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Issues:

AGRICULTURE/GARDENING
ELECTION & POLITICS
HEALTH AND WELLNESS

Programs:

AGRICULTURE/GARDENING

Series Title: You Bet Your Garden
Episode Number: 1324 (different episode weekly)
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You Bet Your Garden # 1324 New Thoughts on the 'Soil Borne Wilts' that Terrify Tomatoes, 3/28/2024

From: You Bet Your Garden

Series: You Bet Your Garden

Length: 54:58

On this thought 'promoting' episode of YBYG Mike McGrath scares up your Tomatoes by re defining the terror known as 'Soil Borne Wilts'! Plus your terrifying phone calls!!

GA 2024 for March 23; tomato wilts FINAL

New Thoughts on the Soil-Borne wilts that Terrify Tomatoes

Q. Frank in Warrior's Mark PA (near Penn State) writes: "My wife and I enjoy fresh tomatoes, but our garden has limited space, and the general advice is not to grow tomatoes in the same location every year because of soil-borne wilts; or at least to skip a year or two growing them. Might beneficial bacteria such as Mycostop or Rootshield be helpful?" A. The answer to your actual question is 'no', no product—organic or natural—can do that. But there are some cultural conditions you can provide that may help a lot. There are several pathogens that cause tomato plants to wilt. The biggest two are verticillium, which strikes mostly in cool wet soils (yet another reason not to rush the season by planting early) and fusarium, which prefers warmer and more humid conditions. However—and this is important—both diseases can strike in any region. I wanted to freshen up my answer to this perennial question, so I delved into the most recent research—from the Department of Plant Pathology and Ecology in New Haven, North Carolina State Extension, Clemson University, and the University of California at Davis. I learned that it might be possible to grow tomatoes in the same space for a while without rotating. Most of the newer information I encountered mostly talked about what to do after your plants become infected, which is to destroy those

plants promptly, clean the surface of the bed, and then, yes, abandon that spot for tomatoes (and eggplant) for several years. But you might not need to rotate if symptoms don't show up. Signs and symptoms: From the researchers at New Haven: Fusarium is a systemic vascular disease. The pathogen enters tomato plants through their roots and colonizes the plant's vascular tissues, which clogs the xylem (I hate when that happens!) and causes drooping of leaves. Leaves often turn yellow; the affected plants become stunted; and production is poor. Infection is caused by wounds from cultivation (be careful weeding!) or non-beneficial nematodes feeding on roots, which mostly occurs in the South. The optimum conditions for disease development are sandy, acidic

soil (pH 5.0- 5.5), and high levels of nitrogen fertilizer. The pathogen can survive many years as dormant mycelium in plant debris and in the soil without a host plant. Resistant varieties and Grafted rootstocks are the prime methods of prevention. Seeds and plants labeled with the letters V and F are resistant to both wilts. Grafted tomatoes (an excellent act of prevention) take the tomato you want to grow and then graft it onto the rootstock of a variety known to be wilt-resistant. Always keep the graft ABOVE the soil line. Never cover the graft line! "[If disease strikes], rotate tomato and other solanaceous crops out of that space for 4-5 years to reduce the inoculum level in the soil. Prevent movement of infested soil clinging to machinery, transplants, vehicles, tools, and stakes. As there is no cure for Fusarium wilt, remove and destroy diseased plants from the field or garden when it is confirmed. Do not place in compost piles. Raise the soil pH to 6.5-7.0 if its low; fertilizers containing calcium can reduce disease severity." (Hey—just like blossom end rot!) Clemson on verticillium: "The first symptoms appear when fruits begin to mature. Lower leaves turn yellow, sometimes on one side of the plant or one side of a branch. This is followed by leaf and stem wilting. When an infected stem is split lengthwise you will see browning close to the skin. It is this clogging of the vascular tubes (that carry food and water in the plant) that produces the wilting and yellowing. Verticillium proceeds more slowly than fusarium and the symptoms are more uniform throughout the plant. But both fusarium and verticillium symptoms begin at the bottom of the plant." From UC Davis: "Verticillium wilt is difficult to distinguish from Fusarium, and positive identification may require cultivating the fungus in a laboratory. Verticillium wilt seldom kills tomato plants but reduces their vigor and yield. Older leaves on tomato plants infected with Verticillium appear as yellow, V-shaped areas. The leaf progressively turns from yellow to brown and eventually dies. Older and lower leaves are the most affected. Sun-related fruit damage (sunscald) is increased because of the loss of foliage. (So don't prune your suckers!) Symptoms are most noticeable during later stages of plant development when fruits begin to size up.

