



WCCQ-FM
Alpha Media LLC
Crest Hill, Illinois

QUARTERLY ISSUES and PROGRAMS REPORT

4th QUARTER 2020
October 1st-December 31st

Filed
1/7/21

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-Veteran Health-Celebration

Event Name	Date	Time & Duration	Description
Veterans Ceremonies Interview	11/9/20	8:47am-8:50am	Steve Brandy emcee for Veterans Day Ceremony @ American Legion Post 1080 on Veterans Day 11/11 @ 11am. Music, food plus Toys for Tots Collection and Card Collection for Vets in Long-term Health Care Facilities discussed

ISSUE:Homeless/Hungry

Event Name	Date	Time & Duration	Description
Morningstar Mission in Joliet Feed the Hungry Radiothon	all Day	6am-6pm	Tuesday 11/10/20 Discussed a large increase of homeless population because of huge unemployment numbers caused by Covid-19. Raised more than 9,200 meals (\$22,700) for Morningstar Mission

ISSUE-Health/Covid 19 Vaccine

Event Name	Date	Time & Duration	Description
Steve Brandy from Will County Health Department interviewed	11/19	8:48-8:53am	Talked about Vaccine launch for health care workers and elderly and how to get it. Also discussed Coronavirus Testing sites in Joliet & Grundy County, moving their test site from Minooka Central to Minooka South free testing on Sunday 11/20.

ISSUE: Local Business' effected by Covid-19 Lockdowns Rialto Square Theater in Joliet

Event Name	Date	Time & Duration	Description
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It's a Wonderful Life Stage Play done via streamyard broadcasted on WCCQ Facebook and Twitter Pages to raise funds for the Rialto Square Theater in Joliet with a live Zoom type presentation of It's a Wonderful Life Saturday December 5th. Raised over \$5000 to help keep the Rialto Square Theater operational. They lost all of their planned concerts from March-December of 2020 because of covid-19 restrictions.

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-Q4 (October - December) – Radio Health Journal

- Agriculture
- American Culture
- Child Abuse/Neglect
- Child Welfare System
- Children/Youth at Risk
- Clinical Trials
- Constitutional Rights
- Consumerism & Consumer Safety
- Criminal Justice
- Culture & the Arts
- Data Science
- Disabilities
- Discrimination & Racism
- Domestic Violence
- Death & Grief
- Economics
- Education
- Elderly & Senior Citizens
- Employment & Workplace Issues
- Environment
- Ethics
- Family & Parenting Issues
- Federal Government
- Health Care
- Hunger/Food Insecurity
- Immigration
- Infectious Disease
- Local Government
- Mental Health
- Military Science/National Defense
- Natural Disasters
- Neurology
- Organ Transplants
- Pets & People
- Police & Justice System
- Pollution
- Poverty
- Prevention
- Prisons
- Psychology
- Public Health
- Public Safety
- Research
- Science
- Senior Citizens & Elderly
- State Government
- Substance Abuse
- Technology
- Unemployment
- Vaccination
- Volunteerism
- Women's Issues

