

WPKZ PROGRAMS LIST Q3 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 July 1 and September 30, 2023. Conversations run 20 minutes in length unless otherwise mentioned.

HEALTH/FITNESS, July 7th 8:20 am

Fitness Trainer Phil DeCesare talked about the importance of beginning and staying with a fitness regimen. He also talked about amino acids like Taurine that improves our nervous system function, and our lifespan. He talked about the types of foods that contain Taurine, like meats, poultry, seafood, shellfish and seaweed. And while he expressed concern about energy drinks, he stated Taurine is an ingredient in many drinks. And he added Taurine can help improve your mental health, your bone density and could help offset weight gain.

THE WEATHER WE'RE IN, July 11th 8:10 am

National Weather Service Meteorologist Alan Dunham looked the weather and how it is affecting us in this Summer season. He noted the rainfall has helped to alleviate the drought conditions that were a big part of 2022. But the rainfall has also led to flooding in major cities in New England, and how flooding from the state if Vermont could affect levels along the Connecticut River and other bodies of water. He also talked about smoke from wildfires in Canada have affected our air quality.

WEATHER/ENVIROMENT/PUBLIC SAFETY, July 8:40 am

Sarah Porter of the Massachusetts Emergency Management Agency update the the impact the weather has had on the state. She talked about the flooding in Western Mass, communities where people needed to be evacuated, their watching rivers and how long they'll be above flood stage. She also talked the need for people to have an emergency preparedness kit for the summer with the arrival of Hurricane Season. She offered suggestions for what should be in the kit, and a plan for where family members can meet in case there is need to leave their homes because of weather conditions, fires and other emergencies.

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POLITICS/GOVERNMENT, July 12th 7:15 am

Fitchburg Mayor Stephen DiNatale looked back at the success of 4th

of July celebrations including Civic Days. He was pleased with the attendance for the celebrations in spite of concerns about the weather. He talked about the city has moved on from drought conditions from the previous year, but was concerned about the air quality as a result of the wildfires from Canada. He also talked the ongoing improvements to the Downtown area, including new apartments in the Moran Square area. He was happy to begin the start of the new fiscal year with all the books balanced, but they're still waiting to see what funding is coming from Beacon Hill as the state continues working on the budget for fiscal year 2024. He also expressed his concerns about the plans to close the Maternity Unit at UMass Memorial's Leominster Hospital.

CELEBRATING LAVENDER, July 12th 8:40 am

The Reverend Wil Darcangelo, Minister of the First Partish Church in Fitchburg; and his partner Jamie Darcangelo joined us to celebrate their daughter Lavender's appearance of America's Got Talent. Lavender qualified to advance to the next round of the network competition and they're in awe and appreciation of the love and support they have received the community. They talked about the work to be done as she prepares for the semifinals next month. They expressed their appreciation for the love they are getting and the positive attention North Central Mass is getting from Lavender's appearance on AGT.

POLITICS/GOVERNMENT, July 13th 7:10 am

State Representative Natalie Higgins, updated the efforts of residents to keep the Birthing Center at Leominster Hospital. UMass Memorial has announced their plans to close the center on September 23rd because they don't have the staffing and they can't afford to keep the center open. She expressed concern about families that don't have the transportation to travel to Worcester, and that lack of prenatal healthcare in Massachusetts has reached crisis levels. She also expressed concerned that if this unit closes its doors, which unit is next to close.

HEALTH/FITNESS, July 14th
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Fitness Trainer Phil DeCesare talked about our health and the impact of technology on our health.. He talked about the various devices we used to monitor our health which are good for us, He talked about the need to “de-magintize” or avoid some electronics and technology to help maintain our health and our sense of balance. He suggested adults need to re-learn things that we did as kids like how to breathe, eating fruits and vegetables, and the need for a good night's sleep.

