

Quarterly Issues Programs List:

**WNTN Radio
Newton, MA
April – June 2017**

1. Environment:

Restoration of
Highland Playground
In Newton.

2, Child Abuse:

Newton Second. Step
offers programs to
deal with cyber
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The fine line between
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3. Women's Issues:

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remain active in their
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4. Family:

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5. Aging/Retirement:

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7. Health/Nutrition:

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8. Animal Safety:

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9. Business Economy:

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College that prepares students to enter the Law profession.

16. Government:

Increasing the salary of Newton Councilors.

Newton councilor Urges young people To get involved in Local politics.

1. Environment:

Issue: Restoration of Highland
Playground in Newton.

Date: April 1, 2017
8:am/20 minutes

Guest: Bob DeRubois

Description: Highland Playground
In Newton will be closed until
September of this year, says Bob
DeRubois, Parks and Recreation
Commissioner in Newton. He
Points out the reason is there
Will be a complete make over of
The playground area that will feature
A new basketball court, a baseball
Diamond and an expanded
Playground for younger children.
DeRubois says the undeveloped area
Of land that surrounds the
Playground will be turned into a
Nature trail. He relates how there
Will be a lot more things available
For children of all ages. He regrets
Construction has to take place
During the spring and summer
Months but that is the idea time
To perform outdoor work, DeRubois
Believes the playground should be
Completed by early September with
An opening in Mid September till the
End of October.

2. Child Abuse:

Issue: Newton Second Step offers programs to deal with cyber bullying.

Date/Time: April 1, 20`7
8:20am/20 minutes

Guest: Sarah Perry

Description: Sarah Perry, Executive Director of Second Step which is A non profit organization providing Comprehensive support services to Survivors of domestic violence says With the aid of technology the Internet has become a tool where a Child can become the victim of Bullying. She points out the bully is no longer on the street corner or in the playground. Perry says this form of abuse is becoming wide spread. She relates how kids have gotten involved in which is now known as cyber bullying. Perry urges parents not to let their children on the internet without monitoring their activity. Perry contends cyber bullying with children has resulted in suicide .in many instances. However in Newton there has not Been any suicides from cyber Bullying. She relates how Second Step teaches a research based Bullying prevention program. Second Step provides training for The school staff and lessons for Students, adds Perry. She says The lessons are stories by Trudy Rudwig designed to help students Recognize, report and refuse Bullying. Second Step also Provides lessons that can be taught At home.

Issue: The fine between discipline
And abuse.

Date/Time: June 10, 2017
8:00am/20 minutes

Guest: Esther Joseph

Description: There is a fine line
Between discipline and abuse, says
Esther Joseph author of “Memories
Of Hell, Visions of Heaven, A Story
Of Survival, Transformation and
Hope” She points out parents have
To be aware of how they discipline
Their children and what forms of
Punishment they use. Joseph says
Parents can cause damage to their
Children when they elect to hit them.
She relates how parents resort to
Hitting their children out of
Frustration because they are angry
And to control this anger they
Resort to hitting their children to
Satisfy that anger. Joseph contends
This kind of behavior on the
Parent’s part causes scars that remain
With the child through adulthood..
She contends this kind of
Punishment leaves lasting scars
On children who will be conditioned
To use anger in any kind of situation
that requires an emotional response.
Joseph urges parents to look deeper
And communicate with their children
And punish in ways will they will
Learn what are good and bad
Behaviors..

3. Women's Issues:

Issue: How women can remain active in their senior years..

Date/Time: April 8, 2017
8:00am/20 minutes

Guest: Dr. Freida Burnbaum

Description: Women need to Welcome old age and not fear it, Says Dr. Freida Burnbaum, a Psychologist and author of Life Over 60. She points out Women Need to welcome growing old rather Than fear it. She points out a woman Who is 60 years or older needs to Take needs to take good care of Her body because that's when it Starts to change. Burnbaum Encourages women to make the Right choices for their bodies Because it can make a significant Difference in the long run. She Reveals recent studies suggest that Older women can keep getting Stronger and continue to feel great Simply by staying physically active. Burnbaum says she has created What she calls the minute technique With this technique a woman Starts with a simple goal such as Walking for one minute and Continues the goal by increasing the Amount of time she is walking on A daily basis. Burnbaum also urges Women to build a social support System. This will them happy and Healthy for the rest of their lives.

