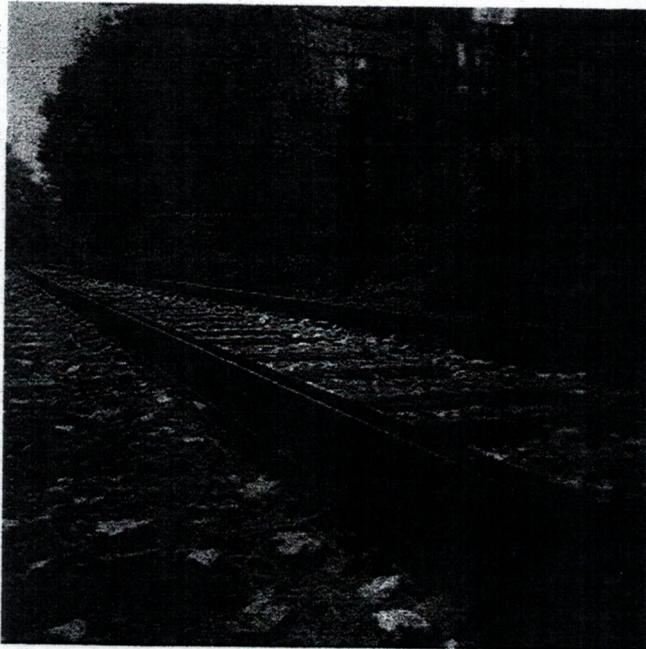


DATE: OCTOBER 4, 2015

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

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. WOMEN'S-MUSICIAN 2. AUTHOR-WRITER.  
3. ALZHEIMERS TREATMENT 4. WOMEN'S-SINGER-SONGWRITER.



## Musical Journeys #211

Friday, October 2, 2015

Journeys can be both literal and figurative. We can see the world through travel, but we can also journey without leaving our physical space. Today we speak with international bestselling author, Tess Gerritsen, and musician Emilia Dahlin, about the journeys they each have taken while practicing their craft, and how the melodies of life have influenced their experience.

Musical Journeys #211

Transcription

## Guests



### Tess Gerritsen

International bestselling author Tess Gerritsen took an unusual route to a writing career. A graduate of Stanford University, Tess went on to medical school at the University of California, San Francisco, where she was awarded her M.D. While on maternity leave from her work as a physician, she began to write fiction. In 1987, her first novel was published. She has since written 26 published novels. Gerritsen won the RITA Award, the prominent romance fiction award, for *The Surgeon*, and the Nero Award, which honors excellence in mystery novels, for *Vanish*. Gerritsen's personal charity work revolves around Alzheimer's disease, which afflicted her father. She is on her second fund drive to benefit the Scripps Research Institute's biomedical research into Alzheimer's treatment. Her first fund drive raised over \$50,000, which went directly to Alzheimer's researchers.

Transcription

More Information

DATE: OCTOBER 11, 2015

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

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. VETERANS 2. MILITARY 3. HOMELESS  
4. HOMELESS SHELTER-Hope@Home-Camden



## Homeward Bound #212

Friday, October 9, 2015

Our homes provide us with much more than safety and warmth—they offer a place to retreat from a sometimes chaotic world and nourish our souls. Unfortunately, homelessness is an ongoing and ever present issue in Maine. Today we speak with Navy veteran and Preble Street advocate Thomas Ptacek, who experienced a year of homelessness, and with Camden National Bank president, Greg Dufour, about an innovative program called Hope@Home.

[Homeward Bound #212](#)

[Transcription](#)

### Guests



#### Thomas Ptacek

Thomas Ptacek is Preble Street's Veterans Healthcare Outreach Community Organizer. Thomas has experienced homelessness and was an advocate for Homeless Voices for Justice. He is on the boards for Community Homestay of Maine and The Milestone Foundation.

[Thomas Ptacek Interview](#)

[Transcription](#)

[More Information](#)

#### Greg Dufour

Greg Dufour is the president of Camden National Bank. Greg believes that the strength of the bank is only as strong as the communities they

[Greg Dufour Interview](#)

DATE: OCTOBER 18, 2015 Sunday

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

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. CAMP SUNSHINE FOR MAINE FAMILIES. 2. MAINE SUMMER CAMPS-  
MAINE CAMP EXPERIENCE. 3. MT SINAI, 30 YEARS ON FACULTY.  
4. TEACHER-ARTIST-WOMENS.



