

DATE: JULY 6th, 2014 SUNDAY

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

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED:

1. EDITOR OF MAINE AND OLD PORT MAGAZINES.
2. 50 MAINERS WHO ARE AN INSPIRATION.
3. YOUTH
4. HEALTH
5. EDUCATION.
6. ALFOND FOUNDATION.

Inspiring Maine People on Love Maine Radio



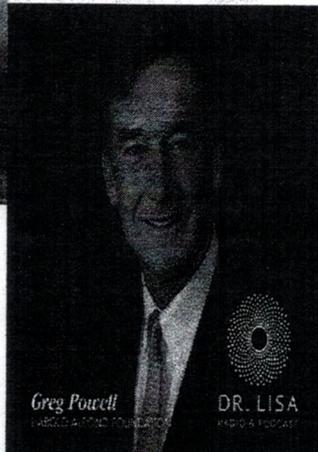
Katy Kelleher

Katy Kelleher is the managing editor of *Maine* magazine. For the 2014 July issue of *Maine* magazine, Katy researched, interviewed, and wrote the stories of the 50 inspiring Mainers who are working to shape our state.

[Katy Kelleher Interview](#)

[Transcription](#)

[More Information](#)



Greg Powell

Greg Powell is the Chairman of Harold Alfond Foundation, a private foundation organized to fund charitable causes (mostly colleges) in the state of Maine. He is also the executive officer and president of Dexter Enterprises, Inc. Greg had worked with Harold Alfond for over 13 years to build Dexter Enterprises, the family wealth management firm. He took the reins at the Harold Alfond Foundation in 2007, after Mr. Alfond passed away.

[Greg Powell Interview](#)

[Transcription](#)

[More Information](#)

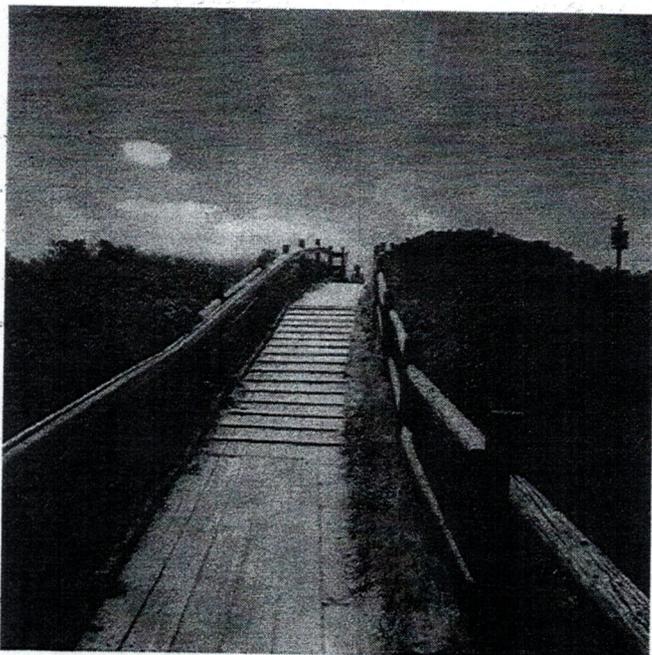
DATE: JULY 13, 2014 SUNDAY

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

TITLE: DR LISA RADIO HOUR

ISSUES COVERED:

1. MAINE/GREATER PORTLAND BUSINESS PEOPLE
2. MEDICAL FIELD-RELATED TO MAINE BUSINESS



Creative Entrepreneurship #148

Saturday, July 12, 2014

As a radio show host and wellness editor for *Maine* magazine, I have had many fascinating conversations with our state's creative and business leaders. This has provided me with an education that most physicians cannot access. I have especially enjoyed interacting with entrepreneurs such as Ben Shaw of Vets First Choice and Andrea King of Aristelle. From them I've learned that doing things differently is both possible and sustainable. This is a great lesson for those of us who hope to move forward successfully within the medical field.

Creative Entrepreneurship #148

Transcription

Guests



Ben Shaw

Ben Shaw is the CEO and cofounder of Vets First Choice and is someone who exemplifies the entrepreneur spirit that is growing here in Maine.

