

WPKZ PROGRAMS LIST Q2 2023

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
Submitted by John Morrison.

This report covers the topics and issues during programs that aired during the K-Zone Morning Kommute between April 1 and June 30, 2023. Conversations run 15 minutes in length unless otherwise mentioned.

CRIME/PUBLIC SAFETY, April 4th, 8:10 am

Worcester County Sheriff Lew Evangelidis looked ahead to his visit to Fitchburg High School for "Face to Face," a conversation with students about the dangers of substances like alcohol. He talked about the need to recognize alcohol as a drug and the challenge that comes with some how communities look at drinking alcohol as a step on the process of growing to adulthood. How we have moved on from cocaine and heroin to fentanyl and other substances, how they are mixed with other drugs He discussed the questions he's received from students, the reasons that are given for young people to begin using the substances and learning that many of their parents have had problems with these substances and what they would do if they had a chance to do this all over again.

REMEMBERING MARTIN LUTHER KING JR, April 4th, 7:40 am

We marked the 55th anniversary of the assassination of the Reverend Martin Luther King Jr. by looking back at a concert that took place that night at Boston Garden that featured James Brown. The concert featured comments from Brown, then Boston Mayor Kevin, and City Council Tom Atkins. The concert was carried live on television from the Garden with the hope of preserving peace in Boston. The concert was carried live on Public Television and repeated after its completion.

POLITICS/GOVERNMENT April 5th 8:10 am

Congresswoman Lori Trahan told our listeners about \$1.5 million in federal funding that will benefit the MOC (Making Opportunity Count), Head Start and other programs. She talked about how the programs will help families that are struggling with the cost of childcare. She talked about how the release of Narcan can help residents who struggling with substance abuse and other steps being taken to substance use. She also talked about legislation that would the close the means for gun transactions, but questioned whether her colleagues had the courage to act on gun violence.

HEALTH/FITNESS, April 7th 8:40 am

Fitness Trainer Phil DeCasare talked about the growing numbers of people who are living with Diabetes. The differences of becoming diabetic or pre-diabetic, the differences between Type 1 and Type 2 diabetes, signs/factors could lead to diabetes, how your diet can affect your well-being, the dangers of too much sugar in your bloodstream, the need to make changes in diet and lifestyle, being realistic in making those changes, why people are scared of making those changes and how just 10 minutes a day after each meal can make a difference in your blood sugars and your overall health. He suggested that success in your health can be found by making small steps forward.

POLITICS/GOVERNMENT, April 12th, 7:15 am

Leominster Mayor Dean Mazzarella looked ahead to activities planned for Spring, School Vacation Week and Easter break. He provided updates on highway projects, talked about the importance of keeping residents up to date on events and public gatherings, promoting the city's government website and his reliance on social media to keep residents on top of what's happening in the city.

UKELELE J, April 12th, 8:10 am

Jodi Rachman, also known as "Ukelele J," talked about her group and classes in teaching how to play the instrument, how she started playing the ukelele, how easy it is to learn, the types of ukeleles that can be played and the types of music you play from folk to country to jazz, how students respond to playing the instrument, what makes it so much fun, how playing the music is not only fun to learn, but makes a difference for people who are living in nursing homes and music is essential for keeping our brains functioning.

POLITICS/GOVERNMENT, April 13th 7:10 am

State Representative Natalie Higgins, a member of the House Ways And Means Committee, provided an update on the 2024 state budget, the extra funding that will be coming to Leominster and other communities in North Central Mass, the extra funding that will come to Massachusetts with voters saying yes to the Millionaires Tax, the new funding to handle public infrastructure and the need for members of the North Central delegation to make sure the region gets its fair share of funds. She also talked about Denim Day, which is aimed at recognizing and supporting people who have suffered from sexual violence.

TAKE ME FISHING April 18th, 8:10 am

Founder and Executive Director Giancarlo Crivelli told us about the making of the program. He shared his experience of learning how to fish, that first catch, the life lessons he has learned from fishing and how he's applied them to everyday living, the bonds they help to build within families, the sounds of nature that you don't find within a city, how being out in nature improves your mental health, things needed in order to be fishy including a license and their hopes to expanding to Central Massachusetts.

POLITICS/GOVERNMENT, April 19th 7:10 am

Fitchburg Mayor Stephen DiNatale talked about the activities for kids during School Vacation Week, the best times for young people to begin looking for that summer job, preparations for summer and the need for people to work this summer with the Parks and Recreation Department, the planning for Civic Days for the 4th of July, and an update of forums that help people get a better understanding of what local government is and how it works.

