

BEASLEY MEDIA GROUP, LLC
Issue and Program Report
for
Station WBEN FM
1st Quarter
(January 1 – March 31, 2024)

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 January 1 through March 1, 2024.

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 1st QUARTER, 2024**

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

Our Delaware Valley

January 6, 2024 7:30AM

20 minutes of a 30-minute program

Paul Steinke, Executive Director of the Preservation Alliance of Greater Philadelphia discussed the member-supported non-profit, that works to increase awareness and appreciation for the area's historic and significant building and districts, using preservation as a tool for creating and maintaining sustainable, livable neighborhoods. He spoke of their resources and advice for people and communities looking to preserve properties, their workshops and speaker series and their popular walking tours. He spoke about the impact of preservation on the community, retaining the character that makes each neighborhood unique and the long-range impact on climate change and the environment, restoring cost far less in resources than tearing down and rebuilding. We discussed the role of City Council on establishing districts and preserving homes and buildings. He told us of funding available from the city, state and federal government that offer funding for repairing and maintaining homes – including homes not on the protected list. A guide for seeking a designation and information about existing properties can be found on their website.

Our Delaware Valley

January 27, 2024 7:30AM

10 minutes of a 30-minute program

Kerry Sautner, President & CEO of Eastern State Penitentiary Historic Site discusses her vision for the property. As the second director in the museum's 30-year history, she has inherited a national institution that has been saved from the wrecking ball and established as a destination site for visitors across the globe and a leading facilitator for discussion on criminal justice.

Kerry outlined the priorities, expanding its national education leadership and workforce development programming, and creating a reimagined visitor experience. She discussed Eastern State as a national leader in criminal justice education, speaking to the evolution of the prison system, using personal stories from the incarcerated and victims of crime, as well as bringing leading organizations and experts together to discuss critical issues in justice education and reform.

Radio Health Journal

1/28/24 6:30AM

EATING INVASIVE SPECIES: DOES YOUR DIET HELP THE ENVIRONMENT? Many people choose their diet based on what tastes good, but what if you could have great food while helping your local environment? Dr. Joe Roman, a conservation biologist, explains the dangers of invasive species and how we can do our part in saving the environment by strapping on an apron. Guests: Dr. Joe Roman, Conservation Biologist, University of Vermont; Dr. Cindy Tam, Biological Threats and Invasive Species Research Program Coordinator, US Geological Survey.

Radio Health Journal

1/28/24 6:45AM

MENTAL HEALTH IN THE MILITARY: STIGMAS, RESOURCES, AND ROADBLOCKS

8:39. Synopsis: As a psychologist, Dr. Chuck Weber helped a lot of soldiers during his time in the military. However, limited resources held him back from being able to fully help the families of active-duty soldiers. He explains why this is such an important area of service and how he fought to prioritize mental health services. Guests: Dr. Chuck Weber, Psychologist, Chief Medical Officer and Founder, Family Care Center.

Our Delaware Valley

February 10, 2024 7:30AM

March 9, 2024 7:30AM

10 minutes of a 30-minute program

Dr. Ashley Jordan, President and CEO of the African American Museum of Philadelphia discussed the museum and its programming. Founded by Charles Wesley in 1976, the African American Museum of Philadelphia is the first city-funded cultural museum in the country. Through select items, recreations and art the museum shares first-person accounts of what life was like in Philadelphia, a story that is not the same as other cities, it's an urban story with racial strife but also free men and women working and living here. She emphasizes that their presentation speaks to people, humanizing history with themes of love, family, that all can relate to.

Our Delaware Valley

March 2, 2024 7:30AM

15 minutes of a 30-minute program

Maura McCarthy, CEO of Fairmount Park Conservancy and Allison Schapker, Chief Projects Officer discussed the non-profit Conservancy's work with the City of Philadelphia to restore and improve thousands of acres of public lands, activates parks, and engages the public with the parks. They work with the City and its communities to steward our parks, nurture our shared environment, cultivate cultural resources, and improve public health with high-quality and equitable parks for everyone. They discussed the ecological, economic, historic, social, cultural and public health value to the community. Through partnerships with the local communities and neighborhoods they work to provide intentional and equitable park investments to welcome people to public spaces where they historically have not been welcome.

The Beasley Public Affairs Show

March 10, 2024 7:00AM

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

Issue: Economy

Our Delaware Valley

January 27, 2024 7:30AM

10 minutes of a 30-minute program

Kerry Sautner, President & CEO of Eastern State Penitentiary Historic Site talked about their ongoing Workforce Development programming, the historic site offers a pathway to economic mobility for returning citizens, starting with the Preservation Trades Center, which provides training and connections to sustainable-wage paying union jobs in masonry and carpentry. We also discussed the Lived Experience Activating Dialogue (LEAD) Fellowship supports people coming home from prison to career opportunities in the museum field.

