

Quarterly Issues Programs List:

**WNTN Radio
Cambridge, MA
January-March 2019**

Issues of Community Concern:

1, Health/Nutrition:

The Setpoint Diet.

Fuel your Body with
Fat.

Algal Oil

Sensual Superfoods.

De-Stress and Lose
Weight

How the body can heal itself.

2, Health/Medical:

The Cellulite Cure.

The secret to beating Winter
Colds naturally.

Treating Wii injuries.

Misunderstood Health Risks
Of Smokeless Tobacco
Products.

3. Child Abuse:

The American culture of
Bullying.

4. Healthcare:

A new study reveals a
concussion doubles risk
of suicide.

5, Environment:

The urgent threat of hormone
disrupting chemicals to our
health and future.

- 6. Education:** Many colleges could close in the next decade.
- 7. Government:** Government Assisted Program
- 8. Employment:** Looking backward before moving forward when finding a job.

Finding your life's work in 2019.
- 9. Crime:** Why Sexual Assault Cases are not prosecuted.
- 10. Philanthropy:** Investigating charities before donating.
- 11. Health/Mental:** Using sports as a vehicle for personal transformation.
- 12. Consumer:** Saving money when grocery shopping.

Paying Bills on time and Using credit cards wisely.
- 13. History:** The Civil War Roundtable.

Tragic deaths that occurred in The 1960's.

1 .Health/Nutrition:

Issue: The Setpoint Diet.

Date/Time: January 5, 2019
7:00am/20 minutes

Guest: Jonathan Bailor

Description: Jonathan Bailor, author of the Setpoint Diet says a new CDC Report revealed in July 2018 that 8 Out of 10 Americans have Diabetesity Or pre-diabetesity-the combination Of diabetes and obesity that is 19% More deadly than cancer.. He reveals That because of this he founded SaneSolution, a company that has Helped hundreds of thousands of People address diabetes, obesity and Other metabolic disorders using the Principles of the Setpoint Diet. Bailor explains that the Setpoint Diet is a produce-heavy lower Carb menu that focuses on specific Anti-inflammatory whole foods that Include tons of deliciously prepared Veggies, spinach, chard, collards. Kale, brussel sprouts, onions, etc. Also affordable canned sea fooda Such as salmon, tuna, clams, etc. Bailor concludes a daily diet Consisting of these foods will Reduce obesity along with associated issues to restore good health And an enjoyable life.

Issue; Fuel your body with fat.
Date/Time: January 12, 2019
7:00am/20 minutes
Guest: Dr. Will Cole

Description: Dr. Will Cole, author of the Keto-tarian says Americans eat an average of 765 grams of sugar every five days and much of it is hidden and added where you'd least expect it. He points out the average American today drinks around 130 pounds of added sugar every year adding up to an astounding 3,550 pounds in a lifetime. Cole says instead of burning sugar, burning fat is a more efficient fuel source for the metabolism. It lowers blood pressure and insulin levels. As insulin levels normalize and energy is needed, fatty acids flow from the fat cells into the bloodstream and are metabolized by the body in a process called beta oxidation, Cole concludes by doing this sugar levels are greatly reduced there is more energy in the body instead of sugar.

Issue: Algal oil.

Date/Time: January 26, 2019
7:30am/20 minutes

Guest: Ben Kelly

Description: Ben Kelly who is
The co-founder and managing
Director of Algorithm
Ingredients says his company
Has discovered Algal oil that is
A 100% sustainable algae
Derived source of omega-3
Grown in a sheltered controlled
Environment, never exposed to
Environmental pollutants nor
Affected by ocean temperature
Change. He points out the reason
For developing Algal oil because of
Subsequent research that has
Determined that fish can contain
Extremely high levels of residues
In their flesh and fat which is as
much as 9 million times of the water
That they live in. Also marine life
Is exposed to marine toxins like
Mercury, PCB and others. Kelly
Contends with 100% non-GMO
Verified omega-3DHA algal oil
Consumers are able to receive all
The benefits of fish oil without
Harming fish, depleting marine
Resources or damaging the ocean's
Delicate ecology.

Issue: De-Stress and Lose Weight.

