

## **JANUARY 2019 PROGRAM DESCRIPTIONS WPKZ 105.3 FM & AM 1280**

### **TUESDAY JANUARY 2ND**

*7:10-8:00am*

Fitchburg Police Chief Ernie Martineau began his conversation talking about the domestic violence call on Summit Street on New Year's Eve. Martineau talked about the police response beginning with the initial call all the way through the incident providing as much information that he could bearing in mind the fact that it is an active case. Chief Martineau talked about the coordination between local and state police departments. He also talked about using social media and the press in helping get information out about suspects. Chief Martineau talked about the State Police helicopter and the resources the department offers for local departments. He also spent time talking about the recent icy weather and massive amounts of accidents and calls they responded to. He finished up talking about New Year's Eve and how they prepare for holidays in the department, as well as their efforts to bring the homeless population out of the cold.

### **THURSDAY JAN 3RD**

*7:10-8:00am*

Mary and Kathy from the Fitchburg Republican Committee began their conversation talking about the ongoing shutdown down in Washington DC. They talked about the President's recent comments regarding the wall and the shutdown. They also spent time talking about the unwillingness of Congress to compromise and come up with a solution. At the state level they spent time talking about the Foundation Formula and the need to revamp the funding to better reflect the services of schools and needs of the population. They talked about Senator Elizabeth Warren's intention to run for President and how quickly she has gone on the campaign trail following her reelection. They also talked about whether candidates should be able to run for reelection while also seeking a higher office. They also talked about their latest episode of "Your Right To Know" on FATV.

### **WEDNESDAY JAN 9TH**

*7:10-8:00am*

Fitchburg Mayor Stephen DiNatale began his conversation talking about the recent education forum at Fitchburg State University regarding the Foundation Formula. DiNatale talked about the formula from his time as a Representative and now from his perspective as Mayor. Mayor DiNatale also talked about a recent visit to Fitchburg from Congresswoman Lori Trahan and their discussion about economic development. Mayor DiNatale also talked about Doug Bushman and his new role as the head of the Fitchburg Housing Authority. He spoke about the Housing Authority's attempts to become autonomous and turn their program around over the last several years. He also talked about the City's relationship with Our Father's House.

### **THURSDAY JAN 10TH**

*7:10-8:00am*

Leominster State Representative Natalie Higgins began her segment talking about attending the inauguration of Leominster Mayor Dean Mazzeella. Higgins also talked about the education forum at Fitchburg State University and the need to revamp the

Foundation Formula. She talked about the public input and how that will help to ensure the formula is fixed in a way that will work positively for our community. She talked about the urgency to move forward and pass legislation and how pressure from the public will help. She also spoke to the challenge of funding changes and whether it could come through new legislation or moving existing funding. Representative Higgins also talked about several pieces of legislation she is working on including credit protection for innocent spouses, as well as legislation for preventing sexual and domestic violence. Higgins also talked about the need to push for more affordable healthcare and lowering the cost of prescription costs. Higgins also talked about her office hours for those looking to contact her.

## **FRIDAY JAN 11TH**

*7:10-8:00am*

State Representative Jen Benson was in for her first visit of the New Year. Representative Benson talked about entering her sixth legislative session and how things have changed in the State and how things have changed in her life since first taking office. Benson spoke about her Equifax Bill being signed into law and the protections it provides for consumers and their credit. Benson spoke about her role on the recently disbanded Legislative Commission on Public Records. Benson spoke extensively about what the commission is tasked with and how public records laws function in the State. Representative Benson talked about some pieces of legislation she is working on this session, one having to do with step therapy in healthcare, carbon pricing, and electrical infrastructure bills. She also talked about the Foundation Formula and the cost to implement it and how implementing it sooner is going to require new revenue.

## **WEDNESDAY JAN 16TH**

*7:10-8:00am*

Leominster Mayor Dean Mazzarella began his conversation addressing recent talk about the sheep at the Leominster Connector. He talked about the conditions of the sheep and whether the constant calls from the community are still worth it for their owners. Mayor Mazzarella addressed the closure of Shaws and how it impacts the City. He also spoke about challenges in filling big box store locations and the changing face of retail. Mazzarella talked about the financial and economic standing of the City and how it has changed since he first assumed office. Mazzarella talked about the City needing to figure out where it wants to head and developing a new master plan for the community. He also spoke about a couple different projects underway in the City in terms of the police department, route 13 intersections near the armory up to the Prospect Street intersection.

