

It's very simple.

You pick up your telephone and call **200-5766**. You are asked to leave a message after the beep. Speaking clearly and directly into the phone, you talk for up to ten minutes. That's it.

What will you say? Here are some ideas:

- Report on something you witnessed, or wished you had seen.
- Read a short story or poem you wrote.
- Sing a song to someone you love... or hate.
- Rant on local politics, rave about someone who did good.
- Express your angst, pain, or rage.
- How was that band you saw last night?

- Talk about a memory you have of growing up in Rochester
- Confess a sin, express regret, fend off ennui.
- Talk about someone who inspires you.
- Tell us about the conspiracy you know is really behind it all
- Say the goodbye to someone you wished you had said.
- Question the motives of this project.

It doesn't really matter what you talk about. You can identify yourself or remain anonymous. So what's the point?

Each Sunday evening, the messages from the previous week are assembled into a show that can be downloaded from the Internet. Your tech-geek friends call this a podcast. It will be available at http://www.ToxicRochester.com.

See, I told you it was very simple. Tell your friends.

| Toxic Rochester – <b>200-5766</b> |
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| http://www.ToxicRochester.com     |