

**Quarterly Issues Programs List:**

**WNTN Radio  
Newton, MA  
July-September 2018**

**Issues of Community Concern:**

**1. Health/Mental:**

Psychological effects of spending too much time indoors.

Report reveals 50% of Dog Owners would rather Stay at home with their Dog than go out.

Keeping your brain properly Oiled can help beat Depression and anxiety.

**2, Environment:**

New Gallop Poll on Global Warming.

**3. Crime:**

Finding Law Enforcement guilty.

Victims of Child trafficking.

**4, Health\Nutrition:**

Beating barbeque bloating.

Healthy living and behavior Modification.

The 3 steps of managing high cholesterol levels and diabetes through diet.

**5, Family:**

How Trans Kids and their Parents are creating a Gender Revolution.

How the kitchen can bring The family together.

- 6,. Government:** The 2<sup>nd</sup> Amendment vs. gun restrictions.
- 7. Life and Death:** Unclaimed life insurance policies.
- 8. Health/Medical:** Caring for obese patients.  
Medicinal uses of Honey.  
Hemp vs. Marijuana.  
Restoring normal joint Mobility and function.  
Remedies for the cold and Flu season.  
The Heartburn Rescue Plan.
- 9. Employment:** How to get hired through the interview process.
- 10. Education:** Using storytelling to capture the imagination of children.
- 11. Business/Economy:** How to run a small business efficiently.  
Launching a small business Successfully.
- 12, Animal Safety:** Dealing with the death of a pet.
- 13. Health Care:** Maintaining normal oxygen levels during sleep.
- 14. Seniors and Retirement:** Having pets keeps Seniors happy and healthy.

## 1. Health/Mental:

Issue: The psychological effect of spending too much time indoors.

Date/Time: July 7, 2018

7:00am/20 minutes

Guest: Dr. John Huber

Description: A quarter of Americans spend almost an entire 24 hours without going outside, says Dr. John Huber, Chairman for Mainstream Mental Health, a non-profit organization that brings lasting and positive change to the lives of individuals that suffer from mental health issues. He points out the Indoor Generation project surveyed 16,000 people from 14 countries in Europe and North America. Huber says issues such as air quality, ultra violet rays from the sun and their perceptions of indoor vs. outdoor air quality were reviewed. He contends another component to this equation is our technology based culture. More people spend more time inside viewing their computers, televisions and smart phones. While the ultra violet rays from the sun are damaging, the sun also increases the amount of Vitamin B that is missing in people's diets. Low amounts of Vitamin B can cause depression, adds Huber. He believes if individuals dress properly and expose themselves to the outdoor elements, their lives will not only be more beneficial but healthier as well.

Issue: Report reveals 50% of dog  
Owners would rather stay at home  
With their dog than go out.

Date/Time: July 21, 2018  
7:30 am/20 minutes

Guest: Dr. John Huber

Description: More than half of  
American dog owners admit they  
Flake out on social events to hang  
Out with their dog, says Dr. John  
Huber, Chairman for the Mainstream  
Mental Health, a non-profit  
Organization that brings lasting  
And positive change the lives of  
Individuals that suffer from mental  
Health issues. He points out the bond  
Is understandable given the way pets  
Aid our mental health. Huber says  
The average dog gets their owner  
Through nearly five stressful events  
Every week. He relates how dog  
Owners form a strong bond with  
Their pet that is closely associated  
And practiced with the friendships  
they have with human beings.  
Huber concludes the phrase, Dog is  
Man's best friend is so true and it  
Is a relationship that should never  
Be questioned by those persons who  
Are not dog owners.

Issue: Keeping your brain properly  
Oiled can help beat depression and  
Anxiety.

Date/Time: September 21, 2018  
7:00am/20 minutes

Guest: Dr. Michael Lewis

Description: Dr. Michael Lewis,  
Author of When Brains Collide:  
What Every Athlete and Parent  
Should know about the prevention  
And treatment of concussions and  
Brain injuries. He points out oil  
Containing the compound CBD  
Extracted from agricultural hemp  
Is proving to be an effective  
nutritional intervention for lifting  
bouts of depression and anxiety. He  
points out several of his patients  
with lingering and post-trauma  
depression and anxiety have  
reported life changing improvement  
to their emotional state after  
supplementing their diets with hemp-  
derived CBD oil. Lewis says most  
patients report an elevation in mood  
within 20-30 minutes after  
consuming 30 mg of hemp-derived  
CBD oil to their daily diet.. Lewis  
Concludes CBD oil is not a cure for  
Depression or anxiety but he  
Strongly believes by feeding the  
Brain with what it needs to function  
Optimally it can rebuild itself and  
Heal as best as it can.

