

Quarterly Issues Programs List:

**WNTN Radio
Cambridge, MA
April-June2020**

Issues of Community Concern:

1. Health\Medical:

How Doctors fought
pandemics way back in the
day.

Medicinal properties of
Plants.

The future of diagnostic
Testing and potential
Cures for COVID-19.

What can be Done to
Reduce the risk of
Alzheimer's.

The effect dental health
Can have on the human
Body.

Drones ready to dump
Coronavirus disinfectant
On US sports stadiums.

2. Health/Nutrition:

Good Health Equals Good
Penis Power.

Fortifying Your Lungs.

D'Lenolate extract.

Starve your Disease and Feed
Your Health.

30 Day Eating Plan to
lockdown better digestion.

3. Crime:

Fourth of July BBQ Bloat.

Paying the cost of incarceration.

4. Education:

Massachusetts Adult Literacy Hotline.

Defining Strategic Education.

5. Employment:

Common Fears about Career Change.

6. History:

Concord's role in the Civil War.

7. Animal Research:

Remarkable Discoveries about Animals.

8. Business/Economy:

Silent Decline of the Dollar.

Is Small Business ready For the Transforming of e Commerce.

9. Health/Mental:

The dilemma of wearing of wearing or not wearing a mask in public.

Helping couples to go from Conflict to connection.

1. Health Medical:

Issue: How doctors battled
pandemics way back in the day.

Date/Time: April 4, 2020
700am/20 minutes

Guest: Dr. Cass Ingram

Description: Dr. Cass Ingram, author
Of The Cure is in the Cupboard says
Herbalists and Apothecaries of the
Period made a medicine known as
Theriac which was made of molasses
And dozens of other ingredients. It
Was called treacle. The sweet-sour
Portion was used for snakebites, as a
Poison antidote and for other
Ailments. To treat the Plague, adds
Ingram, doctors used treacle after it
Was aged for at least one year,
During which time colonies of
Bacteria, fungi and other
Micro-organisms grew in the
Mixture. After proper aging, the
Thick fermented syrup was then
Swallowed and rubbed into the skin.
Ingram points out many spices like
This have demonstrated impressive
Antimicrobial and anti-inflammatory
Properties that should be
Further clinically tested for their
Efficacy as a non pharmaceutical
Intervention to mitigate the effects
Of the emerging coronavirus.

Issue: Medicinal properties of plants.

Date/Time: April 4, 2020

7:30am/20 minutes

Guest: Jessi Bloom

Description: Jessi Bloom, author of Creating Sanctuary says as you think About plants that will be a part of Your sanctuary consider how they Can help you on your quest for Health and wellbeing.' She points Out plant medicine can help us work With focus and they can help us Relax. Bloom relates how plants Can truly alter our spirits. She Concludes by saying if we Choose to pay attention and look for New ways to interact with plants, We can build relationships with Plants we encounter everyday. Bloom concludes by saying plants Become wonderful teachers offering Wisdom and nourishment in many Ways.

Issue: The future of
Diagnostic testing and
Potential cures for COVID-19.
Date/Time: May 2, 2020
7:00am/20 minutes
Guest: Dr. Dan O'Brien

Description: Dr. Dan O'Brien, a
Chief Medical Officer for
Multiple Healthcare startups says
We have seen tremendous
Progress in preventative health the
Past decade and now we are seeing
More advances in the diagnostic
Space. O'Brien points out how the
Average person can be trained on
Following directions for utilizing
A diagnostic test for COVID-19.
O'Brien relates how the benefits
Outweigh the risks right now and we
Are learning as we go with
Diagnostic testing He sincerely
Believes diagnostic testing will not
Only be the wave of the future but it
May one day eliminate viruses like
COVID-19.

Issue: What can be done to Reduce the risk of Alzheimer's

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

Guest: Dr. Kenneth Kosik

Description: Simple things like Dancing, napping, strategically Getting massages, talking to Strangers, enjoying a glass of Wine for dinner and joining a book Club can help reduce the risk of Getting Alzheimer's, says Dr. Kenneth Kosik who previously Served as a resident in neurology at Tufts New England Medical Center And who has held a series of Appointments at Harvard Medical Center, Brigham and Women's Hospital and the Mass. General Hospital and author of Outsmarting Alzheimer's. He points out he has a Three week plan for incorporating These prescriptions into anyone's Lives regardless of needs and Lifestyles. Kosik says a culmination Of these mentioned in his three Week plan will not eliminate Alzheimer's but believes it will still Give the person a brain training That will maintain lifelong cognitive Health and virtually outsmart Alzheimer's.

Issue: The effect dental health can have on
The human body.

