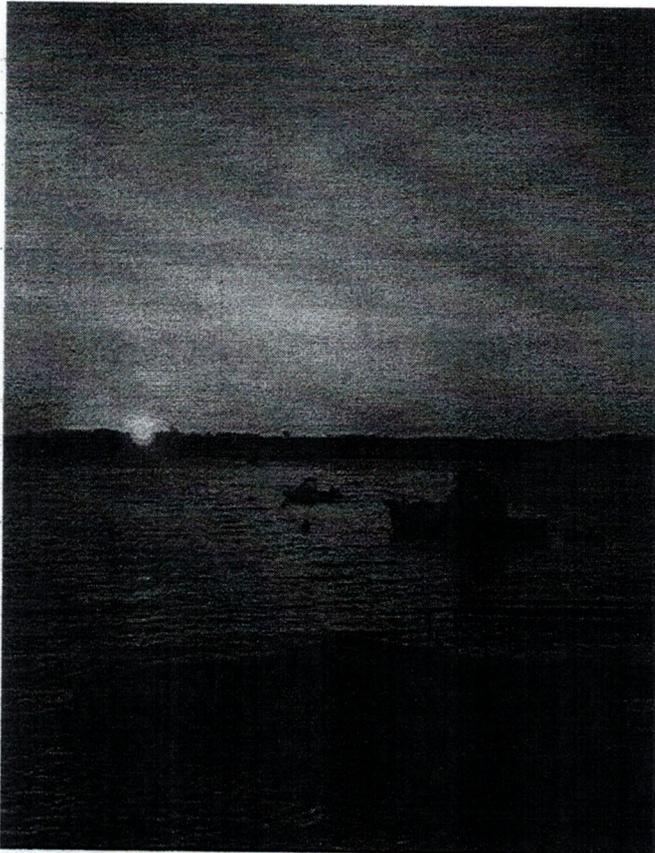


DATE: OCTOBER 5, 2014

TIME: 7:00-8:00 A.M.

TITLE: DR LISA RADIO HOUR

ISSUES COVERED: 1. CHILDREN WITH AUTISM 2. DIRECTOR OF DEVELOPMENTAL DIS-  
ORDERS PROGRAM OF MAINE. 3. WOMEN'S 4. FAMILY



## Autism #160

*Friday, October 3, 2014*

Autism impacts all of us. Children and adults who have a diagnosis on the "autism spectrum" are attending school, working and playing with us. In less severe cases, we may not even recognize that this is so—and may not know the struggles that individuals with these disorders (and their families) are facing. Today we speak with Alice Chaplick and Dr. Matthew Siegel, a psychiatrist at Spring Harbor Hospital, about their experiences with autism, so that we may better understand this important issue.

Autism #160

Transcription

## Guests

DATE: OCTOBER 12, 2014

TIME: 7:00-8:00 A.M. SUNDAY

TITLE: DR LISA RADIO HOUR

ISSUES COVERED: 1. ENVIRONMENT 2. MAINE-BASED COMPANY-SKIN HEALTH  
2. WOMEN IN BUSINESS 3. SEA VEGETABLES FOR EATING



## Treasures from the Sea #161

Wednesday, October 8, 2014

Maine is home to miles of inviting coastline, which gives us proximity to a prolific ocean whose treasures are many. The benefits of the sea go beyond swimming, sailing and fishing. Today we speak with Dr. Mike and Wendy Taylor, developers of Ocean Elements skin care products, and Tollef Olson whose company, Ocean Approved, harvests nutrient-rich sea vegetables for eating. Listen to our conversation and understand the sea in a new way.

Treasures from the Sea #161

Transcription

## Guests



### Mike and Wendy Taylor

<http://themainemag.com/radio/wp-content/uploads/2014/10/Interview-Ocean-Elements.mp3>  
Dr. Michael Taylor is a retired dermatologist who has had a career-long interest in public health, international health, and community medicine. His wife, Wendy Taylor, began her career in long range planning, market research, marketing planning, and marketing management in large financial institutions in Chicago and Colorado. The husband-and-wife team later founded Konbit Sante Cap-Haitien Health Partnership. More recently, and the reason why we have them in the studio today, they founded Brightwater Bay Science, LLC, a Maine-based company whose focus is on skin health. Ocean Elements™ is a Brightwater Bay Science brand, and in May of this year, they introduced the first product—a daily moisturizer.

