

WCCQ-FM Alpha Media LLC Crest Hill, Illinois

QUARTERLY ISSUES and PROGRAMS REPORT

SECOND QUARTER 2020 April 1st-June 30th

Filed **7-6-20**

Prepared by Roy Gregorich - Alpha Media LLC

During this quarter, this station gave particular attention to the issues listed in the following report. These issues are not listed in order of importance and it should be noted that the station may have also aired other programming that was responsive to the community's informational needs.

ISSUE:RACE RELATIONS

Event Name	Date	Time & Durati	n Description
WCCQ FACEBOOK-TW WCCQ.com	ITTER Page	6/12/20	9am-6pm United for Justice A Day of Discussion featured Local And National Guests addressing racisr In America. Guests included Congresswoman Maxine Waters, Black Lives Matter Co-Founder Dr. Melina Abdullah, and various local Pastors, Mayors, & Sports Figures

ISSUE:RACE HUNGER

Event Name	Date	Time & Duration Description	
Morning Show	5/28/20	8:47-8:51am Nicki Smith from Guar A Will County Group th Over 70 local food pan Those that have been I Covid-19. The motto is Can, Take What You N	nat has set up tries to help aid off due to Give What

ISSUE: _CANCER

Event Name	Date	Time & Duratior	n Description
Morning Show	5/21/20	6:42-6:45am	Heidi Gonzalez from American Cancer Society discussed major Fundraiser for ACS cancelled this Year because of Covid-19. Donations are Way Down

ISSUE: VETERAN HUNGER

Event Name	Date	Time & Durat	tion Description
Morning Show	5/7/20	6:32-6:36am	David Torres VP of Caring Patriots They have been supplying local Vets b Hosting a Veterans Food Drive. Their normal Food Drive was cancelled Due to Covid-19. We hosted a concert To raise awareness and funds for Caring Patriots

WCCQ airs a weekly show on Sunday from 5am-5:30am, which focuses on various health related topics. The logs with segment dates, titles, topics, and guests are included in the following pages.



Quarterly Report of Compliancy Issues & Programs List 2020-Q2 (April-June) Radio Health Journal

Alcoholism < YU'h 'WIY'

Business & Industry Human Development Media

Charitable & Volunteer Organizations Medical System
Consumerism Mental Health

Coronavirus Pandemic Mental Illness & Treatment

Crime Minority Issues
Criminal Justice System Parenting

Culture & Fine Arts Police & Law Enforcement

Diet & nutrition Poverty
Disabilities Privacy
Discrimination Public Health
Domestic Violence Public Policy
Economics Public Safety

Education Racism & Discrimination Elderly & Senior Citizens Recreation & Performing Arts

Employment & Unemployment Science
Ethics Social Change
Exercise & Fitness Stress Management

Federal Government Technology

Food Insecurity & Hunger Vaccine Development
Gender Issues Women's Issues
Genetics Youth at Risk



Program 20-14	Writers/Producers:	Reed Pence	
Air Week: 4/5/20	Studio Production:	Jason Dickey	
SEGMENT 1:	SEGMENT 1: MISINTERPRETING PERINATAL DEPRESSION	Time	Duration
Synopsis:	Perinatal depression (previously known as postpartum depression) is seldom brought up by a new mother, so healthcare providers must screen for it carefully. However, sometimes they err on the side of caution in efforts to prevent the mother from harming herself or her baby. Experts discuss the balancing act.		12:32
Host & Producer:	Reed Pence		
Guests:	Jessica Porten, new mother diagnosed with depression; Dr. Darby Saxbe, Assoc. Prof. of Psychology, Univ. of Southern California; Dr. Tiffany Moore Simas, Prof. of Obstetrics and Genecology, Univ. of Massachusetts Medical School & former co-chair, Maternal Mental Health Expert Work Group, Amer. College of Obstetrics and Gynecology		
Compliancy Issues covered:	health care; women's issues; youth at risk; public health and safety		
Unks for more information:	https://dornsife.usc.edu/cf/psyc/psyc_faculty_display.cfm?person_id=1032709_		
	https://www.umassmed.edu/news/news-archives/2019/08/tiffany-moore-simas-named- fellow-of-premier-leadership-program-for-women-in-medicine/		
SEGMENT 2:	EASING CORONAVIRUS STRESS	Time	Duration
Synopsis:	Virtually no one in the US has been unaffected by the coronavirus pandemic, and stress is at high levels. A public health and brain expert discusses why "sheltering in place" is so important in spite of the stress it generates, and a few simple steps to ease the stress.	15:25	6:53
Host:	Nancy Benson		
Producer:	Reed Pence		
Guests:	Dr. Michael Lewis, President, Brain Health Research and Education Institute and former officer, Walter Reed Army Institute of Research		
Compliancy Issues covered:	health care; public health; mental health; consumerism; stress management		
Unks for more information:	http://www.brainbealtheducation.org/about-us/leadership/		



