

**Quarterly Issues Programs List:**

**WNTN Radio  
Cambridge, MA  
October-December 2020**

**Issues of Community Concern:**

**1. Health/Mental:**

Losing Yourself in Someone else.

Pregnancy After a Loss.

Understanding the role of 5 key digestive enzymes

How will the Pandemic Holiday Season Impact Children?

Unconventional non-Drug therapies for mood Disorders.

**2. Military:**

Will Trump Lose the Military Vote.

**3. Natural Disasters:**

Will the Insurance Claims Process Be Your Second Natural Disaster?

**4. Government;**

Trump Has Historic Opportunity With Third Supreme Court Justice Nominee.

**5. Education:**

Public Schools are in trouble.

**6. Health/Medical:**

What is 24/7 violent News doing to Our Mental and physical health.

	How to prevent Dementia And Reevaluate Your Brain.
<b>7. Animal Health:</b>	Keeping Drinking Water  Safe for Livestock.
<b>8. Police Issues:</b>	Police Interaction Protocol for Traffic Stops.
<b>9. Climate:Issues:</b>	How Can Conservatives Embrace Clean Energy in A Biden Presidency?
<b>10. Women's Issues</b>	The plight of Women in the 1900's..
<b>11. History:</b>	The Legend of the Confederate Gold.
<b>12. GunViolence:</b>	America's Appetite for Gun Control is the lowest Since 2016,
<b>13. Election:</b>	Should Trump Supporters be searching through Dumpsters
<b>14, Business/Economy:</b>	Many Company Leaders Let Employees Run Them.
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## 1. Health/Mental:

Issue: Losing Yourself in  
Someone Else.

Date/Time: October 3, 2020  
7:00am/20 minutes

Guest: Nancy Johnston

Description: When we are entangled  
We are losing our very connection  
With our self. Nancy Johnston,  
Author of Disentangle. She points  
Out in her book Disentangle she is  
Showing how to get some emotional  
Distance from the other person so  
That we can think and see and have  
A better connection with our self  
So that we can make healthier  
Decisions about what is best for us.  
Johnston says when we are entangled  
We are losing our very connection  
When we become preoccupied  
With the other person our efforts  
To engage them or change them or  
Fix them in some way that no longer  
Have a life. She concludes by saying  
Her book can lead a person on how  
To help a loved one but at the  
Same time also love themselves

Issue: Pregnancy After a Loss  
Date/Time: October 31, 2020  
7:30am/20 minutes  
Gust: Joey Miller

Discription: Although it may be  
Possible to imagine that you will  
Ever have find your way through  
Much less back to that road toward  
Parenthood, I know from experience  
That eventually you can and will,  
Says, Joey Miller, MSW LCSW  
And author of Rebirth She points  
Out how she has seen parents go on  
To find happiness and joy in their  
Lives again although never  
Forgetting about their first pregnancy  
Or their deceased baby. She relates  
How these parents became  
Empowered and find jways to return  
To that road, continue and then  
Complete their journey to  
Parenthood and family growth.  
Miller contends losing a baby is  
Worse than losing an older child  
Or parent because relationships  
Developed with these persons where  
A death of a baby or a miscarriage  
Have no roots in any kind of  
Relationship. It is this difficulty  
That must be dealt with grieving  
Parents..

Issue: Understanding the role of five  
Key digestive enzymes.

Date/Time: November 21, 2020  
7:00am/20 minutes

Guest: Dr. Julie Gotza

Description: :As we age , our body's  
Ability to produce digestive enzymes  
Diminishes, says Dr. Julie Gotza,  
Health educator and co-founder of  
The Florida Wellness Institute. She  
Points out to break down different  
Types of foods and improve  
Digestion and nutrient absorption, the  
Following key enzymes can be taken  
Individually or as a combination  
Supplement.:1. Protease, this enzyme  
Breaks down proteins and liberates  
Amino acids which are then  
Absorbed through the intestinal  
Walls. 2:Amylase, present in saliva  
Breaks down carbohydrates into  
Sugars.3. Lipase, secreted by the  
Pancreas into the small intestines  
To break down dietary fats into  
Simple fatty acids and glycerol  
Which can then be absorbed.4,  
Cellulase: helps decompose  
Cellulose(vegetable fiber) into  
Simple sugar. 5, Lactase converts  
Milk sugar(lactose) into simple  
Sugars, glucose and galactose.Gotza  
Concludes by saying taking these  
Enzymes will not only improve  
Overall health but also will improve  
The enjoyment of eating your  
Favorite foods.

