

Quarterly Issues Programs List:

**WNTN Radio
Newton, MA
July-Sept. 2017**

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On the human body.

Vitamin B12 Deficiency
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Naet Allergy Testing.

Understanding Alzheimer's
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1. Health/Medical:

Issue: Tick safety tips.

Date/Time: July 1, 2017

8:00am/20 minutes

Guest: Dave Wolfe

Description: Dave Wolfe who is an Expert on ticks says many people Do not know what a tick looks like And essentially what does it do. He Points out there is a misconception By the public at large that ticks Come from the mite and spider family. Wolfe says this is totally untrue. Wolfe says ticks do not have eyes or much of a head like mites and spiders. They have tentacles that pierce the skin to obtain blood from its victim. He relates how there are three kinds of ticks: 1.) Dog ticks which is the size of a watermelon seed that attaches itself to the dog's skin which is covered by thick hair. 2.) Deer ticks that feed on small rodents. 3.) Long Star ticks that are not found in New England. Wolfe contends the Deer tick is the worst one because it contains bacteria so when it attaches itself to a person's skin it can inject bacteria into the person's body while extracting blood. He urges persons who are near forests or high grass to wear a hat, a long sleeve shirt and pants. Wolfe also encourages persons to wear socks that go over the pant leg to prevent the tick from going up the person's leg. He concludes these measures will prevent the spread of lime disease which is caused by Deer tick infestation.

Issue: The effects of dental health on
The human body.

Date/Time: July 15, 2017
8:30am/20 minutes

Guest: Dr. James Rota

Description: Dr. James Rota, a Dentist and author of the book, Mirror of the Body says dental Health can affect many organs Of the human body. He points Every tooth in a person's mouth Can have a positive or negative Effect on organs of the human Body such as the heart, liver, Pancreas and the brain. Rota Says the amalgam fillings that Are presently used contain Silver which contains mercury Which can have a negative effect On body organs. While one or two Amalgam fillings containing Mercury may not be a problem, Adds Rota, several teeth with Amalgam fillings can over time Do bodily harm to the heart, liver And pancreas .He urges patients To see their dentist and seek Alternative fillings that are Available that do not contain Mercury. Rota contends Many persons do not realize that Bacteria and germs that can enter The human body come from inside The mouth.. He encourages Dental patients to be pro-active About their dental health because One's life may be threatened by In action.

Issue: Vitamin B12 Deficiency
Awareness.

Date/Time: July, 29, 2017
8:30am/20 minutes

Guest: Sally Pacheloi

Description: Educating the public
About Vitamin B12 needs to be a
Top priority, says Sally Pacheloi who
Has been a registered nurse for 26
Years. She points out Vitamin
B12 is difficult for the human
Body to absorb. Without proper
Amounts of Vitamin B12, the
Brain can be injured and anemia can
Also set in. Pacheloi says the
Symptoms of Vitamin B12
Deficiency mirror the symptoms of
MS such as balancing and walking
Also memory loss and depression
Are associated with this deficiency.
She refers to B12 Vitamin
Deficiency as a medical disorder.
Pacheloi urges people to tell their
Doctors that they want to be tested
For Vitamin B12 deficiency if they
Are experiencing these symptoms.
She believes with today's modern
Medicine it is important to
Recognize and exhaust every
Possibility.

Issue: Naet Allergy Testing
Date/Time: August 26, 2017
8:00am/20 minutes
Guest: Terry Plante

Description: Certain acupuncture Points are stimulated when a person Is in physical contact with something That they are allergic to, says Terry Plante who is an acupuncturist with A private practice in Framingham. She points out a new testing Program called Naet channels Energy previously blocked to Be reprogrammed to accept the Energy of the allergen thus the Body's immune system no longer Reacts against the allergen. Plante Relates how this is achieved by Testing the muscle by having the Patient extend their arm to resist A slight downward pressure on one Arm while the patient holds the Allergen in the other hand. She Believes Naet Allergy Testing Will help patients immensely with Persistent allergies to finally find A plateau where their body will be the victor and not the loser.

Issue: Understanding Alzheimer's Disease.

