

**Cumulus Media Quarterly Issues and Programs Reconciliation Report**

Station: WWVZ-FM



Quarter: 4th

Year: 2018

Program	Air Date	Air Time
WAYS TO COMBAT DEPRESSION AND SUICIDE	October 6, 2019	6:05:01 AM
VETERANS PORTRAIT PROJECT...APPRECIATING MILITARY SERVICE	October 13, 2019	6:01:44 AM
HEAD FOR THE CURE...RESEARCHING BRAIN AND SPINE TUMORS	October 20, 2019	6:01:44 AM
THE NEW LEADERSHIP OF THE GIRLS SCOUTS OF EASTERN SOUTH CAROLINA	October 27, 2019	6:01:38 AM
LOW COUNTRY AUTISM FOUNDATION WORKING TO HELP FAMILIES	November 3, 2019	6:01:19 AM
NOVEMBER EFFORTS UNDERWAY AT THE CHARLESTON V-A TO DIAGNOSE AND TREAT VETERANS FOR LUNG DISEASE	November 10, 2019	6:01:29 AM
HELP ONE80 PLACE FILL ITS PANTRY WITH TURKEY AND A 20 DAY	November 17, 2019	6:02:05 AM
LIBERTY HILL LITERACY PROGRAM	November 24, 2019	6:01:38 AM
THE RED CROSS IS ASKING FOR DONNERS TO STEP UP DURING THE HOLIDAYS	December 1, 2019	6:01:46 AM
Missed due to Automation System Change	December 8, 2019	6:02:46 AM
KEEPING HEALTH IN MIND DURING THE CRAZY HIGH CONSUMPTION HOLIDAYS	December 15, 2019	5:52:20 AM
LOW COUNTRY RESIDENTS ARE INVITED TO GET INVOLVED WITH CHARLESTON'S FISHER HOUSE	December 22, 2019	6:03:12 AM
RINGING IN 2019...RESPONSIBLY. DON'T DRINK AND DRIVE	December 29, 2019	6:32:06 AM

Report Filed on 1-7-2019 by:

Report Reviewed by

  
 Justin Tucker Chief Engineer / IT Manager  
  
 Sherry Dollar VP / Market Manager

*Not uploaded until*

*due to Government Shutdown*

Affidavit							
Cat	ID	Date	Aired	Sched	Length	Status	Description
COM	DA2000	18-10-06	06:05:01	06:01:20	29:10	on-air	SUICIDE PREVENTION C
COM	DA2000	18-10-13	06:01:44	06:01:20	29:14	on-air	PORTRAIT PROJECT C
COM	DA2000	18-10-20	06:01:44	06:01:20	29:13	on-air	HEAD FOR THE CURE C
COM	DA2000	18-10-27	06:01:38	06:01:20	29:14	on-air	GIRL SCOUTS OF ESC C
COM	DA2000	18-11-03	06:01:19	06:01:20	28:30	on-air	LC AUTISM FOUNDATION
COM	DA2000	18-11-10	06:01:29	06:01:20	28:56	on-air	VA LUNG EXAMS CAR
COM	DA2000	18-11-17	06:02:05	06:01:20	28:56	on-air	ONE80 PLACE CARD
COM	DA2000	18-11-24	06:01:38	06:01:20	29:15	on-air	LIBERTY HILL PROGRAM
COM	DA2000	18-12-01	06:01:46	06:01:20	28:51	on-air	AMERICAN RED CROSS
COM	DA2000	18-12-08	06:02:46	06:01:20	29:03	on-air	HOLIDAY SPENDING C

**Affidavit Options:**

Start Date: January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

End Date: December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

- COM-DA2000
- NCU-DA2000
- AM4-Descrip
- PR4-Descrip
- PR2-Descrip
- CSU-Descrip
- PR3-Descrip
- PR1-Descrip
- PR5-Descrip
- TMA-Descrip

