Quarterly Report
WCNN-AM
North Atlanta, Ga.
Third Quarter (July-August-September) 2022

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 Third Quarter 2022 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: JULY 3, 2022

**GUESTS:** 

DR. JULIE GATZA RAY LAMPE

#### **SUBJECTS:**

GUEST IN OPENING PORTION OF THE BROADCAST BROUGHT AWARENESS TO POTENTIAL DIGESTIVE ISSUES SUCH AS LEAKY GUT, IRRITABLE BOWEL SYNDROME AND HEARTBURN BEING RESIDUAL AFFECTS DUE TO COVID-19. GUEST RECOMMENDED FOCUSING ON PROTEIN, VEGETABLES AND FRUIT TO STRENGTHEN IMMUNE SYSTEM AS WELL AS AN OVER-THE-COUNTER PRODUCT. WITH THE INDEPENDENCE DAY WEEKEND CELEBRATION IN FULL EFFECT, THE DISCUSSION SHIFTED TO FOODS AND BEVERAGES COUNTERPRODUCTIVE TO PROPER DIGESTION SUCH AS DAIRY PRODUCTS, WARNED AGAINST CARBONATED DRINKS, COFFEES AND TEAS POSSIBLY CAUSING BLOATING AND DISCOMFORT. GUEST REEMPHASIZED AN OVER-THE-COUNTER PRODUCT TO PROVIDE DIGESTIVE BALANCE. FINAL SEGMENT GUEST EXPRESSED HIS PASSION FOR OUTDOOR COOKING TO THE POINT OF BECOMING A PROFESSIONAL AND AWARD-WINNING. GUEST GAVE INSIDE TIPS ON GRILLING VERSUS BARBEQUEING AND GAS VERSUS CHARCOAL.

### PUBLIC SERVICE ANNOUNCEMENTS:

GEORGIA DEPARTMENT OF PUBLIC SAFETY, STAY WELL, JUST DRIVE

### **TOPICS:**

DIGESTIVE ISSUES/COVID-19, WORST FOODS AND BEVERAGES,

**PROGRAM TITLE: COMMUNITY FOCUS** 

**AIR DATE:** JULY 10, 2022

**GUESTS:** 

CATHERINE CROWLEY & KATHI ELSTER DR. UDO ERASMUS

### **SUBJECTS:**

AS EMPLOYERS ARE HAVING THEIR EMPLOYEES RETURN TO THE OFFICE, THE OPENING PORTION OF THE BROADCAST EXAMINED WORKPLACE CULTURE. THE GUESTS EXPOSED CHANGING DYNAMICS, PROGRESSIVE EROSION OF OFFICE NORMS AND ALLOWANCE OF MORE INDIVIDUALISM TO TAKE PLACE. EXPRESSIONS OF OPINIONS RANGING IN CULTURE, POLITICS, RELIGION AND OTHER SOCIETAL ISSUES CAUSING ISOLATION, ANXIETIES, MICRO AND MACROAGGRESSIONS, CONFLICT AND OPERATIONAL DISRUPTIONS. GUESTS OFFERED BEST SOLUTIONS FOR BOTH LEADERSHIP AND ASSOCIATES TO REACH SOME SENSE OF BALANCE IN ORDER TO MAINTAIN A HARMONIOUS ENVIRONMENT. THE FOLLOWING SEGMENT PRESENTED A PARALLEL BETWEEN SKIN HEALTH BASED ON FOOD INTAKE AND OVERALL HEALTH.

