

WERU Issues & Programs Q1 2024

Healthy Options 1/3/24, 4-5pm: Easily-Learned Movements & Breathing Techniques

Host/Producer: Rhonda Feiman

Co-Producer: Petra Hall

This month:

What are some ways we can enhance the health of our nervous systems, and calm our minds?

How can simple breathing techniques enhance our health and well-being?

Why is movement such an important technique to calm our nervous system?

What is Qi Gong? What is Wuji?

What do we mean when we speak of meridians?

What is a body scan? How can we practice this for ourselves and why is this beneficial?

Conversations from the Pointed Firs 1/5/24, 4-5pm: Loreen LaBar

Host: Peter Neill

Producer: Trisha Badger

Music by Casey Neill

This month:

This month on Conversations from the Pointed Firs host Peter Neill sits down with Laureen LaBar, Archaeologist and curator emerita at the Maine State Museum, Laureen LaBar is author of numerous publications and books, most recently “Maine Quilts: 250 Years of Comfort and Community”, published in 2021 by Down East Books. Laurie received her B.A. in Anthropology from University of Vermont, and her Masters of Art from the prestigious Winterthur Program in Early American Culture, University of Delaware. Her interests include American decorative arts including furniture, metals, textiles and ceramics, Civil War flags, Indian trade silver, Prehistoric textiles and ceramic technology. She lives near Augusta, Maine.

Talk of the Towns 1/10/24, 4-5pm: Town Planning for Climate Resilience

Producer/Hosts: Ron Beard and Liz Graves

This month:

– Many towns, business owners and home owners think about and plan for the future in some way... how has the issue of climate sharpened focus on the need to plan for and adapt to sea level rise and warming?

– What does “climate resilience” look like from each of your perspectives... what examples provide you with inspiration?

Guest/s:

Kathleen Billings, Town Manager, Stonington, Susie Arnold, director Center for Climate and Community Resilience, Island Institute, Carla Guenther, Senior Scientist, Maine Center for Coastal Fisheries, Linda Louise Nelson, Director of Community Development, Stonington

Common Ground Radio 1/11/24 4-5pm: Seasonal Eating in Maine

Host: Caitlyn Barker

Editor: Clare Boland

This month: Seasonal eating in Maine in the colder months, preparing local foods, preserving foods.

Guest/s: Cheryl Wixson, local foods advocate and community health educator.
www.rabbithillfarmmaine.com/

Relationship Rewind 1/16/24, 4-5pm: Who's That Girl?

Host: Carrie Clark (she, hers) Youth Educator and Advocate at NextStep Domestic Violence Project. NextStep 24/7 Helpline: 1(800) 315-5579

Music credit: Megan Light and Nathan Spears, local musicians, donated theme music for the show.

This episode:

Discussing unhealthy behaviors in relationships shown in the TV show New Girl, how media normalizes these behaviors, and the impacts of these messages about relationships on young people.

Guest/s: Alli Williamson

Democracy Forum 1/19/24, 4-5pm: Who Gets to Vote in Maine Primaries? Change is coming...

Host: Ann Luther, League of Women Voters of Maine

This month: We'll talk about the roll-out of semi-open primaries. Maine will be running semi-open primaries for the first time in 2024. We'll explain to voters what to expect and what important deadlines and new procedures may pertain. And we'll talk about how semi-open primaries might affect voter behavior and election outcomes.

Guest/s:

Shenna Bellows, Maine Secretary of State

Jill Goldthwait, Hancock County journalist and political columnist, former Maine state senator (unenrolled)

Laurel Harbridge-Yong, Professor of Political Science; Faculty Fellow, Institute for Policy Research; Northwestern University

Wabanaki Windows 1/23/24 4-5pm: Hidden Elements within the Land Claims and our Colonial System

Producer/Host: Donna Loring

Wabanaki Windows is a monthly show featuring topics of interest from a Wabanaki perspective.

This month: In this episode, we look at the Land Claims through a very different Wabanaki Window. The hidden elements of a global historic and economic perspective.

