

Artful Living

Record Date	Air Time	Issue/Topic	Host	Guest	Details
September 26, 2023	Mon-Fri @ 8 A	Classical Singer	Jane Cormier	Allison Messier	Artful Living welcomes back Allison Messier. Allison is a classical contralto who grew up in Manchester, but currently lives and works throughout New England. You are invited to join our interesting musical conversation!
September 28, 2023	Mon-Fri @ 8 A	Local Theater	Jane Cormier	About Theater!	Join us as Jane discusses the importance of supporting theatre in our communities as she acknowledges the hard work and past accomplishments of our own The Pittsfield Players
October 3, 2023	Mon-Fri @ 8 A	Health & Wellness	Jane Cormier	Marty Donovan	Marty Donovan and his daughter Colleen of Natural Wellness Corner, Loudon Rd, Concord, join us once more to discuss interesting topics of general health and wellness.
October 5, 2023	Mon-Fri @ 8 A	Local Events	Jane Cormier	October Events	On Artful Living today, Jane and Cat discuss Halloween happenings in the area and how families can have affordable fun this haunting season!
October 10, 2023	Mon-Fri @ 8 A	Local Business	Jane Cormier	Rob WSCS	On Artful Living, Jane Cormier and Rob Landry, General Manager of WSCS, a classical music channel in NH, share some exciting news. Classical music fans will be delighted! Join us!
October 12, 2023	Mon-Fri @ 8 A	Local Business	Jane Cormier	Jennifer Rockwell	Jennifer Rockwell, of Flowers by Jennifer sits down and chats with Jane Cormier, as they discuss Jennifer's floral design business on Artful Living.
October 12, 2023	Mon-Fri @ 8 A	Seasonal Chat	Jane Cormier	Paranormal Talks	Get ready to enter a realm where the supernatural meets reality! Today on Artful Living, we have a spine-chilling treat for you! Join us as we dive into the world of all things paranormal with Catherine Martinez.
October 26, 2023	Mon-Fri @ 8 A	Updates	Jane Cormier	Jane Cormier & Catherine Martinez	Jane and Catherine discuss all the history and happenings at WKXL, past, present, and future. You are invited to join us in this informative but fun discussion
October 26, 2023	Mon-Fri @ 8 A	Local Spa	Jane Cormier	Veronica Procopio	Jane welcomes Veronica Procopio from Spa Specialists Beauty Within Salon on Artful Living today. Join our conversation on health and beauty and all the wonderful services and products offered at this fabulous, award winning Concord salon
October 31, 2023	Mon-Fri @ 8 A	Music School	Jane Cormier	Liz Faiella	On Artful Living today, our host, Jane Cormier and Liz Faiella of the Concord Community Music School discuss upcoming performances and the thriving folk music program at the music school. Join the conversation and discover all CCMS has to offer the greater Concord community.
November 7, 2023	Mon-Fri @ 8 A	Local Business	Jane Cormier	Goodlife	On Artful Living today, Jane welcomes Katelyn Gagnon from Good Life in Concord. Jane and Katelyn discuss the incredible events and classes offered at Good Life, December through February 2024. Don't miss this "Early Bird" segment on evening happening at Good Life!
November 9, 2023	Mon-Fri @ 8 A	Agriculture	Jane Cormier	Barbara Comtois	Artful Living host Jane Cormier chats with Rep. Barbara Comtois from Barnstead. Topics today range from discussing the importance of taking time to relax to agricultural challenges faced by... New Hampshire small farms. Join us in an interesting conversation about "home grown" NH!
November 14, 2023	Mon-Fri @ 8 A	Local Events	Jane Cormier	November Events	Jane and Catherine discuss all things HOLIDAY on today's segment of Artful Living. There are so many offerings here in the Granite State - join us as we highlight area performances and events this holiday season!
November 28, 2023	November 30, 2023	Local Education	Jane Cormier	Stephen Daigle	Stephen Daigle, Principle of St. John's Regional School in Concord chats about the importance of a well rounded education with Jane on Artful Living.
December 4, 2023	December 5, 2023	Local Events	Jane Cormier	December Events	The Spirit of Christmas is upon us. Artful Living Jane Cormier discusses some local holiday events and how people can manage what can be a "crazy" time of year!