## **PUBLIC SERVICE ANNOUNCEMENTS:**

STAY WELL

**TOPICS:** 

WORKPLACE CULTURE, SKIN HEALTH

PROGRAM TITLE: COMMUNITY FOCUS

**AIR DATE: JULY 17, 2022** 

#### **GUESTS:**

HASHISH RANIKER/EDTECH ANITRA S. GRAVES

#### SUBJECTS:

WITH THE SUMMER BREAK NEARING ITS END FOR METRO ATLANTA STUDENTS, THE BROADCAST'S OPENING PORTION EXAMINED HOW INFORMATION IS RETAINED OUTSIDE OF THE CLASSROOM. THE GUEST POINTED TO DISTRACTIONS THAT ARE BARRIERS SUCH AS ELECTRONICS, GAMING, SOCIAL MEDIA AND SURPRISINGLY THE HOME EVIRONMENT. UNLESS THERE IS A SPACE DESIGNATED FOR STUDY, A HOUSE IS NOT CONDUCIVE AND RECOMMENDED THE LIBRARY STILL BEING THE BEST PLACE FOR POST-CLASSWORK STUDY. THE REMAINDER OF THE BROADCAST BROUGHT AWARENESS TO THE IMPORTANCE OF SLEEP, NECESSARY HOURS FOR VARIOUS STAGES OF LIFE, THE HEALTH DANGERS OF EXTENDED DEPRIVATION, THE EIGHT-HOUR STANDARD, BENEFITS OF NAPPING OR 'BANKING' SLEEP. GUEST DISCUSSED DISORDERS SUCH AS SNORING AND APNEA, CORRECTIVE MEASURES FOR EACH TO INCLUDE SURGERY.

# **PUBLIC SERVICE ANNOUNCEMENTS:**

**TOPICS:** 

EDUCATION, SLEEP

**PROGRAM TITLE: COMMUNITY FOCUS** 

**AIR DATE: JULY 22, 2022** 

### **GUESTS:**

DR. ERIC V. PLASKER

#### **SUBJECTS:**

GUEST FOR ENTIRE BROADCAST PRESENTED HIS PERSPECTIVE FOR LIFE BEGINNING WITH REFERENCING A LONG-TIME PATIENT AFTER A YEAR'S ABSENCE SHOWING UP AT HIS PRACTICE AND EXPIRING, INSPIRING HIM TO WRITE HIS BOOK ON HOW WE CAN PREPARE TO LIVE OUR HEALTHIEST LIVES TOWARDS BECOMING A CENTANARIAN.

# **PUBLIC SERVICE ANNOUNCEMENTS:**

SUICIDE PREVENTION, GEORGIA DEPARTMENT OF PUBLIC SAFETY, MOVE OVER/SCOTT'S LAW, IS IT WORTH IT, WOUNDED WARRIOR

## **TOPICS:**

LIFE TO AGE ONE HUNDRED

**PROGRAM TITLE: COMMUNITY FOCUS** 

**AIR DATE:** JULY 31, 2022

#### **GUESTS:**

DR. CASS INGRAM STUART TOMC DR. EUDENE HARRY

#### **SUBJECTS:**

WITH THE BA.5 VARIANT CAUSING COVID CASES TO RISE ONCE AGAIN, THE OPENING SEGMENT OFFERED HOW RAW HONEY CAN BOOST THE IMMUNE SYSTEM IN KEEPING THE VIRUS AT BAY. A FORMER COLLEAGUE OF THE PREVIOUS GUEST FOLLOWS WITH FOUR THINGS HE RECOMMENDED TO OPTIMIZE IMMUNITY OF THE LUNGS TO OFFSET CONTRACTING COVID. WITH METRO AREA SCHOOLS OPENING AND THE CONCERN FOR SAFETY AND THE ECONOMIC CRUNCH MANY ARE FEELING, THERE IS A GREAT DEAL OF ANXIETY. THE FINAL SEGMENT HAD A LECTURE FEEL AS THE GUEST PRESENTED FIVE TYPES OF ANXIETIES AND HER BEST RECOMMENDATIONS IN FINDING A SENSE OF BALANCE.

