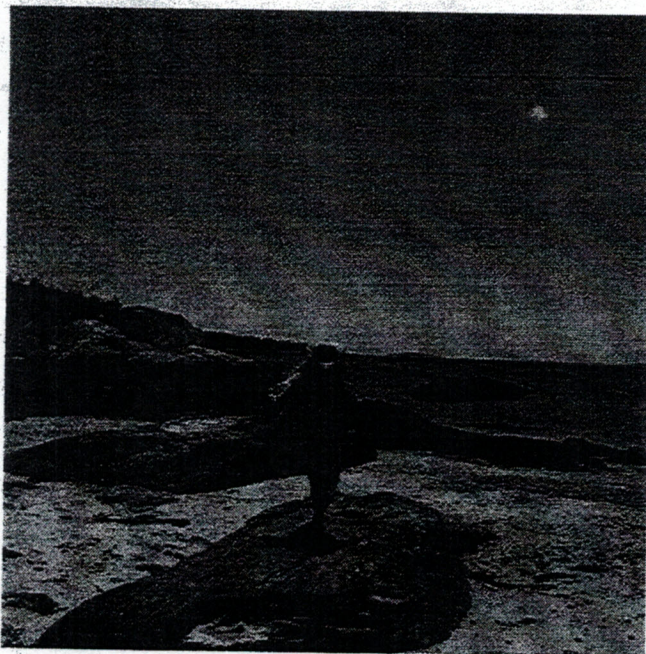


DATE: JANUARY 10, 2016

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

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. MAINE CHILDREN'S ALLIANCE-Youth 2. CHILDREN'S ALLIANCE
AWARD WINNER. 3. ENTREPRENEUR



Kids Count #225

Friday, January 8, 2016

How do we help the most vulnerable members of our society not only survive, but thrive? As the future of our world, our children deserve important consideration. Today we explore concepts such as childhood poverty, resilience, and family friendly policies with Claire Berkowitz, the executive director of the Maine Children's Alliance, and Maine Children's Alliance Corporate Giraffe Award-winner Jim Wellehan, co-owner and CEO of Lamey Wellehan.

Photo by Nicole Wolf

Kids Count #225

Transcription

Guests



Claire Berkowitz

Claire Berkowitz is the executive director of Maine Children's Alliance.

[Claire Berkowitz Interview](#)

[Transcription](#)

[More Information](#)

Jim Wellehan

Jim Wellehan is co-owner and CEO of Lamey Wellehan, a Maine-based, family-owned shoe company. This year he was a recipient of

[Jim Wellehan Interview](#)

DATE: JANUARY 24, 2016

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

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. GROW SMART MAINE DIRECTOR 2. MONMOUTH DEVELOPMENT MAINE
3. LAND USE, WATERFRONTS & MAINE FISHERIES. 4. CLIMATE CHANGE.



Growth & Sustainability #227

Friday, January 22, 2016

How do we nurture growth in a positive and sustainable way? Whether this is economic, ecological or social growth, the answer is the same: by paying attention to what factors may be influencing it, and working favorably with those factors whenever possible. Today we speak with Nancy Smith, executive director of Grow Smart Maine, Sue Inches of the Red Oak Group, and Tyler Kidder, assistant director of sustainable programs at the University of Southern Maine, about fostering mindful growth in Maine

Growth & Sustainability #227

Transcription

Guests



Nancy Smith

Nancy Smith has been the executive director of GrowSmart Maine since 2010. She served four terms in the Maine State House of Representatives. She is a member of Monmouth's Economic Development Committee and serves on the board of the Rural Community Action Ministry.