The Beasley Public Affairs Show

February 11, 2024 7:00AM

State Senator Amanda Cappelletti was in the studio to discuss the Montgomery County and Delaware Country distribution of funds to clean up/fix up areas within the county.

The Beasley Public Affairs Show

February 18, 2024 7:00AM

ACT 13 Part II. State Senator Amanda Cappelletti Wrapped up her community discussion about Funding projects and working within your community.

Our Delaware Valley

February 24, 2024 7:30AM

10 minutes of a 30-minute program

Matt Radar, President of the Pennsylvania Horticultural Society discussed the 195th Philadelphia Flower Show, the nation's first and the world's largest indoor flower exhibition March 2 through March 10 at the Pennsylvania Convention Center. We discussed the impact of the show which is expected to pump 60 million dollars into the local economy through hotels, restaurants, transportation and other local attractions, it also serves as an inducement for international travel to the Philadelphia region. It also underwrites their Work Force Development that teaches low income and the formerly incarcerated participants horticultural and job skills. He notes they have a 90% job placement record for its graduates.

Our Delaware Valley

March 16, 2024 7:30AM

30 minutes

Monica Fawzy Bryant, Esq. Chief Operating Officer and Co-Founder of Triage Cancer and Triage Health discusses the financial perils of a cancer or other life-threatening illness. Triage Cancer is a national, nonprofit organization that provides free education on the legal and practical issues that may impact individuals diagnosed with cancer and their caregivers, through events, materials, and resources. Because these all apply to everyone, Triage Health, was established to encourage anybody looking for financial,

estate and insurance planning to visit the site for information. We talked about the parts of a diagnosis that doesn't come up in the doctor's office, employment, insurance coverage and personal finances; all can impact your care. Just as you are advised to gather all of your medical information about treatment, doctors and hospitals, you should also collect your insurance policies, job leave policies and income sources. Make sure that your treatment plan is covered by your insurance, look beyond your doctor and hospital, also consider labs, imaging, infusion sites and other providers. Are they covered? She discussed job protections, noting many want or need to continue working during treatment. Disclosing a diagnosis is a personal decision, but there are job protections in the Affordable Care Act and the Americans with Disabilities Act for employees at larger companies or at government jobs. Ms Bryant also encourages everyone – from age 18 on – to have an estate plan. It's a fact of life, she notes, we all will eventually pass. Having a plan for your healthcare decisions and your estate should be a priority for us all. Triage offers worksheets and forms for all fifty states to help with the process. While planning ahead for a life-threatening or chronic disease is difficult, she advises us to consider total costs when choosing insurance, instead of choosing only by the monthly cost, look for the lowest yearly cost by adding the monthly premiums and the maximum out-of-pocket cost. While the ACA is not comprehensive, it does prevent you from being denied coverage based on pre-existing conditions so you can shop around at enrollment time. Triage Cancer's free educational materials can help you navigate legal and practical issues that arise after a cancer diagnosis like health insurance, finances, disability insurance, work and cancer, estate planning, and more. Services are free to the public and offered in short videos, checklists and webinars.

The Beasley Public Affairs Show

March 24, 2024 7:00AM

Michael Mangos, Co-Founder of Tamman Inc. and Marty Molloy, President of Tamman Inc. were in the studio to discuss Digital Accesibility, making access to information available to everyone. This means making sure all people have access to the same information.

Issue: Family Issues

The Beasley Public Affairs Show

January 7, 2024 7:00AM

Author Brad Meltzer discussed his work, *The Nazi Conspiracy* based on the history of World War II Co-written with Josh Mensch, it's about the Nazis' attempt to assassinate FDR, Winston Churchill and Joseph Stalin at a secret meeting in Tehran, Iran who were there discuss how to defeat the Nazis. It embarks on the discussion on the history of some serious consequences, had this event not been foiled.

Her Story

January 7, 2024 7:30AM

Dr. Geri-Lynn Utter talks New Year's resolutions and the mental aspect behind sticking to it.

Our Delaware Valley

January 13, 2024 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

January 14, 2024 7:00AM

January 21, 2024 7:00AM

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

Her Story

January 14, 2024 7:30AM

Alisa Frederico of Dressing Jane is back with tips on how to stay warm but still look stylish, Valentine's Day gift ideas and a sneak peak into Spring fashion trends.

Her Story

January 21, 2024 7:30AM

Kerri Hanlon, the owner of Yoga Home in Conshohocken, PA talks about the uniqueness and inclusiveness of her yoga studio. In addition to traditional yoga classes, she offers classes for children and adults with physical, cognitive and emotional disabilities.

