

**LIST OF ISSUES AND PROGRAMS**

**JANUARY 1-MARCH 31, 2018**

**WSRV-FM  
97.1 THE RIVER**

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

**ISSUES AND ANSWERS**

**DURING THE PERIOD OF JANUARY 1-MARCH 31, 2018 THE FOLLOWING ISSUES AND PROBLEMS**

**WERE AMONG THOSE ADDRESSED BY WSRV-FM:**

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

## 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

**LIST OF PROGRAMS**

**AIRTIMES**

**LENGTH**

**PROGRAM DESCRIPTION**

DR. JOE SHOW

SUN 6:30AM

30 MINUTES

LOCALLY PRODUCED PUBLIC AFFAIRS PROGRAM DEALING WITH LOCAL ISSUES OR 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 1<sup>ST</sup> QUARTER 2018

**February 25** – Atlanta Community Food Bank Hunger Walk/Run at Georgia State Stadium

**March 17** – station appearance at Mac McGee’s MacFestivus St. Patrick’s Day festival in Roswell

**March 25** – station appearance at Atlanta International Auto Show at GWCC

**ISSUE & DESCRIPTION**

**DATE**

**TIME**

**LENGTH**

**HEALTH / SAFETY / CRIME ISSUES**

1/7/18 6:30AM 30MINS

DR. JOE SHOW: Cleansing foods to naturally detox your body. You don't have to be on a cleanse to incorporate foods in your daily menu that will detox your body and cleanse your liver. These foods will give your liver a helping hand so that it works at peak efficiency all the time to keep you clean from the inside out. Do your best to eat some of these foods each day. If you do, you are giving your body a daily cleaning service. You've worked hard to reduce your toxic load. Now it's your job to stay clean. It's easy if you do a little every day to tidy up. You need to support your body in doing what it does naturally. These foods include: apples, artichokes, asparagus, avocados, basil, brazil nuts, broccoli, brussel sprouts, cabbage, carrots, cauliflower, cilantro, collard greens, dandelions, fennel, flaxseeds, garlic, ginger, kale, lemons, cold-pressed organic oils, onions, parsley, pineapples, spinach, turmeric, walnuts, watercress and wheatgrass.

1/1/17 7AM 25:00

PERSPECTIVES: Starting the New Year Physically Fit with Lee Haney -This year, Haney marks the 25<sup>th</sup> anniversary since his final Mr. Olympia win in 1991. Haney won the competitive bodybuilding title eight consecutive years between 1984 and 1991. He holds the all-time record for most Mr. Olympia titles. Having served as chairman of the President's Council on Physical Fitness and Sports (appointed by President Bill Clinton), Haney stays focused on health and fitness, as he provides training to celebrities' in-person, online and telephone coaching. He also offers International Association of Fitness Sciences personal training certification, and hosts the annual Lee Haney's Physique and Fitness Games. He is the author of "Total Lee Awesome: A Complete Guide to Bodybuilding Success," and has hosted television and radio shows. Haney has a line of supplement products, including detox, multivitamin and fat-burning complex.

1/14/18 6:30AM 30MINS

DR. JOE SHOW: Tricks to boost your brain & memory power. There's no time like the present to adopt the best brain-supporting strategies to boost your memory and brain health. Get at least eight hours of sleep to boost your creative juices. Challenge your mind to boost connections between brain cells and boost memory. Add a natural antibiotic to knock out brain-damaging Helicobacter pylori infections. Try something new to build new brain connections and boost memory. Stress can cause a significant decline in energy available for your brain, particularly if the stress is chronic or if you have been leading a stressful life for an extended period of time. Called the "second brain" by leading scientists, a healthy balance of flora in your gut helps to determine whether you'll have a great memory and a strong resistance to brain disease. Stop cognitive decline in its tracks with simple tai chi exercises.

