

BEASLEY MEDIA GROUP, LLC
Issue and Program Report
for
Station WBEN FM
4th Quarter
(October 1 – December 31, 2023)

Prepared by
Lora Lewis

WBEN-FM PROGRAMS THAT ADDRESS COMMUNITY ISSUES

RADIO HEALTH JOURNAL: Airing Sundays at 6:30am in two segments. A syndicated radio magazine of in-depth public affairs including government reform, education, food safety, and more. Total length averaging 30 minutes.

HER STORY: WBEN HER STORY: Hosted by WBEN on-air personality Kathy Romano, an on-going series of interviews highlighting women and their personal stories and covering topics including women's issues, healthcare, mental illness, addiction and entrepreneurship. Two – three new episodes each month averaging in length 20-30 minutes airing Sunday morning at 7:30AM

THE BEASLEY PUBLIC AFFAIRS SHOW: Hosted by air personality Markus Goldman every Sunday morning at 7:00am. It tackles a wide range of topics that include charitable organizations, politics, social action, family, the arts and culture, health, family issues, nature and the area we live in. Length averaging 25 minutes.

OUR DELAWARE VALLEY: Hosted by WBEN's Lora Lewis every Saturday morning at 7:30am. The show looks at the individuals, organizations and institutions that impact us daily, from healthcare, education, the arts and the economy. Length averaging 30 minutes.

PUBLIC SERVICE ANNOUNCEMENTS of general concern air throughout the day.

A chronological list of the topics and airdates of syndicated and locally produced programs, a list of station organized or supported public service events receiving air attention and broadcast Public Service Announcements follows each identified community concern.

**ISSUES OF CONCERN TO WBEN-FM
ADDRESSED IN RESPONSIVE PROGRAMMING IN THE 4th QUARTER, 2023**

Government/Regional Development

Military

Environment

Economy

Business

Personal Finance

Economic Opportunity

Family Issues

Education

Activities

Relationships

Childcare

Health & Public Safety

Crime prevention

Health Information

Home Safety

Minority / Women's Issues

Issue: Government / Regional Development

Radio Health Journal

10/8/23 6:45AM

WHAT TO DO WHEN ANIMALS INVADE OUR HABITAT In a world where deforestation and environmental pollution runs rampant, it's no surprise that wild animals have started to creep into our backyards and – in some cases – inside our homes. Mary Roach, a science author, dives into the reasons behind this steady rise of wildlife lawbreakers. Guest: Mary Roach, Science Author, Fuzz.

Our Delaware Valley

October 21, 7:30AM

15 minutes of a 30-minute program

Larry Magid, Co-founder of Electric Factory Concerts, and Derek Gillman, Distinguished Teaching Professor for Art History and Museum Leadership at Drexel University, and the Executive Director, University Collections and Exhibitions discussed Philadelphia's music scene. Larry, who produced shows including Live Aid and Live 8, reminisces about staging these spectacles and talks about Philadelphia's unique ability to present these live performances and the impact that Electric Factory and Electric Factory Concerts had on American culture.

Radio Health Journal

11/5/23 6:30AM

SHOULD BUSY CITIES START BANNING LEFT-HAND TURNS? If you're waiting at a streetlight to turn left, you'll probably never be joined by a UPS truck. The company's computer routing system has shown that left-hand turns waste time and fuel – but Dr. Vikash Gayah says they could also be dangerous to our health. Experts dive into these road rules and offer solutions to simplify your daily errands. Guests: Dr. Vikash Gayah, Professor of Civil Engineering, Interim Director of the Larson Transportation Institute, Pennsylvania State University; Patrick Browne, Retired Vice President of Sustainability, UPS; Dan McMackin, Public Relations Manager, UPS.

The Beasley Public Affairs Show

December 3, 2023 7:00AM

The State Treasurer of Pennsylvania Stacey Garrity discussed unclaimed property and how to claim it.

Our Delaware Valley

December 16, 2023 7:30AM

15 minutes of a 30 minute program

Ann Deschamps, Executive Director of the Mid-Atlantic ADA Center discussed the Americans With Disabilities Act, its history and where we stand today with its promises of access and opportunity for nearly one in four of us. The Mid-Atlantic ADA Center is one of ten regional offices charged with educating the public on ADA, serving the DC

area, DE, MD, PA, VA and WV. It conducts research and training programs. Its free technical assistance line - 800-949-4232 – helps individuals and businesses on topics such as accommodations, businesses' rights/responsibilities under the law, service animals, public right of way, and more. Ann also manages the ADA Trainer Leadership Network, which works to expand ADA training opportunities in local communities. We discussed the term 'disability' and what constitutes a protected class. She points out that many of us are an accident or illness away from becoming 'disabled,' including age-related issues such as failing hearing or vision.

