Quarterly Report WCNN-AM North Atlanta, Ga. Fourth Quarter (October-November-December) 2023

WCNN-AM, as required by law, airs regular programming to meet the needs of the North Atlanta, Georgia area.

The following programs aired during the Fourth Quarter 2023 to discuss the issues and needs of the community.

The following information is retained as part of the station's Public File.

PROGRAM TITLE: COMMUNITY FOCUS

AIR DATE: OCTOBER 1, 2023

GUESTS:

DR. CASS INGRAM STUART TOMC DR. JULIE GATZA DWIGHT JESSIE

SUBJECTS:

ENTIRE BROADCAST WAS DEVOTED TO PROVIDING INFORMATION AND SOLUTIONS TO COUNTER THE LATEST STRAIN OF THE CORONAVIRUS. THE OPENING PORTION SHARED THE IMPORTANCE OF RAW HONEY FOR IMMUNITY SYSTEM BOOSTING, THE FOLLOWING SEGMENT BROUGHT AWARENESS TO CONSUMING BROCCOLI, CABBAGE AND CALIFLOWER AS IMMUNITY BOOSTERS. THIRD SEGMENT GUEST PRESENTED AT LEAST TEN THINGS WE CAN DO OURSELVES TO COUNTER COVID. THE FINAL PORTION FEATURED A NON-PROFIT DEDICATED TO MENTORING AT-RISK YOUTH.

PUBLIC SERVICE ANNOUNCEMENTS:

STAY WELL, VETERANS CRISIS LINE

TOPICS:

IMMUNITY BUILDERS AGAINST COVID/HONEY CRUCIFEROUS VEGETABLES, DIGESTIVE SOLUTIONS, NON-PROFIT PROFILE

PROGRAM TITLE: COMMUNITY FOCUS

AIR DATE: OCTOBER 8, 2023

GUESTS:

DR. NICHOLAS LA ROCCA & RICK SOMMERS DR. 'DO-LESS'

SUBJECTS:

GUESTS IN OPENING SEGMENT GAVE DETAILS OF MULTIPLE SCLEROSIS, THE PROGRESSIVE STAGES OF THE CONDITION, THE DIFFERING AFFECTS FROM PERSON-TO-PERSON, MEN AND WOMEN. ONE OF THE MOST REVEALING SEGMENTS EVER ON COMMUNITY FOCUS, MIT-EDUCATED SCIENTIST REVEALED EXERCISING MORE THAN TWENTY MINUTES, DRINKING HALF YOUR BODY WEIGHT IN WATER AND DIEITING ARE COUNTERPRODUCTIVE TO BEING HEALTHY AND ACTUALLY BRING ON CRONIC CONDITIONS.

PUBLIC SERVICE ANNOUNCEMENTS:

STAY WELL, BREAST CANCER SYMPTOMS,

TOPICS:

MULTIPLE SCLEROSIS, HEALTH BY SCIENCE

PROGRAM TITLE: COMMUNITY FOCUS

AIR DATE: OCTOBER 15, 2023

GUESTS:

DR. CASS INGRAM DR. EUDENE HARRY

SUBJECTS:

AS THE TEMPERATURES BEGIN TO DECLINE AND THE LATEST STRAIN OF THE CORONAVIRUS AFFECTING MANY, THE OPENING PORTION GUEST OFFERED NATURAL SOLUTIONS TO BOOST IMMUNITY, NOTING COLORS IN THE FOREST AS AN INDICATOR FOR SPECIFIC ORGANS. GUEST CONTINUED TO EXPRESS GROWING INTEREST IN CANNABIS AS AN ALTERNATIVE TREATMENT FOR CRONIC CONDITIONS SUCH AS MULTIPLE SCLEROSIS, POST-TRAUMATIC STRESS AND ANXIETY. THE FOLLOWING PORTION ADDRESSED ANXIETY IN DETAIL, THE FIVE TYPES, THE CONDITION AS A PROTECTOR, THE CONSEQUENCES OVER TIME OF A CONSISTENT HEIGHTENED STATE. THE GUEST CAUTIONED USING MEDICATION, CAFFEINE, ALCOHOL AND NICOTINE TO OFFSET LIFE'S PRESSURES AND USING PRE/PROBIOTICS TO REDUCE INFLAMMATION, GETTING ENOUGH SLEEP ALONG WITH CERTAIN TEAS.

