

**LIST OF ISSUES AND PROGRAMS**

**JULY 1-SEPTEMBER 30, 2019**

**WSRV-FM  
97.1 THE RIVER**

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

**ISSUES AND ANSWERS**

**DURING THE PERIOD OF JULY 1-SEPTEMBER 30, 2019 THE FOLLOWING ISSUES AND PROBLEMS**

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

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

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 3<sup>rd</sup> QUARTER 2019

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

**July 27** – station appearance with English Nick at WSB-TV's Stuff the Bus (location: Kroger with DCCU branch in Canton)

**September 11-12** – on-air, digital support of WSB-TV's Convoy of Care (Hurricane Dorian relief)

**September 28** – station appearance at Reformation Brewery's Cadence Fair in Downtown Woodstock

**September 2019** – Organized and announced Trans-Siberian Orchestra Partnership with Veterans Empowerment Organization, portion of the proceeds of each ticket to the 7:30pm show will go to VEO

**ISSUE & DESCRIPTION**

**HEALTH / SAFETY / CRIME ISSUES**

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

7/7/19                      6:30AM                      30MINS

DR. JOE SHOW: Non-Drug Solutions for Pain Relief

Narcotic painkillers are a driving force in the rise of substance abuse and lethal overdoses. Dr Joe strongly recommends exhausting other options before you resort to a narcotic pain reliever. The non-drug alternatives he suggests are: eliminating or radically reducing most grains & sugars from your diet, take high-quality omega-3 fats, optimize your production of vitamin D, emotional freedom technique & chiropractic are just some of the options that are believed to be better than narcotic solutions. Some surgeries that are possibly unnecessary are: cardiac angioplasty, cardiac pacemakers & spinal fusion back surgery. It is highly suggested to try all non-invasive options before resorting to surgery as diagnostic errors permanently injure or kill up to 160,000 Americans a year.

7/14/19                      6:30AM                      30MINS

DR. JOE SHOW: Dr Joe Show: Everything you need to know about the Ketogenic Diet

A ketogenic diet is a dietary approach that focuses on minimal carbohydrates & moderate amounts of protein and high healthy fat consumption. Ketogenic diet also involves consuming high amounts of fiber. Foods that are rich in antioxidants are recommended as well, as long as they do not contain high amounts of sugar. Ketogenic diet is not only ideal for people who are suffering from chronic illness or obesity, but also for those who simply want to optimize their health. Every year more and more people are suffering from chronic and debilitating illnesses in just about every corner of the world, and the statistics of obesity-related deaths are also steadily increasing. A 2013 study by the National Institute of Health has shown that plant-based diets can lower the number of medications required to treat chronic health conditions.

**HEALTH / SAFETY / CRIME ISSUES**

7/21/19 6:30AM 30MINS

DR. JOE SHOW: Boost Your Brain Health Naturally

Vitamin D deficiency is associated with a substantially increased risk of dementia and Alzheimer's disease. The carotenoids lutein and zeaxanthin, found in dark leafy greens, may promote cognitive function in old age by enhancing neural efficiency. Among people with Alzheimer's disease, those who drank milk containing probiotics experienced significant improvements in cognitive function. Ninety-three percent of Americans believe maintaining brain health is very or extremely important, according to an AARP survey; however, few are aware of the many holistic approaches available to do so. According to recent research, at least one in three Alzheimer's disease cases worldwide is preventable. One of the closest things we know of to a natural Alzheimer's treatment is a healthy, anti-inflammatory diet.