### **HEALTH / SAFETY / CRIME ISSUES**

1/21/18 6:30AM 30MINS

DR. JOE SHOW: The grossest things you are eating. Unfortunately, gross food has become the norm in most supermarkets, with packaged food ingredient lists reading more like chemistry homework than something you'd want your family to eat. But in many cases, marketers have figured out a way to keep toxic additives and disease-promoting food packaging off the label, making your job as a consumer harder than ever.

Here are some items:

- Flame Retardant-Laced Soda
- Paint chemical in salad dressing
- Maggoty mushrooms
- Cloned cow's stomach
- Herbicide flavored food

1/28/18          6:30AM          30MINS

DR. JOE SHOW: Most dishonest ingredients. If you're learning about toxic chemicals in consumer goods for the first time you're probably feeling frustrated and confused.

There's no pressure to memorize this list of confusing-sounding chemicals and other science terms – but if you want to sound authoritative when you're talking to friends and family about dishonest ingredients...here are some not-so-good-for-you things to avoid.

- SLS and PEG
- Phthalates
- TEA and DEA
- Lead
- Perc
- Mercury

**HEALTH / SAFETY / CRIME ISSUES:**

2/4/18          6:30AM          30Mins

DR. JOE SHOW: New pain management guidelines. Imagine chiropractic care as a pain management option at hospitals nationwide. Not as far-fetched as you might think now that The Joint Commission, which currently evaluates and accredits more than 21,000

health care organizations and programs throughout the U. S. – including nearly 90 percent of all U. S. hospitals – has issued revised pain assessment and management standards.

2/11/18 6:30AM 30Mins

DR. JOE SHOW: Why am I always hungry? That doughnut at work seemed too good to miss. But now you want something else. Tasty in the moment, sugary drinks, candy, and pastries don't give you lasting energy, so you're soon hungry again. Better choices: anything with fiber, whole grains, fruits, or vegetables, healthy fats and lean protein. At first your body zaps away hunger with a hormone called adrenaline. But if your worries stick around a while, your system cranks up the levels of another hormone, cortisol. This one can make you want to eat everything in sight. When the stress goes, cortisol levels fall and your appetite usually gets back to normal. Sometimes when you think you need to eat, you're actually dehydrated. So maybe try drinking some water first. Still hungry? That lets you know you may need to eat something.

2/18/18 6:30AM 30Mins.

DR. JOE SHOW: Are coffee and Sugar killing you? A review of more than 200 studies finds that drinking coffee is associated with lower risk of death and heart disease, in addition to other health benefits. Ok, so French fries and sugar are out, and alcohol is up in the air. But thankfully, in the ever-meandering science of what's healthy and what's not, coffee gets a green light...unless you're pregnant or a woman at risk of fracture. A new review of hundreds of studies, it is "more likely to benefit health than to harm it" for a range of health outcomes. The study, published in The BMJ, concluded that drinking three to four cups of coffee a day is linked to lower risk of death and getting heart disease compared with abstaining from coffee.

### **HEALTH / SAFETY / CRIME ISSUES:**

2/25/18 6:30AM 30MINS

DR. JOE SHOW: Sugar addiction could be destroying your health. When it comes to carbohydrates, Americans have been misled, especially by our healthcare system.

First and foremost, sugar and carbohydrates are highly addictive. Our per capita consumption of more than 100 pounds of refined sugar annually certainly attests to that, and a basic understanding of how our bodies process sugar at the biomolecular level reinforces the validity of the addiction model.

Second, carboholism, or sugar addiction, is a direct cause of diabetes, obesity, high blood pressure, depression, and a long list of medical, dental, and psychiatric conditions. As long as the healthcare system ignores the fundamental biochemical causes of hypoglycemia, Type II Diabetes, eating disorders, and obesity, healthcare consumers will continue to suffer unnecessarily. They will continue to be treated with palliative and profitable medications which merely cover up symptoms of carboholism and fail to get to the root of the problem.

3/4/18          6:30AM          30Mins.