The Beasley Public Affairs Show

January 28, 2024 7:00AM

Mark Tremonti, guitarist for Alter Bridge, Creed is releasing a Frank Sinatra covers album called, Mark Tremonti Sings Frank Sinatra, on May 22nd. 100% of the Proceeds go to The National Downs Syndrome Society through, Mark's own charity, Take A Chance For Charity, for his daughter Stella who has Down's Syndrome and had open heart surgery to repair the holes in her heart at 11 months old. Mark's Story is inspirational. He also shares what tea Frank Sinatra drank and some really exciting moments of recording Frank with the surviving members of Frank's band.

Our Delaware Valley

February 3, 2024 7:30AM

30-minutes

Chase Trimmer, Senior Development Director, Philadelphia Region for Special Olympics Pennsylvania and Nick McIlwaine, from Beasley's WMMR Preston & Steve Show and Captain of Team WMMR, discussed the mission of Special Olympics and the upcoming Polar Plunge, February 10 at Citizens Bank Park. The mission of Special Olympics PA is to provide year-round sports training and competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of gifts, skills, and friendship with their families, other Special Olympics athletes, and the community. All training and competition opportunities are provided free of charge to the athletes and their families, enabling everyone to experience the benefits of Special Olympics that extend well beyond the playing field. 'They're freezin' for a reason!' Help celebrate over 50 years of Special Olympics at the Polar Plunge on Saturday, February 10th. There will be games and a DJ and pools set up for your dip. General Registration is \$50 and all registrants will receive the Philadelphia Plunge T-Shirt. Walk-ups are welcome but you can join Beasley Media Group and plunge with Nick and Team WMMR!

The Beasley Public Affairs Show

February 4, 2024 7:00AM

The Stax Music Museum and School. Isaac Daniel, Chairman of the Stax Music Museum and School discussed the history of the Philadelphia's Stax Museum and how it impacted America in the 1960s and 70s. Stax Records had a major impact on the direction of Rock and Roll.

Her Story

February 4, 2024 7:30AM

Traci Connaughton is the founder of Without A Cue production company and the Red Rum Theater. This Sunday on Her Story she talks about Philadelphia's only permanent murder mystery venue and the programs her production company offers to the community.

Our Delaware Valley

February 24, 2024 7:30AM

20 minutes of a 30-minute program

Matt Radar, President of the Pennsylvania Horticultural Society discussed the 195th Philadelphia Flower Show. This year's theme is United By Flowers and he described the installations that will be presented, new designers, the largest water feature ever on display, and more international participants.

We talked about the programming this event supports; this is the biggest fundraiser of the year for PHS. Matt talked about the community gardens that supply fresh produce, Tree Tenders that plants trees that lower neighborhood temperatures and provide shade, and their vacant lot rescues that actually lowers crime numbers and adds to home values. It also funds programming that maintains the city parks and boulevard plantings. We discussed volunteers, over 3,000 are used to produce the show, plus all year they need tree tenders and gardeners to plant, clear and maintain public plantings. Matt invites everyone to come and enjoy the show, there is something for everybody, from interior and patio décor, flowers, bulbs, furnishings and floral art, with class and demos for large projects and window boxes, plus special events such as Member's Day and the Preview Gala March 1st, family Frolic day on March 3rd, Fido Friday March 8th and the Flowers After Hours dance party March 9th. He encouraged us to become members to enjoy discounts and the member's lounge at the show and special programming throughout the year.

Radio Health Journal

2/25/24 6:30AM

THERAPY FOR TWINS: THE MYTH OF THE 'PERFECT' TWIN CONNECTION Twins are thought to have a special bond – a built-in friend. But this idea can lead to resentment and harmful codependence if the two siblings never experience individuality. Dr. Joan A. Friedman, a twin expert, explains how parents can help foster a healthy relationship and treat their twins as separate children. Guests: Dr. Joan A. Friedman, Psychotherapist & Twin Expert.

Radio Health Journal

2/25/24 6:45AM

WHY SCIENCE SAYS KIDS SHOULD STILL LEARN TO WRITE IN CURSIVE In the age of cell phones and laptops, is handwriting obsolete? Our experts say that there's still a great benefit for students to write their notes down with pen and paper. Even cursive has its benefits. They discuss the research that shows why elementary students should still know how to use pens and pencils. \Guests: Dr. Danny Oppenheimer,

Professor of Decision Sciences, Carnegie Mellon University; Dr. Virginia Wise Berninger, Professor Emerita, University of Washington.

Her Story

February 25, 2024 7:30AM

Gabrielle Baugh, interim manager of competitive classes, has everything you need to know about the 2024 PHS Philadelphia Flower Show. Did you know YOU can have a display at the flower show? Gabrielle gives details about the professional displays, competitive classes, vendors, the butterfly room and more! And yes, you can have a cocktail while strolling through the show.

The Beasley Public Affairs Show

February 25, 2024 7:00AM

The Franklin Institute — Abby Bysshe, Chief Experience and Strategy Officer at the Franklin Institute, along with Nathan Suwaya, creator of the exhibit The Art of The Brick discussed creating Lego art. We also discussed why Lego fans will love the exhibit and why you should see it.