Date/Time: May, 2, 2020
7:30am/20 minutes

Guest: Dr. Barry Bartusiak

Description: Oral health can offer clues
About your overall health, says Dr. Barry
Bartusiak. He points out good oral health
Such as daily brushing and flossing can
Keep bacteria under control. However
Bartusiak says without proper oral hygiene
Bacteria can reach levels that might lead
To infections such as tooth decay and gum
Disease. In addition to this he contends lack
Of good oral hygiene can lead to
Endocarditic which is an infection of
The inner lining of the heart. Bartusiak says
This can occur when bacteria and other
Germs of the mouth can spread through the
Blood stream attaching itself to the damaged
Areas of the heart. He relates how some
Research suggests that heart disease and
Clogged arteries and stroke might be linked
To the inflammation and infections that oral
Disease can have. Bartusiak concludes by
Saying good oral hygiene is an investment
In your overall health.

2. Health\Nutrition:

Issue Good Health Equals Good
Penis Power.

Date/Time: April 11, 2020
7:30am/20 minutes

Guest: Dr. Dudley Danoff

Description: The general condition
Of your mind and body is reflected
[n The health of your penis power,
says Dr. Dudley Danoff, author of
Male Sexual Health.

.He points out a good exercise
program is central to
Overall health and sexual fitness. He
Points out the muscles of your arms
And legs, back and abdomen are all
Involved in making love. Danoff
Reveals if these muscles are ignored
Your penis also risks becoming
Flabby.He recommends having sex
On a regular basis because it is the
Best way to develop penis power.
Danoff also encourages men to pay
Attention to what they eat. He says
Men should be on a low fat, high
Fiber and high protein diet. He
Believes by doing this men will not
Only have better sex but they will
Have a healthier prostate.

Issue: D'Lenolate extract.

Date/Time: April 11, 2020

7:00am

Guest: Geoff Melcher

Description: D'Lenolate extract

Comes from selected olive leaves

That contain nutrients that strengthen

And protect the immune system, says

Geoff Melcher with East Park

Research who developed this

Natural supplement. He points out

D'Lenolate eliminates toxins by

Working with white blood cells and

Balancing the body's natural

Chemistry. Melcher says D'Lenolate

An all natural herbal supplement

Provides protection to the body

Against microorganisms that weaken

The immune system. He relates how

Blind studies have revealed how

The supplement strengthens the

Body's defenses and enable it to

Eliminate toxins. Melcher concludes

By saying when traveling abroad is

When many persons will come in

Contact with many microorganisms

That can weaken their immune

System can cause illnesses and

Possibly death.

Issue:Fortifying Your Lungs.

Date/Time: April 25, 2020
7:00am/20 minutes

Guest: Stuart Tomc

Description: Stuart Tomc of CV Sciences says that your lungs have Their own 24/7 immune system. He points out their immune system Is always active and ready to Recognize and inactivate pollutants And harmful germs entering into The respiratory tract. He cautions With the Covid-19 virus able to Travel in the air and infect Unsuspecting new hosts, it's crucial That we do everything we can to Boost our respiratory immunity and Fortify our lungs. Tomc Recommends physical exercise like Walking or running that makes your Heart and lungs stronger. Breathing Exercises can make your lungs more Efficient especially for people who Are living with cronic lung diseases, Finally, Tomc concludes by saying Tobacco use and exposure to indoor And outdoor air pollutants along With a poor diet and obesity will Make you more likely to be Invaded by the COVID-19 virus.

Issue: Starve Your Disease and
Feed Your Health.

Date/Time: May 9, 2020
7:00am/20 minutes

Guest: Dr. William Li

Description: Dr. William Li, author
Of Eat to Beat Disease says the
Human body was designed to fight
Disease and we have radically
Underestimated how foods can be
Used to amplify this hidden power.
He points out there are over 200
Hundred health boosting foods that
Can stave off Cancer, reduce your
Risk of dementia and beat dozens
Of avoidable diseases. Li contends
Apples, plums, cinnamon, black
Beans, olive oil, red wine and beer
can reduce disease in the body Li
Says his book simply shows you
How to integrate the foods you
Already love that can activate your
Body's defense system to eliminate
The disease already in the body.
Li strongly believes disease can be
Conquered in the body without
Resorting to medications that can
Create and escalate disease instead
Of preventing it.

