

Wednesday, January 2, 2019

6:00 a.m.

- Famous Birthdays: Barry Goldwater; Cuba Gooding, Jr.; Jack Hanna
- National *Personal Trainer Awareness Day*
- Senior Center News
- News around Westfield

6:15

- Song: *Affirmation* by **Savage Garden** (Gary's theme song)

6:15 to 7 a.m. - Guest

Gary Gorman, Chiropractor
Trinity Health of New England Medical Group

6:30

- Song: *Calendar Girl* by **Neil Sedaka** (New Year calendar theme)

6:45

- Song: *Let's Get Physical* by **Olivia Newton John** (Personal Trainer Awareness Day)

7 a.m.

- Song: *Respect* by **Aretha Franklin** (Tina's 7 a.m. theme song!)

7:15

- Song: *Celebrate Me Home* by **Kenny Loggins** (350th Celebration Year)

7:15 to 8 a.m. – No Guest

7:30

- Song: *Celebrate* by **Earth, Wind and Fire** (350th Celebration Year)

7:45

- Song: *Celebration* by **Kool and the Gang** (350th Celebration Year)

ROCK ON, WESTFIELD! Program Notes from Harry Rock for WSKB 89.5 FM

Program Date: 8:00am-9:00am Wednesday, December 26th, 2018

GUEST(s): Bill Parks, Boys & Girls Club; Brian Barnes, Ice Arena; Chuck Kelly, Children's Museum

Show Producer: Pete Cowles

8:00AM.... Opening PROGRAM THEME SONG INTRO: "YMCA" by the Village People 3:42

<http://youtu.be/Hn6zAlQnGxM> (fade after first phrase of Y-M-C-A)

DISCUSSION 1: How was everyone's Christmas? Any great gifts? Family traditions? Introduce the concept of Westfield's first ever First Night on December 31st, 2018 in five days in the Amelia Park Complex.

8:15AM SONG 2: Earth, Wind & Fire "September" 3:35 <https://youtu.be/Gs069dndIYk>

DISCUSSION 2: Discuss the overview of First Night. Discuss start with the parade finishing up with fireworks, and some of the special guests including the hot chocolate and s'more fire pits with Brian Barnes. Introduce Bill Parks to talk about what will be taking place in the Boys & Girls Club.

8:30AM Song 3: Justin Timberlake "Can't Stop The Feeling" 4:46 <https://youtu.be/ru0K8uYEZWw>

DISCUSSION 3: Introduce Brian Barnes to talk about what will be taking place in the Amelia Park Ice Arena. Introduce Chuck Kelly to talk about what will be taking place in the Amelia Park Children's Museum. Introduce Pete Cowles to talk about the top 100 songs from the last 50 years as well as the dance party, and continuous broadcasting updates on what is going on with the First Night celebration.

8:45AM SONG 4: Kool & the Gang "Celebration" 4:18 <https://youtu.be/3GwjfUFyY6M>

DISCUSSION 4: Discuss rain or shine policy, parking, alcohol, where will the fireworks shoot from, start and end times, sponsors, Westfield Bank Lead Sponsor, Westfield History Speaker Series, May 17, 18, 19th birthday weekend

- Thank Bob Parks, Brian Barnes, Chuck Kelly for being on the show.
- Thank show producer Pete Cowles for his support and help as the show producer.
- Thank the listening audience for tuning into *Rock on Westfield*, WSKB 89.5FM, listen to the "YouTube" podcast.

8:56AM SONG 5: Bee Gees "Stayin' Alive" 4:03 https://youtu.be/l_izvAbhExY

9:00AM End of ROCK ON WESTFIELD Show

WSKB Agawam Paranormal Radio
Broadcast Sheet

Date: 01/04/2019

Guests: Dan Chaffee – Personal Trainer and Fitness Expert

6:00am

Opening Theme Song Intro: Resident Evil – Main Title Theme

<https://youtu.be/31A5CNsx1KQ> (2:10)

Greeting, Time, Weather, Guest Introductions

Topic: Weekend Discussions – Team Events

6:15am

Song 1: Collective Soul: Shine

https://youtu.be/_m0bI82Rz_k (4:39)

