

from **THIS CORNER** tv

**From This Corner TV is not just to entertain you, but to talk about topics that both interest you and educate you. Here is a listing of our programs, with the most recent listed first, within each category:
NOTE: A few of these programs will be listed within two categories, as they fit both.**

Healthy Living:

- **“The Story of Natural Nutmeg Magazine – Celebrating 10 Years”** Dr. Diane Hayden, owner and publisher of Natural Nutmeg Magazine shares the story of how this health/wellness focused publication started in 2007, and how it grew to where it is now being offered as a licensed publication throughout the country. She also talks about her background in physiology and nutrition, her many writing creations including several books.

<https://youtu.be/f-o0-Uix6yA>

- **How can you learn to handle stress and pain, changing your relationship with yourself?** Dr. Bridget Cooper joins host Marilyn Dayton to share how she helps individuals, teams and organizations become better people in order to work together, improve their lives and become empowered in relationships. She also shares her own story of pain and survival, going from being abused as a child to thriving as an author, consultant and coach.

<https://youtu.be/uBFYatMRYf4>

- **“What is “raw food” and why would you want to eat it?” “Raw foods for vibrant living”** Joanne “Raw Jo” Riai is a certified raw food chef, teacher and coach. She teaches, helps and inspires busy, on the go, health conscious people how to incorporate raw, fresh plant-based food into their everyday lives, making healthy food choices without feeling overwhelmed, and spending less time preparing their meals. And with nutrient dense plant foods, you will feel healthier and be healthier! <https://youtu.be/4F17bBeQRZg>

- **“Did you know that you could make simple changes that would make a huge impact on your health?”** Certified Integrative Nutrition Health Coach Dawn Swope joins host Marilyn Dayton to share her story of how discovering the importance of “food as medicine” helped her during chemo treatments for breast cancer and led her to become a Health Coach to help others become healthier. <https://youtu.be/dfyCeNhoAFA>

- **“Discover your Soul's desired destiny with Robin Clare.”** Where do you start to heal old wounds? How can we find the light from the shadows? Robin Clare is our guest, talking about the infinite wisdom of your Soul, and how it can change your life. Robin is a Spiritual Messenger, an Author and Teacher. She talks about how you define your past, present and future. https://youtu.be/vcMlggy_okc

- **“How We Can Find Balance in Our Lives”** Are you stressed out? Want more energy? Need balance in your life? Debbie Sodergren, owner of Up Vibrations, is an Energy Body Vibration Expert, who helps people go from being stuck and frustrated to having clarity and empowerment to live happily and have a purpose.

<https://youtu.be/5e9jRzhMYCs>

- **“Women – Create the Life YOU Want”** Writer/Life Coach Karen C.L. Anderson joins host Marilyn Dayton to talk about her latest book, "The Peaceful Daughter's Guide to Separating From a Difficult Mother". She is dedicated to the concept that the truth never creates suffering, and all stories can be told through the lens of truth. Karen helps women create a life they love, based on their preferences, needs and desires, not the preferences, needs and desires (or "shoulds") of their mothers. This book is an interactive workbook that can help anyone in a relationship, even with themselves.

<https://youtu.be/0P3IbDBkCd8>

- **“How You Can Embrace Vibrant Health, Inside and Out”** Janet Verney of Roots 2 Wellness and Kathleen Mitchell from Nourish Your Needs, talk with host Marilyn Dayton and co-host Dodie Milardo about how they both experienced miracles in their health through proper nutrition and using various tools to get well and stay well. They have started a new business, foodGEVITY, which is a fun-cational online program that is igniting a Women’s Health Revolution across the globe. Get healthy and be fabulous...listen to their ideas and suggestions.