DR. JOE SHOW: New research on what may be causing cancer. When the President's Cancer Panel released its report stating that environmental chemicals were a "grossly underestimated" cause of cancers in the U. S., the American Cancer Society (ACS) responded by saying the report put too much weight on environmental causes and not enough emphasis on known cancer risks, such as tobacco smoke and obesity. Hoping to bring a little clarity to the field of chemicals that may trigger cancers, the ACS, three government agencies, and the International Agency for Research on Cancer published a list of 20 chemicals so far not officially linked to cancer but still in widespread use that have the strongest evidence against them that may cause cancer.

3/11/18          6:30AM          30Min.

DR JOE SHOW: Depression – decoded. Whether you're suffering from depression or are just in a crabby mood, before you start poking around your head as if looking for answers, you might do well to aim a little lower: your gut. Do you have gut instincts? Do you get butterflies in your stomach when you're nervous? Can a job interview cause you to have stomach cramps? These things happen because your nervous system and digestive system are intertwined.

### **HEALTH / SAFETY / CRIME ISSUES:**

3/18/18          6:30AM          30Min.

DR. JOE SHOW: Alcohol can cause irreversible genetic damage to stem cells. Just one pint or a large glass of wine a day significantly increases the risk of mouth, throat, esophageal, breast and bowel cancers.

Alcohol can cause irreversible genetic damage to the body's reserve of stem cells, according to a study that helps explain the link between drinking and cancer. The research, using genetically modified mice, provides the most compelling evidence to date that alcohol causes cancer by scrambling the DNA in cells, eventually leading to deadly mutations.

During the past decade, there has been mounting evidence of the link between drinking and the risk of certain cancers.

3/25/18      6:30AM      30Min.

DR. JOE SHOW: Why diets don't work. Why we need a new solution: 62% of Americans are overweight.

44 million people are clinically obese, 34 million people are considered "at risk"

\$30,000,000,000 spent on weight loss, \$314,000,000 spent just on diet pills.

The big idea: You're not "over-weight," you're "over-fat."

Primary causes of obesity

Emotional/Lifestyle Stress

Stress makes everything worse: confuses appetite signals, impairs body chemistry.

Fast chewing doesn't allow for proper digestion and assimilation, excess air is taken in with food.

Slow down and take time to enjoy your meals, chew your food thoroughly.

Don't drink with your meals (especially alcohol or vinegar!), this dilutes digestive enzymes.

Avoid overeating, especially cooked or refined foods.

Utilize proper food combining to make digestion easier and more efficient.

Learn to love healthy food so you don't feel resentment.

Don't skip meals, or snack in between meals.

Hunger vs. cravings

Food addiction – Meat, sugar, dairy and chocolate stimulate the opiate receptor sites in your brain.

If you are prone to addiction, you have less dopamine receptors in your brain, so you need more stimulation to get pleasure, so you eat "addicting" foods and you eat more of them.

The big secret to weight loss, it takes 20 minutes for your stomach to tell your brain that you are full!!!

**ISSUE & DESCRIPTION**

**DATE**      **TIME**      **LENGTH**

**EDUCATION ISSUES:**

2/4/18 7AM 25:00

PERSPECTIVES: Dr. Teresa Price, Founder: Black College Expo

The National College Resources Foundation (NCRF) is a 501c3 non-profit organization, formed in response to California’s Proposition 209 that banned affirmation action programs in California colleges. Since its inception, the NCRF has secured and distributed more than \$300 million in scholarships and grants to more than 400,000 students – including, more than 200,000 first-generation, college-bound students -- through 100 college expos produced by NCRF. The Black College Expo™ NCRF’s mission is to curtail high school dropout rates and increase degree and/or certificate enrollment among underserved and underrepresented minority students by providing them mentoring and tutoring with access to college, careers and beyond.