PUBLIC SAFETY, July 18th 7:40 am

Fitchburg Mayor Stephen DiNatale talked about the recent State of Emergency that was declared after rainfalls that left the Nashua River moving above flood stage and the help that will be needed to repair city streets and other damage that was caused by rains that have been falling at rates of three inches an hour

POLITICS/GOVERNMENT, July 19th 7:15 am

Leominster Mayor Dean Mazzarella updated listeners on water levels rainfall that resulted in flooding in his city. He also shared his thoughts on UMass Memorial filing its plans to close the maternity unit at

Leominster Hospital, how the process of seeking to close the facility will work, public hearings to be held on the plans close the maternity unit and when will we learn what new facility will be opening at the Water Tower Plaza.

POLITICS/GOVERNMENT, July 20th 7:40 am

State Senator John Cronin talked about the work that continued on the state budget for fiscal year 2024. He said that the big challenge for people in our communities is to develop new housing, providing tax credits that will make the new housing possible and making housing more affordable for young families. He expressed his concern about the plans to close the birthing center at Leominster Hospital, was questioned whether the state has the ability to keep the facility open and the changes needed to give state authorities more power keep the birthing center open,

COMMUNITY, July 25th 7:40 am

Brendan Lewis, City Editor of the Sentinel and Enterprise, talked to us about the new role he was about to begin. He talked about his experience in other communities, what he has learned about the Twin Cities as

he begins his new role, the struggles of the paper to maintain coverage in this area, he talked about the need to see local datelines in the paper, how the datelines for newspapers have changed over the years, how reporters in newspapers are covering stories for more than one publication, his hopes for providing internships for training students at Fitchburg State University and other schools and what can be done to rebuild coverage at the newspaper.

POLITICS/GOVERNMENT, July 26th 7:10 am

Gardner Mayor Mike Nicholson talked about the continuance of the city's Centennial celebration, options

for helping people deal with the potential heat wave, preparations for the beginning of the 2023-24 school year, what parents can do to help prepare their kids for the beginning of the new year, new requirements for students to complete so they can graduate from High School, the growing pains the city has experienced and the investments that led to the growth of his city.

POLITICS/GOVERNMENT, July 27th 7:10 am

Second District Congressman Jim McGovern talked about the need to combat hunger in America. He said summer is the worst time of the year for people to go hungry. He called having food a fundamental human right and hunger a political issue urging people to find the will ending this problem, he stressed the need for making sure adults can teach their kids about the fruits and vegetables and the importance of proper nutrition as a preventive medicine.

EDUCATION, July 28th 7:40 am

Todd Robbins, talked about his new as the Athletic Director of the Fitchburg Public Schools. He called the athletic field the biggest public classroom for students, talked about lessons a student can learn in the settings like teamwork, how this differs from learning in a classroom setting, the life skills athletes can learn, what are the most important things he can learn about the program before he begins, the perspectives of the coaches, administrators and students and the direction he'd like to take the athletic programs in the future.

CRIME/PUBLIC SAFETY, August 2nd 7:15 am

Fitchburg Police Chief Ernie Martineau looked back at the annual National Night Out Against Crime. He

talked about how the events has helped to bring law enforcement and public together and helped to build those relationships and celebrate one another. He challenged people to build relationships by introducing yourself to one another. He also discussed what it takes to make for a successful Police Department, which includes the building of relationships with people.

POLITICS/GOVERNMENT, August 9th 7:15 am

Fitchburg Mayor Stephen DiNatale discussed an Emergency Declaration in hopes of getting help to cover the costs of weather conditions that resulted in widespread flooding, which totaled over four-million dollars. He talked about the challenges of maintaining city streets, making potential changes to minimize the damage that is caused by the flooding, the various departments and the partnerships that go into making the city function.