[Ben Shaw Interview](#)

[Transcription](#)

[More Information](#)

DATE: JULY 20, 2014 SUNDAY

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

TITLE: DR LISA RADIO HOUR

ISSUES COVERED:

1. AGRICULTURE
2. ORGANIC FARMING
3. RECYCLING NATURAL RESOURCES
4. GOOD FOOD LEADS TO BETTER HEALTH



Maine Farms & Food #149

Saturday, July 19, 2014

Greek Physician Hippocrates once said, "Let food be thy medicine and medicine thy food." It has become increasingly clear that there is no more important way to approach health: doctors need to care about food. We need to care about where it comes from, and how our patients are getting it. Today we speak with John Piotti of the Maine Farmland Trust and Ted Quaday of the Maine Organic Farmers and Gardeners Association about these very issues.

Maine Farms & Food #149

Transcription

Guests



John Piotti

John Piotti is the president and CEO of Maine Farmland Trust, an award-winning statewide nonprofit that works to protect farmland, support farmers, and advance farming.

[John Piotti Interview](#)

[Transcription](#)

[More Information](#)

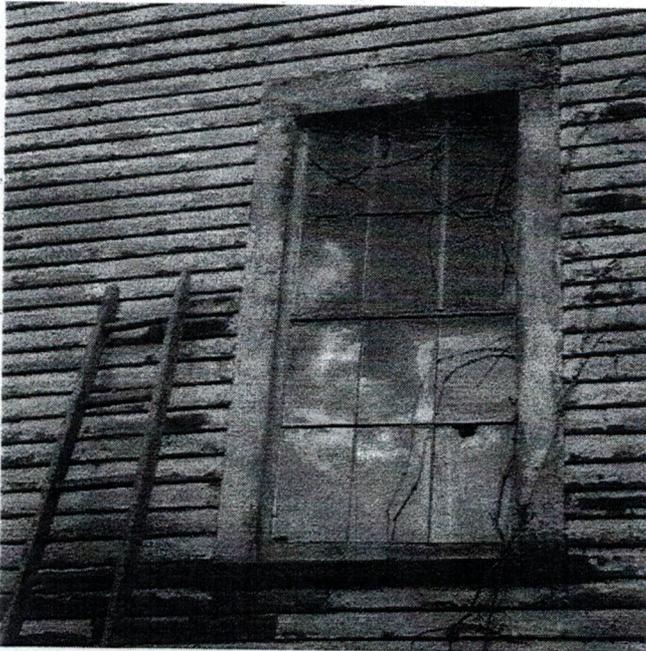
DATE: SUNDAY JULY 27, 2014

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

TITLE: DR LISA RADIO HOUR

ISSUES COVERED:

1. NON-PROFIT MAINE ORGANIZATIONS
2. SAFE PASSAGE-Building a school in Guatemala
3. NAT MAY-EXECUTIVE DIRECTOR OF SPACE GALLERY, A NON-PROFIT CONTEMPORARY ARTS VENUE IN PORTLAND.



Good Works that Last #150

Sunday, July 27, 2014

What does it take to keep a good thing going? Non-profit organizations, founded with specific needs in mind, have to move and shift in order to evolve successfully. Join our conversations with Deborah Walters and Jane Gallagher of Safe Passage, and Nat May, executive director of SPACE Gallery, and learn what their organizations have been doing in order to offer lasting benefits to the community.

Good Works that Last #150

Transcription

Guests



Deb Walters and Jane Gallagher

Deb Walters is on the board of directors at Safe Passage. In the summer of 2014 Deb will be kayaking from Maine to Guatemala to tell the story of the children and families living in a Guatemalan garbage dump. Along the way she hopes to raise money to build a school in Guatemala. **Jane Gallagher** is a Program Manager with Dietel Partners, a philanthropic advisory firm. Jane has spent many years volunteering and working for Safe Passage. Her family has helped two Guatemalan students through school, and she has been part of five support team trips to volunteer in Guatemala. She is the co-chair of the Casco Bay Friends of Safe Passage.

