

.Quarterly Issues Programs List

**WNTN Radio
Cambridge, MA
July-Sept. 2019**

Issues of Community Concern:

1. Health/Nutrition:

Benefits of a sugar restricted diet.

2. Health/Medical:

Female athletes experience significantly more concussions than their male counterparts.

Preventing exposure To Lyme Disease and Tick Pathogens.

Prostate Cancer Treatment.

Lifestyle and Wellness.

Four Steps for Containing Candida Overgrowth.

3. Media:

Using the power of viral social media ads.

4. Agriculture:

Easy ways to make more houseplants.

5..Government:

The Federal Reserve.

6. Crime:

The right to bear arms.

7. Elections:

Priscilla Flint-Banks is running for City Council in Boston.

8. Seniors:	Adaptive Gardening can bring joy and purpose to seniors..
9. Business/Economy:	Taking Crowd Sourcing to the Street..
10. History:	Patriots of African descent in the Revolutionary War,.
11. Health/Mental:	Women and Stress. Discovering your Authenticity. Situational Awareness Dreams may reveal The process by which We become who we Are.
12. Employment:	The overcrowding of lawyers in the job market.
13:Marital Relationships:	The roles of husband and wife.
14. Family:	Dealing with the murder of family members.
15, Religion:	Separation of Church and State's vague explanation.
16. Women's Issues:	Discovering your authentic self. Facing Midlife.

1. Health/Nutrition:

Issue: Benefits of a sugar restricted diet.

Date/Time: July 13,2019
7:00am/20 minutes

Guest: Dr. Julie Gatzka

Description: Quitting sugar has many Positive health effects says, Dr. Julie Gatzka one of the nation's top Chiropractic physicians with 20 Years of practical experience. She Points out Candida albicans is a Type of yeast that is naturally Present in everyone's digestive tract And because it is a yeast it needs Sugar in order to grow. Gatzka says Intense craving for sugar is a Warning sign that Candida levels In your digestive tract have become Excessive and need to be brought Under control..Gatzka concludes by Saying simply toss out sugar and Sugary foods by emptying the cookie Jar, throwing out bags of white sugar And eliminating fruit juices and Snacks containing hi-fructose Syrup. She believes by controlling Your sugar intake gradually. Gatzka States quitting cold turkey is rarely A good idea. Habits need time to be Changed.

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2. Health Medical:

Issue: Female athletes experience significantly more concussions than their male counterparts

Date/Time: July 13, 2019

7:30am/20 minutes

Guest: Dr, Michael Lewis

Description: Dr. Michael Lewis, an Expert on nutritional and holistic Interventions for brain health says Girls neck muscles are less Developed than the boys allowing Their skulls to travel faster and slap Harder against their brains during Head to head collisions. He points Out how girls who play in contact Sports have more concussions than Boys who participate in the same Regardless of the safeguards taken. Lewis relates how concussions in Female athletes can be reduced by Supplying the brain with omega-3 Fatty acids to the brain which has 30 percent of that fat.. He also encourages having a regimen that is less dangerous to female athletes so they can participate in games where the cause of serious injury is removed.

Issue: Preventing Exposure to Lyme Disease and Tick pathogens

Date/Time: August 10, 2019
7:00am/20 minutes

Guest: Dr. Cass Ingram

Description: In 2013, the CDC Reported cases of Lyme Disease In 45 states, says Dr. Cass Ingram, Author of The Lyme Disease Cure. He points out those persons Camping, canoeing or vacationing In Connecticut, Delaware, Maine, Maryland, Massachusetts, Minnesota, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont, Virginia and Wisconsin. Need to take special precautions due To the exceptionally high number Of confirmed Lyme disease cases in These states. Ingram recommends Wearing the lightest colored Clothes possible, preferably white or Off white, Socks should cover the Pant legs..Spray socks and shoes and Pant legs with a potent tick Repellent, He concludes by saying: When arriving home strip down Immediately. Place all clothing in A plastic bag. Inspect the body fully For ticks.. Brush hair thoroughly and Take a shower and scrub the skin.

