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Hello and welcome to the fabulous fall issue of Modern MetroZine, the only 'zine' in town. There is excitement close to hysteria in the studio, on the street and in cyberspace as we begin our 6th season of Rockland World Radio and launch the much-anticipated Modern Metro TV, broadcasting from the new Nyack Village Theatre.

Yes, Nyack Village Theatre. The name came after very little thought. Having stumbled upon the obvious that worked on every level, it was decided the Nyack Village Theatre was official. It gives us identity with location, location, location. Our eclectic yet innovative programs naturally attract Hudson Valley's attention but also reach out to a global audience through the power of the Internet and our national and international guests.

Yes, all from the stage of the Nyack Village Theatre, where Modern Metro presents a cavalcade of creativity with diverse cutting edge programs of theatre, film, music, art, business, fashion and cultural programming to be enjoyed by more people than ever before. Whether it's live, in-house, online, downloaded or played from the archives, you can always find something interesting or important to your overall quality of life.

So if all the world's a stage, dim the house lights and open the curtain, the show's about to begin.

Peace and blessings,
RQ



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**NYACK VILLAGE
THEATRE**

"Wasn't there an art gallery up here?"
 "I painted here with Paul Tappenden ten years ago!"
 "I saw several shows here in the 90s."
 "There was a school up here at one point, I'm sure of it."
 "There's a theatre up here? Really?"

Virtually every Nyacker that has attended an event at the new Nyack Village Theatre has offered a few words about the second-floor space at old 94 Main Street Woolworth Way. Many remember Main Street Arts, the Playhouse, and the Black Cat, the more recent holders of the space, as popular outlets for community theatre, live music and the performing arts. But others are surprised to learn this inconspicuous little theatre even exists, let alone find out that

Fire of 1915



it produces art, music and cultural events each week. With thanks to the Nyack Library, we were able to locate some interesting information about the building.

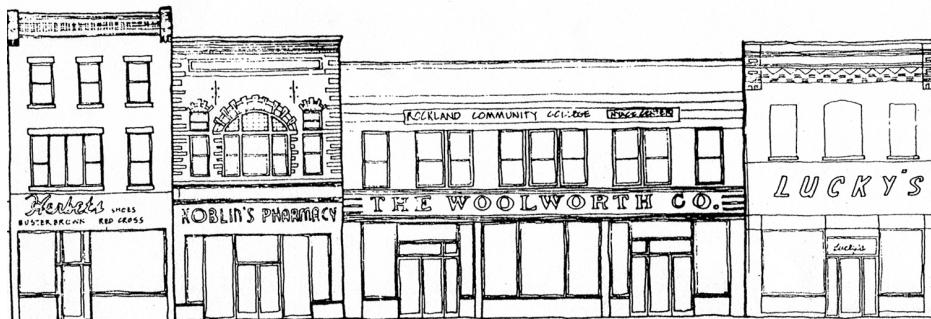
At the turn of the century, the Village of Nyack enjoyed a prosperous development period. Many of the buildings located on Main Street were constructed during this time, commonly by the business owners and companies that wanted to move right in. In 1905, the Harrison & Dalley Company financed the construction of the 92-94 Main Street building. The retailers sold everything

from fine women's clothing to furniture and carpeting. Harrison & Dalley's was the big consumer attraction of its time, much like the shopping malls of today. Nearly ten years after its opening, a fire started in the basement of Harrison & Dalley's one October afternoon. The second floor furniture department caught fire immediately, and within hours the entire building was engulfed in flames. The fire was eventually contained, but caused serious structural damage to the building. Up until the early 1920s, major reconstruction took place, but Harrison & Dalley's eventually closed in 1933.

The F.W. Woolworth Company purchased the building years later, which operated as a Woolworth's department store on the first floor until the early 1990s. The second floor has since been home to a cooperative extension of Rockland Community College, a handful of small office spaces, an art gallery, and to several independent theatre companies.

Now, the second floor of the historic Woolworth Way is home to Modern Metro's Nyack Village Theatre, a 49-seat multimedia black box space. The theatre hosts a wide array of content, including a popular open mic show, Friday night live music, a retro movie series, and live theatre beginning in November with a series of one-act original plays.

Modern Metro Studios is pleased to open the doors of the Nyack Village Theatre, a fully restored and fully operational space once again. We look forward to providing an alternative and accessible community resource for theatre, music and art. See our events schedule for our exciting new season of upcoming events!



Okay. Here's how it is with me. Last year at this time, I was just starting my third round of chemotherapy for a recurrent cancer. As you might guess, I was not in good shape. I had trouble walking. The prednisone that's part of that treatment (a high, high dose) was making me nuts: some wild dreams – almost hallucinations; irritability; depression. You name it – I had it!

My family was concerned, not just about the cancer, but about my moods. I assured them it was only the chemicals talking, not me, but it wasn't pleasant. Over the next few months, I finished my treatment with three more rounds of chemo, then started growing my hair back, gaining a little weight, and losing the "attitude" problem I'd had during the past five months. My family began to get me back.

Thanksgiving approached. The day before the holiday, I began to run a fever: 102 degrees. This was totally unlike me. I don't get fevers. When I phoned my oncologist at Memorial Hospital, it turned out he was in the clinic and couldn't be disturbed. My general practitioner said I should go to the emergency room at Memorial. So did my oncologist's nurse.

I didn't want to. It was an hour's drive (maybe more, given it was the day before Thanksgiving) and the last time I'd been at Urgent Care they'd kept me waiting two hours and then sent me home with aspirin! Fat chance I'd give them the opportunity to that again.

I said I'd go to Nyack Hospital. My wife was against it. After all, she said, if Memorial and my doctor said I should go to my specialist, why chance it. But we did go to Nyack, and they diagnosed double pneumonia. My experience there was marvelous. Despite having to spend four days on a heavy drip of antibiotics, I was given a private room (my immune system was compromised due to the chemo; hence, the pneumonia.) Three different doctors visited me every day: an oncology specialist, an infectious disease specialist, and the hospital generalist.

When I went home, a little depleted, and still coughing, I thought It's an original way to spend Thanksgiving, but not a terribly bad one, all things considered.

Christopher Lukas is the author of the upcoming memoir: BLUE GENES, to be published by Doubleday in September.



It's Nice to Be Home...

Back in 2004-2005, Talegate Productions was in residence at The Black Cat on Main Street and brought you such great productions as *Life on Mars*, *Savage in Limbo*, & *Jeffrey*. It was a great run and one of those shows, *Life on Mars*, even made it to New York City, but nothing compares to our first home, Nyack.

This fall, the same crew has 2 shows planned for their grand return. The first, a night of comedic one-acts, served with humor and great performances from some local favorites. (Not to mention we'll be serving up some tasty desserts!) Join us November 20-22 and 27-28 for *Theater Comedy Café* and we promise you a great show of the quality you came to expect from Talegate Productions.

Then in December (13-14 & 20-21 to be exact), we'll be bringing you *The Velveteen Rabbit*. The classic tale has been adapted for the modern audience with humor and wit. Adults and children alike will be amazed to see their favorite story brought to life before their very eyes. So don't forget to treat yourself to any early holiday present and stop on by. Talegate is glad to be home and is looking forward to many more shows in the future. We'll see you at the theater!



Jenn Bornstein & Tom Olori

I could not stand another moment of staring incessantly at the wall and just hoping that something good would come of my so called perfect life. I had the "perfect husband, children, and family" and from the look of it no one would ever see that I was drowning in my own sense of worthlessness, depression, and boredom. You see, I needed to find my vision, my hopes and dreams, not simply the life that others had planned out and imagined for me. How could I change this seemingly meaningless existence...? I knew that somewhere deep down I had talent, not that anyone really ever told me that or said that I could do much more than someone else's hair or makeup. I have a family that has a rich history of creativity, entrepreneurship, and talent and yet I could barely get out of my bed to start another day. Who could imagine that a simple trip to my beloved Sanibel Island, where I had been going to visit since I was a little girl, would be the beginning of my own creative vision? In a little shop called the Sandpiper, I found this wonderful array of handmade sterling silver jewelry by a Florida artist Charles Albert. I had been in this store before, had seen innumerable amounts of beautiful jewelry and yet this was the moment that would forever change the rest of my life. You see I was not just a shopper on that summer day I was a young women with a vision of starting my own business and I had just found the artist who would help me launch my new dream.



