52

**Date aired: 12/24/23 Time Aired: 5:00 a.m.**

**Ryan Kalember**, Senior Vice President of Cybersecurity Strategy for online security company Proofpoint

Scammers have devised a new scheme to steal thousands of dollars from homebuyers who are about to close on a house. Mr. Kalember said buyers are often tricked into wiring their down payment on the day of closing to a fraudulent offshore account, by criminals who have hacked their real estate agent's or title company's email account. He explained how consumers can protect themselves.

**Issues covered:**  
**Crime**  
**Online Security**  
**Personal Finance**

**Length: 7:43**

**Diane Redleaf**, family defense attorney, author of "*They Took the Kids Last Night: How the Child Protection System Puts Families at Risk*"

The number of children in the U.S. foster care system is at record levels, thanks in part to the opioid crisis. With nearly 450,000 children in the system, Ms. Redleaf discussed what happens when caseworkers make mistakes, taking children from parents who are neither abusive nor neglectful. She noted that minority families are disproportionately affected by this trend. She also said that once children are taken, parents and their attorneys sometimes can't learn where the children are being housed.

**Issues covered:**  
**Foster Care**  
**Minority Concerns**  
**Parenting**

**Length: 9:24**

**Andrew Gewirtz, PhD**, Professor in the Institute for Biomedical Sciences at Georgia State University

Dr. Gewirtz was the co-author of a surprising study that found that adding highly refined fiber to processed foods could have negative effects on human health, including liver cancer. He explained what ingredients consumers need to watch for on processed food labels. He said the simplest solution is to eat fruits and vegetables naturally rich in soluble fiber, rather than processed foods.

**Issues covered:**

**Nutrition  
Cancer  
Personal Health**

**Length: 5:01**

Show # 2023-53

**Date aired: 12/31/23 Time Aired: 5:00 a.m.**

**Brandi Britton**, District President of Office Team, a staffing service providing temporary administrative and office support staff

Ms. Britton discussed the most common social media mistakes that take job seekers out of the running for a position. She noted that negative or inappropriate comments and questionable photos are the most common social media issues. She said a job hunter should always assume that a company has combed through their social media profile before even scheduling an interview.

**Issues covered:**

**Employment  
Career  
Social Media**

**Length: 7:28**

**Jennifer Bradley**, co-author of "Make it Zero: The Movement to Safeguard Every Child"

Ms. Bradley discussed the issue of human trafficking in the U.S. She said five main factors contribute to the problem, including poverty, abuse and isolation. She explained the shocking role that the foster child system plays in the issue, and she offered suggestions for individuals to make a difference in preventing and stopping human trafficking.

**Issues covered:**

**Human Trafficking  
Child Abuse  
Poverty**

**Length: 9:43**

**Richard Thaler, PhD**, Professor of Behavioral Science and Economics at the University of Chicago Booth School of Business, President of the American Economic Association

Prof. Thaler discussed what happens when economics meets psychology and how irrational human beings greatly influence the US and world economies. He explained how research is in progress to understand human miscalculations, with the goal of developing better decision-making in business, government and life in general.

**Issues covered:**

**Economics  
Consumer Matters  
Mental Health**

**Length: 4:49**



# Quarterly Report of Compliancy Issues & Programs List

## 2023-Q4 (October – December) Viewpoints Radio

### Airs 5:30 a.m. Sundays

- Addiction
- African American History
- Aging
- Agriculture
- American History
- American Traditions
- Ancient Civilizations
- Animal Extinction
- Animal Science
- Animal Sciences
- Annual Holidays
- Archaeology
- Arts
- Astronomy
- Astrophysics
- Auto Industry
- Aviation
- Business
- Cancer
- Career
- Child Development
- Childcare
- Chronic Disease
- Climate
- Climate Change
- Communication
- Community
- Conspiracy Theories
- Consumerism
- Contraception
- Copyright Infringement
- Creative Arts
- Crime
- Criminal Justice
- Cryptocurrency
- Culture
- Customs
- Democracy
- Diet
- Digital Currency
- Disease
- Diversity
- Drug Abuse
- Economy
- Ecosystem
- Education
- Education Policy
- Elections
- Entertainment
- Environment
- Ethics
- Exercise
- Extreme Weather
- Family Planning
- Farming
- Film
- Finance
- Food Culture
- Food History
- Food Inequity
- Food Production
- Food Scarcity
- Food Waste
- Free Speech
- Freedom
- Global Culture
- Global Economy
- Global Issues
- Global Migration
- Government
- Government Assistance
- Government Policy
- Government Regulation
- Grief
- Health
- Healthcare
- Healthy Lifestyle
- Higher Education
- History
- Housing
- Housing Inventory
- Humanity
- Immigration
- Immigration Policy
- Immigration Reform
- Incarceration
- Indigenous Populations
- Inequality
- Inflation
- Inmate Rehabilitation
- Innovation
- International Relations
- Investing
- Journalism
- Labor Issues
- Labor Movement
- Language
- Law
- Law Enforcement
- Legal Issues
- Lifestyle
- Literacy
- Literature
- Local Government
- Local Politics
- Loss
- Manufacturing
- Marriage
- Mass Extinction
- Mass Media
- Materialism
- Media
- Medicine
- Mental Health
- Mental Health Treatment
- Mental Illness
- Music
- Music Industry
- Natural Disasters
- Natural Resource
- News
- Nonprofit Organizations
- Nutrition
- Paleontology
- Parenting
- Partisan Issues
- Personal Finance
- Pet Care
- Pet Health
- Physical Disorders
- Political Fundraising
- Political Organizations
- Politics
- Pollution
- Poverty
- Presidential Election
- Professional Athlete
- Psychology
- PTSD
- Public Assistance
- Public Health
- Public Safety
- Publishing
- Racial Discrimination
- Reading
- Reading Comprehension
- Real Estate
- Recreation
- Recycling Systems
- Rehabilitation
- Relationships
- Religion
- Research
- Science
- Scientific Research
- Self-Development
- Self-Fulfillment
- Senior Care
- Sleep Disorders
- Social Media
- Social Media Trends
- Society
- Solar System
- Space
- State Government
- Substance Abuse
- Supply Chain Management
- Technology
- Traditions
- Trauma
- TV
- Veterinary Health
- Video
- Volunteerism
- Voter Eligibility
- Voting Rights
- Wage Inequity
- War
- Wellbeing
- Writing

**Program 23-40****Air Week:** 10/1/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: '35 PERCENT OF ALL FOOD ENDS UP IN THE TRASH': WHY IS FOOD WASTE STILL SO HIGH?****Time:** 1:47**Duration:** 6:14**Synopsis:** Each year, we throw away the equivalent of 130 billion meals. This wasted food could feed hundreds of millions of people and negatively impacts the environment both from its production and then the methane it releases once in a landfill. We cover the ongoing food waste crisis in America and hear from one tech platform that's helping to connect hungry people to food that would otherwise be tossed into a trash bin.**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Sarah Soteroff, North American spokesperson, Too Good To Go**Compliance issues:** Business, Environment, Food Inequity, Food Production, Food Scarcity, Food Waste, Technology**Links for more info:**[Food Waste in America | Feeding America](#)[Stopping Food Waste Before It Starts Is Key to Reaching Climate Goals | Civil Eats](#)[Food Waste and its Links to Greenhouse Gases and Climate Change | USDA](#)[Too Good To Go \(@TooGoodToGo\) / X](#)**SEGMENT 2: '2/3 OF STUDENTS ARE TESTING BELOW PROFICIENCY IN READING': WHY ARE LITERACY RATES SO LOW?****Time:** 10:03**Duration:** 10:31**Synopsis:** Millions of kids are failing to meet reading comprehension standards. With so many young people falling through the cracks, we look at what's broken within the current curriculum and how new research on reading education can lead to some improvements. Education expert Natalie Wexler joins us to share important insights and what parents can also do at home to bolster these skills.**Host:** Marty Peterson**Producer:** Amirah Zaveri**Guests:** Natalie Wexler, education expert, author, The Knowledge Gap: The Hidden Cause of America's Broken Education System - And How to Fix It**Compliance issues:** Child Development, Education, Education Policy, Literacy, Parenting, Reading Comprehension**Links for more info:**[9 Things Science Tells Us About How Kids Learn to Read and Think Critically – The 74](#)[Why Content Knowledge is Crucial to Effective Critical Thinking | KQED](#)[Podcast – Knowledge Matters Campaign](#)[The Knowledge Gap: The Hidden Cause of America's Broken Education System-and How to Fix it: Wexler, Natalie](#)[Natalie Wexler \(@natwexler\) / X](#)**VIEWPOINTS EXPLAINED: 'LESS THAN 10 PERCENT OF ALL PLASTIC IS RECYCLED'****Time:** 21:34**Duration:** 1:59**Synopsis:** If we spend effort recycling items, it's logical to assume that most of these bottles, cartons and boxes will be recycled and reused. However, for plastic, this is rarely the case. We talk about the plastic crisis and why it's important to cut down on the plastic you use in your daily life.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Business, Climate Change, Consumerism, Environment, Food Production, Health, Materialism, Pollution, Recycling Systems**CULTURE CRASH: STEPPING INTO A FILM DIRECTOR'S SHOES****Time:** 23:33**Duration:** 2:54**Synopsis:** We highlight how it's all too easy for prominent directors to fall into a rabbit hole of producing a series of not-that-good movies after their first is a blockbuster hit.**Host & Producer:** Evan Rook**Compliance issues:** Culture, Film

**Program 23-41****Air Week:** 10/8/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: A FAMILY FOREVER CHANGED: RACHEL'S STRUGGLE WITH SCHIZOPHRENIA****Time:** 1:47**Duration:** 7:00

**Synopsis:** Deborah Kasdan's sister, Rachel, had a bright future ahead of her. She was a natural creative, a talented student and loved to travel and meet new people. However, this future dimmed when Rachel was diagnosed with schizophrenia during her mid-twenties. The diagnosis forever impacted both Rachel and the family. She sadly passed away at age 59, but Deborah Kasdan joins us this week to share her sister's story and the wide-ranging toll of mental illness.

**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Deborah Kasdan, writer, author, Roll Back the World: A Sister's Memoir**Compliance issues:** Arts, Communication, Government, History, Mental Health, Mental Health Treatment, Mental Illness, Nonprofit Organizations, Psychology, Public Health, Rehabilitation**Links for more info:**[National Alliance on Mental Illness](#)[FindTreatment.gov](#)[What is Mental Health? | SAMHSA](#)[Zocdoc](#)[Find a Therapist, Psychologist, Counselor - Psychology Today](#)[Roll Back the World: A Sister's Memoir by Deborah Kasdan, Paperback | Barnes & Noble®](#)[Deborah Kasdan \(@debkasdan\) / X](#)[Instagram: @debkasdan](#)[DeborahKasdan.com](#)**SEGMENT 2: 30 YEARS OF THE MOTOR VOTER LAW: WHY THIS ACT HAS TRAPPED COUNTLESS****IMMIGRANTS****Time:** 10:49**Duration:** 10:08

**Synopsis:** In 2006, Filipino immigrant Elizabeth Keathley mistakenly registered to vote while at the Illinois Department of Motor Vehicles. Keathley and her former lawyer, Richard Hanus, join us this week to share the stressful, years-long legal battle that almost led to her being deported back to the Philippines.

**Host:** Marty Peterson**Producer:** Amirah Zaveri**Guests:** Richard Hanus, immigration attorney, The Law Offices of Richard Hanus; Elizabeth Keathley, immigrant**Compliance issues:** Government, Immigration, Law, Legal Issues, Voter Eligibility, Voting Rights**Links for more info:**[The Law Offices of Richard Hanus](#)[The National Voter Registration Act Of 1993 \(NVRA\)](#)[As noncitizens cast ballots, 'Motor Voter' law needs reform](#)[Some Noncitizens Do Wind Up Registered To Vote, But Usually Not On Purpose](#)**VIEWPOINTS EXPLAINED: WHY ARE HALLOWEEN CANDY PRICES SO SCARY RIGHT NOW?****Time:** 21:57**Duration:** 2:02

**Synopsis:** Consumers are spending more on Halloween recently. Part of it stems from the holiday becoming more popular and people shelling out more on décor, costumes, treats and activities. However, another factor is that prices are also generally rising. We look at how candy prices have significantly jumped over the last few years.