Start ID: DA2000    Stop ID: DA2000

List  
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Report\_PUBLICAFFAIRS\_181215.txt - WWVZ-FM - Z-93 Jamz R&B and Hip-Hop Flava! For: Saturday, December 15, 2018

Status|Time|Scheduled|Duration|Name|Description|Type|Folder  
X|05:52:20|00:29:11|NWS9501|"CAROLINA PERSPECTIVE - HOLIDAY HEARTS"|AUDIO|News

Report\_PUBLICAFFAIRS\_181222.txt - WWVZ-FM - Z-93 Jamz R&B and Hip-Hop Flava! For: Saturday, December 22, 2018

Status|Time|Scheduled|Duration|Name|Description|Type|Folder  
X|05:54:42||2000|"FCC Public Affairs Show - DO NOT DELETE!!"|CARTS|Carts  
X|05:54:42|00:04:11|NWS9501|AUDIO|News  
X|06:03:12||2000|"FCC Public Affairs Show - DO NOT DELETE!!"|CARTS|Carts  
X|06:03:12|00:29:11|NWS9501|AUDIO|News

Report\_PUBLICAFFAIRS\_181229.txt - WWVZ-FM - Z-93 Jamz R&B and Hip-Hop Flava! For: Saturday, December 29, 2018

Status|Time|Scheduled|Duration|Name|Description|Type|Folder  
X|06:32:06|00:28:44|NWS9503|"CAROLINA PERSPECTIVE - DUI HOLIDAYS"|AUDIO|News

## WAYS TO COMBAT DEPRESSION AND SUICIDE

AIR DATE: OCTOBER 7, 2018

GUEST: REGINA CREECH...INJURY PREVENTION COORDINATOR FOR MUSC'S LEVEL-1 TRAUMA CENTER.

DISCUSSION CENTERED ON THE INCREASED INCIDENT OF DEPRESSION AND SUICIDE IN SOCIETY. THERE HAVE BEEN COUNTLESS STUDIES ON DEPRESSION...AND SUICIDE. DEPRESSION CAN BE EXPLAINED AS A MENTAL HEALTH CONDITION. FOR SOME THE CONDITION IS BAD ENOUGH TO 'END IT ALL'. OTHERS MANAGE DEPRESSION THROUGH RX DRUGS.

THE MAIN QUESTION IS WHY SOME RESORT TO SUICIDE. CREECH SAYS THE FEELING OF OVERWHELMING SADNESS IS TOO MUCH FOR SOME TO TAKE. THOSE WHO TRY COMMITTING SUICIDE ONCE AND ARE UNSUCCESSFUL ARE LIKELY TO TRY IT AGAIN AND AGAIN.

CREECH SAYS EVERYONE CAN GET THE BLUES. BUT ITS CLINICAL DEPRESSION THAT BRINGS THE INDIVIDUAL INTO A DANGER ZONE OF SORTS. SHE SAYS WHAT NEEDS TO HAPPEN IS FOR THE DEPRESSED PERSON TO REACH OUT AND ASK FOR HELP...OR FOR THOSE WHO KNOW THE PERSON TO TALK TO THEM AND PROBE THEM AS TO WHETHER ANYTHING IS WRONG.

THE 'WALK OUT OF DARKNESS' HAPPENS OCT 14<sup>TH</sup> IN HAMPTON PARK. ITS NOT A COMPETITIVE EVENT...BUT AN EVENT TO BRING PEOPLE TOGETHER AND SHOW SUPPORT AND OFFER TIME TO TALK.

VETERANS PORTRAIT PROJECT...APPRECIATING MILITARY SERVICE

AIR DATE: OCTOBER 14, 2018

GUEST: STACY PEARSALL...AIR FORCE VETERAN AND MILITARY PHOTOGRAPHER AND CREATOR OF THE VETERANS PORTRAIT PROJECT

DISCUSSION CENTERED ON PEARSALL'S HISTORY AND HER WORK HONORING VETERANS WITH PICTURES AND THEIR STORIES. SHE ENLISTED IN THE AIR FORCE AT THE AGE OF 17. SHE WAS TRAINED IN COMBAT...AND ALSO HAD THE ASSIGNMENT OF PHOTOGRAPHING THE BATTLES SHE WAS IN.

