LIST OF ISSUES AND PROGRAMS

JANUARY 1-MARCH 31, 2013

WSRV-FM
97.1 THE RIVER

COX RADIO, INC.
GAINESVILLE-ATLANTA, GEORGIA

ISSUES AND ANSWERS

DURING THE PERIOD OF JANUARY 1-MARCH 31, 2013 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

WSRV-FM ISSUES & PROGRAMS – 1ST QTR. 2013 JANUARY 1-MARCH 31, 2013

LIST OF PROGRAMS	AIRTIMES	LENGTH	PROGRAM DESCRIPTION
HEART OF ATLANTA	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.
THE RIVER CURRENT	SUN 7:30AM	30 MINUTES	LOCALLY PRODUCED PUBLIC AFFAIRS PROGRAM DEALING WITH COMMUNITY BASED EVENTS AND HUMANITARIAN EFFORTS AROUND THE CITY OF ATLANTA.

WSRV-FM JANAURY 1-MARCH 31, 2013

CHARITY PROJECTS – 1ST QUARTER

FEBRAURY

2/23-24/13 – Steamhouse Lounge Oysterfest to benefit Embraced Atlanta

ISSUE & DESCRIPTION

	DATE	TIME	LENGTH

HEALTH / SAFETY / CRIME ISSUES

1/6/13 6am 54mins

HEALTH TALK ATLANTA: Dr. Joe spoke about ways to optimum health. Food affects everything. You should eat to fuel your body. First it's important to eat a variety of foods. This will minimize possible exposure to toxins and chemicals. A wide variety of fruits and vegetables will ensure you get the proper nutrition and vitamins. You want to introduce raw foods in your diet. It should be 60% of your diet, and organic is best. You should vary the TYPE of fruits and Vegetables that you eat. Don't eat an apple EVERY day, as an example. Stay away from the "white" foods, like flour and pasta. Fiber is very important. Fiber lowers cholesterol. On the whole, we eat too much fat. Toxins are stored in fat. You ingest the toxins and they are also stored IN your fat on your body. They can build up to dangerous levels. You can decide what works for you and what doesn't by using the "elimination" diet. Take something out of your diet and see how you feel. Put it back in and see what changes. If you have a gluten intolerance, you might have a runny nose if you eat bread.

1/6/13 7am 25mins

PERSPECTIVES: Brian Looby and Matt Jarrard, Georgia Department of Community Health talk about GaMap2Care, developed by the Georgia Department of Community Health's Healthcare Facility Regulation Division (HFR), is a user-friendly provider search tool that helps you make more convenient and more informed decisions about your health care facility and service choices. GaMap2Care allows you to search, see and select licensed health care facilities, long-term care facilities and home health care service providers in Georgia. This innovative search tool links Georgia's centralized database of more than 7,000 licensed facilities and home health service providers with Google's advanced geomapping capability.

1/13/13 6am 55mins

HEALTH TALK ATLANTA: Dr. Joe spoke of more ways to optimum health. The most important thing to start with is getting the nervous system in order. Make sure the bones are aligned. So what can you eat? Avoid beans cooked with animal fats, like pork and beans. Beans provide good nutrition without the fats. Avoid coffees and alcohols as they are diuretics. They will cause your body to dehydrate. Water is the best thing to drink. You can add cinnamon to the water, it adds flavor. Cinnamon helps stabilize your blood sugar. Fish can be bad due to the amount of mercury in it. Krill oil is better for Omega 3's. Fruit should be fresh fruit. If you eat dried fruit, avoid ones dried with sulfites. Stay away from wheat, barley and rye. They produce large amounts of gluten. Oats, brown rice, and white rice are better choices. They are high in fiber and slowly digest. Try to stay away from roasted and salted nuts. Try to stay light on the peanuts. Valencia peanuts are the best if you eat peanuts. Read labels carefully. Soups, for instance, have a very small serving sizes. Homemade soups are still the best. Mix in nutritional yeast for maximum health. Seaweed is a simple plant that is high in nutrients. Seaweed is also high in minerals; in fact it has all 56 minerals in it. They also detoxify the system.

