

Quarterly Issues Programs List;

**WNTN Radio
Cambridge, MA
April-June 2019**

Issues of Community Concern:

1 .Health/Nutrition:

Washing the Brain .

How to end Belly Bloat

2. Technology:

Dealing with computer hacking.

The Dangers of Cell Phone
Tecnology,

3.Personal Finance:

Teaching kids on how to control
their money.

4, Family:

Becoming a better father in
today's economy.

Accepting your parents

Being an adoptive child.

5. Health/Medical:

Treating Lyme Disease

The New Bioactive Gel Delivery
System.

6. Consumer:

Getting the most from out of online
dating sites.

7. Media:

How Sports reflects life in
contemporary American culture.

8. Health/Mental:

One woman's quest for truth and
peace.

Maintaining a healthy marriage.

9. Discrimination\Racism:

Slavery in Today's America.

- 10. Education:** The Future of Academic Freedom.
- 11. Women's Issues:** Body shapes of Black Women.
- 12. Politics:** Defining President Trump's attributes as a strong leader.
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- 14. Pharaceuticals:** Poor: manufacturing practices of Generic Drugs.
Natural Sleep .remedies'
- 15. Healthcare:** Abortion and Women's Healthcare.
- 16, Immigration:** Immigrant Caravans.
- 17. Crime:** Being scanned while job hunting on lin

1. Health/Nutrition::

Issue:Washing the brain.

Date/Time: April 6, 2019
7:00am/20 minutes

Guest: Dr. Steven Gundry

Description: The human body needs
To finish digesting the last meal of
The day at least four hours before
You go to sleep in order for your
Glymphatic system to thoroughly
Wash your brain at night, says Dr,
Steven Cundry, author of the
Longevity Paradox. He points out
Washing the brain prevents the
Toxic buildup of amyloid in the
Brain that can lead to degenerative
Disease. Gundry says to get a
Thorough brain wash, he
Recommends that you skip
Dinner once a week if you are in
Good health and more often if you
Are already suffering from a
Degenerative disease. He contends
On Brain cleaning day you can
Simply condense all three meals
Into the first part of the day, Gundry
Concludes this will also allow you
To take advantage of the benefits of
Intermittent faasting.

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Issue: How to beat belly bloat
Date/Time: April 27, 2019
7:00am/20 minutes
Guest: Dr. Julie Gatzka

Description: Dr. Julie Gatzka says
When eating do not pile everything
On your plate then gobble it down in
The same sitting, She points out if
You do the signal to produce new
Enzymes will not be processed as
Quickly causing stomach pain, gas,
And bloating.. To eliminate
Bloating of the stomach, Gatzka
Advises people to chew each bite
Slowly, a dozen or more times
Before swallowing.. This triggers the
Proper enzymes and eliminates
Discomfort. Of a bloated belly.
Gatzka concludes by saying do not
Eat if you're too hot, too cold or
Emotionally upset or physically
Ill, this food will ferment in the
digestive track causing more
bloating. In the stomach.

2. Technology:

Issue: Computer Hacking.

Date/Time: April 6, 2019

7:30am/20 minutes

Guest: Sean Worthington

Description: Sean Worthington, Author of Beyond Bit Coin says Computer hacking is something that Isn't going away any time soon. He Points out computer users need to Keep pace with hackers if they wish To maintain their privacy on the Internet., Worthington says computer Users should use Norton Security. He contends this kind of hardware Can and will detect any strange Activity going on in your computer, Worthington contends if you are Paying your bills using your Computer or dealing with sensitive Information that is private Norton Security will alert the user before Anything happens. He strongly Encourages computer users to take Hacking seriously before Complications arise and nothing can Be done at that juncture, Hackers are Not going away but if you make Their job as difficult as can be, they Will look elsewhere for someone Who is not, adds Worthington,

Issue: The Dangers of Cell
Phone Technology.
Date/Time: June 1, 2019
7:00am/20 minutes
Guest: Norbert Heuser

Description: Despite widespread Denial. The evidence that radio Frequency (RF) radiation is harmful To life is already overwhelming, Says Norbert Heuser, CEO of IPC: USA, the developers of Protect PRO Technology, He points out he is a Cell phone watchdog and has Been actively engaged in the Research and design and Manufacture of products that Shield the human body and other Living things from the harmful and Invisible effects of electromagnetic Fields and radio frequencies. Heuser Says consumers must be more aware Of the radiation propelled by cell Phone devices and its effect on Babies, pregnant women, the Elderly, the sick and electro Hypersensitive individuals., He Relates how electromagnetic Frequencies from cell phones can Alter brain tissue activity. Heuser Contends the situation is worsening And if not addressed millions of People especially children will die From cancer.

