

NOTE: This file was prepared for upload on the FCC website per station obligations on January 7th, 2019 but due to parts of the government being shutdown, including the login feature on the PIF files on the FCC website, we were unable to upload by the January 10th deadline.

Quarterly Issues Programs List:

**WNTN Radio
Cambridge, MA
October-December 2018**

Issues of Community concern:

1. Health/Nutrition:

Increasing Your Body Mass.

The Vegan Diet.

5 Simple Steps to Kick Your
Sugar Cravings.

Seven rules for Healthy Holiday
Eating.

Natural ways to lower your blood
pressure.

2. Health Care:

Smelly socks can cause the growth
of odor causing bacteria.

3. Business/Economy:

The 80/20 Rule.

The Roaring US Economy

4. Religion:

The role of women in the Catholic
Church.

5. Personal Finance:

Protecting assets in a foreclosure.

Genetically Modified Money.

Dealing with end of life issues.

6. Public Safety:

LoJack Safety Net Program
helps locate missing persons
with cognitive disorders.

7. Technology:

Tips for bringing your home's Wi-Fi dead zones to life.

8. Child Abuse:

Overcoming the effects of child abuse in adulthood.

9. Health/Medical:

Key body indicators.

What parents need to do for their Children during the cold and flu Season.

The advantages of Pi over Lasik surgery.

How medications interact with Medicines.

10. Health/Mental:

Curbing Your Child's High-Tech Toy Addiction.

Parenting Your Adult Child..

Treating Depression and Anxiety with ancient natural Therapies.

11. Fundraising:

The Hellenic Radiothon.

12. Agriculture:

Ecological Landscaping:

13. Immigration:

Dealing with the Immigrant Caravan..

1. Health/Nutrition:

Issue: Increasing Your Lean Body Mass.

Date/Time: October 6, 2018
7:00am/20 minutes

Guest: Margie Adelman

Description: Margie Adelman, Author of, Living Lean: A Healthy Guide to a Beautiful Life Says in dieting, the number one goal Is not to lose pounds but rather to do Things to increase your body mass. She points out weight loss is all About burning energy and the more Lean body mass you have, the more Energy you can burn. Adelman Relates how stress releases Adrenaline that comes from lean Tissues which the body converts to fat.. It is essential to recognize This stress and manage it more effectively before the body converts It to fat, adds Adelman. She Concludes plenty of physical Exercise and remembering that lean Body tissue is made from protein. This must be maintained if Fat is to be eliminated.

Issue: The Vegan Diet.

Date/Time: November 10, 2018

7:00am/20 minutes

Guest: Neal Barnard

Description: Neal Barnard, author of The Vegan Starter Kit. Everything You Need to Know About Plant Based Eating says all of us Should test drive a vegan diet. He Points out his guidebook is straight Forward and simple to follow and As easy to digest as a plant based Lifestyle. Barnard relates how People complain about their energy Levels and their aches and pains Especially those persons 50 years And older. He contends human Beings were designed to eat plant Life on a daily basis. Barnard says He is very concerned about Processed foods and fast foods that Dominate the daily eating routine. He points out there are many Restaurants that offer menus that Are quite compatible to the Vegan Diet.. Barnard relates how there are Tips in his book that show you how To modify your favorite recipes and Examples of quick and easy meals. He concludes following this diet Is not only delicious but it can also Restore good health where it has Been absent.

Issue: 5 Simple Steps to Kick
Your Sugar Cravings.
Date/Time: December 1, 2018
7:00am/20 minutes
Guest: Dr. Julie Gatzka

Description: Dr. Julie Gatzka says Excessive sugar consumption is Linked to a long list of health Problems from obesity and Cardiovascular disease to joint Inflammation and ADHD, says Dr. Julie Gatzka, a health educator And chiropractor. She points out Most of us don't seem to be able To stop eating sugar no matter How hard we try. She points out There are 5 tips for kicking your Sugar cravings. First: Start using Kolorez. This extract reduces Cravings drastically by allowing Intestinal bacteria to flourish. Second: Eat smaller and frequent Meals. Use stevia where sugar Is called for. Third: Simply eliminate All foods containing Fructose corn Syrup. Fourth: Carry an emergency Bag containing raw vegetables and Raw nuts and other sugar free foods. Fifth: Don't rush things and take Each day as it comes. Gatzka believes This regimen will not only stop Sugar cravings but restore good Health at the same time.

