

**LIST OF ISSUES AND PROGRAMS**

**APRIL 1-JUNE 30, 2019**

**WSRV-FM  
97.1 THE RIVER**

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

**ISSUES AND ANSWERS**

**DURING THE PERIOD OF APRIL1-JUNE 30, 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.

## 2ND QTR COMMUNITY EVENTS

### **April**

**April 7** – partnership with KISS (the band) to receive a custom-painted piece of art to be auctioned off by charity partner, Veterans Empowerment Organization

**April 27** – station appearance at ‘Rock for Rescues’ in Milton

**April 28** – station appearance at Taste of Marietta

**April 28** – station appearance at Lauren’s Run and CURE Childhood Cancer Picnic

### **May**

**May 2** – station appearance at Taste of Alpharetta

**May 22** – promotion and appearance by Steve Craig for listener dinner at Marlow’s Tavern in Vinings

**May 30** – lunch delivery by Steve Craig to sales/support staff of Jim Ellis Buick GMC in Buford

### **June**

**June 8** – station appearance with Mercedes-Benz of Buckhead at ‘Tunes from the Tombs’ at Historic Oakland Cemetery

**ISSUE & DESCRIPTION**

**HEALTH / SAFETY / CRIME ISSUES**

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

4/7/19                      6:30AM                      30MINS

DR. JOE SHOW: Walking More May Be Key For a Longer, Healthier Life. The more time that you spend sitting, the shorter and less healthy your life will be. The World Health Organization now lists inactivity as the fourth biggest killer of adults worldwide. What you can do: Walking more may be key for a longer, healthier life. Get up and walk at least once every hour. Committing to sitting less is more of a mindset than a physical feat. It will take some getting used to, but you'll find standing and moving around feels every bit as natural, and, really, even more so, than sitting. If you work in an office, converting to a standing workstation will be important, but you should also strive to stand or move around while you watch TV, talk on the phone, and any other time possible.

4/14/19                      6:30AM                      30MINS

DR. JOE SHOW: Men are at a higher risk for Osteoporosis. The International Osteoporosis Foundation reveals that one in five men over the age of 50 will suffer a fracture due to this bone-deteriorating condition. What you can do: The problem is largely preventable. Take specific steps in your 20's, 30's, and 40's to preserve the bone mass you have, and your skeleton should be in much better shape once you reach retirement age. Reports suggest avoiding smoking and drinking more than two alcoholic drinks per day, two things that cause bone deterioration. Next, make sure to get enough calcium-a major component of strong bones. You're constantly losing calcium through sweat and urine, so you need to replace this mineral daily.

4/21/19                      6:30AM                      30MINS

DR. JOE SHOW: How Sugar harms your brain health and drives Alzheimer's Epidemic. Alzheimer's disease, a severe form of dementia, affects an estimated 5.2 million Americans. What you can do: Avoid sugar and refined fructose, avoid gluten and casein (primarily wheat and pasteurized dairy, but not dairy fat, such as butter). Eat a nutritious diet, rich in folate. Increase consumption of all healthful fats, also make sure you're getting enough animal-based omega-3 fats, such as krill oil. Optimize your gut flora by regularly eating fermented foods or taking a high-potency and high-quality probiotic supplement. Eat blueberries, wild blueberries, which have high anthocyanin and antioxidant content, are known to guard against Alzheimer's and other neurological diseases.

**HEALTH / SAFETY / CRIME ISSUES**

4/21/19 7AM 25:00

PERSPECTIVES: Making a Difference in the Community: The Center for Black Women’s Wellness with Jemea Dorsey  
Led by CEO Jemea Dorsey, the Center for Black Women's Wellness works to improve the health of underserved Black women and their families. Over the organization's 30-year history, the CBWW has grown in the scope of its programs and services. The organization now provides low cost / no cost health care services to thousands of women in metro Atlanta. The group recently received a significant increase in funding for the Atlanta Healthy Start Initiative. This program's goal is to improve outcomes in communities with high rates of infant mortality.