Issue: Economy

Our Delaware Valley

October 14, 2023 7:30AM

15 minutes of a 30-minute program

Larry Needle, Executive Director of PHL SPORTS, part of the Philadelphia Convention and Visitors Bureau, discussed his office's work in bringing sports convention and travel business to Philadelphia and the surrounding area. Formed as the Philadelphia Sports Congress, PHL Sports pitches this city for professional, amateur and collegiate sports. Citing the incredible infrastructure Philadelphia boasts, including hotels, restaurants, a subway and public transit and of course, the sports complex, he described the draw of Philadelphia. Sports travelers need food and entertainment beyond their events and Philadelphia has museums, parks and children's attractions nearby. He talked about the impact sports has on our economy, beyond their initial spending, they are more likely to return to the city for vacations or other events.

Our Delaware Valley

November 4, 2023 7:30AM

December 2, 2023 7:30AM

15 minutes of a 30-minute program

Dan Lombardo, President and Chief Executive Officer, and Alexis Deegan, Vice President of Development of Volunteers of America Delaware Valley discussed their ongoing mission and programming. VOADV serves more than 13,000 individuals throughout the southern New Jersey and Philadelphia region and operates more than 40 assistance programs – from homelessness, reentry, veterans' assistance, and affordable housing services to specialized programs for individuals living with substance use disorder, traumatic brain injury and/or intellectual disabilities. VOADV's mission, which governs all services and assistance provided to clients in need, is to provide community-based assistance to individuals in need so that they can lead self-fulfilled, independent lives. They are more than crisis relief, donations allow them to provide follow-up services to help families and individuals continue their path to independence. We talked about the current economics that are driving the need, he estimates that requests have grown over 65% from last year, housing and employment driving the surge. Dan discussed their family shelters, 2 men's shelters, one medical respite

shelter and one veterans' shelter. They also have 2 men and 1 women's halfway house and other Reentry programs making the transition back to the community more seamless for individuals coming back from prison. He spoke of their new launches, a tri-county IMPACT office which helps clients navigate through social services will be opening at the end of November in Vineland and they are preparing to launch a mobile legal clinic.

Focus on the Delaware Valley

November 18, 2023 7:30AM

30 minutes

Jeff Ronald, MS Co-Founder & Chairman of the Board and Judson Malone, Co-Founder and Volunteer Executive Director of The Springboard Collaborative, Inc. discussed the statewide Delaware nonprofit dedicated to building dignified dwellings and real communities for the homeless. Inspired by Denmark and Finland's housing solutions and the Stanford's Collective Impact, they provide simple, pod housing that offers privacy, security, and that important physical mailing address. Working with area social service providers, TSC provides disadvantaged Delawareans low or no cost interim shelter in a small community that offers 'wrap around' services that focus on food security, education and employment opportunities, substance abuse and mental health treatment and primary and specialized healthcare. They help our marginalized neighbors stabilize, achieve self-reliance and pursue their full potential, all aimed at achieving financial wellness toward getting and keeping permanent housing. TSC goal by 2029 is ultimately achieving 'Functional Zero' homelessness in Delaware. "We can transform Delaware into a state with near-real-time, sustainable zero homelessness... Join us in making Vision2029 a reality...homelessness is solvable."

Radio Health Journal

12/10/23 6:30AM

NATURAL DISASTERS ARE ONLY GETTING WORSE – HOW CAN YOU HELP?

Natural disasters are often devastating to the surrounding communities and environment. And since they're becoming more frequent – and occurring in places they've never been before – it's more important than ever to know how to support the victims and prepare yourself for these catastrophes. Guests: Dr. Vickie Mays, Clinical Psychologist, Professor, Department of Psychology at University of California Los Angeles.

Our Delaware Valley

December 16, 2023 7:30AM

15 minutes of a 30 minute program

Ann Deschamps, Executive Director of the Mid-Atlantic ADA Center discussed one of the largest barriers to employment and full acceptance that isn't transportation - attitudinal issues. How do you change our society's concept of disabilities? We talked about young people and their views on disabilities having grown up post Act, and we

talked about COVID's impact on work from home, a leveler in employment opportunities for the disabled.

Our Delaware Valley
December 30, 2023 7:30AM

30-minutes

Koleen Cavanaugh, Senior Vice-President and Chief Marketing Officer for Independence Blue Cross discussed the importance of medical insurance and how to shop for affordable coverage for you and your family. She reminded us the window to buy insurance through the Pennsylvania Health Insurance Exchange is January 7th for coverage beginning February 1st, miss that date and you cannot enroll again until next November, barring any important life changes such as marriage, divorce, a job change or adoption. We got started with a conversation about insurance and the ramifications of not having it, crippling medical debt follows many Americans. She described the different types of coverage available, including employer, individual, Medicare for older patients and Medicaid for those with chronic illness or disabilities. For the rest there is insurance through the Exchange or private providers. To but through the exchange she tells us to prepare with the names and personal information about yourself and family, income from all sources, where your preferred doctor practices and your prior medical history. Ask yourself if a higher or lower deductible makes more sense, risking higher out of pocket costs against lower monthly premiums. Check to see if there are discounts or any financial assistance available to you. She then discussed HMOs and PPOs, and Essential Health Benefits all providers must cover, including wellness visits, immunizations, screenings and mental health services. All plans are available through the online portal, the PA Health Exchange at pennie.com. and through Independence Blue Cross, at IBX.com.