[Nancy Smith Interview](#)

[Transcription](#)

[More Information](#)

Sue Inches

Susan Inches is a principal at Red Oak Group. Susan has taken the lead on a number of policy issues for the State of Maine including

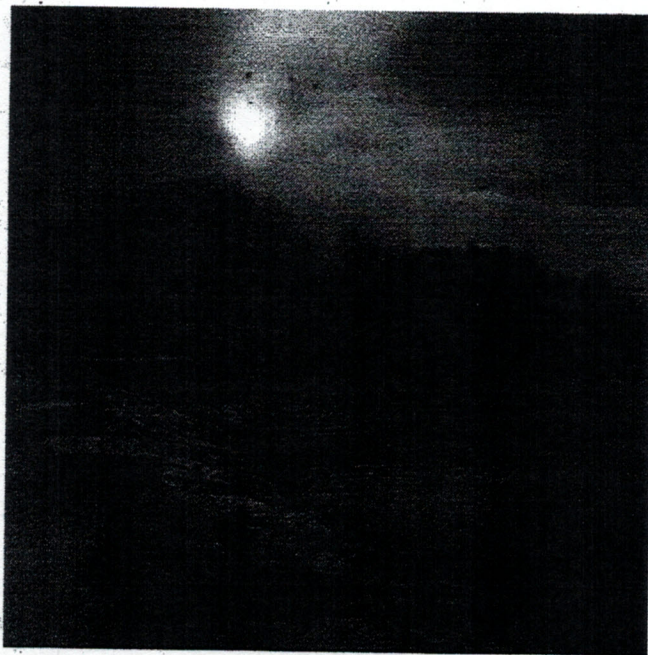
[Sue Inches Interview](#)

DATE: JANUARY 17, 2016

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

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. COLLEGE OF THE ATLANTIC-Education 2. ENVIRONMENT
3. POSSIBLE CLIMATE CHANGE.



Human Ecology #226

Friday, January 15, 2016

It is impossible to separate us, as humans, from the world in which we live. We impact, and are impacted by, not only the air we breath and food we eat, but also our fellow humans and other living beings with whom we share the planet. Today we discuss the concept of 'human ecology' with College of the Atlantic president, Darron Collins, and with educator and author, Richard Borden, founding member of the Society for Human Ecology.

Human Ecology #226

Transcription

Guests



Rich Borden

Richard Borden holds the Rachel Carson Chair in Human Ecology at College of the Atlantic where he teaches courses in environmental psychology, personality and social development, contemporary psychology, and the history and philosophy of human ecology. He served as COA's academic dean for twenty years, is a founding member of the Society for Human Ecology, and author of *Ecology and Experience: Reflections from a Human Ecological Perspective*.

[Rich Borden Interview](#)

[Transcription](#)

[More Information](#)

Darron Collins

Darron Collins is the president of the College of the Atlantic. Collins has his doctorate in cultural anthropology and prior to his role at the

[Darron Collins Interview](#)

DATE: JANUARY 31, 2016

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

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. KEEPING HUMAN BODY HEALTHY. 2. MAINERS AGING SUCCESSFULLY.
3. MAINE MEDICAL CENTER-EASTERN MAINE MEDICAL CENTER.



Bodily Alignment #228

Friday, January 29, 2016

Every body has the innate ability to keep itself healthy and in balance. This balance is best achieved by maintaining good alignment—both physical and emotional. Today we speak with osteopathic physician Dr. Jacey Goddard, and with exercise science specialists Rebecca Woll and Tom Kropf, about keeping our bodies healthy and aligned.

Bodily Alignment #228

Transcription

Guests



Dr. Jacey Goddard

A West Virginia native, Dr. Goddard received her Bachelor of Science degree from Wittenberg University in Springfield, Ohio, and her Doctor of Osteopathic Medicine from West Virginia School of Osteopathic Medicine in Lewisburg, West Virginia. She is board certified in Family Medicine and Neuromusculoskeletal Medicine/Osteopathic Manipulative Medicine. She completed her residency in Family Medicine and her fellowship in Neuromusculoskeletal/Osteopathic Manipulative Medicine at Eastern Maine Medical Center in Bangor, Maine. Most recently she served as faculty physician and NMM/OMM Fellowship Director at EMMC. She is currently involved as a faculty preceptor at Maine Medical Center's Department of Integrative Medicine. Dr. Goddard's hobbies include cross-country skiing, gardening, and kayaking.