December 5, 2023	December 8, 2023	Music Artist	Jane Cormier	Philip Reilly	Philip Reilly joins Jane Cormier, Host of Artful Living. Philip sings with his guitar and delivers the spirit of Christmas to WKXL and its listeners!
December 12, 2023	December 14, 2023	Singing	Jane Cormier	St. John Singers	Artful Living celebrates the Christmas season with local performers from Pittsfield Players. Come and join us in the celebration and feel the joy of the Holidays!
December 14, 2023	December 19, 2023	Seasonal Chat	Jane Cormier	"Slim" from The Sports Machine	Artful Living discusses the Holiday Blues scenario and things you can do to beat those blues! Join Artful Living host, Jane and Slim from The Sports Machine as they discuss this topic which many people experience during the holiday season.

Caill & Company LIVE

November 13, 2023	Mon-Fri @ 8 A	Sports & Politics	Ken Caill	Rick Santos	Monday's show included a variety of topics including Senator Tim Scott's departure from the Republican Presidential Primary race, the possible date of the first in the Nation Presidential Primary and, of course, the decline and fall of the New England Patriots. We were also joined by University of New Hampshire head football coach Rick Santos who discussed his team's weekend win over Monmouth and looked ahead to this Saturday's rivalry finale against the University of Maine.
November 14, 2023	Mon-Fri @ 8 A	Sports	Ken Caill	Clayton Trutor & John Leahy	Basketball and Hockey on the Tuesday agenda. We opened with author Clayton Trutor discussing his new book "Boston Ball: Rick Pinao, Jim Calhoun, Gary Williams and the Forgotten Cradle of Basketball Coaches". Next, our Hockey East Guru John Leahy with an update on men's and women's play in college hockey's top conference.
November 15, 2023	Mon-Fri @ 8 A	Theater & Sports	Ken Caill	Concord Community Players & Marc Hubbard	Theater and Soccer were the topics on Wednesday's episode. The Community Players of Concord will be performing The Sound of Music this weekend at the Concord City Auditorium. Joining us in studio to discuss the production were Director Cindy Dickinson and Ally Thorpe who will play the role of Maria. Also on Wednesday we chatted with University of New Hampshire head men's soccer coach, Marc Hubbard. The Wildcats are going to the NCAA tournament for the seventh consecutive year and they will enter the event at the number-eight seed, their highest ever. UNH will host either Syracuse or Boston University on Sunday at 2 at Wildcat Stadium in Durham.
November 16, 2023	Mon-Fri @ 8 A	Public Safety	Ken Caill	Department of Safety & Concord Mayor Elect	The Thanksgiving holiday period is statistically one of the worst extended weekends of the year for impaired driving. The New Hampshire Department of Highway Safety is doing something about it by partnering with law enforcement agencies to try ensure a safer holiday driving experience for everyone. We were joined in studio by John Clegg, Program Director for the N.H. Office of Highway Safety and Rye Chief of Police, Kevin Walsh. Also joining us on Thursday's show, Concord Mayor-Elect Byron Champlin.
November 17, 2023	Mon-Fri @ 8 A	Entertainment	Ken Caill	Friday Fun Bunch	It's Friday, which means the Friday Fun Bunch is in the WKXL Studios! Ken Caill interviews Tom Raffio, President & CEO of Northeast Delta Dental and Kitty Rae the OFFICIAL "Flick Chick."
November 20, 2023	Mon-Fri @ 8 A	Sports	Ken Caill	John Leahy & Rick Santos	Monday's show featured our Hockey East Guru John Leahy and University of New Hampshire head football coach Rick Santos. The coach discussed his team's season-ending victory over the University of Maine to finish the year with a winning record. Santos also talked about his outstanding running back Dylan Laube who will be heading to Alabama in February to play in the prestigious Senior Bowl.
