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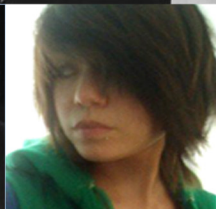
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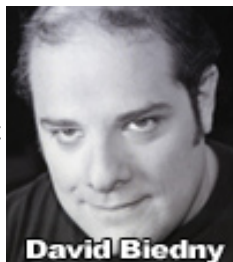
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mmz: a publication of modern metro studios
94 main street theatre nyack, ny 10960
www.modernmetro.com
www.rocklandworldradio.com

It's hard to turn on your radio or television set without engaging in the nightmare we call the state of the union - gas prices are going through the roof, food is following in the same direction, people are discovering that their money seems to buy less and less, and there's no relief in sight. We know that politicians are liars, it's part and parcel of their ilk, but the complete lack of restraint, the absolutely brazen attitude towards their constituents, just boggles the mind - do you ever wonder why people like Hillary Clinton, or John McCain, or any of the other "public servants" get to take home their big salaries while they're on the road, pushing, pumping and pimping to become the next president?

Can you imagine telling your manager, or boss, that you'll only be in the office one day a week, you're going to be spending the rest of your time out on the road, looking for a better job that pays more, offers more prestige and power, and please don't forget to forward your paycheck and health benefit card to your home address? How many of us could get away with those types of shenanigans? Why do we allow this to go on, on our dime, while many of us have no health insurance, or can barely afford the meager insurance that we desperately try to keep active, lest we let it lapse and run into the nightmare of the "pre-existing condition"? I sometimes wonder if the antidepressants handed out by doctors like candy are designed to assist in the creation of a complacent populace, one that won't question, complain or react to the indignities imposed by the brokers of power, money and influence. If you're depressed, it's a disease to be treated with drugs, but does anyone wonder why so many of us are depressed? We know the symptoms, but what about the causes? Is our anxiety and despondent emotional state a natural reaction to a destructive environment? Do our souls recognize the injustices of our everyday existence, and try to warn us that something is desperately wrong? Does anything get better by popping pills that deaden the pain of reality?



One could make the case that this has always been happening, that the human condition can be boiled down to the haves and have-nots, but the reality of global communications puts the situation right in our faces, if we choose to notice. Sadly, most folks are more interested in the trials and tribulations of celebrities, a sick form of voyeurism that yields nothing, the intellectual equivalent of calorie-rich, nutrition-free junk food. The "war" is something that happens to other people, most consumers can't be bothered by it, as there's nothing to gain, unless of course you happen to be the family of someone being used as cannon fodder, a pawn in the game of illegal occupation of a sovereign state, a place that offered no direct threat to us. The depth of the depravity of the current U.S. administration is stunning, and there's really no parallel in American history for the disaster we find ourselves in today. The damage that has been done will take many years, perhaps decades, to repair. We might be past the point of no return, it might just be too late to set things straight. But to give in, to take the path of apathy, well, you might as well just dig a hole in the ground and lay down in it. To give up hope is to give up life.

So the question that I ask of anyone reading these words is this: when will you do something to respond to this situation? When will you call you senator, your congressperson, and demand some answers? How will you change your attitude towards the injustices of our society, to take some small degree of control back from the vultures that circle overhead? Where will you take a stand, to demand some accountability for the atrocities committed in your name?

When will you get angry?

Angry Human: Tuesday @ 10PM on Rockland World Radio



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COMING ATTRACTIONS

A NIGHT OF DYLAN

Saturday September 6th @ 7:00pm

2 BOB DYLAN MOVIES

Doors Open @ 7:00pm

7:30 The Rolling Thunder Revue

a totally unauthorized documentary

**9:00 Concert footage from Renaldo & Clara
and Hard Rain (1975 - 1976)**

featuring Rob Stoner

Rolling Thunder bandleader & bassist

Rob will be present for Q&A after each film
with rare tour photos from his collection



