

## **WPKZ PROGRAMS LIST Q4 2022**

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](http://www.kzonereplay.com)  
Submitted by John Morrison.

---

HEALTH AND FITNESS, October 4<sup>th</sup>, 7:40 am

Dr. Tim Gallagher and Michael Marciello from Maragal Medical discussed what is known as Regenerative Medicine. They described the various of medicines that are aimed as helping the body repair its ailments, the platelets or stem cells that help the body repair muscles and joints, how the practice has become more commonplace, the willingness of those practicing medicine to consider this as an option and the prospects of these therapies being offered in other clinics.

CRIME/PUBLIC SAFETY, October 5<sup>th</sup>, 7:15 am

A 30-minute conversation with Fitchburg Police Chief Ernie Martineau about the challenges facing the department with a new school year underway. He talked about the protocol when bomb scares are called into educational facilities across Massachusetts and the penalties for when these threats are made. He also talked about the return of college students to Fitchburg, what they bring to the city, and the concerns that come with students back on campus and their affect on neighborhoods near the campus. And he discussed the growing number of scams that target elder residents and their emotions over concern of their loved ones being harmed.

BUSINESS, October 6<sup>th</sup>, 8:35 am

Kat Deal and Travis Condon of the North Central Mass Chamber of Commerce looked ahead to National Manufacturing Month and history of manufacturing in the region. They previewed their annual Congressional Luncheon where Congressmembers Jim McGovern and Lori Trahan speak about legislation they've presented to Capitol Hill, field questions about the challenges their businesses are facing. And they've also discussed the continuing need for networking for businesses to succeed.

HEALTH AND FITNESS, October 7<sup>th</sup>, 8:20 am

Phil DeCesare, a Trainer at Worcester Fitness; offered suggestions on keeping active when dealing with injuries. He gave new ways to strengthen areas that are injured without causing further complications, the use of ice and/or heat for dealing with injuries, the importance of trusting your senses, resting when needed and to see your doctor if conditions worsen. He also said energy feeds energy and talked about the benefits of having a workout buddy when exercising.

CRIME/PUBLIC SAFETY, October 10<sup>th</sup> 8:10 am

Fitchburg Fire Lieutenant Mike Gelanis visited our studios to talk about Fire Prevention Week. He said this would be the perfect time to look at your home and come up with a checklist to keep your home safe now that temperatures will be getting colder, and utility companies are seeking dramatic rate increases. He talked about the dangers of residents using fireplaces that have not been properly maintained, people using ovens during the winter months to stay warm, the need for people to make sure their heating systems are properly tuned, chimneys are cleaned, space heaters are properly used and in good working order, and how long space heaters should be used.

POLITICS/GOVERNMENT, October 12<sup>th</sup> 7:20 am

Fitchburg Mayor Stephen DiNatale talked about the rising costs of energy and a forum between local businesses and Unitil offering free audits to businesses to help their offices become more energy-efficient. He discussed what options are available for residents when utility companies are calling for dramatic hikes in their electricity bills, the success in the traffic changes downtown that turned Main Street and Boulder Drive into two-way roads, and the lessons residents need to re-learn when driving Downtown.

POLITICS/GOVERNMENT, October 13<sup>th</sup>, 7:20 am

State Representative Natalie Higgins talked about the informal session of the Legislature, and how it works, the progress being made on an economic development bill that would provide tax relief for all residents, what is the difference between lawmakers being in formal session as compared to what is now an “informal session,” and her thoughts on issues to be taken up by lawmakers before the end of 2022.

HEALTH/FITNESS, October 14<sup>th</sup>, 8:15 am

Phil DeCesare, a Trainer at Worcester Fitness; talked about the importance of getting a good night's sleep and offered suggestions that can make that possible including eye positioning. He talked about the benefits of supplements or seasonings like Turmeric to help with joint pain, blood pressure and other ailments without side effects, and the need to eliminate processed foods to improve our health and quality of life.

HEALTH/FITNESS, October 18th, 7:40 am

Drs. Tim Gallagher and Michael Marciello talked about the football season, injuries that can happen on the field, and what can be done for those nagging injuries to prevent persistent muscle injuries today and chronic injuries later in life. They also discussed the need to change the thinking of coaches having athletes “play with pain,” and the future price of playing with those injuries.

LITTLE LEAGUE BASEBALL, October 18<sup>th</sup>, 8:10 am

Josh Peterson, President of Fitchburg Little League Baseball, talked to us about the return of Little League Baseball to the city. He shared his memories playing baseball as a kid, his Red Sox heroes growing up, the thoughts of renewing rivalries with Leominster, when a public is scheduled, playing the game and the dreams of maybe someday taking part in the Little League World Series.