Date/Time: September 9, 2017
8:00am/20 minutes

Guest: Dr. Paul Solomon

Description: Dr. Paul Solomon, Director of the Boston Center For Memory in Newton says Alzheimer's Disease typically Progresses slowly in three general Stages: 1.) Mild-(early stage.) 2.) Moderate(middle stage) 3.) Severe (late stage). He points out Alzheimer's Disease affects People in different ways. Each Person will experience symptoms Or progress through stages of the Disease differently. Solomon Relates how finding a cure for Alzheimer's is difficult if not Impossible because the disease kills Off brain cells that cannot be Replaced. He believes the best Course of treatment is to catch Alzheimer's Disease in its very Early stages so it ca be stopped Before too many brain cells are Destroyed. As of this interview Research is moving forward To find a drug will be effective In slowing down the disease.

Issue: Fitness program designed for Seniors.

Date/Time: September 16, 2017
8:30am/20 minutes

Guest: Karen Peterson

Description: Karen Peterson, author Of “Movement Without Balance” Says she wrote this book because She wanted to improve the lives Of elders by helping them stay Mentally alert and sharp to reduce Their risk of falls and accidents. She points out her program employs A coordinated combination of Sensory exercise and movement Activities to challenge the brain And body simultaneously. Peterson Says as we age it is very important To exercise our brain on a daily Basis. She relates how there is A lot of emphasis placed on Physical exercise on the body While the brain is neglected at The same time. Peterson says Exercising the brain will have a profound effect on the human body By creating greater mobility and Balance which erodes as people Age and reach their senior years. She urges everyone to start this Program now regardless of age.

2. Environment:

Issue: Developing sustainability with our water supply.

Date/Time: July 1, 2017

8:30am/20 minutes

Guest: Rick Stover

Description: Water is our most Treasured resource but with water Shortages in states like California And Arizona and an apparent water Shortage around the globe, Rick Stover, Vice President of Desolitech, an environmental Friendly company in Newton That manufactures waste water Systems says now is the time to Develop sustainability water systems That will eliminate wasting water. He points out one of the water Sustainable procedures that is Gaining popularity is water asmosos. With this procedure water that is Used is put through a filtering Process, removing impurities so The water can be reused. He believes If this process was used worldwide, Water shortages would be greatly Reduced. He concludes this would Allow time to discover new areas Containing water.

3. Child Abuse:

Issue: Dealing with child abuse in the adult years,

Date/Time: July 8, 2017

8:00am/20 minutes

Guest: David Pelsner

Description: David Pelsner who wrote, "Too Close To Me" says he wrote the book because he wanted to help adults who were abused in their childhood to come face to face with the issue. He points out at the age of 8 after his mother burned his arm on the stove that he decided he had to react. Pelsner says he was determined not to give up on his life, he reveals as he got older he did not hate his mother for what she did to him. Pelsner says he began to realize that his mother was sick and had problems that led her to abusing him. He also realized that if he started hating his mother he would end up abusing someone. Pelsner believes storing up hate like can cause the victim to become an abuser too. He urges persons who have been abused in their childhood to read his book so they can free themselves from a situation that was not of their own doing.

4:Aging/Retirement:

Issue: The plight of Newton Seniors trying to downsize their living quarters.

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

Guest: Joyce Picard

Description: Joan Pacard, a Citizen of Newton and member of The Newton Senior Center says The city of Newton has not been Very friendly to seniors who Are contemplating downsizing Their living quarters. She points Out many Newton seniors who have Large homes because they had Large families at one time can no Longer afford to pay the mortgage On their homes because now they Are on a fixed income, Picard says Most of the new homes being Built in Newton are very expensive And too large for seniors to live in. She contends smaller units in Affordable housing are the right size For seniors but they do not qualify For these units because their income Is too high. . Pacarrd hopes the City will look into this situation And help seniors with decent and Affordable housing. She believes the Seniors who have paid their taxes And Supported referendums for new School construction and tax Increases for new roads are only asking for housing that they are willing to pay for that is their price range that they can afford on their fixed income.

5. History:

Issue: How Newton residents have had an impact on the city's history.

Date/Time: July 15, 2017

8:00am/20 minutes

Guest: Gail Spector

Description: Gail Spector, former Reporter of the Boston Globe and Former Editor of the Newton Tab And author of the book, Legendary Locals of Newton. says she was Thrilled to get the opportunity to write this book when she was when she was offered the assignment by Arcadia Publications. She points out it was very difficult To select a person because there Were so many persons to choose From. Spector says before choosing A person to write about she had to Obtain a photo which required Getting copyright approval. She Relates how she enjoyed her Conversation with peg Hannigan Who was considered the God Mother Of Newton politics. There were Funny stories and historical photos In the exchange. Sprctor states the Best Newton resident she wrote About was Laura Bruin who on A whim walked to Washington, D.C. To protest the Vietnam War and later Founded the Green Decade Coalition now known as Green Newton,

6. Business/Economy:

Issue: The effect of Digital Marketing on customer reviews of Businesses.