*8:00-8:30am*

Newly elected 3<sup>rd</sup> District US Congresswoman Lori Trahan called in. She started off talking about giving her maiden speech. She spent time talking about proposed legislation the House has put forth to try and end the shutdown. She spoke at length about the shutdown. Congresswoman Trahan talked about the impact of not getting paid on the local and national workforce. Congresswoman Trahan spent time talking about her recent visit to Fitchburg to tour the arts community project at BF Brown and the theater block

project. She talked about the need for more economic development for this part of the District.

#### **THURSDAY JAN 17TH**

*7:40-8:00am*

Tom Skwierawski from the Fitchburg Community Development Office talked about the establishment of the Economic Development Task Force and what their role will be to look at different projects, strategies and ideas to increase economic development opportunities in the City. He talked about how they will also provide feedback for businesses looking to come to the area. Skwierawski also talked about initiatives to streamline the permitting process and information pertaining to the permitting process. Skwierawski also spent time talking about the changes coming to traffic patterns in the downtown area. He also talked about the amount of free cash the City recently just certified. He also mentioned the upcoming public meeting for the CDBG funding requests.

#### **THURSDAY JAN 24TH**

*7:10-7:30am*

2<sup>nd</sup> District US Congressman Jim McGovern called in and began his conversation talking about the government shutdown lasting 34 days and counting. He spoke about the House bills that have been filed to try and reopen the government. McGovern spoke about the seriousness of the shutdown and its impact on federal workers. McGovern spoke about border security money and the need for more personnel, technology, infrastructure, and immigration judges as opposed to a physical wall. McGovern talked about feedback he has been getting from constituents regarding the shutdown. McGovern also talked about being appointed as chair of the House Rules Committee and the new rules package the committee is ushering in.

#### **WEDNESDAY JAN 30TH**

*7:40-8:00am*

Fitchburg Substance Abuse Coordinator, Sue Christensen, along with Steve Curry, the Health Director, joined Travis and Sherman. Christensen talked about the upcoming substance abuse prevention event and NARCAN training at the Community Health Connections next week. Christensen spoke about the importance of getting information out to the public to further combat the stigma surrounding addiction. Curry also talked about addiction and substance abuse from the public health standpoint of the City. Curry also spent time addressing recent issues with trash pickup in Fitchburg.

### **FEBRUARY 2019 PROGRAM DESCRIPTIONS**

#### **TUESDAY FEB 5TH**

*7:40-8:00am*

Fitchburg Fire Chief Kevin Roy spoke about the overnight apartment fire in Townsend last night and the involvement of the Fitchburg Fire Department through mutual aid. Chief Roy talked about responding to fires in other communities. Chief Roy also spoke about the dangers of icy water, especially with the fluctuating temperatures. Chief Roy

spoke about the permitting process for burning season and gave safety tips and recommendations. He also spoke about carbon monoxide calls they have had to respond to this Winter season.

### **WEDNESDAY FEB 6TH**

*7:10-8:00am*

Fitchburg Police Chief Ernie Martineau talked about the community engagement unit's efforts to install car seats thanks to a grant the department received. Chief Martineau also talked about recent elderly phone scams hitting area residents. He spoke about the difficulty investigating those cases and things to be aware of. Chief Martineau spoke about the close working relationship with Our Father's House and the Salvation Army in terms of getting people out of the cold this Winter. He also spoke about the recent public hearing for CDBG applications and how crucial the funding is for some of the department's initiatives. Chief Martineau talked about the swearing in of new student police officers who will be heading off to the academy. He spent time talking about the additional training of officers once they join the department after the academy. He also spoke about the substance abuse prevention event at the Community Health Connections and the addition of Sue Christensen as the substance abuse prevention coordinator in Fitchburg.

