

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

Station: WWVZ-FM

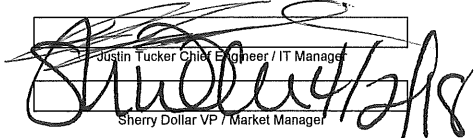
Quarter: 1<sup>st</sup>

Year: 2018

Program	Air Date	Air Time
THE ASSOCIATION FOR THE BLIND AND VISUALLY IMPAIRED...HELPING AND INSPIRING	January 6, 2018	6:02:07 AM
NEW YEAR'S RESOLUTIONS FOR A HEALTHY 2018	January 13, 2018	6:02:56 AM
RUNNING TO SAVE THE MORRIS ISLAND LIGHT HOUSE	January 20, 2018	6:01:21 AM
HEAD FOR THE CURE...RAISING MONEY FOR BRAIN CANCER RESEARCH	January 27, 2018	6:03:51 AM
GO RED FOR WOMEN AS THE AMERICAN HEART ASSOCIATION WORKS TO EDUCATE WOMEN ON THE DANGERS OF HEART DISEASE	February 3, 2018	6:02:18 AM
SCRIPTURALLY STRUCTURED...A GUIDE TO BUSINESS SUCCESS ACCORDING TO THE BIBLE	February 10, 2018	6:02:51 AM
DANCING WITH THE ARK STARS COMING MARCH 10TH	February 17, 2018	6:01:05 AM
THE LOWCOUNTRY COMMUNITY CHAPLAINCY	February 24, 2018	6:02:16 AM
PLAN FOR AN UPLIFTING GOSPEL EASTER	March 3, 2018	6:00:54 AM
START WORKING OUT FOR THE 1ST ANNUAL PLANE PULL	March 10, 2018	6:01:18 AM
THE AMERICAN HEART ASSOCIATION HEART BALL	March 17, 2018	6:01:34 AM
DRIVING TO END DOMESTIC VIOLENCE AND HELP MY SISTER'S HOUSE	March 24, 2018	6:01:25 AM
WOMEN OF FRUIT...HELPING DREAMS COME TRUE THRU HARD WORK AND EDUCATION	March 31, 2018	6:01:26 AM

Report Filed on 4-2-18 by:

Report Reviewed by

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

Affidavit

Cat	ID	Date	Aired	Sched	Length	Status	Description
COM	DA2000	18-01-06	06:02:07	06:01:20	29:06	on-air	ASSOC FOR BLIND NOIR
COM	DA2000	18-01-13	06:02:56	06:01:20	29:03	on-air	MUSC HEALTHY 2018 (
COM	DA2000	18-01-20	06:01:21	06:01:20	28:52	on-air	SAVE THE LIGHT CAF
COM	DA2000	18-01-27	06:03:51	06:01:20	28:57	on-air	BRAIN CANCERS CA
COM	DA2000	18-02-03	06:02:18	06:01:20	29:11	on-air	GO RED FOR WOMEN
COM	DA2000	18-02-10	06:02:51	06:01:20	28:51	on-air	BIZ SUCCESS THRU GOD
COM	DA2000	18-02-17	05:45:44	06:01:20	29:12	on-air	DANCING WITH THE ARK §
COM	DA2000	18-02-17	06:01:05	>cpy<<<<	29:12	on-air	DANCING WITH THE ARK §
COM	DA2000	18-02-24	06:02:16	06:01:20	29:03	on-air	COMM CHAPLAINCY (
COM	DA2000	18-03-03	06:00:54	06:01:20	29:11	on-air	GOSPEL FEST CAR
COM	DA2000	18-03-10	06:01:18	06:01:20	27:31	on-air	1ST ANNUAL PLANE PULL
COM	DA2000	18-03-17	06:01:34	06:01:20	28:27	on-air	HEART BALL CARC
COM	DA2000	18-03-24	06:01:25	06:01:20	29:03	on-air	MY SISTERS HOUSE (
COM	DA2000	18-03-31	06:01:26	06:01:20	29:11	on-air	WOMEN OF FRUIT (

Affidavit Options:

Start Date:

April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	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
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4	5	6	7	8	9	10

End Date:

March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	1	2	3
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- AM4-Descrip
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- PR3-Descrip
- PR1-Descrip Print
- PR5-Descrip