**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Consumerism, Global Economy, Inflation, Personal Finance, Supply Chain Management

**CULTURE CRASH: WHY WE ALWAYS GO BACK TO WHAT WE LOVED IN HIGH SCHOOL****Time:** 23:59**Duration:** 2:28**Synopsis:** We rewind back in time and talk about the power of nostalgia when it comes to the music, movies and shows we prefer.**Host & Producer:** Evan Rook**Compliance issues:** Culture, Film, History, TV

**Program 23-42****Air Week:** 10/15/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: BREAKING DOWN THE HIDDEN MISCONCEPTIONS OF TWO CLASSIC HALLOWEEN ICONS****Time:** 1:47**Duration:** 8:33**Synopsis:** Spiders and bats are some of the most common symbols of Halloween spookiness. We speak with two experts to get the truth behind these traditionally scary creatures and hear why neither of them are nearly as scary as we think.**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Nancy Troyano, entomologist, director of technical education & training, Rentokil North America; Merlin Tuttle, ecologist, wildlife photographer, conservationist, author of the book, *The Secret Lives of Bats: My Adventure with the World's Most Misunderstood Mammals***Compliance issues:** Animal Science, Disease, Education, Environment, History, Psychology, Science**Links for more info:**[National Park Service: Bat Myths](#)[Merlin Tuttle's Bat Conservation](#)[NBC News: 5 Spooky Spider Myths Busted](#)[Nancy Troyano, PhD, BCE | Rentokil](#)**SEGMENT 2: THE STORY BEHIND THE FREE SPEECH ORGANIZATION ADVERTISING EVERYWHERE****Time:** 12:22**Duration:** 8:48**Synopsis:** Have you seen an advertisement or commercial for the group, FIRE? The acronym stands for the Foundation for Individual Rights and Expression, but even after watching an ad, it can still be confusing to grasp what exactly this organization truly stands for. As the presidential cycle heats up, this kind of messaging is only going to grow more common over the next year, so we wanted to uncover what exactly FIRE stands for and why some people have mixed feelings on the nonpartisan nonprofit.**Host:** Marty Peterson**Producer:** Amirah Zaveri, Grace Galante**Guests:** Nico Perrino, executive vice president, FIRE; Steve Macek, professor, communication & media studies, North Central College**Compliance issues:** Finance, Free Speech, Freedom, Government, Higher Education, History, Nonprofit Organizations, Partisan Issues, Political Fundraising, Political Organizations, Politics, Presidential Election**Links for more info:**[Mission | The Foundation for Individual Rights and Expression](#)[FIRE \(@TheFIREorg\) / X](#)[Steve Macek | North Central College](#)[What Does Free Speech Mean? | United States Courts](#)**VIEWPOINTS EXPLAINED: AN INFLUX OF SOUTHERN MIGRANTS: WHAT'S GOING ON?****Time:** 22:10**Duration:** 1:45**Synopsis:** Over the last year, hundreds of thousands of migrants seeking asylum have made their way into the U.S. and have been bussed to sanctuary cities across the country. We cover how this large influx is leading to chaos and mass frustration among residents and leaders.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Crime, Global Issues, Government, Immigration Policy, Immigration Reform, Politics, Poverty**CULTURE CRASH: WHAT'S GOING ON WITH REALITY TV?****Time:** 23:55**Duration:** 2:32**Synopsis:** Why does it seem like every person on a reality TV show is just trying to become an influencer these days? We talk about what's wrong with reality TV in 2023 and why we're fed up with these stale narratives.**Host & Producer:** Evan Rook**Compliance issues:** Culture, Film, History, TV



**Program 23-43****Air Week:** 10/22/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: A MOUNTING LONELINESS EPIDEMIC: WHERE HAVE OUR COMMUNITIES GONE?****Time:** 1:47**Duration:** 9:12

**Synopsis:** Even before the pandemic hit, more than half of U.S. adults responded that they struggle with feelings of loneliness and isolation. Fast forward four years and this problem has only grown worse. Millions of children, teens and adults feel completely disconnected from their neighbors, towns, and local organizations. We talk about what's fueled this decline in recent decades and how listeners can take steps to start forming new connections where they live.

**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Seth D. Kaplan, lecturer, Johns Hopkins University, senior advisor, Institute for Integrated Transitions, author, *Fragile Neighborhoods: Repairing American Society, One Zip Code at a Time***Compliance issues:** Communication, Health, Local Government, Mental Health, Public Health, Senior Care, Technology, Volunteerism, Wellbeing**Links for more info:**

[New Surgeon General Advisory Raises Alarm about the Devastating Impact of the Epidemic of Loneliness and Isolation in the United States | HHS.gov](#)

[Seth D Kaplan](#)

[Fragile Neighborhoods: Repairing American Society, One Zip Code at a Time: Kaplan, Seth D.](#)

[Seth Kaplan | Carnegie Council for Ethics in International Affairs](#)

[Institute for Integrated Transitions](#)

[Opinion | We Know the Cure for Loneliness. So Why Do We Suffer? - The New York Times](#)

**SEGMENT 2: HOW DO YOU DEAL WITH LOSS? SPEAKING WITH TWO PEOPLE WHO'VE LOST SPOUSES****Time:** 13:01**Duration:** 8:13

**Synopsis:** Is there a right or wrong way to grieve the loss of someone you love? We speak with two adults who've dealt with the loss of a spouse to get a better sense of the grieving process and what people do & don't need to hear during this difficult time.

**Host:** Marty Peterson**Producer:** Amirah Zaveri, Grace Galante**Guests:** Megan Devine, psychotherapist; Michael Korda, former editor-in-chief, Simon & Schuster, author, *Passing: A Memoir of Love and Death***Compliance issues:** Communication, Grief, Marriage, Mental Health, Psychology, Relationships, Society**Links for more info:**

[Grief: Coping with the loss of your loved one](#)

[Seeking Help and Support for Grief and Loss | American Cancer Society](#)

[9 Things You Should Never Say to Someone Grieving—And What to Say Instead](#)

[Refuge in Grief](#)

[Passing: A Memoir of Love and Death: Korda, Michael: Amazon.com: Books](#)

**VIEWPOINTS EXPLAINED: TACKLING CHILDHOOD OBESITY****Time:** 22:14**Duration:** 2:12

**Synopsis:** The American Academy of Pediatrics has an updated set of guidelines urging pediatricians to take a more proactive and stringent approach on young patients struggling with obesity. We highlight some of these updated policies and the lasting effects of early childhood obesity.

**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Child Development, Diet, Exercise, Healthcare, Healthy Lifestyle, Parenting, Public Health**CULTURE CRASH: BOO! OUR TOP HORROR FILM RECOMMENDATIONS NOW AVAILABLE TO STREAM****Time:** 24:26**Duration:** 2:00

**Synopsis:** We cover some of our favorite scary movies from big blockbusters to lesser-known indie films.

**Host & Producer:** Evan Rook**Compliance issues:** Culture, Film

**Program 23-44****Air Week:** 10/29/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: \$13,000 PER TODDLER FOR ANNUAL CHILDCARE: WHY AMERICA IS FAILING ITS PARENTS****Time:** 1:47**Duration:** 9:24

**Synopsis:** Americans are struggling to bear the extremely large price tag of early childhood care. In some big cities, parents are paying upwards of \$30,000 per year, per child, for this service. We speak with mother, Christina Kuhn, who lives in Michigan about how high childcare costs are impacting her day-to-day and talk to childcare policy expert, Patricia Cole, about what needs to change to better support families and create an environment that encourages raising healthy children.

**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Patricia Cole, Senior Director of Federal Policy, Zero to Three; Christina Kuhn, mother**Compliance issues:** Child Development, Childcare, Government Assistance, Mental Health, Parenting, Personal Finance, Politics**Links for more info:**[Patricia A. Cole | ZERO TO THREE](#)[New Childcare Data Shows Prices Are Untenable for Families | U.S. Department of Labor Blog](#)[Increasing Federal Investment in Children's Early Care and Education to Raise Quality, Access, and Affordability - The Hamilton Project](#)[Patricia Cole \(@PattyCole123\) / X](#)**SEGMENT 2: HALLOWEEN 2023: WHY DO WE LOVE TO BE SCARED?****Time:** 13:13**Duration:** 7:31

**Synopsis:** It's the time of year when we transform into a different character through costume, setup scary decorations and maybe check out a haunted house or two. Even though these things can be scary, we enjoy the fun and festivities that Halloween brings us each year. We speak with two guests about why Halloween has become such a popular global event and why many of us get a kick out of feeling temporarily scared.

**Host:** Marty Peterson**Producer:** Amirah Zaveri**Guests:** Ben Armstrong, co-owner, Netherworld Haunted House, president, America Haunts; Dr. Janina Scarlet, clinical psychologist**Compliance issues:** American Traditions, Annual Holidays, Consumerism, Culture, Entertainment, Psychology, Society**Links for more info:**[HauntWorld](#)[Psychological Services – Superhero Therapy](#)[Why We Love to Scare Ourselves on Halloween \(and the Rest of the Year, Too\)](#)[Friday the 13th: Why horror movies scare you or not](#)**VIEWPOINTS EXPLAINED: A PARCHED LANDSCAPE: WHY THE AMAZON RAINFOREST IS FACING AN UNCERTAIN FUTURE****Time:** 24:44**Duration:** 1:59

**Synopsis:** The Amazon rainforest is in peril. After several decades of deforestation, the massive forest - home to millions of animal and insect species, trees and people - is now facing another critical challenge.

**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Animal Extinction, Climate Change, Ecosystem, Environment, Extreme Weather, Indigenous Populations, Natural Disasters, Natural Resource**CULTURE CRASH: WRITER & DIRECTOR MIKE FLANAGAN IS BACK WITH ANOTHER HORROR HIT****Time:** 23:43**Duration:** 2:44

**Synopsis:** We cover writer & director Mike Flanagan's newest drop on Netflix, "The Fall of the House of Usher". We also highlight some of our other favorites from this master of miniseries horror.

**Host & Producer:** Evan Rook**Compliance issues:** Culture, Film

**Program 23-45****Air Week:** 11/5/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: TOSSING & TURNING EACH NIGHT? HOW YOU MAY BE SABOTAGING YOUR SLEEP****Time:** 1:47**Duration:** 7:16

**Synopsis:** The Cleveland Clinic estimates that about 1 in 3 Americans struggle with sleep. The problems are wide-ranging, including trouble falling or staying asleep or just not feeling rested each morning. We speak with sleep expert, Dr. Aric Prather about what the latest research shows us is the best way to improve sleep. In many cases, these recommendations are focused on setting good habits, retraining the brain, and checking off some items that can help aid slumber in the bedroom.

**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Dr. Aric Prather, psychologist, director, Behavioral Sleep Medicine Research Program, University of California, San Francisco**Compliance issues:** Health, Medicine, Mental Health, Physical Disorders, Psychology, Science, Scientific Research**Links for more info:**[Insomnia treatment: Cognitive behavioral therapy instead of sleeping pills - Mayo Clinic](#)[What Happens When You Don't Get Enough Sleep? – Cleveland Clinic](#)[How seasonal affective disorder disrupts sleep](#)**SEGMENT 2: ARE WE ALONE IN THE UNIVERSE? U-F-O'S, U-A-P'S, AND ALIENS EXPLAINED****Time:** 11:06**Duration:** 10:30

**Synopsis:** There seems to be a lot of narratives, conspiracy theories and research funneling into if aliens really do exist. We speak with two experts about how the scientific community approaches this field of study and some of the challenges that come with working within this space.

**Host:** Marty Peterson**Producer:** Tabor Brewster**Guests:** Paula Bontempi, dean, Graduate School, Oceanography, University of Rhode Island; Nathalie Cabrol, chief scientist, Carl Sagan Center for Research at the SETI Institute**Compliance issues:** Astronomy, Astrophysics, Communication, Conspiracy Theories, Government, Scientific Research, Solar System, Space**Links for more info:**[Carl Sagan Center for Research](#)[Paula S. Bontempi - Graduate School of Oceanography](#)[Nathalie Cabrol](#)[UFOs and UAPs | National Archives](#)[WATCH: NASA report says more science and less stigma are needed to understand UFO sightings | PBS NewsHour](#)**VIEWPOINTS EXPLAINED: WHAT'S THE BIGGEST SCAM OUT THERE TODAY?****Time:** 22:36**Duration:** 2:07

**Synopsis:** Last year, Americans lost almost nine billion dollars to scams. This is a 30 percent increase from 2021. We discuss what's one of the fastest growing frauds out there and why thousands of people each day are getting tricked.

