

Issues Today 14-14

Date Aired: 4/5/14 Time Aired: 6pm
Length: 28 Min.

1. Dave Foreman, Herbal Pharmacist and Author

He gave tips on how to stop food cravings. He also talked about ways to decrease obesity.

Issues covered:

1. Health
2. Obesity

2. Rayne Golay, Drug and Alcohol Counselor

She discussed the growing problem of sexual abuse. She also gave tips on how parents can spot it.

Issues covered:

1. Sexual Abuse
2. Parenting

3. Ben G. Frank, Historian and Author

He discussed the growing crisis in the Ukraine and how it affects the United States. He also talked about energy production in that region.

Issues covered:

1. Ukraine Crisis
2. Energy

Issues Today 14-15

Date Aired: 4/12/14 Time Aired: 6pm
Length: 28 Min.

1. Dr. James Hubbard, MD and Author

He gave some tips on what things people should keep in their home in case of emergencies. He also talked about the need to keep current information on diseases.

Issues covered:

1. Health
2. Disaster Preparedness

2. Chanah Levitan, Marriage and Relationship Counselor

She stressed the important of the institutional marriage. She also talked about ways to keep relationships strong.

Issues covered:

1. Divorce
2. Communication

3. Robert Hommon, Historian and Author

He gave a history of Hawaii and talked about how their system of government helped to establish the U.S. system. He also discussed why the previous civilizations were so important.

Issues covered:

1. Big Government
2. Education

Issues Today 14-16

Date Aired: 4/19/14 Time Aired: 6pm
Length: 28 Min.

1. Chris Meyer, Director of Everence Group

He talked about Hersey's commitment to treating overseas labor fairly. He also discussed their group's efforts to influence corporations.

Issues covered:

1. Environment
2. Ethics

2. Kathy Fettke, Real Estate Investment Expert

She gave a report on the health of the real estate industry. She also discussed specific "hot" markets.

Issues covered:

1. Economy
2. Big Government

3. Dr. Kristy Taylor, College Professor and Author

She detailed why it is important for college-bound students to choose their major early. She also talked about the need for colleges to give more career counseling.

Issues covered:

1. Education
2. Parenting

Issues Today 14-17

Date Aired: 4/21/14 Time Aired: 6pm
Length: 28 Min.

1. Margaret Gray, Author of "Labor and the Locavore"

She talked about efforts to improve the plight of laborers who work for small 'green' farms. She also talked about the effects of immigration.

Issues covered:

1. Labor Relations
2. Immigration

2. John Wandishin, VP Marketing, Brother Corp.

He announced the results of a survey on productivity that was conducted with small business owners. He also talked about the need for more technology to improve productivity.

Issues covered:

1. Economy
2. Productivity

3. Bermie Dyer, Board-Certified Nurse and Author

She detailed the growing number of women who, even though they have graduated from college, still have low self-esteem. She addressed ways to combat that.

Issues covered:

1. Women
2. Education

Issues Today 14-18

Date Aired: 5/3/14 Time Aired: 6pm
Length: 28 Min.

1. Todd Whithorne, Founder of ACAP Health

He gave some tips on how business owners can keep their workplaces healthy. He also talked about the growing obesity problem.

Issues covered:

1. Health
2. Obesity

2. Jane Johnson, Owner and Business Transition Academy

She detailed the problems many small business owners have in selling their business. She also talked about the importance of long-term planning for succession.

Issues covered:

1. Economy
2. Family Values

Issues Today 14-19

Date Aired: 5/10/14 Time Aired: 6pm
Length: 28 Min.

1. Tom Elias, Syndicated Columnist and Author

He described research going on with new cancer treatments. He also commented on the power of the FDA.

Issues covered:

1. Health
2. Big Government

2. Patricia Nolan-Brown, Invention Consultant and Author

She talked about procedures inventors need to do to market their ideas. She also discussed changes in the law that have helped inventors.

Issues covered:

1. Consumerism
2. Economy

3. Lisa Lynn, Celebrity Fitness and Nutrition Expert

She detailed the myths of exercise. She also talked about the growing problem of obesity.

Issues covered:

1. Health
2. Obesity

Issues Today 14-20

Date Aired: 5/17/14 Time Aired: 6pm
Length: 28 Min.

1. Dr. Peter Edelstein, Board Certified Surgeon and Author

He talked about the growing use of liquid biopsies instead of traditional methods. He also discussed the effects of national healthcare.

Issues covered:

1. National Healthcare
2. Obesity

2. Donald Tucker, Ex-Secret Service Agent and Author

He talked about the Catholic church sexual abuse scandal and how the pope is trying to change the culture of the church.

Issues covered:

1. Sexual Abuse
2. Crime

3. Dick Weinberger, Management Consultant and Author

He gave some tips to entrepreneurs on how to be more successful. He also talked about the growing awareness of consumers.

Issues covered:

1. Economy
2. Consumerism

Issues Today 14-21

Date Aired: 5/24/14 Time Aired: 6pm
Length: 28 Min.