7/21/19 7AM 25:00

PERSPECTIVES: The Hormone Fix: Burn Fat, Boost Energy the Keto Green Way with Dr. Anna Cabeca

Her new book is The Hormone Fix and her approach is being hailed by dozens of doctors and best-selling authors. Keto-Green™, the diet and lifestyle honed by Dr. Anna, focuses on ketogenic eating paired with an alkaline diet and intermittent fasting. Unlike the conventional keto diet, Keto-Green incorporates alkaline low carb foods, like green vegetables (hence the name!), that make your body more alkaline. This diet was inspired by Dr. Anna's own life experiences; she went through menopause twice, once at 38 after suffering a tragedy of losing a young child and then again went through menopause at 50. Her plan works for both men and women. Learn more about Dr. Anna Cabeca and her plan at [www.drannacabeca.com](http://www.drannacabeca.com)

7/28/19 6:30AM 30MINS

DR. JOE SHOW: Even Moderate Alcohol Consumption May Be Far More Harmful Than Previously Thought

Substance abuse is skyrocketing in the U.S., and that includes alcohol. More than 66 million – nearly 25 percent of the total adolescent and adult population – reported binge drinking at some point in 2015. An investigation using twin brothers as guinea pigs reveals even moderate alcohol consumption may cause significant harm, including increased liver stiffness, systemic inflammation and leaky gut. Exercise may ameliorate some risks. Chronic drinkers who exercise five hours a week have the same rate of mortality as those who never drink alcohol, in part by counteracting the inflammation caused by alcohol. The effect of alcohol on your body depends on a number of factors, including your gender, weight and genetic makeup. Previous research has also found that long-time drinkers who exercise regularly have less damaged white matter in their brains compared to those who rarely or never exercise. However, thinking that exercise will cancel out the harmful effects of chronic alcohol consumption is unrealistic, and such a program may be difficult to maintain in the long run.

**HEALTH / SAFETY / CRIME ISSUES**

8/4/19

6:30AM

30Mins

DR. JOE SHOW: Unexpected health problems after 50

One surprising thing that happens after age 50 is that people tend to shrink; both men and women. As we age, we lose height because the discs between the vertebrae lose their water content and elasticity. You can also lose height if the spine starts to curve or if you have a compression fracture from osteoporosis. Many men and women alike experience incontinence as they age, this includes leaks, urgency, as well as more frequent urinations prompting many people to restrict the amount of fluid intake which can then overburden the kidneys. After 50 you may experience a decreased libido which may be attributed to a lost interest in your partner sexually or you do not feel sexy yourself so therefore are not interested in sex. Up your intake of core proteins that will build more energy-burning muscle, consume the healthiest fats that help increase satiety and speed nutrients throughout your body, and reach for plenty of good-for-you carbs-yes, carbs-that provide essential fiber.

8/11/19

6:30AM

30Mins

DR. JOE SHOW: Home Cleaning Products Bombshell: Exposure Equivalent to Smoking 20 Cigarettes a Day, Study Says

A study published in the American Journal of Respiratory and Critical Care Medicine, investigated home cleaning products, including sprays and other cleaners. Although the study didn't look at products' impacts on lung cancer risk, it did aim to find out how cleaners damage the lungs and impair function. The study found that home cleaning products can cause people to have immune system dysfunction, it can also be a lung penetrating type of air pollution. It is also well known that people who clean to make a living face increased risk of developing asthma. But did you know that using cleaning sprays at home is also linked to new cases of asthma? It's not just the cleaning products themselves, but how we often mix them that leads to potentially disastrous health threats. One common mistake is mixing chlorine bleach with a cleaner containing ammonia. Since our chemical regulations are outdated and don't properly protect us from toxic cleaning products, here are some safer solutions: Use ingredients like white vinegar, baking soda and castile soap for cleaning purposes. When you do need a more potent cleaner, use germ-killing essential oils, including a thieves oil blend.

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



8/18/19

6:30AM

30MINS

DR. JOE SHOW: What's the Beef with Red Meat?

A study linking red meat and mortality lit up the media in more ways than one. The warning from the study, done by researchers at the Harvard School of Public Health sounded ominous. Every extra daily serving of unprocessed red meat increased the risk of dying prematurely by 13%. Processed meat upped the risk by 20%. Upping your risk of dying by 13% or 20% may nudge you toward becoming a vegetarian-but those are relative risks, comparing death rates in the group eating the least meat with those eating the most. One way to cut back on red meat is to follow a Mediterranean-style diet. It is rich in plant-based foods, and doesn't emphasize meat. Cutting back on meat can also help the health of the planet. According to an eye-opening book from the union of Concerned Scientists called *The Consumer's Guide To Effective Environmental Choices*, meat consumption is the second most environmentally expensive consumer activity, behind how we transport ourselves from place to place. Making one pound of beef for the table creates 17 times more water pollution and 20 times more habitat alteration than making its caloric equivalent in pasta.