## **2, Environment:**

Issue: New Gallop Poll on  
Global Warming.

Date/Time: May 7, 2018  
7:30am/20minutes

Guest: Rob Roselli

Description: Americans don't even  
Mention Global Warming as a  
Problem, says Rob Roselli, an  
Engineer and author of the book,  
The UN-American Genocidal  
Complex.. He points out many  
Of the sensational claims made by so  
Called experts on the  
Environment were found to be false.  
Roselli relates how the earth since  
It's existence has had cold and warm  
Periods. Roselli relates how the  
Climate on our Earth will keep  
Changing and surprising us. He says  
Environmental groups have simply  
Lost their direction on the  
Environment. First they called it  
Global Warming but when the  
Weather got cooler, it was  
Changed to climate change. He  
Believes the American people have  
Not lost interest in the environment  
But are looking at it as an ever  
Changing anomaly in Earth's  
Existence.

### 3. Crime:

Issue: Finding Law Enforcement Guilty.

Date/Time: May 14, 2018  
7:00am/20 minutes

Guest: Lance LoRusso

Description: Lance LoRusso, a leading attorney, former law enforcement officer and author of the book, When Cops Kill and Blue News says much of the view of bias by law enforcement is wrong. He points out that part of the issue is the public does not fully understand how law enforcement officers are supposed to handle situations dealing with an armed suspect. LoRusso says a recent conflict with an armed African American who was shot and killed presented officers with a person who was exhibiting characteristics of an armed person who was ready to use his weapon and open fire. After the shooting two ammunition magazines were recovered from the scene, a video released supported the officer's version of what happened.. LoRusso contends even when evidence supports law enforcement there is always a rush to portray the officer as the villain. He believes the best way to stop this from happening is to educate and to work with citizens especially in African American communities about what they can do to have a safer community and have an open dialog with police officers on how to work together to understand each others' problems.

Issue: Victims of Child  
Trafficking.

Date/Time: August 4, 2018  
7:00am/20 minutes

Guest: Pastor Diane Mullins

Description: Child trafficking has  
Become the second largest  
Criminal activity behind illegal  
Drug sales, says Pastor Diane  
Mullins, founder of the national  
Non-profit women's group,  
Deborah's Voice. She points out  
It has become a huge problem  
Because it's so profitable.  
Mullins says human trafficking  
Is the term we use for modern  
Day slavery. Most Americans are  
Unaware of the existence of  
Human trafficking and forced  
Prostitution in their own towns but  
It is surprisingly prevalent-not just  
On dimly lit street corners but at  
Music concerts. VIP dinners and  
Sporting events., adds Mullins,  
She relates how traffickers are well  
Spoken individuals or couples  
Who befriend young teens and  
Gradually gain their trust before  
Forcing them into sexual acts.  
Mullins believes the only way  
To escape the trap and heal is to  
Reach out and share their  
Experience with support groups  
Like Deborah's Voice.



#### 4. Health/Nutrition:

Issue: Beating barbeque bloating..

Date/Time: May 14, 2018

7:30am/20 minutes

Guest: Dr. Julie Gatza

Description: For many of us, the Warm weekends ahead will be the Perfect time to fire up our backyard Cookers with the delicious smells And tastes of sizzling steaks, burgers And hot dogs served hot off the grill, Says Dr, Julie Gatza, a nutritional Educator. She points out don't pile Everything on your plate and then Gobble it down in the same Sitting. Gatza says the brain gets A signal to supply digestive Enzymes for whatever food type You eat first. Gatza contends if You start to chew a second and third Type of food too early, the signal To produce new enzymes won't Be processed as quickly. and the new foods will not be properly Digested. Gatza cites this will Cause bloating, gas, heartburn And stomach pain. She relates As we age, our body's ability to Produce digestive enzymes Diminishes. Therefore she concludes Enzymes must be taken in Supplements like AbsorbAid.