HEALTH/FITNESS, April 21st, 8:20 am

Fitness Trainer Phil DeCesare talked about running a race like the Boston Marathon and its history, how humans have developed as long-distance runners to the point where in some case humans can run longer distances than many creatures in the animal kingdom, how running leads to more running and marathons leading to ultra marathons and how parts of the human body like our glutes are important to our health and well-being.

CLASS REUNION, April 24th, 8:10 am

Glenn Fossa and Lynn Hart joined us to talk about the Reunion of the Class of 1978 at Fitchburg High School. They talked about preparations for the reunion, the gift to be presented to Fitchburg High, the memories they shared from those days and preparations for their 50th Reunion which will be in 2028.

POLITICS/GOVERNMENT, April 26th, 7:10 am

Gardner Mayor Mike Nicholson talked about his visit to Washington to meet with President Biden and administration officials about how initiatives like The CARES ACT and The Inflation Reduction Act have been working, how Community Development Block Grants have encouraged people to purchase buildings with the city, and how the city was forced to think outside the box to make the most of the federal funds. Mayor Nicholson said Gardner was given \$6.8 million in federal funds and that it helped residents to get a better understanding of how local government works.

POLITICS/GOVERNMENT, April 27th, 7:10 am

2nd District Congressman Jim McGovern shared his thoughts on the inability of Congress to approve a debt-ceiling plan that will enable the United States Government to pay its bills on time. He expressed his anger over Republicans not willing to approve the debt ceiling when a Democrat is President, and hope that the plan can be approved before June. And expressed his pleasure over Massachusetts officials meeting with Biden Administration officials about the American Rescue Plan.

HEALTH/FITNESS, April 28th, 8:40 am

Fitness Trainer Phil Descare talked about what goes into a fitness program. He looked at how to start, things you do to keep going, when to add more to your regimen, when to cut back, finding the right balance of foods to fuel your body, whether or not to eat meat, whether energy drinks are necessary, what foods are helping when doing cardio, which may help when using weights and finding the right amount of carbohydrates in the diet.

HEALTH/MEDICINE, May 1st, 7:40 am

Dr. John Walker of Walker Orthodontics talked about breathing and how our dental health can affect our ability to breathe. He suggested that crowded teeth can affect people at an early age, how the size of your mouth affects your ability to breath, how it can mean your mouth may need to be re-arranged with braces, realign or unlock your jaw and the treatments that can improve your smile and your health.

HEALTH/MEDICINE, May 8th, 7:40 am

Dr. John Walker of Walker Orthodontics talked about this day being National Asthma Awareness Day. He explained what is Asthma, factors that can cause it, how the structure of your mouth can affect your breathing, seasonal allergies that can lead to Asthma, how it can be corrected by adjusting your teeth, the need to practice inhaling and exhaling through your nose and whether your nasal structure can affect your breathing and the ways they can fix it.

POLITICS/GOVERNMENT, May 10th, 7:10 am

Fitchburg Mayor Stephen DiNatale talked about the groundbreaking of the new Crocker Elementary School, the work to make the project a reality and the time needed to build the school. He also talked about the growing number of businesses opening Downtown including restaurants and a musical school, an update on the plans to renovate Crocker Field, the challenges in putting together the city budget for fiscal year 2024 and a potential increase in Local Aid and he looked ahead to Prom Season and the need for young people to enjoy the event and to make this a safe time for all.

POLITICS/GOVERNMENT, May 11th, 7:10 am

State Representative Natalie Higgins talked about the court decision where a jury ruled in favor of E. Jean Carroll in her case against former President Donald Trump. She said it was important that the jury ruled in favor of Carroll, talked about the need of victims of sexual violence to be believed, and that Rape Crisis Centers are there to help people 24 hours a day. She also talked her work as a member of the House Ways and Means Committee and the importance of her other colleagues in North Central Mass being a part of the discussions about the 2024 state budget.

POLITICS/GOVERNMENT, May 17th, 7:10 am

Leominster Mayor Dean Mazzarella talked about the extremely dry weather conditions, the potential risk of fires and the challenges of reaching the city's upper elevations should there be a need to respond to a fire. He also talked about changes at the Mall of Whitney Field, including the opening of new establishment for family entertainment, what could be expected from the sale of the Twin City Plaza to new owners, and whether cities and towns can expect new Local Aid funding from Beacon Hill as work continues on the 2024 state budget.

