

## **WPKZ PROGRAMS LIST Q1 2022**

WPKZ Radio has over 25 hours of live local programming per non-holiday week addressing significant local and communities issues. In the past quarter that has included Covid-19 Impacts, Community Leaders, elected and non-elected, Business and financial New, Education related Community information, Tips and Updates on the local real estate market, non-Profit Initiatives. Mental and Personal Health. State and Federal Legislative Updates, Local and Regional Sports Stories and Updates. Most of our community program interviews and topics are also uploaded to our SoundCloud on-demand site for on demand listening at [www.kzonereplay.com](http://www.kzonereplay.com) Submitted by John Morrison.

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The following is a summary issues and guests during the K-Zone Morning Kommute from January to March which airs weekdays between 6:42 am and 9:00 am. Interviews are approximately 20 minutes in length unless otherwise noted

January 1 through March 31, 2022

January 4 — State Senator John Cronin

Senator Cronin called in and spoke about the Leominster Inauguration the night previous. He also spoke about State senator Eric Lesser's announcement that he's running for lieutenant governor, giving listeners insight about Lesser's qualifications. He also spoke about his 2021 In Review as Jan. 6 marked one year of him being in office, noting his relationships with the men and women representing our area on Beacon Hill, his Innovation Education program for Fitchburg and Gardner and how he fought for a line item in the state budget, and the start of the new session. Senator Cronin noted he and Fitchburg state representative Mike Kushmerek are working on legislation to help poor communities fix their roads. He also spoke about Housing and Economic Development.

January 5 — Fitchburg Police Chief Ernie Martineau

Chief Martineau — who was recently re-appointed as chief — noted the New Year's Eve calls for service were less than expected; "Nothing concerning" in terms of numbers. He also said he is not saying no to another re-appointment in late 2023. He also spoke about a federal grant to help with crisis intervention in a co-responder model, a grant which hasn't gone in front of the city council for acceptance. We also spoke about the COVID testing site on Nursery Lane; he noted one testing day saw traffic half a mile long from Nursery Lane to the Upper Common. "It created a public safety crisis." Hour-long conversation.

January 6 — Fitchburg Redevelopment Authority Executive Director Meagen Donoghue

Mrs. Donoghue stopped by to discuss the 2040 Urban Renewal plan for Fitchburg, which had been unveiled the previous evening as a draft. She noted the plan derived from the 2020 plan, which was passed by the Fitchburg City Council in 2000 but has since expired. The boundaries

of the plan changed to include a good portion of Water Street as well as River Street, extends the northern boundary to Longsjø Middle School, and reduces the North Street corridor. We spoke about what the FRA wishes to do on several of the properties mentioned the previous night. Housing is a primary objective of the plan, as well as a new bike path from the River Street area to the Twin City Rail Trail. Hour-long conversation.

January 13 — Leominster State Representative Natalie Higgins

Representative Higgins made her monthly visit and noted the Leominster inauguration and how the Samoset Middle School Jazz Band was ex. She noted that the session has begun and that bills need to be voted favorably in committee to move on. She's worked on the Green Burial bill and how she is receiving emails from across the Commonwealth to sign on with their support. Her Student Loan License Revocation Ban is out of committee and is sitting in Ways & Means. Her Debt Free Higher Education Bill that she is working on with Senator Jamie Eldridge. We spoke about debt free higher education and the investment necessary, such as the Fair Share amendment coming to the ballot in November, which should raise \$2 billion; another piece of legislation would raise \$1.8 billion for higher ed and early ed through endowment taxes, which would pay it forward to other institutions to make college affordable. She said some institutions are giving the legislature blowback, but students are in favor. The hope is to lower the cost of lower performing private schools, too. She spoke about the Classification of Nuclear Reactor Workers bill regarding their retirement benefits and how there is a mechanism to force the hand of the committee and move it forward faster. She added she had 650 constituent cases in 2021. Representative Higgins also spoke about Chapter 90 money and how it costs \$2.5 billion a year for 20 years to properly maintain roads. Hour-long conversation.

January 13 — Nashoba Valley Chamber of Commerce Business Buzz — LUK, Inc.

Michaela and Sydney from LUK joined us to talk about National Mentoring Month and their Kids at Heart Mentoring Gala. 15-minute conversation.

January 19 — Leominster Mayor Dean Mazzarella

Mayor Mazzarella spoke about the city's Inauguration, especially the musical talent of Leominster's schools; he spoke about the change of direction of the School Committee, where the entirety of the committee would be the Finance Committee instead of a separate, smaller committee; we also got his thoughts about a comment by a Fitchburg city councilor regarding homelessness and that Leominster and Gardner don't do as much as Fitchburg. He said there is a full-time person in Leominster working on homelessness; he noted that Fitchburg homeless people are being placed at a Leominster hotel. "We have a team of people dealing with this." He also gave an update on the police station construction: "They've been there for weeks now, and it's going well." Site work has been done and prepping for the foundation. He also spoke about a piece of land on Legate Hill Road that the City Council had voted 6-3 to acquire. He added the projects for the Frankie Fortuna Skate Park and the fields behind Leominster High School are going out to bid soon. 15-minute interview.