Issue: How will the Pandemic  
Holiday Season Impact Children.  
Date/Time: December 5, 2020  
7:00am/20 minutes  
Guest: Carole Lieberman

Description: Carole Lieberman M.D.  
Says the Pandemic Holiday  
Season will hit kids the hardest.  
Santas behind a plexiglass screen or  
On Zoom and parents exhausted  
From having to take care of kids  
Will make the holiday a challenge/  
She points out the best thing parents  
Can do is to make the holiday fun for  
Themselves and their family. This  
Can be done by making the holiday  
Fun for both young and older  
Siblings.. Lieberman concludes by  
Saying if parents make the holiday  
Fun and set this as the primary  
Example to both younger and older  
children

## 2. Military:

Issue: Will Trump lose the Military Vote?

Date/Time: October 3, 2020

7:30am/20 minutes

Guest: Chaplain Gordon Kingenschmitt

Description: Chaplain Gordon Kingenschmitt

A former State Representative and a Navy Chaplain says a new poll of active duty Troops suggest 41% support Biden and 37% support Trump. Kingenschmitt. He condends that this polling was a voluntary or self elected respondents . Kingenschmitt relates those persons who remained silent were afraid to speak up for fear of reprisals or peer pressure. He also relates how Trump has given the military 3 raises in three years. Trump also turned around the Veterans Administration with polls showing 75% of veterans say VA Health Care improved. Kingenschmitt sincerely believes if people will read his book, How to Liberate the World they will see that President Trump has been and still is a Strong advocate of the Military who Believes a strong military in the free World will mean peace and prosperity For all nations around the globe.

### **3. Disasters:**

Issue Will the Insurance Claims  
Process Be Your Second Natural  
Disaster?:

Date/Time: October 10, 2020  
7:00am/20 minutes

Guest: Chip Merlin

Description: Chip Merlin who  
Specializes in insurance claims and is the  
Author of Pay Up/ Preventing a Disaster  
with your own Insurance Company says  
Such natural disasters like hurricanes and  
wild fires can lead to disaster for property  
owners if they do not know how to navigate  
the insurance claims process. He points out  
to survive a hurricane financially, there are  
several important things that must be done  
in advance. The most important thing to do  
is call and review your insurance with your  
agent to make sure everything is insured  
correctly and do you have enough limits to  
cover a complete loss. Merlin concludes by  
Saying it is extremely important to make  
Sure the insurance in force is more than  
adequate to prevent a disaster that could  
mean the total loss of property.



#### 4. Legal:

Issue Trump Has Historic Opportunity with  
Third Supreme Court Justice Nominee.

Date/Time: October 10, 2020

7:30am/20 minutes

Guest: Ed Martin

Description: Ed Martin, former chairman of The Missouri Republican Party from January 2013 until February 2015 says Trump can swing the Supreme Court with a Conservative nominee. He relates how Unlikely it would be to confirm a new Supreme Court Justice before the election. Martin points out selecting a new Supreme Court Justice can continue right after the Election regardless of who is elected President of the United States. Martin Says what worries him is if the Democrats Win the presidency they have threatened to Create more openings on the Supreme This could happen if the Democratic Party Gains a majority in the Senate. He believes This could cause a constitutional Crisis and Could result in a shutdown of the Government that would be a detriment not Only to the United States but to the Free World who depends upon America for Protection.

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## **5. Education:**

Issue:Public Schools are in trouble.

Date/Time: October 17, 2020  
7:00am/20 minutes

Guest: Derek Black

Description: Derek Black, author of Schoolhouse Burning says when we look at Public Schools we have to realize that public education budget cuts are a penny wise-pound foolish.. Because public schools are the largest parts of state budgets they are the first place states look to cut during downturns. Black points out making sure schools have enough funds to educate our children is essential but expenses are getting out of hand Black reveals how Charter Schools and private schools are an alternative when it comes to saving money but parents who send these children to these types of schools still have to pay for the Public Schools.. Black concludes by saying the only answer to this problem is to somehow group private schools and Charter Schools together and have parents pay for the schools their children attend. This would help would be fair for all parties/.

6. Health/Medical:

Issue: What is 24/7 Violent News doing to our Physical and Mental Health?