Dr. Jacey Goddard
Interview

Transcription

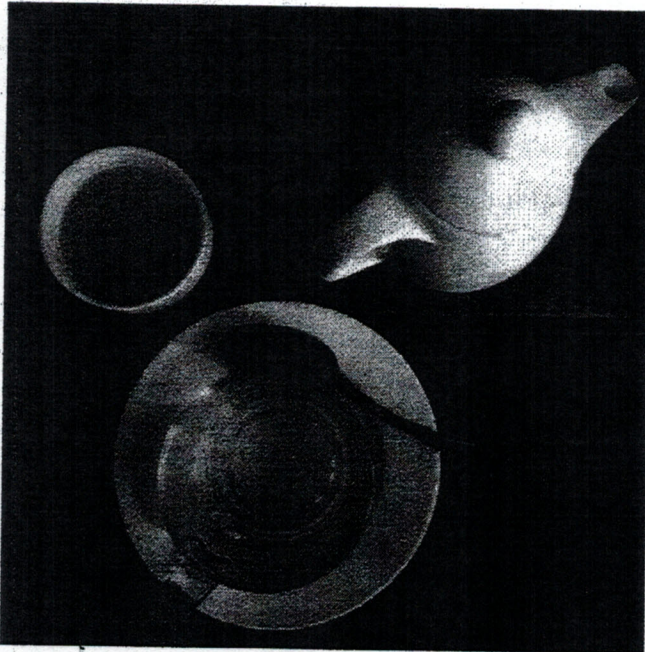
More Information

DATE: FEBRUARY 14, 2016

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

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. BENEFITS AND WAYS TO ENJOY TEA. 2. OWNERS OF DOBRA TEA IN PORTLAND. 3. OWNER OF HERB AND TEA SHOP—Munjoy Hill, PORTLAND. 4. HERBALISM.



Tea Time #230

Friday, February 12, 2016

Tea is one of the most popular beverages in the world. We Mainers love our tea—and have many ways in which to enjoy this healthful and nourishing drink. Today we speak with Ray Marcotte and Ellen Kanner of Dobrá Tea, and with Sarah Richards of Homegrown Herb and Tea, about types of tea, how tea is best enjoyed, and what specific benefits we may derive from drinking tea. You will love this informative episode.

Tea Time #230

Transcription

Guests



Ellen Kanner and Ray Marcotte

Ellen Kanner and Ray Marcotte own Dobrá Tea on Exchange Street in Portland. Inspired after a visit to a Dobrá Tea Room in Burlington, Ellen and Ray wondered how they might open their own in Maine. Having done everything from farming to teaching yoga to software design, travel photography and film production, Ellen and Ray were up for yet another adventure and opened a tearoom in 2011. They moved to their Exchange Street location in 2014.

Ellen Kanner and Ray Marcotte Interview

Transcription

More Information

Sarah Richards

Sarah Richards is the owner of Homegrown Herb and Tea. From her tea shop on Munjoy Hill, which she has owned since 2006, she

Sarah Richards Interview

DATE: FEBRUARY 7, 2016 Sunday

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

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. MENTAL HEALTH 2. RESTAURANT OWNER-WOMAN
3. MID-COAST LINCOLN (MAINE) THEATER CONTRIBUTOR.



Following Bliss #229

Friday, February 5, 2016

Mythologist and philosopher Joseph Campbell is perhaps best known for his suggestion that we "follow our bliss." Today we speak with two individuals who—separately and without prompting—referenced this quote in their interviews, and described the ways in which they have attempted to do just that. Our guests are Deirdre Nice, executive director of St. Lawrence Arts, and landscape artist Jane Dahmen. We hope they inspire you to find ways to follow your own bliss.

Following Bliss #229

Transcription

Guests



Deirdre Nice

Deirdre Nice is the executive and artistic director of St. Lawrence Arts. She is the co-founder of Silly's Restaurant on Washington Avenue in Portland.

[Deirdre Nice Interview](#)

[Transcription](#)

[More Information](#)

Jane Dahmen

Jane Dahmen is a landscape artist based on the midcoast. She is considered a contemporary realist. She is working with the Lincoln

[Jane Dahmen Interview](#)

DATE: FEBRUARY 21, 2016

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

TITLE: DR. LISA RADIO HOUR

- ISSUES COVERED:
1. WORK OF ARCHITECTS IN RELATION TO SOUTHERN MAINE.
 2. LICENSED ARCHITECT FROM BIDDEFORD-SACO.
 3. MEMBER OF PORTLAND SOCIETY OF ARCHITECTURE.