November 21, 2023	Mon-Fri @ 8 A	Music & Literature	Ken Caill	John Stanley Shelly, Kari Allen, Deb Bruss	Music and children's books were the Tuesday topics. The Hatbox Theatre in Concord will present a production this weekend of "Man on the Hill" a show which combines passionate, colorful storytelling with the musical intensity of a rock opera. Singer/producer John Stanley Shelly joined us in studio along with Shawn Chase to perform a few of the songs featured in the show. Award winning children's author Matt Forrest Essamine talked about his upcoming appearance at Gibson's on Saturday as part of Small Business Saturday. Also joining in the conversation were fellow children's authors, Kari Allen and one of Matt's collaborators, Deb Bruss.
November 22, 2023	Mon-Fri @ 8 A	Entertainment	Ken Caill	Friday Fun Bunch	It's Friday, which means the Friday Fun Bunch is in the WKXL Studios! Ken Caill interviews Tom Raffio, President & CEO of Northeast Delta Dental and Kitty Rae the OFFICIAL "Flick Chick."
November 23, 2023	Mon-Fri @ 8 A	Holiday Episode	Ken Caill	Thanksgiving Episode with Jim McIntyre	On a special Thanksgiving edition Ken Caill and the host of the new WKXL "Sports Machine" Jim McIntyre talk all about the 4 F's of the holiday...Food, Family, Friends and Football - and not necessarily in that order. Their likes, their dislikes and everything in between. Ken and Jim bring it all to the table (pun intended).
November 24, 2023	Mon-Fri @ 8 A	Entertainment	Ken Caill	Friday Fun Bunch (Re-Air)	It's Friday, which means the Friday Fun Bunch is in the WKXL Studios! Ken Caill interviews Tom Raffio, President & CEO of Northeast Delta Dental and Kitty Rae the OFFICIAL "Flick Chick."
November 27, 2023	Mon-Fri @ 8 A	Sports & Holidays	Ken Caill	John Leahy & Pam Mattot	Hockey East Guru John Leahy joined the show to talk about the successful holiday weekend the conference had against their out of conference opponents and we Pam Mattot of Operation Santa Claus was with us to talk about the needs they have in order to help youngsters living under less than ideal circumstances throughout the state have a memorable holiday season. Between 2-3 thousand children are served yearly by Operation Santa Claus but it can only be done with your help. Contact them at www.operationSanta.org or calling (603) 271-6530
November 28, 2023	Mon-Fri @ 8 A	Music	Ken Caill	Brian Coombes & Heidi Jensen North	Heidi Jensen North of Jensen and Company and Brian Coombes of Rocking Horse Studio in Pittsfield, NH and the Rocking Horse Studio Music Club joined us Tuesday for the American debut of the new song "I Believe in Christmas". Heidi wrote the song which was recorded at the Abby Road Studios in London by 11-year old Olivia Lynes. Brian produced the song at the studio of former Genesis lead guitarist Anthony "Ann" Phillips in the U.K. and at Rocking Horse Studio in Pittsfield. A music video was shot at beautiful St. Mary's Church in Aston, England.
November 29, 2023	Mon-Fri @ 8 A	Automotive	Ken Caill	Dan Weed	Dan Weed of Weed Family Automotive in Concord was our in studio guest on Wednesday. Dan discussed some of the changes being made locally in the automotive repair and automotive sales businesses in the area. Also, the latest on the EV world and how nearly 4,000 auto dealers are urging the current administration to slow down its proposed regulations mandating the production and distribution of electric vehicles.
November 30, 2023	Mon-Fri @ 8 A	Sports	Ken Caill	Chris Hatfield	We talked some "Hot Stove League" baseball talk with the Executive Editor of www.soxprospects.com Chris Hatfield. The website, dedicated to the Boston Red Sox minor league system, is unique in its' scope and detail of the top prospects in the organization and has been now for 20 years. We also talked about the life of former Secretary of State Henry Kissinger who passed away Wednesday at the age of 100.
December 1, 2023	Mon-Fri @ 8 A	Entertainment	Ken Caill	Friday Fun Bunch	It's Friday, which means the Friday Fun Bunch is in the WKXL Studios! Ken Caill interviews Tom Raffio, President & CEO of Northeast Delta Dental and Kitty Rae the OFFICIAL "Flick Chick."