<https://youtu.be/7zypFFcOOOM>

- **“Find out how to find your greatness after 50 and older.”** Leading GeroFuturist, Author and Thought Leader Karen Sands talks with host Marilyn Dayton about how we age, and what we bring to this aging as we are healthier, more educated, more out in the world. Hear about finding your opportunity to evolve and find out who you are becoming as you age and become a visionary with wrinkles. Rock your age! [https://youtu.be/ F54Lo5slgk](https://youtu.be/F54Lo5slgk)

- **“How does acupuncture and Chinese medicine techniques help you deal with pain and disorders?”** Carlos Sepulveda utilizes acupuncture and other supportive traditional methods such as tuina, patent Chinese herbs and moxibustion to address a large variety of patient issues and disorders. He shares about how Chinese philosophy leads to treatment of the entire body, emotionally and physically. <https://youtu.be/d6uxEQIEs0w>

- **“How do you handle disrespectful behavior from children?”** Susan Epstein, LCSW, National Parenting Expert, talks about parenting tips for issues such as working from home, parental control over disrespectful behavior and the negative effects “Cultural Autism” due to today’s technology. <https://youtu.be/LeStr2903SQ>

- **“How can acupuncture help pain and infertility?”** Megan Marco, Doctor of Acupuncture and owner of the Stonington Natural Health Center in CT, talks about the different techniques of acupuncture and how it can provide pain and anxiety relief as well as help with fertility issues. Also, health transformation can be achieved with the addition of Chinese Herbal Formulas. <http://youtu.be/uzczHpyfPOA>

- **“How are some of the ways I can find emotional healing?”** Catherine Ewing, founder of Emotional Freedom At Last, joins Marilyn to talk about how she helps people experience deep emotional healing, spiritual awakening and profound personal transformation. She draws from her training and experience as a Psychotherapist, Spiritual Life coach, Ordained Minister of Spiritual Peacemaking, Energy Healing Practitioner, among other experience, and talks about such modalities as tapping, and how she has helped others. <http://youtu.be/QYbzfXA1MW4>

- **“How can I find balance and happiness in my life?”** Find Your True Self, and Transform and Lead Your Best Life in Harmony, Happiness and Abundance. “Happiness Heroine” and Leadership Coach and Intuitive Jan Hoath, of Nurture The Leader, talks about how you can use Peace, Play and Progress in balance to find Happiness and Abundance. The interesting thing about such a journey is that anyone...everyone can benefit from following her Happiness Prism™. <http://youtu.be/LPQQGdoidx8>

- **“How can hypnosis and meditation help my health?”** Evolution & Change with Wellness Skills. Jane Percy, Founder/Director of Riverlight Wellness Center, talks with host Marilyn Dayton about Wellness Skills such as Hypnosis and Meditation as preventive measures in health. <http://youtu.be/GnnnrZpD1q0>

- **“Why is laughing good for healing?”** Eileen Kaplan is a Speaker, Author and Women's Advocate, as well as a breast cancer thriver, who brings her message of healing and hope. Her humor and inspiring speeches help many learn about the importance of knowing your body and taking control over medical diagnosis and treatment...“You are the boss of your own body.” The importance of laughter can affect your healing, her book "Laughter Is The Breast Medicine" is a good example. She and host Marilyn Dayton talk about Eileen’s journey and how she helps others. <http://youtu.be/XqablB3XTqo>

- **“What is Ayurveda and how does it heal?”** Jessica Ferrol is a Clinical Ayurvedic Specialist, Herbalist, Pancha Karma Specialist and Registered Yoga Therapist. She talks about Ayurveda, Vedic knowledge, and the Auyrvedic Constitution of Each of Us Being Different. <http://youtu.be/bHzZK-4EJEE>

- **“Can Hypnosis help me take back control?”** Guest Fern Tausig, Certified Hypnotist and Hypno-Coach, talks with host Marilyn Dayton about how hypnotic methods have helped many people take back control over the lives through dealing with challenges by finding out the actual cause through hypnosis. http://youtu.be/lbzYCs_oQQY

