

WPKZ PROGRAMS LIST Q1 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 January 1 and March 31, 2023. Conversations run 15 minutes in length unless otherwise mentioned.

CRIME/PUBLIC SAFETY, January 4th, 7:15 am

Fitchburg Police Chief Ernie Martineau joined us for the hour to look back at the city in 2022, and look ahead to concerns in 2023. He discussed personnel changes within the department, new officers joining the force, concerns about the weather and keeping streets safe during the winter season, watching out for people during those cold days where temperatures could fall below zero, the need for people to beware of scams, the importance of their Community Engagement Unit which helps the officers and residents work together as one to face problems and handle concerns as they arise, and the new Police Reform Law that has seen 15 officers in Massachusetts disciplined for not meeting standards that are required of those in Law Enforcement.

PLEASE FEED THE GOATS, January 5th, 8:10 am

Pat Stewart of Hames and Axle Farms in Ashburnham told us about the products they make including goat milk soap, bath and spa products, how beneficial they are for the planet, the work that goes into taking care of a herd of Nigerian Dwarf Goats, how the farm has grown over the years, the goat's love of trees, and they're inviting listeners to drop off their Christmas Trees as food for their goats. She talked about Pine Trees, and why they're essential to the well-being of goats, and the costs of maintaining a farm of goats.

HEALTH/FITNESS, January 6th, 8:40 am

Phil DeCesare, a Trainer at Fitness Together; talked about fitness and New Year's resolutions. He discussed the reasons people consider beginning that fitness regimen, the challenges of committing to the resolution to begin the new year, not being overwhelmed by seeing people in a healthier state than you, how your mind is the ultimate muscle when it comes to beginning those workouts, the discipline in maintaining those workouts, combating not only the fear of failure but the fear of success in setting goals and what should happen after you reach those goals.

POLITICS/GOVERNMENT, January 11th, 7:15 am

Fitchburg Mayor Stephen DiNatale joined us for the hour to discuss what he called challenges and opportunities to begin 2023. Among the challenges include finding people who to fill critical positions like City Planner in his administration. He talked about upcoming projects to improve city streets and work on the Water Street Bridge, and he cited the opening of new restaurants in the downtown area other businesses as opportunities to begin the new year. He also talked about an influx of federal funding that is coming to Fitchburg that could help transform Downtown and The Theatre Block.

POLITICS/GOVERNMENT, January 12th, 7:10 am

State Representative Natalie Higgins looked back at the Legislative session that ended in 2002 and looked ahead to the beginning of a new term. She discussed the challenges that will face incoming Governor Maura Healey and Lt. Governor Kim Driscoll; the historical significance of women holding leadership positions like Governor, Lt. Governor and Attorney General; her pleasure in seeing lawmakers back at the State House as compared to Zoom Meetings because of the Coronavirus; her mentoring newly-elected lawmakers on Beacon Hill and what she hopes to accomplish as the new session begins.

POLITICS/GOVERNMENT, January 12th, 8:10 am

3rd District Congresswoman Lori Trahan looked ahead to the new session on Capitol Hill. She talked about the Republican Party becoming the majority party, three of her fellow Democrats being removed from their assigned committees, what she called the chaos over Kevin McCarthy being named Speaker of the House, the compromises he made that could affect his role leading the House, how her role has changed with Democrats as the minority, can her Democratic colleagues find common ground with Republicans on issues, whether they can work with their fellow Republicans in the Senate and can they Republican colleagues in the House focus on the business of governing.

HEALTH/FITNESS, January 13th, 8:20 am

Phil DeCesare, a Trainer at Fitness Together; and Raquel Jacobs, a Holistic Nutritionist, talked about things to consider as listeners begin their fitness journey in 2023. They talked about getting started after the Coronavirus pandemic, coming up with the best environment for your needs, what type of foods are the better choices for your health, how preparing the foods can make all the difference, how good emotions can lead to good reactions, how portion control can play in a role in what you eat, whether fasting is beneficial, the importance of making a schedule for eating and exercising and committing to the plan in what and how you eat and how your workouts go,

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

Leominster Mayor Dean Mazarella joined us for the hour to share his thoughts about his city for the new year, the State of the City, the accomplishments made in the past year, challenges and potential changes to come at The Mall at Whitney Field, progress made in building a new Police Station, the need to fill vacancies in the Police Department, the next steps to come following the success of the Rail Trail that connects Leominster with Fitchburg, what has kept Leominster an affordable city, and how the events throughout the year have helped to attract people to his city.