2/25/18 7AM 25:00

PERSPECTIVES: Women’s History Month: Dr. Ann Winbush Watts “Mother Morehouse”

Educator, administrator, writer, consultant, motivational speaker, and community leader, Dr. Anne Wimbush Watts served for a number of years at Morehouse College as Vice Provost, Associate Vice President for Academic Affairs, Class Dean, and Tenured Professor of English. She has also been Honors Lecturer at Talladega College and Distinguished Visiting Professor at Spelman College. More recently, she served as Interim Dean of the Metropolitan College and Visiting Professor and Consultant at Johnson C. Smith University.

**ISSUE & DESCRIPTION**

**DATE      TIME      LENGTH**

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**FAMILY/ PARENTING/ SELF HELP/ RELIGION:**

1/28/18 7AM 25:00

PERSPECTIVES: Author Denise King:

Have you ever stopped and thought about all the magnificent ways God showed up for you during your journey of life? I Remember...When God Showed Up: A Journey of Faith walks you through my life and even allows you to see, perhaps, some of your own similar life experiences along the way. It is filled with inspiring accounts of how God worked through life-changing events—from a miscarriage, a near-death accident, to starting and building a successful business. It will definitely cause you to remember when God showed up for you!

3/25/18                      7AM                      25:00

PERSPECTIVES: Women’s History Month: Dr. Ann Winbush Watts “Mother Morehouse”

Educator, administrator, writer, consultant, motivational speaker, and community leader, Dr. Anne Wimbush Watts served for a number of years at Morehouse College as Vice Provost, Associate Vice President for Academic Affairs, Class Dean, and Tenured Professor of English. She has also been Honors Lecturer at Talladega College and Distinguished Visiting Professor at Spelman College. More recently, she served as Interim Dean of the Metropolitan College and Visiting Professor and Consultant at Johnson C. Smith University.

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**ART & ENTERTAINMENT / RECREATION / ENVIRONMENTAL ISSUES:**

1/14/18                      7AM                      25:00

PERSPECTIVES: Constance Stamatiou: Alvin Ailey Dance Troup

Alvin Ailey American Dance Theater returns to the Fabulous Fox Theatre, February 14 – 18, 2018 for six breathtaking performances that promise to uplift, unite, and enlighten. Opening on Valentine’s Day, Ailey’s 32 incomparable dancers invite Atlantans to join in a celebration of love. those close to your heart. In addition to a variety of premieres and new productions, the uplifting finale of each program will be Alvin Ailey’s must-see masterpiece *Revelations*, which has been seen by more audiences around the world than any other modern work. Since its creation in 1960, *Revelations* has inspired generations through its powerful storytelling and soul-stirring spirituals. Springing from Ailey’s childhood memories of growing up in the south and attending services at Mount Olive Baptist Church in Texas, *Revelations* pays homage to the rich cultural heritage of the African-American and explores the emotional spectrum of the human condition.

1/21/18      7AM      25:00

PERSPECTIVES : Dan Harris: ABC News

From the author of the #1 *New York Times* bestseller *10% Happier*, ABC News anchor Dan Harris now debunks all the myths, misconceptions, and self-deceptions that keep you from meditating so you’ll quit procrastinating and get your butt on the cushion. He says he used to think that meditation was for people who drank kombucha, played ultimate frisbee, listened to Enya, and used the word “namaste” without irony. Then he had a full-blown panic attack on live television (five million views on YouTube!) and on his way to sanity, discovered meditation for himself and became a convert. He set out on a cross-country trek with Jeffrey Warren, a master meditation teacher to get to the root of the problem. The result is a book – *Meditation for Fidgety Skeptics*.

**ART & ENTERTAINMENT / RECREATION / ENVIRONMENTAL ISSUES:**

2/11/18      7AM      25:00

PERSPECTIVES: Juan and Judith Montier: The Dinner Architect – Valentine’s Day Pop Up

*The Dinner Architect* is a "you are there" culinary adventure that takes you behind the scenes with Chef Juan Montier as he creates an innovative, one-of-a-kind pop-up dinner. Working alongside Chef Juan is his wife and business partner, Judith Montier, who also always brings her passion to the party. Their story began in February 2017 when Chez Montier partnered with Bloomingdale’s at Lenox Square to host an unforgettable Valentine’s Day Pop-Up Dinner combining Love, Food & Fashion.

