

**LIST OF ISSUES AND PROGRAMS**

**OCTOBER 1-DECEMBER 31, 2019**

**WSRV-FM  
97.1 THE RIVER**

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

**ISSUES AND ANSWERS**

**DURING THE PERIOD OF OCTOBER 1-DECEMBER 31, 2019 THE FOLLOWING ISSUES AND PROBLEMS**

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

**HEALTH / SAFETY / CRIME  
EDUCATION  
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 6:30 AM

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.

## 4<sup>TH</sup> QTR COMMUNITY EVENTS

**October 27** – station appearance at “Hoot n’ Howls” at Live! at the Battery Atlanta, benefiting Rock for Rescues

**December 3** – The River Stomps Out Hunger food drive benefiting Atlanta Community Food Bank

- Location: Publix in the Promenade at Pleasant Hill shopping center
- Live broadcast from 12n-7p with English Nick and Kaedy Kiely

**ISSUE & DESCRIPTION**

**HEALTH / SAFETY / CRIME ISSUES**

**DATE                      TIME                      LENGTH**

10/6/19                      6:30AM                      30MINS

DR. JOE SHOW: The Very Real Risks Of Consuming Too Much Protein

With the popularity of “high-protein” diets, you might be tempted to believe you simply can’t overeat protein. But the truth is that consuming excessive protein can actually be quite detrimental to your health. Studies have shown that excess protein may fuel weight gain, yeast overgrowth and cancer. Lowering your protein intake may extend your lifespan. New studies have brought additional insights into the protein discussion, as it relates to your longevity. Healthy sources of protein include: gras-fed lean meats and pasture-raised poultry, wild fish, eggs from pastured hens, grass-fed and organic dairy, legumes, nuts and whole grains.

10/6/19                      7AM                      30MINS

PERSPECTIVES: Improving the Quality of Health Care: Shaneeta Johnson, M.D., Dr. Tabia Akintobi, Ph.D., M.P.H., Medicine, Carlita Jackson, Walter and Andrew Young YMCA and Pharmacist Jadell Sart

Two days after Valerie Montgomery Rice, M.D., was announced as the sixth president of Morehouse School of Medicine (MSM), the campus opened its doors to hundreds of families and children for a ‘Community Engagement Day.’ The day was conceptualized to collaborate with the community to serve community through a variety of activities such as health screenings, fitness classes, and public forums on women’s empowerment and leadership. Four years later, the day continues to honor our mission to improve the health and well-being of individuals and communities and address primary health care through programs in education, research, and service. Community Engagement Day is an annual event that highlights the best of MSM’s partnerships and collaborations with neighborhood residents and other external partners in service, research, patient care, and training.

10/13/19                      6:30AM                      30MINS

DR. JOE SHOW: Reasons why you should avoid dairy & why the food pyramid is bad for your health

Dairy is nature’s perfect food but only if you’re a calf. Milk doesn’t reduce fractures. According to the Nurses’ Health Study dairy may increase risk if fractures by 50 percent. Calcium isn’t as bone-protective as we thought and may raise cancer. Don’t rely on dairy for healthy bones. If you want healthy bones, get plenty of exercise and supplement with 2,000 IU of vitamin D. Get your calcium from foods like: dark leafy vegetables, sesame tahini, sea vegetables and sardines or salmon with the bones. Some good dairy alternatives are: Goat Milk, Coconut Milk, Almond Milk, Kefir, Amasai and Ghee.

**HEALTH / SAFETY / CRIME ISSUES**

10/20/19 6:30AM 30MINS

DR. JOE SHOW: Why you should and how to properly exercise

Exercise is key to longer life, but not just classic exercise, but just movement. A study found that those who sat the longest were twice as likely to have diabetes or heart disease, as compared to those who sat the least. There are various exercise methods you can use like high intensity interval training which puts a lot of stress on your body for a very short period time, which is followed by an interval of rest. There's also a good method for getting exercise by measuring your daily steps. Buy a pedometer and record how many steps you take in a day; your goal should be 10,000 steps a day. Exercising three times a week for 20 minutes a day will do the body good.

