

LIST OF ISSUES AND PROGRAMS

JULY 1ST-SEPTEMBER 30, 2018

**WSRV-FM
97.1 THE RIVER**

**COX RADIO, INC.
GAINESVILLE-ATLANTA, GEORGIA**

ISSUES AND ANSWERS

DURING THE PERIOD OF JULY 1-SEPTEMBER 30, 2018 THE FOLLOWING ISSUES AND PROBLEMS

WERE AMONG THOSE ADDRESSED BY WSRV-FM:

**HEALTH / SAFETY / CRIME
FAMILY / PARENTING / SELF-HELP / RELIGION
ART / ENTERTAINMENT / RECREATION / ENVIRONMENTAL
FINANCIAL / POVERTY / CHARITY
EDUCATION**

WSRV-FM

ASCERTAINMENT STATEMENT

WSRV FM/97.1 The River develops on air programming to address issues of importance to Gainesville, Atlanta and surrounding communities.

WSRV-FM also produces four-thirty minute community affairs talk shows, which addresses a variety of topics and issues of concern including politics, education, health, business, lifestyle issues and civic and social issues. The River Current, The Heart of Atlanta, and Perspectives air every Sunday morning.

Issues on the program are ascertained through interviews with community leaders, including representatives of charitable and civic/social/civil rights organizations and others who make a difference in the communities in which we serve. WSRV-FM also solicits community input via the website

<u>LIST OF PROGRAMS</u>	<u>AIRTIMES</u>	<u>LENGTH</u>	<u>PROGRAM DESCRIPTION</u>
DR. JOE SHOW	SUN 6:30AM	30 MINUTES	LOCALLY PRODUCED PUBLIC AFFAIRS PROGRAM DEALING WITH LOCAL ISSUESOR TOPICS OF GENERAL INTEREST.
PERSPECTIVES	SUN 7:00AM	30 MINUTES	LOCALLY PRODUCED PUBLIC AFFAIRS PROGRAM DEALING WITH LOCAL ISSUES OR TOPICS OF PARTICULAR MINORITY INTEREST.

WSRV-FM COMMUNITY EVENTS 3RD QUARTER 2018

July 4 – station appearance during Peachtree Road Race at Woodruff Arts Center

July 19 – station appearance with Steve Craig at Alive in Roswell festival

July 21 – station appearance at WSB-TV’s Stuff the Bus (location: Kroger in Canton on Hickory Flat Pkwy)

August 4 – station appearance at Back to the Chatt: Race, Big Float & Festival benefiting the Chattahoochee Riverkeeper

August 16 – station appearance at Alive in Roswell festival

August 25 – station appearance at Kennesaw’s Pigs & Peaches BBQ Festival

September 17-18 – Convoy of Care (Hurricane Florence relief with WSB-TV/AJC)

September 20 – station appearance at Alive in Roswell festival

ISSUE & DESCRIPTION

DATE

TIME

LENGTH

HEALTH / SAFETY / CRIME ISSUES

7/1/18 6:30AM 30MINS

DR. JOE SHOW: Nutrition and life extension. Learn new ways to redirect your old habits. Get rid of food you need to stop eating NOW! Don't shop when you are hungry. If you can't pronounce it, don't eat it. Clean out your refrigerator TODAY! Become knowledgeable about eating and exercise. Be open to trying new food and/or adding new nutritional sources to your current nutritional plan.

7/8/18 6:30AM 30MINS

DR. JOE SHOW: Health conditions linked to nutrition. Heart disease, cancer, osteoporosis – bones & teeth, obesity, Alzheimer's disease, diabetes, high blood pressure, allergies, digestive disorders, fatigue, mental illness – depression, mood swings, mental alertness, sleep disorders, skin conditions – wrinkles, pimples, blackheads, dry skin, etc.