PLASTIC CITY COMIC CON, August, 11th 8:00 am

Keith and Amy Gleason looked ahead to the 2023 edition of the Comic Book Convention. They talked about how the convention first began, their decision to focus more on comic books and their artists, their efforts to make them more affordable, how the public's response has forced them to find bigger venues, how theirs differs from other comic conventions, how parents have become more willing to read and discuss comics with their children and what keeps comics relevant to people today.

HEALTH/FITNESS August 11th 8:40 am

Fitness Trainer Phil DeCesare talked about the importance of muscles, what is needed to build and maintain them, how the lack of muscle affects our health and well-being and the loss of our independence. He talked about the types of muscles in our bodies, their compositions, how they affect the quality of our lives, the intensity of activity that affects our muscles and our training can improve the quality of our being.

POLITICS/GOVERNMENT, August 16th 7:15 am

Leominster Mayor Dean Mazzeella talked the success of National Night Out and other events in the city this month, provided an update on the status of the city's new Police Station and process of moving people into the new building, talked about preparations for the beginning of the new school year, making sure there is enough people to drive school buses, what can be done to get students ready for the new year, making sure students understand there is a Code of Conduct and they're involved in programs they find an interest in.

HAWAII, August 16th 8:10 am

Jeff Hall from the American Red Cross updated our listeners on the wildfires that struck the Hawaiian Island of Maui, the struggle to keep people comfortable while the search for survivors continues, efforts for people from Massachusetts to connect with their loved ones in Hawaii, the things that will be done to help in the recovery process, the training of disaster volunteers to serve in Hawaii, the length of their stays, what the public can do to help those in need and the importance of coming up with a plan to meet the challenges that come with these emergencies.

HEALTH/FITNESS. August 18th 8:20 am

Fitness Trainer Phil DeCesare talked about jumping as a means of staying fit, and rebounding. He said jumping as in jumping on a trampoline is useful in a fitness regimen, how it helps our lymphatic system which carries plasma through our bodies, produces our red blood cells, helps to regenerate our bodies, the confidence that comes in rebounding. He said starting a program is good for elder people to build and maintain their balance and helps to prevent falling.

HEALTH/PUBLIC SAFETY, August 22nd 8:10 am

Sue Christensen of the Fitchburg Health Department invited our listeners to attend an Opioid Overdose Awareness vigil at the city's Upper Common. She said the purpose of the day is to invite people to come together to remember the friends and loved ones who have been lost to overdoses, to provide hope and support for those who are struggling, loved ones who are trying to cope, the growing numbers of programs and resources that are there to help and the willingness of people to talk or listen to those who have lost someone to an overdose,

SOLO GRAMP AND TUNNEL TO TOWERS, August, 23rd 8:00 am

71-year-old Dave Manca of Ashburnham talked about his return to Massachusetts after spending four months hiking along the Appalachian Trail to benefit the Tunnel To Towers Foundation. He recalled the training and that went into making the 2,200 mile hike from Georgia to Maine, the plan to travel 20 miles a day, time needed to recuperate along the way, the support of his family in making this possible, the surprise of others who praised his travels over four months and ten days, how he loves to challenge himself but he has no plans to do this again. Manca hoped to raise \$10,000 for the organization that supports 9/11 First Responders and their families. But after all was said and done he raised nearly \$35,000.

POLITICS/GOVERNMENT, August 24th 7:10 am

Second District Congressman Jim McGovern talked about the plans of UMass Memorial to close the Birthing Center at Leominster Hospital. He questioned the decision to close the facility, disputed their argument that the birthrate in North Central Mass has declined, and called their decision to close the facility a mistake. He called it a financial decision and that this is something that could be prevented. He also discussed the toll the summer weather has taken on farmers and the need for a federal disaster declaration to help farmers survive and thrive

POLITICS/GOVERNMENT, August 24th 7:40 am

Gardner Mayor Mike Nicholson talked about his city's success in improving their infrastructure, the addition of 13 new businesses opening their doors in 2023, what these new businesses mean for the city's tax base, preparations for the first day of school, the opening of a new Gardner Elementary School, the change in the start of the school year from August to September, the importance of free meals for kids all year round, his concern about UMass Memorial and their plans to close the Maternity Unit at Leominster Hospital next and the pressure it could place on Heywood Hospital and he talked about National Grid announcing that the personal records of Gardner residents may have been compromised by a data breach.