Program:	20-27	Writers/Producers:	Reed Pence
Air Week:	7/5/2020	Studio Production:	Jason Dickey
Time	Segment	Dur.	
1:50	SEGMENT 1: AUTISM AND SUBSTANCE ABUSE	12:20	
<p>Synopsis: Studies show that people with autism are twice as likely as others to engage in substance abuse, contrary to previous belief that they are extremely unlikely to use drugs or alcohol. An expert and an author who has used alcohol to cope with his autism discuss the developments and their impact.</p>			
<p>Host & Producer: Reed Pence.</p>			
<p>Guests:</p> <ul style="list-style-type: none"> Elizabeth Kunreuther, Clinical Instructor, University of North Carolina Wakebrook Addiction Treatment Center and co-author, <i>Drinking, Drug Use and Addiction in the Autism Community</i> Matthew Tinsley, Asperger syndrome patient and co-author, <i>Asperger Syndrome and Alcohol: Drinking to Cope</i> 			
<p>Compliance issues covered: autism; disabilities; alcohol and substance abuse and treatment; education</p>			
<p>Links for more information:</p> <ul style="list-style-type: none"> https://www.med.unc.edu/psych/directories/faculty/elizabeth.kunreuther http://www.asperger-training.com/matthew-tinsley/ 			
15:12	SEGMENT 2: CONTRACT TRACING AND QUARANTINE: HOW FAR CAN WE GO?	7:45	
<p>Synopsis: The next step in beating the COVID-19 pandemic may be stepped up contact tracing and quarantine of people who've had contact with COVID-positive individuals. However, many people see that as too expensive and intrusive to be practical. An expert discusses how it might work, and how it might not.</p>			
<p>Host: Nancy Benson.</p>			
<p>Guests:</p> <ul style="list-style-type: none"> Dr. Lauren Childs, Assistant Professor of Mathematics, Virginia Tech University 			
<p>Compliance issues covered: public health; consumerism; economics; individual rights; infectious disease</p>			
<p>Links for more information:</p> <ul style="list-style-type: none"> https://sinews.siam.org/Details-Page/choosing-intervention-strategies-during-an-emerging-epidemic 			

Program:	20-28	Writers/Producers:	Reed Pence
Air Week:	7/12/2020	Studio Production:	Jason Dickey
Time	Segment	Dur.	
1:50	SEGMENT 1: ORTHOREXIA: OVERDOING A GOOD THING	12:50	
<p>Synopsis: Therapists report an increase in orthorexia, a not-yet recognized eating disorder where people become fixated on eating only healthy things and/or exercising hours per day. It can take over an afflicted person's life and result in physical symptoms much like anorexia. Experts discuss diagnosis and treatment.</p>			
<p>Host & Producer: Reed Pence.</p>			
<p>Guests:</p> <ul style="list-style-type: none"> • Claire Mysko, Chief Executive Officer, National Eating Disorders Association • Dr. Jennifer Carter, Clinical Associate Professor of Psychiatry and Behavioral Health, Ohio State University Wexner Medical Center • Dawn White, Registered, Licensed Dietician, Timberline Knolls Residential Treatment Center, Lemont, IL 			
<p>Compliance issues covered: eating disorders; mental health issues; health care; consumerism; youth at risk</p>			
<p>Links for more information:</p> <ul style="list-style-type: none"> • https://wexnermedical.osu.edu/find-a-doctor/jennifer-carter-phd-22765 • https://www.eatingdisorderhope.com/virtual-conference-3/claire-mysko • https://www.globenewswire.com/news-release/2020/02/19/1987163/0/en/Timberline-Knolls-Celebrates-National-Eating-Disorders-Awareness-Week.html • National Eating Disorders Association Hotline 800-931-2237 			
15:42	SEGMENT 2: TICK PARALYSIS: WHEN A TICK BITE CAN BE FATAL	7:15	
<p>Synopsis: Summer is tick season, and tick bites are common. However, bites from a couple of types of ticks can produce paralysis and even death if the tick is not removed quickly. An expert discusses.</p>			
<p>Host: Nancy Benson.</p>			
<p>Guests:</p> <ul style="list-style-type: none"> • Dr. Mark Dworkin, Infectious disease specialist, University of Illinois at Chicago School of Public Health 			
<p>Compliance issues covered: health care; public health; youth at risk; outdoors and environment</p>			
<p>Links for more information:</p> <ul style="list-style-type: none"> • https://publichealth.uic.edu/global-health-program/mark-s-dworkin 			