4/28/19 6:30AM 30MINS

DR. JOE SHOW: Everyday noises may cause increased risk of heart disease, experts say. Researchers believe that noise pollution causes a surge in stress hormones, which appear to have harmful effects on the arteries in the heart and the rest of the body. What you can do: If you are exposed to loud noises frequently, you can consider wearing earplugs or noise-cancelling headphones. This might be especially important to consider if you work in a loud environment such as a construction site or if you live near an airport and hear planes taking off throughout the day and night. It is important to note that there are no studies that have shown a reduction in the risk of heart disease because of headphones or earplugs.

5/5/19 6:30AM 30Mins

DR. JOE SHOW: Breakthrough Updates you need to know on Vitamin D. The compound we call vitamin D can no longer properly be considered a vitamin. For most mammals, it is not in any sense even a nutrient. What you can do: Fortified foods are the major dietary sources of vitamin D. Exposure to sunlight is also an important source of vitamin D. Ultraviolet rays from sunlight trigger vitamin D synthesis in the skin. Top 5 signs you may have a vitamin D deficiency that you will notice as an individual include ongoing musculoskeletal pain, frequent or intense colds and flus, neurological symptoms such as depression, impaired cognition and headaches, unrelenting fatigue and head sweating. An estimated 40 percent of Americans are profoundly vitamin D deficient.

**HEALTH / SAFETY / CRIME ISSUES:**

5/12/19      6:30AM      30Mins

DR. JOE SHOW: Anti-Cancer superfoods: Do they really work? While studies are ongoing, and in many cases, experts still don't know exactly how these superfoods work, there's strong evidence that certain fruits and vegetables rich in plant-based nutrients can both prevent tumors from starting and halt their growth.

What you can do: The rich, dark colors of blueberries, Brazilian acai berries, raspberries and cranberries come from phytochemicals that protect against numerous types of cancer. One of the first plant-based chemicals to be studied for its anti-cancer properties, catechins – the chemicals in green tea – have been known for some time to prevent and reduce recurrence of breast and other cancers. Numerous studies over the years (more than 30 different studies to date) have also documented the anti-cancer properties of garlic. Broccoli, cabbage, onions, leeks and tomatoes have shown that they can lower the risk of many types of cancers, particularly prostate, breast, lung and colon cancer.

5/19/19      6:30AM      30Mins.

DR. JOE SHOW: How can hormones dictate a woman's life? First is the monthly cycle and how it influences the female mind and body. The first week after a menstrual period might be considered the springtime of the month. Estrogen levels are on the rise, producing surging amounts of energy, ambition and optimism. Summertime arrives during the second week of the menstrual month. Estrogen reaches its peak and the levels off. Then comes the fall. About mid cycle, during the start of the third week, young women experiences ovulation and her time of fertility. Estrogen levels then rebound for a few days. These developments coincide with her peak of sexual desire. Then comes the winter, estrogen levels continue to plummet in this fourth week. So do progesterone and endorphins.

What you can do: Optimize your vitamin D levels through safe sun exposure, as this carries virtually no risk of overdosing on vitamin D. Stay away from NSAIDs, they are linked to serious gastrointestinal risks, like bleeding of the digestive tract, increased blood pressure and kidney problems. Hormonal birth control methods like "the pill" contain synthetic progesterone and synthetic estrogen – something that is clearly not advantageous if want to maintain optimal health.



**HEALTH / SAFETY / CRIME ISSUES:**

5/26/19 6:30AM 30MINS

DR. JOE SHOW: Less Can be more, research shows: Maximizing Health benefits of exercise by finding your “Goldilock’s Zone”  
One of the biggest hurdles people face in maintaining an exercise program is finding the time to do it. Fortunately, modern exercise research shows that you can significantly reduce your workout time while reaping better health benefits, compared to a traditional cardio program.  
What you can do: The evidence suggests there may be a type of “Goldilock’s Zone” when it come to exercise. “Just enough” exercise boosts your overall energy levels, spurring you to be more active during non-exercising hours. “Too much” exercise might actually lead to an increasingly sedentary lifestyle outside of exercise hours, most likely due to a combination of exhaustion and inadvertently eating or snacking more to compensate for the high calorie expenditure during exercise.