Program 20-15	W. W	riters/Producers:	Reed Pence	
Air Week: 4/12/20	Su	udio Production:	Jason Dickey	
SEGMENT 1:	DOMESTIC ABUSE AND THE PANDEMIC		Time	Duration
Synopsis:	With hundreds of millions of Americans sheltering at home due to the Co pandemic, the odds and fear of domestic abuse are rising. The leader of and counseling program discusses the increase, the difficulty of countera national lockdown, and what people can do to cope.	a noted shelter	1:51	12:03
Host & Producer:	Reed Pence			
	Irene Lindsey Brantley, Program Director, Women In Transition, Philadelp women's issues; youth at risk; public health and safety, charitable and voorganizations			
Links for more information:	Women in Transition - 215-751-1111			
	https://www.helpwomen.org National Domestic Violence Hotline, 800-799-7233			

SEGMENT 2:	FOREIGN ACCENT SYNDROME	Time	Duration
Synopsis:	People who suddenly speak with what sounds like a foreign accent often have a brain injury due to a stroke or other trauma. Experts discuss the syndrome and chances of recovery.	14:56	7:10
Host:	Nancy Benson		
Producer:	Reed Pence		
Guests:	Dr. Sheila Blumstein, Prof. Emerita of Cognitive Linguistics and Psychological Sciences, Brown Univ.; Dr. Jack Ryalls, Prof. of Communication Sciences and Disorders, Univ. of Central Florida		
Compliancy Issues covered:	health care; disabilities		
Links for more information:	https://www.hrown.edu/Departments/CLPS/neople/sheila-hlumstein		

https://www.cohpa.ucf.edu/directory/john-palls/



Program 20-16	With	ters/Producers:	Reed Pence	
Air Week: 4/19/20	Stud	lio Production:	Jason Dickey	
SEGMENT 1:	WILL COVID-19 BANKRUPT THE HEALTHCARE SYSTEM?		Time	Duration
Synopsis:	Hospitals are scrambling to get extra equipment and outfit more beds and COVID-19 patients. Their treatment is time-consuming and expensive. At the hospitals' lucrative elective procedure business has largely been eliminated combination bankrupt hospitals? Two experts who have studied the crisis of the critical	ne same time, . Will the	1:50	12:25
Host & Producer:	Reed Pence			
Guests:	Dr. Vivian Ho, Chair, Health Economics, and Director, Center for Health and Rice Univ. and Prof. of Medicine, Baylor College of Medicine; Dr. Heidi Rus Baylor College of Medicine			
Compilancy Issues covered:	health care system; public health; economics; public safety; federal govern	ment		
Links for more information:	https://www.sharecare.com/doctor/dr-heidi-v-russell			
	https://www.bakerinstitute.org/experts/vivian-hg/			

SEGMENT 2:	STAYING FIT WHILE STAYING HOME	Time	Duration
Synopsis:	The national effort to shelter in place has closed gyms and led many people to complain of weight gain. Two exercise experts discuss how people can maintain fitness at home with no equipment.		7:42
Host:	Nancy Benson		
Producer:	Polly Hansen		
Guests:	Sabrina Wescott, nutrition health coach and Director of Marketing, Maxpro Fitness; Erin Sampson, yoga instructor on YouTube "Five Parks Yoga" channel		
Compliancy Issues covered:	health and fitness		
Unks for more information:	https://www.youtube.com/watch?v=kNi0pnNsnCwl3		
	https://managolitages.com		



Information:

