

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

### **TUESDAY JULY 2ND**

*7:40-8:00am*

Lieutenant Mike Gelinas of the Fitchburg Fire Department came on the K-Zone Morning Kommute to talk about fire safety during the 4th of July. He talked about grilling safety and the dangers of fireworks. He also discussed the Massachusetts Fire Academy training program and what it entails. He discussed how being a firefighter has changed over the past two decades, and how advancements in firefighter equipment have changed. He also talked about the fire truck pull and duck race that are part of Fitchburg Civic Days.

### **WEDNESDAY JULY 3RD**

*7:10-8:00AM*

Fitchburg Police Chief Ernie Martineau congratulated four new police officers who were added to the Fitchburg force. He also talked about the upcoming Fitchburg Civic Days, how the police department is working to keep them safe, and how people should handle the hot temperatures. He also talked about how Civic Days demonstrates Fitchburg's diversity. He talked about the dangers of fireworks and why they're illegal in Massachusetts. He also discussed the findings of the annual Fitchburg Police Department report, which was presented to the Fitchburg City Council earlier in the week.

### **WEDNESDAY JULY 10TH**

*7:10-8:00AM*

Fitchburg Mayor Stephen DiNatale came on the K-Zone Morning Kommute for his monthly visit. He talked about the 4th of July celebrations and Fitchburg Civic Days, as well as the tradition of the mayor firing a cannon on the 4th of July. He talked about why Civic Days is important, as well as the Longsjo Classic bike race and some potential changes to it in the coming years. He talked about Fitchburg building a new city hall building. He also discussed the findings of the annual crime report, which came out last week, and how it can help change the perception of Fitchburg. He talked about Fitchburg welcome kits and renovations being made to the senior center.

### **THURSDAY JULY 11TH**

*7:10-8:00AM*

Massachusetts State Representative Natalie Higgins came on the K-Zone Morning Kommute and talked briefly about Fitchburg's 4th of July celebration and Civic Days. She also talked about handing out the Citizens of the Year award and the final steps the state government has to take to finalize the budget for the new fiscal year. Higgins discussed the Save Students Act and the importance of working with children and adolescents. Higgins talked about mental health and mental health education, including the unique challenges that north central Massachusetts faces when it comes to mental health treatment. She talked about the RMV and the controversy surrounding the RMV ignoring warnings from other states about some drivers being dangers and what needs to change. She also talked about her work with the LGBT community and the importance of pride month.

## **TUESDAY JULY 16TH**

*7:40-8:00AM*

Jeffrey Murawski, the Deputy Commissioner of Wastewater at the Fitchburg Department of Public Works, came on the K-Zone Morning Kommute and talked about how water bills are calculated. He also talked about how bills are calculated for Fitchburg residents who use Fitchburg's sewer system but have their own water wells. He discussed how the consent decree has impacted water bills. He talked about what an abatement is, including reductions for people with swimming pools or broken pipes. He also talked about the difference between drinking water, sewage water and storm and drainage water.

## **WEDNESDAY JULY 17TH**

*7:10-8:00AM*

Leominster Mayor Dean Mazarella came on the K-Zone Morning Kommute to talk about a new show being filmed in Leominster and how it impacts the local economy. He addressed racist flyers that began showing up in Leominster and what's being done about them. He talked about the city budget for the new fiscal year being approved, and how the state budget not being finalized impacts the city. He gave an update on the North Street construction project. He also talked about the upcoming heat wave and addressed recent violence in Fitchburg.

## **THURSDAY JULY 18TH**

*7:10-8:00AM*

Massachusetts Cannabis Control Commissioner Jen Flanagan came on the K-Zone Morning Kommute and talked about the Commission moving its office from Boston to Worcester. She also talked about a new substance abuse awareness website and provided recommendations for how people can use marijuana safely. She discussed how marijuana has changed in recent years, and how marijuana compares to alcohol. She discussed the dangers of driving under the influence of cannabis, and difficulties in enforcing the law that prohibits marijuana use in public. She talked about confusion many people have about the rules and regulations for marijuana, and how some people say they would have changed their vote on the marijuana legalization question in 2016 if they knew more about it. She discussed new regulations in the current public comment period, and how people with concerns or complaints can contact the Cannabis Control Commission. She talked about Commission inspections, upcoming meetings and the license renewal process. She also discussed regulations for people growing their own marijuana.