Photo: Rob Stoner



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Food, Fun, and Madness, oh yes. Just returning from the Tampa Bay Wine and Food Festival where all was sunny and tasty. Lots of great food and wine, although I am not a big drinker and did not really sample wines, it was a fun event. Something about drinking wine in the sun just doesn't fit. At the event actress Lorraine Bracco had a booth serving up her brand of Italian wines, and I judged an Iron Chef type competition with her. Very nice and hospitable Hollywood type, and God knows I have been around a few. I was actually a contestant in this Iron Chef Competition, but fell in the theater two nights prior and wasn't able to function due to an injury to my left hand. I did however perform my regular show of food and music with the Red Queen of Soul Lauren Dragon (who once appeared on my Konkert Kitchen show archived on the Rockland World Radio Site.) Lauren and her band performed with me as I created scrumptious foods and played harmonica. The show is always a fun time and a hit with audiences. Look for an upcoming appearance at the Modern Metro Theater soon!



Johnny Ciao (at left) & Lorraine Bracco (middle) judge wines at the Tampa Bay Wine Festival

My new television show Culinary Encounters is about to fly in New England in 7 states. I decided to make it happen on my own and screw the Food Network, who have been ripping me and my brain dry for years. Check out highlights on my website at www.johnnyciao.com

From the recipe stores of Johnny Ciao....

Summertime is here and salads are high on the menu. Here is an inventive way to serve up a tropical drink on a salad:

- Belgian Endive (separate leaves)
- Strawberries
- Pears (peeled and cleaned)
- Raspberries
- Banana (to create thick texture)
- Walnuts (chopped)
- Pineapple Liquor (dash or two)
- Rum (good stuff - as much as you'd like—the more you add, the more banana needs to go in so that the mixture will remain on the endive)

Blend all fruit and booze into a thick smoothie substance. Pour into endive leaves and then top with walnuts. Be careful, don't eat and drive!

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Greetings from Verbal Lift now Remix'D! Born Verbal Lift Monday April 10th, 2006 @ 7:30pm to Kurt Pierre-Henri Benjamin of BlueInk and Cathleen St.Victor author of Walk Wit Me...Lyrically @ our first home Venue Bar & Lounge bordering Nanuet and Spring Valley, NY where we are forever grateful for the opportunity to help bring some ideas into formation after nine shows we then moved to Orangeburg then to where we originally wanted to be the cultural epicenter of Rockland Cty, Nyack NY. Our time at Vertigo was short lived, although we were tremendously grateful for those 5 showcases in an awesome place with our outstanding feature line-ups.

WHO KNEW THAT WE WOULD LAST THIS LONG NOT TO MENTION HAVE SUCH A POSITIVE IMPACT?!?!? Which is just the very foundation of VL's motto: ***NOTHING/NO ONE CAN PREVENT, THE LIKELINESS OF SOMETHING GREAT TAKING FORM...IT ONLY FORCES YOU TO TAKE ANOTHER ROUTE*** We had some hiccups in and out of other locations in and around Nyack than began a constructive hiatus to redirect and regenerate our focus which has lead us to our new home of create limitless possibilities by joining Modern Metro Studios 94 Main St Nyack NY also known as the "SupaStars of Internet Radio". Created Verbal Lift Remix'D which has always been far from your run of the mill Open Mic, by experience we are bringing it up some notches and continuously crafting our own lane with the conjunction of LIVE broadcast, out of this galaxy sound, and ingenious true lovers of the art Verbal Lift now Remix'D is exploring its divine intervention while having fun. Here at Verbal Lift Remix'D sparks are made and collaborations are formed!!!! It's always one love.

Verbal Lift Remix'D is just what Rockland has been yearning for. Set for take off Sat June 28 then every weeks thereafter. Contact us / befriend us http://www.myspace.com/verbal_lift. You can also check for and would like for you all to join us in our blog Planet Verbal Lift. New entries are scheduled to be added on a bi-monthly basis. So be prepared to be titillated as we have some innovative topics that we can all bask and share in thoughts. We would love for your support with comments and feedback. We're excited and interested in hearing what you have to say. Speak out and be heard. We're here to listen and create a voice for those who are left speechless. <http://projectverballift.blogspot.com/> We just hope you're all ready!