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THE ASSOCIATION FOR THE BLIND AND VISUALLY  
IMPAIRED...HELPING AND INSPIRING

AIR DATE: JANUARY 7, 2018

GUEST: BROOKS HARKEN...DIRECTOR OF PROGRAMS FOR THE  
ASSOC FOR THE BLIND AND VISUALLY IMPAIRED IN CHARLESTON

(this program originally aired on 12/3/17. It was aired this week due to a canceled guest because of the low country snow storm)

DISCUSSION CENTERED ON THE PROGRAMS OFFERED BY THE ASSOCIATION AND ITS GROWING CLIENT BASE. WITH THE BABY BOOMER GENERATION AGING...VISION BECOMES MORE OF A CONCERN. THE ASSOCIATION OFFERS CUTTING EDGE PROGRAMS THAT HELP INDIVIDUALS USE THEIR VISION FOR AS LONG AS THEY CAN.

THE ASSOCIATION OFFERS THREE MAJOR PROGRAMS. FIRST...THE FOCUS ON ADULTS. IT ALSO OFFERS A FOCUS ON CHILDREN...OFFERING FREE EYE EXAMS TO KIDS ALONG WITH FREE GLASSES AND OTHER HELP TO KIDS WHO NEED IT.

THE ASSOC ALSO OFFERS A PROGRAM CALLED OWN YOUR OWN LIFE. IT INCLUDES 'MIRACLE' PROGRAMS...TEACHING THE VISUALLY IMPAIRED HOW TO USE A COMPUTER WITH LOW OR NO VISION...EVEN CLASSES ON HOW TO COOK!

JAN 25<sup>TH</sup> IS THE ASSOCIATIONS BIG FUNDRAISER CALLED 'NOIR'. THE NIGHT INCLUDES A BIG TICKET SILENT AUCTION ALONG WITH A DINNER ENJOYED BLINDFOLDED. THE EXPERIENCE GIVES SIGHTED PEOPLE AN IDEA OF WHAT IT'S LIKE TO EAT WITH LITTLE OR NO VISION.

## NEW YEAR'S RESOLUTIONS FOR A HEALTHY 2018

AIR DATE: JANUARY 14, 2018

GUEST: DEBRA PETITPAIN...A REGISTERED DIETICIAN FOR SODEXO WELLNESS AT MUSC

DISCUSSION CENTERED ON SMALL CHANGES THAT COULD RESULT IN BIG HEALTH REWARDS IN 2018. THE GUEST KNOWS CHANGE IS HARD...BUT THE IDEA IS TO INCORPORATE SMALL CHANGES INTO YOUR LIFE...THUS A LIFESTYLE CHANGE HAPPENS.

PETITPAIN ADMITS THAT MANY NEW YEARS RESOLUTIONS MAY HAVE FALLEN BY THE WAYSIDE WHEN THE SNOW STORM HIT THE LOW COUNTRY LAST WEEK. DIET RESOLUTIONS FELL...AND MAYBE EVEN EXERCISE RESOLUTIONS FELL...BECAUSE IT WAS COLD AND SNOWY.

THE SNOW IS MELTING NOW...AND PETITPAIN SAYS NOW IS THE TIME TO GET BACK TO THOSE NEW YEAR'S PROMISES.

SHE INSISTS THAT EATING RIGHT IS NOT HARD...IF ONE PLANS AHEAD. EXERCISE RESOLUTIONS ARE NOT DIFFICULT IF AN EFFORT IS MADE TO FIND THE TIME. IT ONLY TAKES ABOUT 20 MINUTES A DAY. SHE SAYS THERE IS NO REASON TO EXERCISE LIKE AN ATHLETE...UNLESS YOU WANT TO ☺

SHE ALSO SAYS NOW IS THE TIME TO REVERSE BAD HABITS LIKE SMOKING. THERE IS PLENTY OF HELP AVAILABLE AT THE DRUG STORE...THRU D-HEC...AND EVEN FROM THE AMERICAN CANCER SOCIETY.

SMALL CHANGES ARE LIKELY TO MEAN A BETTER YEAR FOR MANY. ONE JUST MUST MAKE THE EFFORT.