Lori Balletta-McGuire



When back in New York, I jumped head first into this new endeavor. I contacted the jewelry designer, I began the difficult task of getting myself incorporated, searched excitedly for other artists, and began to make a plan of how I would sell these new treasures. I felt re-energized and everything

seemed possible but I just needed a place to start. That is when it hit me. The town of Nyack has these great Street Fairs that I had been going to since I was a teenager and they were filled with artists work, creative pieces of jewelry and antiques. From the small beginning of a few Nyack Street Fairs each year to over 25 shows a year, the business began to grow and take shape. Yet I had larger hopes and aspirations for my business and I was tired of that constant question at the shows so "where is your store?" Well as luck would have it, my fiancé and I were walking through Nyack a little over a year ago and we found this small little place for rent in the Old Woolworth Way building. Like all of the other happenstances, the pieces just fell together and by August 9th 2007 we opened the doors of Color Swirl Boutique.

I can remember the days leading up to it and the many conversations I had about simply wanting to own a little shop that was my own. Now it was finally here. I just celebrated my one year anniversary in August and I cannot believe that it has been almost 7 years since I first ventured into that little boutique in Sanibel Island and found the first artist for our business. The store has grown to include a number of eclectic artist's work with pieces from all over the United States and the world. If you are in Nyack and want to come into a very different and unique store, stop by at 92 Main Street inside the Old Woolworth Way Building. I look forward to seeing you.



PS - Look out for my new show on Modern Metro TV starting this fall.

NYACK VILLAGE THEATRE

Verbal Lift

OPEN MIC

on stage performances

BROADCAST LIVE

**DATES: September 20th
October 4th & 18th
November 1st & 15th
December 6th & 27th**



Features ANYONE...As we have stated from the very beginning, "Verbal Lift is not your ordinary Open Mic Showcase!" With a fearless Host who fuses his cool guy persona with whatever is on his mind he flows with the energy that is drawn from the crowd while still maintaining seriousness for the art. Kurt Pierre-Henri Benjamin is a host to be reckoned with. We stumbled upon a host who knows how to make everyone feel like family. Sometimes he pushes it a bit...with the "Where my Cousin @ Parody" which is rubbing off on all the performers and you won't know what we're



talking about unless you witness it yourself.

As for his co-host, partner in life as well as the Planet Verbal Lift venture Cathleen St.Victor is the mother of Verbal Lift. She is unapologetic when it comes to her poetry. Fierce and precise with her content, displaying a duty-bound mannerism to keep people wondering in awe. She's just that deep! In one breathe you'll catch her at the register welcoming all guests and artists with her ear-to-ear smile giving them the choice to "Wish Big" or "Dream" (again you'll only know what we're talking about if you attend the show) prior to taking your seat preparing for a show like no other. Then the next, she leaves you in anticipation for her return of her with melodic razor sharp words sometimes more than other in between other acts.

Verbal Lift alternating Saturday Nights 9p-12. Soon Verbal Lift will be bringing you back our incredible feature line-ups. Reacquainting ourselves with old features and introducing new energy to Planet Verbal Lift movement as we prepare for take off. Future shows will be out of this world. VL was just warming up for the summer showcases. As the fall

and winter approaches they most certainly intend to continue to keep the fire burning.

Some of the features in the past that have been apart of this movement are BUT not limited to (please forgive us if you are not mentioned) Shanelle Gabriel HBO Def Poet/Singer, Webbfied (Wicked), Serenade, Peeda Bregga (Freestyle King), VMC aka Versatile & Mista Chorus (They're # 1, 2, 3, 4 & 5), Ogwa Nigerian singer/poet, Kiwi the Child (Roots Music), Division X (streets need to hear it), Rainmaker (Nuyorican Poet), FalyN, Denny Jackson (From BK to Rockland to ATLs own Caged Bird) AND IT DOES NOT STOP THERE...Contact us to join our mailing list for updates and events @ cathleenst.victor@gmail.com or blue.ink.art@gmail.com

Stay Blessed Stay Positive Stay True to You.
-Kurt & Cathleen



You know the research, right? Kids benefit from parents playing a larger role in educating them about sexual matters. You also know that adolescents whose parents talk to them about sexuality are more likely to delay intercourse, use contraception, and have fewer partners. You are one of those parents who are ready to answer any question posed by your child; you are okay with blushing a little bit and you even use “teachable moments”. The question is, are your friends or other parents you know doing the same thing?



Many parents do not talk to adolescents, particularly younger adolescents, about sexual topics. Parents report feeling embarrassed, inadequately informed and/or unsure of what to say or how to begin. Part of our embarrassment may come from lack of practice in talking about sexuality. We see sensationalized sexuality everywhere but we often are uncomfortable talking with other adults about “it” let alone our children. Parents often learn from the experiences of other parents. If you do talk with your child why not start asking others if they do? Perhaps, we can all make Rockland a healthier place for all of our children by starting the conversation with other adults.

7 Things We Can Do

- 1) Bring up the topic of sexuality in the media with five other adults and/or friends: (Juno, Knocked Up, Waitress, Jamie Lynn Spears' pregnancy, Spitzer, etc.) or the presence or lack of sex education in your schools, abstinence, LGBTQ, body image, teen pregnancy.
- 2) Talk about sexuality issues with: Your faith community, Your PTA or school board, Your staff / co-workers, Your town meeting, Your family
- 3) Read an article or book on teen development and/or sexuality (visit RLRT for ideas)
- 4) Write about sexuality: Online comment to an article in The Journal News, Letter to the Editor, In an article for your company newsletter
- 5) Discuss your personal experience with sex ed, or lack of it, and have a conversation with friends, or family members about the similarities and differences in these changing times.
- 6) Share articles about adolescent development and parent-child communication with others.
- 7) Request information on your local school district's health / sex ed curriculum

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¿QUÉ ES EL AMOR?

amoresperros
una película de Alejandro Gassman

Amores perros is a Mexican film directed by Alejandro Gassman. In 2000 it is an outstanding film that has been nominated for an Oscar. It is a reflection on the quality of human beings and each other. Amores perros may be the best film to see in New York City. Amores perros is a film that is a reflection on the quality of human beings and each other. Amores perros may be the best film to see in New York City.

NYACK VILLAGE THEATRE PRESENTA



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OCTOBER 11 - GRUPO LATIN VIBE

OCTOBER 18 - JIMMY BOSCH Y SU ORQUESTA "HAPPY BIRTHDAY JIMMY"

OCTOBER 25 - SIGLO 20

NOVEMBER 1 - FRANKIE MORALES Y SU MAMBO OF THE TIMES ORQUESTA

NOVEMBER 8 - HECTOR TRICOCHE

NOVEMBER 15 - WAYNE GORBEA Y SALSA PICANTE

NOVEMBER 22 - CUBANOSON



Podunk Raydio

I can't believe I'm back at Rockland World Radio! I'm no stranger to the whole thing if I have any sort of a fan base...most likely not but never hurts to think about it. If you have no idea who I am, my name is John and I'm co-hosting PODUNKRaydio, one of the new shows we have lined up this fall. Alongside me is my three besties, Krystal, Jocelyn & Jess. But we decided to get DJ names to get rid of our real names so you can call me "Polster," Krystal is "Kaydee," Jocelyn being "Junebug," and last but not least Jess as "Drift."



