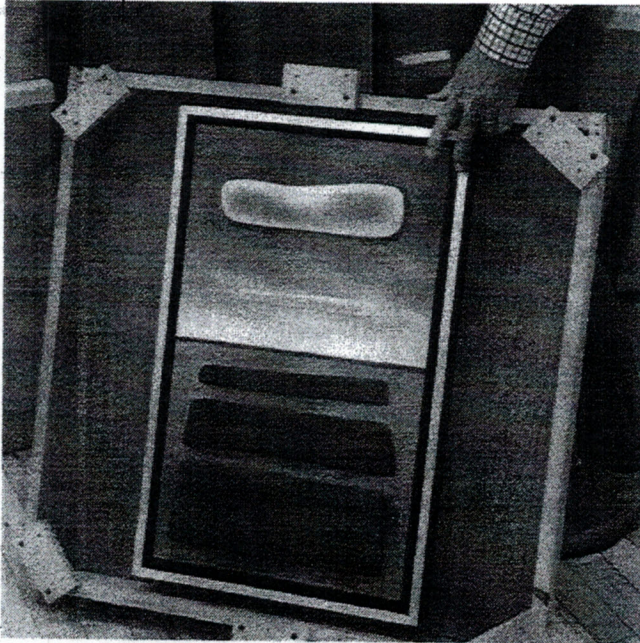


DATE: APRIL 3, 2016 SUNDAY

TIME: 7:00a-8:00

TITLE: DR LISA RADIO HOUR

ISSUES COVERED: MOST OF HOUR HAD A CONVERSATION OF ART WITH MANAGING DIRECTOR OF PORTLAND AND RENOWNED MAINE ARTIST, ERIC HOPKINS.



## Life as Art #237

Thursday, March 31, 2016

Life informs art—and vice versa. As human creatures, we benefit from experiencing art as a way of helping us explore some of the larger questions we may find ourselves pondering. Today, we speak with internationally known Maine-based artist, Eric Hopkins, about how his art has been shaped by his interaction with the world. We also speak with Emma Wilson, managing director of Art Collector Maine and the Portland Art Gallery, about an innovative project focusing on the body as a work of art.

[Life as Art #237](#)

[Transcription](#)

## Guests



### Emma Wilson

Emma Wilson is the managing director of Art Collector Maine and Portland Art Gallery.

[Emma Wilson Interview](#)

[Transcription](#)

[More Information](#)

### Eric Hopkins

Eric Hopkins is a renowned Maine artist. He is a graduate of Rhode Island School of Design and has taught at the Haystack Mountain

[Eric Hopkins Interview](#)

DATE: APRIL 10, 2016

TIME: 7:00A-8:00A

TITLE: DR. LISA BELISLE RADIO HOUR

ISSUES COVERED: 1. EDUCATION 2. YOUTH 3. ALTERNATIVE HIGH SCHOOL  
4. MAINE NOVELIST.



## Wayfinding #238

Thursday, April 7, 2016

The Wayfinder Schools have been helping at-risk Maine students for decades. In 2011, Maine's first alternative high school, The Community School, merged with century-old organization Opportunity Farm to form the Wayfinder Schools. Today we speak with Wayfinder board member, Barbara Russo and her husband, Pulitzer Prize-winning novelist Richard Russo, about their work with the school, their life as a couple for the past 43 years and his newest novel, "Everybody's Fool."

Photo by Emma Wilson

Wayfinding #238

## Guests



### Barbara Russo

Barbara Russo is a real estate professional at Legacy Properties Sotheby's International Realty. She also serves on the Board of Trustees for The Center of Maine Contemporary Art in Rockport, and is a board member of The Wayfinder Schools.