10/20/19 7AM 30MINS

PERSPECTIVES: Breast Cancer is Unacceptable; Cati Stone CEO of Komen Atlanta

Susan G. Komen Greater Atlanta is the largest breast cancer-specific organization in the Southeast. It is the only organization with a 360-degree approach to fighting breast cancer on all fronts. Komen Atlanta funds life-changing research, advocates for compassionate public policy and patient rights, empowers people with fact-based information, ensures access to care, and provides the treatment assistance and emotional support patients need. This 360-degree approach is exactly what's needed to achieve its vision – a world without breast cancer. Komen Atlanta has raised more than \$52.5 million since its inception in 1991. 75% of all funds raised stays here in Atlanta to fund breast health programs for those in need who would not otherwise have access to screening and treatment

10/27/19 6:30AM 30MINS

DR. JOE SHOW: Cholesterol is a fatty, waxlike substance found naturally in all the cells of your body. Your body needs cholesterol to manufacture hormones and synthesize vitamin D, among other functions. There are two types cholesterol HDL & LDL. HDL has been labeled "good" because these lipoproteins travel around the body and "pick up" excess fat in the form of LDL cholesterol and take it to the liver, where it can be broken down and removed from the body. LDL is "bad" cholesterol that circulates in your blood and, according to conventional thinking, may build up in your arteries, forming plaque that makes your arteries narrow and less flexible. Lower your cholesterol naturally by eating healthy fats from high-quality sources like: Olive and Olive oil, coconut and coconut oil, avocados, raw nuts and seeds.

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

10/27/19 7AM 25MINS

PERSPECTIVES: Cancer Treatment at Northside Hospital: Dr. Kent Holland

The Blood and Marrow Transplant (BMT) Program at Northside Hospital Cancer Institute (NHCI) is one of the largest and most comprehensive programs of its kind in the Southeast and has among the best survival rates in the nation for bone marrow transplants. Northside Hospital's BMT Program is committed to providing clinical excellence and compassionate care for patients undergoing blood marrow and stem cell transplantation.

11/3/19 6:30AM 30Mins

DR. JOE SHOW: Health Mistakes you don't know you are making

You're applying heat to an injury. Instead of heat you should ice injuries immediately and to stop using that area to prevent further damage. You may assume that "organic" or "all natural" means it's good for you. Do your nutritional research when it comes to food; as for vitamins and supplements, always check with your doctor before taking anything. You're not wearing sunscreen year-round. Even in the winter, sunscreen should be applied to your face. You're breathing through your mouth, breathing through your nose will help to eliminate symptoms from allergies and increase essential nutrients in the body and even keep your gut lining healthier.

11/10/19 6:30AM 30Mins

DR. JOE SHOW: Reasons to quit coffee

Caffeine, perhaps the most widely appreciated "drug" compound in coffee, only makes up a mere 1 to 2 percent of the bean. Chlorogenic acid in coffee might inhibit glucose 6 phosphatase, an enzyme that regulates blood sugar metabolism in the liver. Caffeine in coffee increases catecholamines, your stress hormones. Unfiltered coffee has the highest amount of beneficial antioxidants yet also leaks the most diterpenes into your system. The acidity in coffee is associated with digestive discomfort, indigestion, heart burn, GERD and dysbiosis. Some benefits of cutting out caffeine are a more healthy digestion and you may age better.