Guest/s:

Professor Harald Prins is a Native of the Netherlands. He is a Distinguished Professor of Anthropology and Emertus at Kansas State University.

Professor Darren Ranco, Penobscot Nation Tribal Member, Professor of Anthropology and Chair of Native American Studies at the University of Maine.

RadioActive 1/23/24, 4-5pm: Juniper Ridge Landfill Contract Extension Sought

Producer/Host: Meredith DeFrancesco

Casella Waste Systems, the private operator of the state owned Juniper Ridge Landfill in Old Town, is seeking an extension of their state contract, despite threats to the local environment and communities, including the Penobscot Nation.

Maria Girouard, is from Penobscot Nation. She's a Penobscot Nation Tribal Council member (though is not formerly representing the Nation today) She's a grassroots environmental organizer with Dawn Land Environmental Defense and founder of Sunlight Media Collective. She's writer and director of the documentary, "The Penobscot : Ancestral River Contested Territory."

Ed Spencer is with the local grassroots watchdog network Don't Waste Me, which has been involved for the past two decades in opposing Juniper Ridge landfill's pollution, importation of out-of-state waste and business practices through grassroots organizing legislation and engaging as legal intervenor in a number of proceedings. Ed lives in close proximity to the Juniper Ridge Landfill.

Nickie Sekera, founder and organizer of Community Water Justice and a contributing member of Sunlight Media Collective. She also has recently been appointed to the Commission To Study the Role of Water as a Resource in the State of Maine. She grew up in Eddington.

NextWave Radio Hour 1/25/24 4-5pm: Nathan Allard

Producer/Host: Pepin Mittelhauser

NextWave Radio Hour is a program focused on and featuring folks around their 20s and 30s from all across Maine. In this program, hosts Pepin Mittelhauser and Olivia Paruk talk with young people who trailblaze their own paths in our modern political, economic, and social climate, and provides unique perspectives and stories of life from the next generation working to create the future they hope to see.

Guest/s:

Nathan Allard. Website: nathanallardartist.com/. Instagram: @nathanallardart. Facebook: www.facebook.com/NathanAllardArt.

Justice Radio 2/1/24 4-5pm: Ending the Drug War in Maine – Opioid Settlement Fund

Host/s: Charlotte Warren and Zoe Brokos

Production Coordinator: Daria Cullen

This week: Hosts Charlotte Warren and Zoe Brokos talk about how the Maine Recovery Council will decide where to direct the disbursement of Opioid Settlement funds

One Small Step WERU Live Special 1/31/2024, 4-5pm

Host: Matt Murphy

Facilitators: Michele Christle and Chris Battaglia

Engineer and Producer: Pepin Mittelhauser

Additional Help: Joel Mann

Guests: Karla and John, Melissa and Christa, Phil and Sue

Theme Music: "Two Dollar Token" by Blue Dot Sessions

Back in June 2023, we put out a call. We were looking for people who were willing to come together for an hour-long facilitated conversation with a stranger with different viewpoints, during which they would be invited to get to know each other as people, through listening to

each other's stories. As you can imagine, the response was mixed. But by the end of 2023, over a hundred people had signed up to participate.

We recorded 25 One Small Step conversations with 50 participants from 37 towns in 15 different locations/venues (as well as two virtual conversations)—all the way from Falmouth to Presque Isle. Participants laughed, cried, disagreed, found common ground, and sometimes, exchanged contact information.

Healthy Options 2/7/24 4-5pm: Teens to Trails

Host/Producer: Rhonda Feiman, Co-Producer: Petra Hall

Program Topic: TEENS TO TRAILS, an organization connecting Maine students to life-changing outdoor experiences.

What is Teens to Trails and what is their mission?, How does Teens to Trails work with parents, students and schools?, What are the health benefits of being in the outdoors?