[More Information](#)

### Richard Russo

[More Information](#)

DATE: APRIL 17, 2016

TIME: 7:00A-8:00A

TITLE: DR. LISA BELISLE RADIO HOUR

ISSUES COVERED: 1. OWNER OF PORTLAND RESTAURANTS 2. OWNER OF TRAPS EYEWEAR  
3. FOUNDER OF MAINELY S E O, DIGITAL MARKETING FIRM. 4. FOUNDER  
AND CREATIVE DIRECTOR OF THE MAINE LIFESTYLE BRAND LIVE-ME.



## Taste of Maine #239

Friday, April 15, 2016

Maine is not just a place to live—it is a place to make a life. Today we speak with four people who are creating successful businesses that feature the tastes of Maine. Our first guest is chef and restaurateur Harding Lee Smith, owner of The Rooms in Portland, who is expanding his presences to one of Maine's favorite ski mountains this year. Our other guests—Chris Avantaggio, John Turner and Nate O'Leary—are co-founders of Cratefull of Maine, a company that is sending the taste of Maine around the world.

Taste of Maine #239

Transcription

## Guests



### Harding Lee Smith

Harding Lee Smith is a chef and restaurateur, he owns The Rooms in Portland, which includes the Grill Room, Corner Room, and Front Room as well as Boone's Fish House and Oyster Room.

Harding Lee Smith  
Interview

Transcription

More Information

### John Turner

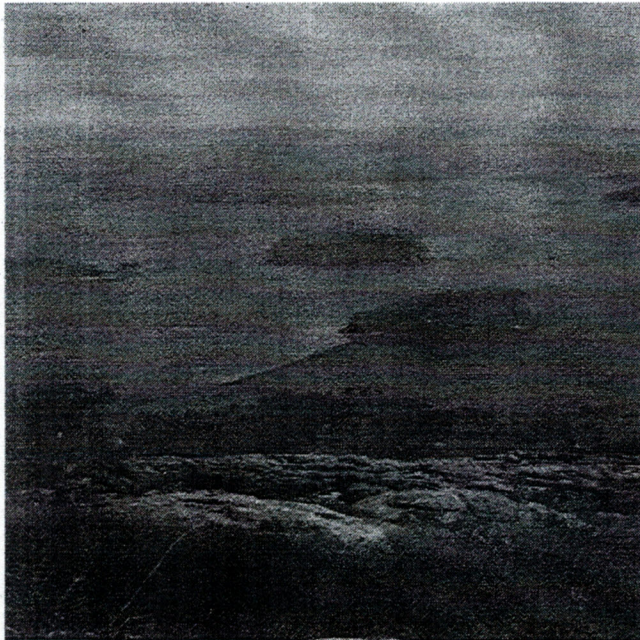
John Turner Interview

DATE: APRIL 24, 2016

TIME: 7:00A-8:00A

TITLE: DR. LISA BELISLE RADIO HOUR

ISSUES COVERED: 1. ENVIRONMENT 2. 100 YEARS OF ACADIA NATIONAL PARK. 3. PRESIDENT AND CEO OF FRIENDS OF ACADIA. 4. CO-CHAIR OF THE ACADIA CENTENNIAL TASK FORCE AND PARK VOLUNTEER TRAIL CREW MEMBER. 5. PRESIDENT OF THE MT DESERT ISLAND HISTORICAL SOCIETY.



## Acadia Centennial #240

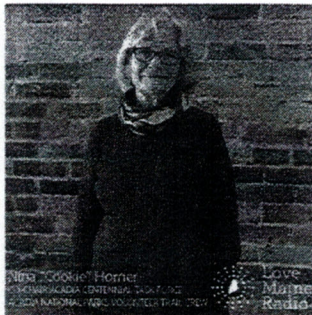
Friday, April 22, 2016

This year marks one hundred years of Acadia, Maine's only national park. Born 'officially' on July 8, 1916, Acadia National Park on Mount Desert Island has brought joy to generations of people the world over. Today we speak with David MacDonald, president and CEO of Friends of Acadia, Cookie Horner, co-chair of the Acadia Centennial Task Force, and her husband, Bill Horner, president of the MDI Historical Society.

