

DATE: JULY 12, 2015 Sunday

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

TITLE: DR. LISA RADIO HOUR LOVE MAINE RADIO

- ISSUES COVERED: 1. Military, Business, Education, Charities  
2. Environment 3. Health 4. College Administrative



## Giving Voice #200

Friday, July 10, 2015

Today is a big day on *Love Maine Radio*: we have officially reached our 200th episode. We began our journey as the Dr. Lisa Radio Hour & Podcast in 2011, and we have interviewed hundreds of visionary Mainers since that time. We've found ourselves continually blessed by what our guests have been willing to share, and hope you have enjoyed our conversations as much as we have. Today we feature philanthropist and music mastermind, Dan Crewe, and a selection of memorable past guests, as we celebrate the joy of giving voice.

Giving Voice #200

## Guests



### Dan Crewe

Graduate of the US Naval Academy, Retired Captain USAF, President/Chair of the Bob Crewe Foundation and Co-Founder, Gateway Mastering Studio in Portland. He serves on the board of the ACLU of Maine, a Trustee of the USM Foundation and Trustee, Maine College of Art. He has previously served on the boards of the Susan Curtis Foundation, Portland Concert Association, Maine Audubon Society, Breakwater School and Equality Maine. He is the father of two daughters, Reid of Portland and Jessie, deceased at age 11 and grandfather of 2 young ladies Tobey age 8 and Charlotte age 6. In the 1960's he and his brother, Bob Crewe were successful music business leaders.

[More Information](#)

Adam Burk

DATE: July 19, 2015

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

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. MAINERS IN INDUSTRY 2. WOMEN'S 3. COMMUNITY ARTS  
3. FASHION-WARDROBE BUSINESS



## Mill Town Creativity #201

Friday, July 17, 2015

Maine's industrial mills have employed multiple generations of Maine families through the manufacturing of products such as paper, shoes and textiles. Although many are no longer used in that capacity, they are experiencing a rebirth, and once again becoming centers of creativity and commerce. Today we explore this subject with Biddeford mill aficionado Tammy Ackerman, co-founder of the community arts organization Engine, Inc., and Angelrox founder & fashion designer, Roxi Suger.

Mill Town Creativity #201

Transcription

## Guests



### Tammy Ackerman

Tammy Ackerman is the co-founder and executive director of Engine Incorporated, a community arts organization based in Biddeford. She has served as the board president for the Heart of Biddeford, a Main Street Maine organization, and she has lived in Maine for nine years.

[Tammy Ackerman Interview](#)

[Transcription](#)

[More Information](#)

### Roxi Suger

Roxi Suger is a designer based in Biddeford and her collection Angelrox is an eco-friendly wardrobe crafted and created in the U.S.,

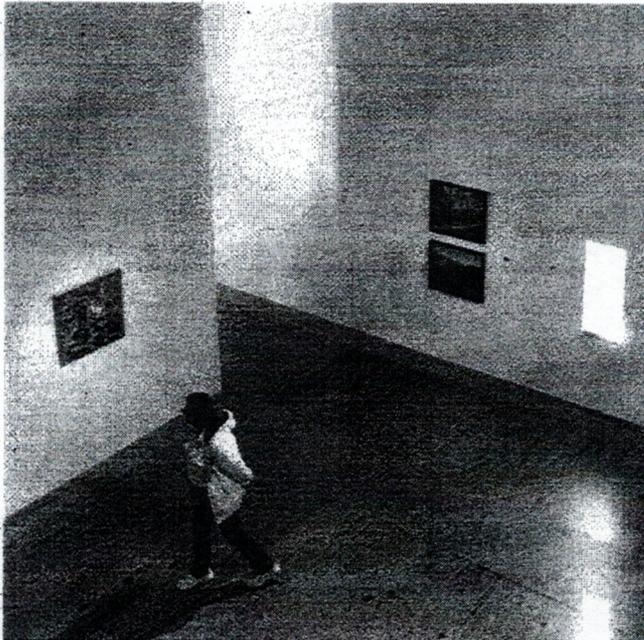
[Roxi Suger Interview](#)

DATE: Sunday 7/26/15

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

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. HUMAN RESPONSE TO ART. 2. BATES COLLEGE PROFESSOR  
2. FARNSWORTH ART MUSEUM CURATOR.



## Beauty & the Brain #202

Friday, July 24, 2015

Many of us have an emotional—almost physical—response to things that we consider beautiful. This can be true of a piece of art or a compelling vista. Why is this so? Neuroscientists are beginning to offer answers, through the use of modern technology, and the study of what is being called “neuroaesthetics.” Today we speak with Professor William Seeley of Bates College, and Jane Bianco, associate curator at the Farnsworth Art Museum, as they help us understand the relationship between beauty and the brain.