## **FRIDAY JULY 19TH**

*7:10-7:30AM*

Fitchburg Mayor Stephen DiNatalie and Leominster Mayor Dean Mazarella came on the K-Zone Morning Kommute to discuss the heatwave that will be affecting Massachusetts this weekend. They discussed cooling centers where people can go to if they don't have air conditioning. They talked about the importance of people taking care of friends and neighbors during the heatwave. They discussed what people can do if there's an emergency.

*7:40-8:00AM*

Massachusetts Congresswoman Lori Trahan came on the K-Zone Morning Kommute and talked about a Facebook post she made about ICE immigration officials and how people have been reacting. She talked about what she thinks needs to be done about the U.S. immigration system. She revealed what she saw at immigration detention centers in Texas, where she visited. She discussed how immigration is tied into the current political climate. She addressed President Trump telling four congresswoman to go back to their own country and her response to people chanting, “send them back” at a Trump rally. She talked about legislation that would raise the federal minimum wage and her support for it. She discussed what is being done at the federal level to address the opioid epidemic. She talked about upcoming events, town halls and office hours she will be having when she returns to her district during Congress’s summer recess.

### **MONDAY JULY 22ND**

*8:10-8:30AM*

Massachusetts Epidemiologist Dr. Catherine Brown came on the K-Zone Morning Kommute to talk about mosquitos. She talked about West Nile Virus being found in mosquitos. She also talked about how long mosquito season usually lasts, and what is considered mosquito season. She discussed how the weather impacts mosquitos. She discussed where mosquitos lay their eggs. She talked about diseases that mosquitos carry and how they can affect humans. She addressed what people should do if they think they contracted a disease and which populations are most vulnerable. She discussed what people should look for when buying bug spray. She also discussed how pets can be affected by mosquitos.

### **TUESDAY JULY 23RD**

*7:10-8:00AM*

Massachusetts State Representative Stephan Hay came on the K-Zone Morning Kommute to talk about the House and Senate finalizing the state budget and the potential for the governor vetoing parts of the budget. He discussed how the budget will impact Fitchburg, including an increase in education funding. He talked about the difficulties in obtaining funding for bridges, and problems with the MBTA. He talked about the new casino in Everett and the potential for sports betting in Massachusetts. He discussed how the state is preparing for a potential economic downturn by putting more money into the stabilization account. He also discussed the NEROS bill, which will allow K-9 officers to be helped by EMTs if they are injured. He talked about other bills he is supporting, as well as his response to officials from the RMV not showing up to a hearing.

### **WEDNESDAY JULY 24TH**

*7:10-8:00AM*

Gardner Mayor Mark Hawke came on the K-Zone Morning Kommute and talked about misinformation regarding a Gardner Celebrates event that has been circulating on social media. He gave his thoughts on marijuana legalization and how it has been impacting Gardner. He discussed how the state budget being finalized will affect Gardner and the need for changes in how the state funds local schools. He talked about needing to change

how the state provides funding for infrastructure and problems with the MBTA. He talked about development projects in Gardner and district court being brought to Gardner twice a month. He also discussed upcoming events in Gardner.

#### **THURSDAY JULY 24TH**

*7:10-7:30AM*

Massachusetts Congressman Jim McGovern joined the K-Zone Morning Kommute and talked about Special Counsel Robert Mueller's testimony in front of Congress yesterday, and if impeachment of President Trump should be the next step. He talked about what people should do if they want to have a better understanding of the Mueller investigation. He discussed three bills that the House Rules Committee has been working on. He talked about visiting immigration centers on the U.S.-Mexico border and what he thinks needs to be done about the U.S. immigration system. He also discussed the significance of the United Nations speaking out about the conditions of immigration centers. He gave his reaction to President Trump telling four Democratic congresswomen to go back to their own countries and how people have responded. He also discussed two other bills he is supporting, including a stop robocall bill and a bill that provides funding to 9/11 responders for the rest of their lives.

#### **FRIDAY JULY 25TH**

*8:10-9:00AM*

State Senator Dean Tran came on the K-Zone Morning Kommute and talked about the controversy surrounding the RMV following seven motorcyclists being killed, and a hearing being cancelled after some RMV officials didn't show up. He talked about the aftermath of the controversy and the next steps for the RMV. He talked about Massachusetts finalizing the budget and being the last state to do so. He discussed how marijuana legalization and the opening of casinos in Massachusetts is impacting state revenue. He talked about funding for education that's part of the state budget, and how the state might change the formula for education funding. He discussed increases in funding for the Council on Aging in local communities. He talked about a law being worked on that will allow first responders to treat K-9 dogs who are injured during an emergency. He talked about a furniture manufacturer bill that Senator Tran filed. He talked about a bill he filed that would create a state authority that would help communities build police stations.