**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Cryptocurrency, Finance, Government Regulation, Investing, Personal Finance, Public Safety, Social Media**CULTURE CRASH: WHY DO WE LOVE VINYL RECORDS SO MUCH?****Time:** 24:43**Duration:** 1:44

**Synopsis:** Looking to get into vinyl records? We discuss why vinyl is making a comeback and will never really, in our opinion, go out of style.

**Host & Producer:** Evan Rook**Compliance issues:** Culture, Music, Music Industry

**Program 23-46****Air Week:** 11/12/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: CEO PAY IN THE AUTO INDUSTRY ROSE 40% OVER THE LAST DECADE: HOW FED-UP AUTO WORKERS ARE FIGHTING BACK****Time:** 1:47**Duration:** 8:42

**Synopsis:** Almost 50,000 American employees - a third of the total workforce between GM, Ford and Stellantis - walked off the job and went on strike for six weeks earlier this fall. This coordinated effort marks the first time that employees walked out on all three companies at once. We discuss why this massive strike was a long-time coming and how this recent walk-off is a sign of an ever-growing labor activism movement in the U.S.

**Host:** Gary Price**Producer:** Grace Galante, Amirah Zaveri**Guests:** Lane Windham, labor historian, Georgetown University; Kate Bronfenbrenner, senior lecturer, director, Labor Education Research, Cornell University**Compliance issues:** Auto Industry, Labor Issues, Labor Movement, Manufacturing, Technology, Wage Inequity**Links for more info:**[The UAW strike might be over, but will consumers feel it later? | Fox Business](#)[Toyota raises factory worker wages after UAW strike settlements](#)[Lane Windham | Gender Justice Initiative](#)[Lane Windham \(@LaneWindham\) / X](#)[Kate Bronfenbrenner \(@KBronfenbrenner\) / X](#)[Kate Bronfenbrenner | The ILR School | Cornell University](#)**SEGMENT 2: DO YOU FEEL SAD? US TOO****Time:** 12:31**Duration:** 8:34

**Synopsis:** Experts estimate that about 10 million Americans deal with seasonal affective disorder, or SAD, each year. Interestingly, women are four times more likely to be diagnosed than men. And this number is also thought to be higher than reported since many adults go undiagnosed. We cover just how much SAD (and lesser variations like the winter blues) can affect your life during the colder, gloomier winter months and how some easy lifestyle changes can help ease symptoms each year.

**Host:** Marty Peterson**Producer:** Amirah Zaveri**Guests:** Carrie Ditzel, clinical psychologist, Baker Street Behavioral Health**Compliance issues:** Climate, Health, Lifestyle, Mental Health, Psychology, Sleep Disorders, Technology**Links for more info:**[Seasonal Depression \(Seasonal Affective Disorder\)](#)[Seasonal affective disorder treatment: Choosing a light box - Mayo Clinic](#)[9 Self-Care Tips for Seasonal Affective Disorder | Psych Central](#)[The Role of Diet, Eating Behavior, and Nutrition Intervention in Seasonal Affective Disorder: A Systematic Review - PMC](#)**VIEWPOINTS EXPLAINED: TENSIONS RISING IN THE MIGRANT CRISIS & WHY ONE CITY MAY SHUT ITS DOORS****Time:** 22:05**Duration:** 1:59

**Synopsis:** Chicago has received more than 20,000 migrants over the last 14 months. And it's not alone. New York City, Washington D.C, Los Angeles and other areas are all dealing with an influx of several thousands of migrants from Central America. As temperatures drop and winter sets in, tensions are beginning to boil over as this crisis reaches new heights.

**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Global Migration, Government, Immigration Policy, Local Politics, Poverty, Public Assistance, War

**CULTURE CRASH: REVIEWING MARTIN SCORSESE'S NEW BLOCKBUSTER****Time:** 24:04**Duration:** 2:22**Synopsis:** At 80 years of age, Martin Scorsese - one of the greatest film directors of his generation - is back with another blockbuster release with an all-star cast. We discuss why "Killers of the Flower Moon" is a definite must-watch this year.**Host & Producer:** Evan Rook**Compliance issues:** Culture, Film

**Program 23-47****Air Week:** 11/19/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: STRUGGLING TO GET INTO RUNNING? WHY THIS CHANGE COULD MAKE ALL THE DIFFERENCE****Time:** 1:46**Duration:** 8:26**Synopsis:** Running clubs have exploded in recent years thanks to the pandemic. And there's a different running club for everyone. You don't have to be fast or extremely athletic to take part these days. We speak with two members of different running clubs about the benefits of being in this kind of group and how listeners can easily get involved.**Host:** Gary Price**Producer:** Polly Hansen**Guests:** Beth McHugh, runner, member, 261 New England Run Club; Billy Heatherly, runner, member, Fleet Feet Club, Asheville, North Carolina**Compliance issues:** Community, Entertainment, Exercise, Health, Mental Health, Public Safety, Recreation, Relationships**Links for more info:**[Saturday Morning Run! - Fleet Feet Asheville](#)[Running club in New England, USA: 261 Fearless](#)[Clubs and running meetings for women.: 261 Fearless](#)[Road Runners Club of America](#)**SEGMENT 2: THE ROSETTA STONE: WHY WE CARE SO MUCH ABOUT A 2,000-YEAR-OLD SLAB OF ROCK****Time:** 12:15**Duration:** 8:55**Synopsis:** It's an intriguing slab of rock, but why was finding and decoding the Rosetta Stone so important to scholars? In short, it's the key to unlocking the unique Egyptian language of illustrated text referred to as hieroglyphs. We speak with Edward Dolnick, author of *The Writing of the Gods: The Race to Decode the Rosetta Stone*, about the monumental impact of this discovery.**Host:** Marty Peterson**Producer:** Polly Hansen**Guests:** Edward Dolnick, writer, author, *The Writing of the Gods: The Race to Decode the Rosetta Stone***Compliance issues:** Ancient Civilizations, Archaeology, Communication, Culture, History, Language, Religion**Links for more info:**[The Writing of the Gods: The Race to Decode the Rosetta Stone: Dolnick, Edward: Books](#)[Two Hundred Years Ago, the Rosetta Stone Unlocked the Secrets of Ancient Egypt](#)**VIEWPOINTS EXPLAINED: SAM BANKMAN-FRIED & THE MULTI-BILLION DOLLAR FRAUD THAT CHANGED CRYPTO****Time:** 22:09**Duration:** 1:30**Synopsis:** We cover the recent conviction of FTX founder & former CEO, Sam Bankman-Fried. Will people build up trust in cryptocurrency again?**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Criminal Justice, Digital Currency, Government, Investing, Personal Finance**CULTURE CRASH: FILMMAKER DAVID FINCHER'S LATEST RELEASE****Time:** 23:39**Duration:** 2:46**Synopsis:** We cover the successful career of filmmaker, David Fincher and his newest movie, "The Killer".**Host & Producer:** Evan Rook**Compliance issues:** Culture, Film

**Program 23-48****Air Week:** 11/26/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: IS YOUR PET THE HEALTHIEST THEY CAN BE?****Time:** 1:47**Duration:** 7:31**Synopsis:** As pet owners, many of us are guilty of sometimes treating our furry friends with too many treats - especially during the holidays. We speak with Dr. Carol Osborne, an integrative veterinarian, to get some insightful tips on what foods owners should avoid feeding their pets this holiday season and how you can maintain and best care for the health of your pet.**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Dr. Carol Osborne, integrative veterinarian, owner, Chagrin Falls Veterinary Center & Pet Clinic**Compliance issues:** Communication, Parenting, Pet Care, Pet Health, Relationships, Veterinary Health**Links for more info:**[Chagrin Falls Pet Clinic](#)[Dr Carol Osborne DVM \(@carolonpets\) / X](#)[Carol Osborne DVM \(@drCarolDVM\) • Instagram photos and videos](#)[Holiday pet-health hazards and how to avoid them](#)[Holiday Safety Tips | ASPCA](#)[PAWS](#)**SEGMENT 2: REVISITING LOST FLAVORS: A RETURN TO THE ROOTS OF AMERICAN CUISINE****Time:** 11:20**Duration:** 9:25**Synopsis:** Go back several decades and the items we eat today tasted a lot different. Viewpoints speaks with two food experts about the evolution of ingredients and how listeners cooking for the holidays can incorporate some of these older, more traditional recipes onto their tables.**Host:** Marty Peterson**Producer:** Tabor Brewster**Guests:** David Shields, food historian, professor, English Language and Literature, University of South Carolina;

Adrian Miller, food writer, "Soul Food Scholar"

**Compliance issues:** Agriculture, American History, Diet, Farming, Food Culture, Food History, Food Production, History**Links for more info:**[soulfoodscholar - Adrian Miller](#)[David S. Shields - Department of English Language and Literature | University of South Carolina](#)['Taste the State' reconnects South Carolinians with ancestors' ingredients, recipes - USC News & Events](#)**VIEWPOINTS EXPLAINED: THE AUTHORS BANDING TOGETHER AGAINST CHAT GTP****Time:** 22:09**Duration:** 1:47**Synopsis:** Some of the biggest names in the literary world are now suing the creator of Chat GPT, Open AI. We cover the unfolding lawsuit, what the authors are demanding and what this means for artificial intelligence moving forward.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Career, Copyright Infringement, Government, Law, Publishing, Reading, Technology, Writing**CULTURE CRASH: THE OSCAR CAMPAIGNING HAS BEGUN****Time:** 23:56**Duration:** 2:29**Synopsis:** We discuss the weird year that is 2023 in Hollywood. As the year quickly wraps up, we highlight some early Oscar hopefuls that stand out from the pack.**Host & Producer:** Evan Rook**Compliance issues:** Culture, Film



**Program 23-49****Air Week:** 12/3/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: LOVE BOOKS? WE DO TOO: WHY THE PUBLISHING INDUSTRY IS AT A CROSSROADS****Time:** 1:47**Duration:** 7:41**Synopsis:** Last year, revenue in publishing exceeded 28 billion dollars. But - the reality is that just a handful of giant publishers hold much of the power in this sector. We cover how publishing has changed over the last 50 years and how this affects what books you see and read.**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Dan Sinykin, assistant professor, English, Emory University, author, *Big Fiction: How Conglomeration Changed the Publishing Industry and American Literature***Compliance issues:** Career, Creative Arts, Diversity, Literature, Publishing, Reading, Technology, Writing**Links for more info:**[DEEP VELLUM](#)[Milkweed Editions](#)[Coffee House Press](#)[Publishing | Hub City Press](#)[Graywolf Press](#)[Simon & Schuster purchased by private equity firm KKR for \\$1.62 billion | AP News](#)[Dan Sinykin](#)[Dan Sinykin \(@dan\\_sinykin\) / X](#)[Big Fiction: How Conglomeration Changed the Publishing Industry and American Literature \(Literature Now\) | mitpressbookstore](#)**SEGMENT 2: COULD IUD'S & OTHER CONTRACEPTIVES INCREASE YOUR RISK OF DEVELOPING AN AUTOIMMUNE DISEASE?****Time:** 11:29**Duration:** 10:00**Synopsis:** Of the 24 million Americans with autoimmune diseases, about 80 percent are women. A 2020 paper in the American Journal of Nursing estimates that nearly 90 percent of women ages use contraception – which may worsen a preexisting disease. Our experts breakdown this research and why more research is needed in this case.**Host:** Marty Peterson**Producer:** Amirah Zaveri**Guests:** Dr. Lisa Sammaritano, Professor of Clinical Medicine, Weill Cornell Medical College; Dr. Kristen Demoruelle, Rheumatologist, Associate Professor of Medicine, University of Colorado School of Medicine; Kristy Griffin, patient**Compliance issues:** Chronic Disease, Contraception, Family Planning, Health, Medicine, Research, Science**Links for more info:**[M. Kristen Demoruelle, MD, PhD](#)[Kristen Demoruelle | LinkedIn](#)[Lisa Rose Sammaritano Professor of Clinical Medicine](#)**VIEWPOINTS EXPLAINED: WHAT'S THE FASTEST GROWING PLATFORM IN NEWS?****Time:** 22:29**Duration:** 1:32**Synopsis:** We cover how this app is quickly becoming a dominant platform for news sharing amidst an evolving media landscape.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Communication, Journalism, Mass Media, Media, News, Politics, Social Media, Technology**CULTURE CRASH: THE BEATLES SONG THAT'S FINALLY SEEING THE LIGHT OF DAY****Time:** 24:01**Duration:** 2:27**Synopsis:** We discuss the latest drop from "The Beatles" that was finally produced and released thanks to new technology powered by artificial intelligence.**Host & Producer:** Tabor Brewster**Compliance issues:** Culture, Film, Technology**Program 23-50**



**Air Week:** 12/10/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: FORGET AMELIA EARHART: THE STORY OF THE FIRST AFRICAN AMERICAN FEMALE PILOT WHO SUCCEEDED AGAINST ALL ODDS**

**Time:** 1:45

**Duration:** 8:22

**Synopsis:** Most Americans are well acquainted with the story of Amelia Earhart, but few have heard the story of Bessie Coleman - a courageous African American female pilot - who received her pilot's license two years before Earhart took to the skies. This week - we cover the story of Coleman and the many barriers she faced as an African American woman in the early 1900's determined to make a name for herself as a pioneer in performance stunt flying.

