

Quarterly Issues Programs List:

**WNTN Radio
Cambridge, MA
October-December 2019**

Issues of Community Concern:

1. Race/Discrimination:

The effect of the Holocaust on a Jewish Family .

All Black Lives Matter.

2. Health/Medical:

The game of Football still poses a medical danger.

Damaging Effects of Leaky Gut Syndrome.

Why CBD Vaping is Turning Lethal.

Treating Erectile Dysfunction Following Prostate Cancer Treatment.

Reducing physical ailments Using massage therapy.

Living with Metastatic Breast Cancer

Healthy snow shoveling tips.

3. Legal:

Winning cases for clients.

4. Health Nutrition:

Improper Food Preparation and Toxic Foods.

Safety Tips for cooking turkeys.

Five tips for kicking your Sugar Cravings.

Mind Blowing Banana Facts

Healthcare:

Hellenic Nursing: and Rehabilitation
Radio Thon on WNTN Radio.

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6. Business Economy:

The power of the Internet on
business advertising.

7. Technology:

The emergence of Virtual Reality.

8. Seniors/Retirement:

Achieving a Happy Retirement.

9. Education:

Gardening's Influence on Poetry.

How colleges can recruit and retain
More students.

10. Environment:

Healthy Water.

Global Warming is a False
Threat based on Faulty Science.

11. Personal Finance:

Dealing with end of life
monetary issues.

1. Race/Descrimination

The effect of the Holocaust on a
A Jewish Family.

Date/Time October 5, 2019
7:00am/20 minutes

Guest: Judy Stone

Description: Judy Stone, author of Resillience says she wrote this book Because it shares the remarkable Stories of how the surviving siblings Found one another after the war. She Says her book reveals how her mother, aunts and uncles were tormented by the pain of loss and Undercurrents of fear throughout Their lives. Stone relates how her Her father Miki tragically died too Young at age 50 during the war. Stone contends she wrote Resilience To offer a testament to her family's Ingenuity and hidden strengths, both For surviving the war and for starting Life anew in a strange land. However Stone says she is very Concerned about the growing of Anti Semitism in the United States And around the world.. Stone states A lot of world history is no longer Taught in American schools making The Holocaust a forgotten event. She believes this must change before Another calamity takes it place. Stone concludes by saying she is Thrilled and encouraged by President Trumps strong relationship with Israel.

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Issue: All Black Lives Matter
Date/Time: October 12, 2019
7:00am/20 minutes
Guest: Candis Smith

Description: Candis Smith author of Stay Woke says the book, Stay Woke is a wake-up call for all Concerned Americans including Progressives who voted for Obama And pride themselves on being color Blind. She relates how Black men Are six times as likely to be Incarcerated as white men and why we need to stop blaming black Culture for crime and get tough on Poverty. Smith says the end of race Based busing efforts has widened the Education gap between black and White students. She encourages and Challenges educators and activists to Help integrate schools, Smith Concludes by saying the gains of The Civil Rights movement and the Black Lives Matters movement Demands constant vigilance as well As active demands and resistance

2. Health/Medical:

The game of Football still poses a medical danger.

Date/Time October 5, 2019
7:30am/20 minutes

Guest: Dr. Michael Lewis

Description: Football isn't just a Contact sport, it is a dangerous Game of massive bodies colliding Into one another, says Dr. Michael Founder of the Brain Health Education and Research Institute and Author of When Brains Collide. He Points out it has taken far too long For the NFL, the medical community And football fans to fully reckon With this. Lewis says concern about This issue has only grown now that More than 100 former NFL players Have received a postmortem Diagnosis of Chronic Traumatic Encephalopathy (CTE). Lewis says The league has made small steps to Make the game a bit safer by Immediately removing players from The field when there is a potential Concussion Lewis concludes there is Still much more to do but the door is Now open and the NFL is starting to Listen to the medical community. Lewis concludes it is a step in the Right direction.

Issue: The Damaging Effects of
Leaky Gut Syndrome,
Date/Time: October 19, 2019
7:00am/20 minutes
Guest: Dr. Julie Gatza

Description: Leaky Gut Syndrome is
A disease that comes about after
Years of intestinal bombardment by
Indigestible food sludge, says Dr.
Julie Gatza, co founder of the
Florida Wellness Institute, She
points out the sludge is composed of
Fried, fiber-less processed and
Packaged un-foods, As this sludge
Moves through the small intestine,
The undigested sludge, adds Gatz
Causes abrasion, irritation,
Swelling and tearing of the
Intestinal lining, She relates how
Over time the intestinal walls
Become so broken down that the
Normal openings for absorption
Become enlarged allowing
Undigested food particles to
Leak out of the intestines and enter
The bloodstream, Gatz concludes
By saying the answer to the problem
Is to convert to a diet of proteins
And steamed green vegetables.

