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You Bet Your Garden # 1232PRX Proper Posture for Your Protection 4/6/2023

On Part 2 of this 'Well Exercised' episode of YBYG Mike McGrath digs deeper into tips and tricks for your gardening movement health! Plus In the News: BLUE Mt. in Palmerton Pa. gets more GREEN restoration!! Plus your restoring phone calls!!!

FROM WEBSITE:

As you may recall, we described several exercises in this space two weeks ago that you could (and should!) do to get your winter body ready for springtime garden chores, courtesy of my good friend Physical Therapist and Exercise Physiologist Phil Dunphy. But then, instead of an instant follow-up, we aired a repeat show last week about slugs. Was that to give you time to get in shape before we hit you with Part Two?

Nah. Our esteemed Producer Theresa Radtke took the trip of a lifetime to see the Northern Lights in Alaska. And the rest of us just wanted a week off.

But now we are back--and this time, we will more properly answer the question that sparked this anti-soreness series; to wit:

Q. Julianne in Glenside PA wrote: "I'd love to hear all your tips, tricks, and advice for people who love to garden but contend with physical disabilities or limitations. I think you have given more tips about reducing physical stress when gardening than you might think! After all, the way you gardened when you were 25 years old isn't the way you garden today."

A. First, will everybody please knock it off with the "you're not young anymore" comments? My body reminds me of that every day; OK? Not to mention the LYING mirrors in my house! (They must be haunted.) We now proceed:

Warm up first:

Just as with the exercises we showed you two weeks ago, you need to loosen up before you head out to the garden if you want to return to the house standing up straight. Phil suggests a five to 15 minute walk while holding your back nice and straight; or five minutes of gentle arm swings; or a nice warm shower. If it's OK with you and your doctor, you could also take an over-the-counter anti-inflammatory a half hour ahead of time. It is MUCH easier to prevent muscular inflammation than to cure it.

Basic Rules of Pain-Free Gardening:

Keep the work close to you. Don't reach out to do something; move closer to the work instead.

Always keep the work directly in front of you; don't twist your body to reach something. Turn and face the work directly.

Most important: NEVER reach AND twist! Even a light object can hurt your back if your arms are extended and your body is twisted. Don't BEND and twist either; it's just as bad.

Beneficial Bending:

If you need to lift something like a pot, plant or a bucket, don't bend at the waist with your legs straight. Instead, flex your knees to transfer some of the weight from your back to your thighs. Don't do a full squat or you'll lose that beneficial leverage. (And maybe fall down go boom.)

If you need to do a lot of work at ground level, get down there to do it. Use knee pads, a knee cushion, or one of them low to the ground garden kneeler type things. Don't bend over to do something at ground level if you can kneel to do it instead. And once you ARE down, try and stay down.

DON'T Do the Twist!

Don't twist to reach from bed to bed. Move to that area instead; again, always keeping the work in front of you. Phil warns: "If you twist to reach another bed you could easily be laid up for a week; and then who's gonna weed the tomatoes?"

When it's time to move to another section of the garden, try to get over to that place while you're still on the ground rather than getting up and walking over. Use one of them garden roller/kneeler type things; heck, crawl if you have to! Remember: Once you're down, try and stay down.

Two Things to do While You're Down:

Deliberately tighten your stomach muscles as often as you can while you're kneeling.

Every five minutes or so, act like a cat. Put your hands on the ground and gently roll and arch your back a few times. Just a nice smooth gentle motion. Doing this prevents you from getting into a 'locked' position.

Shovel Sense:

Don't stand straight legged with your back bent when you shovel. Keep your knees slightly bent to bring your legs into the act. Tighten your stomach muscles when you shovel.

Always pull the shovel close to your body when it's full. A shovelful of dirt held two feet away from your body exerts enormous pressure on your back, so keep that shovel close.

Disposing of Dirt:

Don't turn and throw a shovelful of dirt with your feet planted. Instead, pick up your front foot, point it in the direction you want the dirt to go, pivot on your back foot until you're facing in the right direction and then toss the dirt.

Don't dig for extended periods without stopping. Every five minutes or so, stop, put your hands on your hips and lean backwards for a few seconds. You'll last longer--and feel better when you're done.

Stretch

As we've said previously, stretch AFTER the work is done. Stretching cold muscles BEFORE exercise can be physically harmful. In a study involving hundreds of thousands of army recruits, injuries were greatly reduced by switching to after-exercise stretching. And dat's the truth!