AFTER ABOUT 10 YEARS...SHE GOT OUT OF THE MILITARY....SUFFERING PTSD...PHYSICAL INJURIES (that earned her a bronze star) AND OTHER AFTER EFFECTS OF WAR. SEEKING HELP AT THE V-A SHE MET A 90 YEAR OLD VETERAN. THE TWO STARTED TALKING AND SHE REALIZED HER STORY WAS NOT THE ONLY ONE.

SHE STARTED OFFERING TO PHOTOGRAPH THESE VETS AND TELL THEIR STORY OF WHAT THEY EXPERIENCED. SHE GOES ALL OVER THE COUNTRY DOING THIS. SOCIAL MEDIA ENABLES HUNDREDS TO COME OUT...WANTING THEIR STORIES TOLD.

STACY TRAVELS WITH HER SERVICE DOG 'CHARLIE'. SHE IS ALSO A CONSULTANT AT THE CITADEL...AN AUTHOR....AND HAS A YOUTUBE SERIES.

HEAD FOR THE CURE....RESEARCHING BRAIN AND SPINE TUMORS

AIR DATE: OCTOBER 21, 2018

GUEST: DR DAVID CACHIA...MUSC NEUROSURGEON AND PART OF THE MUSC BRAIN AND SPINE TUMOR PROGRAM

DISCUSSION CENTERED ON THE RESEARCH UNDERWAY IN CHARLESTON TO BATTLE BRAIN TUMORS AND CANCERS. THERE ARE AT LEAST 120 BRAIN AND SPINE CANCERS. THE MOST COMMON IS THE TYPE THAT KILLED ARIZONA SENATOR JOHN MCCAINE AND THE SON OF FORMER VICE PRESIDENT JOE BIDEN. SUCH HIGH PROFILE DEATHS **DO** HELP DRAW ATTENTION TO THE NEED FOR A CURE FOR SUCH CANCERS.

BATTLING SUCH CANCERS IS A DIFFICULT AND DELICATE PROCESS...BECAUSE GREAT CARE MUST BE TAKEN WHEN CUTTING INTO THE BRAIN AND SPINAL CORD. THOSE AREAS ENABLE US TO MOVE AND THINK AND PROCESS INFORMATION AROUND US. THEREFORE....'CURES' WILL NOT COME EASILY. NOT ONLY IS TREATMENT EXPENSIVE AND 'IFFY'....BUT RESEARCH IS VERY EXPENSIVE.

IN FEBRUARY 2019....THE 'HEAD FOR THE CURE' 5K WALK AND RUN HAPPENS AT PALMETTO ISLANDS COUNTY PARK IN MT PLEASANT. THE AIM IS TO RAISE MONEY TO FUND NEEDED RESEARCH IN THE AREA OF BRAIN AND SPINAL CANCERS.

SURPRISINGLY ....MORE CHILDREN ARE BEING DIAGNOSED WITH BRAIN AND SPINAL CORD CANCERS AND TUMORS. LEUKEMIA USED TO BE NUMBER ONE CHILDHOOD CANCER. ITS NOT KNOWN WHY CANCERS DEVELOPMENT IN THE BRAIN...BUT IT IS HOPED THAT INCREASED RESEARCH MIGHT BE ABLE TO COME UP WITH AN ANSWER IN THE COMING YEARS.

THE NEW LEADERSHIP OF THE GIRL SCOUTS OF EASTERN SOUTH CAROLINA

AIR DATE: OCTOBER 28, 2018

GUEST: DIANE FLANAGAN...THE NEW AND RECENTLY INSTALLED CEO OF THE GIRL SCOUTS OF EASTERN SOUTH CAROLINA

DISCUSSION CENTERED ON FLANAGAN AND HER VISION FOR THE LOCAL REGIONAL GIRL SCOUTS ORGANIZATION. SHE IS A FORMER DIRECTOR AND MARKETING DIRECTOR FOR DELPHI AUTOMOTIVE SYSTEMS...AND WAS PART OF THE CONSTRUCTION AND IMPLEMENTATION OF THE MEXICO TECH CENTER IN MEXICO. SHE HAS ALSO BEEN INVOLVED WITH GIRL SCOUTS ORGANIZATIONS IN NEW MEXICO AND TEXAS.

