# 98.3×WCCQ

# Your Hometown Country Station

WCCQ-FM Alpha Media LLC Crest Hill, Illinois

**QUARTERLY ISSUES AND PROGRAMS REPORT** 

THIRD QUARTER 2019
JULY 1 – SEPTEMBER 30

FILED 10-3-2019

PREPARED BY: Carol McGowan-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: Hunger

Event Name	Date	Time and Duration	Description
<u></u>	09/28/19	<u>11am-5pm</u>	WCCQ staff attends the fest, which
Cock-A-Doodle Brew			they have been promoting the last
<u>Fest</u>			month, that benefits the Marie
			Wilkinson Food Pantry. It is held
			outside of the Hollywood Casino,
			Aurora, Il.

WCCQ-FM 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 guest are included in the following pages.



# 2019-Q3 (July-September) Radio Health Journal Quarterly Report – Compliancy Issues & Programs List

Alcohol use disorder

Auto & pedestrian safety

Cancer

Charity organizations/volunteerism

Child safety

City government

Consumerism

Destructive behavior & mental illness

Diet & nutrition

DNA & genetic testing

Drug prices

**Economics** 

Education

Environment

**Ethics** 

Family issues

Federal government and regulation

Food waste

Gun violence

Health care

Heart disease

HIV & AIDS

Hunger and food insecurity

Infectious disease

International relations

Interpersonal relationships

Landfills

Mass shooting

Mental health

Neurology

Parenting issues

Police & law enforcement

Pollution

Privacy issues

Psychology

Public health

Public policy

Rehabilitation

Sleep

Technology

Urban affairs

Weather & climate change

Women's issues

Youth at risk



Program 19-27 Writers/Producers Reed Pence, Regan Huston, Morgan Kelly  Air Week 07/07 - 07/13/2019 Studio Production Jason Dickey	
Time Segment	Dur.
2:03 PANDAS—THE MYSTERIOUS CHILDHOOD DISORDER AFTER A STREP THROAT	11:15
Synopsis: Strep infection may prompt a severe reaction in some children, causing their own immune system to attack cells appear to be extreme psychological symptoms result from what is really a physical disorder. The disorder, known as PANE misdiagnosed. Experts discuss.	in the brain. Wha
Host & Producer: Reed Pence. Guests: J.C. Konecny, former Executive Director, PANDAS Network and parent of PANI Elizabeth Latimer, Washington DC neurologist	DAS sufferer; Dr.
Compliancy issues covered: consumerism; youth at risk; health care; infectious disease	
Links for more information: http://www.pandasnetwork.org https://www.pandasppn.org	
14:20 SEGMENT 2: THE PSYCHOLOGY OF PROCRASTINATION	8:10
Synopsis: Most people procrastinate at least now and then. But when we put something off, we're usually facing not a time problem, but an emotion management problem. Experts discuss what's going on in our heads when we procrastinate.	management
Host: Nancy Benson. Producer: Regan Huston. Guests: Dr. Tim Pychyl, Associate Professor of Psychology, Carelton Un Dr. Christine Li, clinical psychologist and procrastination coach	iversity;
Compliancy issues covered: consumerism; psychology & pop culture; mental health	- HAMILIAN AND AND AND AND AND AND AND AND AND A
Links for more information: https://www.procrastinationcoach.com https://carleton.ca/psychology/people/timothy-a-pychyl/	