Mike and Wendy Taylor  
Interview

Transcription

More Information

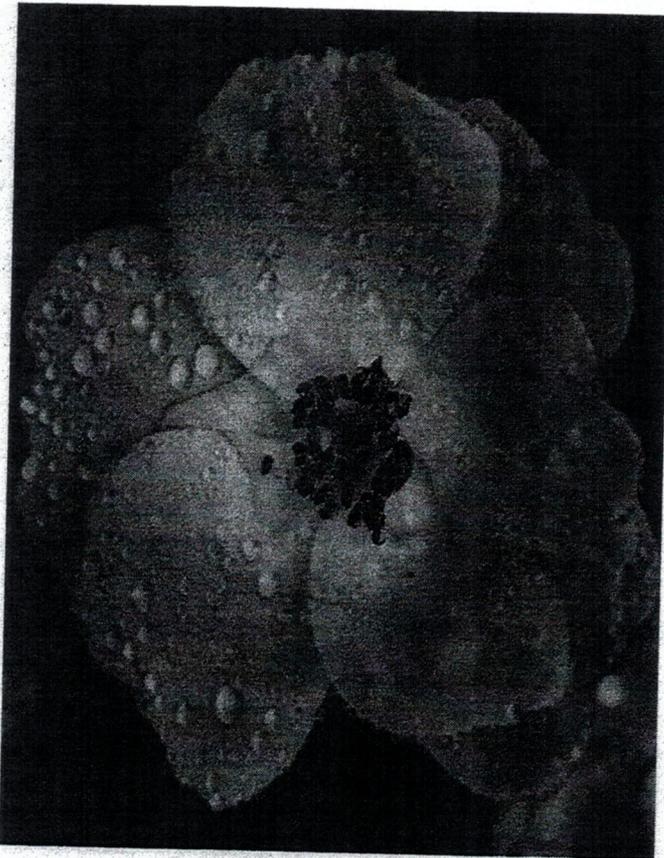
DATE: OCTOBER 19, 2014 SUNDAY

TIME: 7:00-8:00 A.M.

TITLE: DR LISA RADIO HOUR

ISSUES COVERED:

1. WOMEN'S-MAGAZINE COLUMNIST
2. ENVIROMENTALLY-FRIENDLY PRODUCTS
3. BUSINESS



## Healthy Homes #162

*Friday, October 17, 2014*

What makes a home healthy? Everything from clean air and environmentally-friendly products to the appropriate use of space. Today we discuss the physical aspects of healthy homes with *Maine Home+Design's* "Bright-Minded Home" columnist, Melissa Coleman, and Jason Peacock of Maine Green Building Supply. We address the creation of happy-feeling homes with Brett Johnson of Maine Street Design Co. in Portland. Join us and learn how to influence your own healthy home.

Healthy Homes #162

Guests

DATE: OCTOBER 26, 2014 SUNDAY

TIME: 7:00-8:00 A.M.

TITLE: DR LISA RADIO HOUR

ISSUES COVERED: 1. OBAMA HEALTH CARE 2. ACCESSING HEALTH w/DR. WENDY WOLF, PRESIDENT OF MAINE HEALTH ACCESS FOUNDATION  
3. OTHER GUESTS: LISA LEMIEUX & DR. NOAH NESIN



## Accessing Health #163

Friday, October 24, 2014

It is critical for people to have access to health care. Far too many families become devastated by unexpected health care costs, and far too many individuals are unable to seek the medical assistance they need, often delaying diagnosis and treatment for serious problems. Today we address this issue with Dr. Wendy Wolf, founding president of the Maine Health Access Foundation, Vanessa Santarelli, CEO of the Maine Primary Care Association, patient outreach and enrollment specialist, Lisa Lemieux, and Penobscot Community Health Care chief medical officer, Dr. Noah Nesin. If you, or someone you know, does not currently have access to health care, listen in and learn how you can remedy this situation.

