

Quarterly Issues Programs List:

**WNTN Radio
Cambridge, MA
January-March 2021**

Issues of Community Concern:

1. Health/Mental:

Keeping New Years Resolution

What stress does to Immunity.

Covid Fatigue Grips America,

Transforming your Sex Life.

2. Business/Economy:

Corruption in the US Patent Office.

Growing a business during the
Pandemic.

Inflation May Be Hot by May.

Did COVID Downtime Improve
Your Skill Set.

3. Health/Medical:

Medicinal Quality of Honey.

What to do and not to do
Before your Covid 19
Vaccine shot.

Vaccine Safety

How the Human Brain Developed

4. Health/Nutrition

Intermittent Fasting:

5. Climate Change:

What is Stopping Green Energy from
Saving Us from Climate Change?

6. Criminal Justice:

The Mission of Pops.

7. Racism: in America

Founding Fathers 's addiction to slavery.

8. Education:

The Price You Pay for College.

Artificial Intelligence in the Classroom,

9. Employment:

Adding New Jobs in the Economy.

1. Health Mental:

Issue: Keeping New Year's Resolutions.

Date/Time: January 2, 2021
7:00am/20 minutes

Guest: Dr. Erwin Lutz

Description: All of us mean well
When we make New Years
Resolutions, promising ourselves
That this time is going to be
Different, says Dr. Erwin W. Lutz,
Pastor Emeritus of the Mood
Church in Boston. He points out no
Matter how often we tell ourselves
That we govern our lives we tell
Ourselves that we govern our lives
By reason., the stubborn fact is that
We are controlled by our desires.
Our passions avoid our better
Judgement. Lutz says rather than
Speaking about resolutions he'd
Rather think of resolutions as goals
That I want to achieve this year.
He believes taking this approach
Is far more rewarding than empty
Promises.

Issue: What stress does to immunity
Date/Time: January 2, 2021
7:30/20 minutes/20 minutes
Guest: Sue Johanneson

Description: According to the Medical Institute of stress 77% of people have Stress that affects their physical health,says Sue Johnnessan, a wellness educator of Agenics. She points out chronic stress is a World wide pandemic and it is putting The health and the lives of untold millions Of people at risk. Johonnesson says stress Occurs whenever a life changing event Surpasses our ability to cope with that event. She adds that stress does much more Damage to us than just making us feel Anxious, overwhelmed or depressed. Johonneesson relates how the stress Hormone cortisol in short spurts can Boost immunity by limiting inflammation. She concludes by saying negative stress Will not only affect persons attitudes but It will affect their physical health where Death is a possibility if the stress persists.

Issue: Covid Fatigue Grips America.

Date/Time: January 9, 2021

7:00am/20 minutes

Guest: Carole Lieberman M.D.

Description: What's being called Covid Fatigue such as exhaustion With wearing masks, social Distancing and adhering to other Health guidelines can be dangerous Says, Carole Lieberman a Psychiatrist. She points out the Burnout from these activities can be Dangerous Lieberman points to a Recent Gallop Survey showing 73 Percent of adults viewed the Pandemic as growing worse, the Highest level of pessimism recorded Since Gallop began tracking tha. Lieberman encourages patients To keep themselves and their Loved ones physically and Mentally healthy. She concludes By saying everything else is Secondary if you want to Come out of the chaos alive and Well.

Issue Transforming your Sex Life

Date/Time: February 27, 2021

7:30am/20 minutes

Guest: Tracey Cox

Description: Tracey Cox, author of Great Sex starts at 50 says it's time to discover that the sex you have later in life can be far superior, reassuring, honest, funny and most of all empowering. The book, Great Sex Starts at 50 is the must have sex and relationship book for men and women, says Cox hitting half a century with little sign of slowing down. Cox relates that there is no denying that something happens to us sexually at 50. From menopause to the mixed blessing of Viagra to other challenges that go beyond the physical, Cox asks the question how do you ignite desire after decades with the same person. She explains the only way to satisfy this question is to use case studies, practical techniques and personal anecdotes to show you how to arouse yourself and your partner help regain your

Passion and create perfect conditions
For sex. Cox says this approach
Will be authentic and approachable
And will not only be an
Adventure but will be something
Great.