Issue: Healthy living and behavior  
Modification.

Date/Time: August 18, 2018  
7:00am/20 minutes

Guest: Dr. Felicia Stohler

Description: Dr. Felicia Stohler,  
Author of The Healthy Way to Lose  
Weight and Feel Great says by  
Supplying simple principles of  
Science to the realities of our  
Everyday lives we can modify our  
Health risks, increase our longevity  
And achieve long lasting good  
Health. She points out the fads  
And gimmicks you see on television  
About losing weight and eating  
Whatever you want to is not the  
Answer to the problem Stohler says  
Eating and dieting are behaviors  
In order, to be healthy and feel great  
Perimeters for these behaviors have  
To be established. She believes the  
Best way to address this issue is  
To establish behavior modifications  
That not only re -establishes rules for  
Eating healthy but introduces daily  
Exercise. Stohler concludes good  
Health is not only achieved but that  
Feeling of feeling great creates a  
Healthy mind.

Issue: Managing high  
Cholesterol levels and diabetes  
Through diet.  
Date/Time: August 18, 2018  
7:30am/20 minutes  
Guest: Dr. Rahj

Description: Dr. Rahj, an internal  
Medicine specialist says eating  
More vegetables that are loaded with  
Fiber will not only reduce high  
Levels of cholesterol but will also  
Reduce diabetes. She points out  
Eating beans, apples and oatmeal aid  
not only in lowering high cholesterol  
But they also help to keep blood  
Glucose levels steady. Rahj says  
Choosing good fats over bad fats  
Helps reduce cholesterol levels  
Simply by replacing them with olive  
Oil and by reducing the amounts of  
Red meat consumed and saturated  
Fats found in dairy products and  
Fried foods. In conclusion, Rahj  
States getting to a healthy weight  
Will improve both diabetes and  
Cholesterol levels along with  
Follow ups from your personal  
Physician.

## 5. Family:

Issue: How trans kids and their parents are creating a Gender Revolution.

Date/Time: July 21, 2018  
7:00am/20 minutes

Guest: Ann Travers

Description: One in every 137 Kids between the ages of 13 and 17 Identifies as a transgender from a Recent report in the United States, Says Ann Travers, author of Shedding the light on Transgender Children. She points out trans kids Suffer high rates of depression and Self destructive behaviors because They have to cope with being mis-Understood. Teased, bullied and Discriminated against. Travers Relates how the toll on trans kids Living a double life with their Authentic gender at home and Their assigned birth gender at Schools cause confusion for Both the child and the parent. Travers cites how parents of Transgender kids must deal with The expert view of gender Nonconformity as a psychological Disorder. Travers believes there is A vital need for affordable, gender Affirming healthcare with a Priority on increasing support for Access of gender identity exploration and the ease of Anxiety of adolescence.

Issue: How the kitchen can bring the Family together.

Date/Time: September 1, 2018  
7:00am/20 minutes

Guest: Litsa Bolontzakis

Description: Litsa Bolontzakis, Author of, The Taste of Greece says Her book with its traditional Greek Recipes has changed the family's Recipes for the modern kitchen. She Says with this Greek cook book, Cooking with olive oil and using The herbs and spices of the Mediterranean. brings the warm Sunshine into the kitchen year round. Bolontzakis relates how her recipe Book to her surprise has brought Families closer together because All of her recipes involved family Participation in creating and Preparing the meal. She believes There is hope for the modern family And that hope resides with the Family meal. Bolontzakis contends When everyone has a part in the Meal preparation, families grow Closer together. She relates how This brings the family closer Together even when lives for each Other become busy and complicated. Bolontzakis concludes throughout The ages the family meal has been The pillar of strength.

## 6. Government:

Issue: The 2<sup>nd</sup> Amendment vs. Gun Restrictions.