Issue: Prostate Cancer Treatment,
Date/Time: September 21, 2019
7:00am/20 minutes
Guest: Dr. Dudley Seth Danoff

Description: All men from 20 years
Years old to 80 years old should
Should have a Prostate Cancer
Screening Blood Test says Dr
Danoff, author of The Ultimate
Guide to Male Sexual Health. He
Points out regardless of health,
Healthy men should receive routine
PSA Testing regardless of health,
Danoff states PSA Testing matters
And should not be ignored for any
Reason. He relates there is no cure
For Prostate Cancer and no way to
Prevent it, Prostate cancer is one of
The most serious health problems
In the global community.
Approximately 174, 650 cases
Will be detected this year alone
In the United States.. Danoff
Concludes by saying while you
Actually cannot prevent Prostate
Cancer, with early diagnosis you
Can beat the deadly potential of this
Disease.

Issue: Mindset and Wellness
Date/Time: September 21, 2019
7:30am/20 minutes
Guest: Dr. Donna Hamilton

Description: Dr. Donna Hamilton, a Pediatrician says our health is not Only dependant upon our lifestyle But also our mindset. She points out How we feel about ourselves will Determine our physical health. Hamilton says if we are depressed Our mindset will lead us into not Eating healthy foods, not getting Enough sleep and just not taking Care of ourselves properly. Hamilton Says the mind can have a profound Effect on our health that can be good Or bad.. While there is bad stress That can harm us physically there is Also good stress that will promote Good health.. Hamilton concludes by Saying the key to good health is Maintaining a positive attitude about Our well being that causes us to be Good to ourselves physically.

Issue: Four Steps for taming Candida Overgrowth naturally.

Date/Time: September 28, 2019
7:00am/20 minutes

Guest: Dr, Julie Gatza

Description: Dr. Julie Gatza, founder Of the Florida Wellness Institute Says when treating Candida over-Growth it is important to starve The yeast with a sugar free diet. This means to avoid sugar in all Its forms, She advises checking Labels for hidden sugars and Avoiding processed meats along With bananas, pineapples and All sweet cannedfruits and syrupy canned Fruits. Gatza points out it is Important to boost the liver function. To get rid of Candida. The organ Must be functioning properly help The body and itself of the yeast,. Adds Gatza, She relates how Horopito is a potent anti-fungal Herb native to New Zealand can Be used for intestinal care and can Eliminate toe fungus that is the Direct result of the overgrowth of Candida. Lastly repopulate the gut With probiotics that will put good Bugs into the gut to crowd out the Bad ones. Gatza concludes by Saying Candida is beatable if the Proper things are done and done in a Timely basis.

3. Business/Economy

Issue: Using the power of viral social media video ads.

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

Guest: Travis Chambers

Description: Travis Chambers Says an increasing number of Companies are skipping TV and Print advertising and instead Spending their dollars to directly Reach out to lists of targeted Consumers using Facebook and You Tube ad videos.. He points Out many of these videos are Humorous and entertaining and Have a great chance of going Viral which can boost an Advertiser's return on investment 300 to 500 percent or more. Chambers contends one of the Big benefits of using social video Marketing is that it gives the Marketer an ability to scale Their ad always =making sure That the video campaign is Producing more dollars than it is Costing., He concludes using Viral social media video ads isn't Just a strategy restricted to Companies with big advertising Budgets like Coca Cola, Nordic Track, etc, the little guy can use The same strategy on a smaller Scale and be just as successful.

4. Agriculture:

Issue: Easy ways to make more houseplants.

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

Guest:: Leslie Halleck

Description: Leslie Halleck author of Plant Parenting says many seeds Are very easy to grow while others Can be downright stubborn. She Points out some plants will root Almost overnight in just water while Others may quickly rot. Non Flowering plants such as ferns do not Make seeds at all, rather they Mutiply by spreading spores and can Also be propagated vegetatively, Halleck contends once you know The different plant parts such as a Seed, stem ,or leaf it will be an easy Task to grow your houseplants, She Concludes by saying the method You use at home to make more House plants will ultimately depend Upon the type of plant you want To propogate and how it grows and Flowers.

5. Government:

Issue: The Federal Reserve.