So back tracking I said I was back at Rockland World Radio. I am, I haven't been on internet radio for almost a year and a half. I did a show called "OURSPACE," with former co-host, Laura Kanaplue who also has her show "IndiePOP," but you already knew that. We had lots of fun but we've gone separate ways and is now right back to RWR.

As for my new show, PODUNKRaydio is all about the music. Music in both the mainstream world and non. You can get your take on the upcoming artists on the verge, hear music from current artists as well

as hearing it from underground. We also will give you exclusive performances from some of our personal friends who are in bands around the area as well as people who made it mainstream! Besides music we also encompass pop culture, horoscopes, a lot of topics that teenagers and young adults are interested in. In a way it sounds like the former show I was in, but it's really completely different! We four are completely different people. People with different personalities, interests, you get the deal. It's sure to collide for sure when we are all on the air and of course remain besties 4ever. I am in no way the team leader in this show but I guess the "seasoned vet." But still, I'm a newbie just like everyone else in this new show coming in the fall.

You can catch us Friday afternoons at four and be sure to check us out on our MySpace page, <http://www.myspace.com/podunkraydio>. Until then, keep it real and shoot the funk. With Podunk. On Rockland world Radio!

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Angelika's Books, Records & Gifts

Isabel's Fine Lingerie

Evie's Handbags

Dear DJ Diandra...

Dear DJ Diandra,

My friend has a new boyfriend who I just don't like. He's rude, inconsiderate and just doesn't treat her right. I know she can find someone so much better. I'm worried that if I tell her I don't like him, she will get mad at me and not want to be friends anymore. Should I say something to her and if so how should I go about doing it?



HAPPY HOUR

Sincerely,
"Player Hater"

Dear "Player Hater,"

It's hard to see a friend making a bad choice in her life, but in the end it's up to her to decide on who she dates. I know you want what's best for your friend but sometimes coming on too strongly with your feelings can drive someone away. I don't think you should just blurt out all the bad qualities that your friend's boyfriend possesses, but there really are some people that value the opinions of their friends and family. If months from now she figures out her guy is a jerk she may be wondering why none of her friends said anything.

So, as her friend you should listen to her, be supportive and make sure she is happy. If the right time comes up where you can calmly and kindly slip in your feelings, do so. Be gentle about it rather than emotional. Bring up facts if you have any. If you have seen firsthand your friend's guy flirting with other girls let her know. Tell her that you are bringing these points up because you care about her. She may just blow them off, but at least you told her how you feel.

Don't call her an idiot for dating this loser or make snide comments in front of her. In the end, if you're right about this guy you want her to be able to come to you when she needs a friend. Of course, if your friend is in any kind of emotionally or physically abusive relationship you need to say something and seek more outside help.

In the end, you've been a good friend, told her how you have felt and respected her decision. Hopefully, she will see the light and find the kind of nice guy she deserves.

Need advice? Contact Diandra at diandra21@gmail.com.

Diandra is the host of Happy Hour (Tuesdays at 8:30pm) and not a real therapist. She just plays one on the radio!

A batch of very rough weather may have succeeded in shutting down the Falcon Ridge Folk Festival on its fourth and final day but it did not dampen the spirit of community that happens each year on the Dodd Farm in Hillsdale, NY.

"Everyone here will tell you the same thing: the music is what brings us together, but there is something more than the music, something even deeper," write festival performers Pete and Maura Kennedy in this year's festival program.

The Kennedy's in their welcome piece liken the experience at Falcon Ridge, quiet correctly I think, as a, "gathering of the clan."

And that clan was treated to three and a half days of terrific music from the likes of Tracy Grammer, Crooked Still, The Horse Flies, Vance Gilbert, Bill Evans Soulgrass and Terrance Simien and the Zydeco Experience just to name of a few of the many wonderful performers who graced the Falcon Ridge stage at this year's festival.

For the past twenty years the Falcon Ridge Folk Festival has taken place in Hillsdale during a four day stretch in late July. And sort of like the Scottish fantasy Brigadoon; an entire village of sorts comes together for that time only to disappear shortly after the festival ends. Unlike the town in the play that appears for one day every 100 years, those who attend Falcon Ridge on a regular basis have something to look forward each year.

I arrived at the festival from a nice outing in Vermont the Wednesday before the festival was scheduled to begin only to find out that because of a heavier rain earlier that day, the road to the campground had to be closed due to the mud.



Like a certain large festival that happened in Bethel, NY back in 1969, the mud would become a constant companion for a good part of this gathering.

As a volunteer on the safety and security crew, I attended the annual Wednesday staff meeting where security crew chief Ken Ingram told us we were essentially, "the face of the festival." We were also told to smile, be friendly, and attempt to solve whatever problems came our way in "the simplest way possible." After dinner, which is

provided to the volunteers, along with meals and free camping throughout the entire festival, I had a chance to perform at the yearly open mike that is held in the volunteer food tent. This is always a great place to hook up with friends from festivals past and meet up with new ones.

Before the music began Barbara Jessie, the volunteer coordinator for the festival provided a brief but very warm welcome to all.

"For those of you who have been here before, welcome home, for those of you that are new, welcome to our family," she said.

The first day of the festival (Thursday, July 24) did not begin on a promising note. The rains from the late afternoon came back with a vengeance late Wednesday night into Thursday morning and the local weather forecasts for the day were not encouraging to say the least. However by about 11:00 a.m. the sun made a brief appearance and things rapidly improved after that. By 1:00 p.m. the sun was out full blast just in time for the festival to kick off.

The Horse Flies were the first band to perform on the main stage with their blend of ambient acoustic string band music. This was their first performance at the festival in a decade. While they played I spoke to Carolyn Smith of Portland, Maine, a long time attendee and volunteer at this festival.

"I come to this festival to see my favorite performers and also because there is a sense of camaraderie and community here," she said.

Rob Stoner, bassist and bandleader for Bob Dylan's *Rolling Thunder Revue*, will be on hand with personal tour photographs and for Q&A as we screen the *Rolling Thunder Revue* concert footage on Saturday, September 6th.

Manhattan-native Rob Stoner is best known as Bob Dylan's bandleader and opening act for the *Rolling Thunder Revue* in 1975. Born Robert Rothstein, he graduated from New York City's Columbia College in 1969. While still in school, his band was signed to a songwriting contract by Jerry Leiber and Mike Stoller. Soon after, his musical career flourished. During the early 70s, Stoner became an in-demand session musician. He sang and played guitar, bass and piano on many well-known recordings, including Don McLean's *American Pie*. In 1973, he began a career as a solo singer and songwriter, recording his own original material for Epic Records, based in Nashville. His rockabilly band, *Rockin' Rob and the Rebels*, became headliners in the emerging New York nightclub scene.

Stoner played and sang on several Dylan albums, including *Desire*, *Hard Rain*, *Live at Budokan* and *Live 1975*. Resuming his solo career, Rob released a critically acclaimed solo album of original songs on MCA Records. He also became the first non-Southerner to release an album on Sun Records, a traditionally Southern label. Stoner

continued to tour and record with various acts throughout the 1990s. He also performed much of his own music during the same period.

Rob Stoner has recorded and appeared with a wide variety of musicians spanning across multiple genres, including Bob Dylan, Chuck Berry, Robert Gordon, Chris Spedding, Ringo Starr, Bruce Springsteen, Don McLean, Link Wray and Emmylou Harris.

To date, Rob Stoner has co-written three off-off-Broadway musicals, all of which were staged and produced in New York City. He now divides his time between New York City and Rockland County, N.Y., where he remains active on the music scene. He also a skilled musical instructor, offering lessons for guitar, bass, voice, and songwriting at all levels of skill.

For more information, visit robstoner.com.