December 4, 2023	Mon-Fri @ 8 A	Sports	Ken Caill	John Leahy	Hockey East Guru John Leahy joined the program to detail another exciting weekend of men's and women's play in the country's top college hockey conference. We also had the opportunity to announce the latest addition to our WKXL live programming roster, "The Sports Machine" with Slim which made its' debut at 10 AM on Monday.
December 5, 2023	Mon-Fri @ 8 A	Insurance	Ken Caill	DJ Bettencourt	Tuesday featured our monthly conversation with the New Hampshire Department for Insurance. Commission D. J. Bettencourt was our featured guest on this segment and informed our listeners that the annual open enrollment period is still open until January 15, 2024. He also mentioned the re-start of the Mental Health and Addiction Services Advisory Committee by the N.H. Insurance Department. For more information contact www.consumerservices@ins.nh.gov insurance

NH Unscripted

October 10, 2023	Mon-Fri @ 8 A	Local Theater	Ray Dudley	Winnepesaukee Playhouse	The Winnepesaukee Playhouse recently celebrated their 20th season. Lesley Pankhurst (Patron and Company Services Director) and Timothy L'Ecouer (Artistic Director) from the Playhouse stop by to talk about the theatre came about, how shows are chosen (or not), how they felt the celebration for their 20th season was received, which productions are left in this years season and a quick look at one of the highly anticipated shows for their next season: The Jersey Boys. (http://www.winnepesaukeeplayhouse.org/)
October 13, 2023	Mon-Fri @ 8 A	Local Artist	Ray Dudley	Angelo Gentile	Blurb for Angelo Gentile: Are you someone who's thought about perhaps dipping your toe into community theater or some type of performing art, but, think that maybe time has passed you by or that for some reason it's just too late? Enter Angelo Gentile. He wanted to be a performer when he was younger, but, then life happened. Years went by and then very slowly he circled the performing arts, fell in love with them and now performs regularly around the state both as an actor and as part of the quartet The Rockin' Daddios. Angelo has some great stories about performing later in his life as well as singing at the Mohegan Sun casino. A definite confidence booster!
October 16, 2023	Mon-Fri @ 8 A	Local Arts	Ray Dudley	Angelica Rosenthal	Inreverent, provocateur, out-out-out of the box thinker, not one to shy away from controversy and a definite envelope pusher is how I would describe Angelica Rosenthal and she totally brings her zassy ways to this interview. She loves theater that brings her audiences to some kind, any kind of reaction, doesn't hesitate to stage it and is almost disappointed if it doesn't happen. A great interview and I'm very thankful that she took the time to drop by and chat.
October 20, 2023	Mon-Fri @ 8 A	Local Arts	Ray Dudley	Jordan L "Lizzie" Show	Just when you think you've heard it all along comes a story that proves you haven't! Jordan Formicelli sat with me to talk about the musical she stars in called... (ready for this?) "Lizzie". Yup. A musical about Lizzie Borden. And not just a musical. A VERY loud rock musical about Lizzie Borden. Who knew such a thing existed? Not me!!! An exciting and intriguing dive into "Lizzie", the rock musical at the Hatbox Theatre in Concord.
October 30, 2023	Mon-Fri @ 8 A	Local Arts	Ray Dudley	Jordan Formicelli	Jordan Formicelli, aka Lizzie Borden, drops by for an update on the production "Lizzie" in its' final weekend at the Hatbox Theatre (http://www.hatboxnh.com) in Concord. This time she brought friends! Olivia Martinson, the director of the show, and Tim Goss, the musical director. We talk about what it's like to attempt to stage a rock musical at the intimate little theatre as well as what it was like for Olivia to take on the project as a first time director. We also discussed the audience reactions to this dark, but, beautiful piece that they've staged.
November 1, 2023	Mon-Fri @ 8 A	Local Arts	Ray Dudley	Nancy Barry	Nancy Barry, Producing Director for the Interlakes Theatre in Meredith, stopped by to discuss the history of the group, her time under the mentorship of Norman Leger at the New London Barn Playhouse, what it's like to herd 30-50 summer actors/staff each year, the process of learning to cater to her paying demographic and sooooo much more.