Date/Time: October 31, 2020  
7:00am/20 minutes

Guest: Dr. Michael Lewis

Description: Living in a digitally linked World where broadcasts of violence are instantaneous and commonplace means that many of us are becoming desensitized, says Dr. Michael Lewis author of *When Brains Collide*. He points out the sheer magnitude of COVID-19 deaths combined with the horrific images of cities on fire, night after night tends to desensitize even the most empathic among us not to mention fueling an increasing sense of anxiety and alarm combined with a feeling of vulnerability and powerlessness. Lewis contends the constant stream of news on social media can be so traumatic that it can trigger symptoms similar to post-traumatic stress disorder—defined as a persistent emotional reaction to a traumatic event that severely impairs one's life. Lewis concludes by saying that some researchers warn that the coronavirus pandemic could not only lead to elevated levels of stress and trauma that could trigger its own pandemic of mental illness.

Issue: How to Reverse Dementia and Revitalize your Brain.

Date/Time: December 19, 2020  
7:30am/20minutes

Guest: Timothy Smith, MD

Description:

Timothy Smith, MD , author of How to Prevent dementia and Revitalize Your Brain says one in three seniors will die with dementia. Worldwide 50 million People are living with Alzheimer's or Other dementias. He points out we are No longer at mercy of our DNA, The Recent discovery of epigenetics, the Science of understanding shows us how To control the expression of our own Genes.. Smith says we can now apply This new science to improve cognition And reverse Alzheimer's disease, However Smith points out it is up to each and every One of us by avoiding processed foods and Adopt a diet of fresh food and vegetables Along with frequent exercise and 8 hours Of sleep everyday. Smith concludes by Saying the answer to dementia lies Lies within us as long as we are vigilant And remember the brain is an organ that Grows, heals and adapts. It is up to us To see that it stays that way.

Issue: Unconventional non drug  
Therapies for mood disorders.

Date/Time: November 28,2020  
7:30am/20 minutes

Guest: Dr. Cass Ingram

Description: With the days growing shorter, And an estimated 20 percent of US adults Are about to experience a seasonal bout of Moodiness, apathy and depression known as The Winter Blues, says Dr. Cass Ingram, Author of the Cure is in the Cupboard. Therapist. He points out the situation is Where people are restricted to remain in Their homes. Ingram states there are Other ways of combating this that have Proven to be successful without resorting Psychotherapy, 1.)Chaga mushroom offer Many vitamins and nutriments that are key To healthy brain function and mood. These Mushrooms enable the body and brain to Reach optimal physical and mental Performances. 2. Light therapy gives out Light that resembles sunlight. This will Reduce moodiness.. 3.) Cannabis will give Your brain a mood lift from the hemp oil Extract and maximize neurotransmitter Function and interconnection capacity Of your entire nervous system. Ingram Concludes by saying these solutions he Offers far exceed what is offered in Mental health alternatives because Medications are not used that can Make the problem worse with no Resolution,

## **7. Animal Health:**

Issue: Keeping Drinking Water Safe for Livestock.

Date/Time: October 17, 2020  
7:30am/20 minutes

Guest: David Anderson

Description: David Anderson, President And CEO of Bar-Bar-A, a company that Produces automatic livestock drinkers says The hot summer we had this year in the Northeast can increase the dangers Of dehydration for livestock. He points out As summer temperatures creep toward Double digits it is very important to protect Livestock from dehydration. Anderson Contends water supplies must be kept fresh And clean. He concludes by saying if water Supplies are ignored standing water will Attract mosquito breeding. Mosquitos Carry serious diseases such as the West Nile Virus and Zika Virus:

## **8. Police Issues:**

Issue: Police Interaction Protocol for Traffic Stops.

Date/Time: November 28, 2020  
7:00am/20 minutes

Guest: Dr. Steve Webb

Description: Dr. Webb, an award winning Educator, school officer and an Active Threat Training Instructor says when you See flashing lights in your mirror, stop in A safe place as soon as possible and put Your car in park and do not get out of Your vehicle. Webb says when someone Gets out of their car, police will see this as threatening behavior. Next, don't start Looking through your car for documents You think the officer will need.. If it is at Night turn on your inside dome lights and Then roll your window down completely. Webb says by doing these things, make Sure your hands are on the steering wheel. When the officer asks questions, give Honest answers. Also make sure you make Eye contact with the officer because the Officer will look at your eyes for Blood shot eyes that could indicate Alcohol or drug abuse. If you have a Medical condition with your eyes let the Officer know.. Webb concludes by Saying this kind of protocol not only Protects you but also the officer on duty.

## 9, Climate Change:

Issue: How Can Conservatives Embrace Clean Energy in a Biden Presidency.