**Host:** Gary Price

**Producer:** Amirah Zaveri

**Guests:** Tanya Hart, Flying Free Films, host & producer, Hollywood Live with Tanya Hart

**Compliance issues:** African American History, American History, Aviation, Career, Innovation, Racial Discrimination

**Links for more info:**

[INVISIBLE EAGLES: BESSIE COLEMAN Presented By AARP on Apple Podcasts](#)

[Spotify: INVISIBLE EAGLES: BESSIE COLEMAN Presented By AARP](#)

[Bessie Coleman | National Air and Space Museum](#)

[Bessie Coleman | National Women's History Museum](#)

**SEGMENT 2: WHY WE FAIL AGAIN AND AGAIN AT NEW YEAR'S RESOLUTIONS**

**Time:** 12:09

**Duration:** 8:55

**Synopsis:** People will soon be celebrating the start of 2024, and many will be resolving to change something in their lives – the ubiquitous “New Year’s Resolution.” Maybe you’ve set a resolution to think more positively next year or gain a greater balance between work and life. We talk to a behavior specialist and coach about how bad habits are created and why. She also gives us some ways to help give those resolutions some staying power for the year ahead.

**Host:** Marty Peterson

**Producer:** Pat Reuter

**Guests:** M.J. Ryan, expert, change & human fulfillment, author, Habit Changers: 81 Game Changing Mantras to Mindfully Realize Your Goals

**Compliance issues:** Communication, Mental Health, Psychology, Relationships, Self-Development, Self-Fulfillment

**Links for more info:**

[How Not to Fail at Keeping Your New Year's Resolutions | Time](#)

[Habit Changers: 81 Game-Changing Mantras to Mindfully Realize Your Goals by M.J. Ryan, Hardcover | Barnes & Noble®](#)

[The Top 3 Reasons New Year's Resolutions Fail And How Yours Can Succeed](#)

**VIEWPOINTS EXPLAINED: WHY WE'RE FAILING OUR INMATES**

**Time:** 22:04

**Duration:** 1:39

**Synopsis:** So much focus has been placed recently on the importance of rehabilitation while incarcerated. Yet, the meals served to inmates are often rotten, lacking in nutrients and not enough to sustain them throughout the day. Why aren't U.S. prison systems - which receive billions of dollars in public funding each year - doing better?

**Host:** Ebony McMorris

**Producer:** Amirah Zaveri

**Compliance issues:** Diet, Government, Health, Incarceration, Inequality, Inmate Rehabilitation, Nutrition

**CULTURE CRASH: CAN YOU GUESS WHO'S THE BIGGEST STREAMING PLATFORM IN THE GAME?**

**Time:** 23:43

**Duration:** 2:41

**Synopsis:** We cover how this force in streaming maintains its dominance and what's in the store for the future.

**Host & Producer:** Evan Rook

**Compliance issues:** Film, Social Media Trends, Technology, Video

**Program 23-51****Air Week:** 12/17/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: ~40 PERCENT OF PEOPLE WILL GET CANCER IN THEIR LIFETIME: A FORMER OLYMPIAN'S STORY****Time:** 1:45**Duration:** 7:51**Synopsis:** Shannon Miller holds many titles. Former Olympic gymnast. Seven-time Olympic medalist. Mother. Wife. But she also has another, unexpected title: ovarian cancer survivor. Miller joins Viewpoints this week to share her experience and perspective after she was diagnosed with cancer at just 33 years old. She hopes her story - and the challenges she went through - will help raise awareness around the importance of keeping up to date on medical checkups and screenings as you age.**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Shannon Miller, former American gymnast, seven-time Olympic medalist, cancer advocate & ovarian cancer survivor**Compliance issues:** Aging, Cancer, Career, Disease, Mental Health, Professional Athlete, Public Health, Research, Science**Links for more info:**[Shannon Miller OLY \(@shannonmiller96\) • Instagram photos and videos](#)[Shannon Miller \(@shannonmiller96\) / X](#)[Shannon Miller Ovarian Cancer: 5 Years Cancer-Free](#)[Shannon MILLER](#)[Common Cancer Types - NCI](#)[Find Cancer Early | American Cancer Society](#)[Signs and Symptoms of Cancer | Do I Have Cancer?](#)**SEGMENT 2: SHOULD CONGRESS ENACT TERM LIMITS?****Time:** 11:38**Duration:** 9:58**Synopsis:** With the 2024 presidential election right around the corner, it's a good time to discuss a growing and debated trend in America: increasingly older politicians. Two former opponents - President Joe Biden, age 81, and Former President Trump, age 77 - are again throwing their hat into the 2024 race, but many Americans have concerns about the competency of these older candidates and other members of the Senate and Congress. We speak with two experts about both sides of the argument and how the political landscape would change if stricter term limits were put in place.**Host:** Marty Peterson**Producer:** Grace Galante**Guests:** Nick Tomboulides, executive director, nonprofit, U.S. Term Limits; Casey Burgat, Legislative Affairs Program Director, George Washington University**Compliance issues:** Aging, Democracy, Elections, Government, Government Policy, Health, International Relations, Politics**Links for more info:**[Term limits in the United States - Ballotpedia](#)[U.S. Term Limits](#)[Casey Burgat \(@CaseyBurgat\) / X](#)[Burgat, Casey | Graduate School of Political Management | College of Professional Studies | The George](#)[Washington University](#)[Nicolas Tomboulides](#)**VIEWPOINTS EXPLAINED: WHY ARE LESS PEOPLE BUYING HOMES?****Time:** 22:34**Duration:** 1:43**Synopsis:** We cover what's driving the U.S. housing market to experience a dip and why some markets are faring worse than others.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Economy, Government, Housing, Housing Inventory, Inflation, Personal Finance, Real Estate

**CULTURE CRASH: WHY “MAY DECEMBER” SHOULD BE YOUR NEXT WATCH****Time:** 24:17**Duration:** 2:09**Synopsis:** We cover why scandalous stories historically draw in large audiences, and why the Netflix film, “May December” is a prime example of why this type of drama sucks us in so fast.**Host & Producer:** Evan Rook**Compliance issues:** Culture, TV

**Program 23-52****Air Week:** 12/24/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: FED UP WITH THE CYCLE OF DRINKING? HOW TO BUILD HEALTHIER HABITS****Time:** 1:48**Duration:** 9:33

**Synopsis:** More than 28 million people, ages 18 and older, reported an alcohol use disorder in 2022, according to the National Survey on Drug Use and Health – a large-scale report overseen by the National Institutes of Health. This equates to about 11 percent of the overall American population who have an impaired ability to stop or control their drinking despite its negative effects. Alcohol use disorder can range from a mild dependence to a severe addiction. For author Annie Grace, it took decades to find a way forward without drinking daily. This week - She opens about her past alcoholism and what finally helped her break the cycle.

**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Annie Grace, author, *This Naked Mind: Control Alcohol, Find Freedom, Discover Happiness, and Change Your Life***Compliance issues:** Addiction, Career, Drug Abuse, Health, Mental Health, Psychology, Relationships, Substance Abuse**Links for more info:**[Alcohol | SAMHSA](#)[No level of alcohol consumption is safe for our health](#)[Annie Grace & This Naked Mind \(@thisnakedmind\) • Instagram photos and videos](#)[This Naked Mind](#)[This Naked Mind: Control Alcohol, Find Freedom, Discover Happiness & Change Your Life](#)[Alcoholics Anonymous](#)[SAMHSA's National Helpline](#)**SEGMENT 2: THE CAPITOL POLICE OFFICERS WHO HELD THE LINE, NO MATTER THE COST****Time:** 13:21**Duration:** 8:04

**Synopsis:** It's been nearly three years since the attack on the U.S. Capitol. The January 6 insurrection marks the biggest assault on American democracy and the peaceful transfer of power since the Civil War. We speak with former Capitol Hill police sergeant Aquilino Gonell about the violence he witnessed that day and how this traumatic experience has shaped his life and perspective.

**Host:** Marty Peterson**Producer:** Polly Hansen**Guests:** Aquilino Gonell, former police sergeant, Capitol Hill Police, former U.S. Army sergeant, author, *American Shield: The Immigrant Sergeant Who Defended Democracy***Compliance issues:** American History, Government, History, Law Enforcement, PTSD, Politics, Trauma**Links for more info:**[American Shield: The Immigrant Sergeant Who Defended Democracy: Gonell, Aquilino, Shapiro, Susan, Raskin,](#)[Jamie: Amazon.com: Books](#)[The Legacy of January 6 | FSI](#)[U.S. Capitol riot | January 6, 2021 | HISTORY](#)[Justices to Decide Scope of Obstruction Charge Central to Trump's Jan. 6 Case - The New York Times](#)**VIEWPOINTS EXPLAINED: ALABAMA WILL SOON BE THE FIRST TO USE THIS NEW EXECUTION METHOD****Time:** 22:25**Duration:** 2:00

**Synopsis:** Last year, Alabama prison officials failed to execute Kenneth Eugene Smith via lethal injection. After more than four hours of prodding and poking him, they gave up on finding a viable vein. Smith has been on death row since 1990 and his next scheduled execution is late next month. But now, he's opting for a new method that's never been tested before in this setting.

**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Criminal Justice, Ethics, Health, Humanity, Incarceration, Medicine, Science, State Government

**CULTURE CRASH: A TERRIFYING PORTRAYAL IN THE NEW FILM, "GODZILLA MINUS ONE"****Time:** 24:25**Duration:** 2:04**Synopsis:** We review the new monster flick, "Godzilla Minus One" by Japanese writer & director Takashi Yamazaki now playing in theaters.**Host & Producer:** Evan Rook**Compliance issues:** Culture, TV

**Program 23-53****Air Week:** 12/31/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: AN END TO THE 165 MILLION YEAR REIGN OF DINOSAURS****Time:** 1:47**Duration:** 8:15

**Synopsis:** There's something special about dinosaurs. These majestic creatures walked the Earth for more than 165 million years. Compare this to the span of humans who've only been around for five to seven million years so far. There's no doubt that dinosaurs left their mark. Some scientists even wonder – would they still be around today if the asteroid never collided with Earth? We answer this question and more this week on Viewpoints.

**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Michael Benton, professor, vertebrate paleontology, University of Bristol – England**Compliance issues:** Climate Change, History, Paleontology, Research, Science, Animal Sciences, Mass Extinction**Links for more info:**[Dinosaurs: New Visions of a Lost World: Benton, Michael J., Nicholls, Bob: Amazon.com: Books](#)[Professor Mike Benton - Our People](#)[Dinosaurs Were Already Dying Off Due to Climate Change Even Before Asteroid Hit | Nature World News](#)[University of Bristol \(@BristolUni\) / X](#)**SEGMENT 2: IS THERE A RIGHT WAY TO GRIEVE? PARENTING & PICKING UP THE PIECES AFTER LOSS****Time:** 12:04**Duration:** 9:04

**Synopsis:** One in twelve children will lose a parent or sibling by the time they reach age 18. Experiencing grief of this kind is unbearable at any age, but in children it can present differently and may require more of a tailored approach. We speak with child therapist Natasha Daniels to get a better understanding of this emotion and how there can be different variations of grief depending on the severity of the life event.