#### **WEDNESDAY JULY 31ST**

*7:40-8:00AM*

Nikki Peters, the Economic Development Coordinator of Leominster, joined the K-Zone Morning Kommute to talk about the Twin City Rail Project. She discussed the difference between easements and encroachments, and how property owners might be impacted by the rail trail. She addressed some of the concerns people had about the rail trail and the city using land for it. She talked about how the city using federal funds for the projects impacts easements and encroachments. She talked about the benefits of people living near the rail trail. She talked about worries regarding safety and how the police will play a role in the rail trail. She addressed concerns about the rail trail intersecting with other

roads and how to keep people safe. She talked about the next steps for construction. She talked about the next meeting for the rail trail. She also discussed how the rail trail will be tended to once it's finished.

### **THURSDAY AUG 1ST**

*7:10-8:00AM*

Dr. John Strang and Kathy Goguen of the Fitchburg Republican City Committee joined the K-Zone Morning Kommute to talk about the Democratic Debates. They also talked about the upcoming 2020 election and the issues of healthcare and immigration. They also discussed Special Counsel Robert Mueller testifying in front of Congress. They discussed President Trump's attacks on four Democratic congresswomen. They talked about Massachusetts governor Charlie Baker and upcoming episodes of Your Right To Know.

### **TUESDAY AUG 6TH**

*7:40-8:00AM*

Fitchburg Fire Chief Kevin Roy joined the K-Zone Morning Kommute and talked about the dangers of people littering cigarette butts. He also discussed how the fire department is involved in responses to mass shootings and other disasters following two attacks in El Paso, Texas and Dayton, Ohio. He talked about the fire department adding two new fire trucks because of a federal grant and local funding. He discussed why updating trucks and having equipment that works properly is important. He talked about how Fitchburg being a more hilly area can put more strain on fire trucks and other equipment. He talked about the normal lifespan of a fire truck. He talked about how the fire department responds to different types of situations. He discussed updating the firefighter's memorial and funding for it. He talked about an upcoming bike ride that will honor a firefighter who passed away.

### **WEDNESDAY AUG 7TH**

*7:10-8:00AM*

Fitchburg Police Chief Ernie Martineau came on the K-Zone Morning Kommute and talked about last night's National Night Out event in Fitchburg and addressing community policing. He talked about two recent mass shootings in Texas and Ohio and what can be done to keep people safe. He discussed how Fitchburg police and Fitchburg State University Police work together on training. He talked about the false alarm of a shooting in New York and how the police can work to abate fears of a mass shooting. He discussed the changes in the role of school resource officers and law enforcement in relation to schools. He talked about a community forum the police department held after two shootings occurred in Fitchburg. He gave an update on the investigations of the shootings, adding that the process for developing a case takes time. He talked about the Fitchburg Police Department creating a safe internet exchange in the police department parking lot. He talked about Fitchburg's junior police academy. He talked about the Day of Unity event, an upcoming vigil in response to violence with the goal of bringing people together.

## **WEDNESDAY AUG 14TH**

*7:10-8:00AM*

Fitchburg Mayor Stephen DiNatale joined the K-Zone Morning Kommute and talked about one of two swans dying after being released into a pond and an investigation into the swan's death. He gave an update on renovations at the Crocker School after a pipe burst and how to prevent it in the future. He talked about how the city was able to purchase new fire trucks. He also gave advice for parents as school starts in a few weeks. He addressed the death of former Fitchburg schools superintendent Phillip Fallon. He also talked about homelessness and how the city is dealing with it, including the role of the organization Our Father's House. He discussed how the city plans to keep people safe on the rail trail. He gave an update on the Game On Fitchburg project in West Fitchburg and how it will help the local economy.

## **THURSDAY AUG 15TH**

*7:10-8:00AM*

Massachusetts State Representative Natalie Higgins came on the K-Zone Morning Kommute and talked about the Ladies' Night event in Leominster. She also discussed her reaction to mass shootings in Texas and Ohio and how people have been responding to a Facebook post she wrote about the attacks. She talked about the Lights for Liberty event that some people held and her concern about the rise in white supremacy in Leominster and other communities. She talked about the hands-free distracted driving bill failing to pass at the end of the previous legislative session. She gave her overall thoughts on the budget, including health care and the federal government trying to take away health care rights for transgender people, which is part of the Affordable Care Act. She discussed the potential merger between Harvard Pilgrim and Tufts health care and how to keep health care costs down. She also talked about why the Massachusetts budget is consistently not being passed before the budget deadline. She also talked about the economy, including how automation is changing the job market and how the state factored revenue from marijuana sales and new casinos into the state budget. She talked about how the state budget will impact Leominster. She discussed increases in education funding and the importance of local lawmakers working together.

