

JAZZ AT WUSF & SUITE E STUDIOS PRESENT

JAZZ ON THE BLOCK

A WUSF MEMBERSHIP APPRECIATION EVENT

SATURDAY MAY 9, 2026

sponsored by



Foundation for a
Healthy St. Petersburg

presented by

ARTS
AXIS
FLORIDA



WUSF

SUITE

E





Thank You

to our WUSF members

Last year, WUSF lost all of its federal funding and when we turned to our community, you answered the call. Your support helps keep local, fact-based journalism, music, and cultural programming alive and thriving. Thank you for your generosity and commitment. We're truly grateful to celebrate Jazz on the Block with members like you. Your support makes everything we do possible.

**to our sponsors
& partners**



**Foundation for a
Healthy St. Petersburg**



**Art District Tattoo St. Pete
The Mad Monk
Minsterpiece Studio**





YOUR SPOT FOR LOCAL JAZZ



*Jazz on the Block Host
(and your favorite Bay Blend correspondent)*

Warren Buchholz

Watch Performances

Listen to Interviews

Find Live Jazz

Enjoy Jazz Playlists

and more!

groove online

wusfjazz.org



**ARTS
AXIS
FLORIDA**



A Celebration of Jazz and Mental Health

Music supports mental health by engaging the mind, body, and emotions. It can reduce stress, promote relaxation, and boost mood by releasing feel-good chemicals like dopamine and serotonin. Music also encourages emotional expression, mindfulness, and connection, making it a simple and effective way to support well-being and resilience.

Take a moment today to press play, tune in, and let music lift your spirit.



**Foundation for a
Healthy St. Petersburg**



Our Sponsor

The Foundation for a Healthy St. Petersburg is a private foundation formed in 2013. It is the steward of \$170 million in assets to support racial equity and health equity in Pinellas County. The Foundation inspires and empowers people, ideas, information exchange, organizations and relationships to end differences in health due to institutional racism.

Our Partner

Freemansound.org and the **MINDSET Series** strive to raise awareness and funds to support local organizations that provide services to help individuals navigate the effects of mental illness and the stigma often associated with it. The goal is to create a positive mindset, reduce the stigma surrounding mental illness, support community mental health awareness, and prevent suicide.

Using the Power of Music

Here are practical, evidence-supported ways music can improve your mental health, with ideas you can easily try in daily life:



USE CALMING MUSIC TO REDUCE STRESS

Slow-tempo, instrumental, ambient, or classical music can lower cortisol and help your body relax.

Create 3 playlists based on focus / calm / energize



USE UPBEAT MUSIC WHEN SAD/ANXIOUS/ANGRY

Fast, rhythmic songs can increase dopamine and improve energy, especially during workouts or chores.

Play energizing music in the morning to improve focus and set a positive tone for the day



PAIR MUSIC WITH ROUTINES

Listening enhances productivity, eases transitions, and boosts mood by creating consistent auditory cues for specific tasks.

Try pairing energetic music to a routine like chores or workouts



ENGAGE WITH MUSIC

Singing and playing music releases endorphins and oxytocin, improves breathing, enhances mindfulness, self-expression, and a sense of accomplishment.

Sing or hum when stressed

**SCAN THE CODE
TO LISTEN TO
WUSF JAZZ
PLAYLISTS**



WUSF

Around the Block

There's more happening in the other Suites.
Be sure to travel around and check out:

SUITE A

The Mad Monk
Studio Open House

ENTRYWAY



*Portraits by
Danielle*

SUITE C

Minsterpiece Studio
Fine Art & Illustration
solo guitar performance
in the front garden



**FreemanSound Stories: Music
for Better Mental Health**
Interactive video recording
sessions by Freeman Sound

ARTS
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FLORIDA 

OPEN MIC

SUITE D

7:00-10:00pm in
Art District Tattoo St. Pete
Hosted by Quin Killin'

poets, musicians, artists:
sign up for 10 minute slots
free to perform
see Quin for sign up sheet





Itinerary *

Introductions

Freeman Sound Presentation

Tha Banned

Quin Killin'