EDUCATION REFORM

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Story: Moms For Liberty

Aired: 6/30/23

Reporter: Sarah Mueller

Category: Education Reform

Link: <https://www.lehighvalleynews.com/school-news/survival-of-america-moms-for-liberty-summit-hits-philly-lehigh-valley-protesters-rally>

'Survival of America': Moms for Liberty summit hits Philly; Lehigh Valley protesters rally

Moms for Liberty Protest

By Sarah Mueller

PHILADELPHIA – When Moms for Liberty national co-founder Tiffany Justice speaks about public education, she talks about students' poor academic performance, reading, writing and math in major government reports that have been recently released, including most recently by the National Center for Education Statistics.

"And we're going to say we demand more for our children," she said. "We demand that more than two-thirds of kids read on grade level in America. Right now, in fourth grade, we have nearly 66% of kids who are not reading at grade level in fourth grade. That is unacceptable."

Moms for Liberty "Joyful Warriors" National Summit takes place in Philadelphia through the weekend

Protestors from the Lehigh Valley and across the region convened outside the convention center

Nazareth Together organizer said she travelled to Philly to take stand against the group's "extremism"

But inside the Moms for Liberty "Joyful Warriors" National Summit taking place in Philadelphia this weekend, much of the focus turned to the "survival" of America, students' gender identity, alleged "sexualizing" of children in schools and restricting access to books.

"We know, you know, the high price that has to be paid in this fight," said Marie Rogerson, Moms for Liberty executive director for program development.

"Some of you experienced it last night as we tried to go to our welcome reception and you experience it every single day in your chapters everywhere you are. It is perhaps strange that something that we're doing is so controversial when we're really just standing for our kids," Rogerson said, "But we also know that the price that you're paying will come with a very glorious triumph and we are grateful for what you're doing."

Convention goers were met with protests outside the Thursday evening reception at the Museum of the American Revolution, according to reports.

Civil rights organization the Southern Poverty Law Center has described Moms for Liberty as an extreme "antigovernmental" group "seeking to undermine public education."

Lehigh and Northampton counties both have active Moms for Liberty chapters. The groups' endorsements in local elections could impact the ideology of school boards on the ballot in November. For instance., the Northampton chapter is backing Cindy O'Brien in the Bethlehem school board race, and candidates Elmo Frey Jr and Melinda Gladstone in Nazareth.

In Southern Lehigh, a slate of candidates calling themselves the "true Republicans" have signed a pledge vowing to create policies restricting LGBTQ rights and eliminating "woke" teachings. The East Penn "Your Voice on the Board" slate of Republican candidates denied collaborating with right-wing groups Restoring Excellence in East Penn Education and Moms for Liberty - Lehigh County.

"I think it's an opportunity for us to, you know, and I say us, people that are against Moms for Liberty, and everything they stand for, to ... send this message that, you know, we will just not absolutely not tolerate their extremism, and the fact that they're trying to actively strip away the rights of others."

April Gabriel-Ferretti. founder of Nazareth Together

The first full day of the summit included several strategy sessions, including "mastering the spin," "driving the narrative," "protecting kids from gender ideology" and "the first 100 days: getting flipped school boards to take action."

The events were closed to the media.

Justice says Moms for Liberty chapters in Pennsylvania have grown like wildfire.

"You see a little spark, a fire start, right, a chapter opens up. And then you see another chapter in the next county, and then another chapter in the next county," Justice said. "And I think it's really a testament to the fact that parents are concerned about what's happening in the schools, especially here in Pennsylvania, the curriculum, some of the different books that they found in the libraries. And so you know, they're stepping up and wanting to have their voice heard."

Summit participants were met with protestors from Philadelphia and surrounding areas, including Nazareth resident April Gabriel-Ferretti. Gabriel-Ferretti is the founder of Nazareth Together and she held a Pride event in Easton on June 10.

"I think it's an opportunity for us to, you know, and I say us, people that are against Moms for Liberty, and everything they stand for, to kind of come together collectively, and in solidarity in order to, you know, send this message that, you know, we will just not absolutely not tolerate their extremism, and the fact that they're trying to actively strip away the rights of others," Gabriel-Ferretti said.