4. Family:

Issue: Increase of Spring vacations.

Date/Time April 8, 2017
8:40am/20 minutes

Guest: David MacNamee

Description: David MacNamee, Director of Corporate and Consumer Communications of Expedia says There are many families who are planning Spring vacations more than ever. He points out one of the reasons for this is that there are more package deals that can save a family more than \$600. MacNamee says another advantage is the savings on air fare, a trip to Ft. Lauderdale, Phoenix or Cancun, a family can save up to 15 percent. He relates how the same package deals and airfare cost more in the summer months because of the high volume of demand. MacNamee encourages persons who are planning Spring vacations to book them in January to get the best deals and the best choice of packages. He also urges persons to have the Expedia app on their phone so they can be aware of any updates vacation packages and air fare prices.

5. Aging/Retirement:

Issue: Making retirement meaningful.

Date/Time: May 13, 2017
8:00am/20 minutes

Guest: Mary Llyod,

Description: Mary Llyod, author of Supercharged Retirement and an Executive in the energy industry says She is a champion for more Meaningful retirement. She points Out how she retired well before Baby boomer peers. By doing this Llyod has learned how to live a Productive environment. She relates How sometimes it takes a few years Of retirement to grasp that we have Right and responsibility to meet Our own needs. These needs are The core of who we are and Addressing them is crucial for a Meaningful life, adds Llyod.. She Contends meaning generates Passion and passion creates Energy. Energy provides light, Hope, enjoyment and satisfaction. Llyod points out if you don't have A clear idea of what you want to Do when you retire, you are not Doomed to a rocking chair. She Urges retirees to look for what Makes them happy and keep Looking vigilantly because They will find it. Llyod concludes Having enough wealth to retire Is not a matter of how much Money you have available. It is About discovering what you want to Do and chart a course to get it done.

Issue: Making the right choices for Retirement.

Date/Time: June 10, 2017
8:30am/20 minutes

Guest: Terry Laxton

Description: Traditional retirement Plans are not working, says Terry Laxton, author of “The Better Money Method. He points out during the Economic crash in 2008 investors Lost up to 50% in their IRA’s, 401 K’s and annuities that is still sending ripples in the stock market. He points out people not only need to maximize their financial assets but also their intellectual assets. This means keeping a watch on what your investments are doing and have an alternate plan ready to go to minimize losses. Laxton urges investors to transfer some of their funds to their heirs to reduce the tax burden on their investments. He encourages investors to convert tax deferred IRA and 401k’s to tax free income For life. Laxton concludes this Kind of strategy will help reduce Taxes because taxes would be Taken out on lower amounts of Money.

6. Health/Medical:

Issue: Coping with brain injury.

Date/Time: May 13, 2017
8:30am/20 minutes

Guest: Janet Cromer

Description: Janet Cromer, a Registered nurse and author of Professor Cromer Learns to Read a Couple's New Life After Surgery. She points out her Husband sustained a brain Injury that required her to be A full time caretaker of her Husband. Cromer relates how stressful and exhausting it was taking care of her husband. She contends she was also very Sad and hurt because many of the Things they both did together could no longer be shared because Her husband did not have any Recollection of those memories. Cromer reveals how in many aspects Her husband was a stranger. However the time they spent Together created new memories they Both could share together and this Re-enforced the love and respect They had for one another.

Issue: Symptoms of Tenitus
Date/Time: May 20, 2017
8:30am/20 minutes
Guest: Lolly Wigall

Description: Lolly Wigall,
Audiologist with Atlantic
Audiology says Tenitus is a form
Of hearing loss that causes a ringing
In the ears that nobody else hears
But the person with the affliction.
She points out persons who have
tenitus have a history in being in
noisy environments. However it is
not the only way of getting Tenitus.
Certain medications, aspirin, chemo
Therapy and tumors can cause the
Affliction, adds Wigall. She reveals
There isn't any special hearing test
To check for Tenitus. Except taking
A standard hearing test to determine
Any loss. Wigall contends there is
No cure for Tenitus but there is a
Program called White Noise. It
Transmits a static sound that
The ringing sound more tolerable.

Issue: Healthy eating helps digestive
Enzymes in the pancreas.

