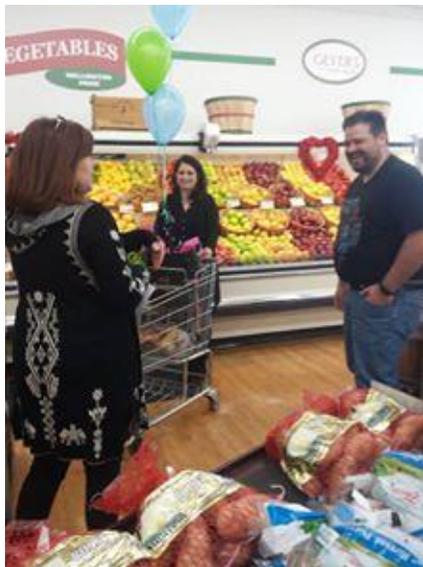


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January 21, 2017

WEOL News with a flash mob at Geyers in Wellington as Peter Calfo receives \$100 in free healthy groceries through the United Way collaborative...THRIVE! Southern Lorain County!



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Kolczun & Kolczun Cage Match-Ups

Friday 1/20


VS


On Friday it's back to Boys basketball on AM930. The night features a Southwestern Conference match-up between **Midview** and **North Ridgeville**. The young Rangers have seen their share of struggles this season, but have played well earning a 5-5 conference record and with it spot in the middle of the tough SWC standings. The Midview Middies have played well this year but have seen some tough bounces including a missed shot that cost them a win against Lakewood last Friday night. Both teams look to start big midseason runs Friday night starting at 7pm on AM930. Hear the game online by clicking on the teams logos.

Saturday 1/21

2:00pm


VS


The first game on Saturday belongs to the girls. The **Columbia** Lady Radiers will face a major test when the **Northwestern** Lady Huskies come to town. Columbia enters the week coming off of a tough Saturday loss to Wellington. Despite the Patriot Athletic Conference loss, the Raiders still stand within two games of Keystone for the lead in the Stripes Division with a 5-3 league record. Northwestern enters the week having not lost a game this year. They currently stand atop the Wayne County Athletic League with a 7-0 record. The two teams tip-off Saturday afternoon at



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12 hrs

The United Way of Greater Lorain County tells us about their new collaborative, Thrive, and we talk to Susan Goldberg, of National Geographic's Gender Revolution Magazine...Join us Monday morning from 7am - 9am on the Van Dyke Adams Experience.



WEOL Program Guide

Today Monday, January 23

Monday, January 23

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WEOL Program Guide

Today Monday, January 23

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On 7/23/17 on their website:
 The United Way of Greater Lorain County tells us about their new collaborative, Thrive, and we talk to Susan Goldberg, of National Geographic's Gender Revolution Magazine...Join us Monday morning from 7am - 9am on the Van Dyke Adams Experience.

<https://www.facebook.com/AM930WEOL>

Email from Craig Adams, 1/23/17:
Hi Margaret,

You're welcome. It was fun.

One more thing...as of this morning (Monday)...my posting/picture of your event on the WEOL Facebook page has more than 2,500 views!

.....
Monday, January 23, 2017

7:32 a.m.

Craig:

"A man in wellington walks into a grocery store for a box of lasagna noodles and walks out with \$100 worth of free, nutritious groceries. Joe calfo choices a uw collaborative promoting healthy lifestyles.

@ 7:34 a.m. Sarah: The idea is to bring it to the people. Putting groundwork but they're not sure what it means to them. Flash mob is an educational tool. We hope our winner will share our message with their neighbors.

@7:38 a.m.

You're in wellington, off to Geyer's fresh foods. Thrive is a uw collaborative, they're promoting exercise, healthy food. THRIVE! is all capitalized ... is it an anagram? So they had this event Saturday afternoon. The idea was to have members of thrive find somebody, pick someone out and reward them with \$100 worth of nutritious groceries and lead them to a better lifestyle. You were there and did they follow them around? That was kind of it. I've seen there was actually they would approach people before they got into the store. With a shopping cart and promotional people. Balloons. And then they walked through the store with the manager sue kutting and a nutritionist, libby showalter and helping joe pick out nutritious foods. Let's go with joe and he was pretty happy with the whole thing. He comes home with \$100 worth of free groceries.

Here's peter joe calfo. Joe: I thought it was a great experience I learned a lot about nutritious foods and healthy recipes. They've got great recipes, I didn't know you could roast a sweet potato. My family can try to eat a little healthier. I was trying to get milk and lasagna noodles. Typically, we try to pick up yogurt and granola and make sure we're not straying too far from .

Craig: Did you break the news to joe about yogurt and granola ... there's so much sugar. That's why they had libby showalter there. And sarah ross was their spokeswoman.

Sarah (a repeat of her above interview): idea ois to bring all the work we've done and bring it to the people. People have heard our name and today we were able to show them. It's really an educational tool and hope our winner .

Craig: Thrive began back in the summer of 2016. Do you look at grocery shopping differently?.

Sarah: I work for ymca if you told me about healthy eating. Chicken salad. Since being involved with experts in thrive.

Craig: There's a statistics a large percentage of people are obese. Sarah: There are resources available to you. There are organizations and to help improve the quality of your life. Don't be afraid to ask. We're here.

Craig: libby

The united way unveiled a new collaborative. On the air 7:48 OVER.