**HEALTH / SAFETY / CRIME ISSUES:**



11/17/19 6:30AM 30Mins

DR. JOE SHOW: Tips for preventing the Cold & Flu naturally

Wash your hands frequently and thoroughly, this is the number one way to prevent the flu and other respiratory infections. Your gut is your gateway to health, as nearly 80% of your immune system is located in your gut. Make sure your gut is in tip-top shape, and take a high-quality, multi-strain probiotic with at least 25 billion units. Reduce sugar and alcohol consumption. Consuming too much sugar can suppress your immune system and make it more difficult for your body to fight off infections, including the flu virus. Reduce your stress, stress is known to suppress your immune system. Get 7-9 hours of sleep every night, your body relies on sleep to recuperate from daily exposure to toxins. Take an immune booster, supplement with glutathione and turmeric. Vitamin D is a powerful immune system modulator, meaning it is key to fighting off infections and regulating autoimmunity. Exercise can boost your immune system by increasing your circulation.

11/25/19 6:30AM 30Mins.

DR. JOE SHOW: Arthritis is an inflammation of the joints. It can affect one or multiple joints. Some symptoms of arthritis are joint pain, stiffness, and swelling are the most common symptoms of arthritis. Medication is one way to treat arthritis, Analgesics, Nonsteroidal anti-inflammatory drugs, menthol or capsaicin creams, surgery and physical therapy are some ways to treat arthritis sufferers. A vegan diet has been shown to be able to improve the health of RA sufferers and reduce the pain and stiffness of joints. If you have OA or RA, implementing some basic lifestyle changes can help quell the inflammation that causes your joints to become achy, stiff, or swollen.

12/1/19 6:30AM 30MINS

DR. JOE SHOW: How to lower Blood Pressure Naturally

Studies over the past 20 years have shown that the majority of people in economic developing countries have blood pressure numbers that are higher than they should be, with many experiencing high blood pressure. Blood pressure is a combination of systolic and diastolic pressure. Results of high blood pressure include: Arterial damage, Aneurysm, Heart failure, Blocked or injured blood vessels, reduced kidney function, vision loss, loss of cognitive function: concentration, memory and ability to learn, Metabolic syndrome: a cluster of metabolic disorders such as high cholesterol and insulin, atherosclerosis and increased waist size. Lower your blood pressure by: Eating a plant based diet, start taking an algae oil supplement, use magnesium to loosen things up, pump up your potassium, maintain balance with CoQ10.

**HEALTH / SAFETY / CRIME ISSUES:**

12/08/19 6:30AM 30MINS

DR. JOE SHOW: Facts about soda that you'll find disturbing

It has toxic chemicals, methylimidazole can be found in many sodas and could increase your risk of developing cancer. It can lower fertility, studies found that drinking one or more sugar-sweetened drink (like soda) every day, by either the man or the woman, led to a lower chance of getting pregnant. It may increase your risk of stroke; it can bump up bad cholesterol. It can also make you dependent on sugar or even lead to diabetes. It creates belly fat; it can increase blood pressure. Too many sodas can erode teeth enamel and it's also high in calories. Studies have shown that a diet high in sugar could be the blame for breakouts, wrinkles, and other signs of aging skin. It can harm your kidneys, lead to childhood obesity and lead to an increased risk of heart disease.

12/15/19 6:30AM 30Mins.

DR. JOE SHOW: Key nutrition considerations for a healthy vegan pregnancy

Pregnancy is one of the most exciting times in a woman's life. It can also be one of the most stressful, dealing with various symptoms and changes all while figuring out how to eat to provide the best nutrition for a growing fetus. The Academy of Nutrition and dietetics, the nation's largest organization of dietitians, published a paper on plant-based diets, saying a vegan diet is healthy and nutritionally adequate for pregnant women. Nutrition considerations for a healthy vegan pregnancy: Eat enough calories, pay attention to key nutrients, getting enough calcium, Iron, Vitamin B 12, Vitamin D, Choline, Zinc, Iodine and protein and staying hydrated are ways to help promote a healthy pregnancy.

12/22/19 6:30AM 30Min.

DR JOE SHOW: Beginners guide to intermittent fasting

Intermittent fasting makes your day simpler by eating one less meal a day which also means planning one less meal, cooking one less meal and stressing about one less meal. Intermittent fasting helps you live longer, intermittent fasting activates many of the same mechanisms for extending life as calorie restriction. Intermittent fasting may reduce the risk of cancer, studies on fasting and disease has concluded that fasting appears to not only reduce the risk of cancer, but also cardiovascular disease. Intermittent fasting is much easier than dieting, intermittent fasting is easy to implement once you get over the idea that you need to eat all the time.