Cindy Apostolico was enmeshed in the protest Friday at the corner of 12th and Market streets. She is on the board of PFLAG Philadelphia, a nonprofit that promotes diversity, and regional director of Free Mom Hugs, covering Lehigh Valley, the Poconos and the greater Philadelphia area. She said she was there to show love in the face of hate.

"What we're trying to do with Free Mom Hugs is to support and celebrate the LGBTQ community with visibility, communication and education. And so we're not only a visible support to LGBTQ people who know that they're safe around us," she said. "But in some ways we're showing parents and other family members and neighbors and co-workers. We're giving them somebody to see supporting them, and not just tolerating them, but loving them and celebrating them. So I think we all need to see good examples in our community."

Pennsylvania school board elections are in November. An email to the Lehigh County chapter of Moms for Liberty for comment about the summit received no reply.

HEALTH AND WELLNESS

Story Title: 'A dream come true': High schoolers get hands-on experience in health care industry

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'A dream come true': High schoolers get hands-on experience in health care industry

By Brittany Sweeney
Published June 19, 2023 at 3:27 PM EDT
St. Luke's employee and high school student

Kyle Fatzinger, radiology manager at St. Luke's Allentown Campus, explains the functions of the control panel of an x-ray unit to Samuel Uben, a participant in the Health Career Exploration Program. "He's awesome, a really hard worker," Fatzinger says of Uben. "We love him!"
BETHLEHEM, Pa. — The latest group of high school students to go through the Health Career Exploration Program offered through St. Luke's University Health Network are wrapping up their stint. The program exposes students to careers in the medical field.

"I always wanted to work in health care, and this program gave me my first opportunity to see the inside workings of a hospital," said Jayla Marrero of Bethlehem.

The 18-year-old Freedom High School student is in the process of becoming a St. Luke's employee. She will soon be a patient care assistant, on the unit where she trained, while earning a bachelor's degree in nursing. She is enrolled in Northampton Community College to study nursing, then will head off to Winston-Salem State University in North Carolina where she hopes to specialize in OB/GYN or pediatrics.

"This is a dream come true," she said.

Health Career Exploration Program offered through St. Luke's University Health Network offer student hands-on training
High school students can learn about the medical field while in school
Program funded by the Workforce Board Lehigh Valley
The group of students, from both Bethlehem and Allentown high schools, spent about 15 hours per week after their academic obligations exploring health-related career opportunities.

"This was a really good experience for me. I really like helping people."
Samuel Uben, William Allen High School
Samuel Uben, from William Allen High School, said this "confirmed that I want to work in the health care field." The 18-year-old speaks both English and Spanish, which he used to help patients feel more comfortable.

"This was a really good experience for me," he said. "I really like helping people."

Uben aspires to become a certified X-ray technician after completing his bachelor's degrees in biochemistry and computer science at Kutztown University. He is heading to college on a "full ride" scholarship.

Uben and Marrero were among 25 students in the Health Career Exploration Program funded by the Workforce Board Lehigh Valley. Participants worked in the Health Network's Allentown, Anderson, Sacred Heart and Bethlehem campuses and were paid for the time they spent.

"Health care is the number-one employer in the Lehigh Valley and it is imperative that we provide work-based opportunities to youth."

Nancy Dischinat, executive director, Workforce Board Lehigh Valley
"Health care is the number-one employer in the Lehigh Valley, and it is imperative that we provide work-based opportunities to youth, our potential workforce, to ensure they have an opportunity to preview health care occupations and learn about the enormous opportunities for employment and continuing growth in the health care industry," said Nancy Dischinat, executive director of Workforce Board Lehigh Valley.

The program is a good first step.

"Through the Health Career Exploration Program, St. Luke's exposes students from diverse backgrounds to careers in the health care industry, helps them gain insight into clinical and non-clinical roles, teaches them job-keeping and job-seeking skills, helps them understand future employment opportunities, and builds confidence in their abilities," said Victoria Montero, St. Luke's Network director of Community Workforce Development.

According to St. Luke's, the majority of students who came through the program identify as Hispanic and nearly one quarter as Black/African-American.

"Over the life of the program, 98% of students who participated in the Health Career Exploration Program have graduated from high school," added Montero.

"This is a life changing opportunity for them," she said. "We love to help them and witness their growth and development."

The career-readiness program has been in existence for 15 years. Students who are interested in participating must apply and interview for a position in the Health Career Exploration Program through St. Luke's and meet the eligibility requirements of the Workforce Board Lehigh Valley.