Program:	20-29	Writers/Producers:	Reed Pence
Air Week:	7/19/2020	Studio Production:	Jason Dickey
Time	Segment	Dur.	
1:49	SEGMENT 1: DEALING WITH THE RISE IN OSTEOPOROSIS	12:33	
<p>Synopsis: Osteoporosis is increasing as America ages. However, fewer people are being tested for bone density and are agreeing to treatment because of side effects of osteoporosis medications. Experts discuss the devastating effects of increased broken bones and what can now be done to prevent them.</p>			
<p>Host & Producer: Reed Pence.</p>			
<p>Guests:</p> <ul style="list-style-type: none"> • Dr. Sundeep Khosla, Professor of Medicine, Mayo Clinic College of Medicine • Dr. Ether Siris, Director, Toni Stabile Osteoporosis Center, New York Presbyterian Hospital and Columbia University Medical Center 			
<p>Compliance issues covered: health care; public health; aging; elderly and senior citizens; consumerism</p>			
<p>Links for more information:</p> <ul style="list-style-type: none"> • http://maryroach.net 			
15:24	SEGMENT 2: DOCTOR BURNOUT: IT STARTS EARLY	7:19	
<p>Synopsis: Doctors already say they're burned out, but the COVID-19 pandemic is making it worse. A noted physician educator discusses how burnout starts with the way future doctors are taught.</p>			
<p>Host: Nancy Benson.</p>			
<p>Guests:</p> <ul style="list-style-type: none"> • Dr. Saul Weiner, Professor of Medicine, Pediatrics and Medical Education, University of Illinois at Chicago; Director, Center of Innovation for Complex Chronic Health Care, US Dept of Veterans Affairs and author, <i>On Becoming A Healer: The Journey From Patient Care to Caring About Your Patients</i> 			
<p>Compliance issues covered: health care; public health; education; infectious disease</p>			
<p>Links for more information:</p> <ul style="list-style-type: none"> • https://chicago.medicine.uic.edu/departments/academic_departments/medicine/academic_internal_medicine_and_geriatrics/people/name/saul-weiner/ 			

Program:	20-30	Writers/Producers:	Reed Pence
Air Week:	7/26/2020	Studio Production:	Jason Dickey
Time	Segment	Dur.	
1:46	SEGMENT 1: PUBLIC HEALTH OFFICIALS RESIGNING UNDER PRESSURE	12:31	
<p>Synopsis: State and local public health officials have been under pressure like never before in the COVID-19 pandemic, as citizens and elected officials push back against tough restrictions designed to curb the virus. Some officials have even been threatened. Feeling their bosses don't have their backs, a higher proportion of officials are quitting than normal, and these essential jobs will be hard to fill with qualified health experts.</p>			
<p>Host & Producer: Reed Pence.</p>			
<p>Guests:</p> <ul style="list-style-type: none"> • Dr. Marcus Plesecia, Chief Medical Officer, Association of State and Territorial Health Officials • Lori Freeman, CEO, National Association of County and City Health Officials • Theresa Anselmo, Executive Director, Colorado Association of Local Public Health Officials 			
<p>Compliance issues covered: health care; public health; public safety; violence and threats; elected officials; infectious disease</p>			
<p>Links for more information:</p> <ul style="list-style-type: none"> • https://www.astho.org/StatePublicHealth/ASTHOs-New-CMO-Brings-Clinical-Perspective-to-Public-Health01-04-18/ • https://www.naccho.org/about/chief-executive-officer-lori-tremmel-freeman-mba • http://www.calpho.org/about-us.html 			
15:19	SEGMENT 2: PTSD IN CHILDREN	7:09	
<p>Synopsis: Mental health experts once believed that children were too young to remember traumas well enough to suffer much from post-traumatic stress disorder. Now they know that children as young as 2 or 3 can be affected, often for the rest of their lives. An expert discusses PTSD in children and its treatment.</p>			
<p>Host: Nancy Benson.</p>			
<p>Producer: Ariana Kraft.</p>			
<p>Guests:</p> <ul style="list-style-type: none"> • Dr. Michael Scheeringa, Professor of Child Psychiatry and Associate Professor of Clinical Pediatrics, Tulane University School of Medicine 			
<p>Compliance issues covered: youth at risk; mental health; family and parenting issues</p>			
<p>Links for more information:</p> <ul style="list-style-type: none"> • http://www.infantainstitute.org/faculty-member/michael-s-scheeringa/ 			