### **THURSDAY FEB 7TH**

*7:10-8:00am*

Fitchburg Republican City Committee members Mary and Kathy started off their conversation talking about the President's State Of the Union. They talked about some of the special guests that were invited as well as the content of the President's message. Mary and Kathy talked about the reactions from both Democrats and Republicans during different issues brought up in the address. They also talked about border security and whether a compromise can be found. They talked about Nancy Pelosi and her control of the House. They also talked about reaching a final breaking point with polarization where a compromise will need to be reached. The two also talked about the economy under the current President, and whether that can sway things in his favor. They spoke about wages, oil production, and energy independence. They also talked a bit about people who have already pulled papers for the local elections and the latest episode of "Your Right To Know on FATV."

### **THURSDAY FEB 14TH**

*7:10-8:00am*

State Representative Natalie Higgins talked about the timeline for submitting legislation and for hearings on those pieces. Representative Higgins touched on some of the 33 pieces of legislation her office submitted. Higgins spoke about legislation aimed at education, rape crisis services, and incentives for low income homes to become net zero and make them more energy efficient to reduce their bills while helping the environment. Representative Higgins also talked about the different versions of bills submitted regarding the Foundation Formula. Higgins also talked about a bill that would ban the sale of dogs and cats in pet stores in favor of adoptions and rescues. Representative Higgins also talked about legislation aimed at lowering the cost of higher education for

constituents. She also talked about support services needed to continue fighting the opioid epidemic. She also talked about bringing her community conversations back for this term, naming veterans services and transportation as two topics that will be covered.

## **FRIDAY FEB 15TH**

*7:10-8:00am*

State Representative Jen Benson talked about the refiling of her carbon pricing legislation and the changes made to the bill for this session. Benson talked about the need for carbon pricing, addressing climate change and our current energy industries and green energy improvements that we can make. Representative Benson also talked about her step therapy bill aimed at getting patients access to needed medicines quicker. Benson spoke about her appointment as chairperson of the joint committee on healthcare financing. She also talked about the Foundation Formula and why it did not pass in the last session. She talked about the proposals put forward this session, and how the State will need to look at how to fund the bill. She also talked about bills that would support the ability to use ranked choice voting

## **TUESDAY FEB 19TH**

*7:40-8:00am*

Fitchburg's Deputy Wastewater Commissioner Jeff Murawski came in to give an update on wastewater in the City. He talked about the sand and road treatments and how it can impact the system. Murawski also discussed how the snow melt can affect the system in parts that have yet to be separated still. Murawski also talked ongoing improvements to the system at their main plant, and how those improvements affect the rates of constituents.

## **WEDNESDAY FEB 20TH**

*8:10-8:30am*

Leominster Mayor Dean Mazzarella began his segment talking about the Pink Flamingo Day event at the common which is competing with Groundhog Day. He also talked about the city-wide box top initiatives to raise money for the Leominster schools. He also reiterated the need to update the Foundation Formula. He talked about how long Leominster has been feeling the effects. He also talked about the findings regarding the Leominster Center for Excellence which recommends bringing it back to the high school. The Mayor also took a call from a listener looking to expand the Boys' State enrollment from Leominster. The Mayor also talked about the See Click Fix app and the crew that addresses potholes. He also spent time talking about Leominster's water system following the recent letter showing lower levels than the letter sent out a few months ago cautioning people about drinking it. He also talked about restaurant week and a few family events happening at city hall.

*8:10-8:30am*

3<sup>rd</sup> District US Congresswoman Lori Trahan called in for her monthly update. The Congresswoman started off talking about the President's National Emergency Declaration over the border. Congresswoman Trahan also talked about gun control legislation being worked on at the national level and about the conversations surrounding gun control.

Congresswoman Trahan also spent time talking about paid family medical leave and the measures being worked on in the House. Trahan also talked about her role on the freshman working group on addiction and how it ties in with substance abuse in the 3<sup>rd</sup> district. She finished up talking about the recent \$45,000 National Endowment for the Arts Grant for Fitchburg Art Museum.

#### **THURSDAY FEB 21ST**

*7:40-8:00am*

Tom Skwierawski from the Fitchburg Community Development officer called in and began his segment giving an update on the rail trail which will pass through both Fitchburg and Leominster. Skwierawski talked about the next steps and gave an updated timeline. Skwierawski talked about how the trail may help Fitchburg and area businesses. He also talked about the Activate Mill Street project being funded through a \$40,000 dollar grant that will create another public place. He also talked about the new round of properties that will be sold by the City and the choice to put out a request for proposals for the properties instead of just auctioning them off.