Philadelphia Focus

March 2, 2024 7:30AM

15 minutes of a 30-minute program

Maura McCarthy, CEO of Fairmount Park Conservancy and Allison Schapker, Chief Projects Officer discussed the non-profit Conservancy's work with the City of Philadelphia to restore and improve thousands of acres of public lands, activates parks, and engages the public with the parks. They discussed the ecological, economic, historic, social, cultural and public health value to the community. Through partnerships with the local communities and neighborhoods they work to provide intentional and equitable park investments to welcome people to public spaces where they historically have not been welcome. They note diversity, equity and inclusion are the foundations of a healthy park system. They discussed upcoming projects including completion of the FDR Park Anna C. Verna Playground and Welcome Center, the Trolley Trail opening and the Boathouse Row Relighting in early winter. They also host bike rides, tours of the historic homes on their properties, yoga and organized walking tours.

The Beasley Public Affairs Show

March 3, 2024 7:00AM

Bob Beggs, The Co-Founder and Trustee of The American Helicopter Museum and Education Center in West Chester, PA was in the Beasley Studios to talk about the American Helicopter Museum and Education Center. They have many exhibits, lots of helicopters and more on site. There are camps and programs for kids and adults along with aviation-themed special events, workshops and seminars. The museum is available for private and corporate events as well.

The Beasley Public Affairs Show

March 17, 2024 7:00AM

Wizard Miners authors Anthony Petruzelli and Mike Gonski of Petro Gaming Group were on the show to talk about creating a game and what goes into it. The game will be released in fall of 2024.

The Beasley Public Affairs Show

March 31, 2024 7:00AM

The History of Easter Part I. Joe Wojie of Grim Philly discusses the history of the symbolism and meanings behind the holiday of Easter.

Issue: Health & Public Safety

Public Service Announcement – Ad Council underagedrinking.samsa.gov

January 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’

January 1 – TFN

:60, Various times

The Ad Council warning against driving while intoxicated or buzzed.

Radio Health Journal

1/7/24 6:30AM

BEING A GOOD PATIENT TAKES WORK: HOW TO FEEL EMPOWERED AT THE HOSPITAL We, as patients, are making more decisions about our health than ever before. From which brand of medicine we want to which supplements we take, a lot of the choices depend on being a smart consumer. Our expert reveals why this is a double-edged sword and how you can feel empowered walking into your next doctor’s appointment. Guests: Dr. Talya Miron-Shatz, Visiting Researcher, University of Cambridge, Author, *Your Life Depends On It*.

Radio Health Journal

1/7/24 6:45AM

DOES A GOOD BEDSIDE MANNER SAVE LIVES?

Dr. Wes Ely, an intensive care specialist, says the early days of his career were spent more worried about the beeps and buzzers rather than the patients that the machines were monitoring. He gives us a unique look into how physicians can humanize patients in the ICU and, in turn, save more lives. Guests: Dr. Wes Ely, Professor of Medicine, Associate Director of Agine Research, Vanderbilt University, Author, *Every Deep-Drawn Breath*.

Radio Health Journal

1/14/24 6:30AM

3D PRINTING ORGANS AND AI SURGERIES: THE FUTURE OF MEDICINE 11:52.

Synopsis: Dr. Thomas Kolon is using 3D-printed models to successfully operate on cases thought to be inoperable. Another physician brings AI into his surgeries to give patients the most accurate hip replacements possible. This is the future of medicine and our experts are here to explain it all. Guests: Dr. George Haidukewych, Director of Orthopedic Trauma & Chief of Complex Joint Replacement, Orlando Health Jewett Orthopedic Institute; Dr. Thomas Kolon, Expert in Pediatric Disorders, Chief of Urology, Children's Hospital of Philadelphia

Radio Health Journal

1/14/24 6:45AM

NERVOUS NAIL-BITER? IT HARMS MORE THAN JUST AESTHETICS So many of us

have experienced the compulsion to bite our nails. Even though it's a detriment to our wellbeing, we still do it – so why? Is it a product of our genetics or evolution? Our experts discuss where this impulse stems from and all the ways it harms our health.

Host: Greg Johnson. Producer: Morgan Kelly. Guests: Dr. Dana Stern, Assistant Clinical Professor of Dermatology, Mount Sinai Medical Center; Dr. Fred Penzel, Psychologist & Executive Director of Western Suffolk Psychological Services. Compliancy issues covered: nails; cuticles; bacterial infection; compulsions; oral health; ecosystems; consumerism; habits; public health; bacteria; hemorrhage; trauma; evolution; genetics.