HEALTH/FITNESS, May 19th 8:20 am

Fitness Trainer Phil Descare talked about Yoga. He discussed what the practice is, how it works, how it became an important of our physical health, the importance matching your breathing with the movements and following the movements and techniques step by step.

POLITICS/GOVERNMENT, May 24th, 7:10 am

Gardner Mike Nicholson updated the number of construction projects, the success of the city selling older buildings that will become new housing, the growing numbers of businesses opening in Gardner and what this will mean for the city's tax base, the need to elect a new State Senator to succeed Anne Gobi who was named to a cabinet post in the Healy administration, a meeting with State Attorney General Andrea Campbell and the work that is done by her office, and preparing the new fiscal year and events like the Relay For Life.

POLITICS/GOVERNMENT, May 25th, 7:10 am

2nd District Congressman Jim McGovern paid tribute to Tina Turner who died at the age of 83, and recalled seeing her in concert many years ago, He shared his thoughts on being part a list of people by Russia President Vladimir Putin that are not welcome in Russia, recalled his protests for Human Rights that led to his being arrested and those who called his arrests conducting unbecoming of a Congressman,. He also updated talks on the reaching of an agreement to extend the federal debt ceiling.

REMEMBERING TINA TURNER, May 26th, 8:10 am

Boston-area native Deric Dyer paid tribute to Tina Turner. He looked back at being the saxophone player for their Break Every World Tour, the problems in getting a flight from Boston to Los Angeles, the

attitude the band gave him for showing up late, his reaction to getting the job, how the global tour that saw them do 235 shows changed his life and career, and he remembers most about Tina Turner.

COMMUNITY, May 30th, 8:10 am

Lynette Valentine-Warren, Envoy for The Salvation Army, talked about weather conditions that could lead to fires and the challenges they bring. She also talked about preparations for their Summer Fun Program, and their goal of sending 25 kids in the area out to Camp Wonderland. She recalled her days as a camp counselor and how the camp experience not only changed the life of the child, but hers too, the friendships kids make and the confidence that can be seen after a kid completes camp.

CRIME/PUBLIC SAFETY, May 31st, 7:10 am

Fitchburg Police Chief Ernie Martineau looked ahead to the Summer of 2023, the excitement that comes and the challenges with the season like loud music, fireworks, people driving faster than they should, kids riding street bikes without helmets, and how their community engagement team has bring people from all walks of life in the city together. He also expressed his thanks and appreciation to community members who came together at the Police Memorial Park to pay tribute to the Officers who gave their lives in service to the city, and the unveiling of a statue for State Police K-9 Frankie who was killed in the line of duty in 2022.

COMMUNITY, June 6th, 8:10 am

Dave Dion of the Fitchburg Pilots Association told our listeners about their Aero Fest Open House which will be taking place at Fitchburg Municipal Airport on June 18th. He shared his memories of coming to the airport and being able to climb into an airplane at an early age, the classes and training that enabled him to earn his pilot's license, his first experience flying solo and the programs and events that will take place the Airport on June 18th.

POLITICS/GOVERNMENT, June 8th, 7:10 am

State Representative Natalie Higgins talked about the plans of UMass Memorial Health to close the maternity unit at Leominster Hospital September 23rd.. She questioned the hospital's decision to make the announcement during the Memorial Day weekend, their calling the decision a staffing matter and the argument of fewer babies being born at the hospital. She questioned how people can get to hospitals in Worcester and Gardner without adequate public transportation. She talked about community meetings that will come up in the weeks where the public can make their feelings known.

POLITICS/GOVERNMENT, June 14th, 7:10 am

Fitchburg Mayor Stephen DiNatale looked ahead to the Summer season and their hopes to make the season a good one for kids. He talked about the hiring of new people in the Parks and Recreation Department and the programs that are being developed. He also talked about an upcoming community forum to help parents prepare their children for the beginning of a new school year. And he talked about the search for a new Superintendent of Schools, what they're looking for in the new person, the educational experiences they will bring to the table, their communication skills, the time needed to meet and know the community at large and how much time is need to find the person to take the job on a permanent basis.