Program 20-17	- Writers/	Producers:	Reed Pence	
Air Week: 4/26/20	Studio P	roduction:	Jason Dickey	
SEGMENT 1:	OPENING AMERICA AGAIN: WHEN IS IT SAFE?		Time	Duration
Synopsis:	Many Americans are impatient with social distancing as a result of COVID-19 of success of the tactic. However, reopening the country too quickly could allow come roaring back, resulting in thousands more deaths and even more econom. Two experts explain how the rollout should happen to get us back to work saf	the virus to nic damage.	1:50	12:23
Host & Producer:	Reed Pence			
Guests:	Dr. William Schaffner, Prof. of Preventive Medicine and Infectious Diseases, Va Univ. School of Medicine; Dr. Gary Slutkin, CEO, Cure Violence Global	nderbilt		
Compliancy Issues covered:	public health; public safety; health care; economics; education			
Unks for more Information:	https://www.vumc.org/health-policy/person/william-schaffner-md			
	https://www.who.int/violenceprevention/about/garticipants/cure_violence/en/			
SEGMENT 2:	RULES WHO LIVES, WHO DIES IN THE PANDEMIC		Time	Duration
Synopsis:	A lack of ventilators potentially puts doctors in the position of deciding which COVID-19 patients get a ventilator and live, and which ones don't get one and rules for making such decisions have been released which are designed to be independent. The designer of the rules explains.	die. New	15:15	7:44
Host:	Nancy Benson			
Producer:	Reed Pence			
Guests:	Dr. Douglas White, Prof. of Critical Care Medicine and Director, Program on Ett Decision Making In Critical Illness, Univ. of Pittsburgh	nics and		
Compliancy Issues covered:	health care; public health; ethics; minority issues			
Unks for more	https://ccm.nitt.edu/node/454			



Program 20-18		Writers/Producers:	Reed Pence	
Air Week: 5/3/20	•	tudio Production:	Jason Dickey	
SEGMENT 1:	MAINTAINING MENTAL HEALTH DURING THE LOCKDOWN		Time	Duration
Synopsis:	Mental health is difficult to maintain when people are required to stay fact, we're asked to engage in activities that normally would indicate moted psychologist with the NIH discusses ways to stay mentally health pandemic lockdown.	nental distress. A	1:50	12:11
Host :	Reed Pence			
Producer:	Polly Hansen			
Guests:	Dr. Krystal Lewis, clinical psychologist, National Institute of Mental Heal	th		
Compliancy Issues covered:	public health; health care; mental health; media			
Unks for more Information:	https://potomacosychiatry.com/krystal-m-lewis_			

SEGMENT 2:	NURSING HOMES TRY TO FEND OFF COVID-19	Time	Duration
Synopsis:	Nursing homes have been a hotbed of fatal COVID-19 infections. The virus was loose in	15:03	8:06
	many of them before they could even know it. An industry expert discusses what nursing		
	homes are doing now to keep the virus out and their patients safe.		
Host:	Nancy Benson		
Producer:	Reed Pence		
Guests:	Dan Stockdale, certified nursing home administrator and consultant		
Compliancy	health care; public health and public safety; elderly and senior citizens		
Issues covered:			
Unks for more	https://danstockdale.com/about-dan/		
Information:			



Program 20-19	Wri	ters/Producers:	Reed Pence	
Air Week: 5/10/20	Stud	lio Production:	Jason Dickey	
SEGMENT 1:	THE ECONOMY AFTER THE PANDEMIC		Time	Duration
Synopsis:	The COVID-19 pandemic has caused a quicker economic crash than we've Opening the nation too fast will likely trigger a "W" shaped recovery with growth then decline. Either way, the effects will last for years. Experts disc scenarios.	wide swings of	1:53	11:35
Host & Producer:	Reed Pence			
Guests:	: Dr. Martin Andersen, Asst. Prof. of Economics, Bryan School of Business a Univ. of North Carolina at Greensboro; Dr. Mark Muro, Senior Fellow, Met Program, Brookings Institution			
Compliancy Issues covered:	public health; economics; employment and unemployment; business and in government	ndustry; federal		
Unks for more Information:	https://www.brookings.edu/experts/mark-muro/ https://bryan.unca.edu/faculty-and-staff/andersen-martin-s/			
SEGMENT 2:	TELEMEDICINE FINALLY GETS ITS CHANCE		Time	Duration
Synopsis:	Doctor's appointments via smartphone have been available for some time used except in remote areas due to insurance reluctance. Now telemedicir forced on us and on insurers by COVID-19 restrictions, and many providers them. Three experts discuss.	ne has been	14:30	7:54
Host:	Nancy Benson			
Producer:	Reed Pence			
Guests:	Dr. Franziska Ringpfeil, Asst. Prof. of Dermatology, Thomas Jefferson Univ.; Prof. of Orthopedic Surgery, Rush Univ. & Managing Partner, Midwest Orth Rush; Brian Slusser, CEO, Health In Motion Network			
Compliancy Issues covered:	health care; public health; technology			
Unks for more information:	_https://hospitals.jefferson.edu/find-a-doctor/r/ringofeil-franziska.html_			