8/25/19

6:30AM

30Mins

DR. JOE SHOW: Missing Sleep can take years off your life

Sleep apnea is a disorder that causes poor sleep quality due to uncontrollable pauses in breathing, taking shallow breaths during sleep and suddenly waking up startled. Long-term complications of sleep apnea can include an increased risk for heart disease, stroke, diabetes, obesity, depression, memory problems, viruses and sexual dysfunction. Sleep disturbances have also been correlated with car accidents, poor job performance, low grades in school and higher susceptibility to common colds and the flu. Many people with sleep apnea use a breathing mask to help control symptoms, but this won't stop the underlying problems associated with sleep apnea, including inflammation of the throat muscles. Fortunately, sleep apnea can be treated and prevented by making lifestyle modifications, including losing weight, reducing inflammation, improving your diet and starting a regular exercise routine.

**HEALTH / SAFETY / CRIME ISSUES**

9/8/19 6:30AM 30Mins

DR. JOE SHOW: What to know about hormonal imbalances

Hormones are chemicals that are produced by glands in the endocrine system. Hormones travel through the bloodstream to the tissues and organs, delivering messages that tell the organs what to do and when to do it. Hormones are important for regulating most major bodily processes, so a hormonal imbalance can affect a wide range of bodily functions. Everyone experiences periods of hormonal imbalance at certain points in their life, but these can also occur when the endocrine glands are not functioning properly. The symptoms of a hormonal imbalance depend on which glands and hormones are affected. Natural supplements commonly used for the reduction of symptoms associated with hormonal imbalances include black cohosh, dong quai, red clover and evening primrose oil for hot flashes caused by menopause. Lifestyle changes that may help reduce the likelihood and symptoms of hormonal imbalances include maintaining a healthy body weight, eating a nutritious and balanced diet and exercising regularly.

9/15/19 6:30AM 30MINS

DR. JOE SHOW: Hemp vs Marijuana, what's the difference?

Marijuana stocks are soaring because of recent changes to how hemp is regulated in the United States. That's got everyone asking: What are the top marijuana stocks to buy in 2019? In order to understand the impact from hemp deregulation on marijuana companies, it's useful to understand how marijuana and hemp are different. Marijuana is the dried flower of the female cannabis plant, and it can come from either the cannabis indica or cannabis sativa species. Hemp is only a member of the cannabis sativa family. Although marijuana and hemp both come from the cannabis sativa family, they're distinctly different. Marijuana is bushier with broader leaves, while hemp is leaner with shinier leaves. It's the differences in their chemical composition that really set them apart, though. Marijuana's most common cannabinoid is tetrahydrocannabinol (THC) – the chemical cannabinoid associated with the plant's psychoactive effect. In marijuana, the THC levels can reach 30% depending on the strain, but THC levels in hemp are less than 0.3%. The low levels of THC in hemp mean that, unlike marijuana, it has historically been used for industrial purposes. Hemp's rapid growth and strong fibers made it ideal for crafting durable rope, clothing, sail, and paper.

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

9/22/19 6:30AM 30Mins

**DR. JOE SHOW: The Bitter Truth About Sugar**

Low-fat recommendations have led to a dramatic increase in sugar consumption, and it is in fact sugar, not fat, that drives heart disease. According to a 2013 report on sugar consumption, up to 40 percent of US healthcare expenditures are for diseases directly related to the overconsumption of sugar. Clinical trials have shown that those who consume high fructose corn syrup tend to develop higher risk factors for cardiovascular disease within as little as two weeks. As a general rule, a diet that promotes health is high in healthful fats and very, very low in sugar and non-vegetable carbohydrates, along with a moderate amount of high-quality protein. The main problem with sugar, and processed fructose in particular, is the fact that your liver has a very limited capacity to metabolize it. Reports say that your body can safely metabolize about six teaspoons of added sugar per day. But the average American consumes 22 teaspoons of added sugar a day. All that excess sugar is metabolized into body fat, and leads to all of the chronic metabolic disease we struggle with, including but not limited to: type 2 diabetes, cardiovascular disease, hypertension, dementia and cancer. Research coming out of some of America's most respected institutions now confirms that sugar is a primary dietary factor driving chronic disease development. So far, scientific studies have linked excessive fructose consumption to about 78 different diseases and health problems, including heart disease and cancer.

