

APRIL 2015 PROGRAM DESCRIPTIONS

WEDNESDAY APRIL 1ST

7am-8am

Fitchburg Police Chief Ernest Martineau sat in with Jack Naylor and Travis for the first hour of the show. He also brought along Sargent Tom Leger. The first topic discussed was the recent “North of Main Street” forum held the previous week. Martineau discussed the turnout as well as the concerns expressed by residents of the area. Martineau chatted with Travis and Jack about quality of life concerns regarding neighborhood appearance, noise violations and how they can lead to perceptions about neighborhoods. Jack and Travis talked with the Chief about people taking ownership for their neighborhoods. Martineau also discussed the recent open house and recruitment fair held at the police department. Sargent Tom Leger spoke about his experiences as a civilian dispatcher prior to joining the force. Leger and Martineau talked about the position of civilian dispatcher that they are looking to fill as far as job description, how it impacts the department and community, as well as information on how to apply.

MONDAY APRIL 6TH

7am-8am

State Representative Jen Benson joined Travis and Bill Thomas for the first hour of the show. The first topic talked about was the recent approval of \$200 million for road repairs. We also talked about Charlie Baker's plan to offer early retirement to certain state workers. Jen also spoke with Travis and Bill about the recent push to change the Legislative Committee Structure. Jen explained the current set up for listeners and the three of them discussed the proposed change. Jen spoke about how committees have already been affected by partisan politics and talked about the lack of bills being passed during this session. Travis and Bill also spoke with Jen about marijuana legalization, and the current push by a group of state representatives. Jen reiterated her stance on her opposition to legalization for recreational use.

WEDNESDAY APRIL 8TH

7am-8am

Fitchburg Mayor Lisa Wong was in studio for the first hour of the show. Wong talked about the recent appointment of a new Economic Development Director in Fitchburg. She spoke about the new Director, and what she hopes will come from the new appointment. The second thing she spoke with Jack Naylor and Travis about the recent North of Main Street Forum. She echoed a similar sentiment to Chief Martineau. She talked about improving the quality of life in that area. Wong also spoke with Travis and Jack about the proposed artist colony at the vacant middle school. They discussed the potential impact in the community as well as the need to re-purpose old buildings. The last thing Mayor Wong spoke about was the child abuse forum she attended recently.

8:40-8:50am

Rod MacDonald from the Thayer Symphony Orchestra stopped in to chat with Jack and Travis about the upcoming concert at Monty Tech. MacDonald opened up about his first year leading the symphony. He spoke about what to expect at the upcoming concert and his hopes for the future of the symphony.

TUESDAY APRIL 14TH

7:30-8am

Jeremiah Riordan, Associate Vice President of Lifelong Learning and Workforce Development, called in to talk about the summer educational camps being held for kids and teens. He talked about the camps and how they differ from traditional summer camps. He also spoke about reception to them from last

year. Riordan also spoke about the upcoming business luncheon series.

8:40-8:50am

Ruth from the Winchendon Lions Club sat in the studio to talk about their upcoming fundraiser concert featuring, Through The Doors: A Tribute To The Doors. Ruth talked about the cover band performing and other things happening at the event. Ruth also spoke about the work that the Lions Club does for the area.

WEDNESDAY APRIL 15TH

7:00-8am

Leominster Mayor Dean Mazzarella was in studio for the first hour of the program. He talked about being the longest serving mayor in the state. He also spoke to Travis and Jack about the state aid currently being withheld from the city until the fiscal report gets in. He also spoke about the discrepancy in numbers related to net school spending and what he called a lack of cooperation in terms of getting information from the school system. He also spoke about upcoming events in the city.

WEDNESDAY APRIL 22ND

7:00-8am

Gardner Mayor Mark Hawke joined Travis and Jack in studio. Mark talked about recent events in Gardner and talked about work on the new police station in town.

MAY 2015 PROGRAM DESCRIPTIONS

WEDNESDAY MAY 6TH

7:00am-8am

The Chief of police of Fitchburg was in the studio for the FIRST HOUR of the show. Travis listened to the Chief while he spoke about SPRING CRIME and gave out some tips. He explained that although some citizens still call the office, police have been using social media to their advantage, specifically Facebook. The Chief then made the community aware to Spree Day, taking place at Fitchburg State University. He then discussed the 4 + 1 Program at Fitchburg State University, which entails four years of school and one year in the field of the chosen major of a student. He explained this is the fast track program if a student is interested in being a policeman. To top off the hour, Chief mentioned the Three Pyramid Stand Against Racism Event, which explains the zero tolerance for racism.