Acadia Centennial #240

Transcription

## Guests



### Nina "Cookie" Horner

Cookie Horner moved to Mount Desert Island in 1975. She is co-chair of the Acadia Centennial Task Force, and she is also on the Acadia National Park's volunteer trail crew.

Cookie Horner moved to Maine from Philadelphia in 1972 and to the MDI area in 1975. She worked at the MDI Hospital in Labor and Delivery from about 1975 until 1991 and then she was the school nurse at MDI High School for 17 years. Since retiring, she volunteers for Hospice Volunteers of Hancock County and has served on the board of Friends of Acadia for the past six years. She also works on the volunteer trail crew in the park except for the past year when centennial duties have kept her too busy.

Nina "Cookie" Horner  
Interview

Transcription

More Information

DATE: SUNDAY MAY 1, 2016

TIME: 7:00A-8:00A

TITLE: DR. LISA BELISLE RADIO HOUR

ISSUES COVERED: 1. GEN MGR OF PORTLAND HARBOR HOTEL TALKS ABOUT UNDERSTANDING BETWEEN CULTURAL GROUPS. 2. FOUNDER OF MAINE INTERFAITH YOUTH ALLIANCE. 3. INTERIOR DESIGNER.



## Intercultural Understanding #241

*Friday, April 29, 2016*

How can we promote understanding between cultural groups in Maine? Whether our family has been here for generations, or whether we have just arrived, it is incumbent upon us to learn how to get along—and celebrate—people of all backgrounds. Today we speak with Pious Ali, founder of the Maine Interfaith Youth Alliance, and Gerard & Annie Kiladjian, founders of the Armenian Cultural Association of Maine.

Intercultural Understanding #241

Transcription

### Guests



#### Gerard Kiladjian

Gerard Kiladjian is the general manager of the Portland Harbor Hotel, Diamond's Edge Restaurant and Marina, and the newly opened Inn at Diamond Cove on Great Diamond Island. His passion for hospitality began with a Hotel Management degree from Boston University. Gerard is first generation immigrant from Syria. Shortly after settling to Maine in 2000, Gerard and Annie established the Armenian Cultural Association of Maine to promote and preserve his Armenian culture. Among events they brought to Portland are lectures by notable authors, accomplished speakers, and Armenian folk dance and music performances.

[Gerard Kiladjian Interview](#)

[Transcription](#)

[More Information](#)

Annie Kiladjian

DATE: SUNDAY MAY 8, 2016

TIME: 7:00A-8:00A

TITLE: DR. LISA BELISLE RADIO HOUR

ISSUES COVERED: 1. HOUR DEVOTED TO ISSUES RELATED TO ADDICTION. 2. CHIEF OF FAMILY MEDICINE, CENTRAL ME. MEDICAL CENTER. MEMBER, SACO-BIDDEFORD ROTARY CLUB AND OWNER OF A PLUMBING AND HEATING COMPANY.



## Pain, Addiction & Prevention #242

Friday, May 6, 2016

How do we protect our communities—from issues related to addiction? Prescription and non-prescription drugs have a complicated history in our society. Health care providers and community members alike are seeking ways to deal with addiction—both through primary prevention and through treatment. Today we speak with Central Maine Medical Center chief family medicine physician Dr. Dave Salko and Jim Godbout, co-chair of the Red Ribbon Committee of the Biddeford Saco Rotary, about their efforts in this area.

[Pain, Addiction & Prevention #242](#)

[Transcription](#)

## Guests



### Dr. David Salko

Dr. David Salko is chief of family medicine at Central Maine Medical Center, medical director of Freeport Nursing Home, and Coastal Primary Care Lead Provider. He and his wife, Jen, have 4 children and live in Brunswick.