7/15/18 6:30AM 30MINS

DR. JOE SHOW: Protocols for optimum health.
Nutrition – avoid the 7 deadly sins, Pure water (chlorine, fluorine, no filter for drugs in human waste)
Eat mostly fruit, veggies, nuts and seeds
Coffee = pesticides and increase homocysteine, Supplements – soil depleted
Cooked foods destroy enzymes, Sugar depletes nutrients
Age = decreased digestive enzymes = lower absorption
Antacids = decrease HCL and pepsinagin = lower ability to protect us from outside invaders
Antacids = lower absorption of B12, Iron, Magnesium and Calcium
Statin drugs = decreased Co Q 10, Microwaves = xenoestrogens, Omega 3's = cooking destroys them (in fish)
Fatigue = low iron, low water, weak adrenals, Phytic acid in wheat binds to calcium and iron
Probiotics and prebiotics destroyed by antibiotics in food and chlorine
Nutritional yeast added to diet, Super greens, essential source, probiotics, adrenal supplements
Exercise and chiropractic – 10,000 steps with pedometer
Toothbrush squats, Cross crawl
Cerebellum correction

HEALTH / SAFETY / CRIME ISSUES:

7/22/18 6:30AM 30MINS

DR. JOE SHOW: Ways to be healthier in a minute or less. It only takes 60 seconds to prolong your life. Most people don't get serious about health until their doctor hands them a script for blood work instead of a lollipop. Then it's "uh-oh time" and they try to become Dean Ornish overnight. It's so much easier to prevent trouble than it is to fix it, especially when you have time on your side and can take baby steps toward living a little more healthfully every day. Agree? Then, let's start, shall we?

7/22/18 5:30AM 25:00

PERSPECTIVES: Tierney Bell, her mother Beverly Carraker and Life South – Living with Sickle Cell Disease
Unfortunately for a variety of reasons, only 1% of African-Americans donate blood. Many myths need to be dispelled, but also people simply need to be asked. Same-race blood donations are the most effective in treating certain blood diseases/disorders like Sickle Cell. Children's Healthcare of Atlanta treats the most kids with Sickle Cell than any other hospital group in the entire country. With the significant representation of African-Americans in Atlanta, and the needs of many of our children with Sickle Cell, we learn the story of Tierney Bell a young woman living with Sickle Cell disease. LifeSouth Community Blood Donation Centers is the primary blood supplier to CHOA.

7/29/18 6:30AM 30Mins

DR. JOE SHOW: Take a multivitamin. It's a quick and easy way to make sure you're consuming the essential vitamins and minerals you may not be getting from food. Make sure you follow the basic rules of supplement use and that your supplement-of-choice delivers 400 IU of vitamin D. An Archives of Internal Medicine reports shows that the amount of vitamin D a day reduces risk of early death by 7 percent.

8/5/18 6:30AM 30Mins

DR. JOE SHOW: Double-Team your headache. Drinking caffeinated tea or coffee after taking ibuprofen relieves headaches faster than taking ibuprofen alone. In a study of 400 headache sufferers, 71 percent of those who took ibuprofen and the caffeine equivalent of two cups of coffee reported complete relief, compared to 58 percent of those who took ibuprofen or caffeine.

HEALTH / SAFETY / CRIME ISSUES:

8/12/18 6:30AM 30Mins.

DR. JOE SHOW: How diabetes and other diseases can adversely affect your love life. High blood sugar damages blood vessels and nerves over time. This can hinder blood flow to your sex organs. Men can have erection and ejaculation problems. Women may have loss of desire, vaginal dryness, painful intercourse, and orgasm troubles. If you control your diabetes, stay active, and eat right, it can help keep sexual and other problems at bay. If they keep happening, tell your doctor about it.

As with diabetes, the problem is blood vessel damage that can lead to sexual problems. And some meds, such as those for high blood pressure, can cause issues as well as Lifestyle changes – your diet and fitness, especially – can make a big difference. If you've had a heart attack and worry that sex could trigger another one, ask your doctor about when you can be sexually active again. Being intimate with your partner is one of life's greatest pleasures. But a long-term health problem can take the joy out of sex.

8/19/18 6:30AM 30MINS

DR. JOE SHOW: Ways in which fast food and its packaging harms your health. A number of common chemicals are potent endocrine disruptors, meaning, they disrupt your hormone function. Endocrine disrupting chemicals (EDCs) are similar in structure to your natural sex hormones, such as estrogen. These chemicals can potentially interfere with normal physiology, even in extremely small amounts. Your endocrine glands regulate vital physiological processes such as metabolism, reproduction, growth, and development. A hormone's job is to help regulate your cell's function, sending signals that instruct them to perform certain tasks, but EDCs interfere with proper hormone signaling.

8/26/18 6:30AM 30Mins.