**Host:** Marty Peterson**Producer:** Amirah Zaveri**Guests:** Natasha Daniels, child therapist, author, *The Grief Rock: A Book to Understand Grief and Love***Compliance issues:** Child Development, Grief, Literature, Loss, Mental Health, Parenting, Psychology, Relationships**Links for more info:**[The Grief Rock: A Book to Understand Grief and Love](#)[Natasha Daniels \(@atparentingsurvival\) • Instagram photos and videos](#)[About – Hill Child Counseling](#)[National Alliance for Grieving Children](#)[Childhood Bereavement Estimation Model - Judi's House](#)[Where To Find Help For Your Child](#)[Helping Children Deal With Grief | Child Mind Institute](#)**VIEWPOINTS EXPLAINED: BREAKING PLATES? EATING 12 GRAPES IN 12 SECONDS? HOW OTHER CULTURES RING IN THE NEW YEAR****Time:** 22:08**Duration:** 1:48

**Synopsis:** How do people across the world celebrate New Year's Eve and New Year's Day? We cover some interesting customs and traditions in other countries.

**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Global Culture, Customs, Traditions, History, Religion, Psychology, Entertainment**CULTURE CRASH: WHY WE LOVE THE 180 THAT IS ANDRE 3000'S NEWEST ALBUM****Time:** 23:56**Duration:** 2:33

**Synopsis:** We dive into Andre 3000's latest album release titled, "New Blue Sun".

**Host & Producer:** Evan Rook**Compliance issues:** Music, Culture

- 1...Shopping locally matters! Feel-good factor, create job opportunities, keep more money in the community, enjoy a more local flavor.
- 2...Tree of Warmth set up at Cohocton Public Library now through Saturday, December 30.
- 3...A fire safety message from your local fire departments. Keep Christmas trees watered, check light cords, and do not put cords under carpets!
- 4...Christmas Concert & Dessert Buffet, Wednesday, December 20 at 6pm at First Presbyterian Church, 54 Maple Ave, Cohocton. Featuring Chad Slayton. Free will offering.
- 5...The Vincent House annual luminary event, Thursday, December 21 at the Springwater Church of the Nazarene to be lit in honor or memory of loved ones from 5:30-8pm. \$10 per luminary or 12 for \$100. More info call 585-728-2427.
- 6...Community Spaghetti Dinner, Thursday, December 21 from 4:30-7pm at Webster's Crossing United Methodist Church, Rt 15 between Springwater and Conesus. Eat in or take out by donation. Music jam to follow.
- 7...Free movie: Christmas Angel, Thursday, December 28 at 3pm at the Star Theatre, 144 Main St, Dansville. Approved for all ages.
- 8...Your Centers Senior Day Program, 161 Main St Dansville is accepting new clients. Call Tina at 585-204-4099 for more information.
- 9...The Livingston County Office for the Aging would like to invite any county resident age 60+ to our Social & Dining sites located in Avon, Dansville, Mt Morris and Livonia for a meal and a variety of programs. Visit their website for more information, daily menu, list of events and phone numbers to RSVP.
- 10...Wayland Food Pantry at Light House Wesleyan Church on S Lackawanna St on Wednesdays from 4-6p.
- 11...Cohocton Food Pantry every 1<sup>st</sup> & 3<sup>rd</sup> Wednesday of each month from 1-3p & 6-7p at Stermer Hall, 35 Maple Ave next to St Pius Catholic Church.
- 12...Springwater Community Food Pantry, located at 8148C Main St, next to the Ice Cream Shop, is open every Saturday from 9-11am.





- 1...Shopping locally matters! Feel-good factor, create job opportunities, keep more money in the community, enjoy a more local flavor.
- 2...Tree of Warmth set up at Cohocton Public Library now through Saturday, December 30.
- 3...A fire safety message from your local fire departments. Keep Christmas trees watered, check light cords, and do not put cords under carpets!
- 4...Take-out Spaghetti Dinner, Wednesday, December 13 from 4:30-6pm at the United Methodist Church of Livonia, 21 Summer St. Spaghetti, meatballs, salad and garlic bread. Donations accepted.
- 5...Holiday Open House & Cookie Exchange, Wednesday, December 13 from 6-7:30pm at Livingston County Government Center, 8 Court St Geneseo. Bring the kids to see Santa, exchange cookies (bring some – take some home). Sponsored by Livingston County Democrats.
- 6...Springwater Winter Wonderland, Saturday, December 16 from 9a-dusk. Vendors at both the Fire Hall and Town Hall as well as local businesses. Kids visit with Santa, parade at 5pm. No charge for events.
- 7...Spaghetti Dinner Fundraiser for Ray Sellers, Saturday, December 16 from 4-7pm at the Dansville Fish & Game, 35 Gibson St. Spaghetti w/meatballs & sausage, salad, bread. \$12. Eat in or drive thru pick up. Also a basket raffle.
- 8...Holiday Concert featuring Dansville & LeRoy HS Chorus Groups, Saturday, December 16 at 2pm at the Presbyterian Church, 3 School St, Dansville followed by refreshments. Free admission, donations gratefully accepted.
- 9...Christmas Concert & Dessert Buffet, Wednesday, December 20 at 6pm at First Presbyterian Church, 54 Maple Ave, Cohocton. Featuring Chad Slayton. Free will offering.
- 10...The Vincent House annual luminary event, Thursday, December 21 at the Springwater Church of the Nazarene to be lit in honor or memory of loved ones from 5:30-8pm. \$10 per luminary or 12 for \$100. More info call 585-728-2427.

11...Community Spaghetti Dinner, **Thursday, December 21** from 4:30-7pm at Webster's Crossing United Methodist Church, Rt 15 between Springwater and Conesus. Eat in or take out by donation. Music jam to follow.

12...Free movie: Christmas Angel, **Thursday, December 28** at 3pm at the Star Theatre, 144 Main St, Dansville. Approved for all ages.

13...Your Centers Senior Day Program, 161 Main St Dansville is accepting new clients. Call Tina at 585-204-4099 for more information.

14...The Livingston County Office for the Aging would like to invite any county resident age 60+ to our Social & Dining sites located in Avon, Dansville, Mt Morris and Livonia for a meal and a variety of programs. Visit their website for more information, daily menu, list of events and phone numbers to RSVP.

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

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

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

.

- 1...Shopping locally matters! Feel-good factor, create job opportunities, keep more money in the community, enjoy a more local flavor.
- 2...Tree of Warmth set up at Cohocton Public Library now through Saturday, December 30.
- 3...A fire safety message from your local fire departments. Keep Christmas trees watered, check light cords, and do not put cords under carpets!
- 4...Wayland-Cohocton Central School drama club presents 'Elf-The Musical' Friday & Saturday, December 8 & 9 at 7pm and Sunday, December 10 at 1pm in the Performing Arts Center. \$5 admission. Great family opportunity of introduce children to theatre.
- 5...Christmas Bake Sale & Variety Booth Sale, Saturday, December 9 from 10a-2p at Heath Homestead, 4760 Ossian Hill Rd, Dansville. Homemade breads, cakes, candies, cookies, muffins and more. Afghans, aprons, skates, quilts & more.
- 6...Christmas at the Legion, Saturday, December 9 from 12-4pm. 102 N Main St, Wayland. Craft vendors, food, baked goods, 50/50, free kids raffles, visit with Santa.
- 7...Make & Take Ornaments, Saturday, December 9 from 1-3pm at the United Methodist Church of Livonia, 21 Summer St for children ages 2 years to 5<sup>th</sup> grade. Craft supplies provided. Coffee, hot chocolate & snacks available while the glue is drying. Parents are asked to stay with children.
- 8...Conesus Lake Riders all you can eat breakfast, Sundays, December 10 & 24, 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.
- 9...Pancake Breakfast, Sunday, December 10 from 8-11am at Perkinsville FD, 1940 CR 90. Pancakes, eggs, sausage, ham, homefries, toast & beverage. Adults \$9, children 6-12 \$8, under 5 free.
- 10...Santa will be arriving for all Sparta children, Sunday, December 10 from 1-3pm at the Sparta Center Vol Fire Dept, 8479 Reeds Corners Rd. Come join the fun! Crafts, games, snacks and sing along.

11...Dansville Pop Up Pantry. Free food distribution from 4pm til gone - **Monday, December 11**. Held at 8384 Main St at the old Shay / Main Tire location. Drive thru, trunks open.

12...Take-out Spaghetti Dinner, **Wednesday, December 13** from 4:30-6pm at the United Methodist Church of Livonia, 21 Summer St. Spaghetti, meatballs, salad and garlic bread. Donations accepted.

13...Springwater Winter Wonderland, **Saturday, December 16** from 9a-dusk. Vendors at both the Fire Hall and Town Hall as well as local businesses. Kids visit with Santa, parade at 5pm. No charge for events.

14...Christmas Concert & Dessert Buffet, **Wednesday, December 20** at 6pm at First Presbyterian Church, 54 Maple Ave, Cohocton. Featuring Chad Slayton. Free will offering.

15...The Vincent House annual luminary event, **Thursday, December 21** at the Springwater Church of the Nazarene to be lit in honor or memory of loved ones from 5:30-8pm. \$10 per luminary or 12 for \$100. More info call 585-728-2427.

16...Your Centers Senior Day Program, 161 Main St Dansville is accepting new clients. Call Tina at 585-204-4099 for more information.

17...The Livingston County Office for the Aging would like to invite any county resident age 60+ to our Social & Dining sites located in Avon, Dansville, Mt Morris and Livonia for a meal and a variety of programs. Visit their website for more information, daily menu, list of events and phone numbers to RSVP.

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

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

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

.

- 1...Tree of Warmth set up at Cohocton Public Library from **Friday, November 24 through Saturday, December 30**.
- 2...Winter in the Village, **Saturday, December 2**, all day, morning to night. Holiday fun in downtown Dansville. Fun activities, food & drink, store specials, vendors, tree lighting, costume contest, ice sculptures, visit with Santa, parade, wine & spirits walk. Family friendly.
- 3...Christmas Craft & Bake Sale, **Saturday, December 2** from 9a-1p at Sparta Center Church, 4 miles north of Dansville on rt 256. Soup & Sandwich available for purchase.
- 4...Dansville Rotary presents 'A Christmas Carol', **Sunday, December 3** at 2:30pm at Dansville HS Auditorium. A dramatic one-man performance that brings to life over 30 characters. Tickets \$10 from any Rotarian. Recommended for ages 13+. Optional prologue starts at 1:45.
- 5...Wayland-Cohocton Central School drama club presents 'Elf-The Musical' **Friday & Saturday, December 8 & 9** at 7pm and **Sunday, December 10** at 1pm in the Performing Arts Center. \$5 admission. Great family opportunity of introduce children to theatre.
- 6...Christmas Bake Sale & Variety Booth Sale, **Saturday, December 9** from 10a-2p at Heath Homestead, 4760 Ossian Hill Rd, Dansville. Homemade breads, cakes, candies, cookies, muffins and more. Afghans, aprons, skates, quilts & more.
- 7...Christmas at the Legion, **Saturday, December 9** from 12-4pm. 102 N Main St, Wayland. Craft vendors, food, baked goods, 50/50, free kids raffles, visit with Santa.
- 8...Conesus Lake Riders all you can eat breakfast, **Sundays, December 10 & 24**, 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.
- 9...Pancake Breakfast, **Sunday, December 10** from 8-11am at Perkinsville FD, 1940 CR 90. Pancakes, eggs, sausage, ham, homefries, toast & beverage. Adults \$9, children 6-12 \$8, under 5 free.

10...Dansville Pop Up Pantry. Free food distribution from 4pm til gone - **Monday, December 11**. Held at 8384 Main St at the old Shay / Main Tire location. Drive thru, trunks open.