Date/Time; April 15, 2017
8:00am/20 minutes

Guest: Dr. Rahji

Description: If you have gas and
Bloating along with stomach pains
And weight loss and diareha ,it
Means your pancreas is not
Producing enough enzymes to
Digest your food, says Dr. Rahji, a
Gastro interologist who received a
Medical degree from the New York
School of Medicine and an
Under graduate degree at Harvard
Medical School. She points out
This problem can occur at any age
And can happen to both men and
Women. Rahji says many people
Who are having these symptoms
Are afraid to go to the doctor for
Fear they may have pancreatic
Cancer. She urges persons with
These symptoms to see their
Physician as soon as possible
To protect themselves from
Getting pancreatic cancer. Once
This is done, a patient should
Start a diet that includes fruit and
Vegetables, eating more food with
Fiber and drink more water, adds
Rahji. She encourages persons
To eat less processed foods,
Exercise more and get more sleep.
Rahji believes by doing these
Things one's digestive health
Will be better over the long term.

Issue: Autoimmune Deficiency
Date/Time: April 22, 2017
8:00am/20 minutes
Guest: Dr. Alessio Fasano

Description: Alessio Fasano, a
Renowned gastroenterologist at
Mass. General Hospital says
There must be some environmental
Factors that explain why most
People eat gluten all their lives
And stay healthy while others
Do not.. He points out the ones
Who have problems usually start
Having them when they are in their
70's.. However Fasano says we are
in the midst of an epidemic. Based
on his studies Celiac Disease a
form of autoimmune Deficiency has
doubled every 15 years in North
America.. He contends the problem
Is people are consuming more foods
That contain gluten.. Fasano
Explains the proteins from gluten
Do not digest completely. Because
Of this the autoimmune system
Reacts to gluten as a bacteria
Forcing it to attack that causes
Damage and inflammation to the
Intestine. Fasano believes to
Eliminate this problem people of
All ages need to reduce gluten
Consumption or eliminate it
Completely if their intestine
Becomes inflamed.

Issue :Risk of getting a heart attack
In the early morning hours.

Date/Time: April 29, 2017
8:00am/20 minutes

Guest: Dr. Debbie Watson

Description: Dr. Debbie Watson, Doctor at the UCLA Center for Colesterol and Hypertension says People are vulnerable to having a Heart attack during the early Morning hours between 6am and 10am. She points out blood pressure surges in the morning regardless if you have hypertension or not. However if the person has high blood pressure he or she is at a much greater risk of getting a heart attack, adds Watson. She encourages persons to eat more fruits and vegetables and omit eating foods high in sodium along with taking medications to reduce hypertension. Watson relates how road rage can elevate someone's blood pressure to a point where a heart attack might be eminent. While this stress cannot be removed completely from our lives reducing alcohol consumption, exercising and eating right can reduce our chances greatly from getting a heart attack during the early morning hours.

7. Health/Nutrition:

Issue: Avoiding medical problems
by eating functional foods.

Date/Time May 20, 2017
8:00am/20 minutes

Guest: Stuart Tome

Description: Stuart Tome consultant
For the World Health Organization
And spokesperson for Nordic
Naturals says if people want to
Live healthy lives they need to eat
Foods that give them the
Nourishment and vitamins that are
Needed by the body on a daily basis.
He points out people need to
Consume what he calls functional
Foods. These foods include: green
Vegetables that contain folic acid,
Fruits that contain Vitamin C and
Omega 3 fatty acids that can be
Found in fish like sardines.
Tome relates how the sun can
Provide Vitamin D and encourages
Limited exposure to the sun to get
This much needed vitamin into
One's daily diet. He contends eating
What he calls the functional foods
Offers healthy benefits and living
Along with avoiding medical
problems Tome concludes by
Saying the reason why medical
Costs are soaring is because
People are not eating the proper
Foods and relying too much on
Drugs to be healthy..

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Issue: Lowering sugar intake for
School age children.