## **TUESDAY AUG 20TH**

*7:40-8:00AM*

Fitchburg Deputy Wastewater Commissioner Jeffrey Murawski came on the K-Zone Morning Kommute to discuss the See-Click Fix App. He described how it is set up and how it handles different situations, ranging from potholes to missing street signs. He gave an overview of the 20 categories that are included in the app. He discusses how the city accesses information through the app and how it responds to requests. He discussed the variation in response time. He also talked about how the app has impacted the wastewater division. He talked about how people should contact city government in an emergency. He discussed how people can use the app in other towns. He talked about other ways people can contact the Fitchburg government, including the Let Us Know button on the city website.

## **WEDNESDAY AUG 21ST**

*7:10-8:00AM*

Leominster Mayor Dean Mazarella joined the K-Zone Morning Kommute and talked about Leominster's economy, including how a potential recession could impact the city's economy. He talked about how the city prepares for an economic downturn. He also gave updates on different construction projects, including planned changes to the Concord Rotary. He talked about the importance of improving infrastructure and why it is difficult to repair small bridges in the area. He gave an update on the rail trail project and addressed concerns that some people have regarding the rail trail. He discussed Leominster building a new police station and the emphasis the city is putting on using technology in its law enforcement practices. He talked about school starting next week and an initiative to make reading more appealing to adolescents. He discussed ways to give students alternatives to college. He also talked about upcoming events in the city, including the Boston Bruins visiting and high school football returning.

*8:10-8:30AM*

Massachusetts Congresswoman Lori Trahan came on the K-Zone Morning Kommute and discussed social security and her plan to ensure it extends to future generations. She also talked about her first eight months as a member of the House of Representatives and what she has learned during that time. She talked about her farm tour in the Third District and why farms are important. She gave examples of her working across political party lines, and addressed the disconnect because the House of Representatives and the Senate. She talked about recent mass shootings, the inability to pass gun legislation at the federal level and why the National Rifle Association is so powerful. She talked about the economy, the national deficit and tax cuts. She addressed President Trump agreeing that two congresswomen should be banned from visiting Israel. She talked about an upcoming meeting about the 2020 Census.

## **FRIDAY AUGUST 23RD**

*8:10-9:00AM*

State Senator Dean Tran came in for his monthly segment. He started off talking about the events that he attends through the region and the questions and concerns brought to him by constituents, and his senior constituents. Senaor Tran talked about obtaining money for a senior van for Berlin residents. He also spent time talking about his role on the transportation committee and the ongoing RMV scandal. HE spoke about lack of accountability and the amount of people driving around whose licenses should have bee suspended. He spoke about moves to remedy the situation. Senator Tran reflected on the budget signed by the Governor and highlighted several priorities including education, transportation reimbursements, rainy day fund and more. He also spoke about Chapter 70 increases for Fitchburg, Gardner, and Leominster. Senator Tran rapped up talking about an upcoming homeland security committee meeting that will address over twenty items on the agenda and is open to the public.

## **TUESDAY AUGUST 27TH**

*7:10-8:00AM*

State Representative Stephan hay came in and started his segment talking about upcoming committee meetings and using this time to visit constituents and talk to them about issues facing the district before they head back in session. He talked about the upcoming legislation regarding firearms which is set to be discussed at the State House. Representative Hay also talked about the process for public hearings and how residents can come out and testify. He also spent time talking about a ranked choice voting bill he co-sponsored and explained how ranked choice voting works for listeners. Representative Hay also talked about the green works bond bill. He also spent time talking about education reform which is currently in committee and how crucial it is for gateway cities like Fitchburg to see change. He also talked about the record amounts of funding which were already put forth this year for education.

#### **THURSDAY AUGUST 29TH**

*7:10-7:30AM*

Congressman Jim McGovern began his segment addressing the G7 Summit and the President's choice to not attend climate change discussions. Congressman McGovern talked about the administration's moves to remove the United States from its role as a world leader and its implications. McGovern spoke about his concerns regarding Vladimir Putin and the President's lack of criticism of Putin and desire to bring him back to the G7 to make it the G8 again. Congressman McGovern reiterated his call for the Senate to take up background check legislation that the House took a vote on earlier in the year. He expressed his doubts as to whether any meaningful gun legislation can be passed before the 2020 election. He also spoke about the influence of big money in campaigns and the need for campaign finance reform. He spent time talking about climate change and fires in the Amazon. Congressman McGovern wrapped up talking about his coffee with your congressman events.