Date/Time: July 6, 2019

7:00am/20 minutes

Guest: Brian Gardner

Description: Brian Gardner, author Plan for America and the World Says the Federal Reserve banking System is the non-American Controlled entity that prints all US Currency. He points out allowing Such a situation to occur is simply One of the greatest cancers and Scams ever fostered upon this Country, Gardner strongly Believes it has to be eradicated and The US Government placed in Charge of printing and distributing Our own paper money. The US Mint Currently makes our coin money and Then sends it to the Federal Reserve For distribution.. Gardner concludes By saying the method of buying Paper money or borrowing funds From the Federal Reserve sets up a Situation where there is no real way To ever pay off the debt we have Accrued through the continued Demand for more money.

6. Crime:

Issue The right to bear arms.

Date/Time: July 6, 2019

7:30am/20 minutes

Guest: Alan Gottlieb

Description: Alan Gottlieb,
Publisher of Gun Week,
Chairman of the Citizens
Committee for the Right to Keep
And Bear Arms, Founder of the
Second Amendment Foundation
Says he is a strong advocate of
Defense and every American is
Guaranteed the right to bear arms
Under the constitution. He contends
Every lawful American has the
Right to own a gun if he or she has
No record of committing crimes
With a gun and is mentally
Competent. Gottlieb contends
proposed legislation from
Democratic presidential candidates
Pretty much turns gun owners into
Criminals overnight with the stroke
Of a pen. He believes law abiding
Gun owners are not the problem,
Violent video games, violence in
Movies and on TV play a large role
In today's senseless violence.

7. Elections:

Issue: Priscilla Flint-Banks is running for City Council in Boston.

Date/Time: August 10, 2019
7:30am/20 minutes

Guest: Priscilla Flint-Banks

Description: Priscilla Flint-Banks Co founder of the Black Justice Institute Inc., a non profit tax Exempt organization with a goal to Advocate and develop programs That address justice and economic Opportunity to blacks and other People of color in Boston. Is running For City Council in Boston. She Points out if elected she will work Tirelessly to make Boston a better Place to live, work and raise Children. Flint-Banks concludes By saying that she will use her Unique perpestive and experience To be a new inclusive voice for Boston and its neighborhoods.

8. Seniors:

Issue: Adaptive Gardening can bring joy and purpose to seniors.

Date/Time: August 23, 2019
7:00am/20 minutes

Guest: Toni Gattone

Description: Toni Gattone, author of *Adaptive Gardening* says her Generation the Boomers doesn't want to give up the things we love because we are getting older. She points out the purpose of her writing a book is to share what she has learned about how to keep gardening even when your back and knees are screaming at you. Gattone relates how gardening is one of the healthiest activities for anyone, but especially for seniors, she reveals that medical records show that seniors with the highest level of physical activity have 27 percent lower risk of heart attack or stroke and 30 percent reduced risk of death from all causes. Gattone says with vigor that it is her sincere hope that no matter what you're going through you can find ways to be creative and resilient because there is always another way to get it done.

9. Business Economy:

Taking crowd sourcing to the Street.

Date/Time: August 31, 2019
7:00am./20 minutes

Guest Johnathan Wolfbarron

Description: Everyday thousands of Concerned individuals use online Platforms like GoFundme and Facebook to launch awareness drives And fund raising campaigns for People, organizations and causes they care about, says Jonathan Wolfbarron, CEO of Rolling Adz, A company that uses local delivery trucks as an alternative way to advertise by creating mobile Billboards. He points out more than 6,000 of his company's moving billboards are now cruising up and down America's streets and highways in more than 3,200 cities promoting hundreds of businesses, projects and charitable causes to political campaigns. Wolfbarron concludes by saying that how happy he was about a little girl named Patricia who was on a waiting list For a kidney donor, His company Created a heartfelt message to capture the public's attention and Put the message on two billboard trucks, free of charge in Portland and Los Angeles. The result: Patricia got her kidney transplant and survived.

10, History:

Issue: Patriots of African descent in the Revolutionary War.