Deb Walters and Jane Gallagher Interview

Transcription

More Information

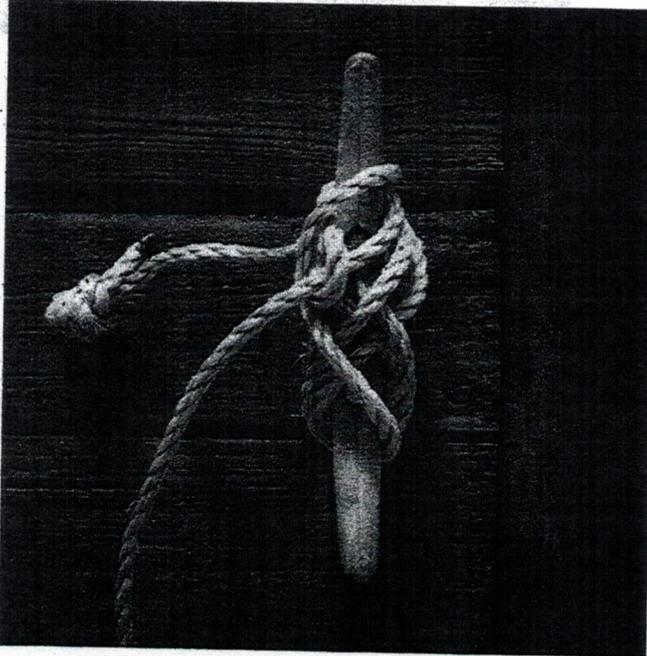
DATE: AUGUST 3, SUNDAY 2014

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

TITLE: DR LISA RADIO HOUR

ISSUES COVERED:

1. SAILING PROGRAM-PORTLAND'S SAILMAINE ORGANIZATION
2. BOAT BUILDING IN MAINE
3. HINCKLEY COMPANY (Boat Builders)
4. ENVIRONMENTAL EDUCATION.



Sailing Maine #151

Sunday, August 3, 2014

Summer is a great time to be on the water. Join our conversations with people who love navigating Maine waters by boat, and have made it possible for others to do the same. Janet Acker and Jess McGreehan share their experience with Portland's SailMaine organization, and Matt Barton describes his rewarding transition from financial consultant to boatbuilder at the Hinckley Company, by way of the Landing School.

Sailing Maine #151

Transcription

Guests



Janet Acker

Janet Acker has sailed her whole life, and while living on the west coast, she founded and developed a community-based sailing program known as Sail Orcas. Today she is the executive director of SailMaine. On her time off, she is an avid sailor with her husband.

Janet Acker Interview

Transcription

More Information

DATE: AUGUST 10, 2014 SUNDAY

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

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. LANDSCAPE DESIGN IN MAINE. 2. GARDENING IN MAINE
3. AUTHORS CARTER AND GUNTER-Books on Earth's bounty.



Earth Calling #152

Sunday, August 10, 2014

Summer is in full bloom and the earth reminds us daily of the bounty that we Mainers enjoy. Today we speak with Ted Carter and Ellen Gunter, authors of *Earth Calling: A Climate Change Handbook for the 21st Century*, and Roger Doiron, founder and director of Kitchen Gardeners International. Join our conversations and learn how to we can maintain and foster our relationship with the world in which we live.

Earth Calling #152

Transcription

Guests



Ted Carter and Ellen Gunter

Ted Carter of Ted Carter Landscapes is a landscape designer, contractor, and author. He has been installing landscapes for over 30 years. His unique designs skills, as well as his approach towards space, scale, and color have earned him numerous awards and accolades. His book, *Earth Calling: A Climate Change Handbook for the 21st Century* was published in April 2014 and is available on Amazon.

Ellen Gunter is a journalist, environmental advocate, author of *REUNION: How We Heal Our Broken Connection to the Earth* and a Tar Sands Action arrestee. She is also a Climate Change presenter with Al Gore's Climate Reality Project.

Ted Carter and Ellen Gunter Interview

Transcription

More Information

DATE: AUGUST 17, 2014 SUNDAY

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

TITLE: DR LISA RADIO HOUR

- ISSUES COVERED:
1. PREPARATION FOR EMERGENCIES.
 2. EMERGENCY MANAGEMENT @Me Medical Center.
 3. MAINE EMERGENCY MANAGEMENT AGENCY DIRECTOR-Fitzgerald
 4. PREBLE STREET RESOURCE CENTER-HOMELESSNESS, HOUSING, POVERTY.



Life on the Edges #153

Sunday, August 17, 2014

How do we handle ourselves when life throws us a curve? Bruce Fitzgerald, Director of the Maine Emergency Management Agency, and Joshua Frances, Director of Emergency Management at Maine Medical Center, give us valuable information about emergencies, how we might be impacted and how we can best prepare. Mark Swann of the Preble Street Resource Center discusses what happens when life goes awry, and how we might help our neighbors.