RUNNING TO SAVE THE MORRIS ISLAND LIGHT HOUSE

AIRDATE: JANUARY 21, 2018

GUEST: DR RICHARD BECK...FORMER MAYOR OF FOLLY BEACH AND BOARDMEMBER OF THE SAVE-THE-LIGHT FOUNDATION

DISCUSSION CENTERED ON THE RACE AGAINST TIME TO SAVE THE MORRIS ISLAND LIGHTHOUSE. THE LIGHTHOUSE HAS BEEN STANDING SINCE 1876...AND HAS REMAINED STANDING THRU THE EROSION OF MORRIS ISLAND. IN 1999 EFFORTS BEGAN TO FORM THE SAVE-THE-LIGHT FOUNDATION. THE EFFORT CONTINUES ON ITS MISSION TO PRESERVE THE OLD LIGHT HOUSE.

SO FAR...MONEY HAS BEEN SPEND FOR STABILIZE THE LIGHTHOUSE. BUT THERE IS STILL ABOUT 5 MILLION DOLLARS WORTH OF WORK LEFT TO BE DONE. AMONG THE JOBS NEEDED TO BE COMPLETED....FIXING THE CRACKS THRU THE BRICK STRUCTURE...PRESERVING THE IRON STAIRCASE INSIDE THE LIGHTHOUSE...WITH IS DECAYING DUE TO THE SALTY ENVIRONMENT. BIRDS HAVE BEEN NESTING INSIDE THE LIGHTHOUSE...DUE TO BROKEN WINDOWS. THE LIST IS SEEMINGLY ENDLESS...AND COSTLY.

BUT THE SAVE-THE-LIGHT FOUNDATION HAS BEEN RAISING MONEY...ONE EVENT AT A TIME....TO FUND THE WORK.

FEBRUARY 3<sup>RD</sup> THERE WILL BE A HALF MARATHON AND 5K WALK AND RUN PLANNED AT JAMES ISLAND COUNTY PARK. THAT..AND OYSTER ROASTS AND OTHER EVENTS ARE TRYING TO KEEP THE EFFORTS ALIVE TO SAVE THE MORRIS ISLAND LIGHTHOUSE.

HEAD FOR THE CURE.....RAISING MONEY FOR BRAIN CANCER RESEARCH

AIR DATE: JANUARY 28, 2018

GUEST: DR DAVID CACHIA...A NEURO ONCOLOGIST AND BRAIN CANCER RESEARCHER AT MUSC

DISCUSSION CENTERED ON THE SECOND ANNUAL HEAD-FOR-THE-CURE FOUNDATION'S RUN AND WALK FEBRUARY 17<sup>TH</sup> AT PALMETTO ISLAND COUNTY PARK IN MT PLEASANT. THE EVENT IS A FUNDRAISER FOR BRAIN SPINE TUMOR RESEARCH.

BRAIN CANCER IS NOT AS COMMON AS BREAST OR PROSTATE CANCERS....BUT IT IS NOT RARE EITHER. BRAIN CANCER HAS GOTTEN MORE HEADLINES IN THE PAST COUPLE OF YEARS....AS FORMER VICE PRESIDENT JOE BIDEN'S SON DIED OF THE DISEASE...AND ARIZONA SENATOR JOHN MCCAIN HAS BEEN DIAGNOSED WITH A BRAIN TUMOR.

THE DOCTOR SAID RESEARCH TAKES YEARS AND MONEY. AND SINCE THE BRAIN IS SUCH AN IMPORTANT AND SENSITIVE ORGAN...ITS DIFFICULT TO PROBE WITHOUT CAUSING MORE DAMAGE. SUCH RESEARCH STILL CONTINUES AT MUSC.

BRAIN AND SPINAL CANCERS ARE NOT INHERITED....AND RESEARCHERS SAY THERE IS NO KNOWN CAUSE. FOR NOW....'IT JUST HAPPENS'.

AS FOR PREVENTION....BRAIN SUPPLEMENTS ARE LIKELY TO BE USELESS. THE DOCTOR SAYS A HEALTHY LIFESTYLE AND A DAILY MULTI-VITAMIN...MAY BE YOUR BEST WAY TO STAY GENERALLY WELL.

GO RED FOR WOMEN AS THE AMERICAN HEART ASSOCIATION  
WORKS TO EDUCATE WOMEN ON THE DANGERS OF HEART DISEASE

AIR DATE: FEBRUARY 4, 2018

GUESTS: TRICIA WILSON...THE CHAIR OF THIS YEAR'S GO RED FOR WOMEN LUNCHEON FEB 22<sup>ND</sup> DOWNTOWN CHARLESTON....AND KIM HEATH...A HEART ASSOCIATION AMBASSADOR WHO WORKS TO EDUCATE WOMEN ON HEART DISEASE RISKS.