November 6, 2023	Mon-Fri @ 8 A	Local Arts	Ray Dudley	Glenn Provost	Bolt Cutter Productions begins a two week run of another play I've never heard of, Lungs, which opens this Friday at the Hatbox Theatre (http://www.hatboxnh.com) in Concord. It's a two person play and I wanted to get the skinny on it so I had Glenn Provost, co-star and producer, come by and fill us in. Glenn gives us some introductory background about himself and then talks about this wonderful play and the challenges it took to bring it to life. Using terms such as "emotionally brutal" to describe portions, he talks about how his co-star Ashley Riteen and director Catherine Stewart delicately handled the required intimacy involved. From the website: "...With a whiplash-fast speed and a devastating conclusion, Lungs will leave you gasping for breath long after the lights go out." Tickets can be found: Buy tickets (https://app.arts-people.com/index.php?action=486p)
November 10, 2023	Mon-Fri @ 8 A	Local Arts	Ray Dudley	Michael Cobb	Michael Cobb, of truepenny arts (https://www.truepennyarts.com), stopped by to talk mechanics! As in the "mechanics of good acting". Why do some people care to get better at the craft of performing while others could care less? What does he mean by helping actors be "in the moment"? Has he seen anything, performance-wise, that's really impressed him? Hint: yes, and it was a musical! We also discussed his love for the "classics" and which types of plays he feels fall into that category. So many questions, so little time.
November 10, 2023	Mon-Fri @ 8 A	Local Arts	Ray Dudley	Andrew Gibson	I've been looking forward to sitting with Andrew Gibson, ag_voices (https://www.instagram.com/ag_voices/), for quite some time and today was the day! If you've been to a play in NH recently you've probably seen Andrew. Okay, that may be a bit of a stretch, but, honestly, the guy has been on a tear lately! Pittsfield, the Majestic, the Colonial Theatre, Jean's Playhouse, etc. he's everywhere! And he freely talks about playing Spiderman for Marvel (true story, but, not the movies), his passion for voice-over work, his start in the arts, his love for Phantom Of the Opera (he despises it), and more!!! Much, much more!
November 17, 2023	Mon-Fri @ 8 A	Local Arts	Ray Dudley	Sal Pizio	CCA Executive Director Sal Pizio dropped by to talk the Bank of NH Stage venue. I was able to get him to discuss his own humble beginnings which included stories of him playing in a band when he was younger, his time as a restaurant owner and how he eventually came to overseeing the Capitol Center for the Arts and the Bank of NH Stage. They're upped their community outreach programs as well and Sal proudly (rightly so) spoke of: "The first Culinary Artist-in-Residence. Batulo's Kitchen, run by beloved local food vendor Batulo Mahamed, who specializes in Somali meat pies." A excellent inside look at how the CCA and Bank of NH Stage think and act!!

The Sports Machine

December 4, 2023	Sports	Slim	Intro to The Sports Machine w/ Slim	The very first episode of The Sports Machine introduced our host, Slim, to the listening audience. He covered some Celtics, Patriots, and college football content while giving an overview for the future of The Sports Machine.
December 5, 2023	Sports	Slim	The Sports Machine w/ Slim Does Jayson Tatum have what it takes to get the Celtics to the promised land?	On the 2nd episode of The Sports Machine, we asked the listening audience a simple question: Does Jayson Tatum have what it takes to get the Celtics to the promised land? Slim went on a wild rant today in response to that question. And then he welcomed Jane Cormier into the studio to deliver an overview of the incredible impact that Brad Marchand has had on the Bruins during the past week since his grandmother passed away.
December 6, 2023	Sports	Slim	The Sports Machine w/ Slim Patriots, Red Sox & GIVEAWAY	On the hump day edition of The Sports Machine, Slim opened up by telling two stories about recent interactions with people in the NH community. To summarize - Slim thinks he is one of the very best sports talk personalities in the country. Pretty bombastic talk for someone who has only been in the industry for a handful of days!
December 7, 2023	Sports	Slim	The Sports Machine w/ Slim Patriots, Red Sox & GIVEAWAY	Slim took a few questions from callers on The Sports Hotline 603-224-1450 and he let the listening audience know one simple fact: The San Francisco 49ers are going to win it all in the NFL this season! Angry Slim is back! After one day of respite, Angry Slim returns on the Thursday show with a rabid take on the price of air and the opinions of a couple of former NFL quarterbacks! Why should anyone care what David Carr or Dan Orlovsky have to say?