SHE DISCUSSED THREE MAJOR KEYS OF THE NEW GIRL SCOUTS. THE ARE DISCOVER....CONNECT....AND TAKE ACTION. THAT'S THE MESSAGE THE SCOUTS ARE USING TO HELP MOLD TODAY'S GIRLS INTO THE LEADERS OF TOMORROW.

FLANAGAN SAYS HER EFFORTS WILL INCLUDE NOT ONLY INCREASING THE NUMBER OF GIRL SCOUTS...BUT ALSO INCREASING THE NUMBER OF GIRL SCOUT VOLUNTEERS. IT'S THE VOLUNTEERS THAT HELP FACILITATE THE ACTIVITIES FOR THE GIRLS.

EXTRA EFFORTS WILL BE PUT TOWARD STEERING GIRLS AND YOUNG WOMEN TO THE JOBS OF TOMORROW. THOSE JOBS ARE IN THE SO-CALLED STEM INDUSTRIES. FLANAGAN SAYS STEM COURSES NOT ONLY TEACH DISCIPLINE...BUT ALSO LOGIC.

LOW COUNTRY AUTISM FOUNDATION WORKING TO HELP FAMILIES

AIR DATE: NOVEMBER 4, 2018

GUEST: SUSAN CALLAHAN WITH THE LOW COUNTRY AUTISM FOUNDATION AND ASSOCIATED WITH MUSC AUTISM TREATMENT

DISCUSSION CENTERED ON THE GROWING RATE OF KIDS BORN ON THE AUTISM SPECTRUM. A FEW YEARS AGO...1 IN 66 KIDS BORN WERE DIAGNOSED WITH AUTISM OF VARYING DEGREES. THE LATEST NUMBERS ARE 1 IN 58 BIRTHS OF KIDS WHO WILL BE FOUND TO HAVE ASPECTS OF AUTISM.

THE LOCL AUTISM FOUNDATION'S MISSION IS TO ENHANCE THE LIVES OF KIDS WITH AUTISM AND THEIR FAMILIES THRU TREATMENTS. SOMETIMES DRUGS ARE PRESCRIBED TO EASE ANXIETY. BUT MOST OF THE TREATMENTS ARE BEHAVIORAL MODIFICATION TRAINING. THAT IS...LEARNING HOW TO REACT AND RELATE IN THE REAL WORLD.

SUCH TREATMENTS ARE VERY EXPENSIVE AND CAN LAST FOR YEARS. ON NOVEMBER 11<sup>TH</sup>...LOW COUNTRY AUTISM FOUNDATION HOPES TO HAVE ANOTHER VERY SUCCESSFUL 'OYSTERS FOR AUTISM' FUNDRAISER AT BOWEN ISLAND FAMILY RESTAURANT. THOUSANDS HAVE BEEN RAISED DURING THIS EVENT TO FUND PROGRAMS THAT HELP KIDES FIT IN....AS THEY GROW UP.



NOVEMBER EFFORTS UNDERWAY AT THE CHARLESTON V-A TO  
DIAGNOSE AND TREAT VETERANS FOR LUNG DISEASE

AIR DATE: NOVEMBER 11, 2018

GUEST: DR NICOLE TANNER....PULMENARY DOCTOR AND LEADER  
OF THE V-A'S LUNG CANCER SCREENING PROGRAM

DISCUSSION CENTERED ON THE NEW EFFORT TO SCREEN VETERANS  
FOR LUNG DISEASES. DR TANNER ACKNOWLEDGES THAT MAN OF  
THOSE IN THE MILITARY...ESPECIALLY THE 'OLD TIMERS' HAVE  
SMOKED FOR DECADES. BY THE AGE OF 70 MANY HAVE DEVELOPED  
LUNG CANCERS AND OTHER AILMENTS CONNECTED TO SMOKING.