DISCUSSION CENTERED ON FEBRUARY BEING DESIGNATED AS HEART MONTH IN AMERICA AND THE LOW COUNTRY. THE CHARLESTON AMERICAN RED CROSS WORKS TO GET THE WORD OUT EVERY FEBRUARY THAT EVERYONE NEEDS TO CONSIDER HEART HEALTH AND LIFESTYLE CHANGES TO ACHIEVE THAT END.

BUT A LOT OF THE EFFORT HAS BEEN GOING INTO EDUCATING WOMEN ON THEIR HEART HEALTH RISKS. 1 IN 3 WOMEN WILL SUFFER A CARDIAC EVENT IN HER LIFETIME. THE GOOD NEWS IS THAT 80% OF THESE PROBLEMS CAN BE CORRECTED AND EVEN AVOIDED THRU LIFESTYLE CHANGES.

THIS YEAR'S 'GO RED FOR WOMEN' HEART ASSOCIATION LUNCHEON HAPPENS FEBRUARY 22<sup>ND</sup> AT THE HYATT PLACE HOTEL BALLROOM. THE GUEST SPEAKER WILL BE DANA VOLLMER. VOLLMER IS A 7 TIME OLYMPIC MEDALIST WHO LEARNED SHE HAD A HEART PROBLEM AT THE AGE OF 14. IT DID NOT STOP HER FROM COMPETITION. SHE WAS DIAGNOSED WITH A CARDIAC ELECTRICAL DISORDER. HER HEART WAS MISSING BEATS. BUT MEDICAL ATTENTION AND LIFESTYLE CHANGES CHANGED HER LIFE.

THE HEART ASSOCIATION SAYS WOMEN CAN LEARN A LOT FROM HER. TICKETS TO THIS YEAR'S LUNCHEON AVAILABLE ON ITS WEBSITE.

SCRIPTURALLY STRUCTURED....A GUIDE TO BUSINESS SUCCESS  
ACCORDING TO THE BIBLE

AIR DATE: FEBRUARY 11, 2018

GUEST: JENNIFER SIMMONS....BUSINESS OWNER AND AUTHOR

DISCUSSION CENTERED ON SIMMONS' BOOK...SPIRITURALLY STRUCTURED. SIMMONS GREW UP GOING TO CHURCH. BUT WHEN MAKING PLANS TO START HER OWN BUSINESS...THE BIBLE DID NOT ENTER HER MIND. SHE DID NOT THINK THERE WAS A PLACE FOR BIBLICAL TEACHINGS IN BUSINESS. WHEN THINGS DID NOT GO AS SHE PLANNED....SHE LOOKED TO HER BIBLE FOR INSPIRATION...AND FOUND IT.

SHE BELIEVES THE BOOK OF PROVERBS GAVE HER THE WISDOM TO MAKE BETTER BUSINESS DECISIONS. APPARENTLY...IT WORKED. HER MEDICAL CODING BUSINESS NOW HAS 15 EMPLOYEES AND HOLDS THE PROMISE OF POSSIBLE EXPANSION.

SIMMONS DOES HAVE AN MBA DEGREE...AND WISHES SHE USED THE WISDOM SHE FINDS IN THE BIBLE SOONER WHEN IT COMES TO HER BUSINESS.

SHE ALSO ACKNOWLEDGES THAT JUST BECAUSE YOU ARE A 'BELIEVE'...DOES NOT GUARANTEE SUCCESS IN THE BUSINESS WORLD. BUT THAT THE WISDOM IN THE 'GOOD BOOK' WILL HELP YOU RE-GROUP AND TRY AGAIN. BUT SHE ALSO MAINTAINS THAT OPERATING ONE'S OWN BUSINESS IS HARD WORK...AND THAT A LOT OF PREPARATION IS ESSENTIAL TO BEGIN TO BE SUCCESSFUL.

HER BOOK...SCRIPTURALLY STRUCTURED...IS AVAILABLE THRU AMAZON AND OTHER WEBSITES. REVIEWS ARE GOOD.



