

**Quarterly Issues Programs List:**

**WNTN Radio  
Cambridge, MA  
January-March,2020**

**Issues of Community Concern:**

**1. Education:**

Adult Programs at  
Needham Community  
Education.

Can we prevent School  
Violence?

**2, Drug Abuse:**

A Physician's story  
of addiction, Depression,  
Hope and Recovery.

**3. Environment:**

Supporting Local  
Conservation.

**4. Health/Medical:**

Navigating through  
pregnancy.

Treating the Corona Virus.

Double Barreled Flu Season.

Taming Haywire Hormones.

Adding some digestive  
Enzymes to your diet.

Reducing your risk of  
Getting Alzheimer's.

Strategies for Managing  
Stress around Infectious  
Disease.

**5. Health/Mental:**

Understanding the  
Neuroscience of Pleasure.

Finding Beauty in the world.

Psychiatric Drugging in  
Schools

What is a creative Activist.

How to reclaim your life.

**6. Human Rights**

International Human  
Rights.

**7. Computer Technology:**

The need for truly free  
Email.

**8. Government:**

Populism in America,

**9. Health/Nutrition:**

Apple Cider Vinegar  
Nature's Miracle Food.

**10. Political Satire:**

Social and Political  
Ridicule of President  
Trump.

**11. Religion:**

Utilizing our Faith.

**12. Drug:Usage:**

Recovery from addiction  
helps author write  
stories.

## 1. Education:

Issue: Adult Programs at Needham  
Community Education.

Date/Time: January 4, 2020  
7:00am/20 minutes

Guest: Amy Gildman

Description: Newton Community Education(NCE) is an office of the Needham Public Schools and Combines a number of out of School programs into one Administrative office, says Amy Goldman, Director of the NCE Adult Program. She points out Are self sustaining and include Adult programs, high school Programs, Elementary and Middle School programs, a Kindergarten After School and Summer programs, adds Goldman. She points out through the Adult Education Program she hopes to Provide quality lifelong learning Experiences that are accessible To a wide range of community Members, including high school Students.. Goldman concludes By saying that there are a great Number of programs in NCE and Believes the amount is continually Growing and urges adults not only To attend a class but to pass on ideas To the school that they would like to See created.

Issue: Can we prevent School Violence?

Date/Time: March 7, 2020

7::00am/20 minutes

Guest: Dr. Steven Webb

Description: School Safety Expert Dr. Steven Webb says school violence can be eliminated if the school and parents work together. He relates however the answer to the problem is not just hiring a police officer to patrol the hallways of the school building. Webb, author Education in a Violent World says we must address the real issues behind school violence which are the underlying student mental health issues. Including suicidal thoughts and behaviors. He points out most schools are doing an adequate job of keeping intruders from the outside from getting into the building. Webb says he's not worried by intruders. It's the students inside the walls that keep me up at night. He contends many students are having mental issues and too often they go straight to suicide rather than going to a teacher or counselor who can help them. Webb strongly believes we need to increase the number of counselors so they can have an open and meaningful dialog with these kids before they end their lives and the lives of those around them.

## **2. Drug Abuse:**

Issue: A Physician's Story of  
Addiction, Depression, Hope and  
Recovery.

Date/Time: January 18, 2020  
7:30am/20 minutes

Guest: Dr. Adam Hill

Description: Dr. Adam Hill, author of Long Walk out of the Woods says as Pediatric care physician he suffered Dispair and disillusionment with the Culture of medicine that thrust him In a spiral of depression, alcoholism And an active addiction. He points Out while in recovery from active Addiction, he lost a colleague to Suicide further revealing the extent of Secrecy and broken systems contributing To an evolving epidemic of professional Distress within the medical field. Hill hopes His book will address physicians Concerns about becoming depressed in Their field by reaching out to other Physicians and develop a dialog where Doctors can exchange feelings and ideas About the medical community at large. Hill concludes by saying his book is the Only book he knows that is in print that Addresses all individuals working in the Fild of medicine.