8:40am-8:50am

Donna Brownell from WEST called in to talk about their 25th anniversary celebration. Donna spoke about the WEST group, its origins, and the projects they have done throughout their existence and what they are currently working on through advocacy. She also talked about their big celebration event coming up.

THURSDAY MAY 7TH

7:00-8am

Mary Lotze and Kathy Goguen from the Fitchburg Republican City Committee joined the first hour of the show. They touched on the candidates on the Republican side who have already announced their intentions to run for President. They spoke about Charlie Baker's work on fixing the MBTA, as well as his bi-partisan efforts and business like approach as Governor. They touched on the need to balance a budget. They also spoke about MaryJo Bohart, the new Economic Developer in Fitchburg and how excited they are to have someone to fill the role. They also talked about the latest episode of their show.

TUESDAY MAY 12TH

7:30am-8am

Mount Wachusett Community College Dean of Students Jason Zelesky and graduating student Yasmine Kanaan sat in with Travis for the first half hour of the show. The first topic discussed was the college's Commencement, which is around the corner happening on May 20. He mentioned their welcoming back of Gardner native Kevin Berg as the Commencement speaker, who is now the Executive Vice President of Production for CBS Network in Los Angeles. Travis then discussed with Jason the process for selecting a student speaker. Travis then conversed with Yasmine about what Mount Wachusett meant to her as well as how she was expecting to motivate her fellow students with her Commencement Day speech.

WEDNESDAY MAY 13TH

7am-8am

Fitchburg Mayor Lisa Wong was in studio for the first hour of the show. Wong talked about her recent decision to not RUN AGAIN. Travis then discussed with her what she plans on doing for the last few months that she is in office, most of which included building projects. She touched upon some developments that had been successful while she had been in office, specifically the Fitchburg State University Science Center that has brought great attention to the college. Finally Travis spoke with Wong about her crime and drug concern for the city in relation to the recent shooting taking place on Milk Street.

8:10-8:30am

George Cornwall, from Ashburnham 250th, then sat in with Travis for the SECOND HOUR OF THE SHOW. Travis spoke with Cornwall about his upcoming events for Ashburnham. Number one being Community Day and number two being a concert being put on at Winchester Park. Cornwall discussed a few events that will be occurring on these dates including a beard contest and a century box that allows citizens to put items into a time capsule.

8:40-8:50am

The last guest of the day to sit in with Travis was George Leblanc, a member of the Fitchburg Ashby Sportmans Club. Travis first talked to George about a kids fishing derby being put on by the club, which will also include a chicken barbeque. Travis and George then spoke about other events the club is putting on such as the trap shooting gun clinic and an inaugural 5k run which will act as a financial assistant to veterans.

THURSDAY MAY 14th

8am-8:30am

Melissa Fetterhoff from the Nashoba Valley Chamber Commerce and Elaine from Devens grill sat down with Travis at the 8am hour. Travis first chatted with Elaine about her restaurant's 10th year anniversary. She explained all the exciting activities going on for this celebration including liquor promos, a car show, and even a live performance from Sam James, who is known for being on ABC's popular hit show *The Voice*. Travis also then discussed with Elaine her contributions to the community, specifically with being on the organization board. Travis then spoke with weekly guest Melissa about her upcoming events for the Chamber including a golf tournament and an annual banquet where a ten thousand dollar drawing will be happening.

8:35am-9am

Frank from Petopia Doggie Daycare and Dan from Reflex Dog Training were in the studio for The Pet Pulse. Their topic of the day while talking to Travis, was discussing dog body language. The men explained that a wagging tail does not always mean happiness for a dog. They then described to Travis that a too many pet owners lack knowledge of what's going on with their dog, and need to learn to commit to things so the dog doesn't pick up that you are indecisive

WEDNESDAY MAY 20TH

7:00-8am

Dean Mazzearella sat in the studio with Travis and Jack. Mazzearella discussed the uses of the "free money" that is being given to the city, including simple things that eventually add up such as new ambulances and replacing cross walks. The topic of the school department budget cuts was also brought up; Mazzearella explained that he believes the budget should reflect what goes on in the classroom. Travis also asked Mazzearella about the possible move of the current location of the police station to Lancaster Street and the benefits of that. He then touched upon the upcoming events of this summer leading into the fall including some such as Starburst, Material Girls Quilt Group, Sholan Farms opening weekend, and the Johnny Appleseed Festival.