HEALTH / SAFETY / CRIME ISSUES

1/20/13 6am 55mins

HEALTH TALK ATLANTA: Dr. Joe concentrated on prevention of, and easing of colds and the flu. Colds are caused by 200 different viruses therefore there isn't one cure. Proper rest is important. Colds come any time of the year, but are most prevalent in fall and winter. A strong immune system is important. Taking over the counter remedies can actually LENGTHEN a cold! They suppress your immune system as well as your symptoms. More than two colds a year as an adult, is a symptom of an underlying problem. The body can use the cold virus to cleanse itself or detoxify. Causes of a weak immune system can be deficiencies. Soups can help, but avoid Monosodium Glutamate. Try to find an organic soup. Fluids are important. Drink mostly water. Herbal tea is good as well. Do not add sugar. Sugar can weaken an immune system. Fluids will help flush out the toxins. Orange juice contains fructose, which is also a sugar and again will weaken the immune system. Avoid dairy products as they increase mucus production. Vitamin D3 will help you get over a cold quicker. It helps to take D3 with a fatty food such as nuts. Vitamin C also helps. You have to find your tolerance of vitamin c. Double the dosage daily until you develop loose stool then back down to 80% of that dosage. Gargle with water and air dried sea salt. The salt can kill bacteria in the throat. The best herbs are ginger, horseradish, and peppers. They contain natural help.

1/27/13 6am 55mins

HEALTH TALK ATLANTA: Dr. Joe spoke on high blood pressure and ways to prevent or reverse the effects of it. 50 million Americans have high blood pressure. High blood pressure leads to heart attack, stroke, and diabetes. It can strike anyone at any age. In some cases, the digestive system can be the cause of high blood pressure. The body reacts to a condition and try's to stabilize it. High blood pressure is the body's reaction to a problem with your system. Root causes of high blood pressure are a diet high in fat, salts, and sugars. Dehydration is a problem when you have high blood pressure. Have a glass of water BEFORE sitting down to a meal. Eat a lot of fiber. It helps clean out the system. Avoid sugars and salt with meals. Fruits, veggies, seeds and nuts are the best foods.

1/27/13 7am 25mins

PERSPECTIVES: Laura Barton, Executive Director Partnership Against Domestic Violence. Georgia has the highest incidence of teen dating violence in the U.S. One in three Georgia teens have experienced dating violence. 100 teens, on average, die each year in Georgia as the result of a violent relationship. 81% of parents surveyed admit that they don't think teen dating violence is an issue. Experiencing violence and abuse increases the likelihood that teens will abuse drugs or alcohol, and puts them at higher risks for STDs and teen pregnancy.
Partnership Against Domestic Violence promotes healthy relationships through: Our six-session healthy relationship curriculum; Teen Dating Violence 101 presentations for teens and adults Our Annual Teen Dating Violence Summit; Last year, PADV provided teen dating violence prevention information to over 13,000 teens and adults.

ISSUE & DESCRIPTION

DATE **TIME** **LENGTH**

HEALTH / SAFETY / CRIME ISSUES:

2/3/13 6am 56mins

HEALTH TALK ATLANTA: Depression is caused by several factors. It affects people of all ages and nationalities. It is the most costly of all healthcare problems. Fatigue, apathy, and low sex drive are some of the symptoms. It also affects the immune system. Approximately 1 out of 8 will commit suicide from depression. Possible Causes: tension, stress, chronic pain, hormonal imbalance, Hypoglycemia, alcohol, and recreational drugs. Vitamin b12 is the key. You must have proper digestion to absorb vitamin b12. B12 controls energy level. Lack of sunlight can cause depression especially in the winter. Stress will make all symptoms worse. The number one cause of stress is the death of a loved one. Daily causes can be food compounds. Daily diet is very important. Alcohol, meat, sugar, dairy, coffee, soda, and artificial sweeteners can compound the problem. Aspartame lowers serotonin in the brain, and it leads to problems. Avoid artificial sweeteners. Gluten also contributes to depression. Research food allergies. They can also lead to depression. Perfumes, dyes, and air fresheners can trigger allergies. They also can contribute to depression. Raw fruits and vegetables can help improve depression. More tips will be offered in Part Two.