January 20 — North Central Mass. Chamber of Commerce

Roy Nascimento called in with Tracy Gagnon, the Chamber's new Membership Manager, to discuss membership initiatives and the Chamber's new loan program, and the Chamber teaming with Mount Wachusett Community College and the Spanish American Center for an 18-month program to help people of color achieve degrees in certain industries.

January 21 — Congresswoman Lori Trahan

Congresswoman Trahan spoke about the House passing the John Lewis Voting Rights bill and how it fell short in the Senate this week; she referenced former President Trump's "Big Lie" regarding Jan. 6, 2021. She spoke about the TLDR Act, which she introduced last week. Also spoke about the Masks For All with Senator Bernie Sanders, giving a bit of detail about how it is paid through a federal stockpile. Also finished up by talking about the Bipartisan Infrastructure Act. 15-minute conversation.

January 21 — Fitchburg State Representative Mike Kushmerek

Representative Kushmerek spoke about the supplemental state budget and why the primary election date change was attached: he noted it was done in expediency due to overseas ballots and federal election law (45 days before general, overseas ballots need to go out; only would have four days between primary and ballots going out; taking recounts into account). Was bipartisan in the House, is at the Senate with the target of getting to the governor's desk by Tuesday morning. He spoke about Representative Higgins' bill to prevent licensure revocation, and a number of his bills (Veterans burial, MuniChoice, transfer of the Fitchburg Law Library to FRA, etc.) going out of committees. He also spoke about his visits to local eateries, especially at 805 Main Street, which has a new local coffee shop and apartments above, which is good for economic development and housing; he also spoke about Senator Ed Markey's recent opioid conference call. 15-minute interview.

January 26 — Gardner Mayor Mike Nicholson

Mayor Nicholson made his monthly appearance and spoke about Governor Baker's final State of the Commonwealth address at the Hynes Convention Center, homelessness in Gardner and the area (he spoke of a program that Representative Jon Zlotnik secured funding for), abatement and remediation of a leaking and asbestos-covered 120-year-old boiler at the South Gardner Fire Station, a COVID test giveaway after gaining a stockpile of rapid antigen tests, the vaccine clinic at Gardner Middle School on January 4; he noted Chapter 90 will not get an increase, but the Bipartisan Infrastructure Bill and ARPA — which has included paving now — packages will provide money for paving. In addition, he spoke about the city's Interactive Map which won a Municipal Innovation Award over the past weekend. He also spoke about the Gardner High cheerleaders finishing fifth in the nation. Half-hour conversation.

January 27 — Congressman Jim McGovern

Congressman McGovern made his monthly appearance and spoke about Justice Breyer's pending retirement, Senator Mitch McConnell and Republicans' dubious efforts to disenfranchise minority voters and gerrymandered congressional boundaries, Congresswoman Trahan's TLDR Act; he addressed, briefly, an event in Leominster Monday regarding ARPA money, the Bipartisan Infrastructure Act and he and Senator Ed Markey's Brain Train/East-West Rail package as well as which corridors are on the table (North Adams-Fitchburg/Leominster-Boston), as well as the retirement of Senator Harriet Chandler. 15-minute interview.

February 2 — Fitchburg Police Chief Ernie Martineau

Chief Martineau noted a hit-and-run accident on January 17 that took place on Water Street and credited a tenacious investigation by FPD; 82-86 accidents were reported in January. Weather-related challenges are the biggest thing in January, and that includes social issues such as homelessness. He spoke about a \$69,000-plus federal grant that was forwarded to the Finance Subcommittee; it funds a Domestic Violence advocate. He is compiling his end of the year statistics, including 170 overdoses in 2021. We also spoke about the homelessness situation in the city, and how there is more work to do. We discussed hiring police officers in Fitchburg and Lunenburg and the differences in the hiring abilities of officers between the two entities; "We are aggressively hiring officers." Fitchburg is a civil service department. The chief also spoke about how traffic studies are done; they are done by Certified Traffic Engineers, and Fitchburg DPW have them on staff. Hour-long conversation.

February 4 — State Senator Anne Gobi

Senator Gobi spoke first about Go Red for Women Day, which deals with women's heart health. We spoke about Governor Baker's state budget; Senator Gobi said the senate's Ways & Means Committee will start hearings this coming Tuesday, and the Chapter 90 (roads/infrastructure) line item isn't where the Senate wants it. Help is coming through ARPA, she said. Senator Gobi also noted MassDOT gets its own pot of money, but that the DOT money barely goes to Central Mass. She also noted that it's time for East-West Rail; all options are on the table, including the Route 2 Corridor. "We have to focus on regional equity." Senator Gobi also spoke about Redistricting in the state, and that she lost 13 towns including Ashburnham in order to maintain five seats west of the Quabbin (she did gain Gardner). She also spoke about Ashburnham's financial obligations to Gardner re: animal control/sewer costs, and Ashburnham's tax base. ARPA money can help pay sewer infrastructure. 20-minute conversation.