## Camp Sunshine #213

Friday, October 16, 2015

When children become seriously ill, their lives are forever changed—as are the lives of their families. For more than 3 decades, Camp Sunshine has been providing hope and help to families who are struggling with life-threatening illnesses. Today we speak with Camp Sunshine executive director, Michael Katz, and psychosocial director, Nancy Cincotta, as well as Meg Dermody, mother of a Camp Sunshine Family.

Camp Sunshine #213

Transcription

### Guests



#### Michael Katz

Michael Katz is the executive director of Camp Sunshine. He has been involved with the camp since its inception in 1984. Michael is also active in the camp community and serves as a board member for both Maine Summer Camps and Maine Camp Experience.

[Michael Katz Interview](#)

[Transcription](#)

[More Information](#)

#### Nancy Cincotta

[Nancy Cincotta Interview](#)

DATE: OCTOBER 25, 2015 Sunday

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

TITLE: DR. LISA RADIO HOUR

- ISSUES COVERED:
1. BEST SELLING MUSIC ARTIST JONATHON EDWARDS & LYLE DIVINSKY
  2. FUSE TV NATIONAL TELEVISION.
  3. MUSIC WITH MESSAGES.



## Soul Music #214

Friday, October 23, 2015

The Maine music scene is vibrant and evolving. From experienced musicians who have played on the world stage, to hardworking newcomers who are making their voices known, we have a front row seat to a wealth of talent. Today we speak with singer-songwriters Jonathan Edwards and Lyle Divinsky, who are each bringing their soul-filled messages to the Maine community in unique ways.

Soul Music #214

Transcription

### Guests



#### Jonathan Edwards

Jonathan Edwards is a singer-songwriter who has written hit songs and has been playing for audiences all over the country for four decades. He has created 18 albums and has lived in 18 different zip codes.

Jonathan Edwards  
Interview

Transcription

More Information

#### Lyle Divinsky

In past 3 years this unsuspecting soul man continues to prove that he owns any stage that he walks his bare feet onto. His contagious

Lyle Divinsky Interview

DATE: NOVEMBER 1, 2015 Sunday

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

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. YOUTH 2. FULL-TIME PROFESSIONAL COACH 3. CONCUSSIONS AND REPETITIVE INJURIES-Medical 4. TEACHER-COACH OF 3 SPORTS FOR 30 YEARS.



## Youth Sports #215

Friday, October 30, 2015

How do we help children develop a love of physical pursuits without overwhelming their growing bodies with strict training regimens and early competition? This has become an important topic of conversation as information continues to surface about the long-term impact of concussions and repetitive injuries. Today we speak with Rich Smith and Carrie McCusker—two seasoned coaches and educators—about keeping young athletes safe, healthy and happy.

Photo by Peter Frank Edwards

Youth Sports #215

Transcription

## Guests



### Carrie McCusker

Carrie McCusker is an endurance coach based in Cape Elizabeth. She has been an athlete her entire life. Starting with youth soccer Carrie spent time on just about every playing field surface. She competed at national events as a Nordic skier during high school in Alaska and then at Middlebury College in Vermont. After earning a masters degree in education, she combined her love of teaching with her passion for athletics and became a full time professional coach.

[Carrie McCusker Interview](#)

[Transcription](#)

[More Information](#)

### Rich Smith

[Rich Smith Interview](#)

DATE: NOVEMBER 15, 2015

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

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. MAINE DOCUMENTARY FILM-MAKERS. 2. MAINE SINGER-SONG-WRITERS



## Creative Duos #217

Saturday, November 14, 2015

Collaboration can be a magical thing. Working with others—especially on a one-one-one basis, can lead to creative advancement that we might not see when working solo. Today we speak with documentary filmmakers Christoph Gelfand & Caroline Losneck, and singer/songwriters Anna Lombard & Dave Gutter, about their experience as creative duos.