DANCING WITH THE ARK STARS COMING MARCH 10<sup>TH</sup>

AIR DATE: FEBRUARY 18, 2018

GUESTS: MEGAN SEVERN AND NAOMI CILLS WITH THE ARK OF SOUTH CAROLINA....AN AGENCY THAT HELPS THOSE CARING FOR LOVED ONES SUFFERING ALZHEIMERS AND DEMENTIA

DISCUSSION CENTERED ON THE WORK THE ARK DOES. IT WORKS TO HELP THOSE WHO ARE CARING FOR LOVED ONES TAKING CARE OF THOSE WITH VARIOUS FORMS OF DEMENTIA AND ALZHEIMERS DISEASE.

THE BABY BOOMER POPULATION IS GROWING OLD FAST...AND IT MEANS MORE DEMAND FOR THE SERVICES THE ARK OFFERS. THOSE SERVICES INCLUDE SUPPORT GROUPS...TIPS FOR HELPING LOVED ONES 'AGE IN PLACE'...AND PROGRAMS THAT GIVE THOSE CAREGIVERS A BREAK.

THE ARK HAS BEEN OPERATING IN SUMMERVILLE FOR 22 YEARS...AND HOLDS VARIOUS FUNDRAISERS TO PROVIDE THE PROGRAMS IT OFFERS. THE NEXT BIG EVENT IS CALLED 'DANCING WITH THE ARK STARS'...AND FEATURES LOCAL CELEBRITIES DANCING IN COMPETITION...MUCH LIKE THE TV SHOW 'DANCING WITH THE STARS'. NO TELEPHONE VOTING THOUGH. YOU VOTE WITH DOLLARS....AND THOSE DOLLARS GO TO THE ARK.

THE ARK ALSO HOLDS PERIODIC DEMENTIA AND ALZHEIMERS SCREENINGS AND OTHER HEALTH SCREENINGS. RESOURCES ARE ALSO OFFERED FOR THOSE TAKING CARE OF LOVED ONES DURING THESE SCREENING EVENTS.

## THE LOW COUNTRY COMMUNITY CHAPLAINCY

AIR DATE: FEBRUARY 25, 2018

GUEST: REV ROB DEWEY...FOUNDER OF THE LOW COUNTRY COMMUNITY CHAPLAINCY

DISCUSSION CENTERED ON ROB DEWEY'S WORK OVER MORE THAN 30 YEARS TO HELP FIRST RESPONDERS AND NOW COMMUNITIES IN THE LOW COUNTRY.

HE STARTED THE COASTAL CRISIS CHAPLAINCY IN 1990 TO HELP FIRST RESPONDERS DEAL WITH THE STRESSES OF WHAT THEY SEE ON A DAILY BASIS. HE RETIRED...BUT NOT FOR LONG. HE IS CONTINUING HIS EFFORTS WITH THE CREATION OF ANOTHER NON-PROFIT. IT'S THE LOW COUNTRY COMMUNITY CHAPLAINCY. IT IS OFFERING ITS PASTORAL SERVICES TO BUSINESSES AND OTHER NON-PROFITS TO DEAL WITH STRESSES THEY FACE.

BUSINESSES THAT ARE ROBBED...OR WHERE THERE ARE SHOOTINGS CAN CALL ON HIS NEW SERVICE. REV DEWEY SAID HIS ORGANIZATION WAS CALLED ON TO TALK TO THE STAFF AT THE DOWNTOWN RESTAURANT VIRGINIA'S-ON-KING AFTER A DISGRUNTLED WORKER BURST IN DURING THE LUNCHTIME HOUR AND SHOT TO DEATH THE HEAD CHEF. STAFF AT THE RESTAURANT ASKED DEWEY TO COME IN AND COUNSEL THE STAFF AFTER THE HORRIFIC EVENTS.

DEWEY'S ORGANIZATION IS RELATIVELY NEW...BUT IT IS OFFERING ITS SERVICES AND GETTING CALLS. HE SAYS HIS MISSION IS TO COMFORT THE PUBLIC FOLLOWING THE UNEXPECTED....STRESSFUL AND TRAGIC.