POLITICS/GOVERNMENT, June 14th, 8:10 am

3rd District Congresswoman Lori Trahan shared her thoughts on the Congress agreeing on the debt ceiling and the agreement that means this will not be a topic of discussion until January 2025. She talked about the partnership that is being formed between the PGA Tour, DP Golf,, LIV Golf and the

Saudi Arabian Trust, the PGA Tour as non-profit and whether the partnership could become the subject of a Congressional investigation. She expressed the hope that as time goes on, people who are elected to serve in Washington who only wish expand their profile, and not take care of the nation's businesses will be voted out.

HEALTH/FITNESS, June 16th 8:40 am

Fitness Trainer Phil Descare talked about fitness and how fat-shaming has gotten in the way. He discussed people have made judgments of people based on their size instead of how their body operates, the factors that go into weight gain and weight loss, how social media has had an negative impact on health and fitness, what he called "food deserts," where people consume more fast foods then preparing their meals the need to read labels on products to know which foods are more nutritious and the need to focus more on health prevention and food be more of your medicine.

POLITICS/GOVERNMENT, June 21st 7:10 am

Leominster Mayor Dean Mazzarella looked ahead to the events and programs available for people to take part during the summer season, including a re-creation of Whalom Park at Doyle Field. He looked ahead to annual traditions like Pink Flamingo Day, summer concerts, hiring people to work with the summer programs in the city, expanding educational programs like the Center for Excellence, shared his thoughts on the plans of UMass Memorial Health to close the maternity unit at Leominster Hospital and the fear this could lead to other units closing their doors,

POLITICS/GOVERNMENT, June 22nd, 7:10 am

2nd District Congressman Jim McGovern shared his thoughts about the decision to censure his fellow Democrat Adam Schiff of California by the Republican majority in the House of Representatives, their efforts to seek the impeachment of President Biden, his thoughts on the US Supreme Court as they enter the final days of its term and concern that the high court decide to take rights away from American citizens. He also talked the housing market and what could done to increase make housing more affordable for all. And he expressed his concern about the backlash aimed at LGBTQ+ people in America.

CRIME/PUBLIC SAFETY, June 27th, 7:10 am

Fitchburg Police Chief Ernie Martineau talked about the challenges facing the city now that school is out for summer, and the department's involvement in Parks and Recreation Department activities, looked ahead to Civic Days, the city's 4th of July celebration and the work that goes into meeting the thousands of visitors who will come to Fitchburg, dealing with fireworks coming into the city, and he stated that TV dramas show only two percent of the work that is done by the Police Department. He said he appreciates the work his department does to protect and improve the city's quality of life.

POLITICS/GOVERNMENT June 28th, 7:10 am

Gardner Mayor Mike Nicholson looked ahead to summer season and the beginning of a new fiscal year. He talked about meeting between Mayors and the State Auditor's Office about whether his city would remove itself from the Civil Service System, or make changes to the hiring system to help them get the best possible candidates to work the city. He also talked about the city in the midst of its 100th anniversary as a city, the events to come in the weeks ahead, what he has learned about the city since he has been serving a Mayor, the importance of his serving as Mayor the city's growth in recent years, whether to expand the commuter rail from Boston to Gardner and his thoughts about the second hundred years for the city.

WPKZ SECOND QUARTER ISSUES 2023 COMMUNITY UPDATE FRIDAY PROGRAM

This report covers the topics and issues discussed Friday afternoons at 1:00 during programs that aired between April 1 and June 30, 2023. The interviews are 20 minutes in length unless otherwise mentioned, or if the program length is shortened for the day or pre-empted by Boston Bruins Hockey or Boston Red Sox Baseball. The Friday program, The K-Zone Community Update, is hosted by Sherman Whitman.

The Week In Politics, April 7th, 1:00 pm

Rob Boatright, Professor of Political Science at Clark University: looked back at a week that saw former President Donald Trump is arraigned on criminal charges, a special election that changed the make-up of the Wisconsin State Supreme Court and the expulsion of two members of the Tennessee State Legislature. He felt the 34 felony counts against Trump would mark the beginning of a series criminal indictments which remind him when former President Richard Nixon resigned from office before he could be charged in connection with the Watergate Scandal. He said Abortion was the key issue in Wisconsin when voters elected a new Justice to the State Supreme Court. He suggested the new Democratic majority could impact election results for years to come, including the placing of Congressional seats. And he discussed the changes in Tennessee that has led to a Republican super majority that saw two Democrats expelled from their seats, in part of the color of their skin.