August 3, 2019

Date/Time: August 3, 2019
7:00am/20 minutes

Guest: Marion T, Lane

Description: There were anywhere from 5,000 to 20,000 soldiers of African and Native American Descent who served under George Washington in the Continental Forces during the Revolutionary War, says Marion T. Lane, President Of Descendants of Washington's Army at Valley Forge. She points out her book. Patriots of African Descent in the Revolutionary War Talks about these brave soldiers. Lane explains she wrote the book because many African American Children do not know that African Indentured servants as well as free Blacks and slaves all assisted in the Founding of our nation. She recalls how her father told her of her families' service in the Revolutionary War. Lane says from what she has learned record keeping during the war was not very well organized so many of the names of men who served were lost. She believes now is the time to let everyone know of the exploits of these men and their loyalty to the original 13 colonies.

11. Health/Mental:

Issue: Women and Stress

Date/Time: August 10, 2019
7:30am/20 minutes

Guest: Dr, Aimee Shunney

Description: For better or worse Women are more emotional than Men, says Dr, Aimee Shunney, a Naturopathic physician. She points Out women measure their success in Terms of their relationships that Their partner, children and Employees. Sunney says there are Some signs of stress to watch out For. Longing for more family time. Money concerns and loneliness Can trigger stress. She contends This stress can be controlled. One Way is to eat properly. Shunney Advises women to eat foods that Are rich in omega fats . While omega fats will not reduce stress The minerals in these fats will reduce The risk of heart attack when stress Arises. She also encourages women Especially those who work full time to get help from her spouse to help create a schedule that will ultimately will be less stressful. Shunney believes this combination will be beneficial for both mental and physical health.

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Issue :Situational Awareness.
Date/Time: September 28, 2019
7:30am/20 minutes
Guest: Dr. Joe Alton

Description: D. Joe Alton. A
Psychologist at the Harvard Medical
Center says the acts of terrorism
That have occurred around the
United States is something that is not
Going to go away and unfortunately
Only increase in intensity.. He points
Out the best thing to do is prepare
Ourselves for the worst wherever we
Go..Alton says this doesn't mean not
Enjoying ourselves when we are out
And about.. Alton contends it is just
A matter of observing our
Environment and looking for
Anything that may not seem right..
He says when you are parking in a
Car garage to observe where the exit
And entrance doors are and to park
As close as you can near them. Alton
Encourages people to always be
Mindful of the what if scenario that
If things don't look or sound right
Then quickly depart.. In conclusion
Alton says using our Situational
Awareness will not only save our
Lives but it will make our lives more
Fulfilling and enjoyable.

Issue: Dreams may reveal the
process by
Which we become who we are.
Date/Time: September 14, 2019
7:30am/20 minutes
Guest: Dr. Barnard Bail

Description: Dr, Barnard, a
Practicing Psychologist in Harvard
Medical School says who we
Become in life may be the result of
Our dreams. He points out people
Who pay particular attention to their
Dreams remember their content and
Use that content in their daily lives.
Bail says people who become
Successful in their lives and careers
Usually trace this to dreams they
Have had throughout their lives. He
Relates how scientists equate a
dream simply as a brain function
Which Is physical in nature that
Causes illusions that have no
Bearings in shaping who we are.
Bail believes the closer we look at
And examine a dream and look at
Our lives we may be surprised on
Its influence on our lives.

12. Employment:

Issue: The over crowding of lawyers in the job market..

Date/Time: August 31, 2019
7:00am/20 minutes

Guest Harlon York

Description: Harlon York, a lawyer And author of Three Degrees of Law says in today's economy There just isn't room for young Lawyers to be employed by large Agencies like you see on television Programs such as LA Law, etc. He points out this doesn't mean one cannot practice law.. York encourages college students who are majoring in law to study other subjects where the services of a lawyer could be used. He encourages Law students to find areas especially in businesses where a lawyer's services are needed. Harlon recommends, banks, department stores, dealerships and investment Companies as alternatives for young Lawyers who want to start their career in law. In conclusion he states In order to accomplish this it will mean taking courses in other fields To get acquainted with in order to be an active lawyer.

13, Marital Relationships::

Issue: The roles of husband and wife.