Date/Time: July 28, 2018  
7:00am/20 minutes

Guest: John Chambers

Description: John Chambers, known to audiences as Mr. Constitution has dedicated himself to educating Americans young and old about the contents, history and meaning of The U.S. Constitution and why the 230 year old document is relevant in their daily lives. He points out the framers of the constitution knew that the right to bear arms would be the one right most viscusly attacked and if possible taken away from citizens. He points out that's why the 2<sup>nd</sup> Amendment was drafted with a preamble to clarify its purpose. The preamble states: A well regulated militia is necessary to the security of a free state. Chambers states the amendment ensures that America remains a free state through an armed and well regulated militia. He contends the Amendment's purpose is not to ensure that citizens have guns for hunting. Chambers sites the types of weapons would help the population maintain its freedom which was won through bloody conflict during the Revolutionary War. He concludes after the war when its memory began to fade scary weapons started to be banned to make citizens feel safer even if that meant they were less secure.

## 7. Life and Death:

Issue: Unclaimed Life Insurance Policies.

Date/Time: July 28, 2018  
7:30am/20 minutes

Guest: Michael Hartman

Description: Michael Hartman, a Licensed insurance broker in Newton Says there are over one billion Dollars in unclaimed life insurance Policies in the industry. He points Out there is no central data base for Unclaimed life insurance policies. Hartman recalls when his father Passed away, nobody knew where His Policy was. If it wasn't for my Mother remembering the information The cash benefits would have been Lost forever, cites Hartman. He Encourages young married couples To store their life insurance in a Safe deposit box at the bank. Hartman says there is a monthly Charge for the box but the Insurance information is in a safe Place that can be retrieved anytime At the bank by simply going to Your bank and seeing one of the Tellers who will direct you to the Bank president. Hartman concludes By saying to go into his website. Know Your Policy.com to get More information on how to keep Life insurance policies in a safe Place,

## 8. Health/Medical:

Issue: Caring for obese patients

Date/Time: August 4, 2018  
7:30am

Guest: Dr. Michael Nusbaum

Description: Dr. Michael Nusbaum, A practicing physician at Newton/Wellesley Hospital says the majority Of hospitals are not prepared to Treat obese patients. He points Out the reason for this is that Stretchers and operating tables Can only hold patients who are 350 pounds and under. Nusbaum says for hospitals that find themselves in this situation have to send these patients to other hospitals that meet this requirement. If the patient is in critical condition their life could be in jeopardy because of the delay. Nusbaum contends there are no statistics that show how many hospitals can't treat obese patients. He reveals that 60-70 percent of Patients are obese making this A dangerous situation. Nusbaum Believes the short term solution to This problem is to have Obesity Declared a disability. The long Term solution he concludes is to Have Patients work closely with their Family physician about Developing a healthy diet low In calories.



Issue: Medicinal uses for Honey.

Date/Time: August 11, 2018  
7:00am/20 minutes

Guest: Dr. Julie Gatzka

Description: Today, as alternative Medical protocols gain more Acceptance, many people are Cutting back on their use of Antibiotics and turning to Traditional natural alternatives Like honey, says Dr. Julie Gatzka, Co-founder of the Florida Wellness Institute. She points out for healthh And medicinal applications, she Recommends Manuka Honey from New Zealand. She considers it one of Nature's best all-around home Remedies. Gatzka relates how honey Can decrease the appearance of Acne inflammation, reduce colitis In animal studies and release Melatonin into the brain which is Necessary for deep sleep. Gatzka Concludes Honey when used for Treating allergies, reduces symptoms By 70% fewer days.

Issue: Hemp vs. Marijuana

Date/Time: August 11, 2018  
7:30am/20 minutes

Guest: Josh Hendricks

Description: Industrial Hemp is a Plant that contains no psychoactive Compounds, says Josh Hendricks of CV Services, a company that is engaged in the development, manufacturing, marketing and distribution of consumer products Containing hemp-based cannabidiol. He points out hemp contains less than three percent of the psychoactive compound THC, Hendricks contends it is a better choice for those persons who want the health benefits without getting high. Marijuana on the other hand can make patients high which many patients want to avoid. He concludes The outdated laws surrounding marijuana still have to be dealt with if hemp is ever going to be released on the market, Hendricks believes marijuana should be regulated for Recreational use only.