Radio Health Journal

1/21/24 6:30AM

MENTALLY ILL INMATES: SAFETY AND JUSTICE OR SUFFERING AND

VENGEANCE? American prisons are full of people with mental illness, but does the system actually fulfill its promise of reform for these inmates? Dr. Christine Montross, a psychiatrist, says many of them aren't getting the correct help that will make a difference in their lives – and make our society a safer place when they're released. She breaks down the prison system and offers alternative programs to solve this crisis.

Guests: Christine Montross, Associate Professor of Psychiatry and Human Behavior, Brown University.

Radio Health Journal

1/21/24 6:45AM

DO YOU SUPPORT GIVING CHILDREN MENTAL HEALTH DAYS OFF OF SCHOOL?

We're quick to pull our kids out of school when they're running a fever or throwing up, but what about when they've become burnt out or severely stressed? Just because we can't see the physical symptoms doesn't mean there isn't a problem. Our expert explains the benefits of giving your children mental health days and how to prepare them for future obstacles. Guests: Dr. Andrea Bonior, Licensed Clinical Psychologist, Author.

Radio Health Journal

2/11/24 6:30AM

BIG LIARS: IS HONESTY ALWAYS THE BEST POLICY?

Are you good at sniffing out lies? Many people aren't. The typical 'tells,' like eye movement, won't expose a true deception artist. Luckily, 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

2/11/24 6:45AM

NOT SO RARE: WHAT'S CAUSING THE RISE IN PEDIATRIC KIDNEY STONES?

While kidney stones have historically affected middle-aged men, an unusual population has been seeing a rise in cases – young girls. Dr. Greg Tasian, a pediatric urologist, has been researching the reason behind this rise. He explains what causes kidney stones and how to reduce your child's risk. Guests: Dr. Greg Tasian, Attending Pediatric Urologist, Children's Hospital of Philadelphia.

Radio Health Journal

2/18/24 6:30AM

"EAT TO SURVIVE": WHY AMERICANS LACK PROPER EDUCATION ABOUT NUTRITION Many children in America are taught about nutrition through the USDA's balanced food plate known as MyPlate. Unfortunately, these graphics don't accurately portray a proper (and realistic) diet, which leaves many people feeling confused and frustrated. Loni Love, a comedian, explains the obstacles she's faced during her journey towards a healthier lifestyle. Guests: Loni Love, Comedian, Television Host, Spokesperson, Metamucil; Dr. Christopher Gardner, Rehnborg Farquhar Professor of Medicine, Stanford University.

Radio Health Journal

2/18/24 6:45AM

SERVICE DOGS ARE IN HIGH DEMAND – HERE'S HOW YOU CAN HELP Service dogs have been used throughout history but were legally recognized by the US government in 1990. These animals can help people with physical challenges, like grocery shopping, and mental health struggles such as PTSD and anxiety. Our experts discuss the importance of service dogs and how you can get involved. Guests: James Schenck, CEO, PenFed Foundation; Kirsten Holley, US Army Veteran.

Our Delaware Valley

February 17, 2024 7:30AM

30 minutes

Romy Braunstein, a Rare Disease patient, advocate and a founder of GettingUp.org discusses the over 10,000 rare diseases that impact over 35 million worldwide. A 'rare' disease affects fewer than 1 in 2,000 people, they can be genetic or develop later

in life for an unknown reason, although trauma can trigger symptoms. Romy encourages everyone to pay attention to the adult-onset symptoms such as blurred vision, muscle weakness and unexplained falls - all could be a warning sign of an autoimmune or other disease. She explained these fairly common symptoms often overlap, so initial misdiagnosis is common. In addition, symptoms differ not only from disease to disease, but also from patient-to-patient suffering from the same disease so getting an accurate diagnosis can take up to eight years. Romy notes that symptoms come and go so patients need to be vigilant and advocates for themselves, keeping track of symptoms, and asking for testing. She warns us about 'medical gaslighting' – symptoms being dismissed or given being passed off as part of aging or even psychological. Rare Disease Day is February 29 in 2024. This global movement works for awareness, healthcare, and access to diagnosis and therapies for people living with a rare disease.

Radio Health Journal

3/3/24 6:30AM

HOW TO COMBAT MEDICAL IGNORANCE OF RARE DISEASES Having a rare disease means that not all doctors will know how to treat you. For Christyn Taylor's daughter, who was diagnosed with pediatric pancreatitis at age 7, this meant countless physicians who either didn't believe she had the condition or knew nothing about it – factors that continually worsened her illness. To help other families in similar situations, Taylor created a document that gives patients with rare diseases a credible back-up of medical history and current treatment plans when dealing with stubborn physicians. Guests: Christyn Taylor, CEO, Rebecca's Wish; Lisa Morgan, Parent of Patient.