3. Personal Finance:

Issue: Teaching kids on how to control their finances.

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

Guest: Trevor Bolin

Description: While many parents Teach their children the basics of Fiscal responsibilities by giving Them an allowance, Trevor Bolin Of Take Charge and Change Your Life Today, says children need to A healthy attitude towards money Not only to avoid making choices That make them unhappy but allow Them a path that they can control. He points out if your child receives A weekly allowance, he or she Should put 15 percent into a savings Account that cannot be touched. Bolin says it's important to help Children recognize the financial Lessons from actual experiences Such as spending monry on Impulse and not having the money When they want to buy something important. that they really want. This is a small price to pay, adds Bolin for a valuable lesson in how To save and spend money, He Advises parents to help their kids Set up financial goals such as saving \$10.00 to go to the movies or saving \$200.00 for a wi Fi system or just put it in the bank, Bolin concludes in the long run your child will develop and nurture healthy attitudes when it comes to money.

4. Family:

Issue :Becoming a better father in today's economy.

Date/Time: April 13, 2019
7:30am/20 minutes

Guest: Tom Watson

Description: In today's economy Many fathers are either unemployed Or working two jobs to make ends Meet, says Tom Watson, author of Shoes: The Journey to Becoming a Better Man, Husband And Father, He points out fathers Need to pay attention to their Children not only out of Obligation rather because they want And need to spend time with them, Watson says stability and security Are important to kids so it is Suggested fathers set up a time Every week that is designed just for Doing something. He suggests Scheduling an activity that the kids Can look forward to every week. Kids will understand if their father Does not have a lot of time to spend With them, so keeping a schedule is Very important, adds Watson. He Relates how parents who work a lot Especially fathers feel guilty about Neglecting their kids, Watson Concludes fathers make big plans With their children on a regular basis To the guilt they are feeling.. He Believes it's more important being With the children than trying to Schedule lavish events that usually Do not come to fruition,

Issue: Accepting your parents.

Date/Time :May 11, 2019

7:00-am/20 minutes

Guest: Daniel Miler

Description: For children who are now Adults rage, resentment and unworthiness Are rooted in the wrongs of their parents. Too often this leads to blame, says Daniel Miller, author of The Gifts of Acceptance. He points out even if your parents are Culpable, blaming them will not change Matters. He says accepting your parents Does not mean excusing their harmful of Abusive behavior. Miller contends Working through negative feelings towards Your parents is vital to moving forward With your own life. He relates how Important it is to see your parents as people With their own faults and frailties. Take into Account what they went through as Children and how their parents parented Them. Miller believes if you do this you Will understand your parents better and Understand better what it means to be a Parent.

Issue: Being an adopted child.
Date/Time: May 18, 2019
7:00am/20 minutes
Guest: Susan Welch

Description: Susan Welch, author of A Thread So Fine says as an adult, Upon the death of her mother Discovered that she was adopted. She points out at the age of 46 her Brother revealed to her that she was Adopted, Welch reveals when she Found out it had almost zero impact On her adult life. However she felt Awestruck that her parents were Considering adopting her when they Already had a lovely little boy. Welch believes and thinks it's Reasonable that adoptive parents Have the right to manage as they Choose until a child becomes an Adult. But after that when the child Becomes an adult they should have The right to meet their birth parents. Welch also contends that eventual Disclosure is something adoptive Parents need to consider as part of Their decision about when and how To make the child aware of his or her Adoption. She believes common Wisdom today is for open adoptions Which seems to work,

5. Health/Medical:

Issue: Treating Lyme Disease.