Wages and Working in The Public Sector, April 7th 1:30 pm

Betsy Leondar-Wright, a Professor of Sociology and a member of Staffing The Mission; talked to us about the non-profit sector of the working world. She talked about how workers in this sector have met the challenges brought during economic challenges and the Coronavirus, the image of these workers as compared to the reality, the types of jobs that are of the public or non-profit sector, why people often see the work that is done as “minimum wage” and people are compensated for what are often essential services, why would-be job seekers are not accepting lower wages for their service, why employers have struggled to find new employees and what it will take to improve the salaries of these workers.

Summer Camps, April 14th 1:00 pm

Mike from MassCamps.com looked ahead to the Summer of 2023 and the preparation of groups getting ready to open summer camps around Massachusetts and New England. He talked about the variety of camps that cover everything from sports, to music and performing arts, STEM programs and programs that also run year-round camps, He talked about the costs of programs and potential resources to help, how summer camps have changed over the years, how COVID affected these programs and how they have bounced back, a data base for parents to find programs for their kids and programs that are looking for instructors and counselors for these programs.

“The Fine Art of Camouflage,” April 14th 1:30 pm

Lauren Kay Johnson says the book is about her family tradition and history of serving in the United States Armed Forces. She talked about her Mother serving in the Reserves in support of Operation Desert Storm and being deployed when she was seven, the struggles of life without her, her Mom re-adjusting to civilian life, the family's decision for no more family to serve, what made her change her mind to serve in the wake of 9/11, her deployment in Afghanistan, the non-combat skills she learned, how she handled the combat training while serving in the Air Force, the role of information in war, her wrestling with the information that comes from war, the reporting of the war from official media and the stories we tell ourselves and our families.

National Prescription Drug Take Back Day, April 21st 1:00 pm

Stephen Curry, Director of the Fitchburg Health Department; and Sue Christensen, Outreach and Prevention Coordinator for the Fitchburg Health Department, looked to the activities planned for April 22nd. They discussed the need for people to use their prescriptions as recommended, meaning use all of the contents, how to discard unused medications safely, the dangers of re-using medications should complications flare up, the risk of other people using those medications putting their health at risk, the dangers of putting those medicines down the sink or in the toilet and the willingness of the public to take these matters seriously.

The Fitchburg History Game, April 21st 1:30 pm

Susan Navarre, Executive Director of the Fitchburg Historical Society; talked to us about the items and displays that tell about the city's history. She talked about how the documents about the city has had them playing detective, she talked about the days when people came to the city to work at the many factories in this community, the communities like FinnTown, Little Quebec and the city's Greek culture, that have been a part of the city. She also looked back at the men who left Fitchburg who served in Lexington, Concord and Boston back in the days of the Revolutionary War. She also talked about potential plans to mark the 276th anniversary of the Declaration of Independence.

“Follow Me To Hell,” April 28th, 1:00 pm

Tom Clavin says his book looks back at the life of Leander McNelly and his role leading the Texas Rangers back in the days of the Civil War. His book also looks back the history of the Rangers which were formed 200 years ago, the role they played in defending the territory from Native American tribes and the Mexican Army, the training that made them an elite armed force, how they evolved into a force of the Texas State Police, how they became a precursor of the FBI and the impact made by McNelly during his four years of service with the Rangers.

On The Road Again, And Its Costs, April 28th, 1:30 pm

Mark Schieldrop of AAA Northeast talked to us about the cost of getting on the road and staying on the road. He said that while prices were much better than they were in 2022 when gasoline topped \$5.00 a gallon, he talked about the struggles of purchasing the vehicle and then maintaining that vehicle. He said consumers are torn over whether to buy that new vehicle or tens of thousands, or the “pre-owned” or “used” vehicle, the option of buying the electric powered vehicle, the number of charging stations available, the mileage to get from one charge and the time needed to re-charge the vehicle. How the demand for electric vehicles was slowed by the Coronavirus pandemic, and whether AM Radios will be a part of new vehicles in the future.

Baseball: A Family Affair, May 5th, 1:00 pm

Worcester Bravehearts General Manager Dave Peterson talked about the game of baseball, its history in Central Massachusetts and the ways they've brought people together. He talked about the growth of the team's fan base since their early days in 2014, the work of their owners the Creedon family being involved in baseball from their days running the semi-pro team the Tornadoes, their ability to stay in operation during the Coronavirus pandemic, the contributions they've made to Worcester community during their tenure and how their success has led in part to the arrival of the AAA Baseball in the city with the Worcester Red Sox.