11...Christmas Concert & Dessert Buffet, **Wednesday, December 20** at 6pm at First Presbyterian Church, 54 Maple Ave, Cohocton. Featuring Chad Slayton. Free will offering.

12...Your Centers Senior Day Program, 161 Main St Dansville is accepting new clients. Call Tina at 585-204-4099 for more information.

13...The Livingston County Office for the Aging would like to invite any county resident age 60+ to our Social & Dining sites located in Avon, Dansville, Mt Morris and Livonia for a meal and a variety of programs. Visit their website for more information, daily menu, list of events and phone numbers to RSVP.

14...Shopping locally matters! The feel-good factor, create job opportunities, keep more money in the community, enjoy a more local flavor.

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

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

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

.

- 1...Your Centers Senior Day Program, 161 Main St Dansville is accepting new clients. Call Tina at 585-204-4099 for more information.
- 2...The Livingston County Office for the Aging would like to invite any county resident age 60+ to our Social & Dining sites located in Avon, Dansville, Mt Morris and Livonia for a meal and a variety of programs. Visit their website for more information, daily menu, list of events and phone numbers to RSVP.
- 3...Shopping locally matters! The feel good factor, create job opportunities, keep more money in the community, enjoy a more local flavor.
- 4...Conesus Lake Riders all you can eat breakfast, **Sundays, November 26, December 10 & 24**, 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...Winter in the Village, **Saturday, December 2**, all day, morning to night. Holiday fun in downtown Dansville. Fun activities, food & drink, store specials, vendors, tree lighting, costume contest, ice sculptures, visit with Santa, parade, wine & spirits walk. Family friendly.
- 6...Dansville Pop Up Pantry. Free food distribution from 4pm til gone - **Monday, December 11**. Held at 8384 Main St at the old Shay / Main Tire location. Drive thru, trunks open.
- 7...Christmas Concert & Dessert Buffet, **Wednesday, December 20** at 6pm at First Presbyterian Church, 54 Maple Ave, Cohocton. Featuring Chad Slayton. Free will offering.
- 8...Wayland Food Pantry at Light House Wesleyan Church on S Lackawanna St on **Wednesdays** from 4-6p.
- 9...Cohocton Food Pantry **every 1<sup>st</sup> & 3<sup>rd</sup> Wednesday** of each month from 1-3p & 6-7p at Stermer Hall, 35 Maple Ave next to St Pius Catholic Church.
- 10...Springwater Community Food Pantry, located at 8148C Main St, next to the Ice Cream Shop, is open **every Saturday** from 9-11am.





1...A friendly daylight savings time reminder from your local fire departments to change batteries, and to check smoke & CO2 alarms.

2...Your Centers Senior Day Program, 161 Main St Dansville is accepting new clients. Call Tina at 585-204-4099 for more information.

3...The Livingston County Office for the Aging would like to invite any county resident age 60+ to our Social & Dining sites located in Avon, Dansville, Mt Morris and Livonia for a meal and a variety of programs. Visit their website for more information, daily menu, list of events and phone numbers to RSVP.

4...Shopping locally matters! The feel good factor, create job opportunities, keep more money in the community, enjoy a more local flavor.

5...Dansville Second **Saturday, November 11** celebrates 'Simple Abundance' as we partner with C.A.N.N. to collect items for community members in need. Sign up to be a collection site. Enjoy vendors, shopping, family activities, dining, music and much more in the downtown Main St business district.

6...Benefit for Vicki Curry (motorcycle accident victim) to help with expenses. Held at Dark Horse Saloon, 10516 Rt 36 Dansville. **Saturday, November 11** from 1-5pm. \$20 includes food, cash bar, band, Chinese auction, 50/50 drawing. Info or donations call 716-860-9087 or 585-519-2070.

7...Veteran's Day lunch, **Saturday, November 11** from 11-1pm at Cohocton American Legion, 6 Wilcox St.

8...Veteran's Day Chicken Parm Dinner, **Saturday, November 11** from 3-7pm at Naples VFW. Veterans free, family \$5.

9...Meat Raffle, **Saturday, November 11** at 4pm at Sonyea Legion, 7150 Rt 36. Refreshments available.

10...Pancake Breakfast, **Sunday, November 12** from 8a-11a at Perkinsville Fire Dept, 1940 CR 90. Pancakes, egg, sausage, ham, homefries, toast, beverage. Adults \$9, children 6-12 \$8, under 5 free.

11... Lions Club Harvest Pork Dinner with all the trimmings, **Sunday, November 12** from 11:30-1:30pm at St Peter's Episcopal Church, 25 Clara Barton St, Dansville. \$15 tickets available at Dogwood Floral or any Lions member.

12...Veterans Day Chicken BBQ, **Sunday, November 12** from noon-3pm at Dansville American Legion, 34 Elizabeth St. Drive-thru service \$12 donation. Pre-sale tickets available at Legion.

13...Conesus Lake Riders all you can eat breakfast, **Sundays, November 12 & 26, December 10 & 24**, 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

14...Penny Social, **Monday, November 13** at Dansville Moose Lodge, 6 Main St. Doors open at 6pm, drawings at 7pm. Food available for purchase. Public welcome.

15...Spaghetti Dinner, **Thursday, November 16** from 4:30-7pm at Webster's Crossing United Methodist Church, Rt 15 between Springwater and Conesus. Dine-in or take-out. Donations. Music jam.

16...Indoor yard sale, **Saturday, November 18** at Your Centers, 161 Main St, Dansville from 12-4pm. \$2 for grocery bag full. For donations, call Melissa at 585-204-4099.

17...Springwater Fire Dept Turkey Raffle, **Saturday, November 18** at 7pm. Turkey, ham & meat bundle raffles. Refreshments, hot dogs, popcorn. Sportsman raffle tickets \$10.

18...Dansville Historical Society Turkey Dinner & Program, **Saturday, November 18** featuring restored Nathaniel Rochester Home at Genesee Country Village. Tickets \$30 each and available at Dogwood Floral & Dogwood Trading Co. Social hour 5pm, dinner 6pm, program to follow. Held at Dansville American Legion, 34 Elizabeth St.

19...Penny Social, **Saturday, November 18** at West Sparta United Methodist Church, 4287 Redmond Rd. Events start at 1pm with drawings at 2:30p. Cookie walk selling favorites by the pound, numbers drawn for baskets & bake sale. Refreshment available.

20...Dansville Pop Up Pantry. Free food distribution from 4pm til gone - **Mondays, November 20 & December 11**. Held at 8384 Main St at the old Shay / Main Tire location. Drive thru, trunks open.

21...Winter in the Village, Saturday, December 2, all day, morning to night.  
Holiday fun in downtown Dansville. Family friendly.

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

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

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

.

1...A friendly daylight savings time reminder from your local fire departments to change batteries, and to check smoke & CO2 alarms.

2...Remember to vote in your local elections! **Tuesday, November 7.**

3...Election Day Dinner, **Tuesday, November 7** from 4:30 til ? held at Heath Homestead, 4760 Ossian Hill Rd, Dansville. Roast beef, gravy, potatoes, 2 sides, roll, and pie. \$14. Also cookie sale & variety booth.

4...Election Day Ham Dinner, **Tuesday, November 7** from 5-6:30pm at Perkinsville Fire Hall. Take out or limited seating inside. Ham and all the trimmings with homemade pies. \$14.

5...Take out Spaghetti dinner, **Wednesday, November 8** from 4:30-6pm at the United Methodist Church of Livonia, 21 Summer St. Includes meatballs, salad, garlic bread. Donations accepted.

6...Your Centers Senior Day Program, 161 Main St Dansville is accepting new clients. Call Tina at 585-204-4099 for more information.

7...The Livingston County Office for the Aging would like to invite any county resident age 60+ to our Social & Dining sites located in Avon, Dansville, Mt Morris and Livonia for a meal and a variety of programs. Visit their website for more information, daily menu, list of events and phone numbers to RSVP.

8...Dansville Second **Saturday, November 11** celebrates 'Simple Abundance' as we partner with C.A.N.N. to collect items for community members in need. Sign up to be a collection site. Enjoy vendors, shopping, family activities, dining, music and much more in the downtown Main St business district.

9...Benefit for Vicki Curry (motorcycle accident victim) to help with expenses. Held at Dark Horse Saloon, 10516 Rt 36 Dansville. **Saturday, November 11** from 1-5pm. \$20 includes food, cash bar, band, Chinese auction, 50/50 drawing. Info or donations call 716-860-9087 or 585-519-2070.

10...Veteran's Day lunch, **Saturday, November 11** from 11-1pm at Cohocton American Legion, 6 Wilcox St.

11...Veteran's Day Chicken Parm Dinner, **Saturday, November 11** from 3-7pm at Naples VFW. Veterans free, family \$5.

12...Meat Raffle, **Saturday, November 11** at 4pm at Sonyea Legion, 7150 Rt 36. Refreshments available.

13...Pancake Breakfast, **Sunday, November 12** from 8a-11a at Perkinsville Fire Dept, 1940 CR 90. Pancakes, egg, sausage, ham, homefries, toast, beverage. Adults \$9, children 6-12 \$8, under 5 free.

14... Lions Club Harvest Pork Dinner with all the trimmings, **Sunday, November 12** from 11:30-1:30pm at St Peter's Episcopal Church, 25 Clara Barton St, Dansville. \$15 tickets available at Dogwood Floral or any Lions member.

15...Penny Social, **Monday, November 13** at Dansville Moose Lodge, 6 Main St. Doors open at 6pm, drawings at 7pm. Food available for purchase. Public welcome.

16...Conesus Lake Riders all you can eat breakfast, **Sunday, November 12 & 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.

17...Spaghetti Dinner, **Thursday, November 16** from 4:30-7pm at Webster's Crossing United Methodist Church, Rt 15 between Springwater and Conesus. Dine-in or take-out. Donations. Music jam.

18...Indoor yard sale, **Saturday, November 18** at Your Centers, 161 Main St, Dansville from 12-4pm. \$2 for grocery bag full. For donations, call Melissa at 585-204-4099.

19...Dansville Pop Up Pantry. Free food distribution from 4pm til gone - **Mondays, November 20 & December 11**. Held at 8384 Main St at the old Shay / Main Tire location. Drive thru, trunks open.

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

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

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



- 1...Dansville Trick or Treating, **Tuesday, October 31** from 6-8pm. Halloween Parade starts at 6pm in front of the Town Hall. Donuts & cider from 6-7p.
- 2...Village of Wayland Trick or Treating, **Tuesday, October 31** from 6-8pm.
- 3...Noyes Auxiliary Craft Boutique, **Thursday & Friday, November 2 & 3** from 9a-3p in the hospital conference room (downstairs). Handcrafted items, holiday, kitchen, kids, quilted, etc.
- 4...W Sparta FD Turkey, Beef, Ham Raffle, **Friday, November 3** at 7pm at 4451 Red School Rd, Dansville. Auction & door prizes.
- 5...Pre-Holiday Craft Sale, **Saturday, November 4** from 10a-3p at Cohocton American Legion, 6 Wilcox St. Craft vendors, basket raffles, 50/50, refreshments.
- 6...Dansville Lioness Club Luncheon & Craft Sale, **Saturday, November 4** from 10a-2pm at the Dansville Moose Lodge, 6 Main St. Local vendors & artisans, homemade soups, chili, desserts, vendor raffle, theme basket raffle, lottery board, 50/50.
- 7...Meat Raffle, **Saturday, November 4** at 7pm at Atlanta Fire Hall, University Ave, refreshments available.
- 8...Penny Social, **Monday, November 6** at Dansville Presbyterian Church, 3 School St. Doors open 5:30, drawings at 6:30pm. Refreshments, door prizes, gift baskets, baked goods, raffle items.
- 9...Remember to vote in your local elections! **Tuesday, November 7**.
- 10...Election Day Dinner, **Tuesday, November 7** from 4:30 til ? held at Heath Homestead, 4760 Ossian Hill Rd, Dansville. Roast beef, potatoes, vegetable, roll, and pie. \$14. Also cookie sale & variety booth.
- 11...Election Day Ham Dinner, **Tuesday, November 7** from 5-6:30pm at Perkinsville Fire Hall. Take out or limited seating inside. Ham and all the trimmings with homemade pies. \$14.
- 12...Take out Spaghetti dinner, **Wednesday, November 8** from 4:30-6pm at the United Methodist Church of Livonia, 21 Summer St. Includes meatballs, salad, garlic bread. Donations accepted.