8-8:30am

Kenny Churchill sat in the studio with Travis and Jack for the 8 o'clock hour to discuss the Fitchburg Airport Country Festival. He talked about the numerous things being offered at this event such as Brazilian and American barbeques, petting zoos, mechanical bull rides, and helicopter rides. They also discussed the famous bull riders coming in from around the world and Churchill's personal experience

with bull riding and his tips of how to do so. Finally he touched upon his thoughts and feelings when the gate opens before riding the bull as well as thoughts that run through his head while being thrown off of the bull.

THURSDAY MAY 21ST

7:35am-8:00am

Rick Voutour from the Leominster Veteran's Services sat in the studio first with both Travis and Justin. Voutour explained that all services are ran through the Leominster Veteran's Center. He touched upon his own personal service in the Gulf War. He then mentioned all the upcoming events for Memorial Day weekend, including barbeques for veterans, a white cross ceremony, and flagging.

8:10am-8:20am

Heather O'Neill then called in to speak with Travis about having a daily gratitude. She explained that people wake up in the morning focusing way too much on things that aren't going right in their life or things that bother them, when instead they should be focusing on what to be thankful for. She gave a tip of how to be more grateful by keeping a notebook next to your bed and not getting up until you have written five things that you are grateful for that day. She also discussed how by putting attention on your heart center rather than your thoughts you have the power to do almost anything, even improve your everyday relationships with the people surrounding you.

8:40am-8:50am

Frank from Petopia Doggie Daycare and Dan from Reflex Dog Training were in the studio for The Pet Pulse. They discussed the importance of human interaction with dogs and how they should act when meeting a new dog or working with dogs within their workplace. They explained that although you may want to roll around on the floor with dogs and play with them body language certainly matters. If you want to retain a certain level of respect from the dogs you must maintain authority over the dog by doing things such as waiting for the dog to come to you, or even remaining aloof and appear to be more interested in other humans rather than the dog itself.

FRIDAY MAY 22ND

7:40am-7:50am

George Leblanc joined Travis and Billy in the studio to discuss Memorial Day weekend plans for the city of Fitchburg. He mentioned that the town will be having a white cross ceremony for the soldiers who never returned home, and also cited the need for more veterans to join him and the city for the parade taking place on the holiday.

8:40-8:50am

John Morrison sat in the studio next with Travis and Billy. John then discussed the Dirt dogs team and their home opener at Doyle field against Worcester. He touched upon his happiness about the growth and progression of the program every year. He explained that the city has been great and has even allowed for many improvements at the field this season, including a higher left field fence, a new scoreboard, and bleachers completed on both sides of the field.

THURSDAY MAY 28TH

8:40-8:50

Frank from Petopia Doggie Daycare and Dan from Reflex Dog Training were in the studio for the weekly Pet Pulse. Today they discussed dog parks and the benefits and drawbacks of these parks. Some people make the mistake of bringing their dog to these parks and letting them run free up to numerous

other dogs. The men explained that this is not the way to bring your dog to a park and it is the responsibility of the human to keep their dog in line. They explained an alternative that would be going to the park in groups so these dogs can interact more proactively.

JUNE 2015 PROGRAM DESCRIPTIONS

TUESDAY JUNE 2ND

8:10-8:20

Attorney Michael Dellamonica called into Travis to discuss something other than the law this week. He announced his running of candidacy on the school board for Leominster. He explained his disagreement with how the school board meeting went and how there was not enough money for a school budget. He is planning on joining the board and changing the harsh statements found on social media.

8:40-8:50

Sarah Lea Chase called into Travis in the studio to discuss her new book the New England Open-House Cookbook. Chase explained her extensive research in each of the six states and how it was very hard not to celebrate seafood within her writing. Although it took about five years to complete, Chase said it took a lifetime of recipes to actually finish the book. She finished the interview by saying that she has not encountered a lot of people who didn't give her their recipes; she explained food is a culture that is meant to be shared.

WEDNESDAY JUNE 3RD

7:00AM-8:00 AM

Fitchburg Police Chief Ernie Martineau sat in the studio with Travis. He discussed how the state works in conjunction with state, local, and federal laws. Travis and Martineau then spoke about the recent shift back towards community policing, which will in Martineau's opinion improve communication, allow you to know your neighbors, and adhere to public needs. They then touched upon things talked about at the city council including traffic cameras being shut down.

THURSDAY JUNE 4TH

7:00-8am

Kathy Goguen and Mary Lotze from the Fitchburg Republican City Committee sat in for the first hour of the show. The two spoke about Lt. Governor Karyn Polito's recent visit to the area. They also talked about having a Lt. Governor from the central part of the state and the need for more attention to be paid to the area. They also spoke about the Senate desire to keep the state tax rate as is, instead of supporting the reduction that Governor Baker and the House both support and had been expecting. The ladies also spoke about Hillary Clinton and current candidates. They finished off talking about the latest episode of their program.