Beauty & the Brain #202

### Guests



#### Jane Bianco

Jane Bianco is the associate curator at the Farnsworth Art Museum.

[Jane Bianco Interview](#)

[Transcription](#)

[More Information](#)

#### William Seeley

William Seeley is currently a lecturer in philosophy at Bates College. His research interests lie at the interaction of neuroaesthetics,

[William Seeley Interview](#)

DATE: AUGUST 2, 2015

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

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. Art series continues, focusing on ballet. 2. Ballet school founder seeking the next generation of dancers. 3. Youth



## Maine Ballet #203

Friday, July 31, 2015

Maine ballet continues to grow in popularity, attracting talented teachers and performers from around the globe. This is good news for the next generation of dancers, as they seek to gain a 'toe-hold,' in this intensely competitive and rewarding field. Today we speak with Eugenia O'Brien, founder of Portland Ballet and Portland School of Ballet, and 16 year-old ballerina Olivia Bartlett of the CORPS program at the Portland School of Ballet, about their experience with this beautiful art form.

Maine Ballet #203

### Guests



#### Eugenia O'Brien

Eugenia O'Brien is the founder of Portland Ballet and Portland School of Ballet

[Eugenia O'Brien Interview](#)

[Transcription](#)

[More Information](#)

#### Olivia Bartlett

Olivia Bartlett is a 16 year-old ballerina and a member of the CORPS program at the Portland School of Ballet.

[Olivia Bartlett Interview](#)

DATE: AUGUST 9, 2015 Sunday

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

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. Education 2. Professional Profile 3. Business



## Saint Joseph's: a Small College Renaissance #204

*Thursday, August 6, 2015*

Saint Joseph's College, located on the shores of Sebago Lake in Standish, is a small Catholic liberal arts school that is experiencing a renaissance. Founded by the Sisters of Mercy in Portland in 1912, St. Joe's has long been known for educating students in fields such as nursing, education and business. Lately, they have added a permaculture farm and are planning a hospitality center and multi-age educational living experience. Today we speak with college president Jim Dlugos, and farm manager Michial Russell, about the future of this forward-thinking institution.

Saint Joseph's: a Small College Renaissance #204

Transcription

### Guests



#### Dr. Jim Dlugos

Dr. Jim Dlugos is the president of Saint Joseph's College in Standish, Maine. He lives in Windham with his wife + 2 children.

[Dr. Jim Dlugos Interview](#)

[Transcription](#)

[More Information](#)

#### Michial Russell

Michial Russell is the farm manager at Pearson Town Farm.

[Michial Russell Interview](#)

DATE: AUGUST 16, 2015

TIME: 7:00-8:00 Sunday

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. Business 2. Women's 3. State assistance for small business.



## Bettering Businesses (and Nonprofits) #205

Friday, August 14, 2015

Small businesses and nonprofits often have much to offer, but may not have the resources or support they need. How do we help them maximize the work they are doing? Through mentoring and leadership programs, both of which are readily available in Maine. Today we discuss these with Jula Sampson, a mentor with the Top Gun program, and Jan Kearce of Lift360.

Bettering Businesses (and Nonprofits) #205

Transcription

### Guests



#### Jan Kearce

Jan Kearce is the executive director of Lift360, a Portland-based nonprofit that builds the capacity of lenders and organizations to achieve their goals. She lives in Falmouth.

[Jan Kearce Interview](#)

[Transcription](#)

[More Information](#)

#### Jula Sampson

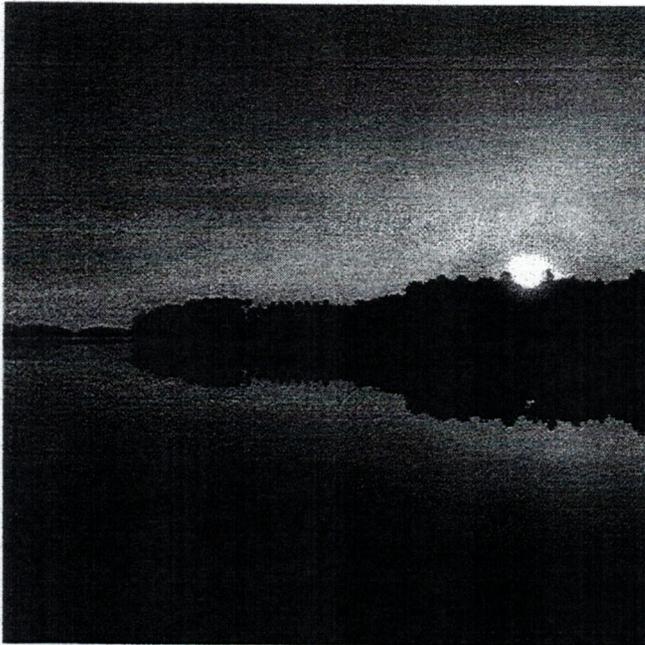
[Jula Sampson Interview](#)

DATE: AUGUST 23, 2015 Sunday

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

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. Environment 2. Financial profession 3. Minorities-Immigrants-Refugees.