Program 19-28 Executive Producer Reed Pence Air Week 07/14 – 07/20/2019 Studio Production Jason Dickey	
Fime Segment	Dur.
2:02 SEGMENT 1: FATTY LIVER DISEASE: SILENTLY GROWING	12:17
Synopsis: Most people associate cirrhosis of the liver with heavy alcohol use. But <u>nonalcoholic</u> fatty liver disease, wh cirrhosis, is growing rapidly, and may affect a quarter of the population. Experts discuss this silent disease and what pound treat it.	ich also leads to eople can do to prevent
Host & Producer: Reed Pence. Guests: Dr. Michael Porayko, Professor of Medicine, Vanderbilt University Medical counder and CEO, Global Liver Institute and liver transplant recipient; Wayne Eskridge, founder and CEO, Fatty Live	Center; Donna Cryer, r Foundation
Compliancy issues covered: health care; public health; alcohol use disorder; consumerism	
Links for more information: https://search.vanderbilthealth.com/doctors/Porayko-Michael http://www.globalliver.org https://www.fattyliverfoundation.org	
15:21 SEGMENT 2: CANCER TREATMENT AND SEX	7:43
Synopsis: Cancer treatment has always focused on survival. Now doctors are increasingly focusing on side effects, increatment on sexual function and satisfaction. However, many patients are shy about bringing up their difficulties, una nelp. One of the nation's top experts discusses.	cluding the effect of ware there are ways to
Host: Nancy Benson. Producer: Reed Pence. Guest: Dr. Leslie Schover, clinical psychologist and founder, Will2Lov	ve.com
Compliancy issues covered: health care; interpersonal relationships; cancer; mental health	
Links for more information: https://www.will2love.com/about-us/	



Program 19-29 Executive Producer Reed Pence	
Air Week 07/21 – 07/27/2019 Studio Production Jason Dickey	
Time Segment	<b></b>
:02 SEGMENT 1: THE PRO'S and CON'S OF MOBILE HEALTH APPS	Dur. 12:28
32 SASANT I THE THE SAME COLVE OF MODILE MEASURE IN A TO	14.40
ynopsis: Mobile health apps are becoming very popular, though some are being shown to have little benefit. Few barriers exist	to almost
nyone entering the field whether they have health expertise or not. Privacy is also a concern. Experts discuss how people can pr	otect
nemselves and find apps that do what they want.	
Host: Reed Pence. Producer: Regan Huston. Guests: Dr. Anne Berman, Associate Professor of Clinical Psychology, Karolinsk	a Institute;
Marc Fischer, co-founder and CEO, Dogtown Media; Dr. Shon Lewis, Professor of Adult Psychiatry, University of Manchester;	Dr. Michael
Kleinrock, Research Director, IQVIA Institute for Human Data Science; Dr. John Torous, Director, Digital Psychiatry, Beth Isra Medical Center	iel Deaconess
Compliancy issues covered: health care; public health; technology; consumerism; privacy issues; psychology	
inks for more information:	
https://staff.ki.se/people/anberm	
https://www.dogtownmedia.com/team/marc-fischer/	
https://www.research.manchester.ac.uk/portal/shon.lewis.html	
ttps://www.iqvia.com/institute/michael-kleinrock	
http://www.johntorousmd.com	
5:32 SEGMENT 2: OBESITY AND CANCER RISK	7:25
synopsis: Studies are finding that obesity significantly increases a person's risk for a variety of cancers. However, not all forms	of fat carry
qual risk. An expert discusses who is more at risk and why.	
Host: Nancy Benson. Producer: Morgan Kelly. Guest: Dr. Anthony Perre, Chief, Department of Outpatient Medicine, Cancer	T4
Centers of America	reatment
Compliancy issues covered: health care; public health; consumerism; cancer	
inks for more information:	
attps://www.cancercenter.com/physician-directory/anthony-perre	



Program 19-30 Executive Producer Reed Pences Air Week 07/28 - 08/03/2019 Studio Production Jason Dickey	***
Time Segment I	Dur.
2:02 SEGMENT 1: NOT ENOUGH SLEEP: EVEN WORSE FOR YOU THAN WE THOUGHT	11:20
Synopsis: Getting less than six hours of sleep per night has long been known to be hazardous to health, but the discovery of the mechani behind those hazards is leading scientists to strengthen their warnings. Too little sleep or poor sleep carries heart and brain risks that are powerful, as experts explain.	isms
Host & Producer: Reed Pence. Guests: Dr. Chris DeSouza, Professor of Integrative Physiology, University of Colorado; Dr. Ehsan Sho Kojori, Research Fellow, National Institutes of Health Laboratory of Neuroimaging	okri-
Compliancy issues covered: health care; public health; consumerism; sleep; neurology	
Links for more information: https://www.colorado.edu/iphy/people/professors/chris-desouza https://www.niaaa.nih.gov/research/niaaa-intramural-program/niaaa-laboratories/laboratory-neuroimaging	
14:24 SEGMENT 2: A RADICAL DIET TO PREVENT HEART DISEASE	8:39
Synopsis: Heart disease is the number one killer in the US, but a well-known cardiologist says if everyone would follow a plant-based, of free diet, heart disease could be eradicated. Yet many cardiologists won't prescribe such a diet, fearing it's so difficult to follow that it's prescription for defeat. Experts discuss.	oil- a
Host: Nancy Benson. Producer: Reed Pence. Guests: Arnie Press, heart disease patient; Dr. Caldwell Esselstyn, Director, Cardiovascul Disease Prevention and Reversal Program, Cleveland Clinic Wellness Institute	lar
Compliancy issues covered: health care; public health; consumerism; diet & nutrition; heart disease	
Link for more information: http://www.dresselstyn.com/site/about/about-dr-esselstyn/	