[Dr. David Salko Interview](#)

[Transcription](#)

[More Information](#)

### Jim Godbout

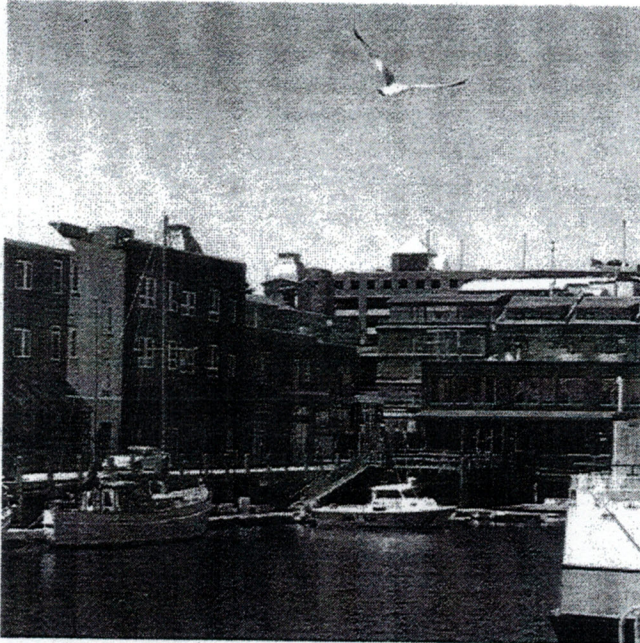
[Jim Godbout Interview](#)

DATE: SUNDAY MAY 15, 2016

TIME: 7:00A-8:00A

TITLE: DR. LISA BELISLE RADIO HOUR

ISSUES COVERED: 1. GUESTS AND DOCTOR TALK ABOUT HEALTHY LAWS AND THEIR RELATIONSHIP WITH THE ECOSYSTEM AT LARGE. 2. CLEAN AIR AND CLEAN WATER ADVOCATE. 3. AUTHOR OF 21 NON-FICTION CHILDREN'S BOOKS ON THE OCEAN. 4. GUESTS FROM UNIV OF MAINE COOPERATIVE EXTENSION.



## Happy Lawns, Healthy Waters #243

Friday, May 13, 2016

Photo by Production Manager Joel Kuschke

In Maine we are highly aware that what we do with our little corner of the planet has a direct impact on the greater world around us. Today we explore the topic of healthy lawns, and their relationship with local waters and the ecosystem at large. Our guests include Amy Witt & Frank Wertheim of the University of Maine Cooperative Extension, and Mary Cerullo & Ivy Frignoca of Friends of Casco Bay

Happy Lawns, Healthy Waters #243

Transcription

### Guests



#### Ivy Frignoca

Ivy Frignoca is the Casco Baykeeper. Before her role with Friends of Casco Bay, Ivy worked with the Conservation Law Foundation (CLF) on issues facing Maine's marine waters. She served as CLF's Oceans, Clean Water and Clean Air Advocate throughout New England. Her professional experience also includes teaching marine biology and ecology, interpreting natural history, designing policies to protect and promote Vermont state parks and forests, and advocating for stronger environmental protections for Lake Champlain.

[Ivy Frignoca Interview](#)

[Transcription](#)

[More Information](#)

#### Mary Cerullo

Mary Cerullo is an award-winning author of 21 non-fiction children's books on the ocean, as well as handbook for teachers on using

[Mary Cerullo Interview](#)

DATE: SUNDAY MAY 22, 2016

TIME: 7:00A-8:00A

TITLE: DR. LISA BELISLE RADIO HOUR

ISSUES COVERED: 1. SEXUAL ABUSE AND TRAFFICKING STILL GOING ON. 2. FOUNDER OF STOP TRAFFICKING MAINE SET UP TO STOP ABUSE AND TRAFFICKING OF CHILDREN. 3. GUEST WHO IS CO-FOUNDER OF STAND UP 4 MAINE, A NON-PROFIT WITH A MISSION TO END CHILDHOOD SEX ABUSE.