DR. JOE SHOW: Depression is now no. 1 cause of illness and disability worldwide. According to the World Health Organization (WHO), depression is now the leading cause of ill health and disability worldwide, affecting an estimated 322 million people worldwide, including more than 16 million Americans. Globally, rates of depression increased by 18 percent between 2005 and 2015. According to the U.S. National Institute of Mental Health, 11 percent of American over the age of 12 are on antidepressant drugs. Among women in their 40 and 50s, 1 in 4 is on antidepressants. In addition to the human suffering, the financial impact of depression is also severe. WHO estimates the global economic loss by households, employers and governments is at least \$1 trillion annually. Depression is also strongly linked to an increased risk for substance abuse, diseases such as diabetes and heart disease, and suicide.

HEALTH / SAFETY / CRIME ISSUES:

9/2/18

6:30AM

30Min.

DR JOE SHOW: Pesticide contaminated fruits and vegetables. For the third year in a row, strawberries top the list put out by the Environmental Working Group (EWG). The list, published each year since 2004, ranks popular fruits and vegetables based on pesticide contamination. The group found that one third of all conventional, or non-organic, strawberry samples contained 10 or more pesticides. One sample of strawberries was found to have an “astounding” 22 pesticide residues, EWG said. Spinach, the second produce item on the list, contained pesticide residues in 97 percent of conventional, or non-organic, samples. Additionally, more than 98 percent of samples of strawberries, peaches, potatoes, nectarines, cherries and apples tested positive for residue of at least one pesticide, according to the activist group. EWG emphasizes studies that show pesticides in high concentration can lead to health problems, especially in young children. However, the list has generated some controversy in recent years. Outside researchers point out that overall pesticide chemical residues found on these fruits and vegetables are far below what has been scientifically deemed tolerable for human consumption, and according to federal safety standards they do not pose a health risk. The report is based on tests conducted by the U.S. Department of Agriculture and the Food and Drug Administration on more than 38,800 non-organic fruit and vegetable samples.

9/9/18

6:30AM

30Min.

DR. JOE SHOW: Problems with over-the-counter painkillers. Aspirin is hailed as the miracle drug, and there’s not a person among us who hasn’t popped an ibuprofen or acetaminophen to deal with achy joints or a crushing headache. But, if you’re doing that every day, you could be causing long-term damage to your health, say Gary Kaplan, DO, medical director of the Kaplan Center for Integrative Medicine. “The biggest misconception people have about over-the-counter painkillers is that they’re completely safe and harmless,” says Dr. Kaplan. “They are neither of the above.” In fact, most over-the-counter painkillers started out as prescription drugs but now are sold at lower doses without your needing to talk a doctor. And they’re all bad in their own way. While Dr. Kaplan does contend that low doses of aspirin (81 milligrams) do have some benefits for people with risk factors for stroke, heart disease and some forms of cancer, larger doses taken daily to deal with the pains of daily living do not. “People pop these things like it’s no big deal,” he says. “If you do this every day, in the majority of people, you’re doing real damage.” Before getting into what that damage is, it helps to understand how these medications work. Aspirin, ibuprofen (sold as Advil and Motrin), and naproxen sodium (sold as Aleve) all fall into a class of drugs called nonsteroidal anti-inflammatories, or NSAIDS.

HEALTH / SAFETY / CRIME ISSUES:

9/16/18 6:30AM 30Min.

DR. JOE SHOW: Stress often leads to overeating and extra weight. For those who reach for a cookie when times get tough, stress may take a toll on the waistline. Researchers found that for people who said stress often drove them to eat, the comfort food of choice tended to be greasy, salty or sweet. Not surprisingly, such “stress-driven” eaters, particularly women, weighed more on average.

Researchers found that these individuals were more likely than others to frequently eat pizza, hamburgers, sausages and chocolate.

9/23/18 6:30AM 30Min.

DR. JOE SHOW: How to reverse type 2 diabetes. Great Britain, like the United States, has seen a remarkably rapid rise in pre-diabetes and type 2 diabetes over the last decade. According to recent BBC News report, more than one-third of British adults are now pre-diabetic. In 2003, 11.6 percent of Britons had pre-diabetes. By 2011, that figure had more than tripled, reaching 35.3 percent. Researchers warn that this will lead to a massive avalanche of type 2 diabetics in upcoming years, which will have serious consequences for health care and life expectancy. In the United States, nearly 80 million people, or one in four has some form of diabetes or pre-diabetes. What’s worse, both type 1 and type 2 diabetes among children and teens has also skyrocketed.