Issue: Family Issues

The Beasley Public Affairs Show
October 1, 2023 7:00AM

Melissa Patterson, Guest Events Coordinator for The Camden Aquarium described the center's Fall and Holiday activities schedules.

Our Delaware Valley
October 14, 2023 7:30AM

15 minutes of a 30-minute program

Larry Needle, Executive Director of PHL SPORTS, part of the Philadelphia Convention and Visitors Bureau, discussed the large number of the world's biggest sporting events that will come to the region over the next five years, including six NCAA Championships, WrestleMania 40 in 2024 and an epic summer of 2026 which will include the PGA Championship, Major League Baseball All-Star Game and FIFA World Cup 2026. The storied Army-Navy Game will return in 2027.

The Beasley Public Affairs Show

October 15, 2023 7:00AM

Author Ritu Mukerji discussed their new historical novel set in 1870s Philadelphia, Murder By Degrees.

Our Delaware Valley

October 21, 2023, 7:30AM

15 minutes of a 30-minute program

Larry Magid, Co-founder of Electric Factory Concerts, and Derek Gillman, Distinguished Teaching Professor for Art History and Museum Leadership at Drexel University, and the Executive Director, University Collections and Exhibitions which will mount ELECTRIFIED: 50 Years of Electric Factory, an exhibition celebrating and exploring the impact that Electric Factory and Electric Factory Concerts had on American culture discussed the exhibit and Drexel's programming for the music business, one of the reasons Larry is supporting this retrospective.

The Beasley Public Affairs Show

October 22, 2023 7:00AM

Joe Wojcie of Grim Philly gave us the history of Halloween and the haunted sites of Philadelphia.

Our Delaware Valley

October 28, 2023 7:30AM

15 minutes of a 30-minute program

Tom Kamber, Executive Director of Older Adults Technology Services (OATS) and Senior Planet from AARP, shared the recent results of a new AARP tech survey among older adults, a majority of them have not taken steps to ensure they receive information during a disaster and are more likely to be unprepared if a disaster strikes. We discussed myths about older adults and technology; they can and will embrace it if it meets their needs for entertainment and information. Tom and AARP are working to get more to use like disaster-related apps or text notifications from official national disaster resource agencies, just one in ten are using them. We spoke of basic needs in emergencies, from forced evacuation to sheltering in place and the resources available. He advises that doing anything – even if it's just downloading an app, arranging a meeting place or buying a portable phone charger is better than doing nothing and help decrease your risk. He recommends taking advantage of free courses offered by AARP for members, caregivers and family, and making connections to help support each other.

Our Delaware Valley

November 4, 2023 7:30AM

December 2, 2023, 7:30AM

15 minutes of a 30-minute program

Dan Lombardo, President and Chief Executive Officer, and Alexis Deegan, Vice President of Development of Volunteers of America Delaware Valley discussed their ongoing mission and programming, discussed their current campaign, Adopt A Family. Alexis asks individuals, families and businesses to step to help families in need through the holiday season. While she's always looking for donations of underwear and socks and toiletries, at this time of year they look to provide families with wish-list items, from warm clothes to toys and sports gear. A record number of families have asked for assistance this year. You can adopt an entire family or go through their wish list at Amazon.com and let VOADV direct the gift. Learn more, from volunteering opportunities to Adopt-A-Family at VOADV.org.

Our Delaware Valley
November 11, 7:30AM

15 minutes of a 30 minute program

Charles Fuschillo, President/CEO of the Alzheimer's Foundation of America returned to discuss the mission of the Alzheimer's Foundation, support and training for caregivers, research, political advocacy for housing, insurance and caregiver support, and education. To address the need for more information they have been 'on tour' of the US, sponsoring educational conferences for families and patients, caregivers and medical professionals, with a final stop in Philadelphia November 15 at the Doubletree on Broad Street. Speakers will include researchers, legal experts, practitioners and more, to address all aspects of life with Alzheimer's. Registration is free at alzfdn.org. Look for 'Events'

The Beasley Public Affairs Show
November 12, 2023 7:00AM

Author Brad Meltzer discussed his work, The Nazi Conspiracy based on the history of World War II

The Beasley Public Affairs Show
December 10, 2023 7:00AM

Bob Beggs, CEO of The Helicopter Museum of Westchester discussed the museum and the history of the helicopter.

Her Story
November 19, 2023 7:30AM

Kathy Romano revealed her much anticipated Holiday Activities List 2023. 10 festive events to attend in the Philadelphia region this holiday season. There's something for everyone on the list. Family-friendly fun, girls nights, DIY holiday workshops, festive cocktails, ice sculptures, parades, Santa photos and Christmas lights galore! If you visit any of the locations on Kathy's list make sure you tag @kathyromano11 and use the hashtag #kathysholidayactivities.