- **“How important is a positive attitude during illness?”** Guest Sandi Gold, Artist/Author/Cancer Survivor on "The Art of Living" joins host Marilyn Dayton. Sandi Gold starts her book with "My Story Starts When I'm Told My Life is Over." But it wasn't. She has survived a brain tumor and breast cancer, has continued to paint even through body pain and limitations from treatments, and lives life to the fullest. Learn why she has such a positive attitude, and how she fought cancer with both Western and holistic medical remedies. <http://youtu.be/vPw-tN3qAJ8>

- **“How can Massage techniques help my body?”** Guests Holly Potter & Ann-Kristin Hillgren of Everything Zen Health & Wellness, about different types of massage, focusing on Oncology Massage and Lymphatic Drainage in the first half, and on Feldenkrais Method of Bodywork and Reflexology in the second half. <http://youtu.be/dWpbf3ncNWQ>

- **“How important is what I eat in staying healthy?”** Guest Christina McKenna, Clinical Nutritionist talks about the meaning behind "You are what you eat", and the importance of attitude and movement in staying healthy. <http://youtu.be/9JLZSif1bdc>

- **“Can Acupuncture relieve pain?”** Guest Kathleen T. Poole, M.S., L.Ac., from Mystic River Acupuncture talks about acupuncture and Chinese Herbal Medicine and "How they can help relieve pain and treat various conditions." <http://youtu.be/NG033eQWcq8>

- **“How has physical therapy changed and why?”** Guest Ron Agostini, P.T. discusses "How the Traditional Physical Therapy Model Has Changed, Where Many Now Practice Such Modalities as Cranial Fluid Dynamics, Metaphysics Such as Ontology, Muscle Testing, Etc." http://youtu.be/6-7_HpNnS6w

- **“Is Thermography a good alternative testing method?”** Guest Dr. Jamie Lee discusses “The Power of Thermography as a Testing Procedure” and “Our Environment, and How It Affects Us” <http://youtu.be/jRU0ZbevmT0>

- **“Who really controls our bodies, the Disease, Physicians, Insurance Industry, or Us?”** Host is Marilyn Dayton. Guests are Dawn Swope, Pamela Watt in first half, Kimberly & Derick Brito in second half on “Taking Control – Break Through the Old Acceptance Attitudes, Learn Your Options to Save Your Life and Change Your Future” <http://youtu.be/dpTfJzVAeaw>

- **“How do you start over after traumatic experiences and loss?”** On the TV show Sacred Intelligence, host Dr. Terrlyn Curry Avery talks with Marilyn Dayton (of From This Corner TV) about her experiences of ‘starting over’ following a physically abusive relationship. <http://youtu.be/hgCBTAMDiDM>

Better Business:

“The Story of Natural Nutmeg Magazine – Celebrating 10 Years” Dr. Diane Hayden, owner and publisher of Natural Nutmeg Magazine shares the story of how this health/wellness focused publication started in 2007, and how it grew to where it is not being offered as a licensed publication throughout the country. She also talks about her background in physiology and nutrition, her many writing creations including several books. <https://youtu.be/f-o0-Uix6yA>

- **“Beauty for the Busy Makeup”** Did you know that there is makeup designed with both health-conscious and convenience for busy gals on the go, that makes women's lives easier? Gail Sagel, CEO of Faces Beautiful, created two signature products that keep you looking gorgeous all day long, that are convenient and make our lives simpler. She talks with host Marilyn Dayton and co-host Dodie Milardo and demonstrates how they are used. <https://youtu.be/DByAOFUZ7Mo>

- **“What is the Missing Piece in Your Life?”** Do you want to enjoy your success in business while you make more money? Women's Wealth Revolution founder Linda Albright talks about how she helps women entrepreneurs discover their "human design" to complete the package of spirituality and business marketing and sales, to make it easier to succeed and enjoy your business and life. <https://youtu.be/r5OtOABzzFQ>

- **“What’s In Your Closet?”** Fashion stylist Diane Kerr Trone joins host Marilyn Dayton about her cancer journey and how she was able to maintain her business while ill, and how her positive attitude and visualization helped her through. Diane has a ‘pop up boutique’ in her home for her business Blonde Hanger, and is the Director of Business Development for W By Worth. She helps women become stylist and also mentors women so they can be successful, teaching them the tools to achieve their goals in business. She also offers some fashion tips and techniques on how to make the most of what is in your closet, in order to dress for success. <https://youtu.be/wrtQEws7sbM>

