

## K-Zone Lunch Box Second Quarter Issues

April 1 through June 30, 2017

The program airs Mondays 12 noon to 1:00 pm, and air time is adjusted for our baseball coverage during the season.

All interviews are 20 minutes in length unless otherwise noted

April 3rd, 12:45 pm, The ARC of OPPORTUNITY

A conversation with President and CEO Executive Director Mary Heathy, and Maddie Merchant, Program Director of Recreation and Family Support about their organization and it has helped people with disabilities and their families for more than 60 years. They discussed how life has changed for people with disabilities over the years, and services that are provided -- including services for the home, job placement, recreational opportunities including summer camps, and to share the love of Red Sox Baseball at a fundraiser to support the program they provide.

April 10th, 11:30 am, SPRING BREAK

Mary Maguire of AAA Northeast talked about the possibilities for travel as School Vacation Week was approaching for families. She talked about the price of gasoline, factors that can lead those prices to rise such as gasoline blends, political turmoil in other parts of the world and weather conditions. How the price of gasoline has had an impact on families and their budgets, and how the nation has become less dependent on foreign oil.

April 24th, 12 noon, THE MY CARE INITIATIVE

Executive Director Kenisha Coy joined us for the hour to talk about the organization which is aimed at using art to connect people to humanities and social projects, including an event "Break The Silence" whose goal was to support people who are victims of assault. She discussed the challenges and doubts that come in running an organization, and the challenges she has faced in her life, and how those situations can keep people from moving forward in their lives. She also discussed how fear affects our lives, be it fear of others, fear people leaving and/or entering your life, fear of failure and fear of success and facing those fears.

May 1st, 12:30 pm, FIRE SAFETY

Fitchburg Fire Chief Kevin Roy told our listeners that the change of season is a time to be wary of fire dangers. He cautioned that while the area has seen a substantial amount of rainfall, the landscape remains dry and vulnerable to fires as the burning season is winding down. He discussed the challenges they face this time of year including fires caused by mulch, by growing vegetation drying out the landscape, fires caused by cooking with the grill too close to your home, the need to make sure your home is properly wired to handle air conditioners as we get closer to summer and the importance of making sure generators are kept a safe distance from home if they are needed during a power outage caused by weather conditions.

May 8th, 12 noon, EDWARD M. KENNEDY INSTITUTE FOR THE UNITED STATES SENATE

Dr. Jean MacCormack, Director of the Institute told our listeners about the purpose of the institute. She said it was the Senator's hope that people could understand and appreciate the role the Senate played in government. She said their goal was to get people involved in the work done by their government. She said the goal and the hope of Senator Kennedy was to see a new generation that would be inspired enough to participate and government, that citizens would want to become more involved in the process, and that people would find there is more that unites the nation than divides the nation.

May 15th, 12 noon, ASIAN LONGHORNED BEETLE

Ronda Santos of the US Department of Agriculture update our listeners on the Asian Longhorned Beetle and its presence in Worcester County. She looked back at the discovery of the beetle in August of 2008, the trees it has attacked, the communities affected by the beetle within its quarantined area, how the beetle has affected neighborhoods and property values in the affected areas, what happens to a tree that is affected by the beetle, the industries the insect has put at risk, and the work that still needs to be done to eradicate the beetle.

May 15th, 12:30 pm DIABETES

Scherrie Keating of Diabetes Care Consulting discussed the challenges facing the more than 29.1 million Americans who are living with diabetes and the growing numbers of people who are described as pre-diabetic or at risk of diabetes. She explained what diabetes is, factors that lead to be people becoming diabetic, what is Type 1 and Type 2 Diabetes, the conditions and other complications that diabetes can lead to, how changes in diet plus exercise can help improve your quality of life.

May 22nd 12 noon, FITCHBURG HISTORY

Susan Navarre, Executive Director of the Fitchburg Historical Society, told our listeners upcoming events as the city moves closer to Summer, and looked back at the city's history. She looked back at records of Fitchburg before streets were named, how neighborhoods developed around factories that were being built, the sense of community as Fitchburg expanded from a village to a town to a city, the organizations or "clubs" that developed over the years, and events marking the Society's 125th anniversary.

May 22nd, 12:30 pm THE SUMMER DRIVING SEASON

John Paul of AAA Northeast prepared our listeners for the Summer of 2017, looked ahead to places and destinations to travel beginning with the Memorial Day Weekend, the cost of gasoline and what can cause those prices to rise be they political or global issues, why the numbers of people travelling during the summer months continues to expand, why the numbers of travellers is an indicator of confidence in the economy, and what people should do with their vehicles before they begin their journeys.

May 30th, 12:30 PM THE PRINCE AT THE RUINED TOWER

Dr. Michael Lockshin says his book discusses time, uncertainty and chronic illness. He said the book explores seldom discussed issues of contemporary medical practice, how should and how do patients respond to when diagnoses are uncertainty, plus how should and how do doctors respond and how should and how do insurers and other administrators respond to those diagnoses.

June 5th, 12 noon, SUMMER AND EMERGENCY PREPAREDNESS

Christopher Vesce of the Massachusetts Emergency Management Agency discussed changes in Massachusetts with the summer season approaching, from extreme doubt conditions from one year, to changes and weather conditions and conservation measures to help the state recover, the beginning of the Atlantic Hurricane season, and the times of the year when a hurricane or tropical storm could reach the commonwealth, how tornadoes occur year-round, instead of during the summer months, and making sure you have enough food and other materials should weather conditions take a turn for the worst during the Summer of 2017.

June 19th, 12 noon CANDLEPIN BOWLING, BOCCE AND BILLIARDS

Bob Parella of Paramount Industries told our listeners about the company his father started in 1952, and the products they make including balls for bowling, bocce and billiards. He told how the company expanded from making balls for ten-pin or duckpin bowling to candlepin bowling and the differences between candlepin and ten-pin, and the popularity of candlepin bowling in the New England and Atlantic Canada and why it remains popular today. He also talked about how these balls are made for bowling, billiards and bocce.

And WPKZ Account Executive Kyle DeCaroelis joined the discussion about bocce and its popularity in our listening area and participating in bocce leagues in Central Massachusetts.

June 19th, 12:30 pm MOSQUITOES

Timothy Deschamps, Executive Director of the Central Mass Mosquito Control Project, talked about done to protect listeners in our area from mosquitoes and their dangers to our health. He discussed the dangers of West Nile Virus and Eastern Equine Encephalitis which are caused by mosquitoes, the testing that is done to determine if these dangers are found in birds, and what can happen if person is affected by these dangers. He also discussed what people can do to protect themselves during the summer months...from spraying with DEET when outdoors to emptying any containers filled with water because that where mosquitos will multiply, the times of greatest risk of being bitten by mosquitoes during the summer, and what happens when they are called into communities to spray for mosquitoes.

June 26th, 12 noon BOBBY KENNEDY

Author Larry Tye joined us for the entire hour to talk about his book "Bobby Kennedy: The Making of a Liberal Icon." He discussed the work into making the book. How Bobby Kennedy changed from being a "Cold Warrior" who worked in the office of US Senator Joe McCarthy to the man who spoke to Black Americans in Indianapolis after Martin Luther King was assassinated. Tye said the Kennedy brothers changed from how their father saw the world, and that they changed as the nation did. Tye also discussed the memoirs, government files 58 boxes of papers that were kept locked up for 40 years; and interviews with RFK's family and friends, including his widow Ethel and his sister Jean. He also discussed how Bobby had a way of connecting with people that his brother John could not. And nearly 50 years after his assassination, how Robert Francis Kennedy should be remembered.