## Stopping Sexual Abuse #244

Friday, May 20, 2016

There is no easy way to discuss the problem of sexual abuse and trafficking. Yet these problems do exist within the state of Maine. Today we speak with Melissa Bednarowski of Stand Up 4 ME and Catherine Mossman of Stop Trafficking ME—both of whom have personal experience with these devastating situations, and have chosen to go beyond their pain and become advocates, so that others will not have suffer as they have.

DISCLAIMER: This is a sensitive topic, so younger people may not want to listen. If you are a parent please be aware.

Stopping Sexual Abuse #244

Transcription

## Guests



### Catherine Mossman

As a survivor, Catherine Mossman started Stop Trafficking ME, a 501c3 non-profit organization whose ultimate goal is to eliminate the sexual exploitation and trafficking of children in Maine. Catherine believes that most people in Maine simply do not know what is happening. Shortly after moving back to Maine 12 years ago, Catherine felt a calling to show others how she survived and began volunteering at Longcreek Youth Development Center, where she quickly realized that the sexual abuse and sex trafficking that changed her childhood 35 years ago was still going on in Maine.

Catherine Mossman  
Interview

Transcription

More Information

### Melissa Bednarowski

Melissa L. Bednarowski lives in Biddeford with her Labrador retriever Sandy. She was born and raised in Manchester, New Hampshire. She



DATE: SUNDAY JUNE 5, 2016

TIME: 7:00A-8:00A

TITLE: DR. LISA BELISLE RADIO HOUR

ISSUES COVERED: 1. STATE SENATOR AMY AND HUSBAND DEREK VOLK ARE SUPPORTERS OF AUTISM AWARENESS. 2. DEREK IS A MAINE BUSINESSMAN WHO IS AUTHOR OF "CHASING THE RABBIT, AN AMAZON BEST SELLER. 3. BELISLE ALSO CONVERSES WITH ONE OF FOUR VOLK CHILDREN, SON DYLAN.



## Life on the Spectrum #246

Friday, June 3, 2016

What is it like to understand life in a way that doesn't always match up with others around you? Children and adults on the autism spectrum live this reality every day. Today we speak with Derek, Amy & Dylan Volk, whose experience is detailed in Derek Volk's well-regarded book, *Chasing the Rabbit: A Dad's Life Raising a Son on the Spectrum*.

Life on the Spectrum #246

### Guests



#### Amy and Derek Volk

**Amy Volk** is the State Senator for District 30, which includes most of Buxton, most of Scarborough, and all of Gorham. Prior to being elected to the Senate, she served two terms in the Maine House as the Representative for House District 127, coastal Scarborough. Senator Volk resides in Scarborough with her husband, Derek, the President of Volk Packaging Corporation, a third-generation family business. They have four children.

**Derek Volk** is the author of the internationally acclaimed Amazon best seller, *Chasing the Rabbit: A Dad's Life Raising a Son on the Spectrum*. Derek is a Maine businessman, supporter of Autism awareness, volunteer and philanthropist who, along with his family, was recently named the 2015 Spurwink "Humanitarian of the Year." He is currently the president and co-owner of Volk Packaging

Amy and Derek Volk  
Interview

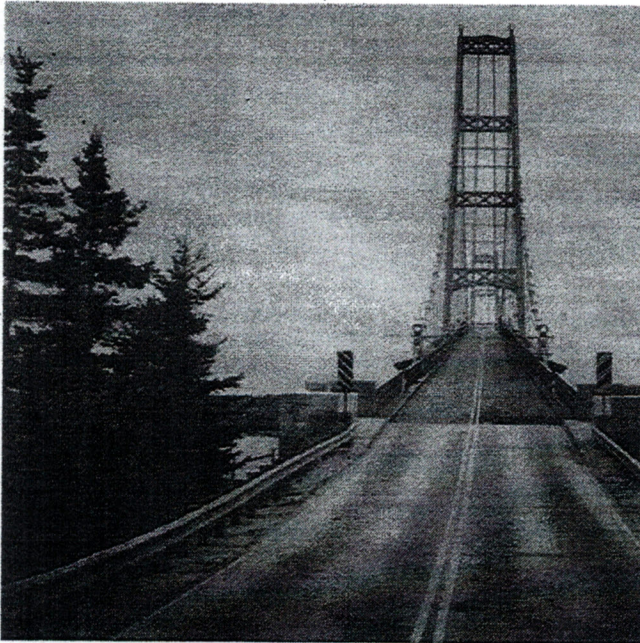
[More Information](#)