### **3. Environment:**

Issue: Support Local Conversation

Date/Time: January 18, 2020  
7:00am/20 minutes

Guest: Katie Carruth

Description: When you purchase plants from us your money works twice, says Katie Carruth Program Coordinator of the Middlesex Conversation District. She points out the environmental agency protects soils and waters in Middlesex Community We hold plant sales twice a year to raise money for our programs, adds Carruth She relates how they partner with Other agencies and organizations to solve natural resource concerns. Carruth relates how the Middlesex Conservation District co-sponsors and helps rganize the Mass. Envirothon, an experimental competition challenging high school students with real life natural resource problems. Carruth concludes by saying this helps Students who will encounter these Ecological situations in the future better Prepared to deal with and eliminate these Problems for a clean and safer future.

#### 4. Health/Medical:

Issue: Navigating through Pregnancy

Date/Time: January 25, 2012

:7:00 am/20 minutes

Guest: Leslie Schrock

Description Leslie Schrock says She wrote Bumpin' the Modern Guide to Pregnancy because As many women know, the Journey to Motherhood is not Always straight forward. She points Out her delivery was no exception.. Before delivering her son, says Schrock she sadly experienced both A miscarriage and a non-viable Pregnancy. Because of this she Decided to create a modern Guide to pregnancy. Schrock says In her pregnancy guide she debunks The most pervasive pregnancy Myths to help readers take control Of their parenting journey. Schrock Relates that in her book she Discusses everything from fertility Sensors, advanced maternal age Issues. Prenatal testing options, Recruiting your practitioner, pain Management methods, Uncomfortable side effects and Solutions, plans for birth Preferences, postpartum care, Pelvic floor therapy and what you Really need to buy for you and Your baby. Schrock concludes by Saying: this book is designed to be Used by today's modern working Woman.

Issue: Treating the Corona virus  
Date/Time: February 1, 2020  
7:30am/20 minutes  
Guest: Dr. Cass Ingram

Description: As the number of persons Infected from the China coronavirus Outbreak rises health officials are urging Travelers to practice proper hygiene at all Times not just during air travel to help Mitigate the virus's ability to spread, says Dr. Cass Ingram, author of Natural Cures For Health Disasters. He points out a recent Vitro study indicates that the essential oil Of oregano can destroy coronavirus and Completely stop stop its replication within 20 minutes of exposure. Ingram relates how the oregano oil alone reduced viral titer from over five million particles per mi at baseline to 167 particles per mi within 15 minutes. Within 20 minutes they were reduced to non-detectable Levels. Ingram concludes by saying that Vitro findings need to be confirmed in Human critical trials but they are Compelling in that show that oil of Oregano alone and in combination with Other essential oils have unequivocal Virustatic effects.



Issue: Double Barreled Flu Season.

Date/Time: January 25, 2020

7:30am/20 minutes

Guest: Dr. Cass Ingram

Description: Dr. Cass Ingram, author of The Cure is in the Cupboard says health Says a double barreled flu season means You can get sick twice this year once from A strain virus and once from a B strain. He points out we are more likely to get hit By both strains especially by the B strain. Children especially will be hit hard because They have never been exposed by the B Strain, adds Ingram.. Ingram concludes by Saying that up to 18 million people have Gotten the flu this year according to the Centers for Disease Control and Prevention's. Up to 210,000 people Have been hospitalized and thousands Have died including 39 children. Ingram Recommends a nutritional protocol of Wild spice extracts to ease flu symptoms. Wild oregano extracts have been shown to Be effective against a large group of Harmful viruses and should be used Throughout the flu season.

Issue: Taming Haywire Hormones.

Date/Time: February 8, 2020  
7:am/20 minutes

Guest: Dr. Neal Barnard

Description: Dr. Neal Barnard, a Nutrition researcher and author of *Your Body in Balance* says infertility, weight gain, menopausal symptoms, breast and prostate cancers, thyroid problems and acne are fueled by hormones that are hidden or are influenced by the foods we eat. Food hormones, says Barnard, play a powerful role in fertility, menopause, sex hormone related cancers, diabetes and regulating the metabolism. Barnard contends boosting fiber in the diet is one way for creating a healthy hormone balance. He relates how boosting fiber in the diet can bring a woman's hormones to a healthier level. Barnard states and believes boosting fiber in the diet will not only prevent health problems but it will allow people to live healthy and productive lives and a better understanding of our immune system.