Issue: Why CBD Vaping is Turning Lethal.

Date/Time: October 26, 2019
7:00am/20 minutes

Guest: Dr. Cass Ingram

Description: Dr. Cass Ingram author of, The Hemp Oil Miracle says it's Hard for consumers to know how Much CBD they are really getting If any at all, says Ingram. He points Out as with many products federal And state rarely test what's inside., For the most part, quality control is left to the manufacturers. Ingram Relates that alarmingly the labeling Of many CBD products were Mislabeled. Ingram contends vaping Products that use CBD oils should Should be in a certification program That is currently used for CBD skin And health products. Until this Happens and is successful all Vaping products should be removed From the shelves and prohibited From being sold. Without these Restrictions there have been 380 Confirmed and probable cases Have been identified across 36 States and the Virgin Islands. More Than 450 possible causes have been Investigated.

Issue: Treating Erectile Dysfunction
Following Prostate Cancer

Treatment.

Date/Time: November 16, 2019
7:30am/20 minutes

Guest; Michael Russer

Description: Michael Russer who has
Been treated for Prostate Cancer says
This kind of cancer is not a cause of
Erectile Dysfunction(ED).

However he points out treatments for
This disease can cause it. Radiation
Therapy and Hormone Therapy that
Are used in Prostate Cancer

Treatment can cause ED and in most
Cases it is permanent. Russer says

Current treatment options for ED

Include Cialis, Levitra, Stendra,

Staxyn and Viagra. Russer says the

Severity of ED depends on the type

Of surgery, the stage of Prostate

Cancer and the skill of the surgeon.

As many as 60% to 70% of men

Who have had nerves spared on

Both sides of the prostate will

Regain erections after surgery.

Following radiation therapy, overall

50% to 60% of men regain erections

with medication, Russer concludes

by saying men undergoing Prostate

Cancer surgery should address ED

Issues with both their practitioner

And surgeon.

Issue Reducing physical ailments
Using massage therapy.

Date/Time: November 9, 2019
7:00am/20 minutes

Guest: Ray Miller

Description: Studies continue to Prove the physical emotional Benefits of a single therapy session, Says Ray Miller, a professional Massage therapist. He points out Massage therapy can be medically Beneficial simply by reducing Stress by lowering heart rate, Cortisol and insulin levels that Stress causes. Miller says pressure Created by massage therapy moves Blood through congested areas. This Causes new blood to flow resulting In improved body function. He Contends using massage therapy can Promote deeper and easier breathing By relieving respiratory issues by Simply training the body on how to Relax. Miller relates how massage Therapy can use the pressure and Pain of chronic headaches and Migranesthat reduces the chance And frequency of headaches. He Points out studies indicate that Regular massage therapy can Naturally increase the immune System's cytotoxic capacity- The active level of the body's Natural killer cells. Miller Concludes reducing stress with Massage therapy not only Reduces stress but reduces the Physical harm it causes in Individuals.

Issue: Living with Metastatic Breast Cancer.

Date/Time: November 2, 2019
7:30am/20 minutes

Guest: Victoria Goldberg

Description: Victoria Goldberg says For over 5 years she has been living With Metastatic Breast Cancer- {MBC}. She says she was informed by her doctor that this type of Cancer is not considered curable. Goldberg recalls how she was diagnosed with this Cancer in 2005 and treated and then moved on with her life. She relates that for the following 9 years she had no time to be sick and Cancer was the last thing on her mind. Goldberg says in January 2014 a CT scan showed that her Cancer had come back and had spread to her liver and bones. Goldberg says she had an exceptionally good response to her treatments and physically recovered pretty quickly. She relates how the difficult problem Was coming to grips with the new Reality. Goldberg says she is not Ready to give up. She concludes by Saying she started SHARE, a Dedicated help line for women Living with MBC.

Issue: Healthy snow shoveling tips.