2/10/13 6am 54mins

HEALTH TALK ATLANTA: Recap of last week's show for the first part. Iodine can help improve depression. You have to be able to absorb it. Chlorine inhibits the body's ability to absorb iodine. Avoid chlorinated water. Supplements can help. 5 htp can help as well, but doesn't fix the problem. St. John's Wort has been shown to help. B complexes also help. Nutritional yeast can help as well. It's a good source of B complex vitamins. You have to balance the WHOLE system to make it all work. DHEA is a precursor to the hormone system. You can take as a supplement. It can help improve depression. Vitamin D is vital. The best source is Lichens. Lack of sleep is also a contributor to depression. The body needs sleep to heal itself. Proper spinal alignment is also important. Many people suffer from back and neck pain that can lead to depression. Getting the spine aligned will help. Chronic severe depression can be caused by hormonal imbalance. Correcting the hormonal imbalance will allow you to focus and see more clearly. Liver problems can be compounded by improper bowel movements. The liver also breaks down hormones. If this is not done properly, the liver might be the cause. You should have the liver checked if you have an hormonal imbalance. In fact, you should check your system for reactions to foods. Stop eating suspect foods for a week. Have a serving and record your body's reaction.

HEALTH / SAFETY / CRIME ISSUES:

2/17/13 6am 55mins

HEALTH TALK ATLANTA: It's much better to get to the cause of high cholesterol rather than just lowering cholesterol. It can be dangerous to lower cholesterol levels too far. High levels of cholesterol in the blood are a major sign of problems. Your body requires cholesterol for several functions. Under normal conditions, LDL's and HDL's keep your body in balance. If the LDL's and HDL's get out of balance, then you have a problem. This is where plaque is being produced. It also can lead to hardening of the arteries. It is the first stage of heart disease and can also lead to a stroke. Elevated Cholesterol is usually caused by diet. High cholesterol can usually be treated with diet and exercise. If you are taking medications, you might want to get to the cause. There are serious side effects with the drugs associated with lowering cholesterol. Natural strategies to lower cholesterol are available. The B vitamins and vitamin E really help regulate cholesterol levels. A high fiber diet is key. Soluble fiber is the best to lower cholesterol levels. Oatmeal, flax seeds, and okra are sources of soluble fiber. More will be covered in part 2.

2/24/13 6am 55mins

HEALTH TALK ATLANTA: Soluble fiber is important in lowering your cholesterol. For breakfast, fruit with a bowl of oatmeal is a healthy example. Free radicals can oxidize good cholesterol causing it to stick to your artery walls, causing plaque buildup. A fat free diet is dangerous. If you don't have fat in your diet, there are several vitamins you cannot absorb! This will lead to vitamin deficiency. Seaweed in the diet will help. Krill oil will also help. Garlic and onions are helpful as well. All of these foods help in the removal of free radicals from the blood. Avoid hydrogenated oils and saturated fats. Sugar and alcohol really ramp up the production of free radicals. Most people with high cholesterol have been eating a bad diet. Start by detoxifying the body. Then detoxify your diet. Eating foods high in niacin and vitamin C helps regulate your cholesterol. Statins are among the most widely prescribed today. Side effects include muscle problems, nerve damage, immune suppression, liver dysfunction. 1 in 4 Americans are taking statin drugs. Clean up the diet, align the spine, and improve your cholesterol levels. Optimize your vitamin D levels, and this can improve your cholesterol levels.

2/24/13 7:24AM 27Min.

THE RIVER CURRENT: Maria Myler, President & CEO of the Georgia Chapter of the Lupus Foundation of America- the Georgia Chapter with Natalie Bates, diagnosed with Lupus at 12 years old. Did you know that 55,000 Georgians and 1.5 Million Americans suffer from Lupus? The 7th Annual Walk to End Lupus Now is on Saturday, April 27 at Piedmont Park. Register to walk at www.lupasga.org or call the Georgia Chapter at 770-333-5930.