- **“Find Your Leadership Within and Own It”** Dr. Dorothy Martin-Neville, Coach, Mentor, Speaker, Author and Therapist for over 25 years, talks with host Marilyn Dayton about what leadership means, how to find it, and how it can change your life. She talks about her life and how she was able to follow her intentions for a better life, coming from being an orphan, then adopted and abused, and how she fought the current system to experience and grow in her life and career. https://youtu.be/mi8AErY_Owo

- **“Is that all there is to my life?”** Transform Your Life with Paula Jean Burns of BeSpoke: Have you ever thought "Is that all there is?" Stop living on auto-pilot and change your life, find your value and significance and step forward to live your life "all in". Transformational Coach, Trainer, Speak and Author Paula Jean Burns of BeSpoke talks about how to make 'today your someday'. <http://youtu.be/fXnSYjQeqcU>

- **“How Do We Give Back and Recognize and Support Our Future Leaders?”** Guests Anne Garland, Anne Garland Enterprises & eWomenNetwork CT Chapter and Jeanne Boyer Roy of Harvest Development Group talk with host Marilyn Dayton about the importance of giving back to our community through charitable work and supporting our young business entrepreneurs, with main focus on eWomenNetwork’s FEMTOR Foundation. <http://youtu.be/VNFrVrook>

- **What is a Maverick, and volunteering to help pre-release prisoners in CT.** L. Kay Wilson, attorney, executive coach and motivational speaker talks with host Marilyn Dayton and co-host Dodie Milardo about her work as an attorney, and how it blossomed into helping others through her coaching, Maverick Leadership Institute, and creating the Motivation and Mastery Program for inmates and their families. <https://youtu.be/WHDSZGqpKsU>

- **How can company managers and employees work together?** Employee & Customer Experience Consultant Leesa Schipani shares how company cultures can be improved upon working from the top down and bottom up. She shares stories on how her personal transformations have also contributed to how she then works with her clients to successfully improve their businesses. https://youtu.be/d_7-1y1mHgs

- **“How do you get over the fear of speaking?”** One of the ways to grow a business is by becoming a speaker. But, how can we get over the "inner critic" who is self-sabotaging us and draining us of our confidence? Leslie Karen Hammond, The Confident Speaking Expert, tells us some ways to become more confident. <https://youtu.be/xVUtn4wejmY>

- **“How can the right words express our feelings?”** Michele DeLima from Write Transformation joins host Marilyn Dayton to share tips and techniques of how the power of the right words can make a difference in what you are trying to convey both personally and professionally. <http://youtu.be/clbUwbq4aRc>

- **“How can women become empowered in business?”** Guests Annie Garland of Anne Garland Enterprises & eWomen Network and Marge Piccini of YourMillionDollarSalesAdvantage.com join host Marilyn Dayton to share how they became empowered over the years, and ways others can become empowered for a “New Year, New You, New Business & New Life.” <http://youtu.be/v3lGfJypKS4>

- **“What are some of the ways women can become independent through business?”** Joining Host Marilyn Dayton on this segment of From This Corner TV are Lesley Ingves, the Business Systemizer from Clear Pathway, and Dr. Terrlyn L. Curry Avery, Theologist and Psychologist from Sacred Intelligence, about Facing Your True Self and Becoming an Independent Business Woman. <http://youtu.be/o8qFIQFShA4>

Local Organizations/Charities:

- **“How Can You Help An Abuse Victim?”** Emma Palzere-Rae, Director of Development & Communications for Safe Futures CT, talks with host Marilyn Dayton and co-host Dodie Milardo about how Safe Futures has been saving lives, restoring hope and changing the future for those impacted by domestic violence and sexual assault in Southeastern CT for 40 years. https://youtu.be/dW_7RT50I5A

- **“Did you know that there is a women’s organization that provides well drilling in Africa so girls can go to school, that helps awareness for human trafficking, that raises awareness to help stop cultural rituals that degrade and abuse young girls, and so much more?”** Dr. Bernice Szafarek, Governor of SIANER and Joan Merritt, Membership Chair of SIANER talked with host Marilyn Dayton about that international organization, SOROPTIMIST. Towards the end of the show, you will find yourself wondering “what can I do?” This organization provides ways to help improve the lives of women and girls all over the world through programs leading to social and economic empowerment.