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

### **TUESDAY SEPT 3RD**

*7:40-8:00AM*

Fitchburg Fire Chief Kevin Roy stopped by the K-Zone Morning Kommuter and began his segment addressing the recent interactions with school children through several events. He spent time talking about the different units that head into the schools and information the teach children about fires and safety in addition to the state mandated fire drills. He also spoke about how the department partners with the police to also train for more incident command roles for things like shootings and other emergencies. Chief Roy addressed several mulch fires, and concerns as foliage gets ready to fall and things dry out during the Fall. He addressed the cleanings and maintenance of heating systems and alternative heating sources as well. He also addressed carbon monoxide concerns regarding those systems. Chief Roy spoke about the two new trucks that are almost ready for operation in the City. He spoke about the advantages of the new pumper trucks and how this sets the Department up for years to come. Chief Roy also talked about the upgrading of the portable radio system. He finished off talking about the MDA fundraiser and his firefighters' efforts at the MDA camp.

### **WEDNESDAY SEPT 4TH**

*7:10-8:00AM*

Fitchburg Police Chief Ernie Martineau started off his segment talking about the start of the school year and how they prepare with their resource officers and traffic enforcement at the schools and busier bus stops throughout the City. Chief Martineau talked about stepping up enforcement and education regarding school buses through traffic stops. He spent time talking about the officers assigned to the different schools, the community engagement unit which visits schools, and how that presence has changed over the last several years. He spoke about the changing roles of police in schools. He addressed the recent mass shootings nationwide and the concerns it present to him and the Department. He also talked about the recent overdose awareness event held in the City. He talked about the Fitchburg Drug Court and partnerships with the Sheriff's office and other local organizations.

*8:10-8:30AM*

Tara Rivera a board member with Crossing Over, Inc. in Fitchburg came in to talk about an upcoming hearing being held to address the use of their housing facility under the current zoning regulations. Rivera spent time addressing what Crossing Over Inc. does as a sober house, how the housing is structured, the kind of support they provide, and what is expected of its participants. She also talked about their appeal of the previous ruling and what it would mean to the community if they are forced to close and look for another location. Rivera talked about some misconceptions relating to sober houses, and spent time also addressing the volunteer efforts of their residents.

### **THURSDAY SEPT 5TH**

*7:10-8:00AM*

Mary Lotze and Dr. John Strang from the Fitchburg Republican City Committee joined Travis and Sherman for their monthly segment. Mary began by talking about her trip to New Hampshire to see President Donald Trump's recent rally in Manchester New Hampshire. She spoke about the attendance, his message, the enthusiasm of those in attendance, and what these things may foreshadow for the upcoming election. Dr. Strang talked about the two challengers on the Republican side and whether they will have an impact to Trump's chances at a second term. They also talked about the concept of medicare for all, its attraction on the campaign trail and whether or not it would be feasible if a Democrat won. They also talked about a possible future recession and the ongoing talk that one is on the horizon. The two also talked about the President's ongoing trade war with China and whether or not it has been successful so far. They also talked about the house and senate bills which could expand driving privileges to residents of Massachusetts, regardless of their legal status. They finished their segment talking about the latest episode of their FATV show, Your Right To Know.

### **FRIDAY SEPT 6TH**

*7:10-8:00AM*

State Representative Jen Benson returned for her monthly segment and started off talking about legislation regarding children's health and wellness. She also talked about making it easier to find access to children's healthcare and services for parents. She also talked about legislation and efforts to ensure foster children are also able to receive Mass Health until age 26 by streamlining the process. Representative Benson also addressed the money coming to Acton to help with development of a community center; she also talked about easing parking in Ayer with the parking garage project. She also talked about breathing apparatus for Lunenburg firefighters. Representative Benson talked about working collaboratively with Representatives throughout the area and State Senator Dean Tran. She also talked about the effort to increase chapter 70 funding and how this is a starting point while the reform bill continues to work through conference committee. She also spent time talking about the public hearing process for bills and how the general public can get involved.

### **THURSDAY SEPT 12TH**

*7:10-8:00AM*

State Representative Natalie Higgins began her monthly segment talking about a new report that shows that folks in Zone 8 are getting priced out of using the commuter rail as a practical option to avoid Route 2 and the daily drive into Boston. Higgins talked about the ongoing traffic and transportation issues for constituents who travel into Boston on a daily basis. She also talked about cosponsoring a bill for ranked choice voting and why she supports the initiative. Representative Higgins talked about the house bill aimed at providing drivers licenses to undocumented residence in Massachusetts. She talked about how this would increase safety for others on the road and the revenue that would be brought in by the issuing of the licenses. She also spoke about potential SNAP changes at the federal level and how it could impact local residents.

