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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 your 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
Dr. Connie K. McNeil
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Saturday September 6th @ 7:00pm
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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
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Food, Fun & Madness

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 Koncert 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!

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.johnnycioa.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!
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 .
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
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
7:35PM – 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” 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 – **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
- **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 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 airs on Tuesdays at 8:30pm.
Chat with me live on Tuesdays or e-mail me through the Rockland World Radio website.
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, “Nol 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.
THE MAN WHO FELL TO EARTH
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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 PEPE 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 DEBALLO
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
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
Hey all you Rockland county sports fans, ever sit listening to 1050 or 660 go in and out of signal and wish that there 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” Malowtiz 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; whether 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.
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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
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.
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+

Heavy On-Demand Media Consumers Nearly Doubled in Last Year

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

None: 17% 14% Very Light: 21% 14% Light: 27% 26% Medium: 24% 26% Heavy: 11% 21%
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.