POLITICS/GOVERNMENT, August 30th 7:40 am

Leominster Mayor Dean Mazarella talked to us about the first day of classes in the Leominster Public Schools. He shared his memories of his early years in school, talked about the need to expose kids to as many things as possible to spur their imagination, the teachers that inspired him as he grew up, how the education process has changed with MCAS as a requirement for graduation and his hopes for the 2023-24 school year.

LAVENDER'S GOT TALENT, August 30th 8:40 am

The Reverend Wil Darcangelo talked about his daughter Lavender's performance on America's Got Talent. He talked about the rehearsals before appearing on television, rehearsals to be eliminated, the reaction of making it through the early rounds, the viewing parties throughout the city, her advancing to

the final round, how this has put Fitchburg on the national map and how this changed Lavender's life.

POLITICS/GOVERNMENT September 6th 7:15 am

Fitchburg Police Chief Ernie Martineau talked to us about the first day of classes in Fitchburg, the need for drivers to be aware of students, and for students to focus more on their surroundings and less on their cellphones, shared memories of being a member of the Safety Patrol in Elementary School, the challenges that come with the start of a new school year and potential change of seasons, the arrival of students at Fitchburg State University and getting ready for a new year, educating incoming students on conduct that is acceptable, the students adjusting to life away from home for the first time in their lives and the advice he has for students who are involved in situations with the law.

READY FOR SOME FOOTBALL, September 7th 8:20 am

Bob Socci, the Radio Voice of the New England Patriots, joined us to talk about the hopes for the upcoming season. He talked about the excitement and hope that comes with the start of a new season, the relationship between the team and quarterback Tom Brady, the return of Brady to Foxboro for the season opener, what the Patriots' success has meant to the fan base over the last 20 years and the hope for a better season with Mac Jones as Brady's successor.

HEALTH/FITNESS, September 8th 8:40 am

Fitness Trainer Phil DeCesare talked about exercise as a way of dealing with the Coronavirus. He cited a study that suggests that exercise can help reduce the effects of viruses and other health concerns by as much as 25 percent, he's baffled that medical authorities don't talk more about how regular exercise reduces the possibility of being hospitalized by as much as 40 percent, he talked about how the body craves movement and the key to better health is the quality of your workout. He said everything is a progression, and modest movements are the best way to start out.

AND THE RAINS CAME, September 12th 7:20 am,

Leominster Mayor Dean Mazzeo talked about the rains that devastated his city. He explained that in a span of six hours as much as 11 inches of rain affected every part of the city, talked about the structural damage to homes, sinkholes around the city, hundreds of homes reporting damage, power outages were reported, state emergency officials have been called in to help with the recovery, the shelters that have opened and where residents can call if they need help.

LAVENDER'S NEXT JOURNEY, September 13th 8:40 am

The Reverend Wil Darcangelo updated his daughter Lavender preparing for the finals of America's Got Talent. He talked about the list of up to 15 songs that would be considered, the two songs she will be singing, he talked about the settings they prepare for the performers, the outfits they will be wearing, her working with an Emmy Award Winning songwriter, the anxiety over the process of being chosen for the finals and doing what they can to enjoy the moment.

POLITICS/GOVERNMENT, September 14th 7:10 am

State Representative Natalie Higgins talked about the rains that poured through the city at a time when people were heading for home, described the conditions including a house where the land was washed away, with people wondering how much money is needed to rebuild especially for those who don't have

flood insurance and how to better protect neighboring communities in these weather events. She also expressed her concern about the plans of the UMass Memorial to close the Maternity Unit at Leominster Hospital, the disappointment of UMass Memorial to go ahead with plans to close the unit

despite the Department of Public Health saying the plans are unacceptable and she asked how many essential services need to be cut before they're no longer called a hospital.

