



# **ISSUES & PROGRAMS**

## **WABK-FM**

**3rd QUARTER 2020  
(JULY, AUGUST, SEPTEMBER)**



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**Public Affairs**

WABK-FM airs the public affairs show "Maine View" that is designed to address important community issues. The following is a list of show topics during the Quarter. Each edition of Maine View also includes Maine Governor Janet Mill's weekly radio address and the response from the Republican Party in Maine. Each address runs roughly 5 minutes. Maine View has a run time of 20 minutes and airs Sunday at 6:00am

7/5: This week's edition features a conversation with Lori Parham of AARP Maine. The pandemic has postponed or cancelled many AARP nation and statewide events, including tax services many seniors, nationwide, depend on. Parham discusses how AARP Maine is reaching out to continue serving their constituents, Parham also mentions absentee balloting for the upcoming July 14th primary. We also speak with Dr. Ed Gilkey of Northern Light Beacon Health about the organization's weekly "Zoom" series helping businesses return to work safely in light of the pandemic. So far, the series has discussed employment, medical and detailed human resources issues and welcomed businesses and organizations across the spectrum to the virtual meetings.

7/12: This week's edition features a talk with Dr. Jessica Pollard, Director of the Office of Behavioral Health in the Maine Department of Health and Human Services. The topic was the Intentional Warm Line – a telephone help link for adults struggling with disruptions and stresses the Covid-19 health crisis has caused. It's a toll-free, 24-hours-day, seven-days-a-week service in which people converse with trained peer support specialists in Maine. The program just received a one-million dollar federal grant. Dr. Pollard discussed how to recognize stress in ourselves, and in our spouses and family members. The causes are many during the Covid-19 pandemic - from being isolated at home to being furloughed from work, and trying to make ends meet financially. "We are creatures of habit," said Pollard, adding that stress happens when our habits are forcibly changed. The Intentional Warm Line, she says, also deflects any long-term mental effects from Covid-19. Pollard also talked about the Frontline Warm Line, a toll-free peer service to help Maine health care workers and first responders manage the stress of their jobs. The Office of Behavioral Health also works with the Maine chapter of the National Alliance of Mental Illness (NAMI) in coordinating a toll-free peer service for teenagers and young adults dealing with Covid-19 stress.



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BROADCASTING

**7/19:** This week's edition features a conversation with Maine State Chamber of Commerce Dana Connors who reflects on recent decisions made by Maine Governor Janet Mills in allowing summer visitors from New York, New Jersey, and Connecticut to come to Maine without a 14 day quarantine nor producing a negative Covid-19 case. Dana also touches on the "This Is Me Counting On You" urging people to mask and physically distance to stem the spread of the coronavirus. Also, we speak with Dr. David Prescott of Northern Light Acadia Hospital. His facility is offering guidance to students, families, and teachers about the distress -- and for some -- despair -- of returning -- or not returning to school -- amid the pandemic this fall. Prescott speaks of strategies for families to use when talking with their kids and for parents to use when preparing for plan A and plan B.

**7/26:** This week's edition features a conversation Maine State Treasurer Henry Beck who takes a victory lap after returning a record amount of unclaimed property money to a record number of Mainers in the last fiscal year. Beck explains the change in data gathering that helped his office return the record amount of cash to Mainers. Also, we speak with Scott MacDonald of Maine Technology Group who explains the brand new scam that hackers have unleashed to pull money out of your pocket -- electronically. Scott also nods to the arrest of a man from Bangor who used a social media and texting scheme to steal images of unsuspecting women.

**8/2:** This week's edition features a conversation with Hayden Andersen of the Maine Humanities Council. The CAREs Act allotted funding for states to share with cultural organizations. Hayden tells us of some of the organizations receiving some of the federal money and the important roles they play in their -- often rural -- communities. We also speak with Lisa Moores of the US Census Bureau. The Bureau's PUSH Week saw enumerators surging an effort to get some of Maine more delinquent counties to comply with the every-decade count. Lisa also underscores the importance of taking part so our state gets its share of federal money for roads, schools and more.

**8/9:** This week's edition features a talk with Andy Cutko, Director on the Maine Bureau of Parks and Lands. The topic was the response to a fatal shark attack in Maine on Monday, July 27, when Julie Howach of New York City was killed by a Great White near Bailey Island in Harpswell. Working with the Maine Marine Patrol, the Bureau restricted swimming to waist-deep water at three state park beaches. That restriction was lifted three days later, again on the recommendation of the MMP, which stepped up monitoring of the waters. Cutko, whose background is in forestry, was told it was the prevalence of seals in Maine waters that are drawing sharks. The death of Howach was the first confirmed shark fatality in Maine's history. Water activities at Reid State Park remain limited to waist-deep because of a lifeguard shortage. Posted signs will warn beachgoers if a lifeguard is not on duty. Cutko says he's been in contact with marine biologists from Cape Cod, Massachusetts, where Great White Shark sightings are frequent, to address any further measures. On another topic, Cutko said there has been great attendance at Maine state parks and historic areas since a partial lifting of Covid-19 restrictions.