Life on the Edges #153

Guests



Joshua Frances

Joshua C. Frances, MPH, CHEC, EMT-I is the Director of Emergency Management at Maine Medical Center, northern New England's largest and only Level-1 trauma center. He is responsible for directing and guiding all of the planning and response activities related to disaster and emergency management and serves as one of the hospital's Incident Commanders. Joshua sits on a number of committees and workgroups at Maine Medical Center and works hard to incorporate emergency management activities in to the day-to-day operations of the hospital. Joshua is also involved at the national level on a number of hospital disaster preparedness working groups and is the Administrative Section Chief with the US Department of Health and Human Services National Disaster Medical System Northern New England Disaster Medical Assistance Team. Similar to the National Guard, these federal teams deploy to major disasters, national security special events and acts of terrorism around the globe.

Joshua Frances Interview

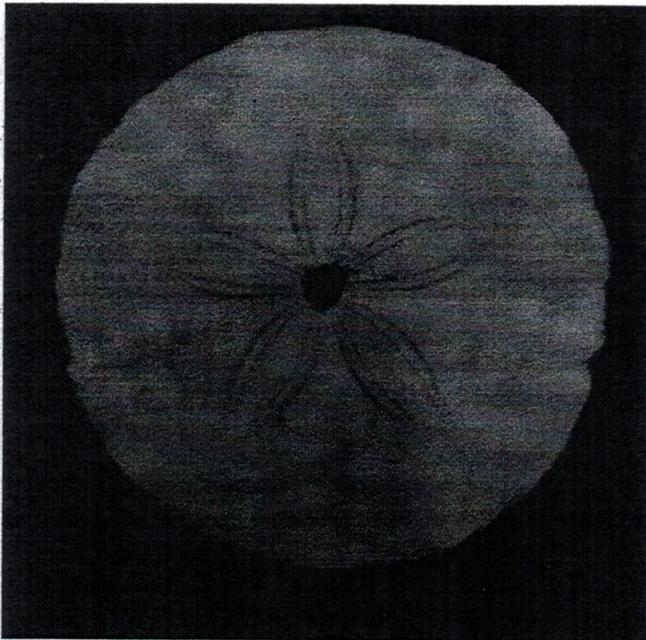
[More Information](#)

DATE: AUGUST 24, 2014 SUNDAY

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

TITLE: DR LISA RADIO HOUR

ISSUES COVERED: 1. LEARNING LESSONS FOR CHILDREN. 2. KNIGHT & O'BRIEN AWARD WINNING BOOKS



Lessons in Learning #154

Sunday, August 24, 2014

How do we learn? Each of us answers this question differently. Margy Burns Knight and Anne Sibley O'Brien offer important insights about compassion through their book *Talking Walls*, which gives kids a glimpse into the lives of others. Garrett Temkiewicz is using his experience with dyslexia to inform his own style as a middle school teacher. Our guests might cause you to think differently about the way lessons are learned.

Lessons in Learning #154

Transcription

Guests



Margy Burns Knight and Anne Sibley O'Brien

Margy Burns Knight, a children's book writer and career educator has received the National Education Association's Author Illustrator Human and Civil Rights Award for her work with Anne Sibley O'Brien and the Children's Africana Book Award for *Africa Is Not a Country*. A Peace Corps veteran she is a Service Learning Coordinator and English teacher.

Anne Sibley O'Brien illustrated *Talking Walls* and four other titles by Margy Burns Knight, plus 27 other books, 14 of which she also wrote. Anne was honored by the Maine Library Association with the lifetime achievement Katahdin Award for her body of work. She lives on Peaks Island and is excited to be a brand-new grandmother.