THE V-A IS LAUNCHING THIS NEW LUNG PROGRAM TO CO-INCIDE  
WITH VETERANS DAY.

A NEW CONCERN AMONG DOCTORS AT THE V-A IS THE POPULARITY  
OF VAPING AND THE USE OF ELECTRONIC CIGARETTES. THEY ARE  
SAID TO BE POSITIVE IF ONE IS TRYING TO KICK THE HABIT. BUT  
EXCHANGING TOBACCO FOR VAPING IS NOT SEEN AS POSITIVE.

AS FOR CURING LUNG CANCER....DR TANNER SAYS THE ONLY CURE  
RIGHT NOW IS EARLY DETECTION. NEW SURGERIES ALSO HELP  
HASTEN RECOVERING TIMES.

THE EFFORT WILL BE CONCENTRATED THRU OUT THE MONTH OF  
NOVEMBER.

HELP ONE80 PLACE FILL ITS PANTRY WITH TURKEY AND A 20 DAY

AIR DATE: NOVEMBER <sup>18</sup>~~18~~ 2018

*DS*

GUEST: KATIE SMITH...MAJOR GIFTS OFFICER AT ONE80 PLACE  
DOWNTOWN CHARLESTON

DISCUSSION CENTERED ON THE ANNUAL TURKEY AND A 20 EVENT. IT HAPPENS ALL DAY ON THE TUESDAY BEFORE THANKSGIVING. ONE80 PLACE WILL TAKE YOUR DONATED FROZEN TURKEY AND A CASH DONATION AT ITS WALNUT STREET LOCATION.

LAST YEAR...MORE THAN 40-THOUSAND DOLLARS WAS RAISED...AND ALMOST 600 TURKEYS DONATED. SOME OF THE TURKEYS ARE ROASTED FOR THANKSGIVING DAY. THE REST ARE STORED IN THE SHELTER'S HUGE WALK IN FREEZER AND USED THRU OUT THE YEAR. MONETARY DONATIONS GO TO BUY SUPPLIES NEEDED FOR THE 160 BED SHELTER.

ONE80 PLACE IS NOT JUST A SAFE PLACE FOR THE HOMELESS TO SLEEP. IT HELPS LOCATE HOUSING FOR THE HOMELESS....HELPS ITS CLIENTS GAIN THE SKILLS FOR JOBS...HELPS CLIENTS GET BACK ON THEIR FEET FOLLOWING THE LOSS OF A HOME.

SMITH SAYS THE FACE OF CHARLESTON'S HOMELESS IS NOT WHAT YOU'D IMAGINE. PEOPLE WHO LOOK LIKE THEY HAVE A PLACE TO LIVE CAN FALL ON HARD TIMES AND LOSE THEIR HOME OR APARTMENT. SMITH SAYS THEY ARE NOT ALL 'DRUNKS'.

ONE80 PLACE ALSO WORKS TO HELP WOMEN WITH CHILDREN AND VETERANS. ONE80 PLACE IS ALSO WORKING WITH THE CITY TO FIND OR BUILD MORE AFFORDABLE HOUSING IN THE CITY.

LIBERTY HILL LITERACY PROGRAM

AIR DATE: NOVEMBER 18, 2018

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GUESTS: ROBERT FLUDD AND COAKLEY HILTON...FOUNDERS OF LIBERTY HILL LITERACY PROGRAM IN NORTH CHARLESTON

DISCUSSION CENTERED ON THE CREATION OF AN AFTER SCHOOL PROGRAM FOR KIDS IN THE LIBERTY HILL COMMUNITY OF NORTH CHARLESTON. THE EFFORT BEGAN 10 YEARS AGO WITH ABOUT 20 STUDENTS. IT WAS AN AFTER-SCHOOL PROGRAM THAT WORKED TO BRING ELEMENTARY SCHOOL AGED KIDS' READING SKILLS UP TO STANDARDS.