Community Architects #231

Friday, February 19, 2016

The spaces in which we dwell, work and recreate have an undeniable impact on our well-being. Who are the people that design our spaces—and why have they chosen this profession? Today we speak with architects Caleb Johnson and Kevin Browne about their love of space, and how this has translated into interactions with the community at large.

Community Architects #231

Guests



Caleb Johnson

Caleb Johnson is a licensed Maine architect and owner of Caleb Johnson Architects and Builders. His offices are located in Biddeford, Maine, and he works on a variety of projects both commercial and residential around the state.

[Caleb Johnson Interview](#)

[More Information](#)

Kevin Browne

Kevin Browne is a Maine Licensed Architect, a member of NCARB (National Council of Registration Boards) and a member of AIA (The

[Kevin Browne Interview](#)

DATE: FEBRUARY 28, 2016

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

TITLE: Dr. Lisa Radio Hour

ISSUES COVERED: 1. SERVICES OF GOODWILL INDUSTRIES OF NORTHERN NEW ENGLAND THAT HELP INDIVIDUALS AND FAMILIES..

[LISTEN & READ](#)

[OUR GUESTS](#)

[ABOUT](#)



Growing Goodwill #232

Wednesday, February 24, 2016

Anna Eleanor Roosevelt (known as Anne) is the President and CEO of Goodwill Industries of Northern New England, a not-for-profit social enterprise with over 2,000 employees serving Maine, New Hampshire and northern Vermont. Goodwill operates diverse retail, health care and workforce services that help individuals and families find stability through work while extending a hundred year practice of letting nothing go to waste.

Growing Goodwill #232



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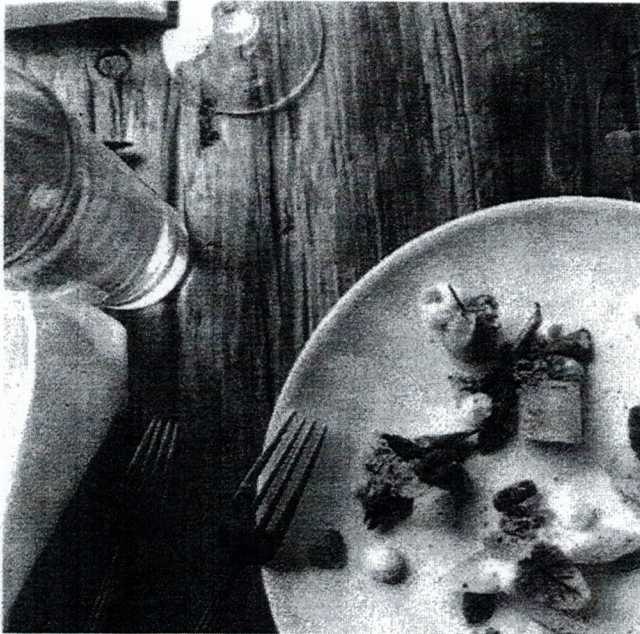
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DATE: MARCH 6, 2016

TIME: 7:00a-8:00a

TITLE: DR LISA RADIO HOUR

ISSUES COVERED: 1. HUSBAND-WIFE RESTAURANT BUSINESS. 2. PROFESSIONAL-FOOD EDITOR-MAGAZINE



Food & Family #233

Friday, March 4, 2016

Food is one our favorite subjects: we love the nourishment that it provides, on so many levels. Not only does it provide our bodies with fuel, but it also brings us together with family and friends—both in the kitchen and around the table. Today we discuss these ideas with Justin and Danielle Walker, the husband and wife team who run the restaurant Earth at Hidden Pond, and with Old Port and Maine magazine food editor, Karen Watterson.

Photo by Greta Rybus

Food & Family #233

Transcription

Guests



Justin and Danielle Walker

Justin and Danielle Walker are the husband-and-wife team who run Earth at Hidden Pond.

Justin and Danielle Walker Interview

Transcription

More Information

Karen Watterson

Karen Watterson is a former copywriter, food blogger and book seller. She may have started out in life as a picky eater, but she's making up

Karen Watterson Interview

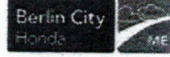


for lost time as she explores all the deliciousness that Maine has to offer. The only thing that equals Karen's love of good food is talking and writing about it. She is the food editor of *Maine* and *Old Port* magazine.