December 8, 2023	Sports	Slim	The Sports Machine w/ Slim The Sports Gambling Epidemic	The callers are starting to fill the WKOL phone lines, and on the show today we heard from a few of them. The Boston Red Sox trade of Alex Verdugo is not huge news. But that Patriots draft position in the 2024 draft is! Do what is best for the franchise tonight, Patriots! For those of you that don't know, our beloved New England Patriots take on the Pittsburgh Steelers this evening. Welcome to the Friday episode of The Sports Machine with Slim. Your host - Slim - cried tears this morning. Why? The New England Patriots won last night! Is this a good thing? Slim breaks down the long-term positives, and negatives, of the victory. Gambling is a very popular hobby/addiction in the United States right now. Not many radio shows talk about the addiction side of gambling. But The Sports Machine with Slim is a little different. On today's show, Slim shares a personal gambling story and gives a glimpse into the mind of a gambler.
December 11, 2023	Sports	Slim	The Sports Machine w/ Slim The Patriots, the Draft, & Top 10 Fans	All of this and more today on WKOL from 10-11am and on www.NHtalkradio.com on demand! Let's have a great week out there everybody! The Sports Machine with Slim is back to start the week with a rundown of the NFL action from this past weekend and a provocative take: The Patriots should take Jayden Daniels in the draft, even if it is with the #1 pick! The Top 10 Fans of the show were announced today for the very first time. Thanks to those fans and to all of the listeners! Stay tuned to The Sports Machine with Slim as the week goes on to hear what it means to be in the Top 10!
December 12, 2023	Sports	Slim	The Sports Machine w/ Slim Talking "Cutlets" with Jane Cormier	Tommy DeVito and the New York Giants. Everybody else is talking about him, so why shouldn't we? Our in-studio guest has a take on the Tommy "Cutlets" situation. Slim disagrees vehemently with the take. Hear them hash it out on The Sports Machine with Slim today! Shohel Ohtani is getting paid HOW MUCH?!! \$700 million dollars? Yes, you read that correctly, \$700 MILLION! But the deal is being structured in an interesting way. We talk about that and more on the Tuesday edition of The Sports Machine with Slim.
December 13, 2023	Sports	Slim	The Sports Machine w/ Slim Draymond Green & Bill Belichick's Future	Draymond Green has gone too far! The Sports Machine with Slim isn't going to sugar coat things. Slim lets Draymond have it on this hump day episode! The Celtics win over the Cavaliers, Bill Belichick's coaching future with the Patriots, Caitlyn Clark scoring another NIL deal, and the LSU Tigers winning 133-44. Slim gives his two cents on all of this and more!
December 14, 2023	Sports	Slim	The Sports Machine w/ Slim Bruins Lose And Slim Blames Himself	Slim is the reason the Bruins lost last night. Giannis scores 64 points last night - but loses a fan in the process. The Sports Machine with Slim is officially on record. We love Aaron Nesmith! Tonight the Celtics play the Cleveland Cavaliers again at the Garden. The Raiders play the Chargers at Las Vegas. Predictions galore ensue on Thursday's edition of The Sports Machine with Slim!
December 15, 2023	Sports	Slim	The Sports Machine w/ Slim NFL Picks for the Weekend w/ Slim & Callers	On the Friday installment of The Sports Machine with Slim, we had multiple callers, each of whom brought something special to the table. This weekend's NFL games dominated the first two segments. Slim and last week's #1 Fan went through every game with opinions, angles, etc. All NFL fans can benefit from listening to this insight! MCBFG got his name in the headlights with the official announcing of his new nickname. We finished up with the reveal of the updated Top 10 Fans of The Sports Machine list. Chris, the new #1, called in with a very interesting announcement that you won't want to miss! Give us a listen!
