

Quarterly Issues Programs List:

**WNTN Radio
Newton, MA
Jan-March 2018**

Issues of Community Concern

1. Education:

The importance of reading to young children.

How colleges can recruit and Retain more students.

New book by Newton Native promotes Education in Afghanistan For women.

2. Seniors:

Local Newton Resident conducts Water color art classes at Newton Senior Center.

Living without your spouse In old age.

3. Health/Medical:

The emergence of Acupuncture.

Treating Heartburn.

How to treat concussions.

Hyperthyroidism vs. Hypathroidism.

Food Borne Illnesses.

4. Family:

How to help children navigate through the moving process.

5. Finance:

Problems with Bitcoin Technology,.

6. Health/Mental:

Reiki Healing practice in Newton.

Adult ADHD

7. Employment:

College program helps teens earn money.

Looking backward before moving Forward when finding a job.

8. Environment:

Newton resident starts up Energy Necklace Project.

9. History:

A look at Boston during the Revolutionary War,

America's History of invading Countries.

10. Crime:

Being scammed while job hunting on line.

11. Health/Nutrition:

Gluten Sensitivity.

Easy health combinations from The grocery store.

Seven rules of healthy eating.

9. History:

Issue: America's history of invading countries.

Date/Time: Jan. 6, 2018
7:am/20 minutes

Guest: Christopher Kelly

Description: Christopher Kelly, author of America Invades Says America has invaded over 85 Countries over the course of its History. He points out the essential Purpose of invading other countries Was to prevent invasions from other Countries whose main purpose was To destroy the United States of America. Kelly relates how Mexico Had designs on invading America. That would have meant the states of Texas, Arizona, Utah, New Mexico And California would have been Taken over by Mexico and never Would have been part of the American landscape as we know it Today. Kelly believes America's Invasion of Mexico played a huge Role in not only protecting America But it also played a role in In shaping the America we know Today. America is known for Liberating countries from dictators, Rebuilding countries and giving Them power over their own citizens Is scattered throughout the globe Because of America's invasions, Adds Kelly.

2. Education:

Issue: The importance of reading to small children.

Date/Time: January 6, 2018
7:30am/20 minutes

Guest: Nathan Grant

Description: Nathan Grant, the father of two young children says he decided one day to draw a picture book that he could show his children.. He points out he never read very much as a child and his parents were not able to read stories to him because they were never taught how to read.. Grant says he could see the eyes of his children light up when they were looking at the pictures he drew. He relates how his two children were not only learning things but they were developing interest in art as well as reading. Grant believes even though we are in a computer environment, he still encourages parents to take time and share a book with their children..Grant states it is a learning experience both parents and children will never forget.

Issue: How colleges can recruit and Retain more students.

Date/Time March 17, 2018
7:30am/20 minutes

Guest: David Porter

Description: The success of a dining Program is integral to the success of Any university, says David Porter, Author of the book, The Porter Principles. He points out everyone Wants to be connected and there is No more powerful tool that creates A sense of community than an Optimum dining program. Porter Says when students have a rich Dining experience they make and Cement new friendships. While They are dining and making new Friends, the school has a once in a Lifetime opportunity to build brand Loyalty. Porter contends through\ architecture, symbols and legacy Images that make up the interior Design of the dining role also play A very important part in the dining Venue. In order to accomplish these Goals he urges universities not to Contract out the management of Their dining departments to Companies like Chartwell or Sodexo. Porter believes the only Way to keep a pulse on the school's Cafeteria is be a self-operated Dining department. This gives the College or university the power To create a dining experience that Reflects the desires and needs of Its students, adds Porter.

Issue: New book by Newton Native
Promotes education in Afghanistan.

Date/Time: March 24, 2018

7:30am/20 minutes

Guest: Elizabeth Sanby

Description: This is a true story
About an Afghan girl named Razia
Jan who founded a school for girls
In Kabul, Afghanistan, says
Elizabeth Sanby, author of Razia's
Ray of Hope: One Girl's Dream of
An Education. She points out how
She heard Razia Jan at a fundraiser
Recount story after story of the
Challenges of girls who want
Who want an education face in
Afghanistan. Sanby says just after
Five years of operation, the Zabuli
Education Center educates 400
Girls. Sanby contends her reason
For writing the book was to make
The world aware of the plight of
Women in Afghanistan. She relates
How her conversations with Razia
Jan convince her that the young
Afghan lady is optimistic that when
The girls go through 12 years of
School in her country and are ready
To graduate, there will be more
Support for them to pursue a
Teaching degree, college and more.
Sanby urges her readers to
Contribute to Razia's Ray of Hope
Foundation so the young lady
Can continue to help empower
Young Afghan girls through
Education to better their lives
Toward brighter futures.

