

## K-Zone Lunch Box 1st Quarter Issues January 1st through March 31st, 2017

All interviews are 20 minutes in length unless otherwise noted.

January 9th 12th, 12 noon, BEFORE I DO (30 minutes)

Attorney Elizabeth Schwartz says her book provides information for couples to consider before they marry. She said the book looks at issues and the legal consequences of marriage for people who are straight, gay, lesbian or transgender; from getting the license to marry to name changes; taxes, Social Security, estate planning, pre and post-nuptial agreements, and whether or not it is best for you to marry.

January 16th, 12 noon, REMEMBERING DR. KING

The program begin with a speech from Dr. Martin Luther King back on October 25th, 1968. He spoke to students at Barratt Junior High School in Philadelphia, Pennsylvania. He asked the students, "What Is Your Blueprint For the Future." His speech ended by telling students to keep climbing. He quoted Langston Hughes saying "If you can't fly, run. If you can't run, walk. If you can't walk, crawl. But by all means, keep moving."

January 16th, 12:30 pm, BE LIKE BRIT

Cherylann Gengel talked about the organization that was started by her family, and her daughter Britney who was among the four students and two professors from Lynn University who were killed when a magnitude 7 earthquake struck Haiti on January 12th, 2010. She said her daughter sent her a text before she died that said she moved by the people and their struggle. And that she found her life's work, she wanted to build an orphanage. She talked about the work that went into making the family's dream come true, the children who live there, how the children's lives have changed, and how her life has changed

January 23rd, 12 noon, FROM OBAMA TO TRUMP

Clark University Robert Boatwright looked back at the 2016 Presidential Elections, and the campaign that ended with Donald Trump becoming the 45th President of the United States. How did Donald Trump succeed in connecting with the public despite finding there were people who didn't like him. How did Trump win in states there went Democratic in past years. He questioned whether the election saw the emergence of a new block of voters, noted that the public had a lot to dislike about the presidential candidates of both major parties. He discussed the campaign strategies that worked for Barack Obama, and the strategies Hillary Clinton tried and failed. His thoughts about Trump's inaugural address, and whether his approach will help him govern.

January 30th, 12 noon, PRO HOCKEY RETURNS

Mike Myers, President; and Eric Lindquist, Vice President of Marketing for the Worcester Railers; talked to us about their preparations for their inaugural season in the ECHL (formerly known as the East Coast Hockey League). They looked at the work that has been done to bring pro hockey back to Central Massachusetts, and the role that Northern Worcester County will play in their venture. They discussed what has been happening in Worcester to make the area more hockey friendly, the unanimous vote to admit Worcester into the league, what is being done to put together their roster of players, what the return of professional hockey means to the Central Mass economy and the need for more staff to begin their inaugural season on October 14th of this year.

January 30th, 12:30 pm KNOCK 'EM DEAD

Author Martin Yate says this is his 32nd edition of his book which focuses on what people need to do to find a job. He discussed how the workplace has changed from the 70's where employment meant job security, to how that changed with technology and software. How the rules have changed from working hard and you'll be rewarded, to the real job security was having and keeping your job. How technology and computers have cost jobs, why it is important to know about the job you're looking for and the company you're hoping to land with, making sure you have a resume that gets you noticed, and your success is depending more on showing you have the ability to be a problem solver.

#### February 6th 12 noon, IMMIGRATION AND DONALD TRUMP

Immigration Attorney Randy Feldman talked to us about his practice and the components that make up his practice, the people he is likely to represent and cases he will see in court -- including deportation support and political asylum. He also gave his reaction to orders from President Trump that called for the suspension of processing refugees to the United States, and whether he has the right to take those actions. And he shared his thoughts about Federal Judge Neil Gorsuch, and what he would bring to the US Supreme Court if President Trump's nomination is confirmed.

#### February 6th, 12:30 pm, THE METABOLISM PLAN

Lyn-Genet Recitas says her book is about your body's metabolism, what makes it work for and what keeps it from working for you. She also discussed the "healthy" foods that could lead to weight gain. She also talked the thyroid, what she called the body's unsung hero, and the importance of eating the right foods to maintain a healthy thyroid and your overall health.

#### February 13th, 12 noon, REMEMBERING EDWARD BROOKE (the full hour)

Worcester Community Activist Bill Coleman spent the hour remembering the first African-American since Reconstruction who represented Massachusetts in the US Senate. How Boston developed as a city when he led the Boston Redevelopment Authority. He talked about Brooke's early days in private law practice, and why he chose to run as a Republican in Massachusetts. His election as Attorney General. His decision not to follow Republicans in 1964 to endorse Barry Goldwater for President. How the Republican Party of the 1960's and 70's differs from today's GOP. He recalled his days working with Senator Brooke, laws he co-sponsored like The Fair Housing Act in 1968, legislation to help provide medical care for Vietnam Veterans. His fight to maintain the Job Corps, and Title IX which preserves opportunities for women in education and athletics. And he helped to make men aware of breast cancer through his diagnosis.