Date/Time: August 31, 2019
7:30am/20 minutes

Guest: Jack Kelly

Description:

Jack, a marriage counselor and Author of A Woman's Pleasure says The role of marriage today is a lot Different today than what is was for Baby Boomers. And those persons Before them, He points out the wife In those times took care of the Children, took care of the home, did The cooking and gave emotional Support to her husband who was the Sole bread winner. Kelly says this Is all changed.. He says husband and Wife are now equals in marriage and Responsibilities. Kelly relates how This transition has been harder on Men and women.. He contends it Hasn't been easy for women but They seemed to have adjusted more Easier than men.. Kelly explains it Is quite beneficial for a husband and Wife to participate in a marriage Encounter session. It is here where Both partners can rediscover Themselves and get to know each Other in a new light. The result Will be more openness appreciation Abd understanding.

14. Family

Issue: Dealing with the murder of family members.

Date/Time August 23, 2019
7:30am/20minuttes

Guest: Jonathan Exaros

Description: Jonathan Exaros, author of *A Village Murder* says he wrote this book because it is a true story about his parents. He points out in the summer of 1928 an 11 year old American born son of Greek immigrants traveled with his parents and siblings to Greece to visit their family village. Exaros relates it is here the boy witnesses the brutal murder of his father and grandfather by Albanian bandits who were directed out of revenge by a man with a hole in his face, Exaros relates how the young boy and his distraught and mother and two of his siblings return to the United States a year later leaving one of his brothers in the hands of a wealthy uncle and aunt who turn out to be abusive and neglectful. Exaros says this boy eventually runs away and becomes a stowaway on a ship where he is taken by an emphatic crew who helps him reunite with his family in the United States. He concludes by saying while this terrible experience had personal tragedy it showed the personal resolve for one's love and yearning to be with family,

15. Religion:

Issue :Separation of Church and State's vague explanation.

Date/Time. September 7, 2019

7:00am/20 minutes

Guest: Brian Gardner

Description:: Separation of Church And State is one of the best known But least understood phrase in America today, says Brian Gardner Author of Plan for America and The World. He points out it Expresses the belief that there should Be a wall of separation between One's personal faith and any display Of that faith in public. Gardner says In America we advocate freedom of Religion yet if a teacher places a Bible on her desk or if a student Bows his or her head to pray in School they are accused of Violation of Separation of Church And State. Gardner relates how Separation of Church and State Cannot be found in the Constitution Or the Declaration of Independence. He believes clarity on this issue Needs to be looked at by both sides And then come together with a plan That satisfies those persons who are For Separation and those who are Not.

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16. Women's Issues:

Issue: Discovering you
authentic self.

Date/Time: September 14, 2019
7:00am/20 minutes

Guest:Kathalynn Turner Davis

Description: Kathalynn Turner Davis
Author of Kiss Me, Swami says her
Formative years as a beauty
Pageant contestant and young
Actress in Los Angeles shaped her
View of herself and insights from
Her journey to help women suffering
Low self esteem. She points out her
Experiences in the self-help
Movement and hoe Science of Mind
And the Sedona Method have been
Instrumental in her life as well as the
Lives of women she has encountered
And advised.. Davis says her
Definition of spiritual healing, her
Personal path to enlightenment can
Help anyone searching for a sense of
Purpose, fulfillment and inner peace.
Davis concludes by saying living
Your best life as a single woman
Can actually happen in one's
70's as well as dating, She concludes
by saying when we become
satisfied with ourselves we will
truly embrace and enjoy life.

Issue: Facing Midlife

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

Guest: Xandra Moon

Description: It's not hard for women
In their middle age to feel like they
Belong on the Island of Broken
Toys, says Xandra Moon, a tractor
Trailer driver and author of, The
Power of the Titz,. She points out
There are thousands of beautiful
Mothers who feel like they have lost
Their sexuality. Moon says just as
Girls find themselves as young
Women so do middle aged
Women. She relates how it is okay
To be sexual. After we are sexual
Beings. Flirting is great and looking
Good makes you feel great, adds
Moon. She believes that there is still
A cultural bias especially among
Older men who look at younger
Women, She believes that too
Many husbands are missing out on
Many exciting facets that remain
Untouched in their marital
Relationship. Moon states her
Mission in life is to re-aquaint
Women who are 40 plus that they
Have a right to be beautiful and
Happy and be themselves.