Accessing Health #163

Transcription

## Guests



### Dr. Noah Nesin and Lisa Lemieux

Dr. Nesin is a distinguished physician leader with a state-wide reputation. He has been Medical Director of Health Access Network and a physician in the Lincoln community for almost 30 years. Dr. Nesin joined the PCHC Clinical Leadership team in March 2013, and works closely with other Quality Management Leaders and Providers to help them achieve high levels of measurable quality, and provider and patient satisfaction

Lisa Lemieux is in charge of patient outreach and is an enrollment specialist at DFD Russell Medical Centers

Dr. Noah Nesin and Lisa Lemieux Interview

Transcription

More Information

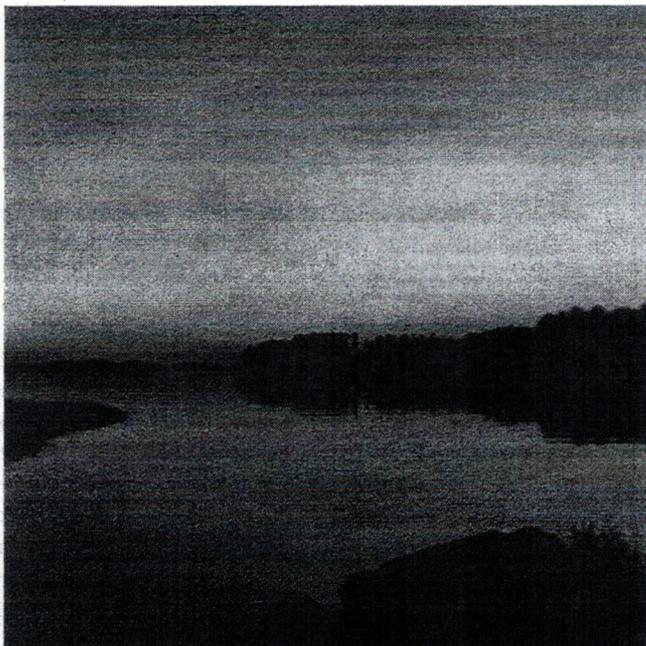
DATE: NOVEMBER 2, 2014 SUNDAY

TIME: 7:00-8:00 A.M.

TITLE: DR LISA RADIO HOUR

ISSUES COVERED: 1. GUESTS: MITCHELL-PORTLAND, DR. JIM KREBS, U N E, PORTLAND, DR. KAYLA STEWARD, APOTHECARY BY DESIGN, AND ITS PRESIDENT CATHERINE CLOUDMAN, SOUTH PORTLAND.

2. ALL OF THE ABOVE INVOLVED IN THE EDUCATION OF MAINE'S PHARMACISTS.



## Maine's Pharmacy Experts #164

Saturday, November 1, 2014

Pharmacists do much more than dispense medication. As pharmacy science experts, educators and community liaisons, they are important members of the health care team. Today we speak with guests who have a special interest in the education of Maine's pharmacy experts: Catherine Cloudman, principle at Apothecary by Design, Portland's economic development director, Greg Mitchell, Dr. Jim Krebs, assistant dean of experiential education at the University of New England and newly minted pharmacist Dr. Kayla Stewart of Apothecary By Design.

Maine's Pharmacy Experts #164

Transcription

## Guests



### Greg Mitchell

Greg Mitchell is the Economic Development Director for the city of Portland, a position he held in Brunswick and Lewiston before making the transition to the private sector in 2006.

[Greg Mitchell Interview](#)

[Transcription](#)

[More Information](#)

DATE: NOVEMBER 9, 2014

TIME: 7:00-8:00 A.M.

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. THE SUMMIT PROJECT (Hiking-Races) 2. SEEDS OF PEACE (World-wide YOUTH ORGANIZATION)



## Prioritizing Peace #165

Friday, November 7, 2014

How do we get to a place of peace? Usually by navigating through conflict. It can be difficult and uncomfortable to understand others who do not share our views. Today we speak with Tim Wilson and Moses Small from Seeds of Peace about the importance of truth, dialogue and mutual respect in conflict transformation. We also talk with Ted Coffin about how the Summit Project honors lives that are lost in the interest of peace.

