

Quarterly Issues Programs List:

**WNTN Radio
Newton, MA
Jan – Mar 2017**

1. Health/Medical:

The link between the drug Fosamav and decay of tissue in the jaw bone.

Hashimoto's
Thyroidtitus.

Heart attack
Symptoms in women.

Atrial Fibrillation.

Side effects of
Melatonin.

Newton chiropractor
Stresses the
Importance of
Correct posture.

2. Health/Nutrition:

Seven rules of healthy
eating.

The Walk at Home
Program.

3. Crime:

The rising tide
against law
enforcement.

4. Terrorism:

Five persons killed
in Ft. Lauderdale
airport shooting.

5. Consumer:

New guidelines from
the Food and Drug
Administration.(FDA)
affecting farm
animals.

6. Elections:

Selecting the next Supreme Court Justice.

7. Media:

Newton Free Library airs a monthly TV program called Books and Beyond.

8. Education:

Loan to Learn offers college loans to students.

Mindfulness Matters Program held at Newton Community Education.

9. Health Care:

Newton doctor promotes health currency.

Managed Health Care.

10. Aging:

Humana study shows aging Americans being snubbed in good picture films..

11. Employment:

Approaching real estate as a side gig rather than full time employment.

12. Technology:

Safeguards proposed for emails.

13. Health/Mental:

Treating emotional and physical pain.

Recognizing and following through on your vision for life.

14. Environment:

Green Newton's Eco Project.

15. Government:

Newton Charter
Commission
completes its
agenda.

1. Health/Medical:

Issue: The link between the drug Fosamav and decay of tissue in the jaw bone.

Date/Time: January 7, 2017
8:00am/20 minutes

Guest: Dr. Robert Marx

Description: Dr. Robert Marx, author of Deadly Prescription says he was the first researcher to link the use of a popular anti-osteoporosis drug Fosamav with the decay of tissue in the jaw bone. He relates how he testified as an expert witness in court against Merck and the drug maker Novartis who manufactured the drug. Marx points out during the trial he wrote two books on this subject guiding his colleagues on how to recognize and treat this malady. He says he used the drug on many of his patients before discovering how the tissue on the jaw bones was beginning to decay. Marx recalls how he had to perform surgeries on patients to remove the decayed sections of their jaws.. To further educate doctors and patients he wrote a fictional book titled Deadly Prescription which dealt with this subject. Marx believes this book will open the eyes of both doctors and patients and look closer at new drugs before administering them.

Issue: Hashimoto's Thyroiditis
Date/Time: January 21, 2017
8:00am/20 minutes
Guest: Dr. Pauline Camacho

Description: January is Thyroid Awareness Month that affects an Estimated 14 million people each Year. Dr. Pauline Camacho, President of the American Association of Clinical Endocrinology and author of Evidence Based Endocrinology Says with Hashimoto's Thyroiditis the immune system Malfunctions attacking and Damaging the cells of the thyroid Which ultimately can lead to an Under active thyroid and a series of Physical ailments. She points out Symptoms can develop over a long period of time and can be easy to disregard or be attributed to other causes, making People suffer unnecessarily for Years. Commacho says Hashimoto's Thyroiditis occurs more in Females and is often associated With many other autoimmune Conditions such as Type 1 diabetes And celiac disease. She concludes Not sleeping well, getting chronic Headaches, reduced energy levels And gaining too much weight too Fast should be looked at by a Physician.

Issue: Heart attack symptoms in Women.

Date/Time: February 18, 2017
8:00am/20 minutes

Guest: Dr. Eileen Hsich

Description: Many women think the Signs of a heart attack are unmistakable but in fact they can be subtler and sometimes confusing, says Dr. Eileen Hsich, who has devoted her medical career to educating and researching cardiovascular cardiovascular disease in women.. She points out some women experiencing a heart attack describe upper back pressure that feels like squeezing or a rope being tied around them. Hsich says the symptoms for heart attack vary between men and women. Although men and women experience chest pressure during a heart attack that feels like an elephant sitting across the chest, women can experience a heart attack without chest pressure, adds Hsich. She relates how women instead may experience shortness of breath, pressure or pain in the lower chest or upper abdomen dizziness, lightheadedness or fainting and upper back pressure or extreme fatigue. Hsich concludes since women are in the same kinds of stressful jobs as men, they need to reduce their stress as well as be aware of and report symptoms that seem unusual.