Creative Duos #217

### Guests



#### Christoph Gelfand

Christoph Gelfand is an award-winning director, writer, and video artist. He was trained on celluloid at the State University of New York at Purchase where he learned the importance of each frame. His short documentary, *Chasing Buckner* (2006), portrayed the rise and fall of infamous baseball goat, Bill Buckner, and received praise from ESPN, the Boston Globe, and New Hampshire Public Radio. His short documentary *Farm* (2014) has received national acclaim and was profiled extensively in *HD Video Pro* magazine. His newest short film is featured in the New York Times Op-Docs series.

[More Information](#)

#### Caroline Losneck

Caroline Losneck is a documentarian, radio producer, and experimental installation artist. She seeks off-the-radar venues for her

[More Information](#)

DATE: NOVEMBER 22, 2015 Sunday

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

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. INDOOR ECOSYSTEMS. 2. FRIENDS SCHOOL OF PORTLAND.  
3. INTERIOR DESIGN BUSINESS.



## Indoor Ecosystems at Home & at School #218

Thursday, November 19, 2015

Although we often think of the term 'ecosystem' as being related to the greater Earth, we are actually part of multiple ecosystems. These ecosystems exist wherever we work, live or learn. Today we speak with Jenny Rowe, head of school at the Friends School of Portland, and Jan Robinson, owner of EcoHome Studio, about the work they are doing to improve our indoor ecosystems.

Indoor Ecosystems at Home & at School #218

### Guests



#### Jenny Rowe

Jenny Rowe has been the head of school of the Friends School of Portland since 2012. A practicing Quaker, Jenny firmly believes "that we all have something to teach and something to learn." Jenny and her husband live on Munjoy Hill in Portland.

[More Information](#)

#### Jan Robinson

[More Information](#)

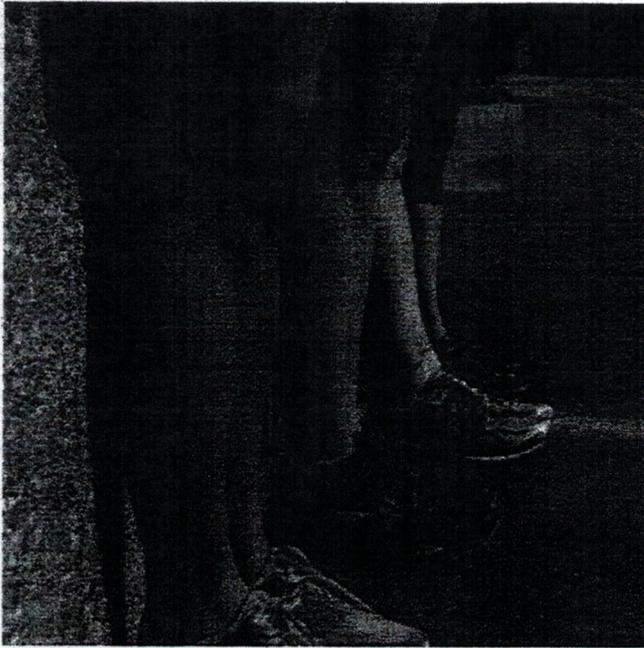
DATE: NOVEMBER 29, 2015

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

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED:

1. PHYSICAL THERAPY-Knees 2. Youth-UNIVERSITY OF NEW ENGLAND



## Keeping Knees Healthy #219

Wednesday, November 25, 2015

Healthy knees are an important part of staying active. Known as 'hinge joints,' they keep us walking, running, pivoting, shifting and bounding up stairs. Today we speak orthopedic surgeon & sports medicine specialist Dr. Linc Avery, and with Dr. Kirsten Buchanan & Matt Kraft of the University of New England physical therapy department, about the newest happenings in the area of knee injury prevention.

Keeping Knees Healthy #219

Transcription

### Guests



#### Dr. Lincoln Avery

Dr. Lincoln Avery is an orthopedic surgeon at Maine Medical Partners Orthopedics + Sports Medicine. He is also the division leader of Sports Medicine.

[Dr. Lincoln Avery Interview](#)

[Transcription](#)

[More Information](#)

#### Dr. Kirsten Buchanan

Dr. Kirsten Buchanan is an assistant clinical professor in the department of physical therapy at University of New England.