Program:	20-31	Writers/Producers:	Reed Pence
Air Week:	8/2/2020	Studio Production:	Jason Dickey
Time	Segment	Dur.	
1:47	SEGMENT 1: "ELECTROSHOCK THERAPY:" NOT WHAT YOU SEE IN THE MOVIES	12:07	
<p>Synopsis: Electroconvulsive therapy still has a stigma, with the reputation of being a painful, disturbing procedure that wipes out memories and, if movies are to be believed, even creates zombies. Experts explain the reality—that ECT is a quiet procedure that provokes a short brain seizure, releasing huge amounts of neurotransmitters to reset the brain in what is the quickest and most dependable treatment for severe and often suicidal depression.</p>			
<p>Host: Reed Pence.</p>			
<p>Producer: Ariana Kraft.</p>			
<p>Guests:</p> <ul style="list-style-type: none"> • Dr. Sarah Lisanby, Director, Translation Research, National Institute of Mental Health and Director, NIMH Non-Invasive Neuro-Modulation Unit • Dr. Dan Maixner, Associate Professor of Psychiatry, University of Michigan 			
<p>Compliance issues covered: mental illness; health care; public health; technology</p>			
<p>Links for more information:</p> <ul style="list-style-type: none"> • https://www.nimh.nih.gov/news/science-news/2015/lisanby-chosen-to-lead-nimh-division-of-translational-research.shtml • https://www.mlive.com/news/ann-arbor/index.ssf/2016/07/26-m-hospital-finds-new-home-fo.html 			
14:56	SEGMENT 2: LUNG TRANSPLANTS: THE LEAST-TRANSPLANTED MAJOR ORGAN	8:03	
<p>Synopsis: Lung transplants are the least done of all major organ transplants because the lungs are so easily damaged in the death process. A lung transplant surgeon explains, using one particularly difficult case as an example.</p>			
<p>Host: Nancy Benson.</p>			
<p>Producer: Reed Pence.</p>			
<p>Guests:</p> <ul style="list-style-type: none"> • Dr. Abbas Ardehali, Professor of Surgery and Medicine and Director, Heart, Lung, and Heart and Lung Transplantation, UCLA David Geffen School of Medicine 			
<p>Compliance issues covered: organ donors; health care; public health</p>			
<p>Links for more information:</p> <ul style="list-style-type: none"> • https://www.uclahealth.org/abbas-ardehali 			

Time	Segment	Dur.
Program: 20-33 Writers/Producers: Reed Pence Air Week: 8/16/2020 Studio Production: Jason Dickey		
1:50	SEGMENT 1: WHO GETS A VACCINE?	13:08
Synopsis: Development of a Coronavirus vaccine is proceeding at a breakneck pace. What needs to happen to make sure it's safe and effective? And if a vaccine is successfully made, who should get it first? Will enough people opt-in to get back to normal life, or will COVID-19 be with us for years? Experts discuss.		
Host & Producer: Reed Pence.		
Guests: <ul style="list-style-type: none"> • Lawrence Gostin, University Professor of Health Law and Director, O'Neill Institute of National and Global Health Law, Georgetown University • Dr. Jacob Appel, Director of Ethics Education in Psychiatry, Icahn School of Medicine, Mt. Sinai, New York 		
Compliance issues covered: public health; public safety; federal government; economics; first responders; minority issues; ethics; vaccination; infectious disease		
Links for more information: <ul style="list-style-type: none"> • https://oneill.law.georgetown.edu/faculty/Lawrence-Gostin/ • https://www.mountsinai.org/profiles/jacob-m-appel 		
16:00	SEGMENT 2: STRESS AND TYPE 2 DIABETES	6:55
Synopsis: A new study shows that people who have type 2 diabetes and are under chronic stress are more likely to have high blood sugar. The study's lead author and a patient discuss how stress can make diabetes worse and what people can do to counteract it.		
Host: Nancy Benson.		
Producer: Reed Pence.		
Guests: <ul style="list-style-type: none"> • Janice Harris, diabetes patient • Dr. Joshua Joseph, Assistant Professor of Medicine, The Ohio State University Wexner Medical Center 		
Compliance issues covered: health care; public health		
Links for more information: <ul style="list-style-type: none"> • https://medicine.osu.edu/find-faculty/clinical/internal-medicine/joshua-joseph-md 		