Incorporate crop rotations. Rotating to non-host plants at 4-5 year intervals is advised for disease control. The wide host range of the Verticillium wilt pathogen may limit possible rotational crops, but grass and wheat species are recommended. (Grow cat grass there!) Discard infected plant material. The fungus can survive for extended periods of time within plant tissue. Immediate removal of infected plants is necessary to discourage the persistence of the pathogen. Grow early-maturing varieties. Quick-to-mature cultivars are likely to begin producing fruit before they completely succumb to disease. This can improve fruit yield in fields with a history of Verticillium wilt. Control weeds. Asymptomatic but infected weeds can spread the disease. "Fields should be frequently and diligently maintained." So: Plant in warm, well-drained soil; don't use fertilizers containing high amounts of nitrogen (the first number on the packages listed NPK ratio) but do add calcium. And maybe some luck!

ELECTION & POLITICS

Story Title: President Biden will swing through the Lehigh Valley
Episode Number: 101
Length: 2 Minutes
Airdate: 1/12/24
Service: WLVR
Format: Field Report

Story: President Joe Biden will return to the Lehigh Valley on Friday

Aired: 1/9/24 & 1/11/2024 & 1/12/24

Reporter: JULIAN ABRAHAM & TOM SHORTELL

Category: ELECTION & POLITICS

Link: <https://www.lehighvalleynews.com/elections/president-joe-biden-will-return-to-the-lehigh-valley-on-friday>

President Joe Biden will return to the Lehigh Valley on Friday

LehighValleyNews.com | By Tom Shortell

Published January 9, 2024 at 4:16 PM EST

President Joe Biden is expected to make a return visit to the Lehigh Valley this Friday. He last visited the region in 2021 when he toured the Mack Trucks plant in Lower Macungie Township.

ALLENTOWN, Pa. — President Joe Biden will make his return to the Lehigh Valley Friday, kicking off an election year by visiting a critical swing region in a battleground state.

Genesis Ortega, a spokeswoman for the city of Allentown, said the trip would focus on Biden's economic achievements. She did not discuss specifics of the trip, such as where specifically he'll stop.

"The President will discuss how communities across America are coming back thanks to Bidenomics and his Investing in America agenda, which have ushered in a small business boom, created good-paying jobs with rising wages, strengthened local economies, and lowered costs for hardworking families," according to a White House statement.

Lehigh Valley Democrats quickly rallied to the news. U.S. Rep. Susan Wild, D-Lehigh Valley, said she looked forward to showing Biden some of the region's thriving small businesses and discussing the region's manufacturing heritage.

"I look forward to sharing this legacy and our community's vision for the future with the President," Wild said in a prepared statement.

State Rep. Joshua Siegel, D-Lehigh, said the Lehigh Valley's economic strengths make Allentown it a natural fit for Biden's economic message. Biden has been a strong supporter of American manufacturing and union jobs while working to reduce costs burdening working families, he said. Those values mesh well with the Lehigh Valley's, he said.

"Allentown needs President Biden so we can continue our work of building a safe, prosperous, and equitable city," Siegel said.

The trip will be Biden's second to the Lehigh Valley since his election in 2020. In that trip, he toured the Mack Truck plant in Lower Macungie Township in July 2021 as he promoted his infrastructure package. Senate negotiations on his infrastructure proposal blossomed during his visit, and he announced the breakthrough from a podium on the plant floor. He would sign the \$1 trillion spending bill into law three months later.