## **PUBLIC SERVICE ANNOUNCEMENTS:**

BACK-TO-SCHOOL, STAY WELL, SCOTT'S LAW/MOVE OVER

## **TOPICS:**

BENEFITS OF HONEY/COVID, LUNG HEALTH/COVID, ANXIETY

**PROGRAM TITLE: COMMUNITY FOCUS** 

AIR DATE: AUGSUT 7, 2022

**GUESTS:** 

PAUL THOMAS DARNELL CLARKE

#### SUBJECTS:

WITH THE INCREASING CONCERNS OVER SAFETY IN SCHOOLS ACROSS THE COUNTRY ALONG WITH THE POLITICIZING OF COURSE CURRICULUMS, PARENTS ARE LOOKING AT ALTERNATIVES FOR THEIR CHILDREN. THE OPENING SEGMENT OFFERED ONLINE CLASSES AS A SOLUTION. THE FOLLOWING PORTION OFFERED AN EXTENDED DISCUSSION ON HOW TO BECOME NOT JUST GAINFULLY EMPLOYED, WHAT IT TAKES TO BE A STANDOUT AMONG MANY CANDIDATES, CHOOSING INTERNSHIPS TO GAIN EXPERIENCE, THE IMPORTANCE OF REFERENCES, NETWORKING, HOW YOUR RESUME SHOULD LOOK, GETTING THE INTERVIEW, WHAT TO WEAR, BODY LANGUAGE, THE INTERACTION, HAVING KNOWLEDGE OF THE ORGANIZATION, AN OPENING AND CLOSING STATEMENT, AS EXAMPLES.

## **PUBLIC SERVICE ANNOUNCEMENTS:**

**TOPICS:** 

ONLINE EDUCATION, EMPLOYMENTOLOGY

**PROGRAM TITLE: COMMUNITY FOCUS** 

AIR DATE: AUGSUT 14, 2022

**GUESTS:** 

DAVID MAGNANO P.M. FORNI

#### **SUBJECTS:**

OPENING SEGMENT GUEST ADDRESSED A CONCERN INVOLVING HOW WE CONSUME OUR FOOD, TAKING INTO CONSIDERATION A PORTION OF OUR POPULATION NOT BEING IN THE BEST OF HEALTH. THE GUEST REMINDED LISTENERS THE PROPER PORTION OF FOOD TO CONSUME AND THE NUMBER OF CHEWS NECESSARY TO BEGIN THE DIGESTIVE PROCESS, GUEST ALSO EMPHASIZED TIMELINES WHEN AND WHEN NOT TO EAT. WITH THE RECENT HEADLINES LEANING TOWARDS A POTENTIALLY UNCIVIL SOCIETY, THE REMAINDER OF THE BROADCAST TOOK A DETAILED LOOK AT SOCIETAL NORMS BETWEEN CERTAIN NATIONS, WHAT IT MEANS TO BE CIVIL, WHEN AND WHY NORMS ARE ERODING, THE EVENTUAL CONSEQUENCES AND RECOMMENDATIONS TO REVERSE THE TREND TOWARDS INCIVILITY.

### PUBLIC SERVICE ANNOUNCEMENTS:

**TOPICS:** 

HEALTHY EATING, CIVILITY

**PROGRAM TITLE: COMMUNITY FOCUS** 

AIR DATE: AUGSUT 21, 2022

**GUESTS:** 

LARRY SCHILLER DR. JULIE GATZA

#### **SUBJECTS:**

AS ANOTHER SCHOOL YEAR COMMENCES IN THE METRO AREA, NATIONALLY THE COUNTRY RANKS LOW IN STUDENTS HAVING A PROFICIENCY IN MATHMATICS COMPARED TO OTHER NATIONS WORLDWIDE. THE GUEST PRESENTED A FORMULA HE CREATED IN A WAY STUDENTS WILL NOT ONLY RETAIN ALL LEVELS THEY WILL ENJOY THE LEARNING PROCESS. ALTHOUGH MANY MAY HAVE RECEIVED VACCINES AND BOOSTERS AGAINST COVID AND HAVE ANTIBODIES FROM CONTRACTING THE VIRUS, NOT CONSIDERED ARE THE RESIDUAL AFFECTS. THE FOLLOWING SEGMENT GUEST HIGHLIGHTS THE DIGESTIVE SYSTEM BEING VULNERABLE TO LINGERING AFFECTS FROM COVID AND OFFERED SOLUTIONS TO OFFSET POTENTIAL ISSUES.