PLAN FOR AN UPLIFTING GOSPEL EASTER

AIR DATE: MARCH 4, 2018

GUEST: CREOLA WASHINGTON....CEO OF PROJECT LOVE

DISCUSSION CENTERED ON THE UPCOMING 23<sup>RD</sup> ANNUAL PROJECT LOVE GOSPEL MUSIC AFTERNOON. IT HAPPENS EASTER SUNDAY AT NORTH CHARLESTON RIVERFRONT PARK.

WASHINGTON SAYS ITS PART OF WHAT SHE CALLS HER MISSION TO HELP THE COMMUNITY.

THE GOSPEL EVENT PLAYS HOST TO SINGERS AND GOSPEL MUSIC FROM THE LOW COUNTRY...AND FROM AROUND THE WORLD.

WASHINGTON SAYS THE GOSPEL SHOW EASTER SUNDAY IS NOT THE ONLY THING PROJECT LOVE DOES. SHE HAS ASSEMBLED A NETWORK OF INDIVIDUALS WHO WORK IN COMMUNITIES YEAR ROUND. IT MAY BE HOLDING REMEDIAL READING CLASSES TO HELP STUDENTS. IT MAY BE COUNSELING FAMILIES IN DISTRESS. SOMETIMES IT OFFERS MEALS TO THE NEEDY. IF THERE IS A NEED...PROJECT LOVE TRIES TO FIND A WAY TO HELP.

THIS YEAR...EASTER SUNDAY FALLS ON APRIL 1<sup>ST</sup> (no foolin') AND ONCE AGAIN....WASHINGTON EXPECTS A HUGE ATTENDANCE.

START WORKING OUT FOR THE 1<sup>ST</sup> ANNUAL PLANE PULL

AIR DATE: MARCH 11, 2018

GUESTS: ALIX TEW AND RACHEL MORRISON...BOTH FROM THE CHARLESTON RONALD MCDONALD HOUSE DOWNTOWN CHARLESTON

DICUSSION CENTERED ON A FIRST FOR THE LOW COUNTRY. THE RONALD MCDONALD HOUSE IS PUTTING ON THE 1<sup>ST</sup> ANNUAL PLANE PULL ABOARD THE CARRIER YORKTOWN ON APRIL 14<sup>TH</sup>.

THE FUNDRAISER HOPES TO RAISE THOUSANDS FOR THE RUNNING OF THE HOUSE NEAR CHILDRENS HOSPITAL. THE MONEY RAISED WILL NOT ONLY FUND THE CURRENT RONALD MCDONALD HOUSE...BUT TO START A FUND TO BUILD A BIGGER HOUSE.

THE RONALD MCDONALD HOUSE HAS BEEN OPERATING IN CHARLESTON FOR MORE THAN 30 YEARS. IT HAS HOSTED FAMILIES FROM ACROSS THE COUNTRY AND AROUND THE WORLD. FAMILIES WITH KIDS RECEIVING LIFE SAVING TREATMENTS AT CHILDRENS HOSPITAL CAN STAY AT THE HOUSE....FOR FREE. MEALS ARE PROVIDED FREE...PARTIALLY FUNDED BY LOCAL MCDONALDS RESTAURANTS. THE REST COMES THRU FUNDRAISERS LIKE THE PLANE PULL.

TEAMS OF 10 ARE ENCOURAGED TO SIGN UP...AND MOVE AN F-18 HORNET AT LEAST 50 FEET...BY PULLING IT.

THE AMERICAN HEART ASSOCIATION HEART BALL

AIR DATE: MARCH 18, 2018

GUEST: DR BRETT BARKER...CARDIOLOGIST AND CHAIRMAN OF THE CHARLESTON AMERICAN HEART ASSOCIATION HEART BALL

THE HEART ASSOCIATION HEART BALL HAPPENS MARCH 23<sup>RD</sup> AT THE GILLIARD CENTER. IT IS A MAJOR FUNDRAISER AND ANNUAL NIGHT OF EDUCATION AND CELEBRATION.

IT'S A CELEBRATION OF RESEARCH SUCCESSES WHEN IT COMES TO NEW TREATMENTS FOR HEART DISEASE. IT'S A CELEBRATION FOR THOSE SURVIVORS OF HEART DISEASE. AND IT'S A CALL FOR MORE RESEARCH DOLLARS SO MORE CAN BE LEARNED ABOUT THE HEART AND THAT BETTER TREATMENTS AND DRUGS CAN BE DEvised.