[Dr. Kirsten Buchanan Interview](#)

DATE: DECEMBER 6, 2015 Sunday

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

TITLE: DR. LISA RADIO HOUR

- ISSUES COVERED:
1. VOLUNTEERING IN MAINE-SUGARLOAF CHARITY SUMMIT
  2. WOMEN'S-Cancer Survivor
  3. STATEWIDE-Tri-For-A-Cure Fund Raiser



## Sugarloafers Helping Others #220

Wednesday, December 2, 2015

More than simply a ski mountain, Sugarloaf has developed a close-knit and loyal community for more than sixty years. The Sugarloaf Charity Summit has provided a means of caring for community members impacted by cancer by raising more than \$2 million since its inception. Today we speak with Martha Bradley, Bruce Miles and Meredith Strang Burgess about the Sugarloaf Charity Summit, and their personal connection to this important event.

Photo by Greta Rybus

Sugarloafers Helping Others #220

Transcription

### Guests



#### Martha Bradley & Bruce Miles

Martha Bradley and Bruce Miles are the Sugarloafers behind the Sugarloaf Charity Summit.

Martha Bradley & Bruce Miles Interview

Transcription

More Information

#### Meredith Strang Burgess

Meredith Strang Burgess is the president and CEO of Burgess Advertising and Marketing. She is also a breast cancer survivor and

Meredith Strang Burgess Interview

DATE: DECEMBER 13, 2015

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

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. LEADERS OF CENTRAL MAINE HEALTHCARE.



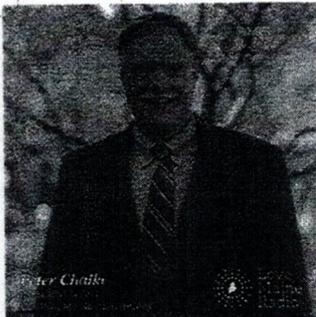
## Leading Healthcare #221

Thursday, December 10, 2015

Healthcare has undergone tremendous change in the past few decades—and this transition is one that will likely continue for many years to come. Maine is fortunate to have strong leaders who are helping traverse this new landscape. Today we speak with Peter Chalke, president and CEO of Central Maine Healthcare, and Lois Skillings, president and CEO of Mid Coast-Parkview Health, about the challenges and opportunities they have been part of.

Leading Healthcare #221

### Guests



#### Peter Chalke

Peter Chalke is the president and CEO of Central Maine Healthcare, the parent organization that oversees Central Maine Medical Center, Bridgton Hospital, Rumford Hospital, Central Maine Medical Group, and Maine College of Health Professions.

[Peter Chalke Interview](#)

[More Information](#)

#### Lois Skillings

[Lois Skillings Interview](#)

DATE: DECEMBER 20, 2015

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

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. ENVIRONMENT 2. OCEAN-MARINE RELATED. 3. CHILDREN'S BOOKS



## Under the Sea #222

Thursday, December 17, 2015

Have you ever explored the ocean floor? Many of us—even longtime coastal dwellers—have had little experience with the creatures who roam the depths of the sea. Today we speak with Mary Cerullo, Associate Director of Friends of Casco Bay, and Gulf of Maine Research Institute chief education officer, Leigh Peake, about Maine waters, and how humans can better coexist with their water bound neighbors.

[Under the Sea #222](#)

[Transcription](#)

### Guests



#### 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 children's literature in the science classroom. Her latest book is *Shark Expedition*. Mary is the Associate Director of Friends of Casco Bay and has over 40 years experience as a "science translator." As such she has interpreted marine issues for the general public and for marine user groups through the New England Aquarium, the Maine/New Hampshire Sea Grant College Program, the Great Bay (NH) National Estuarine Reserve, and the Gulf of Maine Research Institute.