Issue: Seven Rules for Healthy
Holiday Eating.
Date/Time: December 22, 2018
7:00am/20 minutes
Guest: Dr. Julie Gatza

Description: Dr, Julie Gatza, , one
Of the nation's top chiropractic
Physicians says the following seven
Rules should be used in what she
Calls, Holiday Eating 101. 1.) you
Should eat when you are hungry no
Matter what time of the day it is. 2.)
Eat foods of one type all at the same
Time. 3.) Don't eat when you are
Feeling stressed, ill or injured, The
Reason for this your body is in a
Healing mode and not a digestive
Mode. 4.) Chew 22 times when
Drinking protein drinks. If you
Don't do this you will shock the
System. 5.) Don't eat overly cooked
Foods because all protein is
Destroyed from the heat. 6.) Be a
Food detective and know the history
Of what you're putting in your
Mouth. 7.) Be sure to use spices and
Natural digestive aids to help with
Digestion. Gatzta concludes if these
Steps are taken you will not only
Be more healthier for doing so
But you will also enjoy the meal
As you were meant to.

Issue: Natural Ways to lower your
Blood pressure.

Date/Time: December 29, 2018
7:00am/20 minutes

Guest: Robert Kowalski

Description: Robert Kowalski, a
Medical journalist says blood
Pressure is one of the main risk
Factors of heart attack and stroke.
He explains blood pressure is simply
The pressure exerted by blood on the
Walls of the arteries. Kowalski says
The best way to treat high blood
Pressure is by controlling it
Naturally. Hr relates this can be
Accomplished by reducing the
Consumption of salt and sodium..
Eating dairy products that contain
Calcium helps immensely in
Lowering blood pressure, adds
Kowalski. He states another
Ingredient in food that helps lower
Blood pressure is magnesium. This
Can be found in sea food and
Mushrooms . Kowalski concludes
by saying fruits and vegetables
Contain potassium that balances the
Amount of sodium in the body.

2. Health Care:

Issue: Smelly socks can cause the growth of odor causing bacteria.

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

Guest: Nick Andrews

Description: Nick Andrews, a Resident sock scent tester for Scentlok a company that Manufactures socks that do not Cause odor when worn for periods Of time, .says his job is to find out what brands of socks cause smelly feet and test them in the laboratory. He points out having smelly feet Is a serious issue because the odor Is coming from bacteria that is Growing on the feet.. One of the Most common bacteria that attacks Feet is commonly known as Athletes Feet that grows between the Toes. Left unchecked the bacteria Can attack toe nails causing them to become brittle and fall out, adds Andrews. He encourages everyone To wear socks made by ScentLok That use silver particles embedded In the sock fibers that control Bacterial growth. Andrews Concludes after showering to take a Towel and dry in between the toes. This prevents sweating in the shoes. He points out smelly feet happens When sweat accumulates on the skin That fuels the growth of odor causing bacteria.

3. Business Economy:

Issue: The 80/20/Rule

Date/Time: October 13, 2018
7:00am/20 minutes

Guest: Betsy Kruger

Description: Finding and targeting Your star customers is the basic Foundation of the 80/20/Rule, Says Betsy Kruger author of Top Market Strategy:: Applying the 80/20/Rule. She points out one of things overlooked in business is customer loyalty.. Kruger says the loyal customers are your star customers.. She relates how you must distinguish your most and least profitable contacts to discover your loyal customers. When this is done target your highly profitable contacts with a top market strategy. Once this is accomplished convert them into customers, adds Kruger. She concludes in business star customers come from top prospects. For this to happen top strategies must be developed that can benefit both the seller and the company.