Taking Control: Financial Independence

"I'm having a T-shirt made that says, I'm Retired, Thanks to Beth Blecker!", an excited client at Eastern Planning says. It's that statement, among many others like it, that is making Beth Blecker, CEO of Eastern Planning Inc. a very popular and sought after professional in Rockland and Bergen Counties. "You retire only one time. At Eastern Planning, we retire people all the time, let us help you!" says Beth. Eastern Planning, Inc., a financial advisory firm located in Nanuet, focuses on assisting seniors and baby boomers with their long-term financial goals so they can focus on other important aspects of life. "Our mission is to treat our clients like family and give them the opportunity to achieve financial freedom and enjoy life. Plan with confidence, enjoy life is our motto" says Beth. "Our vision is to be the most trusted by our clients for our professional knowledge, integrity and personalized services" she continues.

Eastern Planning Inc. has been serving Rockland and Bergen Counties for 12 years. Matthew Blecker, CFP®, CFA®, President, joins Beth in providing professional and personalized services to clients. Beth started her career as an accountant for a local CPA firm 29 years ago. She became Vice President of Eastern Planning in 1995. In 2000, she moved into her current role as CEO and implements the practice of providing a superior level of face-to-face customer service, coupled with honest and practical advice. Beth is a credentialed Registered Financial Consultant (RFC), and has lectured widely on financial topics at Rockland Community College, Ramapo College and Marymount College. Combining her passion for community involvement and financial literacy for Women, Beth currently hosts the weekly internet radio show, "Taking Control: Financial Independence for Women", on Rockland World Radio, where her show and services are available to the Deaf Community. She has appeared on News 12's Day Time Edition as a Financial Expert and serves on the board for People to People, United Way of Rockland and the Rockland Business Women's Network.

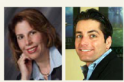
It's time FOR YOUR RETIREMENT CHECKUP!



Has it been a while since you reviewed your retirement plan? Come in today so we can help ensure that:

1. **Your retirement plan** continues to meet your retirement income and estate planning needs
2. **Your beneficiary designations** are up to date
3. **Your investments** can provide you with the growth potential necessary to maintain your lifestyle in retirement

CALL US TO SCHEDULE A COMPLIMENTARY APPOINTMENT TODAY!



Beth L. Blecker
RFC

Matthew A. Blecker
CFP®, CPA

EasternPlanningInc.
33 Route 304 Nanuet NY 10954 845.697.8300
easternplanning.com

As president of Eastern Planning, Inc., Matthew Blecker focuses on portfolio management and IRA distribution planning. He develops customized portfolios to help clients meet their financial goals. After graduating from Pennsylvania State University, Matt joined Eastern Planning and became the General Securities Principal. He

attained his CFP® (Certified Financial Planner) designation in January of 2004 and his CFA® (Chartered Financial Analyst) designation in September of 2006. He is currently enrolled at Columbia University in New York City where he will be finishing an MBA degree by December.

Eastern Planning takes pride in their high-level service. Clients always receive personal attention. They believe the most effective client-advisor relationship is that of an informed partnership. Providing workshops that respect the knowledge and experience of their audience further enhances this partnership. "We try to never overwhelm individuals with overly technical material or indecipherable jargon. Real examples and discussions about current economic events help us connect with our clients", says Beth.

Exceeding expectations just happens to be a natural outcome for the hard work Beth and the team at Eastern Planning, Inc. do every day. While other advisors concentrate on accumulation of assets, Eastern Planning helps individuals build a consistent stream of income from their lifetime of savings.

Plan with confidence at Eastern Planning today. Start enjoying life like the rest of their happy clients!



Weekly Program Guide and Archives

Monday

11:00AM – **Mayor John Shields of Nyack**

Discussions and information from the Mayor's desk

1:00PM – **Meet David Merker** *with David Merker*

Real talk about real issues that pertain to you, financially and healthwise

5:00PM – **Jake Talks** *with the JCC Rockland Teens*

Teenage talk, music and community projects

9:00PM – **Conte & Kenny Show** *with Joe Conte & Kenny Michaels*

2 names...4 idiots...a few laughs

Tuesday

10:00AM – **The Business Beat** *with Lizanne Fiorentino & Liz Benuscak*

Business, networking, sales, marketing and more

12:00PM – **Taking Control** *with Beth Blecker*

Financial independence for women

5:00PM – **Hudson River Soundscapes** *with Steve Kelman*

A music program reflecting the diverse and eclectic sounds of the Hudson River and beyond

6:30 PM – **Dialogues with Dan** *with Dan Windheim*

Conversations & information about disabilities and the community

8:30 PM – **Happy Hour** *with Diandra Kodl*

Happy Hour is a show filled with fun music and knowledge to make your life better

7:00PM – **Big E Talkin' Sports** *with Erik Fenton*

Sports with a rock 'n roll perspective

10:00PM – **Angry Human** *with David Biedny*

Complacency is a disease of the soul, and Angry Human is the cure

Wednesday

11:00AM – **Real Life Real Talk** *with Tiffany Card*

How to talk to your teenager about sex and health

7:30PM – **Marconi's Regret** *with Heather Height, Jake Link & Christine Lawrence*

Inventor Guglielmo Marconi was definitely not expecting this comedy show to hit the airwaves

9:00PM – **Power DVD** *with Power & George*

Real talk and real music that dares to be different

Thursday

6:00PM – **New Perspectives** *with Rory Pinto, Paul Lamb & Anton Bluman*

Lively discussion about a variety of topics from the viewpoint of spirituality and metaphysics

8:00PM – **Vinny Raffa Has a Talk Show** *with Vinny Raffa*

Artists, actors, musical artists and live performances

Friday

- 2:00PM – **IndiePOP** with *Laura “Lo Vanity” Kanaplue*
A program dedicated to the spirit of independent music and news
- 3:00PM – **Magic Lantern** with *Simon Faucard*
Movie reviews, trailers, and vintage film cuts
- 8:00PM – **Live Performance / Movie Series**
Live performances & movies from the Nyack Village Theatre.

Saturday

- 12:00PM – **Vinny Raffa Summer Skateboard Movie Series** with *Vinny Raffa*
Skateboard movie screenings, pro skaters and more.
- 9:00PM – **Verbal Lift** with *Kurt Benjamin & Cathleen St. Victor*
An acclaimed open mic show from the Nyack Village Theatre

Sunday

- 5:00PM – **Café Latino** with *Manuel Mayz*
Latin music, events, news and information (Spanish)
- 6:00PM – **Nyack Social Scene** with *Richard Quinn & Briana Ryan*
Talk of the town, places to go, people to see, information & announcements



THE VAULT

- **MMZ**
The online color version of Modern MetroZine
- **Rockland Arts** with *Alison Crowther*
Featuring the very best of the Rockland Arts Scene
- **Kai's Odyssey** with *Kai Adwoa-Thomas*
Informing and entertaining talk show with guests from near and far
- **The Lab** with *Mista Chorus & Versatile*
Raw underground independent hip-hop, special guests and live performances
- **Koncert Kitchen** with *Johnny Ciao*
Great sounds with food, conversation, recipes and special guests
- **Cottage Views** with *Michael Cimino*
Classic Rock Music, News, and Interviews
- **The Liverpool Zone** with *Jann Turner*
A program bringing you the latest music from the Liverpool scene and beyond
- **Your Environment Today** with *Peter Strong*
Discussing environmental issues from a local to global scale
- **Modern Metro Music & Live Performances** with *Richard Quinn*
Live musical performances and interviews from our live music series
- **Curtain Call** with *Claudia Stefany & Andrew Barrett*
Community theatre, history, events and information

..and more archives available online

"Wisdom's Game: How To Change Life's Pain Into Joy," by first-time author Judi Thomases, has been chosen as an Award-Winning Finalist in the Spirituality Category of the Best Books 2006 Book Awards, USABookNews.com. It is a collection of channeled spiritual teachings about mastering life's game.

"'Wisdom's Game' wasn't so much written," the author says, "as dictated. Most of it came into my mind mediumistically, so it kind of wrote itself. Many concepts were completely new ideas to me, so I know they didn't emanate from my everyday mind. The messages are very powerful and timely for today's world."