Our Delaware Valley

November 25, 2023 7:30AM

30-minutes

Derrick Pitts, Chief Astronomer at The Franklin Institute discussed the opening of their newest CORE exhibit, Wonderous Space, a two-story interactive installation demonstrating what it is like to live, work, and play in space while also showcasing the rich diversity of science and technology and the innovative people in the space industry. Dr. Pitts tells us that it looks at the universe and our relationship with it, from space travel to innovations that we use every day, such as satellite communications and microchip technology. With the opening of Wonderous Space the Franklin boasts space science on all 4 floors of the museum, with the Fels Planetarium on floor 1, the Holt & Miller Observatory on floor 4 and the 2-story Wondrous Space exhibit between them. The giant Fels dome—measuring 60 feet in diameter—displays how the actual night sky would look like without the interference of weather, pollution, or city lights. The Holt & Miller Observatory houses the 10” Carl Zeiss Refracting Telescope, one of the largest historical artifacts in their collection and it provides the opportunity to safely view the Sun, including features such as sunspots and prominences, while the rooftop location offers a unique view of the Philadelphia Skyline. Dr Pitts described the programming that will accompany the exhibit, as well as the on-going educational opportunities for students and adult learners. He noted that diversity was an important part of the planning, showing the wide range of jobs and professions within space exploration and then introducing them to the scientists and developers who look like them. He also discussed the importance of STEM to encourage young people to join the field. We talked about membership and how to plan a visit to the Franklin to get the most from the experience, starting with the museum’s website, FI.edu

The Beasley Public Affairs Show

December 1, 2023 7:00AM

The History of Christmas was shared by Joe Wojcie, Grim Philly tour director.

Radio Health Journal

12/10/23 6:45AM

“IT’S A CRITICAL AGE”: WHY YOUNG KIDS SHOULD BE INVOLVED IN STEM

Research shows that children involved in STEM courses, like engineering and science, have better reading comprehension and are more likely to be successful later in life.

One national science fair is helping to keep kids, like award-winner Shanya Gill, interested in these industries and foster their passion for science. Guests: Raeva Ramadorai, Director, Thermo Fisher Scientific Junior Innovators Challenge; Shanya Gill, Ascend Award Winner.

Her Story

December 17, 2023 7:30AM

Looking for something to do between Christmas and New Year’s? Kathy Romano has a full list of events to wrap up the holiday season.

The Beasley Public Affairs Show

December 31, 2023 7:00AM

Jacky Bam Bam and fellow Mummers discussed the upcoming 121st Mummers Parade, the route, the timing and viewing tips.

Issue: Health & Public Safety

Public Service Announcement – American Association for Cancer Research

October 1 – TFN

:60, Various times

Information about events in support of the Association and how to donate and access their resources.

Public Service Announcement – Ad Council underagedrinking.samsa.gov

October 1 – TFN

:60, Various times

The Ad Council information for parents against driving while intoxicated or buzzed.

Public Service Announcement – Ad Council ‘Don’t Drink and Drive’

October 1 – TFN

:60, Various times

The Ad Council warning against driving while intoxicated or buzzed.

Radio Health Journal

10/1/23 6:30AM

“OWN YOUR CHOICES”: GETTING HEALTHY WITHOUT MEDICATION Modern medicine has found incredible solutions for acute illnesses, but have we become too reliant on drugs to fix our problems? Integrative medicine approaches medical issues by treating the body as a whole instead of just cherry-picking symptoms. Our experts explain some of the lifestyle changes we can make to decrease our dependence on medication. Guests: Dr. Tieraona Low Dog, Globally-Recognized Expert in Integrative Medicine, Founding Director, Medicine Lodge Ranch; Dr. David Katz, Specialist in Preventive Medicine and Public Health, Founder of Yale-Griffin Prevention Research Center, Yale University, Chief Executive Officer, Diet ID.

Radio Health Journal

10/1/23 6:45AM

HOW TO GET A STEP AHEAD OF YOUR FOOT HEALTH 8:52. Even though the APMA estimates that three out of four people will develop serious foot pain, foot health is often neglected until it’s too late. Plantar fasciitis is one of the most common causes of foot discomfort – and it’s preventable in many cases. Dr. Marlene Reid, National Spokesperson, American Podiatric Medical Association a podiatric surgeon, explains proper foot care and how to mitigate any pain flare-ups.

Focus on the Delaware Valley

October 7, 2023 7:30AM

20 minutes of a 30-minute program

Robb Reichard, Executive Director of AIDS Fund, and Fatima Sangare, Lead Medical Case manager for Bebashi, discussed their work in prevention of HIV and care for those living with it as we approach the 37th Annual AIDS Walk Philly. AIDS Fund works with area service providers to make emergency grants directly to clients to allow them to maintain their treatment, housing and rent, transportation, food, co-pays, small amounts that could keep them from losing their home or becoming unable to stay with their treatment. Bebashi, Treatment to Hope, empowers Black and Brown people to enhance the quality of their health and overall well-being by providing access to culturally sensitive high-quality healthcare, HIV/AIDS services, health education, and social services. Fatima offered examples of how these grants from the AIDS Fund have allowed her clients to stay housed and in treatment. Robb notes that 25% of new HIV and other STD transmissions are among young people, 13 to 24 and it is through sexual exposure. They discussed the need for more education and access to prevention for these groups. We spoke again of their goal, zero stigma, zero transmission and zero deaths. Robb explains stigma prevents information and education to get to those who need it, transmission prevention is possible through PREP and PEP 'Morning After' medications, and through AIDS treatments that bring the virus to undetectable. He notes that with the introduction of PREP and new treatment the transmissions among white gay men has dropped considerably. We talked about this year's AIDS Walk Philly, October 15th from the Art Museum along Kelly Drive. Registration is now open with walk-ups welcome. The event will begin with the reading of names and a display of AIDS Quilt panels and all funds will support the grants offered through AIDS Fund.