Issue: Atrial Fibrillation

Date/Time: February 24, 2017
11:30am/20 minutes

Guest: Dr. Moe Jallah

Description: Living with Atrial Fibrillation may be concerning but staying informed about your condition is the best way to avoid problems, says Dr. Moe Jallah of Newton Wellsley Hospital. He points out the heart has four chambers that pump blood. The two upper chambers are the atria and the two lower chambers are the ventricles. Jallah says when your heart works as it should, the atria pumps blood into the ventricles. then the ventricles pump blood into the rest of the body. He contends irregular heart beat is where the atria beats too fast. This is a Fluttering or thumping in the chest. Jallah relates how some people have no symptoms with an irregular heart beat making it only detectable by a doctor's exam. He points out during Atrial Fibrillation a clot can develop in the atria that would require the patient to be on a blood thinner. Jallah concludes if a blood thinner is not used the patient can have either a heart attack or a stroke.

Issue: Side effects of Melatonin
Date/Time; March 4, 2017
11:30am/20 minutes
Guest: Dr. Helen Ensellum

Description: Dr. Helen Ensellum
Author of Snooze or Lose says
Melatonin is a naturally occurring
Hormone secreted by the brain's
Pineal gland. She points out it
Helps regulate other hormones
And maintains the body's circadian
Rhythm like an internal clock that
Plays a critical role when falling
Asleep and when waking up.
Ensellum says when it's dark the
Body produces more Melatonin
While production drops off when
It's daylight. She relates how
There are side effects when taking
Melatonin in supplemental form
Such as vivid dreams or nightmares,
Stomach cramps, dizziness,
Headaches, irritability, decreased
Libido, breast enlargement in men
And reduced sperm count. Ensellum
Concludes if a person is
Experiencing trouble when sleeping
He or she should consult their
Physician to find out the root cause
Of not being able to sleep is and
Prescribe if needed a medication
That will not cause complications.

Issue: Newton Chiropractor stresses
The importance of correct posture.

Date/Time: March 31, 2017
8:30am/20 minutes

Guest: Dr. Robert Staulo

Dr. Robert Staulo who is a
Practicing chiropractor in Newton
Says posture is a very important
Exercise that we must practice
Daily to avoid discomfort and
Damage to our bone structure. He
Points out how we seat in a chair is
A prime example of how our bone
Structure can be compromised and
Cause pain and discomfort in the
Body. Staulo stresses the importance
Of sitting up straight in an office
Chair especially if you spend hours
In front of a computer. He
Recommends anyone who spends at
Least 8 hours or more in an office
Chair should have a chair with a
A rigid back so that he or she can
Reduce pressure on their backs
In a sitting position. Staulo
Recommends keeping both feet
Flat on the floor. This reduces neck
Pain. He also encourages office
Workers who spend a great deal
Of time in a chair to get up and move
Around for at least 10 minutes
Every hour. In conclusion exercising
The principles of good posture not
Only helps the body but also helps
the mind perform better by
Relieving the physical stress that
Can reduce the mind's effectiveness
On the job.

2. Health/Nutrition:

Issue: Seven rules of healthy eating.