Issue: 30 Day Eating Plan to
Lockdown better digestion.
Date/Time: May 23, 2020
7:00am/20 minutes
Guest: Dr. Julie Gatza

Description: Dr. Julie Gatza, co-
Founder of the Florida Wellness
Institute says most persons during
The Covid-19 epidemic have passed
The time by eating buckets of junk
Food and listening to their guts
Grumble and grow. She points out
How she has come up with a new
Lockdown program that she
Promises will fix our troubled
Tummies. Gatza says her new
Lockdown program will take about
30 days because it takes 30 days
to break a bad habit and then develop
a new one. Gatza says persons who
eat junk food that interferes with
their digestion seriously have to
change their eating patterns by
incorporating Probiotics and
Enzymes. Digestive enzyme
Supplements will help break down
Food while Probiotic bacteria
Keeps the gut lining healthy. In
Conclusion, Gatza relates that it
Takes 30 days to break a bad habit
before a good one can be used and
Created,

Issue: Fourth of July BBQ Bloat.

Date/Time: June 27, 2020

7:00am/20 minutes

Guest: Dr. Julie Gotza

Description: Dr. Julie Gotza, a Nutritional Educator says for many of us, the 4th of July will be the first of countless days that we fire up our backyard cookers and fill our patios and palates with the delicious smells and tastes of sizzling steaks, burgers and links served hot off the grill. Gotza points out don't pile everything then gobble it down in the same sitting. She relates how the brain receives a signal to supply digestive enzymes for whatever food type you eat first.. She concludes by saying the brain gets a signal to supply digestive enzymes for whatever food type you eat first.. Gotza states if you do not do this, foods will not be digested properly causing bloating, gas, heartburn and stomach pain.

1. health/Medical:

Issue: Drones ready to dump
Coronavirus disinfectant on US
Sports stadiums.

Date: May 23, 2020
7:30am/20 minutes

Guest: Dr. Cass Ingram

Description :Dr. Cass Ingram,
Medicinal plant expert and author
Says a Syracuse based company
Eagle Hawk has created drones
Designed to spray Covid-19
Killing disinfectants on sports
Arenas and stadiums to sanitize
Seats, railings and walkways
Providing a virus free environment
He contends the company has
Received strong interest from a
Number of colleges and professional
Sports organizations. Ingram also
Says the company has also consulted
With with the EPA to decide which
Sanitizing chemicals should be
Dispensed from the drone. Ingram
Says this system is a multi-city
Health disaster waiting to happen.
Ingram concludes by saying
Prolonged contact with most
Commercial disinfectants can cause
Nausea, vomiting, circulatory and
Respiratory failure, nervous system
Depression and organ dysfunction.

3. Crime:

Issue: Paying the cost of incarceration.

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

Guest: Brian Gardner

Description: Brian Gardner, author Of Plan for America and the World Says he believes that those persons In jail should pay for all costs Associated with their incarceration, Their living space, food clothing and Health care and any other related Costs. By working and working long Hard days. He points out citizens Should not be burdened with these Costs except those of the Maintenance of jails and the salary For the staff which for a time is Necessary and required part of Society. Gardner strongly believes if These measures are adopted there Can be true rehabilitation.

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4. Education:

Issue: Massachusetts Adult Literacy Hotline.

Date/Time: May 2, 2020

7:00am/20 minutes

Guest: Ruby Reyes

Description :Ruby Reyes, MA Adult Literacy Hotline Coordinator says the Hotline is funded by the Massachusetts Department of Elementary and Secondary Education and administered by World Education. She points out the Hotline is A statewide service that provides free Information and referrals to adult learners And people interested in volunteering in Adult Basic Education(ABE) programs. Reyes encourages callers to call the hotline At 1-800-447-8844. Callers will provide The type of service that they are looking for And their zip code . They are then Provided with three programs in their Area, adds Reyes. She believes these On line programs are beneficial to Seniors especially who are looking for Ways to educate themselves and that the Literacy Hotline can be a life saver to Those persons who cannot leave home.

Issue: Defining Strategic Education.

Date/Time: June 27, 2020

7:30am/20 minutes

Guest: Marky Stein

Description: Marky Stein. Author of Fearless Career Change says simply Being enrolled in a Certificate or College degree program without Necessarily having the intention To finish the program is what is What is meant by Strategic Education. She points out you Can of course simply be enrolled in The program taking more than one Or two classes .Stein contends The employer will perceive you As already having a certificate Or degree program. She relates How this strategy has worked time And time again for thousands of People. The reason that it is so Effective is that you are focusing on Your future.

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5. Employment:

Issue: Common Fears about Career Change.

Date/Time: May 30, 2020
7:30am/20 minutes

Guest: Marky Stein

Description: Marky Stein, author of Fearless Career Change says the Word change itself (even change for The better) can be scary and Stressful. Two opposing needs- One for the security of the job You've known and one for the Freedom to choose a job that Might be better seem at odds With each other.. Stein relates how How frustrating it can be to be Pulled in two directiond. And Become overwhelmed and even Afraid of the prospects of Change. Stein states every person She has met who is struggling With making a career change is Either limited by fear of some sort Or lack of information. Stein Encourages persons who are not Happy with their current Employment to seriously look Within themselves for Not only their qualifications they Possess but their positive Attitude towards life and family And what they can contribute To society in general.