Jose Piñeiro Trio

Keshia Banks

Steamin' Jazz

D-Rod the Poet

Mutant Fusion Collective



*Schedule subject to change

WUSF

N o s h

Brunch Munch

wings

10 wings - \$15

Buffalo
Garlic Parm
Hennessy (+1)
Honey Hot

Jerk
Lemon Pepper
Peach Hot Honey (+1)

combos

Wings & Fries - 15

Wings, Fries, Egg Roll - 15

Chicken & Waffles - 16

*add our signature Sweet n' Spicy
Sauce for the perfect kick*

sides

Buffalo Chicken Dip

Egg Roll - 6

Fries - 6

Waffle - 7

non-alcoholic beverages

canned soda - 2

lemonade - 4

bottled water - 2

L i b a t i o n s



b-flat brews

an @eatingkino project

	HOT	ICED
cold brew		3.5
matcha latte	5	6
<i>matcha has caffeine! ask about our decaf option.</i>		
s'mores cold brew		6
ZZZs mocktail		4
blueberry matcha		7

milks

almond, oat, whole
no extra charge

the jazz bar

spirits & cocktails
house red/white wine
canned beer



**FREE* BEER for
WUSF Members
courtesy of
3 Daughters**

limit one (1) can per person**
must be 21+ with proof of valid I.D.
first come first serve

NOT A MEMBER YET?

Become one today!
Ask a WUSF representative
how to start your gift



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stories deserve to
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thezestpodcast.com

*must have a WUSF ticket

**Please drink responsibly

WUSF

Jazz Ensembles

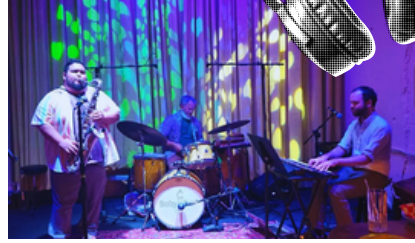


THA BANNED

TAMPA

Born from jam sessions in an auto shop, Tha Banned is a collective of Tampa-based musicians and songwriters dedicated to sharing the energy of live music and fostering a strong sense of community.

@tha_banned



JOSE PIÑEIRO TRIO

GAINESVILLE

Jose Piñeiro brings a deep intensity to jazz, blending moments of calm and energy to explore the richness of human connection. Through the Jose Piñeiro Trio, his music captures both the depth and beauty of life's experiences.

@josepineirotrio



STEAMIN' JAZZ

ORLANDO

Led by bassist and founder Holly Cordero, Steamin' Jazz is a dynamic ensemble hailing from Central Florida. Known for their versatile shows, they blend jazz standards, funk grooves, and jazz-infused renditions of pop tunes.

@hollyplaysbass



MUTANT FUSION COLLECTIVE

DUNEDIN

Mutant Fusion Collective (MFC) is a genre-blending force known for fusing jazz, rock, and '90s alt-rock into a bold, signature sound that mixes original works with reimagined classics.

@mutantfusion_collective

Spoken Word Poets

Your
OPEN
MIC
host!



KESHIA KAOS BANKS

TAMPA

Keshia has spent years perfecting a delivery that feels like a jazz solo — smooth, intentional, and deeply personal. Her debut book, *Book of Rhymes: Soulor System Vol. 1*, serves as the first movement in a series dedicated to exploring our internal worlds. [@soulor_system](#)



QUIN KILLIN'

DAYTONA

Quin Killin' is a poet, advocate, and performer reppin' Liberty City, Miami. Their poetry has appeared in literary magazines like *Button Poetry*, *The Bitchin' Kitsch*, and *African Writer*. They are also an avid comic panelist with speaking and performance experiences Tampa Bay Comic Con, Blerd Con, and Orlando MegaCon. With an MFA in Creative Writing from Stetson University, they live life as a comic panelist, part-time blerd, a full-time AuDHD, introverted Negro, and moonlights as a comedic, smart mouth in intimate spaces and Substack essays. [@queeny_bihh](#)



D-ROD THE POET

TAMPA

Dennis Rodney (D-Rod the Poet) is a Tampa-based spoken word artist and poet known for performances featuring lyrical and rhythmic content. He is the host of "Poetry Is..." on WMNF 88.5. [@drodpoet](#)