2/18/18 7AM 12:00

PERSPECTIVES: Black History Month: Ida B. Wells Legacy with Tiana Ferrell

*The Ladies Car*, a historically inspired drama based on the life of Ida B. Wells, debuts on February 24, 2018 at the Henry County Performing Arts Center. *The Ladies Car*, written by Tiana L. Ferrell who is a descendant of Ida B. Wells, highlights Wells' victory with the Chesapeake, Ohio & Southwestern Railroad Company in 1884. Wells was physically removed from a train after her refusal to leave the first-class ladies car for the Colored coach. As a result, she initiated suit against the railroad company. The play depicts the story of a young woman fighting a lone battle for equality in the post reconstruction era while exploring love and her life's purpose.

3/4/18 7AM 25:00

PERSPECTIVES: Women's History Month: Author Trudy Nan Boyce

THE POLICEMAN'S DAUGHTER is by Atlanta cop-turned-novelist Trudy Nan Boyce is the third installment in the book series featuring Detective Sarah "Salt" Alt. The book takes readers back to the beginning of Salt's career in the Atlanta Police Department's homicide unit. Boyce vividly captures the toll that working such a beat takes as she fleshes out Salt, with her imperfections, humanity, and strong moral sense. A worthy addition to a gritty, compelling series.

### **ART & ENTERTAINMENT / RECREATION / ENVIRONMENTAL ISSUES:**

3/11/18 7AM 25:00

PERSPECTIVES: Women's History Month: Maria Shriver and Kim Kimbell

As a prominent woman juggling many roles, Maria Shriver knows just how surprising, unpredictable, and stressful everyday life can be. In her new book, I'VE BEEN THINKING... Reflections, Prayers, and Meditations for a Meaningful Life, Shriver shares her reflections for those seeking wisdom, guidance, encouragement, and inspiration on the road to a meaningful life.

Kim Kimble was the creator of ALL of the looks for the Mrs. in A WRINKLE IN TIME. She is most recognized for her starring role work on WE tv's L.A. Hair. Some of her most notable celebrity clientele include Beyoncé, Brandy Norwood, Kelly Rowland,

and Mary J. Blige, Halle Berry and Shakira. From visionary director Ava DuVernay comes Disney’s “A Wrinkle in Time,” an epic adventure based on Madeleine L’Engle’s timeless classic which takes audiences across dimensions of time and space, examining the nature of darkness versus light and, ultimately, the triumph of love. Through one girl’s transformative journey led by three celestial guides, we discover that strength comes from embracing one’s individuality and that the best way to triumph over fear is to travel by one’s own light.

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**FINANCIAL / POVERTY / CHARITY ISSUES:**

1/7/18

7AM

25:00

PERSPECTIVES: Shane Salter: Executive Director, March of Dimes

The March of Dimes is hyper-focused now on getting their message into the African American community because premature births and the associated challenges disproportionately impacts that demographic subset of our population in the US. Yet there is not a lot of

outreach on the issue. Also joining Salter is board member Cory Moss. He's a March of Dimes mission dad. He had a child born too early and too ill.

1/25/18 7AM 25:00

**PERSPECTIVES: Rodney Bullard: Heroes Wanted**

We live in a time in which we need real heroes. Real people like you. Whether you're a corporate or civic leader, military veteran, or a college student you can be a hero. Over the past couple of years, I have been on a quest to understand the heart of a hero and how you can be a hero for others around you. In his book Heroes Wanted, Rodney Bullard's premise for a heroic life is simple. The Chick Fil A Foundation VP explains that if you are willing to invest time to explore and consider the invitations of heroism presented in daily life, then you can live a heroic one.