Stay Blessed Stay Positive Stay True to You .



are you ready?
Verbal Lift
on stage performances
SATURDAYS
9PM
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Weekly Program Guide and Archives

Monday

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

Discussions and information from the Mayor's desk

5:00PM – **Jake Talks** with the JCC-Y youth group

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

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

Conversations & information regarding disabilities

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

Sports with a Rock n' Roll perspective

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

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

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

Compacency 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

7:35PM – **Marconi's Regret** with Heather Height, Jake Link & Christine

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

1:00PM – **Flash & Stash Show** with Jesse Malowitz and Gary Ayd

Join this duo for engaging discussion from the world of sports

6:00PM – **New Perspectives** with Rory Pinto, Paul Lamb, Isis Maria Cohen, & 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” Kanaplu

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 – **Modern Metro Live / IndiePOP Afterhours**

Live performances & movies from the Modern Metro Stage.

Saturday

12:00PM – **Vinny Raffa Summer Skateboard Movie Series** with Vinny Raffa

Skateboard movie screenings, pro skaters and more.

7:00PM – **Verbal Lift** with Kurt Benjamin & Cathleen St. Victor

An acclaimed open mic show from the Modern Metro Stage

Sunday

5:00PM – **Café Latino** with Manuel Mayz

Latin music, news and information from near and far. (Spanish)

6:00PM – **Nyack Social Scene** with Barbara Carroll & Briana Ryan

Talk of the town, places to go, people to see, information & announcements

THE VAULT

– MMZ

Arts, Culture and Opinion - the online companion to MMZ - Modern Metro Zine

– 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

– Konkert 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 Lab with Mista Chorus & Versatile

Raw underground independent hip-hop, special guests and live performances.

– Sports Report with Noah Flint & Richard Jarret

A classic sports show from a teenage point of view

– Chat Time with Maya & Susan

What do you get when you cross a psychic with an entrepreneur?

– The Liverpool Zone with Jann Turner

A program bringing you the latest music from the Liverpool scene and beyond

– Commercial Corner with Lynn Teger & Erik Melanson

Commercial Real Estate in Rockland County

– 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

– Waspafarian with Mars Frog

Spinning reggae, ska, punk & other obscure cuts on vinyl

– Curtain Call with Claudia Stefany & Andrew Barrett

Community theatre, history, events and information

Happy Hour, the best time of the day! A time to get together with friends, listen to some good music, have a drink or two, and talk about all the things important in life. Whether it's gossip, reminiscing about the great music of the 80s, or sharing the best pick-up lines!

We all know that the night never ends with Happy Hour though! It's just the beginning! As we drink more, we all become philosophers and psychologists. We get emotional as we start babbling about our problems and our dreams. We talk about making changes in our lives and pour out our hearts to the stranger sitting next to us at the bar. This is my Happy Hour! And if you haven't experienced a night like this, come meet me at the show for some interesting talk and fun music.



HAPPY HOUR

Happy Hour airs on Tuesdays at 8:30pm.

Chat with me live on Tuesdays or e-mail me through the Rockland World Radio website.

DI DRESS UP or DIE

MUSIC & MOVIES

SATURDAY JULY 19th
SATURDAY AUGUST 16th
MOVIE BEGINS @ 9PM

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I am nobody's voice of reason, I don't want that responsibility. If I had listened to reason I would have sat down and shut up a long time ago. Ain't gonna happen mista! As a group, comedians are the ones who didn't listen to reason. When we were told "Calm down, you're being disruptive. Here, have some Ritalin." We said, "No! ok, well maybe I'll take the Ritalin, but only until I learn to self medicate by abusing drugs on my own."

There is no point of reason that would dictate that a stock broker should grow his hair, drive a cab and pursue a stand-up career. Bryan Berner, co host of Marconi's Regret, did just that. Many of those whose lives are riddled with more than their share of ups and downs would be bitter, but not Bryan. Oh ok, so hes bitter, but instead of trying to ponder the reasons for the hardships in his life, condensing them into a white hot ball of restraint that would almost certainly end with him finding a vantage point and picking off women who resemble his ex wife with a machine gun, he decided not to think, and do comedy instead. Logic and reason would dictate to most to keep it to yourself, to persevere in stoic silence. But he takes that bitterness to the stage, where fools suffer gladly as he channels his rage under the spotlight. Not what most would do, perhaps. But if options were weighed he might have put too much thought into it and become a serial killer instead. See! Reason kills, comedy saves lives! And besides, stoic just ain't funny.