#### **FRIDAY FEB 22ND**

*8:10-9:00am*

State Senator Dean Tran talked about some of the biggest piece of legislation he submitted and worked on for this legislative session. He talked about legislation for that hospitals want to close essential services. He also spent time talking about the need to update the Foundation Formula and the Promise Act in the Senate. He also spent time talking about a bill to incorporate mental health into the school curriculum, and the importance of making mental health services more available to students. He talked about an upcoming meeting scheduled with stakeholders and leaders from communities along Route 2 in North Central Mass. Senator Tran talked about some of the earmarks for the district from the last session which are now being released to area communities. He also talked about his position as Minority Whip in the Senate.

#### **WEDNESDAY FEB 27TH**

*7:10-8:00am*

Gardner Mayor Mark Hawke came in for his monthly visit and began talking about the City's snow removal budget and how they can deficit spend to make it up if need be. Mayor Hawke also talked about the change to the parking ban this year and how it has worked so far compared to past years. He also talked about the Shannon Grant awarded to the Gardner Police Department. He also talked about the department's involvement with the North Worcester County Drug Task Force. Mayor Hawke also talked about the expansion of Mount Wachusett's dual gateway and pathways programs with Gardner schools. He also talked about the Mount's workforce training programs and how crucial it is to the financial health of Gardner for manufacturing and industry. He talked about a recent legislative breakfast addressing efforts to combat opioids in Gardner and North Central Mass.

#### **THURSDAY FEB 28TH**

*7:10-7:30am*

Congressman Jim McGovern called in to provide an update on Washington. Congressman McGovern talked about the House's bipartisan gun bill to close background check loopholes. McGovern talked about the strength of the gun lobby and why he thinks universal background checks are so important. He also talked about his recent appearance on WCVB's On The Record and the need for transparency in terms of legislation being worked on at the House and who is funding lobbying. He also talked about ways to limit influence of money in politics. He also talked about the need for a bill to lower the cost of prescription drugs and provide protections for those with preexisting conditions. He also talked about the House vote to end involvement in the Saudi war with Yemen. He also commented on Michael Cohen's appearance before the House committee yesterday. He also talked about the President's National Declaration and ways the money could be better spent on infrastructure in the 2<sup>nd</sup> District.

## **MARCH 2019 PROGRAM DESCRIPTIONS**

### **FRIDAY MARCH 1ST**

*7:10-8:00am*

State Representative Jen Benson began her conversation talking about attending the signing of her Equifax Bill by the Governor. Benson talked about the importance of credit protection and the hope that this consumer protection law can serve as a model for other states. She also talked about a recent meeting with Ayer officials and MassDot officials to address parking for MBTA services in Ayer. She talked about ongoing problems with the MBTA and how it does hinder more people in the district from using it as a reliable and affordable means of transportation. Representative Benson talked about the supplemental budget the House just passed as well as a few things contained in it like heating assistance. She also talked about money being set aside for inspection of gas services in the wake of the Merrimack Valley explosions, and money for backlogged sexual assault kits.

### **TUESDAY MAR 5TH**

*7:40-8:00am*

Fitchburg Chief Kevin Roy talked about responding to several accidents during yesterday's snowfall. He also talked about the recent windstorm and the hazardous calls they had to respond to with downed lines. Chief Roy talked about Leominster's Emergency Management Center and the partnership with their warming center facility. He talked about responding to calls and dealing with water during freezing temperatures and battling ice. Chief Roy talked about checking batteries on smoke and carbon monoxide detectors and when it is a good time to upgrade. He also spoke about the annual report that will be presented to the city.