Greeting, Time, Weather

Topic: Continue Weekend Discussions

6:30am

Song 2: ZZ Top: Legs

<https://youtu.be/WAzTO8GMZhk> (4:34)

Greeting, Time, Weather

Topic: Community or Campus Issues

6:45am

Song 3: Floyd Fix: Brain Damage / Eclipse

https://youtu.be/DVQ3-Xe_suY (5:54)

Greeting, Time, Weather

Topic: Community or Campus Issues

7:00am

Song 4: 7:00am Dedication: For Jodi: Police: Roxanne

<https://youtu.be/MuxfBtWiPjI> (3:12)

Greeting, Time, Weather

Topic: Special Interest – Fitness & Health - Dan Chaffee

7:15am

Song 5: Motorhead: The Game

https://youtu.be/F_JF8oSxXtM (3:30)

Greeting, Time, Weather

Topic: Special Interest – Fitness & Health – Dan Chaffee

7:25am

Wrap-up, Thank Guests, Final Weather, Time

Song 6: Ozzy: Crazy Train

<https://youtu.be/ZDZtbBZuqb0> (4:50)

Jan. 8

WOW... IT'S TUESDAY..... Program Notes ... ~~December 11~~, 2018 Kevin Coughlin

CHECK TV and recording on

6:00.... THEME SONG INTRO:

DISCUSSION: What have we been up to... Holidays... recaps ... gifts and family

6:15 SONG 1: Love is here to stay ... Louis Armstrong and Ella Fitzgerald 4:00

<https://youtu.be/w2zSdYsRwnc>

DISCUSSION: New year's resolutions and First Night

6:30 SONG 2: Son Amore ... Natalia LaFourcade ... from Musas Best Latin Album... 3:46

https://youtu.be/14JnHMCrNnE?list=PLgzDqXNLEHWHdTDOXhh-PpjlIQN6_z0gC

DISCUSSION: TV: Ellen Degeneres ...Relatable ... Scott and Bailey ... award season shows ... Golden Globes

6:45 SONG 3: Dear Hate ... Maren Morris and Vince Gill ... Best Country duo and song 4:17

<https://youtu.be/tUPR5-igTVY>

DISCUSSION: walls and such ...

6:57 SONG 4: The New Day by Greta Van Fleet 3:48

https://youtu.be/j_fElyTRFCc

7:00 PROGRAM THEME followed by DENTAL MATTERS THEME (You're Never fully Dressed Without a Smile)https://www.youtube.com/watch?v=MFKFE_fsbb4

DISCUSSION: Best tooth resolutions one could make.....

7:15 SONG 5: June in January ... Benny Carter ... 3:06 From Aspects album...

DISCUSSION: Action for dental health law.... The overlooked health problem Dental health...

7:30 SONG 6: It's a New Day ... Alicia Keyes 3:45

<https://youtu.be/yvZwSPhvjts>

DISCUSSION : Fredricksburg dentist 81 combines old and new approaches and face scanning ... even 3D

7:45 SONG 7: Border Song ... Elton John ... 3:22 1970

<https://youtu.be/-W3NYXHV6ts>

7:48 AS NITWITS MATCH WITS THEME ... Bugler's Holiday by Leroy Anderson

<https://www.youtube.com/watch?v=N3Q3HP94qCE>

DISCUSSION:

8:00 SONG 8: The Joke Brandi Carlile on Ellen DeGeneres 4:16 Song of the Year

<https://youtu.be/iSnHqHhyiUY>

Wes Montgomery ...June in January... 3:21

<https://youtu.be/2XP6rIscg-k>

The Action for Dental Health law signed by the president last month is like the dental floss of federal initiatives: designed to reach those hard-to-reach people and places. Communities throughout Southern Illinois stand to benefit as the law specifically targets the advance of dental health care in struggling rural and urban communities, experts say.

“I think you’ll see more programs develop out of that, allowing for more care in rural and other underserved areas,” said Dave Marsh, director of government affairs for the Illinois State Dental Society.

Marsh said dentists in Illinois have made great strides in bringing programs to underserved areas with mobile dentistry vans and in-school screening and preventative programs. But many families still face barriers to affordable care.