BARKER SAYS HE IS CONCERNED THAT THE JUVENILE OBESITY RATE WILL MEAN TOO MANY KIDS TODAY MAY END UP BEING SOME OF HIS PATIENTS IN THE NEXT 20 OR 30 YEARS.

THE DOCTOR SAYS TAKING CARE OF ONE'S HEART IS NOT 'ROCKET SCIENCE'. HE SAYS A BALANCED DIET....30 MINUTES OF MODERATE EXERCISE A DAY....AND QUITTING CIGARETTES....IS THE RX FOR A HEALTHIER HEART.

ALSO...CUTTING BACK ON CARBS IS ALSO HELPFUL. WEIGHT GAIN IS HARD ON THE HEART. TYPE-2 DIABETES...WHICH COMES THRU WEIGHT GAIN....IS ALSO HARD ON HEARTS.

'DRIVING TO END DOMESTIC VIOLENCE AND HELP MY SISTER'S HOUSE

AIR DATE: MARCH 25, 2018

GUEST: TONYA PILKENTON...SPOKESPERSON FOR 'MY SISTER'S HOUSE'....A SHELTER FOR BATTERED WOMEN AND THEIR KIDS

DISCUSSION CENTERED ON THE WORK THE SHELTER HAS BEEN DOING FOR MORE THAN 40 YEARS...SERVING THE TRI-COUNTY AREA. THE SHELTER IS ALWAYS BUSY...PROVIDING A PLACE FOR VICTIMS OF DOMESTIC VIOLENCE AND THEIR KIDS.

MY SISTER'S HOUSE DOES MORE THAN PROVIDE A BED AND A SAFE HAVEN. THE SHELTER WORKS TO CONNECT WOMEN WITH COUNSELING...SUPPORT....JOB TRAINING. THE KIDS ARE ALSO SUPPORTED THRU PROGRAMS THAT ARE HELPFUL TO THEIR LEARNING AND WELL BEING.

THE 'DRIVING TO END DOMESTIC VIOLENCE' HAPPENS APRIL 16 AT COOSAW CREEK COUNTRY CLUB. LAST YEAR'S TOURNAMENT WAS THE FIRST...AND IT WENT SO WELL AT RAISING MONEY FOR THE SHELTER'S NEEDS...THAT A SECOND ONE IS PLANNED.

81 CENTS OF EVERY DOLLAR RAISED GOES TO KEEPING THE LIGHTS ON AT MY SISTER'S HOUSE. AND THE FUNDS PROVIDE FOOD...BEDDING AND OTHER NEEDS OF A HOME.

WOMEN OF FRUIT.....HELPING DREAMS COME TRUE THRU HARD  
WORK AND EDUCATION

AIRDATE: APRIL 1, 2018

GUEST: VONNIE JUDGE....EDITOR AND CREATOR OF WOMEN OF  
FRUIT DIGITAL MAGAZINE

DISCUSSION CENTERED ON THE WOMEN OF FRUIT DIGITAL  
MAGAZINE AND A TWO DAY SEMINAR THAT HAPPENS AT THE  
NORTH CHARLESTON PERFORMING ARTS CENTER APRIL 13 AND 14.

JUDGE STARTED THE WOMEN OF FRUIT MAGAZINE TWO YEARS AGO.  
IT IS A MODERN LIFESTYLE MAGAZINE THAT HOPES TO GIVE WOMEN  
A POSITIVE OUTLOOK WHEN IT COMES TO EVERYTHING FROM  
PARENTING TO STARTING A BUSINESS.

THE MAGAZINE IS MEANT TO APPEAL TO WOMEN OF EVERY RACE  
AND EVERY AGE. JUDGE ADMITS IT CAN BE A DELICATE BALANCE.  
BUT SHE BELIEVES THAT THE MODERN CAN BE INTEGRATED WITH  
THE NOT-SO-MODERN....AND ALL CAN LEARN.

THE TWO DAY WOMEN OF FRUIT SEMINAR IN NORTH CHARLESTON  
IS SIMILAR TO OTHER SUCH EVENTS JUDGE ARRANGES IN  
GREENVILLE...COLUMBIA....AND THE ROCK HILL AREA.

THIS YEAR'S EVENT IN NORTH CHARLESTON WILL ALSO PAY  
TRIBUTE TO OUR MILITARY VETERANS AND THEIR CONTRIBUTIONS  
TO FREEDOM.