Date/Time December 21, 2019

7:30am/20 minutes

Guest: Dr. Stuart Ezrin

Description: Shoveling snow can increase your risk for heart attack, says Dr. Stuart Ezrin, chiropractor in Newton. He points out the following procedures should be used to reduce heart attack risk as well as any other body injury. 1.) Warm up with stretching and light activity before shoveling. 2.) Wear a scarf over your mouth and nose when shoveling to warm the air you are breathing. 3.) Wear layer clothes beneath a windproof and waterproof outer shell which will help maintain body heat. 4.) Push the snow rather than lifting it. This will reduce the risk of overexertion. 5.) Take frequent breaks while shoveling to give your muscles, especially your heart, a chance to relax. 6.) If you are over 50, overweight and out of shape or have suffered a heart attack, consult your doctor before shoveling. Ezrin urges persons not to throw snow too far because this could cause muscle strain and possible serious back problems that may require surgery. He concludes by urging everyone to use caution. This is the only way to prevent serious injury or a fatal heart attack.

3. Legal:

Issue: Wining cases for clients.
Date/Time: October12, 2019
7:30am/20 minutes
Guest: Marc Grossberg

Description: Marc Grossberg, author Of The Best People says winning is Very important to lawyers. He points Out sometimes it's even more Important to manage your client's Expectations.. Grossberg points out Some lawyers have done some Terrible nonethical deeds.He truly Believes they do that for themselves And not the client..

Rossberg says all of his Stories about lawyers take place in Houston Texas where he resides.. The state of Texas has a reputation For being free wheeling with Tax laws and regulation that allow For a winner take all mentality, Grossberg states that all of the Characters in his book are fictional. This allows him to develop his Characters to be real and believable.

4. Health/Nutrition:

Issue: Improper Food
Preparation and Toxic Foods.
Date/Time: October 19, 2019
7:30am/20 minutes
Guest: Dr, Julie Gatza

Description: When you heat food
Above 119 degrees you destroy all
The enzymes in the food so you have
Food that's very difficult to derive
Nutrients from because it's been
Robbed of enzyme content needed
To to break it down into micro-
Nutrient particles, says Dr. :
Julie Gatza who is spokesperson
For Nature's Sources Dietary
Supplements and a chiropractic
Physician. She points out processed
Foods containing chemical additives
And preservatives pose a special
Challenge to our bodies because
These entities are considered toxic
Causing the body's response to gain
Weight and form benign tumors.
Gatza concludes to prevent this from
Happening nutrient absorption is
Necessary.

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Issue: Safety tips for cooking
Turkeys.

Date/Time: November 16, 2019
7:00am/20 minutes

Guest: Lilly Jan

Description: When preparing your Turkey for Thanksgiving. There are Four main safety issues :thawing, Preparing stuffing and cooking to Adequate temperatures, says Lilly Jan, Director of Culinary Operations For Newbury College. She points Thawing turkeys should be kept at Safe temperature. The danger zone Is between 40 and 140 degrees Where food borne bacteria starts Multiplying rapidly. Jan says frozen Turkey is safe indefinitely until it Begins the thawing process, She Relates how bacteria from raw Poultry can contaminate hands, Utensils and work surfaces. Exposed Areas need to be cleaned thoroughly Jan advises anyone having stuffing With his or her turkey to cook the Stuffing outside of the turkey in a Casserole dish rather than putting It inside the turkey when it is Cooking, When cooking the turkey. She says the oven temperature Should be no lower than 325 Degrees and be sure the turkey Is completely thawed. Jan Concludes by saying if these Directions are followed everyone Can enjoy a safe and

Issue: Five tips for kicking your Sugar Cravings.

Date/Time: December 7, 2019
7:30am/20 minutes

Guest: Dr. Julie Gatza

Description: Once we understand the cause Of our sugar cravings, it is not at all difficult to gradually wean ourselves off sugar and at The same time drop down to our ideal body Wight, says Dr. Julie Gatza, Health Educator and chiropractor. She points out There are five tips you can take to reduce Your sugar cravings: 1.)Use the fungal Herbal extract from New Zealand's Horopito plant. The extract attacks and Kills yeast colonies and allows beneficial Intestinal bacteria to flourish and reduce Cravings. 2.)Eat smaller, more frequent Meals. Eating 5 small meals a day cuts the Amount of sugar consumed and reduce Cravings at the same time. 3.)Toss out sugar And sugary foods. 4.)Carry an emergency Snack bag. The reason for this is sugar Cravings can come on really strong so It is important to pack a snack that does not Contain any sugar.. 5.)Don't rush things: Quitting cold turkey is rarely a good idea.. Gatza concludes if you follow these five Measures you can eliminate sugar from Your diet after 2-3 weeks.