Date/Time: July 22, 2017
8:00am/20 minutes

Guest: Vito Santoro

Description: Vito Santoro author of Nitch Dominance: Creating Order Out of Your Digital Marketing. says Digital Marketing has changed the Way businesses are reviewed for Their services they offer as well As the products they manufacture. He points out the power of these Reviews come directly from the Consumers who instantly give their Opinion about both. Santoro says This lets the company or store know Exactly what their customers like And dislike. He contends these kinds Of responses stay around longer and are remembered whereas radio and television commercials tend to disappear and be forgotten. He encourages companies to make digital marketing a priority in their media plans if they want to be financially successful in and economy of tough competition.

Issue: Changing the concept of Fast Food.

Date/Time: July, 29, 2017
8:am/20 minutes

Guest: Randy Gurrouti

Description: Randy Gurrouti, CEO Of Shake Shack that has a restaurant In Chestnut Hill says his restaurants Are changing the way people look at Fast food. He points out Shake Shack got its start in New York City and was known as a restaurant Of fine dining. He relates how his Restaurant was hired to do a large Block party where hamburgers, hot Dogs and French fries were served. The food Shake Shack served that Day Was a big hit with everyone Adds Gurrouti. He says the Difference was the quality of Food that was served. Gurrouti Contends from this point on he Began to realize that there was a Need to upgrade the food in fast Food restaurants. Since opening His Shake Shack restaurant in Chestnut Hill what was once an idea Is now a reality. Shake Shack serves What is called Fast Food but with a Difference: Fresh vegetables and Fresh natural beef. Gurrouti points Out people are more health Conscious and want to know Where their food is coming from. While prices might be higher, Gurrouti says quality in fast food Was long in coming and believes it Is a win situation for everyone.

7. Health/Mental:

Issue: Are human donor eggs the answer to infertility.

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

Guest: Victoria Hopewell

Description: Victoria Hopewell, a Clinical psychologist at Harvard and Author of “Grade A Baby Eggs” Says she decided to look into egg Donors on her own when waiting lists at hospitals would literally take years before a donor would be found. She points out she was very Surprised about how big a business It was on the internet for egg donors. Prices varied immensely on donor Eggs because of the history of the Family’s gene pool. Hopewell Relates how one egg donor she Talked to over the internet charged More for her egg because there was a Long history of the family of twins Being born. She admits she was a Little concerned in the beginning About the emotional make up Of these women but her Background in psychology helped Her understand the emotional Makeup of these women before Making a selection. Hopewell urges Women who are thinking about Doing what she did to think Long and hard and seek the Advice of their family doctor Or talk to a psychologist, She Concludes the process worked for Her but for many women the best Course of action would be to be Added to a hospital donor list.

Issue: The mind body connection to
A healthy life.

Date/Time: August 12, 2017
8:00am/20 minutes

Guest: Dr. Donna Hamilton

Description: Wellness is more than
Just not being sick, says Dr, Donna
Hamilton, pediatrician and author of
“Wellness Your Way”. She points
out the word health means
wholeness. It does not mean just
being sick. Hamilton says the mind
body connection to a healthy life
also includes the mental, social
and spiritual aspects of one’s well
being. She relates how children
who are having problems that are
not physical cause them to alter
eating habits which not only affects
their moods but ultimately will
cause physical problems. Hamilton
says the mind can be very beneficial
to the human body but it can also
do the opposite and harm the human
body. She mentions depression as
the main culprit in this case.
Hamilton sincerely believes until
The medical community recognizes
The mind body connection when it
Comes to overall health, optimal
Health will not be achieved.

Issue: Surviving in the wilderness of Life.

Date/Time: September 23, 2017
8:00am/20 minutes

Guest: Scott Hammond

Description: Scott Hammond, author Of "Lost in the Wilderness" says The wilderness is a classroom where We learn to survive, thrive and Sometimes die. He points out at Some point in our lives we have all been lost in a wilderness of Some kind. Some of us have faced Survival decisions in community Disasters or personal traumas. Hammond relates how some of Us have been lost in work along With wandering in careers and Professions. He contends others Have lost relationships, suffered Crippling conditions along with Health challenges and grief. Hammond believes we all are Participants in a wilderness that Is not unlike the wilderness of Wild animals. He concludes by Saying if we understand our Wilderness of life, only then will We find peace and satisfaction In our daily lives.