Date/Time: June 17, 2017
8:30am/20 minutes

Guest: Dr. Jeffrey Burke

Description: Dr. Jeffrey Burke, a Naturopathic doctor says school Age children are consuming too Much sugar in their daily diet Both at home and at school. He Points out how soft drinks like Coke and Pepsi come in 48 Ounce bottles that not only Contain a lot of sugar but also A high amount of calories that Are equivalent to a small meal. Burke also cites processed foods That have high amounts of sugar And power drinks that are pure Sugar and consumed by teens on a Daily basis. Burke encourages Parents to monitor what their Children are eating and drinking Outside the home. Burke urges Parents to make sure their Children are getting lots of Water on a daily basis and Substitute bottled water for Bottled soda.. With the increase Of Type II diabetes in Children .H e believes the time is Now. If this happens Type II Diabetes along with overweight Issues can be reduced substantially.

8. Animal Safety:

Issue: The killing of baby Harp seals.

Date/Time: April 15, 2017
8:20am/20 minutes

Guest: A.J. Kady

Description: A.J. Cody, Director Of the International Fund for Animal Welfare says the killing of baby Harp seals can no longer be Tolerated by the world Community. He points out in the Months of February and early March When baby harp seals are born they Are killed by Canadian fisherman. These baby Harp seals are either Killed by harpoons, guns or are Clubbed to death, adds Kady. He Relates the prime reason for killing These seals is for commercial use. Kady says the poor animals are Killed to make luxury items like Fur coats. What has the world in Uproar is that many of these seals Are skinned when they are alive. While it is illegal to hunt and kill These harp seals, Canadian Fisherman continue to slaughter These animals even though most Canadian citizens are against this Practice. Kady encourages Countries around the globe to Put pressure on the Canadian Government to stop this senseless Slaughter.

9. Business /Economy:

Issue: Landing the right executive to run a business.

Date/Time: May 27, 2017
8:00am/20 minutes

Guest: Dr. Linda Henman

Description: Dr. Linda Henman who Has a Bachelor's Degree in Communications and a PHD in Organizational systems along with Two Masters of Arts degrees in Both interpersonal communications And organizational development And author of Landing in the Executive Chair and How to Excel in the Hot Seat says CEO's Of large companies are by in Large paid for how well a company Does financially. She points out This is a sound strategy if it looks To the future growth of the company And not just the present. Henman Contends in order to do this a CEO needs to have a long term Strategy to grow and have a Positive image of the company. She concludes to accomplish These goals a CEO needs a CFO Who will challenge him or her To a profitable long term strategy.

10, Health/Mental:

Issue: Loyalty can reduce stress.

Date/Time: May 27, 2017

8:00am/20 minutes

Guest: Dr. Steve Weitzenkorn

Description: Many people associate Loyalty with their job and the Company they work for, says Dr. Steve Weitzenkorn, author of Find, Fulfill and Flourish. He points out that while loyalty in business provides security and serenity, it is an essential element in the workplace. It is also something we need in our personal lives. Weitzenkorn says loyalty in personal relationships develops trust and deeper commitment. He relates how loyalty not only creates good health it reduces what is called negative stress that is associated with personal commitments. Weitzenkorn believes loyalty helps people find out who they are which is often mistaken for what they are. He concludes less stress in our lives can be realized simply by including loyalty in our personal relationships.

11. Personal Finance:

Issue: Beliefs about spending money.

Date/Time: May 6, 2017

8:30am/20 minutes

Guest: Janet Hanneck

Description: Janet Hanneck, a CPA
And financial planner for persons
And small businesses and author
Of the book, “The Problem with
Money: It’s Not About the Money”
Says the problem is not what we do
With our money, it’s about asking
Ourselves questions such as :what
Is money, why we use it and how
Should we use it. She points out
She points out her job is not to
Help people learn how to spend
Their money but to make them
Aware of what they are doing
With their money.. Hanneck
Relates how when people
Review their spending habits
They might change their beliefs
In handling money on their own,
She concludes when people start
Understanding their beliefs of
Spending money they will change
Their spending habits and
Establish a positive pattern of
Spending that is practical and
Fulfilling.

12. Religion:

Issue: The blending of religion and politics.