Program 19-31 Executive Producer Reed Pence Reed Pence Air Week 08/04 - 08/10/2019 Studio Production Jason Dickey	
Time Segment	Dur.
2:01 SEGMENT 1: TBI'S, PERSONALITY CHANGE, AND MARRIAGE	12:57
Synopsis: Traumatic brain injury can profoundly change the injured in personality and temperament, as well as physically and Spouses bear the brunt of these changes to the point many feel like they're living with a stranger. Two experts and the spouse of discuss the many ways life changes after an injury and what can help to get them through the ordeal.	cognitively. If a TBI victim
Host: Reed Pence. Writer/Producer: Morgan Kelly. Guests: Megan Horst, wife of TBI survivor; Dr. Lori Weisman, psychotleducator specializing in TBI; Dr. Jeffrey Scott Kreutzer, Professor of Physical Medicine and Rehabilitation, Virginia Common University	nerapist, wealth
Compliancy issues covered: health care; public health and safety; family issues; rehabilitation; head injury; neurology	
Links for more information: https://www.nytimes.com/2019/01/25/style/modern-love-are-you-my-husband.html https://www.loriweisman.com https://medschool.vcu.edu/expertise/detail.html?ID=400	
16:00 SEGMENT 2: SCHOOL CROSSING SAFETY	7:01
Synopsis: With the school year approaching, drivers need to be aware of children in crosswalks—and away from them. However distractions for both pedestrians and drivers sometimes make that difficult. A safety expert and a veteran school crossing guard "favorite crossing guard"—discuss.	er, increasing—the nation's
Host: Nancy Benson. Writer/Producer: Regan Huston. Guests: Chief Lyn Woolford, Ashland, MO, crossing guard voted "na favorite;" Kristin Rosenthal, Senior Program Manager, Safe Kids Worldwide	ation's
Compliancy issues covered: youth at risk; education; auto and pedestrian safety; public safety	
Links for more information: https://www.prnewswire.com/news-releases/missouris-lyn-woolford-named-americas-favorite-crossing-guard-300800046.htm https://www.safekids.org/author/kristin-rosenthal	L



Program 19-32 Executive Producer Reed Pence Air Week 08/11 - 08/17/2019 Studio Production Jason Dickey	
Time Segment	Dur.
2:02 SEGMENT 1: THE ECONOMICS OF LATER SCHOOL START TIMES	12:12
Synopsis: Thirty years of research have shown that teenagers' biology prevents them from getting to sleep much high schools starting classes around 8 am, they are chronically sleep deprived. Experts discuss how students and benefit from later start times and the reasons many people and school districts still oppose the change.	before 11pm, and with most even the economy would
Host & Writer/Producer: Reed Pence. Guests: Dr. Wendy Troxel, Senior Behavioral and Social Scientist, Ran-Assistant Professor of Psychiatry and Psychology, University of Pittsburgh; Dr. Terra Zipporyn Snider, Executive Start School Later organization	d Corp. and Adjunct e Director and co-founder,
Compliancy issues covered: youth at risk; education; public policy; parenting issues; economics; sleep	
Links for more information: https://www.rand.org/about/people/t/troxel_wendy_m.html http://www.startschoollater.net	1.00
15:16 SEGMENT 2: DOG BREEDS AND DOG BITES	7:29
Synopsis: Nearly 40 percent of American homes have a dog, and while dogs may be "man's best friend," sometis sometimes with serious consequences. An expert who has studied dog bites discusses the reality of breed tempera children are around, how to prevent bites, and whether breeds with dangerous reputations deserve them.	mes they bite, and ament, especially when
Host: Nancy Benson. Writer/Producer: Reed Pence. Guest: Dr. Charles Elmaraghy, Chief, Pediatric Otolaryng Children's Hospital and Association Professor of Otolaryngology, The Ohio State University College of Medicin	gology, Nationwide ne
Compliancy issues covered: youth at risk; pets and people; child safety; education; family issues	
Links for more information: https://www.nationwidechildrens.org/find-a-doctor/profiles/charles-a-elmaraghy	