PUBLIC SERVICE ANNOUNCEMENTS:

VETERAN'S CRISIS LINE

TOPICS:

NATURAL CURES FROM THE FOREST/CBD, ANXIETY

PROGRAM TITLE: COMMUNITY FOCUS

AIR DATE: OCTOBER 22, 2023

GUESTS:

DIANE MUSHO HAMILTON STUART TOMC DR. UDO ERASMUS

SUBJECTS:

THE OPENING SEGMENT WAS A RESPONSE TO CONGRESS' INABILITY TO GOVERN AND CHOOSE A SPEAKER OF THE HOUSE OF REPRESENTATIVES, ALONG WITH THE CONFLICT BETWEEN A TERRORIST FACTION AND ISRAEL. THE GUEST EXPRESSED IN DETAIL UNDERLYING ISSUES BEHIND CONFLICT, HOW TO NAVIGATE DIFFERING OPINIONS, PERPECTIVES AND BELIEFS AS WELL AS REACHING SOME LEVEL OF MUTUALITY WITHOUT EITHER SIDE BELIEVING THEY'VE LOST SOMETHING. FOLLOWING SEGMENT GUEST PROVIDED ATTAINABLE SOLUTIONS FOR BUILDING UP IMMUNITY IN THE LUNGS AGAINST COVID SUCH AS CRUCIFEROUS VEGETABLES. FINAL SEGMENG GUEST EXPRESSED HOW OUR SKIN IS AN INDICATOR OF HEALTH AND WELLNESS.

PUBLIC SERVICE ANNOUNCEMENTS:

BREAST CANCER AWARENESS, STAY WELL,

TOPICS:

CONFLICT, LUNG HEALTH & IMMUNITY, SKIN HEALTH

PROGRAM TITLE: COMMUNITY FOCUS

AIR DATE: OCTOBER 29, 2023

GUESTS:

P.M. FORNI STAURT TOMC

SUBJECTS:

GUEST IN FIRST PORTION OF THE BROADCAST ADDRESSED CIVILITY AND REASONS IT IS ESSENTIAL FOR SURVIVAL OF ANY SOCIETY, HOW NORMS AND MORES ARE FACTORS IN CONSEQUENCES OF THEY TEND TO ERODE. GUEST ALSO EXPRESSED HOW EMPATHY IS A KEY INGREDIENT IN UNDERSTANDING OTHERS. LAST WEEK'S GUEST RETURNED TO ADDRESS A SEASONAL DEPRESSION THAT OCCURS WHEN DAYLIGHT HOURS DIMINISH AND RECOMMENDED VITAMIN SUPPLEMENTATION TO OFFSET THE CONDITION.

PUBLIC SERVICE ANNOUNCEMENTS:

BREAST CANCER AWARENESS

TOPICS:

CIVILITY, SEASON AFFECTIVE DISORDER

PROGRAM TITLE: COMMUNITY FOCUS

AIR DATE: NOVEMBER 5, 2023

GUESTS:

DR. ANITRA S. GRAVES RONALD SPEARS

SUBJECTS:

AS THE NATION REVERTS BACK TO STANDARD TIME WITH NO WORD FROM CONGRESS YET REGARDING DOING AWAY WITH THE PRACTICE, FIRST PORTION OF THE BROADCAST ADDRESSED THE IMPORTANCE OF SLEEP, THE CONSEQUENCES OF TOO MUCH OR INADEQUATE AMOUNTS, WHAT IS REQUIRED DURING VARIOUS STAGES OF LIFE, THE ADVANTAGES OF NAPPING OR BANKING SLEEP. ALSO DISCUSSED WERE THE INDICATORS OF SNORING AND APNEA AND SOLUTIONS FOR EACH CONDITION. FOLLOWING PORTION GUEST WAS A MARINE AND NAVY VETERAN OF WHOM SUFFERED A CHILHOOD TRAUMA, HOW THAT MOMENT AFFECTED HIS INTERPERSONAL RELATIONSHIPS AND HOW BEING IN THE MILITARY GAVE HIM A SENSE OF PURPOSE.

PUBLIC SERVICE ANNOUNCEMENTS:

TOPICS:

SLEEP & SLEEP DISORDERS, CHILDHOOD MOLESTATION

PROGRAM TITLE: COMMUNITY FOCUS

AIR DATE: NOVEMBER 12, 2023

GUESTS:

KAYLA WILLIAMS, SARGEANT/UNITED STATES ARMY (RET.) HASHISH RANIKER/ED TECH DR. CASS INGRAM

SUBJECTS:

OPENING SEGMENT GUEST SHARED HER SERVICE IN THE ARMY SHORTLY AFTER SEPTEMBER 11TH, BEING AN ARAB LINGUIST, PLACING HER IN COMBAT AND MEETING HER EVENTUAL HUSBAND WHO WAS INJURED FROM AN IMPROVISED EXPLOSIVE DEVICE. SHE HAS BECOME A STRONG ADVOCATE FOR THE WOUNDED WARRIOR PROJECT. THE SECOND SEGMENT GUEST BROUGHT ATTENTION TO WESTERN CIVILIZATION'S CURRENT APPROACH TO RETAINING INFORMATION, HOW THE HOME IS NOT THE IDEAL ENVIRONMENT DUE TO THE MANY DISTRACTIONS AND RECOMMENDED THE LIBRARY AS STILL THE BEST ATMOSPHERE. FINAL SEGMENT GUEST SHARED HIS REASONING FOR HONEY BEING ONE OF THE BEST WAYS OF BOOSTING ONE'S IMMUNITY.

PUBLIC SERVICE ANNOUNCEMENTS:

ARMY HISTORICAL FOUNDATION, WOUNDED WARRIOR PROJECT

TOPICS:

VETERAN'S ISSUES, HOW TO STUDY, HONEY

PROGRAM TITLE: COMMUNITY FOCUS

AIR DATE: NOVEMBER 19, 2023

GUESTS:

DR. DAVID MAGNANO DOUG INGOLDSBY PAUL THOMAS

SUBJECTS:

AS THE THANKSGIVING HOLIDAY APPROACHES, OPENING SEGMENT GUEST DETAILED SEVEN STEPS TO HEALTHY EATING, HOW TO PORTION AND PACE YOUR INTAKE, PROPER AMOUNTS OF CHEWING TO INITIATE DIGESTION. AS THE 'EATING SEASON' BEGINS, THE FOLLOWING SEGMENT GUEST RECOMMENDED VITAMIN SUPPLEMENTATION TO ASSIST IN MAINTAINING HEALTHY WEIGHT. THIRD PORTION OF THE BROADCAST PRESENTED ONLINE EDUCATION FOR STUDENTS IN KINDERGARTEN THROUGH SENIOR YEAR OF HIGH SCHOOL AS AN ALTERNATIVE TO TRADITIONAL BRICK-AND-MORTAR INSTITUTIONS.