POLITICS/GOVERNMENT, September 18th 7: 10 am,

Leominster Mayor Dean Mazarella provided an update on efforts to help the city recover from last Monday's record rainfall, the work that continues on repairing sinkholes, the need to remove utilities before they can be repaired, the combination of short-term and long-term fixes, the city now qualifying for federal assistance in the recovery, the need for residents to file the paperwork to seek federal aid and the need for people to know the city is open for business.

POLITICS/GOVERNMENT, September 19th 8:10 am

Retired Fitchburg Police Officer Stanley Young talked about why he is a candidate for Mayor of the city. He questioned the Mayor's spending priorities, how the money that is allocated for fixing the city's roads could be better spent, he was critical of a potential pay raise for the Mayor in the future, he suggested the Mayor could and should do a better job of communicating with people with in times of emergency like the rainstorms in the month of July and find new ways to attract industries to grow the local economy.

POLITICS/GOVERNMENT, September 20th 8:10 am

Fitchburg City Councilor Sam Squailia talked about why she is a candidate for Mayor of the city. She said that while the city has seen positive growth over the last several years, she felt a new direction was needed to lead the city. She said the city had to do a better job of communicating and becoming more transparent with residents and businesses, called a for need for more respect between the city and its residents, a more efficient way of maintaining city services and a more effective way to spend the city's dollars.

POLITICS/GOVERNMENT, September 21st 8:10 am

Fitchburg Mayor Stephen DiNatale explained why he should be re-elected to a another term in office. He questioned concerns that the city has not done enough to take care of the city's roads, defended the improvements to the city in the Downtown area, the growing numbers of businesses, and he defended the progress that has been made while the city has been under state and federal consent decrees to improve the wastewater system and he responded to suggestions that he needs to do a better job of communicating with residents about situations come up during the year.

POLITICS/GOVERNMENT, September 22nd 8:10 am

Fitchburg School Committee Member Dr Maritza Knight talked about her campaign for Mayor of the city. She talked about the debt facing the city, and what is needed to fix the city's roads, she talked about improving the quality of education, and bringing more people of color to work within the school system, she also talked about improving the neighborhoods of people of color and that would seek federal funding to help the city meet its needs.

POLITICS/GOVERNMENT, September 28th 7:10 am

Congressman Jim McGovern expressed his displeasure over UMass Memorial following through on its plan to close the Maternity Unit at Leominster Hospital. He suggested the state needs to establish a new policy to prevent other hospitals don't close their maternity units and he understands why people feel they were betrayed by the decision of Governor Maura Healey not to block the action to close the unit. He also talked about time running out on plan to keep the federal government in business after September 30th

WPKZ THIRD 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.

Weather, Weather Everywhere, July 7th, 1:00 pm

Rob Carolan, Founder of Hometown Forecast Services; talked to us about the rising temperatures we've experienced. He argues that while this has the potential to be one of the hottest summers or even the hottest year on record, he disputes that what's happening is a result of global warming. But he does say the rising temperatures are changing the pH balance of the oceans on this planet, and this is putting marine life at risk, and with it the food supply of 70 percent of the world's population. He explained the difference between the El Nino and La Nina weather patterns and his concern about weather temperatures in the Atlantic reaching 100 degrees or higher and how that can have a dangerous effect on aquatic life.

Mosquitoes, July 7th, 1:30 pm

Tim DesChamps, Executive Director of the Central Mass Mosquito Control Project, prepared our listeners for the Summer of 2023. He talked about the 52 different types of mosquitoes that are found here in Massachusetts, how viruses like West Nile and Eastern Equine Encephalitis can affect the human body, how they transmit these viruses, how they thrive in large rain events and drought conditions, how they monitor mosquitoes during the colder months, how people can protect themselves from these insects and the differences and similarities between mosquitoes and ticks.