### **WEDNESDAY MAR 6TH**

*7:10-8:00am*

Fitchburg Police Chief Ernie Martineau talked about participating in the food drive fundraiser at RC Excitement. Chief Martineau spent a great deal of time talking about the community engagement unit and talked about how policing has changed since he first joined the Fitchburg Police Department as an officer. He spoke about the success of the

current unit and what it has been like to watch the barrier between the department and the community come down. He spoke about the recent drug bust on Wilson Street in Fitchburg and the ongoing efforts to combat drug sales with the department and the North Worcester County Drug Task Force. Chief Martineau talked about the rail trail and possible enforcement along the trail. He also spoke about retail marijuana sales which will be starting up and the manufacturing businesses already in the community. He spoke about working with the different operations from a security standpoint and also the shift in enforcement his department has had to undergo since the change in the law.

#### **THURSDAY MAR 7TH**

*7:10-8:00am*

Mary and Kathy began their conversation addressing the President's recent meeting with North Korea's leader and his decision to walk away. They talked about whether walking away was the right call and what that can indicate. They also addressed the President's comments about Kim Jong Un's denial about Otto Warmbier's death, as well as Trump's reaction to the death of a journalist in Saudi Arabia. They also talked about Michael Cohen's recent testimony. They also spoke about a need for more civics in the classroom. They also addressed calls to increase taxes on the wealthy. They also talked about college versus technical training. They also touched on their latest episode of "Your Right To Know" on FATV.

#### **WEDNESDAY MAR 13TH**

*7:10-8:00am*

Fitchburg Mayor Stephen DiNatale sat in for the hour. The first thing DiNatale talked about was his recent state of the city address. He talked about economic development being one of the main goals at the beginning of his administration. DiNatale talked about the state of Mt. Elam Road and the repairs that are slated for it. He talked about Main Street in terms of businesses that have come and gone, the theater block, and it still remaining as a focal point for Massworks Grants. DiNatale spoke about the properties that were recently put up for sale through requests for proposals. He also spoke about Route 2 and how Fitchburg has had to deal with a lack of direct access, he also spoke about the condition of Route 2 for Fitchburg drivers. He also talked about the meeting for the rail trail between the twin cities.

#### **THURSDAY MAR 14TH**

*7:10-8:00am*

Leominster State Representative Natalie Higgins began talking about the rail trail meeting on the design last night at the Doubletree by Hilton. Representative Higgins talked about some of the concerns raised by constituents about intersections. She also talked about conversations surrounding her student loan borrowers' bill. Higgins talked about student loan debt and its negative impact to the state's economy. She talked about conversations regarding the Foundation Formula and the different proposals put for the by the Senate, the House and the Governor. Representative Higgins spoke about the recent meeting regarding Route 2 and talking about the short term fixes and hopes for the longterm.



**FRIDAY MAR 15TH***8:10-8:30am*

Tom Skwierawski from the Fitchburg Community Development Office began his interview talking about the Regional Transportation Plan put on by the MRPC to set the priorities for investment and funding over the next 5 years in terms of the transportation improvement plan. Skwierawski also talked about the recent design public hearing for the rail trail project. Skwierawski also talked about the city's website resources for those who are looking to start a business. He spoke about efforts to streamline the process and make it clearer for those looking to invest in the area. He talked about the work happening with the Upper Common thanks to the Complete Streets program.

**TUESDAY MAR 19TH***7:40-8:00am*

Fitchburg Deputy Wastewater Commissioner Jeff Murawski came in for his monthly conversation. He talked about the secondary systems upgrade at the treatment plant and he spoke about some of the outreach his department does in terms of being a part of the science event at the Boys and Girls Club and DPW Day in Fitchburg. Murawski talked about partnering with an artist to create a children's book explaining the sewer system that will be ready for DPW Days. He talked about what a great opportunity this is for children to learn, and for parents to have a takeaway from the book as well. Murawski talked about an upcoming presentation for the City Council that will update the City on where the department is with the consent decree with the EPA in completing the mandatory upgrades and projects to come into compliance.

**WEDNESDAY MAR 20TH***7:10-8:00am*

Leominster Mayor Dean Mazzarella talked about what is going on with the water main break off of Hamilton Street. Mayor Mazzarella also talked about the recent rail trail meeting, a project that has been going on for most of his tenure as mayor. He talked about the boost he is hoping to see along the trail in terms of business, attractions and use. Mayor Mazzarella spent time talking about the recent Route 2 meeting. He talked about the influx of people who have moved to the area over the last few decades and especially in recent meetings, and how Route 2 cannot accommodate the area anymore. He spoke about short term and long term fixes as well as his role on the transportation board. He talked about intersections just off of Route 2 that Leominster has been addressing to alleviate traffic once people get off the highway. Mayor Mazzarella also spoke about fully funding the pension liability in the city. He talked about what the savings will allow and the tough decisions about the cost of living adjustments over the last several years.