Issue: The Roaring US Economy.
Date/Time December 15, 2018
7:30am/20 minutes
Guest: Andrew Gause

The US dollar has just reached a 16 Month high and consumer sentiment as of November 2018 is currently stronger than in any prior year since 2000, says Andrew Gause author of the Secret World of Money and Uncle Sam Cooks the Books. He points out America's Economy is roaring but it is being Fueled by borrowed money. Gause Says Americans are tumbling Headlong into record levels of debt To be followed by record expansion Of the money supply and price hikes For businesses and consumers. He Relates how house hold debt has Reached a peak in the second quarter Of 2018 rising by \$82 billion to Reach \$13.29 trillion.. Gause Concludes as long as consumer Prices and wages rise in a slow, Controlled fashion and in concert With the money supply and the National debt, you can keep the Economy functioning forever, Even though a cup of coffee at Starbucks might cost you 50 Dollars in 2050.

4. Religion:

Issue The role of women in the Catholic Church.

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

Guest: Rev. Kathleen Henry

Description: The role of women in the Catholic Church has never been clearly defined since its beginnings, says Kathleen Henry, a community ordained priest and author of, *Critical Mass*. She points out the glaring problems of the Catholic Church in the 21st century lie with the hierarchy in Rome. Henry says even though she is an ordained community priest, her ordination is not recognized in Rome. While some say the Catholic Church has not kept up with the times is not entirely true, adds Henry. Many church members have taken steps on their own to deal with the problems in their parishes and make the changes they feel are necessary to have their church be more responsive to people's needs. Henry relates how there have been no repercussions of her being an ordained priest. However she realizes monumental changes will take several years of debate in Rome.

5. Personal Finance:

Issue: Protecting assets in a foreclosure:

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

Guest: Hillel Presser

Description: Realty Trac, an on line Marketing company has reported Over 840 homes in the state of Massachusetts have received Foreclosure letters, says Hillel Presser, author of Financial Self Defense How to Protect Everything You Own. He points out that there Is a danger beyond the bank taking One's house. If other assets are not Protected they could be forfeited in The Foreclosure process, When Someone defaults on a real estate on a loan, the Bank is given broad powers to Recoup loses in any way it can, Cites, Presser. He says that most People do not realize they are at Risk with a pending foreclosure, Presser stresses the importance of Protecting whatever assets Homeowners have by protecting From litigation and judgments. Big businesses asset protection To protect all of their hard Assets and urges homeowners in Foreclosure to do the same thing, Presser advises homeowners To take immediate action to Prevent the bank from grabbing The assets.

Issue: Genetically modified money,
Date/Time: November 10, 2018
7:30am/20 minutes
Guest: Andrew Gause

Description: While agricultural
Scientists have been hard at work
For decades, genetically modifying
America's food supply, currency
Historian Andrew Gause says the
Wall Street banking elites have
Been doing something similar to
Our nations money supply, He
Points out the Federal Reserve Bank
Has financially engineered and
Modified America's original organic
Money to where it loses its substance
And no longer has any intrinsic
Value. Gause asks the question,
Does the Federal Reserve Bank
Intend to remove paper currency
From circulation and convert
To an all digital currency or
Cryptocurrency He concludes
This idea with another question:
Is a return to organic money
Conceivable?

Issue: Dealing with end of life
Issues:
Date/Time: November 24, 2018
7:00am/20 minutes
Guest: Susan Alpert

Description: Susan Alpert, author of Driving Solo who was a successful Business woman says she had no Idea what faced her after her Husband's death in regards to Their finances. She points out Every time she solved a problem another one would quickly fill The void. Alpert says in addition To bills there were government and Financial agencies that needed to be Notified. She recalls how she hired An assistant to help her with filing, Sorting and other tasks. Alpert Relates how she got professionals In their fields to answer questions And give her a hand. I eventually Connected all the persons working With me so they could work Together for my interest, adds Alpert. They agreed to do so and Checked back and forth with one Another, She contends because of The chaos she went through with All of the Paperwork generated by Her husband's death, Alpert Created a Chaos to Control Program. She believes this kind Of program will lay out a blue-Print that will help widows deal With financial issues in an orderly Manner with less frustration.