Prioritizing Peace #165

Transcription

### Guests



#### Ted Coffin

Ted Coffin is a resident of Raymond, where he resides with his wife, Vicki, their dogs and horses. Ted has been a volunteer with The Summit Project since he met its Founder, David Cote, at The Run for the Fallen, Maine in 2013. Ted is an experienced hiker and loves to participate in a variety of endurance events and races. He has carried Stones from The Summit Project (TSP) on the inaugural Memorial Day hike, TSP at BSP and most recently on Cadillac Mountain, TSP at ANP. The Summit Project is the first of its kind in the nation and is a living memorial which is ensuring Maine Heroes are not forgotten.

Ted Coffin Interview

Transcription

More Information

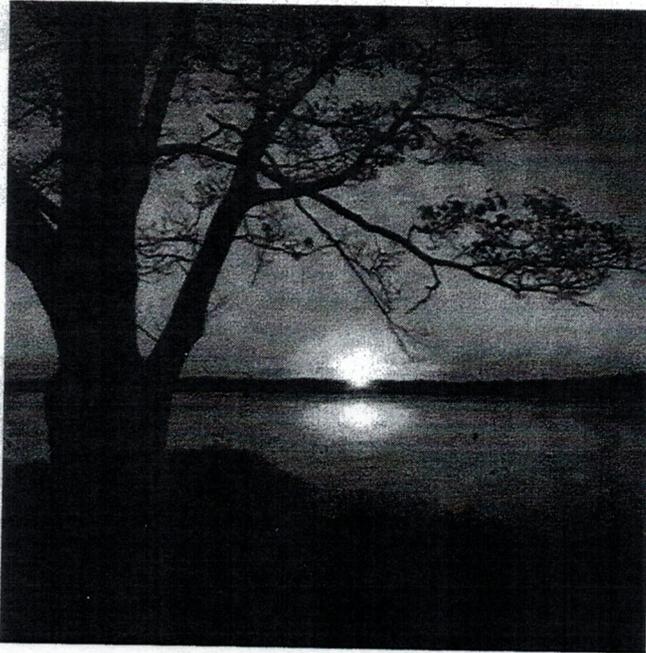
Moses Small and Tim Wilson

DATE: SUNDAY NOVEMBER 16, 2014

TIME: 7:00-8:00 A.M.

TITLE: DR. LISA RADIO HOUR

- ISSUES COVERED: 1. HEALTH 2. BARBARA BUSH FOUNDATION FOR FAMILY 3. MARTIN'S  
POINT HEALTHCARE PORTLAND 4. PORTLAND PUBLIC LIBRARY  
5. CURTIS MEMORIAL LIBRARY BRUNSWICK 6. SACO MUSEUM  
7. MAINE FAMILY LITERACY INITIATIVE



## Books, Libraries and Health #166

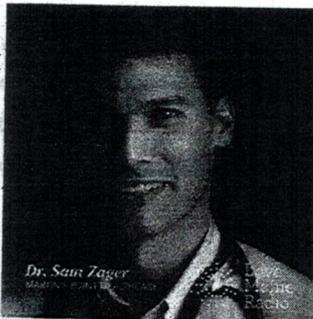
Friday, November 14, 2014

Early literacy is critical to health and wellness. Today we speak with Doro Bush Koch and Becky Dyer of the Barbara Bush Foundation for Family Literacy, a national organization founded by the former first lady of the United States that has been promoting reading for the past 25 years. We also discuss the impact of libraries on individual and community health with Dr. Sam Zager, and Steve Podgajny, Executive Director of the Portland Public Library.

Books, Libraries and Health #166

Transcription

### Guests



#### Dr. Sam Zager

Dr. Sam Zager is a Maine-trained family physician at Martin's Point Healthcare in Portland and a volunteer with the Portland Public Health Department. After being part of a successful campaign to save public library branches in disadvantaged Boston neighborhoods, he collaborated with the Portland Public Library on the Health and Libraries of Public Use Retrospective Study (HeLPURS). The study had some fascinating findings about what may constitute a healthy community

[Dr. Sam Zager Interview](#)

[Transcription](#)

[More Information](#)

#### Stephen Podgajny

Steve Podgajny has been the executive director of the Portland Public Library in Portland, Maine since 2006. Prior to that, he directed the

[Stephen Podgajny Interview](#)

DATE: SUNDAY NOVEMBER 23, 2014

TIME: 7:00-8:00 A.M.