Pete's Copy

WSKB, Westfield, 89.5 F.M.

Wednesday, January 9, 2019

6 a.m.

- Famous Birthdays: Richard Nixon; Bob Denver; Crystal Gayle; Joan Baez; ~~Dave Matthews~~
- National Law Enforcement Appreciation Day
- Senior Center News
- News around Westfield

6:15

- Song: *Somewhere Over the Rainbow* by Judy Garland (discussion of Senior Center's new Heaven's Angels project)

6:15 to 7 a.m. – No Guest

6:30

- Song: *Turning Away* by Crystal Gayle (birthday, Crystal Gayle)

6:45

- Song: *Two Step* by The Dave Matthews Band (birthday, Dave Matthews)

7 a.m.

- Song: *Respect* by Aretha Franklin (Tina's 7 a.m. theme song!)

7:15

- Song: *Happiness is a Thing Called Joe* by Peggy Lee (theme song, Joe Rouse)

7:15 to 8 a.m. – Guest

Joe Rouse, Director of Public Health, City of Westfield

7:30

- Song: *The Night They Drove Old Dixie Down* by Joan Baez (birthday, Joan Baez)

7:45

- Song: *This Land is Your Land, This Land is My Land* by Peter, Paul, & Mary (guest's topic)

WOW... IT'S TUESDAY..... Program Notes ... January 15, 2018, Jessica Martin

CHECK TV and recording on board

6:00.... THEME SONG INTRO:

DISCUSSION: What have we been up to do ... Martin Luther King Birthday... Thanksgiving dinner ... Zanto ... HAPPY Daley Retirement ... football talk ...

6:15 SONG 1: In the Name of Love.... Kenny Rankin In the Name of Love.... 3:25 from Silver Morning

<https://youtu.be/tzXTUk4TfSg>

DISCUSSION: ... vacation plans Obsessed with Miranda ...

6:30 SONG 2: Helpless from Hamilton ... Philippa Soo

https://youtu.be/6frd_dHxPRs

DISCUSSION: TV movies: First Reformed ... Outlander... The Blacklist ... The Bodyguard ... the beauty and acceptance of series that end... not go on forever... (Scott and Bailey, e.g.)

6:45 SONG 3: About to Find Out... Margo Price... from Midwestern Farmer's Daughter 4:09

https://youtu.be/wh15LkndTck?list=PLAE6sL9nOAolKEKFGGtX_TYBwk8SHVrpi

DISCUSSION: new take on walls and such and globalization versus nationalism ... humanism versus practicality ... social justice versus what is easy news stories that do not end... the constant news cycle ...

6:57 SONG 4: West of the Wall Toni Fisher... 2:31 <https://youtu.be/UbdvPB59io>

7:00 PROGRAM WOW THEME SONG followed by Book Banter Theme...

DISCUSSION:what has Jessica been up to ... realtors tip ... does staging really help ... what should we expect from realtors re: staging Two weeks in... new year's resolutions ... cardio ... working out tips

7:15 SONG 5 Go You, Chicken Fat, Go... Robert Preston..... The official song from President Kennedy's Council on Physical Fitness, early 60's. This song was used in school exercise programs across the country 2:37

<https://youtu.be/YZCHJd0JipU>

DISCUSSION: Books ... Thomas Jefferson: The Art of Power reading and new learning from Patty to Washington to Jefferson's names for states and other facts ... Jon Meacham... correspondent's dinner

Books about Martin Luther King ... **The Autobiography of Martin Luther King, Jr.**

by Martin Luther King Jr., Clayborne Carson (Editor)

4.33 · [Rating details](#) · [13,018 ratings](#) · [517 reviews](#)

Using Stanford University's voluminous collection of archival material, including previously unpublished writings, interviews, recordings, and correspondence, King scholar Clayborne Carson has constructed a remarkable first-person account of Dr. King's extraordinary life. Beginning with his boyhood, the book portrays King's education as a minister, his ascendancy as a leader of the Montgomery bus boycott, his pivotal role in the civil rights demonstrations in Washington, D.C., and his complex relationship with the Kennedy brothers, LBJ, Malcolm X, and numerous other leading figures of the day. ([less](#))

7:30 SONG 6: Aretha Franklin ... People Get Ready ... with The Royal Philharmonic Orchestra

<https://youtu.be/QP81bC6ELN8?list=RDQP81bC6ELN8>

DISCUSSION: Edgar Allan Poe celebration... at Bookstore ...