<https://youtu.be/0xHXBoTq3vA>

- **“Do you know how much the unconditional acceptance of an animal can help someone with cognitive, physical and emotional disabilities?”** Executive Director Kitty Stalsburg from High Hopes Therapeutic Riding and volunteer Donna Spicer join Marilyn and co-host Dodie Milardo to talk about this 42 year old organization, where horses and people develop bonds that help them either deal with or overcome their challenges. <https://youtu.be/9Kt6zw9Klsl>

- **“How Do We Help Someone With Intellectual and Developmental Disabilities?”** The ARC New London County CEO Kathleen Stauffer talks about the organization and how they provide guidance and advocacy for those who are intellectually and developmentally disabled by partnering and advocating for equality of opportunity and equality of choice. <http://youtu.be/lXqe3CAIgaU>

- **“How does an event help cancer?”** Sails Up 4 Cancer (SUAC.org) is holding their 5th Annual Regatta on June 20th, 2015, with a Wellness Expo and sailing & picnic event for the Sunshine Kids. Their 1st Spinnaker Fund Soiree the night before will begin the celebration. They are raising money to help those fighting cancer. CEO/Founder Bob Davis and Wellness Expo coordinator Jamie Lee are guests. <http://youtu.be/hPli7JW3xel>

- **“What are some of the ways we can recognize our veterans?”** In celebration of Thanksgiving, host Marilyn Dayton salutes our military and veterans in thanks for our freedom. The show focuses on Fortitude, Sacrifice and Heart, with guests Micah Welintukonis, Purple Heart recipient and founder of InTheLineofDuty, and Navy veteran Rob Hecker from Honor and Remember. The discussion includes physical and emotional needs of our veterans, the 100th anniversary of the VFW and how the organization needs to make changes in order to help today’s veterans, and non-profits that help both first responder such as InTheLineofDuty, and families of veterans we have lost, Honor and Remember, a new national symbol of gratitude and respect. <http://youtu.be/MEKuWBKDula>

- **“What is a way we can help children thrive?”** The Community Coalition for Children's mission is "Helping Children Thrive". Guests Kathleen O'Beirne and Cara Westcott talk about the history and model for the organization, as well as this year's topic for their October event with Darell Hammond of KaBOOM on "Play Matters."

http://youtu.be/7kS_B_PfPms

- **“What are some ways we can deal with Alzheimers and Dementia?”** There is help and hope from the Alzheimers Association. Guests John & Donna Clark talk about fundraising, Kristine Johnson talks about resources & information via

ALZ.org, Teresa Norris talks about her book and surviving the pain of her mother's dementia, and Cecelia Sullivan shares info for caregivers. http://youtu.be/iv9_rGIFtKE

- **“How can an organization contribute 100% of what they raise to research?”** The Terri Brodeur Breast Cancer Foundation was our guest, with new Walk Chair Mary DePasquale and volunteer, walker and past Executive Director Marianne Exposito. Talked about the Foundation that grants 100% of all funds raised to cancer research, over \$2.7 million since 2006 and the upcoming Walk on Oct. 4th. <http://youtu.be/fXA8uhVP0mo>

- **“How can a business organization help support abuse victims?”** Pathway to a Safe Future with Mildred Divine, Founder of SECTWN, Kathleen O'Beirne, Past President of SECTWN, and Emma Palzere-Rae from Safe Futures. Talk about the partnership of the 2 organizations to help raise funds to help victims of domestic violence and sexual abuse. <http://youtu.be/muGG7wnF6rk>