Date/Time: June 3, 2017
8:00am/20 minutes

Guest: Jonathan Dudley

Description: Jonathan Dudley, Author of Broken Words: The Abuse of Science and Faith in American Politics says he wrote This book because he believes Science and religion have over Stepped their bounds by Entering politics. He points out The religious right has injected Religion when reflecting their Stands on abortion and gay rights. On the other side the liberals have Brought in science to plead their Case for abortion and gay rights. Dudley says this is why our Forefathers fled England because Of the Church of England. He relates How liberals are using science to Scare people about global warming. Dudley concludes these issues need To be discussed without the Interference from other institutions.. He sincerely believes the lines Of communication need to be Opened so persons can discuss Their disagreements and find a Solutions that can be accepted by all,

13. Health Care:

Issue: Male nurses making an impact in the field of Nursing.
Date/Time: June 3, 2017
8:30am/20 minutes
Guest: Dennis Preshaw

Description: Dennis Preshaw, a Registered nurse and author of The book, Heart of Compassion. Says he wrote the book because He wanted to let people know What it's like to be a nurse. He Points out when he entered Nursing School he was the only Male in the class. Preshaw says He wanted to be a registered nurse Because nurses come in contact With patients on a daily basis Whereas doctors do not. Preshaw Says it was difficult at times When he graduated from Nursing School and started taking care of Patients. on a daily basis. He relates How some female patients would A female nurse. Male patients at Times would request a female Nurse. Preshaw contends he Did not let this bother him. However he began to realize what it Must Have been like for women to train To be doctors. Preshaw Concludes interacting with his Patients proved beneficial for him as well as it did for them.

14. Legal Rights:

Issue: International Human Rights

Date/Time: April 22, 2017
8:30am/20 minutes

Guest: Brian Gardner

Description: The words as laid down in the Declaration of Independence, "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are Life, Liberty and the Pursuit of Happiness" were not just meant for Americans, says Brian Gardner, Author of Plan for America and The World were meant for all people anywhere in the world. He points out at the end of World War II on December 10th, 1948 the United Nations drafted the Universal Declaration of Human Rights. Gardner says this declaration features 30 articles covering a variety of rights, that all humans have as their rights as living individuals. He believes it's time to make sure all nations of the earth are aware of these rights so the promotion of tolerance and peace can prevail.

15. Education:

Issue: College that prepares students to enter the law profession.

Date/Time: June 17, 2017
8:00am/20 minutes

Guest: Dr. Michael Chassen

Description: Dr. Michael Chassen, Dean of the American College of History and Legal Studies in Salem, New Hampshire says his college is one of the few in the country to accept students from community colleges as well as students from colleges who haven't completed four years. He points out the curriculum offers courses that students will need to pursue a career in law. Chassen relates how four year institutions have courses that are not related to the law field taking it longer for students to get into law school. He says the core of the program concentrates on history, oral presentations and debates. Chassen states near the end of the program students get involved with Moot Court where they get a chance to present their case and gain experience as trial lawyers. He concludes that students entering American College of History and Legal Studies will get a jump start of their peers in the traditional four year college.

16. Government:

Issue: Increasing the salary of
Newton Councilors.

Date/Time: June 24, 2017
8:20am/20 minutes

Guest: Councilor Lipoff

Description: Councilor Rick Lipoff
Who represents Ward 8 in Newton
Says Councilors earn \$9,750 a
Year while other cities average
\$18,105 a year. He points out the
reason Newton is lower than most
Other places is that persons
who serve on the Newton
Council look at the position as a
Volunteer job and basically want
To serve their community. Lipoff
Says money is not an issue because
It is part time with no regular
Hours. He relates when Mayor
Warren received his last increase
Councilors received 10% of the
Mayor's raise. Before this
Councilor's salaries remained the
Same since 1996. However he
Believes this will change because
The Newton Charter Commission
Is discussing reducing the council
To 12 persons. If this happens
Councilors will have more work
To do and will ask for more
Monetary compensation to deal
With a longer schedule.

Issue: Newton Councilor urges
Young people to get involved in
Local politics.

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

Guest: Councilor Cheryl Lappin

Description: Cheryl Lappin
Councilor who represents Ward 8 in
Newton and Vice President of the
City Council says the best way for
Young people to get involved in
Politics is to get involved with their
City's or town's government.. She
Points some of the best public
Servants in America built a
Strong foundation by starting out
In local government. Lappin urges
Young people to get involved in
Local politics because it is the best
Way to get the experience they
Need to become a congressman or
Senator. She contends those persons
Who have followed this path to
National politics have been able to
Make a difference not only their
Local town but also in their state.
Lappin says she is concerned
About the young people of today
Who want everything right now.
She believes if young people
Become more involved in local
Politics, they can be the leaders of
Tomorrow who will be able to
Keep our society free and strong.