

## PROGRAMS and ISSUES REPORT

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

1st Quarter 2014 January, February, March

Emily Scheivert, Community Affairs Director



## The Women's File: Sundays 5am - 6am

DATE	GUEST	PROGRAM	ISSUES
1/5/14	Hillary Green of Phila. Life Coach, Cancer Survivor	Green discusses rebuilding your life from the ground up after life changing crises.  She went from being a driven workaholic to a very warm, spiritually based person centered in gratitude and has advice for how others can reach this place of peace.	WOMEN'S ISSUES, CANCER, PERSONAL GROWTH
1/12/14			
	Rebecca, Member of Overeaters Anonymous	Rebecca explains how Overeaters Anonymous, a 12 step program, helped her overcome compulsive eating problems.	MENTAL HEALTH, ADDICTION, WOMENS ISSUES
	Elaine Brumberg, Internationally respected expert on aging and skin care and author	Brumberg offers her advice on how to get the most for your money when buying skin products, skin cancer prevention, anti –aging techniques	CONSUMER ISSUES, AGING ISSUES, WOMENS HEALTH
1/19/14	Henry Brehm, Nephcure Foundation	Talks about ongoing research into curing Kidney disease and little known facts about kidney health. Nephcure is a nonprofit that is aimed at raising funds and raising awareness of Kidney health and the charity event supporting their mission	HEALTH EDUCATION, NON-PROFIT EVENT
	Cathy Poulin, Bob's Discount Furniture	Poulin talks about Grand Opening benefit which will help provide \$50,000 to assist school programs	CHARITY EVENT, SCHOOL FUNDING
1/26/14	Anne Katherine, Author BOUNDARIES IN AN OVERCONNECTED WORLD	Katherine talks about setting limits to preserve your focus privacy, relationships, and sanity with the many devices and digital connections families	FAMILY ISSUES, CHILDREN, MENTAL HEALTH, CULTURE

		now have	
	Ann Rule, True Crime Writer	Rule talks about her latest non-fiction crime book, a compilation of her true crime files during her years as a police woman.	DOMESTIC VIOLENCE, CRIME, WOMEN'S ISSUES
2/2/14	Jill Murray, Expert Teen Violence	Murray discusses the fact that 1 in 3 girls will be in an abusive relationship before she graduates high school, what warning signs can help parents recognize danger, what schools should be doing to help, why girls sometimes embrace the behaviors that lead to abuse	VIOLENCE AND CRIME, WOMENS ISSUES, FAMILY ISSUES
	Megan Egan, Pilates Expert	Egan explains what Pilates is, how this practice helped her overcome Multiple Sclerosis, and how it can create better health and flexibility for women.	HEALTH AND WELLNESS, WOMEN'S ISSUES
2/9/14	Brene Brown, Author DARING GREATLY	Brown speaks about the definition of courage and vulnerability which she says are at the core of human achievement and living life fully. Brown studies shame and vulnerability and finds that things that take you firmly out of your comfort zone are probably exactly what you should be doing. How we face our fears to find a life of value.	MENTAL HEALTH, PERSONAL DEVELOPMENT
	Nia Vardalos, Actor and mother of an adopted 8 year old and Dr. Sue Brownstein, Adoption expert	Vardalos talks about struggling with infertility in Hollywood, about deciding to adopt a child from the LA County foster care system and what that process was like and why children from foster care often go unnoticed. Also was honest about her daughter's period of adjustment after coming to their home. Brownstein talked about the many myths surrounding adoption	ADOPTION, FOSTER CARE, CHILDREN'S ISSUES, FAMILY ISSUES