Date/Time: February 16, 2019
7:30am/20 minutes

Guest: Joey Dweck

Description: Joey Dweck, founder Of WeightLossBuddy.com says Stress is a necessary part of living, ‘ He points out it grew out of the need To address life threatening situations , like running from a predator. That kind of stress only lasts for short periods of time and either you successfully escape or you’re dead.. Dweck relates how stress in daily Life Cortisol, the primary stress Hormone basically puts the body in A fight or flight response drawing on Stored energy reserves. Dweck Contends the daily stress in people’s Lives today causes people to react To this perceived stress as they Would react to the real thing in the Jungle. And so they are they are Constantly trying to replenish Stores that are not being used., These stores take the form of fat, He encourages persons to exercise. Meditate, go for a walk and spend Time with family and friends. This Will reduce stress and reduce fat Within the body, adds Dweck,

Issue: Sensual Superfoods

Date/Time: February 16, 2019

7:00am/20 minutes

Guest: Lisa Davis

Description: Lisa Davis, author of Clean Eating Dirty Sex says her Book is filled with humorous Stories and science based advice From more than fifty health experts. She points out her hands on Cookbook is designed to empower Readers to make enduring life Changes that will bring them the best Of life's pleasures in and out of the Kitchen and bedroom. Davis says Apart from feeling better about Yourself and being more flexible Blood flow is a huge factor in this. To accomplish this one has to clean Out their system and stop eating processed foods, adds Davis. Davis. She relates how once this Process is done you will feel more Active and confident. In your work Life and sex life, Davis states the The following should be used for Hormone Balancing: almonds, Sauerkraut, tuna and yogurt. For increased Stamina: apples, Bananas, shrimp, tuna and water,. For Sexual Health: almonds, apples, Raspberries, figs, garlic and ginger. She believes a menu containing These food items will lead to both Good physical health and sexual health..

Issue: How the body can heal itself.

Date/Time: March 30, 2019

7:00am/20 minutes

Guest: Dr. William Li

Description: DR. William Li, author of Eat to Beat Disease says his book will show you how to integrate the foods you already love into any diet or health plan to activate your body's health defense systems. He points out up to 10,000 natural mutations occur in our DNA every day and most of them turn into disease. Li says we are infected with 37,000 trillion bacteria in our bodies but are not sick. Aging weakens our systems but an 80 year old woman's immune system can be powerful enough to eradicate metastatic cancer, adds Li. He concludes by saying his book reminds us that we have radically underestimated our own power to control our health. What we eat will control our health, adds Li.

2. Health/Medical:

Issue: The Cellulite Cure.

Date/Time: January 5, 2019
7:30am/20 minutes

Guest: Dr. Lionel Bissoon

Description: Dr. Lionel Bissoon
Author of the Cellulite Cure stresses
The need to understand the human
Body to cure cellulite. He points out
Living with cellulite is a devastating
Condition to many women. Bissoon
Says many people do not know what
Cellulite really is or what causes this
Odd appearance of the lower body.
He relates how Cellulite effects the
Butt, hips, thighs legs and belly.
Bissoon states you cannot get rid of
The dimples and shadows caused
By Cellulite by rubbing a
Moisturizing lotion or skin cream
On the problem spots. He
Encourages sufferers to target lower
Body movement which stimulates
The muscle layer of the legs, buns,
Hips, thighs and belly. Bissoon
Believes this approach will
Permanently get rid of the dimples
And shadows of Cellulite.

Issue: The secret to beating Winter Colds naturally.

Date/Time: February 24, 2019
7:00am/20 minutes

Guest: Dr. Cass Ingram

Description: Dr, Cass Ingram, author Of the Respiratory Solution and the Cure is in the Cupboard says recent Research has shown that exposure To frigid temperatures is not Necessarily a precursor for Contracting the common cold. He Points out people who are constantly Outdoors during the cold winter Months with their skin exposed to Cold air and sunlight seldom fall Victim to colds. Ingram says oil of Oregano destroys cold viruses, flu Viruses and mold on contact. Raw Honey is also good for treating Colds effecting the throat. Colon Cleansing is a good treatment for Colds because by removing the Toxins.. Ingram concludes if you Come down with a cold, avoid solid Food, Eat lightly and the cold will Dissipate quickly,

Issue: Treating Wii injuries.