OVER THE YEARS...IT HAS ATTRACTED EVEN MORE STUDENTS...AND OLDER STUDENTS. THE AFTER-SCHOOL PROGRAM HAS ALSO BRANCHED OUT BEYOND TEACHING JUST READING SKILLS. THE SCHOOL ALSO HELPS STUDENTS LEARN SOCIAL SKILLS...MENTAL SKILLS...AND MATH SKILLS. ROBERT FLUDD LIKE TO BOAST THAT SOME OF THE FIRST STUDENTS WHO ATTENDED THE LIBERTY HILL LITERACY PROGRAM HAVE EARNED GRADES THAT ARE GOOD ENOUGH TO BE ADMITTED TO ACADEMIC MAGNET HIGH SCHOOL.

HE SAYS HE AND HILTON FELT THERE NEEDED TO BE A WAY TO BRING UP THE READING SKILLS OF STUDENTS IN LIBERTY HILL. SO THEY DECIDED TO START THE PROGRAM. BOTH SAYS ITS VERY IMPORTANT TO GIVE BACK TO THE GENERATION COMING UP. READING IN A SKILL THAT'S NEEDED FOR ANY KIND OF SUCCESS.

THE LIBERTY HILL LITERACY PROGRAM HAS RECENTLY BEEN AWARDED THE JEFFERSON AWARD. IT HONORS COMMUNITY SERVICE AND WAS STARTED BY JACQUELINE KENNEDY ONASIS IN 1972

THE RED CROSS IS ASKING FOR DONORS TO STEP UP DURING THE HOLIDAYS

AIR DATE: DECEMBER 2, 2018

GUEST: CUTHBERT LANGLEY...COMMUNICATIONS DIRECTOR FOR THE LOW COUNTRY AMERICAN RED CROSS

DISCUSSION CENTERED PRIMARILY ON THE SEASONAL DOWNTURN IN BLOOD DONATIONS DURING THE HOLIDAY SEASON. THE NEED FOR BLOOD NEVER ENDS AS SURGERIES ARE STILL SCHEDULED DURING THE HOLIDAYS...PEOPLE ARE RECOVERING FROM CANCER TREATMENT EVERY DAY OF THE YEAR....SICKLE CELL ANEMIA PATIENTS CONTINUE TO NEED BLOOD EVERY DAY...ALL YEAR LONG.

BUT THIS IS THE TIME OF YEAR DONATIONS DROP. LANGLEY SAYS PEOPLE GET BUSIER THIS TIME OF YEAR...PEOPLE TAKE VACATIONS THRU OUT DECEMBER. STILL...THE RED CROSS IS OUT IN THE COMMUNITY TRYING TO ENTICE RESIDENTS TO SPEND 45 MINUTES TO DONATE A PINT OF BLOOD.

PLATELETS TAKE ALITTLE LONGER TO DONATE...BUT THEY ARE NEEDED BY SOME NEWBORNS....CANCER AND BURN VICTIMS.

BLOOD DONATIONS ARE ESSENTIAL IN THE COMMUNITY. HARD TO BELIEVE THAT 38% OF THE POPULATION IS ELIGIBLE TO DONATE. BUT ONLY 5% OF THOSE ACTUALLY DO. PLEASE DONATE BLOOD TODAY.

HOW TO SPEND WISELY DURING THE HOLIDAYS AND STAY OUT OF FINANCIAL TROUBLE

AIR DATE: DECEMBER 9, 2018

GUEST: DOROTHEA BERNIQUE...FOUNDER OF A NON PROFIT KNOWN AS 'INCREASING HOPE'...OFFERING CLASSES FOR THOSE WHO WANT TO LEARN HOW TO RESPONSIBLY HANDLE THEIR MONEY AND PLAN FOR THE FUTURE

DISCUSSION CENTERED ON HOW TO USE YOUR MONEY TO YOUR HIGHEST ADVANTAGE. MANY OF US GO OUT INTO THE WORLD...EARN A PAYCHECK...AND YET HAVE NO IDEA HOW TO SPEND AND SAVE MONEY RESPONSIBLY.