9/29/19 6:30AM 30Mins

**DR. JOE SHOW: The 50 foods that sabotage your sleep**

According to the National Sleep Foundation, "insomnia is difficulty falling asleep, even when a person has the chance to do so." Chocolate is a hidden source of caffeine, that means taking a forkful of your favorite souffle or chocolate ice cream may be the very thing keeping you up. Alcohol in general can also be a culprit of interrupted sleep, it relaxes the esophageal sphincter, which normally works to keep the acid down in the stomach. As it relaxes, the acid from the alcohol can enter your throat, giving you that burning feeling deep in your chest. As expected Coffee & energy drinks should also be avoided hours before trying to attain sleep because of the amounts of caffeine found in them.

9/22/19 7AM 25:00

**PERSPECTIVES: September is Childhood Cancer Awareness Month: Curing Childhood Cancer Kristin Connor**

During the month of September, we work to raise awareness about pediatric cancer. Only four percent of all federal dollars allocated to cancer research are dedicated to cancers afflicting children. Kristin Connor, whose son battled pediatric cancer and won, now serves as Executive Director of Cure Childhood Cancer. This nonprofit raises millions of dollars for pediatric cancer research exclusively. Their Precision Medicine research project uses genetic testing for patients who do not respond to traditional protocols and develops therapies specifically for them.

**ISSUE & DESCRIPTION**

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

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**COMMUNITY/EDUCATION ISSUES:**

7/14/19                      7AM                      25:00

PERSPECTIVES: Healing Atlanta’s Sick Neighborhoods: Veronica Squires and Breanna Lathrop  
Buildings with mold trigger asthma and other respiratory conditions. Geographic lack of access to food and health care increases childhood mortality. Community violence traumatizes residents. Poverty, unemployment, inadequate housing, food insecurity, racial injustice, and oppression cause physical changes in the body, resulting in disease and death. But there is hope. Loving our neighbor includes creating social environments in which people can be healthy. They believe Christ's ministry brought healing through the dismantling of systems of oppression and the overturning of social norms that kept people from living healthy lives. They are working to do the same in Atlanta communities by addressing social determinants that facilitate healing in under-resourced neighborhoods.

8/4/19                      7AM                      25:00

PERSPECTIVES: Reverend Dr. Bernice A. King, The King Center  
Rev. Bernice King, CEO of the King Center in Atlanta, joins us to discuss the Beloved Community International Expo. On Saturday, August 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.

8/18/19                      7AM                      25:00

PERSPECTIVES: Go Behind the Scenes of Hartsfield Jackson Atlanta Airport with an emphasis on safety: Jan Lennon  
It’s a first! An African American woman, Jan Lennon, is named assistant general manager for Public Safety and Security at the world’s busiest and most efficient airport. Lennon, who joined the Hartsfield-Jackson Atlanta International Airport 17 years ago, now oversees regulatory compliance and day-to-day operations of the airport, ensuring the safe travel of approximately 300,000 passengers and 2,700 aircraft operations each day. As the AGM for the Public Safety and Security team at Hartfield-Jackson, Lennon has operational responsibilities for Atlanta Fire Rescue, Atlanta Police, Security and Safety. Lennon represents Hartsfield-Jackson on the Transportation Security Administration’s Aviation Security Advisory Sub-Committee, and she is active in the security practice areas of the American Association of Airport Executives and Airports Council International.