FRIDAY JUNE 5TH

8:40am-8:50am

Judy and Amanda came into the studio to speak with Travis about the Anti-bullying pasta dinner that they organized for Amanda's daughter who has recently lost her life this past winter. The two explained the effects of bullying and how severe the consequences can be. They also conversed about how important a support system is from a child and parents' relationship. They talked about how crucial it is to have an open line and listen to our child, as well as check up on them on social media because you could possibly save a young life from committing an act of suicide.

TUESDAY JUNE 9TH

7:40am-8:00am

Today Karen Doherty and Bob Aspell sat in with Travis for the Moment with the Mount. Karen

discussed her new Luncheon series this summer taking place in Leominster. Each year the lunch has a different theme and this year's theme is entrepreneurship. It is a great event to sit and enjoy a meal while learning lots of information about building a business. Bob, the first speaker at the luncheon, has already helped open nine businesses. Bob's discussion will include how to establish a business and to understand the true mission of the individual business.

WEDNESDAY JUNE 10TH

7:00-8am

Fitchburg Mayor Lisa Wong sat in the studio for the first hour of the program. Lisa spoke about her involvement at area commencements. She talked about the importance of education and keeping graduates in the area. She also spoke about current construction projects in the city as well as upcoming city events.

TUESDAY JUNE 16TH

7:00-8am

State Representative Jen Benson was in the studio for the first hour of the program. She started off talking about the recent farm to school roundtable event at Devens along with the need to have healthy food in our schools. She also spoke on the need to educate students on where food comes from and how it impacts our communities. Benson also touched on the Luther Conant Elementary School of Acton being named the MA Elementary School of the Year by the National Energy Education Development Project. Benson also talked about wifi on the commuter rail and improvements to the Fitchburg/South Acton line.

WEDNESDAY JUNE 17TH

7:00-8am

Leominster Mayor Dean Mazzarella sat in the studio with Jack Naylor and Travis for the first hour of the program. Mazzarella spoke about the recent passing of city icon Louis Charpentier. He also talked about the need for a reduction in the school budget and explained why the city's free cash cannot be applied. Mazzarella also spoke about the city's decision to purchase a parking lot and the need to balance its budget.

8:40-8:50am

Monty Tech Dean of Admissions, Kim Curry, came in studio to talk about their upcoming summer camps. Curry explained the different programs offered as well as the details and ways to sign up. She also spoke about the response to last years' camps from both parents and students.

THURSDAY JUNE 18TH

8:10-8:30am

Life Coach, Heather O'Neill, called the studio to speak with Travis and Justin Brooks about ways to avoid the summer blues. She talked about what the summer blues are and techniques listeners can use to beat them. She also spoke about the importance of setting time to do what you want to do during the summer and not to overbook yourself with events for others.

WEDNESDAY JUNE 24TH

8:35-8:50am

Local author and former Police Chief of Townsend Bill May joined Jack Naylor and Travis to talk about the book he wrote on PTSD. May spoke about his experience in law enforcement and how he first discovered he had PTSD. He spoke about the effect PTSD had on his life and how he learned to cope with PTSD. He spoke about the need to raise awareness and the need for those living with PTSD

to not be afraid to seek out help. May also spoke about how his book was originally meant to be light hearted tales from his career before transforming to focus on PTSD.

FRIDAY JUNE 26TH

7:15-7:30am

Rocco Mammone from Fitchburg Civic Days joined Travis and Bill Thomas in the studio to talk about the upcoming events. Rocco spoke about the Longsjo Classic as well as the Block Party and Duck Race.

MONDAY JUNE 29TH

8:40-8:50am

Jim Lattanzi from Hollis Hills Farm called in to chat with Bill Thomas and Travis about the upcoming Jazz Festival happening at the farm. Jim spoke about the origins of the festival in a local couple's backyard and Jim's desire to bring it back. He also spoke about the different bands that will be performing.

TUESDAY JUN 30TH

7:35-8am

Author, and area native, Matt Proietti joined Travis in the studio to talk about his new book *At All Costs*. He talked about the story behind Air Force Master Chief Dick Etchberger's Medal of Honor that was awarded more than 40 years after his death. He talked about Etchberger's secret mission operating a radar site during the Vietnam War and his death while trying to save others. Proietti talked about how he first became involved in the story and what it was like to research the subject along with Etchberger's family and how the new knowledge helped bring closure to them.