THE GOOD OLE HOCKEY GAME, January 18th, 8:10 am

Fitchburg State University Hockey Coach Dean Fuller talked to us about coaching his 1,000th game for the Falcons. He discussed his love for the game, what made him say coaching was what he wanted to do, the opportunity to coach at his alma mater, the challenges of coaching Division 3 Hockey as compared to schools like Boston College and Boston University, why he calls himself more of teacher of hockey than a coach, what it takes for players in the MASCAC to compete, the type of players he's looking for, what attracts students to the Fitchburg State program, the changes in how the game is played, how athletes train for the game and how he would like to be remembered once he decides to call it a career.

HEALTH/FITNESS, January 20th, 8:20 am

Phil DeCesare, a Trainer at Fitness Together; talked about the importance of being active and staying active as you get older. He expressed the need for elder people to exercise, how the mobility makes a difference in their health and well-being, how other nations and cultures encourage their elder citizens to become more involved in physical activities, and how that helps to make a more active mind, what do we need to do to condition ourselves to become more active and remind our elder citizens there is a lot more living to do and physical fitness is a way to make that happen.

POLITICS/GOVERNMENT, January 26th 7:10 am

Second District Congressman Jim McGovern talked about the new session on Capitol Hill and his reaction to moves by Republicans to punish Democrats for the January 6th hearings. He discussed whether Republicans would try to remove him from the House Rules Committee that he once chaired, what Republicans are seeking to do this session, whether they are willing to support raising the debt ceiling and questioned whether Republicans are really interested in making Government function.

ECONOMY/EMPLOYMENT, January 31st, 8:10 am

Pierre Lezeau, President and CEO of Seqens Pharmaceutical Solutions, announced that the company was about to establish its US headquarters in Devens. He announced the opening of Seqens Boston R and D Center, a new facility that will bring customers advanced capabilities for the discovery and development of new drugs and therapeutics. He said one of their immediate goals was to combat a shortage of the pain reliever paracetamol, known as acetaminophen in the United States. He also talked about the numbers of people who will be need to fill the positions to make this work possible.]

CRIME/PUBLIC SAFETY, February 1st, 7:10 am

During this hour Fitchburg Police Chief Ernie Martineau talked to us about preparations for the coldest weather of the Winter season. He talked about the dangers to residents who are lacking shelter when the forecast called for the actual temperatures to drop to minus-15, dangers of people using their ovens to stay warm and locations in the city that would be open as Warming Centers. He shared his thoughts about the charges facing Officers in Memphis, Tennessee in the death of Tyree Nichols. He talked about the training and the process of evaluating people who want to become Police Officers. And he discussed the process of handling reports of missing people.

POLITICS/GOVERNMENT/PUBLIC SAFETY, February 2nd, 7:10 am

Fitchburg Mayor Stephen DiNatale and Leominster Mayor Dean Mazzeella talked about the preparations in their cities in handling the coldest weather of the season. They updated the actions being taken by local Emergency Management, provided information on warming centers and 24-hour locations if they are needed and telephone numbers to call should there be an emergency.

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

Fitchburg Mayor Stephen DiNatale updated how the city fared during the bitter cold temperatures and the success of their homeless outreach that kept as many as 30 people out of the cold. He also told listeners about a public hearing where people could learn about their Community Electric Aggregation Program where residents could join a new program where they could see a savings in their utility bills. He expressed his gratitude to the New England Patriots and the National Football League for providing \$250,000 for improvements at Crocker Field, including the renovating of the turf on the football field.

POLITICS/GOVERNMENT, February 9th, 7:10 am

State Representative Natalie Higgins updated the work that has been done in the last month on Beacon Hill. She discussed her committee assignments and how she feels she can make a difference, the 6,000 bills that will be taken up by the Legislature during this session, the rules that have been set for how this session will be run, including the selection of the Speaker of the House, changes that allow for a greater transparency of what happens in the Legislature and the forming of new committees to challenge homelessness and to make housing more affordable.