ISSUE & DESCRIPTION

	DATE	TIME	LENGTH

HEALTH / SAFETY / CRIME ISSUES:

3/3/13 6am 55mins

HEALTH TALK ATLANTA: Important steps to lower your cancer risks. Get a radon detector. Radon is a major cancer risk. Radon exposure is the 2nd leading lung cancer cause. If radon is detected, you should get a repair team involved to get it out. Non-stick cookware is a cancer risk. It contain pfoa's and pfc's. Teflon is a carcinogenic. It is perfectly safe until heated. Stain proofing cloths. It contains the same non-stick chemicals. Microwave popcorn can be a carcinogen. It contains a non-stick chemical. Microwaves in general pose a health risk. It changes the molecular structure of food. Paper and cardboard packaging also contains the non-stick chemicals. Flame retardant chemicals can be carcinogens as well. Make up for women can have toxic chemicals. Use of make-up should be greatly curtailed. There are natural cosmetics available today. If you can't eat it, DON'T put it on your skin! Bisphinal A is a widely used component of can production. It is used as a liner in the can. It is a carcinogen. Avoiding canned foods and beverages is a major step in lowering your cancer risk. Use glass containers instead of cans. Avoid bottled water. Use a reverse osmosis filter and filter your own. Exposure to household chemicals can have long term cumulative effects.

3/3/13 7am 25mins

PERSPECTIVES: Jill Binkley, Founder Turning Point Women's Health Care is our guest. Turning Point Women's Health Care is a non-profit healthcare organization that improves the quality of life for women with breast cancer by providing, promoting and advocating specialized and evidence-base rehabilitation. Turning Point serves women across Georgia and is the only organization of its kind in the state. 2013 marks Turning Point's 10th anniversary. Jill Binkley is a two-time breast cancer survivor who is the founder and executive director of Turning Point.

3/10/13 6am 54mins

HEALTH TALK ATLANTA: How to avoid toxic chemicals and reduce your cancer risk. Paint is a dangerous carcinogen. If you must paint a room or house, make sure it is WELL ventilated. Look for a low VOC paint as well. Flame retardant chemicals in clothes, carpets, and upholstery contain toxic chemicals. Your mattress can be of particular concern. Check for non-toxic chemical mattresses, such as a wool mattress. Lawn chemicals are a problem because of exposure every time you walk on the lawn. Your pets are exposed as well. Most pest control chemicals are neurotoxins. If you are exposed to these, fermented vegetables are known to clean them out of your system. Kimchee and sour krout are particularly good. Cadmium is known to cause breast cancer. It is found in many forms of costume jewelry. Recipe of the week: Preparing cancer fighting foods. Bitter greens are excellent to help clean out the liver. Dandelion leaves, broccoli and kale. Slice thin and lightly sauté in olive oil with some garlic. Add some water and steam. Add air dried sea salt.

ISSUE & DESCRIPTION

	DATE	TIME	LENGTH
HEALTH / SAFETY / CRIME ISSUES:			
	3/17/13	6am	55mins

HEALTH TALK ATLANTA: Certain health warning signs we know about, like heart attack or skin cancer. But there are other symptoms that we don't worry about, but should. Most people are too busy to worry about little complaints. If you are under stress, you may be tired. But if you have insomnia, or other long term symptoms, you may have sleep apnea. You are not getting enough oxygen and you are not getting enough sleep. The body heals during sleep. If you interrupt that cycle, your body doesn't heal. You should be checked for a hiatal hernia. This will also interfere with breathing. Erectile dysfunction is a symptom of something more dangerous. Sometimes it can be from heart disease. Cholesterol build up can be the cause as well. Sometimes the cause can be a pinched nerve in the lower back. Diabetes can also be a cause. Unexpected weight loss is another big symptom. It can be a symptom of cancer, but it can also be an indicator of thyroid problems. The problem could be hyperthyroidism. The thyroid can be in overdrive and causing you to lose weight. Then it crashes and causes hypothyroidism. You will then gain weight rapidly. You can improve this with iodine. Seaweed is a good source of iodine. This will help regulate the thyroid. Avoid chlorine as it will block the absorption of iodine. With cancer, you usually have other symptoms such as bloating, fatigue, and insomnia. Persistent cough is another symptom that is often overlooked. COPD can be the cause of the persistent cough. A pinched nerve in the lower part of the neck can be the cause as well. Frequent urination is a symptom overlooked. This is a real problem if you are NOT drinking a lot of water. One issue could be diabetes. It could be type one or type two diabetes. Extreme thirst is also another symptom.