Issue: Mind Blowing Banana Facts

Date/Time: December 21, 2019

7:00am/20 minutes

Guest: Steve Gelerman

Description: Steve Gelerman of Ian's Natural Foods says to us here in the United States, a banana is just fruit with A slippery skin: a tasty snack wrapped in a Practical joke. He reveals in other countries However they take it much seriously. It may Be a funny looking fruit with a funny Sounding name but millions of people Rely on the banana just to stay alive. Bendy Yellow bananas provide food and income For entire nations. Over 100 billion bananas Are eaten every year in the world, making Them the fourth and most popular Agricultural product., adds Gelerman.. He Relates how the average American eats 27 Pounds of bananas each year. Gelerman Reveals the following about bananas: 1.) Humans share roughly 60% of their DNA with bananas. 2.) The inside of a Banana peel can relieve itching from bug Bites and poison ivy. 3.) the first non-Dairy milk made from bananas was Successfully formulated in 2015 as an Alternative to dairy, nut and rice milk. He concludes by saying there is a bright Future ahead for bananas in the American Diet that will elevate the standard of good Health..

5, Healthcare:

Issue: Hellenic Nursing and
Rehabilitation Center's Radio thon
On WNTN Radio.

Date/Time: October 29, 2019
7:30am/20 minutes

Guest: Pamela Houlares

Description: Pamela Houlares,
President of the Hellenic Nursing
Rehabilitation Center says this year's
Radio Thon will be focusing on
Getting up to date medical
Equipment that will not only
Improve the quality of life but will
Help the center to take care of more
Patients at a time that underscores
The Center's Mission Statement of
Providing quality of life, dignity
And maximum independence.
Houlares contends the facility could
use more space but getting the
needed medical equipment can free
Up space in the center until that
problem can be addressed at a later
date.

6. Business Economy:

Issue: The power of the Internet
on Business advertising,
Date/Time: November 2, 2019
7:00am/20 minutes
Guest: Vito Santoro

Description: Vito Santoro, author of
Nitch Dominance:Creating Order
Out of your Digital Marketing says
The power of the internet can be
More powerful than advertising on
Television or radio. He points out
Companies who use these mediums
Can always present a positive
Images of themselves because they
Are the ones controlling the
Message. On the other hand a bad
Or good review from an internet
Source has an immediate impact on
Businesses. Santoro says Businesses
Today are becoming more aware of
This and have taken more control
By communicating with their
Customers directly through the
Internet. This method is
Extremely critical to small
Businesses who can ill afford bad
Publicity on their product and
Policies, adds Samtoro. He
Concludes by saying that the
Internet can keep both customers
And companies honest.

7. Technology:

Issue: The emergence of Virtual Reality.

Deat/Time: November 23, 2019
7:00am/20 minutes

Guest: :Jim Malcolm

Description: Jim Malcolm, a virtual Reality expert and media Spokesperson for Humaneyes Technologies says the Virtual Reality boom is no illusion. Virtual Reality products are flying off the Shelves faster than manufacturers Can make and ship them. He points Out Virtual Reality is starting to Play a role in learning and Development. From entertainment To education, from training to Travel, virtual reality is beginning to Provide an unforgettable real-time Experience to its users, adds Malcolm. He relates how virtual Reality can help a customer Shopping for a new car, a look Around to a new home or buy a Piece of furniture without leaving Their home. Malcolm concludes By saying Virtual Reality will Make our lives easier to navigate in And set aside time for other Worthwhile pursuits.

8. Seniors/Retirement:

Issue: Achieving a Happy Retirement.

Date/Time: November 30, 2019
7:00am/20 minutes

Guest: Jeff Yeager

Description: Jeff Yeager, author of How To retire the Cheapskate Way says with more than more than 10,000 Americans turning 65 Everyday and over 70 million Baby Boomers at or reaching retirement Planning well for one's golden years Is a Hotter topic than ever before. He points out Baby Boomers need a a fresh and creative approach. Yeager says his book can help Baby Boomers look at how much money They spend rather than Complicated investment schemes Yeager concludes by saying if you Consistently live below your means Throughout your life has three Powerful benefits:1.)It allows you to Set money aside for your Retirement.2.)It conditions you to Set aside money in your retirement Nest egg. 3.)By living below your means you can put your money in Places where thee is no risk..