Common Ground Radio 2/8/24 4-5pm: Seed Saving and Fruit Tree Grafting

Host: Holli Cederholm

Editor: Clare Boland

This month: In advance of MOFGA's annual Seed Swap & Scion Exchange, held in Unity, Maine, the February 2024 episode of Common Ground Radio explores saving seeds and fruit tree grafting, both of which are useful skills for the garden, farm and homestead. With Will Bonsall, author of "Will Bonsall's Essential Guide to Radical Self-Reliant Gardening," we talk about the importance of saving seed, as well as seed saving basics for beginners. Later in the show, we are joined by C. J. Walke, MOFGA's orchard program manager, to discuss fruit tree propagation via grafting, including bench grafting, top working, and bud grafting techniques.

Guest/s: Will Bonsall, C.J. Walke

Justice Radio 2/8/24, 4-5pm: Are Prisons the Answer? – Are Prisons Public Housing?

Host/s: Catherine Besteman

Production Coordinator: Daria Cullen

This week: Host Catherine Besteman and special guest, Maine State Representative Grayson Lookner, as they talk about whether prisons are public housing?

Talk of the Towns 2/14/24 4-5pm: Roxana Robinson, author of Leaving

Producer/Hosts: Ron Beard

This month:

Interview with Roxana Robinson author of Leaving, published by W.W. Norton and Company, 2024

– What is the context and overall plot for Leaving?

– Leaving, like your other novels, explores bonds that hold within families, and the forces that test those bonds.... What is your curiosity about families that keeps you returning to them in your writing?

Democracy Forum 2/16/24 4-5pm: National Popular Vote: What do we need? How can we get it?

Host: Ann Luther, League of Women Voters of Maine

This month:

We will talk about the history of the Electoral College and how it's working in the 21st century. What reforms are needed, and which are possible? What is the NPV compact, and how would it work? Is it right for Maine?

Guest/s:

Mike Saxl, former Speaker of the Maine House of Representatives and Managing Principal of Maine Street Solutions, the leading proponent of the National Popular Vote in
Kate Shaw, Professor of Law, University of Pennsylvania Carey Law School, co-host of the Supreme Court podcast Strict Scrutiny

RadioActive 2/20/24: Sears Island Targeted – Mining – Juniper Ridge Landfill – Gaza

Producer/Host: Meredith DeFrancesco

The Maine Land Use Planning Commission rejects Wolfden Mining's application to rezone over 300 acres to allow for metallic mining in the Katahdin region, at the head water tributaries of the Penobscot River.

Guests:

LUPC Commissioners Leo Trudel, Gwen Hilton, Perry Ellsworth and Millard Billings

Maulian Bryant, Penobscot Nation Ambassador

Ed Spencer (Don't Waste ME); Dana Colihan (Slingshot); Luke Sekera Flanders (Community Water Justice, Maine Youth Climate Justice)

Becky Bartovics, Alliance for Sears Island, Sierra Club Maine Chapter
Demonstrators at Feb 3 rally in Bangor calling for Ceasefire in Gaza

Justice Radio 2/22/24, 4-5pm: Creating Windows Not Bars – Doing Decades in Prison, Part I

Host/s: Linda Small and Mackenzie Kelley

Production Coordinator: Daria Cullen

Other credits: TECHNICAL SUPPORT – Aaron Pyle | MUSIC – Samuel Jame
This week: Hosts Linda Small and Mackenzie Kelley, and special guests, Darlene George and Shawn Libby, as they talk about their extraordinary community service work from inside the Maine Department of Corrections while serving longer sentences in the carceral system.

Guests:

Darlene George, Consultant for CEPP (Center for Effective Public Policy) and currently housed at the Maine Correctional Center for Women.

Shawn Libby, Peer Leader, Recovery Coach, Master's degree student in Youth Development, and currently incarcerated at the Maine State Prison.

Coastal Conversations 2/26/24, 4-5pm: Coastal Storm Impact

Producer/Host: Natalie Springuel

This month:

The January 10 and 13, 2024 storms, along with compounding record high tides, storm surge, and strong southeasterly winds, caused much damage throughout the Maine coast, including the loss of many piers and wharves, erosion of roadways, and destruction of private and municipal coastal access infrastructure.

On today's show, we share portions of a January 16th information session about storm impact and response with leaders from the Departments of Marine Resources, Economic & Community Development, and Maine Emergency Management Agency. The online information session, hosted by the Island Institute just three days after the storm events, reflected the early nature of storm response.