Solo Grampa: An Update, May 5th, 1:30 pm

71-year-old Dave Manca of Ashburnham talked about his travels along the Appalachian Trail. We caught up with him in the Shenandoah Valley. He began his journey back in March with the goal of walking what will become 2,200 miles from Georgia to Maine to raise money to benefit the Tunnel To Towers Foundation to benefit the families of 9/11 first responders. He described the changes in weather conditions and the challenges he's faced, the pace he's kept which he says is much faster than most hikers while walking with a 20-pound backpack, the food and other supplies he has received from family and friends along the way when he hopes to reach the final destination in Maine. At this point in time he more doubled his goal of raising \$10,000 for the Tunnel To Towers Foundation.

“Live From The Underground,” May 12th 1:00 pm

MIT History Professor Kate Jewell says her book is about the history of College Radio. Her book looks back at Radio from the 1970's when students began taking to the air at their colleges, the music they played, struggles for artistic freedom, questions about their content, the fines they faced for content and obscenity, their struggles to keep their stations on the air with school officials, and the impact of their music and politics on Radio as we know it today and American Culture.

The History of Fitchburg, May 12th, 1:30 pm

Susan Navarre, Executive Director of the Fitchburg Historical Society, looked ahead to their 130th year of operation. He talked about the many communities that have been a part of the city, how the Finnish community became an important part of the city, beginning in the 1,800's, the arrival of a Finnish founding father in former Prime Minister Oskar Tokoi becoming a Fitchburg resident, the publication of a community newspaper called “The Pioneer,” the portion of the city known as “Finn Town,” how members of the community helped one another succeed and she invited the public to join a walking tour of the city and its architecture.

“The Uncertainty Solution,” May 19th 1:00 pm

John Jennings, President and Chief Strategist of St. Louis Trust & Family, says his book about developing the proper mindset for investing and how to weather when the markets become unpredictable. He says his book is made for both professionals and newcomers who are inundated with financial news and information. Jennings says investing is like playing the lottery because luck is involved. He said research has shown that single female traders have done better because they let their funds stay in their accounts. He argues that sometimes the best investment that is one that isn't made, and in some cases it's better to invest like a dead person.

The Summer Driving Season, May 19th, 1:30 pm

John Paul of AAA Northeast looked ahead to the Summer of 2023, the difference in the price of gasoline as compared to one year ago which reached a high of \$5.04 a gallon for regular unleaded, how the war between Russia and Ukraine is no longer a factor in the price at the pumps, how the desire to travel could affect what people are paying, how the potential for strikes at the nation's airline could affect air travel and whether to consider Worcester Regional, Manchester-Boston and T.F. Green Airports as alternatives to Boston Logan. He said the summer travel season should become a much busier season than recent years, and how tourist sites are ready to extend their open arms to travelers. He also recommended making sure the engine fully filled with oil because it helps cool the engine.

Mosquitoes, May 26th, 1:00 pm

Tim DesChamps, Executive Director of the Central Mass Mosquito Control Project; talked about their preparations for the Summer of 2023. He discussed the work that is done to monitor mosquitoes all year round, how weather conditions during the Winter and Spring can have impact on what happens during the summer, the different types of mosquitoes that can be found in Massachusetts, the types of viruses they carry, when cities and towns in the communities they serve begin calling for their services, the best times to avoid mosquitoes, sprays to protect your body from mosquitoes and things you can do to protect for family and surroundings, emptying locations where there is standing water because that is where mosquitoes breed.

“A Boobs Life,” May 26th, 1:30 pm

Leslie Lehr says her book is about America's obsession with women's breasts has shaped people. She talked about how they've become the source of affection, rejection, fascination and other complications. She talked about the women's movement, health issues women face, her struggle with breast cancer, the rights of women today as compared to the 1960's and whether or not women should or should go topless at the beach this summer (This summer women are allowed to go topless on the beaches in Nantucket). The book looks at what it meant to be a woman back in the 1960's, what it means to be a woman today and the importance of a woman being comfortable in her own skin.

“The Bruce Lee Code,” June 2nd, 1:00 pm

Thomas Lee, Curator of the We Are Bruce Lee Exhibit at the Chinese Historical Museum in San Francisco; talked about the making of the book and how it helped to change his life. He talked about living in Boston as the only Asian child in his school, the verbal and physical abuse he took from other classmates and the shame he felt for being an Asian-American. And how that changed when he began to learn about the life of Bruce Lee. He said the skills Bruce Lee learned to promote his career in film and his willingness to invest in himself led to his creating his own production company and movie deals with Warner Brothers, how he has served as inspiration for other Asian people to succeed.