Radio Health Journal

10/8/23 6:30AM

RHEUMATOID ARTHRITIS: LIVING WITH AN INVISIBLE ILLNESS Rheumatoid arthritis is a life-changing condition but can also be invisible to everyone around you. Between finding the right medication and managing the illness, it's often a long and frustrating process for many patients. Our experts explain the importance of community support and how to cope with an inflammatory arthritis diagnosis. Guests: Dr. Linda Li, Professor of Physical Therapy, University of British Columbia, Leading Scientist in Arthritis Research; Talisa King, Co-Lead of the National African Americans Connect Group, Arthritis Foundation.

The Beasley Public Affairs Show

October 8, 2023 7:00AM

AIDS Walk Philly – Robb Reichard, Executive Director and Cari Feiler Bender, Spokesperson.

Radio Health Journal

10/15/23 6:30AM

WHAT CRIME SHOWS WON'T TELL YOU ABOUT HOW TO SPOT A LIAR Many of us think that we can spot a liar by their eye movements or facial expressions, but for true deception artists those methods won't work. Our experts explain the psychology

behind why people lie and how you can avoid being duped. Guests: Dr. Christian Hart, Professor of Psychology, Texas Woman's University, Director, Human Deception Laboratory, Co-Author, Big Liars; Dr. Drew Curtis, Associate Professor of Psychology, Angelo State University, Director, the Curtis Deception Lab, Co-Author, Big Liars

Radio Health Journal

10/15/23 6:45AM

HOW THE mRNA VACCINE HAS REVOLUTIONIZED INFECTIOUS DISEASE PREVENTION The FDA recently approved a new booster shot for COVID-19 and many people are still wondering what exactly we're injecting into our bodies. Dr. William Schaffner, an infectious disease expert, breaks down the revolutionary technology and why we should feel safe going into this winter season. Guests: Dr. William Schaffner, Professor of Preventive Medicine and Health Policy, Vanderbilt University, Spokesperson and Past President, National Foundation for Infectious Diseases.

Radio Health Journal

10/22/23 6:30AM

CURING CANCER WITH VACCINES OF THE FUTURE

Synopsis: The pandemic introduced many of us to mRNA vaccines. Now, researchers are hard at work figuring out how to use this technology to fight cancer. This delivery method would not only stop cancer from growing, but also allow our immune system to eradicate the disease. An expert explains the science behind how we may soon be able to cure cancer. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Jordan Green, Professor, Vice Chair of Biomedical Engineering, Johns Hopkins University School of Medicine.

Radio Health Journal

10/22/23 6:45AM

DO IT SCARED: HOW TO BECOME A MORE RESILIENT PERSON Are resilient people born or built? Dr. Dennis Charney, an expert in neurobiology, says it's a little of both. He breaks down what common characteristics resilient people share and how you can overcome hardships in your own life. Guests: Dr. Dennis Charney, Dean of the Icahn School of Medicine, Mount Sinai, Expert in Neurobiology and Mood & Anxiety Disorders, Author, Resilience.

Our Delaware Valley

October 28, 2023 7:30AM

15 minutes

Tom Kamber, Executive Director of Older Adults Technology Services (OATS) and Senior Planet from AARP, shared the recent results of a new AARP tech survey among older adults, a majority of them have not taken steps to ensure they receive information during a disaster and are more likely to be unprepared if a disaster strikes. We discussed myths about older adults and technology; they can and will embrace it if it meets their needs for entertainment and information. Tom and AARP are working to get more to use like disaster-related apps or text notifications from official national disaster resource agencies, just one in ten are using them. We spoke of basic needs in

emergencies, from forced evacuation to sheltering in place and the resources available. He advises that doing anything – even if it's just downloading an app, arranging a meeting place or buying a portable phone charger is better than doing nothing and help decrease your risk. He recommends taking advantage of free courses offered by AARP for members, caregivers and family, and making connections to help support each other.

Radio Health Journal

10/29/23 6:30AM

DOPAMINE AND PARKINSON'S: CHALLENGING OVER 100 YEARS OF RESEARCH

Emerging research is changing everything we thought we knew about dopamine. The connection between Parkinson's Disease and dopamine has been documented in the past, but a new study uncovers mechanisms of the chemical that were previously thought to be impossible. Our experts dive into the research and explain how this affects the future of Parkinson's treatment. Guests: Dr. Zachary Gaertner, Neuroscientist, Northwestern University Feinberg School of Medicine; Dr. Raj Awatramani, Sir John Eccles Professor of Neurology, Northwestern University; Dr. Daniel Dombeck, Professor of Neurobiology, Northwestern University.