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2/16/14	Dr. David Stein, ADD Expert	Stein, who himself has 2 sons with ADD and believes Ritalin is not the answer and offers alternatives for parents with children who have attention deficit disorder. Stein believes Ritalin is a dangerous drug and can have adverse effects and lays out a model of discipline parents can use.	CHILDREN'S HEALTH, DRUGS
	Paula Begoun, Author "Don't Go To the Cosmetics Counter Without Me - New Edition"	Begoun, a cosmetics consumer advocate talks about care of the skin, aging, preventing sun damage and which discount products work as well as high priced brands	CONSUMER ISSUES, HEALTH, ECONOMICS
2/23/14			
	Mike Nelson, Hoarding Expert and Author "How to Prevent Clutter From Stealing Your Life"	Nelson explains hoarding and how some people accumulate so much clutter in their homes that their lives are severely impacted, how this problem is now being treated as an addiction and what help is available.	ADDICTION, MENTAL HEALTH
3/2/14	Noam Osband, Philadelphia Filmmaker "Adalante"	Osband talks about his documentary film that looks at St. Patrick's Catholic Parish in Norristown in suburban Philadelphia, a crumbling, old-school Irish parish which faced an influx of Mexican immigrants who moved to the neighborhood. With the guidance of a dedicated priest the congregation learned to co-exist and grow and adapt and now the sound of mariachi bands is heard along with the bagpipes on some Saints' days. The film will be show at upcoming Media Film Festival, Media, PA	COMMUNITY ARTS PROGRAM, IMMIGRANT ISSUES, RELIGION, FAMILY ISSUES

	Nathaniel Branden,	Branden explains how self-esteem affects	MENTAL HEALTH,
	Women's Self-Esteem	the ability to learn, the capacity to grow,	WOMEN'S ISSUES
	expert	the choice of friends, mates and careers and how women can reinforce self-	
		esteem which may be damaged by	
		cultural messages.	
3/9/14	Denise Kiernan, Author,	Kiernan tells the little known story of the	U.S. HISTORY, DEFENSE
	"The Girls of Atomic City"	hundreds of girls in Oak Ridge Tennessee in the Appalachian mountains during	POLICY, WOMEN'S ISSUES
		World War II who helped build the	ISSUES
		atomic bombs that helped win WW2 for	
		the U.S. allies. The town was a virtual	
		"Secret City" where they were sworn not	
		to discuss what they were building at	
		work and did not actually realize that the	
		tasks they were performing were making	
		such a huge contribution to the war	
		effort. She interviewed many women,	
		now in their 80's and 90's who worked in the defense plant where the big bombs	,
		were made.	
3/16/14	Devon Jersild, Expert on	Jersild, whose sister nearly died from an	ADDICTION, DRUGS,
	Alcoholism and Women	alcohol addiction, conducted a study of	HEALTH, WOMEN'S
		women alcoholics, why they drink and	ISSUES
		what they need to recover as well as how	
		their families were affected.	
3/23/14	Katherine Martin, Author	Martin describes women who have	WOMEN'S ISSUES,
	"Women of Courage"	challenged injustice, broken barriers,	HISTORY, PERSONAL
		reached out to others, persevered	DEVELOPMENT
		against all odds	
	Christina Williams,	Williams heads a program based at the	
	Chaplain, Grief	Philadelphia Medical Examiner's Office	COMMUNITY SERVICE,
	Assistance Program	assisting the families of people who have	RELIGION, MENTAL
		been murdered or killed in accidents, and	HEALTH, CRIME &
		helps them in working through their grief	VIOLENCE
		and anger.	

3/30/14 Kristen Brown, Rape survivor, Advocate for "Jane Doe No More"	Brown shares her story of being abducted and sexually assaulted by a stranger on the last day of classes of her Freshman year at the University of Delaware 5 years ago. By reporting the crime and working with police she helped solve her own case. Jane Doe No More is a non-profit helping victims come forward publicly to take the stigma from rape. She is the Keynote Speaker at the upcoming Crime Victim's Rights Week Tribute 2014 in Dover, Delaware	COMMUNITY CHARITY EVENT, CRIME AND VIOLENCE, VICTIMS RIGHTS
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