7:45 SONG 7: Annabelle Lee: Sarah Jarosz ... 3:10

<https://youtu.be/d-dr7CNNvng>

DISCUSSION: more discussion or AS NITWITS MATCH WITS THEME ... Bugler's Holiday by Leroy Anderson

<https://www.youtube.com/watch?v=N3Q3HP94g>

8:00 SONG 8: Culture Club... Life from new cd... 3:36

<https://youtu.be/51de0inQYg>

WSKB, Westfield, 89.5 F.M.
Wednesday, January 16, 2019

6 a.m.

- Famous Birthdays: Debbie Allen; Ronnie Milsap; Ethel Merman; Dian Fossey
- National *Fig Newton* Day; National Religious Freedom Day
- Senior Center News
- News around Westfield

6:15

- Song: ***The Doctor*** by **The Doobie Brothers** (theme song for WSKB Resident Primary Care Physician Dr. Akinyele Lovelace)

6:15 to 7 a.m. – Guest

Dr. Akinyele Lovelace

Primary Care Physician, Family Medicine Associates

6:30

- Song: ***Night Fever*** by **The Bee Gees** (guest's topic)

6:45

- Song: ***Rockin' Pneumonia and the Boogie Woogie Flu*** by **Johnny Rivers** (guest's topic)

7 a.m.

- Song: ***Respect*** by **Aretha Franklin** (Tina's 7 a.m. theme song!)

7:15

- Song: ***Over the Rainbow*** by **Judy Garland** (Senior Center, Heaven's Angels program)

7:15 to 8 a.m. – No Guest

7:30

- Song: ***Lost in the Fifties Tonight*** by **Ronnie Milsap** (birthday, Ronnie Milsap)

7:45

- Song: ***Fame*** (television theme song) (birthday, Debbie Allen)

Ken's Den with Ken Stomski 15Jan19 8-10AM

8:10

Monologue

8:20

Celebrity Big Brother cast review

8:35

Conversation with John Slattery

9:00

Whats The Frequency

9:10

Continued conversation

9:50

Wrap

Next week - Diana McClean and Nick Morganelli

Two weeks from now - Making the list

Three weeks from now - Ralph Figy, new Council President

Four weeks from now, Dan Paquette from the Athenaeum

Ken's Den with Ken Stomski 22Jan19 Legal

Music

Billboard 1982

8:10

Monologue

8:20

Big Brother Review

8:35

Weather with Nick Morganelli

9:00

What't The Frequency

9:10

End Morganelli, Start guest Diana Mcclean

9:50

Wrap

Next week - Making the List

Two weeks from now - Ralph Figy, new Council President

Three weeks from now - Dan Paquette

Four weeks from now - Chef John Slattery

WOW ... IT'S Tuesday January 22, 2019 Lauren Kendzierski

6 am ... Theme Song

Discussion ... what we have been up to ... Edgar ALLAN Poe reading ... Russia Tea House ... snow tv and shutdown watching ... cardio up date ... Elliot – Poe and MLK birthday

6:15 SONG 1: Carol Channing : I Put My Hand In ...3:05

<https://youtu.be/x354BAiS5IQ>

Before the Parade

<https://youtu.be/w3TmF5Jr4E>

Discussion: TV : Roma ... Into the Woods Color Me Barbra ... Travels with my father with Jack Whitehall ...

6:30 SONG 2: Minute Waltz ... Barbra Streisand 1:58

<https://youtu.be/ONMB-VVDPSI>

Discussion : Penguin Plunge ... WOW calendar ...

6:45 SONG 3: In the Still of the Night : The Five Satins 1956 American Graffiti ...

<https://youtu.be/twQNeIBGntg>

DISCUSSION : Dance Class ... Frank Lally ... life at 11 -12 years of age ... no idea ...