February 8 — State Senator John Cronin

Senator Cronin spoke about the two recent visits by the local Congressional delegation over the previous two weeks: Congresswoman Lori Trahan coming to the Theater Block in Fitchburg, and Congressman Jim McGovern coming to the Bennett School in Leominster bringing ARPA funding to the North County. He also spoke about the \$250,000 in funding for the Manoosnoc Brook

rebuild project, the COVID 19 supplemental budget and resources — tests, masks — that communities didn't have during the omicron variant of COVID, the governor's tax plan and budget regarding Chapter 70 (state funds for education) and the Student Opportunity Act, and the State of the Commonwealth ("It was wild," he said). He also spoke about a Zoom meet-and-greet with Lowell State Senator Diana DiZoglio, who is running for state auditor, before touching on East-West Rail, particularly the Northern Corridor; he noted that he is skeptical about it bringing regional economic development to Springfield or Worcester. We also spoke about High Speed Rail and that investment in the Commuter Rail is needed; he also spoke about the PACT Act, which restricts pharmaceutical costs (that passed the Senate). 15-minute conversation.

#### February 9 — Fitchburg Mayor Steven DiNatale

After Mayor DiNatale joked about hitting a massive pothole the morning before diving into some of the things that's going on in Fitchburg: he spoke about his policy about the City Council requesting department heads to appear in front of the panel by emailing him directly, "Change is difficult; I've asked them for the opportunity to see how this works out." We spoke about the School Committee from the other night regarding the new bathroom policy at Fitchburg High School; the mayor spoke about potentially hiring people to help there. Sean also spoke with the mayor regarding any old bills that taxpayers should expect to pop up; Sean referenced the bill from 2006 regarding the Fitchburg Public Library elevator repair. "That was an anomaly," DiNatale said. We finished up talking about the Lori Trahan visit to the Theater Block three weeks prior. 20-minute conversation.

#### February 10 — Leominster State Representative Natalie Higgins

Representative Higgins made her monthly appearance, and we spoke about Congressman McGovern's visit to Bennett School and the ARPA funding both he and she and Senator Cronin brought to Leominster; "Leominster might get more of those ARPA funds." We spoke about if the early education feasibility would mean a new building or fix up the neighborhood buildings; "Everything is on the table." We spoke about the state-wide mask mandate for schools being lifted on Feb. 28, and Representative Higgins noted "Governor Baker wants to be the decision-maker when it looks good for him; he hasn't wanted... when it's messier." She noted that it may be too soon, with Feb 28 being the first day back after school vacation week. Budget hearings have started, and Leominster receiving \$9.75 million in Chapter 70, getting the Plastics City more money than it has in a while for education. Representative Higgins noted that it may be time to get a Soldier's Home into Central Mass.; the legislature was working on turning the Holyoke and Chelsea Soldier's Home administrators into a licensed nursing home administrator. She mentioned about a \$15,000 grant for literacy at Leominster High and the middle schools, which came down in the last month, and two electric vehicle charging stations coming to Leominster, which came down within the last two weeks. We spoke about tax assistance, as well as five of her bills that have come out of committee. Hour-long conversation.

#### February 15 — Fitchburg Democratic City Committee, Patty Vacca Martin

Patty Martin, the chairwoman of the Democratic City Committee, came on to discuss the city caucus this coming Saturday. Attorney General Maura Healey, who is running for Governor, will be in attendance. Mrs. Martin spoke about how the caucus will work. 15-minute interview.

February 16 — Leominster Mayor Dean Mazzarella

Mayor Mazzarella made his monthly appearance and spoke about early spring via his “Featherstone Flamingo” prediction made on Feb. 2, the new Leominster Emergency Management head Arthur Albthal, the city’s police and fire staffing shortages in regards to the previous Monday’s city council meeting and the \$500,000 in overtime he has requested, as well as the Safe Routes to School appraisal that will cost \$50,000. 15-minute interview

February 16 — Congresswoman Lori Trahan

Congresswoman Trahan spoke during her monthly visit about crossing the aisle for bipartisan legislation, but noted that she is not focused on November. She spoke about her second online protection law in recent weeks, the DELETE Act, which will deal with a national dashboard where users can load phone numbers and email addresses and opt out of data sharing; it is very like the Do Not Call list. She mentioned nearly \$4 million in federal investment for Community Health Connections, as well as the potential Russian invasion of Ukraine and how it effects Americans, as well as the Bipartisan Infrastructure Act. 20-minute long interview.