9/30/18 6:30AM 30Min.

DR. JOE SHOW: Be your own doctor. The Immune System-In order to keep the immune system healthy, avoid the 7 “deadly sins” of nutrition. Alcohol, meat, sugar, dairy, coffee, soda, artificial sweeteners.

ISSUE & DESCRIPTION

DATE

TIME

LENGTH

FAMILY/ PARENTING/ SELF HELP/ RELIGION:

7/8/18 5:30AM 25:00

PERSPECTIVES: Author: Rashad Jennings, *The IF in Life: How to Get off Life’s Sidelines and Become Your Best Self*
Every day we make small decisions that shape our future. The decisions you make are the ones that determine *if* you will experience your dream or reach your full potential. It’s how you handle these moments that will take you from the sidelines to being your best self. Someone who has seized every *if* - despite doubt and naysayers - to fulfill his dreams is former record-setting NFL running back, “Dancing with the Stars” champion, actor and philanthropist Rashad Jennings. As a child, he dreamed of becoming an NFL star - a dream both his father and coaches shot down. Fast forward to his junior year of high school: Jennings was a fifth string running back who struggled with debilitating asthma and a 0.6 GPA. The last game of his junior year, he was caught by surprise when the four other running backs ahead of him were all injured and Jennings was called upon to help his team. The game changed his life.

8/5/18 5:30AM 25:00

PERSPECTIVES: David Scott Ga-13 – 14th annual Health Fair
Congressman David Scott will host his 14th Annual Health Fair on Saturday, August 11, 2018 at Mundy’s Mill High School in Jonesboro. The Health Fair will provide vital health screenings and information at no cost from our region’s best healthcare providers and advocacy organizations. Free health screenings include: Clinical breast cancer exams; Prostate cancer (PSA); HIV/AIDS; Diabetes (glucose); Blood pressure; Asthma; Cholesterol; Mental health; Sickle cell; Vision; Dental; Orthopedic; and many others. The Atlanta VA Health Care System and Atlanta VA Regional Office will provide vision exams, counseling for Post-Traumatic Stress Disorder (PTSD); mental health services; and health eligibility benefits consultations for veterans. The Georgia Department of Community Affairs will share information about the Home Safe Georgia Mortgage Assistance Programs, which provide up to \$50,000 to reinstate delinquent mortgages or pay down underwater mortgage principal balances.

ISSUE & DESCRIPTION

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ART & ENTERTAINMENT / RECREATION / ENVIRONMENTAL ISSUES:

8/12/18 5:30AM 25:00

PERSPECTIVES: Kimberla Lawson Roby, Author – Better Late than Never

In this stunning conclusion to the bestselling Reverend Curtis Black series, Curtis's secret past returns in an unwelcome--but ultimately healing--visit. Rev. Curtis Black is no stranger to scandal. Throughout the decades, he has done much in the public eye, both good and evil. But what most people don't realize is that Curtis has been hiding a horrific childhood that has affected him in countless, unspeakable ways. His buried past resurfaces when his estranged sister becomes alarmingly ill and his youngest child, twelve-year-old Curtina, becomes the kind of problem daughter whom he never imagined she could be. This is only the beginning. The horror of Curtis's childhood secrets, as well as Curtina's wild and rebellious behavior, takes a critical toll on Curtis and the entire Black family. All the public scandals they've experienced over the years now seem like child's play compared to the turmoil they are facing in private. Who could have known that the deepest wounds would come from within?

8/19/18 5:30AM 25:00

PERSPECTIVES: The King Center Beloved Community International Exposition

Travel around the world without leaving Atlanta during the **Beloved Community International Expo on Saturday, August 25th** at The King Center. **Open to all ages and free to attend**, the expo will celebrate diverse cultures with music, dance and costumes from around the world! In collaboration with the Martin Luther King Jr. National Historical Park, local consul generals and other key partners, the Expo will transform The King Center campus and adjacent streets into our world house. Representatives from all 7 continents will provide educational and entertaining experiences reflecting their culture, religion, language, education and much more.

8/26/18 5:30AM 25:00

PERSPECTIVES: Dan Carroll, Media Relations Director Dragon Con 2018

Dragon Con, the internationally known pop culture, science fiction, fantasy, and gaming convention, is back and bigger than ever, with a record 85,000 people headed to downtown Atlanta for the Labor Day weekend. Dragon Con, making Labor Day Atlanta's favorite holiday since 1987, runs from Thursday, Aug. 30 to Monday, Sept. 3 with events and activities across five host hotels. Fans will travel from all 50 states and several foreign countries to meet their favorite actors, artists, authors, creators, and experts, show off their latest cosplay, make new friends, and revel in the joy that is Dragon Con.