DATE: SUNDAY MAY 29, 2016

TIME: 7:00A-8:00A

TITLE: DR. LISA BELISLE RADIO HOUR

- ISSUES COVERED:
1. BELISLE TALKS WITH TWO MAINE PHOTOGRAPHERS ABOUT THEIR WORK.
  2. EACH HAS A TRUE PASSION FOR THEIR WORK.



## Maine Photographers #245

Friday, May 27, 2016

We meet many talented photographers through the work we do with Maine Magazine, Maine Home & Design and Old Port Magazine. Today we speak with two who have had distinctly different career paths. Jeff Roberts began his love of international photography with a high school adventure. Trent Bell trained in and practiced architecture before finding his vocation as a photographer. Each has a true passion for his work.

Maine Photographers #245

Transcription

## Guests



### Trent Bell

Trent Bell is a Maine-based photographer. Originally from Virginia, Bell has a Masters in Architecture from Andrews University and practiced architecture until he realized he was much better suited to photography and founded trentbellphotography. If Bell is not with his wife, Amber, and two sons, you will find him either working or surfing.

[Trent Bell Interview](#)

[Transcription](#)

[More Information](#)

### Jeff Roberts

Jeff Roberts has worked as a photographer internationally, from Boston to Burma to Budapest. When not behind a camera, Jeff can be

[Jeff Roberts Interview](#)

DATE: SUNDAY JUNE 12, 2016

TIME: 7:00A-8:00A

TITLE: DR. LISA BELISLE RADIO HOUR

- ISSUES COVERED:
1. BELISLE TALKS ABOUT MAINE'S FIRST CURBSIDE COMPOSTING PROGRAM THAT'S MAKING TRASH A RESOURCE, RATHER THAN REFUSE.
  2. TALKS ABOUT SOLID WASTE MANAGEMENT WITH C E O OF ECOMAINE.



## Treasuring our Trash #247

Thursday, June 9, 2016

Gone are the days when we can toss our unwanted items in a landfill or burn them in the backyard. We have come to realize that we live on a planet that has finite space—a space that we want to keep clean for our children, and the generations beyond theirs. Today we seek to look at trash as a resource, rather than refuse, with our guests Tyler Frank, founder of the curbside composting program, Garbage to Garden, and Kevin Roche, CEO of ecomaine.

Photo by Nicole Wolf

[Treasuring our Trash #247](#)

[Transcription](#)

## Guests



### Tyler Frank

Tyler Frank grew up backyard composting in North Yarmouth, Maine. After graduating from Cheverus High School in Portland, Maine, he attended Boston College, majoring in Economics. After returning to Portland, Frank explored a number of career avenues; he started a web company with a friend, worked for a car dealership and ran for the Maine House of Representatives. Shortly thereafter, Garbage to Garden took root, Maine's first curbside composting program and the most successful program like it in the US.

[Tyler Frank Interview](#)

[Transcription](#)

[More Information](#)

### Kevin Roche

Kevin Roche is the chief executive officer of ecomaine. As the result of a nationwide search, Kevin joined ecomaine in 2004. He has

[Kevin Roche Interview](#)

DATE: JUNE 19, 2016

TIME: 7:00A-8:00A

TITLE: DR. LISA BELISLE RADIO HOUR

ISSUES COVERED: 1. MAINE WOMEN RECLAIMING PERSONAL POWER 2. PORTLAND-BASED BUSINESS THAT SUPPORTS WOMEN. 3. RAISING AWARENESS ABOUT LYME DISEASE.