Radio Health Journal

3/10/24 6:45AM

GOT FOOT PROBLEMS? IT MAY BE A RARE BLOOD CANCER Gary Lenahan was diagnosed with polycythemia vera after nearly a decade of symptoms. It's a rare blood cancer that can sneak up on anyone – especially as we age. Dr. Brandi Reeves, a hematologist, explains the subtle warning signs and reveals treatment options that can help slow the disease progression. Guests: Dr. Brandi Reeves, Hematologist, Assistant Professor of Medicine, University of North Carolina, Chapel Hill; Gary Lenahan, Patient. Compliancy issues covered: cancer; chemotherapy; medical intervention; patient safety; consumerism; hiking; public health; aging; geriatrics; blood; foot health; skin condition.

Radio Health Journal

3/17/24 6:30AM

"THIS IS MEDIEVAL" – THE 24-YEAR-OLD WHO'S REINVENTING MEDICAL DEVICES During emergency bedside situations in the ICU, neurosurgeons often use manual cranial drills to break through a patient's skull. It's been the standard for years – but it's not the best option. Casey Qadir, CEO of Hubly Surgical, has created a safer, more efficient drill for these operations. She explains the advantages of this new device and her experience as a female entrepreneur in a male-dominated space. Guests: Dr. Matthew Potts, Neurosurgeon & Associate Professor of Neurological Surgery,

Northwestern Feinberg School of Medicine; Casey Qadir, Co-Founder & CEO, Hubly Surgical.

Radio Health Journal

3/17/24 6:45AM

KNOCKING ON DEATH'S DOOR: THE AT-HOME MEDICAL DEVICE THAT COULD SAVE LIVES Mark Opauszky knows exactly how important access to medical devices can be - even something as simple as a thermometer. After a near-death experience, Opauszky entered the medical technology industry to help give the public access to helpful tools at home. He discusses how his new phone application, Stethophone, can help patients be an active part of their own care team and stay on top of their health.

Guests: Mark Opauszky, CEO, Sparrow Bioacoustics.

Our Delaware Valley

March 23, 2024 7:30AM

30 minutes

The first week of March is National Consumers Protection Week and Philadelphia Division Postal Inspector George Clark of the US Postal Service returned to discuss the many ways we can be duped out of our money. We discussed this year's theme, Investment Fraud and the signs that you are being fleeced. Inspector Clark reminds us that if a real estate or business start-up deal is guaranteed, there are investment companies who would be funding the project, not grassroots investors attending a free breakfast or dinner. He talked about another current scam, a fake notification that you are under investigation and that you must either fund the investigation to clear your name or pay a fine to stop further prosecution. He wants us to always remember investigations are not revealed to a suspect until they are ready to be charged – 'When we're ready we'll knock on your door,' and that no agency would ever ask a private citizen to pay for it. He gave us 'red flags' to watch for, including rushing you. Demanding a payment immediately and offering payment methods that are not cancelable such as bit-coin, grocery-store debit cards and gift cards. He also asks us to pay attention to poor English or grammatical errors that suggest you are not dealing with a native English speaker. Discussing recourses for after fraud he's tells us, once the money has gone overseas, it virtually impossible to get it back. He also touched on romance and lottery schemes, and 'work from home' offers that are actually money laundering plots. He offered tips on safe-guarding your bank account when offered a deal or opportunity too good to be true. His advice, wait before sending money or buying gift cards to forward, a real deal can wait. He also recommends that any offer or request be discussed with a trusted friend or family member.

Radio Health Journal

3/24/24 6:30AM

PAIN IS NOT WOMANHOOD: EARLIER DIAGNOSING FOR ENDOMETRIOSIS Many women with endometriosis unknowingly deal with the symptoms for years before receiving a diagnosis. Dr. Jodie Avery, an epidemiologist, is hoping to close this gap through new technology that utilizes AI. She explains why America's current process

isn't aiding women with this disorder. Guests: Dr. Jodie Avery, Epidemiologist, Senior Research Fellow, University of Adelaide Medical School; Asha Dickens, patient.

Radio Health Journal

3/24/24 6:45AM

PUBLIC HEALTH AND POLITICS: A LOOK AT THE MISTAKES MADE DURING THE PANDEMIC Science has long been an influence of public policy, but some argue that public health organizations became too visible during the pandemic. Dr. Sandro Galea, author of *Within Reason*, dissects the role that public health has played in recent years and asks the question: what are we willing to give up for the sake of our health?

Guests: Dr. Sandro Galea, Dean & Robert A. Knox Professor, Boston University School of Public Health, Author, *Within Reason*.

Our Delaware Valley

March 30, 2024 7:30AM

20 minutes of a 30-minute program

Robb Reichard, Executive Director AIDS Fund Philly and Ronald G. Collman, MD, Director of the Penn Center for AIDS Research discussed the latest news for Philadelphia on HIV. There are just over 20,000 people living with HIV in Philadelphia, 10,000 in the surrounding area, up to a third of which are not in treatment. Many do not know they are infected. They discussed Philadelphia's current rate of just over one new transmission each day, well above rates for other major cities. They attributed it to the city's high poverty rate, drug use and access to healthcare. Dr. Collman talked about PREP, now available by monthly injection, PREP can prevent infection; new treatments can reduce the HIV to undetectable which means non-transferable. They spoke of the need to get more people willing to seek out PREP and to know their status. He described his work in research, finding new social paths for better treatment within vulnerable communities, and ultimately, a cure for HIV. He invites people interested in research studies, treatment options or other information to visit his website by searching for PENN CFAR.