Date Time

November 21, 2020

7:00am/20 minutes

Guest: Steve Melink

Description: Steve Melink, a clean Energy pioneer and longtime Conservative says the enormous Economic opportunity of clean Energy is something Republicans Can not ignore. Melink points out There are some serious problems With our fossil fuel economy that We pay for beyond our home utility Bills and gas pump chargers. Melink States for the sake of our safety and Health and possible the survival of Our species, we must transition to Clean energy like solar and wind Power over the next 10 years plus. Melink says a clean energy economy Will create millions of new jobs and Usher in a new era of growth and Prosperity for nations that embrace This opportunity. He concludes by Saying we cannot afford to stay Invested in a 20<sup>th</sup> Century energy Model when the rest of the world is Racing to gain strategic advantages From a 21<sup>st</sup> century model..



## **10, Women's Issues:**

Issue: The plight of Women in the 1900's

Date/Time: December 19, 2020

7:00am/20 minutes

Gues: Betty Godfrey

Description: Betty Godfrey, author of Enduring Times says most women gave into Their husband's demands because it was Expected of them. They raised the Children, did the housework while the Husband worked and brought home the Money. Godfrey points out it was a Disgrace if a woman wanted a divorce. Godfrey reveals how this situation Would no longer be the norm. This Happened during World War II when Women were put to work doing the jobs That men did. With their husbands Away fighting the war women had to be Both mother and father. It is because of This women became equal partners in Marriage,.Godfrey relates that because of This both men and women equally Contribute in the partnership making the Family unit stronger as well as the economy Of the country. .

## 11. History:

Issue: The Confederate Gold.  
Date/Time: December 12, 2020  
7:00am/20 minutes  
Guest: Michael Kenneth Smith.

Description: Michael Kenneth Smith, Author of The Shadow of Gold Believes that the Confederate gold Still exists because there are two Men, Kevin Dykstra and Frederick Monroe who have spent a lot of Money searching and believe the Gold treasure went down with the Ship., Le Griffon which sank in Lake Michigan many years ago. Smith points out if the gold Treasure were to be found he asks The question, should the gold be Put in a museum, donated to the Treasury or kept by the person Who found it. Smith speculates The gold be given to black persons Whos relatives were slaves in the South He also believes the Black Lives Matter movement would Expect war reparations for all Black persons in the United States living right now. For the Moment the Confederate Gold is Only a legend and may stay that Way.

## 12. Issue: Gun Violence:

Issue: America's Appetite for Gun Control is the Lowest since 2016.

Date/Time: November 21, 2020  
7:30am/20 minutes

Guest: Emily Taylor

Description Emily Houston, a Houston based attorney says in the absence of a high profile mass shooting in the U.S. in 2020 amid the pandemic, civil unrest related to racial justice issues and the Presidential election campaign, Americans are less likely to call for increased gun control. Taylor points out America's appetite for gun control is the lowest it has been since 2016 before mass shootings in Las Vegas, Nevada and Parkland, Florida. Taylor explains there has not been a major shooting in the U.S. since 2019 which may explain the decline in support for stricter gun laws. Taylor concludes by saying there has been a sharp drop in Republican support for stricter gun laws.

### **13. Election:**

Issue: Should Trump Supporters be Searching through Dumpsters

Date/Time: November 14, 2020

Guest: Randall Terry

Description: Randall Terry, a Washington Correspondent says if wholesale voter Fraud was committed the evidence will be Found in repetitive hand writing. He relates How discardable envelopes or signature Parts of the paper voting process have Left a trail. And Terry says Trump Supporters should start searching through The dumpsters. Terry suggests if voter Fraud has been committed the evidence Would easily be found in the trash.. He Reveals how the evidence of wrong doing Would be glaring to any forensic Handwriting specialist if sweatshop if Sweatshop writer filled out the names, Addresses and signatures of 500 or 1000people and then mailed that ballot.. Terry reveals if one person filled out Any part of 500-mail in ballots, it would be Easy to spot and show voter fraud..

#### 14. Business/Economy:

Issue: Are Many Company Leaders Letting Employees Run Them.

Date/Time: December 5, 2020  
7::30am/20 minutes

Guest: Rob Robertson

Description: Rob Robertson, Managing Partner of Briggs Capital and author of the Vector says Says the pandemic fallout will see a Delineation between companies that Can morph quickly and make hard d Decisions.. He relates how American Companies in particular are doing Very littlw to address a growing Problem with employees that Undermines company growth.. Robertson relates how modern Employees switch organizations at a Whim in order to get more money And better opportunities and Companies are cintinally being asked To give more to employees who are Less engaged with the mission of the Organization. Robertson points out In his book that companies must set Goals that come from the founder. He sincerely believes if this is done Employee and company performance Can expand and be beneficial not Only to the company and its Employees but profitable to the Consumers who are buying the Products.