Date/Time: January 14, 2017
8:00am/20 minutes

Guest: Dr. David Magnano

Description: Wellness expert David Magnano says 2017 is the perfect time to replace your gulp and go lifestyle with seven rules of healthy eating. 1.) He points out eat only when you are hungry. When your body is hungry for the plainest, it is telling you that it's ready to manufacture the enzymes for proper digestion. And don't mistake thirst for hunger. 2.) Don't mix food types and eat foods in proper order. This means eating foods of one type together before eating a different food. 3.) Don't eat when you are feeling stressed, ill or injured. The body is shut down and in a healing mode and not in a digestive mode. 4.) Chew 22 times before gulping down protein drinks. you have to chew protein because you are Shocking bodily functions. 5.) Don't eat overly cooked and overly processed foods. Meat should never be heated in excess of 118 degrees. The body's enzymes are destroyed in that protein. 6.) Give your food a background check Be aware where your food is coming from so you are getting the optimum in vitamins and protein. 7.) Use spices and natural digestive aids to help break down what you eat. Some spices used properly can improve digestion. Magnano concludes if these seven measures are followed you will not only have better digestion but also enjoy your food more and feel healthier.

Issue: The Walk at Home Program.
Date/Time: February 25, 2017
11:30am/20 minutes
Guest: Leslie Sansone

Description: Leslie Sansone, creator of the Walk at Home Program believes our bodies were made to move and that we can walk our way to health and fitness. She points out there are three easy steps to start walking off the weight. 1.) Always be prepared and keep walking shoes in your car, at the office or at home. know your workout and intensity UA heart rate and get more out of your walk and keep light hand weights with your walking shoes and use them while you are walking. 2.) Plan mini walks three times a day and plan these excursions around your meal plan. 3.) Plan long walks on the weekend. This is the secret weapon to speeding up weight loss. A 60 minute walk on Saturday and a 40 minute walk on Sunday, adds Sansone. She concludes adopting such a regimen will keep off the extra pounds permanently.

3. Crime:

Issue: The rising tide against law enforcement.

Date/Time: January 14, 2017
8:30am/20 minutes

Guest: Lance Lorusso

Description: Lance Lorusso, a Leading attorney and former law Enforcement officer and author of When Cops Kill and Blue News believes a tide against law enforcement exists. He points out the situation in Ferguson is a prime example of this. He recalls the incident where Michael Brown ignored warnings from Officer Wilson and proceeded to the officer's car and reached into the car window and attacked the officer. Michael Brown was killed. Lorusso points out how every day in the news you hear about officers being shot in the back or face when on break in their cars or at local restaurants .He says police officers are always in danger but he is speechless when it comes to this rising tide of persons who not only have contempt for law enforcement but freely challenge officers at every turn. Lorusso concludes if this tide continues more men and women who wear the uniform will leave police enforcement making it difficult to control crime in the cities and neighborhoods of America.

4. Terrorism:

Issue: Five persons killed in Ft. Lauderdale airport shooting.
Date/Time: January 14, 2017
11:00am/20 minutes
Guest: Larry Pratt

Description: Larry Pratt, Executive Director of Gun Owners of America says Esteban Santiago, an Iraq war vet opened fire in the baggage area of the Ft. Lauderdale Airport and killed Five persons. He points out the matter is under investigation and has not yet been labeled as a terrorist act. Pratt says the city of Ft. Lauderdale is labeled as a Gun Free Zone and believes this may have made it easier for the gunman to open fire in the airport. Pratt contends when something like this happens those persons who want the 2nd amendment to disappear or put stronger gun laws on the books. He relates how the City of Chicago has the toughest gun laws in the country and murder is running rampant in the windy city. He says those who favor stronger Gun laws and favor execution by the electric chair as a deterrent for Committing murder does not work. When asked if there were other persons were carrying a concealed firearm during this attack would the result be different, Pratt responded that having the option could have made a difference depending on the individual who had the firearm to make that choice.

5. Consumer:

Issue: New guidelines from the Food and Drug Administration(FDA) affecting farm animals.

Date/Time: January 21, 2017
8:30am/20 minutes

Guest: Katie Roth

Description: Katie Roth along with Her husband own and run a farm that Has 250 cows says on January 3, 2017 new regulations went into effect that require a veterinarian to administer antibiotics when treating farm animals. She points out the antibiotics that are used on animals are the same ones that are used on people. Roth contends having a veterinarian administer the same antibiotics prevents them from being used by farmers for growth purposes for their animals. When asked what this would mean For consumers who purchase meat Roth responded consumers can Expect to buy meats that are not Tainted with antibiotics. She Concludes by saying she has been Using a veterinarian on her farm To administer antibiotics to her Animals and approves of the New regulations.