#### **PUBLIC SERVICE ANNOUNCEMENTS:**

SUICIDE PREVENTION, ANGER PREVENTION, STAY WELL

### **TOPICS:**

EDUCATION/MATHMATICS, COVID/DIGESTIVE ISSUES

**PROGRAM TITLE: COMMUNITY FOCUS** 

AIR DATE: AUGSUT 28, 2022

#### **GUESTS:**

DR. CASS INGRAM MARK UNDERWOOD PROFESSOR 'DO-LESS'

#### **SUBJECTS:**

IMMIGRATION HAS BECOME ONCE AGAIN AN INCREASING CONCERN. THE FIRST SEGMENT GUEST EXAMINED MIGRANTS TO THE UNITED STATES FROM OTHER AREAS OF THE WORLD BESIDES MEXICO AND CENTRAL AMERICA. THEIR STANDARDS OF HYGIENE AND HEALTH SYSTEMS. THE GUEST OFFERED RECOMMENDATIONS IN STREGTHENING AMERICAN'S IMMUNE SYSTEMS TO MINIMIZE POTENTIAL INFECTIONS. AS AMERICANS ADVANCE IN AGE, SOME WILL EXPERIENCE MEMORY LOSS. SECOND SEGMENT GUEST PRESENTED HIS DISCOVERY OF A PROTEIN IN JELLYFISH TO OFFSET THE ADVANCEMENT OF THAT CONDITION. THE FINAL SEGMENT PRESENTED DAMMING INFORMATION FROM THE GUEST BASED ON HIS SCIENTIFIC FINDINGS SUCH AS EXERCISING LONGER THAN TWENTY MINUTES AND CONSUMING HALF YOUR WEIGHT IN WATER BEING COUNTERPRODUCTIVE, AS EXAMPLES.

## **PUBLIC SERVICE ANNOUNCEMENTS:**

### **TOPICS:**

IMMIGRATION, MEMORY LOSS, HEALTH BY SCIENCE

**PROGRAM TITLE: COMMUNITY FOCUS** 

AIR DATE: SEPTEMBER 4, 2022

**GUESTS:** 

RAY LAMPE DR. CASS INGRAM

#### **SUBJECTS:**

WITH THE LAST HOLIDAY WEEKEND AND UNOFFICIAL END OF SUMMER, THE OPENING SEGMENT CONTAINED AN AT-LENGTH DISCUSSION ABOUT ALL THINGS OUTDOOR COOKING. THE GUEST BEGAN TELLING HIS STORY OF HOW HIS PASSION FOR COOKING AS A TRUCK DRIVER TRANSITIONED TO A LUCRATIVE CAREER, APPEARING ON NUMEROUS COOKING PROGRAMS. THE GUEST DIFFERENTIATED BARBEQUING VERSUS GRILLING, USING CHARCOAL VERSUS GAS, PREPARATION TIPS FOR BEEF, PORK, POULTRY AND SEAFOOD. WITH MANY AMERICANS SUFFERING FROM THE LATEST VARIANT OF THE CORONAVIRUS, AFTER HAVING THE SHOT AND BOOSTERS THE REMAINDER OF THE BROADCAST TARGETED PEOPLE HAVING DIFFERING BODY TYPES AS A POTENTIAL FACTOR IN EITHER FIGHTING OFF OR SUFFERING FROM THE BA.5. THE GUEST POINTED OUT DISTINCTIVE FEATURES OF THE FOUR TYPES, **VULNERABILITIES AND RECOMMENDED THE BEST THINGS** TO INGEST AND AVOID TO GAIN OPTIMUM HEALTH.