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. WOMEN'S 2. "SPIRIT OF GIVING" NETWORK 3. STRUGGLE WITH  
ADDICTION 4. MAINE MEDIA COLLECTIVE



## Gratitude in Action #167

Friday, November 21, 2014

Are you grateful for the life you have? Maintaining gratitude, despite sometimes seemingly insurmountable difficulties, is an active process. Today we speak with Shawn McLaughlin about his personal experience with living gratefully, and with author Barb Schmidt about the ways in which she practices this process daily.

Gratitude in Action #167

Transcription

### Guests



#### Barb Schmidt

Barb Schmidt is the author of *The Practice*, and has been conducting workshops on practical spirituality for more than seven years and has studied religion, sacred text, psychology, and meditation since the early 1980's. She is the founder of the Spirit of Giving Network and raised millions of dollars for children as the co-founder and President of Ronald McDonald Children Charities of South Florida. Barb's mission and passion is to bring peace to our lives and our world.

[Barb Schmidt Interview](#)

[Transcription](#)

[More Information](#)

#### Shawn McLaughlin

Shawn McLaughlin is a member of Maine Media Collective and is the manager of a sober house in Portland. He also volunteers at Preble

[Shawn McLaughlin Interview](#)

DATE: SUNDAY NOV 30, 2014

TIME: 7:00-8:00 A.M.

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. INTERNATIONAL TRADE w/MAINE 2. EIMSKIP BRINGS BRANCH TO PORTLAND  
3. ECONOMY 4. BUSINESS



## Maine, Iceland & the World Beyond #168

Sunday, November 30, 2014

Have you seen the name EIMSKIP on Portland's waterfront? Transporting inbound items such as German chocolate and ski equipment, and outbound products like Maine blueberries, this Icelandic-based company has provided a boost to the Maine economy—one that will continue to strengthen as we maximize our international exposure. Today we speak with EIMSKIP station manager Petur Peterson, Janine Bisailon-Cary of the Maine International Trade Center and Dana Eidsness of the Maine North Atlantic Development Office.

Maine, Iceland & the World Beyond #168

Transcription

### Guests



#### Dana Eidsness

Dana joined Maine International Trade Center as a partner in January 2014 to open and run the newly-formed Maine North Atlantic Development Office (MENADO). In this role, Dana works with MITC, Invest in Maine and partners to develop trade and investment opportunities for Maine businesses in North Atlantic markets, including Northern Europe, Scandinavia and Eastern Canada. Additionally, Dana interfaces with the Arctic Council Secretariat, the North Atlantic Ocean Cluster Alliance and other Arctic and North Atlantic-related organizations, to represent Maine's interests and to ensure that the state is included in important discussions regarding North Atlantic resources, sustainable development and emerging trade routes.

Dana Eidsness Interview

Transcription

More Information

DATE: SUNDAY DECEMBER 7, 2014

TIME: 7:00-8:00 A.M.

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. RECREATION/ENVIRONMENT 2. SUGARLOAF MOUNTAIN



## Sugarloaf #169

Friday, December 5, 2014

Sugarloaf in Carrabassett Valley is one of Maine's favorite mountains. The first trail was cut in 1950 by the Sugarloaf Mountain Ski Club and a group of locals known as "The Bigelow Boys." Since then, Sugarloaf has become a close-knit community of skiers, snowboarders and outdoor enthusiasts. Today we speak with Sugarloafer and schooner captain Kip Files, and Jamie Goduti of the Sugarloaf ski patrol, both of whom are featured in Maine Magazine's December issue. We know you'll enjoy hearing more about the Sugarloaf family, and perhaps be inspired to take a trip up there yourself!