8. Family:

Issue: Vacation opportunities in mid summer.

Date/Time: August 5, 2017
8:30am/20 minutes

Guest: Sara Gavin

Description: While most Americans Plan their vacation trips long before The beginning of the summer season, Getting a late start in mid summer Can be beneficial in many ways, Says, Sara Gavin, Vice President Of Global Communications for Expedia.com. She points out there Are a lot of vacation locations Where prices for lodging are Cheaper, gasoline for auto travel Is less and air fare is reduced because the peak summer vacation season is more than half over. Gavin says another benefit of Planning a mid summer vacation Is you do not have to deal with Long lines at amusements and Waiting lines in restaurants. You Also get better service because Crowds are smaller and easier to Deal with, adds Gavin. She relates How mid summer trips taken in The United States are a much Better bargain if taken in the later Part of summer. Gavin encourages Those persons whose only Option is to take a mid summer Vacation to do it by contacting Expedia.com now.

9. Healthcare:

Issue: Controlling health care costs with better health.

Date/Time: August 5, 2017
8:00am/20 minutes

Description: Dr. Roland Thomas, Author of "Awakening the Genius Within" says we have a health crisis in the United States with 50% of Patients with cancer, 30% with Cardiac problems and other Assorted physical problems That are affecting baby boomers. He points out another alarming Statistic is the rise of obesity That now affects every age bracket. Thomas says the reason for the high Increases in health care coverage is Because there is no attention paid to health prevention especially when it comes to nutrition. He contends the medical community is aware of these statistics but it is ultimately up to the population to change both their living and eating habits to reduce physical ailments that are contributing to the rapid rise of health care costs.

Issue: How people can reduce
Medical costs.

Date/Time: August 12, 2017
8:30am

Guest: Scott Spiker

Description: Scott Spiker who
Works for Destiny Health, a
Financial services company says
One of the reasons medical costs
Are rising so rapidly is that patients
Never question the actual cost of
Medical procedures or the purchase
Of medications. He points out when
A patient is prescribed a medication
He or she never asks what the actual
Price of this medicine is but
Naively believes the low co-pay
Is the actual price. Spiker says
Patients who take medications
For hypertension take the
Medication thinking they can still eat
The foods that are causing their
Physical problems. He believes
Taking a closer look at medical
Costs by doctors and patients
Alike is the blueprint that can
Bring medical costs under control.

Issue: Choosing the correct backpack
To maintain healthy posture.

Date/Time; August 26, 2017
8:00am/20 minutes

Guest: Dr. Stu Ezrin

Description: Backpacks are designed to distribute the weight of the load among some of the body's strongest muscles, says Dr. Stu Ezrin of Ezrin Family Chiropractic in Newton. He points out when used correctly it can be a good way to carry things like books, etc. Ezrin says backpacks that are too heavy can cause shoulder pain and eventually poor posture. He relates how it is common to see children carrying as much as a quarter of their weight. The American Chiropractic Association recommends a backpack weight of no more than 10% of a child's weight, adds Ezrin. He urges to look for these three things when buying a backpack. 1.) Make sure the backpack has an ergonomic design. 2.) Make sure the size of the backpack is no longer than a child's torso and 4 inches below the waist. 3.) Make sure the backpack has a padded back and has shoulder straps. Ezrin concludes if these steps are followed children will not have posture issues in their adult years.

10. Personal Finance:

Issue: Redefining Money and Wealth.

Day/Time: August 12, 2017
8:00am/20 minutes

Guest: Wayne Wakefield

Description: Wayne Wakefield, Author of, "40 Unbeatable Laws of Money" says wealth has little to do with money. He points out both high schools and colleges still continue to stress that money and wealth are one in the same. Wakefield says money is a powerful tool but without the proper mindset wealth will never be achieved. He relates how colleges fail to instill this into their students leaving them at a disadvantage in the world of business. Wakefield contends emotions and money do not mix. It's like trying to mix water with vinegar. He encourages students to go to schools that specialize in business only and get his book. Wakefield believes with the economy we have today, one cannot afford to not know how to balance wealth and money.

