



## PROGRAMS and ISSUES REPORT

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

1st Quarter 2015  
January, February, March

*Emily Scheivert* 4-8-15  
Emily Scheivert, Community Affairs Director



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

DATE	GUEST	PROGRAM	ISSUES
1/4/15	Gwen Duchosois, Children's Hospital of Philadelphia, Child Safety Expert  Jody Raphael, JD, Author Rape is Rape	Guest Discussed most urgent child safety issues, including choosing a proper car seat and installing it correctly, child proofing a home, the importance of bike helmets  Discusses how denial. Distortion and victim blaming are fueling a hidden acquaintance rape crisis, general myths about rape, the role of media and why acquaintance rape is increasing	CHILD SAFETY, CONSUMER ISSUES  CRIME & VIOLENCE, WOMEN'S ISSUES
1/11/15	Annette Sym, Author <i>Simply too Good to be True</i>  Nancy Mason-Clark,	Sym describes the 150 delicious but healthy recipes in her new cookbook and how they can help women lose weight in a healthy manner and take responsibility for their health  Mason-Clark discusses healing and hope for abused women, how domestic violence distorts	OBESITY, WOMEN'S ISSUES, HEALTH

	Author <i>REFUGE FROM ABUSE</i>	families, shatters dreams and creates pain. She has advice for how to ask the basic questions to help women face the truth that family violence can happen to them.	DOMESTIC VIOLENCE, WOMENS ISSUES, FAMILY ISSUES, CRIME
1/18/15	Christine Arylo, Author <i>Choosing Me Before We</i>	Arylo talks about how women can create the relationships they want instead of the ones they may find themselves stuck in, techniques to set goals, how to recover from a bad breakup, and how visualization can assist women in getting the fulfilling life they are after.	RELATIONSHIPS, WOMEN'S ISSUES, DEPRESSION, FAMILY ISSUES
	Dee Marella, Author <i>WHO CARES; A LOVING GUIDE FOR CAREGIVERS</i>	Marella's book is a journal for older adults to complete for a future caregiver to use in order to make decisions about the elder's care that are according to theirs needs and interests.	ELDERLY, FAMILY ISSUES
1/25/15	Carol O'Toole, Author <i>HEALING OUTSIDE THE MARGINS</i>	O'Toole discusses the increasing trend for cancer patients to choose complementary therapies to help them cope with their illness and how these alternative treatments can be safely combined with conventional cancer	CANCER, HEALTH, ALTERNATIVE MEDICINE

	John Callas, Author <i>FIRST TIME PARENTS SURVIVAL GUIDE</i>	treatment.  Callas has advice for first time parents on the needs of their baby and how to avoid making unnecessary purchases that are often the result of emotion and stress.	CONSUMER ISSUES, FAMILY VALUES, PARENTING
2/1/15	Jessica Valenti, Author <i>Yes Means Yes</i>	Valenti discusses her book which deals with the myths surrounding rape and the gender politics that create these myths and the possibility of a world without sexual violence while honoring a woman's right to her sexuality.	VIOLENCE & CRIME, WOMEN'S ISSUES, CULTURE
2/8/15	Debbie Lessin, Author <i>LIFE IS A BALANCING ACT</i>  Louise Eichenbaum, Author <i>WHAT DO WOMEN WANT: Exploding the Myth of Dependence</i>	Lessin shares ideas for juggling work and leisure, friends and family, mind and body and achieving a happier life.  Eichenbaum discusses the shame women feel about being dependent on their partner – in spite of the myth that women want to be taken care of.	WORK-LIFE ISSUES  WOMENS ISSUES, FINANANCE, MARRIAGE
2/15/15	Scott Lindquist, Crime prevention specialist,	In response to a Justice Dept. study showing 82% of	CRIME AND VIOLENCE, WOMEN'S ISSUES

	author of <i>"The Date Rape Prevention Book"</i>	women who are victims of rape or attempted rape know their attacker Lindquist gives advice to women on avoiding situations that can lead to sexual assault.	
2/22/15	Debra Mazda, Exercise Physiologist, Motivational Speaker  Nicole Seitz, Author <i>A Hundred Years of Happiness</i>	Mazda, who has personally overcome morbid obesity shares tips for women struggling with obesity, how to achieve health goals and make permanent positive change.  Seitz talks about the impact the Viet Nam war had on families and the plight of the multi-racial children left behind by GI fathers	WOMEN'S HEALTH, MENTAL HEALTH, PERSONAL GROWTH, OBESITY  POLITICS, FAMILY ISSUES, THE ARTS
3/1/15	Barbara Riley Wolf  Dr. Marc Tece, Thomas Jefferson University Hospital	Wolf is one of 8 million American women living with heart disease, why there is not enough awareness of this potentially deadly condition despite the fact that heart attack kills 6 times as many women as breast cancer plus signs and symptoms of heart trouble.	HEART DISEASE, WOMEN'S HEALTH
3/8/15	Dr. Christina Davis	Davis talks about seasonal	MENTAL HEALTH

	<p>Naturopath, teacher</p> <p>Marion Luna Brem, author <i>THE 7 GREATEST TRUTHS ABOUT SUCCESSFUL WOMEN</i></p>	<p>depression, its causes and how color and light therapy can be effective treatment</p> <p>Brem talks about her personal journey from being an unemployed single mother battling cancer to being the president and CEO of a successful Chrysler dealership and what qualities women need to make it in business</p>	<p>JOBBS, BUSINESS, WOMEN'S ISSUES</p>
3/15/15	<p>Gayle Rosenwald Smith, Author <i>DIVORCE AND MONEY</i></p>	<p>Attorney Smith talks about what women need to know about protecting themselves financially in a divorce including when to sell their home or business and when to pay the spouses debt also how to find a good attorney</p>	<p>LEGAL ISSUES, FAMILY ISSUES, WOMENS ISSUES</p>
3/22/15	<p>Gloria Burgess, Author <i>Dare to Wear Your Soul, on the Outside</i></p> <p>Hallie Ephron, Author</p>	<p>Burgess talks about how to be role models for our children, how to nurture relationships with family and friends, heal wounds and drop old grudges, give back to the community and make your life count for something</p> <p>Ephron discusses her novel of psychological suspense,</p>	<p>MENTAL HEALTH, CHILDREN, EDUCATION</p> <p>THE ARTS, WOMEN'S</p>

	<i>Never Tell a Lie</i>	how she got her start as a writer and balancing work with family	ISSUES
3/29/15	Margaret Wheatley Author of the article <i>"Listening as Healing"</i>	Wheatley talks about new practices and ideas for healing America	POLITICS, COMMUNITY