2. Business/Economy:

Issue: Corruption in the US
Patent Office.

Date/Time: January 23, 2021
7:00am/20 minutes

Guest: Ray Perkins

Description: Ray Perkins inventor
And spokesman for the Inventors
Rights Advocacy Group US Inventor
He points out over 200 years the
United States Patent Office has
Incentivized, protected and
Rewarded America's inventors by
Guaranteeing them exclusive
Ownership and the right to profit
From their creations.. Perkins
Reveals the US Patent Office is
No longer a place where patents are
Awarded and protected. He says
Tragically because of ill conceived
Legislation and festering corruption
The US, Patent Office is no longer
A place where patents are awarded
And protected. It is now a place
Where patents belonging to the little

Guy inventors can easily be nullified
Or stolen by multi-billion dollar
Corporations don't want competing
For breakthrough technology in the
Marketplace.

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Issue: Growing a business during the
Pandemic.

Date/Time: January 16, 2020
7:30am/20 minutes

Guest: Nick Bogacz

Description: Nick Bogacz, founder
Of Caliente Pizza and author of the
Pizza Equation Says many small
Business owners have been hit
Seriously by the pandemic and find
Themselves looking at going out
Of business. Bogacz encourages
Small business owners to take risks
And be creative with marketing
With new marketing tactics. He
Also encourages small business
Owners to brainstorm to be more
Creative than they ever have been
Before and be open to their
Customers .Bogacz concludes by
Saying promote business offerings

On line and offer virtual
Options to customers so they will be
In the loop so small businesses
Have na opportunity to compete
Not only for survival but
Ultimately be equipped to establish
Long term strategies to compete
Against large corporations.

Issue: Inflation Could be Hot bu May.
Date/Time: March 13, 2021
7:00am/20 minutes
Guest: Bill Dandy

Description: Bill Dandy, CPA and Money
Manager says the gobvernment just can't
Keep printing money and giving it away
Without it coming back to haunt
Everyone.. Dandy points out signs of
Inflation are just warming up but by
Late spring could be downright hot
Evin if temporarily. He relates out the
Level of heat we are going to see will
Determine whether the spike is transitory
As the Fed and many economists say or
The start of a bigger trend.. Dandy
Reports signs of inflation are already
Showing up in the goods side of the

Economy and it is expected to spread
To the service side.. Also consumers will
Soon be armed with another stimulus
Check. Dandy contends with these checks
Pent up demand should start sending up
Prices on things like airfare, public
Transportation, hotels, dining out and
More rental cars as people feel more
Comfortable leaving their homes. Dandy
Concludes by saying no matter what
Happens there will be inflation in the
coming months. However the strength
Of inflation will determine how the
Country fares.

3. Health/Medical:

Issue: Medicinal Qualities of Honey.

Date/Time: January 23, 2021
7:30am/20 minutes

Guest: Dr. Cass Ingram

Description: Today as more and more drug
Resistant pathogens develop and
Spread, many people are cutting back on
Their use of antibiotics and turning to honey
For its soothing antibacterial and anti-
Inflammatory properties, says Dr. Cass
Ingram, author of Foods that Cure. He relates
How drinking tea or warm lemon water
Mixed with honey is a time honored
Way to soothe a sore throat, but honey
Alone may be an effective cough

Supplement, too adds Ingram. In a study 2
Teaspoons of honey at bedtime stopped
Night-time coughing as effectively as OTC
Cough medications. Ingram relates Honey's
Antibacterial properties prevent infection
And functions as an anti-inflammatory
Agent reducing both swelling and pain and
Even scarring. Ingram also states in a
Clinical review published by the British
Medical Journal, researchers suggested
That honey's viscous nature might help
Keep acids down.

Issue: What to do and not to do after your
Covid-19 vaccine.