We are the misfits, the class clowns, the irresponsible. Although there are those of among us we as comedians consider role models, we are nobody's hero. If you trip and fall, we laugh, if you cry, we poke fun at your neurotic insecurities. We are the ones making the inappropriate comments in the back of the room at a funeral. No wait, thats just Jake. Jake Link is the consummate goof ball who, seemingly without regard for his lack of life experience, unapologetically insists on sharing his views about women, politics and his version of ethical behavior. He has a child-like innocence that would make the more cynical soul cringe. But Brian and I intend to capitalize on every opportunity he provides to make fun of him until he is jaded to the appropriate level disdain for youthful hope. Well, ok, maybe we'll take it easy on him. If life didn't squash that admittedly admirable exuberance, why should we? Its so far lead him down paths less traveled on his comedic pursuits, performing as a member of "Friday Night Specials", a Rocky Horror cast in Aberdeen NJ. In addition, he writes and acts in the "Pre-shows" as a member of a comedy sketch group that performs before the showing of the movie each week.

Me? I'm just some broad who thinks she's funny, and refuses to listen to reason. Just an infant in this world of stand-up comedy that I've come to love, and feel such a kinship toward all involved. I've been referred to as a "chick" comic, and funny, but seldom a funny chick comic. The existence of which is an apparent anomaly of such vast proportions that one would imagine there being a better chance of stepping out their front door and setting foot on the moon. Fortunately, I was never good at paying attention to those who would consider themselves in authority. Actually, paying attention in general is an issue, not my issue, of course, I have no problem with it. Content as I am to wander about in the blissful oblivion of the good opinion of others. I'm not looking to take a stand or seek validation in the face of opposition. Blah blah blah... Just like anyone else who finds a way to seek their fortune doing what they love, I'm letting myself be lead by my desire to make people laugh, in whichever direction it wants to take me.

Don't think it has escaped my attention that I just used reason to reason away reason. If pondered too deeply it just falls in on itself, trust me. Just for now let go of your need to define things into comfortable categories. Nothing is ever as black and white as one might want them to be. If we all followed the rules and accepted the dualities they create we would still be living in on a flat planet. There is no advancement of any significance to be had following the rules, unless you're goal in life is to work in a cubicle. Because, duality is an illusion, and reason is just another word for excuse.

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SALSA DANCE LESSONS: 8-10PM

HOUSE MIXMASTER: 10PM

JULY 5 - ORCHESTRA BROADWAY

JULY 12 - DAVID SANTIAGO LATIN AFFAIR

JULY 19 - SWING SABROSO

JULY 26 - KARIBE MAMBO

AUGUST 2 - ZON DEL BARRIO WITH SAMMY AYALA

AUGUST 9 - PAPO PEPIN Y SU ORQUESTA YIMBARACO

AUGUST 16 - COCO MAMA

AUGUST 23 - LUISITO ROSARIO

AUGUST 30 - MANA

SEPTEMBER 6 - ORCHESTRA BROADWAY

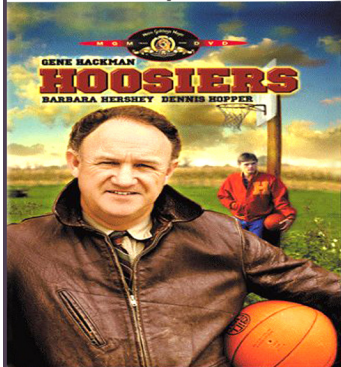
SEPTEMBER 13 - SALSA PICANTE

SEPTEMBER 20 - SALSEROS DEL HUDSON JIMMY SABATER JR.