6. Elections:

Issue: Selecting the next Supreme Court Justice.

Date/Time: February 4, 2017
8:00am/20 minutes

Guest: Dr. Kevin Gutzman

Description: Dr. Kevin Gutzman, Author of The Making of America Says selecting the next Supreme Court Justice is a a hot issue and Very important to both the Democrats and the Republicans. He points out the person selected Will either be one who is liberal On issues or conservative on issues. Gutzman says since Donald Trump Is the President of the United States And a Republican he will select a Judge who will be a conservative Which will give the Supreme Court An advantage on pursuing a Conservative agenda for years to come. He relates how the selection of a Supreme Court judge is more important than the election of a Senator. Because of this, adds Gutzman the Democrats may force a filibuster to prevent Trump's Selection for the Supreme Court. Under current rules 60 senators are Needed to elect a Supreme Court Judge. However, Gutzman contends That the Republicans can change the Rules to 50 senators allowing for Some defections from their own Party and still elect the Supreme Court judge of their choice.

7. Media:

Issue: Newton Free Library airs a monthly TV program called Books and Beyond.

Date/Time: February 4, 2017
8:30am/20 minutes

Guest: Ellen Meyers

Description: Ellen Myers, Director of Programs and Communications at the Newton Free Library says she is the host of the Books and Beyond program that airs monthly on New TV in Newton. She points out this gives another added dimension to the library that gives viewers an opportunity to see what's going on at the library and making a connection with the public. She points out one of the things she does on her program is interview book authors and talk about the many selections of books the library has. Meyers relates how books are now available in digital form and designed for persons who are hearing or visually impaired. She urges persons to come to the library because there are so many programs for adults, children and seniors that are not only educational but enjoyable.

8. Education:

Issue: Loan to Learn offers loans to college students.

Date/Time: February 11, 2017
8:40am/20 minutes

Guest: Catherine Reynolds

Description: The rising cost of education can make paying for college a difficult challenge, says Catherine Reynolds, founder of Edu Cap Inc. She says she started this company to help students who could not get affordable loans from colleges or the government. Reynolds points out by creating the private education loan market millions of students can receive affordable financing to attend college. She relates how student loans from the government which have a lot of regulations and no flexibility in paying off the loan. Reynolds contends students with a Loan to Learn private loan have more flexible terms that allow them to start paying off their loan while they are still attending college. Under the current system Students have an insurmountable debt that will take 10 or 20 years to pay off depending on how much money was borrowed, adds Reynolds. She concludes by saying she has brought an entrepreneurial flair to a business that is currently marred by the interference of too many governmental regulations.

Issue: Mindfulness Matters program
held at Newton Community
Education.

Date/Time: March 4, 2017
10:30am/20 minutes

Guest: Ed Hauben

Description: Since 2009, Ed, Hauben
Director of Newton Community
Education has been bringing leaders
Into the Mindfulness Matters
Program held at Newton Community
Education. He says this program is
A series of talks that has been
Attracting hundreds of people in
Newton each Spring and Fall for the
Last two years. Hauben points out he
Created the program to create
Different kinds of learning
Opportunities to bring people
Together and teach them skills and
Make them feel good about
Themselves. He relates how
Mindfulness Matters can help create
Greater calmness, clarity and insight
To face life's experiences and trials.
Hauben believes Mindfulness
Matters program's speakers help
Reduce stress and help people learn
more about themselves.

9. Health Care:

Issue: Newton doctor promotes health currency.