PUBLIC SERVICE ANNOUNCEMENTS:

PNEUMOCCOCAL PNEUMONIA

TOPICS:

HEALTHY EATING, VITAMIN SUPPLEMENTATION, ONLINE EDUCATION

PROGRAM TITLE: COMMUNITY FOCUS

AIR DATE: NOVEMBER 26, 2023

GUESTS:

DR. JULIE GATZA GENEA YATES STUART TOMC

SUBJECTS:

AS THE HOLIDAY SEASON BEGINS, GUEST IN OPENING SEGMENT LISTED ITEMS THAT COUNTER OUR DIGESTIVE SYSTEM SUCH AS DAIRY, NUTS, CARBONATED AND CAFFINATED BEVERAGES, FRUIT JUICES, FRIED AND SPICY FOODS, ARTIFICIAL SWEETNERS AND FRUIT JUICES. SHE RECOMMENDED AN OVER-THE-COUNTER PRODUCT WITH ENZYMES NECESSARY FOR PROPER DIGESTION. THE HOLIDAY SEASON ALSO BRING ABOUT DEPRESSION, GUEST IN THE FOLLOWING SEGMENT ADDRESSED THE CONDITION, DISPELS THE MYTHS AND PERCEPTIONS, RECOMMENDED BEST SOLUTIONS SHORT OF MEDICATION TO OFFSET THE CONDITION. FINAL SEGMENT GUEST BROUGHT AWARENESS TO A SEASONAL FORM OF DEPRESSION AND OFFERED OMEGA-3 AND D3.

PUBLIC SERVICE ANNOUNCEMENTS:

PROJECT HOPE, UNITED HEALTH CARE

TOPICS:

WORST FOODS/BEVERAGES FOR DIGESTION, DEPRESSION, SEASONAL AFFECTIVE DISORDER

PROGRAM TITLE: COMMUNITY FOCUS

AIR DATE: DECEMBER 3, 2023

GUESTS:

DR. CASS INGRAM

SUBJECTS:

GUEST PRESENTED ISSUES FOR THE ENTIRE HOUR, AFTER A DECADE-LONG RESEARCH, HE HAD DISCOVERED FOUR BODY TYPES BASED ON THE LENGTHS OF DIGITS ON A HAND, THE CURVATURE OF ONE'S SPINE, SHAPING OF THE HEAD AND NOSE AND ADVISED WHAT TO CONSUME AND AVOID FOR EACH TO OPTIMIZE HEALTH. ALSO DISCUSSED WERE CUES ONE CAN TAKE FROM THE COLORS IN THE FOREST HAVING A HEALTH BENEFIT FOR EACH ORGAN IN THE BODY. THE GUEST PRESENTED CANNABIS BEING A NATURAL CURE FOR DEPRESSION, ANXIETY AND MULTIPLE SCLEROSIS.

PUBLIC SERVICE ANNOUNCEMENTS:

TOPICS:

FOUR BODY TYPES, CURES FROM THE FOREST,

PROGRAM TITLE: COMMUNITY FOCUS

AIR DATE: DECEMBER 10, 2023

GUESTS:

SCOTT D. MILLER DR. 'DO-LESS'

SUBJECTS:

OPENING SEGMENT GUEST EXPRESSED THE IMPORTANCE OF REGULAR PROSTATE CHECKUPS ALTHOUGH SOME MEN HAVE ISSUES WITH ONE ASPECT OF SCREENINGS. ALSO DISCUSSED WERE THE PSA ALTENATIVE, THE STAGES OF PROSTATE CANCER AND TREATMENTS. THE REMAINDER OF THE BROADCAST WAS A REMINDER OF VARIOUS ROUTINES UNDER THE GUISE OF HEALTH ARE ACTUALLY COUNTERPRODUCTIVE SUCH AS CONSUMING HALF ONE'S BODY WEIGHT OF WATER AND EXERCISING IN EXCESS OF AN HOUR, AS EXAMPLES. THE GUEST HIGHLY RECOMMENDED FOLLOWING SCIENCE TO DETERMINE HEALTH AND NOT TRENDS.