Issue: Adding some Digestive enzymes to Your diet.

Date/Time: February 15, 2020  
7:00am/20 minutes

Guest:Dr. Julie Gotza

Description: Enzymes are protein molecules That assist in every metabolic process of the Body, says Dr. Julie Gatzka, one of the Nation's top chiropractors. She points out The digestive enzyme protease is a very Effective allergy fighter as it functions to Break down proteins. A common component Of many infants that trigger immune and Allergic reactions., adds Gatzka. She says That stress plays a major role in the Development of allergies due to the effect It has on the digestive system. Stress leads to Poor digestion, inadequate intake of Nutrients and reduced performance of our Vital internal organs. Gatzka contends this Leads to insufficient production of all Types of enzymes required to keep the Body alive. She concludes by saying When we consume extra digestive enzymes As dietary supplements, we take the burden Off the body so it can better detoxify and Heal itself.

Issue: Reducing your risk of  
Getting Alzheimer's.  
Date/Time: February 29, 2020  
7:30am/20 minutes  
Guest: Dr. Kenneth Kosik

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Alzheimer's says doing simple  
Things like dancing, napping, getting  
Massages, talking to strangers,  
Enjoying a glass of wine for dinner  
And joining a book club can help  
Reduce the risk of getting this  
Disease. Kosik points out he has a  
Three week plan for incorporating  
These prescriptions into your life  
And then show you how to the plan  
To fit your needs and lifestyle. He  
Contains with more than 40  
Easy and delicious brain healthy  
Recipes, almost 30 interactive  
Brain training games and a simple  
Yet effective 7 minute workout.  
Kosik states while doing these things  
Will not eliminate Alzheimer's, it  
Will help reduce the risk of getting it  
And slow the progression of  
Symptoms as much as possible.

Issue: Strategies for Managing Stress  
Around Infectious Disease.

Date/Time: March 21, 2020  
7:00am/20 minutes

Guest: Dr. Michael Lewis

Description: Dr. Michael Lewis,  
Infectious Disease expert says that  
We know that stress actually triggers  
An immune reaction and creates  
Inflammation throughout the body  
Making you more susceptible to  
Infections. He relates how  
inflammation also can lead to issues  
With mental health and depression  
While also disrupting the balance of  
Your gut microbiome which  
Adversely affects your overall  
Mental and physical health. Lewis  
Says Stress, immunity and disease  
Progression have reciprocal  
Relationships. He encourages  
Persons to practice stress  
Management techniques which  
Researches suggest have  
Potentially powerful effects on  
Your immune system. Lewis  
Concludes by saying to consume  
Natural foods whenever possible.  
This in itself will reduce the stress  
Factor.

Issue: Living Healthy and  
Looking Younger.

Date/Time: March 28, 2020  
7:30am/20 minutes

Guest: Dr. Eudene Harry

Description: Eudene Harry, author of  
Living Younger in 8 Simple Steps  
Many people live a life that  
Predisposes them in early aging.  
She says this can be turned around  
Without magic potions or pills.  
She points out much of what we  
Think about aging, like the lack of  
Energy, frequent illnesses, weight  
Gain, memory loss, wrinkles in the  
Skin can be the result of a poor diet  
High in processed foods and  
Deficient in vitamins, minerals and  
Other micronutrients, a lack of  
Exercise, poor skin care and  
Excessive stress. Harry says even  
Lack of sleep can make you more  
Prone to being overweight. She  
Includes by saying the life you live  
And the decisions you make every  
Day are directly responsible for how  
your body feels and ages.

5. Health/Mental:

.Issue: Understanding the  
Neuroscience of Pleasure.