## **PUBLIC SERVICE ANNOUNCEMENTS:**

GEORGIA DEPARTMENT OF PUBLIC SAFETY, JUST DRIVE, STAY WELL, HEART HEALTH TIPS

## **TOPICS:**

OUTDOOR COOKING, METABOLIC BODY TYPES

**PROGRAM TITLE: COMMUNITY FOCUS** 

AIR DATE: SEPTEMBER 11, 2022

**GUESTS:** 

STEPHANIE CARTER-JERNIGAN

#### **SUBJECTS:**

GUEST JOINED HOST FOR ENTIRE BROADCAST TO DISCUSS HER PERSPECTIVE ON EDUCATION, HOW IT BECAME HER PASSSION, HER UNIQUE TEACHING STYLE WHICH KEPT HER STUDENTS ENGAGED, THE INCREASING BARRIERS RESULTING IN DIMINISHED DESIRE TO CONTINUE AND ULTIMATELY HER DECISION TO LEAVE THE PUBLIC SCHOOL SYSTEM ALTOGETHER. SHE CHANNELED HER ENERGY TOWARDS WRITING BOOKS AS AN ALTERNATIVE TO EDUCATE, GIVING HER THE FREEDOM TO EXPRESS YET INFORM YOUNG STUDENTS.

## **PUBLIC SERVICE ANNOUNCEMENTS:**

**TOPICS:** 

**EDUCATION** 

**PROGRAM TITLE: COMMUNITY FOCUS** 

AIR DATE: SEPTEMBER 18, 2022

**GUESTS:** 

DR. JULIE GATZA DR. HAROLD KATZ

#### **SUBJECTS:**

WITH THE LATEST STRAIN OF THE CORONAVIRUS STILL AFFECTING MANY OF AMERICANS, THEY MAY SUFFER RESIDUAL CONDITIONS FROM HIGH BLOOD PRESSURE AND DIABETES, AS EXAMPLES. THE GUEST IN THE OPENING SEGMENT POINTED OUT WITHOUT PROPER INTAKE THE DIGESTIVE SYSTEM CAN ALSO BE A TRIGGER FOR CYCLICAL COVID. IN THE FOLLOWING SEGMENT, THE GUEST CONCENTRATED THE DISCUSSION ON THE IMPORTANCE OF KEEPING THE IMMUNE SYSTEM IN THE DIGESTIVE TRACT STRONG. RECOMMENDING AN OVER-THE-COUNTER SOLUTION. FINAL SEGMENT GUEST INFORMED LISTENERS OF A DEEPER PROBLEM AFTER BRUSHING, FLOSSING AND MOUTHWASHING, BACTERIA BUILDUP ON AND UNDER THE TONGUE AS WELL AS AROUND THE TONSILS CAUSING HALITOSIS. THE EASIEST SOLUTION RECOMMENDED TO COMBAT THE CONDITION IS 6-8 GLASSES OF WATER TO REPLENISH SALIVA.

## **PUBLIC SERVICE ANNOUNCEMENTS:**

SUICIDE PREVENTION, STAY WELL, CHILDREN INTERNATIONAL

## **TOPICS:**

DIGESTIVE ISSUES/COVID, HALITOSIS

**PROGRAM TITLE:** COMMUNITY FOCUS

AIR DATE: SEPTEMBER 25, 2022

#### **GUESTS:**

DR. DIANA SULLIVAN LANCE PORTER KYLE WAIDE

#### **SUBJECTS:**

OPENING SEGMENT BEGAN WITH STARTLING STATISTICS, SIXTY-FIVE PERCENT OF AMERICANS ARE OVERWEIGHT AND OVER A THIRD OF THE POPULATION IS CONSIDERED TO BE OBESE. GUEST POINTED OUT SEDENTARY LIFESTYLE AS THE PRIMARY REASON, COMBINED WITH CONSUMING FOODS WITH LITTLE NUTRITIONAL VALUE A CONTRIBUTING FACTOR. THE FOLLOWING SEGMENT ADDRESSED THE ULTIMATE RESULT OF CONTINUED FACTORS MENTIONED IN PREVIOUS SEGMENT, DIABETES. FINAL SEGMENT GAVE LOCAL NON-PROFIT OPPORTUNITY TO EXPRESS CHALLENGES EXPERIENCED DURING THE PANDEMIC AS IT EXPANDED TO A NEW LOCATION.

#### **PUBLIC SERVICE ANNOUNCEMENTS:**

**HEADCOUNT.ORG** 

#### **TOPICS:**

OBESITY, DIABETES, NON-PROFIT