**ISSUE & DESCRIPTION**

**DATE**

**TIME**

**LENGTH**

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**EDUCATION ISSUES:**

12/8/19

7AM

30MINS

PERSPECTIVES: How to be a better dad with Kenneth Braswell, CEO of Father’s Incorporated. has a unique seat at the national table, working with leaders in the White House, Congress, U.S. Department of Health & Human Services, Family Law, Business, Faith-Based and the Responsible Fatherhood Movement. The organization works collaboratively with organizations around the country to identify and advocate for social and legislative changes that lead to healthy father involvement with children, regardless of the father’s marital or economic status, or geographic location.

12/15/19

7AM

30MINS

PERSPECTIVES: From Minimum Wage to career employment in one year with Grace Jackson, CEO of Year Up ATL Year Up’s mission is to close the Opportunity Divide by ensuring that young adults gain the skills, experiences, and support that will empower them to reach their potential through careers and higher education. We achieve this mission through a high support, high expectation model that combines marketable job skills, stipends, internships, and college credits. Our holistic approach focuses on students’ professional and personal development to place these young adults on a viable path to economic self-sufficiency.

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

10/13/19                      7AM                      30MINS

PERSPECTIVES: Portrait of an American Businessman: One Generation from the Cotton Field to the Boardroom

Carl Ware is a former high-ranking executive of Coke who was in line to become the first Black CEO of the iconic company, but that was not to be. Carl's book reveals how a racist and sexist "boys will be boys" sentiment was rampant throughout Coke, during Carl's tenure. Yet, in spite of the climate, Carl kept promoting deserving women and minorities. After holding Division President titles at Coke, Carl led a group of black executives who criticized the company in stating that the few blacks in top management at Coke often felt "humiliated, ignored, overlooked or unacknowledged". Carl resigned soon after realizing he would never be promoted to CEO and was part of a class action discrimination lawsuit.

11/24/19                      7AM                      30MINS

PERSPECTIVES: Moving Forward: A Story of Hope, Hard Work and the Promise of America Karine Jean Pierre

MSNBC Political Analyst, Chief Public Affairs Officer for MoveOn, a member of the School of International and Public Affairs at Columbia University, where she teaches a course on campaign management and former Obama White House staffer, has written a political memoir chronicling her path from New York's Haitian community to working in the Obama White House. Born in Martinique and raised in Queens and on Long Island by immigrant parents, Jean-Pierre has created a blueprint for anyone who wants to change the face of politics. By sharing the details of her unique, yet in many ways universal, experience she offers step-by-step, specific and practical advice for getting involved in progressive causes, showing how politics can be accessible to anyone, no matter their background. Jean-Pierre believes that in today's political climate, the need for all of us to participate has never been more crucial and this book is her "call to arms" for those who know that now is the time for us to act.

**ISSUE & DESCRIPTION**

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**FINANCIAL / POVERTY / CHARITY ISSUES:**

11/3/19

7AM

30MINS

PERSPECTIVES: For the Love of Giving – Maryum Gibson and Juanita Shephard National Philanthropy Day

Since 1960, AFP has inspired global change and supported efforts that generated over \$1 trillion. AFP’s more than 31,000 members in over 240 chapters raise over \$100 billion annually, equivalent to one-third of all charitable giving in North America and millions more around the world. Rev. Bernice King, CEO of the King Center in Atlanta, joins us to discuss the Beloved Community International Expo. On Saturday, November 10, the King Center's Auburn Avenue campus will transform it and adjacent streets into an outdoor global pop-up festival with exhibits from all seven continents and representatives from more than 22 countries around the world. The event, from 11:00 a.m. until 7:00 p.m. is free and open to the public.