Date/Time: February 1, 2020  
7:00am/20 minutes

Guest: Nan Wise

Description: Nan Wise, a clinical Hypnotherapist and certified Relationship specialist and author of Why Good Sex Matters says after More than 20 years in clinical Practice she became driven to Understand how the brain creates Moods and behaviors in relation To sex and other aspects of human Experience. Wise relates how the Brain is connected to sex and Experiences pleasure but at the same The brain can develop self Destructive patterns that can destroy The good feelings of sex that are Generated through the brain. Wise explains how the core Emotions in our brain exert Profound Interest on our sexuality And emotional functioning. At the Same time. Wise concludes by Saying both partners in marriage Can overcome sexual shame, Trauma and boredom and develop a Healthy and rewarding sexual Relationships.

Issue: Psychiatric drugging in  
In schools.

Date/Time: January 4, 2020  
7:30am/20 minutes

Guest: Brian Gardner

Description: Brian Gardner, author of Plan for America and the World Says never submit your child to a School Psychologist for any kind of Medication. He relates how the Behavior of a child in school is Automatically transferred by the Teacher to the school psychologist.. Gardner says the parents should Always be contacted of any problems with the behavior of their child. without any further Action on their part. Gardner Encourages parents to get involved With Parents Teacher Association And demand that they fire any Psychologists or psychiatrists Employed by the schools who Are promoting the drugging of School children. Gardner concludes By saying students are now being Set up for mental health screenings Which are nothing more than an Attempt to get even more on theses Worthless damaging drugs all based On the never proven theory that Some children have biochemical Deficiencies in their brains.



Issue: What is a Creative Activist

Date/Time March 7, 2020

7:30am/20 minutes

Guest: Rae Ruskin

Description: Rae Ruskin, author of The Creative Activist says a creative Activist is an ordinary person who Uses their imagination, creative Thinking and unique expression To make a positive difference in People's lives, communities and the World. He points out the Characteristics of the creative Activist are the following: Activists Know who they are, live in Alignment with their core values, Have a sense of wonder, play and Curiosity optimistic, hopeful and Positive, courageous persistent, act In the face of fear, share their personal stories of failure and Triumph, build capacity and skills for other people, express themselves As artists and storytellers and are committed to making the world a better place. Ruskin concludes by saying everyone of us is an activist in life in one way or another and the Contributions we make as activists makes the world a better place to Live and thrive in.

Issue: How to reclaim your life.  
Date/Time: March 28, 2020  
7:30am/20 minutes  
Guest: Alice Hoffman

Description: Alice Hoffman, author of Survival Lessons says during her treatment For breast cancer she joined a support Group. She says she has always been shy and usually unable to have a decent Conversation with someone new. At home Family members did not seem to care About her condition. But began to open Up and found herself telling the Women in that group who were Complete strangers the most personal Details of her life. Hoffman revealed that She called one of these members of the group. The member did not say everything would be fine but she did Listen to what I had to say, adds Hoffman. She said something to me that I will never Forget and that was I better plan to survive, Hoffman sincerely believes eternal Optimism is the best approach in life And if we practice it the outcome no Matter what it is will be accepted.

## **6. Human Rights:**

Issue: International Human Rights.

Date/Time: February 8, 2020

7:30am/20 minutes

Guest: Brian Gardner

Description :Brian Gardner, author Of Plan for America and the World Says at the end of World WarII on December 10, 1948, the United Nations drafted the Universal Declaration of Human Rights. Gardner says the declaration Features 30 articles covering a Variety of rights, that all humans Have as their rights as living Individuals, Gardner relates how 26 Countries including the United States spomsor essay and art Contests from children around the Globe. Also. Adds Gardner Providing materials for students And teaching guides for schools Helps students around the world Increase their knowledge of the Human rights they possess. He stresses how extremely Important this is if we want to See a cessation of abuses of Human rights here in the United Staes and around the world.

## 7. Computer Technology:

Issue: The need for truly free Email.

Date Time: February 29, 2020  
7:00am/20 minutes

Guest: V.A. Shiva

Description: The United States is forced to implement Truly free email, says V.A. Shiva, author of The Future Of EMAIL. He points out This means that every email we send is our email. No One else owns it and nobody Can read it.. Shiva points Out if an email is tampered With, legal and criminal Penalties will be imposed as They are now with postal Mail. Shiva relates how Private companies today Own your email and you Willingly signed up for Those free services without A public alternative. Therefore you have no Legal recourse to email Tampering. Shiva believes The only solution to this Problem is that companies That contain this information Should become public Utilities.