7:00 pm SONG 4: Lost in the Fifties ... Ronnie Milsap with Little Big Town ... new Duets album ... Peter come in at :24 ... Fade at 4:07 ... https://youtu.be/5SfieRc-Ug?list=OLAK5uy_luG_oNPE5piUkyV1zWkrZE9Lf15K2WBQ

Discussion : What has Lauren been up to Black Rabbit

7:15 pm SONG 5: In the Still of the Night by Rosemary Clooney from Tonight Show

PETER FADE at 2:41 <https://youtu.be/PwO4LRo47T8>

DISCUSSION: Making good scones ... biscuits ... self-raising flour? Secret to great Pea Soup ... what happens when you don't sort or soak.... And why?

7:30 pm SONG 6 : H.E.R. sings GOING on NPR Tiny Desk Concert PETER END AT 2:30 ...

<https://youtu.be/hxzcEzM8r-4>

DISCUSSION: Building a great bakery business ... restaurant business... the best restaurants you ever

7:45 SONG 7: My Favorite ThingsJohn Coltrane 2:47

<https://youtu.be/emJ-RGuqFDg>

DISCUSSION : As Nitwits Match Wits ...

8:00 SONG 8: Seasons of Love From Rent ... <https://youtu.be/RJIHuMLOkE?list=RDRJIHuMLOkE>

Pete's Copy

WSKB, Westfield, 89.5 F.M.

Wednesday, January 23, 2019

6 a.m.

- Famous Birthdays: John Hancock; Marc Nelson; Chita Rivera; Mariska Hargitay; Chesley Sullenberger
- National *Handwriting* Day
- Senior Center News
- News around Westfield

6:15

- Song: *All That Jazz* from the film *Chicago* (birthday, Chita Rivera)

6:15 to 7 a.m. – No Guest

6:30

- Song: *After All Is Said And Done* by Beyonce and Marc Nelson (birthday, Marc Nelson)

6:45

- Song: *Spanish Rose* from the show *Bye Bye Birdie* (birthday, Chita Rivera)

7 a.m.

- Song: *Respect* by Aretha Franklin (Tina's 7 a.m. theme song!)

7:05 to 8 a.m. – Guest

Jen Fernandes

Financial Success Coach, THRIVE Program

7:15

- Song: *Leaving On a Jet Plane* by Peter, Paul, and Mary (birthday, Chesley Sullenberger)

7:30

- Song: *Just Got Paid* by Nsync (guest's topic)

7:45

- Song: *Money, Money, Money* by Abba (guest's topic)

WOW ... IT'S Tuesday January 22, 2019 Lauren Kendzierski

6 am ... Theme Song

Discussion ... what we have been up to ... Edgar ALLAN Poe reading ... Russia Tea House ... snow tv and shutdown watching ... cardio up date Elliot – Poe and MLK birthday

6:15 SONG 1 : Carol Channing : I Put My Hand In ...3:05

<https://youtu.be/x354BAi55IQ>

Before the Parade

<https://youtu.be/w3TmF5Jr4E>

Discussion: TV : Roma ... Into the Woods Color Me Barbra ... Travels with my father with Jack Whitehall ...

6:30 SONG 2: Minute Waltz ... Barbra Streisand 1:58

<https://youtu.be/ONMB-VVDP5I>

Discussion : Penguin Plunge ... WOW calendar ...

6:45 SONG 3: In the Still of the Night : The Five Satins 1956 American Graffiti ...

<https://youtu.be/twQNeIBGntg>

DISCUSSION : Dance Class ... Frank Lally ... life at 11 -12 years of age ... no idea ...

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7:30 pm SONG 6 : H.E.R. sings GOING on NPR Tiny Desk Concert PETER END AT 2:30 ...

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DISCUSSION: Building a great bakery business ... restaurant business... the best restaurants you ever

7:45 SONG 7: My Favorite ThingsJohn Coltrane 2:47

<https://youtu.be/emJ-RGuqFDg>

DISCUSSION : As Nitwits Match Wits ...