https://www.iessicafoodv.com

Program 20-20		Writers/Producers:	Reed Pence	
Air Week: 5/17/20		Studio Production:	Jason Dickey	
SEGMENT 1:	WOMEN, ALCOHOL, AND ISOLATION		Time	Duration
Synopsis:	The COVID-19 lockdown has triggered increased alcohol use in many palcohol use disorder in some. Help can be difficult to access, as face-tand group sessions have been halted. For women, it can be even mor much more comfortable in more rare single-sex sharing situations. Tw today's dangerous alcohol triggers and how to seek help.	o-face counseling e difficult, as they ar	1:47 e	12:32
Host & Producer:	Reed Pence			
Guests:	Jessica Foody, certified professional recovery coach; Dr. Kathleen Brad University Prof. of Psychiatry, Medical Univ. of South Carolina	y, Distinguished		
Compilancy Issues covered:	public health; alcoholism, substance abuse and treatment; women's is	sues		
Links for more information:	https://muschealth.org/MUSCApps/ProviderDirectory/Brady-Kathleen			

SEGMENT 2:	THE LOSS OF RITUAL	Time	Duration
Synopsis:	Spring is the season of rituals—prom, graduation, commencement and weddings. Social distancing has taken most of these rituals away. An expert discusses the importance of rituals in our mental health and why it's OK to grieve their loss. She also discusses how changing rituals can be successful save for the tragic loss of funerals.	15:21	7:13
Host:	Nancy Benson		
Producer:	Reed Pence		
Guests:	Dr. Maribel Alvarez, Assoc. Research Prof. of Anthropology, Univ. of Arizona		
Compliancy Issues covered:	mental health; consumerism; public health		
Units for more	https://anthropology.arizona.edu/user/marihel-alvarez		



information:

Program 20-21	Writers/Producers:	Reed Pence	
Air Week: 5/24/20	Studio Production:	Jason Dickey	
SEGMENT 1:	THE SHRINKING HUMAN JAW	Time	Duration
Synopsis:	Over the last 8,000 years, the human jaw has been getting smaller due to an increasingly soft diet and a lack of jaw exercise. The result is an epidemic of crooked teeth and serious health consequences, as two experts explain.	1:50	12:08
Host & Producer:	Reed Pence		
Guests:	Dr. Paul Erlich, Prof. Emeritus of Population Studies, Stanford Univ. and co-author, Jaws: The Story of a Hidden Epidemic; Dr. Sandra Kahn, orthodontist and co-author, Jaws: The Story of a Hidden Epidemic		
Compliancy Issues covered:	youth at risk; human development; public health; diet and exercisE		
Links for more information:	https://www.sup.org/books/title/7id=29626		
SEGMENT 2:	ANDROGENS AND COVID-19	Time	Duration
Synopsis:	For people under about age 70, covid-19 is much harder on men than on women, especially those with strong male characteristics like scalp balding and plentiful body hair. A group of researchers has a theory as to why—that male hormones provide the virus witl an entry into the cell. One of the researchers discusses what that could mean in terms of treatment.	15:00	7:26
Host:	Nancy Benson		
	Reed Pence		
Guests:	Dr. Carlos Wambier, Asst. Prof. of Dermatology, Brown Univ. Warren Alpert Medical School		
Compliancy Issues covered:	consumerism; public health		

Units for more https://brownderm.org/doctor/carlos-gustavo-wambier-md-phd/.