3/24/13 6am 55mins

HEALTH TALK ATLANTA: Bowel function is a major indicator of problems. If you have a bowel malfunction, it can be an indicator of many problems. The bowels should move two to three times a day. A pinched nerve in the lower back can cause the bowels to malfunction. Constipation is a serious symptom that should be monitored. It could be a spasm of the colon. The colon is a muscle and can spasm. A hot towel over the mid-section can cause the muscles to come out of spasm. Discomfort in the neck or chest is another symptom that is often ignored. A slight pain can be an indicator of heart disease, mainly in women. Get your spine checked. Another ignored symptom is a sore throat. Removal of the tonsils is what is normally recommended. DO NOT DO THIS! Once they are removed, they are gone. They are a part of the immune system. Often swollen tonsils are a symptom of an allergy. Wheat and dairy are two major allergens to check. Saltwater gargle will often help a sore throat. Pain is a symptom that is often ignored. You could have a pinched nerve and not know it, because only 10% of nerves feel pain. Chronic pain is very common and often gets ignored or covered by drugs. You should look for the CAUSE of the pain. Repetitive neck strains can come with daily computer work or by simply commuting to work.

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
HEALTH / SAFETY / CRIME ISSUES:			
HEALTH TALK ATLANTA: Today's show is about constant eating. People are finally starting to wake up to the knowledge that all sugars are not created equal. High fructose corn syrup is in just about everything, but it affects the brain and can cause over eating. Table sugar is sucrose. It affects the brain differently than fructose. This can be seen with an MRI scan. Fructose is metabolized in the liver, and is metabolized faster than sucrose. It converts to fat faster as well. Fructose levels can be the cause of high cholesterol as well. Drinking alcohol is a contributor to hunger. Alcohol contains large amounts of sugar. Lack of sleep can cause you to over eat the next day. If you are tired, you eat, trying to replenish energy.	3/31//13	6am	55mins

ISSUE & DESCRIPTION

	DATE	TIME	LENGTH

EDUCATION ISSUES:

1/20/13 7:32AM 25Min.

THE RIVER CURRENT:: The HAVE Foundation is an organization that raises money for the children in the Honduras Alta Valley, to help educate them. They build schools, libraries, as well as fund the teaching. The education system in Honduras right now is spotty at best, because there is no regulation, so the HAVE foundation is a privately funded group that consistently offers education to the children who want it.
Program Guests were Kathy Bernhardt, Volunteer Executive Director of the HAVE Foundation and Anne L. Cross, VP/Senior Relationship Manager, Wells Fargo Bank, N.A.

2/17/13 7AM 25Mins

PERSPECTIVES: Dr. John Silvanus Wilson, Jr. President Morehouse College is our guest. At the end of January, 1979 graduate, Dr. John Silvanus Wilson, Jr. took over as President of Atlanta's Morehouse College. Morehouse is this nation's largest, private, liberal arts college for men. It's list of prominent alumni reads like a "Who's Who" in American History and culture – men including Prominent alumni include Dr. Martin Luther King Jr. former Surgeon General of the United States, Dr. David Satcher, filmmaker Spike" Lee, Academy Award nominated actor Samuel L. Jackson, former Atlanta Mayor Maynard Jackson, Nima A. Warfield, the first African American Rhodes Scholar from an HBCU.