Advice from the Afterlife! "May you live in interesting times." That's a Chinese curse. We're certainly living in "interesting," thus troubling times. Will we blow ourselves to "kingdom come" with a nuclear bomb in the hands of madmen? Will we wake up in time to change and evolve in a positive way for the human race? These are some of the issues tackled by Judi's spiritual guides, The Brotherhood of Light Workers.

It all began years before when, while writing in her journal, a string of words disconcertingly entered her awareness, loudly though silently, and gave her exactly the guidance she needed for everything that was bothering her at that moment.

"A game," it said. "Life's a game. Remember. You're stuck in jail. Find the Go-Free escape card. We will help."

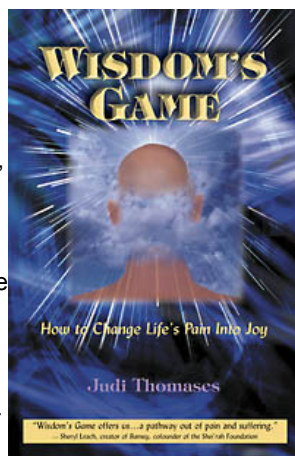
"What? Who will help?" she says she silently replied in amazement. "Who's talking in my head?"

Many more communiqués ensued over the next few years, until finally a complete book came forth with a message of hope and clarity for our fractured, anxious world.

"The spiritual guides want to help us evolve," Judi explains. "They say we're playing a game, that all of life is a game, and that our work now is to recognize it and figure out how to win it. That we need a certain perspective just to understand the game in general – both inner and with all of creation – that people are eternally playing. And that they'll help us gain that perspective... not only to see it, but to understand the strategy to win it."

Learn how to win your life's game right now. A mediumistic journey of enlightenment touching upon misery, despair and suffering, the End Times, the Age of Aquarius, duality, illusion, awakened consciousness, intuition and intelligent design, as presented by a nonphysical group entity (higher beings) from a multidimensional, superconscious plane who are teaching us about bliss, compassion, global mind and a new godlike, limitlessly creative view of human choice.

"I'm happy and gratified to win this award," Judi says, "and hope it helps disseminate these enlightening messages further. Spirit wants us to know that by winning the game the human race will survive and flourish, and change into a different and better type of human. They have a good sense of humor, but they're wise, calming, and dead serious!"



Judi Thomases, author of "Wisdom's Game: How to Change Life's Pain into Joy," and astrologer-channeler who has studied, counseled in, taught, and written about metaphysics, astrology, Tarot, I Ching, and intuitive sciences for three decades, is the founder of a women's spiritual network for meditation, teaching, and personal development ("Goddess Gatherings"), former director of an interdisciplinary self-development center ("Mind's Eye Forum"), and a regular columnist in several magazines. She is a member of American Federation of Astrologers, National Council for Geocosmic Research (astrological), and Blue Horizons Holistic Network, and has a background of studies in Eastern philosophy and Western metaphysics, and was host of the cable show "Meet the Healers." A Phi Beta Kappa, her writings have been widely published and she has appeared often on radio and TV. In session, Judi delves deeply into the soul's agenda, clarifying choices.

Over the last four weeks I have started something new in my life. Although I have been an advocate for the disabled for the past 29 years, I have now taken it to a new level.

For more than two decades I have written and spoken out as a disability advocate, attending numerous meetings and conferences for the disabled, as well as fundraising for various groups. I am now involved in hosting my own Internet radio show, "Dialogues with Dan," every Tuesday evening at 6:30 EST. I interview various people on disability topics, disability issues, and local agencies that assist the disabled. Listeners can call the show live and make a comment or ask a question. Previous show archives are located at www.rocklandworldradio.com/program/dialogues/.



Going back 29 years plus, I remember being an active 16-year-old at Nyack High School, enjoying my life playing sports, cutting up in school, and feeling free and on top of the world. I am telling you that a serious car accident can put the kibosh on many things in life, but it can also get one to dig deeper and be more resourceful than one can ever imagine. My accident knocked me down for quite some time, but giving back to others has saved me; I have been able to get my priorities in order, and focus my attention on writing.

My journey in publishing *It's Not All Black and White* (sold at Pickwick Book Store in Nyack) has freed me in a sense; I got my words out there into the world, and they are validating others' feelings and emotions following a Traumatic Brain Injury. Life is filled with grayness, it is not all or nothing or this or that. Give a little, take a little, and make do with what it is. Realizing that our own feelings belong to us, and we have a right to have them is reassuring. With this Internet radio show I share feelings and knowledge, and in sharing our thoughts we acquire strategies we can use to continue our lives.

Contact me at dan@tblife.com and share some of your thoughts about life.

Meet David Merker

David Merker

I'd like to tell you a story... It was Monday morning about 3:00 AM, when I woke up suddenly with an idea. The idea was to create a radio program that would be meaningful, realistic and informative to all my listeners. The theme of this radio program is to talk about what all of us go through in life... "Financially & Health Wise".

My personal experiences was the true impetus to move forward with this idea of a radio program.. My father over thirty years ago had the dreaded disease "Alzheimer's". People had never heard this word, let alone knew how it affected a person and his family. My father no longer knew who my mother was nor my sister and myself. My mother happily but sadly lived to ninety two years, as my sister and I experienced the emotional and financial needs for living a long life. I loved my mother and father very, very much!



The essence of my radio program is to inform you and help explain to you the issues that we will all face during our life time, "Financially & Health Wise". The reason is I'm here to help you avoid the mistakes of not planning for the rest of your life.

Some of the subject matters we will be talking about are... Insurance, Finances, Estate and Long-Term Care planning, Medicare/Medicaid, Social Security, Real Estate, Mortgages and Health Care....Plus any subject matter that you my listening audience believe is important.

The key to the success of my radio program "Meet David Merker" will be you, my listening audience. You and I will have the opportunity speak with one another. My guest and I will do our very best to answer your questions... Listen to your opinions.... and most important hear your concerns.

I am not just available when on the radio but also from 9:00 AM to 5:00PM, at my office. Call me at 1-888-516-LIFE(5433) to talk about your Health and Financial issues. And tune in to my new program on Modern Metro TV, Mondays at 1:00pm starting in September.

Sarah Bissonette Adler, another long time festival attendee said she also loves the atmosphere at Falcon Ridge. "This is just a great place to hang out, it feels comfortable, I get to kick back and listen to some great music." And so the good times and great music continued on through Friday which was a perfect day weather wise, hot, and sunny with low humidity. some great music," she said.

I had a chance to speak with one of the long time regular performers at this festival, singer/songwriter John Gorka, who once called himself, "an intense white guy from Jersey." Gorka said this was his 15th

year performing at Falcon Ridge. Then he recalled his Falcon Ridge performance twenty years ago when it was held at the nearby Catamount Ski Resort.

"I remember playing on a picnic table with Shawn Colvin inside the ski lodge after it had started raining and the promoters moved the festival inside," he said. The Louisiana-based Terrance Simien and the Zydeco Experience were for me the highlight of the day's entertainment Simien certainly had everyone dancing to such great New Orleans's classics such as "Iko Iko," "When the Saints go Marching In," and "People Say" while he and band members distributed from the stage Mardi Gras bead necklaces. Most telling was Simien's rendering of the Barry McGuire tune "Eve of Destruction" where a slight rewrite features lyrics reflecting current troubles.

"Save your money if you have it," he sang, "Because we are on the eve of depression."

His cover of the The Band classic "The Weight" a tune he performed in memory of Richard Manuel and Rick Danko, was also very moving. The party continued later that evening when Simien and his group performed a set of slightly more traditional Cajun/ Zydeco tunes in the dance tent. Dancing, whether it's Cajun, Contra, Square or free form, is a big draw at Falcon Ridge. Doug Hanley, an assistant crew chief who helps run the dance tent said many people come to the festival just for the dancing.