8:00 SONG 8: Seasons of Love From Rent ... <https://youtu.be/RJIIHuMLOkE?list=RDRJIIHuMLOkE>

ROCK ON, WESTFIELD! Program Notes from Harry Rock for WSKB 89.5 FM
Program Date: 8:00am-9:00am Wednesday, January 23rd, 2019

GUEST(s): Chuck Kelly, Amelia Park Children's Museum & Jayne Mulligan, Westfield Athenaeum Trustee

Show Producer: Pete Cowles

8:00AM.... Opening PROGRAM THEME SONG INTRO: "YMCA" by the Village People 3:42
<http://youtu.be/Hn6zAIQnGxM> (fade after first phrase of Y-M-C-A)

DISCUSSION 1: How was everyone's New Year? How did everyone enjoy Westfield's first ever First Night on December 31st, 2018 the Amelia Park Complex. Very successful night with close to 3,500 people. Chuck, how did the museum make out with numbers? What were they offering for programs? Discuss the Amelia Park Children's Museum Penguin Plunge fundraiser. How many years has it been going? How many people do you expect? What is the long range weather forecast? What time does it take place? Can people register on site? How thick is the ice? Who cuts the ice? How long are people in the water? How cold is the water? What is it like to actually go into the water?

8:15AM SONG 2: Tom Hanks "Polar Express" 3:24 <https://youtu.be/OdZvwzU7HoA>

DISCUSSION 2: What is the Penguin Plunge fundraiser supporting? Ask Chuck Kelly to talk about the Amelia Park Children's Museum, the number of members, program offerings, age groups, rentals, staffing, volunteers, how do people volunteer? How long has the museum been in existence? Al Ferst would be proud of the museum!

8:30AM Song 3: Cy Coleman & Michael Stewart "Museum Song" 2:37 https://youtu.be/h782_Ne2XiQ

DISCUSSION 3: Introduce Jayne Mulligan who is an elected trustee for the Westfield Athenaeum. What does that mean Jayne? What are your responsibilities? Discuss the Athenaeum renovations. When did they start? What was done? When were they completed?

8:45AM SONG 4: "The Museum" 2:44 <https://youtu.be/S3NcOGnGrU8>

DISCUSSION 4: Continue discussion with Jayne Mulligan on the Athenaeum Renovations. How much was raised? What times are the open houses on Friday and Saturday and who are they for? What will people see? What is the next phase of renovations being planned? What will that budget entail? When will it start? Why have you chosen to make the Athenaeum your organization of choice to support and serve?

- Thank Chuck Kelly and Jayne Mulligan for being on the show.
- Thank show producer Pete Cowles for his support and help as the show producer.
- Thank the listening audience for tuning into *Rock on Westfield*, WSKB 89.5FM, listen to the "YouTube" podcast.

8:56AM SONG 5: Simon & Garfunkel "A Hazy Shade of Winter" 3:35 <https://youtu.be/RONzpfVotPU>

9:00AM End of ROCK ON WESTFIELD Show

7:45 SONG 7: Rachel Jaymes Light Up the Night ... 3:09 (James will bring stick)

https://youtu.be/w88Y4IV_IQ

DISCUSSION: more discussion or AS NITWITS MATCH WITS THEME ... Bugler's Holiday by Leroy Anderson <https://www.youtube.com/watch?v=N3Q3HP94g>

8:00 SONG 8: These are the days of our lives ... Freddie Mercury ... 4:05 Adam Lambert is 37!