ART & ENTERTAINMENT / RECREATION / ENVIRONMENTAL ISSUES:

9/2/18 5:30AM 25:00

PERSPECTIVES: Eve Hoffman, Author –Memory and Complicity - AJC Decatur Book Festival

In Memory & Complicity, we feel skirts of summer dust as Eve Hoffman rides on dirt roads barefoot on a bike or clings to a runaway horse. We walk with her through an exhibit of one hundred and fifty postcards of lynching. We see a girl in a yellow dress at the synagogue her great-grandparents founded—the synagogue bombed four hours later by white racists. We see black-faced jockeys in front yards. We listen to lullabies written in the Nazi concentration camps played on her mother’s piano—and the realization her mother was pregnant with her as they were being written. We taste sweet-potato pies and feel the wooden pews of churches turning their backs as gay men die. We watch giggling children dive from the top of the refrigerator into their father’s arms. We accompany a widow rebuilding her life, catching fireflies with her grandchildren, dancing with them in the rain.

9/9/18 5:30AM 25:00

PERSPECTIVES: AAFCA and TCM Partner for The Black Experience on Film – Gil Robertson and Ronda Racha Penrice

Since Hollywood's earliest beginnings, images of minorities on screen were often presented through a filtered lens of stereotypes and one-dimensional characters. This representation rarely showcased the nuanced differences in experience among racial groups in America, or the connective similarities. African-Americans were largely seen as service workers and background characters with few lines and little complexity. However, that's not the whole of Hollywood's history of depicting black characters and themes. During cinema's first century, films were made that highlighted the diversity of African-American lives. TCM has partnered with the African American Film Critics Association (AAFCA) to present a month-long study of these movies. On each night of Spotlight, 13 different members of the collective will sit in pairs to discuss a variety of films and their attempts to portray the Black Experience.

9/30/18 5:30AM 25:00

PERSPECTIVES: Author and Fox News Contributor Juan Williams – What the Hell Do You Have to Lose: Trump’s War on Civil Rights

The year Juan was born, the Supreme Court outlawed racially segregated schools in the landmark Brown vs. Board of Education decision. As he grew up, he witnessed an incredible shift in American society as the civil rights movement took shape and activists succeeded in winning important advancements—everything from voting rights to equity in education to protection from discrimination in housing and employment. And as time went on, Williams himself became a chronicler of the movement, from *Eyes on the Prize* to a biography of Thurgood Marshall, to books on African-American religion, black universities, and black leadership. It should come to no surprise, then, that Juan is appalled by the current Presidential administration—in particular, its systematic unwinding of the most important advances won by civil rights activists over the past century. From attacks on voter registration laws to tacit endorsements of police brutality, he shows in this book how current Administration policies are undermining civil rights.

ISSUE & DESCRIPTION

DATE TIME LENGTH

FINANCIAL / POVERTY / CHARITY ISSUES:

7/15/18 5:30AM 25:00

PERSPECTIVES: Cliff Kinsey, Founder of the Children’s Restoration Network – Stuff the Bus Campaign beneficiary
Children’s Restoration Network is a non-profit agency that has served homeless children and mothers in Atlanta for more than 23 years. Through various programs CRN helps children receive the basic necessities from food and school supplies to adult guidance and scholarships. CRN also realizes that assisting mothers is the best way to help a child. Programs are therefore directed to support both children and their mothers to ease their transition through homelessness. The organization’s mission is to offer hope and support, enabling children and their mothers to break the cycle of homelessness by empowering them to become part of mainstream society as active, productive citizens through programs and special events designed to address their academic, emotional, and physical needs.

9/23/18 5:30AM 25:00

PERSPECTIVES: Ro’Shawn Gerard and Norma Nyhoff – Nicholas House
Every day, more than 1,100 homeless family members are on the streets of Atlanta. Over 800 of those are children. Families are one of the fastest-growing segment of the homeless population— and they need help. Supporters can help by sleeping out with Nicholas House on Friday, October 5, 2018 and help the homeless families we serve get *Off the Street, On Their Feet!*

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EDUCATION:

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