Radio Health Journal

10/29/23 6:45AM

HOW TO PROTECT YOUR HOME FROM TOXIC MOLD AND BAD AIR QUALITY As the temperature drops and we're spending more time inside, it's important to keep our homes disease-free. Things like mold and dust mites can compromise your health. Our experts explain how to properly clean your space and give easy steps you can take to keep your family safe. Guests: Caroline Blazovsky, Home Inspector, Founder, My Healthy Home; Dr. Gregory Charlop, Anesthesiologist, Author, Dr. Greg's Green Home Makeover.

The Beasley Public Affairs Show

October 29, 2023 7:00AM

Wendy Lewis, CEO of Philadelphia Parkinson's Council, discussed the disease, its symptoms, treatments and research and invited all to join in the annual Parkinson's Walk to Stamp Out Parkinson's.

Radio Health Journal

11/5/23 6:45AM

BRACE FACE: AUTHOR WHO WAS BULLIED FOR HER OVERBITE OFFERS

GUIDANCE Christina Wyman was born with a craniofacial deformity and spent her childhood dodging bullies -- at school and at home. After two jaw surgeries as an adult, her extreme overbite is fixed, but the trauma lives on. She offers guidance on how parents can successfully support their kids through these tough times. Guest: Christina Wyman, author, Jawbreaker.

Our Delaware Valley

November 11, 2023 7:30AM

15 minutes of a 30 minute program

Charles Fuschillo, President/CEO of the Alzheimer's Foundation of America returned to discuss the latest on their programs and services and their upcoming Educational Conference in Philadelphia on November 15th. We began with a discussion of Alzheimer's disease, it is not 'dementia' nor an unavoidable part of the aging process. We discussed the numbers, in PA there are 280,000 plus living with it, two-thirds are women and those 'social determinates' – access to care, education, proper nutrition, can play a part in developing the disease. He spoke of the onset, from forgetting words and difficulty in planning, through changes in mood, confusion and personal hygiene issues through to the late stages. His advice, do not ignore or 'cover up' these symptoms, seek medical advice. It could be a nutritional deficiency or a drug reaction, if it is as early sign of Alzheimer's, there are medications and life skills tools to help delay the progression.

Radio Health Journal

11/12/23 6:30AM

OPPENHEIMER'S LEGACY: RISING CANCER RISKS DUE TO IONIZING RADIATION

Researchers have been studying the lasting health effects of the atomic bomb for decades – but there's a new type of radiation scientists are worried about. Nuclear workers, medical physicians, and the public are all being exposed to low-dose, long-term ionizing radiation. It causes cancer, radiation cataracts, and impaired cognition. Experts explain how we can protect ourselves from these dangerous rays. Guests: Dr. David Richardson, Professor of Environmental and Occupational Health, University of California, Irvine, Internationally Recognized Expert in Occupational Health; Dr. Mina Makary, Interventional Radiologist, The Ohio State University Wexner Medical Center.

Radio Health Journal

11/12/23 6:45AM

EVERYONE HAS LUMPS AND BUMPS – MAKE SURE YOURS AREN'T DEADLY

The US Preventive Services Task Force has recently updated its guidelines for breast cancer screenings to help curb the 42,000 yearly deaths. Our experts explain these changes, how to perform at-home exams, and why aggressive breast cancer may no longer be a death sentence. Guests: Dr. Katharine Yao, Chair of the National Accreditation Program, Breast Centers of the American College of Surgeons; Dr. Peter Schmid, Medical Oncologist & Director of the Breast Cancer Center, St. Bartholomew's Hospital.

Radio Health Journal

11/19/23 6:30AM

FROM HOLLYWOOD TO THE HOSPITAL: JAMIE-LYNN SIGLER'S BATTLE WITH MS

Jamie-Lynn Sigler was cast in The Sopranos as a teenager, but was soon fighting for more than just her spot in Hollywood. After being diagnosed with multiple sclerosis, Sigler found herself on a long journey of figuring out how to manage her disease while living a fulfilling life. She explains the steps she took in hopes of helping others in similar situations. Guests: Jamie-Lynn Sigler, Actress; Dr. Sharon Stoll, Neuroimmunologist, Assistant Professor in the Department of Neurology, Yale School of Medicine.

Radio Health Journal

11/19/23 6:45AM

MODERN DAY WITCH HUNTS: THE PSYCHOLOGY OF FALSE CONFESSIONS

False confessions seem far and few between, but our experts say they're more common than most of us think. In this first installment of the two-part series, we explain the different types of false confessions and what drives people to confess to a crime they didn't commit. Guests: Dr. Allison Redlich, Distinguished University Professor in the Department of Criminology, Law, and Society, George Mason University.

Radio Health Journal.