11. Government:

Issue: Privatizing local government.

Date/Time: August 19, 2017
8:00am/20 minutes

Guest: Robert Martichanko

Description: Robert Martichanko, Author of Hidden Profit believes The time has come for local Governments to take a closer Look at many of the tasks they Perform that are costing the Taxpayers a lot of money with Ballooning costs and higher taxes, He points out trash collection, road Work and permit grants could be Better handled by private businesses. Martichanko says there are things Local governments are good at such As setting policy goals and Collecting taxes and fees. He Contends in today's economic Climate local governments Need to look to private businesses And open up a line of Communication with them And see if this is a feasible Situation to keep themselves out Of red ink. Martchanko says Local governments have a pivotal Role to play but they need Flexibility to explore privatizing . But for this to happen the Federal Government has to give Back more power to the local Governments

12. Politics:

Issue: The high cost of running for President of the United States.

Date/Time: August 19, 2017
8:30am/20 minutes

Guset: Ramesh Anunochalam

Description: Ramesh Anunochalam, Author of Madame President, "History in the Making" says one of the things that he noticed in the 2017 Presidential Race was that. Both candidates Hillary Clinton And Donald Trump were worth Almost a billion dollars each. He points out it has come apparent To Americans that the office of President will cost a candidate Almost a billion dollars. Anunochalam says this is disturbing Because it prevents many other Presidential candidates from running Because it is just too expensive. He contends financial reform is not the answer, Anunochalan relates how Radio and TV are responsible for Escalating costs along with the internet and newspapers, He urges Voters to be more pro-active on this issue by demanding change on how We elect our presidents, If nothing is done, concludes Anunochalan the fate of America will end up like The fall of the Roman Empire.

13, Community Outreach:

Issue: The Rising Star Program
Date/Time: September 2, 2017
8:30am/20 minutes
Guest: Derek Warner

Description: Derek Warner, Group Market Manager for Sun Life Financial, a Canadian company With offices in Wellesly, MA Says his company is offering a Grant and Scholarship Programs To inner city youth who aspire To go to college and further Their education., He points out The name of this program is The Rising Star Program. Warner encourages local non-profit organizations to go on Sun Llife's Financial website to apply for These grants and scholarships. He relates how 5,000 scholarships Have been given to Boston high School under priviledged youths. Along \$50,000 worth of grants. Warner encourages students to Write essays about their hopes and Dreams in a 750 word essay and Submit it to Sun Life Financial to Receive additional aid. He believes There are millions of Rising Stars Not only in Boston but cities around The globe.

14. Legal/Judicial:

Issue: Protecting 2nd Amendment rights.

Date/Time: September 16, 2017
8:00am/20 minutes

Guest: Jim Wallace

Description: Jim Wallace, Executive Director of Goal whose aim is to Restore and protect 2nd Amendments Rights says too often licensed gun Owners are being blamed for Violent crimes where guns have Been used. He points out gun Owners are responsible citizens Who have taken lessons on the Proper use of firearms and have Filled out all of the proper forms. Wallace believes it is time for Gun owners and opponents to bury The hatchet and work together to Find common ground and exchange Ideas on how to deal with the rise in Crime where weapons are used. He cites cities like Chicago that Have The toughest gun laws on the The books is still seeing a rise of crime, Wallace encourages people everywhere to start talking to one another and get at the route cause of violence especially with our youth who are bombarded with violence on the TV and theater screens. He concludes a gun is only an instrument, violent behavior is a condition that needs to be addressed if violent crime is to be eliminated.

15. Education:

Issue: The importance of introducing to kindergarten children.

Date/Time: September 30, 2017
8:30am/20 minutes

Guest: Constance Maxwell

Description: Young children have An inborn curiosity about everything They can see or touch, says Constance Maxwell, a science Teacher for 49 years and author of “Kindergarten Explores Science” She points out she wrote the book Because she has found science is The One subject that fascinates kids Because it makes learning and Teaching fun and exciting not only For them but for the teachers as well. Maxwell recalls a show she used to Watch when she was a kid called, Watch Mr. Wizard with Don Herbert Where he would perform scientific Experiments to the delight of the Kids who were watching him. She Contends how she employs this Method in her teaching. Maxwell Says her book gives illustrated Explanations for the basic laws of Science, the beauty of nature and the Story of God’s creation.. She Believes this is the best approach to Get children interested in science At an early age.