**TUESDAY MAR 26TH***7:00-8:00am*

State Representative Stephan Hay talked about attending a recent meeting Congresswoman Lori Trahan held to talk about how the local governments can advocate for their communities to get results at the Federal level. Representative Hay also talked about the meeting with state and local leaders about Route 2, talking about possible short

term and long term fixes. He talked about the challenges Fitchburg has with a lack of access and that commuters who depend on the road on a daily basis have. Representative Hay talked about his role on the joint committee on labor and workforce development, and talked about what is being done to bring more jobs to Fitchburg and Central Mass. Hay talked about advanced manufacturing and partnering with both Monty Tech and MWCC as well as industries to ensure students are learning appropriate skills to help them once they graduate. He also spoke about the marijuana industry in Fitchburg for manufacturing. He also talked about education legislation needing to get passed this session to revamp the foundation formula to level the playing field for students in the Fitchburg and Lunenburg districts. He also talked about the prospect of online gambling coming to the State.

### **WEDNESDAY MAR 27TH**

*7:10-8:00am*

Gardner Mayor Mark Hawke began his segment talking about work on Broadway and Timpany Boulevard. He talked about the challenges when dealing with road work in the City. Hawke talked about chapter 90 funds and how much more money is needed to pave the roads in Gardner. He gave an update on the snow removal budget and talked about being able to deficit spend to fund it. Mayor Hawke also talked about a round table with Congresswoman Trahan about education and workforce training. Hawke talked about the recent Route 2 meeting. He talked about marketing the area to get companies to locate out in Central Mass to eliminate the need to drive into the Boston area everyday.

*8:10-8:30am*

Congressman Jim McGovern talked about passing the Paircheck Fairness Act and why the bill is needed. Congressman McGovern talked about his concerns regarding the President's comments on healthcare. He talked about healthcare as a fundamental right and the importance of ensuring Americans have protections and access. He talked about some things the Affordable Care Act has done and what work still needs to be done especially when it comes to the prices of premiums and prescriptions. McGovern talked about the recent gun violence in New Zealand and reiterated the call for better gun control here in the United States. McGovern also expressed his desire to see the Mueller Report released to the public. He also spoke about the New Green Deal and the climate.

### **FRIDAY MAR 29TH**

*7:40-8:00am*

Congresswoman Lori Trahan called in for her monthly visit. Congresswoman Trahan talked about the 401K legislation she is working on in D.C., and the importance of making it easier for small businesses to provide 401K options to employees. She also talked about her support for the Paycheck Fairness Act and the importance of equal pay nationwide. Congresswoman Trahan also talked about her role on the House Armed Services Committee and her efforts to ensure trans troops are protected and allowed to serve. She also talked about her first town hall as Congresswoman in Chelmsford.

## WPKZ Radio Issues Report

### K-Zone Lunch Box First Quarter Issues

January 1 through March 31, 2019

The program airs on Mondays from Noon to 1pm. All interviews are 20 minutes in length unless otherwise noted. The Monday Edition of the Lunch Box is hosted by Sherman Whitman.

2018: A LOOK BACK, January 7th, 12 noon

Clark University Political Science Professor Rob Boatright looked back at a year that saw many changes: a new face on the US Supreme Court but no dramatic change in direction from the justices; efforts by Republicans to overturn the Affordable Care Act continuing to fail; relations continuing to sour between the United States and its neighbors Canada and Mexico; more arguments over funding for a Wall at the border with Mexico; The "Me-Too" Movement and the growing numbers of women running for and winning elective office; Republicans on the losing end of elections including their majority in the US House of Representatives and Governor's offices. All of these among other issues.