Issue: Restoring normal joint  
Mobility and function.  
Date/Time: August 25, 2018  
7.00am/20 minutes  
Guest: Dr. Robert Staulo

Description: Restoring normal joint  
Mobility and function can help  
Relieve joint, muscle and nerve pain,  
Says Dr. Robert Staulo of Mobile  
Chiropractic Care of Boston. He  
Points out adjustments of spinal  
Joints have a profound effect on  
Spinal nerves. Staulo says spinal  
Adjustments improve nerve  
Function that can improve many  
Aspects of body function as well as  
Increased overall health and vitality.  
He relates on how many people  
Resort to medications or medical  
Procedures that in most cases do not  
Solve the problem or create other  
Problems. Staulo strongly believes  
That Chiropractic care as the primary  
Healing modality can eliminate most  
Causes of pain.

Issue: Remedies for the cold and  
Flu season.

Date/Time: September 15, 2018  
7:00am\20 minutes

Guest: Dr. Cass Ingram

Description: The end of summer  
Means going back to school and for  
Many families going back to school  
Means the start of the cold and flu  
Season, says Dr. Cass Ingram, author  
Of The Cure is in the Cupboard. He  
Points out children are exposed to  
Millions of germs at school resulting  
In 8-12 colds per year for children  
In daycare or home sick in bed and  
Possibly spreading the illness to the  
Rest of the family. Ingram offers  
Advice on how quickly to nurse  
Your family back to health using  
The power of organo. For sore  
Throats add a few drops of oil of  
Wild oregano to salt water and  
Gargle several times daily. For a  
Runny nose, inhale wild oregano  
Frequently and place a drop or  
Two of oil oregano on the skin  
Next to the nose. For the flu,  
Use five or more drops of oregano  
Oil repeatedly until symptoms  
Are resolved., For coughing inhale  
The oil of wild oregano hourly until  
Coughing terminates, Ingram  
Concludes These measures will work  
And reduce expenses on doctor visits  
And purchasing over the counter  
Medications.

Issue: The Heartburn Rescue Plan.  
Date/Time: September 29, 2018  
7:00am/20 minutes  
Guest: Dr. Julie Gatzka

Description: Dr. Julie Gatzka says  
Heartburn is caused when  
Incompletely digested food begins  
To ferment in the stomach, She  
Points out this fermentation releases  
Gasses that push the fermenting  
Stomach contents back up into  
The esophagus, Gatzka says do not  
Eat meat and starch at the same  
Meal because the protein in meat  
Takes more time to digest than  
Starch and needs to spend more  
Time in the stomach before  
Being passed to the small intestines..  
She concludes the key thing to  
Remember in the war on heartburn  
Is that 90% of people produce too  
Little stomach acid. Taking ant-  
Acids only further reduces their  
Ability to digest food and  
Perpetuates heartburn symptoms,  
Adds Gatzka.

## 9. Employment:

Issue: How to get hired through the interview process.

Date/Time: August 28, 2018  
7:30am/20 minutes

Guest: Yusuf Wilson

Description: Yusuf Wilson of Wilson Consulting and Training Systems And author of, Time to Get Hired Says one of the difficult situations A job seeker has to encounter is The interview. He points out how Many job seekers rely too heavily On their resumes and put very little Time on planning for the interview. Wilson says applicants must prepare Themselves for the interview by Anticipating what questions the Interviewer will ask. He contends One of the questions in an interview That stumps potential applicants is When they are asked what their Weaknesses are. Weaknesses Should be explained in detail but Also should be explained on how They were dealt with and what was Learned from the experience. Wilson Encourages applicants to have face To face eye contact with the Interviewer. This indicates the Applicant is not lying about their Work background, Wilson believes if these steps are followed, you will Ace the interview and get the job You want.

## 10. Education:

Issue: Using story telling to capture the imagination of children.

Date/Time: September 1, 2018  
7:30am/20 minutes

Guest: Marilyn Randall

Description: Marilyn Randall, Author of eight children's books Says she started a workshop called Caring Bridge where storytelling Is used to capture the imagination Of small children. She points out The reason for doing this is because Of the rapid spread of technology That she believes is necessary to Some degree but is being introduced To children too early in their Upbringing. Randall contends the Imagination of a child needs to be Nurtured and the best way to do this Is through storytelling. She recalls The many breakthroughs we have Had over the years in science and Technology came from men and Womwn who had vivid imaginations. Randall concludes Capturing and cultivating the imagination of children lays down A secure future for our country That must compete in a global economy.