3. Seniors:

Issue: Local Newton resident
Conducts water color classes at
Newton Senior Center.
Date/Time: January 13, 2018
7::00am/20 minutes
Guest: Beverly Droz

Description: Newton resident,
Beverly Droz has been painting
With water colors since she was a
Little girl.and owns her own art
Company. She points out while
Visiting the Newton Senior
Center she got the idea of conducting
Water coloring classes at the center.
What started out as just a whim
Became a daily art program at
The Newton Senior Center.
Droz believes the program became
Very popular because water color
Art is much different than painting
With a brush.. The art forms are
More abstract.. Your art does not
Have to be perfect, adds Droz..
She relates how she has received
Compliments from both seniors
And the Newton Senior Center
Staff.

4. Health/Medical:

Issue: The emergence of
Acupuncture

Date/Time: January 13, 2018
7:30am/20 minutes

Guest: Terry Plante

Description: Terry Plante, a Pharmacist with CVS Pharmacy In Framingham also has a small Studio in Natick where she practices Acupuncture. With needles to Penetrate the body she is able to Alleviate a lot of the common Pains people experience in everyday Life. After interviewing Plante I talked to her about the pain I was Having in my right arm when I lifted Things. Plante invited me to her Studio for a session. The needles Plante used were very thin. What Surprised this interviewer is that she Placed these needles in other parts Of my body. Plante explained that The pain did not originate in my Arm. Plante had me relax for a While.. After the session the pain in My arm was gone. Plante explained Other parts of the human body cause Pain and discomfort that we are not Aware of.

Issue: Treating Heartburn.

Date/Time: January 27, 2018

7:00am/20 minutes

Guest: Dr. David Magnano

Description: Dr. Magnano, a Chiropractic doctor says the tissue that brings food into the stomach also known as the esophagus is not designed to have acid burning through and weakening those cells. He points out the churning activity from the stomach is actually producing the acid that seeps into the esophagus which is a very big irritation to those tissues. Such an irritation can lead to throat cancer. Magnano believes heartburn can be reduced by following these guidelines: (1.) Replace anti-acids with digestive enzymes. (2.) Don't eat meat and starch at the same meal. (3.) Use probiotic supplements)

Issue: How to treat concussions.
Date/Time: January 27, 2018
7:30am/20 minutes
Guest: Dr, Michael Lewis

Description: There is nearly a 20%
That you or someone close to you
Will suffer a concussion this year,
Says Dr. Michael Lewis, author of
When Brains Collide. He points
Out whether someone is in a car
Accident, fall of a bike or suffer
Helmet to helmet hit at football
Practice, 30% of such concussions
Are mild and go unnoticed and
untreated, adds Lewis. He urges
such persons to use Omega f
Fatty Acids. These acids cultivate
The brain's bio chemical
Environment and can facilitate the
Concussion healing process and
Relieve symptoms.

Issue: Hyperthyroidism vs.
Hypothyroidism.

Date/Time: February 10, 2018
7:00am/20 minutes

Guest: Dr Pauline. Commacho

Description: In our daily lives
We may sometimes feel rundown,
Stressed or have unexpected
Weight fluctuations, says Dr.
Pauline Commacho of Newton
Wellesley Hospital.. She points out
Many people who feel this way
Think it's nothing out of the
Ordinary. Commacho says for
Some people, these symptoms
Could be a sign of an under active
Or over active thyroid. She explains
That the thyroid is a butterfly
Shaped organ that resides in
The neck and secretes hormones
That help regulate the heart, brain,
Muscles and other organ functions.
It is the control center for the body,
Adds Commacho. She states if the
Thyroid is overactive, it can cause
The metabolism to work overtime.
When the thyroid is underactive, the
Metabolism slows down.. This will
Account for a loss in weight and a
Gain of weight. Commacho urges
Persons with the following
symptoms to contact their physician:
Increased appetite, sudden weight
Loss, anxiety, thinning hair, bulging
Eyes is Hyperthyroidism. Weight
gain, muscle weakness and
Depression is Hypothyroidism.