6. History:

Issue: Concord's Role in the Civil War.

Date/Time: May 30, 2020
7:00am/20 minutes

Guest: Rick Frese

Description: Rick Frese, author of *Concord and the Civil War* says while the shots of the Civil War were largely fired far from the Walden Pond, Concord did more than its part in fighting for cause and comrades. Frese relates how when the boys marched into battle the Concord Soldiers Aid Society sent clothing and sustenance to the battle front; He points out how the community hosted leaders of the antislavery movement including Emerson, Thomas, The Alcotts and Frederick Douglas. Frese relates how Concordians such as Louisa May Alcott joined the fray as nurses alongside more than 450 soldiers from Concord. Frese concludes by saying Concord's Civil War was at home, on the road, in battles and encampments and on through to victory in the Civil War.

7. Animal Research:

Issue: Remarkable Discoveries
about Animals.

Date/Time: June 13, 2020
7:00am/20 minutes

Guest: Ingrid NewKirk

Description: Over the last few
Decades, a wealth of new
Information has emerged about
Who animals are, says Ingrid
NewKirk. Author of animalkind.
She points out study after study
Shows them to be astounding beings
With intelligence, deeply felt
Emotions, intricate communication
Skills and myriad abilities. NewKirk
Says her book presents a chronicle
Of these surprising and awe inspiring
Discoveries such as how geese fall
In love and stay with a partner for
Life NewKirk relates how her book
Provides a guide in how to treat
Animals fairly so that
Communication can be established..
NewKirk strongly believes in order
For man to communicate with the
Animal world he must
Recognize that all living beings
Require and deserve our respect.
She concludes by saying if this
Can become reality understanding
Can be achieved in both the animal
World and the human world.

8. Business/Economy:

Issue: The Silent Decline of the Dollar.

Date/Time: June 20, 2020
7:00am/20 minutes

Guest: Jack Hanney

Description: Jack Hanney, an Economist and CEO of Patriot Gold Group says when the stock market goes up or down, it is reported as gains or losses in dollars. He points out if the dollar drops 10%, the stock market rises 10% but not in true strength but as an indictment against the dollar. Hanney relates how the FED has pumped trillions of dollars into the economy to bailout both businesses and individuals. He believes the dollar as the world's primary currency may be coming to an end. Hanney encourages investors to invest in gold to deal with this economic situation as well as the government to do the same. He believes if the government does this the dollar will be saved and once again become a strong currency in the world economy.

Issue: Is Small Business
Ready for the transforming
Of e Commerce?

Date/Time: June 20, 2020
7:30am\

Guest:David Rusenko

Description: From San
Francisco to Brooklyn
And everywhere in between
The impact of the
Coronavirus pandemic has
Been tough for small
Businesses. Because of this,
Says David Rusenko, GM
Of Commerce Square.
Because of the Pandemic
Many small businesses had to
Move on line in a matter of
Weeks and even days,
Whether they were ready or
Not..Rusenko says the shift
To online selling is here to
Stay and will help small
Businesses stay ahead of the
Curve in the new normal.

9.Health/Mental:

Issue: The Dilemma of wearing or not wearing a mask in public.

Date/Time: June 13, 2020

7:30am/20 minutes

Guest: Valerie Sokolosky

Description: Valerie Sokolosky, an Etiquette Expert says the wearing of a mask during The Corona Virus can go both ways: Some People are being shamed for wearing masks And others for not wearing them. She points Out the rise of mask shaming reveals The tricky science of social change. Sokolosky raises the following Questions. you see someone not wearing In a place that requires one, should you say Something? How do you deal with People who refuse to wear a mask where One is required? Sokolosby reveals there Are no easy answers to these questions.. She believes the rule of law will have to Emerge to set guidelines to these questions, Sokolosky concludes by saying specific Laws to this Virus calamity will not Please everyone but it will establish Order and protection for everyone.

Issue Helping couples go from
Conflict to connection.

Date/Time: June 27, 2020
7:30am/20 minutes

Guest:Christi Carter

Description: Christi Carter Executive
Director of an organization called
Relationships says she challenges
Couples to sign a Zero Negativity
Pledge which means refraining from
Any put downs in 30 days. She
Points out those persons who were
Criticized the most often had a 44%
Higher risk of being deceased five
Years later compared with those
Who indicated they were hardly
Criticized. Carter concludes
What happens between persons
Who criticize one another can
Be seen physically when plants are
Treated in the same manor in
Various experiments. She
Encourages couples to reveal their
Inner most feelings with one another
If they want a life of happiness and
Fulfillment.