Congress and The Debt Ceiling, June 2nd, 1:30 pm

Rob Boatright, Professor of Political Science at Clark University, shared his thoughts on the agreement that reached by President Biden, Democrats and Congressional Republicans to raise the federal debt ceiling. He explained the importance of the parties reaching the agreement, the

fact that this agreement also covers all of 2024, questioned why these discussions have happened under Democratic presidents, he talked about what both parties may have won by reaching this agreement, his relief that agreement has been reached and the nation's credit rating hasn't fallen dramatically, whether House Republicans will continue to support Kevin McCarthy as House Speaker and whether any Republican would want to handle the job.

The PGA Tour and LIV Golf, June 9th, 1:00 pm

David Frem, General Manager of the Cyprian Keyes Golf Club in West Boylston; talked about the agreement that will lead to a partnership between the PGA Tour, DP Tour, LIV Golf and Saudi Arabia's Public Investment Fund. He expressed his surprise over the announcement, the reluctance of people within the golf community to discuss for fear of saying the wrong thing, how would the PGA Tour remain a non-profit entity, whether Saudi Arabia is trying to improve its reputation or is that critics are calling "Sportswashing." how LIV golfers will be welcomed back to the PGA, how will PGA members be compensated for staying loyal and whether this new partnership will become the subject of a Congressional investigation.

Juneteenth, June 9th, 1:30 pm

David Thibault-Munoz, a member of the Friends of Fitchburg Abolitionist Park; looked ahead to the Juneteenth celebration happening in Fitchburg. He talked about the history of Juneteenth in the United States, how it became a national holiday, the creation of the organization and their goal to develop and maintain the park, what the parks looks like today and what they hope to develop in the coming years, the contributions of high school and college students in becoming a part of the project, homes in Fitchburg that were a part of the Underground Railroad and events taking place at Abolitionist Park and Riverfront Park.

Healthcare and Health Coverage, June 16th 1:00 pm

Diana Savastano, Founder and Principal of Health Assist Corp; talked about how they help consumers who are facing major healthcare issues, be they multiple conditions for themselves and/or their loved ones. She discussed the options available for coverage whether it be coverage provided by private insurance or Medicare. She also what looked at what options consumers have when a decides to cease operations, leaving thousands of consumers without health coverage and doctors to see. It waa during this time when a group known as Compass Medical ceased operations without giving their patients any notice, leaving 70,000 former patients without medical. Compass is the subject of a class-action lawsuit that calls for their patients to be compensated for their losses.

City Of A Million Dreams, June 16th, 1:30 pm

Jason Berry said his book and his movie are a historical look at New Orleans. He said the projects are a look at the city's history, going back to the days of when the city was the largest slae market in America, to beyond slavery, and Jim Crow, the struggles of its people over the years, the losses people suffered during Hurricane Katrina, what made some residents decide to stay and rebuild, and how their music – Jazz – helped to resurrect the city. How talked the Jazz Funerals have been a way to pay tribute to those who have been lost, celebrate their and the

renewal of the city. And he added that celebrating the lives of people have died through music and dance has been a way of celebrating life in the city of New Orleans.

UMass Memorial Hospital Cuts, June 23rd 1:00 pm

State Representative Natalie Higgins expressed her concerns about the plans of UMass Memorial Health to close the Maternity Unit at Leominster Hospital. She expressed her anger over the hospital's announcing the closure during the Memorial Day holiday, recalled the closing of other units at the hospital in past years, their unwillingness to discuss their problems with the public at large, the lack of public transportation from North Central Massachusetts to Worcester for families that need the services and the lack of options that state regulators have to keep these facilities open. She talked about potential legislation that would help to keep the hospital unit open beyond the end of September and the continuation of discussions to keep the unit open.

Solo Grampa: The Hike Continues, June 23rd, 1:30

71-year-old Dave Manca of Ashburnham called in from New Hampshire to talk about his hike along the Appalachian Trail from Georgia to Maine to raise money for the Tunnel To Towers Foundation. At this point he's traveled 1800 miles of what will become a 2,200 mile hike. Manca said he hoped to raise \$10,000 for the foundation that supports the families of 9/11 first responders. But at this point his hike has raised \$30,000. He expressed his gratitude to the family and friends who have helped, hikers along the way who have made donations, the encouragement he's received along the people who have followed his travels and he said he'll "stop and smell the roses" once he reaches the finish line in Maine.