"You get two separate sets of people at this festival, those who dance and those who come for the music," he said.

There are many wonderful performances to numerous to mention in this story. I have to include however, a note on the volunteers who help make the festival tick. Volunteers cook food, direct traffic, assist the disabled, sell food tickets, secure the stage areas after the music shuts down for the night, collect garbage as well as perform many other duties. Howard "Bub" Randall, Falcon Ridge Co-Promoter said he couldn't put on the festival without the assistance of the close to 800 volunteers and their crew chiefs.

"Without our volunteers this festival would not run," he said. "When it was raining (Wednesday into Thursday) we had problems and the volunteers and the crew chiefs stepped up to the plate."

Sunday, the final day of the festival, started promising enough with the annual gospel wake-up call that takes place on the main stage. Performers at this year's call included Falcon Ridge regulars The Nields, a sister combo from Long Island and singer/ songwriter Vance Gilbert.

Unfortunately the tables turned for the worse during the early part of the afternoon when a microburst or a mini tornado hit the area and effectively shut down the festival several hours early.

Festival headliners for the day Janis Ian, Railroad Earth and Eileen Ivers and Immigrant Soul would not get a chance to perform. The festival grounds sustained 70 mile an hour winds, golf ball size hail, lighting and a hard drenching rain. This resulted in the collapse of the public food tent, flooding, more mud, and plenty of waterlogged people. Sadly the future of the festival may now be in question. Although the weather may have put out the festival's light's it didn't stop the caring and community that would continue far into the night with people really looking out for each other, helping to put up downed tents, offering food, clothing and comfort after the calamity.



I for one would be profoundly heart broken if this festival were to disappear for good.

*Steve Kelman is a staff writer for
Twin Boro Newspaper in New Jersey.*

JCC Teens Celebrate Five Years in Cyberspace



Do you want to hear who is in 'The Hot Tub'? Are you curious to learn what puts 'Teens in a Pickle'? Are you looking for ways to help people locally, nationally or internationally? Our 'Have a Heart' segment shares community service projects that will empower teens to make the world a better place. Our newest segment, 'Are You Serious?' sheds light on the most outrageous issues!



Jake Talks is a show by teens for teens! Cathie Izen, teen and parenting director at the JCC Rockland, produces each show alongside teen co-producers. Teen reporters research topics and discuss them from a teen point of view. Listeners call in from around the world to agree and dispute their points of view with each other. Interesting guests have shared their unique experiences, whether returning home from Iraq or recovering from a horrifying abduction. Teens have also learned about environmental issues from experts in the field and ways to go green.

Do you want to join the design team? If you are a teen in grades 9-12, we need you!
Call Cathie at 845.362.4400 ext 103.

Jake Talks goes live Mondays at 5:00PM on www.rocklandworldradio.com



fusion cuisine featuring vegan & vegetarian selections
gallery & boutique 106 main street nyack, ny 10960

Hudson River Soundscapes with Steve Kelman

A program reflecting the eclectic & diverse music of the Hudson Valley

Premieres Tuesday, October 7th 5:00pm



SEPTEMBER

- Friday, September 5th - Private Party
- Saturday, September 6th - Bob Dylan Rolling Thunder Revue with Rob Stoner
- Tuesday, September 9th - Nyack Chamber of Commerce "After Hours"
- Friday, September 12th - DIVA A stylish cult French thriller.
- Saturday, September 13th - Interview with Pete Best
- Friday, September 19th - TBA
- Saturday, September 20th - Verbal Lift Open Mic
- Sunday, September 21st - MOVIE *Amores Perros*, En Espanol
- Friday, September 26th - Harold & Maude
- Saturday, September 27th - DJ Dress Up or Die Movie & Music



OCTOBER

- Friday, October 3rd - Rosemary's Baby with Mia Farrow
- Saturday, October 4th - Verbal Lift Open Mic
- Friday October 10th - The Cousin Joe Comedy Show 3rd Anniversary
- Saturday, October 11th - The Hunger with David Bowie, Catherine DeNeuve & Susan Sarandon
- Friday, October 17th - Andy Warhol's Blood for Dracula
- Saturday, October 18th - Verbal Lift Open Mic
- Friday, October 24th - Roman Polanski's Vampire Killers with Sharon Tate
- Saturday, October 25th - Nyack Halloween Parade broadcast 'live'
- Friday, October 31st - HALLOWEEN PARTY DJ Arthur



NOVEMBER

- Saturday, November 1st Verbal Lift Open Mic
- Friday, November 7th - Dead Poet's Society with Robin Williams
- Saturday, November, 8th -TBA
- Thursday, November 13th - Vinny Raffa with Writer/Director John DeBellis & movie 'Last Request'
- Friday November 14th - TBA
- Saturday, November 15th - Verbal Lift Open Mic
- Thursday, November 20th - Theatre Comedy Café: An Evening of One Act Plays
- Friday, November 21st - Theatre Comedy Café: An Evening of One Act Plays
- Saturday, November 22nd - Theatre Comedy Café An Evening of One Act Plays
- Tuesday, November 25th - Hungerthon 2008 > 24-hour marathon broadcast
- Thursday, November 27th - Vinny Raffa's Thanksgiving Special
- Friday, November 28th - Theatre Comedy Café: An Evening of One Act Plays
- Saturday, November 29th - Theatre Comedy Café: An Evening of One Act Plays

DECEMBER

- Friday, December 5th - TBA
- Saturday, December 6th - Verbal Lift Open Mic
- Friday, December 12th - TBA
- Saturday, December 13th - The Velveteen Rabbit
- Sunday, December 14th - The Velveteen Rabbit
- Friday, December 19th - TBA
- Saturday, December 20th - The Velveteen Rabbit
- Sunday, December 21st - The Velveteen Rabbit
- Friday, December 26th - TBA
- Saturday, December 27th - Verbal Lift Open Mic



**Events Schedule subject to change; Dates will be added
Check www.RocklandWorldRadio.com for updates**

Saturday October 11th

the Hunger

Catherine
DENEUVE

David
BOWIE

Susan
SARANDON

Nothing
human
loves
forever



ANDY WARHOL PRESENTS
JOE DALLESANDRO & UDO KIER

A FILM WRITTEN & DIRECTED BY PAUL MORRISSEY

BLOOD FOR DRACULA



FRIDAY OCTOBER 17th

"THE FEARLESS VAMPIRE KILLERS"



Who says Vampires
are no laughing matter?

Story and Screenplay by
ROMAN POLANSKI and GERARD BRACH

FRIDAY
10/24



starring

JACK MacGOWRAN · SHARON TATE · ALFIE BASS ·

co-starring

FERDY MAYNE

DEAD POETS SOCIETY

Friday November 7th

ROBIN WILLIAMS

A PETER WEIR Film



Let me start off by saying this: my name is not Bryan, and I am not a stand-up comic OR a cab driver. But the last article in MMZ about Marconi's Regret may have you believing otherwise. Well I'm here to set the record straight!

Since I didn't get to properly introduce myself, I just wanted to take a moment to let you know who I am. I'm Just Christine (the girl all the way to the right in the picture), and while I may not have been around for the conception of the show, I have been around since the birth! That's right, I get to enjoy working on the show without going through the stress of the planning stages. Kind of like adopting, instead of natural childbirth!

*Marconi's
Regret*



Christine, NOT Bryan!

A confessed media junkie with a Masters' Degree in Television-Radio-Film, I've been very involved in the Internet radio scene prior to joining Marconi's Regret. Aside from being an avid listener of a multitude of shows and podcasts across a number of stations and formats, I've done in-studio and call-in guest spots on shows such as The Conte & Kenny Show (Monday nights from 7-10pm on Rockland World Radio), The Cousin Joe Show, The N3RDcast, and more. Before that, I worked briefly in terrestrial radio, on The Murphy in the Morning Show on 107.5 WKZL out of Greensboro, NC.