## 11. Business/Economy:

Issue: How to run a small business efficiently.

Date/time: September 8, 2018  
7:00am/20 minutes

Guest: Sam Carpenter

Description: Sam Carpenter, a small Business owner and author of “Work The System.” Says when he started His small business he himself was Working over 100 hours a week. He Points out what he discovered was Many of his employees were not Organized and were doing routine Tasks the same way over and over Regardless of what the situation was. Carpenter says before he could Address this issue he had to look At what he was doing. He relates How surprised on how many things He was doing wrong.. Carpenter Discovered his 100 hours of work a Week was the result of having an Unorganized and antiquated Payroll system. He contends Efficiency of his employees was Based on their daily routine tasks That were done the same way over. And over. Carpenter says he Organized his employees by creating Systems that would showcase Production and the need to Automate where feasible. He Concludes this was done by Documenting strategic objectives, Operating principles and Documenting work procedures.



Issue: Launching a small business  
Successfully.

Date/Time: September 29, 2018  
7:30am/20 minutes

Guest: Andrew Oman

Description: Andrew Oman, founder  
Of the Olive Tree Network an  
Organization devoted to  
Entrepreneurs helps small businesses  
Find funding to get started. He points  
Out besides obtaining funding, a start  
Up small business needs to have a  
Clear vision internally and externally  
About delivering a product to a  
Certain group of people rather than  
The world. Oman contends the  
Characteristic of a small thriving  
Business should be a sustainable  
Operation, strong customer  
Communities and effective  
Marketing. He encourages small  
Business owners to identify their  
Threats and opportunities and to be  
Extremely aware of the business  
World on a global scale and never  
Lose sight of who they are and what  
They can become.

## 12.:Animal Safety:

Issue: Dealing with the death of a pet.

Date/Time: September 8, 2018  
7:30am/20 minutes

Guest: Doug Kotavy

Description: Doug Kotavy, a pet Loss bereavement counselor and Author of the book, Beezer and Boomer says because the life span Of our pets like a dog and cat is Short we must learn three things:  
1.) Recognize the failing health of Your pet. 2.) Start accepting the Inevitable. 3.) Start grieving the eventual loss of your pet. He points Out when our pet dies we must Give ourselves permission to feel The loss deeply and openly. Kotavy contends when pets are Terminally ill they are keenly Aware of it and know that their Time is near and do not fear the end. He relates how human beings fear Death and cannot accept the consequences of dying. as easily as their pets do. Kotavy recommends Pet owners to focus on the here and now with their pets. He concludes It hurts to loss a pet but their Unconditional love to the end can be an inspiration to all of us.

### 13. Health Care:

Issue: Maintaining normal oxygen levels during sleep.

Date/Time: September 15, 2018  
7:30am/20 minutes

Guest: Charlie Bingham, a health Care worker for many years and Author of I feel Like Crap Syndrome says she has included in Her book testimonies from patients Who talked about how they felt After sleeping. Bingham points out How these patients were yawning And felt tired and fatigued. After What should have been a good Night's sleep. She relates how Symptoms like these occur because Of the lack of oxygen during sleep. Bingham contends sleeping posture Will affect one's flow of oxygen. Bingham contends the proper Percentage of Oxygen during Sleeping hours should be no less Than 91%.. Constant levels lower Than this percentage can result in Heart attack, diabetes and stroke.

#### **14. Seniors and Retirement:**

Issue: Having pets keep seniors happy and healthy.

Date/Time: September 22, 2018  
7:30am/20 minutes

Guest: Dr. Diane Pomerance

Description: Dr. Diane Pomerance, a Grief Recovery Specialist who specializes in helping persons recover from the loss of a pet and author of, "When Your Pet Dies" says for many seniors acquiring a pet like a dog or cat helps bridge the loneliness many feel specially those who are living alone in retirement homes or communities ..She points out this kind of arrangement is not only beneficial to the person but also to the pet. The pet receives love and attention that it might not get in large house holds And the pets gives love and affection To its owner. Pomerance reveals how psychological studies have shown seniors have less depression and have a brighter outlook on life When they have a pet to care for. She concludes it is an arrangement That helps both pet and human have a richer outlook on life.