6. Public Safety:

Issue: LoJack Safety Net Program helps locate missing persons with cognitive disorders.

Date/Time: October 20, 2018
7:00am/20 minutes

Guest: Officer Ralph Poland

Description: Lo Jack has created a Device that can accurately locate Missing persons with cognitive Disorders, says Officer Ralph Poland in Marshfield, MA. And a Spokesperson for the use of this Device in police work. He points Out persons with Alzheimer's And Autism unless supervised Constantly have a tendency to Wander about without informing Anyone of their whereabouts. Poland says using the LoJack Safety Net device can locate These persons before they get into Harm's way. He says the device is Simple bracelet that is locked on To their wrist. The users are Registered at the police station? In a computer file that has all of The person's information along With a photo, adds Poland. He Relates how the device uses radio Waves instead of the technology GPS devices and cell phones use. Poland says he credits former Alderman Charlie Shapiro with His saver alert legislation for Setting the groundwork for the LoJack system.

7. Technology:

Issue: Tips for bringing your home's Wi Fi dead zones to life.

Date/Time: October 27, 2018
7:00am/20 minutes

Guest: Jeffrey Parker

Description: There are certain Locations in your home where Internet connected devices and Smartphones are unable to Receive a steady Wi Fi signal or Any signal at all from your Router, says Jeffrey Parker, Editor of the Milo Wi Fi Blog. He Points out these locations are called, Dead zones. Parker says dead zones Typically include bathrooms, second And third story bedrooms, attics, Basements, garages and back patios, Parker relates how these locations Can drive everyone in the house Crazy. He offers these suggestions:

- 1.) Switch to a less crowded frequency.
- 2.) Reboot regularly.. This clears any and reduces stalled tasks.
- 3.) Get the latest hardware from your internet provider.
- 4.) Get a mesh Wi Fi system that Consists of a modem and a series Of distribution modules placed Throughout the house.

Parker concludes taking these Measures will increase consistency And faster internet service.

8. Child Abuse:

Issue: Overcoming the effects of child abuse in adulthood.

Date/Time: October 27, 2018
7:30am/20 minutes

Guest: David Pelzer

Description: He nearly died several Times by the hand of his mentally Disturbed alcoholic mother but David Pelzer , author of Too Close to Me says he managed to live through The ordeal with the help of Psychologists, foster parents and People he became friends with. Pelzer relates how he did not Realize until years later that his Abuse was identified as one of the Most gruesome and extreme cases of Child abuse in California's history. He says at the age of 18 he enlisted In the air force where he cam to grips With his abuse and was awarded the J.C. Penny Golden Rule Award Making him California volunteer of The year. Pelzer points out rather Than keep his anger inside he let it Out slowly and realized he was not The cause of his abuse. He also Realized his mother was mentally Ill and while she was responsible, She was not in control because of Her mental illness.

9. Health/Medical:

Issue: Key body indicators

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

Guest: Dr. Anthony Martin

Description: The human body has four key body indicators that it uses to communicate when there is something wrong, says Dr. Anthony Martin. Author of, "Medical Crisis: Secrets Your Doctor won't Share with You." Martin points out these four indicators are energy levels, PH Balances, free radicals and Inflammation. He says if a patient feels fatigued for more than three weeks straight, this is a clear indication of low energy levels. If the body's PH balance is off this can create a perfect breeding ground for cancer and a host of other health problems. The body has a process of detoxifying itself that produces free radicals, adds Martin, He says cells in the body puff up to stop bleeding and when they puff up too much they can strangle the arteries and cause coronary heart disease. This is the worst scenario of inflammation. Martin contends in the past physicians routinely used to monitor these warning signals but doctors no longer have time because they are caring for more patients now than they were in the past. He believes it is now the responsibility of patients to monitor

These warning signs and make their
Doctor aware of these conditions as
Soon as possible.