Guest/s:

Commissioner Pat Keliher, Maine Department of Marine Resources.

Commissioner Heather Johnson, Maine Department of Economic and Community Development.

Kim Hamilton, Director of the Island Institute.

Anne Fuchs, Director, Mitigation, Planning and Recovery, Maine Emergency Management Agency.

Wabanaki Windows 2/27/24, 4-5pm: Hidden Elements 2

Producer/Host: Donna Loring

This month: In this episode, we look at the historic and economic roots of global capitalism and its effect on Wabanaki Tribal State Relations

Guest/s:

Professor Harald Prins is a Native of the Netherlands. He is a Distinguished Professor of Anthropology and Emertus at Kansas State University.

Professor Darren Ranco, Penobscot Nation Tribal Member, Professor of Anthropology and Chair of Native American Studies at the University of Maine

Power for the People 2/28/24 4-5pm: Overview of progress for 'A Climate to Thrive' on MDI

Producer/Host: Steve Kahl

Power for the People: Energy education and solutions for Mainers and Maine communities

This month:

Organizational overview of the organization, staffing, funding.

Solar PV and MW capacity on MDI.

EV charger network facilitated by A Climate to Thrive.

Climate resilience consulting projects by A Climate to Thrive.

Guest/s:

Beth Woolfolk, Energy Manager, Brianna Cunliffe, Community Outreach Coordinator.

Justice Radio 2/29/24, 4-5pm: Ending the Drug War in Maine – Maine Recovery Council

Host/s: Charlotte Warren and Zoe Brokos

Production Coordinator: Daria Cullen

This week: Join hosts Charlotte Warren and Zoe Brokos as they talk about the first steps taken by the Maine Recovery Council to fund programs in harm reduction, treatment, prevention, and recovery support.

Conversations from the Pointed Firs 3/1/24, 4-5pm: Kristie Billings

Host: Peter Neill

Producer: Trisha Badger

This month:

This month on Conversations from the Pointed Firs host Peter Neill sits down with Kristie Billings. A wearer of many hats, Kristie is a long-time DJ for 'Daydream Nation' on the WERU Community Radio in Orland, Maine. From small-town grocery clerk to working in a fish market, owning her own shoe store, being an Arts Educator at a local theater, a lobster fisher, and an antiques seller, Kristie has done it all.

Healthy Options 3/6/24 4-5pm: Advocating for the care needs and rights of elders in nursing homes & assisted living facilities

Host/Producer: Rhonda Feiman

Co-Producer: Petra Hall

This month:

-What does an elder advocate do?

-What are the steps that are needed to create a plan in the event that you or a family member require medical care in a health care facility such as rehab/or a nursing home?

-What could go wrong when you (or a family member) need advanced care in a facility and are being discharged from a hospital?

Guest(s): Elder Advocate Jack Halpern, founder and chairman of MyElder.

Let's Talk About It 3/8/24, 4-5pm

Producer/Host: Patrisha McLean

Production Assistance: Tammy Oropesa

Guest: Amy Judkins talking about how DHHS prioritized custody of her granddaughter to a domestic violence felon.

Justice Radio 3/12/24 4-5pm: Are Prisons the Answer? – Are Prisons Public Housing? Part II

Host/s: Catherine Besteman

Production Coordinator: Daria Cullen

This week: Tune-in for part II of the discussion as Catherine Besteman and special guest, Maine State Representative Grayson Lookner, talk about whether prisons are public housing?

Guest: Maine State Representative Grayson Lookner.

Talk of the Towns 3/13/24, 4-5pm: Revitalizing Maine's Civic Halls

Producer/Hosts: Ron Beard and Liz Graves

This month

What is the history of civic halls in Maine?

What role did the Grange play in rural America in the 19th and early 20th century?

What gave rise to the Maine Civic Halls initiative and what is the role of Maine Preservation?

Guest/s: Severine Welcome, Founder/Director of Greenhorns/Smithereens Farm.