COMMUNITY/ECONOMY, February 14th, 8:40 am

Bill Wanless, Senior Vice President of the Worcester Red Sox, talked to us about preparations for the 2023 baseball season at Polar Park. He talked about the tradition of the Boston Red Sox taking their equipment from Fenway Park to JetBlue Park in Fort Myers, Florida and that Polar Park is now a destination on the way to Spring Training, how the region has responded to Minor League Baseball in their first two seasons, the days where individual cities and towns are spotlighted and celebrated and the impact their presence has had on the economy of Central Massachusetts.

POLITICS/GOVERNMENT, February 15th, 7:10 am

Leominster Mayor Dean Mazzeella talked about living within your means which he called a challenge not only for city government and businesses and residents, how the city and residents have been holding up since National Grid announced its rate increase where residents are paying on average an extra \$100 a month, his thoughts on Boston Mayor Michelle Wu's proposal to bring rent control back to the city, the regulations in place for building new housing and whether there are things that can be done to make housing more affordable in Massachusetts.

HEALTH/FITNESS, February 21st, 7:40 am

Doctors Tim Gallagher and Michael Marciello of Maragal Medical talked to us about how they combine conventional medical with new technologies like regenerative medicine to help their patients. They talked about the challenges of treating people for pain, without habit-forming treatments like opioids, developing what they call "preventive medicine," services that can help concerns like arthritis.

and the need to focus on the patient as a person who may be dealing with more than one health issue and having the ability to meet those issues in one location.

COMMUNITY, February 22nd, 8:10 am

Gail Steele, Professor of Mount Wachusett Community College, told our listeners about the latest production at the school's Theatre At The Mount.” She talked about the history of the theatre group, what brings people to theatre and keeps them involved, how families have played a crucial role in their success, the challenges they faced during the Coronavirus pandemic, how they emerged from COVID, the changes and improvements made where the shows are featured and their plans for their upcoming season.

POLITICS/GOVERNMENT, February 28th, 7:10 am

Gardner Mayor Mike Nicholson updated how the city was doing as inclement weather was approaching our listening area. He talked about the preparations to make sure city streets were cleared, whether there was a need to open shelters for residents, discussed the opening of new businesses in the city, and he talked about the beginning of preparations to celebrate Gardner's 100th anniversary as a city.

HEALTH/PUBLIC SAFETY, February 28th, 8:10 am

Sue Christensen, Outreach and Prevention Coordinator for the Fitchburg Department of Health; invited our listeners to attend a forum on Substance Abuse. The forum will include a discussion about the types of substances that are used and abused, representatives of treatment centers and recovery facilities and ready willing to discuss possible treatment options and solutions. She added there be a session where people will about Narcan and how they can people who are struggling. And she talked about the willingness of people to talk about substance abuse today as compared to just 10 years ago.

CRIME/PUBLIC SAFETY, March 1, 7:10 am

Fitchburg Police Chief Ernie Martineau looked ahead to the Spring of 2023. He talked about how the spirits of Law Enforcement are raised by the fact that days are getting longer and the moving of the clocks to Daylight Time. He also talked about the changes and challenges in the daily shifts for officers, how there are more grey areas where Law Enforcement was seen as a “black and white” world, the skillsets needed to become and officers and how much training is needed, the changes in the day-to-day world of officers, the prospects of adding officers to their ranks, the need to raise their standards and what continues to make his work so rewarding.

HEALTH/FITNESS March 3rd, 8:30 am

Trainer Phil DeCesare talked about fat in our bodies. He explained that there are good, bad and frightening parts to the substance that's within our bodies. He talked about where it resides within our bodies, how it affects our blood circulation, how it stores toxins within our bodies, where we need to avoid it, the pros and cons of surgical procedures to remove fat, why your belly is the last area where people see any indicator of weight loss and the types of fat that can generate weight loss.

COMICS FOR A CURE, March 6th, 7:10 am

Comedian Jerry Caruso and Tracy Bouchard invited our listeners to a night of comedy at the Bull Run in memory of her father racing legend Ron Bouchard and their project Be The Match. The night is for raising awareness of bone cancer with the hope that people ages 18-40 can donate bone marrow which could help someone whose immune system is failing them.