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

Guest: Dr. Cass Ingram

Description: There's a tiny would be Assassin hiding in North America's Fields and woodlands that goes by The name of *Ixodes scapularis* that Is more commonly known as the Black legged deer tick, says Dr. Cass Ingram, author of *The Lyme Disease Cure*. He points out a single bite From this creature can destroy your Life and if untreated, may even kill You. Ingram says a person who is Bitten by this tick becomes a victim Of Lyme Disease.. Ingram relates How there are a half million cases of This disease. In many cases the Victim is entirely unaware of what Has happened to them.. He contends A person contracts Lyme Disease When cork-screw like bacteria Called spirochetes are released from The mouthparts of the biting tick And bore into the joints and Connective tissues of their human Hosts. Ingram believes the best and Only way to treat Lyme Disease Is use wild spices. Such as oils of Wild oregano and sage along with The juice of wild oregano. He Concludes other conventional Medicines have failed causing Debilitating effects that mirror Symptoms of other diseases.

Issue: The new Bioactive Gel
Delivery System.
Day/Time: April 27, 2019
7:30am/20 minutes
Guest: Margie Adelman

Description: Margie Adejman.,
Medical researcher and health
Consultant says the potential
Health benefits of many
Nutraceuticals are not fully realized
Because a number of the nutrients
Contained inside come in contact
With acid in the stomach and are
Denatured which means turned into
A form that is not an active vitamin
Anymore. She points out the
Bioactive Gel Delivery System is
Designed to suspend micro-sized
Nutrients in a protective gel that
Disperses when it reaches the
Small intestine where the body
Absorbs virtually all nutrients.
Adelman concludes while most
Supplements contain binding glues,
Fillers and coatings and anti caking
Agents often listed on labels as other
Ingredients, Bioactive Gell is a more
Natural approach,

6. Consumer:

Issue: Getting the most out of online dating.

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

Guest: Michael Bastien

Description: Like any other combination of technology and social interactions, it's easy to make a lot of choices that get in the way of actually connecting with the right people, says Michael Bastien, author of *The Common Sense Clicker Guide To Online Dating*. He points out for some people they are not using the right dating site or they make common mistakes setting up their profile. It is extremely important to understand the technology side of things, Bastien says choosing the right dating site is extremely important. Some sites focus on looks while others feature compatibility surveys. You need to have a mixture of the two. A profile should contain your personality traits and what you are looking for in others. Bastien reveals the most important element on online dating is the photo. You should include a bright picture of your face and a full body shot that reflects your personal style of dress, body type and personality. He cautions online searchers to be aware of fake profiles which are actually nothing more than advertisements for dating. Bastien concludes if these if these measures are followed you will be surprised by the responses by the responses you will receive.

7. Media:

Issue How Sports reflects life in contemporary America.

Date/Time: May 4, 2019

7:00am/20 minutes

Guest: Michael Serazio

Description: Michael Serazio, author
Your AD Here: The Cool Sell of
Guerilla Marketing says like so
Many forms of pop culture we tend
To see sports as escapism, He
Points out it is supposed to be a
Respite from the many problems that
Plague contemporary American life
Individually and collectively. And
Yet almost every aspect of that
Experience beyond the sidelines
Of game play shows up in sports
Culture itself, adds Serazio, He
Relates how sports tells us stories
Sometimes explicitly about what
America is all about and what it
Could be or should be Serazio
Concludes by saying in the
Age of alternate facts and fake news
Sports remains a vessel for the
Simulation of enduring faith and
Truth in our society

8, Health/Mental:

Issue: One woman's quest for truth and peace..

Date/Time: May 4, 2019
7:30am/20 minutes

Guest: Renee Linnell

Description: Renee Linnell author of The Burn Zone says she wrote the Book because she wanted to share Her Story of her quest for truth and Peace, Linell recalls her story began By meeting a woman named Lakshmi in a white robe who Her a jolt of energy that blew her Mind in a flash. She recalls how Lakshima forced her to do many Things such as earn an MBA Degree and build a \$10 million Dollar busibess. She relates how she Gave away her cherished Possessions , tens of thousands of Dollars and all of her power and Free will.. Linell contends it took A little time but she finally realized She was in a Cult.. She says it was at This stage of her life she began the Hard work of healing. Forgiveness And rediscovering and accepting Herself. Linnell hopes her story Will help others who are having Trouble navigating in life to find Their place in life and discover Who they are as a person.