11/26/23 6:30AM

THE INFERTILITY-CAUSING DISEASE THAT MAY NOT BE AS RARE AS WE

THOUGHT Lisa McCarty experienced four miscarriages before finally being diagnosed with Asherman's Syndrome, a condition where scar tissue forms in the uterus or cervix. She and Dr. Sigal Klipstein, a reproductive endocrinologist, explain the signs of Asherman's – and when you should see a specialist. Guests: Dr. Sigal Klipstein, Reproductive Endocrinologist and Infertility Specialist, Invia Fertility; Lisa McCarty, Asherman's Syndrome Patient.

Radio Health Journal

11/26/23 6:45AM

FALSE CONFESSIONS PT.2: USING SCIENCE TO CATCH THE REAL CRIMINALS

Last week our experts broke down the psychology of false confessions, and today we're discussing the aftermath of wrongful convictions. Why do people who've been wrongly convicted die earlier? How can law enforcement make sure they're catching the real criminals? Our experts explain it all. Guests: Dr. Allison Redlich, Distinguished University Professor in the Department of Criminology, Law, and Society, George Mason University; Mary Catlin, Doctoral Student & Graduate Research Assistant in Criminology, Law and Society, George Mason University.

The Beasley Public Affairs Show

November 26, 2023 7:00AM

Holiday Safety was discussed by Consumer Product Safety Investigator, Maryanne McGerty Sieber. She offered tips and information about tree safety, toy buying and fire prevention for the US Consumer Product Safety Commission.

Radio Health Journal

12/3/23 6:30AM

CAN ACUPUNCTURE HELP PATIENTS RECOVER FROM OPEN HEART SURGERY?

Since the heart is part of a larger system in our body, treating cardiac conditions means healing the full person instead of just the one organ. Dr. Kim Feingold, a cardiac psychologist, has researched the use of acupuncture therapy as an integrative approach to treating cardiac patients. She explains her findings and how this needle stimulation may aid in recovery from open heart surgery. Dr. Kim Feingold, Assistant

Professor of Surgery and Psychiatry, Northwestern University Feinberg School of Medicine, Founder & Director of Cardiac Behavioral Medicine, Bluhm Cardiovascular Institute; Ania Grimone, Acupuncturist & Chinese Medicine Clinician, Northwestern Medicine.

Radio Health Journal

12/3/23 6:45AM

‘EVERYONE CAN BE MADE PSYCHOTIC’ – THE TRUTH BEHIND SCHIZOPHRENIA

Hollywood often portrays schizophrenia in its most extreme form, but the disorder’s progression is much more complicated. Dr. Christoph Correll, a schizophrenia expert, pulls back the curtain on this condition. He explains why it’s often misdiagnosed, left untreated, and can affect anyone – including you. Host: Greg Johnson. Producer: Kristen Farrah. Guests: Dr. Christoph Correll, Professor of Psychiatry, Zucker School of Medicine, Medical Director of the Recognition and Prevention Program, Zucker Hillside Hospital.

Our Delaware Valley

December 9, 2023 7:30AM

30-minutes

Dr. Keith Klosterman, a marriage and family therapist and Program Director for the Clinical Mental Health Counseling program at SUNY Fredonia, discussed family mental health during the holidays. We discussed managing expectations and preparing ourselves for stressful situations through coping mechanisms that can be used throughout the year. He reminds us that it’s okay to say ‘no,’ to plans or other requests for your time or to spending money. You don’t have to be apologetic for living within your means or taking time for yourself. With your children he advises to practice, listening, patience and tolerance. Hear what they are saying, and answer questions and concerns honestly in age-appropriate terms. Stepping back and taking a deep breathe can help deescalate your reactions. Honesty is the key, based on their level of maturity and always remembering that kids are very astute and are often aware of their circumstances. Dr Klosterman reminds us that stress relief can come from just going outside, taking a walk or listening to music. We all experience stress, if you can anticipate it and be ready with your own coping devices, you’ll get through the holidays, but if you’re feeling overwhelmed and it’s impacting your daily life and relationships, reach out. For more information and resources visit the American Psychologist’s Association at APA.Org or the American Counseling Association at ACA.org. In a crisis call 988.

Public Service Announcement – Beasley Best Community of Caring

December 10 – TFN

:60, Various times

Companywide public service campaign discussing coping mechanisms for stress during the holidays.

Radio Health Journal

12/17/23 6:30AM

CELEBRITY DEATHS & POLITICAL POISONINGS: INSIDE FORENSIC

TOXICOLOGY Why do autopsy reports take so long to come back? While TV shows can make it seem like a two-step process, forensic toxicology can take weeks or months to figure out a person's cause of death. Our expert takes us through this process and how it's used in everyday life. Guests: Dr. Barbarajean Magnani, Professor of Anatomic and Clinical Pathology Emerita, Tufts University School of Medicine, Spokesperson, College of American Pathologist, Former Chair of the Toxicology Committee, College of American Pathologists, Author, Dr. Lily Robinson Thriller Series.