POLITICS/GOVERNMENT, March 8th 7:10 am

Fitchburg Mayor Stephen DiNatale was questioned about the plans of State Auditor Diana DiZoglio to conduct an audit of the Massachusetts Legislature and the prospects of her success in making state government more user-friendly. He shared his thoughts on addressing the Legislature about the challenges the city faces with funding from the state under what it called Chapter 90, the proper maintenance of the city's roads and the amount of money he feels is needed to get the job done.

POLITICS/GOVERNMENT, March 9th, 7:10 am

State Representative Natalie Higgins shared her thoughts about the plans of State Auditor Diana DiZoglio to conduct an audit of state government. He wondered whether she would be to audit all three branches of government. She also looked ahead to the work that would begin on the state budget for fiscal year 2024, what she called the common needs for all residents, what could be done to make Civil Service more effective, and she talked the need for an audit of the lawfully-owned DNA gathered from untested sexual assault kits. She says the state is missing as many as 10,000 DNA profiles, and they're trying to figure out how to get this done.

UNITIL, March 15th, 7:10 am

Jerry Sharp of Unitil talked to us about the winter storm that reached our area. He confirmed reports of what would be a heavy, wet snow falling at the rate of at least an inch an hour. He said crews from upstate New York and other states were called in to help them restore service, he cautioned that crews may not be able to act immediately should winds top speeds of 40 miles an hour and making sure that generators are working properly to protect residents from carbon monoxide poisoning. This would become a storm that saw 24 inches of snow fall in Fitchburg and Leominster while other communities reported as much as 36 inches.

WINTER STORM, March 15th, 7:40 am

Leominster Mayor Dean Mazzeella talked about how the city handled the snows that continued to fall. He thanked National Grid for their efforts to keep its customers connected and city crews for keeping the roads clear, and discussed how long it may take for the city to get back to business.

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

Gardner Mayor Mike Nicholson joined us for this hour to talk about how the city recovered from a major snowstorm where they collected 31 inches. He talked about the work done to clear the roads and keep residents connected, the rising costs of snow removal, how the weather could affect the ending of the school year for elementary students, the growth of businesses in the city and what he credits that to, the beginning of work on the budget for fiscal year 2024 and an update on plans to celebrate the city's 100th anniversary.

POLITICS/GOVERNMENT, March 23rd, 7:10 am

2nd District Congressman Jim McGovern shared his concerns about the Federal Reserve's decision to increase interest rates as a way to control inflation. He questioned the need, whether the actions could affect economic growth and cost people their jobs, his thoughts about the Inflation Reduction Act and how it could improve the quality of life for all Americans, he questioned the argument that Social Security and Medicare are “entitlements” and whether there is a need to raise the retirement age for these programs, he argued for making health care for Americans as a right and talked about the need for the Congress to raise the federal debt ceiling and what could happen to this country if it is not raised.

CONSUMER, March 31st, 8:10 am

John Paul , “The Car Doctor” from AAA Northeast; looked ahead to the Spring of 2023. He talked about the new season and the arrival of potholes on highways, what causes these things to appear on the highways, what it takes to repair them, the need to look further down the road to prepare for potholes, the importance of not swerving away from them, how to minimize the damage when driving, the importance of giving yourself enough reaction time on the highways and the costs of repairing the damage from potholes.

WPKZ FIRST 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 January 1 and March 31, 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.

Remembering Martin Luther King Jr., January 13th, 1:00 pm

The program was devoted to celebrating the life of the slain civil rights leader. For the first part half hour Barbara Nealon of Three Pyramids and the Central Mass Minority Coalition talked to us about how the organizations worked together to help to improve the quality of life of people in all walks of life. She talked about the example Dr. King set through the life he lived, her memories of seeing Dr. King on television 55 years ago, the changes North Central Mass and the nation seen since 1968, the work that still needs to be done, the importance of having these conversations and what she called a backlash from having these discussions.

The second part of the program featured his message after he received the Nobel Peace Prize in 1964 where he talked about non-violence as a source of social transformation, and his speech” to students at a Junior High School in Philadelphia in 1967 where he asked students “What Is Your Blueprint for Life?”