Issue: Maintaining a health
Date/Time: June 29, 2019
7:30am/20 minutes
Guest: Dr. Lynn Cooper

Description: For a husband and wife maintaining a healthy relationship in today's world is a complex issue, Says Dr. Lynn Cooper, a clinical Psychologist wh maintains practices In Needham and Newton. She points Out for many couples personal time Has increased because of flexible Work schedules, Cooper says most Of us want to feel good about Ourselves and when this need is not Satisfied, there is a tendency to look Elsewhere to satisfy that need. She Relates how important it is for both Husband and wife to seek therapy If they detect a strain in their Relationship. One of the biggest Problems in maintaining a Healthy relationship is maintaining A line of communication where Feelings and thoughts can be Discussed. Cooper contends most Couples make assumptions in their Relationship without discussion or Verification. She concludes while There is love between two persons There is also a bond of friendship. It is this friendship that will decide How healthy a relationship will be.

9. Discrimination\Racism:

Issue: Slavery in today's America.

Date/Time: May11, 2019

7:30am/20 minutes

Guest: Lucia Mann

Description: Anyone who thinks

Slavery died when America
Abolished it in the 1800's has a
Shock coming to them, says Lucia
Mann, author of Rented Silence. She
Points out according to the United
Nations there are more than 27
Million slaves worldwide which are
More than twice the number of those
Who were enslaved over the 400
Years that transatlantic slavers
Trafficked humans to work in
America. Mann says many of these
People are forced into prostitution
While others are used as unpaid
Laborers to manufacture goods,
Many of which are sold in the
United States. In fact it almost
Impossible to buy clothes or
Goods anywhere without
Inadvertently supporting the slave
Labor trade, adds Mann. She
Encourages people to address their
Own consumer habits. She relates
How the United Nations has created
An online and mobile phone
Application that can help persons
To track if what they are buying is
Supporting slave labor. Mann truly
Believes awakening awareness and
Concern of the American people are
The first steps to not only ending

10. Education:

Issue: The Future of Academic
Freedom.

Date/Time: May 18, 2019
7:30am/20 minutes

Guest: Henry Reichman

Description Henry Reichman, Author of The Future of Academic Freedom says outside donors are Entitled to donate to projects they Support regardless of viewpoint but Academic institutions should not Relinquish autonomy and the primary authority of their faculty over curriculum and academic standards when they accept donations. He points out given the financial straits faced by colleges and universities today this could distort t an entire institution's basic Mission. Reichman contends the only way to handle this situation :is to make sure faculty of the institution has a major role not only in formulating policy with respect to external funding but also in developing a plan for monitoring and assessing effectiveness of that policy. Reichman concludes a university must preserve its academic autonomy in all its relationships with outside funders public and private

11. Women's Issues:

Issue: Body Shapes of Black Women.

Date/Time :May 25, 2019
7:00am/20 minutes

Guest: Sabrina Strings

Description: Sabrina Strings, author of *Fearing the Black Body* says many Western Europeans first encountered black women during the onset of the transatlantic slave trade in the 14th and 15th centuries. She points out in the beginning black women were thought of as lovely curiosities with shapes we might call today, thick. Because these women were heavy white women were encouraged to keep their waistlines trim as proof of white superiority while denigrating black women's savage fatness. Strings relates today black women have reached parity with the white women of today and believes this came about when the medical community defined being obese as a serious health problem regardless of race.

12. Politics:

Issue: Defining President Trump's attributes as a strong leader.

Date/Time: June 1, 2019

7:30am/20 minutes

Guest: Stefan Arnio

Description: Stefan Arnio, author of Hard Times Make Strong Men says Trump is a man of action and has Succeeded in several major Endeavors in his presidency. In Contrast weak leaders like Obama Was a man of words with no Tangible success to add weight to Those words. Arnio points out No leader of America has been more Competent than Donald Trump as A proven leader through actions, Business success and real tangible Results. Based on these actual facts President Trump should be Popular and respected for what he Has done and what he plans to do, Adds Arnio, However it appears U.S. Citizens have shifted from valuing Leaders based on their actions and Results to a highly coddled culture Of valuing leaders based on their Words and how they make us feel.