December 18, 2023	Sports	Slim	The Sports Machine w/ Slim Has Bill Belichick Lost It?	Has Bill Belichick lost it? Has Slim lost it? Those are both reasonable questions. The rantings and ravings of a sports talk radio madman are unleashed on Monday's edition of The Sports Machine with Slim! The Patriots are now 3-11. As Phil from The Hangover might say "This is a good thing." Slim has no problem with us losing. It is how we are losing that is leaving him fit to be tied. SO many horrible coaching decisions this week. SO many errors with instant replay. SO many bad beats for gamblers. NFL Mondays are always a treat, but this episode goes next level. Listen in for some truly "next generation" talk radio!

Your Health NH

Record Date	Air Time	Issue/Topic	Host	Guest	Details
September 14, 2023	Mon-Fri @ 8 A	Mental Health	Ken Call	Suicide Prevention Awareness Month	Connor's Climb and SoRock Coalition joined Jodi and Maria to talk about #suicideprevention and #SPCM23. Be sure to call or text 988 if you are in need of mental health support.
September 27, 2023	October 2, 2023	Flu Awareness	Ken Call	Doctor Jeb & Michele Slatkosky	It's that time of year again! The time of year no one wants to think about... Flu Season! Join us as we talk to Michele Slatkosky, Executive Direct of Families Fighting Flu and Doctor Jeb Teichman, Board of Directors for Families Fight Flu, about how to stay safe and healthy during flu season. In our discussion with Families Fighting Flu we will share their mission as they tell some of the stories of how the flu has affected many families. Flu myths will be explained, hesitancy will be discussed, and we will talk about the raw data and how it relates to us here in New Hampshire.
October 16, 2023	October 16, 2023	Program Graduates	Ken Call	Hamida Haasan, Jim Terrero, Quinci Worthey	Today we had AHEC program graduates join us to talk about their training experiences and how AHEC has impacted their careers! Check out the Well-Being Action Network to learn more
October 20, 2023	October 30, 2023	Mental Heal & Wellness	Ken Call	Leah, Carli and Jodi	Nashua Division of Public Health and Community Services joined Carli and Jodi to talk about how we can support our #mentalwellness during the holiday season.
November 6, 2023	November 13, 2023	Storytelling	Ken Call	Storytelling	Today OurStory NH joined us to talk about the power of a story and share the work they are doing to collect and share stories from around the Granite state. Tune in to learn more about how your story matters and can be shared
November 17, 2023	November 27, 2023	NH Oral Health Coalition	Ken Call	NH Oral Health Coalition	Lets talk Oral Health with Gail and Chris from the New Hampshire Oral Health Coalition!
November 22, 2023	December 4, 2023	Diabetes Awareness Month	Ken Call	Diabetes Awareness Month	Today we are discussing living with diabetes, how to manage diabetes in a healthy, successful, and fulfilling way and some of the common misconceptions regarding diabetes. We also have Jodi Harper, Assistant Director of AHEC, joining us with her own personal testimonial.
December 4, 2023	December 25, 2023	Culture & Holidays	Ken Call	Culture & Holidays	Today several #CHWs joined us to talk about holidays and traditions in their culture. Listen in to learn more about how people are celebrating this Holiday season!
December 18, 2023	January 8, 2024	Workforce	Ken Call	Lynn Carpenter	On today's episode all about workforce, Lynn Carpenter from Navlyn Resources returns to join Paula and Jodi talking about some of the great work being done to support, educate, and grow the healthcare workforce throughout New Hampshire. Lynn is Lynn is the owner Navlyn Resources and the Program Director for the NH Needs Caregivers Program. She has over 30 years of experience in healthcare as a clinician and nursing home administrator. To sign up to become an LNA through NH Needs Caregivers visit https://nhneeds.org/ . You can learn more about Healthcare Heroes, Project First Line, the PHI Coaching Academy, and Sector Partnerships Initiative at www.snhahc.org . Don't forget, you can sign up for the Walk with Ease Self-Paced class at www.startwalkwithease.org/nhdhhs and you can see all of our upcoming classes at https://www.snhahc.org/upcoming-workshops.html .