Economics 101, January 20th, 1:00 pm

Elmer Eubanks-Archibold, Professor of Economics at Mount Wachusett Community College talked to us about the state of the US Economy, why and how consumer prices continue to climb. He looked at the Coronavirus pandemic and how it has affected our economic well-being, the factors that led to gasoline reaching as high as \$5.00 a gallon, how the policies of the Federal Reserve have played a role in the cost of food and other essentials, how much higher do interest rates have to go before conditions take a turn for the better,, whether or not people should look at Wall Street as the indicator of where the economy is going, how can there be a recession if employers are still looking to hire people and what indicators can tell us if economic conditions are taking a turn for the better.

Fitchburg History Trivia Quiz Show, January 20th, 1:30 pm

Susan Navarre, Executive Director of the Fitchburg Historical Society, told our listeners about an upcoming program where residents can learn about the city's history, its people and how their contributions have helped to improve the city's quality of life over the years. People will learn about how the city has changed over the years, how items they have received and vowed to protect tell important stories about the community, how Fitchburg has changed from its days as a town, to evolving into a city, the businesses that were a part of Fitchburg's history, the city's contributions to the American Revolution and as a stop along the Underground Railroad, and a look ahead to the city's future with new developments in the city.

“Climate Resroration,” January 27th, 1:00 pm

Co-author Carole Douglas says her book is about how we can help nature restore itself to the conditions where the climate has thrived. She talked about Global Warming, how the use of fossil fuels has created the greenhouse gas Carbon Dioxide (CO₂), how these fuels have led to a warmer climate, whether the world is willing to move away from fossil fuel and the need to move beyond zero-carbon emissions. She explained what would go into climate restoration, that the technologies are there to make it happen, and hoped that the nations of the world would work toward restoring the climate.

Ginny's Helping Hand, January 27th, 1:30 pm

Brandon Robbins talked to us about his being named the new Executive Director of the organization. He looked back at the day when the organization was started as a food pantry in 1978 by Ginny White with the goal of helping people survive in times of need. He discussed how they expanded from just a food pantry to thrift store, their struggles and success in serving those in need during the Coronavirus pandemic, how those who have been helped by Ginny's have provided help in return, and whether there will be a day when the programs and services provided by Ginny's will no longer be needed.

“A Realistic Blacktopia, “ February 3rd, 1:00 pm

Derrick Darby, a Professor of Philosophy at Rutgers University; said his book focuses on why people from all walks of life -- and not just people of color -- need to join forces to improve the quality of life for all people. He said that while America elected Barack Obama, there is more that needs to be done to improve our quality of life . He challenged the people to look at their differences and move beyond those differences, to improve on the disparities that exist in

education, housing, and criminal justice, and what he called developing “big tent strategies” to make a democracy that is more inclusive.

Bracing For Winter's Cold, February 3rd, 1:30 pm

As North Central Massachusetts prepared for the coldest weather of the season, Rob Carolan of Hometown Forecast Services talked to us about a cold air system that would drop temperatures to 13-below zero that weekend, with wind chill readings reaching minus-40. He talked about how these temperatures can affect the human body, and the amount of time it would take to put one's health at risk. We also told our listeners about locations in our listening where people can go in case they need shelter from the cold. And Lynnette Valentine-Warren, Envoy of The Salvation Army talked about their preparations to help those in need, as well as using their facilities as a warming center.

The Fitchburg Electricity Community Aggregation, February 10th, 1:00 pm

John O'Rourke, Director of Marketing for Good Energy Massachusetts; talked to us about a new program for the city where residents who are served by Unitil could see a break in their utility bills. He answered questions about the creation of the program, how it would work, what led the city to participate in the program, the potential savings residents would see throughout the year, public hearings so people could ask more questions about how this would work, what could residents could do if they chose not to take part or opt out a later date, or join the program at another time, when the program would begin to take effect and how people could contact Good Energy Massachusetts if they had more questions or concerns about the program.

“When Worry Works,” February 17th, 1:00 pm

Dana Dorfman says book her is about the toughest job that adults will take on...parenting. Dorfman, a Psychotherapist; talked about her experiences a parent, the dilemmas and other pressures adults are facing and how they affect their children. She discussed the parents wanting their children to advance further in their lives than they did, how changing times –whether they be about political issues or health concerns -- bring new challenges to parents and their children, the children are affected by the pressure from loved ones to succeed and how to help them when those pressures may get the better of them. And how parents can take the stress they're facing in their daily lives and help guide their kids to a brighter, more successful future.