Date/Time: March 9, 2019
7:30am/20 minutes

Guest: Dr. Stu Ezrin

Description: Active users of Wii Games may be getting too much Exercise resulting in sports Injuries that require treatment, says Dr. Stu Ezrin of Ezrin Family Chiropractic of Cambridge. He Points out most of these injuries are Caused from being hit with the Remote hand device that is used in These games. Also excessive playing Of Wii games has lead to repetitive Injuries such as carpel tunnel Syndrome, back pain along with Knee, shoulder and elbow strain. Ezrin says all manuals form Wii Games come with a warning that Ststes repetitive motion in video Games can make muscles, joints, Skin or eyes hurt. Most of the time It's children coming in with these Injuries but the majority are Parents who are trying to keep Up with the kids. Ezrin urges Individuals to take 10 to 15 Minutes break every hour even if They think they do not need to. Since Wii Games mimick the actions of Sports they encourage persons to Become more physically active. However people tend to warm up And cool down improperly. This is When injuries occur, adds Ezrin. He urges participants to warm up And stretch brfore and after when Playing the game to reduce muscle Strain on the body. He believes jf People follow these simple Procedures serious injures can be avoided

Issue: Misunderstood Health Risks
Of Smokeless Tobacco Products.

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

Guest: Scott Balin

Description: Scott Balin, Health Policy Consultant says while Smokeless products are addictive, Contain cancer causing chemicals And are linked with Cardiovascular and certain cancer Risks, products such as snus Have comparatively fewer health Risks than smoking when used Exclusively and may serve as harm Reduction alternatives for smokers Unable or unwilling to completely Quit tobacco, He points out in Sweden where this is practiced There has been a decrease in tobacco Smoking and smoking related Diseases. Balin relates how 7 in 100 men use some form of smokeless tobacco in the United States. He concludes the Centers for Disease Control and Prevention Report this is on the rise.

3. Child Abuse:

Issue: The American Culture of Bullying.

Date/Time: January 12, 2019
7:30am/20 minutes

Guest: Jessie Klein

Description: Jessie Klein. Author of Bully Society suggests bullying in High Schools, Middle Schools and Even in Grade Schools may be Strongly rooted in our culture. She Points out competition, dominance And aggression are widely valued And routinely practiced by adults And reinforced by the media and Taught to children. Klein says Anti bullying policies in schools Focus on a training staff to identify And report bullying behavior and Punish appropriately. Instead of Working to help students care for One another schools tend to rely On suspension when and if they Act at all, adds Klein. She Encourages parents to get involved And insist the schools have meetings With the entire school body to Address the problem of bullying. Parents of the bully should be Informed so a dialogue can be Opened to the bullies and the bullied With both parents and teachers Present. Klein concludes both Schools and parents need to send Out a positive message about Mutual respect and caring if we Are ever going to remove bullying From our culture.

4. Healthcare:

Issue: A new study reveals a concussion doubles risk of suicide.

Date/Time: January 19, 2019
7:00am/20 minutes

Guest: Dr, Michael Lewis

Description: A newly released Study involving more than 7 million Individuals found a 200% greater Risk of suicide in people diagnosed With at least one concussion or a Traumatic brain injury compared To those not diagnosed with either Neurological condition, says Dr. Michael Lewis, author of 'When Brains Collide'. He points out Symptoms of a concussion can Show up immediately if the Injury is significant enough But in regards to physiological and Emotional symptom they may not Be readily apparent for days, Weeks or longer. Lewis relates That these emotional symptoms Sometimes go undetected and if Left untreated the patient could very Well end up committing suicide. He concludes if the brain is treated After a concussion with omega-3 Fatty acids from fish oil and hemp Derived CBD oil the chances of Suicide are greatly reduced.

5. Environment:

Issue: The urgent threat of hormone disrupting chemicals to our health and future.

Date/Time: January 26,2019
7:00am/20 minutes

Guest: Dr. Leonardo Trasande

Description: The most dangerous Chemicals we face everyday are Pesticides which often seep into Our fruits and vegetables, Phthalates Found in cosmetic products like Polish, hair spray and deodorants and BPA still present in aluminum cans And thermal paper receipts and Chemicals that contain flame Retardants which can be found in Furniture and other household items, Says Dr. Leonardo Trasande, author Of Sicker Fatter Poorer. He points Out escalating obesity, diabetes, Learning disorders, autism, infertility And food allergies are often Presented as medical mystery but Scientific evidence shows that many Of them may result from endocrine-Disrupting chemicals in our food, Our homes and are personal care Products, Trasande concludes if this Situation is not dealt with soon there Will be more epidemics on the Horizon.