- **“What is some of the latest news on Autism?”** Autism Information & Autism Speaks. Meghan Brahm, M.A., Board Certified Behavior Analyst, Autism Spectrum Disorder Specialist and Ph.D. Candidate, National University of Ireland, Galway joins us with latest descriptions of Autism and legislative updates; and Kristen Anbari, SE CT Community Outreach Chair and a parent of an autistic child, talks about her experience as both a volunteer and parent of an autistic child. Watch it on YouTube at: <http://youtu.be/9TS5DBEiqQE>

- **“How important are educational programs for those with disabilities?”** Lighthouse Campus with Executive Director Kathy Greene, Special Ed Teacher Chris Champlin and Laura Reed, Coordinator of Liveda Transition Academy. This non-profit community-based organization provides educational programs for those with disabilities from age 7, and prepares students of all differences to learn real life opportunities and make choices. <http://youtu.be/zQUWkiGzin4>

- **“How does an organization help victims of domestic violence and abuse?”** Who is Safe Futures and How Does This Organization Help Victims of Sexual Abuse and Domestic Violence? http://youtu.be/a_kBQzKGplk

- **“How can we help men and children who are victims of abuse?”** “How Safe Futures Helps Men as well as Women and Children” and “Men Against Domestic Violence, What Men Can Do About Violence, Twilight Trail Run, 10 x 10 Events, as well as sharing their experiences with the organization and how they volunteer.” <http://youtu.be/NQ5DKyzCGvA>

Arts and Humanities:

“The Story of Hush Point, a TV Show” Dodie Milardo (2nd Assistant Director/Actress), Blake Donovan, (Co-Creator/Producer/Actor) and John J. Cacioppo (Creator/Director/Actor) join host Marilyn Dayton to tell us the story of this new tv series, where the idea originated, how the stories and characters developed, and what is happening next for this new CT original series. See Episode 1 where “A body is discovered in the small town of Hush Point, casting everyone into a shadow of fear. But the body is not the only thing the citizens of the town have to worry about... the story of Hush Point begins.” <https://www.youtube.com/watch?v=dVUt3SrGF20>
See their appearance on FTC-TV here at <https://youtu.be/8Osvuy0nkho>

- **“What is the Brain & Body Connection/Body Language and What Should I Know About It?”** Internationally known Body Language Expert Carolyn Finch joined host Marilyn Dayton and co-host Dodie Milardo to talk about what body language really is, what different MEPS gestures mean, and how you can develop greater awareness of body language inside and out for personal development and success. <https://youtu.be/VITosXRI7a8>

- **From Life to Acting to Writing Books.** Writer and Publisher Ruth W. Crocker joins host Marilyn Dayton and co-host Dodie Milardo to talk about how her life has evolved from growing up in the family business, a nursing home, to performing as a singer, actor and storyteller while maintaining a career in clinical nutrition and health care administration. Today, she is a published author and talks about her book “Those Who Remain, Remembrance and Reunion After War”, how she began writing over many years and presented this book to President Obama. She loves teaching the writing process, especially with aspiring writers who have personal stories they would like to share.

<https://youtu.be/15iUojB85bQ>

- **High School Students Create a Movie Series.** Nick Robinson and three of his friends and fellow filmmakers Elias Sandlin, Marcus Gram and Evan Jesse, spent part of their senior year at Stonington High making the satirical series about life inside their school. The series is called "Classic Stonington" and each series grew in size and storyline to their fifth episode, a 50-minute movie that had its premier at the Mystic Luxury Cinema. They share their stories with host Marilyn Dayton, along with Mr. Dane Lewis, one of the teachers who not only lent their support but acted in the last few episodes. (Marcus was unable to join in the tv interview, but deserves a mention as being part of the team.) You can see more about their Classic Stonington series at <http://classicstonington.weebly.com/>. And their interview is at <https://youtu.be/il6MceaYyhs>