Radio Health Journal

12/17/23 6:45AM

IS SCIENCE CLOSE TO CREATING IMMORTAL HUMANS? The key to living a long life? Chip Walter says it's more about having less 'bad' genes rather than having more 'good' ones. But as we inch closer to finding immortality, there are some questions to be answered, such as "should we even be able to live hundreds of years?" Host: Greg Johnson. Producer: Polly Hansen. Guests: Chip Walter, Explorer, National Geographic, Author, Immortality, Inc.

The Beasley Public Affairs Show

December 17, 2023 7:00AM

Dave Ash and Towboat Adam Lawrence Captain discussed boating safety, and its rules and regulations.

Our Delaware Valley

December 23, 2023 7:30AM

30 -minutes

Monica Vaccaro, Director of Programs, and Dr. Drew Nagele, Neuro-psychologist and research site investigator, discussed the Brain Injury Association of Pennsylvania. We talked about the types of brain injuries, from the common blow to the head that makes you see stars, traumatic injury from accidents, and now, the rising number of brain impairment from Opioids misuse. The Vision of the Brain Injury Association of Pennsylvania is a world in which all people with brain injuries and their supporters are leading fulfilling lives and are empowered to participate in their communities. They spoke of the Intersection of Brain Injury and Opioids Misuse; persons who have sustained a Traumatic Brain Injury (TBI) are more likely to misuse substances because of their brain injury, while persons with opioid use disorder are more likely to sustain a brain injury as a result of their opioid use. In both cases the ability to seek and follow treatment is impaired; what might look like lack of motivation, poor performance in treatment, or a mental health disorder might be untreated brain injury. They spoke of the need for healthcare professionals to be more aggressive in screening for injury and to approach treatment geared to the impairment. We also spoke of the work Dr Nagele is monitoring - researching and screening persons incarcerated for brain injury, the numbers are greater than expected and impact the individual's success after release. For more information on BIA programming for caregivers, persons with brain injury and

their advocacy work, go to BIAPA.ORG or call the Brain Injury Resource Line: 800-444-6443

Radio Health Journal

12/24/23 6:30AM

A syndicated radio magazine segment of in-depth public affairs including government reform, education, food safety, and more.

Radio Health Journal

12/24/23 6:45AM

A syndicated radio magazine segment of in-depth public affairs including government reform, education, food safety, and more

Radio Health Journal

12/31/23 6:30AM

A syndicated radio magazine segment of in-depth public affairs including government reform, education, food safety, and more

Radio Health Journal

12/31/23 6:45AM

A syndicated radio magazine segment of in-depth public affairs including government reform, education, food safety, and more

Issue: Minority / Women's Issues

Her Story

October 1, 2023 7:30AM

Kathy Romano shares this year's all-new Kathy's Fall Activities 2023! Farms, workshops, festivals and much more!

Focus on the Delaware Valley

October 7, 2023 7:30AM

10 minutes of a 30-minute program

Robb Reichard, Executive Director of AIDS Fund, and Fatima Sangare, Lead Medical Case manager for Bebash, discussed their work in prevention of HIV and care for those living with it. Bebash, Treatment to Hope, empowers Black and Brown people to enhance the quality of their health and overall well-being by providing access to culturally sensitive high- quality healthcare, HIV/AIDS services, health education, and social services. We discussed AIDS and HIV in Philadelphia, where again it disproportionately affects the disenfranchised, low income and Black and Brown communities. Robb explains stigma prevents information and education to get to those who need it, transmission prevention is possible through PREP and PEP 'Morning After'

medications, and through AIDS treatments that bring the virus to undetectable. He notes that with the introduction of PREP and new treatment the transmissions among white gay men has dropped considerably.

Her Story

October 15, 2023 7:30AM

Nikki Weihenmayer, a creator of Craft with Bespoke, talks about their DIY workshops, every changing home decor and how to decorate but not clutter our homes.

Her Story

October 29, 2023 7:30AM

Interior designer Kelly Ruggeri of Kelly Ruggeri Designs gives designing tips and discusses the latest trends in home decor. Plus, she shares easy budget-friendly ways to update a room.

Her Story

November 5, 2023 7:30AM

At the age of 19, Lizzie Ens jumped off of a 15ft roof with only \$20 in her pocket and ran away from the Amish community she was a part of, leaving behind her mother and 18 siblings. She shares stories about her Amish life and her new life as a health coach and founder of the non-toxic brand of products, Miss Commando.

Her Story

November 12, 2023 7:30AM

Lisa Niver's new book Brave-ish is about her journey to a new life. She discusses what led her to realize she needed a change, her travels and many adventures that helped her bring happiness back into her life.

Her Story

December 3, 2023 7:30AM

Ruth McKeaney talks about her new book Hungry for Home, restoring historic properties on the Mainline, and the importance of family.

Her Story

December 10, 2023 7:30AM

Jenny Raimondo talks about the traumatic accident her daughter was involved in while the family was vacationing in Mexico, spending time in a Mexican hospital and how they transported her daughter back to the US. Plus, she gives details about Maddi's Bag Foundation and the Shop for CHOP event.