Issue: What parents need to do for
Their children during the cold and
And flu season.

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

Guest: Dr. Debbie Tesler

Description: Children are more than
Likely to get colds or the flu during
The winter season because they
Spend a good portion of their day
In congested classrooms where
Sneezing and coughing runs
Rampart, says Dr. Debbie Tesler,
A pediatrician. She points schools
Already have programs in place
Where students wash their hands
With soap and water throughout the
School day. However, some
Children still become ill. She
Urges parents to slightly open the
Windows in their children's
Bedrooms to keep fresh air
Moving. Tesler points out parents
Need to use nose spray and drink
Fluids to keep both the nasal
Passage and throat moist and clear.
She encourages parents to take their
Kids to the doctor and get the
Influenza vaccine that helps
Prevent illness, Tesler believes
These measures may not eliminate
Getting the flu but they will make it
Easier for children to be healthier
During the flu and cold season.

Issue: The advantage of Pi over
Lasik surgery.

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

Guest: Dr. Rajesh Khanna

Description: Experience has shown
That Lasik surgery is best suited for
The age group 18-45 where vision is
Stable, says Dr, Rajesh Khanna,
Author of PI in Eye, He points out
Lasik surgery can deliver only one
Focus: middle or near, For people
Over 45 who suffer from
Presbopia, if the eyes are set for
Distance, they cannot see the other
Two zones, middle and near, adds
Khanna. He says people who are 45
And older desire to be free of glasses
And want quality vision at all
Distances. Lasik surgery cannot do
This, Khana contends Pi in Eye
Surgery is aimed at persons above
45 that allows for one to see at all
distances in both eyes, He relates
how Lasik surgery can weaken the
cornea of the eye and interfere
with the nerves of the cornea while
Pi in Eye surgery will not harm the
Cornea in any way. Khanna points
Out Pi in Eye surgery can still be
Performed after a patient has
Already has Lasik surgery. He
Concludes Pi in Eye surgery is
More advantageous than lasik
Surgery for people above 45
And surely for those 55 years and
Older. Khanna states Pi in Eye
Surgery has been termed Lasik plus.

Issue: Mixing meds and nutritional supplements.

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

Guest: Dr, Michael Roizen

Description: If you are taking a statin
You may want to add Coenzyme
Q10(CoQ10) because the average
Blood concentration of CoQ10 in
Blood pressure decreases within 30
days by an average of 50 percent,
Says Dr. Roizen co-founder and
Originator of RealAge.com website.
He points out if you are taking a
Medication for allergies and
Inflammation you should consider
Adding Vitamin D and calcium. He
Relates how these types of
Medications may reduce calcium
Absorption which can lead to
Unnecessary bone loss. If you are
Taking a blood pressure medication
You should be aware that taking
Iron supplements two hours before
Or after taking this type of
Medication can decrease its
Absorption rate. Roizen concludes
Personalized nutrition should be
Focused on the whole person and it
Is their responsibility to consult
Their doctor before starting any
Dietary supplement regimen.

10. Health/Mental:

Issue: Curbing Your Child's High-Tech Toy Addiction.

Date/Time: November 17, 2018
7:am-20 minutes

Guest: Norbert Heuser

Description: Norbert Heuser, known as the Toy Professor says there is a Trend that is starting to alarm some Child educators and psychologists. He points out old school toys and Games are being tossed aside by Many young children and their Parents in favor of new, hi-tech Internet connected gaming devices, Smart phones and tablets. Heuser Relates how children all across America are engaging less and less With tried and true toys like Scooters, rocking horses, building Blocks, piggy banks, trains and Cars, stuffed toys, dolls and Puzzles.. Instead children are Spending hours at a time Downloading cell phone apps and Surfing social media sites Heuser says proper toys are Instrumental to learning the Basics of physics and body Coordination.. He contends toys Should help kids develop motor Skills like hand, finger, leg and Foot coordination. Heuser Concludes parents need to be role Models and minimize their use of Electronic devices and spend more Time with their children and get More involved.