POLITICS/GOVERNMENT, October 19<sup>th</sup>, 7::20 am

Leominster Mayor Dean Mazarella talked about contract negotiations between the public schools and the union that represents the para-professionals in the district. He expressed hope that the parties can come to terms, he added it's not unusual that the issues have not been resolved but was optimistic that with the teachers coming to terms on a new deal, one can be reached with the para-professionals.

POLITICS/GOVERNMENT, October 19<sup>th</sup>, 8:10 am

Bruce Chester, Republican candidate for State Representative for in the 2<sup>nd</sup> Worcester District, made his case for why he should be elected. He talked about his service in the military, the impact it has had on his life, what makes him a conservative, his willingness to find common ground with people he may differ with, the district he hopes to represent, where he differs from in opinion from the Democratic incumbent John Zlotnik, and his desire to see an improvement in our quality of life.

HEALTH/FITNESS, October 21<sup>st</sup> 8:20 am

Trainer Phil DeCesare talked to us the importance making your own meals to help fuel your fitness routine. He stressed the making of your own meals helps to steer away from processed products and “junk foods,” how cooking gives you control over the sugar and sodium content in

your meals and can improve your workouts. He also talked about about how the problems of consuming too much protein in our diets, and how age can play a role on how the body uses protein for muscle growth. He also talked about the need for people to drink enough water to stay hydrated, process protein and to maintain the health of your kidneys.

POLITICS/GOVERNMENT, October 26<sup>th</sup> 8:10 am

Jeffrey Sosa-Paquette, Republican candidate for Congress in the 2<sup>nd</sup> Congressional District, talked to us about his campaign for the seat now by the Democratic incumbent Jim McGovern. He talked about the differences between them being more than just conservative and liberal, the life experiences that have prepared him to run for Congress, what he would bring to the table if he were elected, and the need for balance in representation in Washington with both Republicans and Democrats from Massachusetts.

POLITICS/GOVERNMENT, October 27<sup>th</sup> 7:10 am

Congressman Jim McGovern joined us to make his case for why he should be re-elected to another representing the state's 2<sup>nd</sup> Congressional District. He called himself a champion for helping to lower the cost of prescription drugs, food insecurity, climate change and human rights. He was asked whether Democrats were talking enough about the economy as compared to Republicans. And he expressed concern that Democracy was on the line in the election charging some Republicans were more concerned about taking power than serving the needs of the American people.

POLITICS/GOVERNMENT, October 31<sup>st</sup> 8:40 am

Former Republican State Senator Dean Tran talked about his campaign for the 3<sup>rd</sup> Congressional District seat held by the Democratic incumbent Lori Trahan. He talked about his tenure on the Fitchburg City Council and as a Massachusetts State Senator and how this prepared him to take the next step. He talked about what he brings to Washington after becoming the first Vietnamese American elected to Beacon Hill. He said the primary issue is the economy and that the policies of Democrats and the Biden administration are to blame for the inflation and rising rate cost of living.

POLITICS/GOVERNMENT, October 31<sup>st</sup> 8:40 am

John Dombrowski, candidate for State Representative for the 4<sup>th</sup> Worcester District seat in the Massachusetts Legislature, talked about his campaign for the seat held by the Democratic incumbent Natalie Higgins. He explained why chose to run as an Unenrolled or Independent candidate, what made him end his affiliation with the Democratic Party, his frustration with some Republicans for being too extreme, the need for what he called “common sense” on

Beacon Hill, what could be done to help make for more affordable housing in Leominster and the need for those holding elected office to be more pro-active than reactive in solving problems.

POLITICS/GOVERNMENT, November 1<sup>st</sup> 8:10 am

State Representative Mike Kushmerek discussed his campaign for re-election to the Legislature in the 3<sup>rd</sup> Worcester District. He stated his success in passing legislation to support Veterans, housing and economic development; and how his office has helped constituents with concerns about their basic needs. He said he had been listening to people, will continue to listen them and that he would make their voices heard on Beacon Hill.

CRIME/PUBLIC SAFETY, November 2<sup>nd</sup> 7:20 am

Fitchburg Police Chief Ernie Martineau looked back at Prescription Drug Take Back Day and it's goal of taking unwanted or unused drugs and needles before they reach the streets. He talked about the changing month and the challenges facing his department with the return of Standard Time, concern about the rate increases being proposed by utility companies, how these concerns about families meeting basic needs can lead to arguments and calls to 9-1-1 to resolve those situations. He also stressed the need for Officers to be good listeners to help resolve and de-escalate conflicts and their efforts to add more Officers to their ranks.