### **TUESDAY SEPT 17TH**

*7:40-8:00AM*

Deputy Wastewater Commissioner Jeff Murawski started off his segment talking about the See Click Fix App and how it was used to address a crosswalk issue outside the radio station. Murawski talked about his community outreach efforts earlier this year with a children's book and pamphlets for new residents. Murawski also talked about his involvement in the upcoming STEM week happening next month. Murawski also talked about heavy rains, flooding, climate change, and how it can impact the wastewater system in detrimental ways. .

### **WEDNESDAY SEPT 18TH**

*7:10-8:00AM*

Leominster Mayor Dean Mazzarella came in for his monthly segment on the K-Zone Morning Kommute talking about the passing of former Leominster Mayor Jack McLaughlin, and McLaughlin's lasting impact on the City as mayor and city councilor. Mayor Mazzarella also addressed the recent water main breaks and talked about the Merriam Ave water infrastructure improvements. He spoke about the plans to redo the area of Route 12, he also talked about several other paving projects in the works. He also addressed the posting of white supremacy poster in the City and the meeting that was held to address the situation. Mayor Mazzarella also talked about an upcoming session that is aimed at explaining how electric bills work. He wrapped up by letting listeners know about the upcoming Johnny Appleseed Festival.

## WPKZ Radio Issues Report

### K-Zone Lunch Box Third Quarter Issues

July 1 through September 30, 2019

The program airs on Mondays from 12 noon to 1:00 pm unless it is pre-empted by Red Sox Baseball. All interviews are 20 minutes in length unless otherwise noted. The Monday Edition of the Lunch Box is hosted by Sherman Whitman.

#### ROBERT GODDARD AND MAN ON THE MOON, July 1st, 12 noon

Fordyce Williams, Coordinator of Archives and Special Collections at Clark University, told our listeners about events and displays on campus marking the 50th anniversary of Apollo 11's landing on the Moon and the contributions made by Clark Professor Robert Goddard who be known as a Founding Father of Modern Rocketry. She discussed his work that led to the world's first liquid-fueled rocket, the 35 rockets he launched during a span of more than 15 years and the people influenced by his by research. His accomplishments included a rocket that went faster than the speed of sound and patents for multi-staged rockets. She also discussed what can be found when people come to Clark University to look at his archives.

#### THE CAR DOCTOR, July 1st, 12:35 pm,

John Paul of AAA Northeast compared today's cars to the rockets and technology that was inspired by Professor Robert Goddard. He talked about how computer technology has played a major role in the operation of vehicles today and how mechanics use that technology to keep vehicles running in peak condition. He also looked ahead to the Summer Driving Season and the 4th of July travel period, how the gasoline fuels used for driving in summer are different than what used in colder months, the types of fluids used to keep vehicles running, the effect of summer weather on things like tires and batteries and the need for having a year-round emergency kit in your vehicle whenever taking long trips.

#### ALL ABOUT SOCCER, July 8th, 12 noon

Sean Sweeney of Boston Sports Journal looked back at the Women's World Cup tournament and how the United States won back-to-back championships. He credits Title IX with providing the financial resources available that enable help women compete in athletic competition be it soccer, basketball, softball, hockey and other sports. The struggles for women to compete as professionals in sports like soccer, basketball and hockey; the lack of pay equity in soccer where they have had greater success than their male counterparts; why professional sports that women have failed to draw a supportive fan and the things it will take to change that.

#### BICYCLES AND BICYCLE RACING, July 8th, 12:30 pm

Lynne Tolman of the Major Taylor Association talked to our listeners about two traditional bicycle racing events in Central Massachusetts. She discussed the 58th edition of the Longsjo Classic, named for Fitchburg native Art Longsjo who competed in both the Winter Olympics as speedskater and the Summer Games as a bike rider; the changes in the course and the cities participating in the race over the years; and what the race meant to Fitchburg and the athletes who come from around the world to race in Fitchburg. Tolman also looked ahead to the George Street Challenge which pays tribute to World Bicycling Champion Marshall "Major" Taylor. She described the course where Taylor trained before the turn of the 20th century and the support of bicycle maker Iver Johnson who helped to make it possible for Taylor to compete in a race where African-Americans were not welcome.