So yeah, I've got somewhat of a background in this new, growing medium. And I must say, Internet radio is AWESOME from both sides of the speakers. One of the great things about it though is that just about anybody can do it, regardless of training or experience; all you need is a little bit of time and some motivation! Oh, and hopefully something interesting to talk about, too!



Want to know more about myself or my co-hosts? Check us out at www.marconisregret.com! There you can read our bios, check out photos from our show, download our podcast, join us live Wednesday nights from 7:30-9pm in our video chatroom, or interact with us and other listeners any time in our forums!



Hello, my name is Arthur Arbit and I like plastic.

Oh I know it's so politically incorrect nowadays, but without plastic I wouldn't have two of my favorite things: vinyl records and video tapes.

In this age of "communication," the communications between people are being controlled by fewer and fewer hands. Our cowardly congress managed to allow the communication corporations to go unpunished for aiding our president's illegal, warrant-less spying on the American public, and then they passed a law basically annulling the 4th amendment. So now every radio station TV station and the print media churns out mind-numbing nonsensical drivel that basically brain washes the audience that watch, read and listen to it.

Wow almost strayed from why I like plastic. Records made out of vinyl have a magical feel when in one's hands and I believe a good record collection is esoteric in a way, in a world where sheeple listen to disposable music, that says nothing of the complexity of human life and emotion, music made in the past has become gold. Good music can feed a soul, elevate the spirit and arouse the body. Try finding music that does that today! I primarily collect music from the 60s and 70s, which is rich in content and rather diverse. Anyway, this music came in the form of records made out of plastic, and that is why I love plastic. Next, movies are the same story except its tape instead of disc.

Hollywood and TV have been blinding us to reality since it's inception. So again I go back in time when directors and producers with vision had more opportunity to do good work and the audience was a lot smarter then today. I've been collecting music for over 20 years and movies for 10 or so, I've DJed some of the most illustrious parties in NY, and when Richard Quinn approached me about doing a show on Rockland World Radio, I jumped at the idea because I can share some of my fave movies and music as well as put on live acts. This was the birth of plastic fantastic. (the name of the show)

I know I generalized a bit and will acknowledge that there are exceptions to the statements I've made, but overwhelmingly my statements are dead on. To rebut, call in to my show and we can discuss it.

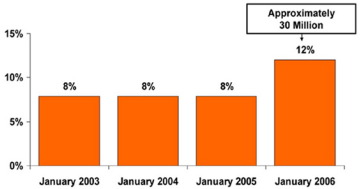




HUDSON VALLEY'S INTERNET BROADCAST STATION

Weekly Internet Radio Audience Increased by 50% in Past Year

% Who Have Listened to Internet Radio in Last Week



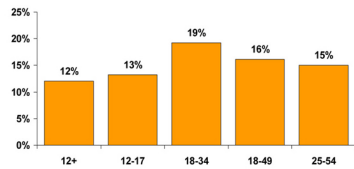
ARBITRON

Base: Total Population 12+

edison media research
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Internet Radio Reaches One in Five 18- to 34-Year-Olds Per Week

% of Age Group Who Have Listened to Internet Radio in Last Week

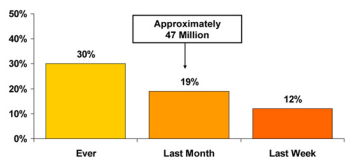


ARBITRON

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An Estimated 47 Million Viewed Internet Video in the Last Month

% Who Have Viewed Internet Video...



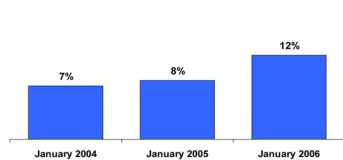
ARBITRON

Base: Total Population 12+

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Weekly Internet Video Audience Has Grown 50% in the Last Year

% Who Have Viewed Internet Video in Last Week



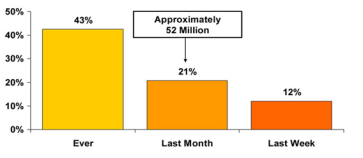
ARBITRON

Base: Total Population 12+

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An Estimated 52 Million Americans Listened to Internet Radio in the Last Month

% Who Have Listened to Internet Radio...



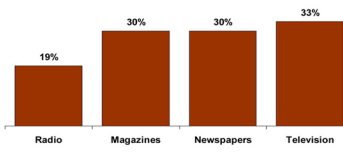
ARBITRON

Base: Total Population 12+

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Many Say They Are Spending Less Time with Traditional Media Due to Time Spent Online

% Spending Less Time with Medium Due to Time Spent Online



ARBITRON

Base: Access the Internet from Any Location

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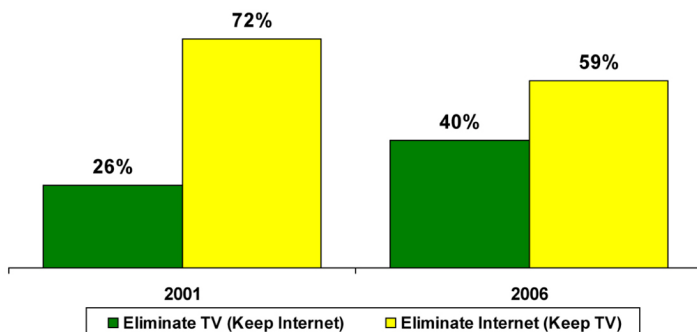
ARBITRON

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Internet Becoming More Important to People's Lives Relative to TV

"Suppose from this moment on you were given the following two choices... either you could never watch television again OR you could never access the Internet again. Which would you be more willing to eliminate from your life?"



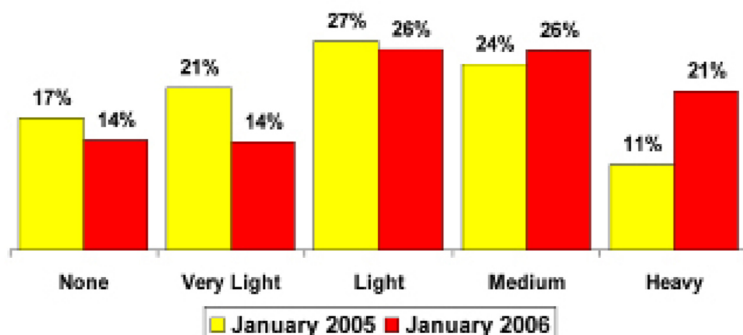
Base: Total Population 12+



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Heavy On-Demand Media Consumers Nearly Doubled in Last Year

% of Americans 12+ Who Fall into Each On-Demand Category



© 2006 Arbitron Inc./Edison Media Research

Demographics

20,000 accumulated viewers / listeners per month
from live broadcast and archive streams



Gender

- 47% are female
- 53% are male



Residence

- 56% live in Rockland County
- 26% live in the tristate area
- 18% live outside the tristate area
(includes international listeners)



Age

- 34% are between the ages of 35 and 55
- 49% are between the ages of 17 and 34
- 12% are over the age of 55
- 5% are under the age of 17



The Internet Broadcast Audience Is an Affluent and Compelling Value for Advertisers According to Arbitron/Edison Media Research