5. Family:

Issue: How to help children navigate through the moving process

Date/Time: January 20, 2018

7:00am/20 minutes:

Guest: Julie Etter

Description: Julie Etter, a Professional, national award Wining realtor out of Wrentham who has a BS in Psychology and taught middle School for a few years wrote a book Called, Lily and Andrew Are Moving. She points out she wrote This book because alongside the Excitement there's often anxiety For children when they are about To move into a new house. Writing Lily and Andrew Are Moving adds Etter breaks down The process for kids and tells Them what to expect. She Believes in helping to delineate The stages of moving and by Explaining what children need From mom and dad provides A tool for families that is every Bit as necessary as the moving Van.

6. Finance:

Issue: The problems with Bitcoin Technology.

Date/Time: January 20, 2018

7:30am/20 minutes

Guest: Sean Worthington

Description: Sean Worthington, Author of Beyond Bitcoin says there Are too many operating issues that Are making parts of this technology Obsolete and unsafe. He points out Data for this digital currency needs To be stored in private servers. The Amount of bitcoins stored on the Computer will dictate how many Servers will be needed for Storage, adds Worthington. He Relates how the codes on servers Can be picked up giving access to The computer to would be hackers. Worthington concludes because of This liability bitcoins have a bleak Future. However on the horizon Are cloud coins where all of the Information is stored in a cloud Rather than a machine like a Server.

7. Health/Mental:

Issue: Reiki Healing Practice in
Newton.

Date/Time: February 3, 2018
7:00am/20 minutes

Guest: Elise Brenner

Description: Elise Brenner says the System of Reiki Healing came to Her instead of her going to it. She Embraces Reiki as a sustainable and Accessible meditation and healing Practice that cares for self and others On a daily basis. Brenner points out That she completed three levels of Reiki training and became a Reiki Volunteer at Brigham and Womens Hospital and later in hospice and Veterans settings providing healing Care and comforting those persons Who were ill, suffering and dying. Brenner on a physical level relates How she herself experienced Complete relief from a chronic Vestibular disorder she experienced. Brenner believes Reiki will Become more widespread as the Word starts spreading about this Healing process.

9. History:

Issue: A look at Boston during the
Revolutionary War.

Date/Time: February 24, 2018
7:00am/20 minutes

Guest: Nathaniel Philbrick

Description: Nathaniel Philbrick, Author of Bunker Hill, A City, A Seige and Revolution says he Wrote the book because he believes The real central character in the Story is Boston where vigilantes fill The streets with a sinister and Frightening violence even though

Calmer patriots struggle to see their way to rebellion. He points out his Book tracks in detail the 18 months Following the Boston Tea Party. Philbrick relates how through storied Events as the skirmishes at Lexington and Concord showed the Bravery and discipline of Citizen soldiers who had the Bravery to hold their fire until The whites of the enemy's eyes Were seen. .At that time, recalls Philbrick, the American soldiers Ultimately killed half of the British soldiers until they ran Out of ammunition. He believes This battle ear marked the Ultimate defeat of the British.

3. Health/Mental:

Issue: Adult ADHD

Date/Time: February 10, 2018
7;30am/20 minutes

Guest:: Stephanie Sarkis

Description: Strphanie Sarkis, author of Adult ADHD says cognitive Behavior looks at how thought Patterns influence emotions and Solutions. Focused therapy looks At what is going well in your life.. She points out adults with ADHD Experience all three main types of ADHD.. They are:
1.)predominantly inattentive

2.)predominantly hyper active.
3.)impulsive and combined type..
Sarkis states while Adult ADHD
Appears to be a mental condition,
It is a treatable medical condition..
However Sarkis urges persons
To pay close attention to their
Symptoms because they must be
Present for at least six months.