Margy Burns Knight and
Anne Sibley O'Brien
Interview

Transcription

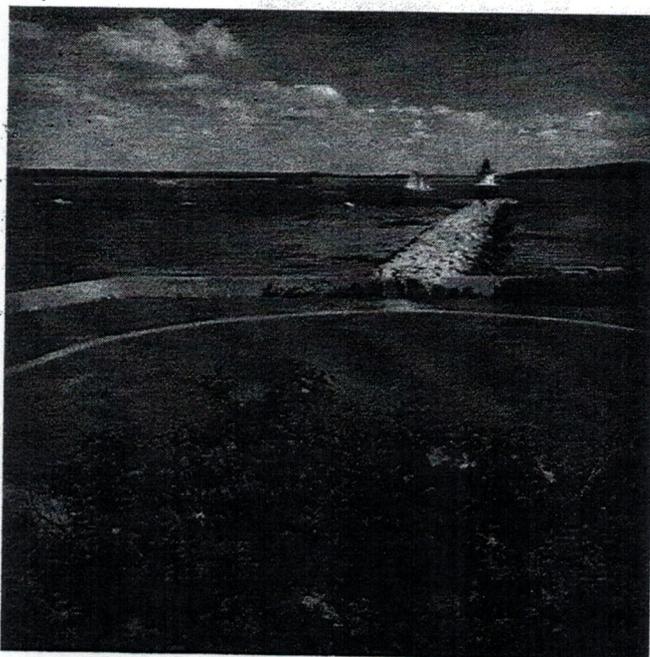
More Information

DATE: AUGUST 31, 2014 SUNDAY

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

TITLE: DR LISA RADIO HOUR

- ISSUES COVERED:
1. MAINE MEDIA COLLECTIVE-Publisher of Maine oriented magazines.
 2. PORTLAND PADDLE-Kayaking and canoe trips along coast of Maine. Conversation with owners.



Old Port Adventuring #155

Friday, August 29, 2014

It has been said that publishing is dead, but we at the Maine Media Collective know that publishing is merely transitioning, and that we have the opportunity to make a good thing even better. As wellness editor, it has been my privilege to share the good news about health with *Maine* magazine readers since January. In June, we launched *Old Port* magazine, which focuses on the goings-on around the Portland peninsula. Today we speak with Jen DeRose, editor of *Old Port*, and Kevin Thomas, publisher of *Old Port*, *Maine* and *Maine Home + Design* magazines, for a behind-the-scenes look at this exciting addition. We also speak with Zack Anchors and Erin Quigley of *Portland Paddle*, who are featured in the September issue of *Old Port*.

Old Port Adventuring #155

Transcription

Guests



Kevin Thomas

Kevin Thomas is the publisher of Maine Media Collective, which produces *Maine* and *Maine Home+Design* magazines as well as the latest *Old Port* magazine. The company also runs The Brand Company and Art Collector Maine, and hosts the Kennebunkport Festival each year.

[Kevin Thomas Interview](#)

[Transcription](#)

[More Information](#)

DATE: SEPTEMBER 7, 2014 SUNDAY

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

TITLE: DR LISA RADIO HOUR

ISSUES COVERED:

1. CONVERSES WITH MAINE SENATE PRESIDENT JUSTIN ALFOND ABOUT MAINE/GREATER PORTLAND'S GROWTH.
2. TALKS WITH REAL ESTATE DEVELOPER JIM BRADY OF PORTLAND ABOUT GROWTH AND ENERGY IN MAINE'S LARGEST CITY.



Maine Vision #156

Thursday, September 4, 2014

Having lived in the Portland area for many years, I am excited to see the growth and new energy being invested in Maine's largest city. Today we speak with Maine Senate President Justin Alfond and real estate developer Jim Brady: two individuals who are bringing jobs, housing and visitors to our state, and in promoting the high quality standard of living for which Maine has become known. Jim and Justin have also been featured in recent issues of *Old Port* magazine.

Maine Vision #156

Transcription

Guests

DATE: SEPTEMBER 14, 2014 SUNDAY

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

TITLE: DR LISA RADIO HOUR

ISSUES COVERED: 1. FAMILY 2. AUTHOR CHRISTINA BAKER KLINE. 3. BUSINESS WOMAN
CATHERINE YORK TALKS WITH DR LISA.



"Fostering Family Connections" #157

Friday, September 12, 2014

Families come in many forms. Regardless of how they are created, they have a significant impact on our later lives. Today, we speak with Christina Baker Kline, best-selling author of the *Orphan Train*, and business woman Catherine York. Their family experiences have greatly influenced their work and personal evolution. We hope you enjoy our conversations with Christina and Catherine.

"Fostering Family Connections" #157

Transcription

Guests



Christina Baker Kline

Christina Baker Kline is a novelist, nonfiction writer and editor. She wrote the #1 *New York Times* bestseller, *Orphan Train*, as well as *Bird in Hand*, *The Way Life Should Be*, *Desire Lines*, and *Sweet Water*. Christina lives with her family in Montclair, New Jersey, and spends summers on Mount Desert Island.