Biden is seeking a second term in the Oval Office and is widely expected to secure the Democratic nomination. He technically faces challengers in author

Marianne Williamson and U.S. Rep. Dean Phillips, D-Minn., but a sitting president hasn't lost a nomination he's sought since Franklin Pierce in 1856. The trip will be Biden's second to Pennsylvania in a week. He officially launched his re-election campaign in Blue Bell on Friday, where he made the preservation of American democracy a central pillar of his campaign. Referencing the Jan. 6, 2021 insurrection, Biden directly called out former President Donald Trump, the frontrunner in all polls of the Republican field, as a threat to American values.

Christopher Borick, a political science professor at Muhlenberg College, said that news raised an eyebrow given Biden was just in southeast Pennsylvania. Still, he said it's no shock Biden is making an appearance in the Lehigh Valley. The region is a swing district in a battleground state, making it a regular stop for presidents. Biden is the sixth consecutive president to visit the region while in office.

"It's not surprising that he's coming here given Pennsylvania's importance and the region's importance within Pennsylvania," Borick said.

Borick said Biden may have a tough sell if he's pushing his economic successes. While historic indicators of a strong market such as unemployment, wage growth and the GDP are all looking bright, polls show Americans aren't all that bullish on the economy. While inflation has eased over the past year, prices are still high, and interest rates are higher today than they've been in decades.

"The challenge is that the public doesn't generally rate the economy in the same positive way the macroeconomic figures would suggest," Borick said.

President Joe Biden is expected to visit the Lehigh Valley today. Julian Abraham has a preview.

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[JA: Early this afternoon, the secret service will be taking over parts of the Lehigh Valley for the president to visit - but they won't say exactly where *just *yet. Biden is set to arrive just after one-PM in the region

Rumors are rampant he'll be stopping in Emmaus, where a large area near the {south Mountain Cycle and Nowhere Coffee Co. building on Main Street} coffee shop has temporary no-parking signs at this hour. Biden has visited the Lehigh Valley before. The last time was in 2021, to tour the Mack Trucks factory in Macungie.

The White House has confirmed that the trip is a campaign stop for his re-election bid this year. He's expected to talk about the economy as a selling point. For WLVR, I'm Julian Abraham, LehighValleyNews dot com.]

[HOST OUT: Update with any new details]

HEALTH AND WELLNESS

Story Title: Are magic mushrooms the new antidepressant? As studies look at legalization, some experts urge caution

Episode Number: 101
Length: 2 Minutes
Airdate: 3/26/24
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Format: Interview format

Story: Are magic mushrooms the new antidepressant? As studies look at legalization, some experts urge caution

Aired: 3/26/24

Reporter: Brittany Sweeney

Category: HEALTH AND WELLNESS

Link: <https://www.lehighvalleynews.com/health-news/are-magic-mushrooms-the-new-antidepressant-as-studies-look-at-legalization-some-experts-urge-caution>

Health & Wellness News

Are magic mushrooms the new antidepressant? As studies look at legalization, some experts urge caution

LehighValleyNews.com | By Brittany Sweeney

Published March 26, 2024 at 7:00 AM EDT

Golden Teacher mushrooms are displayed at Epic Healing Eugene, Oregon's first licensed psilocybin service center, on Friday, Aug. 4, 2023, in Eugene, Ore. ALLENTOWN, Pa. — Over the past decade, interest has grown in the medical use of psychedelics such as mushrooms to treat medical conditions including anxiety and depression.

A bill introduced this year in New Jersey called the "Psilocybin Behavioral Health Access and Services Act" would decriminalize the use of the chemical found in magic mushrooms, called psilocybin, for medical use.

"There's a lot of questions here, like should it be available for people to have as a prescription that they take home with them? Should it be available only in a clinic setting?"

Dr. Jeremy Teissere, Stanley Rode professor of neuroscience at Muhlenberg College

"No one really has a clinical standard for how to bring psychedelics into the clinic in this way," said Dr. Jeremy Teissere, Stanley Rode professor of neuroscience at Muhlenberg College.

Teissere is a molecular pharmacologist and studies the molecular basis of how drugs work.

"But there is good data that suggests that they do reduce anxiety and they can be effective in removing trauma and or some of the mood changes that accompany trauma."