February 18 — Sherman Whitman returns, introduces new show

Former Morning Commute host Sherman Whitman returned to introduce his new show to the listening audience; Sherman’s Show is an extension of the Friday Lunchbox dealing with local issues.

February 22 — Mary Jean, American Auto Body

Mary Jean at American Auto Body in Leominster, a regular sponsor, spoke about H. 1111, a bill currently in front of the Massachusetts House of Representatives; she had spoken about the bill during her January appearance and how she would testify in front of the House committee. She noted that a number of local reps had not yet signed on to the bill.

February 23 — Gardner Mayor Mike Nicholson

The Chair City CEO made his monthly visit and spoke on a number of topics, including the Fire and Building Department fee schedules, which was postponed to March 7. The city hasn’t looked at the schedules since 2007/08, and Nicholson wants to update the schedules in order to get the gap between the fees charged and the services rendered. “Are costs are not being covered.” We spoke about Gardner’s transparency in putting the Council’s packet in PDF form and attaches it to the agenda. We spoke about the ordinances that were being amended have

been referred to committees; an ordinance about arcades, put into place in 1984, has never been enforced. We also spoke about the Rockwell painting fund and how it and a CDBG grant is taking care of user fees at the Gardner Public Schools; he is hoping the user fees are wiped out of the school budget moving forward. We then spoke about \$122,000 toward irrigation and drainage improvements for the softball field between Gardner High and Middle; Sean questioned the expenditure, given the potential future of the field as a new Gardner High. The mayor said the new GHS would be 20 years down the road. The softball field project is a full cost of \$630,000, which will be paid for with grant funding; it also includes a new baseball field at the high school. He also gave us an update on the elementary school project; it's buttoned up and is still on schedule and under budget. We finished up talking about a hypothetical scenario about what if Mount Wachusett Community went into Downtown Gardner and strategically renovated businesses on Parker Street or if MWCC put that money toward Gardner students' education at the Green Street school; the Mayor picked downtown. Hour-long interview.

February 24 — Congressman Jim McGovern

During his monthly visit, we spoke with Congressman McGovern about Russia's invasion of Ukraine; he went on record about not allowing US servicemen being put into action without authorization from Congress in the overnight. We spoke about sanctions on Vladimir Putin and Sean mentioned that "Sanctions have been put on him numerous times." McGovern mentioned they are global sanctions. "What is happening right now is tragic. This is Putin's war." We spoke about Trump siding with Putin, and how Putin has miscalculated; we spoke about the talk on Capitol Hill about this. We then spoke about Clarence Thomas on the US Supreme Court and his wife's Ginni's activist work on cases that appear before SCOTUS; "That is for the Senate." He was in Orange to speak about his Lunches Act, as well as ARPA money for Mass. Audubon in Worcester.

February 25 — Fitchburg State Representative Mike Kushmerek

Representative Kushmerek made his monthly appearance and we discussed H. 1111; he said he has signed on following our interview with Mary Jean. "We were happy to sign on." He spoke about a bill which would give undocumented immigrants driver's licenses; it does not allow those immigrants to vote. We also spoke about what would it take to get a Soldier's Home here in Worcester County as opposed to Holyoke and Chelsea. We finished up by talking about his visit to Lunenburg High School talking civics with the students. 15-minute conversation.

March 1 — State Senator John Cronin

After Senator Cronin praised the Early Risers and the WPKZ News Center's work, we spoke about the State House re-opening and the transition of getting constituents into Beacon Hill, then spoke about H. 1111; he noted that he had not signed on yet and will consider doing so, saying that he wants further investigation to make sure it doesn't raise insurance rates. We then spoke about S. 357, which he is a key proponent of, which expands vocational education

access and creates an office for vocational education in DESE. We finished up talking about Ukraine and what the Baker Administration can do to Russian companies here and what we have to keep our eyes on. 15-minute conversation.

March 2 — Fitchburg Police Chief Ernie Martineau

Chief Martineau spoke about multi-agency events in the city, which happens more than is realized. We mainly spoke about an incident in Fitchburg two weeks prior, where a suspect allegedly hit a Bolyston Police officer, part of the North Worcester County Drug Task Force, while serving an arrest warrant. We spoke of car chases and of how 9/10ths of them aren't worth it, as well as chases into other jurisdictions. We then spoke about additional staffing coming into the department, with the Chief noting that the two appointments made on the March 1st City Council agenda are already through the Police Academy. We also spoke of a state grant that helps fuel the Junior Police Academy and curbs youth violence, as well as a job fair at Fitchburg State revolving around 30 departments — with one coming from Saco, Maine — looking for officers. Hour-long interview.

March 2 — James McCall, Fitchburg boys' basketball coach

Coach McCall discussed Fitchburg High's 65-61 win over Whitman-Hanson the night before. 10-minute conversation.