"COMING OF AGE," January 7th, 12:30 pm

Madeline May Kunin speaks of her book that serves as a look back on her life from her days as a newspaper reporter, a member of the Vermont State Legislature, a member of Congress, Governor of Vermont and US Ambassador to two nations. As well, the book chronicles her life as a wife and mother, the challenges she faced in every facet of her life over the years, and the challenges she faces today at the age of 85. She wonders whether she told too much about herself and her life, and she appreciates the road she has traveled and that she has time to do more.

"A FEW THOUSAND DOLLARS," January 14th, 12 noon

Robert Friedman, the Founder and Chairman Emeritus of Prosperity Now, told our listeners about the organization that encourages and assists low-income residents and community groups in learning to create economic futures by advocating policies that help people go to college and become homeowners. Friedman explains his focus on what work and what helps people achieve The American Dream. He explains his book offers suggestions that will benefit people from all walks of life and all persuasions.

HIV-AIDS, A DISCUSSION, January 14th, 12:30 pm

Carla Norris, Director of Client Services for AIDS Project Worcester; and Alfredo Naguera, Manager of Housing Services talked to our listeners about the programs and services they ; provide; how they have changed in their 37 years of existence; how people can contract the HIV Virus; what behavior can leave one at risk of HIV and when one should be tested; and what is done to help people with HIV including finding housing, medical treatment,. Also discussed are the rights of people living with HIV in both living accomodations and the workplace. They also discussed whether younger people today are having conversations about HIV and AIDS.

BABY IT'S COLD OUTSIDE, January 21st, 12 noon

Mary Maguire of AAA Northeast told us about the work done by the Auto Club to help people bearing with the below-zero temperatures. She also offered suggestions for motorists to keep their vehicles running during the winter. The recommendations include testing the battery and if it doesn't work to replace it. Other recommendations include an emergency kit which includes flares, blankets, a shovel, de-icer; making sure there is a full tank of gas so the fuel line doesn't freeze; and checking that the tires are properly inflated and ready to handle any roads.

WHEN DISASTER STRIKES, January 21st, 12:30 pm

Kim Goulette, Executive Director of the American Red Cross of Central Massachusetts, shared with our listeners what to think about of in case their home is struck by a storm or a fire. She told about the teams of people who help those who are displaced by fire and the types of assistance that are offered to help people. This help includes assisting people to contact their insurance companies and others to help in the recovery process. She added that people affected by fires and other disasters should keep copies of important documents, extra keys, and other things like emergency funds if possible. She also talked about the need for blood donors all year round, especially donors who are Types AB and O, and the uses they have found for blood.

SUPER BOWL XXIII, January 28th, 12 noon

As the Patriots were making preparations for the Super Bowl, Victoria Lightfoot of the Atlanta Convention and Visitors Bureau talked about how the city has become a place that has welcomed millions of people. She talked about how this began after hosting the 1996 Summer Olympics, and how Atlanta has hosted the Super Bowl, the MLS Cup, and the Peach Bowl within the last 12 months and will be hosting the NCAA Men's Basketball Championships in 2020. She explains how the credit goes to the people of the city and Fulton County for making their city a place to visit or for some visitors, a place to eventually call home. Lightfoot outlined

the schedule of events for the city and surrounding area leading up to the Patriots and the Rams Super Bowl game.

#### WINTER -- AN UPDATE February 4th, 12 noon

For this program we began with a 15 minute conversation with Chris Besse of the Massachusetts Emergency Management Agency about how the commonwealth has held up during the Winter of 2019. We learned that residents have held their own during the season. Besse offered suggestions like the proper use of generators if your home loses power; the need for a Winter Emergency Kit which includes enough water, food, blankets and batteries for radios and flashlights; and how the state works with cities and towns during those times.

This show also includes a conversation with Larry Chretien, Executive Director of the Green Energy Consumers Alliance about making sure your home and vehicles are more energy efficient. Chretien explained how people take for granted that the heating system in their home is made to last for years; instead, homeowners need to do a better job of making sure heating systems are working properly. Among the recommendations are making sure heating systems, be they oil or gas, are inspected annually and tuned up. Chretien also explained how the fuels that are used in heating homes are burning more cleanly and efficiently, energy-wise. He explains that when the winter days where the temperatures reach 50 degrees or higher is a good time to get these accomplished these changes. Chretien finally discussed whether solar panels are right for your home, and the use and maintenance of wood stoves.