6/2/19 7AM 25:00

PERSPECTIVES: Giving Birth to Healthy Babies – The March of Dimes Executive Director Shane Salter  
Today, 1 in 10 babies is born prematurely in the United States each year, including more than 14,000 in Georgia. March of Dimes leads the fight for the health of moms and strength of babies everywhere. Atlanta March of Dimes, in partnership with presenting sponsor Northside Hospital, is providing Atlanta Jeans & Jerseys: Provisions With A Purpose, a first-time event where top restaurants and some of their chefs are paired with local athletes to prepare dishes for guests who come to the College Football Hall of Fame dressed in their finest jeans and team jerseys on June 8, 2019 from 7-10 p.m. Chefs will be on hand to share delectable dishes for event supporters to enjoy. Working alongside the restaurants partners at the tasting stations will be some of Atlanta’s best athletes from the Atlanta Falcons, Atlanta Hawks, Atlanta Dream, and Atlanta United.

6/2/19 6:30AM 30Mins.

DR. JOE SHOW: Exercising on an empty stomach can prevent and treat diabetes  
One of three North Americans will become diabetic because they eat a high-calorie, high-fat diet that blocks insulin receptors preventing cells from responding to insulin.  
What you can do: After just a few days on a high-calorie, high-fat diet, cells fail to respond adequately to stick to cell membranes permanently damaging the affected cells leading to blindness, deafness, heart attacks, strokes, amputations and all the terrible side effects of diabetes. If you exercise before breakfast, you can reduce and even prevent these side effects. When you exercise after fasting, you burn primarily your own body fat for energy. The fat is removed from fat cells and muscle cells. Muscle enzymes burn fat more efficiently and clear further fat from your muscles and fat cells to make your cells more sensitive

**HEALTH / SAFETY / CRIME ISSUES:**

6/9/19 6:30AM 30Min.

DR JOE SHOW: Human race faces extinction if male sperm count continues to fall worldwide.

Sperm quality is reducing by 2% per year according to a study of 124,000 men visiting fertility clinics in Europe and the USA – with experts blaming chemicals and modern lifestyles.

What you can do: Avoid BPA, it is a common ingredient in many plastics, including those in water bottles and children’s toys, as well as the lining of most canned goods. It was recently discovered that even many cash register receipts contain this chemical.

Phthalates are another group of chemicals that wreak havoc with reproductive health. Exposure to phthalates can lead to incomplete testicular descent in fetuses, reduced sperm counts, testicular atrophy or structural abnormality and inflammation in newborns. Men who chose looser-fitting undergarments such as boxers had a higher average sperm count and sperm concentration than men who reported wearing briefs.

6/16/19 6:30AM 30Min.

DR. JOE SHOW: 11 Best plant-based protein foods that fight disease & boost weight loss.

For a number of reasons, plant-based diets have become increasingly popular in developing countries. Whether for ethical or health-conscious reasons, people are increasingly hungry for high-quality plant-based foods.

What you can do: Natto is a type of fermented soybean most often in Japan, it’s also a complete protein. Spirulina, this algae superfood looks a little bizarre, but thus plant protein powerhouse has some unbelievable benefits, like heavy metal detox, HIV/AIDS improvement and cancer prevention. Tempeh, another one of the world’s best plant-based protein sources is tempeh, an Indonesian soybean. Like natto this probiotic-rich bean is fermented to eliminate the common issues soy often provides. Nutritional Yeast, Pumpkin seeds, Hemp Seeds, Amaranth, Quinoa, Black Beans, Green Beans and Lentils are all plant-based superfoods that round out this healthy list.

6/23/19 7AM 25:00

PERSPECTIVES: What You Need to Know about Genetic Testing – Katie Lang Northside Hospital Cancer Institute

With recent advancements in technology and increasing attention from the media, much has been in the news about genetic testing for cancer risk. Although the genes a person is born with may contribute to their risk of developing certain types of cancer, only about 5-10 percent of all cancers are genetic. These cancers are caused by a broken or mutated gene that is passed down in families from one generation to the next. We talk with Katie Lang a genetic counselor and Coordinator of Northside Hospital Cancer Institute (NHCI) Cancer Genetics Program.

**HEALTH / SAFETY / CRIME ISSUES:**

6/23/19      6:30AM      30Mins

DR. JOE SHOW: 19 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 health risks associated with these drugs are great, and addiction is a very real concern.