BERNIQUE'S EXPERIENCE SAYS THAT WHEN YOU KNOW HOW TO REALLY HANDLE MONEY...IT STARTS A PERSON ON THE ROAD TO TRUE FREEDOM. DEBT CAN BE AVOIDED...SENIOR YEARS BECOME MORE SECURE THRU SAVINGS AND INVESTING...AND DREAMS CAN COME TRUE.

SHE ALSO NOTES THIS IS A DANGEROUS TIME OF YEAR FOR MANY. TOO MUCH MONEY IS SPENT...NOT ENOUGH PLANNING HAS HAPPENED...AND WE SPLURGE MORE THAN WE SHOULD. THE HOLIDAY HANGOVER HAPPENS WHEN THE BILLS COME DUE IN JANUARY.

DOROTHEA BERNIQUE STARTED 'INCREASING HOPE' 13 YEARS AGO TO HELP PEOPLE LEARN HOW TO SAVE AND SPEND RESPONSIBLY. SHE PLANS A WHOLE NEW PROGRAM IN JANUARY TO FURTHER ENABLE THAT CAUSE.

KEEPING HEALTH IN MIND DURING THE CRAZY HIGH CONSUMPTION  
HOLIDAYS

AIR DATE: DECEMBER 16, 2018

GUESTS: JENNIFER WAITES...SPOKESPERSON WITH THE AMERICAN HEART ASSOCIATION/LOW COUNTRY CHAPTER.....AND DR NICK AMOROSO....CARDIOLOGIST WITH MUSC

DISCUSSION CENTERED ON THE FUN OF THE HOLIDAYS....AND THE HEALTH HAZARDS THAT COME WITH THE SEASON'S EATINGS. DR AMOROSO SAYS IT IS NOT UNUSUAL FOR PEOPLE TO GAIN UP TO 10 POUNDS BETWEEN THANKSGIVING AND NEW YEAR'S DAY. BUT HE SAYS THAT CAN BE CORRECTED.....BY TAKING TIME TO THINK ABOUT WHAT YOU ARE CONSUMING DURING THE HOLIDAYS.

MODERATION IS THE KEY. ALCOHOL IS A HAVEN FOR HIDDEN CALORIES. YOU MAY NOT BE EATING A LOT....BUT IF YOU ARE DRINKING...THOSE ARE EMPTY CALORIES. THAT MEANS THEY LACK NUTRITION.

JENNIFER SAYS THAT CHOOSING FLAVOR OVER HEAVILY SALTED FOODS CAN ALSO PREVENT TOO MUCH WEIGHT GAIN DURING THE HOLIDAYS.

SOUTH CAROLINA IS A STROKE AND HEART ATTACK STATE. 1 IN 3 SOUTH CAROLINIANS HAVE SOME DEGREE OF HEART DISEASE. DR AMOROSO ADVISES THAT IF HEART DISEASE IS IN YOUR FAMILY...BE VIGILANT ABOUT KEEPING TABS ON HIGH BLOOD PRESSURE.

KEEPING TRACK OF WHAT YOU EAT AND MAKING SENSIBLE DIET CHOICES WILL HELP YOU FEEL BETTER DURING THE HOLIDAYS...AND KEEP YOU FROM BEING FORCED TO BUY A GYM MEMBERSHIP IN 2019

LOW COUNTRY RESIDENTS ARE INVITED TO GET INVOLVED WITH  
CHARLESTON'S FISHER HOUSE

AIR DATE: DECEMBER 23, 2018

GUESTS: VICKI JOHNSON...FISHER HOUSE MANAGER.....AND KENT HUTCHINSON...DIRECTOR OF THE FRIENDS OF FISHER HOUSE CHARLESTON

DISCUSSION CENTERED ON THE CHARLESTON FISHER HOUSE...LOCATED DOWNTOWN CHARLESTON AT 150 WENTWORTH STREET. FISHER HOUSE IS NOW EVEN A YEAR OLD...AND IT HAS ALREADY SERVED MORE THEN 700 FAMILIES.