Date/Time: February 11, 2017
8:00am/20 minutes

Guest: Dr. Glenn Laffel

Description: Dr. Glenn Laffel of Newton says he started Wellcoin because it was founded on the premise that rewarding people for easy to adopt positive behaviors can lead to a more healthier, longer and productive life. He points out Wellcoin invokes a broad welcoming inclusive view of health and awareness. Laffel says this kind of program rewards persons by giving them coins to various vendors in Newton for taking better care of themselves by seeing their doctors and exercising more and changing to more healthier diets. He relates how this is made possible by the Beth Israel Deaconess Medical Center and other medical institutions. Coins can be exchanged for gift cards, running shoes, fitness classes and healthy snacks, etc. Laffel believes the Wellcoin program will make being healthy a joy and not a necessity.

Issue: Managed Health Care.
Date/Time: March 24, 2017
8:30am/20 minutes
Guest: Dr. Mary Zennett

Description: Managed care Companies were designed to Closely monitor care and protect Insurance companies from abuse And fraud, says Dr. Mary Zennett Author of The Transformation. She Points out currently the restrictions In healthcare are so great that it often Seems from a patient's and doctor's That a managed care company exists To deny care. Zennett says a patient Could be admitted through the Emergency room late at night only To learn the next day that the Hospital stay is not covered. She Relates how Managed care has all But driven healthcare providers out Of medicine. She cites recent Statistics confirming nearly half of Physicians age 50 or older plan to Leave medicine within the next Three years. Zennett believes the Only way to prevent this from Happening is to focus on prevention Which conventional medicine does Not do now. Until this is done Healthcare will be only for those Who can afford to pay the price.

10. Aging:

Issue: Humana Study shows aging
Americana snubbed in good picture
Films.

Date/Time: February 18, 2017
8:30am/20 minutes

Dr. Stacy Smith

Description: Dr. Stacy Smith of
Humana and the Annenberg School
For Communication and Journalism
Says there is an ongoing prevalence
Of ageism in film and the
Misrepresentation of real life
Seniors. She points out characters in
Movies aged 60 and over continue to
Be under and misrepresented in
Hollywood's most critically
Acclaimed films. Smith says
Humana's study revealed one theme
That emerged from their data. This
Was the perceived importance of
Feeling optimistic, valued or
Recognized. She believes if seniors
Aren't accurately portrayed on
Screen, it could impact their well
Being in life as well as the lives
Of seniors in general. Smith
Concludes there are inherent
Consequences to these stereo typed
Portrayals that could have a
Negative impact on health of
Seniors.

11. Employment:

Issue: Approaching real estate as a side gig rather than full time employment..

Date/Time: February 18, 2017
11:00am/20 minutes

Guest: John McNellis

Description: People should approach Real estate as a side gig rather than A main source of employment Because it is a hard business that Takes years to cultivate, says John McNellis author of Making It In Real Estate. He points out doing real Estate on the side with single family Homes and duplexes is the easiest Way to begin. McNellis says if you Make buying an old run down home Every two or three years your hobby And carefully fix it up and rent it out And slowly accumulate four or five Houses, those rental houses will after You pay off the mortgages in thirty Years, y will take care of you in Your old age. McNellis concludes His father did this and his real Estate allowed him to retire in his Late sixties with a secure income of \$150,000 a year.

12. Technology:

Issue: Safeguards proposed for emails.

Date/Time: February 25, 2017
8:00am/20 minutes

Guest: V.A. Shiva

Description: Dr. V.A. Shiva, author Of The Future of Email and founder And Member of the Board of the International Center for Integrative Systems in Cambridge, MA.says The Current situation with emails needs To be changed so the privacy of Citizens is protected. He points out Our emails are owned by private Companies who own all of our Information and where we have no Legal recourse to our email in any Situation. Shiva says the United States Post Office must be forced to Implement truly free email. Shiva Contends we as the public must Either seize control of existing Private telecommunication networks Or have our own public Telecommunications networks like The public highway system. He Relates how it is now possible With recent technological advances That enable us as public citizens to Create our own public networks Owned and operated by us and Supported by our tax dollars. Shiva Concludes that companies like Google and Facebook which control Critical communication of billions Of people should become public Utilities.