The State of Retailing, July 14th, 1:00 pm

Jon Hurst, President of the Retailers Association of Massachusetts; talked to us about how member businesses have been faring. He talked about their dependence on consumers and attracting customers, the need for consumers to support local businesses and how they support non-profits, the closing of retailers like Bed, Bath and Beyond and the Christmas Tree Shops, how they emerged from the Coronavirus and how many of them became essential, and how these situations have helped and challenged them, and enabled his members to work harder and smarter.

The Asian Longhorned Beetle: An Update, July 28th, 1:00 pm

Robert DeLeo of the US Department of Agriculture's Asian Longhorned Beetle Eradication Program updated their efforts to do away with an insect that has been a part of Massachusetts. He said they learned about these insects with the help of a resident who asked about insect they spotted on a tree in their yard back in 2008. But learned through their research that the first beetles were discovered in 1996. He described what they looked like, the types of trees they like, the communities and neighborhoods that saw their trees cut down by the thousands, the fear

that the insects could have affected the products made with maple like candies and syrups, and how much longer will it take before they can say their battle with the beetles is over.

“Who You Are Is How You Lead,” July 28th, 1:30 pm

Rachel Rider says her book is about how the way you live may reflect your leadership skills. She says your success depends on the relationships you build with co-workers and/or teammates. She talks about the role of leadership changes from being a hands-on type to letting go and sharing those roles, understanding what every person brings to the organization/team, the need to admit when help is needed to achieve success and the importance of establishing trust among your colleagues.

Donald Trump Indicted, August 11th, 1:00 pm

Rob Boatright, Professor of Political Science at Clark University, talked about former President Donald Trump being indicted on four criminal charges including conspiracy to defraud the United States. He talked about the difference between these allegations and other pending cases, the fact that he is the lone defendant in this case, the prospects of Special Prosecutor Jack Smith being able to get a “speedy trial” and the differences between cases being tried in federal court as compared to state court. He also talked about the inability of both Republicans and Democrats to get the public at large to take a serious look at their candidates for elected office, and wondered if we need to wait until 2028 before the parties begin to do that.

“Honest Aging,” August 11th, 1:30 pm

Roseanne Leipzig says her book is about our health, how our bodies and minds begin to change as we get older, the health issues that come with getting older, when is the time to make decisions about things like driving and working, where to live, what are the common myths about aging, where to find resources to help you and other suggestions to help you take or maintain control life in your later years.

St. Francis Festival, August 18th, 1:00 pm

A 10 minute conversation with Brian Bigelow of St. Francis of Assisi Parish in Leominster about the parish, what it has meant to Leominster and North Central Massachusetts, how they have survived when other parish have closed their doors, how they served their community during the Coronavirus pandemic, opening their doors to become a bilingual congregation, how faith has remained an important of the Leominster community and their inviting the public to their outdoor summer festival.

Leominster Hospital, August 18th, 1:20 pm

Irene Hernandez, Co-Chair of Community United to Save Our Birthing Center; talked about the efforts of community members to keep the maternity unit at Leominster Hospital open. UMass Memorial announced that they were going to close to unit September 23rd saying they couldn't afford to keep it open. But Hernandez says this is not the first time UMass Memorial has closed a unit at the hospital. She argues that closing the unit couldn't come at a worse time when more people have relocated to North Central Massachusetts, many residents can't afford to drive 30 miles to Worcester for their care and she contends their patients weren't give notice about the plans to close.

Salvation Army Summer, August 25th, 1:00 pm

Envoy Lynnette Valentine-Warren of The Salvation Army provided an update on their Summer activities for kids which includes music and learning to play instruments like the piano, drums, the guitar and the ukulele. She shared what it meant for kids to learn how to play the instruments, their wanting to learn more and the support of their parents in learning to play. She also talked about the sense of accomplishment and the confidence they gain and how this can apply to their everyday lives. She also looked ahead to Christmas and the beginning of efforts to make the holiday brighter for families in need.