## Coastal Enterprises Inc. #206

Friday, August 21, 2015

Coastal Enterprises Incorporated (also known as CEI) has specialized in rural business development and financing since 1977. Founded in Wiscasset, CEI helps create economically and environmentally healthy communities in which all people, especially those with low incomes, can reach their full potential. Today we speak with Ellen Golden, managing director of CEI Investment notes, and Tae Chong of the CEI StartSmart Program, which helps refugees and immigrants start, strengthen or expand their own small businesses.

Coastal Enterprises Inc. #206

Transcription

### Guests



#### Tae Chong

Tae Chong works in business development services at Coastal Enterprises Inc. Tae provides counseling through CEI's StartSmart Program, helping refugees and immigrants to start, strengthen, or expand their own small businesses. Tae has lived in Portland for 36 years, where he has been actively involved in local and state issues regarding immigrants and refugees.

[Tae Chong Interview](#)

[Transcription](#)

[More Information](#)

#### Ellen Golden

Ellen Golden is the managing director of CEI Investment Notes. She has expertise in research, program, and policy development with

[Ellen Golden Interview](#)

DATE: AUGUST 30, 2015 Sunday

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

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. Construction-redevelopment 2. Education-professor  
3. Editor-Portland Press Herald 4. Author-professor.



## Cabin-Building & Brotherly Love #207

Thursday, August 27, 2015

Lou and Paul Ureneck have been part of the Maine community for several decades—in very different ways. Paul has worked in construction management, helping orchestrate projects such as the Portland Museum of Art's Winslow Homer home restoration and Thompson's Point redevelopment. Lou is a writer and Boston University Professor who worked as the deputy managing editor at the *Portland Press Herald* for many years. In 2011, Lou wrote *Cabin – Two Brothers, a Dream and Five Acres in Maine*.

Cabin-Building & Brotherly Love #207

Transcription

### Guests



#### Paul Ureneck

Paul Ureneck moved to Maine in the 1970s when his brother asked him to help build a post and beam home on land he bought in New Gloucester. The home took three years worth of Sunday work to build. After that Paul got involved in construction and eventually moved into a construction management position at the Boulos Company where he has been part of many notable projects such as Pineland redevelopment, the Winslow Homer home restoration for the Portland Museum of Art, Allagash Brewery's evolving development and expansion, Backyard Farms research and development center in Madison, and the current Thompson's Point redevelopment.

Paul Ureneck Interview

Transcription

More Information

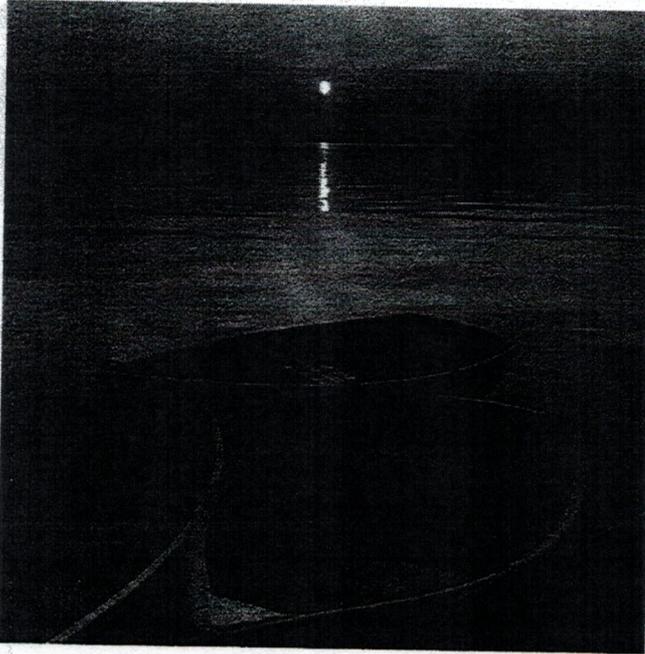
Lou Ureneck

DATE: SEPTEMBER 6, 2015 Sunday

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

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. MAINE ELDERLY-AGING 2. ARCHITECTURE 3. IN-HOME CARE-ELDERLY.