Program 19-33 Executive Producer Reed Pence Air Week 08/18 - 08/24/2019 Studio Production Jason Dickey	
Time Segment	Dur.
2:03 SEGMENT 1: COPPER TOXICITY	13:15
Synopsis: High levels of copper in the body can produce mental health symptoms such as depression, anxiety, and aggression most doctors don't test for copper levels and may prescribe medications like antidepressants instead. An author who suffered undiagnosed copper toxicity and two expert psychiatrists discuss diagnosis and treatment.	on. However, I years with
Host & Writer/Producer: Reed Pence. Guests: Deb Tokarz, author, I Cu Copper; Dr. Judy Tsafrir, holistic psychiatrist in Teaching Associate, Harvard Medical School; Dr. Courtney Snyder, holistic psychiatrist, Louisville, KY	Boston and
Compliancy issues covered: health care; public health; women's issues; environment; mental health	
Links for more information: https://www.debtokarz.com https://www.judytsafrirmd.com http://www.courtneysnydermd.com	
16:20 SEGMENT 2: HISTORY'S WORST PLAGUES	6:40
Synopsis: Plagues can wipe out entire populations and create fear and great mystery in how they spread. An author who has and dangerous diseases explains.	explored plagues
Host: Nancy Benson. Guest: Jennifer Wright, author, Get Well Soon: History's Worst Plagues and the Heroes Who Fought	Them
Compliancy issues covered: public health; ethics; HIV and AIDS; medical history	
Links for more information: http://us.macmillan.com/getwellsoon/jenniferwright/9781627797467/	



Program 19-34 Executive Producer Reed Pence Air Week 08/25 - 08/31/2019 Studio Production Jason Dickey	
Time Segment	Dur.
2:03 SEGMENT 1: A CLOSER LOOK AT FOOD WASTE	12:45
Synopsis: Experts believe about 40 percent of the food available in America is thrown away. Solving this problem also opportunity to help with food insecurity. It starts with consumers. Experts explain where waste comes from and how peo its production.	
Host & Writer/Producer: Reed Pence. Guests: JoAnne Berkenkamp, Senior Advocate, Natural Resources Defense Co Chase, Agency Relations Field Coordinator, Food Forward, Los Angeles	uncil; Michele
Compliancy issues covered: hunger and food insecurity; environment; pollution; landfills; economics; food pantries; chand volunteerism; consumerism; city government; food waste	narity organizations
Links for more information: https://www.nrdc.org/experts/joanne-berkenkamp https://foodforward.org/about/our-team/	
15:50 SEGMENT 2: "GIGGLING EPILEPSY"	7:02
Synopsis: Epilepsy can show itself in many ways, including as episodes of giggling and laughing. An expert discusses the nine-year old boy with such seizures, the danger they posed, and the novel way he was treated.	he case of a then-
Host: Nancy Benson. Writer/Producer: Reed Pence. Guest: Dr. Aria Fallah, Assistant Professor of Neurosurgery, UC Medicine and Mattel Children's Hospital	LA Geffen School of
Compliancy issues covered: health care; youth at risk	
Links for more information: https://www.uclahealth.org/aria-fallah http://www.epilepsy.com/learn/types-seizures/gelastic-and-dacrystic-seizures	