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11: Health/Nutrition:

Issue: Gluten Sensitivity:
Date/Time: February 17, 2018
7:30am/20 minutes
Guest: Julie Gatzka

Description: When a person is
Gluten sensitive, it means the
Gluten that is in food such as bread
And other grain products cannot be
Digested properly causing an
Uncomfortable situation and
Blooding of the stomach., says Dr,
Julie Gatzka, a nutritional educator
And co-founder of the Florida

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Wellbess Institute. She points one of the problems is the over abundance Of processed food that has very Little nutritional value. Gatza says The best way to deal with this issue Is to take some enzymes so the brain Can process them as quickly as Possible. This will prevent damage To the pancreas., adds Gatza. She Also encourages everyone to eat More fruits and vegetables and To do daily exercises. Gatza Sincerely these measures will Reduce gluten sensitivity in the long Run.

7, Employment:

Issue: College program helps teens earn money.

Date/Time: February 17, 2018
7:00am/20 minutes

Guest: Jon Carson

Description: Jon Carson, CEO of Collegevine says the idea of Collegevine grew out of the Harvard Innovation Lab where he Began mentoring three young High school students looking for A way to take their side jobs to the

Next level. Carson points out
Despite not having any college
Guidance, these students succeeded
In imparting valuable information to
Others following in their footsteps.
He recalls that Collegevine was
Originally started as a way to for
Teens to give back while earning
Extra money for college expenses.
Carson relates how the idea took off
And got teens interested in
Pursuing a higher education.

8. Environment:

Issue: Newton resident starts up
Energy Necklace Project.
Date/Time: February 24, 2018
7:30am/20 minutes
Guest: Susan Israel

Description: Susan Israel who earned
An A.B. from Harvard College and a
Master of Agriculture from Harvard
School of Design says she decided
To create a positive change
Regarding how our culture faces the

Issue of Climate Change. She points
Out she got the idea of developing an
Energy necklace that pays homage to
Frederick Law Oljmed's emerald.
The necklace symbolizes the
Beautiful parks that surround
Boston. Israel believes the Energy
Necklace Project will spark
Awareness and action towards
Improving the health of the
Environment not only in Mass
But will also be a shining example
To the world on what can be done
When the world unites on a
Common cause to preserve the
Environment..

Looking Backward and Forward
When finding a job.
Date/Time: March 16, 2018
7:00am/20 minutes
Guest: Sigrid Wilshinsky

Description: We have become so
Accustomed to the fruit of our
Forefathers labor that many of us

Have forgotten just how tough they
Had it, says Sigrid Wilshinsky
Author of My Life in America.
Before. .During and after the Civil
War, Wilshinsky points out 150
Years ago, Americans succeeded by
Being resilient, resourceful and
Tenacious about finding work
They could do. She says the
Economy we have today and we
May need to look back and see how
Our ancestors survived bad times.
Wijshinsky relates how her book
Where she translated the diaries
Of Louis Hensel shows such a man
Who always found work by
Capitalizing on all of his talents.
To meet the needs of the market
As a horseman, artist, farmer and
Storeowner. Wilshinsky concludes
If Americans are going to survive
And thrive in today's market
Place. They will need to work
Backward to men like Louis
Hansel and recapture what was once
America's greatest strength.

Issue: Food Borne Illnesses
Date/Time: February 3, 2018
7:30am/20 minutes
Guest: Dr. Cass Ingram

Description: Each year in the United
States food borne illnesses strike
Nearly 60 million people. That is
20% of the population, adds Dr.
Cass Ingram, author of The Cure

Is in the Cupboard. He points out
Pork consumed in Washington led
To an outbreak of salmonella. 23,000
Where People got sick and nine died.
Ingram relates how such poisonings
And sicknesses are entirely
Preventable by the aggressive use of
Oregano oil, the juice of oregano and
Whole crude herb complex. .Ingram
States for protection in the home,
Wild spice oil based sprays can be
Used along with more hygienic
Growing and handling of food. If
We are to stay ahead of food borne
Illnesses.

11. Health/Nutrition:

Issue: Seven rules of healthy
eating.