13. Health/Mental:

Issue: Treating emotional and physical pain.

Date/Time: February 25, 2017
11:30am/20 minutes

Guest: Dr. Clara Lora

Description: The emotional pain of a breakup can also be physical pain, says Dr. Clara Lora, a psychologist with Commonwealth Psychology Associates in Newton. She points out Acetaminophen, the active ingredient in Tylenol not only reduces mental pain but it has been shown to lower the brain's physical response to it. Emotional pain hurts physically because as research has shown it calls on or targets the same neurological pathways, adds Lora. However a pain drug like Tylenol used in these situations has limitations, contends Lora. She relates how deep emotional pain like the passing of a loved one or the ending of a serious relationship cannot be fixed with a dose of Tylenol. Lora urges persons who are experiencing deep emotional pain to use anti-depressants because while they will work the same way as Tylenol in treating both emotional and physical symptoms of depression they can be used on a regular basis where Tylenol cannot.

Issue: Recognizing and following
Through on your vision for life.

Date/Time: March 24, 2017
8:40am/20 minutes

Guest: Bob Natoli

Description: Bob Natoli, author of True Vision says so many people Want so many things out of life but Have no plans to achieve them. He Points out some people look at Their peers with envy wondering How they achieved the successes in Their own lives. Natoli says you Not only need to know what your Your true vision is but you have to Feel it down deep in your heart. He relates how many people utilize The fundamentals of true vision And don't realize they are doing it. While this may be acceptable, just Think of what they could accomplish If they employed all of the Techniques of the True Vision Formula, adds Natoli. Weight loss, Finding new relationships, career Changes can be under our control If we take our true vision and Recognize what we want but also to Feel why we want it.

14. Environment:

Issue: Green Newton's Eco Project.

Date/Time: February 24, 2017
8:30am/20 minutes

Guest: Jay Walter

Description: Jay Walter, Director of the Eco Project at Green Newton says this project was created by Green Newton to be an outreach program that helps residents to live a more sustainable lifestyle. He points out the project will help residents determine if their homes can be outfitted with solar panels. Walter says one of the critical requirements of a roof is if it can support the weight of solar panels. He relates how older homes that cannot be fitted for solar panels can qualify for the Mass Save Program which can offer homeowners free energy assessments along with rebates. Walter reveals the assessments include a satellite view that can be beneficial to the homeowner. He believes Green Newton's Echo Project has something for everybody and urges residents To take advantage of the Mass Save Program and begin living a Sustainable lifestyle.

15. Government:

Issue: Newton Charter Commission completes its task.

Date/Time: March 24, 2017
8:30am/20 minutes

Guest: Brook Lipsitt

Description: After a year of Deliberations, the Newton Charter Commission has completed its task. Brooke Lipsitt, a former councilor in Newton says most of the issues dealt with the size and function of the Newton Council. She points out one of the difficult tasks was putting restraints on local neighborhood groups that made it difficult for the Newton Council to govern because many of the issues discussed in the neighborhood groups were the same ones being discussed in the Newton Council causing confusion and delays in implementing policy. Lipsitt believes

Issue: Adapting to living alone.
Date/Time: March 19, 2017
8:30am/20 minutes
Guest: Susan Alpert

Susan Alpert, author of *Driving Solo* Says it was very difficult to start Life off in her golden years without Her husband. She points out she and Her husband John had made so many Plans that included traveling, Working together and getting to Spend more time with each other As well as socializing with the Many couples they developed Friendships with over the years. But his sudden death changed all of That. Alpert says she not only had to Deal with John's loss but also but Also the life they both shared With other couples they knew Over the years. Alpert relates how Being alone changed the Relationships she and her husband John had. She contends after the Grief and anger subsided , she knew She had to create a new life that Would be different but would be Wholesome and rewarding. Alpert Says one of her new activities is to Help women who have lost their Husbands in their golden years find a New direction and meaning in their Lives that will be rewarding and Satisfying.