## Reclaiming Personal Power #248

Friday, June 17, 2016

How do we convert obstacles into opportunities? For each of us, the answer is different—but some basic principles, such as hard-work, persistence and ingenuity, seem to be universal themes. Today we speak with two individuals who describe their process of reclaiming personal power. Angela Coulombe survived the debilitating effects of Lyme Disease to run marathons internationally, while raising awareness of Lyme. Lael Couper Jepson, author of *Unscripted: A Woman's Living Prayer*, founded the organization SheChanges to help women make important shifts in their lives.

Reclaiming Personal Power #248

Transcription

## Guests



### Lael Couper Jepson

Lael Couper Jepson is the owner of SheChanges, a Portland-based business that supports women in more fully unleashing their power to be architects of change – for their lives, for their business, or as leaders within their organizations and communities.

As a certified professional coach with an extensive background in consulting and organizational change, Lael has worked with women nationally over the past ten years in her business, making a name for herself and her SheChanges community.

Lael is passionate about storytelling as a means for women to not feel so alone, and has held countless local events such as SheSpeaks, Homecoming, and Mustang Sallies to inspire women to share their

Lael Couper Jepson  
Interview

Transcription

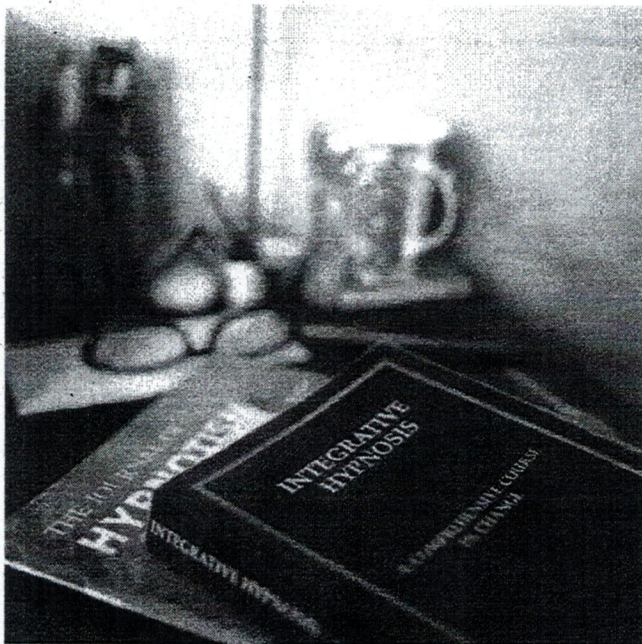
More Information

DATE: JUNE 26, 2016 SUNDAY

TIME: 7:00A-8:00A

TITLE: DR. LISA BELISLE RADIO HOUR

ISSUES COVERED: 1. THE MIND IMPACTING HEALTH. 2. HYPNOSIS AIDING HEALTH  
3. MEMBER, NATIONAL GUILD OF HYPNOTISTS



## Hypnosis & Health #249

Friday, June 24, 2016

How does our mind impact our health? Significantly, it turns out. While many afflictions, such as disease or genetic disorders, are beyond our control, some things are well within our power to change. Today we speak with Maggie Clement, a former attorney who now helps clients with issues such as insomnia, anxiety and addiction, by using hypnosis. We also discuss the hypnosis experience with breast cancer survivor, Susan Johnston.

Photo by Matt Cosby

Hypnosis & Health #249

## Guests



### Susan Johnston

Susan Johnston is a client of Maggie Clement. She is retired from many successful businesses, ranging from decorative pillows and maternity clothing to show horses and custom homes. "I'm 70 years old, a wife, mother and grandmother, and just trying to live in the moment."

[Susan Johnston Interview](#)

[More Information](#)

### Maggie Clement

Maggie Clement is a lifelong resident of the Greater Portland area, and thoroughly enjoys all that Maine has to offer. She is a Consulting

[Maggie Clement Interview](#)