**ISSUE & DESCRIPTION**

**DATE                      TIME                      LENGTH**

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

7/7/19                      7AM                      25:00

PERSPECTIVES: The Crowded Hour: Teddy Roosevelt and the Rough Riders

As our nation pauses to celebrate 243 years of the experiment called democracy, we sit down with Clay Risen, author and opinion editor at The New York Times to discuss his book, The Crowded Hour: Teddy Roosevelt, the Rough Riders and the Dawn of the American Century. The American military had been little respected by foreign powers until the often-disparaged but highly motivated Rough Riders decisively beat the Spanish, ushering in a new era of American expansionism. Using diaries, letters, and memoirs, THE CROWDED HOUR explores the motivations behind the rush to war, and the day-by-day narrative of the men who joined.

8/11/19                      7AM                      25:00

PERSPECTIVES: Bronze Lens Film Festival and Dragon Con arrive in Atlanta

The end of summer is a busy time in Atlanta. From August 21-25, the city hosts the 10th annual Bronze Lens Film Festival. Each year, film lovers, actors, and creators gather to share a creative platform of education, entertainment and empowerment discussions related to film and television production. Among the projects being screened during the Festival's Cinema and Social Justice Sunday lineup is a short film called Illegal Rose. It tackles the issue of immigration. It stars actress and Atlanta native Jasmine Guy. Our conversation is with writer/director Deborah Riley Draper. Beginning August 29 Dragon Con - the largest multi-media, pop culture convention focused on science fiction and fantasy, gaming, comics, literature, art, music and film descends on Atlanta. Looking ahead to what the city can expect from 85,000 visitors Labor Day weekend is Festival Spokesman Dan Carroll.

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

9/1/19 7AM 25:00

PERSPECTIVES: A Teaching Moment and a Day of Remembrance of America's Original Sin: Slavery  
The One Race Movement, which led last year's historic ascent up Stone Mountain to reclaim the landmark in the name of reconciliation, is calling on the community to commemorate the introduction of slaves to the United States at Jamestown, Virginia, in 1619. This year marks the 400th anniversary, providing a significant opportunity to engage in the national discourse around the celebration and lamentation of the African American legacy. This is so that we can change the story for future generations, moving forward together as one people.

9/8/19 7AM 25:00

PERSPECTIVES: A Conversation with Queen Sugar's Aunt Vi: Tina Lifford who's in Atlanta September 14  
Not only is actress Tina Lifford the soul of Queen Sugar on OWN, she's also a prolific writer and enthusiast on mind/body wellness. She will be in Atlanta on September 14th with her Inner Fitness/Outer Beauty Tour because she believes inner fitness positively impacts our inner health and supports inner well-being the way physical fitness impacts our physical health and wellness. Her book, The Little Book of Big Lies is due out in November.

9/29/19 7AM 25:00

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.

**ISSUE & DESCRIPTION**

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**FINANCIAL / POVERTY / CHARITY ISSUES:**

7/28/19

7AM

25:00

PERSPECTIVES: Community Health Fair hosted by David Scott on Aug 10

Congressman David Scott will host the 15th Annual Thirteenth Congressional District Health Fair on Saturday, August 10, 2019, 9am - 2pm, at Mundy's Mill High School, located at 9652 Fayetteville Rd., Jonesboro, GA 30238. Free health screenings include exams for: breast cancer, prostate cancer, HIV, diabetes, blood pressure, cholesterol, uterine fibroid, mental health, vision, glaucoma, dental, orthopedic, and flu shots. Eligibility screenings will be available for Medicaid, PeachCare, Medicare, Social Security, SNAP, Head Start, veterans' health and service-connected disability benefits, and HomeSafe Georgia.

9/15/19

7AM

25:00

PERSPECTIVES: 40 Years of Fighting Hunger in Georgia with the Atlanta Community Food Bank

2019 marks 40 years of work by the Atlanta Community Food Bank. Nearly one in eight Georgians is food insecure. Nearly one in five are children, and half of those who are food insecure in in the metro Atlanta suburbs. Kyle Waide, CEO of the Atlanta Community Food Bank joins us to discuss efforts to distribute more fruits and vegetables to those who are food insecure and the ACFB's efforts to expand capacity in 2020.