Date/Time February 6, 2021
7:00am/20 minutes

Guest: Dr. Cass Ingram

Description: Dr. Cass Ingram, author of
The Cure is in the Cupboard says To vaccinate or
Not to vaccinate is the question for millions of
Americans as the new mRNA Covid-19
Vaccines from Pfizer and Moderna begin
To roll into clinics and pharmacies across
The nation.. He points out currently

According to a National by the Beaumont Foundation 60 percent of Americans say They are absolutely certain or would Propably get the new Covid-19 Vaccination when it becomes available. For those ready to take the plunge, Ingram Informs them that the CDC reports that Most of the side effects are signs that your Body is building protection. Ingram says the Following are expected physical reactions To taking the vaccine: 1, Pain and Inflammation in the injection site. 2, Flu like symptoms that includes pain in The injection site,,, Ingram concludes by saying to lessen discomfort from a fever By staying hydrated.

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Issue: Vaccine Safety,
Date/Time: March 6, 2021
7:30am/20 minutes
Guest: Dr. Cass Ingram

Description: Those concerned about Experiencing side-effects after Receiving the Covid-19 vaccine may Want to check out the CDC's online

Vaccine reporting portal that will record
And relay in adverse reactions happening
To the patient who took a vaccine shot, says
Dr. Cass Ingram, author of How to Survive
Vaccinations. He points out doctors are
Required to advise patients about these
adverse reactions to patients before
Administering a shot to their patient.
Dr. Ingram relates how fighting back against
Pain caused by a vaccination can be treated
With oil of oregano drops put under the
tongue and rubbed with olive oil into the
Swollen areas.

Issue: How the Human Brain
Developed,
Date/Time: March 27, 2021
7:00am/20 minutes
Guest: Bret Stetka

Description Bret Steka: autor of History of the Human Brain
Human Brain he was astounded by the fact that the workings of the human brain can be traced back to an animal as simple as the sea sponge. He points out the gradual coalescing of cells into a literal blob in which they take on different physiologic roles and then evolving to communicate information with each other is the foundation of neuronal function and now allows for this fantastical state of awaeness and mental existence we call consciouness. Stetca concludes by saying as far as how our brains got here, natural selection favored intelligence , we were not the strongest or fastest animal, se we had to make it up somewhere.

4. Health/Nutrition:

Issue: Intermittent Fasting.

Date/Time: February: 13, 2021
7:00am/20 minutes

Guest: Dr. Julie Gatzka

Description: Those persons who are struggling with digestive issues may want to consider intermittent fasting, during the hours they are fasting their digestive system to give their digestive system a chance to repair and rebuild, says Dr. Julie Gatz, Co-Founder of the Florida Wellness Institute. She points out, much more than a fad diet, intermittent fasting was conceived by longevity researchers and has several impressive clinical studies behind it. Gatz relates there are several methods of intermittent fasting for a daily schedule or personal preference. As an example, they are the following:

- The 16/8 Method: This basically entails fasting for 16 hours each day only eating in between noon and 8pm.
- The Alternating Method: With this method you limit yourself to 500 calories a day every other day.
- The 5:2 Diet: This combines elements of the other two methods. On two fasting days you eat 25% of your normal calorie needs, then eat normally for five days of the week.

5. ClimateChange:

Issue:What's Stopping Green
Energy from Saving Us from
Climate Change..
Date/Time: February 13, 2021
7:30am/20 minutes
Guest:Steve Melink

Description: Steve Melink, author of Fusion Capitalism says the Conservative brand that he grew up And identified with is dismissing Much of the damage that oil, coal And natural gas are doing to our Health and environment. He points Out his company has worked with Retail, restaurants, hotel chains, , hospitals, Nursing Homes, universities and supermarkets. Melink relates how there are Serious problems with our fossil Fuel economy that we all pay for And it's erll documented that is starts With our environment and health. Melink believes now is the time To take on this issue before the Problem becomes unsolvable.