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BROADCASTING

**8/16:** This week's edition features a conversation with Dale Rowley of Waldo County Emergency Management about several matters, including how Waldo County has handled the pandemic, At one point, Tall Pines Retirement Community was the site of a CDC outbreak. Dale also talks about tourism season, or lack thereof, then the distribution of USDA Farm to Family food boxes. We also talk with Bangor resident and author Kevin Rice. After years in law enforcement, and private and public security. Rice has written a book titled "Leadership Forewarned." In his book, Rice talks about tested and true skills and tactics used in law enforcement and security that owners of small, medium and large businesses plus HR directors should use.

**8/23:** This week's edition features a talk with Dr. David Preston of Thayer Internal Medicine in Waterville, which is under the umbrella of Mid Maine General Health. The topic was a new therapy called "Music and Memory," in which people with Alzheimer's Disease or Dementia can reconnect with some lost memories through listening to music. Just as the sense of smell can spark memory, said Preston, so can music. And now, varieties of music are easily available on manageable devices. Preston oversees a "Music and Memory" program at Lakewood Manor (Nursing Home) in Waterville. How far the therapy can improve lost memory is just beginning to be studied. "There's so much we don't know about the functions of the brain," said Preston. "And we're just beginning to comprehend the possible causes of Dementia and Alzheimer's." The program has gained the attention of the Music Department at Colby College in Waterville, from where students have been volunteering time at Lakewood Manor.

**8/30:** This week's edition featured a conversation with Bari Newport, producing artistic director of the Penobscot Theatre Company. She introduces us to Jen Shepherd. Joining an active role as the Theatre launches its 2020/2021 season amid a global pandemic. Bari and Jen explain how the Company plans to move forward, economically and artistically, presenting some shows to a limited audience. Others will be presented digitally. We also talk with Shawn Laatsch of the Emera Astronomy Center and Maynard F. Jordan Planetarium at UMaine Orono. Why? Because social media posts warned us that an asteroid will slam into Earth the day before the election. Shawn fact-checks the claim. Spoilers: Shawn assures us that we will not be blasted into extinction like the dinosaurs, but he does detail the high number of "near hits" our planet faces yearly.

**9/6:** This week's edition featured a conversation with Karen Worchester, Executive Director of Wreaths Across America. Karen is calling for Americans to stand and wave America flags on September 11th at the times that terrorist-hijacked planes struck the first and then second of the Twin Towers in New York City. Karen terms the call a hope for renewed unity in our divided nation. Karen also touches on Wreaths Across America and its annual placing of Maine-made wreaths on graves of US veterans. Also, we check in with Jim Fernald of Brookings Smith Funeral Homes. If you think living with Covid-19 is a challenge, try dying. Fernald details the increased difficulty in hosting remembrance ceremonies during a pandemic, what he's hearing from grieving families, how well online services are filling the void, and what's ahead as we venture back into autumn and winter.



blueberry  
BROADCASTING

9/13: This week's edition features an interview with Peter Geiger, editor of The Farmers' Almanac, the annual booklet publication and on-line content produced in Lewiston, Maine. The subjects were the featured articles and the anticipated winter forecast for 2021. The Almanac's fictional meteorologist, Caleb Weatherbee, is calling for "the winter of the Great Divide: Cold and snowy in the northern United States, drought in the west, everything crazy in between." Featured articles include: Five Easy Ways to Choose Eco-Friendly Alternatives For Every Day Products; Cardinal Legends And Lore; Homemade Pet Treats; Grow Your Own Sponges; 20 Signs of a Tough Winter; Where Are All The Birds?; Mouse In Your Car?; Could Chickens Be the Answer?; Animals' Amazing Sense of Direction; and What In the World is Workamping?

9/20: This week's edition includes a conversation with Boyd Kronholm of the Bangor Area Homeless Shelter. Boyd details how the premier shelter in Eastern Maine has managed during the pandemic. The Shelter was forced to postpone its greatest fundraiser, Hike For The Homeless, from its spring date with hopes of hosting an in-person event this fall. That is not going to happen. Boyd tells us how the shelter is pivoting to a virtual event hoping and in some ways depending on a successful fundraising event. Also, we check in with Kathryn Ravenscraft of the Bangor Humane Society who details how they continued to care for critters during the pandemic, which is just at the Shelter was wrapping capital campaign construction. Kathryn provides a virtual tour of the changes at the Shelter. Plus, she tells us how the Society's largest fundraiser, Paws On Parade, is -- like so many other event -- virtual this month.

9/27: This week's edition includes a conversation with State Senator Bill Diamond (D-Windham) sponsor of Maine's "hands free" driving law that forbids motorists from holding electronic devices while operating a vehicle. Maine's "hands free" law turned one year old last week. Diamond reflects on the successes of the law, which is difficult to gauge as Maine, the Triple A and police have yet to gather a great deal of data. We also reconnect with Hampden-based author and now editor Emma Rose. Last we talked with Emma, she had just published her first book "Nothing's Ever Lost." At that time, Emma told us she would be curating and editing a collection of prose and poems from people of all ages about their take on the pandemic. The book, titled "Paul Bunyan Wears A Face Mask," is now out and benefits the United Way of Eastern Maine.