1. Michael Tobias, Founder of Dancing Star Foundation

He discussed the growing problem of over-population in the world.
He also talked about the worsening world environment.

Issues covered:

1. Over-Population
2. Environment

2. David Scranton, Founder of Advisors Academy

He gave some tips for those who are planning to retire soon. He also assessed the economy.

Issues covered:

1. Economy
2. Seniors

3. Mark Pinhasovich, "Biggest Loser" Contestant

He gave some strategies for those who are looking to lose weight. He also talked about the growing obesity problem.

Issues covered:

1. Health
2. Obesity

Issues Today 4-22

Date Aired: 5/31/14 Time Aired: 6pm
Length: 28 Min.

1. Richard Viguerie, Conservative Author of Commentator

He talked about the growing problem of big government. He also talked about the revolution going on in the Republican party.

Issues covered:

1. Big Government
2. Communication

2. Dr. Michael Smith, Author of "The Supplement Pyramid"

He commented on national healthcare and how people need to take more responsibility for their health. He also talked about the growing problem of personal stress.

Issues covered:

1. National Healthcare
2. Stress

3. Zulfiqar Rashid, Author of "The Rat Boys of Karalabad"

He discussed the growing problem of child slavery. He also talked about the rat boys of Pakistan that are turned into slaves at a very young age.

Issues covered:

1. Human Trafficking
2. Youth

Issues Today 14-23

Date Aired: 6/7/14 Time Aired: 6pm
Length: 28 Min.

1. Lana Harfoush, Director of Communications and Marketing, Moving Picture Institute

She talked about the growing independent film movement and how it is fueling new ideas to be expressed. She also detailed some of their films that talk about excess government programs.

Issues covered:

1. Communication
2. Big Government

2. Ross Kenneth Urken, Senior Editor at thestreet.com

He gave some tips on how consumers can save money on groceries. He also talked about tricks markets use to sell certain products.

Issues covered:

1. Economy
2. Consumerism

3. Chery Scott Mouzon, Program Manager at Jack Kent Cooke Foundation

She detailed their various scholarship programs that aid students beginning in middle school. She also commented on other scholarship opportunities.

Issues covered:

1. Education
2. Youth

Issues Today 14-24

Date Aired: 6/14/14 Time Aired: 6 AM
Length: 28 Min.

1. Bernard Bonner, The Million Dollar Analyst

He discussed racism in business and how companies can fight it.
He also commented on the current economic conditions in the country.

Issues covered:

1. Economy
2. Racism

2. Dr. Robin Berman, Psychiatrist and Assoc. Professor at UCLA

She talked about the tough job of parenting. She also gave some tips on how parents can do their job better.

Issues covered:

1. Parenting
2. Youth

3. Ross Kenneth Urken, Senior Editor at thestreet.com

He commented on growing auto insurance rates and gave some tips to consumers on how to save money.

Issues covered:

1. Insurance Costs
2. Consumerism

WHDQ 2ND Quarter PSA-2014

Alzheimer Support Group- 5/2

Connecticut Valley Home Care and Hospice from Valley Regional Hospital presents Alzheimer's Disease and Related Disorders Support Group, Coping with Agitation and Aggression. This event will be taking place on Tuesday, May 13, 6:30 to 8:00 p.m. at the Buckley Conference Room at Valley Regional Hospital located on 243 Elm Street in Claremont, NH. For questions call Laraine Strobel or Penny Koch at (603) 543-6800

Connecticut Valley Home Care & Hospice: Free Health Clinic, Blood Pressure and Blood Sugar Screening---4/30 3:23pm

Free Health Clinics concerning blood pressure and screening will be going on at sites within the towns mentioned below. These clinics are brought to you by Connecticut Valley Home Care & Hospice from Valley Regional Hospital. For additional information please call (603) 543-6800.

Claremont:

Sugar River Mills (Blood Pressure and Blood Sugar Screening)
7 Heritage Drive
Thursday, May 8, 10:30 to 11:30 a.m.

Earl Bourdon Centre (Blood Pressure)
67 Maple Avenue
Tuesday, May 13, 10:00 to 11:30 a.m.

Claremont Senior Center (Blood Pressure)
5 Acer Heights
Thursday, May 22, 11:00 to 12:00 p.m.

Marion Phillips Apartments (Blood Pressure and Blood Sugar Screening)
243 Broad Street
Tuesday, May 27, 12:45 to 1:30 p.m.

CSB Community Center (Blood Pressure)
152 South Street
Friday, May 23, 10:30 to 12:00 p.m.

Newport:

Z-Pharmacy (Blood Pressure)
239 Sunapee Street
Tuesday, May 13, 12:30 to 1:45 p.m.

Newport Senior Center (Blood Pressure and Cholesterol Screening)
76 South Main Street
Tuesday, May 20, 11:15 to 12:15 p.m.

Sugar River Pharmacy (Blood Pressure and Blood Screening)
46 John Stark Highway
Thursday, May 29, 10:00 to 11:45 a.m.