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Time	Segment		1/2 - Market - Translation	de de la constante de la const			Dur.
111110	DOGARONE	· · · · · · · · · · · · · · · · · · ·			· · · · · · · · · · · · · · · · · · ·		Dui.
2:01	SEGMENT 1: SUI	DDEN UN	NEXPLAINED DEAT	TH OF A CHILD			12:32
answer	s, often find that their	families,	ildren over age 1, most friends, and even pedia , a medical examiner, a	atricians are unfamil	ar with this clas	sification of death	, or that they even occur.
Examin	er, Cook Country, IL;	Laura G	Regan Huston. <b>Guest</b> s ould Crandall, research on and Jordana Zachar	n scientist, Departme	nt of Neurology	victim; Dr. Eric Ea , NYU Langone C	ason, Assistant Medical Comprehensive Epilepsy
Compl	iancy issues covered:	youth at	risk; public health; par	renting issues; health	care; child safe	ty	
https://s https://s	or more information sudc.org www.cookcountyil.go sudc.org/about-us/boa	v/agency/	'medical-examiner ectors/laura-gould-cran	<u>idall</u>			
15:35	SEGMENT 2: TO	NSIL ST	ONES				6:25
While t	is: Some people find hey are not medically formation and treatme	dangerou	"stones" are growing as or painful, they ofter	on their tonsils. The n produce bad breath	y're an accumula or sometimes pa	ation of skin cells ain. Two expert p	, food, and other debris. hysicians discuss tonsil
			er: Morgan Kelly. Guo		ess, otolaryngolo	gist, Mercy Healt	h, Cincinnati; Dr. Lauren
Com-1	iancy issues covered:	h a a 14 h			· · · · · · · · · · · · · · · · · · ·		
Compi	iancy issues covered:	neann ca	are				
https://		-a-doctor	/physicians/alter-g-pee  68/lauren-andrea-boh			. 10 10 10 10 10 10 10 10 10 10 10 10 10	



Program 19-36 Executive Producer Reed Pence Air Week 09/08 09/14/2019 Studio Production Jason Dickey	
Time Segment	Dur.
2:03 SEGMENT 1: SURVIVING AN ACTIVE SHOOTER	12:45
Synopsis: With the recent active shooter incidents in El Paso and Dayton, these incidents no longer seem rare, and eshift in public perception. Now they seemingly could happen anywhere, and it's become a public health issue. Two changing theory of how to survive an active shooter incident through what's called "run, hide, and fight."	experts say there's been a experts discuss the
Host & Writer/Producer: Reed Pence. Guests: Dr. Cheryl Lero Jonson, Associate Professor of Criminal Justice, 2 Park Dietz, founder and President, Threat Assessment Group	Kavier University; Dr.
Compliancy issues covered: mass shootings; public safety; gun violence; police & law enforcement; youth at risk;	education
Links for more information: https://scholar.google.com/citations?user=RgaXKNYAAAAJ&hl=en https://www.taginc.com/parkdietz	
15:50 SEGMENT 2: FIGHTING OFF STRESS AT COLLEGE	7:16
Synopsis: Many Americans believe if they have good health care, they'll have good health. But many factors beyon our level of health. A noted public health expert explains these factors, and why our own health is much more than a	d medicine contribute to an individual concern.
Host: Nancy Benson. Writer/Producer: Reed Pence. Guests: Dr. Bernadette Melnyk, Vice President for Health Prof Nursing and Chief Wellness Officer, The Ohio State University; Julie Potiker, author, Life Falls Apart But You I Methods for Staying Calm in the Midst of Chaos	romotion, Dean, College Don't Have To: Mindful
Compliancy issues covered: youth at risk; education; mental health	
Links for more information: https://nursing.osu.edu/faculty-and-staff/bernadette-melnyk https://mindfulmethodsforlife.com/author/julie/	