## Aging in Place #208

Friday, September 4, 2015

How do we help older people continue to live fulfilling and productive lives? As a state with a rapidly aging population, Mainers are working to answer this question. Today we explore the special needs of older individuals—and other individuals who are 'differently abled'—with Jill Johanning and Chris Delenick of Alpha One. We also speak with Kate Adams of Aging Excellence, a non-medical in-home care agency that helps older people 'age in place.'

Aging in Place #208

Transcription

### Guests



#### Jill Johanning

Jill is a Maine Licensed Architect who specializes in accessible and universal design at Alpha One

[Jill Johanning Interview](#)

[Transcription](#)

[More Information](#)

#### Chris Delenick

Chris is an occupational therapist and an independent living specialist at Alpha One.

[Chris Delenick Interview](#)

DATE: SEPTEMBER 13, 2015

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

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. ENVIROMENT 2. WOMEN'S WRITER-TEACHER 3. JOURNALIST.



## Personality & Place #209

Friday, September 11, 2015

It can be a lifelong process to understand what makes each of us thrive as individuals, and how to create personal environments that foster our best selves. Today we speak with science commentator Hannah Holmes about her book *Quirk: Brain Science Makes Sense of Your Peculiar Personality*. We also explore the idea of creative space with Joan Dempsey, a writer and teacher who works out of a converted chicken coop known as "The Shed," in the back yard of her home in New Gloucester.

Personality & Place #209

Transcription

## Guests



### Hannah Holmes

Hannah Holmes is an American writer, journalist, essayist, and science commentator. She has published four books, most recently *Quirk: Brain Science Makes Sense of Your Peculiar Personality*. She has published articles online and in magazines including *Sierra*, *New York Times Magazine*, *L.A. Times Magazine*, *Outside*, *National Geographic*, and *Discover*. She has also been a real estate agent. She lives with her husband in Portland, Maine.

Hannah Holmes Interview

Transcription

More Information

### Joan Dempsey

A graduate of both the MFA in Creative Writing and Post-Graduate Certificate for the Teaching of Creative Writing Programs at Antioch

Joan Dempsey Interview

DATE: SEPTEMBER 20, 2015

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

TITLE: DR. LISA RADIO HOUR

- ISSUES COVERED:
1. FOUR YEAR CELEBRATION OF SHOW ON WLOB, PORTLAND.
  2. TALK RADIO-MORNING SHOW HOST, WLOB.
  3. MEDICINE & PARENTING.



## Four is a Magic Number

Friday, September 18, 2015

This week, Dr. Lisa Belisle shakes things up with a return visit to the studios of WLOB in Portland, where she has a lively and candid conversation with well-known WLOB radio show host, Ray Richardson. *Love Maine Radio* first aired four years ago this weekend. In today's show, Dr. Lisa gets personal, describing her *Love Maine Radio* experience and sharing her observations about medicine, parenting, and the fiercely beautiful world in which we live.

Four is a Magic Number



MACPAGE



maine.

Mary Libby  
RE/MAX By The Bay



Thank you to our Sponsors

[About](#) [Our Guests](#) [Suggest a Show](#)

DATE: SEPTEMBER 27, 2015

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

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED: 1. ATHLETICS-triathlete training. 2. WOMEN'S-ARCHITECTURAL DESIGNER. 3. CHIROPRACTIC & ACUPUNCTURE-Business.



## Transformative Training #210

Friday, September 25, 2015

Change is inevitable—especially physical change. When we are intentional about building strong, flexible bodies, we can experience change positively, and impact our social, behavioral and emotional lives as well. Today we speak with two triathletes about the impact of training upon their well-being: architectural designer Linda Banks (featured in an upcoming issue of Old Port Magazine) and chiropractor & acupuncturist Dr. Zev Myerowitz Jr. Each of them offers personal and professional insights that you won't want to miss.

[Transformative Training #210](#)

[Transcription](#)

## Guests



### Linda Banks

Linda Banks is an architectural designer. She is the founder of Banks Design Associates Ltd and proprietor of Simply Home, a furnishings and interior design store in Falmouth, Maine. She holds a BFA from Rhode Island School of Design in Interior Architecture and completed post graduate studies at the Yale School of Architecture. She has been a permanent resident of Maine since 1999 after a life long series of summers in Maine.

[Linda Banks Interview](#)

[Transcription](#)

[More Information](#)

### Dr. Zev Myerowitz Jr.

Dr. Zev Myerowitz Jr., a Maine native, graduated with a B.S. in Human Anatomy from Cleveland Chiropractic College in Los Angeles.

[Dr. Zev Myerowitz Jr. Interview](#)