"Jazz is freedom.
You think about that."
-THELONIOUS MONK





Florida Matters
Live & Local

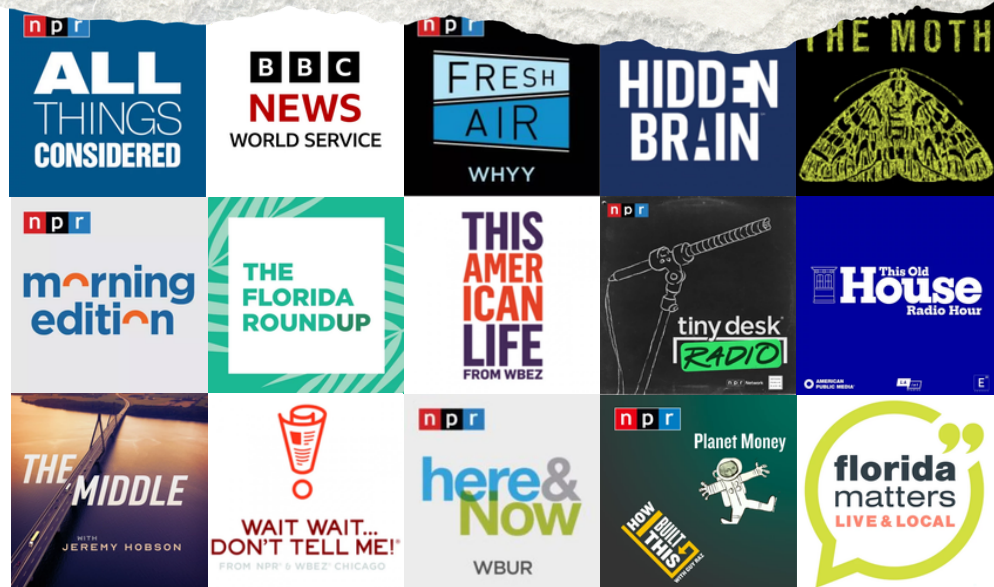
The Bay Blend

Your Florida

Wake Up Call

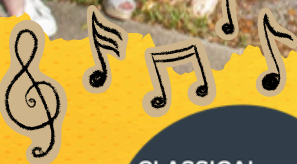
YOUR SPOT FOR LOCAL

We are West Central Florida's NPR station broadcasting local, statewide and national news, and public radio programs. Our award-winning WUSF reporters keep listeners up to date on Florida news and locally produced programs, which provides insight on regional issues. WUSF 89.7 serves an extensive broadcast audience and can be streamed online at WUSF.org.



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103.9 Tampa



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ARTSAXISFLORIDA.ORG



EXPLORE LOCAL
COMMUNITIES



FIND THINGS TO DO



MONTHLY
NEWSLETTER



WEEKLY BLOG



LOCAL ARTISTS

WUSF



Tucked away in a cozy corner of the Warehouse Arts District, Suite E Studios is home to musicians, artists, event workers, designers, multimedia producers, and even a record shop. This creative community arts venue provides space for recording and rehearsing, creative projects, educational workshops, and community events like their monthly creatives support group.

Learn more at suiteestudios.com



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Mental Health Support is Available

24/7 SUPPORT

988 Suicide & Crisis Lifeline

Call or Text 988

Chat via 988Lifeline.org/chat

Crisis Text Line

Text COALITION to 741-741

Chat via CrisisTextLine.org

Crisis Center of Tampa Bay

Call #211 or visit CrisisCenter.com

Tampa Bay Thrives

Call 844-YOU-OKAY

Find services at letstalktampabay.org/

Substance Abuse and Mental Health Services Administration

Call 800-662-HELP

Text your zip code to 435748 to find services nearby

MORE RESOURCES

The Mental Health Coalition's Resource Library

Explore mental health tools and resources

TheMentalHealthCoalition.org/Resources

NAMI Pinellas County

Find groups, mental health resources, and events

nami-pinellas.org

WUSF

Become a Sustainer



wusf.org/donate

Your monthly gift helps protect the programming you count on —
and keeps WUSF strong for west central Florida.