What you can do: Eliminate or radically reduce most grains and sugars from your diet. Take high-quality, Omega-3 fats. Optimize your production of vitamin D by getting regular, appropriate sun exposure, which will work through a variety of different mechanisms to reduce your pain. Emotional Freedom Technique is a drug-free approach for pain management of all kinds. K-Laser class 4 laser therapy and chiropractic care, many studies have confirmed that chiropractic management is much safer and less expensive than allopathic medical treatments, especially when used for pain. Acupuncture, Physical and massage therapy, Astaxanthin, Ginger, Curcumin, Boswellia, Bromelain, Cetyl myristoleate, Evening Primrose, black currant, borage oils, cayenne cream, medical cannabis and grounding or walking barefoot on the earth, may also provide a certain measure of pain relief by combating inflammation.

6/23/19      6:30AM      30Mins

DR.JOE SHOW: Pesticides Implicated in Infertility

Human fertility is rapidly declining, and recent studies suggest pesticide exposure via conventional food may be a significant contributor to this disturbing trend, seen in both men and women. On average, women with high pesticide exposure ate 2.3 servings per day of fruits, berries or vegetables known to have high amounts of pesticide residue.

What you can do: Avoid Microwave exposure, Exposure to electromagnetic fields (EMFs) is a major contributor to infertility. Avoid carrying your cellphone in your pockets or on your hip. Avoid using portable computers and tablets on your lap. Turn off your cellphone at night, as even if you are not talking, they can damage you up to 30 feet away. Turn off you Wi-Fi at night (ideally in the day also). Most importantly, turn off the electricity to your bedroom at the circuit breaker. Washing your produce will help remove surface pesticide residues. According to recent research, the most effective cleaning method, by, far, is to wash your produce using a mixture of tap water and baking soda. Soaking apples in a 1 percent baking soda solution for 12 to 15 minutes was found to remove 80 percent of the fungicide thiabendazole and 96 percent of the insecticide phosmet.

**ISSUE & DESCRIPTION**

**DATE**

**TIME**

**LENGTH**

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**EDUCATION ISSUES:**

4/7/19

7AM

25:00

PERSPECTIVES: No Cost Boot Camp for Women Facing Divorce with Debbie Dorman

For women who are separated, considering or in the process of divorce, this can be a difficult and emotional time. The Boot Camp for Divorcing Women teaches women how to navigate the process from a legal, information gathering and emotional perspective. The program also coaches women how to avoid the many pitfalls of a stressful process. The Boot Camp is organized by Debbie Dorman who wished a program existed when her marriage ended. Sessions are held at metro Atlanta libraries. Upcoming sessions are on April 27 in Cumming, July 13 in Cumming; August 10, 24, and September 21 in Alpharetta. Questions please call Debbie Dorman at 770-377-4941.

5/19/19

7AM

25:00

PERSPECTIVES: UGA's First Black Graduate is Mary Frances Early, a Hidden Figure No More

When you hear stories about the desegregation of the University of Georgia the names mentioned are of the late Dr. Hamilton Holmes and Journalist Charlayne Hunter. The name you'd not heard belonged to Mary Frances Early. This music educator graduated from Atlanta's Turner High School and Clark College. She was awarded a scholarship to pursue her master's degree in education at the University of Michigan because it was more accepting of black students. But when she saw how her Turner High classmates were being treated at UGA in 1961, Early transferred to UGA to complete her post-graduate education and in 1962 became the first African American graduate of the country's oldest land grant university. UGA plans to name the college of education in her honor. She was a 'Hidden Figure.' Not anymore.

**ISSUE & DESCRIPTION**

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**LENGTH**

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

4/28/19

7AM

25:00

PERSPECTIVES: Urban Farming during Soil Fest Atlanta with Kim Karris and Carol Hunter

Leaders of metro Atlanta’s local food movement are extending an open invitation: Come to the heart of the city for a fun afternoon exploring life on the farm - the urban farm, that is. Atlanta nonprofit Food Well Alliance and Truly Living Well Center for Natural Urban Agriculture will co-host the 5th annual Soil Festival at Truly Living Well’s Collegetown Farm, 324 Lawton St. S.W., Atlanta, GA 30310 on Saturday, May 4, 2019 from 1-5 PM. The free, all-ages event is open to anyone and everyone interested in learning more about healthy soil, local food, gardening, composting, and earth friendly living. We speak with Food Well Alliance Executive Director Kim Karris and Carol Hunter, executive director of Truly Living Well Center.