March 8 — Tamar Russell Brown, Fitchburg Cultural Council

Mrs Brown came on the air for a quick spot to talk about the goings on at the Fitchburg Cultural Council, including an event the next day produced with FCC grant money.

March 9 — Fitchburg Mayor Steven DiNatale

The mayor came on for his monthly visit to discuss the situation at Intervale Road which caused sewage to enter the North Nashua River, and Mayor DiNatale noted the property owner — Amazon — will be paying any fines/costs associated with this accident. We also talked about the City Council saying no to COVID Premium Pay in previous weeks — "The Council didn't agree to how I set it up." — and how the city will re-visit it, as well as how the city would be in financial shape had that \$480,000 request passed; he said those dollars should now go toward a quarter-mile of road repair. We shifted gears to discuss Cleghorn and ARPA dollars; a third of the ARPA funds went to the DPW for sewer and water repair. We also touched on CDBG funding, which will see money going toward DPW, and also said he hopes to re-introduce the position of Superintendent of Parks in the upcoming budget session. We also spoke about the Memorandum of Agreement with the Twin Cities Rail Trail.

March 10 — Leominster State Representative Natalie Higgins



Representative Higgins made her monthly appearance and we discussed H. 1111 as well as S. 357, which we've mentioned before. She has signed on to H. 1111 and supports S. 357. She is happy the State House has re-opened; the state is watching positivity rates. We also spoke about the gas tax and the potential temporary repeal of the gas tax in response of the Ukraine invasion; "The Republican caucus debated it, but didn't hold a vote." The gas tax funds our roads. We then spoke about the supplemental state budget session from March 9: we discussed the contents, which included \$700 million for pandemic-related expenses, \$433 million for tests, \$72 million for treatments, \$45.4 million for expanded vaccine access, \$25 million for personal protective equipment and \$125 million for related future workforce costs (NOTE: FEMA will reimburse almost \$440 million of those COVID-related expenses.) Also, special pandemic authorization for outdoor dining and take-out cocktails is being extended until April 1, 2023; Exempts recipients of money from the \$500 million bonus-pay program for low-income workers created by ARPA last year, from paying personal income tax on the checks they receive; \$100 million to repair local roads from winter damage; \$100 million in rental assistance, \$55 million for rate increases for human service providers, \$10 million to support the resettlement of Ukrainian refugees and other refugees; \$140 million to support staffing and program needs at private special education schools, and \$5 million in additional funding for LIHEAP (fuel assistance). We also spoke about the Act advancing offshore wind and clean energy (H4515), and Fall Brook School's potential renovation — she was a Fall Brook product — and the city being invited into MSBA's eligibility period; "It needs a lot of work. It has asbestos, which will not make it a cheap project." Also spoke about Nero's Bill, which allows police dogs to get medical attention if injured in the line of duty. Hour-long conversation.

March 15 — Gardner state representative Jon Zlotnik

Representative Zlotnik made his maiden monthly appearance — "I think we're going to make this a regular thing," he said — where we spoke on a number of topics revolving around the Second Worcester District, which includes Gardner, half of Westminster, as well as Ashburnham, and Winchendon. We started with H. 1111, and while he said that this is something that needs to be done, he is waiting on specifics, i.e. parameters on what the labor rate would be at in 2022. Mentioned a commission is looking into setting the rate, and it goes to the Insurance Reform Act of 1988. We spoke about S. 357 and notes the long waits for vocational services (plumbing, etc); he said Senator Cronin's bill is good and that students at regular public schools receive access to one course of vocational education. We also spoke about Gardner's home rule petition removing certain positions in the Gardner Police Department from civil service; he notes Leominster has its own home rule petition regarding this matter. The Civil Service Commission is getting to the end of their work; bill will extended to May 13. He notes that the bill should open up the ability for GPD to hire new officers. He then spoke about a hearing from March 14 regarding permanent and temporary easements between Fitchburg and Westminster for the Route 140 Reconstruction... "It has to get done for certain other things to get done." Fitchburg would receive a wooded area behind Westminster Town Hall; this land is in conservation protection, i.e. a need.

March 16 — Leominster Mayor Dean Mazarella

Mayor Mazzarella spoke about the \$8.1 million sent to the City Council's Finance Subcommittee on Monday, and he specifically spoke about the Water and Sewer Overlay funds, along with the Chapter 90 money from the state and \$250,000 for sidewalk repair. The Water/Sewer money are for infrastructure improvements throughout the city, referring to West Street and Sholan Farm. "We try to stay ahead of it," he said. We also mentioned the additional \$100 million the legislature approved for road repairs, and he mentioned the city would spend upward of \$3 million on repaving in 2022. "If it does another street, we're happy." We moved on to talk about the school debt being retired — Samoset and Sky View — and off the books before speaking about the project for Fall Brook (asbestos removal) and the police station; no other projects are looming outside of those two. We then discussed ARPA funding re: Monday's city council meeting about when city programs can apply for ARPA dollars; the mayor noted the presentation in front of the council in December about things the city used ARPA for to get things done that weren't over the pandemic years. Public hearings for CDBG money have been held. He said that it's budget season and that is the next focus for the city.