Robb talked about his work with AIDS Fund, raising private dollars to fund small grants directly to clients of local non-profits to help them stay in treatment. Averaging just \$440 each, they go for rent, appliance repairs, transportation, anything that could impact a person's ability to stay on their medical plan. We talked about fundraising efforts, including the October 20th AIDS Walk Philly, the monthly Gay BINGO, and their annual 'Formal, Festive or Fabulous' gala, Black-tie Gay BINGO April 6 at the Loews Philadelphia Hotel. Featuring dinner, dancing, auctions, six rounds of BINGO and Drag Queen performances, it's one of the biggest social events of the year. Dr. Collman will be honored this year with the Fierce and Fabulous Award for his ongoing volunteer work and his commitment to AIDS Walk Philly.

Radio Health Journal

3/31/24 6:30AM

CANCER DRUG SHORTAGE: DECIDING WHO LIVES AND WHO DIES When a manufacturing plant in India halted production in 2022, cancer patients in America were told their chemotherapy drugs were experiencing a shortage and doctors had to decide who would get the remaining supply. Our experts explain the effects of this ongoing shortage and how we can make sure it doesn't happen again. Guests: Barbara Barnett, Cancer Patient; Dr. Julie Gralow, Chief Medical Officer & Executive Vice President, American Society of Clinical Oncology; Mark Fleury, Policy Principal, American Cancer Society Cancer Action Network.

Radio Health Journal

3/31/24 6:45AM

KETAMINE REGULATIONS -- "WE DON'T WANT TO REPRODUCE THIS OPIOID PROBLEM" Ketamine is FDA-approved as an anesthetic, but it's now being used as a therapy to treat pain, depression, and addiction. However, many worry the rise of psychedelics will bring about a second iteration of the opioid crisis. Our expert shares the history of ketamine and how he believes it should be regulated to lessen the risk of addiction. Guests: Dr. Howard Kornfeld, Pain Management & Addiction Specialist, Founder & Medical Director, Recovery Without Walls.

Issue: Minority / Women's Issues

Our Delaware Valley

January 6, 2024 7:30AM

10 minutes of a 30-minute program

Paul Steinke, Executive Director of the Preservation Alliance of Greater Philadelphia described their work to preserve the ethnic communities of Philadelphia using two main historic designations: Local Historic, granted by the Historical Commission by nomination application, that protects the exterior of the property from demolition or alterations, and the Federal National Register of Historic Places and Districts, which only restricts modifications to a property that also receives Federal funding for operation or restoration or one that sits on Federal property. Reasons for designation can include architecture or unique engineering, age or a significant story about the properties use, such as Black Doctors Row in South Philly, the first neighborhood to be recognized based on Black history.

Our Delaware Valley

January 27, 2024 7:30AM

10 minutes of a 30-minute program

Kerry Sautner, President & CEO of Eastern State Penitentiary Historic Site discussed Justice 101 where special guests to foster dialogue about a different topic in criminal justice. Justice 101 programs are free, take place virtually via Zoom, and last 45 minutes: a 30-minute program followed by a 15-minute Q&A. Topics include women behind bars, civil rights in prisons, and in-equal justice. Finally, a conversation on the Visitor Experience

Reimagined: We will provide ways for Eastern State's visitors to engage with the space, incorporating art installations, theater and film; providing educational experiences that encourage and support the different methods of learning; and creating informative and entertaining events that entice people of all ages to visit and engage with Eastern State and the team. She is also looking forward to a website refresh that will allow people to interact with Eastern State from around the world.

Public Service Announcement – Beasley Best Community of Caring

February 1 – 29

:60, Various times

Companywide public service campaign discussing Black History month.

Our Delaware Valley

February 10, 2024 7:30AM

March 9, 2024 7:30AM

20 minutes

Dr. Ashley Jordan, President and CEO of the African American Museum of Philadelphia discussed the museum and its programming. Founded by Charles Wesley in 1976, the African American Museum of Philadelphia is the first city-funded cultural museum in the country. Through select items, recreations and art the museum shares first-person accounts of what life was like in Philadelphia, a story that is not the same as other cities, it's an urban story with racial strife but also free men and women working and living here. She emphasizes that their presentation speaks to people, humanizing history with themes of love, family, that all can relate to. Rotating exhibitions are presented throughout the year with Audacious Freedom: African Americans in Philadelphia 1776-1876 a permanent installation. It features a 100-year timeline of the events and people who shaped the city. Programming includes guides for teachers, workshops and special events centered on Black History Month, Juneteenth, Women's History Month, Poetry Month and more. We ended with the news that the museum will be moving to a new location off the Parkway in 2028, adjacent to the Free Library of Philadelphia. The museum is open Wednesday through Sunday from 9:30A to 5:30P, timed tickets and walk-ins are welcome.