FOSTERING CHANGE BACK TO SCHOOL, July 15th, 12 noon

Lindsey English, Founder and CEO of the non-profit, told our listeners about how growing up as a foster child helped prepare her for life. She explained how her foster mother provided her the love and support she needed during a difficult time in life and how she enabled her and other kids to become productive teenagers and adults. How life has changed now that she is the adult figure and parent of two kids and the non-profit's efforts to raise funds for backpacks, notebooks and other supplies for hundreds of kids to begin the 2019-2020 school year.

WOOSOX, July 15th, 12:30 pm

Steve Quist, a life-long Worcester resident and administrator of the Worcester Red Sox Nation Fan Page on Facebook; talked to us about preparations for Worcester to become the new home for the Triple-A affiliate of the Boston Red Sox. He shared his thoughts about the groundbreaking for the new Polar Park, the changes coming to Kelly Square, the construction in the area that will begin in October, with the team set to begin play in April of 2021, the economic development in the area that will change Worcester forever which is estimated to be at least 250-million dollars and whether Worcester -- which is the second-largest city in New England -- has finally become comfortable in its own skin. He also talked about Worcester's baseball history which includes the game's first no-hitter and what it means to hear the words "Opening Day 2021."

THE DANGERS OF SUMMER, July 22nd, 12 noon

Lloyd Ziel, Chief Marketing Officer for the American Red Cross of Massachusetts; talked to our listeners about a three-day period in our listening area where temperatures reached 90 degrees or higher. He talked about the dangers for young children and adults who are vulnerable to the temperatures, complications the weather can cause for people with asthma and other respiratory issues, emergency apps for the phone to help people and the differences between heat exhaustion to heat stroke. He also offered suggestions on what to do should you lose power at home, making sure medications are available in times of emergency, and a plan for families to meet in case of fire. Ziel also told our listeners about classes where people can learn how to swim and the dangers of swimming in areas where there are no lifeguards. He also talked about the need for blood donors, especially during the summer months.

THE LIBRARY, July 22nd 12:30 pm

Sharon Bernard, Director of the Fitchburg Public Library; talked to us about how the library -- as we have known it -- has changed over the years. She said you'll find more than books, magazines and newspapers. There are record albums, audio and video discs, books on CD, machines that can transfer VHS recordings to video discs, gardening tools, including a soil tester, computers to access the internet, and wi-fi to connect to the net and you can borrow their hot spot to connect to the internet. She said there are two court yards, one where children can explore, and another for yoga classes. She also said the programs and much more available with a library card.

RETAILERS -- A HISTORY July 29th, 12:30 pm

Jon Hurst, President of the Retailers Association of Massachusetts, told our listeners about the challenges the organization has faced over the last 100 plus years and how they continue to evolve. He discussed how the organization has changed from being a group representing the Mom and Pop stores to outlets like S.S. Kresge, F.W. Woolworth and Montgomery Wards, to outlets like Jordan Marsh, Filene's Bradlees, Caldor, Spag's and Building 19. He talked about how the shopper has changed retailing by where they shop, whether it be downtown, in a mall, by mail order as in a Sears or Spiegel Catalogue or online with Amazon and the challenges retailers in Massachusetts face by way of Amazon, and neighboring New Hampshire where people can shop for goods tax-free.

FAULT LINES IN THE CONSTITUTION, August 12th, 12 noon

Cynthia and Sanford Levinson say their book looks at the people who wrote the document that defines these United States, their struggles about that faced the people who wrote the document, and goals of the constitution and the flaws in the American system that affect us. How the nation has changed to one where women and people of color can vote, who can and cannot vote, who can and cannot run for elected office, the compromises that led to the House of Representatives and the Senate, the rights of large states versus the rights of smaller states, the branches of government and whether Americans need to take Civic lessons to understand or maybe learn how this government -- as we know it -- works.

BRAINSTAGES, August 19th, 12 noon

Patricia Wilkinson, the co-author of the book, said their work is aimed at helping kids in grades Kindergarten to 5 during their years in Elementary School. The book focuses on how kids process feedback, how to get kids interested in learning, how to help their children develop social and emotional skills and making sure that kids are getting four essential things needed for learning -- which are exercise, rest, nutrition and water. The book also discusses what parents can do help their children prepare for each school year, from the first day of Kindergarten to 5th Grade, what they should be learning during those grades and what kids are learning in Kindergarten has changed dramatically over the last 20-30 years.