THE FISHER HOUSE WORKS LIKE A RONALD MACDONALD HOUSE. IF A MILITARY SERVICE MEMBER IS UNDERGOING TREATMENT AT THE V-A MEDICAL CENTER...HIS OR HER FAMILY CAN STAY AT THE FISHER HOUSE FREE OF CHARGE WITH MEALS PROVIDED.

MEDICALLY SPEAKING...VETERANS AND ACTIVE DUTY MILITARY HAVE BEEN IN THE V-A FOR TREATMENT FOR A VARIETY OF ILLS AND DISEASES. DOCTORS SAY THE MILITARY PATIENTS OFTEN DO MUCH BETTER WHEN THEIR FAMILY IS CLOSE BY. FISHER HOUSE ENABLES THE FAMILIES TO BE THERE FOR THEIR LOVED ONE.

FRIENDS OF FISHER HOUSE IS THE FUNDRAISING ARM. IT HOLDS GOLF TOURNAMENTS AND OTHER FUNDRAISERS NEEDED TO KEEP THE FISHER HOUSE OPEN. MONEY RAISED KEEPS THE FRIDGE STOCKED AND THE BILLS PAID.

THE FISHER HOUSE DEPENDS ON THE GENEROSITY OF THE PUBLIC TO ALSO DONATE EVERYONE NEEDED TO RUN A HOUSE. VICKI AND KENT REPORT THE PUBLIC HAS BEEN VERY GENEROUS.

RINGING IN 2019...RESPONSIBLY. DON'T DRINK AND DRIVE

AIR DATE: DECEMBER 30, 2018

GUEST: LANCE CORPORAL MATT SOUTHERN WITH THE SOUTH CAROLINA HIGHWAY PATROL

DISCUSSION CENTERED ON THE IMPORTANCE OF TAKING DRIVING SERIOUSLY DURING HOLIDAYS...SUCH AS THE UPCOMING NEW YEAR'S EVE CELEBRATIONS.

THE SOUTH CAROLINA HWY PATROL IS INTO ITS SOBER OR SLAMMER CAMPAIGN. IT HAS TWO PRONGS. FIRST...IT EDUCATES ON THE IMPORTANCE OF STAYING SOBER BEHIND THE WHEEL. THE SECOND PART OF THE SOBER OR SLAMMER CAMPAIGN IS ENFORCEMENT. SOUTH CAROLINA HAS FAR TOO MANY HWY ACCIDENTS FOR A STATE IT'S SIZE. OF THE 900 ACCIDENTS SO FAR IN THE STATE....TOO MANY INVOLVE IMPAIRED DRIVERS.

AND SOUTHERN SAYS IT IS TRUE....THAT BUZZED DRIVING IS DRUNK DRIVING. WITH SO MANY AMERICANS ON RX MEDICINES IT HAS BECOME A PROBLEM ON THE ROADS. MANY OF THE MEDICATIONS ADVISE NO OPERATION OF HEAVY MACHINERY...LIKE CARS. THROW ALITTLE ALCOHOL INTO THE MIX...AND YOU HAVE AN IMPAIRED DRIVER.

A DUI IS EXPENSIVE....AVERAGING 10-THOUSAND DOLLARS BEFORE ITS OVER. AND A DUI IS NEVER ERASED FROM YOUR RECORD...SINCE AN ARREST MEANS JAILTIME. INSURANCE ALSO GETS MORE EXPENSIVE.

SOUTHERN ADVISED NEW YEAR'S REVELERS PLAN TO HAVE A DESIGNATED DRIVER...BEFORE HEADING TO A PARTY.