Our Delaware Valley

January 20, 2024 7:30AM

30-minutes

Jean Sachs, Chief Executive Officer with Living Beyond Breast Cancer, begins a new monthly series on breast cancer and other chronic or life-threatening diseases. We discussed the programming at LBBC, from research and treatment information, peer matching, counseling, financial aid grants, and advocacy.

Her Story

January 28, 2024 7:30AM

Jazz/Soul singer and songwriter, 3 time cancer survivor and kidney transplant recipient, Jessy Kyle just launched a new and innovative bra line, Betterly Bra Company. Jessy

talks about her cancer fight, receiving a kidney from her husband and the customizable and truly size-inclusive bra brand.

Radio Health Journal

2/4/24 6:30AM

WHAT IS A WOMAN WORTH? NEEDLESS DEATHS FROM A PREVENTABLE CANCER Cervical cancer is almost completely preventable, so why does it continue to kill thousands of women each year? Dr. Linda Eckert, an expert in cervical cancer prevention, believes the answer involves gender inequalities and sexual stigmas. She discusses these issues and offers life-saving prevention methods for women. Guests: Dr. Linda Eckert, Professor of Obstetrics and Gynecology, University of Washington's Department of Obstetrics and Gynecology and Global Health, Author, Enough.

Radio Health Journal

2/4/24 6:45AM

BLACK ANGELS: THE BLACK NURSES INVOLVED IN THE FIGHT AGAINST TUBERCULOSIS Dr. Herbert Fox helped discover a cure for tuberculosis, but his work wouldn't have been possible without the help of the black nurses who monitored and cared for each patient. When all of the white nurses refused to work, these women stepped up. Our expert details their bravery that's gone largely unrecognized in society. Guests: Maria Smilios, Author, The Black Angels.

Her Story

February 11, 2024 7:30AM

Holistic is the topic of the week! The founder of DTXFY creates a haven of holistic therapies designed to enhance the mind, body and spirit. Denise Lehmann talks about the benefits of red light therapy, infrared sauna and 6D chair massages. Plus, holistic physical therapist Dr. Melanie Carminati of Inspira Physical Therapy discusses menopausal health, pelvic floor therapy and looking at the body as a whole not just the problem spots.

Her Story

February 18, 2024 7:30AM

Licensed clinical psychologist, Dr. Shelby Harris specializes in behavioral sleep medicine. She discusses treatment for those suffering from insomnia & nightmares, sleep resources, Sleepopolis, and prioritizing sleep in a busy world. Her Book The Women's Guide To Overcoming Insomnia: Get A Good Night's Sleep Without Relying on Medication is available on Amazon.

Public Service Announcement – Beasley Best Community of Caring

March 1 – 31

:60, Various times

Companywide public service campaign discussing Women's History month.

Radio Health Journal

3/3/24 6:45AM

THE FEMALE GENIUSES THROUGHOUT HISTORY YOU NEED TO KNOW ABOUT

If you're asked to name a genius, who do you think of? Albert Einstein or Galileo may come to mind, but there's a good chance you're forgetting the brilliant women who deserve a spot at this table. In honor of Women's History Month this March, our expert tells the stories of a few female geniuses whose accomplishments deserve greater recognition. Guests: Janice Kaplan, Author, *The Genius of Women*; Catherine Whitlock, Author, *Ten Women Who Changed Science and the World*.

Radio Health Journal

3/10/24 6:30AM

CULTURAL COMPETENCE: ADDRESSING RACIAL DISPARITIES IN HEALTHCARE

Racial disparities have existed in medicine throughout history. Research is finally starting to not only recognize these inequalities but create actionable plans to close the gaps. Our guests discuss sectors of healthcare and disease where racial disparities continue to block minority populations from quality care. Guests: Dr. Ladson Hinton, Professor and Director of Geriatric Psychiatry, University of California Davis School of Medicine; Dr. Toyin Nwafor, Infectious Disease Physician, Senior Medical Director for HIV Prevention, VIIV Healthcare.

Our Delaware Valley

March 30, 2024 7:30AM

10 minutes of a 30-minute program

Robb Reichard, Executive Director AIDS Fund Philly and Ronald G. Collman, MD, Director of the Penn Center for AIDS Research discussed the latest news for Philadelphia on HIV. We spoke of numbers, women make up 28% of these numbers, people of color 75%. They noted that Black or brown people face a an infection rate that is 75% higher than their white counterparts, and one in three of these infections will come from sexual contact.