- **Two International History Contest Winners talk about the importance of History in our School Systems Today.** Guests on this show are Rebecca Taber-Conover, Head of Public Programs & History Day, CT Public Affairs Network, and two students who participated in CT History Day and the National History Day Contest in MD. NHD provides the opportunity for some 3,000 international students to submit their projects, acting as historians, researching primary sources, building historical content and forming historical interpretations. The two students who are guests on the show began with CT History Day, a program for students in grades 6-12, were selected #1 in their divisions, Mia Porcello in the Junior division, and Shay Pezzulo in the Senior division. <https://youtu.be/rMakNEDeXAY>

- **High School Students Make a Movie.** Guilford High School Film Club, formed by a group of students who wanted to learn how to make movies. They join host Marilyn Dayton and co-host Dodie Milardo and talk about their latest movie O.N.E., Love By Determination. ONE takes place in a society where love is determined based on an individual's qualities. The movie follows Connor, a boy who just turned 18, as he is faced with the pressure of this system; and Madison, a girl who daydreams to compensate for her lackluster love life. As these two meet, they start to discover a new passion, natural and more intimate than what society synthesizes. However, is it strong enough to break out of the chains of social conventions? Learn how these students formed a film club and learned how to make movies.

<https://youtu.be/Ge6nhLi2be0>

- **"How do school children benefit from collaborative arts programs?"** Representatives of the SE CT Cultural Coalition and the New London School District discuss why arts programs with community collaboration is so important to empowering our school children. Wendy Bury and Kate Fioravanti join host Marilyn Dayton and co-host Dodie Milardo for this informative program. https://youtu.be/KuS8dk_VP9g

- **"What are some of the ways we can capture memories?"** Capturing Moments and Memories with Robin Lensi and Dom Piccini. Photographer Robin Lensi and Video Producer Dom Piccini join host Marilyn Dayton to talk about capturing special moments and keeping memories alive through pictures and videos. They also share some tips and techniques. <http://youtu.be/DYVjt86dbG4>

- **"How does music empower children in a school setting?"** Host Marilyn Dayton talks with Stonington School District's teachers Ellen Effman-Gilbert and James Hilbie about music's ability to empower children's lives as a tool of expression and teamwork, making a difference in children's lives. <http://youtu.be/hltzmaKMyFQ>

- **"How do you learn improv?"** Learn about playing and laughter with the SECT community group Laughworks: School of Improv. Watch the group facilitator Kristin G. Hartnett and 3 members Anjie Leonard, Bob Harding, and Olympia Gregory, show host Marilyn Dayton how to do improv. And learn the difference between Improv and Standup Comedy, all while laughing a lot. <http://youtu.be/LhxhOEGNhJI>

- **"How can music change the world?"** Composer/Conductor/Producer Jim Papoulis talks about his musical background, working with well-known entertainers, and his passion for working with children all over the world. Music can heal, educate, celebrate and empower the lives of children, and he shares stories of how he has seen that. He works through his Foundation for Small Voices. <http://youtu.be/YVoCadFdC4E>

- **“How is music magical?”** Live music is the more powerful form of communication and expression. Founders Chris and Amy Leigh join Host Marilyn Dayton to talk about the upcoming Annual Mystic Blues Festival as well as the history behind it, past performers and plans for this year. They also talk about their String Theory School of Music. http://youtu.be/R_V3HICDWiU

- **“What is the oldest and largest art festival in the Northeast?”** Host Marilyn Dayton talks with Cherie'lin Toporowski, Event Director at Mystic Chamber and Chamber Intern Carly Sales about the upcoming Mystic Outdoor Art Festival, the oldest and largest of its kind in the N.E., as well as with Susan Bailey from Summer in the City (Groton, CT) about the upcoming art exhibition to celebrate the 60th anniversary of the USS Nautilus. You can see it here. <http://youtu.be/FeMajbJaRc>

Around Our Community:

