



# PROGRAMS and ISSUES REPORT

WBEB-FM 101.1 (Philadelphia)  
225 E. City Avenue  
Bala Cynwyd, PA 19004

2nd Quarter 2015  
April, May, June

*Emily Scheivert 6-10-15*  
Emily Scheivert, Community Affairs Director



**The Women's File: Sundays 5am – 6am**

<b>DATE</b>	<b>GUEST</b>	<b>PROGRAM</b>	<b>ISSUES</b>
4/5/15	Sara Painter and Pam Brown, French & Pickering Creeks Conservation Trust	French & Pickering Creeks Conservation Trust has a mission to preserve and protect endangered land and natural resources in the northern Chester County watersheds. They talked about the effort to save 12,000 acres of agricultural, natural, and park lands, greenways and trails along the French and Pickering Creeks and the Iron Tour bike-athon to raise funds	CHARITY EVENT, ENVIRONMENTAL PROTECTION
	Elissa Montanti, Author Human Rights Advocate	Montanti discusses her one woman mission to heal the children of the world. With little money or experience in humanitarian aid she has brought more than 150 children injured in war zones like Haiti, Afghanistan and Iraq to places where they can receive the medical care they desperately need.	HUMAN RIGHTS, WORLD HEALTH, HUMANITARIANISM, CHILDREN'S HEALTH
4/12/15	Linda Cohen, Author "1,000 Mitzvahs"	Cohen describes how small acts of kindness can health, inspire and change your life. In honor of her father's death Cohen	VOLUNTEERISM

	<p>Elaine Brumberg, Health and Beauty expert</p>	<p>decided to 1,000 of these good deeds and explains how you can get started doing the same.</p> <p>Brumberg talks about the increase in malignant melanoma and other skin cancers and how parents can protect their children from developing a potentially deadly skin cancer later in life</p>	<p>CANCER PREVENTION, HEALTH, CHILDREN</p>
4/19/15	<p>Dr. Kay Redfield Jamison, Johns Hopkins University</p> <p>Mary Joe Wells, mother of suicide victim</p>	<p>Redfield talks about her own suicide attempt when she was 28 years old and how she has spent several years studying why people commit suicide. Wells talks about surviving suicide and the guilt that family members suffer as a result and how support groups like Survivors of Suicide can help.</p>	<p>FAMILY ISSUES, CHILDREN, SUPPORT GROUPS</p>
4/26/15	<p>Deborah Dudar, Author "Lighten Up" 7 Ways to Kick the Suffering Habit</p>	<p>Dudar says suffering is the least recognized, most widespread and pernicious addition of our time. After studying with mother Theresa in Calcutta Dudar came up with strategies on how to change the ideas and behaviors that prevent us from living more fully.</p>	<p>MENTAL HEALTH</p>
5/3/15	<p>Theresa Nicassio, Author "YUM"</p>	<p>Nicassio talks about the gluten free diet, health benefits of the new movement toward eating gluten free and offers plant based recipes that offer tasty</p>	<p>NUTRITION, HEALTH</p>

	Brenna Barzenick, Parenting Expert	alternatives  Barzenick talks about THE NEW WAVE OF MOTHERHOOD and shares family stories of being stay at home mom to 2 children, how to cope with stress and unrealistic expectations.	CHILDREN'S ISSUES, MENTAL HEALTH
5/10/15	Lori David, Author "The Family Dinner"	David explains how eating together as a family makes us healthier happier and more connected.	FAMILY ISSUES, CULTURE, CHILDREN
	Eric Maisel, Family Therapist	Maisel suggests ways to stop arguing and complaining and begin communicating better as a family.	MARRIAGE AND FAMILY ISSUES
5/17/15	Rabbi Melvin Glazer, Author "A GPS for Grief and Healing."	Glazer talks about how we can step by step go through the process of grieving a loss or a death, how we can make peace with those who have passed if issues remain and how we can make sense of the finality of saying goodbye to a loved one.	FAMILY ISSUES, MENTAL HEALTH, DEATH & DYING
	Ashley Warner, Author "The Year After"	Warner shares her rape memoir, having been sexually assaulted by a stranger in her NYC apartment. She discussed shame, fear and navigating the criminal justice system as a rape survivor.	CRIME AND JUSTICE, WOMEN'S ISSUES
5/24/15	Brian Delozier, Artist	Brian is the subject of a documentary film tracing the aftermath of the spinal cord	ARTS & CULTURE, NONPROFIT EVENT, DISABILITY

		<p>accident he had when he was 16 which left him paraplegic. The Perkiomenville teen defied doctors predictions and managed to get out of his wheelchair and walk again on crutches and discovered a new existence as an artist, a talent he had never considered exploring until he was quadriplegic with limited use of his hands and legs. He makes art in a series of dots. The film is being shown at the 2015 Media Film Festival.</p>	
	Sara Blum "Women Under Fire"	<p>Blum's mission is to speak the truth about sexual assault in the military and bringing justice to women soldiers who are just now feeling they can come forward with reports of having been violated by officers and others. She herself was attacked while serving as a nurse in Viet Nam. Says problem has been rampant for years, a culture of abuse. Stories from several women are included in book.</p>	CRIME & JUSTICE, WOMENS ISSUES
5/31/15	Kaitlyn Bowman, Eating Disorder Educator	<p>Bowman is a recent high school graduate from Philadelphia area who survived anorexia and bulimia who wants to speak openly about her eating problems in the hope of letting other young women who may have similar struggles that they are not alone.</p>	ADDICTION, EATING DISORDERS, MENTAL HEALTH

	Peter Walsh, Clutter Expert	Walsh says love what you have, have what you need, be happier with less. With money worries a daily concern for most of us we continue to spend on things that do not add to our financial security or personal happiness. Walsh gives advice for how to stop compulsive spending and do the things that will contribute to your peace of mind.	PERSONAL FINANCE, ADDICTION
6/7/15	Dr. Jennifer Simmons, Chief of Breast Surgery, Albert Einstein Medical Center  Jayne Thompson, Professor of Creative Writing at Widener University	Simmons gives the latest wisdom on breast cancer prevention, what part weight, drinking and other lifestyle choices play in breast cancer, what drew her to the field of cancer prevention as breast cancer runs in her family  Thompson edited the book "Letters to My Younger Self" writings from men incarcerated at SCI Graterford. Thompson went inside prison walls to ask men to speak with vulnerability and honesty about the events that landed them in jail, what they'd say to their younger self if they could, what role abuse, violence and poverty play in their lives. Some poems , essays and auto biographical material included as they speak about remorse, regrets and how younger men can escape the trap they fell into.	WOMENS HEALTH, CANCER PREVENTION  CRIME PREVENTION, THE ARTS, POVERTY, FAMILY ISSUES