5/5/19

7AM

25:00

PERSPECTIVES: **Finding My Voice: My Journey to the West Wing and the Path Forward by Valerie Jarrett**

Valerie Jarrett is one of the most influential women of the 21st century. She is a mother, daughter, entrepreneur and public servant. She is the longest serving senior adviser in the Obama White House. She's written a memoir at the urging of her daughter who asked her what she'd tell her 35-year-old self. She discusses being bullied as a child; ending her marriage and her friendship with Barack and Michelle Obama. Her book is available everywhere now.

5/12/19

7AM

25:00

PERSPECTIVES: **Dining Out at Home – Summer Cooking with Quad Webb**

As spring moves into summer, we are outdoors more, enjoying the weather and all the activities living in the south affords us. That also means we are entertaining more. Whether that’s trying a new dish with the family or spending time with friends, there’s always time for something new. Which brings us to our guest today – from Sister Circle and Bravo’s Married to Medicine – Quad Webb whose new book is Cooking with Miss Quad: Live, Laugh, Love and EAT! The book features more than 100 delicious recipes.

## RACE RELATIONS/MULTUCULTURAL ARTS

5/26/19 7AM 25:00

### **PERSPECTIVES: The Burn Zone: A Cult Survivor's Journey to Freedom by Renee Linnell**

After seven years of faithfully following her spiritual teacher, Renee Linnell realized she was in a cult and had been severely brainwashed. She had graduated magna cum laude with a double degree. She had traveled to nearly fifty countries alone before she turned thirty-five. She was a surf model and a professional tango dancer. She had started five different companies and was getting an MBA from NYU. How does someone like her end up brainwashed in a cult? Renee Linnell's *The Burn Zone* is an exploration of how we give up our power—how what started out as a need to heal from the loss of her parents and to understand the big questions in life could leave a young woman fighting for her sanity and her sense of self; ultimately emerging from the battle stronger than ever.

6/30/19 7AM 25:00

### **PERSPECTIVES: UPPITY: The Willy T. Ribbs Story with Race Car Legend Willy T. Ribbs**

The new documentary "Uppity" tells the story of "Auto Racing's Jackie Robinson". Despite being one of the most talented young drivers on the racing scene in the late 70s and early 80s Willy T. Ribbs had to deal with engine sabotage, unwarranted suspensions and death threats throughout his racing career. The establishment did everything in their power to keep this great driver down but Ribbs was never one to back down from a fight and would go on to become one of the winningest drivers in the history of the Trans Am series. He shattered the color barrier in professional racing by becoming the first Black man to race in the Indy 500.

**ISSUE & DESCRIPTION**

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**FINANCIAL / POVERTY / CHARITY ISSUES:**

4/14/19

7AM

25:00

PERSPECTIVES: Making Bold Moves with Aflac CEO Teresa White

It's rare for a woman to lead of a \$34 billion financial services company. Black women, rarer still. Meet Teresa White, a formally trained computer programmer who was motivated to develop her skills as a coder by the prospect of expressing her creativity. She didn't realize it at the time, but those core skills would eventually lead to an executive leadership position at a Fortune 100 company. In 2016, Teresa became the first woman, and the first African American, to hold the title of president in the near 60-year history of Aflac.

6/16/19

7AM

25:00

PERSPECTIVES: A New Confession from R&B Singer Usher's Mom – with Johnetta Patton

Johnetta Patton, mother to R&B superstar Usher stops by to share her latest passion. Patton is coming out of retirement to partner with an organization called Hungry. The group says Hungry will do for corporate catering what Uber did for ride sharing. Patton, while not a chef, is a foodie and operates a shared kitchen for rising chefs. The partnership of "J's Kitchen Culinary Incubator with Hungry will bring new meaning to the phrase "working lunch" around Atlanta. What makes the partnership stronger is the fact that for every 2 meals served, Hungry will feed a person in need. Atlanta is the third and first southeastern market for Hungry and Usher along with Jay-Z, restaurateur Tom Colicchio are also project investors.