- **“The Story of Hush Point, a TV Show”** Dodie Milardo (2nd Assistant Director/Actress), Blake Donovan, (Co-Creator/Producer/Actor) and John J. Cacioppo (Creator/Director/Actor) join host Marilyn Dayton to tell us the story of this new tv series, where the idea originated, how the stories and characters developed, and what is happening next for this new CT original series. See Episode 1 where “A body is discovered in the small town of Hush Point, casting everyone into a shadow of fear. But the body is not the only thing the citizens of the town have to worry about... the story of Hush Point begins.” <https://www.youtube.com/watch?v=dVUt3SrGF20>

See their appearance on FTC-TV here at <https://youtu.be/8OsvuyOnkho>

- **Help to Search For and Find the Right College.** College education can be the second largest investment after your home purchase, so you want to make the right choices. Making an educated decision about your education is huge. Guest Francine Schwartz, Independent Educational Consultant and Founder, President of Pathfinder Counseling LLC joins host Marilyn Dayton and cohost Dodie Milardo to help demystify the choices with tips and techniques for your search for the right college fit. <https://youtu.be/ZMhYpAbGg7I>

- **What is the CT Social Studies Frameworks?** Representatives of both the education system and historical communities in CT talk about collaborating to create the Social Studies Frameworks, which is becoming a national model to strengthen the academic experience of our students. <https://youtu.be/AYfoMbLne8A>

- **“How do school children benefit from collaborative arts programs?”** Representatives of the SE CT Cultural Coalition and the New London School District discuss why arts programs with community collaboration is so important to empowering our school children. Wendy Bury and Kate Fioravanti join host Marilyn Dayton and co-host Dodie Milardo for this informative program. https://youtu.be/KuS8dk_VP9g

- **“Should schools educate their students on health and wellness?”** Old Saybrook Middle School Principal Mandy Ryan, Event Originator Terri Savino and 2015 Organizer Maureen Coppes join host Marilyn Dayton to talk about their Safety & Wellness full-day program for the Middle School students. This program, as a full-day event, is unique in the nation, where school administration and the PTO work together to educate their students, with the help of community organizations. http://youtu.be/HVb82d_DbPQ

- **“What is the oldest and largest art festival in the Northeast?”** Host Marilyn Dayton talks with Cherie'lin Toporowski, Event Director at Mystic Chamber and Chamber Intern Carly Sales about the upcoming Mystic Outdoor Art Festival, the oldest and largest of its kind in the N.E., as well as with Susan Bailey from Summer in the City (Groton, CT) about the upcoming art exhibition to celebrate the 60th anniversary of the USS Nautilus. You can see it here. <http://youtu.be/FeMajbJaRc>

Unique Sports:

“Studying Martial Arts at Ichiban Studio and Why” Ichiban Karate & Fitness Studio has been a community leader in martial arts and fitness for 26 years. Founded by Kyoshi Chick Gavitt, the instructors and owners have carried through his message of family and friendly environment through all of its program offerings to help students fit their fitness goals. Host and Producer Marilyn Dayton talks with the instructors, owners, parents and students about why they feel so strongly about martial arts, and how this has changed their lives.

<https://youtu.be/91lpWQZl4qw>

–“How can wrestling help youngsters?” Host Chris Annino is joined by CoHosts Susan Hall Lessard, Kimberly and Derick Brito. Guests are Shelly “Shelito’s Way” Vincent, ranked #2 in the US and #10 in the World SuperBantam Weight and holds the WIBA International Belt, and Kali “KO” Reis, one of the first Native American Female pro-boxers to come out of New England, ranked #7 in the US for Welterweight. Topics to be a “conversation with the Pro-Boxers about their experiences, backgrounds, future plans, and how they give back.” <http://youtu.be/KZojAoZlL2M>

–“How can you persevere over physical obstacles?” Interview with Chris Annino, on setting his World Record Vehicle Pull. We talk with Chris about overcoming obstacles, why he decided to do this amazing feat, and what advice he gives to others that he learned during this process. Watch it on YouTube at: <http://youtu.be/zVgK3RU6DJA>

More information is available on our website: www.FromThisCornerTV.com or www.FTC-TV.com.