Program:	20-35	Writers/Producers:	Reed Pence
Air Week:	8/30/2020	Studio Production:	Jason Dickey
Time	Segment	Dur.	
1:47	SEGMENT 1: PLANNING FOR THE NEXT PANDEMIC	12:03	
Synopsis: The next pandemic is only a matter of "when and what," according to health security experts, who here discuss what's needed to be ready for a variety of possible pandemics and infectious threats, both natural and terror.			
Host & Producer: Reed Pence.			
Guests:			
<ul style="list-style-type: none"> • Dr. Dennis Hruby, Chief Scientific Officer, SIGA Technologies • Dr. Phil Gomez, CEO, SIRI Technologies 			
Compliance issues covered: public health; public safety; federal government; disasters and preparedness; health care; terrorism; national defense; infectious disease			
Links for more information:			
<ul style="list-style-type: none"> • https://www.siga.com/about-siga/ 			
15:52	SEGMENT 2: THIRD WORLD MEDICINE	6:54	
Synopsis: Medicine in the Third World is vastly different than in the US, and American doctors sometimes run into unexpected hurdles when they try to bring modern medicine to impoverished nations. One such doctor describes his efforts.			
Host: Nancy Benson.			
Producer: Polly Hansen.			
Guests:			
<ul style="list-style-type: none"> • Dr. Aaron Berkowitz, Director of Global Health, Kaiser Permanente School of Medicine and author, <i>One By One By One: Making a Small Difference Amid a Billion Problems</i> 			
Compliance issues covered: health care; public health; poverty			
Links for more information:			
<ul style="list-style-type: none"> • https://naturemicrobiologycommunity.nature.com/posts/changing-lives-one-by-one-by-one 			

Program:	20-37	Writers/Producers:	Reed Pence
Air Week:	9/13/2020	Studio Production:	Jason Dickey
Time	Segment	Dur.	
1:43	SEGMENT 1: OVERWORKED PHARMACISTS: MISTAKES WAITING TO HAPPEN?	11:15	
<p>Synopsis: Pharmacists are often asked to do more work in less time than they need, and some experts worry it's causing medication mistakes. A pharmacist specializing in medication safety discusses pressures on pharmacists and what consumers can do to protect themselves.</p>			
<p>Host & Producer: Reed Pence.</p>			
<p>Guests:</p> <ul style="list-style-type: none"> • Michael Gaunt, Medication Safety Analyst and Editor, Institute for Safe Medication Practices 			
<p>Compliance issues covered: consumer safety and consumerism; health care; economics; business and industry</p>			
<p>Links for more information:</p> <ul style="list-style-type: none"> • https://www.ismp.org/staff/michael-j-gaunt-pharmd 			
14:00	SEGMENT 2: THE ANGER EPIDEMIC	7:54	
<p>Synopsis: Psychologists say there's more anger in our society than ever. But they say that should be no surprise, since anger is often a reaction to uncertainty and fear. Two experts discuss the genesis of anger, how it serves a purpose, and how it can be controlled.</p>			
<p>Host: Nancy Benson.</p>			
<p>Producer: Reed Pence.</p>			
<p>Guests:</p> <ul style="list-style-type: none"> • Dr. Jean Kim, Assistant Professor of Psychiatry, George Washington University • Dr. Ray Novaco, Professor of Psychological Sciences, University of California at Irvine 			
<p>Compliance issues covered: mental health; interpersonal relations</p>			
<p>Links for more information:</p> <ul style="list-style-type: none"> • https://www.psychologytoday.com/us/experts/jean-kim-md • https://faculty.sites.uci.edu/novaco/ 			