6. Education:

Issue: Many colleges could close in the next decade.

Date/Time: February 9, 2019
7:00am/20 minutes

Guest: Michael Horn

Description: Many colleges and Universities are increasingly unable To bring in enough revenue to cover Their costs, says Michael Horn, Harvard Business School Professor. He points out the average tuition rate Was a whopping 49.9% for the first Time for full time freshmen in 2017 And 2018 according to the National Association of College and University Business Officers.. Hprn Says students are paying roughly Only half of what colleges and Universities say they charge. He Concludes many colleges in the Future will likely merge to reduce Costs and remain solvent. Horn Believes on line universities will Flourish and be more competitive In the immediate future. Also Future job needs will dictate the Curriculum of each college and University.

7. Government:

Issue: Government Assisted Programs.

Date/Time: February 2, 2019
7:00am/20 minutes

Guest: Brian Gardner

Description: Brian Garner, author of Plan for America and the World says That it should be mandatory that any Individual receiving government Assistance should be enrolled in Some valid form of job training. He Contends if this is done persons Would eventually be trained and able To secure a job so they could get off Of assistance programs and once Again stand on their own, Gardner Points out the persons getting off Assistance would have to pay the Money back that would be in an Account that could only be Allocated to persons on Government Assistance, Gardner relates how the Funds in this account would be Invested wisely so the found would Grow to help other persons facing The same dilemma, This would Lessen the burden of taxpayers, Adds Gardner.

8. Employment:

Issue: Looking backward before moving forward when finding a job.

Date/Time: February 2, 2019
7:00am/20 minutes

Guest: Sigrid Wilshinsky

Description: WE have become so accustomed to the fruits 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 has changed and we may need to look back and see how our ancestors survived bad times. Wilshinsky 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. Hensel focused on his strengths and adapted his talents to meet the needs of the market as a horseman, artist, farmer and store owner. Wilshinski concludes if Americans are going to survive and thrive in today's market place they will need to work backward to men like Louis Hensel and recapture what was once America's greatest strength.

Issue: Finding your life's work
In 2019.

Date/Time: February 2, 2019
7:30am/20 minutes

Guest:Denise Barreto

Description: Whether you're in
Desperate need of direction
Without a career opportunity or
Life is just okay with a decent job
That pays the bills, now is the time
To take action, says Denise Barreto,
Author of, From Here to There:
5 Steps to Doing Your Life's Work
She points out following your
Passion doesn't pay the bills but
If you like what you are good at
And be honest with yourself after
a series of questions, then you are on
the right patch in realizing your
potential, Barreto says many persons
have hobbies they have enjoyed and
cultivated over the years not
realizing the monetary potential
they possess, You can be
comfortable with a job and afforded
a good lifestyle but if you don't
identify with an essential part of
your life, like a job then there is
something tragic about your life,
adds Barreto. She believes everyone
has something they like to do that
they are good at. It is the only way
to achieve happiness in the
workplace but also in life, cites
Barreto.

9. Crime:

Issue: Why Sexual Assault Cases are not prosecuted.

Date/Time: March 2, 2019
7:30am/20 minutes

Guest: Nancy Williams

Description: According to the U.S. Justice Dept. more than 20% of all Women today report that they have Been sexually assaulted at least once in their lives while only one in ten Sexual assaults is ever actually Reported to law enforcement, says Nancy Williams author of Hawkmoon, a book that details Sexual assaults throughout our History. She contends the most Daunting barrier in sexual assaults is The culture of silence that still Permeates the growing community Of assault victims. Williams relates How many women have been Sexually assaulted have to tell a Long line of strangers that includes The police, prosecutors, defense Attorneys, judges, juries and Families about every intimate Detail of the assault. She reveals Every woman who is sexually Assaulted needs to know four Things:

- 1, Know that it is not your fault.
- 2, What has happened is not normal.
3. Know she's not alone.
4. Know she can be loved and that she is strong.

10. Philanthropy:

Issue: Investigating charities before giving.