Program 19-37 Executive Producer Reed Pence Air Week 09/15 - 09/21/2019 Studio Production Jason Dickey	n men same same Same same same same same same same same s
TAM WEEK USIES USIESTED Studio Frontier Sason Dickey	
Time Segment	Dur.
1:57 SEGMENT 1: IMPORTING CANADIAN DRUGS	11:50
Synopsis: The Trump Administration has proposed wholesale import of drugs from Canada to ease hig since Canada is 1/10 <sup>th</sup> the size of the US, could it supply enough drugs to make a difference? What's m to the plan and are devising rules to stop it. Experts discuss pro's and con's.	h US prescription drug prices. But ore, it appears Canadians are opposed
Host & Producer: Reed Pence. Guests: John Adams, Board Chairman, Best Medicines Coalition (Car Partnerships Manager, Families USA	nada); Justin Mendoza, State
Compliancy issues covered: health care; public health; international relations; economics; federal gov drug prices	ernment and regulation; consumerism;
Links for more information: https://bestmedicinescoalition.org/about/board-of-directors/ https://familiesusa.org/author/justin-mendoza	
14:49 SEGMENT 2: PRIMARY CARE AND MEDICAL COST	8:11
Synopsis: The US spends more on medical care than other nations while quality still lags behind. A he increased use of primary care and increased engagement with providers could reverse both trends.	alth industry expert explains how
Host: Nancy Benson. Producer: Morgan Kelly. Guest: Bret Jorgensen, Chairman and CEO, MDVIP	
Compliancy issues covered: health care; public health; economics	
Links for more information: https://www.mdvip.com/about-mdvip/leadership/bret-jorgensen-ceo	



Program 19-38 Executive Producer Air Week 09/22 - 09/28/2019 Studio Production	Reed Pence Jason Dickey
Time Segment	Dur.
2:02 SEGMENT 1: HEAT AND VIOLENCE	12:27
that the answer is yes, especially in family conflict, and that	ammer, but are higher temperatures a cause of aggression? New research shows at poor neighborhoods bear the brunt of the relationship. Researchers discuss the ate that a warmer world in the future could be a more violent one.
Host & Producer: Reed Pence, Guests: Dr. Matthew Kah Cities Initiative, Johns Hopkins University; Dr. Frank McA New Economic Thinking, University of Southern Californi	an, Bloomberg Distinguished Professor of Economics and Director, 21st Century Andrew, Professor of Psychology, Knox College; Dr. Kilian Heilmann, Institute for ia
Compliancy issues covered: public health; weather; clima	ate change; violence; police & law enforcement; public safety; urban affairs
Links for more information: https://www.katherineeban.com/about	
15:31 SEGMENT 2: NAIL BITING	7:38
	ome people bite their nails so badly and so often that they suffer damage to their e our nails, what can be done to stop it, and the damage that can occur when we
Host: Nancy Benson. Producer: Morgan Kelly. Guest: D Medicine; Dr. Fred Penzel, Executive Director, Western St	r. Dana Stern, Assistant Clinical Professor of Dermatology, Mt. Sinai School of uffolk Psychological Services, Huntington, NY
Compliancy issues covered: health care; destructive beha	vior; mental illness
Links for more information: http://www.drdanastern.com http://www.wsps.info/index.php?option=com_contact&vie	ew=contact&id=7&Itemid=75



Progra Air We		Studio Production	Recd Pence Jason Dickey	
Time	Segment			Dur.
2:03	SEGMENT 1: GENETI	C TESTING AND FAM	MILY SECRETS	12:38
paternit	ty and unknown siblings. It	has also taken the anonyn	bases has allowed long-hidden family secrets to be reve mity away from some cases of sperm donation. Two exp evelation of secrets can have on entire families.	
Bill Sul	Reed Pence. <b>Producer:</b> Poll llivan, Professor of Pharma and the Curious Forces Th	cology and Toxicology, Ir	Shapiro, author, <i>Inheritance: A Memoir of Genealogy, I</i> ndiana University School of Medicine and author, <i>Pleas</i>	Paternity, and Love; Dr. sed to Meet Me: Genes,
Compli	iancy issues covered: ethic	es; DNA and genetic testir	ng; parenting issues; family issues; interpersonal relatio	nships
https://c	for more information: danishapiro.com authorbillsullivan.com			
15:43	SEGMENT 2: MIRRO	R TOUCH SYNESTHES	SIA	7:08
prompt		tem. He literally feels it w	condition involving cross-wiring in the brain. The result when people experience pain. Salinas discusses how this	
	Karen Hand. Guests: Dr. Jo an Feel Your Pain	el Salinas, neurologist, M	Massachusetts General Hospital and author, Mirror Touc	h: Notes From a Doctor
Compli	iancy issues covered: heal	th care; consumerism; neu	urology	
	for more information: joelsalinasmd.com/book/			