13...Dansville Second **Saturday, November 11** celebrates 'Simple Abundance' as we partner with C.A.N.N. to collect items for community members in need. Sign up to be a collection site. Enjoy vendors, shopping, family activities, dining, music and much more in the downtown Main St business district.

14...Benefit for Vicki Curry (motorcycle accident victim) to help with expenses. Held at Dark Horse Saloon, 10516 Rt 36 Dansville. **Saturday, November 11** from 1-5pm. \$20 includes food, cash bar, band, Chinese auction, 50/50 drawing. Info or donations call 716-860-9087 or 585-519-2070.

15...Veteran's Day lunch, **Saturday, November 11** from 11-1pm at Cohocton American Legion, 6 Wilcox St.

16...Pancake Breakfast, **Sunday, November 12** from 8a-11a at Perkinsville Fire Dept, 1940 CR 90. Pancakes, egg, sausage, ham, homefries, toast, beverage. Adults \$9, children 6-12 \$8, under 5 free.

17...Penny Social, **Monday, November 13** at Dansville Moose Lodge, 6 Main St. Doors open at 6pm, drawings at 7pm. Food available for purchase.

18...Conesus Lake Riders all you can eat breakfast, **Sunday, November 12 & 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.

19...Dansville Pop Up Pantry. Free food distribution from 4pm til gone - **Mondays, November 20 & December 11**. Held at 8384 Main St at the old Shay / Main Tire location. Drive thru, trunks open.

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

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

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

.





- 1...Hornell Area Wind Ensemble presents a free concert 'Beyond the British Invasion' on **Tuesday, October 24** at 7:30pm at Dansville HS Auditorium.
- 2...Community Free Luncheon, **Tuesday, October 24** from noon to 2pm at the South Livonia United Church of Christ, 5087 S Livonia Rd (Rt15). Menu includes soup & sandwich, dessert & beverage.
- 3...Community Spaghetti Dinner, **Thursday, October 26** from 4:30-7pm at Webster's Crossing United Methodist Church, Rt 15 between Springwater and Conesus. Dine in or take out, donation, music jam.
- 4...Kid friendly / family oriented Spooktacular, **Saturday, October 28** at 2pm at the West Sparta Town Park, 8302 Kysorville Byersville Rd. Pumpkins, pizza party, food, games, contests & prizes, hay rides, arts & crafts.
- 5...Trick A Trunk, **Saturday, October 28** from 12-2pm in parking lot of American Legion, 34 Elizabeth St, Dansville. Cider & donuts, pumpkin painting, K9 unit, treats & more.
- 6...Trunk or Treat, **Saturday, October 28** from 1-4pm at Canaseraga Village Park.
- 7...Wayland Halloween Parade, **Saturday, October 28** at 1pm with a 'Trunk or Treat' across from the Historical Society.
- 8...Naples VFW is hosting a Trunk or Treat on **Saturday, October 28** from 12-4pm. Bounce house, games & prizes! All welcome.
- 9...Indoor Yard Sale by the Ladies Aid of the First Presbyterian Church of Ossian, **Saturday, October 28** from 10a-3p at the Heath Homestead, 4760 Ossian Hill Rd. Items include household goods, clothes, electronics, baby essentials & more.
- 10...Roast Beef Dinner, **Saturday, October 28** from 4-7pm at the Middlesex Hose Company, 5537 Water St. Adults \$15, children \$10, preschool free. Dinner includes roast beef, gravy, tossed salad, rolls, relish dish, potatoes, corn, pie, beverage.
- 11...Dansville Trick or Treating, **Tuesday, October 31** from 6-8pm. Halloween Parade starts at 6pm in front of the Town Hall. Donuts & cider from 6-7p.

12...Noyes Auxiliary Craft Boutique, **Thursday & Friday, November 2 & 3** from 9a-3p in the hospital conference room (downstairs). Handcrafted items, holiday, kitchen, kids, quilted, etc.

13...W Sparta FD Turkey, Beef, Ham Raffle, **Friday, November 3** at 7pm at 4451 Red School Rd, Dansville. Auction & door prizes.

14...Pre-Holiday Craft Sale, **Saturday, November 4** from 10a-3p at Cohocton American Legion, 6 Wilcox St. Craft vendors, basket raffles, 50/50, refreshments.

15...Dansville Lioness Club Luncheon & Craft Sale, **Saturday, November 4** from 10a-2pm at the Dansville Moose Lodge, 6 Main St. Local vendors & artisans, homemade soups, chili, desserts, vendor raffle, theme basket raffle, lottery board, 50/50.

16...Meat Raffle, **Saturday, November 4** at 7pm at Atlanta Fire Hall, University Ave, refreshments available.

17...Penny Social, **Monday, November 6** at Dansville Presbyterian Church, 3 School St. Doors open 5:30, drawings at 6:30pm. Refreshments, door prizes, gift baskets, baked goods, raffle items.

18...Election Day Dinner, **Tuesday, November 7** from 4:30 til ? held at Heath Homestead, 4760 Ossian Hill Rd, Dansville. Roast beef, potatoes, vegetable, roll, and pie. \$14. Also cookie sale & variety booth.

19...Take out Spaghetti dinner, **Wednesday, November 8** from 4:30-6pm at the United Methodist Church of Livonia, 21 Summer St. Includes meatballs, salad, garlic bread. Donations accepted.

20...Dansville Second **Saturday, November 11** celebrates 'Simple Abundance' as we partner with C.A.N.N. to collect items for community members in need. Sign up to be a collection site. Enjoy vendors, shopping, family activities, dining, music and much more in the downtown Main St business district.

21...Benefit for Vicki Curry (motorcycle accident victim) to help with expenses. Held at Dark Horse Saloon, 10516 Rt 36 Dansville. **Saturday, November 11** from 1-5pm. \$20 includes food, cash bar, band, Chinese auction, 50/50 drawing. Info or donations call 716-860-9087 or 585-519-2070.

22...Pancake Breakfast, **Sunday, November 12** from 8a-11a at Perkinsville Fire Dept, 1940 CR 90. Pancakes, egg, sausage, ham, homefries, toast, beverage. Adults \$9, children 6-12 \$8, under 5 free.

23...Conesus Lake Riders all you can eat breakfast, **Sunday, November 12 & 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.

24...Dansville Pop Up Pantry. Free food distribution from 4pm til gone - **Mondays, November 20 & December 11**. Held at 8384 Main St at the old Shay / Main Tire location. Drive thru, trunks open.

25...Springwater Farmer's Market at Hillside Gardens Country Store, 8148 S Main St **every Thursday** from 3-7pm thru October. Vendors welcome.

26...Dansville Farmer's Market on Maple St across from Tractor Supply **every Friday** thru October from 11a-4p. New vendors welcome.

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

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

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

.

1...North Dansville Republican Committee Chicken & biscuit dinner, **Thursday, October 19** from 5-7p at the Union Hose Clubrooms, 66 Elizabeth St. Dine in or take out, \$15/person, children under 5 free. All are welcome.

2...AARP Smart Driver Safety Course. The 6 hour course takes place at the Dansville Public Library, 200 Main St. **Thursday & Friday, October 19 & 20** from 11:45-3pm each day. Call 585-335-8935 to register.

3...Chicken BBQ and basket raffle, **Saturday, October 21** from noon-3pm at Sturmer Hall in Cohocton, Maple St. Eat in and try your chances to win a basket. Take-outs will be available. Chicken by Stearns is \$12.50.

4...Fundraiser Lobster or Steak Dinner at Wayland American Legion, 102 N Main St to benefit Point Project. **Saturday, October 21** from 5-8pm. Delmonico dinner \$25, Lobster dinner \$25, Steak & Lobster dinner \$40, double Lobster \$40. Raffles, 50/50, music. Tickets at legion.

5...Lasagna Dinner w/ fixin's, dessert & beverage, **Saturday, October 21** from 4:30 til gone at Howard Union Church, 3611 CR 70A. \$10 donation, eat-in or take-out, handicap accessible.

6...Walk for Vincent House fundraising throughout the month of October. Registration forms available on facebook page and at the Vincent House. Join virtually for the month or join the group walk **Saturday, October 21** at 2pm at the Canadice Lake Walking Trail for a 5K or do both. Registrants receive a fanny pack. Further information call 585-728-2427.

7...Roast Beef Dinner, **Sunday, October 22** from nnoon-2pm at Sparta Center Church, Rt 256, Dansville. Roast beef, potatoes, cole slaw, squash, rolls & pie. Eat in or take out. Adults \$12, children ages 10 & under \$6.

8...Conesus Lake Riders all you can eat breakfast, **Sunday, October 22, November 12 & 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.

9...Penny Social, **Monday, October 23** at Perkinsville Fire Hall. Doors open at 6pm. Drawings start at 7pm. Refreshments served, door prizes, 50/50.

10...Livonia Boy Scout Troop 4074 will holding their annual Blood Drive on **Monday, October 23** from 3-7:30pm at the Lakeville Training Grounds, 5939 Stone Hill Rd.

11...Community Spaghetti Dinner, **Thursday, October 26** from 4:30-7pm at Webster's Crossing United Methodist Church, Rt 15 between Springwater and Conesus. Dine in or take out, donation, music jam.

12...Kid friendly / family oriented Spooktacular, **Saturday, October 28** at 2pm at the West Sparta Town Park, 8302 Kysorville Byersville Rd. Pumpkins, pizza party, food, games, contests & prizes, hay rides, arts & crafts.

13...Trick A Trunk, **Saturday, October 28** from 12-2pm in parking lot of American Legion, 34 Elizabeth St, Dansville. Cider & donuts, pumpkin painting, K9 unit, treats & more.

14...Trunk or Treat, **Saturday, October 28** from 1-4pm at Canaseraga Village Park.

15...Naples VFW is hosting a Trunk or Treat on **Saturday, October 28** from 12-4pm. Bounce house, games & prizes! All welcome.

16...Indoor Yard Sale by the Ladie's Aid of the First Presbyterian Church of Ossian, **Saturday, October 28** from 10a-3p at the Heath Homestead, 4760 Ossian Hill Rd.

17...Roast Beef Dinner, **Saturday, October 28** from 4-7pm at the Middlesex Hose Company, 5537 Water St. Adults \$15, children \$10, preschool free. Dinner includes roast beef, gravy, tossed salad, rolls, relish dish, potatoes, corn, pie, beverage.

18...Noyes Auxiliary Craft Boutique, **Thursday & Friday, November 2 & 3** from 9a-3p in the hospital conference room (downstairs). Handcrafted items, holiday, kitchen, kids, quilted, etc.

19...W Sparta FD Turkey, Beef, Ham Raffle, **Friday, November 3** at 7pm at 4451 Red School Rd, Dansville. Auction & door prizes.

20...Pre-Holiday Craft Sale, **Saturday, November 4** from 10a-3p at Cohocton American Legion, 6 Wilcox St. Craft vendors, basket raffles, 50/50, refreshments.

21...Dansville Lioness Club Luncheon & Craft Sale, **Saturday, November 4** from 10a-2pm at the Dansville Moose Lodge, 6 Main St. Local vendors & artisans, homemade soups, chili, desserts, vendor raffle, theme basket raffle, lottery board, 50/50.

22...Dansville Second **Saturday, November 11** celebrates 'Simple Abundance' as we partner with C.A.N.N. to collect items for community members in need. Sign up to be a collection site. Enjoy vendors, shopping, family activities, dining, music and much more in the downtown Main St business district.

23...Benefit for Vicki Curry (motorcycle accident victim) to help with expenses. Held at Dark Horse Saloon, 10516 Rt 36 Dansville. **Saturday, November 11** from 1-5pm. \$20 includes food, cash bar, band, Chinese auction, 50/50 drawing. Info or donations call 716-860-9087 or 585-519-2070.

24...Pancake Breakfast, **Sunday, November 12** from 8a-11a at Perkinsville Fire Dept, 1940 CR 90. Pancakes, egg, sausage, ham, homefries, toast, beverage. Adults \$9, children 6-12 \$8, under 5 free.