#### THE LITTLE ROCK NINE, February 11th, 12 noon

For this hour we re-aired a conversation from last year with Melba Patillo Beals, the author of "March Forward Girl." The book is about life growing up in Arkansas, and how she became one of the Little Rock Nine, the nine African-American students who integrated into Central High School in Little Rock, Arkansas back in 1957. She spoke about how then Arkansas Governor Orval Faubus fought to keep them out the school and how state authorities attempted to keep them out and cancel school for a year in response to the actions by the federal government. Beals also explains the decision by President Dwight Eisenhower to send federal troops to escort them to school.

#### SUMMER CAMPS, February 25th 12 noon

We devoted the program to looking at Summer Camps. Elizabeth Broughton, Day Camp Director at Mass Audubon Wachusett Meadow in Princeton, told our listeners about the opportunities and joys of outdoor summer camps in the area. She explains how at these

camps, kids as young as 3 years old can explore acres of land and trails, learn about habitats, look for frogs and salamanders, and have lunch at a picnic table with older kids. For the young kids, it's a chance to do things and enjoy new experiences without their parents. She also told us about programs they have for kids up to the age of 18.

And Mike from MassCamps.com told our listeners about a website that details the variety of summer camps that can be found in Massachusetts, the Northeast and Quebec, Canada. In addition to the types of camps - athletics, science, engineering, math, music, video games and more - there are listings for job openings at the camps. They also suggest that now is the best time to look for summer camps as a family can save money when it comes to finding and placing their kids in summer camps.

#### CLIMBING MOUNT KILIMANJARO, March 4th, 12 noon

Todd Spinney, an EDI Administrator at Stairlight Services, told our listeners about his plans to climb Mount Kilimanjaro in September to raise funds to benefit a walk for the American Foundation for Suicide Prevention. Spinney says his involvement in Spartan Races and competitions known as "Tough Mudders" has helped him to prepare for the challenge. He talked about the training that is involved in Tough Mudders, the materials he will need to help make the climb in September, the reasons for making the climb, and how this training has changed his life. Spinney explains that his goal is to climb more than 19,000 feet to reach the top of Mt. Kilimanjaro and his goal is raise over \$19,000 to benefit the foundation.

#### COURT APPOINTED SPECIAL ADVOCATES, March 11th, 12 noon

Robb Zarges, Executive Director of Court Appointed Special Advocates (CASA) for Worcester County, told our listeners how the first program began in 1981 with the goal of being the voice for children ages 12 and under who have no voice for them in court proceedings. Zarges says their organization has served as the advocate for 1,700 children in cases where their custody or the abuse of children are causes of concern. He discussed the work done by volunteers, the training that is needed for volunteers who make the commitment and his appreciation of their willingness to look for the child's best interest in a Juvenile Court setting.

#### AMERICAN FOUNDATION FOR SUICIDE PREVENTION, March 11th, 12:30 pm

Michelle Lee, Associate Area Director for the foundation's Boston Chapter, spoke of how their organization learns about mental health and what can lead to suicide. She explained how there is no one cause that leads a person to take their life, but that the number of people taking their

lives continues to increase. She added how they are learning more about mental health, and the possible warning signs of someone dealing with depression could be suicidal. Lee explained how they are also looking at how to get people to discuss mental health, to support survivors of people who have committed suicide, to help people learn what to say if we know someone who is living with depression and how to listen to people who are struggling with life and keeping distance from others.

#### THE COST OF COLLEGE, March 18th, 12 noon

Bob Ballard, President and CEO of Scholarship America, told our listeners about their organization which began 60 years ago in Fall River, Massachusetts as one man set out to raise \$4,000 for a community scholarship program to send 25 people to college. Ballard explained that through their work they have become the great equalizer in helping people with money for college and helping elevate the hopes of families. Ballard said the first step in getting money for college is understanding the process for seeking financial aid which begins by filling out a federal form called a FASA (Free Application for Student Aid). He also talked about the types of scholarships and grants and when to start looking for funds. He added that the high school guidance counselor can play a critical role in helping students obtain financial aid.