Issue: Parenting Your Adult Child.

Date/Time: December 1, 2018

7:30am/20 minutes

Guest: Carl Pickhardt

Description; Before parenting an Adult child can begin, letting go' of the adolescent must be Accomplished, says Carl Pickhardt Author of Who Stole My Child. He Points out at each stage of growing Up parents find themselves under Pressure to loosen their hold as the Adolescent pushes for more Expression of individuality and More assertion of independence. Pickardt says the challenges of Parents does not subside at the End of adolescence because the two Tracks of growth toward Independence and identity keep Evolving and expressing as freedom Of action and definition continue to Develop. He concludes life changes Roll on and as they do, parents are Called upon to do more letting go And be more accepting, to roll with These changes.

Issue: Treating Depression and Anxiety with ancient natural Therapies.

Date/Time: December 8, 2018
7:00am/20 minutes

Guest: Dr. Cass Ingram

Description: Dr. Cass Ingram, author Of The Cure is in the Cupboard says As the days get shorter many people Find themselves feeling sad. He Points out some people feel blue After the winter holidays and Festivities have ended. Ingram Relates how people have more Serious mood changes year after Year lasting throughout the fall And winter when there is less Natural sunlight. Ingram believes Using the healing power of plants To treat these conditions. He Relates how two categories of Organic compounds terpenes and Cannabinoids found in wild plants Have been used for thousands of Years to promote the healing and Well being of the human nervous System. Their effectiveness is Now being rediscovered, says Ingram. He concludes extracts Derived from hemp, wild Rosemary, wild oregano, black Pepper, clove buds and hops are Now being used to treat Multiple Sclerosis and Autism.

11. Fundraising:

Issue: The Hellenic Radiothon
Dates: November 9, 2018-7am-12pm
November 11, 2018-8am-2pm
November 16, 2018-7am-12pm
November 18, 8am-2pm
Guest: Hellenic Women's
Benevolent Assoc.

Description: The Hellenic Nursing And Rehabilitation Center is an Independent non-profit nursing and Rehabilitation center under the direction of the Hellenic Women's Benevolent Association . The Center Provides resident focused comprehensive health care services to individuals requiring restorative, long term and skilled nursing care within a safe and securing environment. Pamela Houlares, President of the Center says this year Most of the money received at this Year's Radiothon will go to updating internet activities with the patients. She also wants to have special excursions to museums and restaurants along with other outside activities. \$60,000 dollars was raised In the Radiothon and is appreciated by the Officers and the entire Executive Board.

12. Agriculture:

Issue: Ecological Landscaping.

Date/Time: December 8, 2018

7:30am/20 minutes

Guest: Jessie Bloom

Description: Jessie Bloom, owner of N.W. Bloom Ecological Landscapes And best selling author and award Winning landscape designer says Premaculture and sustainable Landscaping are the wave of the Future. She points out you can put Plants to work in your life from Ecological design to improve Crop production. Bloom relates how Ecological design to improved crop Production can provide your own Apothecary to use for personal Health and well-being. She strongly Believes creating our own Apothecary will allow us to eat food Off the land as we were meant to And did during prehistoric times. Bloom concludes everyone should Start looking to plants as important Allies in almost everything we can Do on Earth.

13. Immigration:

Issue: Dealing with the Immigrant Caravan.

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

Guest: Peter Rosenberg

Description: Peter Rosenberg, a long Term caregiver and author of 7 Caregiver Landmines and How to Avoid Them says he compares the Decision to accept members of the Caravan to that of making a long Term commitment such as adopting A new family member but instead With a Caravan of immigrants. He Points out it's like a mass adoption Of thousands of people each who Have thousands of people each who Have tens of thousands of family Members. Rosenberg says such an Act is nothing to take lightly or rush Into. He believes President Trump's Nationalism stance is to protect Americans not only from crime But from unknown diseases that might be introduced to Americans That could infect literally thousands of people. Rosenberg concludes The Caravan must be turned away And go through the proper channels That all immigrants have done in the past and continue to do so.