<https://youtu.be/6ZmROMci9CQ>

The life of rhythm guitarist, singer, songwriter, and composer Ray Rivera is a textbook example of the American story of how hard work plus determination equals success. Rivera grew up in an orphanage on Long Island and a foster home in the Bronx. As a teenager, he began to hang out in the clubs in Harlem, where jazz was being played all the time. He had started taking guitar lessons in his early teens and began his recording career in the 1950s. Rivera's songs have been recorded by Hank Jones, Billy Taylor, Cal Tjader, Joe Williams, Pucho & the Latin Soul Brothers, Claus Ogerman, Gale Garnett, Donald Byrd, the Ramsey Lewis Trio, Enzo Stuarti, and others. Rivera has sung, recorded, or performed with a who's who of jazz musicians, among them Jones, Ogerman, Dr. Billy Taylor, Milt Hinton, Roy Haynes, Donald Byrd, Art Mooney, Deodato, Irving Fields, and others. One of his best known songs, "You Been Talkin' 'Bout Me Baby," was recorded by Janis Joplin's San Francisco-based backing band, Big Brother & the Holding Company, and became a smash hit, in 1968, via that group's album Cheap Thrills. It also became a hit for the Ramsey Lewis Trio, who sold over a million copies of the song. Night Wind Rivera began his recording career in the 1950s for Webb Records, followed by singles for MGM and Decca. He's recorded more than a dozen albums under his own name. They include Light 'n' Easy for Rivelli Records, and Ain't That Good News for Merry-Go-Round Records in the late '60s. In the early '70s, he recorded Latin Workout for Mercury (arranged by Claus Ogerman), and The Now Sound of the Ray Rivera Orchestra (MGM Records), as well as A Touch of Latin for Hindsight Records. His 1980 album called Let Me Hear Some Jazz, for Insight Records, was nominated for a Grammy award. While some of Rivera's old vinyl is now out-of-print, fortunately, some of the sides are seeing the light of day on compact disc. He released Nightwind on Studio West in 1990, with Dr. Billy Taylor as guest pianist. Jazz film buffs will be interested to know that Rivera appears in the film The Cotton Club as guitarist in the Cab Calloway Orchestra.

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6:45 SONG 3: In the Still of the Night : The Five Satins 1956 American Graffiti ...

<https://youtu.be/twQNeIBGntg>

DISCUSSION : Dance Class ... Frank Lally ... life at 11 -12 years of age ... no idea ...

7:00 pm SONG 4: Lost in the Fifties ... Ronnie Milsap with Little Big Town ... new Duets album ... Peter come in at :24 ... Fade at 4:07 ... https://youtu.be/5SfieIRc-Ug?list=OLAK5uy_luG_oNPE5piUkyV1zWkrZE9Lf115K2WBQ

Discussion : What has Lauren been up to Black Rabbit

7:15 pm SONG 5: In the Still of the Night by Rosemary Clooney from Tonight Show

PETER FADE at 2:41 <https://youtu.be/PwO4LRo47T8>

DISCUSSION: Making good scones ... biscuits ... self-raising flour? Secret to great Pea Soup ... what happens when you don't sort or soak.... And why?

7:30 pm SONG 6 : H.E.R. sings GOING on NPR Tiny Desk Concert PETER END AT 2:30 ...

<https://youtu.be/hxxcEzM8r-4>

DISCUSSION: Building a great bakery business ... restaurant business... the best restaurants you ever

7:45 SONG 7: My Favorite ThingsJohn Coltrane 2:47

<https://youtu.be/emJ-RGuqFDg>

DISCUSSION : As Nitwits Match Wits ...

8:00 SONG 8: Seasons of Love From Rent ... <https://youtu.be/RJIHuMLOkE?list=RDRJIHuMLOkE>

Wednesday, January 30, 2019

6:00 a.m.

- Famous Birthdays: Franklin D. Roosevelt; Dick Cheney; Payne Stewart; Vanessa Redgrave; Phil Collins
- January is National *Slow Cooking* Month
- Senior Center News
- News around Westfield

6:15

- Song: *Winter Weather* by **Benny Goodman & Peggy Lee** (seasonal)

6:15 to 7 a.m. – No Guest

6:30

- Song: *Sussudio* by **Phil Collins** (birthday, Phil Collins)

6:45

- Song: *You'll Be In My Heart* by **Phil Collins (movie Tarzan)** (birthday, Phil Collins)

7 a.m.

- Song: *Respect* by **Aretha Franklin** (Tina's 7 a.m. theme song!)

7:15

- Song: *A Taste of Honey* by **Herb Alpert** (guest's topic)

7:15 to 8 a.m. – Guest

Eliana Lakritz

Clinical Dietitian, Baystate Noble Hospital

7:30

- Song: *Cherry, Cherry* by **Neil Diamond** (guest's topic)

7:45

- Song: *Vegetables* by **The Beach Boys** (guest's topic)