Charlestown:

Sullivan Nutrition Program (Blood Pressure and Blood Sugar Screening)
26 Rail Road Street
Monday, May 19, 11:00 to 11:45 a.m.

Cornish:

Cornish Town Hall (Blood Pressure and Blood Sugar Screening)
294 Town House Road
Tuesday, May 27, 11:00 to 12:00 p.m.

Annual Wild Game Supper-4/17

There will be a Wild Game Dinner taking place at the West Fairlee Fellowship Hall, West Fairlee Congregational Church, 954 Vt. Route 113, West Fairlee, Vt. on Saturday May 10th. Setting time will be from 4:00pm until 6:00pm. 25 item all you can eat buffet! "Chef Jon's Famous Ribs", Deer, Elk, Bear, Rabbits, Roast Pork, Turkey, Roast Beef, Hobo Stew, and all the fixings to go along with it. Blueberry cobbler and ice cream for desert. Suggested donations are \$20 for adults, \$10 for children 5-10 years old, and children under 5 eat for free. Reservations are strongly recommended and take-outs are available. Contact Steve Garrow at 802-685-3141 or contact the church at 802-333-4748 for more information or to reserve a seat today!

Ham and Bean Supper-5/23

On Saturday, May 17th the Enfield United Methodist Church will be having a ham and bean supper. The event will take place

Pot Roast Dinner- 5/23

On Saturday, June 7th, the United Church of Cornish will be having a pot roast dinner at the vestry on Center Road in Cornish, NH. The Dinner will be from 5pm to 7pm and is all you can eat. Cost for adults is \$10, children \$5, and pre-schoolers eat for free. For more information please call (603) 542-8546.

Firefighters Day- 6/25

Saturday, July 5th from 12-4pm the Sunapee Fire Association is hosting the Sunapee Fire Department Firefighters Day. This event will include a craft fair, Chinese Auction, 50/50 raffle, and complete with Fire Department demonstrations and activities for the kids! This will take place at Veteran's Field on Route 11. Rain date for Firefighters Day is Sunday, July 6th.

Freelance Family Singers- 4/21-

The Freelance Family Singers will be holding their annual Spring Concert on Saturday May 3rd at 7pm and on Sunday May 4th at 3pm. The Chorus, directed by Ellen Satterthwaite, will be performing at Woodstock's First Congregational Church. Classical Mozart, soloists, and small ensembles are just some of the features to enjoy during this great shows. The concerts are free with refreshments served afterwards. Donations of non-perishable food items for the community food shelf are suggested.

March of Dimes- 4/21-

Saturday May 3rd the Upper Valley March for Babies will be taking place on the DHMC campus in Lebanon, NH. Registration begins at 8am and the walk begins at 9am. Join us as we raise funds to find the causes for and ways to prevent premature birth and birth defects. Visit marchforbabies.org to register or participate. For more information contact Lynn Languais, Community Director, at (603) 505-5598 or by email at LLanguais@marchofdimes.org.

Hanover Center Old Timers' Fair-6/20

The 52nd Center Old Timers' Fair will be held on Friday and Saturday, June 27th and 28th, on the Old Parade Ground in Hanover Center, NH. The proceeds from the fair will benefit the First Congregational Church of Hanover in Hanover Center. The fair hours will be 5-9pm on Friday the 27th, and 9am-4pm on Saturday the 28th. Book Sale, White Elephant and Home Baked Goods Sale, games, food and beverages of your liking. Special events for Friday night include live music from the Valley Chords Barbershop Group, and a "Picking Session" with Gary Hubbard and the Boys. Saturday's features include a parade at 10am, and a traditional auction on the green at noon. Ox pulling, chicken barbecue, face painting are ongoing during the fair. For more information please call (603) 643-2618.

Storytelling in Sunapee 5/6

Sunapee Cove Assisted Living Presents Odds Bodkin Storytelling Performance "Thor & Odin Battle The Giants". Renowned storyteller Odds Bodkin will be presenting "Thor & Odin Battle the Giants", on Sunday, March 18 at 2p.m. The performance is brought to you by Sunapee Cove Assisted Living on 1250 Route 11, Georges Mills. Admission is FREE and open to the public with RSVP by May 16. For more information please call (603) 763-0566.

Yard Sale-6/20

Saint Anthony's Church located in Bethel, Vt. is having a Yard Sale! Hosted by the Catholic Daughters of Americas Court St. Anthony #1231, the event will take place from 9am-2pm on July 19th. The church is located on 3341 E. Bethel Rd., Randolph Ctr., Vt. Raffle, baked goods, crafts, and treasures await!

Blood Drive for The American Red Cross-4/15

S.A.V.E.S. (Small Animal Veterinary Emergency Services) will be hosting a blood drive for The American Red Cross Friday, April 18th from 12:00pm until 5:30pm at their facility at 63 Evans Drive, Lebanon, NH. A coupon for a free six-inch sandwich from Subway at participating restaurants will be given to all donors! Walk-ins are welcome. For an appointment visit www.redcrossblood.org or call 1-800 RED CROSS