March 23 — Gardner Mayor Mike Nicholson

Mayor Nicholson made his monthly visit to discuss a number of things affecting the Chair City, including the recent ordinance changes in the city regarding the Fire and Building Departments (increase in the fee schedules up to a base of \$50 per permit pulled), Vacant and Abandoned Buildings, and Arcades; he also noted the city would look at other ordinances in the coming weeks. We also spoke about the Downtown Revitalization efforts, with Candor Realty's purchase of two downtown buildings including the historic-yet-currently run-down Garbose Building as well as 25 Main Street, delving into the how's and why's of how the sales/transfers came about. We spoke about Rocky, the new Gardner Police K9, which was recently added to the city budget after elimination from it in 2009. We also touched on programs that have been re-instated, such as the elementary school band program. Hour-long interview.

March 24 — Congressman Jim McGovern

During Congressman McGovern's monthly visit, we spoke about former Secretary of State Madeleine Albright's recent passing, before moving on to one month into the invasion of Ukraine and the sanctions put in place on Vladimir Putin, as well as the plight of a Fitchburg resident — Dr. William Hubbell — trying to get his daughter and 8-month-old grandson out of Ukraine. We spoke about Republicans complaining about President Biden shutting down the oil and gas sales to stem climate change as well as alternative fuel measures. We then switched gears and spoke about the government spending package which included \$110,000 for Leominster's Spanish American Center, before finishing up talking about Worcester's political scene, including the recent news that Ed Augustus — a former Congressional aide for Congressman McGovern — had chosen to resign as City Manager of the City of Worcester.

March 30<sup>th</sup> COMMUNITY 8:35 am

Wil Darcagelo, Minister of the First Parish Church in Fitchburg and the First Church Unitarian in Lancaster; talked to us about the concerns and challenges brought to his attention by his congregations; He said those concerns include trying to emerge from the Coronavirus pandemic which is now in its third year, the conditions that have made people say they'd rather not return to their jobs as they know them, the pressures of meeting standards that we force upon ourselves, knowing when it is time to be tough, the courage to be able to step back from challenges and the need to cut yourself some slack at times when the the pressures of the world may be getting the better of us.

March 31<sup>st</sup>, BUSINESS 8:35 am

Kat Deal, Event and Programs Manager of the North Central Mass Chamber of Commerce; and Lauren How, owner of empHowered PR; talked to us about the road that Ms. Howe travelled toward starting her own business. She talked about her work in Public Relations, her dream of being your own boss, the challenges she faced, the need for a solid plan that included financial backing, acquiring office space, how her group can help businesses and non-profit organizations achieve their goals and things to consider as you're putting your plan together.

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## WPKZ First Quarter Report 2022

January 1 through March 31, 2022

The topics in this report were covered during the K-Zone Lunch Box. The program airs on Mondays from 12 noon to 1:00 p.m. All interviews are approximately 30 minutes in length unless otherwise noted, and the Monday program is hosted by Sean Sweeney.

January 3 — Fitchburg City Council organizational meeting

Sean Sweeney reported the Fitchburg City Council re-elected Anthony Zarrella as council president and elected Andrew Van Hazinga as vice president two hours prior; Mayor Steven DiNatale and members of the School Committee were sworn in. Sean also spoke about a proposed amendment to the council rules regarding repetitive points, a point brought up in October; he spoke about the length of Fitchburg City Council meetings as well as the revitalization of Fitchburg from Moran Square to the Upper Common. He also relayed a straw poll that he took at the Legislative Affairs building, with five of nine councilors believing ARPA funding will be one of the top things the councilors feel will be important early in 2022. He then shifted gears to talk about Leominster's inauguration, which happened later that night, as well as what he would have asked Governor Charlie Baker later that night.

January 10 — No Live show

During this week's show, we re-played an episode from October 2021 featuring West Boylston resident Ted Flanagan.

January 17 — No show Pre-empted by Celtics basketball.

January 24 — Elazar Aslan, BOUNDLESS LEADERSHIP

Elazar called in during the first segment to talk about his co-authored book, BOUNDLESS LEADERSHIP, in which they talk about a science-based road map to inspire teammates in a business. It introduces facets to help leaders cultivate compassion and leadership.

January 24 — Cornelia Gamlem, THE BIG BOOK OF HR

Cornelia called in to speak about her 10th Anniversary Edition book, which is the ultimate guide for Human Resources. Technology has changed HR in the last decade, harassment can happen in multiple ways; she also spoke about employee development and retention, and how a good HR person will identify what the company will need in a new employee.