The March On Washington, August 25th, 1:30 pm

We looked back to August 28th, 1963. It was 60 years ago when thousands gathered in Washington, DC for what would be known as “The Poor People's March.” The keynote speaker was Rev. Martin Luther King Jr., who was the leader of the Southern Christian Leadership Conference. The speech would be known for these four words that would be repeated during his message to Washington and the nation, those words were “I Have A Dream. .

“The Fear Of Too Much Justice,” September 1st, 1:00 pm

Co-Author James Kwik says the book is about the criminal justice system and questions whether defendants are at a disadvantage in the courts. He questioned whether defense attorneys have properly represented their clients, are properly prepared to represent them, what he called an “adversarial” system where prosecutors have been allowed to withhold evidence that would help defendants prove their innocence, the resources that are needed to give people a proper defense, and the need to raise the bar that requires attorneys to present an adequate defense.

Back To School, September 1st 1:30 pm

Todd Robbins, former voice of Leominster High School Football on WPKZ Radio talked about his new role as the Athletic Director Fitchburg High School. He talked about his dreams of becoming a sports broadcaster, what led him to become a teacher, what makes a teacher a teacher, when can he tell that he is reaching his students, what he has learned from his students, the resources that are available to help students succeed, how athletics has helped students succeed, what has prepared him to begin serving in his new role and the lessons students can learn from athletic competition like teamwork.

High School Athletics, September 8th, 1:00 pm

Tony Gannon, host of the High School Sports Lunch Box on WPKZ, looked forward to the return of the school year and the athletic activities during the year. He talked about the importance of these games, the lessons students can learn from participating in athletic competition, the dedication of students who play in the programs, the lessons that are learned from winning and losing, how these lessons can be applied to everyday life and how preparing for athletic competition can help students in the classroom setting.

Preliminary Elections, September 8th, 1:30 pm

WPKZ Radio Engineer Paul Andrews talked to us about the upcoming Preliminary Elections which is September 26^h in the city of Fitchburg. Andrews serves as Election Warden, and he talked about the work that goes into making it possible for people to vote. He talked about what is done to open polling places at 7:00 am, making sure the voting machines are properly set, what people need to do if they are an “active” or “inactive” voter, the need to properly fill out the ballot so it will be counted, he reminded our listeners there is still time to register to vote, the city is hiring people to help work at polling places and urged people to watch the next debate among the Mayoral candidates.

And The Rains Came, September 15th, 1:00 pm

For the first half of the program Rob Carolan of Hometown Forecast Services talked to us about the rains that have caused damage Leominster has never seen before. He looked back at the factors that led to more than nine inches of rain that caused millions of dollars of damage to Leominster, sending the Nashua River well above flood stage and leading local and state officials to declare a state of emergency. He also tracked Hurricane Lee and its prospects of reaching our area. He talked about tropical storms, how they are formed, the energy that brings them to our region and the importance of preparing for these storms and the winter season.

For the second half Amanda Curtis, Economic Development Coordinator for the city of Leominster; provided updates on assistance being provided by the state to help local residents and their businesses, her reaction to the damage which was estimated to be at least \$35 million, the volunteers who have come to Leominster to provide help, the need to let people know that many businesses are open and the need to support them, programs to provide assistance including low-interest and no-interest loans and the hope that the federal government will declare a state of emergency which would make federal funding available to help rebuild.