POLITICS/GOVERNMENT, November 2<sup>nd</sup> 8:10 am

Aaron Packard, Republican candidate for State Representative in the 3<sup>rd</sup> Worcester District, talked about his campaign for the seat held by the Democratic incumbent Mike Kushmerek, He discussed why he is running, the differences the two, what he brings to the Legislature, the need for balance conservative thinking on Beacon Hill what would be his top priorities should he be elected.

POLITICS/GOVERNMENT, November 3<sup>rd</sup> 7:10 am

State Representation Natalie Higgins talked her tenure on Beacon and why she felt she earned another term in the Legislature. She talked about she first ran for office, how she felt the needs were not being met, how she has tried to change that, how would she answer the question “are you better off than you work two years ago?” She talked about the success of the current North Central delegation and how Democrats, Republicans and Independents have worked together to help the region and what she hopes to accomplish should she be re-elected.

POLITICS/GOVERNMENT, November 4<sup>th</sup>, 8:10 am

Congresswoman Lori Trahan talked about her candidacy for re-election to the seat in the 3<sup>rd</sup> Congressional District. She talked about the challenges they've faced including keeping

businesses open during the Coronavirus pandemic and keeping people healthy during the pandemic, she talked about the cost of gasoline reaching \$5.00 a gallon, whether Democrats have talked enough about inflation to their constituents, why does it appear Republicans and Democrats don't get along with one another and how do you change that mindset, and what she'd like to Capitol Hill lawmakers focus on during the next session of Congress.

POLITICS/GOVERNMENT, November 8<sup>th</sup> 7:20 am

Leominster Mayor Dean Mazarella talked about the voter turnout on Election Day. He expressed his surprise over the fact that 3,000 residents mailed in their ballots, how the does the process of counting ballots will work, things voters can and cannot wear when entering a polling place, the efforts to make the process fair, what to do if a voter is not an active voter or they arrive at the wrong polling place and what he felt were the most important issues for voters.

POLITICS/GOVERNMENT, November 16<sup>th</sup> 7:20 am

Leominster Mayor Dean Mazarella said there were more losers than winners from Election Day. He expressed his surprise that Republicans struggled to win seats in the US House of Representatives and lost a seat in the US Senate worried about the possibility of a recession arriving in 2023 and how that affect the US Economy, and why is that Government, be it local state or federal, has a bad name.

HEALTH/FITNESS, November 18<sup>th</sup>, 8:20 am

Trainer Phil DeCesare talked to us about workouts, workout routines and establishing your routines. He learned to establish what was the right routine for him, and what works best for people. He also talked what goes into a compound exercise, what goes into a single-joint exercise and what is accomplished is based on what you choose to do. He looked what are good routines for the lower body, the upper and routines that are better for your central nervous system.

HEALTH/FITNESS, November 29<sup>th</sup>, 7:40 am

Doctors Tim Gallagher and Michael Marciello from Maragal Medical talked about our knees, how vital they are for our mobility and the number one challenge facing our knees today. They talked about the limitations caused by knee pains like Arthritis, how the knee joints can break down or degenerate, and the treatment options that are now available for treating knees and dealing with Arthritis.

THE NATIONAL DAY OF GIVING, November 29<sup>th</sup> 8:10 am

Envoy Lynnette Valentine-Warren of The Salvation Army talked about the need for people to lend a helping hand to one another. She talked about their campaign for Christmas and their Tree of Light. She says the goal of their Red Kettle Campaign is to take the tree and add colors to the white lights that are a part of the tree. She said the cost of living and rising inflation has raised the need for contributions to the kettles. And she appreciates that volunteers keep coming back year after year.

CRIME/PUBLIC SAFETY, December 7<sup>th</sup> 7:20 am

Fitchburg Police Chief Ernie Martineau expressed his pleasure about how the city of Fitchburg dresses up for the Christmas season, how the changes in traffic patterns have made for a safer downtown area and slower speeds in the area. He looked ahead to the Winter season and the options available should there be a need for a parking ban. He told our listeners about a Gun Buy Back program where residents turn over unwanted handguns and/or rifles to be destroyed. In return residents receive a gift card, and free gun locks to add extra security for the home. He also cautioned that the holidays are a season to be scammed, and that sometimes scammers have used the logo of local police departments to make a buck.