SEPTEMBER 27 - KEVIN CEBALLO



SUNDAY, JULY 15



Drama/Sport Rated PG (14 min.)
Presented by **Flash & Stash Show**
on **Rockland World Radio**

Modern Metro THEATRE
94 Main St. Theatre
Nyack, NY 10960
info: 845.367.1423

Doors open: 2:30pm

Showtime: 3:00pm

Tickets: \$10

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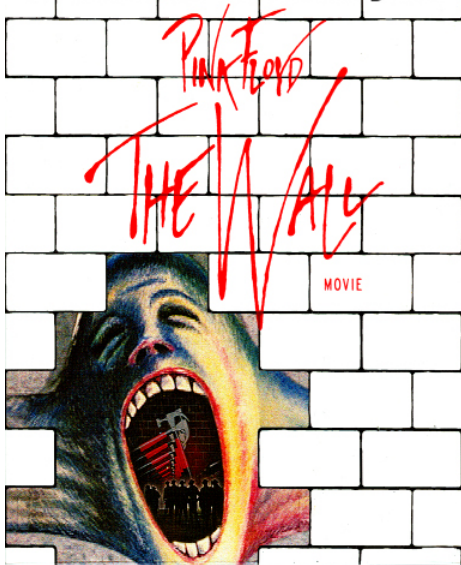
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FRIDAY JULY 25 8PM

94 Main St. Theatre Nyack



SATURDAY JULY 12 – 9PM

Verbal Lift - Open Mic Performances

SUNDAY JULY 13 – 3PM

Hoosiers with *Flash & Stash*

FRIDAY JULY 18 – 10PM

Music & Movies with DJ Dress Up or Die

SATURDAY JULY 19 - 8PM

Gimme Shelter: Rolling Stones

Uncut, Uncensored, Unsurpassed

FRIDAY JULY 25 - 8PM

Pink Floyd: The Wall

SATURDAY JULY 26 – 9PM

Verbal Lift - Open Mic Performances

MONDAY JULY 28 – 7PM

Conte & Kenny 3rd anniversary

FRIDAY AUGUST 1 – 8PM

Last Request (Comedy)

Starring Danny Aiello, TR Knight, Vincent Pastore, Joe Piscopo, Frank Vincent, Barbara Feldon, Tony LoBianco, Gilbert Gottfried & Mario Cantone. With in-house appearance by writer & director John DeBellis

SATURDAY AUGUST 2 – 9PM

Verbal Lift - Open Mic Performances

FRIDAY AUGUST 15 - 9PM

IndiePOP - Damsels

SATURDAY AUGUST 16 – 7PM

Woodstock: 3 Days of Peace and Music
Starring The Who, Joan Baez, Crosby Stills & Nash, Jimi Hendrix, Sly & the Family Stone, Santana, Ten Years After

Directed by Michael Wadleigh

FRIDAY AUGUST 22 - 8PM

The Man Who Fell to Earth

Written by Walter Tevis

Directed by Nicholas Roeg

Starring David Bowie in daring exploration of science-fiction as an art form.

SATURDAY AUGUST 23 – 9PM

Verbal Lift - Open Mic Performances

SATURDAY SEPTEMBER 6 – 8PM

A NIGHT OF DYLAN

Rolling Thunder Revue 1975 - 1976 (concert footage)

& *The Rolling Thunder Revue*

a totally unauthorized documentary

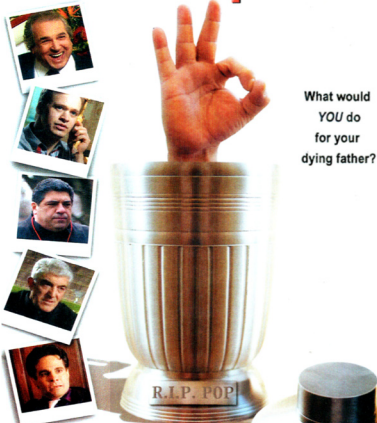
Starring Bob Dylan, Joan Baez, Jack Elliott, Bob Neuwirth

featuring Rob Stoner (former bandleader & bassist), who will answer questions and exhibit on-the-road photographs from his private collection

SATURDAY, AUGUST 1

Danny Aiello T.K. Knight Vincent Pastore Joe Piscopo Frank Vincent Sabrina Lloyd

Last Request



Also starring Mario Cantone & Gilbert Gottfried Comedy Rated R (91 min.)