Sugarloaf #169

Transcription

## Guests



### Kip Files

Kip Files was born in Bangor Maine, he is the the owner and captain of the schooner "Victory Chimes". He's been doing windjammer cruises on the coast of Maine for 25 years and has been a Sugarloafer since 1961. During the winters he works at WSKI TV at Sugarloaf.

Transcription

More Information

### Jamie Goduti

Jamie Goduti is president of Goduti Builders and has been skiing at Sugarloaf since he was a teenager.

Transcription

DATE: SUNDAY DECEMBER 14, 2014

TIME: 7:00-8:00 A.M.

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. RECREATION DURING WINTER IN PORTLAND 2. WOMEN'S/PROFESSIONAL  
3. ENVIRONMENT 4. BUSINESS



## Old Port Winter Wellness #170

Saturday, December 13, 2014

What do Portland-area citizens and visitors do when the weather turns chilly? Enjoy a broad range of activities, both indoors and out. Today we speak with Bayside Bowl co-founder Charlie Mitchell, Kara Wooldrik of Portland Trails, and Lynn Tillotson of the Portland Convention and Visitors Bureau. Listen to our discussion for ideas about your next winter wellness outing.

Old Port Winter Wellness #170

Transcription

### Guests



Charlie Mitchell  
Co-Founder of Bayside Bowl in Portland

Transcription

More Information

Lynn Tillotson  
Lynn Tillotson is President and CEO: Executive Administration at  
Portland's *Convention and Visitors Bureau*

Transcription

DATE: SUNDAY DEC 21, 2014

TIME: 7:00-8:00 A.M.

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. WOMEN'S 2. BEST SELLING AUTHORS 3. GIFTS CHRISTMAS



## The Giver #171

*Saturday, December 20, 2014*

What better gift is there than a book? Today we speak with best-selling author and Newbery medal-winner, Lois Lowry, who has bestowed the gift of literature upon adults and children the world over. Lowry has written forty-five books, including one that inspired the recent movie, "The Giver." Join us and learn more about the life and mind of this fascinating Maine resident.

The Giver #171

Transcription

## Guests



### Lois Lowry

What better gift is there than a book? Today we speak with best-selling author and Newbery medal-winner, Lois Lowry, who has bestowed the gift of literature upon adults and children the world over. Lowry has written forty-five books, including one that inspired the recent movie, "The Giver." Join us and learn more about the life and mind of this fascinating Maine resident.

Lois Lowry Interview

Transcription

More Information

DATE: DECEMBER 28, 2014

TIME: 7:00-8:00 A.M.

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. WOMEN'S 2. MAINE NATIVE JULIA CLUKEY 3. OLYMPICS (w/ Clukey)  
4. MEDICAL 5. MAINE BUSINESS



## Love Maine Review 2014 #172

*Saturday, December 27, 2014*

In 2014, we had the good fortune to interview many intriguing individuals who clearly have a passion for the state in which we live. We were inspired by the love of Scott Wentzell for his son Scottie, the cutting edge work being done by cardiologist Dr. Dervilla McCann, the drive and dedication of Olympian Julia Clukey and the story of American's orphan trains as written by Christina Baker Kline. Each of our guests represents why we do the work we do with Love Maine Radio. Thank you so much for listening, and being part of our Love Maine community in 2014.

Love Maine Review 2014 #172

Transcription

## Guests



### Julia Clukey

Olympian Julia Clukey was born on April 29, 1985 in Augusta, Maine. Growing up in Maine provided her plenty of opportunities to find a passion for the outdoors and winter sports. As a child, Julia played a variety of sports including basketball and soccer. It wasn't until the age of 12 that she first tried the sport of luge. One Saturday afternoon, Julia and a friend were looking for something to do on a summer day and found an advertisement for a U.S.A. Luge recruiting tour event on Spring Street in Portland, Maine. As part of the event, U.S.A. Luge provided kids the opportunity to get on a luge sled (with wheels) and slide down Spring Street, one of Portland's steepest streets. Captivated by the speed, adrenaline and challenges of the sport, Julia was hooked. A year later, Julia was competing at the junior level in

Julia Clukey Interview

Transcription

More Information