POLITICS/GOVERNMENT, December 8<sup>th</sup> 7:20 am

State Representative Natalie Higgins looked back at the legislative session that is winding down. She talked about the passing of a student loan bill to help students that could be facing loan defaults. She talked about the need for debt-free higher public education in Massachusetts. She also talked about home-rule petitions that are still making their way through the Legislature before the session ends. There's also new faces coming to Beacon Hill who need to learn how the process works at the State House, the orientation for freshman lawmakers, and the process of filing bills once the new session begins.

POLITICS/GOVERNMENT, December 14<sup>th</sup> 7:20 am

Fitchburg Mayor Stephen DiNatale talked about efforts to work out a better arrangement for launching a savings for residents on their electricity bills for the upcoming Winter season, an update on plans for replacing the Water Street Bridge which begins in the Summer of 2023 and he updated preparations for the Winter season including potential travel bans should snows accumulate,

POLITICS/GOVERNMENT, December 22<sup>nd</sup>, 7:10 am

Congressman Jim McGovern shared his thoughts about the message from Ukrainian President Volodymyr Zelenskyy to a joint session of Congress, He also discussed how much assistance is being given to Ukraine and what can be done to prevent what could be a Third World War. He talked about the report from the January 6th Committee, what the report says, and his dismay over some lawmakers speaking out in support of those who sought to overturn the 2020 election

results. He said his work on Capitol Hill will not change. He will remain on the House Rules Committee when the Republicans become the majority party in the House next month. He is grateful that the Massachusetts Legislature and outgoing Governor Charlie Baker and Lieutenant Governor Karyn Polito worked together to improve the state's quality of life, and happy for Governor Baker becoming the new President of the National Collegiate Athletic Association.

-----  
This report covers the topics and issues discussed on the WPKZ Community Affairs show Friday afternoons at 1:00. The interviews are 20 minutes in length unless otherwise mentioned. The Friday program is hosted by Sherman Whitman.

#### Hurricane Ian, October 7th

Jim Webber, the voice of the Toledo Mud Hens Baseball team, talked to us Hurricane Ian and the damage done to Fort Myers, Florida where he lives. He talked about the decision to move there and what attracted him to the area. He also described the damage that was caused by the Category 4 storm that claimed at least 157 lives, the communities that were devastated like Fort Myers Beach and Naples and the people trapped in the Sanibel Island. He talked about the buildings that were destroyed, why his neighborhood was spared from the storm, how people have been helping one another, the billions of dollars in damage caused by the storm and how long it will take for the area to rebuild. We also talked to Marnie Kauffman, a Red Cross Volunteer from Massachusetts who shared her description of the area upon her arrival. She discussed the work that goes into assessing the damage that was caused, how residents struggled to continue knowing their lives have dramatically changed, how this storm changed course before striking land, catching residents by surprise, how does she remained focused on the helping those in need and what can listeners do to help the Red Cross to their work.

#### Hurricane Ian: An Update, October 14th

Michael Braun, Managing Editor of WGPU Radio in Fort Myers, Florida; updated how life continues a week after the storm. He talked about how his team were forced to spend life inside their station for at least an entire week after Ian. He talked about the people who were still waiting for help to reach their communities, storm surges that reached 15 feet, what are the greatest needs for people more than two weeks after the storm, the difficulty of people obtaining Flood Insurance, and how some of his colleagues are holding up after losing their homes to the storm. Georgie Rodriguez, host of his Lunch Hour Program, shared his thoughts on the damage caused by Ian and the damage caused to Puerto Rico caused by Hurricanes Fiona and Maria. He talked about the strength of those storms, the lives lost as a result of the storms, the fact that residents were still recovering from Maria when Fiona struck, how much time is needed before the Federal Emergency Management Agency will send assistance to Puerto Rico and what local residents have been doing to help the people of Puerto Rico.

#### Worcester County Food Bank, October 21st

Executive Director Jean McMurray told us about an organization that serves as a distributor of food for 119 partner agencies that serves 60 cities and towns in Worcester County. She talked about the food pantries and shelter programs that are helped by the Food Bank, the volunteers who step in to help, some after receiving help, the choice some have had to make between making ends meet and having food on the table, how the lack of food has affected a person's health and well-being and how living with the Coronavirus has made living tougher for many of us. She discussed what keeps her and her co-workers working to solve the problem of Hunger, are we any closer to solving it, and what will take to end Hunger.