January 31 — Bob Jokela, Fitchburg Superintendent of Schools

Superintendent Jokela visited the LunchBox to talk about issues in the School Department, including the windows work on the Longsjo Middle School (the boiler will be replaced in 2023), the work on the new Crocker School, as well as Redistricting in the school district; the plan as on Jan. 31 is to move the Pre-K and Kindergarten levels from all the city elementary schools to South Street, with the current K-4 population moving to other schools and shifting McKay's students to Longsjo and Memorial. We also spoke about COVID testing in schools, remote learning, and then talked about some of the other programs the school district is putting forward. Hour-long interview.

February 14 — Judith Gottesman, THE LOST ART OF DATING

Gottesman spoke about her book in a half-hour long interview. She spoke about online dating profiles and how they can be "often works of fiction," the hangups of preconceived notions such as differing heights and people with kids, and why you should have your dog or cat in the profile picture. She also noted that you SHOULD call the next day; "We're all grownups, and no one wants to play games." She also speaks about out of touch emails (Yahoo, Hotmail, and AOL) and putting your number right in their phone for them.

February 14 — Dr. Kara Fitzgerald, YOUNGER YOU

Dr. Fitzgerald spoke about her groundbreaking study that shaves three years off the subject's biological age in eight weeks. She spoke about epigenetics and DNA Methylation, as well as

food intake and self care. This is not a new idea: “Nothing I’m proscribing is extraordinarily revolutionary.”

February 21 — Emily Murphy, GROW NOW

Murphy spoke about her new book which explains about how one can use gardens as equal parts food source and wildlife haven. This book deals with regenerative gardening and how every garden and yard mirrors the ecosystem around us. Terms such as Nature Quotient and composting come up several times in the interview, in which she spoke of growing up in Sonoma County, Calif. and learned more about gardening from her grandmother. 25-minute interview.

February 21 — Dr. William Davis, SUPER GUT

Dr. Davis’ book deals with stomach health and good bacteria that has disappeared over the last generations. This research notes highly processed foods in our diets, along with overuse of antibiotics, and pesticides, our guts are missing good bacteria required to be healthy. 25-minute interview.

February 28 — Greer “G.R.” MacAlister, SCORPICA

G.R. MacAlister spoke about her debut epic fantasy novel, SCORPICA, the first in a series entitled THE FIVE QUEENDOMS. She speaks about her Matriarchal society which takes the reader from one corner of the world to another with rich characters. We discussed in deep dive style about the plot — The Drought of Girls is the main plot point — as well as several characters. Hour-long interview.

March 7 — Steve Hermanos, GOING, GOING, GONE!

Steve Hermanos of San Francisco spoke about his new novel, GOING, GOING, GONE!, a baseball time travel novel with a bit of a twist where they go back to 1906 and the San Francisco Earthquake... but in a world where the South didn’t lose the Civil War, Abraham Lincoln survived the assassination attempt at Ford’s Theatre, and the South retreated to Cuba. Lively characters dot the novel. Hour-long interview.

## PUBLIC AFFAIRS PROGRAMMING

The following is a summary of the content and guests from the New Friday Public Affairs program hosted by Sherman Whitman that

began February 18<sup>th</sup>. The program is heard between 1:00 and 2:00 pm. The interviews are 20 minutes in length unless otherwise noted.

FITCHBURG PAST AND PRESENT, February 18<sup>th</sup>, 1:00 pm  
Susan Navarre, Executive Director of the Fitchburg Historical Society, looked at the city's history as a melting pot from its early days in 1764. She discussed the industries that called Fitchburg home, the paper and textile mills that operated along the Nashua River, the city's success to transport its products around the world, the city's role as a part of the Underground Railroad and her appreciation for how newcomers to the city have expressed an interest to learn about the Fitchburg's history.

LEOMINSTER PAST AND PRESENT, February 18<sup>th</sup>, 1:30 pm  
Mayor Dean Mazzarella talked about the state of the city, the successes gained and challenges the city is facing, how the city has kept going during two years of the Coronavirus pandemic, convincing residents to co-exist with COVID while battling COVID fatigue, the progress being made in building the new Police Station, and the latest on the trail that connects Leominster and Fitchburg.

WINTER AND HIGHWAY SAFETY, February 25<sup>th</sup>, 1:00 pm  
John Paul of AAA Northeast updated our listeners on road conditions on a day where we received more than a foot of snow in our listening area, suggestions for driving in these conditions, the importance of making sure tires are properly inflated, how to apply your brakes during these conditions, being able to anticipate problems in these conditions, why people change from mild-mannered human to out-of-control beings once we get behind the wheel, the increase in carjackings, and what can be done to cope with rising cost of gasoline.