PUBLIC SERVICE ANNOUNCEMENTS:

AMERICAN HEART ASSOCIATION, IS IT WORTH IT

TOPICS:

PROSTATE AWARENESS, HEALTH BY SCIENCE

PROGRAM TITLE: COMMUNITY FOCUS

AIR DATE: DECEMBER 17, 2023

GUESTS:

ERIC V. PLASKER, DC

SUBJECTS:

GUEST FOR THE ENTIRE BROADCAST SPOKE TO TWO LIFE-ALTERNING INSTANCES WHERE A PATIENT EXPIRED AT HIS PRACTICE AT THE AGE OF ONE HUNDRED AND A CAR CRASH INTO HIS OFFICE. THE GUEST AUTHORED A BOOK ON HIS BEST APPROACHES ON WELLNESS AND LIVING YOUR BEST LIFE TO AT LEAST THE AGE OF ONE HUNDRED.

PUBLIC SERVICE ANNOUNCEMENTS:

IS IT WORTH IT, AMERICAN HEART ASSOCIATION, JUST DRIVE

TOPICS:

WELLNESS/LIVING TO ONE HUNDRED

PROGRAM TITLE: COMMUNITY FOCUS

AIR DATE: DECEMBER 24, 2023

GUESTS:

WILL WESCH STUART TOMC AIMEE SHUNNEY, ND

SUBJECTS:

OPENING SEGMENT OF THE BROADCAST BROUGHT ATTENTION TO SUBSTANCE ABUSE, USUALLY AN INCREASE DURING THE HOLIDAY SEASON, THE GUEST DETAILED THE RECOVERY PROCESS OF BRINGING SOMEONE BACK TO A SENSE OF NORMALCY. COLD AND FLU SEASON HAS RETURNED ON THE BRINK OF WINTER, ALONG WITH COVID CASES INCREASING AND ADDING RSV TO THE MIX THE FOLLOWING PORTION PRESENTED SOLUTIONS FOR OPTIMIZING LUNG HEALTH. THE UNDERLYING REASON FOR SOME CHRONIC CONDITIONS IS INFLAMMATION, FINAL SEGMENT GUEST ADDRESSED HOW SOME INFLAMMATORY MARKERS ACTUALLY PROTECT THE BODY AND THE ULTIMATE CONDITIONS FROM PROLONGED STAGES, GUEST ALSO OUTLINED SOME ANTI-INFLAMMATORIES TO OPTIMIZE HEALTH.

PUBLIC SERVICE ANNOUNCEMENTS:

UNITED STATES POSTAL SERVICE

TOPICS:

SUBSTANCE ABUSE, LUNG HEALTH, INFLAMMATION

PROGRAM TITLE: COMMUNITY FOCUS

AIR DATE: DECEMBER 31, 2023

GUESTS:

DOTTIE CALLINA, INVESTIGATIVE SPECIALIST/ATLANTA BBB DR. CASS INGRAM DR. UDO ERASMUS

SUBJECTS:

ALTHOUGH AT SOME POINT THE PANDEMIC WAS CONSIDERED OVER, COVID-19 HOWEVER HAS NEVER SUBSIDED, WITH CASES ON THE INCREASE DURING THIS HOLIDAY SEASON THE THREAT OF SCAMS ARE ALSO ON THE RISE. THE SUBJECT MATTER PROFESSIONAL OPENS THE BROADCAST POINTING OUT CUES FROM POTENTIAL SCAMMERS AND ADVICE TO AVOID BECOMING A VICTIM. WITH THE WINTER SEASON APPROACHING REGULAR GUEST RETURNS TO ADVISE LISTENERS REASONS WHY RAW HONEY IS ONE OF THE BEST WAYS TO BOOST THE IMMUNE SYSTEM. LAST SEGMENT GUEST POINTED OUT THE IMPORTANCE OF SKIN HEALTH TO OVERALL HEALTH.

PUBLIC SERVICE ANNOUNCEMENTS:

COVID'S NOT OVER, COLD/FLU/RSV/COVID DIFFERENCES

TOPICS:

COVID-19 SCAM WARNINGS, RAW HONEY, SKIN HEALTH