Earthquakes, February 17th, 1:30 pm

John Ebel, Professor of Earth and Environmental Sciences at Boston College, talked to us about the earthquakes that struck Turkey and Syria. He explained what caused the tremors, that measured 7.8 and 7.7 to strike in the region in a matter of hours, why some parts of the world are more vulnerable to these tremors, the damage they can cause, the dangers from resulting aftershocks that could continue for weeks, what parts of the United States are vulnerable to earthquakes, could tremors of these levels be felt in New England and what can be done to prepare for these tremors.

“Psychological Secrets For Emotional Success,” February 24th 1:30 pm

Dr. Kelly Rabenstein says her book is about communicating with people, the challenges we face in talking to people be they co-workers or family members and others. She says the book calls for readers to look at all our successes and shortcomings that make us who we are, what we can

do to improve our well-being, finding the courage to examine ourselves, the importance of looking at what's inside us and how this can improve our relationships and our quality of life. She said that learning about ourselves enables us to connect and sometimes re-connect with people and improve our personal and emotional health.

Gone Hiking, March 3rd, 1:00 pm

Dave Manca talked about his plans to begin a hike along the Appalachian Trail. His plans call for hiking more than 2,170 miles from Georgia to Maine to benefit the Tunnel To Towers Foundation which will benefit America's First Responders, Veterans and their families. The 71-year-old resident of Ashburnham has set a goal of completing the journey in a span of five months. He talked about how he has prepared for the journey by going on stairmasters with a loaded backpack, destinations he's hoping to reach on a daily basis, injuries he's sustained and bounced back from and how people can track his progress by logging to the organization's website. When reaching the site he says track the walker known as "Solo Grampa."

"Before Brooklyn," March 3rd, 1:30 pm

Ted Reinstein, a reporter for WCVB-TV in Boston and a member of the station's Editorial Board, says his book is about baseball. He talked about baseball as an integrated sport, until blacks were banned from the game in 1887, the forming of the Negro League, how the league survived during the 20th century, the owners who kept the league playing, the newspapers and reporters who told the stories about the league and its players, how the Boston Red Sox blew an opportunity to sign Jackie Robinson in 1945 and how the Red Sox could have had not just Ted Williams, but Jackie Robinson and a young Willie Mays on their roster.

You, Your Car and the Change of Seasons, March 10th 1:00 pm

John Paul, "The Car Doctor" from AAA Northeast; talked to us about our cars, how our cars survived Winter, things to consider as we head towards Spring and warmer temperatures. He suggested putting together a checklist of things for our vehicles, the need to check the fluids, how longer daylight hours can make for a safer driving environment, the need for having sunglasses to handle the later daylight hours, the changing blends of gasolines and the necessary octane for your vehicle, what has caused the changing price of gasoline, the right blend of oil for your vehicle, how proper inflation of your tires can improve your mileage, how the life of your battery is affected by the cold of Winter and the heat of Summer and other information to make for a safer journey.

Earthquake, an Update on Turkey and Syria, March 10th, 1:30 pm

Chloe Forman, Global Response Manager for All Hands and Hearts; provided an update on the damage caused by the earthquakes that struck Turkey and Syria. She talked about her journey through Turkey, the damage caused by the tremors, how those images stay in her mind, the miracle that they could find survivors even three weeks after people were trapped in the rubble, situations where rescuers have found themselves in the rubble while trying to rescue people, the intensity of the aftershocks that continue, the struggle to keep the earthquakes on the minds of people in the United States and how much time will be needed for Turkey and Syria to recover.

“How To Save Democracy” and The Summit For Democracy, March 17th, 1:00 pm

Eli Merritt is the editor of a book that talks about how Democracy works. He gave a definition of it, how it has worked in the United States, how it has evolved and expanded to include more Americans over the years, the challenges to make it work for all Americans, how technology can help or limit the rights of people, the importance of people being involved on the local, state, federal levels to make Democracy flourish, the need for people to be contributors, the need for people to find the courage to go beyond party lines to find common ground and he looked ahead to a global summit that was scheduled for March 28th in Washington, DC.