[Mary Cerullo Interview](#)

[Transcription](#)

[More Information](#)

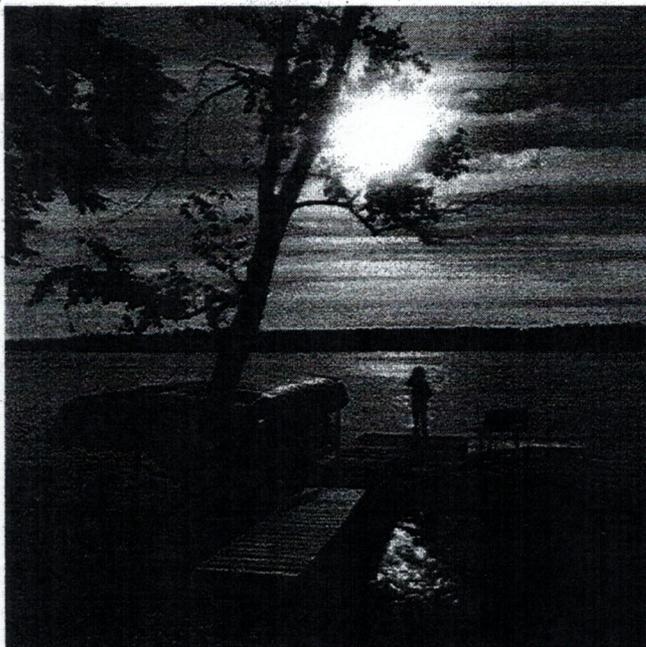
#### Leigh Peake

DATE: DEC 27, 2015 Sunday

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

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. HUMAN WELLNESS-Physical-Mental-Emotional-Spiritual  
2. LIFE AS A NUN.



## Wellness from Within #224

Wednesday, December 23, 2015

Each new year brings with it the opportunity to evaluate the paths our lives have taken, and make certain that we are embracing the possibility of wellness within ourselves. In its broadest sense, wellness is being fully integrated and appreciative of all of the gifts—physical, mental, emotional and spiritual—that we have been given. Today we speak about the pursuit of inner wellness with bestselling author Kate Braestrup, and Vivian Franck, a former nun who wrote a book entitled "Forever Becoming".

[Wellness from Within #224](#)

[Transcription](#)

### Guests



#### Kate Braestrup

Kate Braestrup is a community minister, chaplain to the Maine Game Warden, and the author of the *New York Times* bestselling memoir, *Here If You Need Me*. Her other works include *Marriage and Other Acts of Charity* and *Beginner's Grace: Bringing Prayer to Life*. Her latest book is *Anchor & Flares: A Memoir of Motherhood, Hope & Service*.

[Kate Braestrup Interview](#)

[Transcription](#)

[More Information](#)

#### Vivian Franck

At the age of 18, Vivian Franck left her home to become a nun in a French Canadian order. After thirty years of living as a nun, she

[Vivian Franck Interview](#)

DATE: DECEMBER 27, 2015

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

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. ART/GRAPHIC/ILLUSTRATOR RELATED. 2. MILITARY/RECORDING  
INDUSTRY. 3. HOME RESTORATION 4. NEWSPAPER/MAGAZINE



## Best of 2015

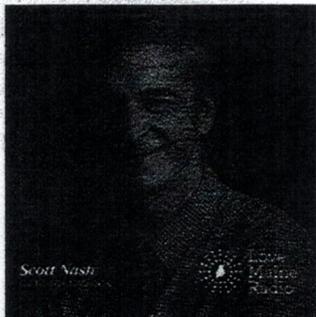
Wednesday, December 23, 2015

We love what we do on Love Maine Radio. Now in our fifth year, it has been our great privilege to spend time with hundreds of intriguing Mainers who also love the lives that they have created. This week we revisit insightful conversations with artist Scott Nash, musical legend Dan Crewe, brothers Paul and Lou Urenek & chocolate-maker Kate McAleer, founder of Bixby & Co.

[Best of 2015](#)

[Transcription](#)

## Guests



### Scott Nash

Scott Nash is an illustrator, graphic designer, and Chair of the Illustration Department at Maine College of Art. He is also the owner of NASHBOX studios.

[Scott Nash Interview](#)

[More Information](#)

### Kate McAleer

Kate McAleer is the founder of Bixby and Co., a chocolate bar making company that uses organic, wholesome ingredients like real fruits,

[Kate McAleer Interview](#)