Written & Directed by John DeBellis, who will be present for Q&A

**Modern Metro
THEATRE**

94 Main St. Theatre

Nyack, NY 10960

info: 845.367.1423

Doors Open: 7:00PM

Showtime: 8:00PM

Tickets: \$10

SEATING IS LIMITED

Buy tickets online @
RocklandWorldRadio.com

Way down upon the Hudson River, Nyack must be at the top of the list for places to visit, especially during the summer months. And this summer is no exception. With all the wonderful restaurants, dessert shops, clothing, antique, artisan and novelty stores, not to mention the galleries, art houses, Riverspace & Elmwood Playhouse, it's no wonder people come from near and far to stroll through a village surrounded by the music and art which permeates into the streets, creating the total Nyack experience. With that in mind, it is our desire to present established and emerging artists of every genre and medium on stage at the old 94 Main Street Arts, now the multi-media Modern Metro Theatre as we broadcast live from Nyack to the rest of the world.

Independent movies will also be screened, as well as the Modern Metro Retro Movie Series, which plays retro music movies, obscure and cult-oriented films. All shows which the public are invited to attend.

During these summer months we are very excited to be gearing up for the launch of Modern Metro TV, a more visual performance driven network designed for live video streaming. We will present our talented program hosts "Superstars of The Internet" during their weekly shows as we do on Rockland World Radio and featured on our cover. All Superstars in there own right.

Check out the live events page for more information.

Please contact us if you live or will be in the Nyack area and would like to be part of our studio audience.

Stay cool and chill out,
Richard Quinn



The Shops at 92 Main The Woolworth Way Nyack, NY

The Nyack Jewelry Spa
The Nyack Gourmet
Madrigal Photography
La Commode Antiques
The M Shoppe
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Color Swirl Boutique
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Angelika's Books, Records & Gifts
Isabel's Fine Lingerie
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Flash & Stash Show

Gary Ayd

Hey all you Rockland county sports fans, ever sit listening to 1050 or 660 go in and out of signal and wish that their was a sports talk show you could tune into anytime anywhere and get the latest happenings in sports from people who are in the know? Well now you can! Jesse "the Flash" Malowitz and Gary "the Stash" Ayd hosts of the Flash N Stash Sports talk show on rocklandworldradio.com bring to you all the knowledge of those big guys from a local, unbiased point of view. Jesse and Gary have been sports fans all their lives and pride themselves on bringing you the public great sports dialogue and passionate well thought out opinions on all your favorite sports; whither your taste runs more towards football, baseball, basketball, or perhaps hockey the Flash N Stash have your back.

You can catch the Flash N Stash Live every Thursday from 1-130. During which time you can call in and speak to Jesse and Gary live at 845-290-9493. Or if you can't catch the show live you can always check it out from any computer on the Rocklandworldradio.com show archives. For those of you that will be listening via the archives you too can still get in touch with the Flash N Stash via their email address FlashNStash@hotmail.com. So you get the best in local sports talk, as well as unmatched viewing convenience all for just a HALF HOUR OF YOUR TIME! So what are you waiting for go to your computer right now and check out the Jesse and Gary on www.rocklandworldradio.com.



on the cover



- | | |
|---|--|
| 1. Beth Blecker – <i>Taking Control: Financial Independence for Women</i> | 15. Rory Pinto – <i>New Perspectives</i> |
| 2. Johnny Ciao – <i>Koncert Kitchen</i> | 16. Liz Benuscak – <i>Business Beat</i> |
| 3. Diandra Kodl – <i>Happy Hour</i> | 17. Lizanne Fiorentino – <i>Business Beat</i> |
| 4. Dan Windheim – <i>Dialogues with Dan</i> | 18. Briana Ryan – <i>Nyack Social Scene</i> |
| 5. Judi Thomases – <i>Special Guest</i> | 19. Jesse Malowitz & Gary Ayd – <i>Flash & Stash Show</i> |
| 6. Tiffany Card – <i>Real Life Real Talk</i> | 20. Paul Lamb – <i>New Perspectives</i> |
| 7. Manuel Mayz – <i>Café Latino</i> | 21. Joe Conte, Kenny Michaels, James DeBenedetto, Bob Anglum – <i>Conte & Kenny Show</i> |
| 8. Simon Faucard – <i>Magic Lantern</i> | 22. Erik Fenton – <i>Big E Talkin' Sports</i> |
| 9. Heather Height, Jake Link, Just Christine – <i>Marconi's Regret</i> | 23. Anton Bluman – <i>New Perspectives</i> |
| 10. Isis Maria Cohen – <i>New Perspectives</i> | 24. Kurt Benjamin, Cathleen St. Victor – <i>Verbal Lift</i> |
| 11. Richard Quinn – <i>Modern Metro Music; Nyack Social Scene</i> | 25. Jon Rucker & Brian Barth – <i>The Lab</i> |
| 12. Vinny Raffa – <i>Vinny Raffa Has a Talk Show</i> | 26. Dwayne Bowen – <i>Power DVD</i> |
| 13. David Biedny – <i>Angry Human</i> | 27. George Bowen – <i>Power DVD</i> |
| 14. Laura Kanaplu – <i>IndiePOP</i> | |