25...Dansville Pop Up Pantry. Free food distribution from 4pm til gone - **Mondays, November 20 & December 11**. Held at 8384 Main St at the old Shay / Main Tire location. Drive thru, trunks open.

26...Springwater Farmer's Market at Hillside Gardens Country Store, 8148 S Main St **every Thursday** from 3-7pm thru October. Vendors welcome.

27...Dansville Farmer's Market on Maple St across from Tractor Supply **every Friday** thru October from 11a-4p. New vendors welcome.

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

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

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

.





1...Take out spaghetti dinner, **Wednesday, October 11** from 4:30-6pm at the United Methodist Church of Livonia, 21 Summer St. Spaghetti, meatballs, salad, garlic bread. Donations accepted.

2...Free Rabies Clinic for Livingston County residents, **Wednesday, October 11** from 5-7p at Babcock Park Pavilion, Morey Ave, Dansville. For dogs, cats & ferrets. Pre-registration is required by calling 585-243-7280 or 585-243-1717.

3...Rummage Sale at North Cohocton Methodist Church, 10 University Ave, **Thursday & Friday, October 12 & 13** from 9-2.

4...Winter Clothing Give-away, **Friday, October 13** at 4pm and **Saturday, October 14** at 10am at Cohocton Public Library, 8 Maple Ave.

5...Second Saturday Dansville, **Saturday, October 14** from 11a-2p in the Main St district. It's harvest time! Celebrate Fall Fest and all things Fall related! Fun activities for kids and families, live music. Enjoy vendors, shopping, activities, dining & more.

6...Dansville United Methodist Church will be taking orders for their Pizza Sale during the Second Saturday event, **Saturday, October 14**. They will be located at 115 Main St. You can contact church at 335-5354

7...Turkey dinner, **Saturday, October 14** from 2-7p or until sold out at Livonia United Methodist Church, 21 Summers St. Drive-thru Take-out only. Turkey, stuffing, mashed potatoes, gravy, squash & dessert. Adults \$15, Children \$10.

8...GVH Races, **Saturday, October 14** from 10a-4p at 3330 Nations Rd, Geneseo \$15 pre-sale at [gvhraces.com](http://gvhraces.com), kids under 12 free. Horse & dog activities throughout the day. Boutique shopping, craft beverages, pony rides, wagon rides, stick horse races and more! Lots of events taking place!

9...Dansville Drama Club presents 'Afraid of the Dark', **Saturday, October 14** at 7pm at the Dansville Auditorium. Appropriate for all ages.

10...St peter's UCC Fall Bazaar, **Saturday, October 14** from 10a-2p at Perkinsville Fire Hall, 1904 CR 90. \$7 soup & sandwich luncheon w/ pie & drink. 50/50 raffle, basket raffle.

11...Roast Beef Dinner, **Saturday, October 14** from 4:30-7pm at Webster's Crossing United Methodist Church, 7242 Webster Crossing Rd, Springwater. Drive-thru – take out only. \$14, homemade desserts.

12...Wayland and Dansville Historical Societies will present 'The Life of Mary Jamison', **Sunday, October 15** at 2pm at the Wayland Historical Society, corner of S Main St & Washington St. Presented by Gretchen Murry Sepik.

13...Dansville Pop Up Pantry. Free food distribution from 4pm til gone - **Mondays, October 16, November 20 & December 11**. Held at 8384 Main St at the old Shay / Main Tire location. Drive thru, trunks open.

14...North Dansville Republican Committee Chicken & biscuit dinner, **Thursday, October 19** from 5-7p at the Union Hose Clubrooms, 66 Elizabeth St. Dine in or take out, \$15/person, children under 5 free. All are welcome.

15...AARP Smart Driver Safety Course. The 6 hour course takes place at the Dansville Public Library, 200 Main St. **Thursday & Friday, October 19 & 20** from 11:45-3pm each day. Call 585-335-8935 to register.

16...Chicken BBQ and basket raffle, **Saturday, October 21** from noon-3pm at Sturmer Hall in Cohocton, Maple St. Eat in and try your chances to win a basket. Take-outs will be available. Chicken by Stearns is \$12.50.

17...Lobster or Steak Dinner at Wayland American Legion, 102 N Main St to benefit Point Project. **Saturday, October 21** from 5-8pm. Delmonico dinner \$25, Lobster dinner \$25, Steak & Lobster dinner \$40, double Lobster \$40. Raffles, 50/50, music. Tickets at legion.

18...Lasagna Dinner w/ fixin's, dessert & beverage, **Saturday, October 21** from 4:30 til gone at Howard Union Church, 3611 CR 70A. \$10 donation, eat-in or take-out, handicap accessible.

19...Walk for Vincent House fundraising throughout the month of October. Registration forms available on facebook page and at the Vincent House. Join virtually for the month or join the group walk **Saturday, October 21** at 2pm at the Canadice Lake Walking Trail for a 5K or do both. Registrants receive a fanny pack. Further information call 585-728-2427.

20...Conesus Lake Riders all you can eat breakfast, **Sunday, October 22, November 12 & 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.

21...Trick A Trunk, **Saturday, October 28** from 12-2pm in parking lot of American Legion, 34 Elizabeth St, Dansville. Cider & donuts, pumpkin painting, K9 unit, treats & more.

22...Noyes Auxiliary Craft Boutique, **Thursday & Friday, November 2 & 3** from 9a-3p in the hospital conference room (downstairs). Handcrafted items, holiday, kitchen, kids, quilted, etc.

23...W Sparta FD Turkey, Beef, Ham Raffle, **Friday, November 3** at 7pm at 4451 Red School Rd, Dansville. Auction & door prizes.

24...Pre-Holiday Craft Sale, **Saturday, November 4** from 10a-3p at Cohocton American Legion, 6 Wilcox St. Raffles, 50/50, refreshments.

25...Dansville Lioness Club Luncheon & Craft Sale, **Saturday, November 4** from 10a-2pm at the Dansville Moose Lodge, 6 Main St. Local vendors & artisans, homemade soups, chili, desserts, vendor raffle, theme basket raffle, lottery board, 50/50.

26...Dansville Second **Saturday, November 11** celebrates 'Simple Abundance' as we partner with C.A.N.N. to collect items for community members in need. Sign up to be a collection site. Enjoy vendors, shopping, family activities, dining, music and much more in the downtown Main St business district.

27...Benefit for Vicki Curry (motorcycle accident victim) to help with expenses. Held at Dark Horse Saloon, 10516 Rt 36 Dansville. **Saturday, November 11** from 1-5pm. \$20 includes food, cash bar, band, Chinese auction, 50/50 drawing. Info or donations call 716-860-9087 or 585-519-2070.

28...Pancake Breakfast, **Sunday, November 12** from 8a-11a at Perkinsville Fire Dept, 1940 CR 90. Pancakes, egg, sausage, ham, homefries, toast, beverage. Adults \$9, children 6-12 \$8, under 5 free.

29...Springwater Farmer's Market at Hillside Gardens Country Store, 8148 S Main St **every Thursday** from 3-7pm thru October. Vendors welcome.

30...Dansville Farmer's Market on Maple St across from Tractor Supply every Friday thru October from 11a-4p. New vendors welcome.

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

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

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

.

- 1...October Fall Foliage Festival, **Friday, Saturday & Sunday, October 6, 7 & 8.** Park Ave & S Main St Gazebo grounds. Arts, crafts, parade, car show & lots of food!
- 2...Spaghetti Dinner, **Friday, October 6** from 4-7 at Cohocton Presbyterian Church during Fall Foliage Festival.
- 3...Chicken BBQ, **Saturday, October 7** from 11a-2p at Cohocton Hook & Ladder, 43 Maple Ave during the Fall Foliage Festival. \$12
- 4...Dansville Fire Dept Open House, 11 Franklin St, **Saturday, October 7** from noon til 3pm. See firefighters in training, live demo, games, prizes, activities.
- 5...Chicken & Biscuit Dinner, **Saturday, October 7** from 4:40-6:30pm at Garwoods United Methodist Church 10524 County 15B, Canaseraga. Eat in or take out – donation. Dinner includes mashed potatoes, squash & homemade fruit cobbler.
- 6...Publick Musick, 'A Companionable Afternoon', **Saturday, October 7** at 4pm at St Paul's Lutheran Church, 21 Clara Barton St, Dansville. A varied program of music from Germany, France, and Italy. Free admission.
- 7...Farmer's Breakfast, **Sunday, October 8** at Cohocton Fire Hall from 8-noon during Fall Foliage Festival.
- 8...Roast Pork & Sauerkraut Dinner, during Fall Foliage Festival **Sunday, October 8** from noon to 3pm at St Paul's Lutheran Church, 97 Maple Ave, Cohocton. Drive thru, take out, eat in. \$12. Roast pork, sauerkraut, potatoes, gravy, rolls, green beans, applesauce, cupcake.
- 9...Pancake Breakfast, **Sunday, October 8, November 12** from 8a-11a at Perkinsville Fire Dept, 1940 CR 90. Pancakes, egg, sausage, ham, homefries, toast, beverage. Adults \$9, children 6-12 \$8, under 5 free.
- 10...Conesus Lake Riders all you can eat breakfast, **Sunday, October 8 & 22, November 12 & 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.

11...Walk for Vincent House fundraising throughout the month of October. Registration forms available on facebook page and at the Vincent House. Join virtually for the month or join the group walk Saturday, October 21 at 2pm at the Canadice Lake Walking Trail for a 5K or do both. Registrants receive a fanny pack. Further information call 585-728-2427.

12...Take out spaghetti dinner, Wednesday, October 11 from 4:30-6pm at the United Methodist Church of Livonia, 21 Summer St. Spaghetti, meatballs, salad, garlic bread. Donations accepted.

13...Free Rabies Clinic for Livingston County residents, Wednesday, October 11 from 5-7p at Babcock Park Pavilion, Morey Ave, Dansville. For dogs, cats & ferrets. Pre-registration is required by calling 585-243-7280 or 585-243-1717.

14...Rummage Sale at North Cohocton Methodist Church, 10 University Ave, Thursday & Friday, October 12 & 13 from 9-2.

15...Second Saturday Dansville, Saturday, October 14 from 11a-2p in the Main St district. It's harvest time! Celebrate Fall Fest and all things Fall related! Fun activities for kids and families, live music. Enjoy vendors, shopping, activities, dining & more.

16...Turkey dinner, Saturday, October 14 from 2-7p or until sold out at Livonia United Methodist Church, 21 Summers St. Drive-thru Take-out only. Turkey, stuffing, mashed potatoes, gravy, squash & dessert. Adults \$15, Children \$10.

17...GVH Races, Saturday, October 14 from 10a-4p at 3330 Nations Rd, Geneseo \$15 pre-sale at gvhraces.com, kids under 12 free. Horse & dog activities throughout the day. Lots of events taking place!

18...Wayland and Dansville Historical Societies will present 'The Life of Mary Jamison', Sunday, October 15 at 2pm at the Wayland Historical Society, corner of S Main St & Washington St. Presented by Gretchen Murry Sepik.

19...AARP Smart Driver Safety Course. The 6 hour course takes place at the Dansville Public Library, 200 Main St. Thursday & Friday, October 19 & 20 from 11:45-3pm each day. Call 585-335-8935 to register.

20...Trick A Trunk, **Saturday, October 28** from 12-2pm in parking lot of American Legion, 34 Elizabeth St, Dansville. Cider & donuts, pumpkin painting, K9 unit, treats & more.

21...Dansville Pop Up Pantry. Free food distribution from 4pm til gone - **Mondays, October 16, November 20 & December 11**. Held at 8384 Main St at the old Shay / Main Tire location. Drive thru, trunks open.

22...Dansville Second **Saturday, November 11** celebrates 'Simple Abundance' as we partner with C.A.N.N. to collect items for community members in need. Sign up to be a collection site. Enjoy vendors, shopping, family activities, dining, music and much more in the downtown Main St business district.

23...Springwater Farmer's Market at Hillside Gardens Country Store, 8148 S Main St **every Thursday** from 3-7pm thru October. Vendors welcome.

24...Dansville Farmer's Market on Maple St across from Tractor Supply **every Friday** thru October from 11a-4p. New vendors welcome.

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

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

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

.