[Christina Baker Kline Interview](#)

[Transcription](#)

[More Information](#)

DATE: SEPTEMBER 28, 2014

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

TITLE: DR LISA RADIO HOUR

ISSUES COVERED:

1. OLYMPIC LUGER-JULIA CLUKEY
2. YOUTH
3. OWNER, WEIGHT MANAGEMENT COMPANY
4. ACHIEVEMENT OF LIFE'S GOALS



Motivation, Multiplied #159

Friday, September 26, 2014

How do we maintain motivation for achieving goals, big and small? Hearing the stories of others, and sharing our own story, can make this happen. Today we speak with Olympic luger and girls summer camp founder, Julia Clukey, and Damon Moschetto, athletic trainer and author of *No B.S. Guide to High Performance Living*. Listen in to hear what keeps them motivated, and find motivation for your own life.

Motivation, Multiplied #159

Guests



Damon Moschetto

Damon Moschetto is a high performance coach, host of the *High Performance Living* podcast, and author of *No BS Guide to High Performance Living*. As a coach he has helped countless men and women transform their lives through his unique style of guiding people to transform themselves by living a high performance lifestyle. Injuries cut his college baseball career short and the natural progression for him was into the health and fitness industry. After owning and operating his own personal fitness company, in 2001, Damon began working as an account manager and presenter for a national fitness company, traveling across the U.S. training trainers and consulting with club owners regarding their fitness programs. Prior to traveling Damon helped thousands of people lose weight and regain their health through his personal training and weight management company in Portland, ME. After relocating to Naples, FL, the desire to help others reach their health and fitness goals came back and Florida

Damon Moschetto Interview

More Information

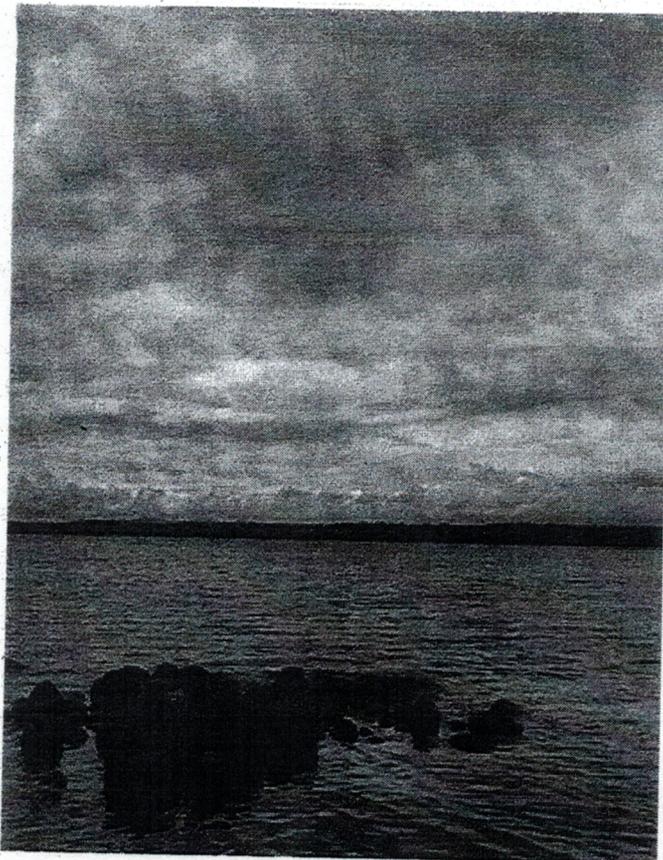
DATE: SEPTEMBER 21, 2014

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

TITLE: DR LISA RADIO HOUR

ISSUES COVERED:

1. MENTAL HEALTH
2. WRITING: BENEFICIAL PART OF THE HEALING PROCESS
3. GRAMMY NOMINEE'S CAREER.



Healing through Writing #158

Friday, September 19, 2014

Life can be challenging at times. Techniques such as writing can help us deal with grief, sadness, anger and other emotions that may arise during these times. Today we speak with Eileen Doyon, author and publisher of the "Unforgettable Faces and Stories" series, and Cidny Bullens, a Grammy nominated singer-songwriter, each of whom share their stories and describe the ways in which writing has helped them heal.

Healing through Writing #158

Transcription

Guests