Program:	20-38	Writers/Producers:	Reed Pence
Air Week:	9/20/2020	Studio Production:	Jason Dickey
Time	Segment	Dur.	
1:48	SEGMENT 1: MORE PETS IN THE PANDEMIC	12:36	
<p>Synopsis: Pets are a comfort in difficult times, and the pandemic is no exception. Animal shelters report a surge in pet adoptions, especially puppies, in the last six months, and veterinarians are having to adopt procedures such as telemedicine to deal with the increase while still staying safe. Experts explain how adopting and training a new pet has changed in the pandemic.</p>			
<p>Host & Producer: Reed Pence.</p>			
<p>Guests:</p> <ul style="list-style-type: none"> Christina Morrison, Director of Development, West Suburban Humane Society, Downers Grove, IL. Dr. Katie Stover, veterinarian and owner, Red Barn Animal Hospital, Hampshire and Gilberts, IL. Dr. Douglas Kratt, veterinarian, LaCrosse, WI, and President, American Veterinary Medical Association 			
<p>Compliance issues covered: consumerism; pets and people; animal health; public health; infectious disease</p>			
<p>Links for more information:</p> <ul style="list-style-type: none"> https://wshs-dp.org/about-us/who-we-are https://redbarnpetvet.com/ https://www.avma.org/about/avma-staff-leadership/douglas-kratt-dvm 			
15:26	SEGMENT 2: KIDS' QUESTIONS ABOUT COVID-19	7:01	
<p>Synopsis: Children are living through a scary time right now and often have little understanding of why their world has been turned upside down. A noted public health expert explains what he's found about children's concerns of the pandemic and how parents can answer their questions.</p>			
<p>Host: Nancy Benson.</p>			
<p>Producer: Reed Pence.</p>			
<p>Guests:</p> <ul style="list-style-type: none"> Dr. William Haseltine, Chairman and President, Access Health International and author, <i>A Family Guide to COVID: Questions and Answers for Parents, Grandparents and Children and A COVID Guide to Back to School: Questions and Answers for Parents and Students</i> 			
<p>Compliance issues covered: children and youth at risk; education; family issues; infectious disease; parenting</p>			
<p>Links for more information:</p> <ul style="list-style-type: none"> https://www.williamhaseltine.com/ 			

Program:	20-39	Writers/Producers:	Reed Pence
Air Week:	9/27/2020	Studio Production:	Jason Dickey
Time	Segment	Dur.	
1:49	SEGMENT 1: OBESITY BIAS IN MEDICINE	13:15	
<p>Synopsis: Studies show that medical professionals are as biased as the rest of us against people who are overweight, resulting in lectures, misdiagnoses, and patients who start avoiding the doctor. Experts explain the problem, results, and what might be done about it.</p> <p>Host & Producer: Reed Pence.</p> <p>Guests:</p> <ul style="list-style-type: none"> • Dr. Rebecca Puhl, Professor of Human Development and Family Studies, University of Connecticut and Deputy Director, Rudd Center for Food Policy and Obesity • Dr. David Katz, Director, Yale-Griffin Prevention Research Center, Yale University and Founder, True Health Initiative • Kathy Kater, psychotherapist specializing in body image, eating and weight issues <p>Compliance issues covered: health care; public health; discrimination; obesity; education</p> <p>Links for more information:</p> <ul style="list-style-type: none"> • http://www.aconr Ruddcenter.org/faculty-and-staff-rebecca-puhl • https://davidkatzmd.com/ • http://bodyimagehealth.org/about-the-author 			
16:06	SEGMENT 2: RHEUMATOID DISEASES	6:52	
<p>Synopsis: Rheumatoid diseases number around 100, though arthritis is the most well-known. They can be crippling and sometimes even fatal, but good treatments exist. The key is early detection, as an expert explains.</p> <p>Host: Nancy Benson.</p> <p>Producer: Reed Pence.</p> <p>Guests:</p> <ul style="list-style-type: none"> • Dr. Kanica Monga, rheumatologist, University of Texas-Health Science Center, Houston <p>Compliance issues covered: health care; public health</p> <p>Links for more information:</p> <ul style="list-style-type: none"> • https://www.doximity.com/pub/kanica-monga-md 			