Program 20-22	Writers/Producers:	Reed Pence	
Air Week	Studio Production:	Jason Dickey	
SEGMENT 1:	COVID AND CHOIRS	Time	Duration
Synopsis:	Scientists have discovered that singing is an exceptionally effective way to spread viruses through the aerosolized particles it expels, which may travel much farther than the six for safety zone many people follow. This means choruses and choirs may not get back to "normal" after the covid-19 pandemic until much later than most activities, and only with rapid, effective testing or a vaccine. Experts explain.	1:50 ot	11:47
Host & Producer:	Reed Pence		
Guests:	Dr. Robert Russell, Music Director, CHORALART, Portland, ME and Prof. Emeritus of Music Univ. of Southern Maine; Dr. Lucinda Halstead, Medical Director, Evelyn Trammel Institut for Voice and Swallowing, Univ. of South Carolina and President, Performing Arts Medicin Assn.	ė	
Compliancy Issues covered:	health care; public health and safety; culture and fine arts; recreation and performing art economics	S;	
Links for more information:	https://www.choralart.org/music-director/		
	https://www.rider.edu/faculty/lucinda-halstead		
SEGMENT 2:	WHY WOMEN ARE GENETICALLY STRONGER	Time	Duration
Synopsis:	Women may have been known through the centuries as the weaker sex, but researchers have learned that they are anything but weak. Their 2 X chromosomes are both active at cooperate with each other, especially in immune response. An expert discusses new findings on their genetic superiority.		7:38
Host:	Nancy Benson		
Producer:	Reed Pence		
Guests:	Dr. Sharon Moalem, author, The Better Half: On the Genetic Superiority of Women		
Compliancy Issues covered:	women's issues; gender issues; health		
Links for more information:	http://sharonmoalem.com		



Program 20-23	Writers/Producers:	Reed Pence	
Air Week:	Studio Production:	Jason Dickey	
6/7/20			

SEGMENT 1: GENETIC TESTING AND LIFE INSURANCE

Time Duration

12:03

Synopsis: It's illegal for health insurers to use genetic testing to discriminate against policyholders.

However, life insurers can and do discriminate on that basis if the test is in your medical
file. Private testing lets patients know their risk for many diseases without landing in health

files. Advocates want to make it illegal for life insurers to also discriminate on this basis,

but it may end up with higher costs for everyone. Experts explain.

Host: Reed Pence Producer: Polly Hansen

Guests: Anya Prince, Assoc. Prof. of Law, Univ. of Iowa; Dr. Patricia Born, Prof. and Payne H. and

Charlotte Hodges Midyette Eminent Scholar in Risk Management and Insurance, Florida State Univ.; Lisa Schlager, Vice President of Public Policy, Facing Our Risk of Cancer

Empowered (FORCE)

Compliancy health care; insurance; economics; ethics; privacy

Issues covered:

Units for more https://law.uiowa.edu/anva-prince

Information:

https://business.fsu.edu/person/patricia-born

https://www.facingourrisk.org/about-us/about/staff.ohn

SEGMENT 2:	WHAT EVERY PARENT SHOULD KNOW: "IT DOESN'T LOOK LIKE DROWNING"	Time	Duration
Synopsis:	Seven hundred children under age 15 drown in the US each year, most within sight of a parent or other adult. Experts discuss one major reason: drowning doesn't look like most people picture it, and so are unaware the child is in trouble.	14:54	7:25
Host:	Nancy Benson		
Guests:	Dr. Francesco Pia, water safety educator; Mario Vittone, Retired Marine Safety Specialist, U Coast Guard	S	
Compliancy Issues covered:	public health; public safety; youth at risk; water safety; consumerism		
Units for more information:	http://poolsafelv.gov.		

https://www.youtube.com/watch?v=-dmYka7iLiA



Program 20-24	Wit	ters/Producers:	Reed Pence	
Air Week: 6/14/20	Stud	lio Production:	Jason Dickey	
SEGMENT 1:	MISUNDERSTANDING STUTTERING		Time	Duration
Synopsis:	Stuttering is an extremely misunderstood disability. Many stutterers go to avoid the words or phrases that trip them up, and are often successful in disability hidden. Yet then it may be mistaken for other problems. Experts former Vice President Joe Biden as an example.	keeping their	1:43	11:39
Host & Producer:	Reed Pence.			
Guests:	Jane Fraser, President, Stuttering Foundation of America; Dr. Eric Jackson, Communicative Sciences and Disorders, New York Univ.	Asst. Prof. of		
Compliancy Issues covered:	healthcare; public safety; consumerism			
Links for more	https://www.stutteringhelp.org;			