Date/Time: March 2, 2019
7:00am/20 minutes

Guest: Ann Russell

Description: While giving to Charities helps many people, it Doesn't hurt to investigate the Charity of your choice and see how The organization makes use of the Funds it receives from donors, says Ann Russell, editor of VIV Magazine. She points out as an Editor of a woman's magazine it Is important to be aware of all of The fraud that is on the internet, Russell says it is extremely Important for someone who is Donating to charities to know The following:

- 1, Focus on the charity's program,
2. Be aware of how much they spend on programs, fundraising and administration.
- 3, Find out what financial reserves are available to the Charity.
- 4, Inquire about the compensation levels for board members and staff.
- 5, As a donor you need to know how to make the most of the tax and other financial benefits when donating to non-profit organizations, adds Russell. She concludes by saying if you have any doubts about a charitable organization, then do not donate.

11. Health/Mental:

Issue: Using Sports as a vehicle
for personal transformation.

Date/Time: March 9, 2019
7:30am /20 minutes

Guest: Jeanne Heis

Description: Jeanne Heis, author of
Spiritaality, Finding Joy in the Game
Says using sports as a vehicle for
Personal transformation can effect
Everyone in a positive way, She
Points out sports has become
A big part of American life. Heis
Says sports competition doesn't
Mean us against them as it has meant
in the past. She embraces the concept
Of competition which according to
Her means working together. Heis
Relates how we as human beings
Are a competitive species, She
Believes when someone is
competitive in sports, he or she
Discovers a higher consciousness
Within themselves, Being involved
In sports requires discipline,
Sacrifice and dedication which are
Noble traits. Heis adds children who
Involved in sports early in their lives
Learn and acquire many behaviors
That will follow them into their
Adult lives, She concludes having
Passion and compassion for
Sports will not only foster
Competition but it will also
Reinforce who we are as human
Beings and how we will interact
With ourselves on the playing
Fields of life.

12. Consumer:

Issue: Saving money when grocery shopping.

Date/Time: March 16, 2019
7:30am/29 minutes

Guest: Toni House

Description: While all of the large Supermarkets have sales every week And issue membership cards for Additional savings on food items, Toni House author of, Save Your Money, Save Your Family says the Best way to save money on grocery Shopping is to take the time before Shopping to prepare your meal Plan for the entire month, She Points out so many shoppers go Grocery shopping with no idea on What they need. This not only Causes the shopper to spend more Money but also prevents the Shopper from healthy eating. House Contends having a meal plan dictates What kinds of comestibles you will Need to prepare those meals, She Relates how having a crock pot can Save the shopper money especially Where these is a large family Involved. House contends having A meal plan saves money, promotes Good health and puts some money In the bank for a rainy day or Vacation.

Issue: Paying bills on time and
Using credit cards on time.

Date/Time: March 24, 2019
7:30am/20 minutes

Guest: Steven Devincent

Description: Steven Devincent,
A retired senior citizen and
Consumer advocate says if you
Are paying your bills by mail, it
Is extremely important to make sure
These bills are mailed seven days
Before the due date. He points out
If the bill is received exactly on the
Due date, a late charge will be
Added.. Credit card companies
Usually ignore telling people this.
Devincent relates to solve this
Problem, you have two alternatives:
Pay bills using your computer
Or use the telephone to pay your
Bills by using your checking account
Or debit card. Devincent also
Reminds persons to use their credit
Cards when an emergency arises
And not use them for pleasure or
Enjoyment.

13, History:

Issue: The Civil War Round Table:

Date/Time: March 16, 2019

7:00am/20 minutes

Guest: David Smith

Description: The Civil War Round Table is a social group of people who enjoy history with a special emphasis on the American Civil War, says David Smith who is President of this group. He points out there were many people from Mass. who participated in the Civil War. Smith relates how his organization targets school children because he believes they can learn about the contributions made by their ancestors as well as develop an interest in history. He concludes by performing reenactments of the Civil War with school age children learn the importance of one's history and family lineage.

Issue: Tragic deaths that occurred in
The 1960's

Date/Time: March 30, 2019

Date/Time:

March 30, 2019

7:39am/20 minutes

Guest: Brian Gardner

Description: The assassinations of John Kennedy, Robert Kennedy, Martin Luther King and Malcolm X All took place in the mid 1960's, Says Brian Gardner, author of Plan For America and the World. He Points out individuals like himself lived through those times and the murders. Gardner relates how many Americans have not been able to Come to grip with these calamities. He relates how American citizens And citizens of the world have a Right to know what really happened. Gardner says we should not have to Wait to 2028 regarding the Kennedy Assassination in 1963 for the facts And evidence that is locked up in the National Archives. He concludes the Public needs to know why these Murders happened and by what Persons were involved and their Reson for performing the murders.