The Court Is Adjourned, For Now, June 30th, 1:00 pm

As we reach the halfway point of 2023, Clark University Political Science Professor Rob Boatright looked back the recently ended term of the US Supreme Court. He expressed his surprise over the court ruling that voting for Congressional district seats in Alabama and Louisiana had to be redrawn because they were discriminatory to African Americans. He added he was not surprised to see the conservative majority overturn decisions on affirmative action, striking down practices at Harvard University and the University of North Carolina. He added the court made its majority known when it ruled that a business owner in Colorado didn't have to serve same-sex couples if they didn't want to.

Classes on Wildfires, June 30th, 1:30 pm

George LoCascio, a Professor at Mount Wachusett Community College told our listeners about a Forest Fire Management Course that he teaches. He talked about what causes Forest Fires, the growing numbers of wildfires in Canada that have brought dry, smoky air to Massachusetts affecting our air quality, how drought conditions can raise the possibility of wildfires, how to fight wildfires, but using them as an eco-system tool before they reach the main source, he talked about the lack of notice that's given when combating flames and that Mount Wachusett is only community college east of the Mississippi River where students become certified to combat wildfires.

WPKZ SECOND QUARTER ISSUES 2023 - COMMUNITY REMINDERS

The Finnish Center at Saima Park

The Finnish Center at Saima Park is providing grants upon students who find themselves short on money to meet their financial responsibilities in the quest to complete their education. They have funds who need money needed to accomplish their life's goal of attaining a college degree or technical certification. To apply for needed assistance, log onto: saima-park.org and download the grant application. Mail it to F.C.S.P., 67 Scott Rd., Fitchburg, Ma. 01420. For more information call 978-597- 0248. (ended April 16th)

Fitchburg Civic Forum and New Vue Communications

The Fitchburg Civic Forum and New Vue Communications invites to you attend a series of forums titled "Civic Ambassador Stewards Training." The forums will discuss the function of Local Government, Boards and Commissions, Protocols of Public Meetings, Campaigning for Elected Office and the Importance of a Functional Local Democracy. The forums will be held at the Fitchburg Cultural Alliance, which is located at 675 Main Street in Fitchburg. For registration or information contact Francisco Ramos at "framos@nvecomm.org". (ended April 16th)

Commonwealth of Massachusetts

2-1-1 is the number to call if you have questions or concerns about the Coronavirus outbreak in Massachusetts. Call this number for information about essential community services, where to find a food bank, government services and operators are there 24 hours a day to take your call. The number to call is 2-1-1. (still in rotation)

988

There are three digits and one connection for people who are under emotional distress or having suicidal thoughts. 9-8-8 is the new toll-free number that's part of the National Suicide Prevention Lifeline. If you need to talk or need someone to listen, call or text 9-8-8 and help will be there 24-7.
(still in rotation)

Ginny's Helping Hand

Ginny's Helping Hand and Food Pantry, located at 92 Mechanic Street in Leominster; is there to residents of Central in need, Their hours are Tuesday through Friday from 10:00 am to 5:00 pm and Saturday from 9:00 am to 4:00 pm. If you'd like to find out more, or if you want to lend a helping hand, call them at 978-537-1387
(still in rotation)

Spanish American Center

The Spanish American Center, located at 112 Spruce Street in Leominster, wants to you know they have a Summer Youth Program that will operating at different locations for kids under 18. There are games and activities and breakfast and lunch. The program runs between 9:00 am and 12:30 pm. For more information call 978-534-3145.(still in rotation)

Pink Flamingo Day

The city of Leominster wants to you know that Pink Flamingo Day is coming! The day the city celebrates the iconic Pink Lawn Flamingo held in Monument Square Downtown on Thursday, June 23rd from 5:00 to 7:00 pm. In case of rain the event will be in Tata Auditorium at Leominster City Hall. For more information call 978-534-7500.
(ended June 23rd)

UMass Memorial Health Alliance

A public hearing has been scheduled to discuss the plans of UMass Memorial Health Alliance to close the Maternity Unit at Leominster Hospital on September 23rd. The public hearing will take place ay the Leominster Synagogue on Thursday, June 29th, from 5:30 tpo 7:30 pm. The Leominster Synagogue is located at 268 Washington Street in Leominster.\
(started June 20th, ended June 28th)