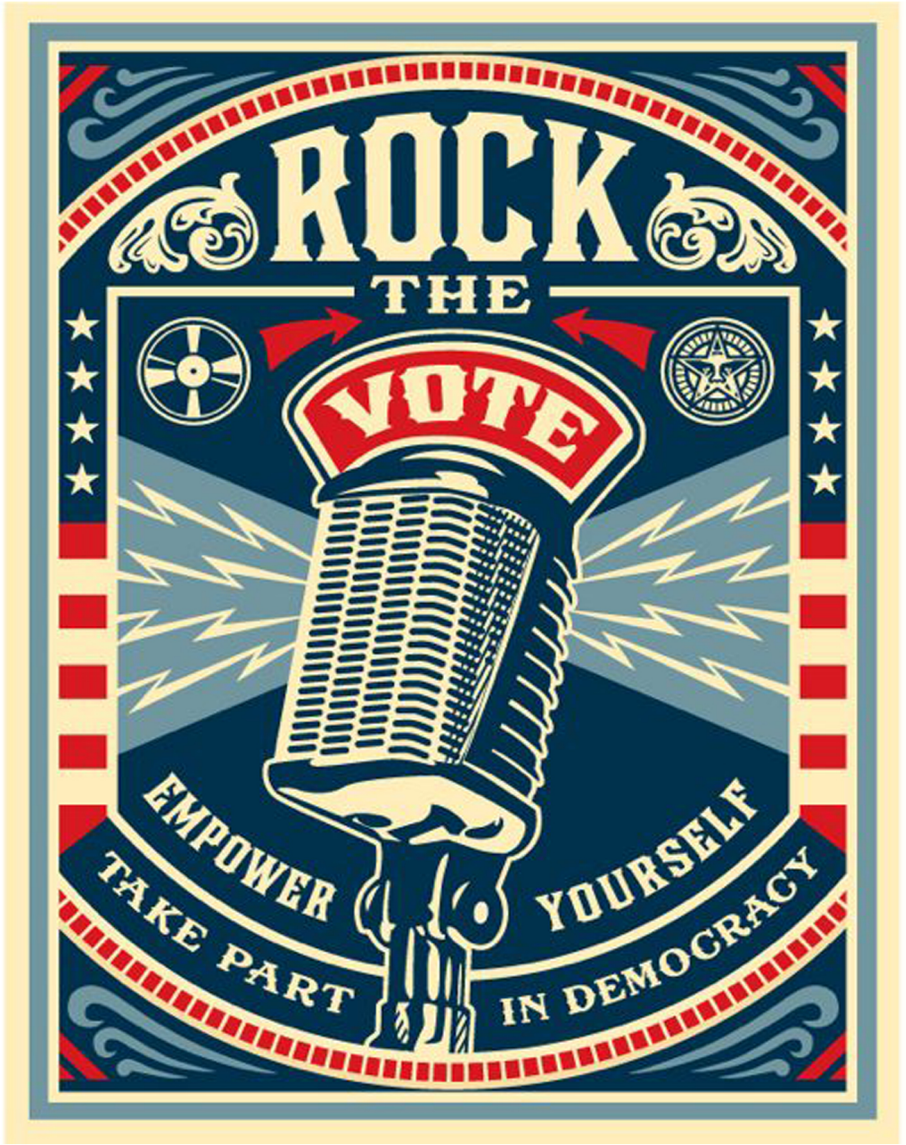
New Study Reveals the Buying Power of Monthly Users of Internet Broadcasts Represents Forty-Two Percent of Estimated Online Expenditures

NEW YORK, — With an estimated monthly audience of 51 million people, Internet Broadcasting is an affluent and compelling value for advertisers with half, (50 percent) living in households with an annual income of \$50,000 or more according to a new study by Arbitron Inc. (NYSE: ARB) and Edison Media Research.

The study, "Internet and Multimedia 12: The Value of Internet Broadcast Advertising," also found that the monthly Internet broadcast audience, people who listened to or watched Internet radio and television in the past month, accounts for 42 percent of all estimated online expenditures.

It also reveals that a significant portion of Internet Broadcast consumers shop and purchase online while listening to Internet radio:

- Just under half (42 percent) of Internet radio listeners have listened to Internet radio while researching a product or service online.
- Twenty-seven percent of people who tune to Internet radio have listened while making an actual purchase online.



remember to vote this election

interested in the issues?
contact us to have your own election season show



HUNGERTHON 2008

\$116,030



'99-'08

Thanks to YOU more than 300 children have been added to our Food For Thought Backpack Program!

Join Rockland World Radio and Modern Metro TV as we dedicate 24 hours of broadcasting in the 33rd annual Hungerthon Drive on Monday November 24th.

World Hunger Year (WHY) is making its annual appeal in the effort for radio listeners to help the millions of people who don't have enough to eat.

The 33rd annual Hungerthon starts with Richard Neer's show on WFAN and over the Thanksgiving week will spread to all six Infinity stations. It will also get a boost from WPLJ (95.5 FM) and WAXQ (104.3 FM), Sirius Satellite Radio and the Internet station ModernMetroTV.com.

Sports and entertainment tickets and memorabilia will be auctioned off, while straight donations get the Hungerthon T-shirt. During that week, donations can be made at worldhungeryear.org. Telephone numbers will be set up prior to day of Hungerthon 2008.

If you would like to participate with Rockland World Radio and Modern Metro TV this year, tune in as we present a cavalcade of special musical guests and speakers. Songwriter and long-time World Hunger Year supporter Joe D'Urso will also be here for his seventh Hungerthon appearance on Rockland World Radio.

Visit Joe D'Urso online at jdcaravan.com



Resource Guide

Amazon Cafe

Nyack, NY
845.353.3581

Arts Council of Rockland

Encouraging Arts in Our Community
Spring Valley
845.426.3660

Best Western Nyack on Hudson

Best Choice for Comfort & Convenience
Nyack
845.358.8100

Bourbon Street of Nyack

Nyack
845.727.4954

Color Swirl Boutique

Ecclectic Jewelry & Accessories
Located in the Woolworth Way
Nyack
845.353.1743

Dr. Connie K. McNeil

Clinical Psychologist/Neuropsychologist
Nyack
845.675.7446

Elmwood Playhouse

Nyack
845.353.1313

Eastern Planning, Inc.

Nanuet
845.627.8300

Gallery 17 Custom Theatres

Nanuet
888.827.1182

The Hudson House

Contemporary American Cuisine
Nyack
845.353.1355

Iona College Graduate Center

Pearl River
845.620.1350

IMC Integrated Medical Care

Physical Medicine & Rehabilitation Center.
West Nyack
845.358.4000

Innovative Esthetics

Pearl River
845.735.2610

J&R Entertainment Co.

DJ Music & Video Taping Services
845.688.1549

King & I Thai Restaurant

Nyack
845.358.1135

Lydecker Realty

Specializing in Nyack Real Estate
Nyack
845.358.3700

Marcello's Ristorante

Suffern
845.357.9108

MRJ Excavating

New City
845.639.1035

The M Shoppe

Quality Men's Products
Located in the Woolworth Way - Nyack
845.358.5300

Nanuet Collision Centers Inc.

Foreign-Domestic Certified Technicians
24 Hour Emergency Towing
Auto Body, Collision
249 S.Middletown Rd - Nanuet
845.623.3824
and
417 Route 59 - Monsey
845.356.5861

Olive's

Rock n' Roll Bar
Nyack
845.596.2985

Patisserie Didier Dumas

Nyack
845.353.2352

Pet Palace

Where Your Pet is Royalty
New City
845.638.1378

Rockland Music Center

Nanuet
845.624.5470

Shirt Shack

Screen Printing - Promotional Products
Spring Valley
845.356.8181

Spice of India

Fine Indian Cuisine - Nyack
845.358.FOOD (3663)

Tarantella Pizzeria & Restaurant

Voted #1 in Rockland
Nyack
845.358.3583

Westgate Lounge

Nyack
845.358.8100

Westrock Pool & Spa

21 North Middletown Road
Nanuet
845.623.3844

Join the Revolution

on Hudson Valley's Premiere Internet Broadcast Stations



Many exciting programs to watch & listen to!

Featuring

- > BANNER ADS
- > 30 Second Commercials
- > Program Sponsorship
- > Business Listing

or have your own show . . .



Reach A Whole New Audience

Join our Resource Guide Now for Exciting Fall Events

Call Briana Ryan at 845.367.1423 briana@modernmetro.com

Join us as we broadcast the
NYACK HALLOWEEN PARADE
Saturday Oct. 25th, at 4PM - 7PM