9. Education:

Issue: Gardening's Influence on Poetry.

Date/Time: November 30, 2019
7:30am/20 minutes

Guest: Marta McDowell

Description: Marta McDowell, Author of Emily Dickinson's Gardening Life says Emily Dickinson was a keen observer Of the natural world and loved the Garden and had a deep passion for Plants that inspired and informed Her writing. McDowell reveals How Dickinson's poems, letters And botanical art offered a Enchanting new perspective on one Of America's most celebrated but Enigmatic literary figures.

McDowell

Concludes by saying Dickinson's Contribution to gardening generated Not only interest in gardening but Also interest in writing for Americans who discovered the Power of the poem to give meaning To their lives and existence.

Issue: How Colleges can recruit and Retain more students.

Date/Time: December 14, 2019
7:30am/20 minutes

Guest: David Porter

Description: The success of a dining Program is integral to the success of Any university, says David Porter Author of the Porter Principles. He Points out everyone wants to be Connected and there is no more Powerful tool that creates a sense of Community than an optimum Dining program. Porter says when Students have a rich dining Experience they make and cement New friendships. While they are Dining and making new friends the school has once in a lifetime opportunity to build brand loyalty. Porter contends through the Architecture, symbols and legacy Images that make up the interior Design of the dining role also play A very important part in the dining Venue. In order to accomplish these Goals, he urges universities not to Contract out the management of their Dining departments to companies Like Chartwell or Sodexo. Porter Believes the only way to keep a pulse on the school's cafeteria is by A self-operated dining department. This gives the college or university The option to create a dining Experience that reflects the desires And the needs of its students. Adds Porter.

10. Environment:

Issue: Healthy Water.

Date/Time December 14,2019

7:00am/20 minutes

Guest: Norbert Hauser

Description: Eco-consultant Norbert Hauser says water covers 71 percent of the earth's surface and comprises up to 80 percent of the adult human body and even 90 percent of a baby. He points out in centuries past there was plenty of clean water to be found and to be drunk. Hauser relates how today very few people could point to a stream, lake or well that one could drink healthily from. Hauser points out without healthy water there can be no healthy life. Hauser says water quality is a vital personal health issue and a vital national health issue that needs to be vigorously addressed. Hauser encourages everyone to take a closer look at our environment and see what it is doing to our water health. And to take a look at the properties that are in today's bottled water. He concludes by saying we can keep water healthy only if we are vigilant and take the matter in our own hands.

Issue: "Global Warming" is a False Threat
Based on Faulty Science.

Date/Time: December 28, 2019
7:30am/20 minutes

Guest: Brian Gardner

Description: Brian Gardner, author of Plan For America and the World says the basic Facts regarding long term weather Conditions on Earth have never been Refuted or proven incorrect.. He points Out the public has been fooled. He points Out the public was fooled into believing That the Earth is warming and that mankind Was the reason for this.. This is not true. Gardner reveals the false claim of global Warming is a veiled attack on current Technologies and economic development That raise human living standards. Gardner Encourages people to write letters Challenging newspapers that forward the Myth of global warming and human caused Climate change to provide facts from Scientists not being founded by Foundations that are promoting lies about Climate change. Gardner points we need to Support rational solutions to our Environment and be in touch with those Persons have a great understanding of Earth's climate history that has repeated Itself so often over millions of years.

11. Personal Finance:

Issue: Dealing with end of life monetary decisions.

Date/Time: December 7, 2019
7:00am/20 minutes

Guest: Susan Alper

Description: Susan Alpert, author of Driving Solo says even though she was a successful business woman, she had no idea what was going to face her after her husband's death in regards to their finances. She points out every time she solved a problem another one or two or 5 would quickly fill the void. Alpert says in addition to bills, there were government and financial agencies that needed to be notified, she recounts how she hired an assistant to help her with filing, sorting and other tasks. Alpert relates how she got professionals in their fields to answer her questions and give her a hand. I eventually connected all of the people working with me and for me so they could work together in my interest. They agreed to do so and checked back and forth with one another, adds Alpert.. She contends because of the chaos she went through with all of the paper work generated by her husband's death she created a Chaos To Control program. Alpert believes this kind of program will lay out a blueprint that will help widows deal with financial issues in an orderly manner and help them bring in the right persons to handle assigned tasks.