6. Criminal Justice:

Issue The Mission of POPS

date/Time: February 6, 2021

7:am/20 minutes

Guest: Amy Friedman

Description: Amy Friedman, founder of POPS says The most common misunderstandings about people Who are in prison and about their families is that the primary misconception is that is the stigma. People expecting the worst of a young person puts that individual in an impossible bind.: How to prove the expectation wrong while feeling burdened by that expectation Other misconceptions Include that the person cannot possibly love the Bad guy9 the incarcerated individual without there Being something wrong with them that they themselves be bad guys that there is something Inherently wrong with the family itself that they Cannot be successful, cannot shine in school and Beyond, and cannot compete intellectually , emotionally or socially with kids who are not with Kids who are not impacted by incarceration. Friedman concludes by saying the mission of POPS is to provide a safe and maturing space in their schools for youth impacted by incarceration to heal The wounds caused by stigmatization using tools that create deep community engagement, self expression and self empowerment. The ultimate mission is to ensure healthy, bright successful futures for these young people and to better educate The broader community about the true impact of Mass incarceration.

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7. Racism in America

Issue: The Founding Fathers
addiction to Slavery.

Date/Time: January 19, 2021

Date/Time: 7:30am/20 minutes

Guest: Dr. Herbert Harris

Description: Dr. Herbert Harris, Author of of the Twelve Universal Laws of Success says History reveals That the Founding Fathers were Enlightened men who ignored the Sins of slavery and incorporated it Into the creation of the nation. The House divided against itself became The seed that grew into America we Now experience today. Because of This says, Harris America has been Engaged in a battle with itself over This spiritual dilemma. Because of This 600,000 Americans were killed In the Civil War. Harris puts this Question forward: Can we follow The light and walk the talk of the Founding Fathers or build our House upon the sands of hypocrisy, Injustice and fear and continue the Darkness of bitter division.

8. Education:

The Price You Pay for College.

Date/Time: March 6, 2021

7:00am/20 minutes

Guest: Ron Lieber

Description: Ron Lieber, author of The Price You Pay for College says for all Of the decisions many of us will make, few Will be as expensive and consequential As where to go for college and yet the Process for many remains frustratingly Opaque.. He points out the cost of college Is growing at a far higher rate than inflation. Lieber relates how parents have no idea about how much money they are going to Have to pay for their child'd tuition to Cillage until they sit down with a college Administrator.. Lieber says even though American colleges can be expensive the Very top tier of these institutions now Offer billions in discounts each year. He relates how some colleges look at These discounts as merit aide.. In simplest Terms, the college chops its price For the students it would like to have, Regardless of the students financial Circumstances.

Issue: Artificial Intelligence in the Classroom.

Date/Time: March 27, 2021
7:00am/20 minutes

Guest: Helen Thomas

Description: Helen Thomas, expert and pioneer in High –Tech says students on average will lose Five to nine months of learning by the end of The current school year. She points out at first Look tens of millions of kids have missed Classroom instruction, reading assignments and Examinations would be would seem to be an Impossible task. Thomas states this task was Accomplished by employing what she calls Super Tutors, computer assisted learning platform Powered by artificial intelligence. She says one Super Tutor can simultaneously assist hundreds of Thousands of students to learn from the same Curriculum but in a highly individualized with the Subject matter. Thomas goes on to says DMAI- Dark Matter Artificial Intelligence program Provides each student with the right content at The right time. The Super Tutors identify areas Where the student is deficient and provides the Materials necessary to correct those deficiencies While keeping the student engages until those Deficiencies are remedied.

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9. Employment:

Adding New Jobs to the Economy:

Date/Time: March 13, 2021

7:30am/20 minutes

Guest:Bill Dandy

Description: The Labor Department Has released the February jobs Report; says Bill Dandy, a CPA Money Managere on Wall Street. Here is what is expected to be on The report. Non Farm Payrolls are 195,000 vs. 49,000 in January. Dandy points out with the vaccine Rollout picking up steam and Employer optimism growing will Determine how fast the economy Will come back. Dandy relates how Employers, 82 percent of them are More hopeful that things are Returning to mormal.. That's up From The 43 percent who believed so last July.