THREE PYRAMIDS/THE MINORITY COALITION, February 25<sup>th</sup>, 1:30 pm  
Coalition members Leona Whetzel and Barbara Nealon told our listeners about the organization, what led to the forming of the group, their success in meeting the challenges facing people from all walks of life, the work of founder Adrian Ford in helping people find common ground and from its early days in the 1970's, how their work has enabled programs like Medicare to bring life-saving care to all Americans and they updated the work being done build a center that will help young people build more productive lives.

GINNY'S HELPING HAND AND FOOD PANTRY, March 4<sup>th</sup>, 1:00 pm  
Executive Director Sue Chalifoux-Zephyr told us about the work of Ginny White who founded the organization in 1978. She talked looked at how the organization has expanded to provide a food

pantry, how the pantry works, how the need for their services has expanded over the years, how pride and shame over their struggles have prevented people in need to seek help and how people who needed help have come back to Ginny's to make contributions or provide a "helping hand" for others in need.

THE SALVATION ARMY, March 4<sup>th</sup>, 1:30 pm

Envoy Lynnette Valentine-Warren talked about the work being done to serve communities in North Central Massachusetts. She told our listeners about their food pantry to help families in need, their social services department that works to help individuals and families that are struggling to make ends meet, how the challenges kids are facing are may be tougher than young people faced ten years ago, how some families who lost their homes in a fire last summer are still looking for homes, how the conflict between Russia and Ukraine has led to higher prices for food and gasoline and her assurance that The Salvation Army will be there to help people in need.

PLAY BALL!!! March 11<sup>th</sup>, 1:00 pm

Bill Wanless, Senior Vice President of the Worcester Red Sox, celebrated the agreement reached between Major League Baseball and its players that guarantees the 2022 season, the work being done by baseball to get their teams ready for 2022, he looked back at the success of their inaugural season at Polar Park, changes the fans will see when the season begins in April, how they will be helped by Minor Leaguers beginning their season before Major League teams, their appreciation of the fans helping them become one of the most popular Minor League parks in the nation and hope that they'll do even better with xtra home games on the schedule.

THE PRICE OF GASOLINE, March 11<sup>th</sup>, 1:30 pm

Mark Scheildrop of AAA Northeast talked about the price of gasoline which has topped \$4.00 a gallon in nearly all of Massachusetts, how the situation between Russia and Ukraine has made things worse, concern that prices could go even higher at the pumps, how this and the Coronavirus has led to higher prices for new and used or "pre-owned" vehicles, whether people may be forced to stay home during the summer driving season, what could this do to tourism this summer and he discussed available options for motorists - which include joining wholesale clubs, shopping around for the best at the pumps and changing your drive habits.

SUICIDE, March 18<sup>th</sup>, 1:00 pm

Barbara Nealon of the Montachusett Suicide Prevention Task Force and Tim Sweeney of the Suicide Loss Survivors Group joined us for the hour to discuss the recent deaths of people. At the time of our broadcast we learned that three young people, all with promising futures, committed suicide, the youngest of the three was 19 years of age. They discussed the reasons for creation of the Task Force, how the Coronavirus has led to an increase in people isolating themselves from loved ones, how do we get people to seek help and share their stories, how they help others to share their struggles and know they are not alone, the importance of people listening to one another and learning how to listen, and how just listening can save the life of a friend or a loved one.

READING, 'RITING, 'RITHMETIC AND COVID, March 25<sup>th</sup>, 1:00

Fitchburg School Superintendent Robert Jokela talked to us about how the 2021-22 school year has been progressing, the challenges brought on by the Coronavirus, the fact that we have entered the third year of living and dealing with COVID, the return of students to the classrooms and re-adjusting to being in the classrooms, the importance of parents witnessing online learning and becoming more engaged with their child's learning, and the hope that Spring arriving the schools will be in a much better place.

LITTLE LEAGUE, March 25<sup>th</sup>, 1:30 pm

Tony Gannon, host of the WPKZ High School Sports Lunch Box, looked ahead to the start of Little League Baseball for the Spring and Summer. He talked about the challenges the game is facing from other sports like Soccer and Lacrosse, what is needed to restore interest in Little League, the indoor facilities where kids can work on the hitting and fielding skills they'll need to compete, how the interest in Major League and Minor League Baseball can help bring kids back to the game and how opportunities to see these and other teams play in area fields can attract more interest in the game.

WPKZ runs the nationally produced Community Affairs Program, InfoTrak on Sundays from 8:00AM to 8:30AM. Topics during the quarter included the following:



- Buy Now and Pay Later Loans can turn into spending traps.
- Choosing to Retire and Do Nothing - How doing nothing can take its toll.
- Scientists study the carbon released from trees during wildfires.
- Scientists say that over indulgence of dopamine can lead to pain.
- Today's Tech and Women - Digital Media
- How To Maximize the benefits of Walking.

**END 2022 Q1 ISSUES REPORT WPKZ RADIO**