The State of Leominster, September 22nd, 1:00 pm

Leominster Mayor Dean Mazzeella provided an update on the city's recovery from the record rainfall. He said at close 400 homes and businesses were damaged with several homes declared a total loss, but fortunately there was no loss of life. He urged residents to file the paperwork needed to help convince the Federal Emergency Management Agency to declare a disaster, making federal help available. He talked about the progress being made to repair city streets and the Commuter Rail, He also talked about the city's lawsuit against UMass Memorial and its plans to close the maternity unit at Leominster Hospital, the hope that the courts and the Healey administration would step in to prevent the unit from closing its doors on September 23rd.

An Update...UMass Memorial made good on its plans to close the maternity unit. We don't know when the lawsuit will be taken up by the courts. The Department of Public Health has stated that the facility is vital to the region, but has taken no action against UMass Memorial. And Governor Maura Healey expressed her concerns, but issued no order calling for UMass Memorial to keep the unit open.

Johnny Appleseed Arts and Cultural Festival, September 22nd 1:30 pm

Rick Marchand, Coordinator of the Festival, talked about the importance of the festival going on this year. He told the story of Leominster native John Chapman who was born 249 years ago. He talked about Chapman's travels about North America introducing apple trees to the world.

Marchand stressed the need to celebrate Chapman's life after the rains that devastated the city, he talked about the pride that has come from residents knowing that John Chapman grew up in Leominster and he also looked ahead to next year's celebration which would mark Chapman's 250th birthday.

Aluminum, 1:00 pm September 29th, 1:00 pm

Nadia Steinzor, Environmental Policy Analyst and Investigative Researcher for the Environmental Integrity Project; talked to us about how we have used Aluminum over the years. She talked about types of products and uses for this abundant mineral, the process of converting the rock and the powders into a metal that is used for cooking, automobiles, solar panels, wind turbines and other products and she discussed the need to better regulate the processing of this mineral to protect the air we breathe and to do a better job of recycling aluminum to protect waterways and farmlands.

“Diagnosed,” September 29th 1:30 pm

Mark and Mary Kay Astor say their book is about people who have faced life-threatening medical conditions and have moved to rebuild their lives and make for a more productive life. Mark said the book started as a journal that chronicled his illness and led to others sharing their stories. He said the stories tell about the challenges they faced, how their faith helped to carry through their struggles and how they have inspired people who are facing similar challenges. The Astors also shared stories of two people who have died from their illnesses, and how their passing has inspired their loved ones to live and to remember how their loved ones lived.

WPKZ THIRD QUARTER ISSUES 2023 - COMMUNITY REMINDERS

Preliminary Election Day

The K-Zone is urging Fitchburg residents to vote in the city's upcoming elections. There are four people hoping to become the city's next Mayor. Preliminary Election Day is Tuesday, September 26th. The last day to register to vote in the election is Saturday September 16th. You can register to vote at Fitchburg City Hall on the 16th between the hours of 8:30 am and 5:00 pm. (ended September 15th)

The City of Fitchburg

The Fitchburg Health Department invites you to attend an Opioid Overdose Awareness vigil at the city's Upper Common on Thursday, August 24th beginning at 6:00 pm. It's a day to remember the friends and loved ones who have been lost to overdoses, and to provide hope and support for those who are struggling and for loved ones who are trying to cope. You'll learn about programs and resources that can help and there are people who are willing to and/or listen. For more information call 978-829-1854. (ended August 23rd)

Spanish American Center

The K-Zone wants you to know that the Spanish Center in Leominster has its Summer Youth Program underway. There's fun, games, activities for kids under the age of 18 and free breakfast and lunch at six locations in the area from now (July 5th) through August 11th. To learn more about the program call 978-534-3145.

(ended August 10th)

Fostering Change Inc.

Fostering Change Inc is in the midst of its 6th Annual Supplies For Success Drive. Their goal is provide school supplies for foster kids from Kindergarten to college undergrads. They're looking to supply backpacks, notebooks, pencils, pens and other supplies for the 2023-24 school year. If you'd like to help, or want to find out more information, check out their Facebook page. The Supplies For Success Drive ends August 10th.

(ended August 9th)

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)