The Champ Is A Candidate, March 17th, 1:30 pm

Three-time World Boxing Champion Jose Antonio Rivera talked to us about his campaign to run for an at-Large seat on the Worcester City Council. He talked about his life, his move to Worcester at the age of 16, the people who helped him along the way, his work as an officer in the Trial Court system, his career as a professional boxer and a three-time champion and how this has prepared him to take this step. He shared conversations he's had with residents about the city, quality of life issues they have discussed, his willingness to listen to people and what he hopes to accomplish if he is elected.

The Gardner Museum Inc., March 24th, 1:00 pm

Marion Knoll, Coordinator of The Gardner Museum; talked about the Museum, their hope that people don't confuse it with Boston's Isabella Stewart Gardner Museum and their plans to party like it's 1923. She talked about the history of Gardner, the man who the city was named after, the neighboring communities that make up Gardner today, the changes made from its incorporation, how it became a town, how it became a city in 1923, what the city has been known for like furniture and timepieces, what it is known for today, how the city continues to evolve and preparations to mark the city's 100th anniversary.

Marie McCarry, March 24th, 1:30 pm

The resident of Fitchburg came to our studios to announce her candidacy for the seat in the 3rd Congressional District of Massachusetts. She talked to us about the district that she calls home, the communities that make up the district, her campaign for Congress and her decision to run as an Independent or Unenrolled Voter. She talked about the challenges residents have been facing in recent years, why she feels neither Republicans or Democrats are meeting the needs or listening to the concerns of voters, how she would do things differently, where she thinks she can find common ground with both parties and people on different sides of the issues, and what she would hope to do if she is elected.

Remembering Mel King, March 31st, 1:00 pm

District 6 Boston City Councilor Kendra Lara paid tribute to longtime civil rights activist and former State Representative Mel King who died March 28th at the age of 94. She talked the man she knew, how he inspired a generation of young people to serve by running for public, she talked about his work as a community organizer and how they bring people together, his serving Massachusetts as a State Representative, how he organized what would be known as the “Tent City in Boston, his being the first black person to run for Mayor of Boston in 1983, his forming the “Rainbow Coalition” before the named was used by the Reverend Jesse Jackson, how her

role has changed from Community Organizer to City Councilor, Mel King's role as Professor at MIT and how Mel King should be remembered.

Civic Ambassador Stewards Training, March 31st, 1:30 pm

Fitchburg City Councilor Sally Craigin told our listeners about a series of seminars that are aimed at encouraging people to become involved in their cities and towns. The seminars will discuss the functions of local governments like City Councils, Select Boards, and Commissions; protocols of public meetings, running for City Council or Select Board; the importance of voting in local elections and the importance of participating in a functional local democracy.

WPKZ FIRST QUARTER ISSUES 2023 - COMMUNITY REMINDERS

The Finnish Center at Saima Park

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

Fitchburg' Historical Society

The Fitchburg Historical Society is wrapping up its Fitchburg History Trivia Competition with a Championship Trivia Celebration on Saturday, January 28th beginning at 6:00 pm. The Fitchburg Historical Society is located at 781 Main Street in Fitchburg. And for tickets or more information call 978-345-1157. (ended January 27th)

The Finnish Center at Saima Park

The Finnish Center at Saima Park wants you to know that their trails will be open to the public for skiing, snowshoeing or hiking February 4th, 11th, 18th and 25. The park is located at 67 Scott Road in Fitchburg, and for more information log on to www.saima-park.org.. (ended February 24th)

Fitchburg Board of Health

The K-Zone wants you to know that the Fitchburg Health Department and Community Connections will be present a forum on Substance Use Disorder and Treatment Options Wednesday March 1st from 4:00 to 6:30 pm at Community Health Connections which is located at 326 Nichols Road in Fitchburg.

Community members can people from more than two dozen programs, support groups, peer recovery and more. Admission is free and there is no need to register. For information call 978-829-1854.

(ended February 28th)

Fitchburg Historical Society

The Fitchburg Historical Society invites you to attend a free workshop on “Poets of the Past.” The program will include a feature about poem telling about the return of Fitchburg soldiers after the Battle of Fredericksburg by Fitchburg's Poet Laureate Caroline Atherton Mason. The workshop will be held on Saturday March 4th from 10:00 am to 1:00 pm at the Society, which is located at 781 Main Street in Fitchburg. For more information call 978-345-1157. (ended March 3rd)

Fitchburg Civic Forum and New Vue Communications

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

Commonwealth of Massachusetts 211

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 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)