CLIMBING MOUNT KILIMANJARO, August 19th, 12:30 pm

Todd Spinney returned to our studios to talk about his preparations for his visit to Tanzania and climbing Mt. Kilimanjaro to raise funds to support the American Foundation for Suicide Prevention. He talked about the training that has gone into preparing for the climb as in miles he's run, taking part in Spartan or Tough Mudder" Races, the miles he's hiked in hot and cold weather, the changes in conditions when climbing more than 19,000 feet above sea level, the checkpoints he will need to reach along the way, the people who inspired to take on the challenge, the dangers he will face and the work that still needs to be done before he travels to Kenya. Spinney would take eight days, and he was successful in reaching the summit. His goal is to raise over 19-thousand dollars, which amounts to one dollar for every foot he climbed.

PROJECT MERIT August 26th, 12 noon

Susan Tatsui-D'Arcy, author of Beat the College Admissions Game With Project Merit, talked to us about the program she created that is designed to help students who are trying to work their way into college. She contends that having high grade point average and high test scores may not be enough to be admitted to the college of your choice. She is suggesting that the students who can develop a project that show not just a passion for what they can do, but also a project that can make a difference in the lives of people are most likely to reach of the college of their choice. She says students who learn to think on their feet, not afraid to make mistakes in the learning process and are willing to learn from their mistakes while creating these projects are more likely to succeed not only in college but in life.

BACK TO SCHOOL, September 9th, 12 noon

Fitchburg School Superintendent Robert Jokela, Leominster School Superintendent Paula Deacon and Mount Wachusett Community College Vice President Lea Ann Scales joined us for the hour in hour annual "Back to School" program where we talk about the preparations that go into beginning a brand new year. They contend the biggest challenges for beginning the year is making sure that there are enough resources for the classrooms and after school programs, helping newcomers who are learning English and making sure students have the materials to begin the year. They discussed the challenges for students beginning that first day in Kindergarten, Middle and High School and learning how to study. And for college students it's learning to be pro-active. Students and parents also need to learn about the tools that are available, be it laptops and tablets and the fact they students are being prepared for things that are still being created.

DECONSTRUCTING DIVORCE, September 16th, 12 noon

Author Sally Boyle says her book looks at the process of divorce, and take the mystery out of divorce for people who are beginning the process, the six phases of going through divorce which ends when we reach acceptance, seeking financial advice and emotional counselling when going through this process because of the changes in your life and the life of your loved ones. The procedures that lead to divorce be they "per se" where there is no legal counsel, mediation, collaborative divorce which concerns assets and problems with communication or litigation where the judge determines the settlement. And she also says that once the divorce has been completed there is the realization that you are still a family, though all the members may not be living together anymore.

ATLANTIC HURRICANE SEASON, September 16th, 12:30 pm

Lloyd Ziel, Chief Marketing Officer of the American Red Cross of Massachusetts, talked to us about how the Atlantic Hurricane season has fared up to this point in time, how the organization has followed the weather data and maintained contact with local, state and federal officials to make sure they have enough people available to handle natural disasters. He talked about the damage caused by the storm that devastated the Bahamas, what is and what is not needed to help bring water and emergency supplies to areas affected by these storms, the need for Massachusetts to be prepared for these storms during this time of year, the damage caused by these storms when they reach the commonwealth, how these storms can affect the western part of the state as well as New Hampshire and Vermont and the importance of establishing an evacuation plan for your family that includes a place where people can meet in case you're not to return home and reaching family members out of state if that is needed.

PROFESSOR NIGHTMARE. September 23rd, 12 noon

John Denley, Founder and CEO of Boneyard Productions, CreepyVoice.com and Escape Room International joined us for the hour to talk about the "fright" industry and how it grown over the years. He shared what led him on the path he has taken...from his parents allowing him to make their home a haunted house, to ventures like Spooky World, haunted houses in Salem, haunted hayrides and miniature golf courses, turning Madison Square Garden into Madison "Scare" Garden, and bringing Halloween to Hong Kong. The man who is also known as "Professor Nightmare" has developed DVDs and programs to help self-haunters in making their projects more authentic, and he discussed why adults have become more willing to get in on the fun after all these years.

ADDICTION AND RECOVERY, September 30th, 12 noon

Donald Flagg, Founder and CEO of Crossing Over Sober House in Fitchburg, joined us for the hour and took phone calls from listeners about addiction, what are the factors and/or circumstances that can lead to addiction whether it has to opioids, alcohol, nicotine, pain killers and other substances, gambling and other concerns. How one defines addiction, and why and how our culture has changed to the point where some items that were seen as acceptable at one time are now a cause of concern. How addiction affects the people who is living with, and the people who loved the person, and the need for loved ones to find support while their loved one is seeking help. He also talked about the making of Crossing Over, how it is structured, how residents of the Sober House are held accountable for their actions, what goes into recovering from substances, the stages of recovery that one goes through and how long does recovery take.