#### February 20th, 12 noon, ALZHEIMERS SUPPORT GROUP (the full hour)

Bob Cote, joined for the hour to talk about a support group that is helping families who have loved ones with are living with Alzheimer's. He talked about his wife and her struggles, the testing she went through and what followed after learning that she was diagnosed with this form of dementia. He talked about the decision to have his wife in an adult day care setting, and eventually into a nursing home. And how his experience led him to organizing a support group of caregivers in Leominster. He discussed what is known about Alzheimer's and what do we still need to know He talked about how the groups help people in an open meeting setting, or in the comfort of their homes.

#### February 27th, 12 noon, TORCH ANGELS

Irene Hernandez, CEO of the North Central Mass Minority Coalition, and the Worcester County Representative to the Governor's Commission on the Status of Women; talked about the challenges kids are facing today. She discussed the new problems kids are facing today including living in a single-parent household, or having to be the parent in the household, the opioid epidemic, the sense of community where people in neighborhoods looked out for one another doesn't exist. She stressed the need for adults to step up and be involved in the well-being of kids. And she also told our listeners about how the Torch Angels program helps children in their lives, be it concerns at home or school or with their peers.

#### March 6th, 12 noon, THE GAME THAT CHANGED COLLEGE BASKETBALL

A look back at the 1966 NCAA men's basketball championship game between Kentucky and Texas-El Paso, known then as Texas Western as seen threw the eyes of the late Bobby Joe Hill. Hill was the point guard for the Texas Western team that won the championship that year. The game marked the first time on national television where a basketball team starting with five black players, played a team with five white players. He talked about the many changes in the game with Texas Western's victory, including schools like Kentucky, Alabama, Duke and North Carolina recruiting black players, schools eventually hiring blacks as head coaches, and schools like Kentucky winning a national championship under a black coach in

Orlando "Tubby" Smith.

March 13th, 12 noon, MARCH MADNESS (the full hour)

We spent the hour looking ahead to the NCAA men's and women's basketball tournaments. Joe Perello, host of our Thursday Lunch Box, and Andy Challenger of the outplacement firm Challenger, Gray and Christmas talked to us about this time of year, and the productivity in the workplace that is lost during this time of year. Challenger says workplaces lose \$2.1 billion in wages this time of year with people watching basketball on tv, or looking at the games on their computer screens, or people that just don't show up for work. He says people watch the games in part of their schools, playing in the tournament and casual fans will work on their brackets instead of the jobs. And he says it's taken employers a while, but they're slowing beginning to embrace the madness and use it as a way of building harmony in the workplace.

March 20th, 12 noon, PRESIDENT TRUMP, THE FIRST 60 DAYS

Ora Szekeley, Professor of Political Science at Clark University, looked back at the first 60 days of the Presidency of Donald Trump. She discussed his inaugural address and how it differed from his predecessors, and how it aimed more at his base of supporters than bringing the nation together. She said this administration differs from predecessors because they lack the numbers of people who have backgrounds in government and policy. She also suggested that while other administrations showed a willingness to work with the opposing party, the Trump administration has struggled to work with Republicans in general. She also questioned whether any of the parties in Washington would even try to work together for the sake of the country. And fears the lack of cooperation could damage the nation for years to come.

March 27th, 12 noon, OUR RIGHTS, OUR LIBERTIES AND RESPONSIBILITIES AS CITIZENS

Kate Crockford of the American Civil Liberties Union of Massachusetts talked about the work done by the organization in expanding first amendment rights, defending the civil rights and civil liberties of all citizens. She talked about their history of defending the rights of Nazis to march in Skokie, Illinois as well as defending the rights of transgender people. She also wondered whether citizens have a real understanding of the first ten amendments to the US Constitution, including the right to free speech, the right to a free press and adding cell phone technology to our fourth amendment rights.

March 27th, 12:30 pm, PARENTS AND FOSTER PARENTS

Allisyn Calovine, Foster Care Recruiter for the Massachusetts Department of Children and Families and Irene Hernandez CEO of the North Central Mass Minority Coalition, and the Worcester County Representative to the Governor's Commission on the Status of Women; talked about the work being done to protect children and becoming a foster parent. Hernandez told our listeners about her becoming a foster parent and what is required. In addition to the requirements, they discussed who is eligible to become a foster parent, the challenges and the rewards come with being a parent. They also told our listeners about a monthly information for people who are thinking of becoming foster parents.