## **8. Government:**

Issue: Populism in America.

Date/time: March 14, 2020

7:00am/20 minutes

Guest: Bradford Kane

Description: The current rise of Populism in America is primarily Is due to the unique faux-populist Nature of Trumpism, says Bradford Kane, author of Pitchfork Populism. He points out Populism has Occurred throughout America's History but believes the current Stage of Populism is different and Basically the by product of Trump. Kane says Trump's demonization Of trade and globalization, the Political use and consequences of Tariffs and the implications of America First changes the meaning Of Populism to what it was meant in The country's early history. While Kane finds no fault with Populism, He is on the record by saying the Political motivation for tax breaks, Subsidies for corporations and Deregulation along with a Divisive effect on class and social Structures puts a cloud and a different meaning on what Populism Should be.

## **9. Health/Nutrition:**

Issue: Apple Cider Vinegar,  
Nature's Miracle Food.

Date/Time: March 14, 2020  
7:30am/20 minutes

Guest: Paul Bragg

Description: Whether you are looking for Energy, joint health, alkalizing your body, Improving your digestion , you will feel The difference right away because apple Cider vinegar is enzyme rich, says Paul Bragg, author of Apple Cider Vinegar, The Miracle Health System. He points out Apples are rich in potassium and enzymes. Apples are delicious fruits that most people Enjoy eating. Bragg relates how the apple Has played a vital role in our destiny. Apple eaters have a certain healthfulness That non -apple never achieve. He Concludes by saying most humans are Potassium deficient and it reflects in Their cell tissues and throughout their Entire body.

## **10. Political Satire:**

Issue: Social and Political  
Ridicule of President Trump.  
Date/Time: March 21, 2020  
7:30am/20 mins.  
Guest: Robert Trebor

Description: Robert Trebor, Character actor and author of The Haircut Who Would Be King, says Trump's election to the Office of President was So Upsetting to him that he Decided to write a book of Social and political ridicule About the President to make Himself and others feel Better about the outcome of The Presidential election. He Points out .in his book he is Depicting Trump by creating Outrageous scenarios , Exaggerating and fracturing What some might think is Real.. Trebor states he is Doing this in a plausible way, Especially given what Happens in the news Everyday. He believes his Political satire will restore People's faith in our Government and also The election of Presidents Since George Washington Had their roles in Political Satire.

## **11.Religion:**

Issue: Utilizing Our Faith

Date/Time: March 28,28/20

7:30am/20 minutes

Guest:Dr. Mardoche Sidor

Description Dr. Sidor, author of The Power of Faith says faith Matters the most because it Carries us, keeps us grounded And keeps us in harmony He points out everything that Happens to us is good whether We look at it as bad or good, Sidor reveals if we are sorting out What is and what is bad, we are Not applying faith. Sidor reveals Fath is believing in the unseen, Knowing that whatever the current Situation might be, a way will be Made. He strongly believes this is The power of faith and this is what Matters most.



## 12. Drug Usage:

Issue: Recovering from drug addiction helps Author write Stories.

Date/Time: March 28, 2020

7:00:am/20 minutes

Guest :Charles Souby

Description: Charles Souby, author Of Borderline, a collection of Short stories. Souby says Addiction In many ways is one of the best Metaphors for the human condition. He says I believe all of our Discontents in life stem from a Spiritual poverty of sorts Souby Points out one of his writing stories Is to put a human face on addiction He relates how so much has been Written and filmed about the crazed Hoodlum aspect of addiction Portraying soulless, tweaked out Characters tearing themselves and The world for their next fix.Souby Relates how alcoholics and addicts Reside in all stratum society often Living lives of quiet desperation He believes and hopes his short Stories will point out these Conditions so these persons who Are suffering and need help will Be recognized as human beings Who need a helping hand to Change their directions of their Lives.