WKXL Spotlight

Record Date	Air Time	Issue/Topic	Host	Guest	Details
December 15, 2023	December 21, 2023	Community	Slim	Capital City Sunrise Rotary	WKXL is thrilled to be able to shine the light on some local businesses, organizations, and individuals who are doing great things in New Hampshire via our new show - WKXL Spotlight. Today we happily invite The Capital City Sunrise Rotary Club onto the WKXL airwaves to share some of the incredible deeds being performed by this special group of people. The CCSRC is non-profit, non-political, and non-religious. Their mission is, quite simply, to help those in need. Two of their members join us today to tell us more about Rotary International and their local, award winning, 13 person Rotary Club. Thank you to Phil and Mike for all that you are doing to make a difference in our state and our world!
December 19, 2023	December 22, 2023	Local Business	Slim	The City	The newly developed WKXL Spotlight series continues with an episode profiling a New Hampshire focused business that takes us deep inside the craft beer industry. The City has locations throughout NH, and they pride themselves on trying to carry every beer available in the state! During today's show, Mike Buote from The City joins the Spotlight to take us on a journey inside their stores. We begin the show by talking about their craft beer selection, and then discuss the vast offerings available in their wine and cigar sections. The City location in Seabrook, NH has become a tourist destination and is one of the busiest stores in the state! Learn more about a fantastic New Hampshire based business on this episode of the WKXL Spotlight!
December 22, 2023	December 28, 2023	Insurance	Slim	HealthMarkets Insurance Agency	WKXL Spotlight returns with a look inside an industry that not too many people know much about: Health Insurance. Thomas Poock is a local, licensed, Health and Medicare Insurance Broker who joins us today to simplify an incredibly complex topic that everyone in the United States needs to know more about. Is insurance talk exciting? We begin the episode by asking Thomas that very question! In addition to the informative discussion about being a Broker in the world of health and medicare insurance, Thomas also explains some of the options available to people when choosing life insurance. Then, to close out the episode, Thomas talks a little bit about his prior career as a professional NHL hockey player! This is a WKXL Spotlight edition that puts the excitement in insurance talk!
December 27, 2023	December 29, 2023	Cryptocurrency	Slim	N/A	The year 2024 is sure to be filled with tons of news about the cryptocurrency industry. The expected approval of Bitcoin spot ETF applications in January and the halvening in April are huge topics in the crypto world, but most people have little knowledge about either of these things. That is why we are making this WKXL Spotlight edition on cryptocurrency. This is info that you need to know! Bitcoin was the very first cryptocurrency created. There have been many ups and downs in the price cycle of bitcoin through the years. On this Spotlight show, we explain some of these past price movements, and we talk about what might be to come in the year 2024. This show is for everyone who has little or zero knowledge of crypto, but wants to learn more. When the 2024 crypto conversations start up in earnest, we would like for you to know what people are talking about
January 2, 2024	January 4, 2024	Hampstead, NH Masters Basketball league	Slim	Kevin Young & Steve Tripod	This WKXL Spotlight edition focuses our attention on a town basketball league in Hampstead, New Hampshire. The great things in life really can be simple - As simple as showing up with a basketball and playing hoops with friends. The Hampstead Masters Basketball League has the WKXL Spotlight on them today. Commissioner Kevin Young and Coach Steve Tripodi join the show to share with our audience what it is that makes the league special. There are plenty of reasons why people look forward to Wednesday nights at the gym in Hampstead. The players in the league get a chance to socialize and compete with friends, while getting in some exercise. Let's learn more about the league and some of the players in this WKXL Spotlight.
January 5, 2024	January 5, 2024	Cryptocurrency	Slim	Natalie Brunell	2024 is going to be a huge year for Bitcoin news. It is expected that things will get kicked off in January with the approval of spot Bitcoin ETFs. Then in April, the next halvening (halving) will take place. Bitcoin will also be in the public eye as the Presidential election gets into full swing throughout the year. Natalie Brunell, host of the Coin Stories Podcast, is here to help everyone learn a little bit about Bitcoin in an information WKXL Spotlight! Natalie has interviewed major personalities such as Cathie Wood, Dave Portnoy, RFK Jr, Vivek Ramaswamy and Michael Saylor on her podcast. Today, she makes an appearance on the WKXL airwaves to tell us how she got involved with Bitcoin and why she is so upbeat about the future of the technology. She also explains why Bitcoin is different from other cryptocurrencies. This is great radio!