[Transcription](#)

[More Information](#)

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DATE: SUNDAY MARCH 13, 2016

TIME: 7:00a-8:00a

TITLE: DR LISA RADIO HOUR

- ISSUES COVERED:
1. INTERVIEW WITH FORMER MAINE FIRST LADY, MARY HERMAN
 2. ADVOCATE FOR WOMEN'S ISSUES AND LOW INCOME FAMILIES



First Lady #234

Friday, March 11, 2016

Mary Herman is a woman of many talents. She has intersected with and supported Mainers in countless areas, including education, health, and the non-profit world. Today we speak with Maine's former 'First Lady' about her experiences as advocate, and how she hopes to continue her good work in the years to come.

[First Lady #234](#)

[Transcription](#)

Guests



Mary Herman

Former First Lady Mary Herman has had many community roles: teacher, special education teacher, nurse, and as an advocate for women's issues and low-income families. She is currently the principal at Mary Herman Consulting where she advises nonprofits and is especially interested in the intersection between philanthropy and nonprofit world in Maine.

[Mary Herman Interview](#)

[Transcription](#)

[More Information](#)

DATE: SUNDAY MARCH 20, 2016

TIME: 7:00a-8:00a

TITLE: DR LISA RADIO HOUR

ISSUES COVERED: 1. BUSINESSES ON MAINE COAST 2. ENTREPRENEUR BEN DAVIS, FOUNDER
OF TRUE COURSE YACHTING.
3. SHANA READY, DESIGNER AND FOUNDER OF THE ROPES BUSINESS



Coastal Creativity #235

Friday, March 18, 2016

Maine appeals to a broad range of people in part because of its beautiful coast. More than simply coming here for recreation, many people find creative ways to make a living with the water as inspiration. Today we speak with entrepreneurs Ben Davis, founder of True Course Yachting, and Shana Ready, designer and founder of The Ropes.

Coastal Creativity #235

Transcription

Guests



Ben Davis

Ben Davis founded True Course Yachting, Inc. in 2012. A generational captain, Ben grew up working for his family's charter sailing business. Immersed in the yachting world, Ben developed a strong affiliation and devout passion for the marine industry. His natural seamanship and leadership abilities have led to many opportunities to manage and captain boats all over the world—from the Eastern Seaboard to Hawaii and Central America. Headquartered in Yarmouth, Maine along the Royal River, with a new branch office opening in downtown Camden, Maine, TCY has experienced rapid growth since its founding in 2012.

[Ben Davis Interview](#)

[Transcription](#)

[More Information](#)

DATE: MARCH 27, 2016 SUNDAY

TIME: 7:00a-8:00a

TITLE: DR LISA RADIO HOUR

ISSUES COVERED: 1. FOUNDER OF MAINE YOGA ADVENTURES. OUTDOOR EXPLORATIONS AND DIVERSE ACTIVITIES. 2. GENERAL MANAGER OF SALT PUMP CLIMBING.



Adventuring Up & Outdoors #236

Wednesday, March 23, 2016

Where do you find your adventures? Maine offers something for everyone in the realm of adventure. Today we speak with Holly Twining, founder of Maine Yoga Adventures, and Tino Fuimara & Taki Miyamoto of Salt Pump Climbing, about the ways they are helping people get up and out in search of adventure.

Adventuring Up & Outdoors #236

Guests



Holly Twining

Holly began her own exciting creation, Maine Yoga Adventures, after ten years with Maine Audubon as a naturalist and communications coordinator. Started in July of 2015, Maine Yoga Adventures brings community together thru adventures that include yoga practices, outdoor explorations in every season, healthy vegetarian food, and more. Diverse activities are tossed into the mix such as wine/beer tastings, climbing, skating and paddling. The adventures are statewide and are beginning to expand outside Maine's borders.

[Holly Twining Interview](#)

[More Information](#)

Taki Miyamoto

Taki Miyamoto is partner and general manager at Salt Pump Climbing.

[Taki Miyamoto Interview](#)