“Still Distracted After All These Years,” October 21<sup>st</sup>

Dr. Kathleen Nadeau says her book is about older adults who are living with ADHD (Attention Deficit Hyperactivity Disorder). She talked about the challenges adults with ADHD can face, how it looks in girls and women as compared to boys and men, how this traits run in families, how she and her family members have lived and struggled with ADHD, the major concerns of older adults who are living with ADHD, how this is a quality of life issue for adults, how can adults determine whether they are living with it and where can adults living with ADHD can find support to help with day-to-day living.

The City of Fitchburg, October 28th

Fitchburg Mayor Stephen DiNatale joined us to talk about the city, the programs and services that are offered in the city, he reminded listeners that Election Day is Tuesday, November 8th and expressed his hope that voter turnout that more candidates and questions on the ballot that voter turnout would be much better than it was one year ago. He talked about the process of early voting and how many people have voted, that there was still time to register to vote. He also told our listeners about National Prescription Drug Take Back Day, a day where listeners can take their unused prescriptions and discard them safely and how the process works.

Friendsgiving, October 28th

Envoy Lynette Valentine-Warren of The Salvation Army talked to us about a night to kick off their plans for this coming Thanksgiving and Christmas. She talked about how the Army provides assistance to residents with food, financial aid, support in time of needs like residents displaced by a fire, their tree with an Angel on their tree, with each Angel being a child that is hoping for a better Christmas. She expressed concerns about the colder days and concern about rising utility costs, and their goals for making these season one where they can help people in need.

Turkey Day, November 4th

Susan Navarre, Executive Director of the Fitchburg Historical Society, told our listeners about their collection of photos and stories about the city over the last 200 years. She talked about the city's history, the communities of people that call Fitchburg home, how it has evolved, from an agricultural center, to the industries that provided jobs, its development from being a town to becoming a city. She also looked ahead to a night where residents were invited to attend a “Game Show” where people could learn about the city's history, and the great football rivalry between Fitchburg Leominster High School.

Election Day Preparations, November 4th

WPKZ Radio Engineer Paul Andrews talked to us about his role as a Election Warden in the city of

Fitchburg as we move closer to November 8<sup>th</sup>. He talked about the training his staff has undergone in preparing for the day, what goes on before the polling places open at 7:00 am, learning about new equipment like the Poll Pad which helps residents find which place they go to vote, why filling out a city census keeps residents as an active voter, how the process of casting the ballot work, and what happens after the polling place has closed

What Red Wave? November 11th

Rob Boatright, Professor of Political Science at Clark University, shared his thoughts on Tuesday's election results. He discussed why Republicans didn't do as well as they hoped to. He said the polling results were accurate, but Republicans failed to win the seats they expected. He said that while Republican gained the majority in the House of Representatives, Democrats would gain a seat in the US Senate. He talked about the fact that the process went on without any serious complications or cases of voter fraud. He credits the people working at polling places for working as well as they have. And while he says there will always be people who will charge fraud, it's very rare and hard to prove. He also talked about the people electing a new Governor, Lieutenant Governor and Attorney General, but he doesn't expect any major changes in policy in Massachusetts.

“Our Veterans: Winners, Losers Friends and Enemies on the New Terrain of Veterans Affairs,”  
November 11th

Co-author Jasper Craven said his book discusses the physical, emotional, social, economic, and psychological impact of military service and the problems that veterans face when they return to civilian life. He said the book examines the role of advocacy organizations, philanthropies, corporations, and politicians who purport to be “pro-veteran.” They describe the ongoing debate about the cost, quality, and effectiveness of healthcare provided or outsourced by the Department of Veterans Affairs. He also said the book proposes a new agenda for veterans affairs linking service provision to veterans to the quest for broader social programs benefiting all Americans.

The Olive Branch From Palestine, November 18th

Author Jerome Segal says his book is about a new narrative of the Palestinian effort to end the Israeli-Palestinian conflict and offers a plan for ending this conflict that focuses on Palestinian agency and the power of the Palestinians to bring about the two-state solution, even in the absence of a fully committed Israeli partner. Segal said this began with the Palestinians finally recognizing Israel's right to exist in 1988. But hopes for an agreement ended in failure, and Segal says his book looks at what could be done to bring a proposal before the United Nations in 2023

The Holiday Shopping Season, December 2nd, 1:00 pm

Jon Hurst, President of the Retailers Association of Massachusetts, talked about an organization that began more than 100 years ago with businesses like Jordan Marsh and Filene's and has expanded to 4,000 members. He discussed what led to their expansion, how they survived, how many of those businesses folded, the lessons to be learned from those businesses, how retailers have moved from Main Street to shopping malls, to the big box stores and in some cases back to Main Street, how technology has changed the way we shop and affected shopper loyalty, why and how this season has become the make-or-break time for retailers and the challenges they'll face in 2023.