SEGMENT 2:	DISEASE RISK AND INHERITANCE	Time	Duration
Synopsis:	Scientists have learned that the habits and environments of our parents and grandparents	14:24	7:31
	can have a strong effect on our health and longevity as a result of imprinting on egg and sperm cells. An expert explains.		
Host:	Nancy Benson		
Guests:	Judith Finlayson, author, You Are What Your Grandparents Ate: What You Need to Know About Nutrition, Experience, Epigenetics, and the Origins of Chronic Disease		
Compliancy Issues covered:	public health; health care; poverty and hunger		
Units for more Information:	https://wouarewhatyourgrandparentsate.com/#hios.		

https://steinhardt.nvu.edu/geogle/eric-s-iackson



Program 20-25	Writers/Producers:	Reed Pence	
Air Week: 6/21/20	Studio Production:	Jason Dickey	
SEGMENT 1:	PROTESTS AND THE PANDEMIC	Time	Duration
Synopsis:	With thousands of people demonstrating in the streets after the death of George Floyd, health experts are concerned that the crowds, shouting, and lack of masks may contribute to a spike in COVID-19 cases. However, with many locations also "opening up," they say a spike is inevitable, to be made worse by protests, but teasing out what's responsible becomes more difficult. Experts discuss.	1:50	12:37
Host & Producer:	Reed Pence		
Guests:	Dr. Julie Swann, Dept. Head and Allison Distinguished Prof., Fitts Dept. of Industrial and Systems Engineering, North Carolina State Univ; Dr. Pinar Keskinocak, Prof. of Industrial and Systems Engineering and Director, Center for Health and Humanitarian Systems, Georgia Tech Univ.	i	
Compilancy Issues covered:	public health; racism and discrimination; crime and police; public safety		
Units for more Information:	https://www.vumc.org/health-policy/person/william-schaffner-md		
SEGMENT 2:	PROTECTING YOUR EYES FROM SUMMER UV RAYS	Time	Duration
Synopsis:	Summer is when people want to spend as much time outdoors as possible. Skin protection and sunscreen are something most of us consider, but overexposure to UV rays is extremely dangerous to the eyes as well. An expert discusses.	15:29	7:17
Host:	Nancy Benson		
Producer:	Hannah Swarm		
Guests:	Dr. Rachel Bishop, ophthalmologist, National Eye Institute		
Compilancy Issues covered:	public health; consumerism		
Units for more Information:	https://pei.nih.gov/pressnom/hishon		



Program 20-26	Writers/Producen	: Reed Pence	
Air Week: 6/28/20	Studio Production	: Jason Dickey	
SEGMENT 1:	LONG-SUFFERING COVID SURVIVORS	Time	Duration
Synopsis:	Millions of Americans are suddenly having to work from home for the first time as a resof coronavirus. Many do not have a good home office setup, tech skills, family makeup the temperament to do it. A remote working expert discusses the do's and don't's of working from home without going crazy.		12:27
lost & Producer:	Reed Pence		
Guests:	Teresa Douglas, co-author, Working Remotely: Secrets to Success for Employees on Distributed Teams		
Compliancy Issues covered:	employment & workplace issues; family issues; economics; public health		
Links for more	https://www.simonandschuster.com/books/Working-Remotely/Teresa-		
Information:	Douelas/9781506254333		
SEGMENT 2:	KIDNEY DISEASE AND HIGH BLOOD PRESSURE	Time	Duration
Synopels:	Most people who have kidney disease are not aware of it. In fact, nearly half of people with severe kidney disease don't know it. Kidney disease is often silent, and one of its main risk factors, high blood pressure, is silent as well. The head of the NIH's kidney research organization discusses this major public health issue and what people should look for to receive early intervention.	15:34	7:27
Host:	Nancy Benson		
Producer:	Reed Pence		
Guests:	Dr. Griffin Rodgers, Director, National Institute of Diabetes, Digestive and Kidney Disease	15	
Compliancy Issues covered:	healthcare; public health; consumerism		
Links for more information:	https://www.niddk.nih.gov/about-niddk/meet-director		