Resource Guide

Amazon Cafe

Nyack, NY
845.353.3581

Antrim Playhouse

Rockland's Longest Running Community
Theatre
Suffern
845.354.9503

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

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
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845.358.5300

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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

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



Demographics

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



Gender

- 47% are male
- 53% are female



Residence

- 56% live in Rockland County
- 26% live in the tristate area
- 18% live outside of 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 55
- 5% are under 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.

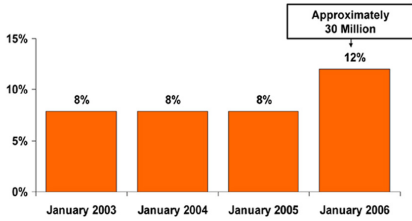
The study, "Internet and Multimedia 12: The Value of Internet Broadcast Advertising," also found that the monthly Internet broadcast audience, people who listened to or watched Internet radio and television in the past month, accounts for 42 percent of all estimated online expenditures.

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.

Weekly Internet Radio Audience Increased by 50% in Past Year

% Who Have Listened to Internet Radio in Last Week



ARBITRON

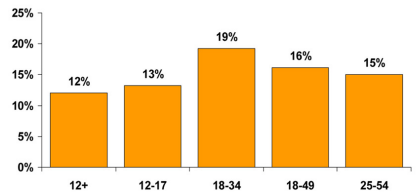
Base: Total Population 12+

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



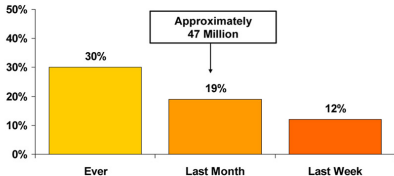
ARBITRON

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An Estimated 47 Million Viewed Internet Video in the Last Month

% Who Have Viewed Internet Video...



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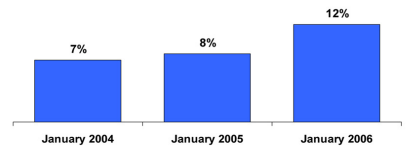
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Weekly Internet Video Audience Has Grown 50% in the Last Year

% Who Have Viewed Internet Video in Last Week



ARBITRON

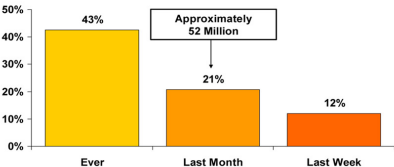
Base: Total Population 12+

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

% Who Have Listened to Internet Radio...



ARBITRON

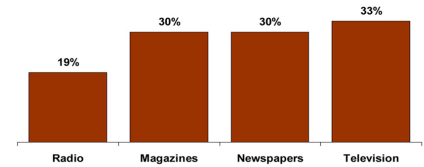
Base: Total Population 12+

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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