“The Worcester Whirlwind,” December 2nd

Cyrille Vincent, Executive Producer and Director of the documentary about the life of World Bicycling champion Marshall “Major” Taylor, talked to us about of the making of the 90-minute film. He talked about the spirit of Taylor and how that spirit has moved him in making the project. He talked about Taylor's decision to move to Worcester, and things in enabled him to do. He talked about how and where Taylor trained, including George Street where an annual bicycle challenge is held in his honor. His pleasure in seeing a monument of Taylor in front of the main branch of the Worcester Public Library and a street named after Taylor. Vincent said his hope is that they'll raise the funding needed to have the film completed for release b December of 2023.

“Photos From The Front Lines,” December 9th

Derek O. Hanley, an Emergency Medical Technician, talked about his experiences as an EMT and those of his colleagues. The book looks back at one year on the job in Almeida County, California and how his colleagues put their lives on the line during the Coronavirus pandemic while protecting their loved ones by not sheltering at home, protests in the wake of George Floyd's murder and social unrest in Downtown Oakland, responding to first responders injured battling wildfires, working in rural areas where medical support is lacking and working at times when you're not fully equipped to meet those challenges.

The Cost of Gasoline, December 9th

John Paul, “The Car Doctor” of AAA Northeast updated us on how the cost of gasoline has affected our way of living in 2022. He said that while prices have dropped from their high of \$5.04 a gallon, they are still higher than they were one year ago and still at least 20 cents higher than the national average. And the price of diesel fuel has made our lives even more difficult because many vehicles that send the many products good and services across the country rely on diesel fuel which at one time topped \$6.00 a gallon and is still over \$5.00 a gallon. He said one reason for these high prices is the US is lacking refineries to make gasoline. He suggests that if there were more refineries, we could see a change in how the prices are determined.

“You Are Worthy,” December 23rd

Author Kelley Holland says her book is about people changing how they think about money, building your wealth and funding your future. She says her book is aimed women and helping them focus on financial problem areas, provide solutions, and instilling the confidence and skills needed to take charge of money matters. She also says the book will help its readers, men too, ; put their money to work; and come away with skills and knowledge to create an integrated financial plan to help you achieve your goals. Holland says when people become more confident about handling things like money, they become more confident about life in general.

## COMMUNITY REMINDERS

Fitchburg Little League

The Fitchburg Little League is making its return to the city in 2023. It's a chance for Fitchburg and Leominster to renew old acquaintances and rivalries on the baseball diamond next spring. Those who want to know more are invited to attend a public meeting at Fitchburg High on Monday October 17<sup>th</sup> at 7:00 pm. For more information call 978-855-5975

ended rotation October 28th

Fostering Change Inc.

Fostering Change Inc. is in the midst of their 5<sup>th</sup> Annual Christmas Toy Drive. Their goal is to make Christmas dreams come true for 200 kids ages 6 to 18. To make a contribution or for more information, follow Fostering Change on Facebook or call 978-987-1333.

ended rotation December 15<sup>th</sup>

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.

Christmas In Acadia

The K-Zone wants you to know that St. Cecelia's Christmas in Acadia Fair will soon be here. It's happening Friday November 11<sup>th</sup> from 5:00-9:00 pm, and Saturday November 12<sup>th</sup> from 11:00 am to 6:30 pm. There will be traditional French Canadian food like Poutines, Rapee and Fricot. There's face-painting, music and a chance to have your picture taken with Santa. St. Cecelia Church is located at 188 Mechanic Street in Leominster. And for more information call 978-833-0842.

ended rotation November 11<sup>th</sup>

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 Saturday from 10:00 am to 5:00 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

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

The Rotary Clubs of Fitchburg and Leominster

The Rotary Clubs of Fitchburg and Leominster want you to know that the Annual Breakfast For the Bands will be held Sunday, November 20<sup>th</sup> from 8:00 to 11:30 am in the cafeteria at Leominster High School. There's breakfast including eggs, pancakes, bacon, ham, hash browns and music provided by the Fitchburg and Leominster High School Bands. Leominster High School is located at 122 Granite Street in Leominster, and for tickets or more information call 978-534-4637.

ended rotation November 18<sup>th</sup>