13. Money:

Issue: Cryptocurrency Mining.
Date/Time: June 15, 2019
7:00am/20 minutes
Guest: Peter Kent

Description: Peter Kent, author of

Cryptocurrency Mining for Dummies
Says says Cryptocurrency mining is
One of the most commonly used
Methods of validating transactions
That have been executed over a
Blockchain network. He points out
Not only does blockchain work to
Protect data through encryption as
Well as store this data in a
Decentralized manner as to keep
A single entity from gaining control
Of a network, but also the primary
Goal is to ensure that the same
Crypto token isn't spent twice. In
Effect mining is one means of
Making that cryptocurrency
Transactions are accurate and true,
Adds Kent. He concludes by saying
That the first individual, group or
Business that solves these
Transactions receives a block
Reward.. The award is paid out as
Digital tokens of the currency that
Is being validated.

14. Pharmaceuticals:

Issue: Poor manufacturing
concerning Generic Drugs.
Date/Time: June 8, 2019
7:00am/20 minutes
Guest: Katherine Eban

Description: Katherine Eban, Author of Bottle of Lives says Says over 40 percent of the Generic Drug supply in the United States is Made in India. She points out nearly 80 percent of the active ingredients in all drugs whether brand name or generic are made overseas. Eban says we have been led to believe that generic drugs are identical to the brand name options. She relates how nobody knows where these generic drugs are made and what precautions have been taken. Eban states that the FDA is burying evidence of extremely poor manufacturing processes and quality. FDA inspections of international manufacturing plants are announced weeks in advance unlike inspections in the United States which are always Unannounced. Eban concludes by Asking the question, is the risk Of moving drug manufacturing Offshore worth the savings?

15. Healthcare:

Issue: Abortion and Women.
Date/Time: June 22, 2019
7:30am/20 minutes
Guest: Terry Beatley

Description: Terry Beatley, author of

What if We've Been Wrong says Dr. Nathanson who performed Thousands of abortions and deceived Our judges, legislators, clergy, Doctors, media and millions of Mothers and fathers with the lie That abortion was healthcare. He Points out Dr. Nathanson admitted This and took responsibility for the Creation for establishing an Aggressive pro-abortion Organization which has eviscerated Parental rights..Beatley says Dr. Nathanson had begun his journey to Becoming pro life within six months Of the Roe vs. Wade decision.. Beatley encourages those persons Who favor abortion to look into what Dr. Nathanson has said and take a Closer work of themselves.

Issue: Natural Sleep Remedies.
Date/Time: June 22, 2019
7:00am/20 minutes
Guest: Dr. Shunney

Description: Insomnia can be a

Symptom of an underlying medical Problem, says Dr. Shunney a A qualified integrative practitioner. She points out being a naturopathic Physician she is able to blend Conventional medical diagnosis and Treatment with the use of natural Therapeutics. Shunney relates how Mildly sedating herbs called Nerviness that include catnip, Chamomile and California poppy Have been used traditionally for Centuries by herbalists for sleep Disturbance. Shunney recommends Cutting sugar and carbs before bed Time by having a protein snack like Hummus, carrots, and nut butter. She concludes this will increase the Quantity and quality of sleep. Also Taking sleeping pills daily will only Create dependence on drugs and Poor sleeping practices.

16. Crime:

Issue: Being scanned while job hunting on line.
Date/Time: June 29, 2019
7:00am/20 minutes
Guest: 1 Lynn Oakes
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
Trusted ID, 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 to never give
Out personal information whatsoever
On line because con artists can use
Thay information to gain access to
Their money. This can happen when
Con artists pose as businesses that
Are hiring, They will ask for
Information that legitimate
Companies would never ask for
Such as your social security
Number. Oakes offers the
Following info when looking for a
Job. First. Do not put a phone call on
Your resume. Second, create an
Email 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 promise to be paid in
Cash when hired. FIFTH, check the
Physical address of the person or
Company to ensure if it's a real
Business. Oakes concludes by
Saying a background check should
Be contingent on a job offer.