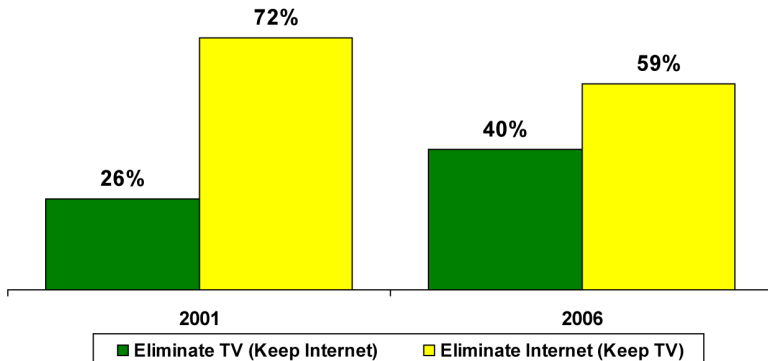
Base: Access the Internet from Any Location

edison media research

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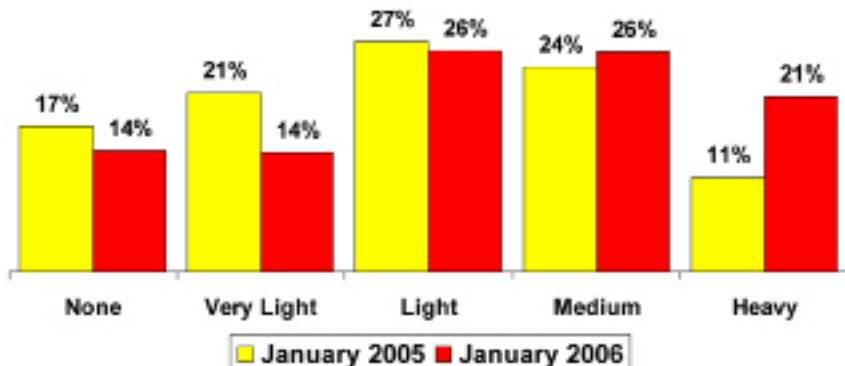
Internet Becoming More Important to People's Lives Relative to TV

"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?"



Heavy On-Demand Media Consumers Nearly Doubled in Last Year

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



Significant Highlights

- **There was a sharp increase in the number of Heavy on-demand media consumers compared with last year.** In 2005, we classified 11% of consumers age 12 and older as Heavy on-demand media consumers. With advances in technology and increased changes in on-demand behavior, this figure increased to 21% in 2006.
- **Consumers find cell phones and broadband Internet access the most “life-changing” new technologies.** We asked respondents about a long list of devices to determine which had had the biggest impact on their lives. Overall, the item consumers reported having the most impact is the cell phone, with 38% of all respondents saying it had made a “big impact” on their lives. When we look among the user base for each technology, the most powerful item is broadband Internet access.
- **The user base of MP3 player owners is growing rapidly.** The portion of our sample that reported owning an iPod-branded digital audio player nearly doubled in the last year, from 6% to 11%; among 12- to 17-year-olds, iPod ownership more than doubled, from 10% to 22%. Owners of the iPod brand love these devices more than the owners or users of any other item we investigated. Among all respondents, ownership of any type of MP3 player (iPod/non-iPod) increased from 14% in 2005 to 22% in 2006; among 12- to 17-year-olds, ownership increased from 27% to 42%.
- **Households with broadband Internet access now significantly outnumber those with dial-up access.** Last year, approximately half of those with home Internet access had broadband and half had dial-up connections. This year, 58% of those who have Internet access at home use either a cable or DSL modem for a high-speed Internet connection, compared to 38% who use a dial-up service. Of those who do not have a broadband Internet connection, 25% say they plan to get high-speed Internet service in the next 12 months.
- **Thirteen percent of respondents have three or more working computers in their homes.** When we first asked about home computers in 1998, fewer than half of respondents lived in households with even *one* computer. Today, 77% have home computers, and 32% of homes have more than one.
- **The number of respondents having ever made an online purchase has grown fourfold since 1999.** Only 13% said they had ever made a purchase from an Internet Web site in 1999. As of this study, 52% of respondents have made online purchases. More than 31% of respondents said they had made an online purchase in the last month, up from 16% in 1999.
- **The weekly Internet radio and video audiences have each increased 50% over the last year.** Twelve percent of Americans age 12 and older have listened to Internet radio in the last week, a 50% increase over the 2005 estimate of 8%. Internet video saw precisely the same numbers, also increasing from 8% in 2005 to 12% in 2006.
- **One in five (19%) of those online have ever tuned to the Internet broadcast of the AM/FM station they listen to most over the air.** While this number is a record high (up from 15% in 2005), it shows that streaming of over the air radio is not yet a regular habit.



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