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
FAMILY/PARENTING/SELF-HELP/RELIGION ISSUES:			
THE RIVER CURRENT: Guests: Kate Atwood and Megan Holder talk about Kate's Club, which is celebrating 10 years empowering children and teens facing life after the death of a parent or sibling. They have lots going on in coming months as they celebrate this major milestone, including a 10th Anniversary Gala in May.	2/3/13	7:33AM	27Min.

ISSUE & DESCRIPTION

	DATE	TIME	LENGTH

ART & ENTERTAINMNENT / RECREATION / ENVIRONMENTAL ISSUES:

1/20/13	7am	24mins

PERSPECTIVES: Michele Zieman DeVos, Executive Director, The Georgia Ballet talks about the Swirling Soiree 2013: The Georgia Ballet, founded in 1960 by Marietta, Georgia native Iris Hensley, is a destination for exceptional training, performance and educational outreach. At its helm is Executive Director Michele Ziemann-DeVos. The company's repertoire of classical and contemporary works includes ballets by such luminaries as George Balanchine and Peter Anastos. The Georgia Ballet is committed to Arts in Education and serves 12,000 area students annually through a variety of programs designed to make the art of dance accessible to school children. All programs meet Georgia Quality Core Curriculum Standards, allowing educators the opportunity to share the arts, specifically dance, with their students. The School at The Georgia Ballet, with an enrollment of 350 students, enjoys a rapidly growing reputation - regionally and nationally - for its increasingly recognizable fine training, as well as the definable artistry of its pre-professional students. The Georgia Ballet is a member of the Southeastern Regional Ballet Association (SERBA).

1/27/13	7am	25mins

PERSPECTIVES: Tedra Cheatham, Executive Director Clean Air Campaign. Half of the smog in the metro Atlanta region comes from tailpipe emissions. The Clean Air Campaign believes this is something that we all can control. The downtown Atlanta-based campaign is actively working toward helping community members change transportation behaviors for the economic and environmental benefit of metro Atlanta.
The campaign is about making businesses better and creating sustainable communities. The most current trends affecting our region are worsening traffic congestion, economic stagnation with a lack of infrastructure funding and volatile gas prices. Parents should turn off their vehicles while waiting in school pickup lines because idling for 30 seconds wastes more gas than turning the car off and on. Atlanta's population is expected to grow by about 3 million by 2040.

ISSUE & DESCRIPTION

	DATE	TIME	LENGTH

ART & ENTERTAINMNENT / RECREATION / ENVIRONMENTAL ISSUES:

3/3/13	7:324AM	25Min.

THE RIVER CURRENT:Museum of History and Holocaust Education
Program Guests are Dr. Julia Brock, Director of Interpretation and Anna Tucker, Public Relations & Marketing Manager.
Discussed Onsite exhibitions - Parallel Journeys (personal stories and what they mean to us), V for Victory, Butterfly Project
New and upcoming on-site exhibitions: The Tuskegee Airmen, Jan Yoors, and Propaganda
Online exhibits: Hollywood Goes to War as well as the Initiatives: Muslim Journeys program and Identities Project
ADL - No Place for Hate and Educational Programs. They want to make a difference with events such as:
Pizza, Movies,Tours, Survivor talks (H. Kohn),Summer Institutes and Swing Dance.

3/24/13	7:34am	23mins

THE RIVER CURRENT:Jay Abbott, Founder of Bulldogs Batting Breast Cancer talks about the Golf Tournament featuring Georgia Bulldog coach, Mark Richt and other UGA players, former and current compete with proceeds to benefit "Teresa's Hope" of the St.Mary's Foundation.

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
FINANCIAL / POVERTY / CHARITY ISSUES:			
PERSEPCTIVES:UGA Miracle is a student-run campus philanthropy that raises money for Children's Healthcare of Atlanta. Students unite the Athens and Atlanta communities to help raise funds for the Rehabilitation and Orthopedics departments at Children's. UGA Miracle is the single donor to Children's Healthcare every year.	2/10/13	7AM	25mins