He said neuroscientists are studying the psychedelic psilocybin and how it affects the brain, but there are many things to consider before making it legal and available to the public.

"There's a lot of questions here, like should it be available for people to have as a prescription that they take home with them? Should it be available only in a clinic setting?" Teissere said.

"If it's in a clinic setting, what should it look like? Should there be couches? Who's in the room with people while they take the psilocybin." Compared to other prescriptions

Teissere said many of those questions don't have answers at this time because there's no long-term studies or data on the topic.

"No one really has a clinical standard for how to bring psychedelics into the clinic in this way," he said.

"There is good data that suggests that they do reduce anxiety and they can be effective in removing trauma and or some of the mood changes that accompany trauma."

Dr. Jeremy Teissere, Stanley Rode professor of neuroscience, Muhlenberg College

"But there is good data that suggests that they do reduce anxiety and they can be effective in removing trauma and or some of the mood changes that accompany trauma."

He said psilocybin works on serotonin, though scientists are not exactly sure of how.

It's similar to classic selective serotonin reuptake inhibitors, or SSRIs, such as Paxil, Zoloft and Prozac, but Teissere said psilocybin doesn't show the same negative side effects.

"For example, it would not have sexual side effects, it would not cause weight gain, it likely would not involve sleep wake sleeping disturbances, and these are common side effects of SSRIs," he said.

Microdosing with magic mushrooms also is being looked at by medical professionals as a way to treat some mental health issues.

"Even at very, very, very small doses, you still see a modest effect on anxiety reduction as a result of the psilocybin," Teissere said.

"At the microdosing level, we're talking about a dose that's low enough that you're not having any psychedelic effect whatsoever. There it feels much safer to make the drug available by prescription, because you're not having a psychedelic effect."

Cannabis paving the way

There's speculation that legalizing medical marijuana may speed up the process for other drugs such as magic mushrooms.

However, Teissere said the two are vastly different and cautioned about a quick release to the public.

"With respect to cannabis and psilocybin, they still remain completely illegal."

Dr. Jeremy Teissere, Stanley Rode professor of neuroscience, Muhlenberg College

"So I think the biggest negative side effect, ironically, for something we're hoping will treat anxiety, is panic," he said. "Not because the drug itself in a certain way is working on our panic machinery, but because we're changing state of consciousness so profoundly, that panic is a logical result of that profound change."

Teissere said planning out the treatment and how it will be administered is what those studying the drug are currently working on.

In 2020, Oregon was the first state to pass a law legalizing psilocybin, he said, and studies still are underway there.

He said those taking psychedelic, both medically and recreationally, should do so under supervision.

"I really want professionals in the room who are trained to work with panic when it develops and who can anticipate the needs of those who might panic and try to minimize those negative side effects," Teissere said. "I think we need to be clear that federal laws have not changed, with respect to cannabis and psilocybin, they still remain completely illegal, and the penalties for possession or distribution are still substantial."

Under New Jersey's proposed bill, anyone 21 and older would be able to use mushrooms.

Researchers are looking at Psychedelic drugs such as those in mushrooms to treat medical conditions including anxiety and depression. And New Jersey is considering a bill to allow that.

WLVR Health Reporter Brittany Sweeney looks at the science.

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Time: 49s

Title: 25BSMUSHROOMSASMEDICINE

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[A bill was introduced this year in New Jersey that would decriminalize the use of the chemical found in magic mushrooms, called psilocybin, for medical use. Dr. Jeremy Teissere [tess-AIR], a Stanley Rode professor of neuroscience at Muhlenberg College, says the problem is that there is no long-term data or protocol for using the drug as a treatment. TEISSERE: "No one really has a clinical standard for how to bring psychedelics into the clinic in this way, but there is good data that suggests that they do reduce anxiety and they can be effective in removing trauma and or some of the mood changes that accompany trauma." Teissere says because magic mushrooms are a psychedelic, people should use them under close supervision. Though some states have decriminalized psilocybin use, they are still illegal under federal law. For WLVR I'm Brittany Sweeney LehighValleyNews.com.]