Tara Kelly, Executive Director, Maine Preservation.; Carol Korty, Lamoine Grange and Lamoine Community Arts.

Common Ground Radio 3/14/24 4-5pm: Garden Planning for Seasonal Eating

Host: Holli Cederholm

Editor: Clare Boland

This month:

This episode of Common Ground Radio explores garden planning for seasonal eating and food preservation. With Roberta Bailey of Seven Tree Farm in Vassalboro, Maine, we discuss gardening in Central Maine, including her tried and true planting calendar, as well as how she plans her garden for food preservation. Each year, Bailey fills a pantry with canned and dried goods, a root cellar and four freezers. Later in the show, Stephanie Wang of Le Rizen, a farm in Quebec, Canada, discusses growing Asian vegetables in a northern climate. Her book, "Asian Vegetables: Gardening, Cooking, Storytelling" features delicious recipes as well as information about how to grow 15 Asian vegetables organically.

Guest/s: Roberta Bailey, Seven Tree Farm, Stephanie Wang, Le Rizen

Democracy Forum 3/15/24, 4-5pm: Unions and Democracy Take Two

Host: Ann Luther, League of Women Voters of Maine

This month: We'll revisit topics from our show in 2021, talking about the historical and contemporary links between labor organizing and expanding political rights like voting. Is union organizing an important, if not essential, tool in building a vibrant democracy – of people having a voice in their self-governance? What led to the demise of unions over the last half century? What have been the political consequences? Are unions making a comeback? Why is that? What new trends are emerging here in Maine?

Guest/s: David Madland, Senior Fellow and senior adviser to the American Worker Project at the Center for American Progress www.americanprogress.org/people/madland-david/; Arthur Phillips, Economic Policy Analyst at the Maine Center for Economic Policy www.mecep.org/about/our-teams/; Cynthia Phinney, President of the Maine AFL-CIO. maineaflcio.org/content/32232

Relationship Rewind 3/19/24 4:30-5pm: Checking out Superstore

Host: Carrie Clark (she, hers) Youth Educator and Advocate at NextStep Domestic Violence Project.

This episode:

Discussing unhealthy behaviors in relationships shown in the tv show Superstore.

Discussing how media normalizes these behaviors.

Discussing the impacts of these messages about relationships on young people.

Guest/s: Molly (she/her), local middle school student

Power for the People 3/27/24 4-5pm: Perspective of Versant Power staff on the Maine grid and future of renewables

Producer/Host: Steve Kahl

Power for the People: Energy education and solutions for Mainers and Maine communities

This month:

Status and maintenance of the Versant grid.

Solar PV and other renewables as a challenge for the Maine grid.

The status and source electricity for the separate northern Maine sub-grid.

Guest/s:

Judy Long, Senior Manager of Communications.
David Norman, Manager for Regulatory Support.

Maine Currents Special 3/28/24 4-5pm: Sears Island, Part 1 of 2

Producer/Host: Amy Browne

A discussion of Governor Mills' recent announcement that undeveloped Sears Island in Searsport is the state's preferred location to build an offshore wind terminal.

What do people who have worked to protect the island from threats in the past think about this proposal?

For the guests who were part of the planning process, what are your feelings about that?

If not Sears Island, where?

Guests:

Steve Miller, Islesboro Islands Trust

Jack Shapiro, NRCM

Francis Eanes, Maine Labor Climate Council

Becky Bartovics, Maine Chapter of the Sierra Club

Rolf Olsen, Friends of Sears Island

Chris Buchanan, Searsport resident

Maine Currents Special 3/29/24 4-5pm: Sears Island, Part 2 of 2

Producer/Host: Amy Browne

A discussion between reps from local environmental groups that are often on the same side on issues. On the topic of industrializing Sears Island, a 940-acre undeveloped island in Searsport, the groups are split.

Today they sit down together and explain their positions, and learn where they agree — and where they don't.

Guests:

Francis Eanes, Maine Labor Climate Council

Steve Miller, Islesboro Islands Trust

Jack Shapiro, NRCM

Rolf Olsen, Friends of Sears Island