Date/Time March 3, 2018
700am/20 minutes

Guest: Dr. David Magnano

Description: Wellness expert David
Magnano says 2018 is the perfect
time to replace your gulp and go

lifestyle with seven rules of healthy eating. 1.) He points out eat only when you are hungry. When your body is hungry for the plainest, it is telling you that it's ready to manufacture the enzymes for proper digestion. And don't mistake thirst for hunger. 2.) Don't mix food types and eat foods in proper order. This means eating foods of one type together before eating a different food. 3.) Don't eat when you are feeling stressed, ill or injured. The body is shut down and in a healing mode and not in a digestive mode. 4.) Chew 22 times before gulping down protein drinks. you have to chew protein because you are Shocking bodily functions. 5.) Don't eat overly cooked and overly processed foods. Meat should never be heated in excess of 118 degrees. The body's enzymes are destroyed in that protein. 6.) Give your food a background check Be aware where your food is coming from so you are getting the optimum in vitamins and protein. 7.) Use spices and natural digestive aids to help break down what you eat. Some spices used properly can improve digestion. Magnano concludes if these seven measures are followed you will not only have better digestion but also enjoy your food more and feel healthier.

Issue: Easy health combos from the Grocery store.

Date/Time: March 9, 2018
7:00am/20 minutes

Guest: Dr. Eudene Harry

Description: When people shop on

The go, they tend to gravitate toward Old standbys and canned foods, says Dr. Eudene Harry author of Live Younger in 8 Simple Steps. She Points out that these are not the Most nutritious choices. However By substituting a few items on this List one cannot only look and feel More youthful but develop Resistance to certain cancers and Other illnesses. Harry says by using Tomato, garlic, chicken and Almonds one can have a nutritious Menu that is not only healthy but Will also will result in loss of Weight. She relates how tomatoes Contain cancer fighting lycopene. Garlic is known as the free radical Destroyer. Nuts help people lose Weight and they help maintain Healthy blood pressure. Harry Recounts how pomegranates with Its high fiber and isoflavones and Meaty texture meets a lot of Daily nutrition requirements While tempeh is a good staple of Vegetables. It can also take on the Flavors with which it is cooked or Marinated. She believes taking These measures is not only Healthy but also less expensive Than other processed foods.

10. Crime:

Issue: Being scammed while job hunting on line.

Date/Time; March 3, 2018
7:30am/20 minutes

Guest: Lynn Oaks

Description: In applying for various

Jobs on line. People have been asked
To give out some personal
Information and never gave it a
Second thought; says Lynn Oakes
Chief marketing officer of
TrustedID. She points out many
Applicants supply employers with
Social security numbers, telephone
Numbers and other sensitive
Information. Oakes says it's
Common sense to avoid a scam
But people desperate for jobs
Volunteer this information
Blindly. She advises persons never
To give out personal information
Whatsoever on line because con
Artists can use that information
To gain access to their money. This
Can happen when con artists pose
As businesses that are hiring. They
Will ask for information
Legitimate companies would not ask
for such as a security number. Oakes
Offers the following tips when
Looking for a job on line. First, do
Not put a phone number on your
Resume. Second, create an e-mail
Account specifically for the job
Search. Third, make sure the hiring
Site is credible. It should have a
Secured lock at the top of the
Browser. Fourth, do not respond
To promises to be paid in cash
When hired. Fifth, check the
Physical address of the person or
Company to ensure it is a real
Business. Lastly, if the company
Wants to do a background check,
It should be contingent on a job
Offer'

Issue: Living without your spouse in
old age.

Date/Time: March 9, 2018
7:30am/20 minutes

Guest: Susan Alpert

Susan Alpert, author of *Driving Solo*
Says it was very difficult to start
Life off in her golden years without
Her husband. She points out she and
Her husband John had made so many
Plans that included traveling,
Working together and getting to
Spend more time with each other
As well as socializing with the
Many couples they developed
Friendships with over the years.
But his sudden death changed all of
That. Alpert says she not only had to
Deal with John's loss but also but
Also the life they both shared
With other couples they knew
Over the years. Alpert relates how
Being alone changed the
Relationships she and her husband
John had. She contends after the
Grief and anger subsided , she knew
She had to create a new life that
Would be different but would be
Wholesome and rewarding. Alpert
Says one of her new activities is to
Help women who have lost their
Husbands in their golden years find a
New direction and meaning in their
Lives. Alpert concludes in each
Stage of our lives there are steps of
Happiness. When we move forward
With this in mind we will be truly
Happy.